

**Willows Unified School District**  
**Student Educational Field Trip Activity Request Form**  
(Complete and turn into Principal TWO WEEKS prior to scheduled activity)

Date(s) of Activity: 7/26 - 7/29/2026

Departure Time: 2pm

Termination Time: 12pm

Specific Destination(s): CAMP Tehama

Purpose of Field Trip: Cross Country CAMP

Number of Students: 20

Grade level(s)/Class: 10-12

School(s) Involved: N/A

Person in Charge: Rachel Lagrande

Phone #: 530 864-4262

Chaperones (including teachers): 3 including Rachel Lagrande

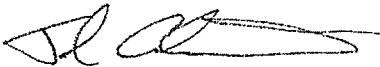
Provision for Meals: Food cooked on site.


Estimated cost other than district transportation (specific breakdown)

See Attached

If district transportation for the field trip is required, complete a Vehicle Request Form and submit to the building principal with this form.

I understand that this field trip is part of the school's regular curriculum and that all school rules and district policies will be in effect during the entire trip.

Teacher's Signature  Date 6/9/2026

Building Principal Approval  Date 6/9/2026

## WHS Cross Country Camp Proposal 2026

**When:** July 26-29, 2026

**Where:** Camp Tehama <https://mapcarta.com/23467468/Map>

<https://www.tehama.gov/government/departments/parks/camp-tehama/>

-Close to Mineral, CA, Mill Creek, 28 miles to Lake Alamanor, 8 miles from Lassen Park entrance

**Who:** XC camp is open to distance runners who have completed at least one season of Cross Country.

**Cost:** \$240/night for a group of 23 (20 runners, 3 coaches)= **\$720 team total** (does not include food)

\*-Price includes lodging for the team, showers, bathroom (flush toilet), use of kitchen and cafeteria, refrigerator/freezer

**-Student fee= \$30 to help with food costs**

**Needed: School Van use to transport runners to and from camp**

### **Itinerary:**

Check in July 26 after 2 PM

Check out July 29 @ 12 PM

### **Daily Schedule:**

7 AM- morning run with team

8 AM- team breakfast (runners rotate food prep and clean up duty)

9-10 AM- clean up cabin; prepare for team building activity

10 AM-12 PM- Team building: hiking, kayaking at nearby lake (within 30 miles), fishing

12-1 PM- Lunch (runners rotate food prep and clean up duty)

1-2:30 PM- personal quiet time (no campers of opposite gender allowed in cabins/tents)

#### **2:30-4 PM- Team workout**

4-5 PM- Free time (no campers of opposite gender allowed in cabins/tents)

5-6 PM- Team dinner (runners rotate food prep and clean up duty)

6-8 PM- team games/campfire/roast marshmallows

8-9 PM-Showers

9-10 PM-everyone in assigned cabins (no campers of opposite gender allowed in cabins/tents)

10 PM- Lights out

\*schedule is subject to change due to unexpected weather conditions\*

**Attendance Goal:** 20 runners, 2 coaches, 2-4 volunteer parent chaperones

\*Coach LaGrande will provide 5 kayaks and 5 lifejackets

-Campers will bring sleeping bags, extra blankets and pillows, toiletries, life jackets, necessary medications (check with Nurse Celeste; medications will be stored in a secure location).

**On site caretaker: Jeff Meek 530-966-1352**

**Camp reservation contact: Gary Taylor 530-526-5455**