Utah High School Sports Policies Survey

SURVEY RESULT DATA | October 14, 2025

During the fall of 2025, Rep. Katy Hall and the Utah High School Activities Association sought input from teachers, coaches, parents, and students about potential updates to Utah high school sports policies through an online survey.

Concepts

The survey sought opinion and feedback about the scheduling, academic, athletic, and cultural impact of high school sports and several proposals under consideration, including:

- Adding a third all-sport moratorium toward the end of the traditional school year;
- Either limiting school-sponsored offseason participation or extending sport-specific moratoria and standardizing the "two-week prior" rule; and
- Reducing weekly practice limits from 20 to 15 hours.

Purpose

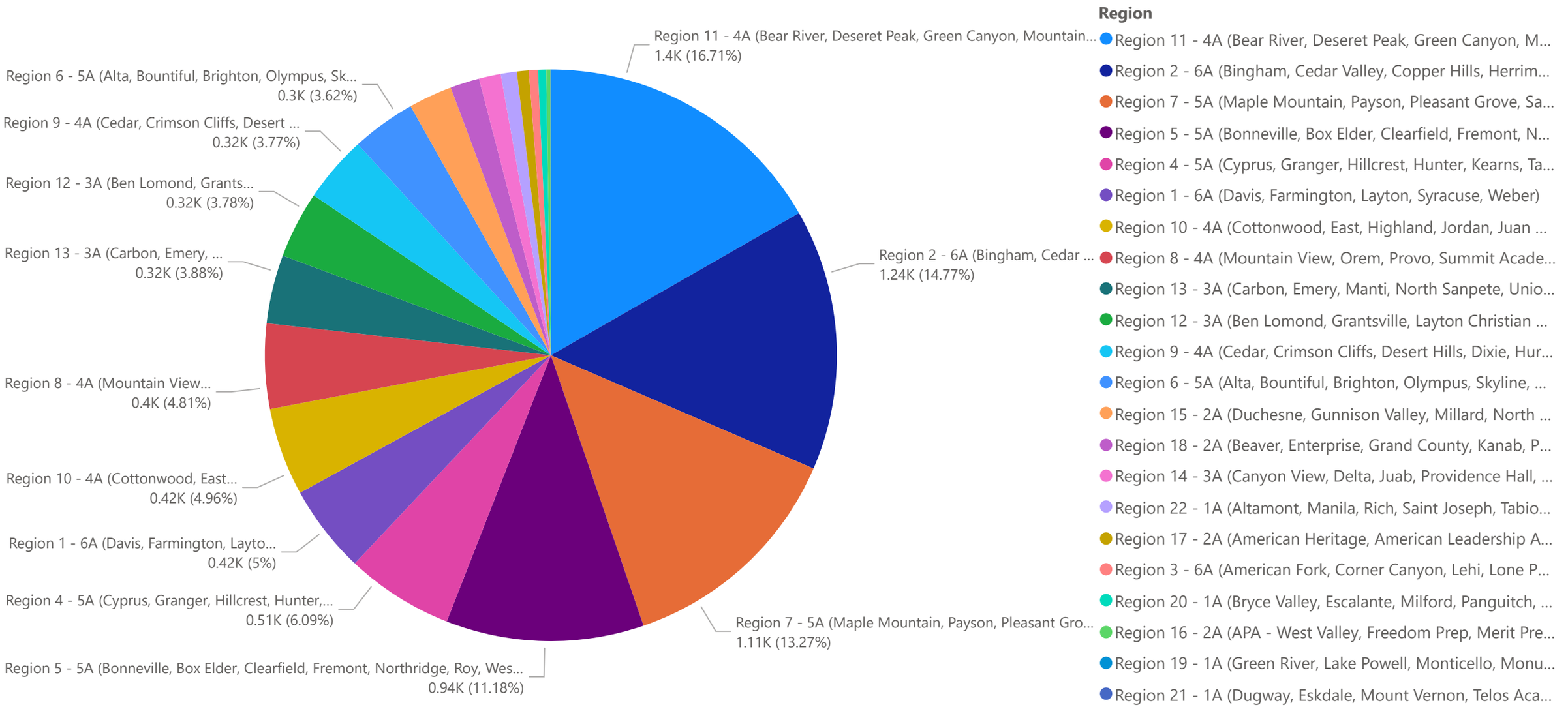
These ideas came from concerns raised by parents, coaches, and administrators and aim to support student well-being, injury prevention, academic balance, and coach sustainability.

Results

The following report is organized as follows:

- Response data: Count of responses by region and by respondent type
- Opinion data on time commitments by respondent type
- Opinion data on policy proposals
- Comments: raw numbers of comments by region and respondent type, comments by respondent type, including an AI-generated summary of comments from each respondent type

Count of Responses by Region

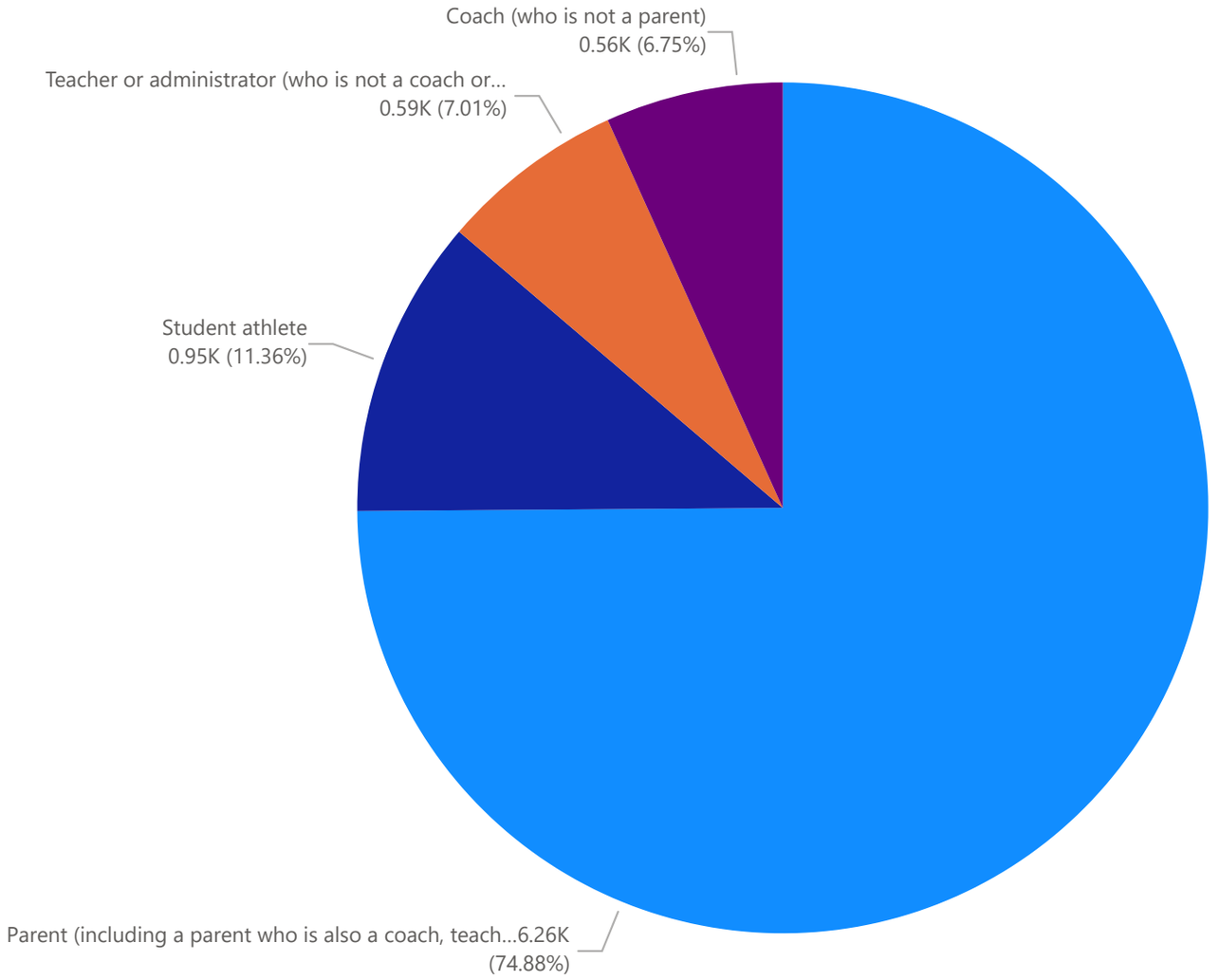


Total

8360

Count of Responses by Respondent

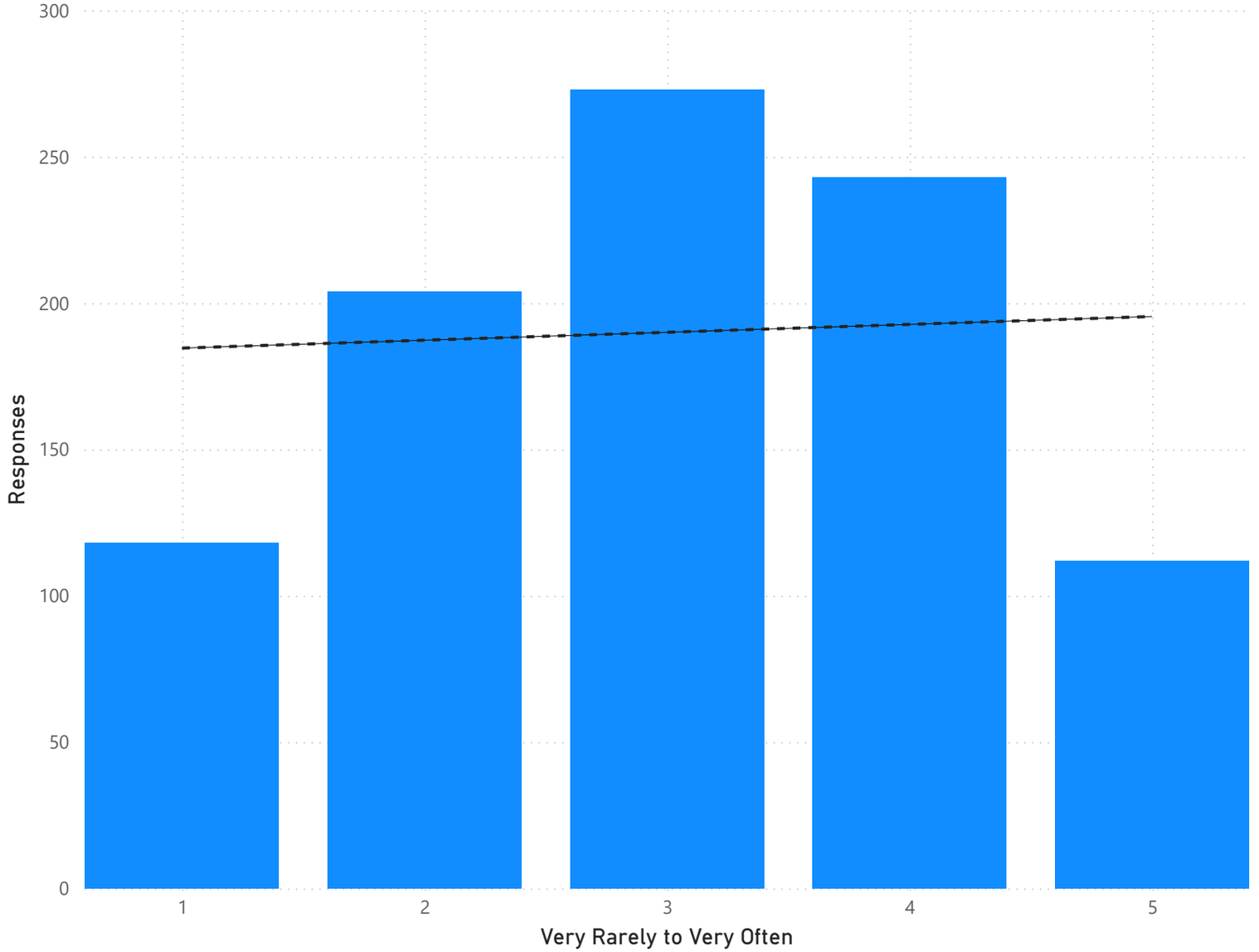
Respondent Parent (including educators/coaches) Student athlete Teacher or administrator only Coach only



Total

8360

How often do your high school sports time commitments interfere with your ability to participate in other academic, extracurricular, or outside-of-school activities?

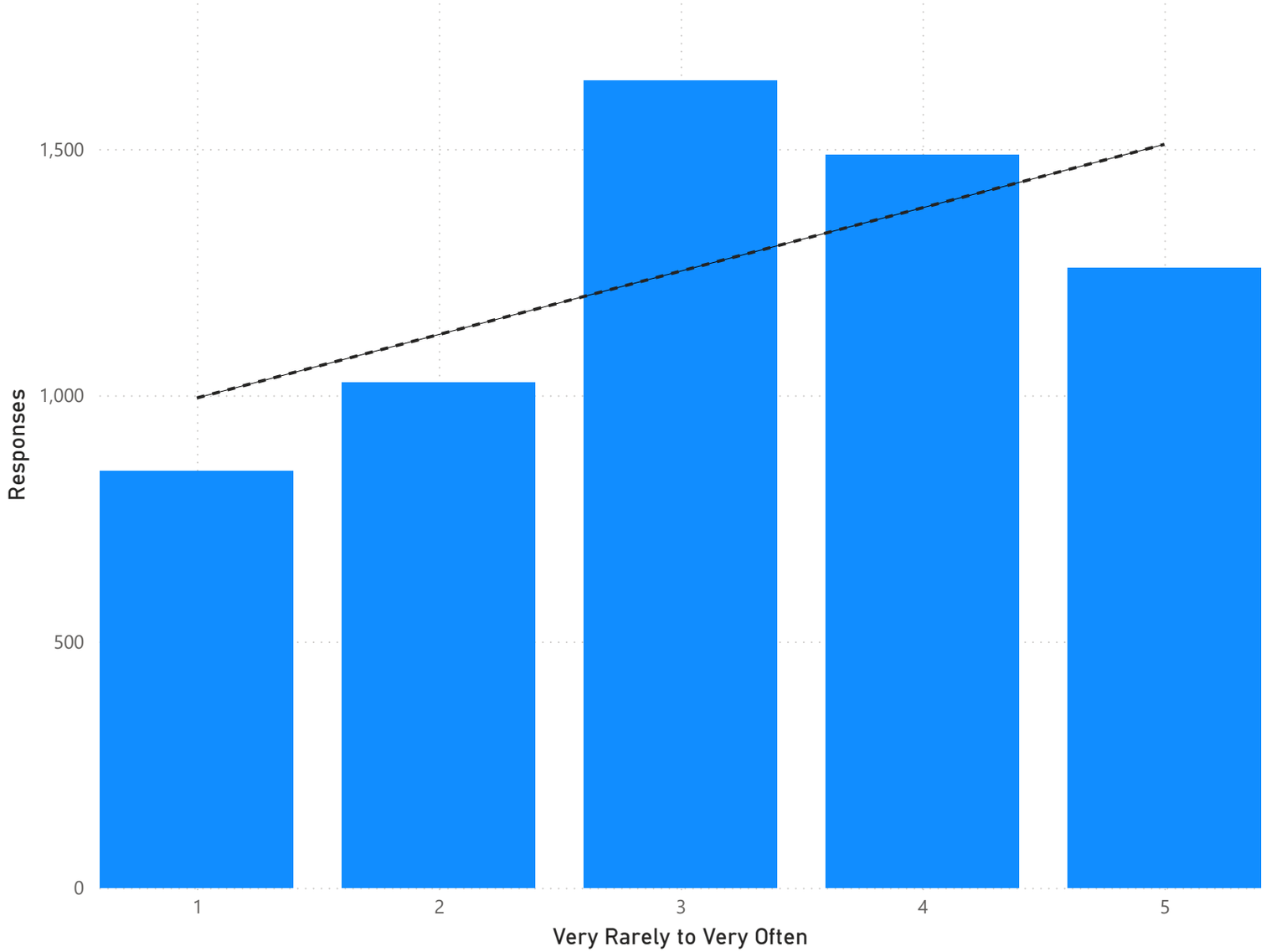


1: 118
2: 204
3: 273
4: 243
5: 112

Total
950

Student Athletes

How often do your child's high school sports time commitments interfere with the ability of your child and family to participate in other academic, extracurricular, or outside-of-school activities?

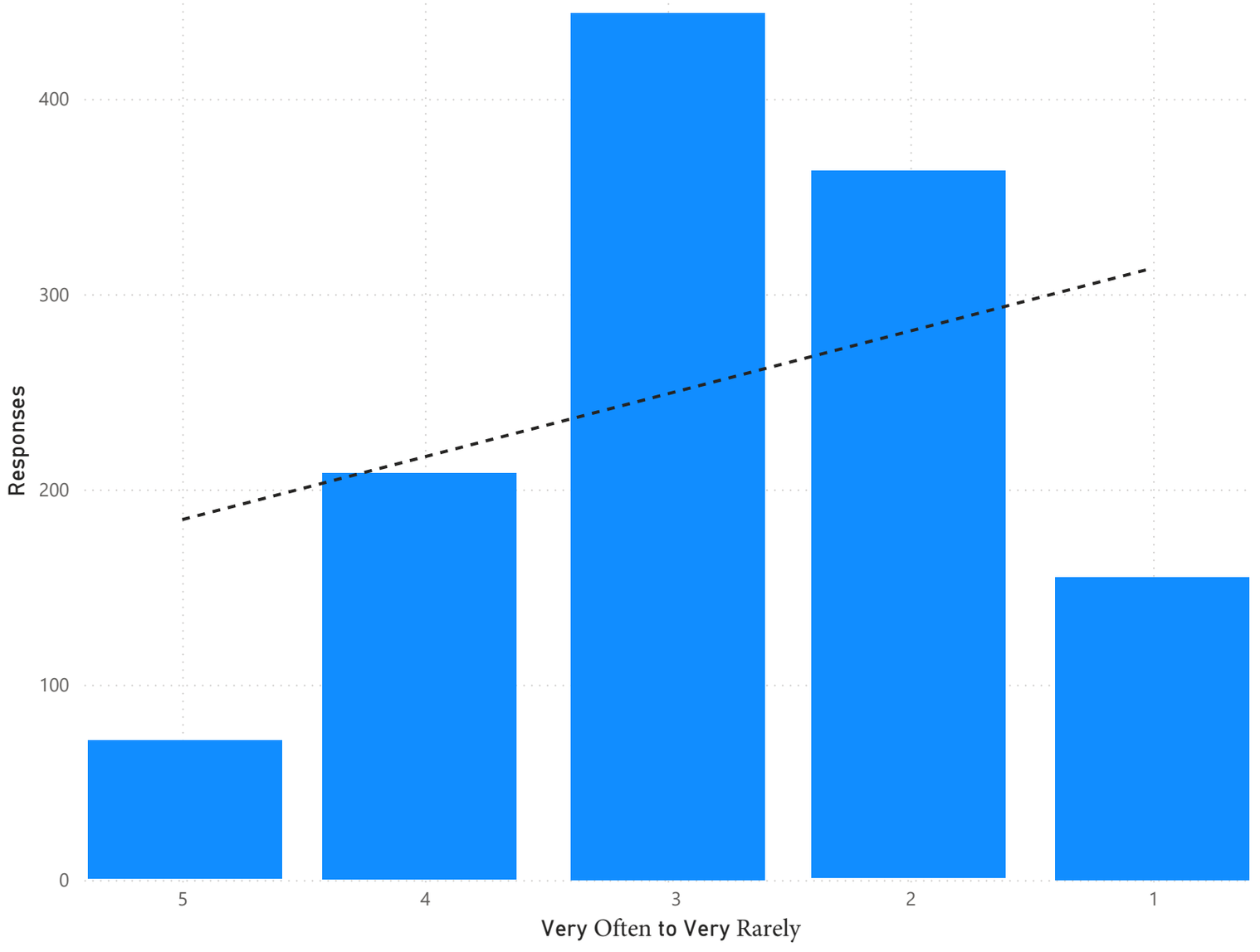


1: 846
2: 1,027
3: 1,640
4: 1,488
5: 1,259

Total
6260

Parents

How often do your students' high school sports time commitments allow them to participate in other academic, extracurricular, or outside-of-school activities?

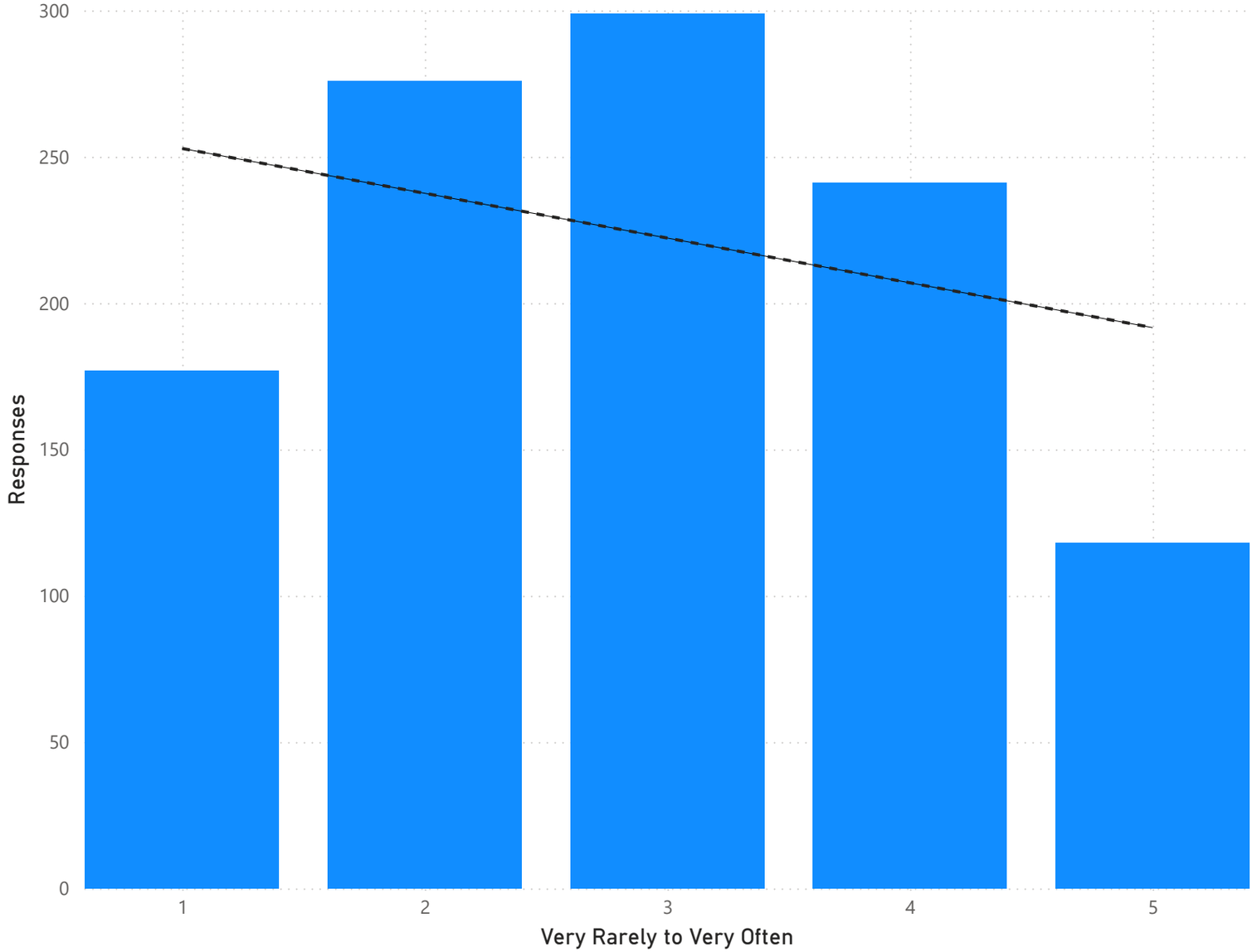


5: 71
4: 208
3: 444
2: 362
1: 155

Total
1240

Teachers and Administrators

How often do your student athletes' high school sports time commitments interfere with their ability to participate in other academic, extracurricular, or outside-of-school activities?

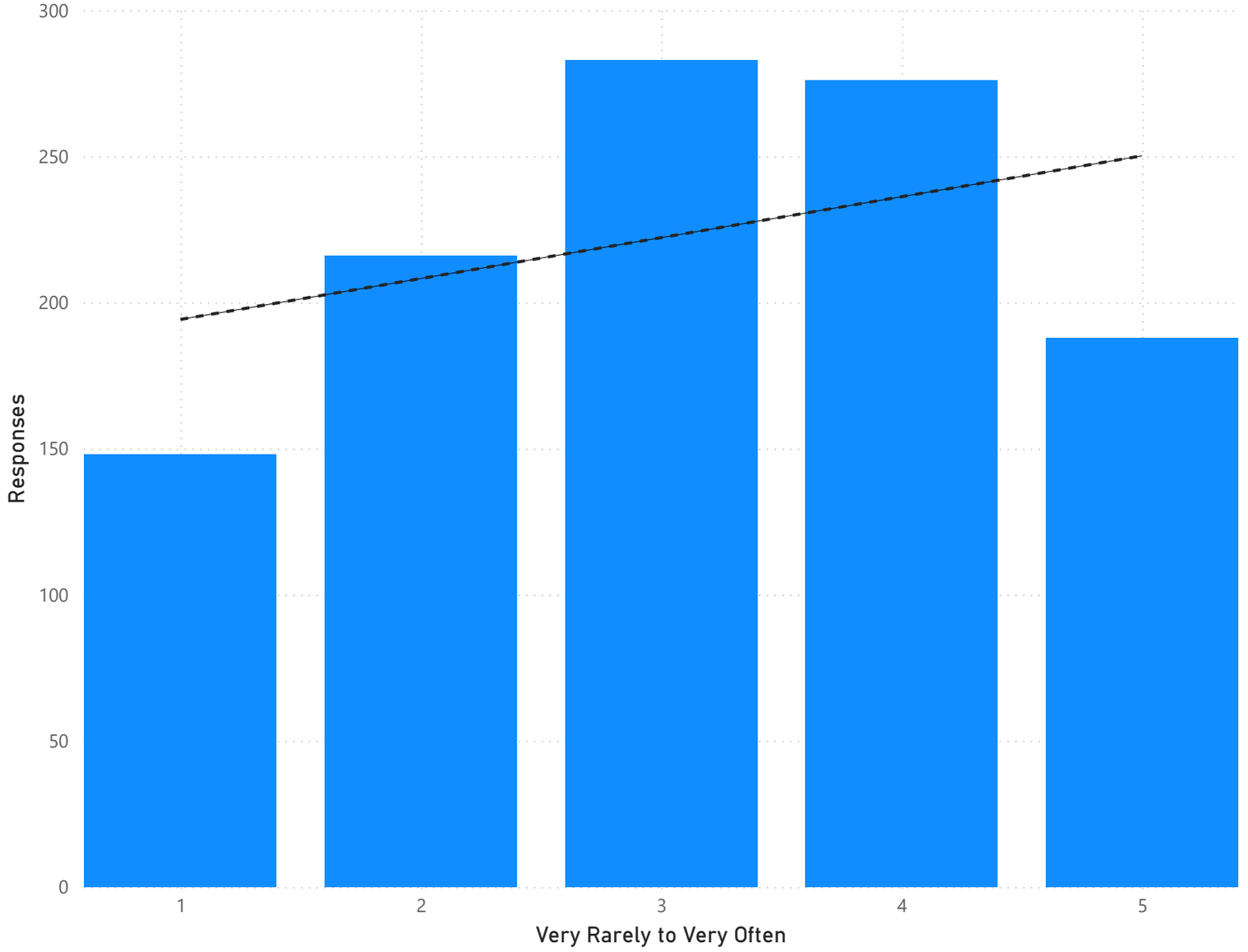


1: 177
2: 276
3: 299
4: 241
5: 118

Total
1111

Coaches

How often do your high school sports coaching time commitments interfere with your and your family's ability to participate in other academic, extracurricular, or outside-of-school activities?



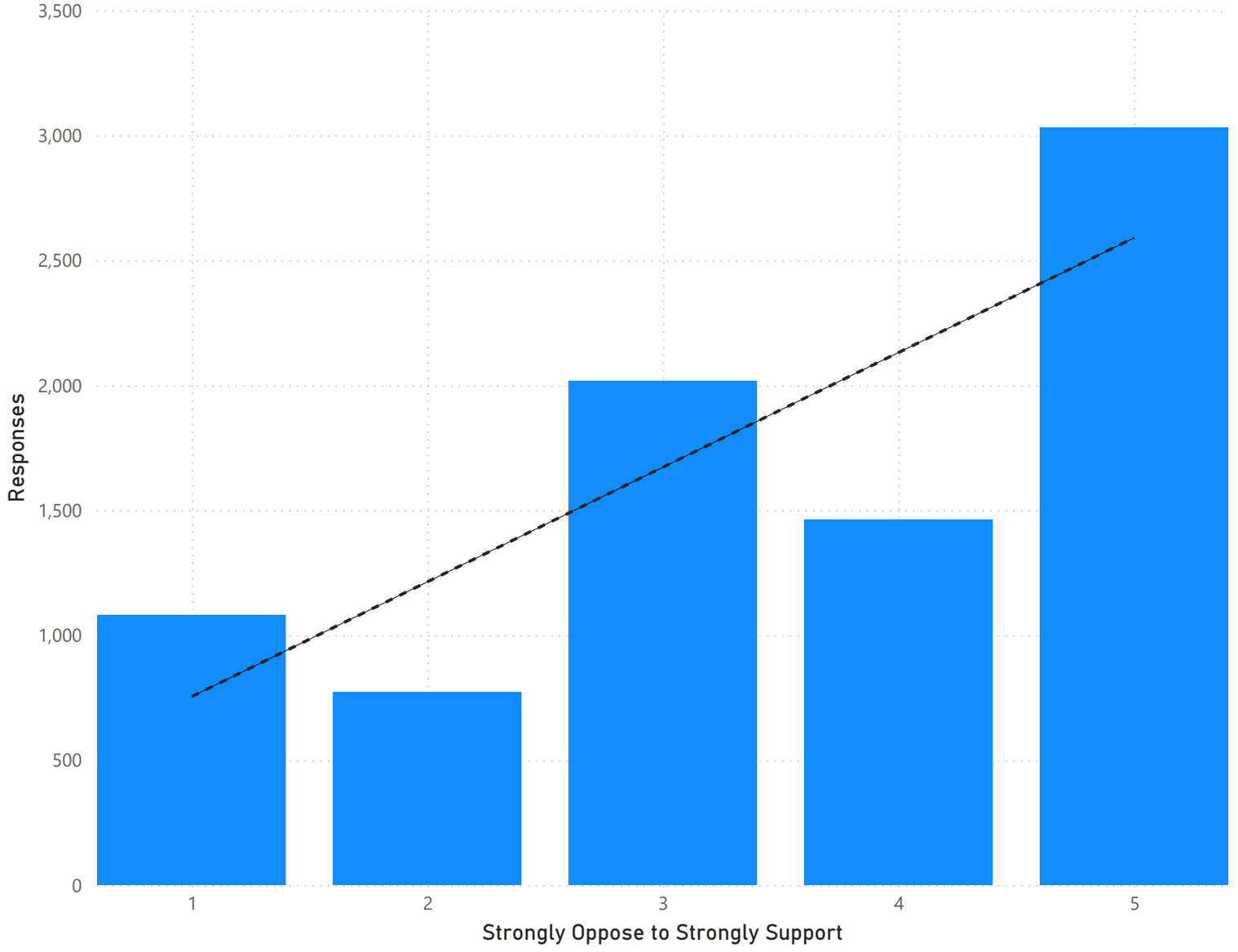
1: 148
2: 216
3: 283
4: 276
5: 188

Total

1111

Coaches

What do you thinking of implementing more defined sport seasons and off-seasons?

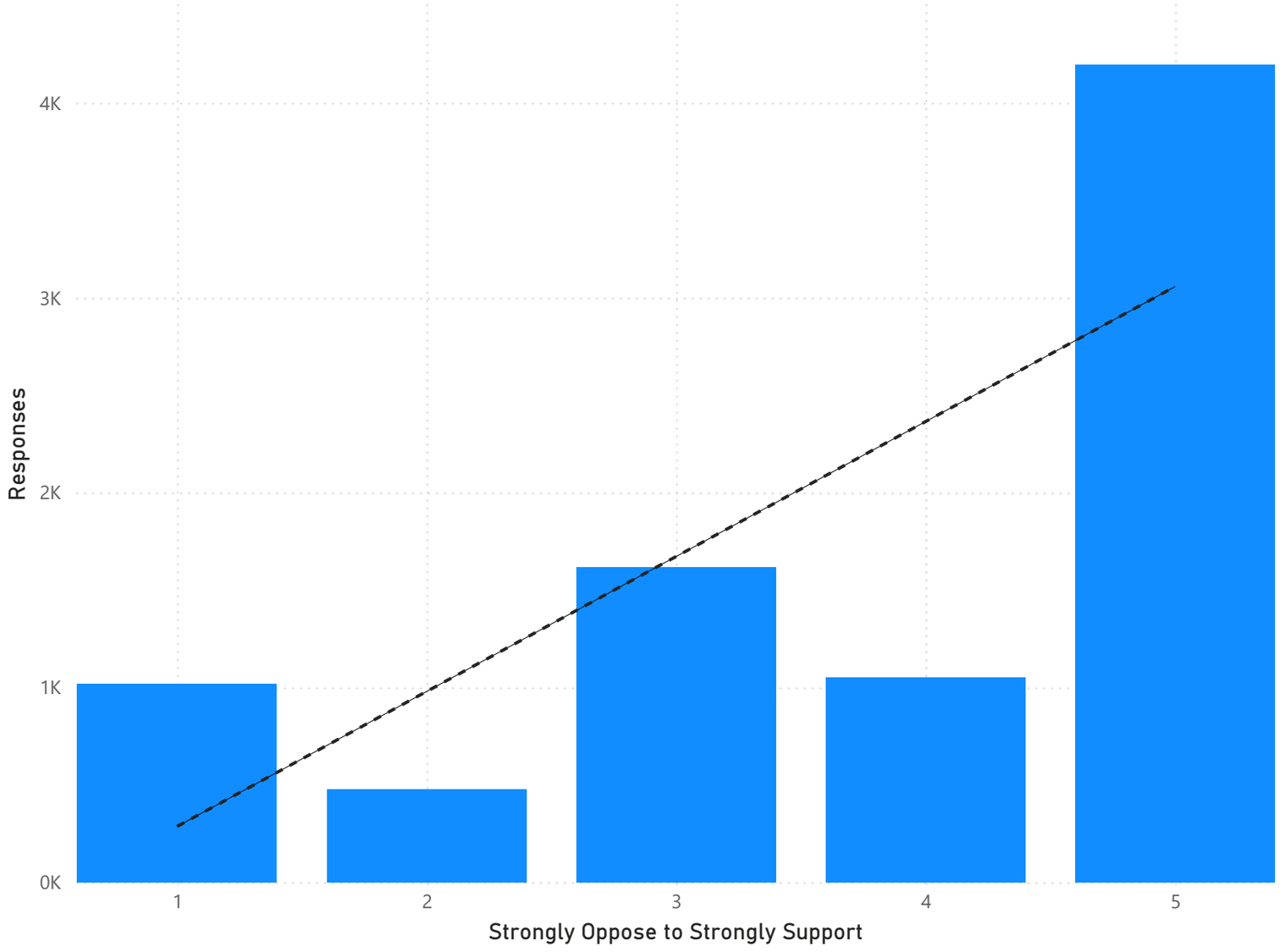


1: 1,081
2: 772
3: 2,015
4: 1,462
5: 3,030

Total

8360

What do you think of adding another all-sport moratorium at the end of the school year in late May / early June?

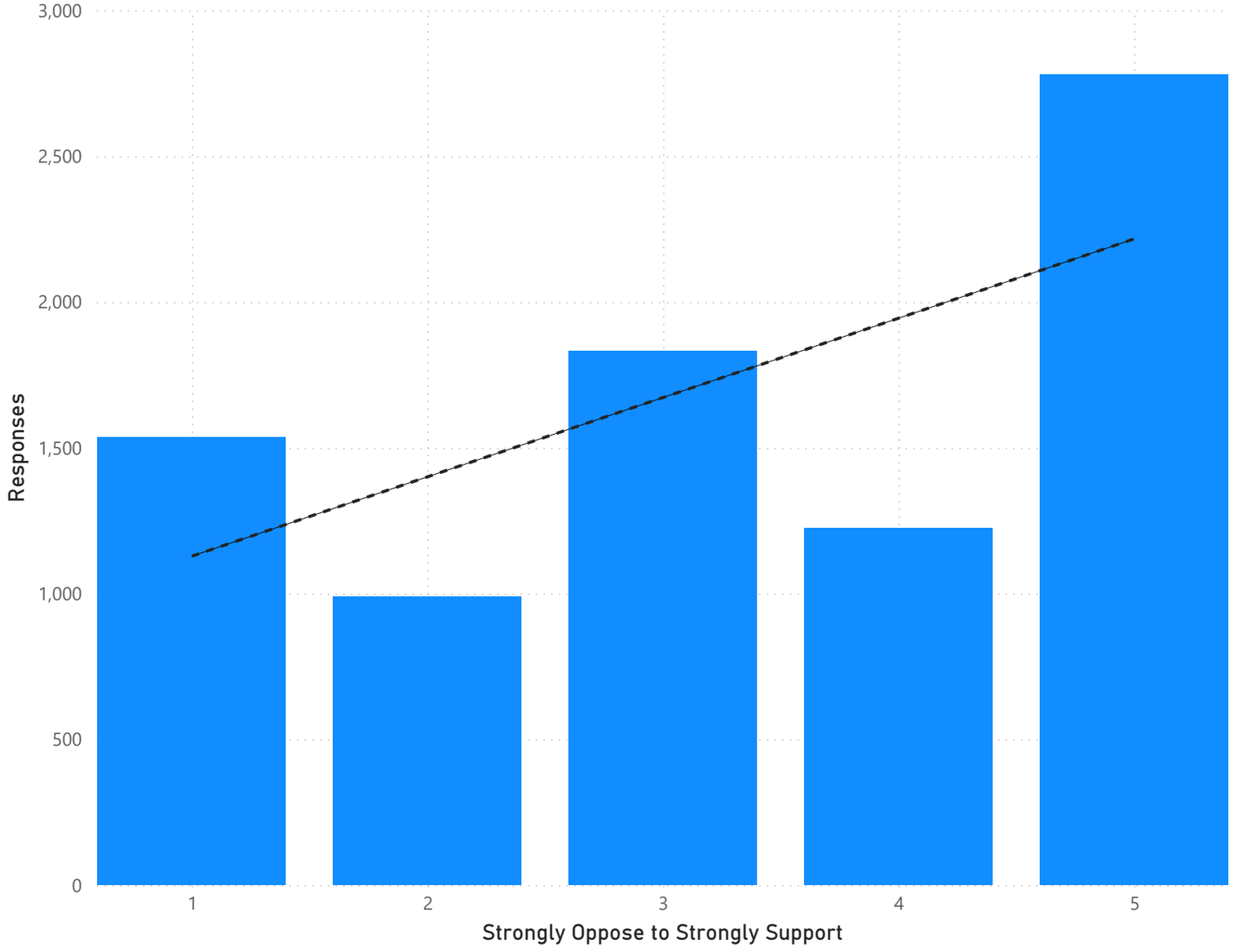


1: 1,020
2: 477
3: 1,616
4: 1,050
5: 4,197

Total

8360

What do you think of lowering the August-to-June weekly practice limit from 20 hours to 15 hours?



1: 1,536
2: 990
3: 1,831
4: 1,224
5: 2,779

Total

8360

Number of Comments by Region and Commenter

Non-football Region Classification (Schools)	Parent Only	Parent Educator	Parent Coach	Student Athlete	Educator Only	Coach Only	Total
Region 11 - 4A (Bear River, Deseret Peak, Green Canyon, Mountain Crest, Ridgeline, Sky View, Stansbury, Tooele)	249	41	24	44	28	31	**417**
Region 7 - 5A (Maple Mountain, Payson, Pleasant Grove, Salem Hills, Spanish Fork, Springville, Timpview, Wasatch)	177	30	30	27	34	26	**324**
Region 2 - 6A (Bingham, Cedar Valley, Copper Hills, Herriman, Mountain Ridge, Riverton, Westlake)	210	29	16	24	23	12	**314**
Region 5 - 5A (Bonneville, Box Elder, Clearfield, Fremont, Northridge, Roy, West Field)	164	17	40	17	15	17	**270**
Region 4 - 5A (Cyprus, Granger, Hillcrest, Hunter, Kearns, Taylorsville, West, West Jordan)	77	4	6	21	9	24	**141**
Region 1 - 6A (Davis, Farmington, Layton, Syracuse, Weber)	68	7	6	6	13	10	**110**
Region 10 - 4A (Cottonwood, East, Highland, Jordan, Juan Diego, Judge Memorial, Murray, Park City)	65	11	6	8	10	7	**107**
Region 8 - 4A (Mountain View, Orem, Provo, Summit Academy, Timpanogos, Uintah)	59	8	10	16	7	6	**106**
Region 13 - 3A (Carbon, Emery, Manti, North Sanpete, Union)	50	15	12	9	5	8	**99**
Region 9 - 4A (Cedar, Crimson Cliffs, Desert Hills, Dixie, Hurricane, Pine View, Snow Canyon)	62	6	14	5	4	7	**98**
Region 12 - 3A (Ben Lomond, Grantsville, Layton Christian Academy, Logan, Morgan, Ogden)	60	7	6	9	5	6	**93**
Region 6 - 5A (Alta, Bountiful, Brighton, Olympus, Skyline, Viewmont, Woods Cross)	52	7	6	1	5	15	**86**
Region 15 - 2A (Duchesne, Gunnison Valley, Millard, North Sevier, North Summit, South Summit)	35	12	5	2	8	4	**66**
Region 18 - 2A (Beaver, Enterprise, Grand County, Kanab, Parowan, San Juan, South Sevier)	17	2	5	5	3	4	**36**
Region 14 - 3A (Canyon View, Delta, Juab, Providence Hall, Richfield)	15	3	3	1	6	1	**29**
Region 22 - 1A (Altamont, Manila, Rich, Saint Joseph, Tabiona, Tintic, Wendover)	12	3	4	1	1	4	**25**
Region 17 - 2A (American Heritage, American Leadership Academy, Draper APA, Intermountain Christian School, Maeser Prep, Rowland Hall, Utah Military Academy - Hill Field, Waterford)	5	1	1	8	1	1	**17**
Region 3 - 6A (American Fork, Corner Canyon, Lehi, Lone Peak, Skyridge)	7	2	-	2	1	4	**16**
Region 20 - 1A (Bryce Valley, Escalante, Milford, Panguitch, Piute, Valley, Water Canyon, Wayne)	2	3	3	1	3	3	**15**
Region 16 - 2A (APA - West Valley, Freedom Prep, Merit Prep, Rockwell, Salt Lake Academy, Utah Military Academy - Camp Williams, Vanguard Academy, Wasatch Academy)	2	-	-	-	4	-	**6**
Region 19 - 1A (Green River, Lake Powell, Monticello, Monument Valley, Navajo Mountain, Pinnacle, Whitehorse)	2	-	-	-	-	1	**3**
Total	**1,390**	**208**	**197**	**207**	**185**	**191**	**2,378**

Comments by Parents

High-level Summary Generated by Microsoft Copilot:

1. Practice Time & Moratoriums
   - Many parents feel the 20-hour weekly practice limit is excessive, especially during the school year, citing physical strain and lack of recovery time.
   - Some argue against reducing practice time, fearing it will hurt team development and competitiveness.
   - Concerns were raised about coaches bypassing moratoriums by having captains lead unofficial practices.
2. Academic & Family Balance
   - Parents report that sports interfere with homework, sleep, and academic performance.
   - Families struggle to plan vacations due to year-round sports schedules and fear of penalties for missing practices.
   - The emotional toll on students missing family time and feeling pressured to prioritize sports over academics is significant.

Coach & Program Culture
   - Coaches are often described as overly demanding, with some using threats or punishments for missed practices.
   - The culture of year-round commitment is seen as harmful, especially for multi-sport athletes.
   - Some parents support structured programs but want clearer boundaries and respect for family time.

Enforcement & Policy
   - Many comments highlight inconsistent enforcement of existing rules, especially around moratoriums and practice limits.
   - Parents call for stricter oversight and consequences for coaches who violate guidelines.
   - Suggestions include transparent policies and accountability mechanisms to ensure fairness.

Suggestions & Requests
   - Requests include banning practices on holidays, extending moratoriums, and better scheduling to reduce missed class time.
   - Parents want sports to be fun and enriching, not all-consuming.
   - Some propose sport-specific moratoriums and more flexibility for multi-sport athletes.

Equity & Club Sports
   - Concerns about club sports creating inequities—students from wealthier families can afford extra training, while others cannot.
   - Reducing school practice time may push athletes toward costly private programs, widening the gap.
   - Parents advocate for inclusive policies that support all students, regardless of financial background.

Multi-Sport & Extracurricular Access
   - Overlapping seasons and year-round commitments make it difficult for students to participate in multiple sports or other activities.
   - Students are often forced to choose one sport, limiting their exposure to diverse experiences.
   - Parents emphasize the importance of well-rounded development through varied extracurriculars.

Region	Role	Comments
Region 1 - 6A	Parent	20 hrs a week/6 days is too much during the school season (including travel time)….summer whatever! Not only too much with homework, but their bodies need rest for recovery time to prevent injuries and time for muscle repair! That's not even talking family and mental space time.
Region 1 - 6A	Parent	A couple more general comments about the athletics in the district. They should have games later in the evenings, so that people that have jobs such as those at the hospital can still attend games to watch their kids play. Also, on another note, teams should have a limit on how many minutes kids can play in one night. No kid should be allowed to play in sophomore, JV, and Varsity games on the same night.

Region 1 - 6A	Parent	As a parent of a basketball player, I strongly disagree with limiting their practice and development time. Our student-athletes have worked for years to earn a place on competitive teams, fully understanding the time commitment required. A 15-hour cap—once you factor in two games and three class periods—(10.5 hours) would leave less than an hour per day for practice. This significantly impacts team development, competitive performance, and athlete preparedness. Utah teams will be unable to compete with teams from other states who are allowed more time and developing their sport. Our basketball program is currently the best in the state. Many of our players receive college offers, largely due to the exposure they get during team events—especially the University of Utah and Utah State camps in late May and early June. These are often the only opportunities for college coaches to see them in a high school setting. If participation is limited, players may be forced to turn to costly AAU travel teams for exposure—programs that are often inaccessible to low-income families. This creates an uneven playing field and limits college opportunities for many deserving students. Parents and players choose to participate with full understanding of the commitment. No one is forced to try out or accept a spot, but those who do are deeply invested. I urge you to reconsider this proposal and protect the integrity of our programs and the future opportunities of our athletes.
Region 1 - 6A	Parent	Captains leading them during moratorium should strictly be enforced! Many coaches go around it by mandating captains lead it. Farmington High is notorious for this. It's not fair to those who follow the rules!
Region 1 - 6A	Parent	Coaches need to play 2s more when up by 20+ points in 4th.
Region 1 - 6A	Parent	First- Weber needs to be 5A. Our school may be large but our participation is SO low. We literally have 3 seniors who will be playing/trying out for the basketball team out of a school of over 2000 kids. We will never hang with schools like Corner Canyon and those schools who "recruit". Plus literally every school around us is 5A. As for breaks from practice- I think holidays and the weeks/days around holiday should be exempt. Let families have uninterrupted time with their kids. This could help with everyone getting so burned out! I don't think lowering the practice hours from 20-15 hours is the issue. I think the issue is the sports never end and kids get burned out when they can't even take a family vacation. Maybe lover moratorium periods are a good option.
Region 1 - 6A	Parent	Football practice times are ridiculous!! We had 1 week off the entire summer. My son also has to make room in his school schedule to take the football weights class. He also has to go in Saturday mornings! When exactly do these kids get a break?!?!
Region 1 - 6A	Parent	For my athlete, all of August was 6 days a week with 2-3 games and then practices. Lots of overuse injuries were occurring and the players never had a recovery day (except their one day off on Sunday). In school, they are 5 days a week which I understand and feel like it should be that in preseason as well.
Region 1 - 6A	Parent	High school sports focus to much on winning and are way too costly and the fun is lost from the sport.
Region 1 - 6A	Parent	I absolutely hate the threats that coaches use to dictate to our student athletes that practices are mandatory (during the summer) and a punshiment of "not being on the team or kicked off". This makes us feel like we can't plan summer breaks like we want and creates some anxiety and family conflict because the kids are not wanting to go on vacations or limit them so they don't get in trouble. During school I don't care. Also I hate that 1/2 days the kids come home and we have to double back to practice. Why don't you make the coaches do the in session trainings after practice and inconvience 2-3 people instead of 50 students in Eden and outer areas.

Region 1 - 6A	Parent	I believe there should be clear, written rules that allow a high school coach to also maintain an optional, independent club team sponsored by one of the many local organizations. This would provide athletes the opportunity to form a core group that trains and competes together year-round under consistent coaching methods. For example, I recently watched the Weber High School girls' soccer team struggle against an opponent that plays together throughout the year. The difference was clear: their opponents demonstrated a level of familiarity and cohesion that can only come from consistent, year-round training under shared coaching. If a high school coach is willing to offer athletes this opportunity, there should be no policy preventing them from doing so. Allowing coaches to run independent club teams would not only elevate the level of play during the school season but also help student-athletes develop stronger skills, teamwork, and competitiveness. Importantly, this can be done in a way that avoids conflicts of interest by ensuring participation is optional and transparent.
Region 1 - 6A	Parent	I do not believe mandatory practices or competitions should happen outside of the school year. Mandatory practice should not start until the first day of school. Competitions a couple weeks after that. Summer should be a time for families, not high school sports.
Region 1 - 6A	Parent	I don't know if this is a school policy or a UHSAA policy, but it would be nice to have 2 or 3 passes on missing practices for family vacations or activities without being penalized by loosing playing time. I tell people that the HS sports calendar doesn't only rule over my students playing time but it also commandeers our whole family's schedule.
Region 1 - 6A	Parent	I don't think the coaches would comply with that even if it was implemented.
Region 1 - 6A	Parent	I feel like highschool sports have gotten out of control.. coaches want their commitment all year long and some get punished for playing two sports.
Region 1 - 6A	Parent	I have two fall sports athletes. They basically have to give up the whole summer for open gyms that are not "required" but you know they are. Because the season starts end of July/beginning of August we lose weeks of summer. One of the coaches is more understanding then the other about it still being summer. The season for fall sports is ridiculous.
Region 1 - 6A	Parent	I just feel summer is important for families to have flexibility and have less pressure if they need to miss, especially if they tell coaches ahead of time.
Region 1 - 6A	Parent	I really think the kids need a little break at the end of the school year to focus on end of year assignments, and tests, and then a little family time over Memorial Day before they start back up I am glad you are asking.
Region 1 - 6A	Parent	I strongly believe high school athletics are a valuable part of the high school experience for many students and should continue to be supported and encouraged. However, my experience has been that they significantly cut into other aspects of the high school experience that lead to a well rounded individual. Families should not feel the need to plan family experiences around athletics outside the season of their competition. Our experience has been such that while not technically stated, optional workouts are not optional without it potentially impacting standing on the team(s). My son has not participated in family vacations the last three years due to his anxiety surrounding what missing those activities would mean for his place in the team and this is an athlete who has started three years as a varsity athlete. These kids are not professional athletes and the UHSAA should encourage them not to be treated as such. For those interested in that type of environment, club sports outside can provide that structure and training. We need to do more to let kids be kids.
Region 1 - 6A	Parent	I support all the hard work and dedication, but it is really difficult to have vacations and family time with the commitments of sports

Region 1 - 6A	Parent	I think athletes would benefit from periodic breaks. Initially I did think a more defined sport season would be appropriate and it may still be. But maybe it can be a mix...what if during the sport, athletes keep conditioned but have smaller breaks/time off throughout season & trainings. This may help them to maintain their fitness level but give them breaks to do other activities and family trips (which is VERY IMPORTANT) Also, letting their bodies have some time to recover and hopefully prevent overuse injuries. (Which seems to be a common occurrence. Also VERY IMPORTANT to avoid overuse injuries). If the students take long breaks between seasons, coming back to the sport and not properly working their way up to the fitness level can cause injuries. Now some athletes do better and will stay conditioned off season. Just depends on the individual. And finally, and it is important that all holidays and breaks during school calendar year should NOT have sport events scheduled. Athletes/Everyone deserves to have breaks and time to relax or go on vacation. Over the years sports have gone crazy and take over the athletes lives. Let the kids have fun and ENJOY the sport they participate in. I feel sports have gotten so intense, kids are losing the enjoyment in them. Balance is needed. I love sports, my entire family is competitive and participates in sports. I love watching my kids compete. But when they practice all the time and have games all the time. They don't have any energy/time left to do family activities, leisure activities or trips. BALANCE, BALANCE, BALANCE.
Region 1 - 6A	Parent	I think our athletes are suffering from over use injuries more and more and younger and younger. I think there are countless benefits from time off and being able to participate in other activities. Without regulations coaches continue to demand more and more and student athletes are punished if they miss or choose not to participate. My son was punished because he chose to go to Prom. Most high school sports are not lifetime sports but they limit the time and development of athletes participating in other life enriching activities. I know they love it and are passionate about it but we are out of balance and doing our kids a disservice.
Region 1 - 6A	Parent	I think that they should not be able to practice during Christmas break or any holidays for that matter. I also think they should not be able to practice at all in July and should really have the summer months off. It is joke that sports are year round now. They consume our lives but there is nothing we can do if your kid likes to play a sport.
Region 1 - 6A	Parent	I think the Christmas moratorium should be all Of Christmas break and you should really Consider not having games. Let them have dedicated time with family!
Region 1 - 6A	Parent	I was an athlete in HS my kids are athletes...I open the moratorium because I believe team sports give a sense of camaraderie and purpose and help them stay busy during the summer and off season and staying busy means keeping out of trouble
Region 1 - 6A	Parent	I wish school sports did not start before school actually began. Really cuts down your summer
Region 1 - 6A	Parent	I'm new to high school sports this year and I've watched my son (he's a freshman) go through the hours upon hours of weekly training to prepare for his games. It has been good for him, and he has been much more prepared because of it. With the exception of practice held on Labor Day, which simply surprised me because practice schedules are posted Sunday nights for the upcoming week, we have felt the current system is working well.
Region 1 - 6A	Parent	I'm ok with the current practice it would just be nice if it was more defined.
Region 1 - 6A	Parent	If you want to implement additional moratorium time, make it sport specific, not all sport. You have sprig sports that have their playoffs late May and local colleges host events in early June that give the students opportunities they may not receive otherwise.

Region 1 - 6A	Parent	In my opinion, school sports are a vital part of the student experience. Whether as a student athlete or not. Many non-student athletes attend and support school games giving them a sense of belonging, school spirit and school pride. Reducing practice time will negatively impact both student athletes and student sports supporters by causing the quality level of game play to go down. When the quality of play goes down the quality of enjoyment goes down, win or lose. Playing and watching high level games is exciting and uniting. The team unites! The crowd unites! The school and community unite! Friendships are made/strengthened. Win or lose, experiencing a high level exciting game fosters a sense of camaraderie! When the quality of play is reduced, games are won or lost by larger margins, interest in playing and watching games is reduced, it becomes boring, fewer students will participate both on and off the court/field. School pride is injured and school spirit will suffer. In addition to an overall reduction of school spirit and support there will be an increase in student isolation. Many students fill their additional free time by living vicariously through social media, video games, screen time, etc. It will begin with the student athletes who aren't practicing as much and ripple through the student body due to diminished interest in supporting school sports. Another disparity will manifest both at the school team level and regional / state level. This disparity will be in the performance level of individual students and teams. Students with adequate means will likely increase their individual training and skill level while students without the same means will simply go without and fall farther behind their teammates. The performance gap will increase and some less fortunate students will ultimately decide not to participate. This will be evident at a regional/state level as the score gap increases; unintentionally penalizing less wealthy schools and teams. Less fortunate students and schools will see and feel the negative the impact of reduced practice more than their counterparts. We may also see an increase of deliberate and targeted game time injuries. It has been known to happen that when emotions and tensions rise, some students may try 'level the playing field' (performance gap) by hurting another student who is perceived as "in their way". Targeted injuries cause snap judgements and reactions often leading to more injuries, contention and fighting both on and off the court/field. In addition, to the many "In-State" negative consequences our Utah student athletes and teams will fall behind other states. College scholarship opportunities will be fewer for Utah student athletes and potentially non-athletes as well. Utah won't be as prominent on "the radar" of college recruiters. Adding moratorium time and reducing practice time will ultimately lead to more problems and issues than it would help. Student athletes and their families know and accept the time and effort commitment required. It is worth it to us! The benefits of high level athletes and teams outweigh the costs.
Region 1 - 6A	Parent	In the case of running, if the student-athletes are not running with their team, they would be running on their own. Allowing the coaches flexibility to hold team runs/practices is beneficial to the athletes. Practice is easier in a team environment.
Region 1 - 6A	Parent	It is hard to find time to travel as a family with the requirements of sports. Kids feel pressure from teams and coaches to be at "non-school" practices even when they are supposed to be off.
Region 1 - 6A	Parent	It would be nice to have a longer moratorium in December.
Region 1 - 6A	Parent	It's fun, but it shouldn't be life to be on a team.

Region 1 - 6A	Parent	It's expected that players should be committed during the high school season, that's understandable, but in the off-season when players are required to come to every open gym or there are "unspoken consequences", its too much. I know for basketball, the boys can hardly even take a family vacation the entire year long. Girls Soccer has made it hard for our family to take any vacations in July. When my girls played basketball you couldn't take a vacation over the Christmas break because they would practice some of the break. For softball and baseball our coaches both scheduled games over spring break and my daughter was punished for missing because we had scheduled a trip long before she made the softball team because we assumed spring break would be safe. I do not feel like high school sports should be able to dominate breaks that schools have designated and put on the calendar. Both the kids and families need those breaks. High school sports dominate so much of these kids time, especially in the off-season, and they are only a 2-3 month sport season. It's too much. Some teams practice almost year round for a really small actual season. They also have their comp teams they play on. I think all days that have been allotted for breaks/vacations should be off limits to coaches. I also think there should be a limit on how many days they can have open gyms. They will try to find their way around it by having someone else show up to run it instead of them, but I think we definitely would benefit from stricter rules, or even saying no open gyms allowed within a certain amount of months of when the sport is played. One more thing. My daughter is playing soccer right now. From what I understand, they are allowed to practice on their competition teams on the weekends now, but it's a limited number of times. She does play at a very high level, and while I can see that a lot of parents might support this, she is gone so much with high school Soccer already and now her comp Coach is scattering in Saturday and Sunday practices for Comp. She barely has time to get her homework done and she's in her junior year. I'm trying to figure out when we can even schedule some time to do the ACT prep classes. It's just a lot. With so many of these kids taking CE classes now it's a heavy load. We definitely need to consider the toll high school sports are taking on the academic side of things, as well as family time and jobs. I am a major sports enthusiast and I love everything about them, but these kids are under a lot more pressure academically then ever before.
Region 1 - 6A	Parent	It's gotten out of hand. Gone are the days of playing 3 sports in high school
Region 1 - 6A	Parent	Kids no longer have summers. It's hurting them and their families.
Region 1 - 6A	Parent	Let's get back to sports (including cheer and drill) having a season and some limits so our kids can either play another sport (effectively) or do other activities/have family time. My daughter cheered and played soccer her junior year. Trying to keep up with both schedules was almost impossible. As much as she would love to do both again, she decided against it her senior year because of the demand on her body and her time.
Region 1 - 6A	Parent	My child does not currently have a day off. Sometimes she just watches a game, but her total practice time is less than 15hrs.
Region 1 - 6A	Parent	My child is involved in cheer at the jr high level. This sport goes all year but they do a good job of balancing the time to include practice and home- life balance. My experience so far has been- cheer is busy all year but it's not unbearable or unrealistic at the jr high level
Region 1 - 6A	Parent	My daughter toured the University of North Carolina Campus in February, 2025. We told the UNC sports directors her cheerleading schedule for the 24-25 school year. They highly encouraged her to disengage in high school sports and enroll in a private cheerleading program. They explained in depth the risk of injury, lack of time available for academics, along with many other issues. We followed the advice from UNC. Our daughter did not tryout for high school cheerleading and is currently working with a private sports team, she traveled the entire summer and is happier and healthier than she's been since entering school sports. We are fortunate to receive sound advice from the University of North Carolina.
Region 1 - 6A	Parent	My son has decided to no longer play high school lacrosse because the time commitment was too intense while also wanting to get good grades. He has a strong desire to take AP classes and also have a social life and though he loves lacrosse, his coaches and team, there is not enough time in the day for balance. Speaking just from my experience- limits on how many hours a week would be required of a student athlete would be incredibly helpful. It feels like the time demand is more reflective of a college athlete, and these kids who still need the time and balance to develop academically and socially.
Region 1 - 6A	Parent	Our student athletes would really benefit from playing games later in the day or at night. The temperatures are so hot and the turf burns their feet leaving them with blisters. Also, these athletes are missing a lot of class to get to the games by 3:30pm. My student is very behind in school and using all her weekends to catch up on work. The teachers don't appreciate her constantly leaving class either.

Region 1 - 6A	Parent	Please do not allow coaches to punish players who miss practice before school starts, specifically for family events scheduled months in advance.
Region 1 - 6A	Parent	Practice can interfere with family/home life at times, to lessen that a bit would be great.
Region 1 - 6A	Parent	School sports taking over the summer is my biggest complaint.
Region 1 - 6A	Parent	Sports are great for our children but they need more balance, thanks for seeing this!
Region 1 - 6A	Parent	Sports should be a fun extra-curricular activity and not take so much time that students have little time for family. Especially in the summer and Christmas months. And during school months they should have time to do their homework and actually sleep. Sports and frankly all of the extra-curricular activities at school have become so demanding that students have a hard time keeping up. I am in favor of measures being taken to protect student mental health and family time by limiting the expectation of constant time at a sport or other extra activity. I also feel that in days past a student was able to enjoy more than one activity because each activity allowed for that by not requiring so much time that it has to be the only thing a student does. What happened to helping a student become well rounded? The idea that our kids will become a professional in any of the extra activities or sports has driven us to demand almost 100% dedication to one particular program. Most of these kids will grow up and enjoy a different career. Lets bring back the idea that sports and extra-curricular activities are a fun addition to a child's experience in school and not the only experience they have. Please do something to change this!
Region 1 - 6A	Parent	Sports should be a place to participate, grow and learn to work as a team to achieve goals. Too much focus by administrators, coaches, and parents on only winning/getting recruited has tainted the high school experience and made many students leave sports because they won't/can't commit to playing a sport when it likely won't result in anything past high school. Anything that can be done to increase participation without having to be completely owned by coaches and teams year round would be an improvement over the current landscape.
Region 1 - 6A	Parent	Spring moratorium should be removed for lacrosse. The season is too short, the sport is too new and unfamiliar to new players. By removing the moratorium players can get better training and needed coaching.
Region 1 - 6A	Parent	Student athletes who participate in multiple high school sports or compete in a club sport outside of high school are often discouraged from full participation bc sometimes there are scheduling overlaps between practices/trainigs. If schools/coaches want their best athletes to participate they need to be more understanding of athletes who train outside of their single sport.
Region 1 - 6A	Parent	Students are pulled out of the last class of the day too often for game day warm ups or to catch the bus. Its hard for them to catch back upon all the class they miss. Games should start a little later after school so students don't miss their last class so much.
Region 1 - 6A	Parent	Students have a hard time putting their studies first when all their free time is spent on the sports. School sports should be fun not so competitive that it takes over. Families cant even plan vacations in the summer without missing practices, which then has consequences for the athletes. This applies to cheer and drill as well. The students dont even feel like they have a summer anymore because they never get a real break
Region 1 - 6A	Parent	Students need more time to do school work. When the student is not playing in a game or doing other team responsibilities they should be allowed the choice to use their down time on game days to do homework rather than cheer on team mates. Cheering is important but not as important as school assignments. Also, internet access needs to be accessible to students in the gymnasium so they have the ability to complete online assignments.
Region 1 - 6A	Parent	That would not work for cross country. The students must train in the summer
Region 1 - 6A	Parent	The athletes can determine the best courses for themselves but being a part of a team and leaning these skills are so important. It is already hard enough to put something given the limitations. Limiting it more will only hurt these programs and the athletes. One exception…play the golf tourneys later in the day so some school can be participated Looking at this the wrong way. These is such an inequality in programs now. Minimums should be implemented so that the athletes can have a similar experience from school to school. These programs are too important to limit further. They are so so valuable and the teams find ways around the limits anyway. Work on making them more consistent. .
Region 1 - 6A	Parent	The current system makes it hard to do anything but play one sport. It's bad for kids who want to do other extra curriculars, need more academic support, or want to play more than one sport.

Region 1 - 6A	Parent	The practice limit should be more like 10-12 hours, at the most. HS students need time to do more than eat and breath their sport. It's ridiculous how much time is required for school sports compared to other countries.
Region 1 - 6A	Parent	The pressure for coaches to maximize their time with kids is tremendous, and it is pushing out time for kids to be with their families. Also, the constant drive and push to win is mentally taxing. They need more time away. For example, this past summer, my sons were so heavily involved in summer workouts for football and cross country that our family was unable to go on vacation without missing time and "not being as commited." I'm sure coaches want more time with kids, but kids need boundaries on their behalf to limit how much time coaches demand from them for their own mental health.
Region 1 - 6A	Parent	The way current sport schedules are set up prevents athletes from playing multiple sports. It also puts so much pressure on the athletes and family to have them be to everything and demands far too much time. I believe at this critical age, family time should be a top priority in order to raise the healthy and happy adults that know how to prioritize people and relationships.
Region 1 - 6A	Parent	There could be a lot of gas and time saved if you kept regions more geographical. Along the Wasatch front specifically, where there are so many teams to play, especially in pre season, there should be a limit on how far a team can travel for a game. For instance the majority of weber high pre season girls soccer games were in Utah valley. We drove past a LOT of schools, spent hours in traffic, and there is no need for that.
Region 1 - 6A	Parent	This is a different topic, but they should consider using the other gym for volleyball games so you can run 2 games at once. Being at a school for games for at least 6 hours, the students are there for at least 7 hours and most weeks this is happening 2 night per week. Varsity and sophomore could be played at the same time cutting down on the time.
Region 1 - 6A	Parent	This year my daughter had preseason soccer games on Saturdays. Her team continued to have practice/games throughout the week. This caused several weeks where she had soccer 6 days a week. I felt this was way too many days in a row for her body to get adequate rest.
Region 1 - 6A	Parent	We have missed family weddings, reunions, and cancelled long scheduled family trips because of the requirements for 1 of our child's sports. It has greatly impacted our family.
Region 1 - 6A	Parent	We moved here from out of state and I was surprised at the amount of time practices consume student athletes. I felt our prior school and state was just as competitive, if not more and less time was spent in sports related practice, training, travel. I do think volleyball could coordinate game days much differently, utilizing auxiliary gyms or multiple games goin on at once to reduce the time commitment on game days. These girls are there from 3:30 - 8:30 on game days, with mostly sitting and watching. I love the team support, but feel there could be a better use of student athlete, coaches, and parents time with better coordination across region and state.
Region 1 - 6A	Parent	We understand the difficult balance that coaches have, but I actually think that banning practices on holidays would be wise as well. We had to change our labor day plans for my child to return for a practice in the early afternoon. The way that practices are treated, is they are mandatory, and missing one will effect playing time, unless you are a "star" on the team. My child ultimately opted to stop participating because of several similar instances like this.
Region 1 - 6A	Parent	While our son loves his sports, we have observed some burnout over the last year. The current demands take a significant amount of time away from academics, leaving him without enough time to complete homework effectively. This results in him staying up late most evenings to catch up on school work. It also makes it very difficult for families to plan summer vacations and quality time together when practices and commitments are scheduled year-round. Defined off-seasons and moratoriums would help restore balance between school, sports, and family life.
Region 1 - 6A	Parent	overlapping of sports has caused issues with my son where he becomes very behind in football each year because they practice during the spring when he plays baseball. Then each year he has to come out fighting for his spot again. He would try to go to football conditioning before school because baseball was after school. His football coach wanted him there and baseball coach got angry at him and said that he only conditions for what sport team he is currently playing which was baseball. It has caused a lot of issues with the overlapping of sports practices and training. It makes it very difficult to play more than one sport in high school.

Region 10 - 4A	Parent	Except for major competitions, kids should not be required, nor should the team at all meet during all the major holidays and long three-day weekends. It is disruptive to other family members plans and unfair to their siblings, guardians and parents. Also, although there has been greater parody between male and female in being able to participate in sports, the male sports are still given priority in training schedules, training venues, equipment, and competition schedules. Male athletes should not be given the most convenient practice schedules at the detriment to female students. Make them trade off. The males can have the gym right after school every other week and the females can have the gym and practice venues right after school on the off weeks and so on etc. It is completely unfair that female athletes have the earliest time schedules before school and the latest time schedules after school for practices and competition. Figure it out and stop discriminating against female athletes. Moreover although I understand the importance of supporting the varsity team members, those athletes who are on the junior varsity teams, should not be compelled to stay for all competitions that do not involve them. There is a practice in which coaches bar the the non-favored females from participating if they don't attend all events that do not even include them. (But interestingly they have double standards because the star athletes are not required to adhere to the same rules). Instead of compelling them to do so, it should be completely voluntary. Let family members, extended family and friends can provide the support for the varsity teams. We also had a student on the cheer squad and she was required, even when not cheering, to attend an inordinate amount of games when she was not even participating on the cheer squad. Frankly, the amount of time she was required to sit in the bleachers when not even participating on the cheer squad was so excessive, it got really ridiculous and interfered with a lot of family events. Yes require the kids to adhere to certain standards but don't completely capitalize on their time thinking that their futures as are going to be ruined if they don't spend all of their time going to every single game and every single competition even when they are not participating in them. Have them build up team support and team spirit within and for the teams that they participate with during practice and not supporting the teams that they do not practice with and dress for during competition. Lastly, all high school students who adhere to the team rules should be allowed to participate in the workouts without tryouts. If you did that you would eventually find that while there would be half-dozen or more kids that would not be starting players, most would drop out because they can't adhere to the rigors of team workouts and other requirements. My tax dollars should not be used to train, elite athletes. My tax dollars should be used to give children the opportunity to be as athletically proficient and able-bodied as they take the opportunity to be. Provide that opportunity. Don't emphasize winning and competition over achievement and valuable experience for all children.
Region 10 - 4A	Parent	Absolutely hate practicing on any days near a holiday weekend. We have been told there is no practice on school days off unless we have a game scheduled and then there is a practice the day before. Well we had a volleyball game on Tuesday sept 2 (not a school day) and a practice the day before (on Labor Day). So what could have been an awesome extended weekend for our family became consumed with sport and made us unable to do things as a family.
Region 10 - 4A	Parent	Additional required workouts from the team on an off school day/holiday have made it difficult for our family to get much needed time off as a family
Region 10 - 4A	Parent	Another topic that needs to be reviewed is recruiting by coaches and favoritism that occurs as it relates to outside sports activities, i.e., club teams, etc.
Region 10 - 4A	Parent	Coaches should be prohibited from recruiting student athletes for their other for profit classes, teams and ventures
Region 10 - 4A	Parent	Coaches still encourage athletes to be working out or training even if it isn't school sanctioned. The kids hardly ever get a real break, especially if they have more than one sport. As a result there is a higher likelihood of stress injuries.
Region 10 - 4A	Parent	Dont take away sports. Its the only thing these kids have thst keeps them active and away from their phones. More is better not less.
Region 10 - 4A	Parent	Fall sports schedules dominate summer break.

Region 10 - 4A	Parent	Fall sports should align with the academic year. For example soccer games begin 3 weeks before school starts. This does not allow kids to “take a break” during summer bc the season starts so early.
Region 10 - 4A	Parent	Federal holidays should be added as well.
Region 10 - 4A	Parent	Girls lacrosse competitions happened during finals week. They also commit to six days a week during the spring, which is too much. More girls would participate if it was less time commitment.
Region 10 - 4A	Parent	How are these rules enforced?
Region 10 - 4A	Parent	I don't want summer practices and tryouts anymore. HS sports should not start before the 2nd week of August or week before school starts.
Region 10 - 4A	Parent	I don’t feel like this affects us, we make it all work I like to keep our kids busy especially through the summer it takes the pressure off of them with out the added school work, if we have conflicts then we communicate with the coaches.
Region 10 - 4A	Parent	I feel like many coaches think their sport is the #1 priority and that every family and athlete should agree. But I think having sport “seasons” is a great idea, especially for athletes who participate in multiple sports, they need a little rest, and time for academics. I would love if the week before AP tests and the 2 weeks of testing were a freeze or moratorium for sports. Often the state events for spring sports overlaps with AP tests, which was difficult for my oldest 2 who were a academic all state recipients.
Region 10 - 4A	Parent	I feel that my daughter's schedule as a varsity runner has been good with plenty of leeway for her other activities and options for downtime between seasons.
Region 10 - 4A	Parent	I have one collegiate athlete and one student in high school who wants to compete at the college level. Reducing the time they can spend with their coaches and their teammates will hurt them when it comes to being compared to athletes nation wide when they are vying for a spot at the college level. I think it is up to the individual programs to stress that these off season trainings are not mandatory for the athletes. Also stressing the importance of keeping good grades and allowing space for an athlete to miss a practice during season if they need to get caught up on classroom work. Our school does an incredible job of this and because of this, I don't feel like athletics is cutting into the students other commitments. I don't think it is advantageous to implement further restrictions at a legislative level. It should all be done locally within the schools and within the individual sporting programs.
Region 10 - 4A	Parent	I specifically have experienced Park City Football. Our school does a good job of balancing athletic time required of the students. They follow the UHSAA rules and policies; and it allows our students to have a relatively balanced life. I have heard that there are schools in the valley that don't follow the rules outlined in this survey; and I could see why parents would want adjustments made. However, my personal opinion is that if followed and ENFORCED, the current rules are enough to allow families time with their students. Perhaps the issue is more one of enforcement as opposed to a current policy issue.
Region 10 - 4A	Parent	I think the sports practice time is great for my kids, both physically and socially.
Region 10 - 4A	Parent	I think this is a hard one to standardize because a jv tennis match might take 30 minutes compared to two soccer games that take 180 minutes. Football usually only has one game a week, whereas softball might have three.
Region 10 - 4A	Parent	I think we need to close the boundaries so you have to do play for the high school where you live. This will make the teams more competitive and help build the community. I also think building the new skyline high school was the worse thing the district could do.

Region 10 - 4A	Parent	I think you should do 4 sports seasons instead of 3, to make it easier for students to participate in multiple sports. Please do better at making region and State competitions NOT coincide with the 2 weeks of AP testing. You should definitely have a moratorium those 2 weeks in may. Also, I like the number of Contests that you allow. However, many schools, especially in tennis, only have volunteer coaches who do not have the time to arrange for more than the region matches. Please offer help to these schools. The students pay a lot of money for their uniforms. It is sad that they don't play enough matches to even get them dirty. If you can't help schools get more matches, then require that regions play each other twice. Also, it is now time for you to add more players to Varsity Tennis. If you continue to only have 7 players on varsity, it will continue to be an elitist sport, where varsity is just students who have played tennis all their lives, and JV is for everyone else. Increasing Varsity to 4 singles and 4 doubles would give a team of 12 players a chance to grow as a team. And then the JV team could truly be a JV team with their own full matches at different times, just like other sports. And this would help the JV team to grow as players. Lastly, please do more to prevent Orchestra, Band, Jazz Band, and Choir Region & State Festivals coinciding with Spring Sport regular season matches. It makes adults fight about players, and often leaves the student in the middle, and they often receive consequences from both coaches & conductors.
Region 10 - 4A	Parent	I would like to see team tryouts be only held during the school season. My son missed out on Golf tryouts because of a preplanned and paid for family vacation during summer break. We weren't notified of the tryouts until it was far too late to make any changes. So our options were him to miss out or leave a 16 yr old at home for 10 days alone while we were gone. Summer break is short as it is and we should not be held hostage and unable to travel and do other things worried about high school sports. If they have to be held during the summer break then kids that couldn't attend should be given an opportunity to tryout at another time.
Region 10 - 4A	Parent	I would love to see a restriction on mandatory practices on days when there aren’t school. IE: fall breaks and spring breaks
Region 10 - 4A	Parent	I would love to see hours limited and more moratorium days. Most of my daughter’s coaches say you’re a student first but then that goes out the window. These kids are not professional athletes. Many may aspire to that but not all. Sone sports can’t have a life outside of their practice schedule. They are still kids and need a life. Also, because of salt lakes school districts time starting later in the morning than other districts students constantly miss 4th period which can be hard on the gpa
Region 10 - 4A	Parent	I would prefer that athletic competitions be scheduled outside of school hours so my kids do not have to miss class time. It would also be nice to know summer practice schedules/camps well in advance so summer jobs and family vacations can be scheduled around those hours/days.
Region 10 - 4A	Parent	I'm more concerned about how much time students miss for athletic participation, especially those with late starts like East. Students are often missing a whole class period on competition days.
Region 10 - 4A	Parent	I'm much more concerned about the recruiting and outside of boundary play in high school sports in Utah than I am with the demands of practice schedules. Look into Corner Canyon at the very least. High school sports should not mean moving your child to the "best" program, we should try to make all programs great.
Region 10 - 4A	Parent	I'm supportive of having full-week moratoriums so we can go out of town in the summer for a couple of weeks. Dropping from 20 to 15 hours per week doesn't impact family vacations near as much. Not being able to go out of town for 2 weeks in July was really hard this summer (2025). we only got one week the end of June and that was not enough.
Region 10 - 4A	Parent	In my opinion high school sports is what most kids aspire to. There might not be sorts after. Make it a commitment and a great memory.
Region 10 - 4A	Parent	It can be challenging when attending a private school with a 35-45 minute commute time each way, especially when they are not old enough to drive. This adds to the amount of time required of the parents for sports practice, since sports practice pick up time typically rolls into the heavier commuter traffic hours of 4:30-5:30pm.
Region 10 - 4A	Parent	It is healthier for kids to play mulitple sports rather than specialize in one sport. Cutting down season length and hours allowed to practice will hopefully encourage more kids to play multiple sports. Focusing on one sport only often leads to overuse injuries and burnout. Let's encourage youth sports at the elementary and junior high level to also be more casual. The comp teams that kids start playing at 8 years old are an even bigger problem in terms of encroachment on family time than high school sports.

