

2025-26 Fall Athletics Pay

Coach Payscale		
Base		
HC	season	\$3,583
AC	season	\$2,481
Bonuses		
Games(>12)	12	\$662
Number of Athletes (>)	12	\$662
Extended Season / week >	8	\$276
Prior years of service	per year	\$138
First Aid & CPR Trained	year	\$276
Team Sports Only		
3rd Place	team	\$276
2nd Place	team	\$551
1st Place	team	\$1,103
Individual Sports Only		
1 Student top ten	ind	\$276
2-3 Students top ten	ind	\$551
4 + Students top ten	ind	\$1,103

Fall Sport:	XC		VB	VB
Name	Art S.		Aaron C	Steph T.
Position	HC		HC	AC
Season Start	8/14/25		8/18/25	8/18/25
Season End	10/11/25		11/8/25	11/8/25
Tot Days	58		82	82
Days Mod				
Duration (wks)	8.29		11.71	11.71
# of Games				
# of Players				
Years of service	5		2	4
CPR Certified	yes		Yes	yes
State Finish	3		3	3
Base	\$ 3,583	\$ -	\$ 4,293	\$ 2,972
# of Games	\$ -	\$ -	\$ 3,170	\$ 2,481
# of Players	\$ -	\$ -	\$ -	\$ -
Ext. Season	\$ 79	\$ -	\$ 1,219	\$ 1,187
Years as Coach	\$ 689	\$ -	\$ 276	\$ 551
CPR	\$ 276	\$ -	\$ 276	\$ 276
State Finals	\$ 276		\$ 276	\$ 276
Total	\$ 4,902	\$ -	\$ 9,508	\$ 7,742
Adjustments				
Total	\$ 4,902.19	\$ -	\$ 9,507.80	\$ 7,741.99

AUGUST 2025



Name: Art Silva
Sport: CROSS COUNTRY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Practice 4:00-5:30 1 - Runner	19 Practice 4:00-5:30 1 Runner	20 Practice 4:00-5:30 8 Runners CROSS TRAINS W/VOLLEYBALL	21 Practice 4:00-5:30 8 Runners CROSS TRAINS W/VOLLEYBALL	22	23
24	25 Practice 4:00-5:30 7 Runners CROSS TRAINS W/VOLLEYBALL	26 Practice 4:00-5:30 7 Runners CROSS TRAINS W/VOLLEYBALL	27 Practice 4:00-5:30 7 Runners CROSS TRAINS W/VOLLEYBALL	28 Practice 4:00-5:30 8 Runners CROSS TRAINS W/VOLLEYBALL	29	30
31	1	2	3	4	5 C.C. cross trains w/volleyball, 15- 20 participants	6

Year: 2025

Month: 8

Start day: 1

Date: 8/1

SEPTEMBER



Name: Art Silva - 2025

Sport: Cross-Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Holiday	2 4:30 - 6:00 8 RUNNERS CROSS-TRAIN W/VOLLEYBALL	3 4:30-5:45 3 RUNNERS VOLLEY BALL GAME - AWAY NO CROSS-TRAIN	4 4:30-6:00 8 RUNNERS CROSS TRAIN W/VOLLEYBALL	5	6 Meet @ Vanguard 4:30am - 2:00pm
7	8 4:30-5:45 2 RUNNERS VOLLEYBALL @ TERRA NO CROSS-TRAIN	9 4:30-6:00 8 RUNNERS CROSS-TRAIN W/VOLLEYBALL	10 4:30-6:00 8 RUNNERS CROSS-TRAIN W/VOLLEYBALL	11 4:30-5:45 2 RUNNERS Volleyball - Away NO CROSS-TRAIN	12	13 Meet @ Davinci 4:00am - 2:15pm waited 1/2 hr for parent
13	15 4:30-5:45 2 RUNNERS VOLLEYBALL - Away	16 4:30-6:00 5 RUNNERS No Volleyball Practice	17 4:30-5:45 2 RUNNERS Volleyball @ URHS	18 4:30-6:00 6 RUNNERS CROSS-TRAIN W/VOLLEYBALL	19	20 MEET @ LIAHONA 4:15am - 2:00pm 3 RUNNERS - 1 MGR
21	22 4:30-6:00 5 RUNNERS CROSS-TRAIN W/VOLLEYBALL	23 4:30-6:00 5 RUNNERS CROSS-TRAIN W/VOLLEYBALL	24 4:30-5:45 2 RUNNERS VOLLEYBALL NO CROSS-TRAIN	25 4:30-6:00 6 RUNNERS W/VOLLEYBALL	26	27 MEET @ URHS 10:00AM - 12:30PM 3 RUNNERS - KENDAL - 2ND PL
28	29 4:30-5:45 2 Runners Volleyball	30 4:30-6:00 6 RUNNERS CROSS-TRAIN W/VOLLEYBALL			C.C. cross train w/volleyball, 10- 12 participants, 2 SESSIONS	