Region 10 - 4A	Parent	Keep in mind that even when you institute moratoriums, coaches may still “encourage” players to get together on their own and train. They know exactly who shows up. Also, most players are playing their club sport when not playing HS. It never ends. If HS could be the leaders in lessening the pressure valve just a little - that would be great.
Region 10 - 4A	Parent	Moratoriums allow students to recover from injury. Also 20 hours is too much for HS when they have homework, college apps, and social and family engagements
Region 10 - 4A	Parent	More breaks are needed; we are in a very toxic mentally abusive program and so the only time I feel like we can breath is during moratorium.
Region 10 - 4A	Parent	My daughter only practices 2 hours a day during the soccer season. This seems reasonable given other responsibilities. Travel can disrupt her academic schedule. Part of this is because Highland decided to start late and end late.
Region 10 - 4A	Parent	No Saturdays!
Region 10 - 4A	Parent	No practice or games scheduled during holiday breaks!
Region 10 - 4A	Parent	One son plays football and to be honest, it ruins our summer travel plans. These kids need summer time off to travel, get jobs and relax. It is impossible with just one week off over the 4th of July to get in meaningful vacation. I wish it was either 2 weeks off over 4th of July or a full week to 10 days in late June then again in late July. I question whether it really makes the team that much better to have football EVERY day of the summer. Both sons play soccer and I feel like they should be able to practice whenever they want/can after fall sports end but I agree that they shouldn't practice over Thanksgiving and Christmas breaks - for the same reason - we like to travel and these kids need time off. Those other random 4 weeks throughout the year are not helpful for us since they are in school or it is not during travel weeks. I don't think taking a week off in late May/early June works statewide because some schools don't even finish until early June while other end in mid/late May. I don't see how that helps anything.
Region 10 - 4A	Parent	Our athletes love training and participating in their sports. However, I also see the need to help create more balance for our teens. Our children play multiple sports and it is challenging to also find time for studying, jobs, socializing and family time because of sports commitments.
Region 10 - 4A	Parent	Our high school (Highland) insists some team athletes enroll in an athletics class 4B and start varsity practices during this time period. This results in clashes with other academic classes which may be only taught at the same time. My daughter sits second chair cello in the higher level symphony which also only meets at 4B and she had to choose between attending all soccer practices or symphony which is all year round. I'm worried they won't let her be on varsity next year if the same thing happens and I just wish practices were limited to non-academic time periods. They are already pulling kids out early for games.
Region 10 - 4A	Parent	Please also move start times for all high schools to be later so that athletes can get better sleep.
Region 10 - 4A	Parent	Schools should have set schedules for Jen teams are announced. Early morning practices should be eliminated, they make late starts pointless. If there’s data teens need more sleep and games are at 7pm, there’s no time for homework. Also, nepotism is so corrupt. Coaching family members or children of administrators aren’t expected to train to earn their spots. They just weaken the team when they don’t have skills. Highland cheer coaches letting their kids and nieces on varsity is one of the reasons they place last every time. He principal’s daughter not being able to dance or tumble but on varsity for two years is a joke. If you’re on a competition team, nepotism shouldn’t overshadow having be handled by outside judges at tryouts. Everyone should earn their spots.
Region 10 - 4A	Parent	Sports in high school are messed up because they are not designed for students who are struggling in school, students who don’t fit in, students who are not naturally competitive, and “fringe” students. But yet sports offer such a strong pull for students to stay engaged in school. PLEASE makes high school sports less competitive so they are more inclusive.
Region 10 - 4A	Parent	Sport’s Science is clear that playing a sport year round without variation/cross training harms our kids’ bodies and leads to burnout.
Region 10 - 4A	Parent	Students are told that they are 'students first, athletes second' however this sentiment is not honored by coaches. Students are not allowed flexibility in their practice schedules when they have homework or upcoming tests. It makes it very difficult to support the coaches in their requested practice schedules.
Region 10 - 4A	Parent	Thank you for considering the balance of family life vs Sports commitments.
Region 10 - 4A	Parent	Thank you so much for doing this. I think some brakes are good, although I don’t want the kids to get out of structure that sports provides. Much appreciated.

Region 10 - 4A	Parent	The big programs will just have kids practice without a coach which will make the divide of haves and have nots even worse. The big programs have private coaches and facilities. The other kids rely on school for any practice. And those programs don't force kids anyway.
Region 10 - 4A	Parent	The biggest constraint is the lack of visibility and scheduling. Providing students and families less then 24 hours of notice for practice times and even game specifics is unmanageable.
Region 10 - 4A	Parent	The club culture here is insane. I literally had a coach tell me my kid should not bother to try out for a high school team because he had been coaching the same group of girls in club since THIRD GRADE and to not bother. Its so wrong.
Region 10 - 4A	Parent	The coaches require attendance at all practices and often use attendance as punishment if a student is unable to attend - unless, the student athlete's coach is their parent or the student athlete is favored by the coaches - very Utahn.
Region 10 - 4A	Parent	The high school sports schedule has interferred in my child's ability to take vacations with us, get/hold a job and participate in other social activities. If he misses a scheduled activity/practice the coaches punish by benching him. I feel like it's come to that if they participate in a sport then that's the only thing they can have in their life and they give up everything else. That is not what a teenager's high school experience should be.
Region 10 - 4A	Parent	The time commitment for HS sports is not the problem. Parents who think their students are destined to be college athletes are the problem. AAU is the problem. Allowing some schools (like Corner Canyon) unrestricted transfers while prohibiting other schools (like Judge Memorial) from the same flexibility is the problem. Horrible (and frequently biased) refs are the problem. The time commitment should be the least of UHSAA's concerns.
Region 10 - 4A	Parent	There really is no reason to change the dates and hours. These kids have plenty of time to do all of the stuff they need. Please don't change this.
Region 10 - 4A	Parent	There should not be scheduled track meets during school recess times such as fall break or spring break. If the kids are not in school they should not have to be penalized for missing meets or practices. They should be optional.
Region 10 - 4A	Parent	These sports encourage kids to keep their grades up and encourage positive and healthy interaction with others. Would you rather they spend more time online and playing video games?
Region 10 - 4A	Parent	They still practice - even with this moratorium, they just have the captain call for the practice without the coach - that needs to be made so its not practice at all.
Region 10 - 4A	Parent	This year we weren't able to have a Labor Day holiday. There was a required event on Friday and then a game on Tuesday (when there was no school) and with the rule that if you play in the game you have to practice the day before, we had practice on Labor day. Kids should have off of sports every school holiday to allow a break and time for family. It burns them out and frustrates the other family members that we can't vacation because one of the children has to be at practice and a game.
Region 10 - 4A	Parent	We love our coaches and our experience at Cottonwood High School. No complaints if everything stays exactly the same and we would support any change that is necessary. Thank you!
Region 10 - 4A	Parent	Wrestling teams travel Thursday, Friday, and Saturdays during their seasons. How does that travel only count as 3 hours per day? They are often gone all day for tournaments on Fridays and Saturdays?
Region 10 - 4A	Parent	You are not considering non-athletic activities such as drama, mock-trial, music, etc. that have similar impact on academic performance.
Region 10 - 4A	Parent	hope that prudent rules provide a more healthy environment for athletes that fosters positivity and better mental health - and creates fairness among athletes and schools with these kinds of rules and also fairness in how teams raise money. Especially when some schools are setting up private 501c groups to circumvent going through school processes and approvals
Region 10 - 4A	Parent	no high school sports practices/games during school year vacations (eg, thanksgiving, winter, spring break etc)
Region 10 - 4A	Parent	once off season is determined, there needs to be a lower weekly practice limit since there are no games
Region 11 - 4A	Parent	**require more than one day between games. For example girls soccer games are played Monday & Wednesday with only one day in between to recover. If you want to focus on recovery time - Require more than one day between soccer matches.
Region 11 - 4A	Parent	20 hours a week is a ridiculous time commitment for a high-school aged child and these demands truly do them a disservice. This time needs to be better balanced with time reserved for family, faith, and other interests, to develop well-rounded soon-to-be adults and strengthen our society. We want to give our kids every opportunity to have fun and to learn the many valuable lessons that team sports provide but not at any cost. Things need to change.
Region 11 - 4A	Parent	6 am practices every day for drill team will wear on the girls over time. Limiting hours could facilitate a later morning practice time.

Region 11 - 4A Parent	A more detailed schedule would be so helpful. Then family trips and camps could be planned more in advanced. It feels like sports take up so much precious summer family time.
Region 11 - 4A Parent	Also of concern is the travel time associated with the region alignments. In our region (11), having Cache Valley teams with Tooele teams is plain ridiculous. It adds so much time and money. As an example, two weeks in a row our football team has played in Tooele, and our teams has gotten home at 11:30pm on a Thursday night. If the concerns are about scheduling a good start is to not make these kids go all over the state on a regular basis, especially if the notion is that they are students first.
Region 11 - 4A Parent	Another huge time commitment is travel. When our region involves 4+ hour drives for a single game, that adds up fast. It's worse in playoffs when we have to drive to the far end of the state. Not every family has money (and time) to burn on such long road trips!
Region 11 - 4A Parent	As a former female collegiate basketball athlete, I feel compelled to share my perspective. I often look back on my athletic career and realize that while it was a tremendous opportunity, in the grand scheme of a full life, it was just a fleeting glimpse. I am living proof that you can achieve athletic excellence without sacrificing the precious, irreplaceable moments of summer. I lived in a neighboring state, and we were never required to practice in the summer. That time was sacred. It wasn't just a break; it was an opportunity to be a person, not just an athlete. It allowed me to seek other training from diverse areas, but more importantly, to learn valuable skills for life later—skills like balancing a job, connecting with family, and discovering who I was beyond the court. That was tremendously valuable for me as a person, and it is a gift every high school student deserves. Please, I urge you to look at the emotional toll this year-round pressure is taking on our children. The relentless demands can lead to burnout, and a loss of the very passion that made them want to play in the first place. Additionally, please note the deeply troubling disparity in policies for cheer and dance. The rules for these programs are often far more strict than for other programs in Utah. It is a matter of basic fairness and equity. CHEER AND DANCE NEED MORE FLEXIBILITY, hey deserve the same chance as other athletes to rest, grow, and have a summer. Thank you for the opportunity to provide my feedback. Please consider the emotional well-being of our children and the integrity of our families when making your decision.
Region 11 - 4A Parent	As all of our six children either have or are currently participating in high school sports, the time commitment and ever increasing expense commitment puts a ridiculous burden on families. This burden causes stress in family finances and relationships. It causes anxiety and stress on children. They miss out on many family functions and activities with friends. High school sports often has a negative impact on families. The undue expense and time commitments often prohibits many students from being able to participate.
Region 11 - 4A Parent	As incoming parents, a clear time for when summer family vacations would be helpful. We also didn't realize that fall sports would begin August 1st, which was a surprise with it still being summer break and missing other things we had planned. I guess just more communication would be nice.
Region 11 - 4A Parent	Athletes should only practice/have games 4 of the school days a week including the "senior" held practices.
Region 11 - 4A Parent	Athletics and other extracurricular events are good for students and have social benefits. However, there seems to be a growing extreme to focus for these amateur athletes to behave too intensively. Young people are sustaining injuries and mental fatigue. It feels less uniting than in previous eras.
Region 11 - 4A Parent	Athletics should never dominate academics. That happened years ago and does not serve our students or society well. Get back to education as the core and athletics as an adjunct to promotes fitness and teamwork.
Region 11 - 4A Parent	Being over scheduled is the reason my daughter didn't do cheer again this year. She is an excellent student and still struggled to keep up with school work last year.
Region 11 - 4A Parent	Ben

Region 11 - 4A	Parent	Can the all sport moratorium in the summer be longer? Every family is trying to fit vacations/church camps/fsy/hxp/dance nationals into the same very small window in the summer. Also, one thing I cannot get off my mind is that every sport that I can think of allows the student to do a competitive team(non school called allstars) outside of their season. EXCEPT cheer. The competitions overlap by one month (I know the allstar coaches would work around the high school competition dates). Can rules PLEASE be changed to allow cheerleaders to also compete competitively with Allstars! High school cheer has restrictions on what is allowed at high school level (tumbling and stunting). Competitive cheer (allstars) is harder and the girls compete at higher levels. Only being able to do high school and not competitive cheer stops their progression. We are holding back their tumbling & stunting because it's not allowed in high school. My 6th grader is currently tumbling & stunting at a level that will be illegal in High school. Cheerleading in high school may be super boring for her but being able to be in allstars at the same time could balance it. No other sport is going to restrict how good a player can be on the field/court. With Drill another of my daughters can do high school & studio competitive dance both with no problem!! If we are allowed to compete as a high school cheerleader and competitive cheer at the same time and I am not understanding please contact me at435-770-6762. Or with any questions that I can help clarify or to help make this switch would be amazing!! 👏
Region 11 - 4A	Parent	Can we let August be summer still??? Please?? Why the sports before school starts??
Region 11 - 4A	Parent	Can you add another moratorium day on Christmas please. Thanks.
Region 11 - 4A	Parent	Certain high school sports have become so competitive, that much of the training (time) is actually happening in clubs. Therefore, the school's good intentions to limit practice days and time, might not even have the intended effect for athletes and families because athletes who want to excel on the team (or even make the team) have to spend so much extra time outside of school team practice time. Thank you for including parents in this discussion. I would be interested to know what coaches and athletes think about the proposal.
Region 11 - 4A	Parent	Cheer & Drill are the only sports that run the span of 2 sports seasons. They get a break of maybe about 4 weeks before the tryouts start for the next year. I'd like to see some more breaks in there, like if there is no school because of a holiday, for them to not be able to still hold practice early that morning.
Region 11 - 4A	Parent	Coaches have to have enough time to work with the kids to help them improve but the kids also need time off for family and other life events. When the kids are working hard at their sport let them work but then give them time off. I don't think that our team has practiced in excess and mostly just feel a need for more vacation time.
Region 11 - 4A	Parent	Coaches punishing athletes for attending family functions like family reunions in the summer has got to stop. We can't always plan our entire summer around a sport whose season hasn't even started.
Region 11 - 4A	Parent	Coaches still expect students to be at practices during moratorium. They don't run the practices but they make the students run practices and then the students tell the coaches who is there. Coaches reduce playing time based on their 'dedication" during moratorium. Without a doubt the amount of time spent on sports takes away from family time and education. My children have been cheerleaders, baseball, football and dance.
Region 11 - 4A	Parent	Coaches will not follow but will put pressure on upper classmen to hold separate practice unsanctioned with lower classmen. I've seen it happen now. If you implement stricter rules and less time they will push the kids hard during the time they do have them. It is a no win for parents who are at the mercy of coaches who will not play kids or punish them for missing due to family. Ridgeline volleyball
Region 11 - 4A	Parent	Consider the students physical health as well as emotional and mental health. These kids are young and their bodies and minds need rest and opportunities to do the things they love as well as other family events, hobbies, and spending time with friends. The competition has become too intense, mostly because of the coaches and parents-not the desires of the students.
Region 11 - 4A	Parent	Drill Team and Cheer have ending up being all year -- I know that technically they have April and May off, but if you are a parent who cares about academics, there is no time for family vacations in the middle of the school year. I had kids in Drill, football, soccer, golf, band, and I personally was in volleyball, track, and basketball. The difference between those sports and Drill is insane. Drill and Cheer need to be significanty reigned in. I would strongly push for Thanksgiving moritorium from Wednesday before through Sunday, a Christmas moritorium from December 21 to December 28 (a full week and not 5 days), and in the summer a 4 week moritorium in the summer 2 weeks in June and the 2 weeks of July between July 4th and 24th (so the teams can still be in parades). Plus a moritorium to match Spring break from all spring sports.

Region 11 - 4A Parent	Early June week moratorium would be so helpful with my 3 sport athlete so we can have an extra week of family time since we really don't get it the rest of the year. Making the Christmas break moratorium would be another idea.
Region 11 - 4A Parent	Eliminating Sunday events would benefit both students and teams because 1-absences of quality players would be of no concern, 2-student stress would decrease with the guarantee of a weekly resting day, 3-student stress would decrease when there's no need to choose between beliefs and talents/interests, and 4-parents would be more willing to support students in the sporting experience knowing their families would have Sundays to themselves.
Region 11 - 4A Parent	Encouraging youth to practice as a solo athlete and do training session outside of guided\led practice gives life skills of activity for after they are graduated. Possibly the most important thing to encourage.
Region 11 - 4A Parent	Equality among sports, all athletes are important, coaches should be paid the same in all sports. Money for football fireworks is not equitable if other sports can't afford to put names on uniforms. To much favoritism and politics are creating an unhealthy environment. As an official I had an unsportsmanlike call rescinded because the parents and coaches of Ridgeline wrote letters to the uhsaa board. Support officials if you want keep them. Ridgeline high has more money from parents. They can afford to travel farther than any other schools in Cache valley. They are big enough to be 5A. I hear the principle has been petitioning the governing body at Ushaa to stay in 4A. Makes an easy win for them. Again inequality.
Region 11 - 4A Parent	Family time is more important than sports
Region 11 - 4A Parent	From my experience there isn't a break at all. Even during the July moratorium students still ran practice and my daughter was expected to be there. It was always billed that you had a choice but it was definitely reflected in playing time.
Region 11 - 4A Parent	High School sports are out of control! The demand on the students and their families are too much! And the expenses are insane! I love sports and cheering for our school but there are too many extra things! Like team meals and gifts and travel expenses. The "spirit pack" is also too much! They do not need all of that! I do not understand how making the teams purchase pink uniforms helps with breast cancer awareness at all? I want to see them in their school colors.I feel like you can only play a sport if your family is able to spend an alarming amount of money on it! And then to top it off after that you are expected to pay to get into the gym to watch your child!! and its $8 freaking dollars?!?! That makes me not want to invite family members or friends to come and cheer for the team. I do appreciate that the senior citizens do not have to pay to get in this year. Thank you! This year our region plays teams that are almost 2 hours away! That is so much time on a bus and the kids are getting out of school so early to go and then getting home too late. There is no time for homework. and I feel like I am going days without even seeing my kids sometimes. Also, gyms that do not have AC should be required to have big fans that actually help to cool the gym. Thanks
Region 11 - 4A Parent	High school sports are becoming so competitive that the student's education can feel almost secondary to the sports. I appreciate the boards concerns and willingness to look at further limits to allow for well rounded students and administrators and families.
Region 11 - 4A Parent	High school sports are out of control and not what they used to be. These kids are pushed to their breaking points physically and mentally all for gratification of their parents and coaches benefits. It's actually disgusting what it has turned to. We are seeing injuries that accrue in college athletes .. why because there is no down time to rest. Please make some changes.
Region 11 - 4A Parent	High school sports has become such a political game, it's actually really bad!!! Sports needs to return back to the mentality that we are helping the these kids gain life skill to help them in the real world and to be a positive influence in the world and to be able to contribute to society. The biggest problems are the coaches and parents that do not behave like they should and then the kids mirror that with other players, teammates etc.
Region 11 - 4A Parent	High school sports has made it really hard on students that want to be a multi-sport athlete. For example, my son plays golf in the fall, wants to try out for basketball in winter, and then play baseball in spring. These coaches are wanting him to go to early morning workouts for basketball, go to golf practice after school, then go to a workout for baseball all in the fall. This is utterly ridiculous. They are burning these kids out and making them choose only one sport. The injuries have been astronomical this past decade because of this. They say school comes first and yet when do they have time for homework or they are tired from so many workouts to pay attention in class. I was a student athlete in high school and college and we were not encouraged to play other sports when you were already in the season of that sport. Because of burnout and risk of injury. I ask you please look into this, it has gotten out of hand to be a multi-sport athlete which is way more fun than only choosing one.

Region 11 - 4A	Parent	High school sports have become overwhelmingly intense in terms of time commitment, often demanding year-round participation that leaves little room for balance in students' lives. What used to be a seasonal activity has turned into a nonstop grind, where kids feel pressured to choose between sticking with a team or exploring other interests — all out of fear of losing their spot. This early push toward specialization increases the risk of overuse injuries due to repetitive motions and, more importantly, robs students of the opportunity to grow into well-rounded individuals. Teenagers shouldn't have to narrow their identities before they even graduate, especially when the vast majority won't go on to play organized sports in college or beyond. They should be encouraged to try new things, take healthy risks, experience both failure and success, and discover who they really are. These students need time to find a part-time job or develop hobbies that will help them discover future interests and potential careers. Sports should support that growth, not limit it. We're also robbing families of meaningful time together. There's barely time left for family dinners or even finishing homework before midnight. We're constantly shuttling between practices, games, and events, all while clinging to a schedule that leaves little space to breathe. Too often, we're forced to cancel vacations or put plans on hold while we wait for a schedule to drop — only to be told a preseason event, "optional" tournament, or extra practice is now mandatory. That shouldn't be happening outside of a sport's regular season. Let's give students and their families back their summers, holidays, and breaks — time meant for connection, rest, and developing traditions and interests beyond the field or court. I'm not advocating that kids stop playing sports — far from it. I want them to continue playing, growing, and having fun. But it needs to be with healthier boundaries. Students will ultimately be better off if they spend a little less time dribbling, serving, or tackling — and more time learning to serve their communities, build relationships, hold jobs, and develop real-world life skills. Let's bring back balance. Let's bring back sports for fun, for fitness, for teamwork — and not at the cost of everything else.
Region 11 - 4A	Parent	High school sports try to consume your life. We don't participate as much as we otherwise would because of it.
Region 11 - 4A	Parent	Hours coaches can hold practice and or workouts also needs to be addressed. We have had training at 4:30 am and trainings held at midnight. This is unacceptable in my opinion. Athletic practices and workouts need to be at reasonable hours. For example, can happen during 6am-10pm. Crazy hours are detrimental to multi sport athletes where one training is pulling them late into the evening and another sport is early in the morning. These athletes also need time to sleep and recover, not to mention time for homework and family time would be great as well.
Region 11 - 4A	Parent	I also think the moratorium over Christmas break NEEDS to be LONGER! These are our kids and our family time and it gets taken over by sports and activities. We had a daughter and a son both playing high school basketball and one team went to Arizona and the other to cedar city over Christmas break! This was NOT OK with me. Because we had to divide our family during Christmas break, which should be family time.
Region 11 - 4A	Parent	I am so grateful to see this survey as I was talking about these issues yesterday with many women in my neighborhood. We are all appalled by the way sports are taking over the life of children and youth (and thereby the family) and the insane expectations for family's commit to sports programs younger and younger and more and more competitively just for the child to have a chance to play at a high school level. There are so many kids burning out with sports because it has transformed from an enjoyable way to get exercise and grow into an all-consuming obsession for many. It's leading many families to not want to participate at all if the only options are to be fully dedicated to one sport all year round and not have the opportunity to participate in a wide variety of activities and time at home with family. I'm so very happy to see this survey as it indicates others are concerned about these issues too! Thank you for taking the time to gather feedback and give our kids more balance in their lives!

Region 11 - 4A	Parent	I am the mother of 10 children who have all attended high school in the Cache district. Everyone of them have been involved in extracurricular activities including: golf, football, volleyball (both girls and boys), cross country, basketball (both girls and boys), track, soccer (both boys and girls), drill, cheer (both boys and girls), tennis (both girls and boys), lacrosse, drama, debate, choir, and theater. I have also worked at the high school for several years and served in various parent organizations. I believe I speak from an incredible amount of "high school sport" experience. While we have had many positive experiences over the years, I personally feel that high school sports has gotten out of hand and is seriously encroaching on family time, academic success, mental health, and other worthwhile activities. Nearly every sport now requires a commitment outside of the season, often during the summer. Many coaches say it isn't mandatory but we all know better. If they don't come to open gyms, conditioning, or team activities (including sleepovers, decorating, concessions, fundraising) outside of their season, they are often punished and sometimes cut. We have had to completely rearrange our lives during the summer just to accommodate the nearly all-summer-long practice schedule of drill, cheer, football, and volleyball. Even during "moratorium," coaches "require" athletes to be at team-bonding, student led practices, pictures, tournaments, etc. And when we say we can't be there, our students are punished. Many coaches require athletes to come to all grade level games. That means my student is at the school from the time they get out of school until usually 9pm for home games and sometimes until 11:30 for away/pre-season games. If I'm doing the math right, this is 12-15 hours just for game days alone. This doesn't include practice time, set-up, clean-up, team dinners, weekend tournaments, service projects, fundraisers, etc. Most sports go over the 20 hour maximum. I also want to take issue with drill and cheer specifically. I feel like these two sports fly under the radar sometimes. The amount of time that is required to be on these sports is unacceptable. Especially when most school and coaches proclaim that academics is most important. Some also claim mental health is also important. Both of these things suffer under the current system. Coaches seem to get away with it because "other schools do it too" or because administration isn't paying attention. The few times I have expressed concern I have been met with, "If you have a problem, your student can just not be involved." My last comment is this only will effect change if it is better regulated and violations actually have consequences. I think that is the other problem. There doesn't seem to be a consequence for ignoring the rules. Last year, the drill coach required so much time from the girls, even practicing on Saturday and Sundays. Many parents complained to the coach. It wasn't until administration got involved that something was done. Thankfully administration acted. Many times parents are too afraid to tell the administration because consequences come back on their student from the coaching staff. These are just some of my thoughts. I am perfectly aware that time commitment isn't the only issue that affects students' experience and success in high school. But I feel it is a good place to start. And I feel that if this is implemented on a state-wide basis, no one school will get an advantage over another. If you need further comment or have questions for me, feel free to reach out.
Region 11 - 4A	Parent	I appreciate having some practices, but not too many. Particularly early morning practices are inconvenient for a parent who has to get up at 5:30 am to drive their child who is too young to have a drivers license. This is also challenging to schedule family vacations when days are limited. We really appreciate you addressing these issues. Thank you!
Region 11 - 4A	Parent	I appreciate the enthusiasm of coaches, however I hear nearly constantly from youth that they can’t skip a practice for a church activity or something else that they would like to do. I have literally heard one say “you can’t even miss for a temple trip”. This is highly inappropriate in my opinion. Most of these kids will never play at the next level, let them be kids and develop in other ways.
Region 11 - 4A	Parent	I appreciate the opportunity to provide input. I have seen some coaches say things are optional, but they really aren’t. A little more restriction will allow families more time together.
Region 11 - 4A	Parent	I appreciate the sentiment around this and protection of our kids commitments. I don’t think this addresses the actual bigger problem or loopholes of parent led teams that put a big burden or expectation on kids.
Region 11 - 4A	Parent	I believe Sports should be a strong commitment, of dedication not only to help your team and gain accountability but to learn how to overcome tough things to struggle and heavy effort. They are learning way more that sports through these challenges.
Region 11 - 4A	Parent	I believe professional athletes get more vacation/time off than our high school athletes. Why would anyone think kids need less than adults? Mentally and physically they need the break. Emotionally, to vacation with family and have the opportunity to visit and stay with grandparents, who do not live close, is a necessity. Research shows how important grandparents are to their lives. With the rules as is, they are unable to spend needed time together.

Region 11 - 4A	Parent	I believe sports should build and enrich kids lives, not be the only thing they can do that over takes all else. Less pressure and time commitments I think would help. Also relieving the time and stress of coaches, many of whom are less than stellar teachers due to their commitments to sports would be a plus in my opinion.
Region 11 - 4A	Parent	I believe the rules as they are, are fine. BUT better inforcment when rules are broken is needed. Complaints should be taken more serioulsy and with action. High school coaches who do not follow the rules or find ways to manipulate them by having Parents do it instead are a big issue. espically in cache valley and in specifically one school.....You can change the guildlines all you want but if they are not getting followed now, then they wont get followed after either
Region 11 - 4A	Parent	I believe you should strongly consider moving girl's golf from a spring sport to a fall sport. Playing in the spring puts any of the girls not in Southern Utah at a severe competitive disadvantage and means they have to travel quite a bit to even get a season in. There's just no reason golf shouldn't be a fall sport across the board.
Region 11 - 4A	Parent	I do not have any major issues with how things are now. I think it would be nicer if they could consistently get a class hour of school to do the sport which would help with after school issues.
Region 11 - 4A	Parent	I don't think it necessarily needs to be reduced rather consistently enforced. Having multiple children in different programs, we've experienced both sides of this rule. One kid was expected to practice over 4 - 5 hours each day in a non football program, while they other couldn't attend more than 2 hours because everyone watches football closely. To me, consist restrictions would help solve many issues with practices.
Region 11 - 4A	Parent	I don’t currently have a high schooler but it didn’t give me an option for that. I will have one soon though and athletics these days take up so much time. I think it’s important for these kids to have time at home and fully support decreasing practice times. I think when it’s too much, it burns them out and makes it less fun for them. I appreciate you trying to get input from families. Thank you!
Region 11 - 4A	Parent	I don’t like the trend I’m seeing where schools are recruiting athletes and big donors to build sports dynasties. I don’t like the trend where coaches and fans are developing a win at all costs mentality. I work the game table for a lacrosse team and there have been several referees who won’t listen to us when we are trying to help them manage the game fairly. They were making some obvious mistakes but they told us to be quiet. Also referees, in an interest to let the boys play, are not calling obvious infractions. Why have rules if they are not going to enforce them. I’m all for allowing for flow in a game but when everyone in the crowd sees someone is offsides but no call is made they turn on the refs and it creates even more mistrust between the fans, coaches, players and the officials which can escalate quickly. I believe high school sports can help build character, confidence, and valuable life skills. Let’s help keep it that way. Some trends now are away from building individuals and only focused on winning.
Region 11 - 4A	Parent	I don’t think any practices or traveling competitions should be during any school year school days off (Thanksgiving, Christmas, and Spring break). I had to leave my son home from a European cruise because the coach said he would get significant reduction in playing time if he went. I blame myself because I didn’t know the sports schedule ahead of time. If the school has Nov 27th off for Thanksgiving break then there shouldn’t be a basketball game that day. Christmas should have more time off than 5 days. It is very difficult to plan family trips when I have no idea which days they have off. Parents don’t complain to coaches because they don’t want their kids to be punished.
Region 11 - 4A	Parent	I feel like cheer teams need the practice to ensure the skills down that they need for competitions. I wouldn’t want to lower their practice time.
Region 11 - 4A	Parent	I feel like these changes would mostly affect students involved in Fall sports. Practice time has definitely increased over the years, though we’ve been fortunate to have coaches who are also understanding of time constraints, especially for summer practices. So in that sense, I don’t know how much of a difference it might make. I also worry that coaches might demand that students do more off-practice hours, mitigating the benefits. Thank you for considering the effects of sports on students and their families.
Region 11 - 4A	Parent	I feel sports are taking over family time and even academic time for kids. My daughters were involved in the drill team for 7 years total between the two and it took over our entire families lives everything we did revolved around drill team. A lot of times we felt the coach thought it was more important than school and academics.

Region 11 - 4A	Parent	I feel this will most impact the drill community. Drill is a year round sport. With the nature of dance, it's important to have ample practice time to learn choreography for multiple dances and then have time to perfect them by state in the winter. I do like the idea of adding another moratorium in May or June, but summer is when you'll see most drill teams start to ramp up with learning choreography and getting ready for sport season and state.
Region 11 - 4A	Parent	I get that this could be frustrating from a coaches perspective. My wife is a VB coach but, knowing that its a state requirement and that they/their team won't be falling behind is about the only way to curb the competitive nature of all involved in sports from the kids to the parents (demanding a wining team) to the coaches either feeling the pressure to perform or just being competitive by nature.
Region 11 - 4A	Parent	I had no idea there was an hour per week limit for activities.
Region 11 - 4A	Parent	I hate that school starts around Aug. 20th, but we have to be back from family vacations by the first week of August to participate in sports, band, etc. If school doesn't start until later, sport commitments shouldn't start until the same time. It interfers with family time. If you want sports to start earlier, have school start at the same time & let the kids get out of school before Memorial Day.
Region 11 - 4A	Parent	I have been talking about this very subject to other sports parents, coaches , PT's. I am a parent of sports kids my oldest is a sophomore this year. I have also coached sports in the bear river area. There is a huge concern about these kids trying to play multiple sports. Its is impossible for our kids to be multi sport athletes, which is EXTREMELY IMPORTANT for so many reason including lowering injuries. But every sport now is almost year round and makes it impossibly to play other sports. My girl and me were super sad. Giving up high school volleyball because she plays softball and like so many sports they all overlap and go year round and it's sad and hard. I really want to help advocate for this or help in any way!!!
Region 11 - 4A	Parent	I have heard other parents express frustration over the general time commitment for certain sports (Drill / Football). However, this does not personally affect our family.
Region 11 - 4A	Parent	I have more concern with my child having to travel 2 hours to play a game. Practice times etc and moratorium isn't an issue. The issue I have is that we were put in a region with teams that are no where near us. Already my kids are getting home between 10-12 at night and leaving school at 12. Then having to get up 6 hours later for school again. Also, trying to get these kids lunch and dinner has been a challenge. Spending 4 hours on a bus can be exhausting as well. My daughter gets car sick so riding on a bus can be hard for her. It's even worse when she has to be in it that long and go through a canyon. These kids already have to work hard to makeup assignments, tests, etc. It will be even worse for them having to travel this much. I think this should be looked into more than practice times and moratorium.
Region 11 - 4A	Parent	I have seen how high school sports have taken over family lives. Instead of enhancing these kids lives, it is taking time away from the very institution that will better our society. I was a student athlete when I was in high school, there were more limiting rules & felt like the ability to practice multiple sports without the pressure from one sport or another to only practice that sport helped to balance my life. I have heard from many student athletes that have had to choose their sport early, when studies show that multi-sport athletes do better, athletically & health wise. This is all because the current rules allow for coaches to take the time of the athletes for the entire year. The bodies of our athletes also never have a chance to recover. I am all for rules that limit the time coaches can require or hold practices to allow for more family time, better balance for our student athletes, ability to play multi- sports & to allow for better recovery & fewer stress injuries.
Region 11 - 4A	Parent	I hope uhsaa doesn't allow club coaches to run practices as a way to get around the rules.
Region 11 - 4A	Parent	I like the idea of less sports time for student-athletes but I worry that restricting time will just make more rule-bending and unofficial practices. Unless people become less competitive, I worry that more rules will just make more rule-breakers.
Region 11 - 4A	Parent	I like the idea of limiting practices to 15 hours per week but in my area (Ridgeline) there's already a huge advantage for the more affluent families with home gyms and private coaches/trainers. I think this could create a greater disadvantage for lower income or middle class athletes who do not have outside resources.
Region 11 - 4A	Parent	I like where this is going. It's unfortunate that kids are expected to be to these year round trainings from one sport to make a team. It really limits their ability to participate in more sports and become more well rounded individuals. Cross training is some of the best training that can happen and gives the body a break from constant use of the same area of the body. I really appreciate the consideration of family time. Thank you.

Region 11 - 4A Parent	I love giving more time back to families!!! I also would like to see something implemented for mandatory attendance to practices and games. (Unless medical or family emergency) It's frustrating seeing so many athletes missing practices and games because of family vacations and other choice things. If there's not a commitment they shouldn't be on the team. There's so many kids who don't make the team but would be much more committed…. Including coaches!!! It blows my mind when coaches don't show up to coach, this isn't just a rec team.
Region 11 - 4A Parent	I love sports but I love my kids more. They need more time to be kids and be with family
Region 11 - 4A Parent	I love that you're sending out this survey. Especially during the summer it's so hard to plan church friend and family vacations and other activities when sports gobble it all up with exception of a week here there. Thank you for sending this out!
Region 11 - 4A Parent	I love these potential changes. Some coaches, not all, think they own your children and so UHSAA implementing these changes is a very good thing. It wouldn't be needed if coaches didn't have this mentality but since they do, if implemented, these changes would be welcome!!
Region 11 - 4A Parent	I strongly believe there should be at least one more moratorium in the summer. This should be a time where families can plan trips, reunions, and other activities so their children can have a well rounded experience in that vital age, not be tied to home because of the risk of not making a team or being disciplined on a team for missing.
Region 11 - 4A Parent	I strongly support more regulation on this because families need to be able to spend time together in the off season without having to worry about their child being penalized or passed over for opportunities to play because they aren't able to make all off-season practices. I have 3 kids 2 years apart that play multiple sports and I love it, but we haven't been able to take many family vacations because high school sports, especially baseball have become a year round commitment.
Region 11 - 4A Parent	I support this change. I want my kid to be able to be a kid!
Region 11 - 4A Parent	I think adding an addition moratorium would be great. It would allow for students to have a little bit more family time, or other extra curricular activity. No need to reduce practice time. They need that time.
Region 11 - 4A Parent	I think as a society we have blown up sports and cut out academics. Sports are a great opportunity to develop skills, but academics should be protected and kept as the priority.
Region 11 - 4A Parent	I think changing the moratoriums would take a great deal of research. Teams run at different seasons and competition seasons, my child does Color Guard which has 3 seasons and that would have to be taken into consideration. Extra moratorium time would have to work into that schedule. In talking to my child she seems to be fine with the breaks she has currently. Color Guard at times seems to get over looked, or not thought of as an equal to other sports, and would need to be seen as an equal when deciding on any of the choices.
Region 11 - 4A Parent	I think fall sports tryouts need to be earlier. Give more time for the athletes to get better suited together and camaraderie built. Or make tryouts be a few weeks long. See what actually is committed to playing on the team. Who is going to show up to play and play competitively.
Region 11 - 4A Parent	I think high school sports are taking too much time away from families. I would highly support fewer hours and practices so more time is given back to families and enabling students to not be so tied up in practices and games.
Region 11 - 4A Parent	I think it is okay to pick one sport and spend time on that. My students have been able to balance academics and participating in Cross Country. I do not think the proposed changes would benefit student athletes.
Region 11 - 4A Parent	I think schools need to go back to where students have to play sports according to where they live. Having kids commute for high school sports in order to create super teams is turning high school sports into College
Region 11 - 4A Parent	I think students athletes need more time for academic and family time

Region 11 - 4A	Parent	I think the stress put on student athletes is absolutely ridiculous. Planning family vacations in the summer is a complete joke. These kids aren't professional athletes. There need to be extremely strict boundaries for these kids so they can still be kids. When I was playing high school basketball we had our winter moratorium, but the coach would tell us all that he couldn't make us come to practice, but on these dates and this time the back door to the gym just might be unlocked if we wanted to head over to the high school and play basketball with some friends. That isn't okay to do to kids and families. In order to have a stress-free, well-balanced life we need to be okay to not have practice sometimes. I hate how much stress my kids experience because of all of the demands on their time. They are talented athletes and want to participate, but I'm on the verge of dropping it all because it's just too much.
Region 11 - 4A	Parent	I think there should also be times when coaches cannot hold practice…I know some teams have practice as early as 5:30 am…that's NOT okay. Kids also shouldn't be allowed to be at the school for games and practice after a certain time in the evening too. Something like, no practice can begin before 6:30am and cannot go later than 9:30pm. Sports and other extra curricular activities are wonderful for kids, but should not take over their lives and interfere with academics and families time especially during the off season and summer break.
Region 11 - 4A	Parent	I think these are great ideas! I have seven kids that have all played sports. Kids get burnt out and injured easier if they are doing too much. Sports are also taking more time away from school, family, and other activities.
Region 11 - 4A	Parent	I think these are kids and sports should not run their lives. They should get to have a summer break and they should get their entire Christmas break off not just 5 days.
Region 11 - 4A	Parent	I think these changes allow students to participate in a larger variety of activities.
Region 11 - 4A	Parent	I think these changes are needed
Region 11 - 4A	Parent	I think they need to make rules about sports interfering with the school day. Too often kids miss classes for athletic events. What is more important a sport or our childrens' education?
Region 11 - 4A	Parent	I think this could provide a healthier balance in our students and coaches lives.
Region 11 - 4A	Parent	I think we have lost track of family time and allowing kids the opportunity to have a job and have other extracurricular activities
Region 11 - 4A	Parent	I think whatever gives our kids the most opportunities to participate, grow, excel in, and love the sports that they choose to participate in is what we should strive for. For the majority of student athletes, once they graduate, their playing days are over. We should allow them to have the time that they desire to commit to these sports while also giving them the rest and breaks that they need to keep them excited and happy about the sports they chose to do. I don't think another moratorium is needed, but general guidance on off season practices so that student athletes don't feel obligated to attend everything but that they are more for additional coaching and improvement, but not essential to make the team or participate fully.
Region 11 - 4A	Parent	I try to think of what my child would be doing instead if he had extra time and he might be sitting on a computer playing games so I love that he is doing a sport in a good environment.
Region 11 - 4A	Parent	I understand fully why we have these things implimented for I know that we need time to learn the skills
Region 11 - 4A	Parent	I want my kids to participate in sports and have active lifestyles, but the requirements for many sports have become so excessive that the decision is between an all-consuming engagement that dominates all other facets of life or not participating at all, and I would love to see more limits placed on expectations for the time commitment required in high school athletics.
Region 11 - 4A	Parent	I would be in favor of this during the last 2 weeks of the trimester, but dont have strong feelings about this any other time.
Region 11 - 4A	Parent	I would like to see after school practice limited to 1.5 hours so the students have time to come home and eat dinner with the family.
Region 11 - 4A	Parent	I would like to see no week moratoriums. Being apart of baseball and softball, these moratoriums would cut right into our summer seasons. We have always disliked having moratorium during the 4th of July week, and would love to go to a tournament that weekend. There are a lot of good tournaments that weekend that we cannot go to with the moratorium. Lots have athletes are still playing during the moratorium week. They just get coached by coaches not affiliated with the high school. We already get enough breaks without these moratoriums.
Region 11 - 4A	Parent	I would love to see moratorium actually held to. Currently moratorium means the coaches are not running the practices, members of the team or 'guests' run the practices, The student athletes don't get time off without penalties.
Region 11 - 4A	Parent	I would love to see more state wide restrictions- especially during summer months. The problem is if one team is doing it then everyone feels the need but to step back a bit and make it mandatory would be great because everyone would have to do it together

Region 11 - 4A Parent	I would love to see these kids have a more balanced life and be able to work at a part-time job in the summer
Region 11 - 4A Parent	I'd be careful the way you phrase things like off-season training and contact with the coach as well, our son's coach tells the kids they aren't required to participate in off-season competitions and tournaments run by others but that are made up of all of the other team members, but it's then held against them during the real season as proof that they're not committed enough to the team.
Region 11 - 4A Parent	I'm not sure when we made the change to have every sport year round but it makes everything so hard as a family and injuries happen more frequently because there is no rest. We have many athletes in our home and it's not really enjoyable, rather it's endured. I would love to see how much better things could get if we were to have a little bit more time with our family not just doing sports.
Region 11 - 4A Parent	I'm not sure why you are bothering with these seemlingly simple changes that will likely have very little impact. If students want to opt into playing sports, they do so knowing what the committments are. I doubt that adding another moratorium or better defining on and off seasons will make much impact on who partcipates and who does not. There are more important issues to deal with in high school athletics like equity between mens and womens sports programs in terms of opportunities, facilities, and dollars spent.
Region 11 - 4A Parent	I'm so glad we're finally talking about this. The time and commitment it takes for someone to be a student athlete is astounding, especially with homework. And especially if you're just doing it for fun!
Region 11 - 4A Parent	I've never understood the moratorium rules in the first place. In my experience, the students always find a way around them, usually get together to practice anyway, so whatever this is attempting to accomplish I do not believe it's achieving its goal. Not trying to be negative, just give real-world feedback.
Region 11 - 4A Parent	If coaches actually stuck to the 20 hours a week I would be find with it, but they seem to find 'loop holes' to add extra time. I also am STRONGLY supportive of requiring less time and a stricter moratorium during the off season. Too often our kids are getting burned out or punished if they choose not to participate. Baseball specifically uses the off season as a time to add more practices and require the more than 20 hours a week of practice. Practices that are scheduled on paper for 2 hours end up lasting 2.5-3 hours and there is no one tracking this 20 hour time limit. I also have a child who participates in drill and I feel they have done a much better job of truly following the rules and not finding loop holes to try and beat the system. I think there needs to be much stricter accountability rules for all sports.
Region 11 - 4A Parent	If we keep the 20hrs a week practice, it needs to be more productive.
Region 11 - 4A Parent	In a world full of obesity, and overpriced higher education, you want to limit the amount our kids get to practice thesports that help them stay healthy and offer an opportunity for scholarships. If your kids dont have the passion or drive to be at every practice during or pre season then they dont have to attend.
Region 11 - 4A Parent	In my opinion, High school sports have gotten way too intense and the kids involved have to be so committed that they miss out on other important things. I'm in full support of High school sports demanding less time leaving more opportunity for families to be able to spend time together and have more availability to go on a vacation together or for students to be able to have time to nurture other friendships or hobbies outside of their sport. Although being part of a team can be a positive thing, it has also been a negative thing for my kids who had to be so committed to their sport that they missed out on so many other valuable opportunities and experiences.
Region 11 - 4A Parent	In my view, high school sports are year round now which leads to a few problems. Some of these problems are that students get burned out and also injured more often than they used to. I feel that we need to block off more time from sports so kids can be kids, work jobs, do things with their families, and just live their lives and be more well-balanced.
Region 11 - 4A Parent	In our family we have children who have played several different high school sports. Most sports (in season) have practice 5th hour as well as after school or use that 5th hour time to travel to games. This is true for practice days with golf but definitely not for matches! The hours it takes to complete a full golf game make it incredibly hard to keep up with schoolwork considering they miss several extra hours of class
Region 11 - 4A Parent	In sports where there's a Sophmore, JV, and Varsity, plus practice, IHC... it adds up to so much, and then she gets in "trouble" for wanting to skip some of the team building extra activities, like dinner or swim parties.

Region 11 - 4A	Parent	Is there a way to get sports taken out of the school's 5th hour so that kids can take other electives? Or count their sports towards other physical education requirements (maybe include more sports nutrition into the requirements to participate) bc kids who are in multiple sports aren't able to fit in other electives like a language because they don't have the room in their schedules. I'm looking at your "fit for life". I've had kids play 3 sports a year for 4 years, but still need more physical education credits bc they only counted the sport once. Also if a kid wants to play in college, even if they've taken a bunch of concurrent enrollment and AP classes, they are supposed to take other classes to even qualify. Simply it so they don't have to take different classes just to play in college-maybe change the curriculum and what is required to align with each other-or have options that could cross qualify like AP or concurrent classes. Please change what they allow for the off season and when because at our school if you want to play varsity basketball you can't if you are playing football. The coach wants committed players who can play in the fall too. It is taking athletic kids out of sports because they want you to play that sport year round. This is happening with other sports too. According to the AAP that's unhealthy for the body and the brain. Plus, that limits when families can take family vacations. There are only so many times in a year you can do that with sports and it makes it so challenging on families.
Region 11 - 4A	Parent	It is the summer practices that interfere the most. We can't go on vacations or do any other activities. There is no summer break if your child plays sports, especially football. The coaches say that it isn't mandatory, but it is. If your player doesn't go to everything then they don't play. Our coach last year insisted on practices that went until 10:00 pm on school nights, it was insane. I'm surprised to know that there is a 20 hour limit. I'd be happy if that limit was just enforced. Last year my child was regularly practicing 25-30 hours a week. Coaches in general do not acknowledge that they are students FIRST.
Region 11 - 4A	Parent	It is very hard to have a student athlete practice all summer everyday but Friday at 7am for 2.5 hours and rearrange family trips around moratoriums with no guarantee if they will even make the team thankfully my daughter always did make the soccer team. Girls Soccer is especially bad for practices that take up the whole summer. Cheer and drill are also hard but at least they know they have been chosen for the team so the time they give is not in vain. Our athletes are overusing their bodies with all the expectations if you don’t believe me talk to a sports medicine doctor I saw it with my own daughter. My daughter ends up taking a strong anti flammatories every August due to this and we end up in the doctors fighting injuries and pain from overworking her body. We need more balance and giving more time back to the family and student athlete will also help them with social emotional health and academics as well. I love high school sports and see their value my daughter has played soccer, basketball, lacrosse, and tennis and they have all taught and given her so much but balance is important. Staying up until 1 am doing homework after games and practice is not a good balance. Thanks for doing a survey for this.
Region 11 - 4A	Parent	It would be fantastic if coaches could communicate with parents about practice times, scrimmages, games, and such as far in advance as possible so families can plan ahead. Way too many times we find out last minute about things and have to cancel plans. Thanks so much.
Region 11 - 4A	Parent	It would be great to have the moratorium during school breaks. Getting tired of never having a school break or holiday without coaches holding practices.
Region 11 - 4A	Parent	It would be nice if someone would replace the current Basketball coach. He has never had a winning season, and the boys do not respect him.
Region 11 - 4A	Parent	It would be nice if the opposing team was 1 hour away at the most except for rural schools it may be a little harder to do.
Region 11 - 4A	Parent	It’s important for the athletes to be able to spend time with their families. It’s important for the athletes do things they enjoy outside of the sports too. It’s important for athletes to learn to be part of a team and work hard too!
Region 11 - 4A	Parent	I’m so glad this is happening. Sports and activities rule our lives. I want more family time with my kids. Thank you!

Region 11 - 4A	Parent	I've noticed athletes losing excitement for their sport because they don't really get a mental and physical break from it. A few weeks a year is hardly a break. Moving to year round has made sports more like a competitive job than a fun, exciting sport to compete in during a season. The majority of student athletes do not go on to play in college or professional sports. Yet, high school sports demand so much of their time year round and the pressure is on to do so much in the off season so they meet unrealistic demands of performance during the season. This disrupts their ability to learn how to have a balanced life and to explore other interests which will be needed when the sport is over and they graduate high school. Several of my children's friends have elected not to play in high school or have stopped playing after 1-2 years because they cannot participate in other activities due to the time demands of the sport outside of the regular season. My children have missed hiking trips, backpacking trips, rafting trips, family reunions and other gatherings (to name a few) in the off season because of the time demands of the sport they play. So sad they miss out on these great experiences because they are treated like college or professional athletes at such a young age!!! I dislike how families can only take vacations on the holiday to avoid jeopardizing their child's playing time. It's more crowded and expensive. This also sends the wrong message, that sports dictate families schedules instead of families including sports in their schedule. Prime example: Freshman football opponents cancelled the week of the game. All games are scheduled on Thursdays at 6pm. So desperate for the athletes not to have a forfeited game, the coach found a team out of state (not sure if that is within the rules or not), several hours away to play on a Saturday. The team agreed to play but would not travel to us so we had to travel to them when it was supposed to be a home game. Parents were given three days notice and athletes were expected to be there. No consideration for families prior commitments, schedules or time. I don't feel like coaches should have this much say as to dictate family life outside of the set schedule provided at the beginning of the season. I'm in favor of all policy changes that teach athletes that sports at the high school level are for a season not a whole school year and that protect athletes' mental and physical health.
Region 11 - 4A	Parent	Kids need more time in summer to do family stuff and shouldn't be penalized if they if they do.
Region 11 - 4A	Parent	Kids spend way too much time during the year and so do coaches. Kids need time to be Kids and coaches need time with their own families
Region 11 - 4A	Parent	Leave things the way they are.
Region 11 - 4A	Parent	Let kids be kids. Very few of these kids are going on to compete in college. Let them enjoy the time they have to be young. Mandatory work and life commitments are not that far away.
Region 11 - 4A	Parent	Limiting time the athletes can practice with their high school coaches hurts the players and teams who don't have club sports to work out with. Please don't reduce the amount of time our students have with their coaches. We appreciate the coaches who put in their valuable time to help our student athletes.
Region 11 - 4A	Parent	Longer summer moratorium PLEASE!!
Region 11 - 4A	Parent	Longer summer moratoriums that align across all sports are needed to allow for interruption free family time during the summer and all holidays.
Region 11 - 4A	Parent	Moratorium over spring break would be better than end of May/june. The new 90% school attendance affecting play time (excused absences (sick/vacation) being included)- spring break is the only time we can schedule family vacations from Jan- June for all our students k-12, where we don't have to worry about kids missing school. It would be extremely helpful if we could put spring break in as a moratorium.
Region 11 - 4A	Parent	More emphasis should be put on sports - not time off. We'd soon leave public Ed the follow these changes - terrible proposals!
Region 11 - 4A	Parent	More family time
Region 11 - 4A	Parent	Mountain Crest Volleyball mandates that practices occur "sometimes" on Fridays. As working parents, Fridays need to be consistent, and not at the coaches discretion whether or not practice should occur. We are a household of 2 working parents, and it's not reasonable to have an unclear understanding of whether or not practice will take place on a Friday (for the 5th day of the week). We can't ask our employers to allow us off early on Fridays because the coach decides the day before that practice isn't going to take place.

Region 11 - 4A	Parent	My child is involved in basketball and we prefer to have summer camps early in the summer. Also, as an athlete he wishes he had more practice and off-season game time with his school team. So reducing time during the season or off-season is contrary to his desires to play with his teammates as much as possible, which is already interrupted due to those who play multiple sports. Also the weekly practice schedule for basketball is not an issue. Due to limited gym time (school resources) and having games two times a week they can't even get 20 hours of practice time in, but why mandate that for everyone and for the weeks they may be able to get more gym time. When my daughter was in Drill 15 hours a week would not have been enough for the teams to learn their competition pieces and their other school performance pieces. If there are certain sports that are an issue then look at them directly, or if coaches choose to coach more than one sport that is their choice. But basketball already does not have enough time to practice and play - not being able to start tryouts until 10 Nov is too late. My vote is to give them less moratorium before the sport begins and have try outs earlier.
Region 11 - 4A	Parent	My child is only in Kindergarten but plans to be in sports in the future. I don't really know a ton about school sports these days but when I went to Logan High and did drill team 12 years ago it seemed to be a bit much sometimes. It's good to be competitive but also have a balanced home life, thank you.
Region 11 - 4A	Parent	My child participates in 3 sports, so a lot of their high school activities are sports.
Region 11 - 4A	Parent	My children's sports are not affected by late May/June practices (I assume that's more football) but more moratoriums for more family time and athletes getting more rest is a great idea
Region 11 - 4A	Parent	My daughter does drill at Stansbury High School. The coach has even found a way to make "optional" practices mandatory during moratorium times. I want to support my daughter in her dance, but it makes scheduling other extra curricular activities impossible. I have to go on vacation the same time the coach goes. Because that is the only time in know for a fact an impromptu practice will not be called. I fully support reducing the hours that teams can practice, but you need to make it enforceable as well. Further, you should also look into making it a law that monies spent by teams should be disclosed to the public. This would make it very transparent that teams aren't spending more than they should as well to get an advantage over other teams.
Region 11 - 4A	Parent	My daughter had to quit because drill team time commitments took a huge toll on her grades, social life, physical and mental health
Region 11 - 4A	Parent	My daughter plays softball. The number of softball games scheduled per week for the 2026 season is insane. 3 games per week are scheduled during region play which means only 2 days per week of practice. This needs to change so team development can have an additional day, and family/student life can be reasonable. It will raise the quality of performance in the classroom and on the field of play. Away games are never 3 hour events. They are at least a 6 hour event and for schools as far away as Tooele, an away game will be 10+ hours. This is okay if there are 2 games per week with one at home and one away. However, 3 games in the week means that half the season you are traveling at least twice per week. Every other aspect of life basically stops if we support that schedule (which of course we are obligated to do). Student burnout occurs by the end of the season and it affects all aspects of their lives. Moritoriums - change the 2 weeks to 3 - 4 weeks and most can work with that. If the sport is in-season during that moritorium, then make their moritorium only 1.5 or 2 weeks (ie. basketball December moritorium would be 1.5 - 2 weeks maximum. Softball and baseball summer moritoriums would be 1.5 - 2 weeks maximum.) Note that club teams will not abide by this. Many softball and baseball coaches also coach club teams or have a friend coach the club team so they get around the moritorium issue. Sport overlap - we are driving our children so hard inside any individual sport that we seldom have 3 sport athletes anymore. The sport specific training never ends. Conditioning is different than training and it can happen most of the year. But when a sport begins to have "optional" events 9+ months of the year, it is too much. The "optional" is most often not really optional but an unspoken expectation. Sports should be about raising good respectful young adults that learn to compete. It seems that in general this view is being lost to strictly win-loss performance or individual statistic performance. Future NIL hopes, dreams and opportunities cloud the perspective of too many decisions being made.

Region 11 - 4A	Parent	My kids and I would like to see more options for non-competitive sports and options to learn sports if they want to try one, even starting as late as high school. My son wanted to try golf for a year when we moved to Utah so we contacted the coach and he said my son would already need to have playing experience and to be playing well to even practice with them. My son has never picked up a golf club or expressed interest since he was turned away. It was a huge missed opportunity as he is very introverted and had tried to put himself out there to try something new and possibly interesting and was shut down instead. We need to encourage kids to try new things instead of worrying about creating a winning team all the time. The kids who prefer video games may never be (or want to be) sports pros but they need to move their bodies and take positive risks. Only allowing experienced players on teams is an error that can be fixed. My tennis coach, for example, allowed everyone interested to be on the team. Then, those who scored at a certain level were invited to play other schools. The team members shifted a little bit each time as individuals got better and learned more. It was a fantastic experience.
Region 11 - 4A	Parent	My son plays high school football, basketball, and baseball. The only time he gets a break is during moratoriums. Seems sports start earlier every year with many overlapping and having "optional" open gyms long before. They are not optional. Coaches track who goes and doesnt'
Region 11 - 4A	Parent	My son's basketball schedule is already shorter than he would like it to be, and early June is the only time the high school team does anything all summer, so we are definitely against making larger moratorium times
Region 11 - 4A	Parent	My sons sports have been pretty good but the dance team/football etc that run all summer, penalizing kids for family vacation planned sometimes a year prior is crazy.
Region 11 - 4A	Parent	My student is completely overwhelmed with academic side of school due to lack of time able to do homework and sleep well. It's just too much 5 days a week
Region 11 - 4A	Parent	My teenager has wanted to participate in more high school sports, but ultimately decided against it because of the high time commitment. (She currently does X-Country and Track.) She enjoys sports, but they are just one aspect of her life. It is also important to her to get good grades, develop her musical talents, participate in other extra curricular activities, and have the time to connect with friends outside of school, among other things. As a mom of 4, it is hard on our family when more than one child is involved in these highly time intensive sports. Even with just one participating, it can be challenging. I see the stress it puts on my kids, trying to keep up with everything. I appreciate and support the proposed time limits. A more balanced approach would be much healthier for our kids and families.
Region 11 - 4A	Parent	Need specific dates scheduled and not change them. They changed multiple times a couple of years ago. Schedule and set
Region 11 - 4A	Parent	Need to organize regions where folks are not traveling more than 2 hours for games on school nights. Have long distance games on Fridays, early out days etc. would like regions that offer competitive play rather than size of school. For example Deseret peak high school playing varsity sports with no seniors at their school. This isn't putting the safety of athletes/team first! Put safety first over making a decision that takes the least amount of effort. Disappointed regions are not determined by competitive level.
Region 11 - 4A	Parent	Off-season practice and training is the biggest problem we face. For athletes that play two or three sports, not being able to participate in off-season events is viewed as a mark against the player.
Region 11 - 4A	Parent	Often sports take away from family and academic time. I think there should be a better balance.
Region 11 - 4A	Parent	One of the issues you brought up was not being able to have time for other activities. The issue is adding moratorium weeks or less hours, won't really solve the problem, because not all activities CAN BE lined up with the moratorium time off and less hours won't help with a family vacation or event. For me the bigger issue is the ramifications if you or your student choose to miss anything during the practice/conditioning/training periods. We had a wedding in Oregon one year and my son was having panic attacks because he was going to miss 1 DAY of preseason practice. We were already just going up and back because of his sport. Some coaches go so far as to say if you miss one practice you can't be a team captain or leader, you won't start, or even in one sport boys sidelined. I've seen kids penalized time and time again for choosing family over sport. I've had 3 boys that have participated in high school sports, and we are very supportive, but this is one area that has always bothered me.
Region 11 - 4A	Parent	Our children's education should not be dictated by sports. The amount of tax dollars spent on sports vs other activities and academic programs should be considered. Each student should have equal claim on tax dollars for extra curricular activities.
Region 11 - 4A	Parent	Our goal is to encourage healthy, well balanced STUDENT athletes with stable home lives.
Region 11 - 4A	Parent	Our kids are burned out from overscheduled time commitments & it is important to give back time to families

Region 11 - 4A	Parent	Our kids want to participate in these extracurricular sport activities, but they are getting very worn out. Less hours and less practice times would be beneficial for them. I think they would be better rested to practice the days and times they are there.
Region 11 - 4A	Parent	Our school and coach have a great balance. We are struggling with playing teams 2 hours away and my daughter is very upset about missing so much school for away games. Everything else is just fine! We would prefer closer schools for away games.
Region 11 - 4A	Parent	Our sports culture seems to be the focus of our lives. While I think there are many great things our kids can learn from sports I also feel like we should recognize that there needs to be a better balance within our society. There is too much travel, time, money and egos (mostly on the part of parents and coaches)
Region 11 - 4A	Parent	Our teams are good because of their time commitments. I don't think it's bad for children to have their off school time planned. If the children and parents don't like that, they are not obligated to play.
Region 11 - 4A	Parent	Outside of game day, no high school sport should ever take more than 2 hours a day.
Region 11 - 4A	Parent	Overall, a student athlete has too many time commitments with most sports. Coaches look for ways to skirt around rules to get more time.
Region 11 - 4A	Parent	Overtraining *during* the season was a bigger issue for us. His injuries were minor but they didn't heal. morale was low because the boys were so tired, creating a prime bullying environment, and the boys were ruthless to each other. My kid and several others lost their love for the game they had played for years though winning and losing seasons. At least one other kid needed a summer of counseling to recover. In addition many of them got sick and struggled to recover. Every single day for 3 hours a day was way way way too much. Maybe if the coach had done some film study or something in there it would make sense but feet on the ball for so long created a terrible environment. The coaches need to be trained to look for signs of over training.
Region 11 - 4A	Parent	PLEASE REVIEW THE STATE SPRING SPORTS SCHEDULE. It interferes with AP Exams. My daughter has to choose between supporting her golf team and doing her AP exams with her class.
Region 11 - 4A	Parent	Participation in school sports is becoming increasingly demanding and time consuming. I understand the need to commit to the activity or sport, but daily and weekly demands on the students for a particular sport is limiting their time to participate in other worthy pursuits.
Region 11 - 4A	Parent	Please leave things the way they are. Kids join these programs to be part of a team and stay out of trouble.
Region 11 - 4A	Parent	Please make a change
Region 11 - 4A	Parent	Practice is important to increased development; however, it pales in comparison to academics. Our youth are going into college situations putting far to much emphasis on athletics.
Region 11 - 4A	Parent	Practices for bball were way too long, interfered with family activities, we never ate meals together during the week, that's sad.
Region 11 - 4A	Parent	Practices not being able to go past 9pm.
Region 11 - 4A	Parent	Requiring to much of kids in order to play. Also get parents out of coaching positions
Region 11 - 4A	Parent	SVHS cheer should not hold morning practice on Fridays of game days. This will give the girls bodies a break from all the stunting and tumbling and allow them to sleep in before a late Friday night.
Region 11 - 4A	Parent	Shorter practice time is Necessary to reduce injuries
Region 11 - 4A	Parent	Some of my responses were with Marching Band and Colorguard programs also considered in these rules. I'm not sure if that is the case but I have children who do both band/Colorguard and other sports.
Region 11 - 4A	Parent	Sports are WAY TOO serious here. It's a game. Stop letting it drive your life!

Region 11 - 4A Parent	Sports are awesome and provide great values for my children! Teamwork, relationships, values, honesty, perseverance, kindness, work hard! Love it! Just feel like if a child is involved in a sport it shouldn't take up all their time! Too much time away from family, not enough time to hold a job or serve the community or neighbors. Why are players expected to stay all day on game days? Let them have a life! Maybe be required to come to the game before their game but why do the freshman need to stay all day and into the night? Why do the varsity players have to stay all day and then play late. Maybe have freshman play their game and watch sophmores and then have the choice to go home or go to work or experience life! Let varsity go home after school and maybe come support the JV game and then play the varsity game. But why have them all stay all day? They literally are at the school From 8:00AM until 9 PM on game days and sometimes later. Thats a lot of time!! There are things learned off the court and in a home setting or a job setting or serving in the community that can't be learned on the court. There are also things learned on the court that can't be learned off the court. Just saying give the student athletes more time to be well rounded and not put all their time and energy into sports only. There is a lot of things this world has to offer for their future success. As much as I love sports I Love having family dinner and I love seeing my kids work hard in a job environment too and I Love giving service in our neighborhoods and community. Just let them have time to Experience more than just sports!
Region 11 - 4A Parent	Sports are getting more priority than academics for the kids that love them. They are missing too many classes to bus to games that start too soon after school given the distance we have to travel. Fix the problem of Cache Valley and Tooele or other locations south of Salt Lake City needing to travel so far this is ridiculous. A solution should be that Logan School District is forced to merge with Cache County School District, which would save and improve Logan City Schools but their own superintendent would never approve it. We need the legislature to intervene!
Region 11 - 4A Parent	Sports are good and healthy for youth, however the majority of youth will not go on to play their sport in college or beyond. Oftentimes coaches overburden youth with too many practices, too much overall time. It dominates their lives. There needs to be a better balance. Part of the problem is that coaches are under pressure to win, or they risk losing their job that puts pressure on them and it results in way too high of expectations on the youth. Please come up with a way to have a better and more healthy balance.
Region 11 - 4A Parent	Sports are great, but so are families. We need to take back time for families. Kids should not be penalized for actually taking spring break with their families. Or other breaks (like fall break)
Region 11 - 4A Parent	Sports are so empowering for kids, but they are highly overrated in their value in society. Limiting practice times would help balance our kids and society better with things that matter.
Region 11 - 4A Parent	Sports can take over families lives and kids lives. Sports need seasons that end. Kids need time for things other than sports. Especially in the summer.
Region 11 - 4A Parent	Sports has overtaken the lives of our family. My kids want to play and compete but the family life balance is undesirable. Kids are missing big family events because they can't miss practice. Coaches are very strict and give demerits for missing practice even for the athelte to attend a siblings wedding. Sports has a whole is negagtively impacting society and families. At a young age they are practicing 3-4 days a week with travel competitions far away every other weekend. It's getting out of hand. Majority of families with kids in sports never eat dinner together because everyone is at practice. I believe this trend is undesirable and negatively impacting our kids mental health and stability. Something has got to give.
Region 11 - 4A Parent	Sports have gotten so families have a hard time finding times to have trips together or spend family time together since most sports train all year round and kids get into trouble for missing. Our family would greatly appreciate more regulations and clear boundaries of on season and off seasons on sports so coaches can't punish kids for missing things when so much is already being asked of them throughout entire year. Thank you
Region 11 - 4A Parent	Sports have taken over - it's time to dial it back. I'm the parent of three sport athletes and it's so much! Less is more :)
Region 11 - 4A Parent	Sports have taken over our lives and give no time for anything else in life. Then the kids go to college and the sports are over and the only memories they have is sports
Region 11 - 4A Parent	Sports is out of control. It is taking over kids and family's lives, reducing time building skills and opportunities to produce well rounded individuals, preventing early burnout, and the competition is creating a space where students work their guts out, parents pay exorbitant fees, only to have their student athlete see very little to no playing time or recognition, in particular in the football area. Students are punished for spending time with their most important relationships; going on family vacations, and the overworking is pushing injuries too far.
Region 11 - 4A Parent	Sports should be fun, not an all consuming whole family commitment.

Region 11 - 4A	Parent	Sports should be taken out of schools and participated only through private clubs so tax payers are not paying for it
Region 11 - 4A	Parent	Sports take up too much time during the actual school day. I would like more restrictions on that.
Region 11 - 4A	Parent	Sports used to be extracurricular but now require using a credit hour to participate during 5th hour. This gives the athletes less opportunities to explore other career classes or college credit classes, especially for multi-sport athletes. Keep sports as after school activities and not part of the curriculum.
Region 11 - 4A	Parent	Spring break would also be a good time for a defined break or moratorium for the kids. I realize that's different for each school district, but is difficult to include family vacations etc, when sports have required practices and/or games.
Region 11 - 4A	Parent	Stop allowing sporting events/games during school hours. This interrupts class time/learning and makes it difficult or impossible for families & classmates to support athletes. Why are these not in the evening or weekends?
Region 11 - 4A	Parent	Student athletes want to play. They choose to play, that includes taking time away from "personal" life to play a sport. They need more practice, to get better. Instead of lowering it consider raising the practice limit. Let the students run free!
Region 11 - 4A	Parent	Students Athletes push themselves so hard that they get injured too easily. Sports are important but so is balance, and time off.
Region 11 - 4A	Parent	Student's and family's choosing to participate in HS sports need to manage their time better and establish open communication with their coaches and teachers. Taking more time off will open the athletes to unsupervised training leading to greater injury risk. Implementing this change will lead to more schools cheating, as it stands right now there are students that still hold practice during moratorium without their coaches.
Region 11 - 4A	Parent	Summer break needs to return to summer break! Coaches (and other school functions) should NOT be able to require summer participation in order for a student to be able to participate in sports during the school year. I loved sports as a kid, but my kids hate it. I have watched the increase in time commitment destroy players, families, academics, etc.
Region 11 - 4A	Parent	Summer should be time for families to go on trips if they want to. It's hard to plan all the camps and reunions into the short moritorium
Region 11 - 4A	Parent	Summer workouts are good but parents don't get summers off. We don't want to catch flak for going on a vacation.
Region 11 - 4A	Parent	Teams find ways to hold practices. I rather the coaches be able to participate and provide a safe environment. The school sports provide opportunities and safe places for kids to be. Connections with the school and coaches are huge. All my kids have been in different sports, and all have had a huge impact on their success at school and belonging. My oldest was on the girls wrestling team and because of this team, it changed her whole attitude. The opportunities during season and off season were life saving at a time she really needed a connection. The practices are not required, but provided a safe place for her to go and be with peers.
Region 11 - 4A	Parent	Thank you for considering these questions. I love school sports and all of my children are student athletes. I believe putting more limits on practices will provide more balance and joy! If everyone abides by the same rules, no one will be negatively affected.

Region 11 - 4A	Parent	Thank you for reaching out with this survey. I now have had 4 high school student athletes who have participated in, or are participating in a six different sports between them, with overlap in some sports. My wife and I are also extremely involved in service to the school. Myself as a 4 year Board Member and President of the Booster Club, and my wife on the Board of the Parent Organization. The time commitment is significant for athletes and their families, as well as the coaches. Especially the assistants who are often times volunteering their time and energy to support the kids. Out family loves to do this together and support the school, but I do witness the hardship that it places on families who have different dynamics and/or ability to be as flexible as we are. My concerns with current policies/practices are in two other areas. One could be discussed along with this survey, and it is the ability for athletes to participate in multiple sports. It seems that everyone in coaching/administration have memorized the "proper answer", and will say they advocate for, and encourage multi-sport athletics participation. We find however that actions very rarely fall in line with that verbal statement. I would like to see some reform that allows multi-sport athletes to truly be able to focus on their in-season sport without the fear of being black-balled or suffer negative ramifications for missing off-season workouts, activities or practices from another sport they participate in. My other thoughts revolve around the team placement of the student athletes. As the Booster Club President and the father of multiple athletes, I feel like I have a pretty good perspective on this issue. I am being met with a lot of frustration from parents, donors, community members, and have even heard it from some coaches who are always losing their better players and disrupting team chemistry. The issue is when younger student athletes (Freshman/Sophomore) are being moved up to play at the Junior Varsity and Varsity levels. Furthermore, those same athletes are most times, still being allowed to play at the Freshman or Sophomore level. I my 8+ years of being a student athlete parent over six different sports, as well as being intimately involved in the funding and support of those programs, I have never seen this practice have any long-term benefit for either the student athlete or the athletic program. I understand that gifted athletes come along, and do have the talent/ability to benefit an older level team. Two of my kids have fallen into that category. I also believe there needs to be development of all of the other kids in order to build a successful and sustainable program. If you have the same 3 or 4 or 5 athletes taking most of the reps at every level, there is no development of other athletes who could otherwise become very key contributors to a program. This practice disrupts individual relationships between athletes, destroys team chemistry, places unwanted burdens on young athletes who may have the physical ability to compete, but are not ready for the emotional weight this situation carries, leads to increased fatigue and potential for overuse injuries, etc. etc. I have witnessed young athletes lose their passion for the game after being thrust into an older team, where they don't know anyone, are on a different social/emotional level and they lose touch with their younger peers who they have likely been playing with for years. I have also seen young athletes asked to play and various levels on the same day, seeing them exhausted and in tears even after finishing a game with an older team and now being expected to turn around and carry a load for a younger team. I know there are places that regulate the use or and level of play of student athletes. I would love to be a part of a discussion on this topic. I believe there is a better way to support and protect more student athletes
Region 11 - 4A	Parent	Thank you so much for working on this. We had a terrible experience this past summer. Because we were experiencing it for the first time with our 8th grader moving into 9th, we had a bunch of conflicts. Travel was planned during the year before. My athlete was being punished for not attending summer practices that we were never told existed. We scheduled family reunions and family travel 9 months ahead of summer practices. This led to my athlete losing their mind because they lost starting positions because they were with family. Sports are very good for kids but not when it creates dissonance at home. A week in the summer is not enough. As a parent, these are my last summers with my kids, before I lose them forever. Please create more space for families where our children aren't conflicted about being with their grandparents or families (under threat of losing positions). Please set fixed dates way ahead of time. Please communicate that 9 months in advance to facilitate travel. Please have them publicly posted so that you get grades are made aware. Please don't let coaches penalize students for not being present at summer practices.
Region 11 - 4A	Parent	The biggest problem is the demands of mandatory practices by multiple sports & seasons never ending. Also club sport coaches profit off of the kids & never let them take a true break- risky in sound sport psychology
Region 11 - 4A	Parent	The biggest problem is the time spent during the week in additional mandatory trainings, etc...outside of basic practice.
Region 11 - 4A	Parent	The consumption of time takes away from family and work opportunities that create strong relationships at home
Region 11 - 4A	Parent	The cost of athletics needs to be adjusted, also (lowered). I feel like parents are being raked over the coals from the fees that are expected to be paid for kids who would like to be involved in these sports. It's hard to deny them that opportunity. Sports are a money making machine.