Year: 2025

Month: 9

Start day: 1

Date: 10/1

OCTOBER 2025



Name: Art Silva - C.C

Sport: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 CROSS-COUNTRY 4:00-6:00 OPEN GYM 3 PLAYERS	29 4:30-5:45 2 RUNNERS NO CROSS- TRAIN Volleyball Games	30 4:30-5:45 5 RUNNERS NO CROSS- TRAIN	1 4:30-5:45 2 RUNNERS NO CROSS- TRAIN Volleyball Games	2 4:30-6:00 6-RUNNERS CROSS-TRAIN W/VOLLEYBALL	3 OPEN GYM 2 PLAYERS	4 BYE WEEK
5 4:00-6:00 OPEN GYM 5 PLAYERS	6 4:30-6:00 2 RUNNERS CROSS-TRAIN W/VOLLEYBALL	7 4:30-6:00 5 RUNNERS CROSS-TRAIN W/VOLLEYBALL	8 4:30-5:45 2 RUNNERS NO CROSS-TRAIN Volleyball Games	9 4:30-6:00 5 RUNNERS CROSS-TRAIN	10 4:00-6:00 OPEN GYM PLAYERS	11 STATE MEET 4:40 am - 3:15 pm 4 Runners
12 4:00-6:00 OPEN GYM 4 PL	13 4:45-5:30 NO CROSS- TRAIN	14 4:45-5:30 NO CROSS- TRAIN	15 4:45-5:30 NO CROSS- TRAIN	16 4:45-5:30 NO CROSS- TRAIN	17 4:00-6:00 OPEN GYM PLAYERS	18 Cross-train will be over the next 2 weeks when needed.
19 4:00-6:00 OPEN GYM PLAYERS	20 4:45-5:30	21 4:45-5:30	22 4:45-5:30	23 4:45-5:30	24 4:00-6:00 C.C. cross train w/volleyball, 10- 12 participants, 2 SESSIONS	25
26 4:00-6:00 OPEN GYM PLAYERS	27 4:45-5:30	28 4:45-5:30	29 4:45-5:30	30 4:45-5:30	31 4:00-6:00 OPEN GYM PLAYERS	1 WILL CONTINUE TO CROSS- VOLLEYBALL THROUGH THE 31ST
2	3	4	5	6	7	8 Times are +or-10 min DUE TO FINISHED RUNNING TIMES

Year: 2025

Month: 10

Start day: 1

Date: 10/1

August 2025



Name: Aaron C.
Sport: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 August Hours 20.5	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13 4:30 to 5:30 Coaches Meeting 1 Hour	14	15 4:30 to 5:30 Inventory 1 Hour	16
17	18 4:30 to 5:30 Parent Meeting 1 Hour	19 4:30 to 7:00 Practice 2.5 Hours	20 4:30 to 7:00 Practice 2.5 Hours	21 4:30 to 7:00 Practice 2.5 Hours	22	23
24	25 4:30 to 7:00 Practice 2.5 Hours	26 4:30 to 7:00 Practice 2.5 Hours	27 4:30 to 7:00 Practice 2.5 Hours	28 4:30 to 7:00 Practice 2.5 Hours	29	30
31	1	2	3	4	5 Aug, Sep, Oct, Nov Total Hours 200	6