Region 11 - 4A	Parent	The kids feel torn between family activities and their coaches threats of not starting or having to sit out. Kids ought Tobe able to go with their families without the fear of discipline from their coaches and team.
Region 11 - 4A	Parent	The length of some seasons like swimming are also ridiculously long…I think shortening some of those seasons could be beneficial
Region 11 - 4A	Parent	The mandatory demand and pressure that is placed on our athletes is debilitating at times. Long days and time commitments takes away from the enjoyment of the sport and being able to manage other life responsibilities. It is oftentimes having to choose between one or the other because of the training demands.
Region 11 - 4A	Parent	The moratorium is a joke.
Region 11 - 4A	Parent	The off season of a sport is where I feel the strongest about this. The coaches demand so much time and claim things are “optional” but as a parent I feel like if my kid misses those “optional” things they will reap the consequences. I think more moratorium time would be great especially over the summer months.
Region 11 - 4A	Parent	The time commitment during the school year can be hard, but during the summer it’s not bad. I would personally rather have more days/weeks during the summer without practice so we can leave town more often, but keep the weekly hour amount the rest of the time.
Region 11 - 4A	Parent	The time demands of sports and other extra curricular activities make it difficult to have adequate family time. It creates an uneven balance where the sport or activity can become consuming. It also makes it hard for participants to have employment, especially in summer months.
Region 11 - 4A	Parent	The way it is currently set up is great and offers competition at all levels. I don’t think more moratorium would be beneficial in any way.
Region 11 - 4A	Parent	These are tough decisions. I think it’s good that kids are busy and there are lots of opportunities to learn in sports. I also think that it can take over their lives.
Region 11 - 4A	Parent	These kids are giving up their summers to play sports
Region 11 - 4A	Parent	These kids spend WAY too much time with school sports! They need more time to be involved in other activities and a chance for families to spend more time together. It's hard to have dinner together or just be home together. Thank you for considering this!
Region 11 - 4A	Parent	This could be a great reminder to everyone that high school sports are suppose to be fun and elevate the high school experience, not keep you so tied down that nothing else can be enjoyed! I bet it will also help with less injuries juries and less burn out.
Region 11 - 4A	Parent	This may date me, but when I played high school sports it was just for the season and then you never thought about that sport the rest of the year. I wouldn't make any sports if it were the year round play (unaffiliated and affiliated with High School) throughout the year today. My only major complaint is with Golf. My boy plays golf and they play their games at 8am two and a half hours away, so my boy has to get up at 4am, misses a full day of school, and my wife and I never get to watch him play. This problem has an unbelievably simple solution....just play the dang tournaments at 4-7pm. Then the kids don't have to miss any school, the parents get to attend, the golf courses get more attendance during their slower times (win/win/win).
Region 11 - 4A	Parent	This needs to also be applied to the kids in band/color guard. During Heck Week the kids do multiple 13 hour days during the heat of the day. Being a good person, good sport and good team player should be emphasized more than winning. If we put as much effort into after high school knowledge like financial literacy, how to apply for a job, etc. as we do sports our kids would be vastly better off.
Region 11 - 4A	Parent	This would be amazing if some of these changes really happened. I only wish it would have been 4 years ago.
Region 11 - 4A	Parent	To me sports are an extracurricular activity and should be outside of school time but right now they have practice during the last hour of school which takes away a class hour. It’s hard to fit in all the classes my student needs and desires to take.
Region 11 - 4A	Parent	Too may summer activities had to be missed for “voluntary” practices. There is more to life and most of these kids won’t play sports after high school.
Region 11 - 4A	Parent	Too much emphasis on traveling teams in the off season. Too much wearing our students down when few will actually participate in professional sports.
Region 11 - 4A	Parent	Too much time is spent in sports. There is no time for family and the kids get burnt out on the sport. Something needs to change

Region 11 - 4A	Parent	Travel time is a big problem. Half the schools in our region are two hours away (4 hours round trip) for multiple region matches. (Tooele to Logan) Our kids are missing much more school and family time than necessary because of the long drives. Moratoriums are tricky because (in tennis for example) if our local, publicly-trained kids take breaks, private coaches are still coaching so that gives those athletes and teams a leg up. Favoring the rich. I would like to see tennis regions/state tourneys be based on varsity players' average or total combined UTR, instead of size of school. I think you'd find that would make matchups much more competitive and interesting. The only thing worse than traveling four hours, round trip, for a match is, knowing ahead of time that it will last only 30 minutes because (based on the UTR) one side will most definitely destroy the other. All teams (from least to most skilled) would benefit from better-fit competition. We have the data. Let's use it!
Region 11 - 4A	Parent	Unfortunately this would be a little late for my older boys (sophomore and senior at Ridgeline) but something needs to be done with the baseball program. My boys finally had to stop playing a sport that they had put so many years into and loved in order to achieve their main goal for high school which is to maintain a 4.0 GPA. Our fingers are crossed hoping a change is made before our youngest gets there.
Region 11 - 4A	Parent	Unless this is a state wide change, tooele will never catch up in sports. Tooele county always seems to be a little behind when it comes to sports. I'm a big supporter of family coming first. So while I love the extra time you're trying to give us with our kids, I do worry about their teams having successful seasons if practice times go down. Having been a cheer coach, a mid winter moratorium would be detrimental to the competing cheer teams since that is their busy season.
Region 11 - 4A	Parent	We feel strongly that there also needs to be rules implemented on playing time, with an emphasis of the athletes that put in the same time as others, but do not receive any time on the field, court, etc. This is a major issue. A coach doesn't have a problem taking your money for fundraisers, fees, etc. then doesn't allow your athlete to participate in the sport that they love. If the goal is to build a successful program that fosters growth on and off the field for these young kids, but it only focuses on a handful of kids in the program, that is not a successful program and never will be. Some sort of rule needs to be implemented to work towards fixing this major issue in sports. Especially in football. To have one player play both sides of the ball and on special teams, but then leave over 30 other kids on the side line that do not get 1 second of playing time, that is an issue. It doesn't only hurt the athletes that have put in the time, but don't get to play. It is also literally going to hurt the other athlete that is kept on the field the whole time and ends up getting hurt.
Region 11 - 4A	Parent	We have a very hard time planning a family vacation--even during the holidays due to having mutli-sport athletes in our family. Would love more moratoriums, so we can get something scheduled without risking missing practices/events.
Region 11 - 4A	Parent	We have discovered that school sports that practice in the summer need more breaks to allow families to vacation and kids to have opportunities to attend church camps or service opportunities. Also I believe that school holidays should not have school sports during them at all. No sports over Christmas break.
Region 11 - 4A	Parent	We have kids in football, cheer, and soccer and it is just TOO much. They are burned out and tired, because my daughter wakes up for cheer at 5:30 am each day, she only gets six hours of sleep a night and falls asleep in math and other classes almost every day. Then, after school, she has to cheer at football, soccer, wrestling, basketball, etc. It's just too much.
Region 11 - 4A	Parent	We have recently seen many kids quite high school sports because they can't attend other activities or hold part time jobs and are no longer having a fun experience. I would like to see a code of conduct drawn up for coaches and how they treat the athletes. Many use very foul language consistently and yell and degrade athletes consistently rather than build and encourage. I'm not sure what can be done, but the mental health of kids is a high source of concern that needs high priority!
Region 11 - 4A	Parent	We have taken the fun and family aspect out of high school sports. If you commit, plan on being busy year round andnever going on vacation with you family. The time commitment needs scaled way back. How do we expect them to get good grades and spend 20 hours a week at sports!
Region 11 - 4A	Parent	We just need one more week in the summer where we are not required to be at football, so these boys can still experience family vacations with their families. Which subsequently helps us not need to plan vacations during the school year and battle the percentage of attendance they need to maintain to continue playing.

Region 11 - 4A	Parent	We moved here from the Midwest. Sports in Utah are insane. Kids need better balance. Often times teams practice when they have been told not to anyway. It's wild.
Region 11 - 4A	Parent	We need more time together as a family during Christmas and in the summer. We would appreciate more weeks off from sports!!! Limiting the hours of practice would be great too! Thank you!
Region 11 - 4A	Parent	We need to limit to how many days kids can be taken out of school.
Region 11 - 4A	Parent	We need to protect holidays and the days surrounding holidays so coaches don't hold it against kids when they miss games and practice the day before Christmas. Absolutely ridiculous to have a game over the Christmas break.
Region 11 - 4A	Parent	We need to scale back the team required commitment to public school sports. If kids want to play at the next level and put in extra time on their own, that's fine, but it should not be required/expected by coaches and have any influence on participation/playing time. Missing family time due to required out of season practice or tournaments is not ok.
Region 11 - 4A	Parent	We should be limiting the amount of time the kids are out of school and that kids are not well in sports or subjected to not going to class In order to support athletes. Should definitely just be an extra curricular activity.
Region 11 - 4A	Parent	What I think needs to happen most is that the state needs to support healthy sporting activities for more students. Let all the athletes who want to put their whole selves into one sport at a time go all-in. I like the limits, as I have marked on this survey. However, my children would like to participate in a wider range of sports at a lower academic level. There should be a program where students can enjoy training and competition but not just in one sport. They can rotate through sports more casually. I would really like to talk with legislators and administrators about this idea. Currently, you can really only commit to after school sports activities if you are very good and want to spent more time in sports than at school, in some cases, with multi-city travel and daily practices. Keep it more localized and more focused on getting more students active. Not on producing professional athletes. My son is talented and hard-working and does two sports a year but it is far too difficult for my family to support the high level of commitment, considering his scholastic and personal goals above his athletic goals. There needs to be a fun middle ground, sanctioned by the schools. More sports. More fun. More kids who don't feel compelled to give up everything except a single sport.
Region 11 - 4A	Parent	With all sports that my kids have participated in, football, in our experience, is the most demanding of a student-athlete's time. Practice time restrictions or increasing moratorium weeks will not affect football training. My son starts weightlifting for football in January for the upcoming fall season. It's not "required" but if he doesn't go and check in at lifting, it will be counted against him. He will not be given the most updated safety equipment. It's a lose-lose situation for kids and their families. Extending moratoriums will only keep the coaches away. The student athletes will still be "required" to show up for other trainings such as lifting or IHC sport workouts.
Region 11 - 4A	Parent	Would love for the kids to have more time on other activities. We support moratoriums!
Region 11 - 4A	Parent	You would be better served to actually enforce the current time limits rather than reduce practice time. Too many teams are adding practice hours which isn't fair to the teams who are following all rules. Furthermore, school choice for sports has gotten completely out of hand. To level the playing field even more, school choice should be more closely monitored. The same teams not following practice hours/moratorium schedules are often the same teams recruiting talent. And they're getting away with all of it.
Region 11 - 4A	Parent	ZERO GAMES OR PRACTICE OVER SPRING BREAK!!!
Region 12 - 3A	Parent	A two week moratorium in the summer would be awesome. My children have been 3 and 4 sport athlete and it would be nice to feel like there was a break for families. The pressure usually comes from the off season coach to participate in something during another season. Also practices hours are ok they match the college level. It is all the extra stuff that starts to be a burden, meals,, travel etc. maybe game days need to be moved to 4 hours. For instance in basketball season wiith travel and watching all level of games the time commitment is greater than 3. Then practice 6 days a week does not allow the athlete to have any recovery or family time. Thank you for trying to figure this out.

Region 12 - 3A Parent	All the hours put into a sport should be developing ALL student athletes. In our current culture coaches are going with the easier "ready-made" players who have been playing comp ball and going to camps since they were old enough to participate. I think that they are rapidly losing sight of the importance athletic events bring to students who come from backgrounds where such luxuries are not possible. It's a chance for them to be part of something bigger. To learn that hard work and perseverance pay off on the field and in the classroom. It's hard for them to feel like they have a chance to play when big money always dominates. Also, I would also like to see encouragement from UHSAA for large teams such as football to use their second and third string when the difference in the score is greater than 24 points. Many teams are running up the scores to improve their RPI and rankings. This is no fun for the fans of either team and students who are second or third string practice all these hours too. Pretty soon no team wants to play against these teams but have to because they are in region. These teams ruin the moral of the other side so the stars get reps and footage against a demoralized team.
Region 12 - 3A Parent	As a parent of a multi-sport student athlete at a 3A school, I see the toll and demand that sports is requiring of my child. Being from a smaller school, there's less participation so most of these kids will play more than one sport but that does come at a cost. It's a challenge to balance homework, have a healthy social life or get a job because of the expectations they have to be at practices, open gyms, skills training, etc. Some of these students come from poorer families so having a job is a necessity these days but when will they have time? The immense pressure they feel to juggle all the things is overwhelming. I'd also like to strongly suggest that when one sport is in season, all other sports should be on hold. Maybe occasional weight training, mental development or watching film is fine but requiring them to take a year long "class" is crap. We have to find balance and also let these kids enjoy this small window of high school.
Region 12 - 3A Parent	As a parent this is my first year with being involved with the UHSAA. I believe the current policies, rules and standards that are followed are perfectly fine. But If any additional moratorium time is to be added, I feel it should be durning the christmas and New Years break extending the mandatory moratorium time from five days to twelve. I strongly disagree with adding additional moratorium, time from the end of May to the first part of June.
Region 12 - 3A Parent	Basketball in general function too much as a year round sport and the athletes need more time off.
Region 12 - 3A Parent	Coaches are overworked trying to get them teams to a point where they can compete, especially those in programs that have not been well-run for many years. Moratoriums might work somewhat for coaches, but the players don't take the time off enough. Moratorium should be a strict no practice policy for everyone, not just time off for coaches. If athletes want to work on their own that is fine, but no contact with groups of teammates. We need to give kids a break. The mental health issues can easily be tied to the ridiculous amount of time spent practicing and participating in sports and the parents are paying out tremendous amounts of money trying to get their children a spot on the team. Moving teams out of regions where they have close proximity to other schools all in the name of winning and competition has to stop as well. If you want to cut down on time, stop letting teams take trips 8 hours away from the school every year for every sport. Stop forcing teams to travel up to 4 hours just to play in region games when there are 4 high schools within 15 minutes of each other. If you really care about children and coaches then start caring about their time on the bus and not just in practice. Students are missing way too much school to leave early for sporting events. This is the #1 reason why our schools are lagging behind other countries. We care way too much about sports and almost nothing about academics. Let's start supporting parents in ways that help them support the children academically.
Region 12 - 3A Parent	Coaches make weight lifting attendance mandatory and that makes it feel like there is no moratorium!
Region 12 - 3A Parent	Coaches sometimes want the athlete's whole life to revolve around their sport. They make practices longer leaving little time for family and homework. It wears the athlete down. I have seen so many over use injuries this year. I am all for lowering the practice time hours.
Region 12 - 3A Parent	Game times for girls soccer, especially JV, are so early. I know scheduling is a tough task and there are a lot of factors at play, but it would be nice to have later games that working parents can make more easily.
Region 12 - 3A Parent	Games should NOT be scheduled during school breaks - fall break, Christmas break, spring break. This is family time.
Region 12 - 3A Parent	High School sports take too much time away from school and family time. They want to practice for hours every week day during the season. It is rare we can have a family dinner together with the combination of sports, school, and other activities.

Region 12 - 3A	Parent	High school sports and the time commitments have gotten completely out of control. These kids have a lot of pressure put on them to participate or possibly lose their position! Completely unacceptable and unfair! Even when coaches SAY they love multi sport athletes, if the kid isn't dedicated to the sport they coach, these kids are frowned upon. We can do better! Get back to what high school sports USED to be! This win at all cost and every spare second needs to be spent training is for the birds!!
Region 12 - 3A	Parent	High school sports take up way too much time... they're not in college
Region 12 - 3A	Parent	I am against changing any of the rules regarding my kids sports schedule for practice and any moratoriums
Region 12 - 3A	Parent	I believe it's important for student-athletes to have adequate practice time to ensure both skill development and injury prevention. My daughter is involved in cheer, which includes stunting — an activity that requires consistent practice to be performed safely. Reducing practice hours raises concerns about an increased risk of injury due to less preparation and conditioning. When families and students commit to school sports, they do so with an understanding of the time and effort required. Additionally, I know of many students who participate in multiple sports, and coaches have always found ways to support their involvement across teams. Given the existing challenges in maintaining student participation and encouraging school spirit at games, I respectfully ask that you reconsider any changes that would reduce practice hours. Maintaining strong programs with committed athletes and supporters depends on a structure that allows them to perform safely and confidently.
Region 12 - 3A	Parent	I believe that lowering the weekly practice limit from 20 hours to 15 hours will hurt those schools with lower income students. Those kids are already behind athletically because many of them cannot afford to play on a competitive team and use school competition and practice to improve. Those from families who can afford to have them on a competitive team will simply use those extra five hours to get instruction/practice from their club coaches, etc., to improve. Ultimately, with this proposal, the have-nots will be hurt, while the haves will continue to improve. I like the idea of adding another moratorium at the end of May and early June, just to give all of the kids a breather from end of school and spring sports.
Region 12 - 3A	Parent	I definitely believe they need a bit more life sport balance. Time to be kids & be with friends outside of their sport, time to participate in religious activities & time for family vacations.
Region 12 - 3A	Parent	I feel like there needs to be a limit set for preseason games played. A few preseason games are appropriate to get all players acclimated, but too many wear the athletes down and result in injuries
Region 12 - 3A	Parent	I feel the coaches know what their doing. And would never over work any of their athletes. They want there teams to come together and become a family and doing everything they can for each other. And sports have helped so many kids stay focused on healthy, good and inspiring things. While building self confidence, strength and so many other things they will be able to take into their adult lives. When they could be doing things that wouldnt do any those things and im sure we can imagine what they could end up getting into or where they may end up. So changing anything from the way it is i think would be not a good idea at all.
Region 12 - 3A	Parent	I have two student athletes-one in drill and one in soccer. Drill team time commitment is Excessive! They practice every single weekday of the year minus the few mandatory moratorium dates. It is nearly impossible for any family to travel or do anything outside of school and drill for 49 weeks of the year. We do it because our daughter loves it, but it is beyond the time commitment of any other sport.
Region 12 - 3A	Parent	I hope that if this is put in place, there will be consequences for coaches that try to go around the rules. I would love for this to be a real option!
Region 12 - 3A	Parent	I strongly support more defined sports seasons. My daughter is a varsity multi-sport athlete and I felt it was tough on her and our family when coaches are scheduling regular practices during the off-season. With so much scheduled, I was worried about school and rest and time to be a kid. Practices were not called "mandatory" but if you want to be considered to play, they definitely were.
Region 12 - 3A	Parent	I think defined sports periods would be great. Athletes get torn between multiple sports. Coached should be required to not demand or hold athletes accountable for off season sports while involved in an on season sport.

Region 12 - 3A Parent	I think if you were to poll a question of “which was more valuable to your development as a quality human being, athletics or time in the classroom/homework?” I truly think athletics and team competition would be close to 100% of the answers. The goal shouldn’t be “well we need to make sure these kids are getting their homework done,” the focus should be more on “how can we make sure these athletics and team sports continue to create high quality humans who contribute to society at a high level after they are finished with school”.
Region 12 - 3A Parent	I think it's pretty much given that if you sign up for a sport, you know that your child's going to be busy doing that sport and that you're committing to that sport months in advance and during that season, if you're not willing to commit to it and the time and effort then don't do it. I think the time commitment teaches kids a lot of time management and responsibility and how to be successful! All three of my kids that did sports, all through high school had to learn how to have a job get good grades and make it to all of their sporting practices and events.They are extremely hard workers to this day.
Region 12 - 3A Parent	I think the kids should be able to participate in different sports in the offseason, but coaches should be strongly encouraged to let athletes participate fully in their in-season sport instead of trying to do both.
Region 12 - 3A Parent	I think the real problem is students have to pick a sport because they are year round. So they can't easily do more than one or two. Football year round , soccer year round etc... go back to the old days when you played the sport during the season and then left it for a bit. I have a talented son that would have been an asset to football team but didn't want to commit to all they do year round. He wanted to have friends and a summer etc. couldn't believe how hard it was for my teen boys to have friends hang out because they were always at "football". Too much wearing out kids out - lots of burn out by time they get to their junior senior year
Region 12 - 3A Parent	I would love to have a longer consecutive break in the summer where we could actually take an extended family trip as well as the entire Christmas break off.
Region 12 - 3A Parent	I would love to see these changes implemented. Kids need time to let their bodies recover, time with families more flexibility to attend church camps, family vacations etc! I think we need a better balance. Coaches also need time with their families.
Region 12 - 3A Parent	I'm not a fan of Fall sports starting at the end of July. Tryouts being on July 28th. Spring sports don't go past the last day of school, why do fall sports need to start before school? Those couple of weeks before school starts really cut into family summer time.
Region 12 - 3A Parent	If a High School Sport is not in season I strongly suggest the off season High School sanctioned sport should not be doing after/am school practices, open gyms, or city/league play. This becomes very important for a multi-sport athlete participating in multiple high school sanactuioned sports/teams, keep the youth from being over worked physically, mentally, and emotionally.
Region 12 - 3A Parent	It would be nice to have one specified day of the week where practices were short (i.e. done by 5:00 or 6:00 pm) and no games could be scheduled.
Region 12 - 3A Parent	Keep teams closer to geographical locations, regardless of school sizes
Region 12 - 3A Parent	Lets put Sports back as a fun and enjoyable opportunity, not a part time job that owns the family. Thank you for considering the time restraints!
Region 12 - 3A Parent	Let’s please work together to help these kids have a better balance in highschool! More time with family and better balance with that would lead to better to mental health for our kids. It’s too much and too stressful for our teens.
Region 12 - 3A Parent	Moratorium only hurts the smaller programs that don’t have club programs because the club programs won’t be affected by moratorium. They will be practicing anyway and so will the students athletes.
Region 12 - 3A Parent	More support for tennis programs
Region 12 - 3A Parent	My answer of a 3 rating for the question regarding how often do sports interfere with other activities was difficult to rate because it depends on the sport. My child plays tennis, golf and basketball. Basketball takes a huge amount of commitment and time away from family and schoolwork. It seems this program requires students to participate practically year-round, not just during the winter season. This also makes it difficult to participate and fully train for other sports. Our child will probably not participate in basketball for the remaining high school years, and we are content with that decision. For tennis and golf I would rate that question at a 1 and for basketball I would give a rating of 5. Also, I would like to suggest starting games, matches, tournaments at a time that the students will miss the least amount of school. For example, with golf this year, most tournaments this year began at 9:00 am requiring the students to miss the entire day. The tournament our school hosted began at 2:00 which allowed students to attend most of their classes. I would love to see something implemented where students miss the least amount of school.

Region 12 - 3A Parent	My biggest frustration has improved over the years. High school football used to start in January even though my boys were involved in other sports, they were "expected" to attend those practices. It's better now, but I still feel like football dominates all other sports.
Region 12 - 3A Parent	My boys play multiple sports and I hate that the coaches overlap into the other sports season. It is too much for kids that play 3 different sports. Basketball is the worst offender. They expect them to play fall, spring, and summer along with the winter season. It is too much for kids that want to other sports. I also wish that they would say no Saturday practices. It is ridiculous that they loose every Saturday in the winter if they play basketball.
Region 12 - 3A Parent	Our biggest problem is our multi sport athletes being punished for being multi sport athletes. They may not make the team, or suffer bench time unless they are to 2 or 3 practices a day to appease off season sports coaches
Region 12 - 3A Parent	Our volleyball team practices m, w, f 3-6 pm. Game day with travel is 9 hours. There is way too much practice. Burn out happens before region play even starts. My daughter participates year round with competitive volleyball. High school is coaching to the lowest athletes ability that hasn't been practicing all year round. My daughter is wasting time in mandatory practices with athletes that are counting on coaches to teach them skills. Skills my daughter already has. We are punishing those that are serious their sport.
Region 12 - 3A Parent	Regions should be aligned more geographically. I was disappointed that Logan chose to go to 3A when they are the same size as Mountain Crest and Sky View. Logan was competitive in tennis and cross country, taking the lead in many sports and working hard to compete in other sports, but improvements were being made. Playing schools out of Cache Valley more frequently takes students out of class for longer periods of time. Student athletes are students first, not second.
Region 12 - 3A Parent	School sports are supposed to enhance the school experience. Kids who play on club teams don't need to play on High school teams. They have the opportunity to play elsewhere. The school system should support those kids that want to be a part of the school and they do sports as a part of the school experience. Otherwise many schools (less influential communities) and students basically have to be able to pay/ have the time to play. Otherwise they aren't good enough to compete because they can't pay for club teams or they or their families can't commit that much time to a sport. Also it's is completely unethical/ wrong to allow any club coach to also coach a High School sport. That is absolutely absurd. Players have to be in a certain club to make a highschool team or get any playing time because they don't belong to the right club team.
Region 12 - 3A Parent	Sports are extremely competitive these days. Some kids can't afford more training outside of high school. Placing more limits on high school training can add to the the already strained financial imbalances.
Region 12 - 3A Parent	Sports are taking away from family and school academic essentials. I can't say enough of how overdone the sports world is even in high school. I hate that the kids have to pick one sport anymore. I hate that the pricetag to participate is so high. My child wanted to play football and wrestle. He ended up choosing only to wrestling because there are so many kids already playing football and the commitment started in January with weight training and fundraisers and then 2 a day practice all summer with camps which he couldn't make because of his job. He probably wouldn't see more than a minute or 2 of playing time during the season if he missed those things, so he finally chose not to participate. It is my opinion that summers should not be allowed to have any school sports practices other than 1 week of camp. Why would he put all the effort and do all the fundraising not to see any playing time?(very common in our school) The amount of team clothing and gear has gotten so ridiculous. They all have to have "name-brand" everything and the cost is so much more than it needs to be. It basically forces kids, other than rich-parent kids, who may have tried to play a sport and participate to not do anything. Sports get privileges and funding when program funds for Academic Decathlon that qualified for Nationals gets cut(Morgan High School in 2024). Education and Academics should be glorified, instead popular jocks win homecoming king/queens and get special treatment. In reality, sports no longer should be funded by the schools. Let them be private.
Region 12 - 3A Parent	Student athletes live in fear of missing "non mandatory" summer practices due to repercussions to playing time, placement, disregard. So even though we have some of our June/July practices listed as "not mandatory" they are mandatory and will stay that way until a UHSAA rule governs all equally.
Region 12 - 3A Parent	Student athletes should not be required to attend all of summer training to be able to make the team in the fall. Our athlete has family outside of the state and scouting events that he should not be required to miss out on if he wants to play in the school year. Family and leadership and scouting makes for a well rounded student athlete. All free time should not be focused on one sport. Maybe one or two required weeks with many months of advanced notice to be able to plan around. Then optional training the rest of the summer. A lot of notice to parents prior to be able to plan and budget is key.

Region 12 - 3A	Parent	Summers are ruined if your kid is doing a fall sport. Training and conditioning all summer long with a one week break is not enough. As parents, we should be able to spend summers with our children making memories and going on vacations whenever is best for us. Not trying to cram in a vacation during one week of the summer because that's when the moratorium is.
Region 12 - 3A	Parent	The 2025 football season started before the 2024 school year was even over. My son practiced during that time and in the early summer but ended up not playing because he was burnt out by the time football actually started
Region 12 - 3A	Parent	The fall season is just as important as any sport season and my child needs the practice during the summer to enter into fall sports just as strong as any other sport throughout the year.
Region 12 - 3A	Parent	The kids need breaks!! If they ask for vacation with family they are punished by their coaches and can never go and do kid things! Our time as a family is just as important! Coaches have gone well over 20hrs especially this past summer and it affects them in their everyday life!
Region 12 - 3A	Parent	The overall landscape of youth sports is completely out of hand. Parents thinking their kid is the next best thing, coaches acting like a scout is out to signTHEM, kids posting everything and needing to buy everything. It's terrible. I hate that I've become THAT GUY at 49, but as someone who believes youth sports can build confidence in kids more than anything else in this world can, I hate to see it so complicated. And just because a product is out there, DOESN'T MEAN THE KIDS NEED IT!!!! My laws…a fundraiser to buy matching team croc's with their names on them. Just go out and play the darn sport. And ease up on the 3 hour a day practices. Teams in the past played better when they had shorter practices.
Region 12 - 3A	Parent	There are school sports that require constant conditioning for the athlete to stay at a competitive level. I believe there should be regular coach contact with their athletes to ensure the athletes are still on track and motivated.
Region 12 - 3A	Parent	They do not need more restrictions. If they want to play sports, then they should be able to play.
Region 12 - 3A	Parent	We love the idea of having our kids participate in sports, but also not having the sport be their life. Being able to spend more time with our kids while they're living at home would be a great thing. We are not sure if cheerleading or drill team falls under the UHSAA banner, but if it does, we hoped the same rules would apply. It seems like to us that football, cheerleading, and drill team have been very excessive in the amount of time required for young kids.
Region 12 - 3A	Parent	We never have gone over 15 hours a week.
Region 12 - 3A	Parent	Wish there was a longer moratorium over Christmas break. Very little time to spend with extended family and with cheer schedules and practice, the 5 days is not enough.
Region 12 - 3A	Parent	With the travel being as far as it is sometimes the expectations for time commitments is tough on these kids. You have them participating 6 days a week. Late Friday games with film early Saturday do you not care about having these children get the sleep they need.
Region 12 - 3A	Parent	Would love to be able to have kids not feel like they can't do more than one sport because they overlap. And having more open time to plan family vacations.
Region 13 - 3A	Parent	As a parent, I would like to see Monday nights from 5 pm on left completely to families. This would allow students to start their week with a solid study night, and allow families to plan for the rest of the week. It would also send the message that schools support families.
Region 13 - 3A	Parent	As much as I love high school sports I think some of practice time needs to focus on sports psychology and the coaches actually showing they care for the team and team building.
Region 13 - 3A	Parent	Because High School kids are still growing I have noticed that the amount/frequency of sport practices leaves them feeling exhausted, not ready to compete and prone to injury. I think if practice times were shortened it would allow for more rest and recovery. Sports related injury is an element that I have seen rise with the increase in practices. I think the reduction in practice hours will help address the overall health and stress load on the students.
Region 13 - 3A	Parent	Doesn't make sense to set blanket limitations for everyone. People should be able to train and practice all they want. The point is that coaches can't require or pressure students into off-season training.
Region 13 - 3A	Parent	Drill team and cheerleading are all year long. We literally have three time periods we can choose to have a family vacation. These girls are together about 11 months out of the year 5 days a week. I'm very in favor of having rules for more breaks. Another wish would be some rule of being able to miss practices without retaliation. My athlete looses spots in dances when she's sick and misses practices even with a doctor's note. I wish something was in place that if an athlete needs to miss a practice, they aren't punished. It's out of their control.

Region 13 - 3A	Parent	Every sport basically wants to turn the sports programs to all year long and closer to Collegiate time requirements. It is a joke and kids can't be kids anymore. Coaches want to dominate the whole year. You can do whatever you want but people will get around it and cheat like is already happening everywhere. The worst is that many of the best schools recruit and have stacked teams with many of the players coming from other communities. Until you get a real handle on that the main culprits will be the main winners. Corner Canyon, Timpview, Orem at times, Skyridge, Lehi, all of whom have many players from other communities playing for the team they want to. North Sanpete Played for State Football championship a few years ago and played against a team that had multiple players from Westlake, Alta and other schools. It was so bad that they didn't have hardly any fans because none of the team really lived in the area. All to get "their" State Championship. Get a grip on that first and then go after the college time comparisons.
Region 13 - 3A	Parent	High School sports is ruining family time year round. Its getting out of control. We have one or two weeks a year where we feel we can go on a vacation without missing some sports activity. High school coaches are even influencing the time commitments of our kids in middle school and even elementary. Kids should not have to feel like they need to spend so much time towards a sport they may never play again once they graduate high school. I beg you to please allow for more family time during Summer. Let the kids be kids. High school coaches manipulate kids and pressure them in to attending all activities during Summer and its not right. Mandatory practices and camps during the summer shouldn't prevent families from spending time together on vacations.
Region 13 - 3A	Parent	Holly Oldroyd
Region 13 - 3A	Parent	I agree with kids needing breaks and they need to do things with their families
Region 13 - 3A	Parent	I am interested in protecting in season sports from off season commitments. The off season coaches seem to want more and more time when the athletes are in season in a different sport.
Region 13 - 3A	Parent	I believe there should be more moratorium in May, June & July. The kids are getting burned out practicing year round. By their senior year they want to quit. Thank you for making changes.
Region 13 - 3A	Parent	I have 5 kids. 2 in high school and I was surprised to find out that different sports had different weeks of moratorium. My kids had weeks off but they were not the same weeks. This made us feel like even during their week off, we still couldn't do what we wanted because their sibling wasn't off at the same time. This made no sense to me. I think that each sport, should have the same weeks off as moratorium- at least during the summer so families can take time together. Also, it would be nice if these weeks could be known ahead of time and planned ahead instead of the coaches randomly telling us the week before.
Region 13 - 3A	Parent	I have five children and sports are very important to us. I've coached and helped coach lots of different sports. I feel strongly that sports are important but I feel that we are crossing the line with the level of involvement and requirements, especially in HS sports. Family time, family vacations, service opportunities, working opportunities, all of these things are very difficult to manage and virtually impossible with the pressure coaches put on student athletes to never miss a practice, do more, and additional work on their sport on their own time, etc....
Region 13 - 3A	Parent	I have had several children involved in sports throughout the years. I highly value sports and the role they play in my children's lives. At the same time, I am very concerned with the impact that the rigorous sports schedules have on my children's mental health, as well as our families abilities to function in a healthy way around the rigorous schedules. I feel that we are missing out on connection with each other because sports become so intrusive. I recognize that sports are becoming more and more competitive, and yet, that is where UHSAA can have a positive impact. By implementing more balanced guidelines, like is stated in this survey, such as more moratoriums and a decrease in weekly hours, that can bring about improved health and functioning for all involved! Research suggests that this in turn can also have a positive effect on the athletes performance on and off the field/court. As parent, I will fully advocate for these changes to protect the health and wellbeing of our children and our families.
Region 13 - 3A	Parent	I think sport specific contact should be limited to 2-3 months before the defined sports season. Kids have so many things to do and so many interests it is hard to find time for them when they have practice all year long.
Region 13 - 3A	Parent	I think we have forgotten that high school sports is extra to learning. It now seems to be the priority in most cases. Especially with coaches.
Region 13 - 3A	Parent	I think we need to have a little better balance of athletics versus school versus home life. Thank you!
Region 13 - 3A	Parent	I wish there was something in the policy about not letting students participate in off-season practices if you are playing a different sport currently.
Region 13 - 3A	Parent	I would like to see all of the programs be as well-run as the football program.

Region 13 - 3A Parent	I would like to understand the logic of moving cedar city schools to 3A. Cedar City population has grown 20% since 2020. They have not added a high school, yet somehow they are moved down to 3A causing additional travel burden on 3A schools even though they have St George schools right next door. Both Cedar schools have immediately dominated 3A sports. The difference between an 800 student school and a 1400 student school in athletics is much more impactful than the difference between a 1400 student school and a 2000 student school.
Region 13 - 3A Parent	I would really like to see sports in their specific season NOT during other sport seasons. Tennis during tennis season, basketball during basketball season, etc. Some coaches hold open gym for their sport during other sport seasons and suggest it isn't mandatory BUT students feel pressured to come knowing they won't make the team if they don't or they won't get as much play time when the season actually starts. This is after these students have already practiced 2 + hours for the sport in which they are currently involved. It is a lot to ask of these kids. It would be nice if each sport would just stay in their own season.
Region 13 - 3A Parent	If a survey is being done, it must be because change is needed. I highly favor these changes! It's hard for kids to be involved in the arts when sports are always over taking.
Region 13 - 3A Parent	If athletes are going to compete in a sport, they should expect to put in a certain amount of time training. If they don't have the time, they should not do the sport.
Region 13 - 3A Parent	If sports and time in after school activities are viewed as a replacement for children who are unsafe at home the policies need to be reviewed. School activities are not a replacement for families. Our community and other programs in tandem with scool need to be used for that purpose. If the school system starts using school activities as a priority over bad situations at home it is a loosing battle for the school system and the community that should be stepping into that role. Our coaches and teachers do too much already.
Region 13 - 3A Parent	It is frustrating that my athete is punished (opportunity to play or start is taken away) for going on a family vacation. Most times family vacations are other than the designated "morotorium". Family should always come first, coaches need to back off of the guilt trips and punishment (punitive or otherwise). The sports are for the athletes not the coaches. Coaches should take their ego of winning or loosing out of it.
Region 13 - 3A Parent	It is my strong opinion that, regardless of the rules, there are teams/coaches who will find ways around them. Finding the right balance will always be challenging.
Region 13 - 3A Parent	It seems we have let sports take over our entire family life. It's not right, family should come first@
Region 13 - 3A Parent	It would be amazing to have a few more limits in place for school sports. We have 6 children enrolled in sports and other activities. For us to have a longer period when we aren't running around like crazy would be amazing. The sports demands just keep getting higher and higher and it is hard to let my kids have some down time.
Region 13 - 3A Parent	Kids are being burned out and in turn just not participating all together. A more balanced off-season, and more time to LIVE would be a huge benefit to the sports community!
Region 13 - 3A Parent	More time needs to be given back to families, education and just kids themselves. However, if you mandate less time at practice, coaches will only hold more “open gyms” or have rec teams to continue to practice more often. Kids will not make the team if you don’t attend these “open gyms” or rec teams. Sports have lost their meaning.
Region 13 - 3A Parent	Off season practice interferes with the ability to participate in other sports or activities. More moratoriums would allow for more well rounded students and less pressure on the athletes. Also shortening the practice limit to 15 hours would be amazing. Beyond that restrictions to at least 2 days off during the week would be appreciated.
Region 13 - 3A Parent	Our cheerleaders already can’t support many events because of the time restrictions. I am worried if it’s further restricted that there will be whole teams who do not get the cheer team’s support.
Region 13 - 3A Parent	Our son’s sport is in the winter and 5 days off over Christmas break isn’t enough especially if you travel out of state to see family. Our coach has used up moratorium days before Christmas and then has the kids back practicing on December 27. He has even scheduled BB tournaments between Christmas and New Years. I think moratorium should be mandatory between Christmas Eve and New Year’s Day. Holiday traditions and family time are highly valued in our family (as in most families) and our son feels like he has to choose sports over family to be able to play and not be shunned by coaches. I feel like coaches think they own our sons time and I as a parent can’t speak up against it or my son will be punished (won’t play, made an example of or wont make the team if his parents insist he go travel over Christmas break to see his sisters family and miss a tournament). Please step in and protect holiday time for our kids.

Region 13 - 3A	Parent	PARENTS SHOULD NOT HAVE TO PAY TO GET INTO THEIR KIDS SPORTS EVENTS WHEN PLAYING AT HOME. WE ALREADY PAY SO MUCH!!!!
Region 13 - 3A	Parent	Participating in a high school sport dominates all of their time.
Region 13 - 3A	Parent	Please think more about Cheerleading. They cheer for lots of sports and go hard all year. They really do work harder and longer than other sports.
Region 13 - 3A	Parent	Remove the LIA class since coaches use it for an extra practice time which puts them over the allowed time for the week.
Region 13 - 3A	Parent	Sport/family life/ school balance is important. The need for a good amount of practice for sports is important, but I don't think lessening the time just a little will affect performance too much and will hopefully give students better time with family and/or work obligations. Sometimes it's all consuming and there's not enough balance.
Region 13 - 3A	Parent	Sports should be all be on Fridays so the student athletes can excel in the classroom and not get punished for missing for sports
Region 13 - 3A	Parent	Spring break and Christmas holidays are very hard. Sports take away from family with no balance or leniency on families that want spend that time together. We are a big Sports family and several of my kids have missed out on important events, trying to follow through and be accountable to the team. In the long run the missed family time is more important than a few extra days on a court or field.
Region 13 - 3A	Parent	The fact that kids now a days have to chose one or two sports to commit to only because the seasons and practices overlap is getting ridiculous. Number one is it burns them out, and also leaves out any time for any other activities they may want to participate in.
Region 13 - 3A	Parent	The kids don't have a summer anymore. It is all sports. If they want to play football they need to dedicate their summer to the sport. Summer should be spent with their family and vacations. There is too much time spent participating in sports. I understand that they need to practice to be able to compete with the larger districts but it get ridiculous.
Region 13 - 3A	Parent	The sports season starts too early. I'd like to see fall sports practice start in mid August. I have a football player. The summer is too short. All family activities have to be in July. The season starts too early. I'd be fine with a shorter season.
Region 13 - 3A	Parent	There is no way teams are staying under the 20 hour practice/team time. If you make it less every team will be a rule breaker.
Region 13 - 3A	Parent	Very concerned about trans gender athletes. Don't think they should participate.
Region 13 - 3A	Parent	We Strongly support this. It is getting a little crazy all the time they are taken away with sports. Especially in the summer. Let that be family time.
Region 13 - 3A	Parent	We are finding at our house that keeping up in school has been a little difficult when the kids have late practices and then come home trying to eat and then get any homework done before they go to bed. Our athlete is exhausted most days. Leaving for school at 7:15 am and not returning until after practice at about 7:15 pm has been hard. We understand that practice is expected but it has been a hard adjustment as a new freshmen athlete.
Region 13 - 3A	Parent	We as parents need help with these coaches taking over and not allowing these kids to be kids and to keep up on their school and family priorities.
Region 13 - 3A	Parent	While I understand that sports offer students great learning opportunities and character development, it comes at the cost of family togetherness. We want our family back.
Region 13 - 3A	Parent	Youth sports are out of control and setting higher demand on families and students than are healthy for development, physically, mentally, and intellectually. Our priorities need to be examined.
Region 14 - 3A	Parent	ALL sports that are recognized by the state MUST be recognized equally by the local school district as sporting teams to garner PE credits that qualify on the students credit hours/transcripts. And it should be retroactive through their high school career. I.e. the mountain bike team, although not part of UHSSA, these students represent Sevier County and they put in countless hours and EXTREME amounts of personal money ($500+ national fees/team fees/uniforms, personal travel costs to 4-5 races at statewide location, and equipment ranging from $750-$10,000 plus daily maintenance) without any recognition to these students either by credit hours or attendance 'excusal'. These kids DESERVE to have at least the minimal recognition of the .25 credit hours for a semester of participation time. They do a HECK of a lot more physical activity than a in school period gym class.
Region 14 - 3A	Parent	I Would love less commitment to sports. I love sports, watching and playing, but so few of these athletes are going into collegiate programs, I support cutting it all back for more family time.

Region 14 - 3A	Parent	I am concerned about the amount of time required for practices during the summer. While I understand the importance of training and team commitment, the current schedule leaves little room for family time and vacations. Families often plan trips in the summer since that is the only extended break from school, but students are made to feel guilty or are penalized for missing practices to spend time with their families. I believe a balance can be found that allows athletes to train seriously while still valuing family time and giving students a true break during the summer. Students should not be penalized for missing practices due to a family vacation. Instead, there should be alternative ways to make up for a missed practice, whether through individual conditioning, skill work, or another flexible option. This would allow students to stay committed to their team while also supporting healthy family priorities.
Region 14 - 3A	Parent	I believe sports is taking away too much time from other family activities.
Region 14 - 3A	Parent	I think school sports are awesome times for kids to learn team coordination, self discipline and many other positive qualities. However, I think our culture focuses too much on the sports which limits kids' opportunities to participate in family activities, service opportunities, and church youth activities, which are also great learning opportunities for kids. I think we need a better school-sport-home balance for these kiddos.
Region 14 - 3A	Parent	I would just like my child's female wrestling coach to adhere to the 20 hours. He goes way over that and I believe 20 hours is enough so I want to know who enforces that rule because currently no one is enforcing it on Juab Girls Wrestling.
Region 14 - 3A	Parent	I've had some emotional and mental breakdown because of the pressure from coaches. This is for the benefit and health of my kids, not to make them feel like they aren't wanted or aren't good enough
Region 14 - 3A	Parent	In my opinion, adding more restrictions will only hurt rural athletes and programs. Our oldest child played a club sport in an urban school and was able to play it basically year round. For their last two years of high school, we moved to a rural area. For those two years, we still allowed that child to play the club season and would travel hours each way up north to club practices and competitions. Our younger children have not been given that same opportunity. They are drastically behind their older siblings in skill level because they are not playing their sport year round. Their only options for coaching come from their high school season, a few spring open gyms when spring sports have finished and summer practices and tournaments. When compared to urban schools in our same classification, they have multiple players on their teams playing their sport year round…through club or personal coaching. This brings up another question. My child and I sign a contract that they will not participate in a club team season at the same time they are competing in the same sport season in the high school sport. For example, a child can't compete in high school swim AND compete in club swim practices or meets, yet I see Facebook posts of high school athletes traveling the country at swim meets all winter long DURING their high school swim seasons!! Maybe those are the problems that need to be tackled! Or maybe tackle the transfer rules. If you don't think there's a problem, just attend a club volleyball tryout and listen to the girls talk about where they plan to transfer to so they're on a more competitive team this year. And then listen to the parents talk about their plan to get around the transfer rules. Most people know that if you mention bullying you get the green light. To bring it back to the original questions, this is another way to punish the rural schools, along with the other points I mentioned. Please don't tie the hands of the coaches and athletes of rural schools in one more way. They do their best to improve in the limited amount of time they have. Most are 2-3 sport athletes that cannot afford personal coaches or club experiences. They need access to their coaches and teammates as much as possible. A good coach will never require an athlete to miss special family activities for open gyms. I can still have family time around my child's sports schedules as is. Coaches cannot require my child to attend off season practices as the rules currently stand, so there's no need to add additional moratoriums. Please don't punish our rural kids!
Region 14 - 3A	Parent	Kids are involved in so many sports instead of just one.They need time off for more balance in their lives.

Region 14 - 3A	Parent	Philosophically, the off-season rules will create a greater divide between the haves and the have nots, will push kids out of sports, will reward private clubs and enforce mediocracy. Athletes who want to be elite will figure out how to train/compete irrespective of the rules. This often requires resources, including money, family support and time. If these rules are implemented, these athletes will join private sport clubs and continue to train. They will stop participating with the school affiliated programs and the teams will suffer as will the kids who can't afford to "leave" to the private club. These rules will make it harder for athletes who do not have resources while rewarding those who do. This will further the divide until it the kids who can't, just won't.
Region 14 - 3A	Parent	Shorter moratoriums focused around holidays and school breaks (Fall Break, Spring Break) would be more beneficial than longer arbitrary off-times.
Region 14 - 3A	Parent	Sports are a great outlet for kids. They don't get out much and practice helps them. When your kid is involved in sports you understand the pro and cons that go along with the commitment.
Region 14 - 3A	Parent	Stop allowing 3 inch shorts in volleyball. There is no reason girls should be wearing anything shorter than 5 inch shorts.
Region 14 - 3A	Parent	There should be an all sport moratorium from Christmas Eve to New Years. What we get now is impossible to work with as a family.
Region 14 - 3A	Parent	We can't lose family time for these kids
Region 15 - 2A	Parent	As a parent of a member of the drill team I understand the concerns. I also know what it takes to be competitive. My daughter knows how to prioritize. As a family we support and encourage her. Unless you are in the dance world im not sure it is understood. To have an off season puts the athletes behind and more prone to injury. As a long time competitive runner there is a schedule to keep at all times. Sometimes it is lighter but never off completely. Even when the dance season is over I encourage my daughter to participate in something so her body is always conditioning.
Region 15 - 2A	Parent	Even if it is "moratorium" coaches still have "practice" and expect kids to be there. I hate that! They never truly get a break and it interferes with family time! There should be consequences for coaches encouraging practices during these time off periods!
Region 15 - 2A	Parent	I PERSONALLY WOULD BE HAPPY IF THE SCHOOLS/ TEAMS JUST FOLLOWED THE MADATORY MORATORIAMS. SPECIFICALLY MANDATORY FUND RAISERS ON THE 3RD AND 4TH OF JULY. WHICH LEAVE NO TIME FOR FAMILY DURING THE HOLIDAY.
Region 15 - 2A	Parent	I dislike that high school sports are dictating holiday schedules, weekends, and the summer. I appreciate that coaches are willing to work with the students! However, I feel like students are punished for not attending all summer practices and/or open gyms and they are forced to choose between family events and sports.
Region 15 - 2A	Parent	I don't feel like our current practice/game requirement is too much. We knew signing up/trying out that it would be a commitment during the season. I feel our coaches are giving a good balance between adequate team practice time and making sure kids get home for rest and homework. My main desire would be a one week all sport moratorium period immediately after school ends to ensure families have ONE WEEK where we can schedule a family vacation that will not interfere with any sport or activity. ONE WEEK would be such a dream! No fear of retribution or missing out if everyone is required to hold the same week off for moratorium. I know there is a July moratorium, but we have so many local community events that its hard to get away.
Region 15 - 2A	Parent	I don't think kids should be practicing on any holidays. Holidays they should have off, that is time they should be spending with family.

Region 15 - 2A	Parent	I feel like as a parent of children that love sports that's all we do which is fine but I do agree with a lot of the points here that lowering the hours of practice from 20 to 15 in a week would be great that leaves five days a week times two that's 10 hours Already and that's two hours a day practicing so yes I agree with the 20 to 15 limitation the other problem I see is that coaches get around it anyway because they call it weight training or conditioning and so we can't be there as a coach but you kids need to still go but the coach just can't be there And so there's pressure there on the kids that they have to still go and do all this stuff even though it's moratorium or whatever but the coach just isn't there and I think that's wrong. I don't agree with practicing all year for a sport. I believe once a sport starts it should you should start practice and when a sport ends And the competition is over, then practice should end and they can move onto another sport. It's a big hassle and a big push for kids that want to do more than one sport to continue to go to all these other practices because they have to make sure they make the team. It makes it to where a kid can almost only do one sport and it makes it extremely hard on families that have ranches or farms or other businesses where their children are very involved when all the time they're just practicing or going and participating in sports activities for them to have any time to the family activities even if it isn't work or business it's just playtime. I don't feel like our kids have enough time anymore in the summer to do anything because they're either practicing or conditioning or weightlifting and summer is so short already That they don't have any time to have any fun. I really wish that we would in school before Memorial Day and not started again until after Labor Day it would be helpful too. I strongly feel that we wouldn't have every holiday off. Parents don't have that holiday off and so let's not give the kids that holiday off. Let's have them in school and let's get them out of school and have a longer summer instead of having breaks all the time I would strongly support a four-day school week also because I think Fridays are a waste either all the sports kids are gone in and the teachers can't give out assignments because half of their classes gone to sports and they'll have to just repeat it anyway and so Friday is a waste because the teachers don't have the opportunity to teach or they don't want to because after their classes gone, let's have four day school weeks and then do sports on Fridays and Saturdays. It would also help our school systems to actually teach our kids something that they can use after they graduate high school in a job, supported industry we encourage our kids to go to college and then get a job and become in debt when no one uses their college degree or even finishes we need to start Encouraging kids and teaching kids the core basic values of everyday life that we use as adults in our jobs and in our profession.
Region 15 - 2A	Parent	I really think on the football side the kids shouldn't need to practice everyday for hours. And the basketball side I think if a kid wants to play you should play them and not tell them they are not good enough to play. Even when a kid played there whole high school and got benched as a senior that's bs
Region 15 - 2A	Parent	I strongly believe student athletes need more time away from sports and more time to do other things. Thanks for considering changing this.
Region 15 - 2A	Parent	I think Christmas Break should be a full calendar moratorium. Students who have divided family struggle spending time with both parents.
Region 15 - 2A	Parent	I think Family should always come first!! If there is a family event, the athlete should not be punished for missing practice!
Region 15 - 2A	Parent	I think if a kid chooses to play a sport they need to be dedicated to that sport. I wish they could play year round. Without restrictions and only require attendance during a certain amount of time. Not allowing them to have high school associated practices at certain times only hurts the kids that are trying to make it to the next level. In rural areas there are not alot of in other options to play sports than high school. Limiting the time they are allowed to work with their coach is detrimental to their progress when they are a kid who wants to put the work in all year round. Certainly dont add to the moratorium
Region 15 - 2A	Parent	I wish that moratorium rules were more strongly enforced. My kids have played basketball and wrestling at Duchesne High School and the coaches still hold "secret" practices during moratorium. They say that they are optional, however, if the kids don't show up for these practices during moratorium, it 100% affects their playing time and they receive repercussions because of it. Head coach Billy Hoopes is a huge driving factor in this.
Region 15 - 2A	Parent	I would hope that local tournaments and college camps would adjust to the May/June'ish moratorium.
Region 15 - 2A	Parent	I would like to see the July moratorium be the entire month. Or mid June through mid July.
Region 15 - 2A	Parent	I'm happy you're looking in to this. Sports in Utah has unfortunately taken over family time in so many ways even down to the Ute league level. I also support a mandatory fall break moratorium. Thank you!
Region 15 - 2A	Parent	It has become very difficult for student athletes to balance other aspects of life other than athletics, especially having a job to get work experience because coaches seem to expect more and more a year round commitment from the kids.
Region 15 - 2A	Parent	Less emphasis on sports and more on academics and family would serve the community better...maybe the world.

Region 15 - 2A	Parent	Moratoriums are a joke to enforce. Coaches hold practices and get together and find ways to make them “legal”. Coaches have more control and power over kids than parents. School work and time and much less of a priority than sports are. It’s out of control!
Region 15 - 2A	Parent	My daughter plays in multiple sports and is involved all year long which she loves. It's very straining on her body though. Some activities are defiantly harder on her body than others are. Allowing a few periods where she can rest or we can take a family vacation would be great!
Region 15 - 2A	Parent	My kid is on the dance team and her schedule is so rigid and there are very little breaks. It strongly negatively impacts our ability to connect as a family or to plan vacations in the summer time. I also feel like the amount of intensity required for dance is too much for any child.
Region 15 - 2A	Parent	No games or practices being held during the two weeks of Christmas break. Let the kids rest and spend time with their families. It’s too much and they have to miss family vacations, parties etc.
Region 15 - 2A	Parent	No games, practices, anything at all during Christmas break.
Region 15 - 2A	Parent	Our student athletes need to take the necessary time off to be with family, allow bodies to heal and to enjoy non structured down time.
Region 15 - 2A	Parent	Please make the Christmas break the entire 2 weeks with no game or competitions meaning they have to practice during the break.
Region 15 - 2A	Parent	School sports are not the only thing to enjoy in life. But we all have to let sports control our lives if we want to be competitive. If all of us were made to take a step back and enjoy life, our families could enjoy life and breath better.
Region 15 - 2A	Parent	Sports are taking over the lives of our children who participate. Practice and commitment times need to be turned down.
Region 15 - 2A	Parent	Sports have consumed kids these days. I love sports and feel they are an important part of a student's education, but the past several years, with year-round sports, I think student athletes and some coaches put far too much emphasis on sports. We all need to remember they are student athletes. Students first, then athletes.
Region 15 - 2A	Parent	Sports need to be extra curricular activities that help teach kids life skills and hard work and they should not be so demanding that they comsume your whole daily life. Also they should not be priority over family, academics, and work.
Region 15 - 2A	Parent	The small school regions are not very thought out. Why are some schools having to travel 4+ hours for nearly every region contest?
Region 15 - 2A	Parent	Too many injuries- we need more rest time
Region 15 - 2A	Parent	We feel sports are a great addition to academics and enhance learning. Sports offer qualities to students lives that come in no other way including team building, sharing, time management, dealing with complexities of life while juggling commitments, and even money management. Thank you for allowing sports to be part of academics
Region 15 - 2A	Parent	We need more time off during Christmas break. Families can't plan travel or vacations during Christmas break because of games and practices scheduled. For example, we had away games scheduled on Friday/Saturday both weekends following Christmas day in 2024 which ended up being a game played 2 days after Christmas (it fell on a Wednesday, and school wasn't in session until the Monday following these two weekends.) We need time as families during Christmas break.
Region 15 - 2A	Parent	With cheerleading, lowering the practice time would not allow them time to practice for competitions. Games would take up all of their weekly time allowance.
Region 15 - 2A	Parent	it has been so difficult for my children to take AP classes with the insane sports schedules. academics should come first, and then athletics .
Region 16 - 2A	Parent	Coaches should involve parents more and have more communication between parents and teachers! Accept volunteer service from parents.
Region 16 - 2A	Parent	Kids don’t want to do sports as much because of how crazy the commitments are let’s get back to sports being fun
Region 17 - 2A	Parent	As a parent, I wish we could spend more time together as a family.

Region 17 - 2A	Parent	I'm not sure our school is very representative of all high schools, but we have a longer school day (7 1/2 hours), and 2-3 hours of homework outside of school each night. We do not have an A/B schedule, so the homework for each class is due the next day. There are no rules or protocols in place at the school about giving student athletes extra time to complete these assignments. It is a heavy load when these athletes sometimes travel south 1-2 hours to play another 2A school and have to stay the length of both JV and Varsity games. That is a 7-9 hour commitment on a school night. Coming home at or after 11pm with hours of homework left and school that starts at 8am the next morning is brutal. The counselors tell students that they can talk to teachers individually for extensions or exceptions but students are intimidated about asking, especially if their peers who are on the same team are not asking for any additional help or exceptions. I feel like there should be some rules in place about this to protect the students and allow them time to complete their assignments or have test extensions to allow them to catch up. They often have multiple games a week and they have at least a 2 hour practice every school night, so it's not easy to catch up but I think giving them an extra day or two might make the load more manageable. Sports moratoriums are less of a focus for our school because we are not heavily sports focused and many of our athletes play multiple sports each year, so a moratorium change would likely not have as large of an impact as a change in allowing students to get extra academic help or extensions for assignments or tests.
Region 17 - 2A	Parent	It is great to have balanced kids and it is so hard to compete when others dedicate too much of their life to one sport. So I love the idea of lowering the practice limit for everyone.
Region 17 - 2A	Parent	This is not something that needs to be the subject of legislation. Let schools experiment with how they want to run their programs and if parents and students don't like it they don't have to play the sport or can change schools. School choice solves this and other problems.
Region 17 - 2A	Parent	We are burning our kids out. They want to have fun but not be so tasked.
Region 18 - 2A	Parent	Athletes have so much of their time taken up by sports that it often takes over their whole lives, leaving little room for family or anything outside the game. They need more scheduled breaks to step away, recharge, and spend time doing things that matter off the field and outside of the gym. It's not just good for their personal lives, it also helps them come back rested and ready for the next season.
Region 18 - 2A	Parent	I believe that having opportunities to be in a gym not always coached but places to be is a great thing. Most coaches or staff have chances to influence our student athletes not just in sports but in life
Region 18 - 2A	Parent	I love supporting my children in their sports activities, however, it takes up our lives! Even our summer! It runs them down and prevents them from having time to try anything else and feel like they will have breathing room to complete homework or spend time with family or have a part time job. It needs to be adjusted to allow kids to be kids and families to enjoy time with their kids! Thank you for considering this idea. It is much appreciated.
Region 18 - 2A	Parent	I think the 5 days off during Christmas break is not enough. A lot of families are split or have family out of state, even trips planned during that time. 5 days are hard to accommodate all of that and have your kid be able to play without them having to miss a practice or a game.
Region 18 - 2A	Parent	I think the schools do pretty well.They are reasonable with being flexible with practice needs. I think that there should be more fall sports, because not everyone likes football.
Region 18 - 2A	Parent	If students miss a "Weight Session" or other conditioning training during off season. They shouldn't be punished. It will only effect the athletes performance and that should be their call.
Region 18 - 2A	Parent	If we want our kids to be multi sport athletes, it would be beneficial to stagger end of year moratoriums so all summer sports clubs and camps don't hit at the same time. Smaller schools depend on multi sport athletes. They also need time off between sports for recovery, not just one day.
Region 18 - 2A	Parent	It's hard to say how many activities outside of sports are impacted by the sports schedules. We have just learned to plan around practices and games, but I know that's easier for some than other. I do like the idea of more all-sports moratoriums. Multi-sports students rarely get much of a break outside of the 2 already in effect.
Region 18 - 2A	Parent	I'm generally in favor of helping our youth be more competitive
Region 18 - 2A	Parent	LET THEM HAVE SPRING BREAK, FALL BREAK AND CHRISTMAS BREAK COMPLETELY OFF. NO GAMES, NO PRACTICES. IT IS THE ONLY TIME WE CAN DO ANYTHING AS A FAMILY.

Region 18 - 2A	Parent	My kids do multiple sports/activities, work, and maintain good grades. They (and I) knew what they were signing up for when they tried out. We are also aware that it was and is our choice to participate in multiple activities. My kids have handled it well and I do not complain knowing the commitment it takes. I believe a 1 rule takes all kind of attitude hurts some activities and sports. For example cheer and theater take more time to prepare for or participate in than other activities. The time and commitment of a cheer leader who covers all sports may be more and the time and commitment needed to bring a play together(especially during the final weeks) is more.
Region 18 - 2A	Parent	Sports are an all consuming commitment and a commitment for one child is a commitment for the whole family. We love sports and support them fully; however, the structure of the sports and calendars are such that it is very difficult for a highschool student to hold a job, have any sort of vacation or time with family. This leaves the athlete over worked and somewhat one dimensional as they don't quite know how to manage their life when they graduate and they no longer have endless practices, weight training, and commitments to their teams.
Region 18 - 2A	Parent	The time allowed now is perfect
Region 18 - 2A	Parent	There needs to be a better balance of sports/acedemics/family
Region 18 - 2A	Parent	There needs to be a break in between season. For instance 2a basketball gets over on Saturday and the following Monday all the spring sports start. There needs to be at least a week in between to let the kids have a break
Region 18 - 2A	Parent	There should also be a full moratorium for the whole Christmas break. Families should not have to plan their family vacation/travel time around tournaments going on over that time. Not to mention parents having to run concessions over that stressful holiday season. That full 2 wks should be given to families and Christmas traditions.
Region 18 - 2A	Parent	Year-round sports have gotten out of hand the demand and requirements of coaches and their staff on student athletes to perform has eliminated their ability to participate in more than one sport
Region 2 - 6A	Parent	
Region 2 - 6A	Parent	"Better-defined off-season dates could be implemented for each sport, prohibiting sport-specific contact in the off-season (not including general weight training and off-season conditioning)." If you allow weight training and off-season conditioning, defining an off-season becomes pointless. These activities are still required by the coaches and the kids still have to attend. "What do you think of adding another all-sport moratorium at the end of the school year in late May / early June? " It is more important to ensure compliance with the current moratoriums than to add more days.
Region 2 - 6A	Parent	15 is too low to develop unity and skills, 20 is about right.
Region 2 - 6A	Parent	A 15-hour limit seems a little drastic for in-season. During the off-season, 10-15 hour limit seems reasonable
Region 2 - 6A	Parent	A school like Riverton needs all the practice it can get. But also, it's hard as a 9th grader. Lots of missed school for games and meets. Because they are still in jr high but participating on a high school schedule.
Region 2 - 6A	Parent	Also, maybe make the teams less political and more about talent
Region 2 - 6A	Parent	Although we love participating in our sport, having required practices all year long, especially for so many weeks in the summer is becoming increasingly difficult for our students and our family as a whole in terms of time, energy, expense, and is causing significant burnout physically, emotionally and academically. It is not unusual for our children to be required to attend multiple 13 hour days during summer break, weekends, and holidays. A typical school week for our children often has 24 hours of required practice time in addition to their regular class schedule and homework responsibilities. Additionally, the time commitment makes it nearly impossible for students to do well in school without sacrificing sleep and health or the opportunity to participate in other activities such as working a part time summer job or spending time as a family. The financial burden for families, particularly those with more than one student athlete, is becoming increasingly heavy especially as the opportunities for fundraising are also in addition to the already intense practice and competition schedules currently required.

Region 2 - 6A	Parent	Appreciate the proactive management of athletics. Let's not forget that athletics play a role in a student's overall education and keeping that role in the proper balance is important.
Region 2 - 6A	Parent	As of now my boys have only been involved with lax- I feel like the coaches have done a great job of balancing off season practice especially. I realize my experience is my own and others may feel different but we've been happy with the commitments so far.
Region 2 - 6A	Parent	Athletes can't coach during moratoriums the athletes should be off as well as the couches.
Region 2 - 6A	Parent	Athletes need to be able to have other hobbies, friend and family time.
Region 2 - 6A	Parent	Athletics tend to run lives. They are great bud add significant time constraints for life outside of them. Would love to see less time requirements!
Region 2 - 6A	Parent	Coaches don't give enough time for athletes to recover risking greater injuries. I know it's a balance but I've had kids forced to play through injuries or risk getting kicked off the team only injuring them further. These kids want to play but if they miss anything there's no remorse.
Region 2 - 6A	Parent	Coaches think high school sports is the most important thing ever. I am trying to help my son learn that high school should be more than the sport, and when you graduate you will move on and that coach will be a memory. The coach does not have my son's best interest in mind, coach is only interested as far as my son can get him another state championship.
Region 2 - 6A	Parent	Currently my daughter is a swimmer and she has not started swim practice while other schools have started practice. I feel this puts her team at a disadvantage
Region 2 - 6A	Parent	Currently my high athlete does not get any days
Region 2 - 6A	Parent	Cutting down these weekly hours and a 12 week moratorium would really affect sports such as drill and cheer. They are trying to learn routines for competition season in Dec and Jan but also learning and practicing routines for halftimes for football games so they really need the 20 hour a week practice.
Region 2 - 6A	Parent	Does the moratorium include "optional" practices and conditioning that, if we're being honest, aren't really optional
Region 2 - 6A	Parent	Family is more important than sports. Please limit the time student athletes are away from their families.
Region 2 - 6A	Parent	Football is too expensive and there's too much "required" commitments. The price to get into games is outrageous
Region 2 - 6A	Parent	For multi sport Athletes it is nice when the moratorium line up and the athlete has a true break.
Region 2 - 6A	Parent	For students who are dedicated to growing in their sport, I feel 20 hour limit is a reasonable amount of practice per week for varsity sports teams. Practicing 20 hours still gives sufficient time to complete homework. JV and Sophomore teams may practice less to accommodate students with different practice commitments. If time is needed for other extra curricular activities, job, or family responsibilities then a decision needs to be made about priorities. We have worked with various high school coaches who are understanding of other responsibilities and welcome qualified students on the team. However, those students should not expect to be a starter/varsity without giving the time commitment.
Region 2 - 6A	Parent	General weight training and off-season conditioning SHOULD be prohibited in the off season. It is RARELY limited to these activities.
Region 2 - 6A	Parent	Having practices not start until at least 3pm. Only have practice/games 4 days a week.
Region 2 - 6A	Parent	Hesitant to even allow my child to try out for cheer because of the intense commitment of time. Kids need to be able to participate in school sports and a home life with vacations and other commitments.
Region 2 - 6A	Parent	High school sports are completely broken - I think instead of pausing practices etc. coaches or administrators need to hold true to grades needed to qualify for a team. I have kids or neighbors that continuously hear kids get allowed to make the team when they don't have the grades. My suggestions is verify grades first before tryouts. At the end of the day the kids who can't meet the grades necessary probably benefit from less time from sports to hopefully get their grades to improve.
Region 2 - 6A	Parent	High school sports are ridiculous in the time commitment they require from their athletes. It affects the athletes and their families. We have completely lost focus on what should be priorities. These children are no longer allowed to do anything outside of their sport and it is
Region 2 - 6A	Parent	High school sports are ruining families and making it hard for these kids to not be well rounded. They can't participate in anything else to be successful therefore they can't excel or even participate in anything else.
Region 2 - 6A	Parent	High school sports is already mostly secondary to club sports so by lowering all these standards you're going to have even less competition and competitive athletes wanting to participate
Region 2 - 6A	Parent	I agree with giving more time off for HS sports.

Region 2 - 6A	Parent	I also think that there should not be any mandatory meetings/practices for parents or athletes unless they are given enough advanced notice to arrange work and other schedules
Region 2 - 6A	Parent	I am Very disappointed when athletes and their families have to choose between walking in their highschool graduation ceremonies with friends family and other school staff as support and playing in a playoff game. This is ridiculous!!! Yes they probably have friends on the field but they work soo hard for that graduation day and recognition and should NOT have to choose. There should be more flexibility at this time of year. Even if there friends are on the field with them and the coaching staff tries to do a nice alternative graduation ceremony for the athletes, the stands are not filled with support. The community and other school staff and faculty and students should be able to be their to support them and it's not right.
Region 2 - 6A	Parent	I am only speaking of the girls tennis season which is the sport I am familiar with, but the season already feels so short, that I think having more moratorium times would hurt girls tennis. They already have such a short time to prepare for the season, and I think taking time away would hurt more than help.
Region 2 - 6A	Parent	I am seeing that with the current schedule students have to choose between only focused on their sport with little to no time for other opportunities and experiences. I feel we are doing a great dis-service in the academic, Social, mental, family, work balancestors of their lives.
Region 2 - 6A	Parent	I appreciate my children being involved in school sports. I would love for a 1-2 week break between school ending and sports practices starting. I also think sports teams should not be able to practice during school holiday vacations (ie spring/fall breaks and holiday breaks). Time with family is very important, and children and families shouldn't have to choose between sports and family. Thank you for the opportunity to give input.
Region 2 - 6A	Parent	I appreciate this survey as it is getting much more difficult for students to play more than one sport in high school. My son plays both lacrosse and football but had to give up football because it has turned into a year-round sport. They have off-season football workouts at the same time that lacrosse season is still going (Feb-May). This was too much for my son to try keeping up with 2 sports and school work. He was just too worn out. Even though the football workouts weren't mandatory, if you aren't attending then you are falling behind the other kids that don't play other sports and can devote year-round attention to football. It is frustrating to see as a parent kids have to pick and choose one sport because everything has become a year-round commitment.
Region 2 - 6A	Parent	I believe the 20 hour rule is sufficient, the schools just need to follow the rule and our principals and athletic directors need to assist our schools in and coaches in ensure that they are followed correctly.
Region 2 - 6A	Parent	I believe the High School Hockey team needs to be added as a High School sport. It needs to e recognized and attended by students.
Region 2 - 6A	Parent	I do love sports and watching my kids play but there needs to be better balance so kids and families have time together, not stressed about homework time as much, and hopefully create less burnout.
Region 2 - 6A	Parent	I don't see how the end of school year moratorium would work because some sports (softball and baseball) are literally competing in championship tournaments right up to graduation day. Some students have even missed participating in graduation ceremonies because games were scheduled at the same time.
Region 2 - 6A	Parent	I don't want the moratorium to hinder the ability for them to have end of year/season banquets in May
Region 2 - 6A	Parent	I dont think weekly team dinners and such at teammates homes should be mandatory. There are many extra things required of both players and parents and it causes burnout very quickly!!
Region 2 - 6A	Parent	I don't think practices should be allowed to be scheduled on holidays- mandatory day off.
Region 2 - 6A	Parent	I don't think some schools would honor the strict moratoriums and find ways around that. I think it's okay to have some moratoriums but some overlap also.
Region 2 - 6A	Parent	I don't think that the timeframe of practice schedules is as critical as the process of fair tryouts team sport opportunities, and the evaluation of coaching staff.
Region 2 - 6A	Parent	I feel like less is more. Less injuries and better mental health

Region 2 - 6A	Parent	I feel like the last few questions I'm not sure about unintended consequences. I also don't know how enforceable the policies would be because it already feels like during moratorium, there aren't practices but coaches pretty much tell you that you should still be practicing. I'd love a built in moratorium at the beginning of summer. It feels more reasonable because I think coaches feel less pressure at that point to get kids ready and it allows families time to schedule camps and family vacations.
Region 2 - 6A	Parent	I feel like the price we pay for our children to be an athlete at the high school level practice should be on more than just a days or b days.. I shouldn't be paying for outside practices for my daughter to learn and excel in her sport. Either lower the prices or have practices every day.
Region 2 - 6A	Parent	I hate how kids feel like they are punished for having family things.
Region 2 - 6A	Parent	I have been wanting to see these changes (mainly the 20 hours rule) adjusted for some time now. As a former head coach of a high school sport and now a parent of a student athlete I strongly believe that high school sports should not consume our kids lives. My kids are all multi sport athletes that also have hobbies (hunting) outside of sports. I believe that student athletes should be able to have a good balance even while they are in season. 20 hours is way too much. Our kids need to be able to still do things outside of their sport.
Region 2 - 6A	Parent	I have had 5 children on athletic and other club teams in the high school and have never had an issue with the time commitment involved. It is very standard for a committed athlete.
Region 2 - 6A	Parent	I have multiple multi sport athletes and although commitment to any sport is a lot I don't feel like it has been unreasonable
Region 2 - 6A	Parent	I honestly tell My student athlete that the sport he is playing is his part time job. So if sports time remains at 20 hours we are fine.
Region 2 - 6A	Parent	I know that no matter the rules some schools and coaches will find away around the rules so I don't know if it really matters at all.
Region 2 - 6A	Parent	I know this survey isn't about this, but the state really needs to start enforcing transfer rules. There are way too many kids being allowed to transfer all over the state for all kinds of BS reasons. This totally hoses the kids actually living in the schools boundaries.
Region 2 - 6A	Parent	I love high school sports and having my students involved but it shouldn't be their life.
Region 2 - 6A	Parent	I love that this issue is being looked at. I would like to see some current moratorium periods extended. Like over Thanksgiving and Christmas breaks. These are prime times for families to spend time together and more time available for family would be beneficial.
Region 2 - 6A	Parent	I miss the longer moratorium in July. It's really hard to find opportunities to take family vacations.
Region 2 - 6A	Parent	I really dislike that it's gotten to the point that our students can really only do one sport or two if one is spring and one is fall. I would love my child to be involved in the musical which is a fall event but his sport (basketball) interfere although the regular season doesn't start until after the musical is over. Weight training and practices don't allow him to do both.
Region 2 - 6A	Parent	I support having more time for family activities. Mandatory sports schedules often get in the way. This includes having mandatory practices or meets during school breaks, (fall break, spring break) Encouragement not to take family vacations during the summer, and excessive practice times. These interfere with time to do homework, and can impact academic success.
Region 2 - 6A	Parent	I support these proposed changes 100%. Our youth need more time to do other things. Spend time with family and be allowed to go on vacations without penalty from coaches. Their laser focus on sports activities makes it hard to adapt once those sports are gone post HS. They need to have time for other things. Thank you for the proposed changes & public input!!
Region 2 - 6A	Parent	I think all schools should have to play on the same size field and type of field. This mostly obtains to soccer.
Region 2 - 6A	Parent	I think another moratorium week the end of June would be better than the past week of school.
Region 2 - 6A	Parent	I think fall breaks should be included in the moratoriums, and more of Christmas break as well. I have had multiple student athletes and I absolutely do not believe short breaks are detrimental to their performance. In fact, I 100% believe they kids come back refreshed and their bodies have had a chance to recover from the daily grind and are more likely to perform better. It's not ok for these kids to never be allowed to take a break either all their peers during school scheduled breaks. It's wrong and needs to change.
Region 2 - 6A	Parent	I think in Utah we do a really bad job of teaching young athletes to take care of their bodies. All too often, the kids don't take time to heal from minor injuries and end up with seasons interrupted or worse. Professional sports teams have moratoriums to give their bodies a chance to bounce back after their season. High schools often do better than independent competitive sports at supporting athletes. Let's continue to set the example.

Region 2 - 6A	Parent	I think sports and commitment has evolved into complete chaos. Most athletes get outside training as well. So this means they are always practicing. But the worst part is that these kids have to start if they want to play in a big school at a young age. Or they will never get a chance. I know that doesn't have to do with this survey. Dance at young ages is a joke. My 10 year old is 16 hours a week. Complete joke.
Region 2 - 6A	Parent	I think sports in general have gotten out of hand with way too much time commitment for these kids. As a parent it's so much time and watching these kids spend so much time away from their families is sad. I absolutely think kids need to be involved and active but we have pushed the pendulum way too far to one side and are over practicing kids. It's hard to take a step back because there is no happy medium for kids. It's all or nothing and that's tough. I'm all about hard work and dedication but I do feel like it should be reigned in a little.
Region 2 - 6A	Parent	I think the kids deserve more of a summer
Region 2 - 6A	Parent	I think there should be more support for athletes who do more than one sport. They should be allowed less practice time in one sport if they are participating in the other, without consequences from their coach.
Region 2 - 6A	Parent	I think these would all be excellent changes.
Region 2 - 6A	Parent	I would honestly love to see more than 5 days during Christmas Break. Christmas Eve, Christmas Day, New Years Eve, and New Years Day take four of those dates. Winter sports are generally the longest running sports with tryouts taking place the first week of November and state finals going to into March. There is hardly any off time for families during Christmas break and that is one of my least favorite parts of winter sports.
Region 2 - 6A	Parent	I would like more flexibility in the summer to be ablet to spend more time together as a family. Daily practices are fine but can affect travel for vacations.
Region 2 - 6A	Parent	I would like the kids to have at least 2 days off
Region 2 - 6A	Parent	I would like the person who teaches my son sport to indicate in jid day book what they are working on each day and the involvement level when it's a team sport I often hear that his not selected due to clics of friends choosing each other and not him. I thought the classes were supposed to involve every students and were supervised
Region 2 - 6A	Parent	I would like to see baseball games start later in the afternoon. I would love to watch my son play but a 3pm game is very difficult to attend while keeping a job
Region 2 - 6A	Parent	I would love any additional moratorium, especially for dual sport athletes to be able to travel with their families. Only being able to travel over July 4 or Christmas is extremely expensive.
Region 2 - 6A	Parent	I would rather see longer moratorium periods than reducing the number of hours per week.
Region 2 - 6A	Parent	I've never been bothered by my kids' sports schedules. It keeps them busy, physically fit and working hard.

Region 2 - 6A	Parent	I've read though the proposed changes from the UHSAA, and while I appreciate the effort to protect student-athletes, I have to say I'm opposed to these ideas. I don't think they'll work as intended, and they might even cause more problems. Right now, many of our most dedicated young athletes are already playing sports year-round with clubs and it is not uncommon for some to be on multiple club teams. The National Federation of State High School Associations (NFHS) has even pointed out how these programs are a big part of the recruiting process for college. The simple truth is, a 12-week moratorium won't stop these kids from training. It'll just push them more toward their club teams. That means student-athletes who rely on their school's sports program for coaching and practice could get left behind, which doesn't seem fair at all as it makes it more elitist for those who can afford the time, money and travel. My biggest concern is burnout. This isn't just about how many hours a week a kid practices. I've looked at some resources from the National Athletic Trainers' Association (NATA) and other groups have shown, burnout is a complex mix of things like overtraining, pressure from coaches and parents, and not getting enough rest - I have to fight my student athlete to sleep for sure! Limiting practice hours at school doesn't change the pressure kids feel or the high-volume training they do during the off-season. In my family, I find the best approach is to constantly check in with my child to see how they're doing. We make sure to prioritize their academics and a well-rounded life, so sports are just one part of the picture, not the whole thing - it's easier said than done sometimes, but I feel like my child knows they can come talk to me about being too scheduled and can ask how to back off a bit to ensure it also stays fun! Instead of creating new rules that are hard to enforce and might penalize our kids, I think a much better path is to empower parents, coaches, and the athletes themselves - I would much rather see training the kids are required to take with parents to help them understand how important this is. The American Academy of Pediatrics (AAP) and other health organizations have long stressed that preventing burnout comes down to communication, good time management, and a balanced approach to sports, and parents are truly in the best position to spot signs of stress or exhaustion in their kids and to make sure they get enough rest and have time for other interests. My hope is that the UHSAA will focus on providing resources and guidance for everyone involved. Let's educate coaches, parents, and athletes on how to spot burnout, why rest and cross-training are so important, and how to help kids find a healthy balance in their lives. This kind of approach is more sustainable and will truly benefit our student-athletes in the long run.
Region 2 - 6A	Parent	If you allowed more time between tryouts and games starting, there wouldn’t be such a time crunch for practicing.
Region 2 - 6A	Parent	It affects family time and infringes on the opportunities that other children in the family get. Parents always split up. Every commitment is so huge that it feels like they’re paying professional sports. If one child’s place competitively you really have no other time for any other kids to do anything else. Feels like every day is just full of school school school and competition. And also makes it hard to do different sports Or are there extra curricular activities as well To help them become more well-rounded individuals. It seems like it’s gotten totally out of hand.
Region 2 - 6A	Parent	It is very hard to go on family vacations spring summer and school breaks and still be able to participate in HS football.
Region 2 - 6A	Parent	It seems like sports like basketball are turning into year round events requiring kids to join leagues in the off season. This prevents these students from being able to join other sports or participate with family activities
Region 2 - 6A	Parent	It was kind of hard to answer these questions because I know how important it is to have practice to get better at any of the sports. I feel my student is able to work around practices to do other activities. It also keeps my athlete active every day and I think that’s important.
Region 2 - 6A	Parent	It would also be nice if spring and fall breaks were times that teams took breaks

Region 2 - 6A	Parent	It would be better if you enforced this limit as well. I've coached swimming and know how important building strength is during part of the season but it's difficult to see other sports using quantity rather than quality in their practice time. We approached the AD and coach about it but the coach exceeded the 20 hour limit for the first two weeks of the season.
Region 2 - 6A	Parent	It would be great to require coaches to allow students time to participate in school dances. Specially wrestling always interferes with the winter ball
Region 2 - 6A	Parent	It would be nice if fall and spring break were excluded from practice. Kids with divorced parents are entitled to custodial time and this disrupts parent time, especially in instances where one parent lives out of town. Kids who have to miss practice during these times should not be penalized by their coaches, especially when this time is dictated by the court system.
Region 2 - 6A	Parent	It would be nice to have more facilities for my children to train. Indoor pool and tennis courts. There are more sports than just football lacrosse and baseball. The swim teams that have pools ALL perform better because they don't have to fight for pool time.
Region 2 - 6A	Parent	It's difficult to put just a date for ALL sports- each sport season is unique. I am in favor of it- however I know how difficult it can be for coaches to keep momentum for the team
Region 2 - 6A	Parent	It's hard to have your child in their competitive leagues and have high school open gyms at the same time when they conflict.
Region 2 - 6A	Parent	It's so tricky. Sports and the time commitment has gotten so intense. Where these sports are year round, it really does conflict with family vacations and time spent at home. BUT that is also what we love about sports..that they are involved in something good, busy and learning from other mentors. More time off in the summer would be amazing.
Region 2 - 6A	Parent	I'd love to see moratoriums fall closely with spring or fall breaks- so that kids can enjoy a vacation with their families while they are out of school
Region 2 - 6A	Parent	I'm not so concerned about practices, as I am about the times the XC and track meets are during the seasons- most of which are during school hours!!! My son goes to these meets for hours and just sits and waits til his designated race time- when he could be in important classes!
Region 2 - 6A	Parent	Kids are no longer able to compete in HS sports and still live a balanced life. Especially the major sports. This needs to change.
Region 2 - 6A	Parent	Kids sports are becoming overwhelming to families. I want my kids to play, but it's taking over much of our lives.
Region 2 - 6A	Parent	Labor Day should be an automatic day off too.
Region 2 - 6A	Parent	Large issue is "Player led practice"... Required to be there, but not covered by the limits provided by UHSAA because "it's just the kids getting together".
Region 2 - 6A	Parent	Less is more for the student. These kids are student athletes. Students first, then athletes. However, these surveys are pointless because sports bring revenue. The parents want their kid to be the best and coaches will find ways to work around whatever is in place. When our kids had moritorium, they were expected to be training at orange theory. Might be discussed at board meeting but impossible to change due to unlimited loop holes.
Region 2 - 6A	Parent	Less practice burn out will produce mentally & physically stronger athletes. And allow for time with friends, family & work. Give student athletes a better life balance while also still training at a high level & ready for competition. Especially if each school & sport statewide is held to the same standard. In that case, I would support lowering the practice threshold.
Region 2 - 6A	Parent	Let families have holiday weekends together instead of scheduling sports activities around them.
Region 2 - 6A	Parent	Let kids be kids. Let families enjoy time together. We shouldn't have to decide between sports or family and social life.
Region 2 - 6A	Parent	Let the kids do sports if they want to. More time practicing outside the season means more face time with the coach.
Region 2 - 6A	Parent	Longer summer moratoriums would be great for family trips, church camps, etc.
Region 2 - 6A	Parent	Love that my kid plays sports with the high school but the time commitment is insane. She cannot hold a job, she's overwhelmed with homework because she also likes to get straight A's, and our family can't ever go out of town when sports are in full swing. We need a change!
Region 2 - 6A	Parent	Love the idea of a better school-sport-life balance.

Region 2 - 6A	Parent	Lowering the training week hours won't make a difference. Students will just practice on their own outside of coaching time. Many already do now which can lead to bad technique and harmful practicing. It is better with the coaching staff helping and trainers on hand. As for the amount of hours that the students are with the coaching between practicing and also games. My student is in multiple sports which is higher than the 20 hours. For example game days are much more than 3 hours including transportation. There are many days where my student has to be checked out at 1pm for an away game that they don't start playing JV for until 5pm. Which leads to missed class time. Some sports are gone for the entire day if the students are dependent on school transportation only. *Side note- there are some athletes who miss out doing sports at the high school when they are in 9th grade because they don't have parent transportation. It would have been nice to have the schools support for transporting over to the high school. Other ideas: Student athletes should automatically get a school credit for participating, sports class not needed. Could go towards gym, weightlifting, sports class or elective credit. Require each head coach be certified in the sports they are teaching. And provide yearly training and coaching techniques and drills.
Region 2 - 6A	Parent	Moratorium times end up still being times a coach requires students to do certain activities for their sport - just not at the school. If students don't participate during Moratorium, they are less likely to be chosen for teams and play time. It's not being used as intended.
Region 2 - 6A	Parent	More off in July if adding time off vs May
Region 2 - 6A	Parent	More than anything I would like to be able to go on fall break vacation without sports Interference.
Region 2 - 6A	Parent	More time away from the team also helps students develop other interests and cross-train.
Region 2 - 6A	Parent	My biggest concern is the drill/cheer schedule
Region 2 - 6A	Parent	My child LOVES playing sports, and it keeps him active. I think only allowing 15 hours to hinder team bonding activities. I think you could lower it from 20 hours to 18 hours (3 hours of practice 5 days/ week plus 1 bonding activity on Needed Weeks)
Region 2 - 6A	Parent	My child is not on any HS sport teams
Region 2 - 6A	Parent	My child just started football. The schedule from summer a day football season is too much we can't plan vacation as a family or make dr appts without discipline from the coaches.
Region 2 - 6A	Parent	My daughter is a volleyball player. She has had THREE game nights each week for the last two weeks (which have been the first two weeks of school). That means that she is gone from the time she leaves for school at 6:15 until 9:30 or 10:00 at night. It is hard to do homework during game days. She is a musician as well and can't practice at games. Three game nights in one week is too many.
Region 2 - 6A	Parent	My daughter is on a drill team and we knew it was going to be a huge commitment. What I didn't know is that she would miss a year book signing day, school functions like dances, get very sick every winter due to over working, barely have enough time for all of her homework for her hard classes, things would be so over the top and team fees would exceed most sports, constant injuries, and the girls would barely have a break all year for 3 years in a row. Drill comes first and academics come next in this world.... no time for homework or to have downtime in all of the winter seasons. I love what drill teaches, but it has gotten way too intense and over the top. I would like to see this program scaled back to reasonable measures.

Region 2 - 6A	Parent	My daughter is on a drill team. This year they are having their team trip during spring break and two competitions during Christmas break. I feel any school activities should not be done during school breaks, especially holidays such as Christmas break. Drill asks a lot of sacrifices from athletes and their families. I understood that when allowing my daughter to participate, however, it has greatly impacted our family time. and the punishment they receive when being absent from a practice is completely unfair. Including requiring the athlete to show up even when extremely ill to sit and watch. I know that complaint isn't what this survey is asking for, but also needs to be said. Only having July off for practices and now scheduling competitions during breaks throughout the year is extremely frustrating. Thank you
Region 2 - 6A	Parent	My daughter plays soccer for Bingham and we haven't felt like it's too much. But they don't hit any of these limits.
Region 2 - 6A	Parent	My issue is with volleyball since There are three teams on game days they girls go to school and don't get home sometimes until 9:30 or later in the evening meaning they have a 12 to 14 hr day at the school. I think the sophomore team needs to be separate game days and travel then JV and varsity or only allow the sophomore team to play best of 3 and not 5 or play for an hour. Then JV, then varsity. It's absolutely insane how long they can be at these games especially when traveling.
Region 2 - 6A	Parent	My kids have stayed home from school because they need time to do homework because they can't do it after because of practice. This makes absolutely no sense. My kids maintain all A's, it's not like they are trying to just stay home from school. Kids are worried if they miss any season or part of a sports activities even if it's not mandatory then they won't get playing time or they will get worse then other kids. Practices are held at dinner time. What's the point of the importance of family and family dinners when they are gone every night at dinner time! Kids extra curricular has gotten too out of control with no off periods. So many kids are burnt out when the current season is coming to an end. They should never get burnt out from doing something they love. IT'S TOO MUCH!!!! I've seen it in all sports including dance and cheer.
Region 2 - 6A	Parent	My kids school sports have taken over our family for years. They can never go on church camps or family vacations. And it is impossible to find a time to go on a family vacation when all of the kids can go. It is out of control. We end up trying to fit a whole summer into a few weeks in July. It is overwhelming.
Region 2 - 6A	Parent	My main concern is swim practice that starts at 5:30 in the morning at a pool 20 minutes from the school. My daughter who was taking 3 AP classes last year and is now taking 4 APs is regularly exhausted and grumpy and even more so during swim season. Sports help her a great deal with managing her ADHD symptoms, but sleep deprivation does not. Is there any way practices could be closer and held in the afternoon so students can get enough sleep for optimal performance in sports and in life? There are other pools and rec centers, why cant we use one closer? The South County pool is much closer. What would it take to put a dome over the South County Pool so it can be used in winter? Even if it was only reduced hours, like swim team, lap swimming and swim lessons, no open swim in winter. American Fork has a covered pool in the winter, why don't we make better use of our existing resources?
Region 2 - 6A	Parent	My son earned a D1 cross country and track scholarship with almost a full ride. I don't think he would've been able to achieve this with fewer hours of instruction, practice and guidance. I appreciate the school's ability to provide such high quality training and experiences.
Region 2 - 6A	Parent	My son has been missing classes because of after school games and practices. It affects the academics a lot.
Region 2 - 6A	Parent	My son participates in wrestling and it's roughly 30-35 hours a week of training plus competition days. Wrestling competition days are sometimes 16 hours which is ridiculous considering the 3 hours UHSAA rule noted above.
Region 2 - 6A	Parent	My son's involvement in sports has been very positive with the coaches being very careful to support their academic involvement/success. I don't want to be overly restrictive in how they implement their program as long as they maintain this focus on student academics first.
Region 2 - 6A	Parent	My student has only participated in tennis, which has a very short season. I personally feel like they should have had more practice time and some during the summer. In a perfect world the tennis season would be fall and spring. I understand the importance of other school, academic and family activities but when you choose to participate in a school sport and have the opportunity to do so I feel you should be willing to commit a significant amount of time to the sport especially when the season is so short.
Region 2 - 6A	Parent	My student is going to continue to play his sport in the off season no matter what. I think that it would be dumb to limit contact with coaches any more than is currently constructed. I'd rather he practice and play with his HS coach/team than just some random club team.

Region 2 - 6A	Parent	Need longer mandatory during fall break, Christmas break, and spring break
Region 2 - 6A	Parent	Needs to be more balance
Region 2 - 6A	Parent	None
Region 2 - 6A	Parent	Nothing to add
Region 2 - 6A	Parent	On one side, kids with supportive family and jobs and heavy school loads, having less hours would be good. But for kids without that support and with nothing else to do, it's good for them to have sports to keep them out of trouble or on screens all the time. So…just finding the balance.
Region 2 - 6A	Parent	One thing that is frustrating as a parent is moratorium is being loop hold by team captains running practice instead of coaches. I dont feel like we are able to vacation as a family because my athlete feels like they have to go to practice even during moratorium
Region 2 - 6A	Parent	Opportunities are not always the same for every student.
Region 2 - 6A	Parent	Our family has participated in over 30 high school sport seasons and some coaches are following the guidelines stated here. However, many coaches do not follow the guidelines. I have never heard of a 20 hour weekly practice rule and my children in various sports have definitely practiced more in a week than 20 hours (Mon - Sat). The summer moratoriums are the coach requiring practice, but the coach is not present, and the practices are still required and consequences are made for anyone not practicing during moratoriums. It does not seem to matter if changes are made or not, because many coaches will continue ignoring rules. Perhaps an accounting should be given from athletes or other feedback to help the coaches participate more fully with the rules.
Region 2 - 6A	Parent	Overtraining young bodies in a single sport contributes to more serious injuries - injuries that will follow them for life.
Region 2 - 6A	Parent	Parents are out of control about how much they have their kids training for sports. I will be surprised if you get enough on board with lowering amounts of practice but it would be nice if kids could do athletics and other school extracurriculars.
Region 2 - 6A	Parent	Several of my kids have played on the tennis teams. It would help if the season was longer because they are cramming too many matches into a week. Tennis is such a short season and would be nice if it could last a little longer, especially since we are paying so much money for it! If the season could go another couple of weeks into October that would be nice so they would have more time to practice and could have only 2 matches a week and therefore miss less classes each week from getting checked out early for matches!
Region 2 - 6A	Parent	Should be no practices during fall and spring break
Region 2 - 6A	Parent	Should be required to keep weekends around fall or other school breaks free
Region 2 - 6A	Parent	Should no be allowed to practice on non-school days and holidays (Labor Day) .Girls Soccer
Region 2 - 6A	Parent	So many of our young athletes have overuse injuries. I support putting sports back in their place.
Region 2 - 6A	Parent	Softball and baseball season have state play offs the end of May so how would a moratorium work then? We can't start the season earlier than we already do because of snow and lack of daylight since the fields have NO LIGHTS!!!!
Region 2 - 6A	Parent	Sport commitments often conflict with academics and kids don't have time for it. Coaches often expect kids to pick sports over academics or any other activities for that matter. More limitations would be welcomed. Please add more breaks.
Region 2 - 6A	Parent	Sports and the pressure to be there all the time definitely interferes with family and other activities. I strongly support amor recreational approach.
Region 2 - 6A	Parent	Sports are a great way for kids to connect and focus on positive healthy habits. However, there's far too many required hours dedicated to this that take away from other joys of life and other healthy habits that we try to encourage. I'd like to see a cutback in required hours.
Region 2 - 6A	Parent	Sports are awesome but they require so much, and I think family and other activities are super important too. Some of the most important things fall by the way because everyone is so involved and busy! Let's let them be kids a little bit longer!
Region 2 - 6A	Parent	Sports are really important and have benefited my children, however, I don't believe the hours committed to playing/practicing should eclipse their schoolwork and academic pursuits. Most children will never go pro, I don't know why we keep operating under that belief.
Region 2 - 6A	Parent	Sports are starting to get out of hand with way too much of a time commitment and kids are getting burned out! Thank you for seeing this and trying to lessen some of the hours!
Region 2 - 6A	Parent	Sports during fall break has been the hardest struggle for our family
Region 2 - 6A	Parent	Sports events should also be limited to 1-2 school nights a week. JV being required to stay & watch ALL Varsity events is excessive. When are they going to do homework, shower, rest time with fam & friends?

Region 2 - 6A	Parent	Sports have been such a blessing in my son's life. However as he is a sophomore at Bingham this year, he has no other time for anything other than sport. He got a job and works 4 days a week and fills like he is drownding. I feel like if your kid plays more than one sport, they get the raw end of the deal bc they have other kids just solid practicing that sport twelve out of twelve months. They experience a disadvantage bc of this. If he wants to get good grades, work and play sports - they need to give these kids more of a break. Let them still be a kid and enjoy highschool.
Region 2 - 6A	Parent	Sports should not be the focus of high school. All you have to do to get a 2.0 is show up! If the sport is IMPORTANT to the child than a higher GPA will be achieved by thay child and so will greater opportunities. Rest should be manditory for the childs growth and devolopment. If you are giving "rest" from school because it is important, why wouldn't there be "rest" from a sport? What are we teaching our kids is a priority? What are we teaching is the expectation?
Region 2 - 6A	Parent	Spring break and/or fall breaks off would be better. Those weeks off of school should be for family to be able to take vacations and not have to stay in town because of sports.
Region 2 - 6A	Parent	Spring sports suffer greatly from moratoriums lasting too long and too close to their start. Also, spring championships often conflict with graduation ceremonies! I feel the kids need more time preseason to be prepared safety wise and not be forced to decide between postseason play and other school wide events.
Region 2 - 6A	Parent	Stop charging parents so much to attend football games. We already pay enough in fees!!!
Region 2 - 6A	Parent	Strongly consider who you choose for freshman football coaches. My son chose not to play because of how he was treated by Riverton coach Evan's. Including the coach stating only 3 boys are worth his time being there. 14 year old boys should be treated better and encouraged not made to want to quit trying
Region 2 - 6A	Parent	Strongly support cutting back on sports time during the school year - sports is not all and students need time for homework! Also strongly support another moratorium. Would also support moratoriums during fall and spring break in addition. With 2 kids on different sports teams, with different schedules, family vacations are impossible!
Region 2 - 6A	Parent	Students and parents need to make individual choices and prioritize their commitments. I'm more concerned with ensuring students have the appropriate time for academics more than the off-season. Students choosing to participate in athletics need to determine if they want to make the required commitment.
Region 2 - 6A	Parent	Students shouldn't have to give up everything else to participate in a sport. Studies show single-sport specialization is tough on their developing bodies, but it also limits the other activities they can articulate in and creates a highly clique driven environment as it is hard to make friends outside of one's sport given the demanding schedules.
Region 2 - 6A	Parent	Summer should be a time for families to take vacations to avoid missing school, so coaches should not punish the kids for missing if it's for a family vacation. Especially if they show up for everything else.
Region 2 - 6A	Parent	Teams who want to bend/break the rules are going to bend them I really don't think more control is the way to go. I am fine if my student athlete has to make 'tough' choices about where and how they spend their time
Region 2 - 6A	Parent	That would give more of a balanced life to everyone, I support
Region 2 - 6A	Parent	The body requires consistent physical activity for conditioning, to maintain muscle mass, and safe performance for athletes. The body does need rest and built in weekly rest periods are important. Too many lengthy breaks in sports practice disrupt the body's natural growth in a coordinated sports program, make it more challenging to get back into a habit or routine after absence, and can potentially lead to injury and disappointment if the athlete expects to pick up where they left off. Family time is important too and schedules can be adapted for family needs in existing programs to still condition off-site, while on vacation for example, giving the athlete autonomy and accountability for their out of school performance. Consider that sports programs also serve a social purpose and disruptions in the consistency of that structure can be challenging for the student athlete. Summer athletics especially, keep students engaged in learning as a developmental imperative. Please keep existing breaks without further adaptation to the current system.
Region 2 - 6A	Parent	The break over Christmas & New Years should be longer. It allows for families to have time together.
Region 2 - 6A	Parent	The coaches are still holding practices during the moratorium, they are just having students run the practices and the coaches are "observing." Moratorium should be an absolutely nothing, not even student run practices.

Region 2 - 6A	Parent	The current system doesn't allow for the kids to play multiple sports, so they can figure out which sport may really enjoy. Everything is so competitive that they only can focus on a single sport & give it every minute of their time. Then to not be able to give the next sport your all, then the kid can't tryout or if they do they never make the team because coaches take the kids that have been there doing the extra practices prior to the tryouts. Example one plays football but would like to also play basketball, nearly impossible due to the demands of each sport prior to even trying out for the given sport. Plus with pre season, off season & summer workout & practice commitments it forces them to decide. We all played multiple sports in school only had to really make a decision when it came to college level or club/traveling teams.
Region 2 - 6A	Parent	The end of July moratorium is challenging timing since tryouts for fall start the week after. I would suggest moving the moratorium to the beginning of July or June
Region 2 - 6A	Parent	The fact that Girls Soccer State Competition is being held over fall break is a serious lack of planning/intelligence/or complete disregard to family time
Region 2 - 6A	Parent	The kids miss too much school for the extracurricular activities. Sometimes 3-4 days a week. We need lights on softball/baseball fields so that the kids are not pulled out of class everyday and games can begin after school.
Region 2 - 6A	Parent	The kids need to focus on their sport. If they're not playing with their school they play with their club or travel teams so they won't have any breaks regardless of what you think do or try to change. So let them play and practice as their coaches see fit.
Region 2 - 6A	Parent	The more kids are out in the world being active and a part of something, the better they are mentally and physically. This means less phone time, less social media time, less time to waste doing things that rot your brain. These kids need commitments, schedules, responsibilities, teammates, actual socializing in person. I also don't like the idea of implementing the 12 week moratorium, it forces kids to get out of shape quicker, it's harder to get back in shape and be ready for games. Kids will be more likely to stop playing the sport if it's hard to get back into it.
Region 2 - 6A	Parent	The saddest part this year was when sports teams missed their high school graduations. I would support a break during the end of May/beginning of June for that reason. Other than that, my daughter wants to be practicing with her team and would not want more breaks.
Region 2 - 6A	Parent	The school district needs to better hold teams accountable for holding practices during the moratorium dates. Students are often still expected to attend practices that are being mislabeled as conditioning and weight training to get around the moratorium rules (for example, the Bingham Minerettes). Coaches still expect attendance and extend negative consequences or punishments if athletes do not attend. The same thing happens during Friday remediation time (1:30-2:30pm).
Region 2 - 6A	Parent	The sports season is so short that, while sometimes it interferes with other things, it's not a super big deal most of the time.
Region 2 - 6A	Parent	The state should require students participate with the school boundary they live in, not an address they use. Where the student sleeps each night. No transfers allowed. It would balance the completion and give students more access to playing. A student participated for a few years at a younger age. They get to high school then they do t play because the state, district & school have allowed player from other schools to come in to stack a more competitive team and many players don't play who actually live in the boundary. Stop charging families to watch the games. My taxes of $1600 a year going to the school system should take care of this. I know many families who do not attend games to watch their kids or relatives play due to cost to get in.
Region 2 - 6A	Parent	The struggle for many families is when sports seasons and practices begin well before the school year begins. It takes away from family time during an already shortened summer.
Region 2 - 6A	Parent	The swimming season needs to be shortened. End it in December before the Christmas break! It's too long of a season for those poor kids.
Region 2 - 6A	Parent	The way things currently are makes it hard for students to play multiple sports and have a life outside of athletics. Science shows playing the same sport year round significantly increases the risk of overuse injuries.
Region 2 - 6A	Parent	The wrestling schedule is way too intense — they have up to 40 hours of practice a week! Almost impossible for students to keep a good academic/home life when so much time is dedicated to practicing.
Region 2 - 6A	Parent	There is a huge time commitment for sports or other competition activities. Family, education, jobs are secondary to these activities.
Region 2 - 6A	Parent	There should be at least weeks in summer of no sports or school affiliation
Region 2 - 6A	Parent	These athletes want more time with their coaches and teams not less
Region 2 - 6A	Parent	These kids are getting burned out to fast because of the amount of dedication that is due to a single sport. Coaches don't share athletes and they are penalized for being somewhere else besides a practice. The love of the game is dying fast for these kids. It's unfortunate. This is happening from the top athletes to the average player. It's sad

Region 2 - 6A	Parent	These types of activities are healthy and I prefer my children to be engaged in school sports teams than have too much down time (video games, phones, getting into trouble). I'm thankful for the coaches who are willing to support my teenagers throughout the year, not just during the sport season. I think having more fundraising for sports teams would be helpful when there are extra costs with year round sports. I've had a football player, track and field participant, basketball player and likely a cheerleader at MRHS and have been pleased with how much my kids gain from the year round sports programs.
Region 2 - 6A	Parent	This all sounds great. More family time for the win!!! It is SO HARD to plan family vacations when you have kids in sports! Thank you!
Region 2 - 6A	Parent	This doesn't need to change, it's great how it is. Quit trying to change it just for the sake of changing it. Kids need to learn commitment
Region 2 - 6A	Parent	This should include clubs as well. Like Dance Company
Region 2 - 6A	Parent	This survey is only implying one high school sport not all high school sports. Title of survey should been worded differently.
Region 2 - 6A	Parent	This year has been very frustrating as a family. We have a farm and our son has other responsibilities other than football and we had vacations planned and he wasn't able to do much of anything this summer but football. He got penalized during the season for missing 1 day of practice on a holiday. He loves football, loves the coaches, loves being a part of something but family definitely became a quick maybe 5% of his life this summer and that broke our hearts.
Region 2 - 6A	Parent	To be efficient in a sport or any activity you must dedicate the proper amount of time to train and compete. As a parent and former athlete our kids don't need more time off. Kids that are training and focused on said sport will stay out of trouble and learn to balance life, school and sports.
Region 2 - 6A	Parent	Unfortunately the culture and demand to be the best has discouraged students from participating in multiple sports and activities outside of their "main" sport. I understand this has been pushed and encouraged by all (parents, coaches, and the push to be the best) but it's not in the best interest of the student athlete.
Region 2 - 6A	Parent	We are a very sports oriented family. Currently a D1 kid playing. The lack of life balance is a real thing. Most improvement will be what the payer does off the field or court. High school Practice or coaching typically doesn't do it from our experience with 5 kids.
Region 2 - 6A	Parent	We are involved in boys volleyball so it has a pretty specific season already. It's the club volleyball that takes most of the year.
Region 2 - 6A	Parent	We aren't in high school yet but in 9th grade. Thinking about doing Minerettes but you can't have a life job or friends or any other interests outside of drill. There's no time! We need to give these kids back their childhood!
Region 2 - 6A	Parent	We cannot have a family life as the rules stand. Too much time commitment all summer and spring for football. No vacays. Costs are insane. Schedules constantly change so we have no predictability. Coaches don't care about parents having to schedule work around all the changes.
Region 2 - 6A	Parent	We would really like to have another moratorium week so we can plan a family vacation some time other than in the middle of July.
Region 2 - 6A	Parent	What are you trying to ask here? This seems very football centric. Winter sports are getting shafted but we're getting vague questions around moritoriums in a manner that won't be able to garner meaningful results. I'm a parent volunteer for swimming We don't get enough pool time for our kids to be competitive without them engaging in club sports. This puts economically disadvantaged students at a competitive disadvantage as well. Longer seasons mean better conditioning. But I find only Fall sports are able to take advantage of these increased hours. Pleas provide some meaningful examples/case studies on what the goal of this survey is.
Region 2 - 6A	Parent	What is this accomplishing? Athletes in sports like swimming cannot take time off. Added time off at an elite level of play hurts the kids in sports. I'd rather see no games scheduled on dates there is no school. Parents can piss a moan about their kids practicing too much, but they obviously don't have the kids that are dedicated to their sport or have state level athletes, they need to just sit down. Stop bending to the minority. Let the kids practice as they will and stop putting limitations on sports. By limiting practice times you are also shortening team bending and development.
Region 2 - 6A	Parent	When opening this email on my phone, and choosing a region, it does not allow me to see all the schools listed to the right. I hope I chose the right one. Herriman

Region 2 - 6A	Parent	When we discuss the UHSAA practice limits, it's important to begin with the actual reality of what athletes and families experience—not just the written policy. The rule states there is a 20-hour cap from August to June with one day off per week, and that competition days, including travel, count as 3 hours. On paper, that sounds reasonable. In practice, however, it doesn't reflect the lived reality of student-athletes. Take track, for example. My child has regular meet days where they leave school early in the morning and return home late at night, often spending 12 hours on a bus and at the meet. Yet according to the current UHSAA framework, that entire day is reported as "3 hours." That is not an accurate picture of the time commitment or the demands on students. Similarly, while coaches are technically limited to "monitored" time, the unspoken expectation for athletes is much higher. Many teams expect kids to engage in two-a-day workouts, to lift weights on their own, to do speed sessions, and to put in individual practice beyond the coached hours. The 20-hour cap does not capture this additional, but very real, workload. Because of this disconnect between written rules and actual practice, the premise of lowering the weekly limit from 20 to 15 hours doesn't make sense. The issue isn't the number on paper—it's that the number doesn't honestly account for what athletes are already doing and what they are expected to do. Lowering it would only make the gap between "official" hours and "real" hours even wider, and it would push more activity into the unmonitored, untracked category, making things less transparent. If the goal is truly to protect athletes' health, well-being, and time balance, then we need to have an honest conversation that begins with the full reality of the athletic experience. That includes competition travel, unmonitored workouts, and the actual hours that students and families are investing. Without that honesty, adjusting the official limit is little more than changing a number on paper while ignoring what really happens.
Region 2 - 6A	Parent	Would love for fall break and spring break to not have sports conflicts.
Region 2 - 6A	Parent	You can change the rules all you want but the coaches will always get around them. For example having player lead practice where the coaches walk the track. Even without the coaches there it is still mandatory. Until you enforce the rules you currently have for not only moratorium but recruiting nothing is going to change.
Region 2 - 6A	Parent	You need to strongly include teacher/coach input as they are with the kids the most and have the most experience in this subject
Region 2 - 6A	Parent	Youth sports should allow teenagers to be teenagers n they should be allowed to participate in other extra curricular activities, family vacations and other critical things for youth development. Having dedicated off seasons would prevent injury at young ages. Most student athletes do not play past highschool, so don't let sports be their only identity in high school.
Region 2 - 6A	Parent	coaches need to set practice times and dates and keep to the plan. No overtime or late hours for school nights.
Region 2 - 6A	Parent	soccer is specifically difficult because it starts the last week of July and monopolizes every possibility to travel from that time until after fall break. I would prefer to require at least 1 or 2 weekends (Friday, Saturday, Sunday) that was given off as well as it not interfering with fall break or that all schools fall break aligns and occurs after the state finals. I also think it is crazy to require practice on holidays such as labor day.
Region 2 - 6A	Parent	the cheer coaches at MRHS did not adhere to the 20 hour rule
Region 22 - 1A	Parent	Having enough time with the coaches is essential to limiting injuries during games. If an athlete wants to do other things, or spend less time working with their team and Coach, then they can quit and do the other things. Every school is different so the more rules there are the more one school or another will be adversely impacted. If one school needs to adjust things that should be up to their school board.
Region 22 - 1A	Parent	I really appreciate the opportunity to give feedback on this subject. It is so hard to have sports stacking on top of each other, and during the summer balancing sports camps with church camps and family reunions is near impossible. More defined lines for each sport would be most helpful!
Region 22 - 1A	Parent	Our school has to limit practice time, because it is our same kids that do everything, so it could be beneficial for limits to be put on other school, because we already limit ourselves.
Region 22 - 1A	Parent	Reducing the time coaches are allowed to make kids be present at practice will improve kids mental health and academic success and family success. Sports should be limited for the benefit of everyone.

Region 22 - 1A	Parent	Sports have become all-consuming and greatly limit family time, religious practice, and other activities (that aren't sports). The arts are being drowned out by sports and there is too much emphasis on winning being everything.
Region 22 - 1A	Parent	Thank you
Region 22 - 1A	Parent	Thank you for this survey. I think sports are a good thing but we have way too much focus on them and not enough on the importance of education. Thank you for sending this out!!
Region 22 - 1A	Parent	This is great that you are evaluating this issue. Thank you.
Region 22 - 1A	Parent	We also High School Rodeo in Utah, we make it work with Football, Basketball.
Region 22 - 1A	Parent	Wendover needs to have coaches who are not family to athletes. A lot of preference with in baseball right now. Maybe hire a new baseball coach and watch for his ATTITUDE towards those young kids. His language, attitude and of course outside behavior since athletes see everything now on social media.
Region 22 - 1A	Parent	When your child is involved in sports, it needs to be a commitment of both time and effort. I feel like it has gone too far though. Especially for those in a small school setting, where its important for students to participate in multiple sports, clubs and leadership postitions. They never get a break and I think if they had one, they might be able to show up better.
Region 22 - 1A	Parent	more days of moratorium during christmas break
Region 3 - 6A	Parent	As a separated parent living far enough away that our custody agreement has my parent time during the summer, my limited time is severely hampered by the threat of my child's loss of participation in sports if they miss to much through the summer. With a 12 week moratorium I would be able to have time with my child.
Region 3 - 6A	Parent	Football specific- having JV games the day before at 4pm is the most unrealistic time. Students in 9th grade are missing the same class every week to make it to the field in time. Students are needing to check themselves out and walk to the high school. Families paying $1400 a season now have to miss work to watch games, especially games over an hour away. It wouldn't be hard to switch JV to 4pm on Fridays followed by Varsity. Splitting fields are also a waste of planning ,either everyone is home or everyone is away, and switch it the next year. It's seems a lot of administrative decisions were made without common sense.
Region 3 - 6A	Parent	I don't think the answer is in moratoriums. It's not about changing how many weeks they have off. It is about making it not so important/time consuming during the weeks they actually do it. This is something that will probably never change, our society is too hyper focused on sports especially in high school. So I don't expect my comments to make much of a sway. But I still feel like I can give my opinion, and it should be considered. We do not need these students exercising this much. They need to get the sleep and rest necessary for their brains to work best for being educated. I don't understand by school starts so early, except that what I hear is that they need time after school to practice football etc. This is ridiculous. The fact that some schools start late on a Friday, supposedly to let students have more sleep, is also ridiculous. Just have them go to school later everyday instead of one day later. Schools focus should be on education. I totally agree that a well-rounded education includes being physically fit, or at least having understanding of taking care of your body, being on a team, etc etc. Last thought. Why in heaven's name would something like cross country have a meet during the school day? This is absolutely ridiculous. Every single athlete running in the races, is missing school. Every single one. I don't understand this at all. From what I understand, other sports don't hold games or meets during the school day, but if they do that's ridiculous as well. We have time to schedule things well in advance, so don't schedule games, meets etc during the school day. That goes for the end of the year football game that is during the school day as well.
Region 3 - 6A	Parent	My child is not involved in any athletic activities.
Region 3 - 6A	Parent	Students should not be allowed to transfer schools. This is high school sports, not the NFL. Kids work their whole life dreaming to play for their local high school and then kids move from California or other schools within the state and take the local kids position.
Region 3 - 6A	Parent	Thank you for taking the time to consider our youth and sports commitments

Region 3 - 6A	Parent	The biggest problem high schools have is that coaches are excusing junior high students and other underclassman to attend upperclassman sporting events. When my son was in ninth grade, fourth quarter, he did not attend his last class the entire quarter. Due to being excused for baseball. Underclassmen do not need to be at every upperclassman practice or game. It requires them to be gone six days a week when they only play two or three. The other two or three days they are watching the game. Not participating so they are missing class, and not playing a sport.
Region 4 - 5A	Parent	(former coach, now parent only) Kind of related -- please eliminate the LAME "2 Weeks Prior" rule before tryouts. (as far as it was ever explained to us).... It's claim is to "level the playing field"...but someone please explain how 2 weeks before does that...when you can do whatever you want for the other '50' weeks of the year (besides moratorium weeks of course).
Region 4 - 5A	Parent	A bigger concern that is not addressed here is that games are regularly scheduled at times that require students to miss class. That should not happen. Academics are more important than athletics. UHSAA should not require student-athletes to miss class in order to participate in athletics.
Region 4 - 5A	Parent	As a parent of an athlete that does multiple sports, would this be a time limit total for all sports the student is doing per week, or is it just per sport? For example, soccer and cross country in the fall, or lacrosse and track and field in the spring. This is such a hard thing to decide. As a parent, I love that my child is involved in so many great things. That is what makes high school so fun! I also see how busy my student is and how tired she gets. She does an amazing job balancing everything, but it sure is a lot. And this survey is just about sports; not band, AP classes, and IB classes that's she's doing as well. I love our time as a family and find that it's harder and harder to take vacations, etc. The other question I have is if practice times are decreased, will the coaches just require the athletes to do more practice on their own outside of scheduled time limits? I appreciate the opportunity to participate in this survey. I'd love to see all student athletes not overdo things so they can stay healthy and continue I thrive in high school.
Region 4 - 5A	Parent	Biggest issue in high school athletics is the amount of class missed for games
Region 4 - 5A	Parent	Cheerleading needs to have a shorter season and give time off during finals and AP testing and school holidays. It’s the only sport that is year round and the time commitment is ridiculous
Region 4 - 5A	Parent	Coaches should never shame for missing due to illness. Sports should be fun. There should be a place for all ability levels in sports. No corruption by sports organizations should be allowed.
Region 4 - 5A	Parent	Coaches should stop playing favorites and positions should be based upon ability. All players should be subject to the same rules and coaches should not bend them for some, then target other players because they don’t like them.
Region 4 - 5A	Parent	Current coaches need to understand when a player is injured. They cannot be getting upset with the players because of their injury and making them feel like it’s their fault because they’re injured in their sport.
Region 4 - 5A	Parent	Current rules allow high school coaches too much time. More focused and shorter windows of time should result in coaches being more specific and intentional about training, and gives kids more time outside of HS sports.
Region 4 - 5A	Parent	Currently lacrosse practice is 5 days per week. Too much. could use ond day off to catch up on school work
Region 4 - 5A	Parent	Extra moratorium in the summer months will be great!
Region 4 - 5A	Parent	Game day for jv on Thursday school out and football until 9pm no dinner, then Friday school and going to game with maybe a dinner. Both days 3 to 10 should not happen. These kids have academic work they need to do and currently the 3 hour game count is a joke and very unhealthy. Contradictory to being healthy.
Region 4 - 5A	Parent	Having games/matches on Holiday breaks, fall and spring breaks should be strictly prohibited.
Region 4 - 5A	Parent	High school sports have gotten ridiculous. High school sports should be about engaging in physical activity, building up the discipline and teamwork that comes with playing a sport, developing good sportsmanship, and having fun with classmates. For those few students who may be destined for athletic careers, there can be other pathways for getting the experience they want and need without every student having to be trained as if they are a future professional athlete. I strongly favor a change in culture that gets sports back to where it should be for a high school student.
Region 4 - 5A	Parent	I also support limiting practice time during the school year, so that practices and games/races aren't happening every single weekday or weekend. Kids need time for jobs and homework, and parents need time to accomplish things other than sports.
Region 4 - 5A	Parent	I currently have 3 student athletes that play in 2 or more sports each so no mater what I do we are going to have conflicts. But I do like the idea of having 2 or 3 weeks in the summer when all the sport break. so we could possibly go on a trip as a family and not have them miss practices. Thank you I was not aware there was a calendar somewhere where all the moratoriums are posted. That would be nice information to have.
Region 4 - 5A	Parent	I don't think a change is necessary. My daughter plays tennis and we aren't over the top about it.

Region 4 - 5A	Parent	I support statewide action to fix the issue of over-commitment in terms of hours mandated by coaches and would love to see these new limits come into place.
Region 4 - 5A	Parent	I think its ridiculous that cheerleading practice is too early in the morning before school and during the summer break early in the morning. Back and forth takes alot of gas for my family
Region 4 - 5A	Parent	I think it’s fine the way it is, but don’t really care if it changes.
Region 4 - 5A	Parent	I think that practices and trainings are long and a lot right now. We have been able to make it work with our family. I don’t think we should increase that as these kids need to learn how to be kids too. Kids sports from little league all the way to high school is crazy right now. These kids are great but have no time to enjoy their young lives without the pressure of worrying about playing time.
Region 4 - 5A	Parent	I think these would be great changes, practice gets excessive and interferes with family life/trips
Region 4 - 5A	Parent	I think they should have holidays off , its hard to plan things where my child can be there.
Region 4 - 5A	Parent	I would be very happy to see more protection from injuries in boy's lacrosse.
Region 4 - 5A	Parent	I would like to have the school sport schedules a lot farther in advance. I find that open gym and camp schedules aren’t getting approved until the week prior, if not the week of… it’s very frustrating and impossible to plan around. I’d like the schedules to be fairly consistent from year to year and posted on parent square or whatever wide dissemination mode is being used, so they are predictable and can be planned for in advance.
Region 4 - 5A	Parent	I would like to see a moratorium for the entire Christmas break.
Region 4 - 5A	Parent	I would like to see any changes support student athletes who want to play more than one sport. With coaches demanding year-round participation in sports, we limit the capacity of student athletes who want to compete in sports year round or who have competitive scholarship opportunities linked to multiple sports. We should be supporting all kinds of student athletes who can excel academically and in college above a handful of extremely dominant state-level teams.
Region 4 - 5A	Parent	I would like to see practice times being held no earlier than 6 a.m., and swimming pools being planned to be put in every Jordan School District high school campus.
Region 4 - 5A	Parent	If my son has to miss practice or even a game/match (although we try hard for that to never happen) because of other commitments he just tells his coach and he doesn't go. I haven't ever felt like too much was being demanded and if I did I wouldn't have a problem having my son only participate in what we're comfortable with.
Region 4 - 5A	Parent	Is this really an issue? If student athletes, coaches, and parents want to participate in summer training (activities), there shouldn't be any restrictions. These additional training sessions should be voluntary and not required, but an option that students can participate in if they want to.
Region 4 - 5A	Parent	It is an unfortunate thing when a kid is told if you make the team "you can not take family vacations during the summer because we will be practicing and if you are on the team you have to be committed to not missing practice." School athletics is extremely important and there are many benefits to a kid participating in them. However, they should not have to choose between a family vacation and the team. Teams always find a way around the imposed moratoriums which give a distinct advantage to those teams over the ones that play by the rules. It becomes unreasonable when a kid takes a decision to not try out for a sport they love and enjoy because they don't want to miss out on the family vacation or the family chooses not to do a vacation so the kid can participate.
Region 4 - 5A	Parent	It seems we are forgetting all the good things sports do for our young people. Building confidence, responsibility, resiliency and respect. Learning to work hard for the things we want in life, as well as teamwork. It keeps them out of trouble and makes them accountable for all kinds of things. I’m sad we keep pulling more and more from our teen’s sport programs. Let’s not make it even harder for these kids to play the games they love!
Region 4 - 5A	Parent	It would be nice to know the schedules ahead of time. Will the athlete be done by 3:30 or 6? Will there be practice over fall break, Thanksgiving break, Labor Day or Memorial Day? No one ever knows.
Region 4 - 5A	Parent	It's good to have sports available to students year-round, especially for students that are only into a few sports. Coaches are understanding of conflicts that may arise due to other sports and/or family/personal commitments. Having year round sports allows students to be part of a team for more than a couple of months, and builds camaraderie and friendship among those on the team. It's a huge benefit to students.
Region 4 - 5A	Parent	It's important not to let participation in organized sports take over our children's lives. I've seen it happen first hand. Children need to have time to reflect and make important decisions for themselves.
Region 4 - 5A	Parent	Most offseason practices are busywork. Players could benefit from a break from their HS coaches.

Region 4 - 5A	Parent	My child's sport is Feb-May. While l agree with some moratoriums, I feel it is detrimental to the team and players to have a 2 week moratorium right before the first game. This is when the coaching and practices are MOST essential. Why is that a thing?!!?
Region 4 - 5A	Parent	My children do not participate in sports because it interferes with Theatre stuff. If they could do both without conflicts, they might choose to do that. But as it is, sports is not a part of our family routine. However, I'm a huge proponent of giving family more time together and not being so demanding on the entire family in order for kids to participate in sports. Not every student can be their own transportation, and that requires a lot from families even if only 1 person is in the sport.
Region 4 - 5A	Parent	My main issues with how sports teams are run are 1. assuming every athlete has a car and/or ride to get to practices/events not at the high school/not having a bus 2. Freshmen being excluded or having to leave school early to get to practice at the high school because they are taking classes at the middle school and 3. coaches saying practice is over at X:XX and then talking to them for another hour + while parents are waiting to take their kids home to eat/do homework.
Region 4 - 5A	Parent	My son choses to participate in sports. I strongly support him. They need as much time as possible as a team together, the time they have in high school goes quickly. My son does not complain about time he spends for his chosen sport and I work our schedule to accommodate as much as possible. The coaching staff is great to work with if times do arise for family whether it is vacation, emergency, or otherwise. Just require the coaching staff to work with families as needed. You cut their team, and practice time that is when serious athletes like my son who want to be there will complain.
Region 4 - 5A	Parent	My son is very talented and expects to play in college. Limiting his contact with high school coach even more than as is currently practiced, will hurt his progress and limit his ability to compete with peers across the nation without such limitations. He maintains greater than a 3.5 GPA, and our family is steadfast in supporting his athletic and academic goals. Sports/extracurriculars are important for the development of life skills. Do we limit how much practice a violinist in the same school can do? How many concerts and when? How much access they can have to their concert master? No. Allow student athletes to continue in their development when they choose to pursue college success. Implementing the suggested rules will simply force athletes' parents to dramatically increase spending to keep their athlete competitive. Please value high school sports.
Region 4 - 5A	Parent	My son's coaches still require student athletes to practice during moratorium periods without the coach there. He has team captains run the practices during those times. This should not be allowed.
Region 4 - 5A	Parent	On another topic. The game times changed for freshman/sophomore with very little notice from 6pm to 4 pm on Thursdays so now many parents & family cannot attend the games & support our children due to regular work hours 9am-5pm.This feels very inconsiderate especially when we pay a lot of money for them to play. The school is Copperhills High School. Please address as appropriate.
Region 4 - 5A	Parent	Our kids commit to this knowing the time commitment and it has made my child a better student, athlete and responsible member of the community.
Region 4 - 5A	Parent	Our kids use sports as an outlet to get the exercise and structured social time that they need. Taking this away is taking away something from kids who love to do it. You already took away funding. Don't take more development time away too
Region 4 - 5A	Parent	PLANNING SUMMER VACATIONS FOR OUR FAMILY HAS BEEN VERY DIFFICULT SINCE MY KIDS WERE IN HS ON DRILL TEAM. VERY LIMITED OPTIONS. CHRISTMAS BREAK AS WELL AS THEY ALWAYS END UP PRACTICING BY DECEMBER 30TH.
Region 4 - 5A	Parent	Parents and and athletes know the sacrifice that comes with laying sports. Making another moratorium will hurt athletic programs. School athletics is not what it used to be. Scholarships come from attending camps and off season training from other sources. By reducing the contact, you will hurt school athletic programs.
Region 4 - 5A	Parent	Please do not implement these changes! The current moratoriums/hours already make it difficult for the kids to have the proper development and preparation.
Region 4 - 5A	Parent	Please let the athletes be athletes the more you take away the less involved they will be we need to keep them conditioned for their sport or sports please quit taking away from the kids

Region 4 - 5A	Parent	So many high school athletes also play club sports and team athletes play together on these clubs. I don't think adding more rules is going to also anything for coaches-players that want to practice. They end up meeting in church/local gyms and playing together without coaches- but strongly encouraged. Instead of making moratorium rules I would prefer some flexibility that my athlete have a certain number of days they can miss for family functions without penalty just like a school attendance policy- that could be required to be only during certain timeframes such as the additional suggested moratoriums. I don't see anything wrong with teams and coaches that want to practice. Sometimes that's the safest place for our students to be
Region 4 - 5A	Parent	Sports are an important part of my kids' school experience. The schedule keeps them focused and fulfilled and committed to a common cause.
Region 4 - 5A	Parent	Sports keep kids busy and busy kids stay out of trouble and off electronics. Don't shorten their physical time.
Region 4 - 5A	Parent	Sports take over the Summer. We need more Summer family time available.
Region 4 - 5A	Parent	Students should have time to do other things like work or be with family and not be penalized for not doing sports in the summer when it is a break.
Region 4 - 5A	Parent	Team chemistry is paramount to success and building trust much less skills. While having more time available seems like a lot, it isn't always utilized, and I'd rather have an opportunity to practice than being limited.
Region 4 - 5A	Parent	The current time off is completely worthless. You can not take 4 straight weeks off and expect the athletes to return without set back... the required time off should be staggered to prevent the athletes from losing what progress they have made. The set back detrimental to the athletes well-being as a productive athlete which affects their overall performance as a student and athlete. As a parent that has witnessed this frist hand you need to do better protecting the athletes state of mine. Also coaches should have some sort of training!!! And certification.
Region 4 - 5A	Parent	The time commitment for high school sports in Utah is insanely high. It would be better for the students and their families if the pressure and time commitment could go down a few notches.
Region 4 - 5A	Parent	The transfer rule. Our family moved in December of 2024 in August of 2025 our transfer was still not approved. We literally moved from Utah county to the Northern edge of Salt Lake county and still had eligibility issues. There is no reason for this to happen the reason we were told by both athletic directors is they choose to not look at any transfers until the first week of school. From Cedar Valley High School to West High School. 8 months of not looking at a transfer is a little ridiculous and caused ineligibility for the first game. We moved into a new boundary followed the boundary rules at both schools and the result was still being punished by with bein ineligible for the first game. It seams that the process is super lazy and completely inefficient and punitive for no reason.
Region 4 - 5A	Parent	There are many times my student has had to miss family vacations because of the strict policy of no missed days or you are no longer in a routine or no longer get to play. One week off during Christmas break is also ridiculous. Fall break moratorium would not include weekends. Or if a teacher development day is part of the break. Athletes are told that if a teacher has to be there they also need to practice. Way too much time commitment is asked of these athletes who are also trying to go to school. They have had to miss out on school dances and activities also because of their commitment. Giving more breaks state wide would help all students to let their bodies rest and heal.
Region 4 - 5A	Parent	They need more hours for practice to better prepare themselves
Region 4 - 5A	Parent	They need more practice time.
Region 4 - 5A	Parent	They should do less during the school year, so they can have more time for classes. NOT during the summers when the kids have time. My kid can train during the summer not 20 but 40 hours. The teachers just want more time off during the summer. The kids need more time off during the school year. Maybe 15 not 20 hours required during the school year. If not, just leave it.
Region 4 - 5A	Parent	This survey is so full of jargon – I honestly do not fully grasp the implications of what you are asking. I doubt you are going to get useful information from this.
Region 4 - 5A	Parent	Track events scheduled on AP test days were very difficult.
Region 4 - 5A	Parent	We are spending too much time and resources in the culture of sports.
Region 4 - 5A	Parent	We love open field during the summer. It gave my daughter a chance to love the sport
Region 4 - 5A	Parent	We need better volleyball coaches at Granger High for the girls. Current coaches are damaging girls mental health more than the game itself. I've sent out emails and. O response from administrators or athletic directors. This needs to be audited and investigated

Region 4 - 5A	Parent	We need to give more practice time not less Sports are very good for the students We need to leave politics out of school activities If these kids did not have sports they would be glued to their phones or screens and become more zombiefied please do not lessen their fun with sports
Region 4 - 5A	Parent	We need to help these students to achieve their dreams taking away from that hurts them
Region 4 - 5A	Parent	We're new to high school sports this year, but so far I think it's been good. Aside from night practices interfering with activities my son was previously involved in before starting football, we have no complaints- it's been good for our son to have something to do besides play video games! But late night practices are kind of a must with the daytime heat, so I don't know how it could be changed.
Region 4 - 5A	Parent	What about wrestling matches and tournaments that go all day? Do they only count as 3 hour competition days? Because the kids are gone all day long. And what about pulling them out of school to travel? I hate that most of all. They should be in school all day, every day, THEN travel to away games or play home games. Student-athletes should not be pulled out of their classes for anything having to do with their sport. "Student" comes first in student-athlete, although some coaches don't see it that way.
Region 4 - 5A	Parent	What would be more useful than moratorium would be later start times (with little fields) so that kids don't miss 3rd and 4th period all the time.
Region 4 - 5A	Parent	Whatever the standards and rules are, they need to be enforced. I have observed multiple schools and sports doing all sorts of things to "get around" the rules. Let's create a true level playing field for High School Sports in Utah.
Region 4 - 5A	Parent	While I support limiting some time in the offseason, I think the more important part is limiting how many classes a student misses at the end of game days. Students are students, they should be allowed/made to attend all classes even on game days.
Region 4 - 5A	Parent	While sports have benefits, students need to also have time to do actual homework and sleep and many need time to work to help pay for the sport. It's a lot on these kids and their coaches.
Region 4 - 5A	Parent	my kids are not in sports because they don't include trans or lgbt elements
Region 4 - 5A	Parent	the girls lacrosse team lacks structure so until coaching changes are made, these policies are moot
Region 5 - 5A	Parent	I feel that girls soccer games should be moved to night games due to the heat as well as playing on the turf. This would also allow for girls to stay in school and not be checked out resulting in them missing class/ homework.
Region 5 - 5A	Parent	The current high school soccer schedule doesn't allow for proper recovery. Athletes need about 72 hours between games to return to baseline energy, and without it, risk of injury increases. Packing more games into two months than a full year of club soccer prioritizes quantity over quality. Limiting to one game per week, with coach education on recovery and periodization, would better protect players. Evening games would also reduce heat risks, expand referee availability, and allow more families to attend.
Region 5 - 5A	Parent	We love our athletic experience at Westfield. We love the coaches, administration and support staff and know how hard they all work! I appreciate my athletes have never been punished by a coach for missing practice because of a school event, we unfortunately have experienced the opposite at our last school. I would like to see other sports celebrated and accoladed as much as football is(coming from a parent with a football athlete and a non football athlete), both online and off. I appreciated stampede night this year. It was awesome! I appreciate and recognize how fair Westfield is with facilities time across the board compared to our last high school.5 boys from lacrosse made first team all state. I didn't see any recognition from the school. They were recognized at their banquet. I don't know if it was a breakdown of communication somewhere or because winners were announced in June. My son was one of them, and he's a little hurt it wasn't recognized school wide on email or social media, like other athlete accolades were for other sports. Thank you again for all that Westfield collectively does for our kids!
Region 5 - 5A	Parent	Add more sports in junior high so they are better prepared coming to high school
Region 5 - 5A	Parent	Additional practice time and time with coaches has allowed our team to be more competitive. Also, my child never complains about the current practice schedule in/out of season and maintains excellent grades and a social life.
Region 5 - 5A	Parent	Allow athletes to participate in choir or drama something not sport related as well.

Region 5 - 5A	Parent	Although I love that my daughter is passionate about her sport, she isn't going to make a career out of it most likely. She wants a job to earn money for herself and she can't get a minimum of working hours because her sport schedule needs to come first. I think a work ethic is very important so I want to encourage her, but I also know she made a commitment to her team so I am torn.
Region 5 - 5A	Parent	Another moratorium in May/June would hurt Fall sports. Extremely difficult to plan family time or other activities around moratoriums anyway. Coaches being more flexible about missing practices (especially off-season) or other activities would be much more beneficial.
Region 5 - 5A	Parent	As physical therapist who treats a high percentage of HS athletes. We need to decrease the amount of time spent in athletics as I am seeing injuries sustained that is typical of overuse/over training. Also witnessing a higher number of surgeries that I used to only see in professional athletes within these HS students.
Region 5 - 5A	Parent	As a career cheerleading coach and former high school coach, I do think having some required schedule breaks end of May and or in the summer would be very beneficial to families giving a designated time to take vacations, which would help enforce regular attendance during the more required times in the summertime allowing for a more stress-free environment overall, for all the athletes also providing more generalized structure Will also help parents and planning extracurricular activities or things outside of the environment of the school sport however I think limiting the allowed summer practice hours is not necessarily beneficial because of todays climate athletes are just sitting at home on devices instead of being outside and being active like they were 20 years ago. I think more scheduled time that is required off as beneficial for planning purposes. The limiting regular training would not be helpful and would only increase injuries throughout the season as athletes bodies with atrophy.
Region 5 - 5A	Parent	As kids get older or in higher grades, the curriculum typically involves a lot more commitment and study time! Also, my kids are required to have jobs to support their own transportation and the costs associated with driving too! There isn't much time left for family when their time is highly consumed with practices, events, and studies.
Region 5 - 5A	Parent	As parents we would love to have evening games. This would help with those of us who work and the players wouldn't have to miss as much school. Also for heat exhaustion. For girls soccer, the turf is so hot and it really affects their ability to play their best. Please consider having later games! Thanks!
Region 5 - 5A	Parent	Being on a team at all in and of itself is great, truly… it's an incredible opportunity and experience… Being on a team that wins is even better!!! No, it's not all about winning, but tell me that these kids gain confidence when losing… We teach our kids to do their best, why not give them their best chance? The teams that have a better chance are the teams that spend time together bonding, and practicing, and training. A sport is a commitment, it's a lifestyle. High school sports are competitive, not recreational. Recreational sports needs moratoriums and limits, not competitive sports. A student is kept in line with grade checks and requirements for eligibility to play. If they don't like the commitment, go play the sport at a recreational level, let the kids that want to compete do so, with their best chance!
Region 5 - 5A	Parent	Bonneville already struggles because all the athletes are being ALLOWED to move and to be ACTIVELY RECRUITED to other schools with better facilities and programs WITHIN THEIR OWN DISTRICT so cutting the amount of time they practice probably isn't the way to go. Maybe investing equal amounts of funding towards the facilities and programs is the way to go as well as NOT ALLOWING students to choose their teams and programs UNLESS THEY MOVE. I think it's funny that no one asks the parents, coaches or athletes about this problem. I see it as a MUCH BIGGER PROBLEM. Let's discuss that problem instead please! Then, once that situation is taken care of, we can look at how much and when they should practice because as I see it now, we might as well just combine Bonneville with another school within their district due to the amounts of students who are leaving the sports programs.
Region 5 - 5A	Parent	Bonneville needs more funding in the football program!!!!!!! Westfield and webers programs are far superior and it's not fair to the boys that fill stands every Friday at Bonneville! They deserve better!
Region 5 - 5A	Parent	Can we also increase the Christmas moratorium for the entire Christmas break because my athlete every other year visits family in Texas because all my wife's family lives there and is penalized and can't compete in any competition events throughout the entire year because we are honest people and let the coaches know up front. If this doesn't change we won't tell the coaches until.just before we leave for the Christmas break.

Region 5 - 5A	Parent	Can you please get WEBER DISTRICT to get on board with the rest of the state! They are just digging their heels in on saying no to policies that would be a huge positive in students athletes overall well being. They say no to say no with no policies or laws to backup their decisions other than “because they said so.” Since they don’t have freshman in the highschool it’s absolutely ridiculous they are not allowing the few freshman athletes that play on the highschool teams come up to the Highschool during their allotted teams workout class time, that also gives them fit for life and PE credit. They are giving certain sports preferential treatment and allowing this. They want to claim it’s because those sport classes are not offered at the jr high so this why they do it. But that doesn’t align since every jr. High has conditioning classes. Every other district has already been implementing this and having the freshman come up for the last period of the day or the first period of the day. Some coaches are even mandating it. By allowing this to happen for all freshman athletes, it allows MORE time for STUDENT athletes to have more time to focus on their grades and have more family and social time. This allows every one on the team to end practice earlier during in season time because they can use that class period to start their practice early. This benefits the coaches and teachers who are coaches to have a personal life outside of school also. Saves marriages of those who are coaches too. It’s literally 90 minutes parents and athletes are asking for. 90 minutes earlier and Weber can’t give a good reason on why they must say no, but they say to cheer and drill and boys and girls basketball. But no to every other sport. Please make this a mandatory rule that if a freshman is playing on the highschool teams they are allowed to come up to the highschool during their teams allotted time period as long as they have arranged their personal transportation. When the state mandates districts implement simple policies and rules that make life easier for our athletes… then Weber district has no choice but to oblige. You all know Weber District is the redheaded stepchild of the state. We really need your help and support up here.
Region 5 - 5A	Parent	Children need to have more time with family, time for a job to earn money for things they want, time for there bodies to rest.
Region 5 - 5A	Parent	Currently at Roy high my football player is there from 2:45 until 7 PM Monday through Wednesday, with games Thursday (2:15 Pm until 8:30 PM) and Friday for varsity and film Saturday from 8-10. If schedules are going to be like this the coaches should communicate that to the families. We want to support our Roy Boyz but we need communication. There were times in the summer our boys were going from 7:45 AM until noon then back at 4 PM until 6:30-7:30 PM. If there was a set schedule that would be followed I think it would make things simpler for families.
Region 5 - 5A	Parent	During moratoriums coaches still require training and conditioning, having athletes send videos to team captains of drills, running times and routines. You are going to have to be stricter on the accountability for coaches if rules change. Also an anonymous mandatory reporting clause may help keep adherence to the rules.
Region 5 - 5A	Parent	Even though there is a moratorium, the boys soccer coach specifically (Jerry Johnson), still has the boys meet and practice without him. So even though they are off, they aren’t really off. Also, again with boys soccer, he requires them to practice over spring break. This has definitely ruined family vacations for us & others!!
Region 5 - 5A	Parent	Find a better coach for Bonneville football
Region 5 - 5A	Parent	For fall sports, playing outdoor games (soccer) in the heat of the day seems unnecessary. Ninety-ninety-five degrees games should not happen at 3:30 on the afternoon. They should be scheduled for 7:00, just like basketball and football
Region 5 - 5A	Parent	For most sports the 5 hours less per week would likely be taken away from conditioning which is critical for injury prevention.
Region 5 - 5A	Parent	Girls soccer varsity being played at 3:30pm is dangerous. It is VERY VERY hot on turf sometimes 150 degrees. Can we play later? All games are played on turf now and there are lights. 3:30 is a very hard time for working parents to make it to games also but more concerned about the extreme heat!
Region 5 - 5A	Parent	Girl’s softball NEEDS to be a Fall sport!! For multiple reasons. Weather being at the top of the list.
Region 5 - 5A	Parent	Giving the kids less time to practice is only going slow their progress to being better players. My child attends Bonneville high school and their sports programs are not doing well. He plays lacrosse specifically, they went 1win and 14 losses last season. They are clearly not getting the practice they need. All the sports at Bonneville are performing very poorly. So clearly they need more time to practice and better coaching.
Region 5 - 5A	Parent	Having 2 high school kids involved in athletics makes family vacations really difficult. The past 2 years, we have only had the July moratorium time (1st week) that both kids would be available at the same time. Even though the coaches can't make certain practices mandatory, the kids all know that if they miss those practices, they risk losing their starting positions on the team. Even just one more week or all sport moratorium would be appreciated.

Region 5 - 5A	Parent	Having a moratorium during the summer is pointless. The problem isn't with practices it's the games and having the kids get out of school at 1pm on school days is ridiculous
Region 5 - 5A	Parent	Help make it so that kids can be multi sport athletes without working themselves to death. Make it so coaches can not punish or exclude them for not attending non mandatory events.
Region 5 - 5A	Parent	High school athletics, while important, has lost sight of what really matters ... the student. Coaches with a "whatever it takes" mentality to win games are leaving a wake of student destruction in their path. Students need a break from the sport to gain perspective and balance in their lives. If coaches actually cared about ALL student-athletes more than winning, the sanctioned-sport atmosphere would change dramatically for the better.
Region 5 - 5A	Parent	High school football especially feels like it has overtaken all available time. Family time is important to our family, and we have very little of it already, but add in the expectation of attendance at every lift and practice outside of the actual football season, meaning we can't even take a family vacation together . I understand completely the expectation of the time commitments DURING the actual season. That's not what I'm talking about. But the expectation of all of it outside of the season, as well as the fear "I won't get a starting spot if I miss (outside of the season)" doesn't not seem like a healthy balance of sports/family/academics/other. Therefore, I am a strong supporter of increasing the number of mandatory moratoriums and lowering the maximum hours allowed during the off season to promote a more healthy balance between sports, family, and academics.
Region 5 - 5A	Parent	High school practice, lifts, 2 a days, coach expectations, diet suggestions, and supplement suggestions by coaches are a lot for freshmen still in 9th grade in Jr High coming to the high school to play sports. Year round makes it hard for kids that love 2 sports to play to sports.
Region 5 - 5A	Parent	High school sports are getting less and less competitive. Keep them playing. Keep them out there learning and moving.
Region 5 - 5A	Parent	High school sports are time consuming, but for some of these kids it may be all they have. I would rather our kids be involved with a school team and a coach that is trying to build their character, than to have them on the streets.
Region 5 - 5A	Parent	Holidays in which there is no school (Labor Day, fall break, spring break, etc.) should be moratorium days. My son has been threatened that he will lose his position if he misses these practices. So my family will have to either not go on vacation or my son will lose his spot. I (and teachers) would rather us plan a vacation around days where school is not in session than go in the off-season when he will miss school but not miss practice.
Region 5 - 5A	Parent	I also think there should be more than just 5 days over Christmas break that you either done have practice/meets or they are optional especially if you still work out on your own if you are out of town. My son is a 3 sport Varsity athlete in Football, Wrestling and Track and even though none of these sports actually interfere with each other it basically means we have no break because when one ends the next is starting practice. Its has been a bit ridiculous for our family to be confined to only 5 days at Christmas and a week in July for our only vacation options or the risk of doing it at a different time and upsetting the coaches. It's' all too much. All year long these student athletes also only get about an hour or two a day to themselves during the school year after school, practice, lifting and shower to eat, do homework and be a kid. If your son also cares a lot about his grades like my son does it basically means no life outside of sports - he is disciplined and he loves sports but I often feel like his life is pretty full and pretty hard.
Region 5 - 5A	Parent	I appreciate giving us parents a voice in this. While I think it's important to condition and prepare our children prior to the sports season, administration needs to take a bigger lead in this over the coaches. I can only speak for the Fremont girls soccer team, and had concerns this year about how much earlier in the year the pre season activities started. While it was stated as being voluntary, I do know it negatively affected several of the girls who couldn't comit the time that early due to their commitment to their comp leagues during the March to May time frame. Aside from this specific topic, I have major concerns with how the girls soccer team is being ran, or lack there of. Some of our girls have put in years of commitment to this sport and it has been disheartening to see the lack of commitment that has come from the administration to invest in a coaching staff that not only has the knowledge and experience in coaching soccer but can also transfer it to the field. This is my daughter's third year playing on the varsity team and I really hope for her that her senior year is not a repeat of the last three years. A majority of the players and their parents have been very disappointed with these last three years, and I truely hope that the administration will make our girls soccer team more of a priority and committment for the sake of the girls and what should be a great experience in their high school years. Our calls and emails seem to go unheard with no action being taken.
Region 5 - 5A	Parent	I believe any change needs to be at the USHAA level and implemented across all schools. If not, certain school districts will be at a disadvantage in sports.

Region 5 - 5A	Parent	I believe having my kid participate in sports and keeping him around other kids helps him stay busy and make better choices. The more free time you give kids the more room you give them to make stupid choices. The best environment is around a coach and teammates who all have the same rules and a coach with expectations!
Region 5 - 5A	Parent	I believe the UHSAA and its member schools should take a closer, more intentional look at the issue of overuse in student-athletes. Recent research consistently supports the benefits of students participating in multiple sports throughout the year—not only to enhance overall athletic development but also to significantly reduce the risk of overuse injuries. Unfortunately, I continue to observe an “old school” mindset across multiple sports programs, where coaches often discourage multi-sport participation. This practice runs counter to what current evidence suggests is best for long-term athlete health and performance. At a minimum, the UHSAA should require annual education for coaches on the risks associated with overuse and the importance of supporting well-rounded athletic development. A clear example is in baseball, where pitch counts are monitored but often fail to account for the cumulative workload placed on athletes. For instance, a player who pitches may also play a field position when not on the mound. That means warming up before the game, making warm-up throws between innings, pitching during the game, and then repeating similar motions in practices. While pitch count regulations exist, they do not fully consider the athlete’s developmental stage or total throwing volume. A sophomore, for example, may not yet have the physical maturity or mechanical consistency to safely handle the same workload as an upperclassman. Yet in many cases, these younger athletes are still asked to throw 100 pitches in a game simply because they are performing well. A more responsible approach would be to use a progressive model—gradually building pitch counts over the course of the season and tailoring workloads to the athlete’s age, physical maturity, and mechanics. Coaches should also be trained to identify signs of fatigue, such as declining velocity or mechanical breakdowns, which can increase the risk of injury. Ultimately, what is needed is more than lip service to athlete safety. We must create a culture where schools, coaches, and administrators work together to prioritize athlete health across the board. Athletes, especially competitive ones, are unlikely to self-report pain or fatigue, and parents’ concerns are too often dismissed. It is therefore incumbent on the UHSAA and school administrations to take leadership in this area, ensuring that student-athletes are protected and supported so they can continue to thrive and, for some, pursue opportunities at higher levels of competition.
Region 5 - 5A	Parent	I do not think the athletes are overworked.
Region 5 - 5A	Parent	I feel like kids need a little more time off from sports especially for family time and academics. High school sports has gotten so serious and this should be the time for kids to have fun and enjoy there last few years of being kids. Cheerleaders don’t have much time off for family time. We would have to work vacations/family time to a very limited time otherwise our children would get huge demerits and forced to sit out cheer/playtime. Cheer runs all year long and the only time they got time off was during July. Having a moratorium 1 time a year is hard because let’s be honest work schedules/school schedules and other children within the household who play sports schedules is hard enough to work around and then to have it limited to 3 weeks in July is quite ridiculous.
Region 5 - 5A	Parent	I feel our kids are playing way too much especially in the summer months when they should have off. I would like to see at least a 3 week moratorium for them in the summer and not just one week which this last year was the week of July 4th.
Region 5 - 5A	Parent	I have 2 student athletes in different sports who these changes would affect dramatically different. The 20-hour per week rule is broken for Drill constantly. there are no consequences except those who follow the rule are at a significant disadvantage for following the rule.
Region 5 - 5A	Parent	I have a son who is a Power 4, D1 athlete. High school sports arevway more restrictive and oppressive of the athletes than college. Why is there such a huge mental health crisis in today’s athletes? Because the pressure to make the sport their full time job is out of control. Back off and let kids be kids!
Region 5 - 5A	Parent	I have been happy with our drill schedule, it is organized and managed well. I find value in the consistent approach and the ability for newly formed teams to practice together in the summer for a strong start to the school year.
Region 5 - 5A	Parent	I have been pleased with the girls LAX schedule for the most part

Region 5 - 5A	Parent	I have had a cheerleader in the past and currently have one now. I think the coach did an amazing job only having practices M-W. It made it possible for more family vacations. I also think it is great when there is a longer period of moratorium. Then I told have to fit all of our vacations into a small amount of time.
Region 5 - 5A	Parent	I have high school athletes right now, who play multiple high school sports as well as their comp teams all year. While it can be very frustrating and difficult when things overlap and conflicts arise, I believe that coaches are doing their best to help athletes compete at the highest level possible and want the best for them even if it doesn't seem like it all the time. I appreciate their time and all they do. I would love an additional moratorium the first week after school gets out to allow for a family trip or youth camp without the worry of "what if they miss weights or practice," but other than that I feel like the amount of time, allotment, and expectations is great for my kids and will be when my younger kiddos get to high school too.
Region 5 - 5A	Parent	I like the idea of an additional moratorium in the summer. The first part of July was off but with the 4th of July there are activities that the kids want to be a part of (parades, etc.). I couldn't schedule a family vacation due to practice schedules.
Region 5 - 5A	Parent	I like the moratoriums in place but would add that ALL UHSAA-sanctioned sports should be prohibited from doing anything at all from the end of the school year to the first full week after the 4th of July. This would allow all kids to have a break and not feel any pressure to attend to secure spots on the team or playing time for the upcoming season.
Region 5 - 5A	Parent	I love sports but I think summer conditioning interferes with family time more than during the school year.
Region 5 - 5A	Parent	I love the idea of giving more time back to school studies and to families. During the season we understand extra commitment, but it seems each sport is requiring more and more during the off season. I would be content with less required practice time as long as all the schools were held to it. The problem is always the same. Some schools obey the rules and some schools do not. What I would really like to see is a major crack down on transfers for sports. Parents and kids still getting away with it left and right. Play where you live!
Region 5 - 5A	Parent	I think as long as the practices and games or events of the particular sport don't interfere with the students school performance than I think 20 hours is a reasonable amount of time to dedicate to the sport if it interferes with learning than it is time to decrease practice of the sport.
Region 5 - 5A	Parent	I think families need more options for vacation and family time without the sport teams interfering.
Region 5 - 5A	Parent	I think instead of questioning the moratorium standard lets get back to hiring only coaches that have a bachelor's degree make it a standard that the coach is in the school as an educator not just drop in parent at night. Hold the teacher /coach to a higher standard of practice. If a parent wants to continuing coaching they can get their teaching certificate to be in the school and be certified!! Quit lowering standards raise the bar on everyone. Hold all Coaches to the same practice schedule through the state by an educated program that is implemented by certified people
Region 5 - 5A	Parent	I think it would be really nice to have a longer moratorium in the summer. Maybe 3 weeks off in to let the athletes rest and recover from their club/comp teams that probably just ended. Let families relax together after maybe getting a vacation in. Also I don't think 2 a days should be allowed. 2 hours of practice a day is plenty.
Region 5 - 5A	Parent	I think it's good to have off season practice for 20 hrs so they can be ready for the next season and it's good bonding skills
Region 5 - 5A	Parent	I think it's about right right now , maybe a little more time at the beginning of the summer or more in general throughout summer, but the august - June seems good to go along with the school year
Region 5 - 5A	Parent	I think requiring athletes to play over holiday breaks is not fair to families that want to travel with their athletes. These holidays are taken up by sports and leaves no time for vacations with our children. Specific to my athlete both Christmas break and spring break are taken up by basketball and baseball. That is unfair to my other child. The moratoriums should be over holiday breaks and a 4 week specific break to each sport. We are overusing athletes, especially baseball, and causing irreparable damage to them. We have parents coaching that should not be and coaches pushing them beyond acceptable limits to win games not even in season. A parent should never have to step in and say enough to a coach. Coaches need yearly training on their specific sport and you should not be able to coach if you are a parent, period.
Region 5 - 5A	Parent	I think sports are awesome and an important part of my child's development. However, I do think commitments have frequently interfered with family events.
Region 5 - 5A	Parent	I think sports are so good for our kids and keeps them busy, but I feel like the football practices and training have increased, in season practices have been 45+ minutes longer and now there is no end time. It has been difficult to plan around that for homework, work and family time.