Year: 2025
Month: 8
Start day: 1
Date: 8/1

SEPTEMBER 2025



Name: Aaron C

Sport:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Sep = 61.5 Hours	1	2 4:30 to 7:00 Practice 2.5 Hours	3 4:30 to 10:45 Practice 6.25 Hours	4 4:30 to 7:00 Practice 2.5 Hours	5	6
7	8 4:30 to 7:00 Trip to Terra 2.5 Hours	9 4:30 to 7:00 Practice 2.5 Hours	10 4:30 to 7:00 Practice 2.5 Hours	11	12	13
14	15 4:30 to 11:30 Girls Trip Paradigm 7 Hours	16 4:30 to 7:00 Practice 2.5 Hours	17 4:30 to 6:45 Home vs DaVinci 2.25 Hours	18 4:30 to 7:15 Practice 2.75 Hours	19 1:15 to 7:15 Home vs Terra 6 Hours	20
21	22 4:30 to 7:00 Practice 2.5 Hours	23 4:30 to 7:00 Practice 2.5 Hours	24 4:30 to 6:00 Boys Home vs WA 1.5 Hours	25 12:00 to 3:30 Practice 3.5 Hours	26 3:45 to 7:45 Girls Home vs WS 4 Hours	27 10:00 to 12:00 XC Meet Volunteer 2 Hours
28	29 4:30 to 7:15 Home vs Liahona 2.75 Hours	30 4:30 to 6:05 Picture Night 2 Hours	1	2	3	4
5	6	7	8	9	10	11

Year: 2025

Month: 9

Start day: 1

Date: 9/1

OCTOBER 2025



Name: Aaron C

Sport:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Oct = 72.75	29	30	1 4:30 to 10:45 Girls @ WS 6.25 Hours	2 4:30 to 7:00 Practice 2.5 Hours	3 1:00 to 1:45 Paperwork .75 Hours	4
5	6 4:30 to 7:00 Practice 2.5 Hours	7 4:30 to 7:00 Practice 2.5 Hours	8 4:30 to 7:00 Girls vs Mt Vernon 2.5 Hours	9 4:30 to 7:00 Practice 2.5 Hours	10 11:00 to 11:30 Boys & Girls @ LPA 12.5 Hours	11
12	13 4:30 to 7:00 Girls vs NH 2.5 Hours	14 4:30 to 7:30 BBQ Party 3 Hours	15	16	17	18
19	20 4:30 to 6:45 Practice 2.25 Hours	21 4:30 to 7:00 Practice 2.5 Hours	22 4:30 to 10:45 Boys @ WA 6.25 Hours	23 4:30 to 7:00 Practice 2.5 Hours	24 8:00 to 11:30 Practice 3.5 Hours	25
26	27 4:30 to 10:30 Girls @ Mt. Vernon 6 Hours	28 4:30 to 7:00 Practice 2.5 Hours	29 4:30 to 8:00 Girls vs Paradigm 3.5 Hours	30 4:30 to 11:00 Girls @ NH 6.5 Hours	31	1
2	3	4	5	6	7	8

Year: 2025

Month: 10

Start day: 1

Date: 10/1

NOVEMBER 2025



Name: Aaron C.