Region 5 - 5A	Parent	I think that you should not have coaches that are parents to kids on the team.
Region 5 - 5A	Parent	I think the 12 week break should be the only change. In season the time commitment is expected and welcomed. But they need a break after the season
Region 5 - 5A	Parent	I think there is a good balance now
Region 5 - 5A	Parent	I want the entire Christmas break. I'm fine if you want to give my kids drills and activities to do on our own time but I do not like sharing my kids during Christmas Break. If school is out for two weeks, I shouldn't have to plan family time around my kids basketball schedule. If you want to hold practices but make the optional and not hold it against my kid then I'm on board. Sometimes it works. Sometimes it was a hassle and my kid felt like they had to choose basketball because they wouldn't get played and I want time with my kids without a school sport being the priority.
Region 5 - 5A	Parent	I wish they would let the kids practice 8th period on B days. From what my child says, the conditioning class they are in is a waste of time. They could be practicing at that time so they could get home earlier on B days. I wish the district would let them do this :(
Region 5 - 5A	Parent	I would like to comment about athletics being played at 3:30 pm in July and August outside on turf in the heat. It is not a healthy environment for our student athletes. It is 90°-100° outside and 100°- 120°+ on the turf. You can smell the rubber on the turf burning. It's not healthy to inhale at normal breathing breaths, let alone running continuously. Games need to be moved to a later time when it cools down around 7:30 pm. This would also allow our student athletes and others to not have to miss that much school due to the early games and needing to be checked out. Thank you for your time.
Region 5 - 5A	Parent	I would like to see a moratorium over spring break. Our student/athlete can't leave town or vacation on his 1 week off. We scheduled a vacation during that one week and had to cancel because the coach scheduled tournament games. Off season weight lifting and conditioning, even during the moratorium periods, are now mandatory- if you don't show up then you won't play much. It might as well be a practice. Also, just because a head coach isn't leading a practice over the "off time" doesn't mean there isn't "coach led" practices or weight lifting going on.
Region 5 - 5A	Parent	I would like to see exceptions to a 15 hour limit if the athletes need it for playoffs or other competition prep. Another week or two of moratorium would be nice for us parents that have year round athletes. More options in planning family vacations.
Region 5 - 5A	Parent	I would love to have fall break be sports free. I would live the day before and after Thanksgiving to be sports free
Region 5 - 5A	Parent	I would love to see Christmas break be a true Christmas break. No practices or games during the time school is out.
Region 5 - 5A	Parent	I would love to see the time increase not decrease. Especially around competition season. I'm a drill parent. :)
Region 5 - 5A	Parent	I would rather have 2 weeks in July off than 1 week in June and 1 week in July. 1 week doesn't give us enough time to travel to and from destination with an extra day to recover/get ready to go back to sports or in case there is a hiccup in our travel plans. We can't always afford to fly somewhere. Also, if we want to go camping, end of May is too cold but camping over the holiday weekend is hard because we have to fit all our other plans in that same week. Daughter's team and son's team time off never match except for mandatory moratorium.
Region 5 - 5A	Parent	I would strongly agree that when schools have days off that no sports be allowed to hold practice those days as well. Ex. Labor Day, Fall Break, Thanksgiving Break, Christmas Break, etc.
Region 5 - 5A	Parent	I would vote for girls golf to continue into the summer so they can finish their season and not have to miss their state final to attend graduation. That is very cruel to ask them to make that decision like Fremont has in the last two years. The boys start practicing well before school starts so it seems like the girls should be able to play after school ends. It would be better if the girls and boys both played in the fall really, so they could use the summer to get ready and use the ideal fall conditions. I own and manage Remuda and Crane Field golf course. It is becoming very difficult to schedule time for boys and girls as the courses have filled up from the public. We lose several thousand dollars in public revenue every time we book an event and I don't see the current model is sustainable based on demand. The northern schools like Logan especially don't have enough snow free time for a full girls season, it is unfair to the girls and it seems there could be a way to piggy back on the boys season in the fall. A course can easily shotgun 130 players at once. 7 schools with 8 varsity boys players is 56. If you add girls thats 112. And they can use the same busses. - Zachary Aland 801-941-7256
Region 5 - 5A	Parent	If it's quality practices that the kids enjoy I don't see a point in lowering the limits. Also, it keeps the team together and builds relationships.
Region 5 - 5A	Parent	If kids are committed to sports, then they should have more practice and interaction with coaches, not less

Region 5 - 5A	Parent	It has been hard to schedule vacations, summer camps and family time because sports are always in season.
Region 5 - 5A	Parent	It seems like missing "non mandatory" practices still hurts the athletes. I would also like to see a moratorium on holiday weekends like labor day weekend so that the whole family can go on a vacation without the athlete being penalized. The Coaches need balance too.
Region 5 - 5A	Parent	It would be so refreshing if sport teams were truly based on a genuine tryout with coaches recognizing an athlete's skill level and not include the crazy amount of politics when deciding if an athlete is qualified for the team. A student should be able to participate on a team because they have the skills necessary not because of who they know or don't know.
Region 5 - 5A	Parent	It's really hard for kids to do more than one sport, because each coach expects them at their practices year round.
Region 5 - 5A	Parent	I'm more concerned with the fact that the new high school, West Field, has much better sports facilities than the other schools in the district, specifically Bonneville. All Weber county schools should be able to reserve the field house for off season training. It should be shared with all of Weber school district, or schools should be given financial assistance from the district to pay for outside gym use, as it is very difficult, for example in the winter, to accommodate all sports activities/pre-season training.
Region 5 - 5A	Parent	Just have noticed it's getting harder and harder for multiple sport athletes and hope it gets a little easier.
Region 5 - 5A	Parent	Just know there are lots of teams who get around these hour limits by declaring off campus workout times or studio times as "optional" when they clearly are not. This means there are teams already far surpassing the 20 hour limit.
Region 5 - 5A	Parent	Keeping the kids busy keeps them out of trouble. Kids are to soft anyway these days hard work doesn't hurt them. Parents of kids in sports need to learn that they are committed to the sport and there little trips might just have to wait
Region 5 - 5A	Parent	Kids need to be allowed to be kids and enjoy summer. They also need to be able to get jobs and learn to work. I think each sport gets one team camp in the summer and that is it. Then kids have time for family and to learn to work. It will make them better students more responsible and better to coach!
Region 5 - 5A	Parent	Kids should be punished by coaches for choosing family vacations over summer practices.
Region 5 - 5A	Parent	Kids should be students first, athletes second. If you really value education, prove it.
Region 5 - 5A	Parent	Let kids be kids. Let them have down time and time with their families. Sometimes it's just too much to have all the sports all the time. They need to try other things and have time to rest also
Region 5 - 5A	Parent	Let the kids be kids and have balanced lives.
Region 5 - 5A	Parent	Let these kids have a life back because even though it's not "mandatory practice" in the off-season, we all know it is an unspoken "mandatory."

		Lowering the summer practice hours to 15 per week is a great idea! I would particularly LOVE to see SUMMER PRACTICES and conditioning be RESTRICTED TO MONDAY THROUGH THURSDAY mornings, and leave Friday's for families. And give kids a few days a week to sleep in and let it be summer. My children's summer practice schedules severely limit the whole family, and we can hardly plan vacations or go camping. Having NO Friday practices would help with that, because you can at least have a long weekend. When I ask my kids about their favorite memories, it is almost always something from time spent with family, and never how much they practiced a sport. Summer is the hardest on us, I definitely agree with a moratorium from the day school lets out, to include the next FIRST FULL WEEK after school ends. There is nothing worse than being excited for summer, and then having to get up on the first Monday morning to go to practice. For year-round sports like Cheer and Drill, they should be required to give at least THREE FULL WEEKS of moratorium during summer, split up, not just 2 consecutive weeks. 2 weeks only in summer is not enough. Our coaches waste up the other 2 week moratorium dates during the school year on regular school days that kids can't miss anyway, it basically takes away having a break. The point of a moratorium needs to be to give kids a break from sport, but also to allow extra time spent with family.
Region 5 - 5A	Parent	Fall break and Spring break dates should be a mandatory moratorium! Those are two of the few times each year that we get to go away for vacation. It really makes me mad that this year we have a football game scheduled during our Fall break. Additionally, all calendared holiday breaks from school should be a mandatory moratorium for the FULL time. No practice. No conditioning. My kids had both team practice, and there were basketball games, during the last Christmas break!!!! Like, what the heck is happening? UHSAA needs to roll back. This didn't used to happen. I get that it is entirely inconvenient that the Christmas holiday break is smack in the middle of a regular BB season and Competition seasons, but it's ruining those breaks for the kids. It makes them feel mentally like they never really get a break. And by that time of year, they NEED it badly. I am really disgusted at coaches who basically make the athletes feel like they are lazy if they don't still go in and “condition” during moratorium. "It's not required, but it's highly encouraged", wink, wink!!! And, we've been told it is UHSAA that has suggested this loophole!!!! Just leave people alone for the required dates. Like, let's have an ACTUAL break on those dates. The sports culture in Utah is maddening. I am in my 5th consecutive year, and likely have 5 more years, as a parent of high school athletes, and the intensity seems to get worse each year. It has truly been noticeable. I am so grateful that UHSAA is taking a step back and looking at what we are doing to our kids. Thank you for your consideration for our kids and our families' mental health!
Region 5 - 5A	Parent	Moratorium is good for the coaches and players to get a break, who WANT one. Moratorium should allow guest coaches to run trainings at the school facilities, IF there are athletes who want to go, and the Head Coach can schedule facility time. Nothing required of athletes, but there are many athletes dedicated to their sport who find break time from their sport in other ways. So if they want to train, and it's not mandatory, there should be ways for athletes to get in that additional training during moratorium with guest coaches. There are many coaches willing to volunteer time to help these athletes.
Region 5 - 5A	Parent	More night games for girls soccer. It is so hot during August playing on the turf plus more parents can support later games and the girls don’t miss as many classes
Region 5 - 5A	Parent	More rules about when they can practice, sports are taking over everyone’s life!
Region 5 - 5A	Parent	My biggest complaint/concern is scheduling events during graduation. Kids should not have to pick between attending their sport championships and graduating. Sports need to be completed the week before graduations happen. It is not fair to those who qualify and excel in sports to be punished academically or vice versa.
Region 5 - 5A	Parent	My daughter is active in volleyball all year long as well as theater productions. I do think some of her fatigue is from being involved in too many things: so self-inflicted. But she LOVES it.
Region 5 - 5A	Parent	My daughter is in cheer, and it runs her life, and by extension our lives. The more limitations we can put on her sport’s demands on her time the better!
Region 5 - 5A	Parent	My daughter loved the social aspect of summer sports.

Region 5 - 5A	Parent	My daughters enjoy their current schedules with drill and do not mind practicing 20 hours a week. They'd be happy to do more if they could. Imposing 12 week moratoriums would be detrimental to some sports, like cheer and drill, in which they are not only working on their competition routines, but also other routines like halftime performances and other needed practice specific to their sport.
Region 5 - 5A	Parent	My kids like to participate in the camps over the summer that the team might go on. I think the teams need the flexibility to schedule their team camps over the summer whenever they can. This can be difficult to schedule with all other summer activities that occur for other school clubs. Adding a moratorium will just make it harder to schedule these camps.
Region 5 - 5A	Parent	My main issue is the end of the year...I have heard of kids who don't go to graduations due to state games. I think UHSAA and schools need to figure out how to end the sports season earlier (or maybe start school later) so that State championships aren't the same week as graduations.
Region 5 - 5A	Parent	My oldest 3 children have been part of high school soccer for 5 years combined. I don't love how much time they spend away from home. It is strenuous on their sleep because of homework. They arent able to work a job during the season. Do they really need to be committed 5 days a week? I'd love to see less games or have the season start right away in August and not have a preseason. What about starting tryouts right before school starts? End of July tryouts cuts into our summer plans and shortens our break. Our summer is over when high school soccer starts. I have been enticed to let them play provisional and hold the line with family time. I am advocating in my family to not let my younger 2 kids be part of high school sports. They cannot participate in any other activities. Its very demanding on families, coaches and players. We need to let off on glorifying being busy and pushing ourselves to the max. I realize competition drives this mentality but if its required to have rest, then everyone would be on the same playing field so to speak.
Region 5 - 5A	Parent	Night games for all summer sports. The afternoon and early evening schedule leds to extremely hot games. Also 9th graders need a way to get from the jr high to the high school. It is EXTREMELY difficult as a parent to go back and forth constantly. A bus should be designated for such activities. Our jr high could fill its own bus with as many players as there are playing in the various sports.
Region 5 - 5A	Parent	No required games or practices allowed during weekends, holidays, or designated school breaks. This is family time that is being taken.
Region 5 - 5A	Parent	Olympus High School swimming coach routinely violates the all sports moratorium periods. It is an unfair practice and should be penalized.
Region 5 - 5A	Parent	Open transparency of use of fundraising money. Athletes are told to raise a designated amount, (which often still comes from family budgets to meet the expectations) in addition to paying large fees to play the game, not to mention the meals families provide. While use of fees is designated and available, there is no accountability for the other money that is expected to be paid. Transparency and communication around this would help parents choose if/how they support the extra financial demands of fundraisers.
Region 5 - 5A	Parent	Our kids are being worked too hard and we can't even go on a family vacation because there are so many things to fit into moratorium
Region 5 - 5A	Parent	Our kids are involved with a sport and expected to be at everything all year, kids no longer can have other interests or even jobs due to this schedule disabling their ability to be well rounded.
Region 5 - 5A	Parent	Overlap of seasons is the biggest issue. "Open practices" offered for an upcoming season are typically at the same time as current season (mandatory) practices. My child is participating in a fall sport, but is not able to participate in any of the open practices for the winter sport - this puts them at a disadvantage for that upcoming sport. There's no perfect answer, but a more varied time schedule would be helpful whenever possible.
Region 5 - 5A	Parent	PLEASE GIVE P.E CREDIT FOR STUDENT ATHLETES WHO PARTICIPATE IN AFTER SCHOOL SPORTS SO THEY DON'T HAVE TO TAKE AN ADDITIONAL P.E CLASS DURING THE DAY WHICH FREES UP A CLASS PERIOD THANK YOU
Region 5 - 5A	Parent	Parents that work and the students aren't 16 yet have a really hard time getting kids to practice and lifting when the times are really early compared to when parents are off of work.
Region 5 - 5A	Parent	Playing multiple sports has been a challenge that I suggest you review dates of sports seasons. For example, our daughter wants to (and should be able) play girls soccer and girls volleyball. They overlap which means they have to choose.
Region 5 - 5A	Parent	Please consider daily travel time for students from school to home, not all live next to schools, that adds significant time for our family, students to practice, extra early 5 or 6am practices or until 9pm after school practices or later games with travel home after. 90% of students won't go on to college or pro, it's pretty scued that so much life revolves around HS sports when family time and even HS employment, service etc could strength our society. It's a game doesn't have to be a life or belief system, competition between schools creates division and "better than attitudes" wish there was a better way to be healty and happy.
Region 5 - 5A	Parent	Please do not limit the athletes. Please keep 20 hours and moratorium breaks as is.

Region 5 - 5A	Parent	Practice is necessary for skill development and some sports require a lot of practice. You cannot treat this as one size fits all. Be specific if you target lowering practice time by sport.
Region 5 - 5A	Parent	Practice should not be allowed on holidays such as Memorial Day and Labor Day. Families try to make plans and either can't do anything at all, or the student athlete can't go because they have practice on the holiday. Also, practice times should be defined (and stuck to), not open ended. Parents need to be able to plan rides and other activities.
Region 5 - 5A	Parent	Sacrifice builds character. My children have always made their choices own decisions on any high shook sports and even other activities they want to participate in. We support and encourage them to do their best. When they have missed outside activities, they missed knowing that they chose to put being a student athlete first. It has been amazing to watch them each in turn develop become dedicated with a hard work ethic that will serve them well the rest of their lives. (Side note- the few times they have needed to miss practice all of their coaches have always been accommodating to their circumstances)
Region 5 - 5A	Parent	School athletics practices and games should be limited to the school year. Exception would be fall Sports that would need to prepare for their upcoming fall seasons. Many athletes need time away from their chosen sports teams to develop individual skills. Team practices well outside of the parameters of that sports season, I.E baseball in the fall, prevent athletes from using that time to individually develop their skills via personal training. Additionally, some school sports bleed into the summer and create conflict with club sports that create greater exposure for athletes wanting to compete in college.
Region 5 - 5A	Parent	School should be primarily for education not producing better athletes. Sports are a fun addition not the main focus.
Region 5 - 5A	Parent	School sports and comp sports are out of control. Both are very valuable, but reminding coaches and athletes that sports are not the most important r part of a students education should happen now. Student athletes should have time for school, jobs, and other non-sport activities without forfeiting their spot on the team. Playing a sport should not become an athletes entire identity.
Region 5 - 5A	Parent	Soccer in August is super hot. Games should be played a night for safety and for better parent schedules.
Region 5 - 5A	Parent	Some outside events are planned months in advance of a school sporting event. When a student can't attend a game because of this such case, it shouldn't count as they missed a game and can play the next game rather than sit out. It should be counted as excused and the student isn't penalized for sitting out the next game. Maybe they show proof of the event planned in advance but these cases should be taken into consideration.
Region 5 - 5A	Parent	Sports are a commitment. While school comes first, students and parents should go into tryouts knowing, if the student makes the team, he or she will have to commit to the team.
Region 5 - 5A	Parent	Sports are a great way to keep kids/students active and involved. It promotes a sense of community, friendships are formed and responsibilities are required. Balance is good but keeping kids off devices, phones, etc is good for a society that is most unhealthy.
Region 5 - 5A	Parent	Sports are losing alot of great athletes due to the enormous time commitment. Kids need to be able to experience high school and being a kid. Sports are so far overboard these days. I know multiple kids contemplating dropping the school team next team because of the time it takes away from everything else. It would be a shame. I would love to see some things change in favor of the students and their life experience through high school.
Region 5 - 5A	Parent	Sports are taking too much time away from family and other activities.
Region 5 - 5A	Parent	Sports are wonderful and have so many benefits and valuable lessons. However, life has many benefits and valuable lessons as well. :) During season it is difficult for students to have time to get all of their homework done and get adequate sleep, especially if there are family responsibilities that also need to be addressed. I don't know the right answer. Everyone says "student first" but the time required to participate and play doesn't reflect that philosophy.
Region 5 - 5A	Parent	Sports have become year round and impedes on other aspects of life. Limiting the trainings and practices to seasons of the school year with would help create a greater life balance and allow for the student athletes to compete in or explore other interests. If the student does not participate in the off season with their "school team" they seem to be punished for not wanting to dedicate their whole life to a high school sport.
Region 5 - 5A	Parent	Sports programs place so much emphasis on practice that school becomes 2nd priority. More academic prerequisite to participate should be the focus since almost all kids go to college but such a minimal percentage play sports in college.
Region 5 - 5A	Parent	Sports requirements are out of hand. I strongly support school sanctioned sports but it does need to be controlled.
Region 5 - 5A	Parent	Stop sanctioning so many new sports, instill greater time restrictions on practice time.
Region 5 - 5A	Parent	Strongly encourage the reduction in hours and a longer moratorium in the summer. The kids need breaks and time to do other things as well.

Region 5 - 5A	Parent	Thank you
Region 5 - 5A	Parent	Thank you for considering this. Can we also please look at baseball's summer league commitments? It is like another fully committed season that kids don't dare miss because of risk of losing their spot on a team. It is detrimental to our family's summer plans.
Region 5 - 5A	Parent	The amount of time the people spend on sports and that is required if my athletes want to participate is way to high. It's cutting into family time and the ability to take vacation and have a life outside of sports. My kids are excellent athletes and I want them to participate but it is a lot.
Region 5 - 5A	Parent	The athletes or parents not wanting to be committed should do rec sports v competitive sports. Decreasing time in the gym or with the team will significantly impact player and team development resulting a lower output which negatively impacts chances of moving on to the next level. If you do this you will lose high school sports to competitive sports. I know my daughter feels the same. 20 hrs a week during season isn't even enough for those who are taking it seriously and trying to earn scholarships.
Region 5 - 5A	Parent	The coaches at our school are really supportive of kids getting to experience all aspects of high school. They work around schedules as possible.
Region 5 - 5A	Parent	The freshman rule is ridiculous. I think freshmen should not be allowed to play up UNLESS they will be allowed only (be good enough) to play varsity. And if they are allowed to play up, on early out days, the coach should be able to have practice at an earlier time slot for the kids to be able to get home at least one of the nights of the week early TO FOCUS ON ACADEMICS. Freshmen rule needs to be reevaluated and thought about seriously.
Region 5 - 5A	Parent	The high schools and coaches act like sports is the only thing. Students get docked for missing practice or events. Our family is unable to participate in many things including other children's activities because of sports schedules. As the kids get older, they have jobs to pay for cars, gas, fun and the sports schedules completely prevent them from doing so, particularly the year round sports.
Region 5 - 5A	Parent	The kids need more time to be with family and not be penalized for missing practice for that time.
Region 5 - 5A	Parent	The schedule for my son's football has been completely open and undefined. There was a schedule put out, but it is always wrong and changes. I have waited in the parking lot after a practice was supposed to be over 30+ minutes multiple times while they continue to practice. My son is currently missing our family vacation (over Labor Day weekend) because he has practice on Labor Day.
Region 5 - 5A	Parent	The student athletes hardly have time to be anything other than the "athlete" part. Results in late nights doing their schoolwork, which usually results in a lack of sleep, and a lack of family and social participation. Maybe schools wouldn't have to think about starting later every year if they allowed athletes to have enough time for school and sleep outside of the sport. Contact from coaches on a year-round basis simply adds to this. The athletes don't really ever get time off. A week in July and a week in December, really? We give educators the summer off, why not also the athletes if that break away is so needed? And all that extra contact does is send the message that school exists for the sport and that the cost of winning is worth sacrificing everything else. I think it's time for backing off the "athlete" part and focusing more on the "student" part. Maybe spend more money on academics than on sports facilities like turf on every field and field houses that are completely unnecessary. The pendulum has swung too far.
Region 5 - 5A	Parent	The swim season is much too long spanning two semesters. The season interfered with other school activities that my son wanted to participate in at the beginning of the spring semester.
Region 5 - 5A	Parent	There are a lot of things the state needs to fix when it comes to sports the moratorium and time practicing being towards the bottom of the list. You have much bigger problems to solve and should stop wasting your and parents time on something that isn't even close to the biggest problems you have. You need to get it together.
Region 5 - 5A	Parent	There is something seriously wrong with our schools. They care very little about educating our children because they are so worried about sports. There should be no practices, zero, none, over any school break including Christmas. The five day break at Christmas is an absolute joke. Our families are held hostage because of sports. It's an absolute joke.
Region 5 - 5A	Parent	These activities are what keep my kids busy and out of trouble. In my opinion as a parent, any less time commitment will only lead to more down time which could in turn lead to bad choices.
Region 5 - 5A	Parent	These kids need family time and if that isn't pushed from the top it will never be prioritized

Region 5 - 5A	Parent	This is absolutely pathetic. These kids are in high school stop turning everything so soft. The more involved in sports they are the more likely they are to be doing stupid things. If anything you should raise the time they can practice and remove a moratorium. Trying to remove time and add a moratorium is the mentality of weak people. Stop trying to make our kids as weak as the individuals that want to make these rules. Most parents of kids who play sports are trying to raise strong minded individuals. We want to teach them that hard work pays off not just during the season but when the real work is being done, that real work is in the off season. Stop taking away from these kids, STOP TRYING TO RAISE WEAK HUMANS!!!!
Region 5 - 5A	Parent	This summer it was common for my athlete to be gone for over 5 hours a day at his sport. This included time spent weight lifting, meeting, and practicing. While school has been in session the standard would appear to be 21 hours, but two game days a week actually add 4 hours minimum to that with walk through or travel. The team has held meetings or watched film during lunch and before practice totaling over an hour. This has made total time together, outside of the time already on his class schedule (which ranges from 2 hours 40 min- 3 hours 40 min) to 26 hours. While I understand some of that time doesn't officially count, he is still spending that time at the sport and not home. He is a member of his family first, a student second, and an athlete after all those. The time constraint on his sport seems to suggest otherwise. I am constantly frustrated with the amount of time he is gone, especially when practice is set to end at a certain time and doesn't end for 30-90 minutes after said scheduled time. A reduction in allowed practice time would definitely help to remedy this issue.
Region 5 - 5A	Parent	Though these measures as mentioned would be a greatly welcomed change to the athletics schedule, granting families increased flexibility in scheduling and attending family events, vacations, etc., and reducing the load on student athletes, I doubt they will have much effect unless the UHSAA actually enforces them uniformly and across the board without regard to school or programs. Sadly, it has been my experience that the UHSAA lacks the will or the strength or both to evenly and equitably enforce such "requirements" and schools and coaches will continue to do as they please with the required oversight and enforcement so greatly lacking. "Voluntary" workouts that are actually mandatory (unless you don't mind your playing time being negatively impacted) or "Player Lead" efforts that are called for, planned, and probably even attended and directed by coaches will most likely become the norm as coaches skirt the new rules seeking a competitive advantage. While we don't have an issue with our coaches or teams, I highly doubt all teams and coaches would comply with these rules which would end up giving them an unfair advantage over teams who keep the rules regarding these practice requirements. You might ask why I have such a negative impression of the UHSAA's abilities to enforce it's own rules; it's because of the absolutely lazy and ineffectual manner they have overseen the transfer rules which now see student athletes transferring seemingly at will, using bogus loopholes to attend multiple schools in their careers, resulting in the creation of de facto "all-star" or "super teams" as certain programs simply cherry pick the best athletes from more community-oriented schools across the state. The UHSAA's lack of interest and/or ability to enforce this part of high school athletics gives me next to zero confidence they would be able to implement, oversee and enforce the changes discussed in this survey with an acceptable degree of compliance and success.
Region 5 - 5A	Parent	Training needs vary from sport to sport and should be defined by the sport being played. I don't believe that all the programs are following the 20-hour rule currently; however, it is necessary to maintain that restriction for the safety and well-being of the student athletes, the time commitment for families, and coaches.
Region 5 - 5A	Parent	We are a very competitive family and love all sports! But they have begun to take over our lives. My kids go to school, go to practice, come home, barely have time to do homework, and still go to bed late. I would love a way for my kids to continue to play sports, but also have some time back for family, friends, homework, and sleep.
Region 5 - 5A	Parent	We are very committed to sports but the school's year round sports have gotten a little crazy.

Region 5 - 5A	Parent	We don't allow multi sport athletes with this current system. These athletes need breaks and off seasons. Between high school and club sports kids are burning out.
Region 5 - 5A	Parent	We love sports, but they are taking over our lives, and our students are penalized if they miss. Child labor laws are so restrictive, it's crazy there is so little in place for sports.
Region 5 - 5A	Parent	We need to encourage students to apply themselves in multiple, varying activities that help them become well-rounded athletes, thinkers, and leaders. Sports that mandate year-round commitments stifle students from developing/exploring new skills, and limit their future opportunities.
Region 5 - 5A	Parent	We've got to encourage balance in our kids!! There's got to be time to family, other hobbies and interests, church activities, etc!
Region 5 - 5A	Parent	Youth sports were created as a way to promote community involvement and belonging. However, as they have transformed, the time commitments and requirements for practices often interfere with time to participate in other activities outside of school. In addition, it is felt that the current direction of high school youth sports leads to unhealthy levels of participation not giving adequate time for young developing bodies to rest and recover and devote time to development in other crucial areas of their life. In addition, I have often witnessed young athletes sacrifice their health due to an illness, and although ill, feeling like they have to attend practice because they KNOW there will be consequences that they will sit a game, competition, match, etc. if they miss no matter the reason. Perhaps not stated in the sport rules, but a definite knowledge and awareness that this is the reality. When did we start prioritizing sports over the health and overall wellbeing of an individual? A child no less. Of course we want our athletes to develop a strong sense of responsibility to their team. However, it shouldn't come at the cost of their health or missing important family events and milestones. I also finding it concerning that especially in Summer despite a brief moratorium, the time demand for sports makes it difficult for youth athletes to participate in family events, church, and community opportunities. As a community it would be wise for us to reevaluate our priorities and start looking at these kids as more than just athletes of a specific sport and look at them as a whole person, who should be encouraged and empowered to develop in all aspects and areas of their lives.
Region 5 - 5A	Parent	club sports usually give athletes one day off during the school week, i would support that especially to avoid overuse injuries
Region 5 - 5A	Parent	it would be nice to see when rules are enforced that every school is held to the same standard on everything.
Region 5 - 5A	Parent	my answers appear to conflict as I oppose the may/june moratorium, this is because I feel like that would be great for football or basketball, but baseball players would be better off to continue playing early summer tournaments and leagues while they are in the regular process of throwing, pitching, etc. So, more time off is great for the kids, but it needs to be based on the sport. I'd say more time off during thanksgiving and christmas, but I bet the basketball community would feel differently based on the way I feel about the may/june time off for baseball. make sense?
Region 6 - 5A	Parent	A second week moratorium in the summer would be awesome. But maybe later in June? Sports already drop off naturally end of the school year, but last day of school dates vary for families with children in multiple schools (charter or private and granite) so it would not be a a moratorium that could be fully utilized by families so close to end of school. Mid-June of end of June moratorium would be great and would really allow families to use a second moratorium for family time.
Region 6 - 5A	Parent	Could have practice right after school gets out. No more calling the sophomore team frosh team. Call them the sophomore team.
Region 6 - 5A	Parent	Cross Country meets on Friday mornings are horrible for student academic success. My son has to miss most Fridays of school in September and it leads to him struggling in his AP classes.
Region 6 - 5A	Parent	Even during moratoriums, the kids are still practicing with their teams and coaches are watching from the stands. It's not a true break anyway.
Region 6 - 5A	Parent	Football has changed my kids' motivation, self-confidence and performance. I appreciate the current moratorium schedule but don't think additional time is needed.
Region 6 - 5A	Parent	How about decreasing the cost of participating in sports. Especially all the non essential stuff that is ridiculous.
Region 6 - 5A	Parent	I am grateful to see this. I believe that high school sports have become out of hand and more on a collegiate level. More kids are suffering from injuries at an extremely high rate and compromising their growing bodies. I urge you to look into this deeper.

Region 6 - 5A	Parent	I appreciate the effort to try and reign in what seems to be an environment that has gotten out of control. There was a time when playing multiple sports was doable. That is nearly impossible today given the intensity each sport now demands for what feels like an entire year. I believe we're seeing far more injuries and burnout today than 20 years ago as a result. That would suggest I'm in favor of scaling back where we can. That said, my fear is that new rules/regulations will simply be ignored and people/teams will find ways to work around them. Practices claimed to be "non-mandatory", etc. will continue to be the norm and I think policing any additional regulations is going to be difficult. So, does that ultimately result in greater disparity or does it actually move the needle? I think that will be important to figure out.
Region 6 - 5A	Parent	I feel like the current schedule works. I think in order for kids to improve, it's better to allow more time to practice.
Region 6 - 5A	Parent	I think talking about this is important. My thought is that every sport is a little different and requires different practice. I have kids that have been involved in football, baseball, cheer, basketball, girls soccer, girls and boys golf. I think part of being on the team is you know what is expected of that sport and can plan accordingly. I think the bigger issue right now is the amount of time we have off of school. If we didn't hurry to start school in August then I would say that we should evaluate our practice times but if we are going to require school to start so early then the kids might as well be practicing. I would much rather vote for a later start date and allow families to have more time away from school and sports. I think it needs to be less
Region 6 - 5A	Parent	I think that while the specific sport is in season practice hours are important. I do wish there were more periods in a year that we could plan vacations and activities.
Region 6 - 5A	Parent	I think the issue with high school sports in the state of Utah has nothing to do with practice times or commitments. I think it has everything to do with the school funding and not being willing to put in the effort to provide these kids with equal opportunities regardless of what region they're in or how new their school is, including equipment, coaching, and all of the above. We aren't creating equal playing fields or balanced sport/acadmeic/family lives. we're creating status based opportunities for those who can afford to live in newer and better… and those who don't. We've created an environment where children leave their home boundary schools to transfer to the new better school. It's an environment where the talent is no longer distributed evenly, It's all being siphoned to whichever school has the newest playing field. But sure let's go ahead and be concerned about how much time off we're giving kids and not about the actual opportunities were providing all of our Utah student athletes.
Region 6 - 5A	Parent	I think we ask too much and they need balance with games/practice and having some off times. I wish fall sports didn't start end of July
Region 6 - 5A	Parent	I wish there was a way to make no practices over spring break for the school teams. It really has taken away our family ability to do special things like travel because of high school sports commitments. I also wish there were not so many fees for high school sports. We paid 1200 for cheerleading outfits. That is unreasonable in my opinion
Region 6 - 5A	Parent	I wish volleyball and soccer were not at the same time!… also practices should be during school hours or right after school schedule. I find myself driving 2-6 times a day to the school.
Region 6 - 5A	Parent	I would like to see long school breaks (like Spring Break and Winter break) be mandatory moratoriums
Region 6 - 5A	Parent	I would love to have coaches come out with a tentative practice schedule at the beginning of the season that they try to stick to. I don't know how kids can hold a job or families can take a vacation on longer weekends if the coach doesn't give the schedule until a couple days before or drastically changes the time of practice last minute. I understand there will be small changes that will need to be made with short notice but if there are Saturdays or holidays off, it would be nice to know in advance instead of waiting until last minute to commit to any family plans.
Region 6 - 5A	Parent	If practices actually got out at the time they were supposed to, we wouldn't go over the time limit. Coaches go over practices sometimes 45 minutes to an hour which makes the practice limit go over. It prevents us from making it to scheduled doctor appointments and other commitments.
Region 6 - 5A	Parent	It is disappointing for my child athlete to miss things like- homecoming dance, football games. Better scheduling so they don't always miss out.
Region 6 - 5A	Parent	It is up to the participant, parents and coach to determine what sports are most fitted based on willingness of time, effort and commitment of each individual athlete. Putting general limitations on sports only puts the athletes behind others.
Region 6 - 5A	Parent	It would be nice for Athletes to have a little more time off to relax and recover and have the ability to go on a family vacation and not have such a strict schedule. Its hard enough to find time to go out of town or have anything planned during their sport season. I like the idea of more time off at the end of the school year around the beginning of June
Region 6 - 5A	Parent	It's good for kids to be active and busy. You know the commitment going into the program so there should be no surprises.

Region 6 - 5A	Parent	I'd be fine as long as all other schools and districts have the same moratorium/hours.
Region 6 - 5A	Parent	Let's no micro manage teams
Region 6 - 5A	Parent	Longer moratoriums for sports mean that kids can play other sports without being forced to specialize at a younger age. It has been proven that kids who play multiple sports are happier, experience fewer injuries and are better overall athletes. These moratoriums can also allow kids to have a healthier relationship with sports. As a parent and former coach, I am strongly in favor of more and longer moratorium periods that are clearly defined so that overly aggressive coaches can't cheat the system and force kids into "conditioning" activities that are really practices with a different name. This has been a problem for ages and because there are virtually no consequences for coaches who break the rules, it continues to happen year after year.
Region 6 - 5A	Parent	More moratoriums!
Region 6 - 5A	Parent	My biggest issue with school sports involves tryouts held in summer months, for upcoming fall school sports. Trying to arrange family trips in the abbreviated summer break, with work commitments is difficult enough, without being beholden to required tryouts smack dab in the middle of summer vacation. This makes summer trip scheduling very challenging. My proposal/suggestion is to hold tryouts (for the following fall sports) the last week of school. This week has become a joke anyway, with kids aware that attendance is not being taken and their participation is not required. This (final) week of school could be constructively utilized for fall sports tryouts.
Region 6 - 5A	Parent	My daughter already has an over-use injury as a sophomore. The competition to keep up is too intense so she doesn't want to take a break and heal because everyone and every school is pushing their athletes for titles.
Region 6 - 5A	Parent	My daughter is on a drill team and I believe the current policy is a good balance. She does miss some family events but to keep them competitive, I feel the schedule is currently ok as is.
Region 6 - 5A	Parent	My daughter is on cheer and it has to be a year round sport in order for them to remain competitive. My son is an upcoming basketball player and I don't think the longer moratorium would serve the team.
Region 6 - 5A	Parent	My daughter plays tennis and this is her first year. I think her practice and match schedule has been extremely light compared to other schools I'm aware of. And that's all I can speak on.
Region 6 - 5A	Parent	None of these suggested changes would solve the problem with how often the sport interferes with family time. It's the scheduling of games during potential 3 and four day weekends and having a longer summer moratorium
Region 6 - 5A	Parent	None.
Region 6 - 5A	Parent	Practice 2and half to 3 hours per day for 14/15 year old kids is insane!!!!!!
Region 6 - 5A	Parent	Practice schedules that start during the summer break greatly restrict summer vacations. Weather is very good to extend fall season instead of compressing so much into summer vacations
Region 6 - 5A	Parent	Sports is asking too much of the kids, leaving little if any time for family and other commitments. Its frustrating--this is JUST high school! I love involvement and opportunity but its taken way too seriously and summer/holiday/seasonal etc breaks are built in for a reason. Kids and parents need some space.
Region 6 - 5A	Parent	Sports is too much the focus. All of our kids are caught in it. More time at sports means less time doing other life enriching things. Balance!
Region 6 - 5A	Parent	Sports, while they conflict mainly with school and not family obligations, are essential to the mental health and wellbeing for my kids. My kids are both cross country and track athletes. The training, peer support, and stamina they build to do hard things is essential. I wouldn't want them to practice any less than they do, and my kids run year round.
Region 6 - 5A	Parent	Thank you for taking the time to look into the practices surrounding student athletes, I think the status quo needs to be changed and more emphasis needs to be put on keeping our kids healthy mentally and physically through the athletic season.
Region 6 - 5A	Parent	The Coaches need to allow time off on federal holidays allowing family time. We have had multiple sons in football and haven't been able to leave during these holidays because our sons play football. Also, we are extremely disappointed in the regular use of swearing, especially F-bombs by Coaches. It's extremely offensive and not the example we want in front of our community. I didn't grow up in Utah, is this generally accepted practice here?
Region 6 - 5A	Parent	The amount of time the players put into the sport -games, practices, supporting other team levels, and extra events leaves very little time to do school work and recover to keep up on everything.

Region 6 - 5A	Parent	The biggest complaint is you have to pay fees to participate and then pay again to go and watch child in game
Region 6 - 5A	Parent	The exercise is good, I'm not a fan of over training.
Region 6 - 5A	Parent	The moratoriums are a mess. Just set a start to the open practice and game period and end to open practice and game period. No need to force breaks. In most sports, players are training year round with their club teams, and take a short break to play high school sports. In soccer, STOP having rule variations from FIFA rules vs NHSAA and UHSAA rules... The players and worse, the refs don't know the difference and aren't calling them right.
Region 6 - 5A	Parent	The overuse and unbalanced trainings lead to a lot of injuries. Coaches should balance the training sessions more.
Region 6 - 5A	Parent	The school fundraising booster clubs also need rules and attention. My daughter and I have been pressured into paying hundreds of dollars extra, and also into submitting 20 email addresses of family/friends that repeatedly urge them to pay as well, for unnecessary photos, banners, activities, clothing, and even a team tournament that my freshman student wasn't invited to attend. The expense has grown out of proportion for the brief 8 weeks of the team, and the pressure from the booster club parent to pay and participate has been intense. I've discussed this with parents from other high schools and other sports (football, water polo, soccer) and learned they have had similar experiences. Please do what you can to help families who don't desire and can't easily afford these unnecessary services.
Region 6 - 5A	Parent	This survey pretends to solve a problem, but today's high-performance/comp/travel team athletes are already practicing, training, playing year round. The real issue in HS sports IS STILL parents buying their children's places on teams. It's not merit based. It's DEI for the rich. You need stronger measurement, documentation, and disclosure of all performance (tryouts, practice, matches, games) so coaches are incentivized to coach and they can stop pandering to rich parents bankrolling programs and gear.
Region 6 - 5A	Parent	Too many games and not enough personal development has negatively impacted youth sports in all sports. It has become a money grab over real development. In my opinion, the more time a student has to prioritize personal development (no matter the sport) the better off our student athletes will be, not only physically but mentally.
Region 6 - 5A	Parent	We inhibit the ability of athletes to take challenging academic courses, hold jobs, volunteer, etc. because of the ridiculous time commitments imposed on student athletes by schools and coaches. The pride and ambition of schools and coaches are a detriment to a student athlete's ability to lead a balanced life while enjoying the sport they love. It's our responsibility to put more reasonable time boundaries in place to protect our children.
Region 6 - 5A	Parent	We love sports in our family and I coach a competition soccer team. But I think youth sports have gone over the top. Limiting all schools across the state in terms of maximum hours per week and mandatory off weeks would be beneficial. 90 something percent of our high school athletes are not moving on to college sports so I think they'd benefit from more time for other elements of their lives. There is a "keeping up with the jones" mentality that currently pushes kids/teams/coaches to oractice year round and more hours than is reasonable. Hard limits across the state would be much appreciated by many people in my opinion
Region 6 - 5A	Parent	We need to prioritize family time, academic studies over team sports. My son and daughter played high school sports at a very competitive level and it gets to be too much where they can't do things that are meaningful such as family time, trips, time for more academic study or focus. My youngest daughter plays tennis and by far that season has been the best. It is short and allows for time with family, trips and academic focus.
Region 6 - 5A	Parent	Yes, thank you for doing this. It feels more and more like our kids are losing their summers. We need to stop making them feel that football/sports is the biggest priority in life. They need to have a good balance between the two. Our son is so much happier when he gets a good balance between life and football. The stress it causes when he's made to feel guilty for taking small amounts of time off is just absurd. It was never like this for me growing up and I had a wonderful childhood with a good balance. We need to not make them feel like it's a life or death scenario to NOT be working on sports. Particularly taking family trips after school gets out. We wanted to finally take our kids to Europe the week school got out, but had to cancel because the coaches wanted to jump right in and felt that it would hinder our son's progress and ability to keep his positition in football. It was so disappointing. THANK YOU for taking this into consideration.
Region 7 - 5A	Parent	All Highschool sports should not be coached by a parent or relative. All coaches should have to sign a conflict of interest statement.
Region 7 - 5A	Parent	All sports are making this a year long- life long commitment and cutting out family obligations opportunities to work etc. They want the sport to be your god
Region 7 - 5A	Parent	Allowing student athletes to miss a certain amount of practices and games without punishment for a family vacation.

Region 7 - 5A	Parent	Already hard to do more than one sport unless you are the superstar.
Region 7 - 5A	Parent	At the end of the day we want to do what all other schools that we compete against do so that we aren't at a disadvantage. If other districts or states are still practicing 20 hours we want that to happen as well so they have the same opportunity as other children outside of our area of being competitive in their sport.
Region 7 - 5A	Parent	BIGGEST SCHOOL ATHLETIC ISSUE IS THE LACK OF MANDATORY, HEALTHY LIFESTYLE COACHING ON TOP OF NORMAL SPORT PRACTICE. NUTRITION, MINDFULNESS, PROPER WEIGHT TRAINING TECHNIQUE, STRETCHING/YOGA, CELL PHONE ADDICTION. AN ADDITIONAL 2 HOURS A WEEK SHOULD BE MANDATORY FOR YOGA AT LEAST. Other main issue for athletes these days are not school based. They are all the private/travel teams. The ones that certain kids will never have a chance to join. 1. The family does not have the funds. 2. The parents are separated and scheduling would never allow the weekend out of town or state travel will never. 3. Unless kid is naturally genetic monster, never have a chance to get on travel team unless knowing certain people.
Region 7 - 5A	Parent	Better clarity about what is expected from parents/ student athletes especially when freshman are new and ar the Jr high...
Region 7 - 5A	Parent	By limiting practice time, we can teach the next generation to work hard, to reserve time for family relationships, to take some time off for rest, and to find balance with a holistic approach to planning a schedule.
Region 7 - 5A	Parent	By limiting the amount of time they practice you are limiting the amount of time they can pursue their passion. Changing the policy is not the answer. The current amount of practice is good for them to learn to balance school/life/sports balance. It is a necessary life skill.
Region 7 - 5A	Parent	Cheerleading was extremely intense, and the coaches were very harsh and unfair with the girls. Missing even one summer practice meant that they had to sit out an entire football game in the fall. We had a one week extended family vacation that did not fall in July, and because of that our daughter was excluded from cheering at half of the football games. And cheer is basically a year-round sport. Our experiences with track, cross country, and wrestling have all been really good, but having my daughter on the Springville cheer team the last two years was actually kind of awful. Limiting the power that those coaches have over the girls' lives could only be good.
Region 7 - 5A	Parent	Coaches need to utilize their time wisely. some practices athletes are sitting
Region 7 - 5A	Parent	Competitive sports in general are a mess right now. Children are being over worked. Studies show that playing multiple sports or having off seasons are better for children (professional athletes have off seasons). There is an increase in student athlete burn out as well as injuries. Coaches are not paid enough to be expected to hold practices as much as they do in the "off season". Trying to keep a coach longer than a few years is proving to be very difficult in our area because of the over work. We owe it to our children to let them explore other sports, interests, or have a job. We owe it to coaches to be with their families and have that a rest from that mental load. A drastic change needs to happen and extending moratorium is a start.
Region 7 - 5A	Parent	Different sports need different "resting" periods for the kids' bodies to rest, recover and not cause permanent damage. Also, girls sports (ie cheer) should have a comp only team and a regular team. We watched so many girls miss out on the opportunity to participate over the years because they can't get do 45 flips in the air, but can do everything else perfectly. If the girls want to compete, there should be a separate comp team, and high school team, that cheers/performs at all sports/games. The comp teams can be in the stands supporting the cheer team and yelling in the crowd as well as performing during halftime. This could potentially double the amount of girls participating, however they would have a better work/life balance. This is really what sports are all about. Belonging to a team, working together and building community. We sat in the parent meeting this spring at MMHS, the coach actually had the audacity to say she wanted the girls to have a 4.0 so they could win the award at competition. Not to mention the required hours per week she wanted them to go to tumbling outside of cheer, then the cheer practices/games/etc, as well as homework, friends and other activities and family/church/community obligations. Then fundraising, team nights, travel, etc. So, like I said, having a comp team and a high school team (pep squad) would be better for the kids mental and emotional wellbeing. We should want to teach our kids successful tools not how to burn themselves out before graduation.
Region 7 - 5A	Parent	Do these changes apply to Drill Team and Cheer ?? Drill team is way too much. And will these changes impact certain sports more than others ?
Region 7 - 5A	Parent	Do these proposed moratoriums apply to marching band? Even though marching band has 2 seasons? Parade season, in summer and competition season in the fall? With spring training... It's a lot. I want kids to be able to participate in more than one sport or activity if they want. It seems to me at our school, you have. To pick one and do it all the time or you don't make the team.
Region 7 - 5A	Parent	Family time is important to seeing these students have good behavior . I believe in prioritizing family and then dedication to a sport

Region 7 - 5A	Parent	Family time is very important, and with multiple students involved in different activities, it makes it very difficult to plan family activity time. I think sometimes we forget that our youth are still growing and developing, and they need time to be with their family and friends outside of school and sports.
Region 7 - 5A	Parent	Family time is very important. In our home, there is a consistent battle between sports and family time. The summer moratorium is too short. It should be 3-4 weeks, not just 1. Also, there should be NO mandatory practices or games scheduled during Christmas break. I feel strongly about this. In fact, I feel no sports should be scheduled during school holidays, except for summers of course.
Region 7 - 5A	Parent	For all Sports - all coaches should not be related to any athlete. ever! Please help rid of the nepotism that destroys hs sports for the students.
Region 7 - 5A	Parent	Games should not be over holiday weekends and should start after working hours. If girls and boys are in the same season they should be home and away with the same team on the same day so that games can start later.
Region 7 - 5A	Parent	HS sports need to be more balanced in terms of other opportunities for student development and growth
Region 7 - 5A	Parent	High school sports are great for getting students busy and involved, but they leave zero time for family and family trips. If the state thinks that these sports are really taking off "four additional weeks" they are kidding themselves. We've done, dance, drill, baseball, basketball, and football in years past. We've had VERY limited time to go on a trip as a family. Generally those dates are the five days over Christmas (which should be evaluated to me more days off) or possibly spring break. I could go on and on, but I think our system is misaligned on what is important. We definitely need more breaks and time away from the sport we are involved in. Each sport has become a year-round commitment.
Region 7 - 5A	Parent	High school sports are wonderful but end up dominating the kids' lives leaving little time for family and other activities. I strongly support increasing moratorium time and limiting hours.
Region 7 - 5A	Parent	I agree with extra time off, so we could go on a family vacation. I think 12 weeks off is excessive and would make them less competitive.
Region 7 - 5A	Parent	I agree with these changes to prevent an over emphasis of athletic competition
Region 7 - 5A	Parent	I also think the 4 week no contact moratorium from coaches should not be the 4 weeks prior to season start. It should be 8 or 12 weeks prior.
Region 7 - 5A	Parent	I am a coach for soccer at the club level and these athletes are being overworked and so we are seeing an increase in injuries. You would be wise to do a survey on actual data on injuries from year to year to see if they are increasing or decreasing. Also, please keep coaches from cheating the system by saying they will not be at an activity during the moratorium (it will be student led) but there is strong pressure to be at these practices if you want to make the team or start on the team. By doing this....there really isn't a moratorium. Thanks for your help on this. Todd Bergeson
Region 7 - 5A	Parent	I am very concerned about the reality of overuse injuries and the pressure put on both athletes and coaches to try to push through the injuries to compete. It is so hard on them to let the athletes rest for fear of falling behind.

Region 7 - 5A	Parent	I appreciate the time invested to seek stakeholder perspectives on these issues. While I grew up in Utah I have only recently returned after living in Texas, New York, and Indiana. I want to take this opportunity to express another serious concern that has plagued High School Sports across the state. There is a serious issue here in Utah compared to other states I have lived with systemic conflicts of interest. Since moving to Utah we have seen HS coaches and assistants get hired, and then immediately use the HS program to benefit their children, siblings, and club-team members. In June 2024, I communicated these systemic issues with our Principal after he dismissed a coach. He ensured me that he would avoid the built-in conflicts of interests that had been the source of unfairness in the program. However, to my disappointment, he not only failed to address conflicts of interest but allowed the expansion of these conflicts. Specifically, in the previous year, a JV coach was hired who coached the club team of a group of boys who were incoming Freshman. When choosing the team, he gave sports on the JV team to nearly every member of his club team. After that coach was removed, the new coaching staff including two coaches with sons on the team, two coaches brothers who were selected for the team, and one coach who had TWO club teams that had overlapping ages. To nobody's surprise, the family members and club members associated with those coaches all made the team whereas those without the connections were cut. In my conversations with the principal, I repeatedly urged him to adopt one simple rule: you can coach at the High School OR at the club level--but not both. Similarly, parents of players should not be put in decision-making positions as they have a baked-in conflict of interest. Again, many other states have long-ago made these very simple rules the norm. While there will always be politics in sports, the ability of a club coach or parent to use the HS and public resources for their personal objectives should simply not be the case. I URGE the state of Utah to take system level action in removing this avoidable conflict of interest. There are so many people who can coach sports at the HS as most of the kids have already learned how to play by paying for private lessons and/or getting their kid involved in club sports. The main goal should be to create a sense of unity, cohesiveness, and community rather than allowing private citizens to use the public resources for their personal gain.
Region 7 - 5A	Parent	I believe everything is fine how it currently is in place. I also believe the biggest issue is the variance between coaches & how much they place & treat the student athletes but that is not something that can or should be dictated trig policy

Region 7 - 5A	Parent	I can see both sides of this issue. On one hand, it feels unfair and even overwhelming when students who play multiple sports are pressured to attend off-season practices, leaving them with very little personal or family time. On the other hand, athletes who only play one sport often want the opportunity to continue working on it in the off-season, and some sports rely heavily on off-season leagues. That said, adding more moratoriums may not solve the core problem. Many families who want year-round play will simply turn to club programs or parent-organized activities, which are often expensive and create more inequality between affluent and less affluent areas. Coaches will also find workarounds, and student-athletes will still feel the pressure of competing for playing time and scholarships. In my view, the most effective step would be to make clear and enforceable rules that off-season activities must be optional. Coaches and programs should not be allowed to make off-season attendance mandatory, nor should they punish or sideline students who cannot attend due to family time, vacations, or other commitments. Consequences should fall on programs and coaches who disregard this standard. If the real goal is to increase family time, practice schedules also need to be part of the solution. For example, scheduling practices right after school makes the most sense—rather than requiring students to return later in the evening, which cuts directly into dinner and family time. And definitely shortening practice times. Coaches need to manage time more effectively. They consistently run past their scheduled time. From my experience, I suspect very few programs currently adhere to the 20hr/wk rule. Families should feel empowered to take vacations, attend other events, and prioritize balance without fear that their student will lose a spot or opportunity. Off-season training will always give some athletes an advantage, but that is simply a natural outcome of individual choice. The key is ensuring the playing field is fair by removing the requirement and the pressure.
Region 7 - 5A	Parent	I can understand where the amount of time that is dedicated could interfere with families. My fear and why I opposed most answers is because I want our youth to be pushed. I want them to do hard things and accomplish what they think they cannot. If we keep making it easier for them they will not grow as much. I do know some people take it too far but my goal is to raise strong men and women. My family knows that during season we have committed to a sport and we are dedicated. Yes we have other kids that we also support. Sometime we have to split up but we make it work. Teaching our kids dedication and hard work is so important.
Region 7 - 5A	Parent	I don't mind there being practices and games. We love watching and our daughter loves playing but its stressful when we're not sure if she'll get less playoff time for missing things. Her coaches have acted flexible but it was strict for me in high school so I still worry. Maybe if there is more communication about how much they can miss or for what or how too much missed time will affect playing time would help.
Region 7 - 5A	Parent	I don’t think that any mandatory practices be held in the summer, except for the last two weeks of summer break if participating in a fall sport.
Region 7 - 5A	Parent	I feel like a little less practice might benefit the athletes. I know my athletes just get a little burned out towards the end of the season. So maybe this would help or maybe it's just something they have to deal with. And maybe it's just normal to feel this way?
Region 7 - 5A	Parent	I find it ridiculous to have a moratorium 2 weeks before the lacrosse, soccer tennis and volleyball games start. If you want to have a break for athletes put it in January but not right before they start playing games. It seems like an unnecessary handicap on our teams.
Region 7 - 5A	Parent	I find the problem sometimes being the requirement of having to stay to observe other teams play to show support. The coaches should not have it required just a suggestion.
Region 7 - 5A	Parent	I had no idea there was any limit on how long high schoolers could practice for a specific sport a week. I would love for practices/games to take up less time for my kids.
Region 7 - 5A	Parent	I have 2 student athletes whose daily athletic commitments make succeeding in their rigorous academic pursuits a constant stress at best and an impossible, crushing weight at worst.
Region 7 - 5A	Parent	I have a son who runs cross country and track for the high school. The limits sound nice to keep athletics realistic and helpful. However, I am concerned that club teams that are closely associated with the school teams will find ways around the school-sponsored off season rules.

Region 7 - 5A	Parent	I have found that coaches are not picking players based upon their abilities but rather other factors that should not be part of the consideration, such as friends of children. Specifically, basketball. I wish there could be some independent reviews to create fair opportunities for children of all economic status and looked at their abilities over factors that are excluding good athletes.
Region 7 - 5A	Parent	I just wish especially for cheer they'd give the girls 3 days they could have off of their choice that wouldn't effect them missing games to cheer! That way they could have a little flexibility if they have something family related that they could go to! And they could obviously have weeks that wouldn't be allowed, but a little more freedom
Region 7 - 5A	Parent	I like the idea of requiring less time, but some students want that extra time and I'd hate to limit them. It' would be nice if it was flexible and that something like 15 hours required, but optional 5?
Region 7 - 5A	Parent	I love everything that this letter says. High school sports are no longer enjoyable and have been a very tough experience for my kids and our family. There is too much pressure on these kids to over excel. My son has had chronic overuse injuries that we have had to help him recover from throughout the season. So much is put in to the practice and there is too much favoritism as a result of in-team competitiveness. I would love a balance of strength training and conditioning along with good moral leadership from the coaches. I would also advise that the coaches not entertain the seniors to run their own practices during moratoriums as this has become a standard practice and pressure to get noticed to be placed on teams. They need to stop allowing this. I'd love to see everyone enjoy high school sports and have a healthy balance so that our kids can compete, have family time and be good students. Thank you for implementing a way for change. Utah needs this!
Region 7 - 5A	Parent	I love having my child work hard and pushed! I love commitment and dedication. But it has been difficult to plan family time for sure. Especially in a community where a lot of families have several kids haha. So when you have several activities in your family because you have multiple kids, it gets difficult to plan family time and vacations and church camps. So I'd love a statewide change to provide more time for families. Thank you for asking for our feedback and I will support whatever is decided. Thank you!
Region 7 - 5A	Parent	I love sports and watching my kids play. But I feel that couches expect kids to be to everything year round. I think we need more family time and not something every weekend. Between football basketball and wrestling they all doing things year round. I think it is to much for the kids and I think we are telling them sports is the most important thing when there is more in life to learn. As i watch them go year round I do not see a big improvement but more burn out for kids.
Region 7 - 5A	Parent	I miss time with my family because my kids are so heavily involved in sports. I'd love more time with my kids and feel like it would be more beneficial for the athletes to have a little more time off. They are at school all day then head straight to practice and then come home later in the evening and need that time for homework. I feel like we just don't get any free time to be together as a family. I fully support less mandatory practices and would love another moratorium to be able to spend more time with my kids!
Region 7 - 5A	Parent	I see a lot of pressure happening between academics and sports program. My student is out late with sports activities/competition and then right back at it first thing in the morning. It consumes a lot of time in the summer where my child is limited on their "free time" or balancing having a summer job etc. I feel these questions are headed the right direction and hope to see them implemented.
Region 7 - 5A	Parent	I see parents and coaches missing the whole point of sports in Utah. Sportsmanship is rarely taught, and even more rarely displayed. 5% will go on to play at any level in college. Why such a push? Let the collegiate athletes find their own way there through personal commitment, not so much team time. My biggest complaint is when practices are held on holidays like Labor Day, and also during spring and fall breaks. Those should always be family time.
Region 7 - 5A	Parent	I think coaches wanting to spend time developing kids in the off season is great and should be encouraged. The coaches need to beware that it is an optional choice and not mandatory and should reflect that with their athletes.
Region 7 - 5A	Parent	I think games and travel time should not cut into school hours. It is hard for athletes to keep up with hard academic requirements with ap and honors classes when sports make them miss the end of the school day multiple times a week. Athletes should be able to be academic honor students as well as a good athlete. All sports and travel should be required to start after the school ends!
Region 7 - 5A	Parent	I think high school sports are just that, high school sports. When the coaches start thinking they are on the club level and demanding more and more and threatening kids with playtime it's so hard. The kids can't participate in normal high school activities or family activities without being penalized. Many kids have missed homecoming, prom, and other dances because of athletics. Every year athletes miss graduation ceremonies because state playoffs take priority.

Region 7 - 5A	Parent	I think practice is good for these kids and lowering time that they can practice doesn't help. If you have a good coach that is willing to put this time in and create awesome athletes they should have the time to do it. Also when kids are at practice they have less time to get in trouble. And in my experience with my sports kids they love practice and want more.
Region 7 - 5A	Parent	I think sports teams should NOT have a game scheduled over Christmas break. And should not hold practice until after the new year.
Region 7 - 5A	Parent	I think that the intense nature of a lot of highschool sports doesn't allow students to have more balanced experience and the ability to participate in other types of activites. It also makes it difficult to find times to travel or do activities as a family.
Region 7 - 5A	Parent	I think the pendulum has swung too far and now needs to come back to the center in regards to the time balance that our students spend in their sports, not just for injury prevention but also for mental, emotional and educational balance.
Region 7 - 5A	Parent	I think the way it is works. Don't fix what's not broken.
Region 7 - 5A	Parent	I think things are pretty good the way they are. At least that has been our experience at Salem Hills.
Region 7 - 5A	Parent	I think this is all a great idea.
Region 7 - 5A	Parent	I think we are robbing our youth of developing a variety of skills and interests that will serve them throughout their life when one demands too much time.
Region 7 - 5A	Parent	I think you need to look at each sport instead of a whole since certain sports have longer or shorter seasons. For example Swimming has a longer season, but they also have 2 breaks built into their season, which isn't great for their sport, especially since the Christmas break is near the end of their season, which is the time where they should be ramping up.
Region 7 - 5A	Parent	I want my child to be involved in his sport but it seems that it is now all encompassing of his time.
Region 7 - 5A	Parent	I wish there would be nothing during fall or spring break
Region 7 - 5A	Parent	I would like more days off rather than less practice per week.
Region 7 - 5A	Parent	I would like there to be a rule that there cannot be mandatory practices on any holidays and school breaks. If school is out, they can hold optional practices, but students should not be punished. If families take time to travel or be together when school is out student should be able to feel like they can spend that time with their family. We've had our kids punished because we decided to go out of town when there was no school/holiday and they missed a practice.
Region 7 - 5A	Parent	I would like to have a full Christmas break. We get about 2 weeks off for Christmas but you only have 5 days they have to take off. That means we can't plan anything over Christmas either. I also think that we should have a summer more off. These kids are getting burned out and their bodies are failing.
Region 7 - 5A	Parent	I would love to never have to have our student athletes miss school. Everything should be after school and a rule on no early morning work outs. These teenagers need sleep. High school sports should never make them have missing work. It adds so much stress and affects their stress levels.
Region 7 - 5A	Parent	I would love to see UHSAA bring back rules to make sports fair for all schools. This open enrollment has hurt all of the schools who don't have crazy amounts of money. How is it fair for Payson to compete against Orem in football. Almost half of Orem's team has been recruited, how is that fair? If your going to allow super teams have them compete against each other, and let the schools who don't recruit play against each other.
Region 7 - 5A	Parent	I would love to see UHSAA add additional sports, such as ultimate frisbee, biking, and pickleball, so that even more students can participate in high school sports.
Region 7 - 5A	Parent	I would rather have a 2nd week moratorium in the summer, not the end of the school year. Summer is busy with family and we miss much because of all the practices.
Region 7 - 5A	Parent	I've noticed that many high school sports programs require extensive time commitments, often leading to students missing family vacations due to mandatory practices. That doesn't sit well with me. There is a distinction between being committed to a team and having one's entire life revolve around a sport. My experience with the high school swim team has been very positive. Despite swim being a longer season than most sports, the athletes don't seem to experience burnout. The swim coaches seem to understand the importance of boundaries, recognizing both family life and the athletes' need for rest to avoid overtraining. I am very impressed with their perspective and how well they manage these aspects. I wish other sports would adopt that same approach.

Region 7 - 5A	Parent	If JV players have to stay and support varsity games then varsity needs to support JV and need to be at their games as well
Region 7 - 5A	Parent	If the state mandates fewer hours, the athletes will fill in the time elsewhere. Keeping youth busy with sports offers more benefit than can be measured. Downtime for youth generally equals trouble.
Region 7 - 5A	Parent	If the trade off for reducing hours is that high school athletes spend far more money and time trying to pick up additional club teams during off season in order to qualify to play at the high school, then I would prefer to have my student spend that time with a high school coach
Region 7 - 5A	Parent	If we want our student athletes to compete with other states, we need to allow coaches the ability to make these decisions. Student-athletes and their families are always welcome to refrain from attending. Most of my daughter's teammates worked out with their outside/club teams during optional workouts anyway so it wouldn't matter. I think the additional practices give another route of progress for those not as involved with club teams.
Region 7 - 5A	Parent	In my opinion...If you have students play less sports, they will either be at home playing video games or getting in trouble.
Region 7 - 5A	Parent	In today's highly competitive world of youth sports, it is more important than ever for young athletes to have ample time to develop as a team. Reducing that time places our Utah athletes at a significant disadvantage compared to their peers in other states and regions.
Region 7 - 5A	Parent	Include marching band in these requirements
Region 7 - 5A	Parent	It feels like we are emphasizing more of the "athlete" part of the "student athlete" rather than the "student" part and so making a change seems like a step in the right direction.
Region 7 - 5A	Parent	It is really difficult to have family time with the time constraints that athletics put on our kids. They are expected to be practicing with them several months before the seasons even start. For football they start mandatory lifting practices in December for a sport that starts the following August. If you miss things, you are less likely to play and looked at as non-committed. My kids have missed so many family vacations, church camps, church youth activities etc., for the sake of sports. And then when the season comes around, there is no guarantee that they will be played in a manner equivalent to the amount of practice time they put in. Coaches have their favorites and don't always give others a chance no matter how hard and dedicated they have been working. It's very frustrating.
Region 7 - 5A	Parent	It's difficult to track the practice limit of 20 hours. How would this be audited if it were moved to 15?
Region 7 - 5A	Parent	It's hard to determine because every family is different. Some need more engagement and others need less. As long as the coaches are willing to be flexible and work with students' individual needs the policies shouldn't matter too much.
Region 7 - 5A	Parent	It's important for kids to be involved in good things, but their schedules are out of control busy and they feel a pressure to excel in not only their academics, but also their athletics!! It's too much stress and cuts deeply Into their sleep and family time. I would be thrilled to see sports demand less of these young people and their families!!! Let them prepare for their futures by not cramming every second full of things they have to accomplish!
Region 7 - 5A	Parent	I'm a cheer parent. We don't have an "off season" they prepare in the summer for football and camp. The fall/winter they prep for comps and basketball. They wrap up competitions in January and February, then tryouts are typically done the end of March. In my opinion, it is unrealistic for them to have 12 weeks off and still be able be prepared for the sports they cheer for as well as be prepared for their own competitions.
Region 7 - 5A	Parent	I'm not sure why this is being considered. If you are aware of the change of athletics; you are aware that lowering the amount of practice hours and increasing time off can cause a decline in output, performance and productivity. Let's be honest, I rather have coaches involve than not.
Region 7 - 5A	Parent	Just allow coaches and their staff to determine time on and time off. As long as it is not mandatory and it doesn't affect playing time, it should be left up to the coaches. If not showing up during off season practice or scrimmages affects playing time during the season, then I would say we have a problem.
Region 7 - 5A	Parent	Just leave it alone. Quit screwing stuff up that isn't broken. How about you shorten all the mid year breaks and bring back 3 full months of summer vacation.
Region 7 - 5A	Parent	Kids are dedicating too much time to athletics and sacrificing family and religious time.
Region 7 - 5A	Parent	Kids are going to be practicing year round, whether it is with a high school program or an elite club team. Why limit the teams during the school year and make them chose other options.
Region 7 - 5A	Parent	Kids in fall sports should be allowed to miss if they have summer conflicts

Region 7 - 5A	Parent	Kids need time to rest, be with family, do homework, have jobs and to just be still and reflect. My student is feeling anxiety about school/ his AP classes because of the large time commitment to his activity.
Region 7 - 5A	Parent	Moratorium is a joke. The coaches schedule practice and don't "require" it, but they make sure the team captains implement it and there's definitely fall out for student athletes who choose to observe moratorium.
Region 7 - 5A	Parent	Moratoriums may help kids diversify their high school experience more.
Region 7 - 5A	Parent	More moratoriums would be great; let families have some time with their athletes in the offseason
Region 7 - 5A	Parent	More time off for Thanksgiving! Week of Christmas and week and a half plus for Christmas.
Region 7 - 5A	Parent	My athlete is dedicated to school and to football. My concern is that he doesn't have a lot of time for homework or down time between school, eating, practice, and trying to get enough sleep. Monday through Saturday has been a constant practice, film, and game schedule. He leaves the house at 7:30 every morning for school, returns home around 3pm, eats, gets a little homework done, and then goes to practice at 4 or 5 depending on the day, not returning until 9 most days. After showering and eating dinner it is time for bed again. I know that I do not know the coaches schedules and maybe those practice times are all they can do, but i just don't feel like his life is able to be balanced. I had another son who practiced right after school and was able to be home for dinner and had the rest of the night to do homework or spend time with family. It felt more balanced and i appreciated being able to have my athlete home and getting a good dinner with the family and having enough time to compete homework and getting to bed at a decent time to be up and at it again the next day. I do appreciate the coaches and all that they do and teach my athlete, I just feel like if there is room for a change it is much needed. Thank you!
Region 7 - 5A	Parent	My biggest complaint is with coaches who penalize players when they miss practice in the summer or over fall/spring break. These are common times for family vacations and camps during the summer. It would be nice if coaches couldn't threaten playing time/positions when kids miss during these times.
Region 7 - 5A	Parent	My boys have LOVED the additional training, weight lifting and camaraderie they experience playing high school and club sports. I have seen them rise to a higher level and it motivates them to also do better in school. Hard play time has resulted in strong friendships and an active brain
Region 7 - 5A	Parent	My child participates in only 1 sport, and the required practice time seems reasonable and necessary. I can see how students participating in multiple sports might be overwhelmed by the combined requirements. Each sports requires a certain amount of practice and training in order for students to be successful, though, and I think the 20 hour limit per sport seems reasonable. Students participating in additional sports need to carefully weigh the demands on their time and energy.
Region 7 - 5A	Parent	My child suffered a debilitating knee condition called Osteochondritis Dessicans (OCD) in 2023. We traveled to Boston for surgery with a specialist. His recommendation is that athletes practice less and strength train more to combat overuse injuries such as OCD, which are frankly becoming more and more common. These types of changes would also allow athletes to play more than one sport, which is good for kids to develop different muscle groups, help with burnout, etc. With so much year round training for one sport, coaches often don't allow dual sports, or strongly discourage it.
Region 7 - 5A	Parent	My child was a 4.0 academic student until he started getting involved in sports. I have never seen his grades tank as fast as they are right now. He is not the only one and when I addressed my concerns with the coach his only excuse is that we don't practice as much as other teams do. Which is not helpful. If they literally don't have time to do the homework who cares if they win.
Region 7 - 5A	Parent	My children's athletic experiences have been very positive, and good communication between coaches, teachers and directors of other activities, made it possible for my children to have a very well rounded high school experience.
Region 7 - 5A	Parent	My daughter cannot recover from long drill weeks when she has to practice on Saturday and gets up at 5:00 am and then not get home until 9:30. It is too much to ask the girls to practice on Saturday mornings. She already has to get up at 5:00 am Monday- Friday.
Region 7 - 5A	Parent	My daughter is in cheer, and I think Heather is very good about balancing practice, school and home life.
Region 7 - 5A	Parent	My issue is when my kids play JV and are required to stay and watch varsity games. We have to choose between taking hard classes that require a lot of homework time or sports. We choose sports but it would be nice if my kids could take a few AP classes without stressing about time constraints. Its honestly really hard to do both. There is not enough time.

Region 7 - 5A	Parent	My son is in marching band, and he loves it. The time commitment is a lot, but we love to see him commit to lots of hard work. The problem we have with it is, 95% of it it mandatory and attached to his school grade thru the whole season. Which started at the beginning of summer. This meant we weren't able to really take any time as a family to go on trips or extended periods thru the week. Again, I love he is committed to do hard things. But attaching practices to a grade seems on the extreme, and doesn't allow families to have flexibility between lots of various schedules to work in family time.
Region 7 - 5A	Parent	N/a
Region 7 - 5A	Parent	Na
Region 7 - 5A	Parent	No comments
Region 7 - 5A	Parent	No other feedback regarding schedules. Would just like a public explanation of how regions and classifications are determined. Payson feels attacked in the new region.
Region 7 - 5A	Parent	None at this time
Region 7 - 5A	Parent	Off season training is important in making sure the athletes are able to compete safely once the season comes. The restrictions in place now already make that hard.
Region 7 - 5A	Parent	On game and match days, my child is often getting home super late and then trying to stay up until midnight or 1 am to get homework done. Wish it wasn't so hard to keep up with homework for these athletes and that they could leave matches games after they have played rather than having to stay for four or five hours while the other age levels of the teams play. As a freshman last year my child also often had four games a week due to the fact they decided to not do a freshman team and only a freshman/sophomore team (there were enough people for a freshman team but they cut so many freshman instead) and instead my child played both freshman and sophomore games (hence four games a week). On top of that they were not allowed to leave games after they played and had to stay for a couple more hours to support older teams. This meant getting home VERY late on away games. This was too much for 9th graders who needed to just get a good night sleep and be able to stay on top of homework.
Region 7 - 5A	Parent	Our Volleyball coach season 24/25 accepted money to train a student during season play, the student started all season as a freshman. Multiple parents and players filed formal complaints to the Athletic director and principal as well as formal meetings to quiet benched players. The money had to be paid back but the student and coach still remained in play. Asking for specific rules against paying a coach to play.
Region 7 - 5A	Parent	Our game days are way longer than 3 hours. The kids are required to go on the bus, and watch or ref all the games (3 different Volleyball teams). They are not allowed to do homework during the games even if they are not playing or reffing so that they can cheer on their teammants. After, they can ride home on the bus or with a parent. They are allowed to do homework on the bus (it's dark by the end of all the games on the way home). Also, is anything specified for the one day a week off? Is that supposed to be one day during school week, Monday - Friday, or if they get Sunday off, does that count? Maybe be more specific in the language if it is supposed to be during the school week.
Region 7 - 5A	Parent	Our kids need more time with family! Sports have gotten out of control! Let's also talk about athletes transferring every year. Make all athletes stay in their own boundaries. Once you choose your high school, by. Using a house in the school boundaries, then be done! No more moving around. It's out of control. All the best athletes leave and go to the best schools, then the other schools teams suffer.
Region 7 - 5A	Parent	Our kids need more time with the family. I also think that all of Christmas break should be off limits.
Region 7 - 5A	Parent	Please better load balance boys' sports seasons. There are too many boys' sports in the spring that could be spread out between fall and maybe winter, but certainly the fall.
Region 7 - 5A	Parent	Please make sure that policy changes do not negatively impact club sports which are equally if not more important than HS sports.
Region 7 - 5A	Parent	Practices should not go later than 9pm on school nights
Region 7 - 5A	Parent	Prohibit games and practices during all of Christmas break.

Region 7 - 5A	Parent	Provide training for coaches about how to coach better while also using less time. There are multiple examples of how to do lots of reps in practice and keep kids busy while improving skills. What other tools are available, like short videos to help with learning and recall? Provide additional skills to coaches for instruction. Look up existing content like Training Within Industry - Job Instruction. Problems I have seen over several years are lack of improvement, continually making the same mistakes, focusing on the negative. There are great ways to teach sports well, including coaching to strengths, positive reinforcement, and sports psychology. Coaches should be given access to these tools.
Region 7 - 5A	Parent	Put an actual end to recruiting! Why the hell are high school sports going with college and turning into haves and have nots. You live in the boundary or you don't! If youre going to allow that BS, make an open division and anything else is strictly boundary. Stop these coaches from trying to make single sport athletes. In my mind, that should be cause for termination based simply on safety. Its talked about constantly that it causes more injuries. Thanks for the survey. This is a problem. Coaches turn a sport into life or death. It's just not.
Region 7 - 5A	Parent	Put limits on how early and late a coach can require a student to go to things like weight lifting. Right now my son is required to go at 5:00AM way too early.
Region 7 - 5A	Parent	School sports has the ability to enhance our kids lives. But as a culture it has become all-encompassing for too many kids. We need well-rounded youth. Sports can either enhance their lives. Or distract them from other good things that they should also be doing/learning at this time in their lives. Things like getting a job, community or church involvement, and simple daily family time are being affected by the demands of sports. Greater balance is needed. I would greatly appreciate more limits.
Region 7 - 5A	Parent	So grateful you are proactively addressing an issue that is increasingly problematic. We love athletics and the benefits they provide our young people. However, the effort to excel appears to come at the expense of other learning opportunities, both in school and out of school. It is also incredibly demanding on our families. The current schedules require a substantial commitment of time and finances. Those without means struggle to keep up, and are often forced to make difficult decisions in order for their child to be at all sport activities. It also important to note that many families feel that “optional” practices or activities are not actually optional, and fear that non-participation will hurt their child’s opportunity to play. Adjusting moratoriums seems like the only solution to allow athletes and families a more well-rounded academic experience.
Region 7 - 5A	Parent	Some schools will follow and others will create work around resulting in unfair advantages. Less rules allow for more parity in sports.
Region 7 - 5A	Parent	Some sports have off-season clubs that interfere with the high school off-season practices and activities, not allowing the athletes to have proper downtime and recovery time causing injury. Many of the high school volleyball players are getting jumpers knees because they don’t have enough downtime for recovery even during the season when they’re practicing or playing every single day, they need days off to allow muscles to properly recover. The physical therapist we work with said he has seen it a lot with all students who play high school volleyball. We need to implement active recovery days where they’re exercising other muscles and not jumping to prevent permanent injury.
Region 7 - 5A	Parent	Sports are an important part of student life, but they do interfere with school work and can leave students too tired to do homework when they get home. Having competitions that last most of the school day is frustrating and stressful.
Region 7 - 5A	Parent	Sports has given each of my kids a reason to work hard, learn the ability to time prioritize and develop grit. The team becomes an extension of the family and they have met long life mentors and friends.
Region 7 - 5A	Parent	Sports is an escape for many students from worse environments.
Region 7 - 5A	Parent	Sports is out of control. Student authletes must dedicate a huge part of hteir lifes to athletics which ironically makes them feel athletics is more important than education which is not helpful to them in the long run. Sports also disrupts quality family time!
Region 7 - 5A	Parent	Sports occupy way too much time. Moratorium is a joke because the captains still hold trainings during this time in the summer. Sports should be limited to 4 events per week with Saturdays, Sundays and holidays off. Approx 5% of athletes will play in college so the other 95% are getting overworked and losing time on other activities.
Region 7 - 5A	Parent	Students should not be required to practice during school breaks. They need time to reset academically during that time, so why don’t they also have the time to reset from sports?
Region 7 - 5A	Parent	Students stay at the school the entire day due to their sport (football, wrestling), and there should be a place for student athletes to go to get a snack/food after school before practice. They come to school from 8:30 AM to 8:30 PM. Some students earlier.

Region 7 - 5A	Parent	Teams should not be allowed to practice on Saturdays, except during State Tournaments or when they are playing in a regular tournament. These kids are still growing and their bodies need a break. Their minds are growing even more rapidly and they need a break. Lastly, these are still children and they should have time to do other things. Spoken as a parent of multiple high school athletes over many years.
Region 7 - 5A	Parent	Thank you for addressing these concerns. I would love to see more family time or time for the teenagers to hold a part time job.
Region 7 - 5A	Parent	Thank you for allowing us to provide feedback. With my current high schooler, he does cross country, there isn't too much need for this. However, with my other kids (football and basketball) limits are needed.
Region 7 - 5A	Parent	Thank you for asking for feedback from the individuals that this truly impacts.
Region 7 - 5A	Parent	Thank you our daughter loves sports
Region 7 - 5A	Parent	Thank you!
Region 7 - 5A	Parent	Thanks for asking for input
Region 7 - 5A	Parent	The biggest problem we have with our son's team is that the coach will set a timeframe for practices but not stick to it. For example, our son's team will be scheduled to practice from 3:30-6p, but practice will not actually end until closer to 7p. This makes it extremely difficult for kids who do not drive and whose parents are made to wait for more than an hour on some days for practice to let out.
Region 7 - 5A	Parent	The coaches are always pushing the limits with the moratorium anyway, they are present but "not coaching"...aka taking attendance to see who is the most committed and coming when they "don't have to." It should be a straight up no organized gathering at all during moratoriums. Student athletes can workout 100% independently if they want to. One of the problems is adults/coaches trying to work their way around the system so that their athletes are getting in the extra hours so their team can be better and win more. So then if you're a coach and you're trying to be honest and you know other coaches are doing stuff like this you feel threatened by the competitive edge the other schools are getting and so you'll start to push boundaries yourself. There is absolutely no academic/social/work balance if you are a student-athlete at Springville High School.
Region 7 - 5A	Parent	The expected hours are not too many; however, it is the coaches who do not allow any exceptions that are the problem for us. Coaches do not allow sick days either. This forces sick players to come to practice, which gets everyone else sick. Also, my son had a very important doctor appointment that we were forced to cancel. If we hadn't canceled this appointment, he would not have been able to go to a fun event for the team. My son now has to wait weeks to see the doctor. I understand making a sport a priority, but this sort of expectation is over the top.
Region 7 - 5A	Parent	The first question wouldn't let me choose 4. So I chose 5 instead.
Region 7 - 5A	Parent	The only way this works is if every single school is required to do this. My child participates in drill and the required hours are insane. But students want to be involved and participate - which leads to families having to leave kids at home during the only time they don’t have school (because their team has practice and they are penalized if they miss.) If there is a school holiday, there should NOT be any practices allowed for ANY sport. School holiday = no practices. And yes that includes the entire two weeks of Christmas break. No one is ahead or behind if every school has the same requirements. And more students would probably choose to participate if playing sports wasn’t a full time job.
Region 7 - 5A	Parent	The practice limit isn't followed as is. Lowering it won't matter, it just needs to enforced, and not by parents. If a parent says anything, then no playing time for their kid.
Region 7 - 5A	Parent	The real issue is not hs sports. The real issue is competitive sports
Region 7 - 5A	Parent	The rules aren't clear, is Sunday the day off? Is Saturday the day off? Is the day off supposed to be during the week, M-F? It should be. Football, for example, takes an INSANE amount of time. 20 hours a week is absolutely absurd! I wanna have a relationship with my kids that includes working out with them, but if they miss team lifts they'll be punished. We've had coaches get upset at kids for being late to practice because they were getting after school help from school teachers. Sports rules the schools, not academics. Student-athletes are actually Athlete-....a-little-bit-students. You all are well aware of the issues, everyone is scared of the coaches, if you get on the coaches bad side, your kid will be punished. Please step up for the kids, be the voice that actually is in their best interest, not just in word, but in deed.

Region 7 - 5A	Parent	The state legislature should look at the difference in sports seasons, specifically with spring outdoor sports. Most seasons, including practices and competition, seem to be shortened due to the weather, spring break, and the early end to the school year. Blanket mandates for all sports isn't really feasible and will likely hurt outdoor spring sports.
Region 7 - 5A	Parent	The team policy requiring players to be present for all games on a given day (i.e., a JV player has to be at the games for the sophomore, JV, and Varsity games) feels like an unnecessary burden on my daughter's schedule. It means that twice a week, most weeks, she is at volleyball from the minute she leaves school (leaving early when it's an away game) until at least 8:30 at night, making it hard to keep up with schoolwork and get the sleep she needs to be a good student and a good athlete. I would appreciate an updated policy that caps the total amount of time a player can be required to spend in team activities during the season (practices + games), not just practices.
Region 7 - 5A	Parent	The time commitment over the last few years has really gotten out of hand. Students are often required to place their sport above all other activities whether religious or family or other interests. Knowing if they miss time for other activities it will impact their opportunities during their sport season makes it difficult for them to feel like that have a true choice.
Region 7 - 5A	Parent	There is a great deal of pressure for athletes to commit to their sport/coach. It would be physically and socially healthier if coaches could demand less from high schoolers without the risk of losing privileges on their team. These pressures are intense at this age because it is their identity. And with how much time coaches demand, these athletes are not allowed to develop an identity outside of their sport, limiting social and personal development that is essential for being a healthy, well-rounded human. There are many positive aspects of being involved with high school athletics. Placing a limit on how much their dedication can demand would help reduce the downsides.
Region 7 - 5A	Parent	There should be no “at home” practice during moratorium that they can be punished for. Also they should have a limit on how many weekend practices they can do, such as 2 per month.
Region 7 - 5A	Parent	There's always work around's for the moratoriums. Coaches can't lead practice. They have the team captains. Can't be a school practice? Why don't you get your "friends" and meet at the field for a practice. It's not going to matter what you say. Coaches will get the time in for what they want and expect for their team. You want to be competitive, you're going to hold practice one way or another.
Region 7 - 5A	Parent	These kids are treated like they will become pros and feel they have to commit all their time and energy to one sport or they don't have a chance to even play. This isn't the pros. This isn't college. These are children. Let's start treating them like children. If they want to do that work on their own time, so be it, but it should not be expected of them
Region 7 - 5A	Parent	They can still compete and be parts of strong families!
Region 7 - 5A	Parent	This all seems unnecessary
Region 7 - 5A	Parent	This is pointless until we start winning something. Why bother
Region 7 - 5A	Parent	This isn't connected to the questions, but UHSAA needs to include ultimate frisbee as an official sport, not for changes this would bring about in the actual game, but so that kids can get PE credit for this sport.
Region 7 - 5A	Parent	This survey can be skewed to athletes level of commitment. If they’re committed to a sport, there’s little conflict. But if they’re trying to work and participate in multiple sports, there will always be a conflict. As a parent the biggest problem we face is inconsistent practice schedules. This is because we’re sharing facilities with multiple sports

Region 7 - 5A	Parent	To be a student athlete requires hard work and putting in the time and effort to succeed. These restrictions seem to limit the time during the summer months more that during the school year. It will seem to affect football, girls soccer, cheer -- more of the fall sports -- teams that have to get ready in the summer for fall season to start. Because the school year/sports seem to start earlier every year in August they need time to work out and be ready as a team when the season starts. My daughter did high school cheer for 3 years, and there were times that she had practice in the summer and we had to work around her schedule or sacrifice trips. But we knew that time was special because it would all be over soon. And sure enough she graduated last year and that time with her team is over. Most kids only get 3-4 years of high school sports. It is a special time. If they are dedicated to the team, along with the parents, an extra 5 hours a week isn't going to make a difference. Everyone wants their team to win. Taking away practice time is not setting up a team for success. If a family isn't dedicated to the team then maybe their student should play high school sports. It is such a short window of time in their life that they will never get back. Let the kids practice, build team unity. The parents who whine and complain are the ones who end up winning and probably brought up this issue in the first place. Nebo District students got their travel to different states taken away because a few parents complained. Now they can only travel out of the state every other year unless it is under $1000 per person. That is not fair to some students where yearly National competitions are NOT held in Utah. So they don't get to go and show off their hard work from the past year? Stop making things easier because a few people complained. My other daughter plays softball. These moratoriums don't seem to affect spring sports as much as the fall sports.
Region 7 - 5A	Parent	Too many meets during school hours. Athletes are required to miss too much school. Can we move these to after school hours or weekend?
Region 7 - 5A	Parent	Utah has defaulted into a pay-to-play state with high priced club teams and expensive camps. Open gyms are a way for people who can't afford those opportunities to still get coaching and time playing the sport they love. Further limiting the amount of time they can get coaching is reducing their opportunity to be able to compete with the athletes who can afford expensive club experiences.
Region 7 - 5A	Parent	We are a sport family! Love them. That being said I feel like for the majority of athletes they are not doing as well in school, or developing in other areas. When in reality, almost all athletes have their sport end once they are finished with HS. Some of these kids have never held a job because of the demand of a sport, have taken easier classes to juggle both or have had grades suffer. They need other skills to help them launch into adult life.
Region 7 - 5A	Parent	We would love for you to consider stricter transfer rules for student athletes. It benefits the athletes and the community to have them stay at one school. We understand there are exceptions, but so many kids transfer to just get themselves ahead. We believe this entitles these kids to believe they deserve the same treatment after high school when that isn't a reality for the majority.
Region 7 - 5A	Parent	We'd also really appreciate if moratoriums didn't just mean non supervised practices. The practice of having captains lead unsupervised practices during moratorium is a serious safety issue.
Region 7 - 5A	Parent	We've had the best experience for HS soccer
Region 7 - 5A	Parent	While my child's athletic schedule can be a little intense at times, I feel my child has found ways to balance it. And considering the season is only 2-3 months long, it feels manageable.
Region 7 - 5A	Parent	With all the opportunity sports provide and the direction they are going I dont understand why you would look to be cutting back!
Region 7 - 5A	Parent	With multiple kids in sports at our local high school, the off season practices are optional. The year round training/practices give players, that can't afford club level sport year round, the ability and opportunity to keep playing and practicing their sport keeping them competitive.
Region 7 - 5A	Parent	With the current sanctions, kids are not able to do more than one sport. I think each sport should have a season so kids can do multiple.
Region 7 - 5A	Parent	Your survey only addresses part of the problem. It excludes all of the other Club/competitive requirements that have gray area and overlap with the high school programs. Many coaches also have club teams which puts pressure on kids to participate in those club teams in addition to the high school team. Those teams are not subject to the same high school restrictions. It's a loophole. I have had multiple kids go through high school and college D1 sports
Region 7 - 5A	Parent	its hard for the kids to even be able to work a summer job, and not every family can schedule a vacation during the moratorium. Especially with extended family reunions. Holiday's are for family time. But we leave it up to our child to choose, and he knows the sacrifice and time commitment, expectations for the sport he chooses.

Region 7 - 5A	Parent	probably not needed
Region 7 - 5A	Parent	school sports should not override potential family vacations during school breaks. with so much talk about absenteeism of students during school, make it possible for families to enjoy breaks together so we don't have to miss school in order to enjoy family vacations
Region 8 - 4A	Parent	*
Region 8 - 4A	Parent	5 days a week is a lot, could be reduced by a day to help support the students in doing homework
Region 8 - 4A	Parent	Also very expensive to participate in sports
Region 8 - 4A	Parent	Apparently my kids sports do not follow this rule because they are practicing A LOT more than 20 hours a week over the summer and about that during school. AND YET THEY RECIEVE NO PE CREDIT!! WE ARE BITTER ABOUT THIS!!!
Region 8 - 4A	Parent	As a parent of multiple athletes, one who is now competing in college, I don't feel like giving them less opportunity to practice and be coached and trained prepares them to compete or study in college. I feel that with practice and competition in sports and academics combined better prepares them for challenges in college and work and life. It has taught my kids how to better manage their time and still have a social life with friends and family.
Region 8 - 4A	Parent	As long as all the schools follow the rules I think limiting practices and increasing moratoriums could be good, but I would guess there are some schools/sports that don't and make it harder for those that follow the rules to be competitive.
Region 8 - 4A	Parent	Better definitions prevent potentially overworking students.
Region 8 - 4A	Parent	Coming from Australia, this system doesn't seem to allow a child to play a sport for enjoyment and recreation....everything seems WAY TOO competitive and excludes and demoralises the kids that just want to play a sport....Why not allow teams of kids with an interest to play at a lower level. surely it doesn't cost much to field extra volleyball teams. Then to actually PRECLUDE any player from practicing in the off season or playing seems very unusual...club sports are too competitive and expensive so, just leaves them to think I will just stay at home an play on my phone, computer or other mind numbing activities...no fresh air or team opportunities. Very unusual from this foreigners perspective
Region 8 - 4A	Parent	Decreasing the time on the field will only lead to injury to our athletes. Once they come back to training full time you will see an increase in major injury of our athletes. I think flexibility of the coaching staff needs to be communicated to parents about the ability to do vacations & such during the "off-season" but other than that I think this schedule has been working well for my athlete.
Region 8 - 4A	Parent	For sports that go for many months I think Saturday practice should be eliminated and if it can't for some reason then they should get another day off in exchange. 6 days a week is too much.. they don't factor in all of the games they attend (that they have to be there 2 hours prior) parades etc. As a parent I see my child getting burnt out on a sport she loves because it is consuming all of her time. Even during moratorium they had a large amount of homework they had to do.
Region 8 - 4A	Parent	Honestly, it would be nice to have a few weeks in August off so we could actually take a family vacation before school starts.
Region 8 - 4A	Parent	Honestly, the moratorium period just means coaches can't be at practice. The athletes still hold practice. Not sure the moratoriums will hold in the way they're intended.
Region 8 - 4A	Parent	I also think you need to go back to the old way. Specifically they basketball season, have june open, the moratorium until mid September, give parents and kids playing football a time off of basketball. Sports don't need to be year round.
Region 8 - 4A	Parent	I am very concerned with the amount of time that athletics is taking away from our youth, both as a parent and as a community member that works with high school-age youth. I strongly support reducing the weekly practice hours limit, as well as additional moratoriums in May/June and sport-specific times. I would also like to see fall sports (tennis, volleyball, soccer, football) actually be played in the fall, and not have games and so many practices before school even starts. For example, the girls tennis season for JV players ended on September 15. There is still another month of good weather that the sport can be played instead of having so many practices, tournaments, and games before school even starts.

Region 8 - 4A	Parent	I believe there should be fewer blanket regulations on practice time and more emphasis on open communication between parents, students, and coaches. If concerns arise, parents should first be encouraged to speak directly with the coach and give them an opportunity to address the issue. Many times, it's simply a matter of better planning or communication, which can also help coaches grow in their role. If a concern cannot be resolved at that level, then it makes sense for it to be elevated to the school board. High school activities require a significant investment of time and money, so I expect practices to be structured and purposeful. As long as coaches are planning ahead and clearly communicating schedules, that allows families to plan around other commitments. It would also be helpful for coaches to provide more advance notice, especially during busy months like May and June. Ultimately, our goal should be to support both coaches and students in a way that prepares kids for the real world. Strong communication, accountability, and flexibility will do more to achieve that than strict regulations.
Region 8 - 4A	Parent	I can't stand out time consuming high school sports are. Currently, my kids are penalized for missing practices/games because we like to travel or spend time as a family. I am strongly against the year round practice because my kids play multiple sports and they feel anxious knowing they are missing practices from other sports. I don't understand why high school sports need to practice year round. Our kids are getting burned out and injured.
Region 8 - 4A	Parent	I do find the demand on our kids time if they are to be involved in sports is very overwhelming. It infringes very much on our ability to enjoy family time away and I find that the demand to be at practices or year around training and conditioning to be very frustrating. I want my child to be able to do sports, but at what cost? It just seems like a lot and I find myself not wanting them to do sports at all because of it all. It just doesn't seem like a well balanced lifestyle for such a young age.
Region 8 - 4A	Parent	I do not appreciate having sports competitions in the middle of the week. We are unable to watch our children compete If we have jobs or other children at home.
Region 8 - 4A	Parent	I don't like my kids missing school over and over for games. We've experienced having to leave school early (like 10am early) twice a week. Also, tournaments that take me kids out of school completely for 2 days. That would be an overnight, or just all day tournaments. It's too much. They need to not be absent from school for sports.
Region 8 - 4A	Parent	I find my student is more frustrated about the moratoriums and actually find it comical that it is thing. Some sports don't even during in the proposed timelines the questions ask about, ex, baseball. The moratorium isn't helpful in reducing the kids participation in sports, but seems more of a technicality for specific times of the year. I think more could be brought up to encourage academics alongside sports, rather than trying to block sport participation.
Region 8 - 4A	Parent	I overall like the direction this is headed and letting our kids have more time to do other things and not be so hyper focused on a sport that many will not play beyond high school or even the ability to play another sport or get a job. I know at least with our high school though the mortarium just lets coaches not come but captains or others still hold a player only practice so feels like that defeats the purpose.
Region 8 - 4A	Parent	I prefer to have my son participating in his sport consistently.
Region 8 - 4A	Parent	I strongly support limiting sport requirements in the summer. Some families can't do anything beside HS sports during the summer months, including some of my own extended family.
Region 8 - 4A	Parent	I think a playtime limit needs implemented. Other states have implemented this and I think it's a great idea. They can only play so many quarters time etc across all levels. This gives more kids the opportunity to play vs the same kids
Region 8 - 4A	Parent	I think every high school should have sports. Football, basketball, soccer, cheerleading, drill team, and every other extracurricular activity. HOWEVER, they should get zero funding unless the special education programs are fully funded and given everything they need including aides that are full time and get benefits. They bring in more money per student but rarely receive those funds. These are the most vulnerable among us. They have always been part of society and need our advocacy to be heard. Nothing. Nothing. Nothing. Nothing should be given to sports or an EXTRAcurricular activity until the special needs kids had their BASICcurricular needs met.

Region 8 - 4A	Parent	I think its fine the way it is. I believe more effort should be placed on school transfers for sports, exploring doing away with open enrollment, stopping the loopholes families are taking to get their kid in to a different program and avoid the sit out 50% of the season rule.
Region 8 - 4A	Parent	I think the athletes should have more time to fulfill their academic commitments.
Region 8 - 4A	Parent	I think we need a healthy life balance. Sometimes the kids schedule takes up so much time we don't have time for family time.
Region 8 - 4A	Parent	I would love to have one more moritorium week added. With my son playing high school football every year, it is hard to schedule a family vacation or have time for a church camp etc. He can't really do anything but football every summer. He does not even have time to go boating with the family.
Region 8 - 4A	Parent	I"m in favor of lowering the practice limit but going all the way to 15 hours seems like too much. I'd lower it to 18.
Region 8 - 4A	Parent	In 10 years, as better research comes out, we'll be ashamed of how we have driven kids in sports. Their bodies are still growing and their interests still fluid. Don't make high school sports the new college sports.
Region 8 - 4A	Parent	It is time to bring back family time. Kids should not be punished in their sport for special family obligations. I also think because kids are playing a specific sport year round with no breaks the injury rates are escalating. This also needs to stop.
Region 8 - 4A	Parent	It's hard to get better at the sport unless you practice in off season times. Please do not limit that.
Region 8 - 4A	Parent	I'm a huge supporter of children's sports, but I am definitely in agreement with these changes to make more time for family.
Region 8 - 4A	Parent	Make coaches responsible for going over these hours
Region 8 - 4A	Parent	My daughter is on XC and is in 10th grade. Her main challenge currently is finishing up a 6 week online driver's ed course! It went from 10 weeks to 6 and it has taken a lot of her time in combination with XC practices and Chamber Orchestra! I also don't think that extra time off at the end of the school year is what is needed! I'd rather take a week off during the really busy busy time during the school year.
Region 8 - 4A	Parent	My kids participate in marching band and indoor percussion. They already make sure the students don't practice too much, so this is not a concern for me.
Region 8 - 4A	Parent	My son no longer plays football because of the time commitment. Coaches said that their not attending certain drop-ins, weightlifting, and meetings that were long out of the season would not affect them, but they did. The sad part is, more time did not change the outcome of the games. Let athletes be kids.
Region 8 - 4A	Parent	My son's volleyball schedule has been reasonable. But my daughter's cheer schedule has been way way too much - my daughter and our family are getting burned out.
Region 8 - 4A	Parent	Our coaches have also asked for Saturday and Sunday participation in football. (Sunday got denied by parents) As a parent with multi-sport athletes, this football season has required so much more time than I am willing to support. On home game days they have implemented lunch together as well which means 6am walk through then 11:30am till game time as a team. My son recently asked if it was even legal for him to be at school from 6am-6:30pm on weekdays. In our opinion, good athletes with good supportive parents are getting burned out quickly with the amount of time required for football. More mandated breaks and limits on how many hours a day they can be gone for a sport would be appreciated from our family. We love sports but kids need downtime and free time to be more balanced. Thanks!
Region 8 - 4A	Parent	Region 8 is so small compared to other regions. Girls tennis suffered by having fewer matches and tournaments than in the past. They felt cheated out of part of their season. Perhaps they just need to play each school twice?
Region 8 - 4A	Parent	Specifically the dance and drill teams need many more limits. Fewer hours per week 15 hours (including class periods) is plenty for practice. I believe they should also be limited to 26 weeks per year. There is no balance in their lives.
Region 8 - 4A	Parent	Starting high school football practice and meetings in February 5 days a week continuing through the summer including Saturdays is ridiculous!! These athletes are children with families. Our time as a family to do vacations is during summer to prevent missing school. Its completely impossible without being punished for missing football.
Region 8 - 4A	Parent	Summer training is important and I don't mind the frequency of that. I do wish competitions would start a little later on school days so kids don't have to be checked out of school early in order to travel to compete. Or have more competition on Saturdays so it doesn't interfere with school.

Region 8 - 4A	Parent	The goal of Provo School District is to Welcome, Educate, and Inspire to become life-ling community members and learners. I would love for sports programs to have limits on physical training but encourage and implement giving back during some of those moratoriums. Service ties our community together and helps youth see beyond themselves. Student-led camps for elementary age children can help create a sense of belonging and growth trajectory as well as empowerment. We participated with the Provo Mountain Bike Team last year and during the month before we practiced, we were involved with trail cleanup at several venues and reduction of invasive species at Slate Canyon. Meaningful service can help create more cohesive teams, lifelong learners, and community members instead of prioritizing winning at all costs.
Region 8 - 4A	Parent	The sports seasons should be longer and the athletes should be allowed to practice with their teams year round.
Region 8 - 4A	Parent	The time required for many sports limits many from keeping up in their academics.
Region 8 - 4A	Parent	The year-round nature of high school sports has become a total joke. High school coaches are essentially forcing kids into specialization, which any orthopedic sports doctor will tell you is absolutely higher risk for injuries in young people, particularly girls. College coaches often talk about how they don't want players that specialized, yet high school coaches with their off-season programs are making it nearly impossible for a kid to play two, let alone three sports in high school. High school coaches need to be reigned in on this principle.
Region 8 - 4A	Parent	This really depends on the sport! Marching Band needs to have the training in the summer because there are so many factors to a good show. Cross Country would be dangerous if we just threw the kids in there without any conditioning leading up to it. It would put less pressure on the kids, but we also want them to be safe.
Region 8 - 4A	Parent	This will lead to a pay to play atmosphere already in existence with 7s teams and private clubs. You will marginalize those who need the school based experience to be competetive. Additionally, if there is a school culture that is willing to practice to play better more than another they should not be punished.
Region 8 - 4A	Parent	We enjoy sports, but also want well rounded kids and more time with them. Sports interfere with their lesson times and music practice.
Region 8 - 4A	Parent	We need to get back to focusing on academics and families. Too much time and energy is put into sports!
Region 8 - 4A	Parent	Well balanced individuals are better prepared for real life. Moratoriums don't need to be extreme, but they are certainly necessary to help balance life and remind those who forget about balance —both coaches and players.
Region 8 - 4A	Parent	When there is moratorium, it should be a legit no practice!! Don't call it a "seniors" are going to run practice. The kids still feel like they have to be there. So really there isn't a moratorium.
Region 8 - 4A	Parent	While they need hours to practice the sports they play we should also consider travel time , study time and sleeping time.
Region 8 - 4A	Parent	Would like to see annual training and ethics courses to be implemented for coaching staff-
Region 8 - 4A	Parent	Year Round Practice schedules for sports is making family time rare and non-existent. My child participates in 3 sports. One in fall, one in winter and one in the spring. She can't physically make it to all the practices and open gyms that all the sports hold. There is never time for family time and she is rarely at our home. She doesn't have time for a social life and rarely is able to have time with friends. Having a weekend for a family outing is rare. Year Round Sports are making it more difficult for athletes to participate in more than one sport. Athleticism and competition in sports is diminished as less athletes are able to participate and help their teams because of year round sports programs. Athletes feel they have to pick one sport to be able to make it to all the open gyms and practices held. Sports programs should only be allowed to hold practices during their respective season. Year Round Sports are the devil's way of taking time away from families and athletes!!!! It makes me sick. Thanks for the opportunity to do this survey.
Region 8 - 4A	Parent	none
Region 8 - 4A	Parent	these changes are great but no one follows them or the academic rules for HS athletes. Good luck implementing and reinforcing this.
Region 9 - 4A	Parent	Consider moving tennis to begin in September. It's too hot in Washington County for that sport where almost every school has zero shade.
Region 9 - 4A	Parent	Current coach for our daughter bullies and berates players when notifying they will be absent for a game or practice, threatening risk of being kicked off the team if any scheduled item is missed. Often an email to the whole team and parents follows further chastising the player using general terms "some have told me they will miss"… then more threats then relents and asks for others that will miss so she can adjust the schedule. Just a bit much.
Region 9 - 4A	Parent	Desert Hills High School Football currently practices from 6 am until almost 8 am, then meetings and other work from 3 pm until 5-5:30 4 days a week, leaving little time for academics and other extracurricular activities. Game days leave little time for anything else because they're expected to be to the games at least 1.5 hours early. Reducing sleep and study time is a disservice to these young men.

Region 9 - 4A	Parent	Good questions. Thanks for asking.
Region 9 - 4A	Parent	High school sports are out of control. I played college sports (basketball) and I work in college athletics and I can't believe what is happening in high school and youth sports. While club/travel is the main culprit, middle and high schools have followed closely in their footprints. Please stop the madness! I applaud you for creating this survey and soliciting the voice of parents. High school sports needs to refocus and help rebalance the lives of our youth. Sports are a great educational vehicle but they have become the main vehicle. High school sports will end. Very few will go on to play at the next level. A more well rounded high school graduate should be the focus. Multi-sport athletes are needed. Family time should be supported and protected, especially in the summer. Sports currently control most of summer and it's not okay.
Region 9 - 4A	Parent	I absolutely think the coaches should be allowed and have the freedom too work with their team as much as possible. I do not believe we should have more restrictions.
Region 9 - 4A	Parent	I answer the above questions this way and my child doesn't even have a sport that goes through the whole year. If their sport practiced all year round, even when competition time is over with, then they should only be able to practice 2-3 times per week at the very most—hopefully less! FYI, I really don't think my son would even be on the team if he was pushed to practice year round and give up so much of his life. He would be so sick of it always being so busy. I am certain he is not alone in that. These kids deserve a chance to just be kids, hold a job, do their homework, play, hang out with friends, do homework some more, prep for ACT, apply for scholarships, go to a play, maybe even on a date, and just simply have moments to be themselves! We support the 15 or 20 hour Practice limit per week because our child's sport only lasts for around 3 months. We basically put life on hold in some ways for that time, and that's OK cuz we tell our child that it won't be forever, and only for a time. My heart hurts to imagine any student having to work year-round to comply with the coaches rules and demands of coming to practice all year round—even thru summer! Wow! I'm also concerned for the teens that have to deal with that pressure to give up so much of regular life just to stay on the team and give up so much time to follow the practice rules. It is shocking how out of control competition has become that it runs people's lives. Please, please, please do what is best for the youth. These students don't have a voice…It's up to you. —So thanks for the chance to send my input and offering this survey. Please put the youth and their teenage sanity 1st over competition & performance levels. Thank you!
Region 9 - 4A	Parent	I believe it is important for practices, but more breaks would be nice at the end of the year.
Region 9 - 4A	Parent	I believe that if the coaches are flexible about absence during the end of the school year May/June - there is no issue with the current hrs.

Region 9 - 4A	Parent	I do not feel like the UHSAA rules in regards to moratorium are followed by any of the school in my region. I also do not feel like the rules in regards to training, practice, or coach activities with a time limit of 20 hours are followed. As a parent, I can honestly say that I am not happy with the level of professionalism in how the football program is run within my high school. Coaches do not build the boys up, they do not invest the time to understand who they are as individuals. I have personally had issues where the coaches have set up weight training as a non required participation during the summer months. But when the first week of mandatory practice started some boys showed up. Those boys were told that they did not attend the voluntary workouts and that they had to earn their spots. I agree that they have to earn their spots on a team, however telling them that they have to earn them because they didn't attend a non mandatory workout is wrong of a Coach. I have listened as coaches have told a group of boys that they have lost all faith in them to do their jobs on the field. I have coached football for years and more importantly I have coached those boys that these coaches are talking too. I have played football all through high school and for two years in college. There is a huge difference between little league, high school, and D1 college football. These boys are playing this game because they want too, because they have a love for the game. They are young men and trying to grow and learn who they want to become and who they will become during this time. Investing time to understand them, to help them grow during the hard times. Holding them accountable for the good things as much as the bad things that they do is critical at these stages of development of their life's. A coach can change the outcome of a child, teenager, and adult life. Beating them down mentally because he threw and interception, missed a tackle, fumble the ball. Breaks them down, sometimes beyond what that person can take. I have personally spent time with a player in my home breaking down film and helping him understand what he can do differently to improve his level of play and boost his confidence in his ability to play the game of football at the level he is wanting and more. As a coach having integrity in all my actions is the outlining attribute I want to show to my players. It's something that I require from the young me that play game for me. I hope that there can be some integrity in the football program at my high school level.
Region 9 - 4A	Parent	I do not think coaches should penalize students for not coming to practice on school holidays.
Region 9 - 4A	Parent	I don't think practices/games/tournaments should be allowed during holiday breaks or school breaks during the school year. Let kids have vacation time with their families! Keep the summer moratorium as is but do not schedule athletics during holiday breaks or fall/spring break.
Region 9 - 4A	Parent	I don't think spring sports should be allowed to hold practices and team events during fall sports season. Then you have kids trying to do do sports that they can only be half committed to because of the other. Let them be all in in the current sort they are in so they can give 100% to that sort, coach and team. It makes it so hard on these kids who have jobs and are busy with other extra curriculars. They act like they should get 100% of their time year round and really pressures the students to feel guilty if they can't do it all because they are trying to make everyone happy. Seriously, let them breathe a little, you'll get your turn with them when it's your"season" not another coaches season.
Region 9 - 4A	Parent	I don't mind the summer practices, I don't like when coaches require practice over spring break. My child greatly benefits from their sports programs and the commitment and discipline it takes
Region 9 - 4A	Parent	I feel like high school sports owns and holds captive our family. Coaches bully and harass my child if they bring up missing a practice or game if we have other commitments or family events. They tell my child that they shouldn't be on the team if they miss one event. It's ridiculous and has gone too far.
Region 9 - 4A	Parent	I feel like the intensity of sports has gone way up, making it hard for athletes to be more well-rounded by being able to participate adequately in other interests or events. This can have a negative effect academically, socially, and spiritually. Teens are being way overscheduled because anything they are interested in demands so much of their time that they can't give enough attention to all the important aspects of their life. I think if an athlete wants to make this a career thing, they can be as intense as they want, but expecting everyone interested in a sport to don an Olympian schedule is too much.
Region 9 - 4A	Parent	I like that you are doing this. Biggest thing will be to have teeth and consequences for those that don't follow the rules and policies as many will try to circumvent them.
Region 9 - 4A	Parent	I support adding an end of year year all sport moratorium to give student athletes time to rest and be with family before summer activities begin. More clearly defined seasons as well as off seasons would also reduce burnout. Lowering the weekly limit to 15 hours would still allow strong development while giving kids more balance for academics, family, and other interests. IMHO, sports should remain a healthy, positive part of high school, yet not feel overwhelming.

Region 9 - 4A	Parent	I think what we have going is great. It keeps our kids busy so that they stay out of trouble and has also kept them competitive.
Region 9 - 4A	Parent	I understand that schools need volunteers for coaching at times, but I strongly feel when a player is at a high school level in sports, parents should NOT be allowed to “coach” their player
Region 9 - 4A	Parent	I work in sports orthopedics and mi clinical decision is based on all of the overuse injuries we treat.
Region 9 - 4A	Parent	I would like to see 1 week moratorium either the 1st week or last of June . We can't start family summer activities until July when summer is half over.
Region 9 - 4A	Parent	I'm sure there are exceptions like track and field for total hours per week. Some track meets on weekends are half of Friday and all day Saturday. What other exceptions are there?
Region 9 - 4A	Parent	It feels like that it’s getting to where kids cannot have jobs or do anything outside of their sports and then if they’re a double athlete sport there is never a pause it just every sport runs fullbore all year long. It’s a lot!
Region 9 - 4A	Parent	It is a parents job to teach commitment and the coaches job to decide fair consequences across the board for missed team practices. Most states do not have moratoriums and it allows everyone to compete at the same level
Region 9 - 4A	Parent	It is difficult to plan family activities and vacation because of summer training schedules. I also I think that anytime school is out- like spring break- athletes should not be required to attend a school activity or sports event or practice.
Region 9 - 4A	Parent	It would be nice to have Spring Break to go on a family vacation in March. Since my children play spring sports, they are never given the break and required to play in tournaments.
Region 9 - 4A	Parent	I’m very supportive of adding moratoriums and reducing the hours during the summer. I’m concerned about burn-out, injuries and over scheduling. Let the athletes have time to do something besides only their sport. Let them have time with family, friends and jobs. We don’t need to be running high school sports like college athletics programs.
Region 9 - 4A	Parent	Leave spring break alone!!
Region 9 - 4A	Parent	Longer off-seasons are needed for student athletes - for their physical and mental well being. Allows more time for proper growth, and for both physical and mental prep time leading into the next preseason phase.
Region 9 - 4A	Parent	Make swim a fall sport!
Region 9 - 4A	Parent	More breaks. I miss my family time with my kids. Sports are amazing in so many ways, but they are kids. This is not their job, they are not playing professionally. Let them relax and take a break without pressure. They need time to study, rest, do other activities they enjoy, and spend time with family without penalty.
Region 9 - 4A	Parent	My children’s sport interfere with family vacation even when we go in the summer and during fall break. My high school football players miss all of our family events for football and it’s very unfortunate. If they skip football to do a family function, they are punished by not being able to play. These kids need more time off from sports to spend time with family. Family time is WAY MORE IMPORTANT Then sports! I wish the sporting world would support teens spending time with family!
Region 9 - 4A	Parent	My kids don’t participate in sports that practice 20 hrs a week or that go round. Though if we did we would be less likely to mandate every practice. And sport studies don’t support that intensive training
Region 9 - 4A	Parent	My son is exhausted during sports and has missed many family events and reunions for sports. I wish we could find a better life balance. I feel sometimes coaches require so much, my kids feel like they have to sacrifice other educational opportunities and experiences to meet coach requirements. I feel high school sports have an amazing purpose to teach kids work, be part of a team, and develop character. If they lose it is ok. They can learn to pick themselves up and keep going--win or lose. Cheer for each other and move on. Sports are sometimes taken a little too seriously.
Region 9 - 4A	Parent	My student is in other elective classes that interfere with fall sports. Mainly AFJROTC, which my student really wanted to participate in, scheduling conflicts with fall sport practice and games. My student has been unable to attend AFJROTC events and meetings due to sports scheduling.
Region 9 - 4A	Parent	None

Region 9 - 4A	Parent	None of this will help, it will just overrun by other filler activities ie CLUB SPORTS. Which also just creates more friction on the HS level. ALSO UHSAA is a trash organization filled with persons only collecting a paycheck who do not even really care about the kids in the sports. Typical red tape org whose only job is to make life harder for families and athletes. Just my opinion
Region 9 - 4A	Parent	Our cross country and track team already have a modern schedule. Even though it has interfered with some of our family activities (because we like to travel) it is not unreasonable. I think we are already at the 15 hrs of practice (including meets/travel)
Region 9 - 4A	Parent	Seems like during the academic year, when there is no school, there should be mandatory practice (LABOR DAY) without threat of not being able to compete
Region 9 - 4A	Parent	Some of these sound like good ideas for sports that are extreme, but may be unnecessarily restricting on other sports.
Region 9 - 4A	Parent	Sports are amazing and teach great skills but the fact is kids are at school to learn, if kids also need a part time job it leaves very little time for homework. Also, the year round sport schedule leads to more sport specific injuries and athlete burnout. It also prevents kids from participating in more than one sport because the "season" for every sport never ends. This forces kids to generally pick one and stick with it. All year round sports also throws life balance off. Not a healthy pattern for adult life. Let's keep all the good HS sport provides but not make it so all consuming.
Region 9 - 4A	Parent	Sports are supposed to be seasonal. This current obsession of parents, coaches and students to monopolize our kids lives with year round school and club sports is atrocious. It's the parents' fault for growing up in what I like to call the "Like Mike" generation that was sold on the promise that if we just went to enough camps, worked hard enough and bought the right shoes that we too could be "like Mike." Well the truth is, not everyone can be "like Mike". Your kid most likely isn't going to be a professional athlete, most likely not even a collegiate athlete, so yes, shorten seasons, shorten practices, and quit trying to force our unfulfilled dreams down our kids throats. It only contributes to the anxiety, depression and mental health concerns that we see so prevalent in todays youth.
Region 9 - 4A	Parent	Sports should enrich the lives of kids, not take over it due to numerous responsibilities and requirements, on top of school and life events. When our child was a part of an organized school sport, she was told to schedule drs appts, family vacations outside of the sports schedule. No consideration was given whether those appts were made before she made the team. Any missed practice was a reason to not let her participate in the sport. It felt like the sport came first before anything else.
Region 9 - 4A	Parent	Sports take up way too much time
Region 9 - 4A	Parent	Start later in the summer. Our kids deserve a summer break.
Region 9 - 4A	Parent	Stop asking students to miss school! My kid is EXPECTED to miss at minimum 4 or 5 full days of school through the short sports season. This is crazy! The student could lose a spot on varsity otherwise. This needs to end. Plan better State tournaments and other competitions over the weekend.
Region 9 - 4A	Parent	Summer needs to be for family/personal time and NOT sports practices!!! We need more focus on academics/ learning critical thinking skills and less emphasis on athletics. Learning lifelong healthy habits of exercise is the main goal - NOT training college or pro athletes!
Region 9 - 4A	Parent	Summer sports are what keep a lot of kids busy and occupied during the summer. It would be hard to take that away from them.
Region 9 - 4A	Parent	Team related activities have been a huge benefit to my athlete. Running is a sport where not a lot of talking occurs. The kids practice at least 15 hours a week and I couldn't be happier with the schedule. Its reasonable. Ultimately reducing hours will limit team-related activities. They have been an amazing way to connect and become a team. Ultimately 7 individuals compete for points and only 5 count. In order to do well, individually, acting as a team is essential and that level of trust is found both in the practice and in the fun too. Given our recent move. I have been SO impressed with this program. It has been amazing for my athlete.
Region 9 - 4A	Parent	Thanks for all you do!
Region 9 - 4A	Parent	The 12 week moratorium question needs more information. I would really like to know more and see the wording. It could really hurt students that do not have the money to seek outside training.
Region 9 - 4A	Parent	The athletes who are serious about their sport will practice on their own and done take breaks anyways
Region 9 - 4A	Parent	The change I would like to see most is a moratorium for fall break and spring break. They shouldn’t be required to play over the school breaks. Those are the only breaks given for family time and I’ve had golf and baseball players that have state tournaments over fall break and baseball tournaments over spring break. It’s ridiculous.

Region 9 - 4A	Parent	The day before class choice was to be submitted this year, we were informed that 8th hour during school would be a soccer class the second half of the year. Our son tried out and made the chamber choir back in May, but then last second in August was told he had to choose between choir and soccer because of this last second change. This may have only been a region change not State (?), but it was very frustrating that we were not informed of this 8th hour Soccer practice/class until right before school started. Our family loves sports as much as anyone else, but this was not right to require that change. Our son may not be able to participate in Region or State Choir because of this ever evolving change to prioritize sports over everything else.
Region 9 - 4A	Parent	These kids need to be kids especially in the summer. They shouldn't have to have twice daily football practices. The basketball kids shouldn't have basketball games during Christmas holidays or fall holidays we as parents can't plan anything because of it. Coaches need to relax.
Region 9 - 4A	Parent	We love athletics! All of our children compete. And always will. Allowing more time for family, holidays, church, community involvement will be beneficial for our wonderful athletes and coaches and their families and other areas of interest. Thank you for considering this
Region 9 - 4A	Parent	We love having our children in team sports. We love being a part of a team and committing to work hard. However, the time expected and "open gyms" that are just veiled practices, are exhausting for busy kids (and parents) and require that my kids be "all in" at all times. I feel like they never have time to round out their high school experience with anything outside of sports because expectations are so high. The brief breaks we do get are fantastic and my kids' cups finally have a chance to fill up, their bodies have a moment to heal/rest and and they have a chance to see outside of their current situation. It's INCREDIBLY healthy to have these breaks. I strongly support more moratoriums and possibly less practice hours.
Region 9 - 4A	Parent	We're on kid #3 involved as a multi-sport athlete. In our experience, MOST sports are respectful of whichever sport is in-season. Outside of the school year, it's no holds barred and every sport expects you to participate in team camps, tournaments, clinics, etc. We legitimately had 1 summer where we only had 2 days of no sports for our 3 kids who were participating. We chose this life, but it's gotten so insane that you can't NOT participate. Vacations are frowned upon and you get pressure from multiple coaches to attend everything in the summer. Baseball in our experience blew the 20 hour practice limit consistently. My oldest son's freshman year saw him with a requirement to attend his own practices (2-3 hrs 3 days a week), bullpen catch for JV/Varsity pitchers (2-3 hrs 3 days a week), compete in his own FROSH games (6-8 hrs), attend every JV/Varsity game and provide field prep/cleanup as well as catch bullpens for both levels. One week we tracked it and it exceeded 40+ hrs. Then the boys got in trouble because their grades were sliding. My boys both quit baseball after their freshman/sophomore years so I could not say if it remains that way today. What I worry about happening if limits are decreased is that they'll become non-coach led, but every bit as "required" practices led by seniors, or "on your own" homework requirements. Some schools will abide, while others will find loopholes to gain the "edge". Schools following the rules for the spirit of families lose a competitive edge to those who don't. Just some thoughts after being in this athletic arena as a parent through football, basketball, baseball, volleyball, softball, and swimming through 3 kids so far and one still to come into high school athletics.
Region 9 - 4A	Parent	Winter sports need longer mandatory moratorium between Christmas and New Year's. It's hard to see family over the holiday just to have to be back for games a day or 2 later.
Region 9 - 4A	Parent	Your moratorium isn't working because of unique workarounds such as senior-led practices and similar activities, often held under the watch of coaches. While technically not mandatory, student-athletes feel a strong expectation to attend, which undermines the intended break.
Region 9 - 4A	Parent	quit regulating the processes. the individual parents and players should have the ability to make those decisions not have a regulatory board tell them they can't practice

Comments by Parents who are teachers or administrators but not coaches

High-level Summary Generated by Microsoft Copilot:

1. Academic & Family Balance
   - Many parents and educators say sports interfere with academics, homework, and sleep.
   - Students miss significant class time due to travel and long game days.
   - Families struggle to plan vacations due to year-round sports schedules.
   - Requests for more moratoriums, especially during holidays and summer.
   - Some advocate for mandatory days off and better enforcement of breaks.
2. Practice Time & Scheduling
   - Mixed views on reducing the 20-hour weekly limit—some say 15 hours is too little.
   - Coaches often bypass rules with “optional” practices or captain-led sessions.
   - Drill, cheer, and football are frequently cited as over-demanding.
   - Suggestions to better define seasons and limit off-season activities.
   - Concerns about burnout and overuse injuries from excessive training.
3. Equity & Club Sports
   - Club sports widen the gap between affluent and low-income students.
   - Reducing school practice time may push athletes toward costly private options.
   - Requests to regulate club involvement and enforce boundaries.
4. Enforcement & Policy
   - Many say current rules are not enforced consistently across schools.
   - Coaches pressure students to attend non-mandatory events or risk losing play time.
   - Some call for audits of team spending and better oversight of coach behavior.
5. Multi-Sport & Extracurricular Access
   - Students feel forced to specialize in one sport, limiting other opportunities.
   - Overlapping seasons make multi-sport participation difficult.
   - Students miss out on clubs, arts, and community involvement.
6. Suggestions & Requests
   - Support for sport-specific moratoriums and flexible scheduling.
   - Requests to prioritize student mental health and holistic development.
   - Emphasis on restoring balance—letting kids be kids again.

Region	Role	Comments
Region 1 - 6A	Parent Educator (not coach)	Baseball would be negatively impacted by decreasing times where the sport games are longer than others. Arms need to stay warm so they don’t get more injuries
Region 1 - 6A	Parent Educator (not coach)	High School sports is frustrating and I hate to see what's become of it. The biggest problem is students moving from school to school, even though the claim their not being recruited by coaches. It is happening. Kids are being recruiting to play at different schools and it's incredible disappointing and frustrating.
Region 1 - 6A	Parent Educator (not coach)	I feel that kids need more breaks. We focus so much on the sports we forget about other aspects of their lives.
Region 1 - 6A	Parent Educator (not coach)	I have been a junior high cheer basketball mom and a highschool drill, football, soccer mom.....it would be nice if there was more cohesive dates between all of the sports where they were off at the same time and can do things as a family- although we have managed to work around the schedule....it's not always easy.....Especially since it's about a 40 min drive from our house to the high school

Region 1 - 6A	Parent Educator (not coach)	I was an athlete growing up and have seen high school sports become increasingly more competitive and stressful, to the point that parents and community have lost the vision of the child's overall health and mental well being. We're turning high school sports into college level pressure and commitment. My biggest complaint is that kids can't go on a family vacation before school has officially started without big consequences in their playing time, or even being cut off the team. Sports attendance should not be required until school starts.
Region 1 - 6A	Parent Educator (not coach)	The overlap and conflicts make it nearly impossible to be a multi sport student athlete. Which research has shown to be beneficial.
Region 1 - 6A	Parent Educator (not coach)	There's a fine line in how often student athletes should practice versus having time for homework and other life activities. I'm not sure what the answer is, or even what I'd recommend.
Region 10 - 4A	Parent Educator (not coach)	20 hours a week is too much for kids trying to live a balanced life, including keeping academic and family life healthy.
Region 10 - 4A	Parent Educator (not coach)	As a parent of an athlete, his sport has played a major role in keeping him out of trouble. However, it has also prevented him from being able to participate in programs like band or theater.
Region 10 - 4A	Parent Educator (not coach)	Even if the student had good Academical status if the school lead them to spent more time on sport they couldn’t do their assignments on time,they will tire to study only they will thinking about the game and sport they don’t focus on their academics so more game more sport out of school affect their academics status
Region 10 - 4A	Parent Educator (not coach)	I find it difficult for my children to keep up with their school work during their school sport seasons. I think they should require at least 2 days off per week. Additionally, my children do not have enough time to participate in school clubs and volunteer work, which I feel is critical in having a well-rounded high school student. Perhaps the teams could participate in service projects as a group (maybe once per month) instead of a practice. Competition days end up being much more than 3 hours, especially considering they miss some class time and have to stay at matches for all levels of teams to complete their competition. I have found that for game, my children spend approximately 5-7 hours with the team and unable to do any other activities during that time. (Ex - departing school at 1:30 and returning at 8:30pm, or later, for away games).
Region 10 - 4A	Parent Educator (not coach)	I have had four kids in 8 different sports and the problems are almost universal, some sports worse than others. The problem is that they follow your rules, but not really. Sure "practice" is only 2 hrs, but they watch film, weight lift, have a meeting, etc. and then practice is literally 6 hours long. Also, during moratorium, the coaches don't hold practice, but the captains do and they are "optional" (yeah right!!!) or it's not practice, it's weight lifting. And if it's not at the school, it's at a park or a church. Basically, the rules are bypassed and kids end up practicing constantly. I have seen kids' injuries increase because their bodies never rest. Kids are tired of the sport before the real season even begins. And, family time suffers. Kids need breaks! And, they need more than just moratorium. They need three day weekends off. They need spring break and fall break off. And by "off", I mean, OFF. No nothing anywhere scheduled, no "optional" practices. NOTHING! OFF!
Region 10 - 4A	Parent Educator (not coach)	Is the purpose of this change to support students who play club sports? If so, there are many students who don't and may want the opportunity to practice.
Region 10 - 4A	Parent Educator (not coach)	My students are able to participate in sports, as well as other extra curricular activities and keep up with their school work. I know this is not the case for all students. I’ll support whatever is best for most
Region 10 - 4A	Parent Educator (not coach)	Off-season participation should be optional.
Region 10 - 4A	Parent Educator (not coach)	Shortening the weekly practice limit will bring some needed balance to the students' lives. We love sports, but the vast majority of high school athletes will not join collegiate athletics. Those who aspire to that goal may practice more on their own.
Region 10 - 4A	Parent Educator (not coach)	The variation of High School start times in our region significantly affects the amount of time students have to miss class and instruction in order to participate in athletics. Additionally, students who do not participate in sports are also missing out on quality instruction when their teacher who is also a coach is out in order to attend an athletic competition. This is a serious concern that negatively impacts students' educational opportunities and should be addressed!

Region 10 - 4A	Parent Educator (not coach)	There needs to be flexibility with students that also play club or USA sports outside of school for another team. Game/match times need to be taken into consideration so students are not constantly missing 4th period classes or an entire day of school. State competitions should be on weekends and not a full day during the middle of the school week. Games/events should not go past 8:30 PM on a school night.
Region 11 - 4A	Parent Educator (not coach)	A lot of kids work, families have vacations and other comittements and sports currently tends to overtake other aspects of life for high school athletes. I believe that there definetly needs to be a more balanced approach to developing more well rounded kids. Parents and student athletes who are looking for a more sport dedicated lifestyle could definelty still choose that by investing time in other outside of school provided resources.
Region 11 - 4A	Parent Educator (not coach)	All players should get play time regardless of the coaches feelings or friendships with the coaches kid, or past playing experience "competition leagues".
Region 11 - 4A	Parent Educator (not coach)	As an athlete when I was in high school, it felt like you had to commit full time to the sport to be successful. I think finding a way to allow all individuals who want to participate to do so, while also allowing those who are truly passionate about it to dedicate time to it (while still becoming rounded individuals through a range of other activities) would be the best approach. I think it can be hard when students are putting time during school hours and after school towards a sport, so I think limiting sports specific classes could be wise.
Region 11 - 4A	Parent Educator (not coach)	Athletic participation is a choice. Those who choose to participate should have the ability to practice with teammates for 20 hours to perform at the highest level.
Region 11 - 4A	Parent Educator (not coach)	Children need more time for family vacations in the summer and more time for homework during the school year.
Region 11 - 4A	Parent Educator (not coach)	Coaches do not follow the 20 hour a week rule. This week alone my child is pushing 30 hours for the week.
Region 11 - 4A	Parent Educator (not coach)	Coaches need to be more respectful of player and parents' time outside of practice. Students need time for homework, socialization, and time for involvement in other activities. Overuse injuries seem to be common in high school sports too. It is healthy to rest and recover! Also, some UHSAA teams need to stop spending so much money. Our students are literally working part-time jobs to earn money just to cover their UHSAA sport-related fees. This is NOT appropriate! Teams need to learn to function within their budgets rather than sending their team members to work jobs to pay for their excessive and wasteful spending. All teams should be audited for the wasteful spending of taxpayer funds. Some students can't afford to participate because they can't afford the fees. It is discriminatory to those who don't have the wherewithal to pay and it isn't taxpayers' responsibility to cover any fees covered by fee waivers. Coaches need to remember that they are stewards of the funds they oversee and raise only what is necessary to function. Cut the fluff spending. Our taxes are ridiculous and enough is enough!
Region 11 - 4A	Parent Educator (not coach)	Coming from a parent of a Drill Team Athlete. Burn out is real…they never stop. It would be nice to conclude their season before Christmas so it allows them to be involved in other activities.
Region 11 - 4A	Parent Educator (not coach)	Football is all year round. They get "away with" saying lifting in the off season, and 2 times a day practice in the summer, and before school in the school year. WAY TO MUCH!
Region 11 - 4A	Parent Educator (not coach)	Great athletes are getting burned out and by senior year they don’t participate anymore. If we can help prevent burnout we will see an increase in our overall athleticism.
Region 11 - 4A	Parent Educator (not coach)	I STRONGLY support extending the moratorium from June 1st all the way through mid july FOR ALL SPORTS. If you have child in more than one sport, good luck trying to find a time you can take a family vacation in the summer. Also, there is way to much "not mandatory" training happening. We all know that not mandatory actually means mandatory and it's out of control. I hate what has happend to high school sports.
Region 11 - 4A	Parent Educator (not coach)	I am a school counselor and a mother of two high school athletes. The amount of time high school sports take up in kids' lives is deeply saddening. They need time to explore other interests, be with friends and family and get experience in the workforce. Please make these changes!!

Region 11 - 4A	Parent Educator (not coach)	I am actually filling this out as the spouse of a Coach. My spouse commits a large amount of time to his sport in which he is not fully compensated for. This affects our family and person time in highly negative ways. Please reduce the amount of time coaches are committing to their sports, especially when it takes time from their families.
Region 11 - 4A	Parent Educator (not coach)	I am over all pleased with how things are at the moment.
Region 11 - 4A	Parent Educator (not coach)	I believe a balance between sports and other endeavors in life would be a benefit to the students. My answers mainly reflect on how I remember it being in the late 90s when I was a high school athlete, rather than my perception of how things are currently (my high school students aren't currently participating in hsa). I knew that my basketball, volleyball, and track involvement in high school prevented me from some other academic and extracurricular endeavors (I had to choose between orchestra and basketball because of conflicts in after-school schedules; I didn't get the sleep I needed due to travel to games, which affected my academic pursuits and made staying awake in class difficult; I couldn't be involved in clubs because of team practices and travels (I still maintained close-to-a-4.0 GPA, though, but my physical and mental health suffered).
Region 11 - 4A	Parent Educator (not coach)	I feel like people bend the rules no matter what . . . If high school has a break, they are expected to go play or practice without the official coaches . . .
Region 11 - 4A	Parent Educator (not coach)	I love athletics and having the kids get out and get exercise, learn skills and bond as a team member but I feel that we are losing the importance of academics. Too many kids miss too many days of schools due to athletics.
Region 11 - 4A	Parent Educator (not coach)	I think all three of these proposals are steps in the right direction. My first preference is fewer hours of practice, followed by clearer moratoriums that would open up space for families to do summer activities together without pulling away from athletic practices.
Region 11 - 4A	Parent Educator (not coach)	I think that we need to lessen the time our students are required to be part of a team and increase their time at home with their families or participating in other school activities.
Region 11 - 4A	Parent Educator (not coach)	I think the 2 moratorium is enough it give the kids a break. As well as the coaches. I think that the 20 hours a week is a good amount. It allows those students who want to get better the opportunity and time to get better at there sport/sports. My thoughts on family time is alot of siblings and parents look forward to seeing there athlete/ siblings play. I belive it is beneficial to allow athletes more opportunity/time to get better not less. so when game day comes around the athlete will go out there more confident and more ready for there sports. Keep Utah athletes on the court not off. Say no to the proposal.
Region 11 - 4A	Parent Educator (not coach)	I think there needs to be a less commitment hours limit because these kids are still young. They still need time to be kids, have time to spend with friends and family, and be able to participate in other things if they are interested too; such as playing an instrument, being in a club, etc.
Region 11 - 4A	Parent Educator (not coach)	I was answering these questions with Cheer in mind. Cheer goes to every single sport as a cheerleader and not a spectator. They are required to be there and if they show up they have to cheer and not hang out with other friends.
Region 11 - 4A	Parent Educator (not coach)	I would love to see my teens have time to have a life outside of sports. Sports weren't developed to be all consuming- especially at the youth and teen level and yet us adults have made it so. We are doing a disservice to the next generation, especially with our knowledge of the importance of having a balance in our lives. Education, family, personal time, possible income, and sports or extra curricular activities all have a place and should be given time.

Region 11 - 4A	Parent Educator (not coach)	I'm torn on this because the current time commitment does take other opportunities away from participants. Of course, the loss of those opportunities could be affecting these athletes tremendously. So many athletes are forced to choose one sport, so they can compete at that sport at a high level. We have moved to a specialized sport system whether it was intended or not partly due to a system that promotes a large time commitment. Currently I believe the system we use tends to favor the student athlete who comes from a financially strong background. I think the price of participation is taking far more opportunities away than the time commitment. Also the time commitment leads to a more expensive experience. On the other hand, it takes a large time commitment for these programs to be competitive. I think we need to be careful with these restrictions. Currently, Utah has many high-profile athletes here in the state and in the nation. Forcing a cut back could lead to our local athletes not being able to compete with other athletes from other states, which would reduce our local athletes' opportunities in other ways. I'm not sure it hurts kids to have a goal to work hard toward and commit to a high level. As a father of an athlete who made it to the collegiate level, that level of commitment was very beneficial to them. Lastly, I believe you have good intentions, but your approach may not make a difference. Many sports have developed highly competitive leagues outside of the school systems. If you lower the time commitment rule, it will only allow these outside programs to have that much more time with these athletes. I know you are unable to control them and what they do as it outside the school system. What you can control are these school coaches also running these outside programs alongside school programs. Student athletes know they have to play for a specific outside program if they want to play at a specific high school program. In the end you have a coach who runs both a school and an outside program, which leads to a student athlete with a huge time and a large financial commitment.
Region 11 - 4A	Parent Educator (not coach)	In addition to taking too much time from famiiles and other obligations, this level of practice is leading to injuries. High school students are seeing injuries that used to only occur in collegiate and professional athletes. The pressure to max out the amount of practice is crushing these kids.
Region 11 - 4A	Parent Educator (not coach)	It would be nice to see academics be the focus of school instead of sports. In saying that, I do understand that sports are the sole reason some students do school. A better balance would be preferable.
Region 11 - 4A	Parent Educator (not coach)	Kids need to be kids - lowering the practice time allows that to happen. Plus, a lot of them have jobs and other commitments that practice ends up interfering with, making a kid make hard choices about multiple commitments. I strongly support lowering the practice time on a weekly basis and increasing moratoriums and off seasons.
Region 11 - 4A	Parent Educator (not coach)	Kids need to be kids as long as they can. Families need to be able to spend time together and not be so driven by sports like it directs their entire lives.
Region 11 - 4A	Parent Educator (not coach)	More regulations limit opportunities for underprivileged students. Students whose Parents can afford extra training though clubs will still get that extra training. While others who cannot afford it will not. We don’t need more regulations.

Region 11 - 4A	Parent Educator (not coach)	My 4 children have been involved in high school sports for many years. Some sports are more flexible and give students time to engage in activities outside of the sport without being penalized. Other sports like football consume the student and family's entire life. The players are penalized for taking a family vacation even in the summer months unless it's during the moratorium. During the season, they have no time to participate in any other extracurricular activity such as the arts or community groups. They often have no time to study or do homework. For a recent game my 9th grader had to travel from Cache Valley to Vernal on a school night and did not back to the school on the bus until 1:00 AM. Many of his teammates did not attend school the next day. I also feel school and holiday breaks should be observed as no practice days for all sports. For instance, my child running on the cross country team did not have practice on Labor Day but my child on the football team was required to be at practice at 3:00 PM on the holiday. Students who do not attend practice even on a holiday are penalized with loss of playing time. Often the coaches cannot attend every practice due to their work schedules and family commitments. Why are the students held to a higher standard especially when a lot is out of the student's control and up to their parents/guardians. Families should not feel like their entire lives are held hostage because they have a child in a high school sport.
Region 11 - 4A	Parent Educator (not coach)	My bigger concern is that high school coaches are turing their sports into all year progams. For example, Sky View boys volley ball has open gyms right now. That sport isn't even played until March. Why are they having open practice in September? I think open gyms and conditioning for a specific sport should be limited to 1-2 months before competition season. These students need time to be involved in things outside of their sport.
Region 11 - 4A	Parent Educator (not coach)	Regions that have travel 90 minutes or more in each direction really are hard on the students. My student has days where she leaves school at 1 pm and gets home at 10 or 11 pm. Some sports require all freshman, sophomore, JV and varsity to be present for all games which really destroys the students ability to do anything outside of school. If the true time of travel and games were added, our student would be doing 10 hours of practice and some weeks doing 16 hours of games. The best way to address this would be to make sure all teams area in the same geographical area. Our region is Cache valley and Tooele valley. Tooele is much closer to Salt Lake than Cache valley. A smaller region would fix this problem.
Region 11 - 4A	Parent Educator (not coach)	School Athletics in Utah have gotten to be way too time intensive and too focused on play-time and competition rather than building community and connection with school. Many folks seem to forget that our student-athletes are STUDENTS first. Many of our coaches are teachers and their time needs to be dedicated to their students first.
Region 11 - 4A	Parent Educator (not coach)	Some coaches are not following the present moratorium. What are the consequences for coaches and teams that do not follow the rules and what is being instituted to make sure these rules are being followed? Coaches are making it so that most kids can only do one sport because of the commitments these sports, coaches are imposing on the student athlete.
Region 11 - 4A	Parent Educator (not coach)	There’s a reason sports are called extra curricular activities. The primary purpose of public education is for students to attend a full school day. Sports should be after school because it is extra.. Travel to St. George should be capped and districts. Should pay for participation in sports. I’m tired of buying all kinds of fundraising products from kids who have to raise money to participate. What happened to the day when education was supposed to be fee free. The Utah high school activities association has lost its way by allowing athletics to get out of control with summer camps, booster clubs, and activities where students spend time as fundraisers. I’m tired of opening up my wallet to pay for something that wasn’t or isn’t part of the regular Academic day. And by the way, I played basketball for Utah State University.

Region 11 - 4A	Parent Educator (not coach)	This is my athlete's first year in multiple HS sports and marching band. Although its challenging to juggle schedules, I feel it provides an opportunity for him to practice what a rigourous college athlete may experience as well as practice decision making. Home and family life responsibilities is a parent/child discussion we agree on before taking HS extra curricular activities into consideration.
Region 11 - 4A	Parent Educator (not coach)	This is so important to students' mental health. There needs to be changes!
Region 11 - 4A	Parent Educator (not coach)	Whatever it takes to encourage kids to play more than one sport! Catering to the business of athletics is killing all sports and ruining the competitive landscape. It is not as fun as it used to be to participate and the worst thing is that today's kids do not know any different!
Region 11 - 4A	Parent Educator (not coach)	Would love to have 2 weeks blocked off for the summer for a week of family vacations and a week of church stuff.
Region 11 - 4A	Parent Educator (not coach)	You might think that lowering the hours will help, but my daughters have consistently, for years, been spending more than 20 hours a week for cheer and drill. Even when they say something, they are told to stop complaining. When they take it to the athletic director, they seem to not understand how the hours are over. These children are being overworked and pushed to do conditioning by people who aren't trained. I have had both daughters have injuries that resulted in surgery. Our local hospital sports med dept said they can track the injuries. Limiting hours needs to be followed with intensive training for coaches and oversight of rules. Don't train dancers to run 5ks when that has nothing to do with their sport.
Region 11 - 4A	Parent Educator (not coach)	overall my kids sports have been great and really haven't overdone it with practices and coaches see the need for breaks and follow the moratoriums. As a counselor at the school I have seen times where kids are here at the school way too much and it severely affects their academics and mental health. They get overwhelmed and have breakdowns eventually. This varies from sport to sport and coaches. It seems our drill team, cheer team and band are probably the ones that put in more time than any others. I'm sure it varies from school to school. There just needs to be a balance and coaches need to understand these kids still have to do homework and study and have some relaxation time too.
Region 12 - 3A	Parent Educator (not coach)	I oppose all these changes because well you think they are in faith, you know none of these big schools, especially the ones who are winning are actually following them 😔. Until you can make sure the schools are actually following the rules then there's no point in making more rules. Don't make more roles that you're not going to enforce
Region 12 - 3A	Parent Educator (not coach)	I think our coaches should be encouraging multi sport athletes. Have stricter rules in place would help protect the sport in season. I also think kids need family time so breaks should be respected. I love competition, dedication, and hard work and high school sports can teach those things. All my kids participate (I have had state championship wrestlers and finalists and all my kids were 3 sport athletes) but I want to protect precious family time as well. I worry about baseball season if Legion ball isn't considered "school" affiliated then that is ok- but baseball needs time (the baseball season feels very short during the school year).
Region 12 - 3A	Parent Educator (not coach)	I would like to see more of a summer moratorium so that student athletes can also obtain a summer job. Right now, our teams practice in the am and evening so unless students can work right in the middle of the day from 10-5, they cannot hold a job. This is also a very important skill for kids.
Region 12 - 3A	Parent Educator (not coach)	I've observed that even when some sports are in a time of moratorium, they are holding practices without coaches that are basically required to make the team. It doesn't allow families to have family time, especially during the summer months and Christmas break. Additionally, games should not begin before school resumes, or during scheduled breaks. Families are required to end vacation early, or not take one at all to be present for games during breaks. I love sports, played in college, but the kids still need to be kids and have breaks as well. Their bodies need rest, and their minds need a break from the constant pressures and politics that they face. Additionally, it allows students to become more rounded and participate in other activities.

Region 12 - 3A	Parent Educator (not coach)	The hardest thing is, that neither sports coaches nor advisors for other activities like plays, theater, choir, debate, band, ext. Are willing to make active work around each other or make arrangements. Theater and cheer both told us my student can only commit to one because times overlap and if you aren't attending every practice for eather activitie they may not be involved in that activity. So, my student has to pick between Arts, Academic leagues and activities like debate, or Sports. Witch means he doesn't have the well round experience in multiple activities the college he wants to attend would prefer to see .
Region 12 - 3A	Parent Educator (not coach)	We should strongly consider 4 day school weeks. The fifth day could be when most athletic competitions could take place. This would allow for travel without missing instruction time/class. Matches and games could take place during the day as well as into the evening.
Region 12 - 3A	Parent Educator (not coach)	Will be good if kids has an extracurricular activity they could do a make up training time on their own (signed by a parent if need it) and coaches accept that
Region 13 - 3A	Parent Educator (not coach)	All of this is dependent on coaches actually following the rules and not finding ways to work around them. The coaches that follow the rules end up having their teams put at a disadvantage. And players that play more than one sport often feel pressure to basically train for all sports all the time.
Region 13 - 3A	Parent Educator (not coach)	Although summer schedules are difficult, my experience is that a coach is willing to work with you. Many families choose to participate in extra clinics so their student can gain skills outside of the regular season. Difficulty comes in when off-season training sports overlap required (mandatory) clinics, for example football/baseball/basketball, could all have mandatory summer camps for their players. In this case, is adjusting the practice limit going to solve the issue?
Region 13 - 3A	Parent Educator (not coach)	Coaches put tremendous pressure on students to participate in out-of-season activities. This is a tremendous problem.
Region 13 - 3A	Parent Educator (not coach)	Drill team takes over my daughter’s whole life from mid-July through February and it’s a little ridiculous. But nothing will change for our team unless the rules change for EVERYONE.
Region 13 - 3A	Parent Educator (not coach)	I appreciate this this is being reviewed. I think we definitely need more family time during the summer and I don't think more sport specific moratorium is a bad idea. I think it could help athletes by allowing them to play other sports.
Region 13 - 3A	Parent Educator (not coach)	I believe the original restrictions and regulations are fairly moderate compared to much of the country particularly in the metropolitan areas. Since we are rural we enjoy the additional responsibility, practice, and competition offered to our children.
Region 13 - 3A	Parent Educator (not coach)	I do not see a problem with the current policies.
Region 13 - 3A	Parent Educator (not coach)	I don't know how you can control accelerated teams, but they are out of control with time and cost.
Region 13 - 3A	Parent Educator (not coach)	I feel athletes should have the entire winter break off. To spend time with family. Something needs to been done about coaches who are holding extra practices that say they are not required because they are suppose to be on break but then athletes feel obligated to go or they won’t make the team.
Region 13 - 3A	Parent Educator (not coach)	I think we are burning kids out, and raising the likelihood of injuries at the rate we are currently going.
Region 13 - 3A	Parent Educator (not coach)	I wish there was not practice over Thanksgiving Break, Fall Break, Spring Break, etc... We are encouraged to take these times for family, but there always seems to be a mandatory practice then. These are also the only times teachers get off during the year, and as a teacher and a parent, I would love to use them for family, not practices.
Region 13 - 3A	Parent Educator (not coach)	My Athlete is a cheerleader. They are required to go to every game (Football, Basketball (Boys and girls), Volleyball, and Wrestling. That does not include all of the practices they have. The is anywhere from 19-24 hours a week. When it get closer to competition it is more.
Region 13 - 3A	Parent Educator (not coach)	School athletics are taking all time away from family, academics, and other school activities. Family and academics should come first. Summer is especially hard when coaches threaten to kick kids off teams for taking a family vacation. Not everything can revolve around one sport or one child in a family.

Region 13 - 3A	Parent Educator (not coach)	Sports are great and can teach valuable lessons. However, many sports RULE everything else! Kids need to have a life outside of sports. Also, it's hard for them to be involved in other, very valuable extra-curricular activities, such as theatre, band, speech/debate, etc. It's always a competition between schedules and fighting for students! Unfortunately, the sport's world has become ridiculous. Kids are too tired for school or unable to do other things because of sports. Also, sports need to stay in their own lane (aka schedule.) It seems like every year, certain sports keep extending their season and encroaching on other schedules! They need to have a set time so they don't get in the way of other things.
Region 13 - 3A	Parent Educator (not coach)	The mental health of the student-athlete is at an all time low... The Student-Athlete is in need of built-in diversions to practice and competition... More emphasis be placed upon participation and less on the consuming competitive/championship adult driven world...
Region 14 - 3A	Parent Educator (not coach)	I love sports and strongly support them. They give students a place to belong; however, as of late, they are preventing students from having time for other interests, family, and faith. I believe there can be a better balance so students can participate in sports and still have time for family/God and hobbies. We need another moratorium for this to happen because some coaches dominate student time. They may say workouts are "optional" but if students don't attend, they are punished. A all-sport moratorium would solve this and allow all students additional time for other interests. Thank you.
Region 14 - 3A	Parent Educator (not coach)	I'm glad you're looking at this
Region 14 - 3A	Parent Educator (not coach)	We need to be careful with this... local control is best and most coaches do a good job offering flexibility for students and families during off times. Each area is different, rural, urban, suburban, local control is often the best answer.
Region 15 - 2A	Parent Educator (not coach)	.
Region 15 - 2A	Parent Educator (not coach)	All the sports are trying to be year round and it is hard in the smaller schools
Region 15 - 2A	Parent Educator (not coach)	At South Sevier High School, it is common for there to be softball and baseball games over Spring Break/Easter Break. This always interferes with family vacations and/or family time. I do not think games should be allowed to be scheduled over holiday breaks....period. Also, I feel that certain athletics organizations DO NOT abide by the rules. The limits are frequently exceeded. Students definitely feel the pressure when there are no breaks and high expectations for playing time. Anxiety increases, and a focus on mental health is very important.
Region 15 - 2A	Parent Educator (not coach)	I don't think defining and limiting off season participation is a good idea because in many rural areas there are not the opportunities for travel leagues and tournaments to keep working on skills and therefore would put some schools at an even greater disadvantage if they were not able to workout with their teammates in the off season. I like the idea of an extra set moratorium where everyone statewide is on a break rather than micro managing every school by setting limits for practice times and off season skills training.
Region 15 - 2A	Parent Educator (not coach)	I just don't want to see AAU and/or club organizations come in and take over in the void we create with moratoriums. I strongly believe that having our activities ran through the school allows kids from a poor family to participate and it needs to stay that way.
Region 15 - 2A	Parent Educator (not coach)	I love a lot of these proposed changes. My kids do multiple sports, and we are so terribly busy trying to get them to do things. I was a former coach, so I know practice can be "voluntary," but I've been in enough coaches meetings to know that attendance at those "voluntary" practices is a requirement to play serious minutes.
Region 15 - 2A	Parent Educator (not coach)	I support practice times as they are with allowances for other activities like work, or other school things. My kids have to miss a day or two a week for their jobs, and sometimes are harshly penalized for it.
Region 15 - 2A	Parent Educator (not coach)	It would be great if the student athlete could have more time with family in the summer. Student athletes fear missing practice for family activities because they do not want to be punished by missing a game. I understand that sports are very important, but family time is the most important aspect of teen's lives. The majority of these student athletes are not going to play in college or go pro, this needs to be taken into account when coaches schedule practices.
Region 15 - 2A	Parent Educator (not coach)	It would be great to mandate holidays off from sports games, practices, and team bonding. ie Labor Day weekend, Spring Break, President's Day, Fall Break

Region 15 - 2A	Parent Educator (not coach)	Please continue to work on this. Athletes are incredibly busy, and although not mandatory, open gyms for off season sports are "highly encouraged" making any time for homework, family time, friendships, work, or other important factors in teen life very challenging. I am so happy to see this has become an item of importance. It has become as if every sport's season is most of the year. THANK YOU!
Region 15 - 2A	Parent Educator (not coach)	Please make these changes so that kids can be with their families. I am a teacher and students are always telling me that they wish they had more time with their families that sports consume their life.. These are children and as adults we need to help them learn how to balance their life. Right now we're sending the message that sports and athletics is more important than families and the message is being reflected in our communities! We need to bring back family time!!!
Region 15 - 2A	Parent Educator (not coach)	Sports meets, competitions, etc. have slowly been creeping into the school day / educational instructional time more and more over the years. Sport competitions are extra-curricular, not intra-curricular, and need to limit class time missed for athletic events.
Region 17 - 2A	Parent Educator (not coach)	Our students miss too much class/instruction time for sports. Because we are such a small school, the other schools we compete with are often hours away and students are often missing hours of the school day just to travel to games. This also means that students aren't getting home from some games until after 9 p.m. Plus, most of our sports have games twice a week. Homework is not getting done and class is being missed. It is very frustrating, as a teacher, to have students prioritize sports over academics in terms of time and effort. I understand that sports and other extracurricular activities are important for students (they learn team building, time management, sportsmanship, etc.), but they are not more important than academics. I try to accommodate students, but when I have to work around the students' different sports schedules (volleyball and soccer and swimming, etc.), I find that I often have to come early, stay late, and work through lunch to help athletes learn missed material and give retake tests from when they are gone for games. I understand that I do that for other absent students as well, but it all compounds and makes it very hard to do my job during only contract hours. I've have actually opted to take my own daughter out of school sports this year, so she can focus on school. We've decided to participate in city league sports that have a shorter season, less practice time, less travel time, and do not require her to miss any school.
Region 18 - 2A	Parent Educator (not coach)	Sports and extra curricualar is taking over families. A few major issue I have: There should be NO games Labor Day Weekend, that is the last major holiday for families before school really sets in. Christmas break and Spring Break are not breaks from sports. There are either games or practices. They may not always be required during that time but students are for sure discouraged or potentially lose play time from not being there even though it is a break. Families are left to try to fit in family time/vacations in the limited time allowed during sports. Majority of the HS students will NOT be moving to college yet we treat their sport and play time as the end all be all of HS
Region 18 - 2A	Parent Educator (not coach)	Thank you for taking the time to look these things over the world of access creates a lot of different dynamics for this conversation. While I am very much in support to defining an offseason I worry if we are so far down the river that this will be a pretty tough one to follow as the 2 weeks before and after in my experience is pretty limited in enforcement but another day or on Christmas would be wonderful. We cannot spend time with both sides of the family because of the tight timeline. As for defined seasons it needs to be clear enough that coaches don't feel they need to look for a work around because everyone is doing it and someone is not perceived to be getting an advantage because they created a loophole and have time to make it happen. Simple is always best. Whatever progress is made to try to get back to some focus on family time is appreciated for both players and coaches.

Region 2 - 6A	Parent Educator (not coach)	Can we move the start of the high school swimming season back to the start of October rather than the middle of the month like it is this year?
Region 2 - 6A	Parent Educator (not coach)	High school football ruins our summers. I'd love to have a few more weeks to enjoy with my family. High school swim is really hard season, but I love how the coaches actually give them an "off season".
Region 2 - 6A	Parent Educator (not coach)	I feel like our high school talent pool is already getting worse and worse because kids are too interested in video games and won't put in the work. I want any opportunity to improve student athletes so they are successfully recruited by colleges. Kids need sports as often or more often than they already do.
Region 2 - 6A	Parent Educator (not coach)	I think a lot of the struggles student athletes have are related to parents not helping their students find balance. We are involved with our 2nd state level student athlete, 3rd high school student, all very involved, and have helped our children maintain balance with academics, sports, activities and social. I do not think the school/state needs to intervene at additional levels.
Region 2 - 6A	Parent Educator (not coach)	I think a more flexible approach would also be appropriate. Mentally healthy athletes are better athletes. Allowing each athlete 2 weeks that they can schedule when they need it would be more appropriate to accommodate families and religious schedules.
Region 2 - 6A	Parent Educator (not coach)	I would prefer more defined breaks. It's hard to plan family outings and activities around the holidays in winter and summer. As long as everyone is on the same schedule, it would be fair.
Region 2 - 6A	Parent Educator (not coach)	Kids need time for homework/academics. I would like to see a loosening of policies that require student athletes to stay for all levels of competition. Most sports require sophomores to stay through JV and Varsity competition which becomes much more than 3 hours for a competition day. The bus scheduling requires students be checked out of school early sometimes as early as 1pm so drivers can be back for after school pick ups. Anything we can do to give student athletes more of a life outside of their sport, I would support.
Region 2 - 6A	Parent Educator (not coach)	Lowering hours from 20 hours to 15 hours is not enough. Students & Children and their families have limited time to gather, travel with families, work and relax during the year and the summer. May we find ways to keep them fit and competitive when off season and moratoriums? May we find ways for them to be competitions ready and as good or better than their teams they play against. They could be scouted out and win against their out of State opponents because of a more well rested and balanced life.
Region 2 - 6A	Parent Educator (not coach)	More family time is so essential!
Region 2 - 6A	Parent Educator (not coach)	More moratorium dates are appreciated - 20 hour practice limit is okay for now
Region 2 - 6A	Parent Educator (not coach)	My child's experience has been good so far. I think less practice for golf would be detrimental to the team. Also, more time spent together as a team has many benefits. Boys and girls golf should alternate seasons. Girls golf gets the WORST weather.
Region 2 - 6A	Parent Educator (not coach)	My son participates in ballroom that lasts all year round and then tennis that's in the fall. We run into scheduling problems in the last two weeks of the season when the ballroom team does ask their end of year performances. We would love to not have to miss the tennis state tourney when both are scheduled at the same time.
Region 2 - 6A	Parent Educator (not coach)	Our children are all OVER SCHEDULED at the expense of family, social, and rest time. It is unhealthy.
Region 2 - 6A	Parent Educator (not coach)	Parents and athletes know what they are singing up for! It's good for them to learn commitment
Region 2 - 6A	Parent Educator (not coach)	Since game days count at 3 hr then there is 6 of the 20 which in 4 days leaves 4 hrs a day…that is too much so during in season play I think it could be 15 hours or 16 hours and out of season it could be 10 hours…that is a huge time for out of season. Now the one thing that worries is when schools have summer camps these hours don't work for that situations
Region 2 - 6A	Parent Educator (not coach)	Some sports are already well balanced while others are too time intensive. Admin should consider each sport separately.