Sport: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Nov = 45.25	27	28	29	30	31	1
2	3 4:30 to 6:45 Practice 2.25 Hours	4 4:30 to 6:30 Practice 2 Hours	5 4:30 to 8:30 Girls @ Terra 4 Hours	6 4:30 to 7:00 Practice 2.5 Hours	7 10:30 to 12:00 State 13.5 Hours	8 12:00 to 9:00 State 21 Hours
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

Year: 2025

Month: 11

Start day: 1

Date: 11/1

Date	Start	End	Hours	Description
8/13/25	16:30	17:30	1:00:00	Coach's Meeting
8/15/25	16:30	17:30	1:00:00	Take Inventory
8/18/25	16:30	17:30	1:00:00	Parent Meeting
8/19/25	16:30	19:00	2:30:00	Practice
8/20/25	16:30	19:00	2:30:00	Practice
8/21/25	16:30	19:00	2:30:00	Practice
8/25/25	16:30	19:00	2:30:00	Practice
8/26/25	16:30	19:00	2:30:00	Practice
8/27/25	16:30	19:00	2:30:00	Practice
8/28/25	16:30	19:00	2:30:00	Practice
9/2/25	16:30	19:00	2:30:00	Practice
9/3/25	16:30	22:45	6:15:00	Trip to DA
9/4/25	16:30	19:00	2:30:00	Practice
9/8/25	16:30	20:30	4:00:00	Trip to Terra
9/9/25	16:30	19:00	2:30:00	Practice
9/10/25	16:30	19:00	2:30:00	Practice
9/15/25	16:30	23:30	7:00:00	Girls Trip to Paradigm
9/16/25	16:30	19:00	2:30:00	Practice
9/17/25	16:30	18:45	2:15:00	Home vs DA
9/18/25	16:30	19:15	2:45:00	Practice
9/19/25	13:15	19:15	6:00:00	Home vs Terra
9/22/25	16:30	19:00	2:30:00	Practice
9/23/25	16:30	19:00	2:30:00	Practice
9/24/25	16:30	18:00	1:30:00	Boys Home vs Wasatch
9/25/25	12:00	15:30	3:30:00	Practice
9/26/25	15:45	19:45	4:00:00	Girls Home vs Wallace Stegner
9/27/25	10:00	12:00	2:00:00	XC Meet Volunteer
9/29/25	16:30	19:15	2:45:00	Girls Home vs Liahona
9/30/25	16:30	18:30	2:00:00	Picture Night
10/1/25	16:30	22:45	6:15:00	Girls Away vs Wallace Stegner
10/2/25	16:30	19:00	2:30:00	Practice
10/3/25	13:00	13:45	0:45:00	Paperwork

Date	Start	End	Hours		Description
10/6/25	16:30	19:00	2:30:00		Practice
10/7/25	16:30	19:00	2:30:00		Practice
10/8/25	16:30	19:00	2:30:00		Girls Home vs Mt Vernon
10/9/25	16:30	19:00	2:30:00		Practice
10/10/25	11:00	23:30	12:30:00		Boys & Girls to LPA
10/13/25	16:30	19:00	2:30:00		Girls Home vs New Haven
10/14/25	16:30	19:30	3:00:00		BBQ Party
10/20/25	16:30	18:45	2:15:00		Boys Home vs Liahona
10/21/25	16:30	19:00	2:30:00		Practice
10/22/25	16:30	22:45	6:15:00		Boys away vs Wasatch
10/23/25	16:30	19:00	2:30:00		Practice
10/24/25	8:00	11:30	3:30:00		CPR & First Aid Training
10/27/25	16:30	22:30	6:00:00		Girls away vs Mt Vernon
10/28/25	16:30	18:45	2:15:00		Practice
10/29/25	16:30	20:00	3:30:00		Girls home vs Paradigm
10/30/25	16:30	23:00	6:30:00		Girls away at New Haven
11/3/25	16:30	18:45	2:15:00		Practice
11/4/25	16:30	18:30	2:00:00		Practice
11/5/25	16:30	20:30	4:00:00		Girls away at Terra
11/6/25	16:30	19:00	2:30:00		Practice
11/7/25	10:30	0:00	13:30:00		State
11/8/25	0:00	21:00	21:00:00		State
	Total Hours		200:00:00		