Region 2 - 6A	Parent Educator (not coach)	Sports in general have received less and less attention in the world because of technology and television. We need our kids to be more active all around. Encouraging students to practice less would step away from focusing more on athletics and physical fitness. We need more sports, not less.
Region 2 - 6A	Parent Educator (not coach)	Students need time to eat between school and practice. They also need time to decompress and complete school work. Making kids watch all these games they are not in, especially as a requirement, is too much.
Region 2 - 6A	Parent Educator (not coach)	Summertime is the biggest frustration when trying to plan vacations, and time off. I support the endeavors, but I think that there needs to be more than just one week of moratorium but too much and the team is not gonna be ready.
Region 2 - 6A	Parent Educator (not coach)	Thank you.
Region 2 - 6A	Parent Educator (not coach)	The 20 hour rule is perfect. Those that abuse it now would just abuse it under any new guidelines that are established.
Region 2 - 6A	Parent Educator (not coach)	The fact that the State legislature is involved in high school athletics is mind boggling. Don't you have actual issues to resolve? Like how about fining parents when kids are tardy and not allowing parents to basically excuse their kids from any amount of school?
Region 2 - 6A	Parent Educator (not coach)	The issue isn't what the rules state. The issue is the coaches. They don't follow the UHSAA rules. They say things like, "This is not mandatory but you're expected to be here and will be punished if you aren't." My kids have been punished for missing practice when it is not IN SEASON, they are terrified to miss anything because they have been told they wont play. And if parents complain, the students gets punished. We are a part of several high school sports, both boys and girls and this has been a problem across the board. But I will say football is the ultimate worst at demanding time from players and punishing them. Their expectations can be so unreasonable.
Region 2 - 6A	Parent Educator (not coach)	There is a serious problem with 9th graders in Middle schools being required to miss instructional time or arrange reduced credit schedules so that they can attend classes or practices held at the High Schools that require them to leave before their school day ends, or risk not being eligible to play/perform. If HS activities are going to include freshman in middle schools, practices need to start late enough to allow for middle school students to finish their academic school day and be driven from their middle school to their feeder high school. Research has proven that adolescents need a minimum of 8 hours of sleep. Sports/cheer/band should not allow practices/rehearsals to end/be cleaned up later than 9 hours before buses pick up (i.e. if buses pick up for school at 6:30am, students should be required to be OFF campus by 9:30pm). Additionally, ALL coaches/directors/staff should not be allowed to leave until ALL students have left. Students should not be in charge of cleaning up/putting equipment away after adults go home. If adults are worried about getting home so they can get up for work, how can students be expected to not do the same? If UHSAA is going to have GPA/grade requirements for some sports, it should be required (and enforced) for ALL sanctioned sports/activities (including marching band). There also needs to be a minimum 1-2 hour window daily for students to complete homework. This time should NOT include travel time (a 30 minute bus ride home and a 15 minute drive back to school would only leave 15 minutes for homework), and needs to happen BEFORE the all off campus time. Limits on practice time during summer and the school year should be strictly enforced for ALL UHSAA sports/activities.
Region 2 - 6A	Parent Educator (not coach)	These are just kids! They are not going to be in the olympics. Let them have more time to be a kid and spend time with family, friends and even have a job if they want one. Sports are great. They can even offer scholarship opportunities. My other biggest issue is that lots of families in Utah have lots of kids and it is too difficult to manage all of their schedules when there are mandatory two day practices every day for several children. Its just not realistic or manageable.

Region 2 - 6A	Parent Educator (not coach)	They are still.kids stop treating them like mini pros. Most will not move on and that is OK. Let them.enjoy while they can without giving up everything else.
Region 2 - 6A	Parent Educator (not coach)	We love having HS sports and all our kids (so far) have participated. Coaches skirt moratorium rules all the time. It makes it hard to be a good “team player” when you feel the pressure to still come/work out when you really would rather some time off or family time. (Or you already planned something). Lots of pressure to be better/faster/stronger and always be in competition mode. To me, that’s unnecessary. We take it seriously, but also need down time.
Region 2 - 6A	Parent Educator (not coach)	Would love tennis matches to start later in the afternoon. 3:00 matches are very prohibitive for parents to attend.
Region 2 - 6A	Parent Educator (not coach)	our team does a great job at taking a break from after state (Drill team) the start of February through End of April (we have tryouts in march as the one exception). We then practice once a week in May, and the M-Th in June until camp is over usually the last week of June. Then we take off until August begins. We take the mandatory time off for Christmas. We also work it out with our school to have the class period 1st and 8th period 1st and 2nd quarters and then once state is over, for 3rd and 4th quarter there is no more drill class.
Region 20 - 1A	Parent Educator (not coach)	1) I think the summer moratorium issue needs more clarification. What counts as conditioning? Cross country, for example, is a sport where conditioning and competing look a lot the same. They need to meet for conditioning without being penalized for practicing. 2) The hours-per-week rule needs clarifying. What about for multi-sport athletes? It's not very clear in the rule that I could find. Also, the competition-day rules may need revision. In our region, it is not unusual to have 6 hours round trip for travel, and long days of tournaments and track meets. It seems like only assessing 3 hours for those kinds of things makes for much more time commitment away from home and class for students. As a teacher, I'm very concerned with the amount of class time students are missing for sports.
Region 20 - 1A	Parent Educator (not coach)	It is a busy time for the students but they learn so much that we need to keep it the way it is.
Region 20 - 1A	Parent Educator (not coach)	Sports are a very important part of our children's school experience. However, sports should never be in the way of academics, family and religious believes and experiences. They are some coaches who eat, drink and sleep their sport. Families should not be expected too. Yes, a commitment to the sport your child chooses to play is a must. But there sometimes more important things .... Families!!!!!
Region 22 - 1A	Parent Educator (not coach)	For my children they play multiple sports and it is extremely taxing on them and their bodies. While coaches are generally good at working around injury and things that come up my students feel like they will be penalized or are letting the team down when they can’t do what they have committed to. Coaches have lost sight of “their season” and run practices as much as they at aloud which has adversely affected my students summer break as they have not been aloud to just enjoy their summer.
Region 22 - 1A	Parent Educator (not coach)	Our kids to not have to practice as much or as often as they are asked to. Often coaches will say summer camps are "optional" but they are not seen that was by students. Please give us more time with our children. What you are asking really is not much, because coaches will probably just add that time back into the schedule during the summer, but it is a step in the right direction. I am a teacher, have been a coach, and a parent of 5 students who travel long distances to play games and are involved in multiple sports in rural Utah. Sports are amazing, but they do not need to take up so much time in my kid's life.
Region 22 - 1A	Parent Educator (not coach)	We have allowed sports to take over our lives for way too long. Kids are sacrificing other lifelong activities that are positive and family time to be at sports because their coaches make them feel guilty if they aren’t there. We absolutely need to go back to supporting more time for kids to be kids, have jobs, pursue other activities and be with their family.
Region 3 - 6A	Parent Educator (not coach)	Give schools and coaches the freedom to decide their practice schedules. Each team is different and each team should be able to decide for themselves. Putting greater restrictions will push athletes to non-school sanctioned programs, such as clubs, private trainings, etc. The kids and parents who want to push for higher achievements will find a way. Keep it in the schools and under the umbrella of the districts and UHSAA.

Region 3 - 6A	Parent Educator (not coach)	I would love to see student athletes not missing classes. Especial the last class of the day. It's a joke how many days student athletes miss. Especially baseball/softball, golf and tennis
Region 4 - 5A	Parent Educator (not coach)	I am an administrator as well as a parent to my son that plays basketball and attends Herriman HS. Creating specific moratorium dates for each sport to protect family time and rest is very important. I am in favor of limiting practice time in the off-season, but being specific to each sport. Having a moratorium in early June for basketball is a major problem with them attending camps and tournaments locally with their HS teams. I would be in favor of having a moratorium during July when basketball athletes are playing Club. June is important to HS Basketball programs for development and competition.
Region 4 - 5A	Parent Educator (not coach)	My daughter does drill and I think it helps keep her out of trouble for sure! She would hate it if it was shortened at all. It keeps her busy, in shape, and happy. I think it should stay the same for sure.
Region 4 - 5A	Parent Educator (not coach)	My daughter is in Salt Lake District; the late start/late ending of school makes her miss a lot of school.
Region 4 - 5A	Parent Educator (not coach)	Reevaluate the transfer rule! Let players play earlier than a 5 game suspension
Region 5 - 5A	Parent Educator (not coach)	The entire month of June should be moratorium including weight training and off season conditioning. Absolutely nothing should be held. Give families time for vacations and not feel bad for missing trainings or have to make up the trainings later in the summer. I have multiple kids that are multi sport athletes, coaches have made it very hard to feel like the athlete can play more than one sport without letting a team or coach down by missing stuff. Its impossible to have a job for my teenagers or sometimes even just be a teenager. Coaches are going overboard with how much they require out of the athletes. It needs to be reined back some. Breaks are good for athletes. It makes them excited to get back to the sport!
Region 5 - 5A	Parent Educator (not coach)	During the season practice is usually reasonable.
Region 5 - 5A	Parent Educator (not coach)	High school sports are all-encompassung, and students should have more time away from their sport. Most athletes won't play beyond high school, so giving so much time and energy to sports doesn't allow them to be kids.
Region 5 - 5A	Parent Educator (not coach)	I am torn with this because the full year sports were very good for the structure of my kids and kept them involved but also they did not have much time for family events as well.
Region 5 - 5A	Parent Educator (not coach)	I believe kids have opportunities to have down time from their sports currently.
Region 5 - 5A	Parent Educator (not coach)	I have had 3 children each participate in a different sport, (some overlapping in the same year, some not) Lacrosse, Volleyball, and cross county. The fall sports understandably need much of summer for prep and practice, but it makes it hard to find family vacation time. I do like the idea of an extra end of may or June moratorium (not back to back with the July one) My children's coaches have always been aware of the importance of life and activities outside of their sport. And encouraged their teams to go and support the other sports teams that are participating at the same time. It was a great way to build school spirit and team bonding. I have seen as a teacher though some students of mine struggle to get school work done, or go to any other activity, support any other teams because all their free time is sport focused. If we require a few more breaks then maybe they will participate in clubs. etc. I have heard some talk (from my kids friends and students) I can't do ... I have practice, and then they are WIPED out after practice and don't do the other possible activities. finding that balance is VERY important. Thanks for thinking of these kids and their lives. BUT some need this time as an escape. it is their social and emotional support and we don't want to take it back too much.
Region 5 - 5A	Parent Educator (not coach)	I have often wondered why Cheerleaders do not have a designated spot or gym to practice in. Their sport is year round unlike ALL of the other sports yet they do not have any type of set location for them to safely practice. They are required to support ALL of the other high school sports. In addition to the concerns addressed in the survey I feel that ALL districts need to be more compassionate, supportive and accommodating to the cheerleading sport. This is something that SHOULD also be important and addressed.
Region 5 - 5A	Parent Educator (not coach)	I support these changes but with drill there needs to be regulation on members of the team being allowed to be part of a dance studio. Many many teams skirt around the maximum practice rule by just having their dancers attend a specific studio outside of those hours.

Region 5 - 5A	Parent Educator (not coach)	I would appreciate policies that would promote the ability to have more balance for the child when it comes to academics, sports, and family activities.
Region 5 - 5A	Parent Educator (not coach)	I'd like days off for fall break and spring break to be included in mandatory break times. I'd like to see a stronger implementation of non-recruiting to schools outside of where a student resides. This would give a more even playing field for schools. Also, economics should be considered more in the equation when breaking schools into regions and state classifications.
Region 5 - 5A	Parent Educator (not coach)	If parents want more time with their kids then don't play sports. Sports parents understand the commitment that playing sports take. Stop allowing the legislators to dictate what goes on in school sports.
Region 5 - 5A	Parent Educator (not coach)	It might be helpful to include one weekday off on time restraints for teams. The day off could (and probably should) be team specific, but all teams/coaches should choose one day during the week that their athletes will have off. Student athletes struggle to find time to make up missed school work with teachers because they are required to be at practice or games right after school every weekday. I don't think students are willing to talk to coaches about needing time with teachers after school even if coaches are willing to grant it. One week day off would allow for that time needed in class. As a parent, I would prefer slightly longer practice with a day off to recover physically and academically. As a teacher, I would love to see my students have a set day they could plan on to make up work and get help.
Region 5 - 5A	Parent Educator (not coach)	Let kids be kids. Please help take away the pressure for them to be involved in sports year-round. I only get 18 years with my children, and so much of that time is already sacrificed to practices, games, and activities where they feel they have no choice but to show up. Burnout is real. I've seen my kids walk away from sports they've loved their whole lives because the joy has been replaced with exhaustion. Our kids aren't playing for the right reasons anymore. Sports used to be about friends and community. Now we see students switching schools just to chase a program or a coach, and the boundary exceptions that make this possible are tearing communities apart—especially ours. These rules need to be more strict. If parents want their child to play in another district or school, they should commit to moving there rather than getting the best of both worlds. Right now, families who stay loyal to their school and community are the ones who feel left behind, while those who work the system gain the advantage. That isn't fair to the kids or the communities trying to hold onto their identity. Let's get back to the basics of why kids should play sports: to spend time with friends, to learn life lessons, and most importantly, to have fun.
Region 5 - 5A	Parent Educator (not coach)	My daughter loved playing sports, particularly basketball, all year long as much as she could. She also maintained good grades but I understand how it could be considered too much for some kids and too much practice might discourage some kids from participating at all
Region 5 - 5A	Parent Educator (not coach)	My son has had to miss church related activities and family vacations in summer because he has been told if he's not at every one he won't start. I don't feel that's right. Also keeping the boys longer then scheduled practice time says almost e eryday makes it hard to get to other important thing these kids have in their life. Such as work, church, and family obligations.
Region 5 - 5A	Parent Educator (not coach)	The sports that go all year need a defined ending before starting the next year.
Region 5 - 5A	Parent Educator (not coach)	When my son can't show up to practices it's no big deal. The idea of restricting this more plays off the idea that coaches are not understanding of family situations. That is not the case.
Region 6 - 5A	Parent Educator (not coach)	As a parent I support my child's desire to participate at a highly competitive level of play in their sport. There are sacrifices that are made because of that desire but they are small compared to their love of the sport and competition. High school is preparing them for the level of play required in college. Learning to balance their sports needs with their academics and life wants is an important step in preparing them for college. There are other options for students who are interested in playing a sport with a lesser degree of commitment within many communities.

Region 6 - 5A	Parent Educator (not coach)	Being able to reduce the sports load on students would benefit family time and rest periods crucial for bodies to heal and grow. Enforcing this with competitive sports would need to be methodical, intentional and systematic.
Region 6 - 5A	Parent Educator (not coach)	I believe the fall sports should not start so early. August is early enough!
Region 6 - 5A	Parent Educator (not coach)	I think kids need a chance to enjoy sports and all the other fun things with friends, family, and other school activities. The stress that intense sports requires is really hard on kids and families especially families with multiple children in them. Let's give kids a break and let them enjoy life while they are young.
Region 6 - 5A	Parent Educator (not coach)	I would like to see a two week long moratorium in the summer or at least 2- one week moratoriums to give families more flexibility for family time/vacations.
Region 6 - 5A	Parent Educator (not coach)	In my opinion if you make some of these changes more teams will continue to find ways to work around the rules like hiring outside trainers to train teams and making it optional because there is a cost associated. This will just widen gaps for kids that have families that can afford to keep them training all year and families that rely on coaching from school staff. Consideration should be given first in scheduling to allow student athletes to have a job if needed before worrying about if families are getting enough vacation or extra curricular activity time.
Region 6 - 5A	Parent Educator (not coach)	This year our daughter missed the second and third day of school as a soccer game was scheduled in St. George. I do not think travel games should be scheduled especially the first week of school as kids are just getting acclimated to high school.
Region 7 - 5A	Parent Educator (not coach)	As a parent, educator, and former coach, sports really can dominate young people's lives to the point that they struggle in other areas. Better defining rules and expectations for coaches would be helpful; particularly, for those multi-sport athletes trying to do it all, keep up with school, and have any semblance of a life outside of school/sports.
Region 7 - 5A	Parent Educator (not coach)	As a parent, this is very difficult when sports requires so much focus that students and youth are missing out on other opportunities to be involved in other activities. They miss out on school activities, church activities, summer camps (unless it is for the sport), and family events. It often feels that the student's life must revolve around sports instead of having a healthy balance on life. As a teacher, it is very difficult when I have 12 kids out of 30 gone on a Thursday and Friday afternoon because of a tournament, game, or competition on Friday and Saturday. Our time of teaching is limited and when these students miss, it is hard to find the time to help them catch up on all that they missed- especially when there are so many gone at once for these competitions.
Region 7 - 5A	Parent Educator (not coach)	Athletes are students first! It is unbelievable how much class time students are missing to play high school sports. This needs to change!
Region 7 - 5A	Parent Educator (not coach)	Athletics are now driving the academic train, all at student expense. Many parents are treating high school sports as the ONLY road to success. I have several kids who want to participate in other activities but are forbidden to do so by over zealous coaches and parents.

Region 7 - 5A	Parent Educator (not coach)	I admit, I don't have any skin in the game and don't have a high school athlete anymore, but I have had 2 varsity tennis players and a varsity football player. My answers may be skewed based on what the rules/procedures were when they played vs now. I know our high school's baseball/softball teams are often in the state playoffs at the end of May, so I worry about an all-sport moratorium during that time. I think it would be hard to implement one that fits every high school's schedule. I have also heard of coaches who get away with holding practice during moratoriums by calling them "camps." I think it needs to be clearly spelled out. If each division or school chose its own moratorium, I think it would be a good rule to implement. Kids and families need more time to breathe during the summer. As for the 20-hour practice limit...I think if their sport is in-season, it would be really hard to keep the practice and competition time limit under 20 hours, especially if travel is involved. I spoke with two of my children about this time limit, and they both agreed that going under 20 hours would not be helpful and the current rule is good.
Region 7 - 5A	Parent Educator (not coach)	I believe that in order to build a strong program, student athletes need to be allowed to improve their individual skills and team cohesion and success, which requires time on the field, court, or track. If you don't want to commit the time to build a quality program, I would recommend you play in the city league.
Region 7 - 5A	Parent Educator (not coach)	I feel like the bigger problem, more than the number of hours or the number of moratorium weeks is how long some of the seasons are....specifically football. It's too long. Also the fact that some sports start so early in August or even in July. I feel like we need to give families those summer months as much as possible.
Region 7 - 5A	Parent Educator (not coach)	I love my children being active and involved on sports teams. However, they have become too restrictive for family vacations etc. A step back would be very welcome.
Region 7 - 5A	Parent Educator (not coach)	I support longer moratorium periods so families can have time to vacation together.
Region 7 - 5A	Parent Educator (not coach)	I think it is great to have the students involved in something positive. My boy (marching band) has had a positive impact from the relationships gained, positive mentor models, learning a new skill/new music, etc...it has been the best thing for him and hardly interferes with other family activities.
Region 7 - 5A	Parent Educator (not coach)	I think it would be awesome to limit those practices and hours, but unfortunately many programs simply will not listen and schools will not enforce the rules furthering the gap between schools who follow the rules and win-at-all-cost recruiting schools. The better option would be to come up with a system, where if you have certain number of recruits, you now play in a 6R league together. Something has got to give, it is getting beyond ridiculous.
Region 7 - 5A	Parent Educator (not coach)	I would love to see more opportunities for mulitple sport athletes to compete in more than one sport and have the support of all the coaches involved. Somehow keeping the seasons from overlapping as much as they do now. Going back to the way we did things in the 90's would be nice, probably not realistic but nice.
Region 7 - 5A	Parent Educator (not coach)	If a football player gets called for targeting or a hit to the head the rule needs to be that they are ejected for 1 game.
Region 7 - 5A	Parent Educator (not coach)	If you take away the time the high school has families will just turn to AAU type programs to fill in which could be more time and certainly more money. We would much prefer our high school coaches than expensive outside options - and our high school coaches have our kids best interests in mind.
Region 7 - 5A	Parent Educator (not coach)	Kids can't do everything -they are limited in the hours in a day. Making choices to participate in certain things such as a sport limits them but not in a bad way. Sports events don't usually conflict with school dances and large events. Sometimes there is a music conflict and a sports conflict but I would rather my child choose than go to both and have something on multiple nights.
Region 7 - 5A	Parent Educator (not coach)	Limiting how much time an athlete can spend participating in one single sport would make it easier for them to participate in multiple sports/extracurricular activites. Under the current rules that is very difficult to do.

Region 7 - 5A	Parent Educator (not coach)	My child has participated in various high school activities and sports. Being active in these extra curricular has caused stress, sickness, absents, and contention in our home to try and make everything work. They need more time to be young!
Region 7 - 5A	Parent Educator (not coach)	My family has missed many “family vacations” because of fall break/spring break etc. There isn’t school but my child is required to attend practices or they will be penalized for not being there! It’s been rough on the family because the coach was able to have practice even when there hasn’t been school.
Region 7 - 5A	Parent Educator (not coach)	Not only is this beneficial to the students mental and emotional health but the coaches would have time for their life.
Region 7 - 5A	Parent Educator (not coach)	Several thoughts. One: require a mandatory moratorium directly after the season ends. For instance, fall sports like volleyball need to wait until after Thanksgiving to begin training again. Two: let these kids and their families enjoy their summers. It is ridiculous that we begin school closer to August 1 than September 1. The result of that??? Our fall sports are having tryouts in JULY! That is not acceptable. If they finish school the end of May - that gives them barely two months of summer before tryouts. Three: I don't think it as much of a UHSAA issue than it is a CLUB issue. The lengths of the HS seasons are fine. I think 20 hours a week is too much, but 17 or 18 would be fine. 15 is probably ok too. I know for some sports 15 would be hard to do with as much training as they need in order to compete and perform at the highest possible level (ie: football, drill, cheer, marching band). Lastly, we can require moratoriums all we want, but that won't stop clubs from training these kids year round. I sit here watching a LOT of HS volleyball players underperforming. They are burnt out, tired, emotionally exhausted, susceptible to injuries (all of the consequences of overtraining)...not because of the HS season, but the club teams they were on had tryouts the end of July, started practicing immediately after the HS season ended, and played all the way through early July of the next year. Hardly any breaks within a 12 month period. I coached for 21 seasons, 17 of which at the collegiate level. Collegiately, there are more restrictions (year-round) on training than there are at the HS level. Doesn't it make sense to have these practices in place at the younger ages? In reading your letter, point 5 really hit home. There are several reasons I stepped down from coaching. Unfortunately, it was HS athletics that was the tipping point for me professionally. Obviously, this is something I am overly passionate about. This is a short survey. I think more data needs to be collected. Perhaps sport specific. I am not sure what the answer is, but this is a good start. This is a topic that needs to be addressed - and should be continually addressed until resolved. Too many student-athletes, coaches, and families are suffering in a number of ways. I encourage those who are in charge of making difficult decisions to not give up on this issue. Too many parents, even some coaches, and a small handful of student-athletes will push back - eager at the possibility to train year round. It has to stop.
Region 7 - 5A	Parent Educator (not coach)	Some programs and coaches seem to demand way more from their participants/players. They need stricter guidelines to prevent burnout and allow other opportunities for players to participate in school, family and other events.
Region 7 - 5A	Parent Educator (not coach)	Some students use sports as a safe place to be, so reducing number of hours a student "can" be with the team, coach or in the safe place reduces the amount of safe time that student/athlete can have.
Region 7 - 5A	Parent Educator (not coach)	Sports have taken away valuable opportunities for students to spend time with their families and go on vacations. For example during CHRISTMAS BREAK, practices often start right after the holiday and continue through out the break, even on Saturdays. Time with family during the holidays is important for students mental health and gives their bodies and minds a much needed rest.
Region 7 - 5A	Parent Educator (not coach)	Students now have so many pressures, responsibilities and things on their plate and decreasing the time required for sports would ease that. I have seen my child’s stress level increase and her mental health has been impacted because of the rigorous requirements. I believe it would help all students, not just mine.

Region 7 - 5A	Parent Educator (not coach)	The current level of commitment required by high school sports teams isn't just limited to practice times and games. Open gym times for each sport carry pressure to attend every one in the off-season or students won't be considered for the team when the season starts. Often, students involved in sports can't even consider other activities like student council due to their team commitments. Sports are important, but currently I feel we're sending the message that they're more important than school or becoming a well-rounded human.
Region 7 - 5A	Parent Educator (not coach)	The swim season in Utah is too long. I grew up in New York. The girls' season was mid-August to mid-November. The boys' season went from mid-November to early February. In Utah, the season is October 1 - end of February and encompasses 2 holiday moratoriums, which are not conducive to training and performance. The season is too long and interferes with club swimming opportunities outside of high school swimming. High school swimming in Utah caters to the novice competitive swimmer instead of those swimmers who are fully invested in the sport. This seems backward from the emphasis given to athletes participating in other sports.
Region 7 - 5A	Parent Educator (not coach)	The tricky part is the commitment for not only school sports but competitive teams. Personally, I feel that school sponsored sports is more healthy than these comp leagues. The other concern that I have is the pay for coaches being such that, short of questionable practices, makes for shorter team and less qualified coaches for several of the smaller teams.
Region 7 - 5A	Parent Educator (not coach)	Too many coaches just holding a practice for the boys and they leave early and the boys keep going
Region 7 - 5A	Parent Educator (not coach)	We have had children in sports for 12 years and they are multi-sport athletes. We had just a few years in the beginning because of moratoriums that really gave them a break from each sport. With the current moratoriums they are doing all of their sports year round and it is burning them out. We would love to see them return and be enforced.
Region 7 - 5A	Parent Educator (not coach)	We want to keep kids off screens and participating in sports and activities to keep their bodies healthy and their minds thriving. Additionallly, teenagers need connection with teammates and friends for emotional health. We want to foster connection and optional support with plenty of time practicing and participating together. Do NOT take away practice time or team-building time. These young people need every good thing that comes from positive participation. Do NOT rob them of it.
Region 8 - 4A	Parent Educator (not coach)	Actually hold students accountable when their grades are not where they should be, sports are held in higher regard than an actual education in this district
Region 8 - 4A	Parent Educator (not coach)	I believe we need to limit how early in the morning sports can start, and how late they can go on school nights. Multi sport athletes are being punished because they are not in practice year round. Even when their abilities are higher.
Region 8 - 4A	Parent Educator (not coach)	I feel our youth don't have time to be youth anymore. The demands coaches place on our kids are absolutely insane. It's heartbreaking that families can't plan vacations, go camping, or simply enjoy time together without fear of punishment for missing a practice. These kids spend all day in school, then go straight to practice, leaving no time for homework, rest, or just being a kid. And for our rural youth, it's even worse—they have chores on the farm and often work jobs just to afford the high costs of participating in sports. We're burning them out before they even get a chance to grow up.
Region 8 - 4A	Parent Educator (not coach)	I like having more boundaries so that the differeing schools are more fair/balanced with practice & life balance.
Region 8 - 4A	Parent Educator (not coach)	Kids are being forced to be a "career" athlete in high school. It's difficult if not impossible to be a multi sport athlete. Playing more than one sport decreases injuries and improves socialization
Region 8 - 4A	Parent Educator (not coach)	The current amount of time spent on sports and the tight restrictions place on students about not missing practice makes it very difficult for them to have a job, attend family events, schedule doctor appointments, keep up with schoolwork, and take care of their mental health. It has been hard on our family to juggle my children's sports schedules and has really limited what we can do over summer break because there is so much pressure for them to not miss practice. It is very stressful to try to keep up with everything.

Region 8 - 4A	Parent Educator (not coach)	The current sport environment makes it extremely hard for multisport athletes to ever have a break. I have seen a significant increase in injuries, and just exhausted athletes in my classes. My daughter who is a student athlete is having to decide between camping trips, and family vacations in the summer or summer camps. She is a 3 sport athlete. Our kids still need to be kids and they need to have down time. I think "Strength training or off season condition needs to also be included in the NO contact time. So many coaches are using this as additional practice time.
Region 8 - 4A	Parent Educator (not coach)	na
Region 9 - 4A	Parent Educator (not coach)	As a parent of high school sports, travel sports and a teacher. I feel that the sports are taking over everyone's lives. It needs to be more balanced and allow the athlete to have more time allotted to non sports activities. Longer/ more moratoriums to allow family time/recovery time. I am in big favor of less practice time and more time spent outside the practice limits.
Region 9 - 4A	Parent Educator (not coach)	I have been disappointed by the amount of time basketball takes outside of the school year. We have not been able to take vacations in the summer or over holiday breaks because of coach expectations. My daughter plays for fun, not as a future WNBA player, yet hasn't been able to participate in the clubs she wanted (robotics, HOSA) because of coach expectations. She is not playing her senior year because we decided a family vacation her last summer at home was more important that basketball.
Region 9 - 4A	Parent Educator (not coach)	I think the 20-hour limit should be communicated and enforced. Often, sub-varsity players have to show up early on a game night and stay through all of it. That's important for team culture but is wearing on them.
Region 9 - 4A	Parent Educator (not coach)	I truly believe as a parent of many teenagers and as an educator that these players need time to rest, heal, and spend time with their families. I think these changes would be a great change.
Region 9 - 4A	Parent Educator (not coach)	When I was in high school, I had the chance to play five different sports. Each one stayed within its season, with maybe a camp or two in the summer, which kept it fun and gave me something new to look forward to. My kids don’t have that same opportunity. To be successful now, athletes almost have to commit to a single sport, often by the time they reach high school, just to keep up with the year-round practices and prove their dedication. What used to feel exciting and enjoyable now feels like a job for many kids, leading to burnout instead of passion. Sports shouldn’t be that way.
Region 9 - 4A	Parent Educator (not coach)	While the students are students first, I don’t see this solving the problem. I believe students and parents will look for outside opportunities with the extra time to advance their child in the sports world. Something I feel could help would be to limit an athlete from playing multiple teams (frosh, soph, JV, V). Allowing students to play two sometimes three teams a night is exhausting for the child and limits other student athletes from growing in a sport.

Comments by Parents who are also coaches

High-level Summary Generated by Microsoft Copilot:

1. Academic & Family Balance
   - Parents/coaches express concern over sports interfering with academics and family time.
   - Many support longer moratoriums to allow for vacations and rest.
   - Students are often over-scheduled, leading to burnout and stress.
2. Practice Time & Moratoriums
   - Mixed views on reducing the 20-hour weekly limit—some say 15 hours is too little.
   - Drill, cheer, and football coaches argue that their sports require full practice time.
   - Some suggest sport-specific moratoriums and better seasonal alignment.
   - Coaches want clearer definitions of what counts toward practice hours.
3. Equity & Club Sports
   - Club sports are seen as a major source of inequity—wealthier students benefit more.
   - Reducing school practice time may push athletes toward expensive club options.
   - Rural and low-income athletes are disproportionately affected by stricter limits.
4. Enforcement & Policy
   - Many say current rules (e.g., 20-hour limit, transfer policies) are not enforced.
   - Coaches report widespread violations and lack of accountability.
   - Requests for consistent enforcement across schools and sports.
5. Multi-Sport Participation
   - Overlapping seasons and off-season demands discourage multi-sport athletes.
   - Coaches want defined seasons to reduce conflicts and promote variety.
6. Coach & Program Culture
   - Some coaches feel pressured to overtrain to stay competitive.
   - Others advocate for intentional, focused practices over long hours.
   - Concerns about club coaches influencing high school team selections.
7. Suggestions & Requests
   - Add sports like mountain biking and triple jump to UHSAA-sanctioned events.
   - Improve communication with parents and students about schedules and expectations.
   - Consider mental health, rest, and holistic development in policy decisions.
   - Emphasize fairness, flexibility, and student choice in shaping future regulations.

Region	Role	Comments
Region 1 - 6A	Parent Coach	Athletes bodies need a break to prevent injury, they need family vacations and time with friends and downtime, some can’t even participate in other

Region 1 - 6A	Parent Coach	Because of what I am going to call the "club loophole," these rules will ONLY affect lower income families that do not have their children in a club. Please understand what I am saying here. These rules do not help families. They harm lower income athletes. Children that participate in the clubs related to their sports are not at all affected by these moratoriums or weekly practice limits on the technicality that they are doing their sport in a context that is not related to the school with a coach who does not work for the school district. I currently coach for high school swim and have several children compete in the swim program. Because there is an extreme shortage of pools in Davis County, our swim clubs are small and have limited space. Not only that, swim clubs are usually much more expensive than many other clubs because pools are expensive. Despite these issues there is an EXTREME amount of pressure to put your high school athlete in a club if you want them to be competitive. I have experienced this first hand. Club swimmers are already swimming through every single moratorium with their club. Trust me, they take way fewer breaks than we do. If you add another moratorium, it will not affect these more affluent swimmers. If you shorten the amount of time we are allowed to have swim workouts, the club swimmers will simply double up and swim with their club AND their high school. Average income is already one of the greatest predictors of swim success in Utah. The lower the average income of any area, the fewer swimmers who can afford or have the opportunity to swim in a club. The fewer club swimmers, the more poorly the team performs in competition. Every ounce of success our team has gained has been tied to providing more opportunities and instruction for our non-club swimmers, not less. If you want to help all athletes in Utah, make and enforce rules regarding club activities. If you want to give an even
Region 1 - 6A	Parent Coach	I think some kids are burning out quicker and will quit sports all together. Coaches demand sports now year round. It is hard for a multi sport athlete to play because coaches hold it against the kid that they just don't play their sport. I also think that the kids body needs more recovery time.
Region 1 - 6A	Parent Coach	My son runs XC, swims, and runs track. He manages and I don't feel like his coaches exceed 15 hours a week. In addition, they work with each other to make sure he can cross train during the off season for each sport. However, I know other athletes/coaches who do not enjoy the same privileges.
Region 1 - 6A	Parent Coach	The current moratoriums for sports do not align with realistic preparation periods. For example, the moratorium for girls' soccer and volleyball in July closes the day before tryouts begin. That means that the teams have only 1 week between moratorium and their first games (Aug 5th). This does not provide enough time for teams to hold tryouts and adequately prepare for their season. For example, during the 2024 Fall Season, Davis High's girls' soccer team held tryouts and played 3 pre-season games before they had even been able to hold a single practice. Alternatively, football does not typically hold formal tryouts and has practices through Spring and early summer. They have all this additional preparation before beginning games August 14th. The remaining Fall sports are individual sports (golf, tennis, & cross country) that can be practiced through the summer and during moratorium on their own. For Spring sports (e.g. golf, boys' soccer, lacrosse, baseball/softball, etc.), they have moratorium over Christmas, and then several months before competition starts. This provides more than enough time to hold conditioning, tryouts and training before their seasons begin. While balancing time off is important, sport specific needs should be taken into consideration. I also strongly recommend moving the July all-sport moratorium to June (ending July 4th) to provide the same benefit to all Sports. Additionally, as
Region 1 - 6A	Parent Coach	This is the opposite of what you need to do. How about just uniformly enforcing the rules you have?
Region 10 - 4A	Parent Coach	As a golf coach, it would be difficult to lower weekly practice limits because playing rounds for practice just take time. I think we rarely exceed 15 hours, but it may affect us. But I am in favor or more off-season moratoriums (as a parent more than a coach) to allow our kids to play other sports.
Region 10 - 4A	Parent Coach	East needs to be on a daily schedule that is similar to other school so students aren't missing so much class time for sports and travel.
Region 10 - 4A	Parent Coach	Football takes a lot of effort and practice time to function properly. Reducing practice hours actually puts the players at risk of injury. We already have very limited time to teach proper tackling techniques, strength training, flexibility, agility and the overall fundamentals of the game. In my opinion, this
Region 10 - 4A	Parent Coach	I appreciate the desire to determine whether adjustments are appropriate. However, my assessment of UHSAA is it that it has already repeatedly failed to enforce its own rules and policies (Exhibit A = transfers). Any such adjustment along these lines feel like just another policy, or policy change, that the UHSAA will again fail to enforce.
Region 10 - 4A	Parent Coach	Our kids no longer get a summer because there is an unspoken requirement for them to be at practice during the summertime. I believe in a
Region 10 - 4A	Parent Coach	The tennis season is already so short. I'd be sad to see it even more limited.
Region 11 - 4A	Parent Coach	

Region 11 - 4A	Parent Coach	1. Reduced Competitive Edge Less practice time (dropping from 20 to 15 hours per week) might put Utah teams at a disadvantage compared to states that allow more training. Athletes aiming for college scholarships could feel underprepared or less competitive if they get fewer reps or fewer showcases. 2. Limited Development for Serious Athletes Students trying to reach elite levels (college recruiting, national competitions) often rely on consistent year-round training. Mandatory moratoriums (breaks) could interrupt skill development and conditioning at critical times. 3. Possible Push Toward Private Clubs If high schools restrict practices and off-season play, families who want their kids training year-round may turn to private clubs. This could create a financial divide, where only families who can afford club sports get the extra development, widening inequality. 4. Scheduling and Season Conflicts Moving to sport-specific seasons could mean overlap with other extracurriculars or academic commitments. Students who play multiple sports may find it harder to balance if seasons are more rigidly defined or extended. 5. Resistance From Coaches and Programs Coaches who already structure voluntary off-season training may feel state rules restrict their ability to build programs. Some may view reduced practice hours as micromanaging rather than trusting schools and coaches to find balance.
Region 11 - 4A	Parent Coach	Also Marching Band needs to be funded like every other sport. Most football teams have several coaches while marching band usually only have the Band Director and maybe a Colorguard coach. At a minimum a Marching band program needs to have the Band director, Colorguard coach, Drumline coach, Front ensemble coach, marching coach, woodwind or brass coach (depending on what instrument the band director specializes in.) and choreographer
Region 11 - 4A	Parent Coach	Any change that is made, needs to be implemented and enforced by every school in order to remain competitive.
Region 11 - 4A	Parent Coach	As a coach and parent to 3 multi-sport athletes, I am excited to see that finally people are starting to wake up. Gone should be the days where every sport is a year round sport, making family time limited, and multi-sport athletes get punished for participating in other sports. The system is broken and at least this is one step in the right direction.
Region 11 - 4A	Parent Coach	As a coach, during the season, there's sometimes not enough time in the 20 hours to get everything done so it would be very difficult to lower that. I do feel that certain sports like to train year round so it would be nice to define specific sports to certain time periods so multi sport athletes don't have to choose if there are conflicts. Most of these athletes play club sports anyways so with all of these expectations, sometimes they are overworked, especially in the summer months.
Region 11 - 4A	Parent Coach	Athletes and coaches sign up for sports knowing the commitment it takes. Some kids have different goals than others and want to practice and participate as much as possible. There is no reason to take that ability away from the dedicated athletes.
Region 11 - 4A	Parent Coach	Compared to when I played, in a different state and 25 years ago, I don't feel the in season demands are much different here currently. I feel we had more strict rules when not officially in season. Weight training/conditioning was the only contact allowed. No sport specific coaching/instruction.

Region 11 - 4A	Parent Coach	I have a lot of kids wanting more practice time & more instructions. If you consider these options it will open the door for travel ball & will be a lot harder to control these situations. The majority of kids that play competitive HS sports are wanting to be in programs to help them get better. If you take the HS coaches out of it they will look for alternatives to feed their drive. I have watched this happen first hand for years. We teader on to much & not enough all the time. I encourage my players to go to school activities keep their grades up & be HS kids. I have a lot of kids asking for more practices & games. This would be a lot harder as a coach to monitor if they have to go elsewhere to support their drive.
Region 11 - 4A	Parent Coach	I have kids involved in drill team and wrestling. I'd like lowering the practice hours to 15 a week, but there are certain activities that I don't think should be included, for instance with drill, if we have to perform at a football game, I wouldn't want those hours to be included in the 15 hours. I'm also unsure what that would look like with overnight tournaments for wrestling, or drill team trips that are held before the summer time. So I think there would have to be additional clarification and exceptions made for specific activities related to individual sports.
Region 11 - 4A	Parent Coach	I think an another issue to look at is the amount of boy sports in the spring, especially now with volleyball and club lacrosse. Put boys' tennis in the fall like other states so there are more fall options
Region 11 - 4A	Parent Coach	I think moratoriums are better sport specific, if a sport's season is only from June-October than multiple mandatory weeks off can significantly impact their limited preparation window before competition starts. I do think a long, enforced off-season for every sport is in the kids best interest. We all tend to make them focus too much on one thing. Last comment, please STRONGLY consider adding High School Mountain biking to the list of sanctioned sports. It is fast growing and affects a lot of students. Utah has the biggest league in the country. But not being sanctioned makes it more challenging for some kids who don't have as much home
Region 11 - 4A	Parent Coach	I think this is incredibly misguided legislation. This should be something that parents can decide for their kids. Some kids want nothing more than to practice and compete at the highest level because their sport is their passion. This takes away their ability to pursue their choice in athletics.
Region 11 - 4A	Parent Coach	I think we need to get rid of politics within sports, and let the best kids play. Requiring kids and teenagers to participate in extra curricular teams and sports to even be considered as a potential for the high school teams is outrageous and petty. Yes, we want good strong athletes, but our youth NEED a physical break from sports. It should not be a year-round training season for one sport. This mentality limits the development of the athlete physically (putting them more at risk for physical injury), mentally, and emotionally.
Region 11 - 4A	Parent Coach	I would love very clear rules on dates, moratoriums, and hours!!
Region 11 - 4A	Parent Coach	If this is implemented it will do a complete disservice to our student athletes. Many students are given scholarships based on athletics. Lowering the amount of practice time and playing time does lend them the tools in order to succeed. Coaches don't coach to make money or worry about their time. They do it to help student athletes achieve their goals. If someone is a coach and concerned about time then don't coach. If an athlete can't handle the practices then don't participate. We shouldn't punish those that want the extra time and practice for those that can't hack it.
Region 11 - 4A	Parent Coach	Limiting practice time more will take opportunities away from mediocre athletes. Coaches will only be able to take and work with the top athletes because they won't have time to develop skills.
Region 11 - 4A	Parent Coach	Please consider making Triple Jump a UHSAA sanctioned event in all regions and divisions in the state of Utah. There is little to no cost to include it as an event. For schools who have one pit/runway the extra time to run long jump and then triple jump would be extremely minimal compared to the overall length of a track meet. I have had a lot of out reach from athletes and parents to have triple included as an event for track and field. As a high school and collegiate long & triple jumper, I feel adding triple jump will add more opportunity for athletes to participate in more events with minimal cost and time commitments. For athletes interested in staying in Utah and participating in NCAA track & field it would be extremely beneficial for our UHSAA athletes to have experience in both long & triple jump as Utah colleges recruit out of state for their jumpers, because triple jump is not a sanctioned event in the state of Utah. It would be greatly appreciated if this proposal could be considered, thank you.
Region 11 - 4A	Parent Coach	Sometimes sports do interfere with outside commitments but it is what we choose to prioritize so we are ok with it.
Region 11 - 4A	Parent Coach	Sports can become all consuming to the individual and family if not carefully controlled.
Region 11 - 4A	Parent Coach	Students first - Athletes second. They still get all the experiences and character building, just should do it over less time commitment
Region 11 - 4A	Parent Coach	The commitment required for sports is out of hand. Students do not have a chance to play in multiple sports or activities. Athletes are burned out from the year round grind and pressure. Parents are burned out as well. These limits will not be enough as most athletes participate in other year round leagues and training beyond the high school team. These trainings, though voluntary, are implied as required by coaches and teams for participation in the high school sport.

Region 11 - 4A	Parent Coach	The high school swim season is extremely long. It is longer than any other high school sport and it bleeds into both fall and winter sports. It falls over major holidays, which really hinders training. This sport needs to be shortened to the same amount of time that other sports receive. The coach is getting paid the same amount with a third more time than all the other sports. I would love to see the sport be done by Thanksgiving to give the kids a break over the holidays. Swimmers are notoriously, sick, always swimming in a germ, infested petri dish, and their season completely broken up training wise with all of the holidays. It's just way too long.
Region 11 - 4A	Parent Coach	UHSAA sponsored sports actually help student-athletes focus on their grades, and reducing time with trained and certified coaches will have negative effects. I have seen from experience when Districts dropped Jr. High wrestling a number of clubs emerged within the state to fill the gap. The clubs don't have rules for practice limits or grade requirements, and may not be thorough in back ground checks. When many of those Jr. High wrestlers reached high school they were not adequately prepared to meet grade standards. When you lower the practice limits through the school families and athletes will inevitably seek to supplement. This immediately impacts negatively disadvantaged students as they will not have the means (funds & transportation) to supplement with other clubs and private lessons. Additionally the individuals that do seek to supplement where UHSAA restricts will go to other places that are not thoroughly vetted and don't have the same standards of participation. I understand and appreciate the direction the state is attempting to go with these reductions of time, but I don't believe the policy makers are aware of the unintended consequences that could
Region 12 - 3A	Parent Coach	As a coach I provide all opportunities for my athletes to participate in family events. Family is important. We have a system that allows the athletes to take the designated time off needed , they are not penalized
Region 12 - 3A	Parent Coach	I would not be opposed to adding another week of moratorium to the summer schedule, but the end of May/beginning of June would not be a good time period. I think it would be better to extend the summer moratorium period to two consecutive weeks (Last week of June and first week of July).
Region 12 - 3A	Parent Coach	I'm just curious on the practice limits if there's like a tournament one weekend or a fundraising activity or something like that if it would cause a
Region 12 - 3A	Parent Coach	Open gyms are acceptable as a preseason, but should not interfere with a student's ability to participate in other activities. Students feel obligated to participate so that they don't get cut or experience retribution for not being sufficiently "committed" to the sport because they have other interests and limited time.
Region 12 - 3A	Parent Coach	Play baseball pass Memorial Day weekend. Quit asking kids to jam it all in. It's their arms not us adults.
Region 12 - 3A	Parent Coach	Student Athletes and parents will find opportunities to participate, compete, travel and spend money on the "Next Best Thing" if we are not offering opportunity, they will seek it somewhere else....often doing both (Private instruction/Comp/ETC) We are losing student/athletes to privatized teams across the board

Region 13 - 3A	Parent Coach	As a mom of 5 kids with 3 kids that have currently participated in highschool sports, usual 2 at the same time, and as a coach, I know that breaks are needed both mentally and physically and that more breaks to help families spend time together and give athletes body a rest, will benifit our athletes and our society possativly. I do feel that especially for holidays, a few extra days would be nice for families. As far as per sport and their per week limit, I feel that that should be the time of focused practices for the sport and that time spent there is most important and when its needed the most, which is why I did Not agree with lowering the 20 hour per week rule. However, all the extra time with open gyms throughout the whole year is a struggle especially in rural areas where kids play mulitple sports. Also the overlapping of the sports is a concern. First, I understand the pull to provide opportunity for these athletes to continue their muscle memory and activity in the sport but I do feel that each sport should be limited to certain open gym time frames and off season tournaments throughout the year. Maybe 2 weeks of open gym and 2 tournaments in the off season and 1-2 weeks before tryouts or something to that effect. Limiting each sports off seasons will help the overall rest of the athlete and provide a natural way for them and their family to have extra time spent together and for respit. The second concerning thing is the overlapping of sports. Currently and for example, the schedule for 3A football, basketball and baseball (having all fall, winter and spring sports represented) is as follows. Football State Championship November 15th Boys Basketball Practices begin November 10th with first game November 18th. *Playing these 2 sports, you are currently playing football and missing open gyms and tryouts because you are in football or trying to attend both. For us, the basketball team last year was only able to practice a few days together before their first game. Each sport is important and should have ample time to prepare for their season. Basketball State Championships February 19-21st. 2 days later baseball practices begin. not open gym but acual practices. I think the biggist help we could have is to seperate the sports to give ample healing time for the athletes and truly feel limiting open gyms, especially in the off season and spreading the weeks between each sport will naturally give the athletes the rest needed and the time for families thats wanted. Thank you for your time in reading this.
Region 13 - 3A	Parent Coach	As an assistant coach, I think that we practice too long. Some times we are pushing 3 hours after a long day of work/school and it just gets to be too much. Additionally, the first two weeks of tryouts, we are doing two a days and we're doing up at 5.5 hours a day for sports. It becomes a lot, especially if those athletes are playing multiple sports and have other open gyms and things that evening. Additionally, being in a small school there is a real pressure to show up to EVERYTHING, so these kids are sometimes doing 2-3 open gyms and hours of practice per day.
Region 13 - 3A	Parent Coach	Every sport wants to prove how they can be the best by putting in more and more time. I think it should be more about being more intentional with
Region 13 - 3A	Parent Coach	Fix drill team. There has got to be some down time. These girls go almost non stop year round.
Region 13 - 3A	Parent Coach	For Girls Golf I would like to see the 4 week moratorium be at the end of the season rather than in between Thanksgiving and New Years.
Region 13 - 3A	Parent Coach	How is this monitored and enforced? I'm positive there are violations galore throughout the state.
Region 13 - 3A	Parent Coach	I have had multiple student athletes tell me I am missing out on my family life and the people that mean the most in my life. Don't get me wrong I love and live sports but do feel life is more than sports.
Region 13 - 3A	Parent Coach	I think all sports that practice and compete in December should not be allowed two weeks prior to and two weeks after the holiday break. They take away way too much from family time during the holiday season. The Drill Team competitions should all be pushed to January. Not in December on the week of Christmas like this year.
Region 13 - 3A	Parent Coach	I would also like to see wording added to policy that during coach restriction moratorium that student athletes can not be in practice facilities.
Region 13 - 3A	Parent Coach	I would love to see no more sports in the off season (fall baseball, fall soccer, 7v7 football, etc) and an ALL summer moratorium.
Region 13 - 3A	Parent Coach	Kids/Teens need a chance to be kids again. They are already over loaded with too much school time.

Region 13 - 3A	Parent Coach	We have kids playing multiple sports. It is nearly impossible to plan family events or vacations. It would be super helpful to have a TWO week moratorium for all sports/teams in July rather than one short week. Families need a little more room to fit in their time. As a coach and a parents, it makes way more sense to give families more dedicated time to be together. A moratorium from the end of June to maybe July 14th would be super helpful to families.
Region 14 - 3A	Parent Coach	**The Real Problem** This new rule will mostly benefit athletes whose parents are wealthy or live in urban areas. Their kids already play on club teams, train year-round, and get coached by the same high school coaches who run those clubs. They'll keep competing nine months of the year, while families like mine in rural and lower-income areas will be hit harder. In volleyball, for example, my players are multi-sport athletes. I don't even get my full team together until late May, after softball and track end. Between family activities, church camps, and summer jobs, I usually have about 10 days total to build my program. We plan around a 4-day team camp in May, a 2-day June tournament, and a 3-day July tournament. If you take that away with stricter moratoriums, we can't compete. Meanwhile, club kids from wealthier schools keep training and getting stronger. This isn't about giving all kids equal opportunity — it's about creating "haves" and "have nots." Families who can afford clubs and travel will keep advancing, while rural programs are punished for trying to follow the rules. --- **The Transfer Problem** UHSAA no longer has the strength it once did. Transfers have turned into an open portal, and rural/less successful urban coaches watch athletes move freely to powerhouse programs while our kids stay loyal to their hometowns and schools. **Key Examples** * Union lost Gracie Thompson to Morgan. We knew it wasn't a legal transfer, but paperwork said otherwise. Later, her boyfriend's parents admitted she drove every day from Kaysville. * Skyridge had a club player illegally transfer under Coach Silva — only exposed because a real estate agent came clean. (Sorry, but this news traveled fast to me from a fellow coach.) * At a July club tryout in Utah County, a Cedar Valley player's grandma bragged to me that her granddaughter would transfer and escape the 50% rule because she would "use her uncle's address" to transfer to Lehi because Cedar Valley wasn't good enough. Urban athletes talk about transferring like it's normal. At that same tryout, my daughter overheard girls casually discussing where they and their teammates planned to transfer for the upcoming season. They treated it like switching clubs — no big deal.
Region 14 - 3A	Parent Coach	A more defined practice schedule might encourage more multiple sports participation. That I would support. However, club sports impact that as much
Region 14 - 3A	Parent Coach	High School Sports aren't the problem. Club programs will only increase. Then being able to excel in sports becomes even more available only to those that have money. Also the policies that are in place are not regulated. Making more stringent policies won't change what is happening. Start by enforcing the rules as they are. So many of the big programs already get around the rules. What happens when these rules are broken?
Region 15 - 2A	Parent Coach	As a coach and parent I feel that every sport is just gettin more Intense and for what??? It's so fun to be involved in something kids love and have worked hard for but why have to have it start so early, go harder and faster every year. As someone who was raised in a very sports oriented house and it's been apart of my whole life and I may be the minority now but something has got to change. Family time is becoming more and more sparse and it's not good for our kids! If everyone has the same times then we wouldn't have to worry about other teams getting better while we take a break.
Region 15 - 2A	Parent Coach	Consider changing the Christmas break moratorium to December 24th - January 1st. "No contact." Let families be families for the Christmas break. This would be good for coaches families too. It is especially hard on the many divorced families with having to split the break and have sports events during the break.
Region 15 - 2A	Parent Coach	I strongly support these ideas. Sports are overtaking family life but as long as everyone is doing it there won't be an end because you need to participate at the level everyone else is be able to compete.

Region 15 - 2A	Parent Coach	I think we should avoid games the first few weeks of school so students can settle into academics.
Region 15 - 2A	Parent Coach	Student athletes are being pushed to the max. Families don't have time for important time together and academics take a back seat to sports. I fully support less time with athletes as a coach and a parent. Less burnout, less demands on kids would make sports more fun and more enjoyable. I am all for more time off from required team activities!
Region 17 - 2A	Parent Coach	I think the current guidelines are sufficient - we also know that many schools do not follow the guidelines, anyways - so no need to make them more strict. Those won't be followed, either.
Region 18 - 2A	Parent Coach	20 is a good max, 15 would be hard to get things done that need to get done. Especially within the parameters of what is to be counted in that 20 hour time frame. The beginning of the season alone, with all the mandatory parent meetings, camps, etc...would be impossible and tie coaches hands. No need to go over 20, but 15 is extreme.
Region 18 - 2A	Parent Coach	I'm a cheer coach so our season is basically all year. May is usually our safety clinics. And we start practices June 1st to get them learning sideline cheers. With July having 2 holidays our camps have to be in June. It would be really hard to get all we have to learn in if we couldn't practice is June. It would really stress our team members out a lot! Cheerleaders have more to learn than other sports though.
Region 18 - 2A	Parent Coach	Keep Drill and cheer separate.
Region 18 - 2A	Parent Coach	Moratoriums are more important than a weekly limit because it's very difficult to enforce the weekly limits.
Region 18 - 2A	Parent Coach	We are a small town school and therefore share athletes. I feel that all of our coaches work well together in this aspect and are very accommodating to those athletes who do multiple sports. I live to watch my student(s) do what they love and high school sports are a big part of that.
Region 2 - 6A	Parent Coach	Being a coach of a competitive program, you can make choices that don't overwork your team or yourself. I think it would be a very detrimental decision to make drill team season "shorter" because we are involved in football season and basketball season in addition to our own competitive season. In order to be supportive of our school in that way, we need the time to prepare.
Region 2 - 6A	Parent Coach	Cheer should be left alone!
Region 2 - 6A	Parent Coach	High School sports dominate everyone's time, making it difficult to do anything else year-round. I support a moratorium period that is significantly longer than what is being proposed. Give us a month off in the summer and then longer breaks when we are out of season.
Region 2 - 6A	Parent Coach	I am on consecutive year 9 of having at least 1 child, and several of those years with 2 children, participating in multiple high school sports. Their sports commitments have often made it very difficult to participate in other activities that contribute to helping them be well rounded individuals. As an example, we have tried more than once to have them participate in DECA but their sports schedule made it next to impossible for that to happen. As a coach, I'm of the opinion that after 2 hours of practice on a given day, the benefit quickly diminishes. The athletes are not as engaged and you lose their attention at that point. Burnout is a real thing in sports and I think lowering the practice time limit would only benefit them. It would allow them more time for homework, work, and just "being a teenager." At 15 hours, with 2 competition days in a week, that would still allow more than 2 hours per day for practice.
Region 2 - 6A	Parent Coach	I am very much in support of restricting how much time gets dedicated to sports. The time commitments have turned sports from a good learning experience for youth to the primary focus of youth for many students. I don't think this is the appropriate role for sports at the high school level
Region 2 - 6A	Parent Coach	I support a better balance between sport commitments and life...but it's important to understand once you regulate school, student athletes will continue their athletic training but in club instead. Most coaches will coach club so that they can have access to their teams year round. These types of changes several penalize economically challenged kids. You'll just see a bigger divide between rich areas and less advantaged areas.
Region 2 - 6A	Parent Coach	I think students can be encouraged to do their workouts on their own more often. I also think the coach put in so many hours of volunteer hours considering for most sports other than football the pay is very minimal compared to the hours spent coaching that the coaches need more tome with their own families and more balance. It gets excessive and obsessive.
Region 2 - 6A	Parent Coach	Limiting student athlete hours may push people to find other opportunities to increase in their sport like going to a club which increases the financial and time strains on families and doesn't seem to solve the issue.
Region 2 - 6A	Parent Coach	Making these changes would really help with students who are multi sport participants.
Region 2 - 6A	Parent Coach	Many athletes work around these restrictions by training with a club team for extra hours each week, as well as training with their club during moratoriums. Instituting more moratoriums and limiting high school team time does very little to increase family time, more often than not it just pushes athletes toward club teams and away from high school teams. This ends up costing the families more money and time than it would have if the restrictions hadn't been implemented in the first place.
Region 2 - 6A	Parent Coach	Moratoriums aren't consistently followed by particular programs or schools due to lack of enforcement.
Region 2 - 6A	Parent Coach	More coaches will try to circumvent the rules as you begin to lower the time that they can meet with their athletes.

Region 2 - 6A	Parent Coach	NO one follows the 20 hr rule. It is a joke. You have to self-report and there is no repercussions for going over 20 hrs as no one monitors it. I have never seen a 20hr violation or heard of any consequences. It's much like the transfer rule right now. Complete joke.
Region 2 - 6A	Parent Coach	Other States have no moratorium. Their student athletes are ahead of Utah. That's why they have personal training who charge a lot.
Region 2 - 6A	Parent Coach	Sports, like anything of worth, take hard work and sacrifice. That's life.
Region 2 - 6A	Parent Coach	These rules and moratorium are not followed currently by many teams. Adding to and increasing these rules will just put the teams that do follow these
Region 20 - 1A	Parent Coach	I am a high school cheer coach. For the safety of my athletes, I do not recommend lowering the weekly practice limit. We need to have the time to properly train our cheerleaders to perform stunts safely. Also, we live in a rural area which requires lengthy travel for most of our games. If the weekly practice limit is reduced, which includes those travel times, we would be very limited on our practice time. I do feel that the biggest issue is the amount of extra camps our athletes are required to participate in during the summer months. I would love to see a push to reduce those activities to allow the students to enjoy their summer break and be able to have jobs and spend time with family.
Region 20 - 1A	Parent Coach	I think 20 hours is needed On average you would only practice and play 13 to 14 hours but there are times you have weird schedules especially in 1a where you have To get games where you can get them since you penalize upper levels for getting beat by 1a . In my personal opinion that is very demeaning. Coming from a 1a program that was the first to beat a 6a in basketball when they first made that classification . So yes 20 hours is a good balance
Region 20 - 1A	Parent Coach	This will ruin high school sports in Utah. Coaches don't coach for the money. We coach because we love the kids and the sport. What kids can learn from dedicating themselves to a sport is far beyond any classroom can teach.
Region 22 - 1A	Parent Coach	As a parent and former coach of 15 years we notice that the athletes needs as much time in the gym/field to be prepared for the up coming seasons. The problem we see is rules changing midseason or for each sport or coach it needs to stay consistent for all. Also there needs to be an advocate for the students to be able to be heard when issues arise. There needs to be more parent notification and communication all parents should be invited to all communication apps with there students so they can stay informed of up coming events and changes. Each school is different and the communities are different you can not treat a 1A school the same as a 3A school. The students deserve to be heard and the changes need to be done to the best of the student athletes request as possible because we are in the KID business.
Region 22 - 1A	Parent Coach	As a parent, as a former athlete and a coach. The students will participate how they would like to participate. Allow the student and family to make
Region 22 - 1A	Parent Coach	Due to our 4 day week and travel time to get to contests, it would be difficult to stay under 15 hours.
Region 22 - 1A	Parent Coach	I don't agree that coaches feel the need to spend parts of the summer to practice. I understand having a camp during the summer but that is a different thing. I also think it would be good to have the grades raised to be able to play sports. Not having an F is a really low bar for a STUDENT athlete.
Region 4 - 5A	Parent Coach	As a coach and a parent of an athlete, I feel like many sports are wanting the athlete full time even when it is not the sport in season. That becomes super hard as a multi-athlete to participate. I am all for limiting off season hours but not for in season hours. I think 20 is sometimes not enough but still doable.
Region 4 - 5A	Parent Coach	My biggest concern with all of these changes regards compliance. Many of the west side schools are all about having breaks and more time with family/for other extra curricular. There is already a huge discrepancy between teams on the west side and teams on the east side. Will everyone follow these changes, or will it only lead to a bigger disparity based on geographic location? In the UHSAA handbook it talks about these regulations as a way to have equal competition across the state. There really never has been "equal competition" and that takes a lot of the fun out of it for these student athletes. I am all for more and longer moratoriums, if everyone can follow them and it doesn't just result in the west side schools getting further behind in their recruiting.
Region 4 - 5A	Parent Coach	The general conditioning seems like a way coaches will get around the off season training prohibitions. Too many programs are taking over athletes summers with year round training. Programs that allow more family time then fall behind programs that keep athletes in club or conditioning all year. JSD also needs to do a better job supporting the job revenue sports and providing facilities and equipment and stipends that retain good athletes and coaches. In addition, one important consideration is the number of other programs and activities that treat their students' participation as completely mandatory, setting up an adversarial relationship with coaches and advisors.
Region 4 - 5A	Parent Coach	There needs to be sufficient time off, but also enough time to practice during the week when it is allowed for the teams to become cohesive and
Region 4 - 5A	Parent Coach	This hurts every high school sports program
Region 4 - 5A	Parent Coach	enforce the rules!!! equitably

Region 5 - 5A	Parent Coach	All of July should be moratorium for cheer. And all of Christmas break. It's an all year sport, they should get better moratorium in the summer. Having moratorium in the school year doesn't help families spend time together. I coach cheer at the jr high and we take all of July off and it's actually a good physical reset! I don't understand moratoriums in April or May. It's too busy to give them a break. I've had 2 high school cheerleaders and I have a football player. I don't have any thoughts on football, seems to work well for their season at our current
Region 5 - 5A	Parent Coach	Also all of the offseason training or practices are voluntary some show up some do not. This will have a negative impact on our student athletes if anything we need more practice time in season and offseason and are we counting film sessions for all sports this is ridiculous we have student athletes who are working extremely hard to get scholarships and this implementation will have a negative impact on those student athletes who are committed to playing at the next level
Region 5 - 5A	Parent Coach	As a Head Baseball Coach, I believe the moratorium during November is a bad time of year. This is a time of year that we are ramping up our non baseball off season training(weight lifting, mobility and speed training). With this moratorium, it doesn't leave us coaches much time for these training. We have to get right into baseball related training at the first of the year.
Region 5 - 5A	Parent Coach	As a coach in weber school district and as a coach in travel clubs, I have seen the changes over the past several years where student athletes are struggling to keep up with everything. School work, other sports, family and religious obligations are waying on students. We have players who feel guilty when they come to a sport during the summer because they are missing a workout with their school team. I have players who are trying to play for their travel team and the high school forms a team to play in off seasons as well. This is a challenge for them to choose what impact is has on them metally and physically. I think sports should have seasons and stick to those. High school coaches shouldn't plan so many activities outside of the sports season
Region 5 - 5A	Parent Coach	As a coach, teacher and parent, some sports are already aware of time constraints of multi sport athletes. Other sports take full advantage of all time to play and practice and their players end up not being able to participate in other sports. New rules to limit off season time would help in season sports to better attract multi sport athletes
Region 5 - 5A	Parent Coach	As a parent, coach and also a physical therapist, I have seen a lot of issues with no only burn out from the kids playing not only school sanctioned sports but also comp/club teams in conjunction with each other. There is also a correlation with overuse injuries, especially with overhand throwing athletes, football and soccer athletes. These athletes also need to have a chance to participate in being kids. I have also been reading that scouts for colleges and other pro leagues look to see if the athletes they are evaluating have played in multiple sports. This shows them that they are a well rounded athlete and they can perform in different capacities. The current format where high school coaches and comp coaches are requiring an all year commitment to their ONE sport can hinder these athletes and promote a greater chance to get injured if they don't train their body in different sports/activities. https://www.uhhospitals.org/blog/articles/2024/03/why-young-athletes-should-play-multiple-sports https://news.sanfordhealth.org/sports-medicine/multi-sport-vs-single-sport/
Region 5 - 5A	Parent Coach	As long as it is enforced it will work. Too many coaches find loopholes to get around the rules like forcing captains to run practice during mortorium times and still implying that they are mandatory for the athletes. There needs to be a way to correct this.
Region 5 - 5A	Parent Coach	Athletes should definitely be given more of a break through holidays and summer. The seasons are not when the practice should be restricted. However, 20 hours per week can equate to 4 or 5 hours per day. This seems excessive, so maybe 15 hours would be better if districts are running into 4/5 hour daily practices
Region 5 - 5A	Parent Coach	Freshmen and some sophomores are unable to drive so they depend on parents for transportation. One longer session would be better than multiple shorter sessions so parents don't have to leave work numerous times per day.
Region 5 - 5A	Parent Coach	High School Sports are a choice. Student Athletes that choose to pursue a higher education and scholarship opportunity learn just as much from the time management element of their sport as the sport itself. There simply is not enough time in the day to do everything, even if you don't do high school sports. Teaching the student athlete how to prioritize and communicate those decisions with coaches and family is a key life lesson that reducing the hours available to coaches will lessen. I strongly urge those in decision making positions to not reduce the hours.
Region 5 - 5A	Parent Coach	How about all the reclassing of athletes? What are we doing about that? Why are we letting all these athletes jump down grades? Not only reclassing but jumping schools. I am far more worried about my children staying involved in athletics due to the ages of the kids getting to be 19 by the time they graduate. That is much more the issue than time
Region 5 - 5A	Parent Coach	I am parent as well as a coach. When one of my girls needs to leave early for anything or go on vacation, they are not penalized. It is important to have things outside of school stuff, so I understand if they need to leave. I have a son who is involved in high school sports, and they are not help accountable as well, during the off season

Region 5 - 5A	Parent Coach	I believe that in order to remain competitive in each respective sport it needs to be MORE open. Westfield has a field house that is "district use" (that's a political answer/move) NO other school I the local area gets those facilities. By default Westfield gets an upper hand in scheduling, use ect. Outside of the field house bias that was given, students need to focus on their respective sport and work to be competitive. An athlete can't peak in 12 weeks and then done. Weight training, off season work must, MUST be available to the student, it's imperative when you look at a sport like wrestling. It takes the strength of a power lifter, endurance of a cross country runner, and brain of a chess player. These abilities can not be "tuned up" or "Tuned in" during a 12 week period/season. There MUST be off season work
Region 5 - 5A	Parent Coach	I do not have any children in high school or high school sports but I am a coach for my 10 year old daughter's club soccer team and I feel very strongly about creating more balance in sports for children/youth. When talking to a friend about her son having high school basketball practice over Christmas break one time, I couldn't believe that anyone would hold practice over Christmas break and felt so sad that our culture has gotten to that. There is way too much pressure on high school students and even 10 year olds at a club level. The culture around sports in Utah needs to change. For the health of our children
Region 5 - 5A	Parent Coach	I hate that my child is at football for so long BUT I worry they won't be prepared for the physical contact
Region 5 - 5A	Parent Coach	I have some additional thoughts on Junior High to High School players, namely 9th graders. I can be reached at 801-807-9807 and my name is Joseph
Region 5 - 5A	Parent Coach	I like the ideas put forth here, the issue is really club sports though, which is beyond the scope of UHSAA and Legislature. So I think another question is going to have to be is can high school coaches also coach club?
Region 5 - 5A	Parent Coach	I love the idea of better defined seasons. A player should be conflicted between attending Spring Football practices and in-season Lacrosse practices.
Region 5 - 5A	Parent Coach	I think 20 is great
Region 5 - 5A	Parent Coach	I think Moritoriums over hour rule would be smarter and better for the health of the student and the coaches.
Region 5 - 5A	Parent Coach	I think what we have right now is good. I feel that teams are already abusing the Moratorium times we do have.
Region 5 - 5A	Parent Coach	I took this survey from the perspective of boys' volleyball. Practice was 2 hours per day and 2 games per week. It was a good balance. I know other sports have problems with the sport taking over the lives of these kids. We had a moratorium in the very beginning of our season that made no sense. We just started getting boys in open gym, then we had a 2 week break before tryouts.
Region 5 - 5A	Parent Coach	It has been brought up by other softball coaches that having the season in the fall would help with the overall struggles that softball faces. The struggle we have playing all of our games with the constant erratic spring weather makes it so we end up playing 3, 4 sometimes 5 games a week. This makes kids miss more and more school and leaves them exhausted and burnt out. I agree that the players coming off of their summer season would be more ready for the rigors of the season ahead of them and ready to roll into their high school season. Not only would it allow for us to have better weather in our northern climate, but it could allow college coaches the opportunity to come see more games as well since it is not during their prime season as well. Just another reason why it may be better to have it during that time.
Region 5 - 5A	Parent Coach	I agree that the moving of the season to the fall would benefit our students in multiple ways. It has gotten WAY out of hand the amount of practice time that the coaches expect from the kids...year round! There needs to be more restrictions on what coaches can/can't do in regards to practices
Region 5 - 5A	Parent Coach	I've been involved in soccer and dance. Dance requires a lot more time than other sports. I feel there could be a change there.
Region 5 - 5A	Parent Coach	NO one, and I mean NO ONE complies with the " August to June are subject to a weekly 20-hour practice limit (with at least one day off), including all team-related activities, weight training, individual instruction, and any other sport-specific contact with a coach. Competition days, including travel, count as 3 hours." I had no idea this existed as a parent or a current coach. Just enforcing this would make 100% difference.
Region 5 - 5A	Parent Coach	No other comments
Region 5 - 5A	Parent Coach	School sports are starting to run the family. It's time away from school is great. However, the student athlete is having mandatory training during the offseason, and through the week that often conflicts with family events. When a practice or games are missed, the student-athlete is punished. There's precedents, this is making school Athletics more important than that. The family which is inexcusable
Region 5 - 5A	Parent Coach	Some of the things we choose for coaches and players are self inflicted. I do thing it needs to slow down some but I do think it's good to have commitments in sports to help you with the commitments the student athletes will have in their grown up lives. That's the most important part of sports is to make better people
Region 5 - 5A	Parent Coach	Spring sports start too early and end too early. They should finish 2-3 weeks later.
Region 5 - 5A	Parent Coach	Students/Kids that are athletes aren't given enough time to spend with families and outside of their sport activities. Not all of the students athletes want or can dedicate their entire lives for the sport but still would like to compete without feeling penalized if they can't attend.
Region 5 - 5A	Parent Coach	Thank you for considering allowing kids to be kids for small portions of their high school years so they can make now diverse memories and tie their identity into a variety of other things too.

Region 5 - 5A	Parent Coach	Thank you for looking into this and putting a priority on families
Region 5 - 5A	Parent Coach	The Summer is really my concern. It's full of camps, weight trainings and open gym. It's a lot for a household who not only coaches but has several kids in multi sports. Make it really hard to spend time with family or even travel to basic things in the summer.
Region 5 - 5A	Parent Coach	There needs to be more awareness of game start times, quality of coaching, and quality of referring. The refs in Utah are really poor in soccer and need help. They cause many of the issues that are part of the sport…not the players and coaches!
Region 5 - 5A	Parent Coach	There's always loopholes, and I struggle with the backing and accountability of who is going to monitor all of this feel like a lot of times policies get overlooked and people don't abide by them anyway and get away with it like recruiting is a major issue and the way we address that was anyone can go anywhere and play anywhere they want now and if they're not in the boundary, they have to sit five games
Region 5 - 5A	Parent Coach	Think about offering classes other than physical fitness, classes focus toward coping skills and conflict management. Communication classes in the off-season substituting some of that physical stuff. These high school athletes need to learn stress management skills along with communication skills.
Region 5 - 5A	Parent Coach	This is ridiculous. You are tying the coaches hands behind their backs. Parents want more time for 5-6 unnecessary vacations but then expect there schools & students to be able to compete at a high level. You cannot have both. Moratorium is the most ridiculous requirement I've ever seen mostly because you as a state fail to police it. My administration would fire me if I met with my kids but it is a fact that other high performing schools continue to meet & practice on campus with no consequences from the state. I am 100% opposed to any moratorium. This doesn't mean I am not realistic about when kids need a break & families need time together. I am just tired of the states policing of it & giving in to these entitled parents that you have allowed to dictate my job.
Region 5 - 5A	Parent Coach	We are running our kids to hard with sports forcing year around competition. Kids need the ability to play other sports and if they want more training club offers that ability. Year around is way to much on both coaches and players.
Region 5 - 5A	Parent Coach	When I had a football player (graduated 2024), our family NEVER did anything during the summer because as soon as lacrosse season ended in May, he "had to" be at football until Moratorium over the 4th of July and then again until the season ended in Oct/Nov. After he graduated, all he wanted to do was have a fun summer full of camping/fishing/and in his own words, "doing nothing for once". I don't feel that wrestling was that way, and lacrosse is not that way. The only sport that dominated our days from sunup until sundown (even when they came home in between sessions) was football.
Region 6 - 5A	Parent Coach	How is the 20 hour week enforced? Sometimes competitions take up to 8 hours/day. Track meets, XC meets, lacrosse & soccer games where coaches mandate they watch the JV or Varsity team play in addition to their own team. Our kids spend more than 20 hours/week due to film watching, watching the other team without doing homework. It would be more useful to have specified training with a clear focus rather than low productive "watching" activities. Plus, coaches have threatened playing time if they don't do the social team activities or "watching " other teams. Those should be optional.
Region 6 - 5A	Parent Coach	I also think there should be a review to enforce a play where you live rule and eliminate all the transfers that happen.
Region 6 - 5A	Parent Coach	I would make the July moratorium longer instead of one in may/june. I LOVE the idea of lowering the practice hours. It would still keep us all on the same level, If teams followed the rules.
Region 6 - 5A	Parent Coach	Most team run a youth camp in May or June. Adding a moratorium then would significantly harm all programs but specifically any fall program. This is my 25 year coaching and my opinion is to keep it as is.
Region 6 - 5A	Parent Coach	The individual sport moratoriums are silly. If you have them they should be uniform across sports.
Region 6 - 5A	Parent Coach	The real challenge lies when you have a multi sport athlete that is trying to participate in several sports. June seems to always be a busy month for Football, Basketball and Baseball. I think the real advantage would be setting season dates, where each sport has specific dates that they can operate and specific days off.
Region 7 - 5A	Parent Coach	Allowing sports to take over more of kids, parents and families lives puts the focus on a skill that may not last beyond high school and college years. Limiting that could possibly allow other social skills, relationship skill building and problem solving to increase, not to mention, decreasing the amount of pressure and stress put on these young minds. They are already high school and college students at the same time, their brains are just not developed enough for the ever increasing loads of stress the public education system allows to be placed on their shoulders.
Region 7 - 5A	Parent Coach	Although regulations are set in place it seems like there is always a way around them. This is what I see with clubs that are tied to high school programs or volunteers to act as supervisors not coaches during the breaks. This is what I have seen as a teacher, coach and parent in sports that I have coached
Region 7 - 5A	Parent Coach	As a coach and as a parent we need more support/rules that make it so off season sports stop getting in the way of on season sports. So many coaches are holding practices for their off season sport at the same time as on season sport. I've had athletes stop participating in my sport during the season because they thought it would interfere with an off season sport. Those coaches say that their practices and games are not mandatory to the principal, however the athletes are afraid if they don't participate during off season practices and games, it will directly affect their chances of making that team the following year.