AUGUST 2025



Name: Stephanie Thacker

Sport: Volleyball Coach

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11 Coaches meeting 4:30-5:00 1/2hr.	12	13	14	15	16
17	18 Parent meeting 4:30-5:30 1hr.	19 Practice 4:30-6:45 2.15hr.	20 Practice 4:30-7:30 3hr.	21 Practice 4:30 7:00 2.5hr.	22	23
24	25 Practice 4:30-7:00 2.5hr.	26 Practice 4:30-7:00 2.5hr.	27 Practice 4:30-7:00 2.5 hr.	28 Practice 4:30-7:00 2.5hr.	29 Total 19.15hr	30
31	1	2	3	4	5	6

SEPTEMBER 2025



Name: Stephanie Thacker

Sport: Volleyball Coach

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 Practice 4:30-7:00 2.5hr.	3 Girls Game Away 4:30-10:30 6hr.	4 Practice 4:30-7:00 2.5hr.	5	6 11
7	8 Boy's & Girls Game Away 4:30-8:30 4hr.	9 Practice 4:30-7:00 2.5hr.	10 Practice 4:30-7:00 2.5hr.	11	12	13 9
14	15 Practice Boy's Game Home 4:30-6:30 2hr.	16 Practice 4:30-7:00 2.5hr.	17 Girls & Boy's Game Home 4:30-7:00 2.5hr.	18 Practice 4:30-7:00 2.5hr.	19 Girls & Boy's Game Home 1:30-6:30 5hr.	20 14.5
21	22 Practice 4:30-7:00 2.5hr.	23 Practice 4:30-7:00 2.5hr.	24 Boy's Game Home 4:30-6:00 1.5hr.	25 Practice 12:00-3:15 3.15hr.	26 Girls Home Game 4:15-7:45 3.5hr.	27 13.15
28	29 Boy's Game Away 4:30-9:30 5hr.	30 Boy's & Girls Pictures 4:30-6:30 2hr.	1 7 Total 54hr.45min.	2	3	4
5	6	7	8	9	10	11

OCTOBER 2025



Name: Stephanie Thacker

Sport: Volleyball Coach

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Girls Game Away 4:30-11:00 6.5hr	2 Practice 4:30-7:00 2.5hr	3	4 9
5	6 Practice 4:30-7:00 2.5hr.	7 Practice 4:30-7:00 2.5hr.	8 Girls Home Game 4:30-6:45 2.15hr.	9 Practice 4:30-7:00 2.5hr.	10 Boy's & Girls Game's Away 11:30-11:30 12hr.	11 21.45
12	13 Boy's Game Away 4:30-11:45 7.15hr.	14 Team Bonding Activities 4:30-7:00 2.5hr.	15	16	17	18 9.45
19	20 Boy's Game Home 4:30-6:45 2.15hr.	21 Practice 4:30-7:00 2.5hr.	22 Boy's Game Away 4:30-11:00 6.5hr.	23 Practice 4:30-7:00 2.5hr.	24	25 13.45
26	27 Girls Game Away 4:30-10:30 6 hr.	28 Practice 4:45-7:00 2.15hr. CPR Class 3hr.	29 Boy's Game Away 4:30-9:45 5.15hr.	30 Girls Game Away 4:30-11:00 6.5hr.	31 Total 76hr.35 min.	1 23
2	3	4	5	6	7	8

NOVEMBER 2025



Name: Stephanie Thacker

Sport: Volleyball Coach

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Film & Practice 4:30-7:00 2.5hrs.	4 Practice 4:30-6:30 2hr.	5 Girls State Game 4:30-7:30 3hr.	6 Practice 4:30-7:00 2.5hr.	7 State Tournament Boys & Girls over night stay 10:30-10:30 12hr. 10:30-10:30 12hr.	8 State Tournament Boys & Girls 10:30-9:30 11hr.
9	10	11	12 7.5	13	14 Total 45hr.	15
16	17	18	19	20	21 Total hours for August- November 195hr. 35min	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6