Region 7 - 5A	Parent Coach	Cheer and drill should be included in this if they aren't
Region 7 - 5A	Parent Coach	Currently one of Track & Field's moratoriums requires athletes to be off for most of September. This is unfortunate since the weather is prime for outdoor practices. We do not have indoor facilities for many of the track and field events. I believe it would be greatly beneficial to move this moratorium to December. I would rather give up practice days between Thanksgiving and Christmas than September.
Region 7 - 5A	Parent Coach	Fall sports can't afford an additional moratorium as this is the main time we prepare for our season. This being said, I do not require open gym practices so kids do have the ability to go on their vacations as their parents schedule them. I feel this is better than an additional moratorium because it gives families the ability to create their own schedules. Also, it would be nice to specifically list what is meant by combining the 4 week moratorium for volleyball with the Christmas/New Year's moratorium. No one I've talked to seems to have the answer to exactly what that means.
Region 7 - 5A	Parent Coach	For cheerleading in particular, we cannot have seasons heavily defined because we cheer for all sports all year long and have our own competitive season in winter. I think adding an extra moratorium week or two is the best option for Cheer in Utah. I already give my team extra breaks besides that of moratorium. I do my best to limit extra practices so my team doesn't get burnt out.
Region 7 - 5A	Parent Coach	High school sports should be fun and competitive but not rule the students life. Many coaches use all 20 hrs and find ways to add more. That turns in to a part time job, which does not allow much time for school work and any time with family.
Region 7 - 5A	Parent Coach	I feel sports are becoming to much year around and coaches are giving players ultimatums. "If you don't come to summer activities ....." High school kids are not on scholarship. But it is hard to compete with schools who find ways around and still hold practices or recruit.
Region 7 - 5A	Parent Coach	I like all of these suggestions, I worry that some coaches won't follow just like it happens now. I see way to many coaches using the athletic period to practice during the off season vs conditioning. I also see student-athletes required to practice beyond the hours they should and without coaches supervision
Region 7 - 5A	Parent Coach	I support any and all lowering of required time commitments for sports.
Region 7 - 5A	Parent Coach	I think a lot of practice time is wasted. We could get the same goals accomplished in a shorter amount of time if practices were more focused.
Region 7 - 5A	Parent Coach	I think one problem is some schools/sports do not patrol themselves or just flat out lie about the time they actually spend practicing.
Region 7 - 5A	Parent Coach	I think there's presently good flexibility in off-seasons to allow families and kids the ability to do other commitments and/or desires (trips, etc…). At the same time, allowing the opportunity for those who are passionate and committed to their sport to be supported and trained, allowing them to work towards goals
Region 7 - 5A	Parent Coach	I wish the kids we're more balanced but until the bigger schools relax on their schedules then we feel the pressure to try and keep up.
Region 7 - 5A	Parent Coach	If you limit the practice time down to 15 hours you are only making the teams that follow the rules limit their time practicing. Its like making drugs illegal, people that want them will still get them. I know coaches that will break this rule and no one will care. I personally have practices for 2 hours a day, competitions being 3 days a week counting weekends and it works for me. But other coaches need and athletes need more time then we do, don't punish them.
Region 7 - 5A	Parent Coach	If you want to make real change actually do something about the transfer problem plaguing or state.
Region 7 - 5A	Parent Coach	In order for athletes to stay competitive they must be allowed to train and work with their team. When you reduce the number of hours, that only means that students with money and means will find other ways to practice, receive private coaching, and go to trainers. The low income athletes who can't afford to do outside training or don't have transportation or networking will suffer and have a harder time staying competitive.
Region 7 - 5A	Parent Coach	In-season restrictions should be limited, because our seasons are so short and we need as much time as possible, but I would strongly recommend having time off out of season so players can feel free to play more than one sport, to play club, to spend time with family, to catch up on school work, to have a job. After my first season as a coach I did open gyms throughout the summer (except for moratoriums) and it burned me out. After the second season I did a 1-week camp and then took the rest of the summer off. I think there should be a mandatory month off after each season as well. I always chose our mandatory 4-week moratorium to be immediately after our season because I needed a break and I thought the players needed a break too.
Region 7 - 5A	Parent Coach	Sport-specific moratoriums do not accomplish the goal of helping student-athletes manage time. They just make it more difficult to fit appropriate activities into the already packed season.
Region 7 - 5A	Parent Coach	Student athletes are still developing and growing their bodies. We need to recognize their need for rest and recovery, as well as the importance of spending time with family and friends. Sometimes the focus is only on being the best, and that can easily be overdone. In our family, having multiple student athletes in different activities makes our family time very limited. It would be nice to have time for a family trip that doesn't have to be planned around a holiday week.
Region 7 - 5A	Parent Coach	The problem is not the rules but the lack of enforcement, there is none.

Region 7 - 5A	Parent Coach	The time commitment to sports has become detrimental to the health and well-being of student-athletes. Practices cut into holiday breaks and off-season play is also placing players in the uncomfortable position of choosing non-sport life opportunities or proving themselves as committed to high school sport. This is not the role of high school athletics, in my opinion. The professionalization of sports and the pursuit of college athletics has overwhelmed the goal of playing and having fun with friends in high school. There is a much needed change in perspective concerning the role of high school sports into the lives of our high school youth.
Region 7 - 5A	Parent Coach	This is not addressed here, but the two-weeks restriction period for some sports should be eliminated. I do not think it accomplishes what it proposes to do. It doesn't make sense to me that some sports have the restrictions while others do not.
Region 7 - 5A	Parent Coach	This seems like an overage from politicians that never coached or participated in any sports specifically in the high school and or collegiate levels. In order to develop these academic athletes better they've got to put it in time and commitment, which is also a good thing for their future when they all have jobs.
Region 7 - 5A	Parent Coach	We experience many athletes that are skilled and talented enough to be multi-letter varsity athletes but because the demands (and perceived punishment) of another sport the do not participate. An example would be an athlete wants to participate in a spring sport but the basketball, football, or volleyball team will be holding an "open gym" or "weight training" and the athlete feels obligated to be at those in fear of being cut or lose playing time.
Region 7 - 5A	Parent Coach	We need to have the 20 hour rule. People just need to actually follow it.
Region 7 - 5A	Parent Coach	We need to move the swim season to fall. The winter season is to long with to many breaks.
Region 7 - 5A	Parent Coach	Without rules in place to keep sports time commitments in check, coaches are forced to go to the absolute limit in order to stay competitive with other schools. By enforcing reasonable time off for athletes we can both support needed family time as well as ensure coaches do not continue to burn out and leave coaching due to high time commitments away from their families for little to no pay.
Region 7 - 5A	Parent Coach	You guys need to worry about all the illegal "transfers", not try to add more moratorium time?? Who is in charge over there that's worrying about stupid things that don't even matter?? Is the person in charge of UHSSA even an athlete?? If anything we need less moratorium. Stop letting kids play sports wherever they want, that's the issue in high school sports that needs to be addressed. Freakin idiots!
Region 8 - 4A	Parent Coach	All off-season work is optional. Some kids want to work out and practice much more frequently than others. Some students have the goal to play beyond high school--decreasing time or increasing moratorium will only punish them. A lot of the off-season work that we do is individual work that parents would be forced to pay thousands of dollars to get privately--most our student-body cannot afford this. Wealthier schools would benefit from this since the families of their athletes would be able to afford this expense. Additionally, we build the program of our culture and use any time we have together to stress the importance of academics, education, citizenship, and being quality teammates and young men.
Region 8 - 4A	Parent Coach	Get rid of the two week moratorium before spring sports, maybe add a week after Christmas or first of the year. But, a moratorium right before spring sports doesn't allow enough time to set varsity and jv teams.
Region 8 - 4A	Parent Coach	Get the state title IX compliant. Every field should have lights. This will allow games to be played later after school. The student athlete will be able to attend help sessions more often with their teachers.
Region 8 - 4A	Parent Coach	I feel like the current situation not only never gives our student athletes time for their bodies to recover before moving on to the next sport but it also has made it much more difficult for our kids to play multiple sports because they are constantly being pulled in different directions by different coaches of other sports. So the athlete just settles in on one sport. I wish there was a way to designate this is your month for a specific sport or something like that.
Region 8 - 4A	Parent Coach	None of this will address my issue which is all the pressure to compete in multiple programs and the other non-sport activities that students juggle
Region 8 - 4A	Parent Coach	Thank you for seeking feedback. Adding moratorium is not the answer. I'm Utah we can barely get our athletes to train beanie off vacations and church
Region 8 - 4A	Parent Coach	The sports are getting out of hand. It seams it's all year round and if I am taking a month off for mental resets I feel like I am falling behind other teams going year round, and I am the basketball coach. Also being a rural school we can not compete with the games the salt lake Provo area schools get. We have to just practice, while other schools get game time. We have to travel 3 hours for game time.

Region 8 - 4A	Parent Coach	There's too much emphasis on year round practices and games, whether as a school program or club/travel teams being run by the high school coaches. High school athletes are being trained and treated like professional athletes in regards to the time commitments and training programs. That is leading to the increase in overuse injuries and burnout. Teenagers need time to be teenagers and engage in time with family, friends, work, etc. The 20 hour rule is fine for in season sports (should be less for out of season sports to encourage and facilitate multisport athletes), except it's not enforced or monitored. AD's and administrators don't enforce it on their programs and just turn a blind eye. That can be said for all of UHSAA's policies. I am
Region 8 - 4A	Parent Coach	We live in a rural area with not many options for dance. As a parent of a drill and the coach for our drill team, we spend the majority of the time from tryouts to camp working on technique that our girls just don't have. I would love to see 30 girls on our drill team, but we are lucky to get 25 girls to try out and of those, some have never danced before. To add another week of moratorium would just make it that much harder to get them what we need. Being 3 hours away from any big cities also makes it hard for choreography. We usually do it as one day to be easier for the choreographer, but to add another week to our moratorium would mean we would potentially need to double up on choreography to get it in during the month of June before August hits. We give our girls two weeks off in July plus the mandatory week so we lose the month of July as it is. I can see if we had girls who came to
Region 8 - 4A	Parent Coach	moratoriums on all sports should align with major holidays to maintain fairness to the different seasons. I coach wrestling in a club format and there are no moratoriums, but our club would not have a practice location if a moratorium was introduced in June or July right before the biggest national tournament of the year for freestyle and Greco Roman wrestling. Not that we have had a ton of experience in that event, but our season ends at that point until September 1. That is the break period. Coaches should not mandate practices or make judgements based upon off season attendance in general. Rather, I feel like the best judgements should be based upon ability and commitment during the defined sports season. If your child is a three sport athlete, they may sit the bench and watch a one sport athlete play their position because they were fully committed to the team that they were in season for. Too many coaches are trying to get the kids year round and that is fine as long as they aren't discouraging them from participating in other activities or penalizing athletes that are well rounded. My children are required by me to finish to the best of their ability the sport that is in season before the upcoming team/sport. They choose to register/try out based upon that philosophy. Where they excel and spend their time is fairly
Region 9 - 4A	Parent Coach	Current format is perfect. I would not change a thing. Are athletes are excelling in the state more than ever. Just look at the football class of 2026 one of
Region 9 - 4A	Parent Coach	I love sports, I also think it has gotten to be too much. Student-athletes deserve to have a childhood.
Region 9 - 4A	Parent Coach	I love the idea of having a moratorium right after school; this would affect my kids' sports. I would love to have more athletes be able to participate in other sports and not be tied down to only one sport because they have to go to everything because the coach is demanding and expecting them.
Region 9 - 4A	Parent Coach	I rarely contact kids off season, but the last thing we need is MORE rules. If I contact anyone, it's to talk to team captains or for possible optional training opportunities. And I am just emailing. It's not about having practices.
Region 9 - 4A	Parent Coach	I think everyone feels so much pressure to be competitive that they are way overdoing the practice. It would be nice to have some stricter guidelines to prevent this. In addition, the 20 hour rule is so poorly supervised that many teams aren't abiding by it with no repercussions. So there would need to be some sort of oversight or reporting mechanism to keep teams accountable.
Region 9 - 4A	Parent Coach	I think time restrictions on what times practices (particularly in the off season) can be held would be helpful to kids being able to get extra work on their own or use the time for extra rest. For example, making football players show up in January to do 6am lifts 4x a week from January through July and then holding football practices at 6am all season long for a bunch of teenagers leads to poor health and development from lack of sleep over a long period of time. Being able to do that for the summer or during the season is fine, but doing it all year round for kids who already need more sleep than the average person is damaging to their development.
Region 9 - 4A	Parent Coach	Less is more. Make high school students take a summer away from high school sports to do other things and not train. Also, I am not a fan of doing hours and hours of work and not get compensated for it. My coaching pay is already basically volunteering so I really dislike feeling like I have to run training all summer or my program is going to dwindle because that is what the expectation is by parents.
Region 9 - 4A	Parent Coach	Moratorium during holidays or breaks in school will allow for students athletes to spend time w their families
Region 9 - 4A	Parent Coach	Moratoriums become problematic when they affect a high school coaches ability to coach a club team with high school players on it. Additional moratoriums that are in placed should not limit a high school coaches ability to coach a club team with high school players on it.
Region 9 - 4A	Parent Coach	Participation in high school athletics requires commitment and sacrifice of time and other interests by the athletes and their families. Coaches, families and athletes should communicate openly, give input, and decide together what the right balance of time is put into the sport, rather than it being dictated in a blanket fashion by an overseeing organization that is far removed from the needs and nuances of individual teams/programs. High School athletic programs should have the freedom to tailor practice and training schedules to their individual needs and what works for them and make available an unencumbered variety of times and opportunities to their athletes to facilitate growth and success. More options and variety of times and availability can meet varied and individual needs of student athletes. Which is why additional restrictions are counter productive to this objective.

Region 9 - 4A	Parent Coach	Rules don't matter if they aren't enforced. I know of a lot of teams who already violate current policy. Making the restricitons greater will only help if
Region 9 - 4A	Parent Coach	There are already enough moratorium times. I'm speaking as a father, coach and teacher of 20 yrs. A moratorium at the end on May and June would be asinine. That's when the UT Summer Games are played and when countless other basketball, vb, football camps and clinics are held including the college ones. If you want to extend one, extend the wk ofJuly 4 to 10 days instead of 7 before fall sports start but not May and June.
Region 9 - 4A	Parent Coach	UHSAA has sanction too many sports. There are too many sports in high school. All sports push for year-round play and that it terrible for kids. They start middle and high school and can hardly do multiple sports because coaches and programs push the kids to do off-season practice and offi-season competition
Region 9 - 4A	Parent Coach	Year round sports is becoming intense and demanding. I would love to see a change to allow more time with family and multi-sport participation.

Comments by Student athletes

High-level Summary Generated by Microsoft Copilot:

1. Academic & Mental Health
   - Students struggle to balance sports with homework and advanced classes.
   - Burnout is common, especially with overlapping commitments.
   - Some athletes feel punished for prioritizing family or academics.
2. Practice Time & Moratoriums
   - Many oppose reducing the 20-hour weekly practice limit.
   - Some support optional practices or flexible scheduling.
   - Moratoriums are appreciated for rest and recovery.
   - Drill, cheer, and theater students say 20 hours is necessary.
   - A few request longer seasons or more practice time.
3. School & Coach Culture
   - Coaches often pressure students to attend “optional” practices.
   - Students feel judged or punished for missing practice.
   - Some schools lack facilities or support compared to wealthier ones.
4. Equity & Access
   - Club sports create unfair advantages for affluent schools.
   - Students want recognition for non-sanctioned sports like marching band and pickleball.
   - Requests for PE credit for sports like ice hockey and band.
5. Scheduling & Game Times
   - Students want later game times to avoid heat and missed classes.
   - Girls soccer players report heat exhaustion from afternoon games.
   - Some suggest weekend meets to reduce school absences.
6. Suggestions & Requests
   - Enforce practice limits and day-off policies.
   - Allow sport-specific flexibility in scheduling.
   - Avoid scheduling conflicts with dances or other school events.
   - Recognize student athletes’ diverse commitments.
   - Maintain current structure for those who thrive under it.

Region	Role	Comments
Region 1 - 6A	Student athlete	I think if these potential laws came, they should come in a way that sets a minimum, while keeping the rest as a maximum. Some people would really enjoy and desire a shorter practice or season, but some people have a lot of passion for their sports and love spending every minute and ounce of energy doing their sport. If practice times go down, competition is going to go down or preparation/ recovery time. More injuries come when athletes aren't held accountable for team prep and recovery, and if the competition level goes down then no one will choose to do high school sports, but instead just do it outside of the school or not at all. Some people need/ want more training than others, which is expected because not everyone is at the same level or has the same goals.
Region 1 - 6A	Student athlete	Lowering the hours could limit any team building exercises and for sports like volleyball the off season many athletes participate in club
Region 1 - 6A	Student athlete	Lowkey, I have small conflicts with swimming against band at Layton and Davis marching band. My coaches are very transparent about it, and do work around those changes when possible
Region 1 - 6A	Student athlete	Should be up to the coach how much practice time is needed and if it’s becoming too much for athletes then we can do something about it.
Region 1 - 6A	Student athlete	i think on short days we should be allowed to have practice right afterschool because it makes no sense to go home and to go back to the school

Region 1 - 6A	Student athlete	sports are crazy, and as someone who likes to do multiple extracurriculars lowering sports times would help to be able to focus on other things and academics
Region 10 - 4A	Student athlete	As a student who is in cross country, is taking multiple advanced classes, and is in tech production which requires 20 hours for a letter grade, it is very easy to get burnt out, especially at the beginning of the school year.
Region 10 - 4A	Student athlete	High school sports should not be allowed to start practice/tryouts in July!!!!!
Region 10 - 4A	Student athlete	I love all the practice and time commitment I give to drill team. I take all AP classes and maintain a 4.0. I also train at an outside dance studio. I wouldn't change a thing!!
Region 10 - 4A	Student athlete	Instead of making practice time shorter we should have more practice time if wanted.
Region 10 - 4A	Student athlete	It's not practice that's the problem it's the amount of school stuff we have to do after practice. We like having practice but we don't have time to do required school stuff and do other things we enjoy.
Region 10 - 4A	Student athlete	Making practices before games or meets optional so people who already have to skip other things for the game don't have to skip 2 in a row.
Region 10 - 4A	Student athlete	When additional games or tournaments are scheduled that are not on the original schedule, it is really frustrating because it limits the amount of time I have for homework and tests. One more thing, events for sports overlap with other extracurricular events, like an orchestra concert is on the same night of the team banquet, so it's hard to prioritize events.
Region 10 - 4A	Student athlete	no
Region 11 - 4A	Student athlete	Better enforcing this because I know of some of my friends on the girls wrestling team who has required practice the day after christmas and that is opp behavior
Region 11 - 4A	Student athlete	Better outline on what is allowed to be taken before sports competitions. Many high school kids utilize pre workout powders, caffeine, ibuprofen, tylenol, etc IN place of proper nutrition, rest, and training for their sport.
Region 11 - 4A	Student athlete	Everything is good the way it is!
Region 11 - 4A	Student athlete	Frisbee Should become a sport at Sky View High School,not a club.
Region 11 - 4A	Student athlete	Give the girls tennis team a fifth hour and keep doing practices after the season ends. Giving us a longer season would be great too. Idc if this isnt where i should be saying this but i need to get the word out
Region 11 - 4A	Student athlete	Have the moratorium be late may not early June
Region 11 - 4A	Student athlete	I am in marching band, so there is a specific, set season. While it is intensive, it is fun, I love it and I'm not the only one, and most of these propositions would not affect our sport very much (aside from the moratorium, which would largely interfere with the start of the season, including Fundamentals Week(s) for teaching new marchers and reconditioning returners, parades, and the preparation for them). Since I am not in any other activity that would be affected by these regulations.
Region 11 - 4A	Student athlete	I don't play a ton of sports but I've seen the impact on those I know.
Region 11 - 4A	Student athlete	I have none at this time
Region 11 - 4A	Student athlete	I like some summer practice, but it should not take over most of my summer obligations including family vacations, other extracurricular camps where I want to learn skills for life (outside of my sport), etc. I've learned and gained so much from being a part of the team, but I want to be able to explore many different skills as well that will set me up for success in the future when my sports days cannot continue.
Region 11 - 4A	Student athlete	I oppose everything above, but I believe that less money should be pointed towards sports and more towards education.
Region 11 - 4A	Student athlete	I think athletes/coaches should decide for themselves how much they want to practice and how good they want their team to be. In the summer all practices should be optional for athletes who want to put in the work.
Region 11 - 4A	Student athlete	I think sports teams should have as much practice time as possible. To be the best you have to act like the best which means working hard to achieve. I don't think there should be any moratoriums. As a fellow athlete, I don't want to abstain from doing what I do best. In the off season they should hold practices that are optional.
Region 11 - 4A	Student athlete	I think that we need to extend the Christmas break moratorium. No one wants to be at drill for over half the break when it is our main break off school. Maybe extend it to 7-9 days or something. Nothing extreme though, since it's competition season.

Region 11 - 4A	Student athlete	I think to become the best that you can in sports, you need to practice as much as you can but still get recovery. I also think meets or games should be later in the day, instead of right after school so we don't have to miss more school.
Region 11 - 4A	Student athlete	I wish hs sports were less competitive and less political and nobody sits the bench consistently
Region 11 - 4A	Student athlete	I would love to see more encouragement to athletes to go an get better with competitive teams in the off season for their sport in high school without fear of retribution or negative impact. Legion Baseball is dead and is hurting the high school athletes that want to go compete in the summer on travel teams.
Region 11 - 4A	Student athlete	Im in marching Band, that should be a sport too
Region 11 - 4A	Student athlete	Keep pre season practices the same, we can do sport specific practices in Preseason
Region 11 - 4A	Student athlete	Kids need time off to recover and live their life’s. High school is supposed to be experience but I feel the over scheduling of practices takes that away
Region 11 - 4A	Student athlete	Make sports seasons the orignial length of playing each school twice, one home and one away! The sports season, especially tennis, is already too short. The only way to help us do better is by actually playing more games and matches.
Region 11 - 4A	Student athlete	Na
Region 11 - 4A	Student athlete	No Saturday practices
Region 11 - 4A	Student athlete	No comments
Region 11 - 4A	Student athlete	No moratoriums
Region 11 - 4A	Student athlete	Ridgeline HAS to work on communication. None of the sports teams talk to any students trying out that are outside of THEIR team that they choose way before the tryouts start. It is a HUGE problem in all athletics.
Region 11 - 4A	Student athlete	Shortening the swim season by 3 weeks will greatly affect how well all the teams can perform, and intern can make it less entertaining and less notable
Region 11 - 4A	Student athlete	Some sports have gotten out of hand
Region 11 - 4A	Student athlete	Thank you!
Region 11 - 4A	Student athlete	This will give students more time to spend time with families and academics
Region 11 - 4A	Student athlete	We should bring UHSH into the system to be counted as a sport for credit. Me, and many other students, play ice hockey, but we can't get any sports credit for it, even when we play 8+Hours/week.
Region 11 - 4A	Student athlete	While my sport often takes up most of my time, it is worth it and necessary for me to become better at it.
Region 11 - 4A	Student athlete	Would love to see Pickleball be sanctioned in schools. There is a growing interest in the sport and there has already been many high school competitions.
Region 11 - 4A	Student athlete	club sports should include moratoriums.
Region 11 - 4A	Student athlete	enforce the day off more and make sure coaches follow the practice limit
Region 11 - 4A	Student athlete	for me i have track & our hours aren’t super crazy, but for my winter sport our hours are a lot
Region 11 - 4A	Student athlete	i have no feedback
Region 11 - 4A	Student athlete	i love pickle ball it is fun and i would love to see it as a school sanctioned sport
Region 11 - 4A	Student athlete	i think it works well
Region 11 - 4A	Student athlete	none
Region 11 - 4A	Student athlete	none
Region 11 - 4A	Student athlete	none
Region 11 - 4A	Student athlete	practice every day of the week is excessive. including our practice as a class and then going 3 hours after takes up a lot of athletes time for other curricular activities.
Region 11 - 4A	Student athlete	sports are a waste of time

Region 12 - 3A	Student athlete	As an athlete myself, it's been super frustrating getting punished when I have other extra-curricular activities, school, and/or family events going on at the same time as my sport. Us athletes have been told multiple times this year that school/family comes before our sport however, this has not been the case. I have/will be punished because I am putting my family first and making sure I balance both my sport and other activities I am involved in at my school. I would say I am super involved in the school I am at but it's been super hard trying to make sure I stay involved but at the same time try not getting in trouble trying to balance out my life.
Region 12 - 3A	Student athlete	I don't have practices in this time frame for my main sport.
Region 12 - 3A	Student athlete	I feel like I need more time for my sport.
Region 12 - 3A	Student athlete	I feel like if we take away practice hours its not fair to those sports that want and need the hours
Region 12 - 3A	Student athlete	I really love having the 20 hours a week for drill team. Every hour counts in the drill world. It hasn´t taken up time outside of school and practice and i think 20 hours is a good limit. I love drill team and would be sad to see the hours drop.
Region 12 - 3A	Student athlete	We need our 20 hours because we need to dance, stretch, workout, breaks, injury prevention, etc.
Region 12 - 3A	Student athlete	With professional sports industries and athletes talents sky rocketing it is irresponsible to set restrictions in place that hold back student athletes. Instead recruit and higher coaches and teachers (such physical education and weight lifting teachers) who have accommodating degrees and SET YOUR STUDENTS UP FOR SUCCESS. Utah is already ranked one of the lowest in the nation for academics, don’t unnecessarily hold back our athletes as well.
Region 12 - 3A	Student athlete	You should not lower the practice time because it doesn't allow us to work as hard on our dances. If you lower the amount, it could result in burnout and injuries while we would have to work extra hard in the practices. While if it is 20 hours, we are able to take brakes in practice, and we don't have to push ourselves to our ultimate limit. Also you should add another moratorium the week before and during the fourth of July, and take away the moratorium during the 24th so we have time to take a longer break and can go on vacation. We should also be able to get a longer christmas break off so that we can enjoy it with our families and not have to worry about our sport.
Region 12 - 3A	Student athlete	i dont really care about most of these.
Region 13 - 3A	Student athlete	A football team cannot be successful on that limited schedule.
Region 13 - 3A	Student athlete	I have nearly no ability to do anything else
Region 13 - 3A	Student athlete	I just do too much. I do the musical and swim, and speech and debate and they are right on top of each other, so i have to wake up really early to do swim practice because i cant practice after school with the team because i then have rehearsals, and i fit i S&D whenever i can. Having a boatload of homework also does not help at all.
Region 13 - 3A	Student athlete	I support sports love sports
Region 13 - 3A	Student athlete	I think they should raise it to 25 hours a week
Region 13 - 3A	Student athlete	It makes it hard when my student plays one sport and the other sport he plays wants him involved during the off season, he goes from one practice that is from 3:30-5:30 to the next that’s from 6:30-8:30. It’s just a lot for my student to be gone all day.
Region 13 - 3A	Student athlete	We need longer practice not shorter.
Region 13 - 3A	Student athlete	We need longer practice, not shorter
Region 13 - 3A	Student athlete	h
Region 14 - 3A	Student athlete	No
Region 15 - 2A	Student athlete	I feel like practices should be held during school hours as a P.E class. Witch then makes more time for family and oppertuinty for students to get jobs and work and be productive members in society.
Region 15 - 2A	Student athlete	I have had to miss family trips because of practices and games over breaks. I feel like summer is full of camps and open gyms that though aren't required, I was judged if I missed. Coaches dont understand when I need to miss even for doctor appointments. More time for that would make life lots better.
Region 17 - 2A	Student athlete	As a student athlete, I would rather have as much practice time and game time as possible, but I also want to make sure the coaches all get a break, so whatever they say is fine with me
Region 17 - 2A	Student athlete	I think that it is well set up, for me at least, as it is now.
Region 17 - 2A	Student athlete	I think that you should increase the practice limit so that those that want to can have even more practice.

Region 17 - 2A	Student athlete	It’s great how it is.
Region 17 - 2A	Student athlete	The way it is currently set up is fine. please don't make us practice less. It wont actually stop us from practicing. it will just stop coaches from being there.
Region 17 - 2A	Student athlete	Way too much time on sports
Region 17 - 2A	Student athlete	none
Region 17 - 2A	Student athlete	none
Region 18 - 2A	Student athlete	PLEASE give us more hours of practice time each week. We need more time (I’m talking specifically for theatre, but I’m sure other extracurriculars would agree)
Region 18 - 2A	Student athlete	Practice times especially for theatre are hard to come by, by limiting our rehearsal hours you’re limiting the show we’re able to put on 20 hours isn’t even enough.
Region 18 - 2A	Student athlete	Summer moratorium should be the entire summer for all sports . They should be allowed to start their sport 1 month before school starts.
Region 18 - 2A	Student athlete	This survey is much needed
Region 18 - 2A	Student athlete	This year with drill, we didn’t exactly follow the moratorium to a T. We split it up which interfered with the vacation and rest time. Theater was amazing though. We had auditions at the end of the year and that was available without a moratorium.
Region 2 - 6A	Student athlete	All schools in the state of Utah should have to start at the same time as a sport to keep training equal before competition seasons.
Region 2 - 6A	Student athlete	As a Herriman High School athlete, I firmly believe that the proposed change to the athletic practices, particularly the drill team practice schedule, is detrimental to our program. The dedicated time we invest from April to February in practice is crucial for preparing for competitions. Any reduction in this time would have a profound impact on our performance. Enforcing strict season rules and hours would likely result in a decline in our performances at both high school and community events, as well as state events. I strongly oppose this change and am confident that it will negatively affect our team’s success.
Region 2 - 6A	Student athlete	Bingham needs to support the marching band as more of a sport then music due to the amount of condition the students do they don’t get the chance to show besides at football games
Region 2 - 6A	Student athlete	Daily practices that are held offsite of school are not appropriate. It’s very hard for parents who work. My child is in a sport that has daily practice not at the school almost all year around.
Region 2 - 6A	Student athlete	For the high school swim season it starts much later this year. I think that the season should start earlier so that teams have more time to improve and practice
Region 2 - 6A	Student athlete	I belive that more the sports should also have their own training space. Somtime when cross-country/track is training we are forced to move because of other sports.
Region 2 - 6A	Student athlete	I feel like our seasons have already been shortened so nothing else needs to be. I also feel that if you really love your sport, it won’t seem like a chore. These changes would greatly affect school sports at schools like Mountain Ridge and Herriman because we aren’t big on club sports around here. These changes wouldn’t touch schools like Lone Peak and such because of how much they use club sports. Club sports aren’t affected by these school changes so these would just be giving club team schools the upper hand even more.
Region 2 - 6A	Student athlete	I know that teenagers should be busy and the best thing is sport, communication and socialization.
Region 2 - 6A	Student athlete	I really love the sports and time commitments as it brings the school closer and when it’s cut down than it makes it harder to have that fun and connection
Region 2 - 6A	Student athlete	I think if we did this it would lower our skills and training and would decrease performance.
Region 2 - 6A	Student athlete	I think instead of shorter hours we should focus on making things better spread out and having sporting/club events not on dance nights
Region 2 - 6A	Student athlete	I'm in marching band, and the amount of times we have gone over schedule leaves me no time for homework, meaning my minimum GPA requirement is impossible. I would also suggest a uniform requirement that keeps students safe and WARM if needed. We have very late competitions and a full body morph suit with nothing but bike shorts and a tank top isn't warm enough for 50° and dropping. I also suggest that all sports, we are given long enough breaks for water, (1-2 minutes), to promote healthy recovery, as we aren't adults with fully developed muscles yet.
Region 2 - 6A	Student athlete	I’m good with the way things are right now, I don’t really want to change anything

Region 2 - 6A	Student athlete	Just let us play our sports please 😭
Region 2 - 6A	Student athlete	Longer tennis season
Region 2 - 6A	Student athlete	Marching band qualifies as a sport but as a marcher i belive that cheer should also qualify and give the same amount of PE credits cuz they arguably work just as hard as us
Region 2 - 6A	Student athlete	Maybe rather than required moratorium weeks or off season weeks there could be more understanding and allowance from coaches when a student has to miss practice due to family, church, school and other valid reasons and obligations. For some students all they have is their sport and they have no problem making every practice and they have nothing to do when they don't have practice. Other students have other activities to fill their time and may need to miss practice once in a while. Maybe instead of required moratorium weeks, they could be optional practice weeks. If the coach is available and willing and students are available and willing they could have the option of holding practice.
Region 2 - 6A	Student athlete	Moratorium interferes with our training and sets us back. Our sport requires consistency. Adding more moratorium hinders us because we can't train as hard and get feedback from our coaches. We need our practice hours as well, especially because it includes games/meets because they don't really add to our training.
Region 2 - 6A	Student athlete	No
Region 2 - 6A	Student athlete	None
Region 2 - 6A	Student athlete	Practice time is important and 20 hours isn't bad. Students still have time for homework and such.
Region 2 - 6A	Student athlete	So is anything i should do with my swimming lessons or is it just the highschools sports
Region 2 - 6A	Student athlete	i'm very neutral about this, i'm not opposed to a changing sport schedule, but i'm willing to try something new.
Region 2 - 6A	Student athlete	please save me from 5 am swim practice
Region 20 - 1A	Student athlete	I do high school classes, am in Cosmetology school, have a job, and do 2 sports throughout the year and it's a lot. I'm having to quit my job because of cheer and the way we have it set up because i need a break. I think some of these things could be very beneficial for kids in busy situations like me.
Region 22 - 1A	Student athlete	grah
Region 3 - 6A	Student athlete	Even if you implement these time off dates Coaches tell the Captains that they still have to run their own practice as a team without the adults there. Using school property for practice without coaches during these times off should not be allowed. Also coaches should not be allowed to tell their players that they can not practice with other sports teams during the off season aka Football coaches should not be telling their athletes that they can not play Summer Baseball or whatever other summer sports that are interested in.
Region 3 - 6A	Student athlete	Teachers should understand that student athletes have severe pressure they just don't understand, they need to make things a bit lighter for them
Region 4 - 5A	Student athlete	As a student-athlete that has played in two different schools. It varies, but I most definitely believe we all deserve more time to rest. Such as adding a monaratium time at the end of May and early June. Our bodies are constantly being used to keep pushing and coaches don't feel what we feel. Especially after all the hardwork we put in towards the end of the school year.
Region 4 - 5A	Student athlete	As an athlete I think that lowering the practice hours is not beneficial, for certain athletes it can be helpful but for others not so much. In my best opinion there can be an optional practice for people who want to keep the 20 hours and the 15 hour preference people can skip.
Region 4 - 5A	Student athlete	Don't Cut Practice Time every team needs it
Region 4 - 5A	Student athlete	Don't do anything irrational. Give JPJ and West Jordan better stuff. They are great schools that are underprivileged. I lost the game.
Region 4 - 5A	Student athlete	GIVE MORE PRACTICE TIME
Region 4 - 5A	Student athlete	I do cross country. This sport requires constant training in order to compete. This means that any break or decreased training will directly harm an athletes ability. I am sure it might be different for other sports but cross country does not need more limited training time.
Region 4 - 5A	Student athlete	I fell like we should have optional practice on the day off to truly see dedication in are work and who is willing to put the extra work
Region 4 - 5A	Student athlete	I think 5 am's need to be banned it was interfering with my school

Region 4 - 5A	Student athlete	I think each sport is different and requires different training, which makes it difficult to create practice and scheduling rules that apply to all sports.
Region 4 - 5A	Student athlete	I think their needs to be practice in the off season.
Region 4 - 5A	Student athlete	In my experience, committed student athletes will train on their own regardless of the moratorium. A longer required break will just interfere more with training and practice.
Region 4 - 5A	Student athlete	Keep the sports the same!!
Region 4 - 5A	Student athlete	Less practice time means harder practices when we do have them. We need the hours to perfect skills and less practice time is just being lazy.
Region 4 - 5A	Student athlete	Let us practice more
Region 4 - 5A	Student athlete	Lowering the hours in which we hold practice just isn't the best idea. During our 3 hour practices in drill and wrestling we workout, stretch properly, and have time to do what is needed in order to improve and succeed as a team. By shortening practice time it's taking away from what we get out of practices.
Region 4 - 5A	Student athlete	Most athletes like myself and others are committed to the thought of training and practicing to get better at our sport to help our families and get to a better and higher place like colleges and towards the pro level we need this time to get better 💝
Region 4 - 5A	Student athlete	None
Region 4 - 5A	Student athlete	Us as student athletes try out for these teams and sports that we love, knowing the time commitments. We have a before season meeting with parents and at those meetings we get papers to sign. For me personally I am on the drill team and there is no way that I would injoy the season if it was cut short. I love staying active all year and being with people I love all year. There is also no way that we could be prepared to do our best out on the floor for each comp. Cutting the season short would cause so much more stress on us as athletes because it would probably make us worse. (Which I bet you don't want)!!!! I strongly oppose to changing the times! •Also if you lower the commitment people are going to be less productive and they won't want to play there sport anymore. •With shorter times to prepare students can get injured easily. Trying to speed progress is not a good thing there are a lot of bad things that can happen. •Also keep in mind that our coaches would lose half of their job and they would get paid less and they would be more stressed. •Lastly we would not be able to raise as much money for our costumes and gear so we would have to pay right out of pocket
Region 4 - 5A	Student athlete	We are students be for athletes
Region 4 - 5A	Student athlete	indeed
Region 4 - 5A	Student athlete	we practice so much in season, and out, we don't have time for other things and if we do we are so worn out from our long practices
Region 5 - 5A	Student athlete	I feel that girls soccer games should be moved to night games due to the heat as well as playing on the turf. This would also allow for girls to stay in school and not be checked out resulting in them missing class/ homework.
Region 5 - 5A	Student athlete	I feel that girls soccer games should be played at night, this would make it much easier to stay on top of schoolwork because we could stay in school and finish our work in class. It would also prevent heat exhaustion and allow more of our parents to attend games because they are more likely to be off work.
Region 5 - 5A	Student athlete	I swim, and practice is from 4:45-6:15, and I would rather have practice earlier in the day.
Region 5 - 5A	Student athlete	I think athletes should be permitted to practice with the team as much as possible so that we can achieve maximum greatness. I just hope the coaches can be understanding of when a few athletes cannot make it to practice that day without canceling the practice for everyone.
Region 5 - 5A	Student athlete	I think games need to be played later at night, it is to hot and we are getting heat stroke to often. Not only that but we are missing to much school, school is a priority and it is more and more coming after sports.
Region 5 - 5A	Student athlete	I think girls soccer games should be at night because day time games are super hot and it creates a bigger risk for heat exhaustion. This also will create a bigger student section which makes it more enjoyable to play and can increase school spirit.

Region 5 - 5A	Student athlete	I think moving the 3:30 Varsity games should be moved to 7:30 because it works for parents schedules better, as well as not wearing out the players with heat exhaustion. As well as playing on the turf in that kind of heat is very exhausting for the players. My teamates have been getting more injured with craps and all those things due to heat exhaustion. So I think moving the games to later would be much better in many ways.
Region 5 - 5A	Student athlete	I think stuff is perfectly fine as is. cutting down hours will make us less time to perfect our routines and that would make us worst.
Region 5 - 5A	Student athlete	I think that we should make our games later so we don't have to cut timeout of our academics and have more time for homework.
Region 5 - 5A	Student athlete	I think we should do main events on Fridays and not during other weeks so we can not miss school so much to play sport kids are falling be hind and their grade goes down
Region 5 - 5A	Student athlete	Later games for girls soccer ! Varsity at 7 or 7:30 especially in August because of the heat from turf and 100° weather
Region 5 - 5A	Student athlete	Most of our region games are at 3:30. With this it makes me and the rest of my teammate super tired. And also runs the risk of heat exhaustion. And there has been a few of our girls getting more cramps this year plus more injuries. I think all varsity games should always be at 7 or 7:30. This way it helps decrease the amount of injuries that happen. And more parents will be able to make it out to later games because it wont conflict to their work.
Region 5 - 5A	Student athlete	The football schedule is terrible. They are lifting improperly and are going to continue getting hurt due to lack of proper training and rest. They practice often with very little yield or improvement. Coaching staff needs to find better methods and show progress in program to justify extensive training, or back off and give the kids proper rest and recovery time to play to the best of their abilities. Sports are an incredible way to reach and influence many of the youth in our communities, let's not make them dread the thought of 3-4 hour practices in the hot sun a month before school even starts. They can be pushed to due incredible things, but they also deserve a break every once in a while during the season
Region 5 - 5A	Student athlete	The games should be later because of heat exhaustion and the ability to play are best it's higher when it's not so hot.
Region 5 - 5A	Student athlete	This is crass. Why do we have to fill this out? Student athletes choose this lifestyle and they have to adjust to it. Don't punish them by banning practices and not letting them get reps... If they don't listen to the rules and drastic meaures need to be taken, that's different... Mainly the only complaint I have is prioritize all sports and not just football... now that's stupid
Region 5 - 5A	Student athlete	To be honest I really like what we have going. If anything I would love to have more hours of practice and things like that to make us better.
Region 5 - 5A	Student athlete	i think we need to play on grass more often to prevent injuries.
Region 6 - 5A	Student athlete	Student athletes also need time for school work and family, including vacations, without being punished.
Region 7 - 5A	Student athlete	
Region 7 - 5A	Student athlete	As a Spanish Fork drill team member I feel like hours are good and do not take over my life. Even if I go to school events with the team it feels like just hanging out with my friends. The hours are not blocking me from doing other activities. I feel I have a good balance between drill and the time I can get my work done.
Region 7 - 5A	Student athlete	As a swimmer, we already have very limited time in the pool and also having a good chunk of the season over fall and winter break makes it really hard for the athletes to prepare themselves to the best of there ability with the no sports week.
Region 7 - 5A	Student athlete	Don't have regular sports events happen in the middle of the school day, for example, a cross country meet in the morning that takes up the entire day. I'd rather have it been after school or on a Saturday. Thanks!
Region 7 - 5A	Student athlete	For drill we need as much practice as we can get to be perfect as long as have team get togethers to build relationships with our teammates. But if all of our hours get cut down then we won't be able to have the fun activies that we do and fun team lunches it would just be strictly practicing. I don't mind the 20 hours a week i prefer it to stay like this.
Region 7 - 5A	Student athlete	Have no preference because I swim and don't have any issues with anything.
Region 7 - 5A	Student athlete	I am good with how it is now
Region 7 - 5A	Student athlete	I don't have a problem with how long practices are going for with the 20 hour limit, though I don't like how we never start practice on time. That sort of makes practice longer but not any more productive and just delays all of my plans or pieces me to skip some because of other plans in which I wouldn't have had to if we started on time. If practice is at 3, I'd like to start at 3, not like 3:20 or later

Region 7 - 5A	Student athlete	I like a lot of practice. it helps us improve and helps us be ready for anything.
Region 7 - 5A	Student athlete	I love playing my sport and I don't want the schools to stop me from doing what I love, if a player doesn't want more time to play they shouldn't be on the team
Region 7 - 5A	Student athlete	I love to do drill and it have helped me get through so much and I would hate it it it got limited for me. And we need those hours not only to work on our routines but to also bond as a team!
Region 7 - 5A	Student athlete	I think having 20 hours is important. With drill getting more competitive the practice time is necessary. Also restricting will just make people push more and break the rules more and some teams will follow the rules and others won't so it won't be fair. I think 20 hours is perfect and honestly sometimes 20 hours isn't enough with team parties and football games. Also we perform so much that it is not fair to count that as our time and to cut down on the time.
Region 7 - 5A	Student athlete	I think the programs are well planed out
Region 7 - 5A	Student athlete	I very greatly love dancing and I would never want it to be taken away from me. By having more practice it decrease the probability of girls getting injured because they would be able to know what they're doing better.
Region 7 - 5A	Student athlete	In order to grow stronger as a team we need more hours. We need more time to practice, support, connect with our team.
Region 7 - 5A	Student athlete	My child is one of 2 in her school sport program practicing 20-25 hours a week and it's not ok. 15 hours would be more than sufficient and allow her and the other students to actually have a high school experience. Also there should not be any tournaments scheduled on school sponsored activity days such as dances. They should be able to go to a dance and not be punished by the team for missing a non league tournament. This is high school not travel ball.
Region 7 - 5A	Student athlete	My current schedule is perfectly fine with the sports I am participating in. I don't think it needs change, but change could be a good thing.
Region 7 - 5A	Student athlete	Personally as a member on the drill team I am very commited to my team. I love it and I feel that I am very involved with the school and enjoy being with my team. I still have great grades and can always find time to do homework during the week. I don't want lower the hours because I really enjoy dancing and team activities are fun. I think it's important to practice a lot so that we can get all of our routines clean and nice looking. I feel that the 20 hours is a great amount of time and is balanced. I do not want to go down to 15 hours.
Region 7 - 5A	Student athlete	Practice should never be required
Region 7 - 5A	Student athlete	Summer camps for these sports would interfere with the summer stuff you want to imply
Region 7 - 5A	Student athlete	Thank you for sending this out!
Region 7 - 5A	Student athlete	The only thing I would say is as a cross country runner my meets often take a whole school day once a week and it becomes difficult at times to keep up with make up work, I am not suggesting less meets, but possible changing meet days to Saturdays or a later time to miss less school.
Region 7 - 5A	Student athlete	The solution lies in requiring teachers to accommodate athletes, not infantilizing sports.
Region 7 - 5A	Student athlete	Too many ts track meets
Region 7 - 5A	Student athlete	i like having my sport mainly all year.
Region 7 - 5A	Student athlete	to have time with our family
Region 7 - 5A	Student athlete	we need these hours not less we need practice time as a team
Region 8 - 4A	Student athlete	
Region 8 - 4A	Student athlete	Athletes need practice, and adding more moratoriums will just set up athletes for failure.
Region 8 - 4A	Student athlete	I don't do a ton of sports some times because practice would get in the way its seems like an all day every day (aside from Sunday) kind of a thing.
Region 8 - 4A	Student athlete	I think that practices should be limited to a maximum of 3 hours. Many coaches keep their teams at practice for over that limit and it causes frustration, tirendess, and burnout
Region 8 - 4A	Student athlete	I think that we really do need more time off. Its too much when there is practice every weekday plus camps for multiple spots
Region 8 - 4A	Student athlete	I want pickleball.
Region 8 - 4A	Student athlete	It does help me in participating in sports, but I also want to participate in other activities.
Region 8 - 4A	Student athlete	Less overlap between seasons

Region 8 - 4A	Student athlete	Nothing
Region 8 - 4A	Student athlete	The sports schedule sucks. It’s hard for working parents & kids that work. Unless you can pay the big bucks you play then you can play. They play the same kids over, while all the rest of the kids pay to be bench warmers. I get the teams want to win, why do we pay for a crappy schedule that conflicts with work hours & make time to go watch so my kid sits. It doesn’t matter the dedication they have or how many hours they show up give their heart soul & everything else to sit. I think the hours do more harm than good. If you have money you play if not you sit
Region 8 - 4A	Student athlete	We can have practice and games during all these times, I don't care, just don't make it required to attend these games or practices in order to be able to compete during the real season.
Region 8 - 4A	Student athlete	You're good, works for me.
Region 8 - 4A	Student athlete	blank
Region 8 - 4A	Student athlete	i like having practice, i like being able to have lots of it everyday,
Region 8 - 4A	Student athlete	i play ultimate frisbee with maeser its fun but hard to do HW because of it
Region 8 - 4A	Student athlete	i’m good

Comments by Teachers and Administrators

High-level Summary Generated by Microsoft Copilot:

1. Academic Impact
   - Frequent Class Absences: Many educators report students missing significant instructional time due to games, travel, and practices—especially in spring sports.
   - Homework Struggles: Students often lack time for homework or academic recovery due to sports commitments.
   - Academic Prioritization: Strong calls to reinforce the "student" in "student-athlete," with suggestions to raise GPA requirements and enforce attendance policies.
   - Teacher Frustration: Teachers feel pressure to accommodate athletes, including grade changes and missed work, which undermines academic integrity.
2. Mental Health and Burnout
   - Student Exhaustion: Reports of students being physically and mentally drained, struggling to stay awake or concentrate in class.
   - Burnout: Year-round sports and overlapping seasons contribute to emotional fatigue and loss of joy in participation.
   - Need for Downtime: Teachers advocate for more moratoriums and breaks to allow students to rest and engage in non-sport activities.
3. Family and Social Life
   - Loss of Family Time: Sports commitments interfere with vacations, family events, and social development.
   - Over-Scheduling: Students feel they have no time for friends, hobbies, or other extracurriculars like music, drama, or clubs.
   - Pressure to Specialize: Coaches often discourage multi-sport participation, limiting students' exposure to diverse experiences.
4. Equity and Access
   - Club Sports Concerns: Club teams are seen as exacerbating inequities, favoring wealthier students and undermining school sports.
   - Rural vs. Urban Disparities: Travel time disproportionately affects rural schools, making proposed hour limits harder to manage.
   - Financial Barriers: Rising costs (e.g., game tickets, club fees) exclude lower-income students from full participation.
5. Policy Enforcement and Oversight
   - Lack of Accountability: Many comments highlight that current rules (e.g., 20-hour limit) are not enforced consistently.
   - "Optional" Practices: Coaches often label practices as optional, but students feel pressured to attend or risk losing playing time.
   - Need for Monitoring: Suggestions include spot inspections, clearer definitions of practice time, and real consequences for violations.
6. Moratoriums and Practice Limits
   - Support for Moratoriums: Many educators support additional breaks, especially at the end of the school year and during holidays.
   - Mixed Views on Practice Limits: Some support reducing weekly hours (e.g., from 20 to 15), while others worry it will push students toward unsupervised or club training.
   - Sport-Specific Considerations: Drill, cheer, and football are frequently mentioned as needing tailored policies due to their unique demands.
7. Cultural and Structural Issues
   - Athletics Over Academics: A recurring theme is that sports have become the dominant focus in schools, overshadowing education.
   - Coach Influence: Coaches are seen as having outsized control over students' time and decisions, sometimes at odds with academic goals.
   - Suggestions for Reform: require head coaches to be teachers, limit games during school hours, and create sport-specific class periods for better balance.

Region	Role	Comments
Region 1 - 6A	Teacher or Administrator	20 hours on top of a full school schedule leaves little time for family or homework.
Region 1 - 6A	Teacher or Administrator	As a former athlete, sports has a unique opportunity to build character and friendships. High school can also be the last time that students participating in athletics competitively. Allowing them to train, practice, and work as a team to compete to the best of their abilities is something that we should allow.
Region 1 - 6A	Teacher or Administrator	I do think sports and physical activity is good for students, however, I do notice that my students are more tired and has less time for academics when they are playing their sports.
Region 1 - 6A	Teacher or Administrator	I feel that these limits are more balanced and better for coaches, students, and families in general. Limits aren't fun, but they are important. Students can still exercise, but spending a bit more time on academics and with family is better for their well-being.
Region 1 - 6A	Teacher or Administrator	I know that students say they have a hard time finishing their homework because of sports

Region 1 - 6A	Teacher or Administrator	Kids need time to be kids!!! If you look at the research, kids fare better socially, emotionally, and mentally when they have reasonable limits on extracurricular activities, and the way the sports teams overlap their on and off seasons often mean that you have students trying to juggle three sports at once! That's not healthy for their bodies or their minds and DEFINITELY is not healthy for their academics.
Region 1 - 6A	Teacher or Administrator	Lets get back to focusing on education and using athletics as a support or incentive for student athletes.
Region 1 - 6A	Teacher or Administrator	Please consider that any time UHSAA takes away from school-based teams, it unintentionally hurts the programs that follow the rules, while those who do not continue to gain an advantage. As a coach and former athlete who experienced this, I saw that releasing restrictions benefited everyone, but the moratorium only penalized those who were compliant.
Region 1 - 6A	Teacher or Administrator	Sports take over kids lives and they have a real hard time doing anything outside of sports. I am an advisor for another school club and so many kids feel like they can't join our club because sports takes up too much time. I also have kids who do not do as well in classes because they frequently miss for sports.
Region 1 - 6A	Teacher or Administrator	Student athletes need time with their friends and families. I believe you will have more well-rounded and healthier (physically and mentally) athletes if you outline more breaks for these sports programs
Region 1 - 6A	Teacher or Administrator	Students are expected to compete in sports, take college credit classes, and work part-time jobs. I don't necessarily feel like the practice hours cause the students undo stress, but the larger picture is that students don't have time for academics outside of class or time for social activities. Homework has been shown to be highly effective in high school math and science classes when the homework has purpose. As teachers we have been reworking our homework to have clearly defined purpose for students. But that does not translate to them having time to complete this. Again, it isn't any one thing that is causing students to be overwhelmed but maybe messaging to parents about expectations would be helpful. Students learn the importance of hard work, perseverance, teamwork, and reliance through sports and I don't want that to be taken from them. But what is happening right now is not working.
Region 1 - 6A	Teacher or Administrator	Students who choose to participate in sports are still supposed to be STUDENT athletes. In other words, they are supposed to be STUDENTS first. Athletics in schools have encroached way too far into the academic and student portion of our teenagers' lives, and even these limits are not enough. It's a good start, but it's not enough.
Region 1 - 6A	Teacher or Administrator	There should be a school attendance requirement on game days to be eligible to play that day.
Region 10 - 4A	Teacher or Administrator	
Region 10 - 4A	Teacher or Administrator	At times, student athletes checking out of school for frequent games/meets/mathces negatively impacts their learning.
Region 10 - 4A	Teacher or Administrator	Athletics should not be the priority! While I see their social value, we need to ensure students can read and think critically vs. accommodating their sports activities.
Region 10 - 4A	Teacher or Administrator	End of May is testing and the althetes could find it helpful to have the extra time for testing and prep. On the other hand some students might need their sport to relax and decompress for testing. Double edged sword. Defined off seasons are how the pros do it and that seems pretty reasonable. Lowering practice hour limits and also counting competitions and travel time as apart of those hours seems completely unreasonable. Especially in Utah. Utah is huge and there is a lot of travel time. Travel time should not count as practice time. Do the math. A student travels to compete in St George for example from Sandy Utah. Thats like 8 hours of the weekly allowable limit driving to the event. Out of 15. How are they supposed to properly prepare, travel and compete with that limitation.
Region 10 - 4A	Teacher or Administrator	I would like stronger enforcement of the minimum GPA in order to play rule. I see athletes who never come to class or check in starting in the football game, and it makes me wonder where priorities are.
Region 10 - 4A	Teacher or Administrator	This survey misses two key questions: 1) did we feel that coaches are sticking to the 20 hr limit, and 2, instead of asking if students are able to do other things, I think you would get a much more meaningful answer if you ask if sports prohibited them from doing something like visiting family over a school break, attending a non-sports school activity, or participating in extra-circular academic activities like ACT prep or school clubs.

Region 10 - 4A Teacher or Administrator	Too much money and too much time are spent on school sports, rather than on schools meeting unmet academic, social, and mental needs. It's been said, "Don't tell me about your priorities, show me your budget and show me your calendar."
Region 10 - 4A Teacher or Administrator	We need to stop adding sports to the sanctioned list and start removing some. Particularly those where facilities are inequitable and difficult to schedule (swim, golf) and to alleviate scheduling and supervision issues.
Region 10 - 4A Teacher or Administrator	We say student athletes, but in reality, it is athlete first. That message is very clear to parents and students. Coaches ask us to change grades to make kids eligible quite often. Kids are far more concerned about practice than anything else. As an administrator and a parent who had two students who each played 2 sports, I feel that the time commitment asked of these students is far too much. Even with the moratorium, coaches ask students to come to practice. It doesn't matter if it's not mandatory; the message is "you come or you don't play".
Region 10 - 4A Teacher or Administrator	too much emphasis on winning. pitting players against each other for playing time demoralizes players and kills team unity. most players are not going on to college sports and those who are will be standouts regardless. this is why kids drop out of sports. there is no joy
Region 11 - 4A Teacher or Administrator	As a teacher and veteran coach from years ago it seems that academics have taken a back seat to sports and other extracurricular activities. This is a positive step in correcting this problem. There are not enough hours in the day to do everything a coach expects their athletes to do and still make academics a priority.
Region 11 - 4A Teacher or Administrator	Athletics and team sports are great opportunties for kids to learn. However, it has taken priority over where we place academic learning. Coaches need to spend more time teaching character development and sportsmanship, as well as encouraging high academic achievement. Too much focus has been on developing kids for the 'next level' of sports. 1% of our kids move on in athletics. 99% move on with academic and career development goals that will advance their lives. So in summary, balance.
Region 11 - 4A Teacher or Administrator	Families are giving up way too much for athletics.
Region 11 - 4A Teacher or Administrator	High school sports are a vital part of our community, however, the cross over of sports seasons can be hard on student athlete health. The cross over also makes it difficult for families to do much outside of sports travel/support. Extended moratoriums would give more time for families and would benefit our students health and well-being.
Region 11 - 4A Teacher or Administrator	High school sports should be for fun and not overtake someone's entire life
Region 11 - 4A Teacher or Administrator	I also coached the last two years, and I loved it. However with the amount of time that is put in, it is very hard to sustain a high level of commitment. I think you could retain more coaches with these changes. The other aspect that I see is that my student athletes are exhausted during their seasons. They have trouble staying awake in class and concentrating because they are so tired.
Region 11 - 4A Teacher or Administrator	I am a former high school coach of both boys and girls soccer. There is so much pressure to train. The kids suffer pretty severe burn out by end of season. It's one thing to do conditioning and weights year round. However, sports specific training should be more regulated. I'm very happy that this is being discussed.
Region 11 - 4A Teacher or Administrator	I feel with outside school opportunities in the community it is important to have time off so students can participate in other sports and activities. I feel 3 hours per day 5 days a week should be plenty of time for practice.
Region 11 - 4A Teacher or Administrator	I know these aren't sports, but I would love if this would impact all extracurriculars, like band and choir.
Region 11 - 4A Teacher or Administrator	I like that our administration and coaches require academic success to play
Region 11 - 4A Teacher or Administrator	I strongly support an additional moratorium period. I think the 20 -15 hour change should probably apply to activities that practice and meet throughout the school year such as Drill or Cheer. I feel the other sports while they are in season and before/after do not have as much of an issue with hitting the 20 hours. But I feel drill and cheer do from the summer to the spring when they compete at region/state.
Region 11 - 4A Teacher or Administrator	I think adding moratorium in May or June for drill teams would negatively impact their ability to be prepared for football season and competition season.
Region 11 - 4A Teacher or Administrator	I think students are overloaded. I think they need to take time off from school - whether that be academic or extracurricular - and spend more time with their family and friends. I think students' overall health - mental, emotional, and physical - would improve.

Region 11 - 4A	Teacher or Administrator	I think there needs to be verbiage put in stating that students can not be penalized for missing practices for extracurricular activities. We have a lot of students that have been in trouble with coaches for missing a practice to compete at the state and national level in our FFA competitions. State and National Competitions should trump a practice and they shouldn't get in trouble for it.
Region 11 - 4A	Teacher or Administrator	I think we are way too sports focused. Don't get me wrong, sports are great for kids. But how many of these kids are truly going to go on a play professionally? They need time to be a part of other organizations as well, whether that's drama, FFA, debate, etc.
Region 11 - 4A	Teacher or Administrator	I would like to see the sport/skill hour removed from the school schedule. Our athletes are having to pull in online classes to meet their graduation requirements due to competing in a sport.
Region 11 - 4A	Teacher or Administrator	If kids really want to practice as much as they are, all that imposing limits will do is make them find ways around it. However, if they dont reallly want to practice this much, it could prevent kids from feeling 'obligated' to practice due to the pressure of not dissapointing peers and parents. Lowering hours/raising moratorium days probably has more potential upside than downside.
Region 11 - 4A	Teacher or Administrator	Most athletes are so busy with practices before/ after school and during the school day that they hardly focus or try anything else. I think even weight training classes or their sports class should count toward this as well. Some of them are being pushed pretty hard. I also don't understand the idea of having a sport as a class and taking students out of other classes or not allowing for as many extracurriculars. A lot of these kids have big dreams which is great and I hope they can accomplish them but the likelihood of that happening is very slim so why do we focus so much on it rather than getting students into careers that are sustainable and allowing for more time with academia and coaches actually following academic rules rather then getting their star students a pass on things and being so sports focused.
Region 11 - 4A	Teacher or Administrator	My biggest challenge with student athletes is the amount of school that is missed attending games. Spring is especially brutal.
Region 11 - 4A	Teacher or Administrator	Schedules get overbooked and student athletes miss out on a lot of "core high school" moments. I am all about choose between good and good but if we can help provide off season family time for athletes we should.
Region 11 - 4A	Teacher or Administrator	Some of my students have complained that they don't have enough time to do any homework in any classes. They complain that they have to attend all the games (Freshmen, JV and Varsity). And so with practice the whole afternoon is consumed. They barely have time to sleep and eat. It is wrong that coaches demand all the team be there for every game... they don't have any time for studying, projects or other things. And is some cases (Girls Soccer) the same girls play in both JV and Varsity games. They are being run ragged without any end in sight. There is not much effort to follow the hourly limits. These are just being ignored so that people can win. I think there needs to be spot inspections to check up on this. There needs to be consequences if teams are being forced by their coaches to practice too much.
Region 11 - 4A	Teacher or Administrator	Some sports don’t adhere to the 20 hours already so lowering it may make them be closer to the limit.
Region 11 - 4A	Teacher or Administrator	Sports are so fun and important, but they shouldn't run the kids lives to the extent of needing to stay up for hours on end to try and catch up on hw and be successful in school etc... They should also get a break in the summer, not just for the sanity of the kid, but for the parents flexibility on doing fun summer activities/vacations with their families!
Region 11 - 4A	Teacher or Administrator	Sports have overtaken highschool activities and are prioritized over academics. Our administrators are not observing teachers because they are dealing with sports. The hyperfocus on high school athletics has got to be reigned in somehow. Our students are taken out of learning to participate in sports far too often.
Region 11 - 4A	Teacher or Administrator	Students miss so much time in school just traveling to games. They claim they don't have enough time each night to work on homework because of their sports committments.
Region 11 - 4A	Teacher or Administrator	This survey is definitely biased. There is very little trust in the UHSAA and I feel like you will do whatever you want anyway. So why pretend with such a biased survey?
Region 11 - 4A	Teacher or Administrator	We need to not allow sports to have a dedicated class hour throughout the academic day (1st and 5th). Sports practices should be held before school and after school only.
Region 11 - 4A	Teacher or Administrator	it seems like kids have to choose: they are sports kids or student leadership kids, or music/art kids. Not all sports are equally demanding, but in general, this is what i see

Region 12 - 3A	Teacher or Administrator	Decreasing practice time is not the right answer. That is not developing athletes. And being a student athlete means that students need to find that balance and maybe not spread themselves too thin. Doing "too much" isn't the best answer.
Region 12 - 3A	Teacher or Administrator	I hope we make extra curriculars extra again and not the main focus of schools.
Region 12 - 3A	Teacher or Administrator	Most sports now require a 12 month commitment. Athletes have very little time to participate in anything but their 1st choice sport. The days of the 3 sport athlete are gone. As well as an athlete that has any interest in the arts or other clubs at school because teams are practicing year round now. Many are losing out on available scholarships because they don't have time to participate in anything but athletics. Many club sports are now just an extension of the high school teams with school coaches organizing and coaching the same athlete while using all the high school facilities and equipment. They are not club teams that are inclusive of anyone except their school athletes and a few they are trying to recruit from other schools to join their school teams.
Region 12 - 3A	Teacher or Administrator	When travel is included in this, smaller schools are at a significant disadvantage because of the length of travel that is required to participate in region and state games.
Region 12 - 3A	Teacher or Administrator	While I believe Rep. Hall's intention is good in trying to protect student-athletes by limiting UHSAA participation, I feel the approach is misdirected. Taking away hours or adding moratoriums will not solve the real issue. If time is taken from high school athletics, competitive leagues and youth coaches will simply step in to fill that space with more trainings, tournaments, or camps. The end result is that student-athletes will still be overscheduled and overextended—it just won't be through their schools. The problem isn't with the state or with UHSAA. It's ultimately a parent problem. Families are often persuaded to "invest" more and more money into youth sports under the hope that it will pay off with scholarships or opportunities down the road. In reality, those returns rarely come. What makes the difference is balance, perspective, and making sure athletics remain a healthy part of a young person's development rather than the driving force behind it. That perspective is what is too often missing in the current conversation. I share these thoughts not just as an observer, but as someone who has been a teacher, a coach, an athletic director, and a parent. I've seen this issue from all sides, and I believe real change comes when parents, schools, and communities work together to prioritize the well-being of students—not simply by legislating away their time on the field or court.
Region 13 - 3A	Teacher or Administrator	As a school administrator, I see the wear and tear on our student athletes. Many coaches push the 20 hour practice time rule almost to the minute. This makes it nearly impossible for our student athletes to balance virtually any other worthwhile commitments, including family life and responsibilities, religious commitments, and part time work. I am all in favor of decreasing the maximum amount of time student athletes can practice in a given week. I also am for increasing the moratoriums and potentially length of seasons. Our drill and cheer seasons are too long. There needs to be a shortening of these seasons with increased moratorium dates. As it is right now, small schools struggle to field full teams in many sports because, as an example, it feels like drill team tryouts happen as soon as spring sports start, basketball open gym goes through football and baseball season, etc.
Region 13 - 3A	Teacher or Administrator	Coaches are dominating the family at this time. They are holding practice, weights, film, conditioning, etc. Call it what want.....but the kids are feeling pressure to be at EVERYTHING (mandatory) or they will not play. A lot of coaches have taken the multi-sport athlete choice away from students altogether-- or the student-athlete away, as well. Families are giving up vacations, family reunions, leaving children behind, etc... in order for their child to be successful at a high school sport. Students cannot hold jobs, take on an academic club or extra curricular student organization because of the time commitment required by coaches.
Region 13 - 3A	Teacher or Administrator	Sports take up too much time.
Region 13 - 3A	Teacher or Administrator	Students involved in school athletics miss a lot of class but their individual motivation level and parent support affects how much they allow that involvement to harm their education. Sports teach students great life lessons. I wish other clubs and extracurricular activities received the support the athletics receive.

Region 13 - 3A Teacher or Administrator	The time demanded by sports often negatively affects students academic growth and performance. Extra-circular activities should never be more important than actually class.
Region 14 - 3A Teacher or Administrator	Each sport varies significantly in what it offers outside of school programs and schedules. Many sports provide extended family opportunities, such as the Utah Summer Games, and individual sports that help children grow and develop socially, emotionally, and within the specific activity. School systems do not often organize the summer months; instead, they are driven by clubs and individual family choices.
Region 14 - 3A Teacher or Administrator	I think that students who play more than one sport end up having one week off a year, and they never get time to go on trips with family and cousins from other parts of Utah because the time doesn't line up for them to go somewhere as a family. Kids don't need to be this busy with sports.
Region 14 - 3A Teacher or Administrator	Many of our student-athletes feel as though their sports never truly have an “off-season.” For example, basketball holds open gyms almost year-round, and baseball practices extend throughout much of the year as well. In addition, most coaches run summer camps where attendance is strongly encouraged—if not expected. Because of this, students are often pulled in many directions and feel pressure to participate in these extra practices and camps if they want a fair chance to be on the team. While some activities, such as Drill Team and Cheerleading, naturally require longer seasons since they support school events year-round and compete in the early spring, many other sports could benefit from more intentional downtime to allow athletes to rest, recharge, and balance their other commitments.
Region 14 - 3A Teacher or Administrator	The amount of time students are absent from academics for sports has increased over the past few years, and now we don't see students for weeks on the A/B schedule, especially spring sports.
Region 14 - 3A Teacher or Administrator	The time commitment and interference with other activities definitely varies depending on the coach. I've seen a good balance and I've seen things become overwhelming in almost every sport depending on the coaches. Even when rules are in place coaches find loopholes or teams have informal practices where coaches don't attend. Many things are stated as options, but if students don't attend they don't participate. This doesn't happen everywhere, but in the places it does it can be overwhelming for students and families.
Region 14 - 3A Teacher or Administrator	There will always be ways coaches and others who push the envelope regarding practice and moratorium. As a teacher, I would prefer if practice was not allowed to start until half hour to one hour after school is out. This 30 minutes will give students time to get help from teachers, grab a snack, and do some homework BEFORE practice starts. Plus, it is simple to understand and straight forward, which will help the envelope pushers.
Region 15 - 2A Teacher or Administrator	I feel like our students are prioritize sports over academics. While sports and hobbies are good and needed, they shouldn't be coming before academics which is the point of school.
Region 15 - 2A Teacher or Administrator	I think all sports should be treated the same. We currently allow football to start long before other fall sports and then Drill and Cheer are trying out in March/April and then go all summer, through fall, and into the winter season where they compete. It is very tough especially in a rural school to "share" athletes (especially girl athletes) with other sports that they could compete in.
Region 15 - 2A Teacher or Administrator	In 2A travel alone would put you over the weekly limit. Also, the off time is way too long as proposed -parents do whatever they want anyway family trips etc.. no matter what time of year or what sport is going on- so I don’t think that matters.
Region 15 - 2A Teacher or Administrator	In my experience, sports trumps other school activities. Students are fearful of missing practice as they will sit the bench or get cut from the team for absences. It is a difficult balance, because students who do have the opportunity to become professional athletes are only nationally competitive through this level of effort and focus.
Region 15 - 2A Teacher or Administrator	Kids need time to be kids, sports shouldn't preclude so many other things as a result. Students need to be well rounded and grounded not required to be exclusively dedicated to athletics.
Region 15 - 2A Teacher or Administrator	My kids have both been 3 sport athletes. Taken college classes, involved in other extracurricular activities. Involved in church and maintained good grades. I dont think we prepare kids enough for the real world of being adults. Structure is good
Region 15 - 2A Teacher or Administrator	My kids played sports and I do not remember them complaining about time in practice, and they all did FFA also.

Region 15 - 2A	Teacher or Administrator	Student athletes need to have the opportunity to have coaching year round so the possibility of competing at an elite level is possible. Although practice times could be cut shorter across the board, high school athletes only have 4 years to develop, compete and enjoy what to most is the pinnacle of their athletic career. They need to opportunity to do so as much as possible during this time. As adult we often make decision because we "get tired", but we need to recognize these athletes have much more energy and ability than we do.
Region 16 - 2A	Teacher or Administrator	I imagine this survey was developed based on parent and/or student feedback that far too much time is being dedicated to sports activities which impacts kids time with friends, on homework and most importantly at home. I agree as a father of kids doing sports that we need to tone it down a bit and let them be kids.
Region 16 - 2A	Teacher or Administrator	My kid won't stop playing sports and is never home. Give him a break!
Region 16 - 2A	Teacher or Administrator	Sports seasons overlap to where there really are no breaks between seasons for the athletes. Two weeks into school, open gyms for winter sports begin so students feel the need to be at both practices. UHSAA rules also state that students can only be on one team at a time per season. There is a student at my school that is on boys baseball and girls volleyball this fall. I don't know how she slipped through the cracks. Too much emphasis is being put on athletics rather than academics. These students don't think that they are responsible for their missing assignments and even though they are failing courses are still allowed to participate. There needs to be consistency and consequences. Not just "fudging" grades to make the athlete eligible. They are student athletes and academics must come first. Some schools look at prior year grades for eligibility, not the current grades before each game.
Region 16 - 2A	Teacher or Administrator	the two week prior rule only hurts athletes and doesn't provide protections for them. Injuries are more likely because of it and safety instruction can't take place either. I think this is trying to push out High School organized sports and go to club sports which historically is destroying kids
Region 17 - 2A	Teacher or Administrator	What is the possibility of moving all games to a Friday Saturday schedule and not taking students out of class during the week? That would be an amazing.
Region 18 - 2A	Teacher or Administrator	As a teacher, I see students miss so much class, and I know that it is hurting them. Consider a students who misses two days or partial days per week for say golf. Mathematically, a student can miss something like 700 minutes of instruction per week (or 11 hours of instruction). Why do we choose to do this to our students? It feels like academics take a back seat all the time. Those student cannot make up that missed time (nor do they), and consider how much instruction and learning they have lost. Why do we do this? I know for a fact that we have coaches making students practice way beyond the limit. I have seen students our running at 3am in groups, and I have seen students doing weight training on Christmas Day. Why do we do this?
Region 18 - 2A	Teacher or Administrator	As an educator I think the more time kids are engaged in positive activities the less time they are on electronic devices and smart phones. Sounds like we are looking at what's positve in the life of our students and making it look like it's the problem. I think the more our kids are involved the better they will be able to manage their own lives later. I certainly believe that family and family values come first, but that is a parent priority not something that the state should mandate.
Region 18 - 2A	Teacher or Administrator	When specific sports are in season, another sports coach should not be able to have a student athlete practices. Meaning when Basketball is in season, softball should not be holding open field/gym during their season. This puts too much pressure on athletes to feel that need to be practicing more than the sport in season as a team.
Region 2 - 6A	Teacher or Administrator	Are these student-athletes or athlete-students? The state needs to look at how much class time these student-athletes are missing on a consistent basis. Schools seem to be more rec centers than centers of learning.

Region 2 - 6A	Teacher or Administrator	Athletes have no time for family, friends, or other school/social/religious activities because their team consumes all of their time. I am a 9th grade teacher at a middle school. I have students who consistently miss my class because they have to leave early to go to practice or a game/meet. They struggle in school because their coaches require them to be places at 2:00 and school doesn't end until 3:00. Our athletes can't say no and as a result they fall behind. I'm extremely confused as to why students are being pulled from school so early. One very bright student I taught in 9th grade failed math sophomore year because she consistently had to miss class for track. They pulled them from school 2+ hours before meets started. The athletes just sat at the track waiting when they should have been in class. Last year the cheer coach required (without saying they saying it was required of course) the cheerleaders to attend a pool party for relationship building. My students said if they didnt go they would lose their spots on the squad, so they checked out of class early and missed the rest of school. This is completely unacceptable and we owe our students the opportunity to be kids and to be able to do well in school and have a life beyond the sport they participate in.
Region 2 - 6A	Teacher or Administrator	Don't have kids involved so it is hard to answer some of these
Region 2 - 6A	Teacher or Administrator	Even 15 hours is much much more than they spend on homework
Region 2 - 6A	Teacher or Administrator	I have have many students getting D's or lower because they are missing class so often. Can we go back to not letting kids do sports if they are not passing their classes.
Region 2 - 6A	Teacher or Administrator	I was a multi sport athlete under the old UHSAA policies, and ended up playing collegiate sports. The current policies promote burnout, and give students athletes the idea that they can only commit to one thing in life. These kids are missing out on important family, school and community engagement, and definitely aren't making ACADEMICS a priority.
Region 2 - 6A	Teacher or Administrator	I would love a rule about middle school students being on high school teams. Our 9th graders are in our building not the high school and miss a ton of school because of sports. They also miss big events at the end of the year because they have to start practicing for the next years high school teams (cheer, drill, dance co, etc.)
Region 2 - 6A	Teacher or Administrator	Let the student/athletes have more time to be more academic and be young people
Region 2 - 6A	Teacher or Administrator	Our kids are over-scheduled with their athletic events. One major concern I have is regarding the structure of our athletic teams. I have seen many, many kids frustrated because of how much time they have to spend at athletic events. They may be on the JV team, but because the teams are fluid, they have to go to the JV team but they have to stay for the varsity game because they might play varsity that day too. For example, some kids who play baseball have to stay for multiple games because they play JV, but they might pinch run once during the varsity game, so the coach makes them stay. Can we adjust this so that if you are on one team, you can only participate in that team's game? What we are doing now requires kids to spend way too much time away from their families, school work, friends, and all the other things they should be doing as kids and makes them more like full-time athletes. Kids are burning out, and I feel like if we can limit the amount of time they spend participating in their sport, the better.
Region 2 - 6A	Teacher or Administrator	Questions about the late May - early June moratorium…if it hits during the last days of actual classes then people will take off for vacation so just make sure it’s AFTER we need kids coming to class.
Region 2 - 6A	Teacher or Administrator	Schools just find a way around these limits. I have seen schools hold "optional" open gym that are not really optional.

Region 2 - 6A	Teacher or Administrator	Sport specific moratoriums might enable more athletes to participate in more than one sport. How will you address high school coaches that are also club coaches of the same sport? Interesting balance - if you change the time allowed with high school sports, some parents will then seek outside training/coaching for their players. Rules can change, but how are these rules consistently being enforced so the playing field is truly level? Is the pay of coaches being looked at? As a former coach, the time requirement only increased and yet our contract was only for the season and was mentioned - coaching as become year round. To keep your program competitive you are training and coaching in the off season for "free". Most high school coaches do it because they love it but at what cost - many parents are willing to pay $$$ to club programs and yet high school coaches are giving their time without fair compensation - or they get creative to create club teams that are really high school teams in order to get paid for their off season coaching. Not sure what the answers are but I appreciate that you are looking into possible changes. I would hope parents are honest in the hours they report their athletes actually spend as part of the team. I highly value all the skills and life lessons high school sports teach our youth. They also need time to enjoy the high school experience outside their sport - time to just be a kid. We need to remember that they are STUDENT-athletes. I would love to see changes to the academic requirements to play sports, GPA 2.5 and students need to stay eligible every quarter not just the quarters they are participating in sports. The stats are there that the majority of athletes won't be playing in college and if they do better grades can only help them. Times are changing and I wish you the best in dealing with the chaos of the landscape of sports - private and at schools. High school sports provide wonderful ways to get involved, create lasting memories, and unite a community. Would be great for the athletes who want the opportunity to play where they live to truly have the chance - too many schools are becoming destination schools for specific sports - hopeful we can get back to play where you live. I believe coaches can better manage their time and do more with less time. Think it will benefit families and the athletes over all well being. BALANCE
Region 2 - 6A	Teacher or Administrator	Student athletes feel pressure to weight train, practice, film study etc. year round. It does not provide time for development in other areas and prevents some from working or participating in non-school related activities
Region 2 - 6A	Teacher or Administrator	Student athletes have plenty of time to do other activities. Along with this, these are the type of activities we want our students to be actively engaged in. It is one of the areas where they can learn to be committed to a team and learn real life consequences and responsiblities that lack in other areas. If they are not with their high school team, they are probably replacing that with a club type of team which doesn't have the same positive focus of education-based athletics and will also put heavier financial burden on parents.
Region 2 - 6A	Teacher or Administrator	Student athletes need to not be penalized if they have to miss a sporting event for an academic event, i.e. performing in music concerts (band, choir, orchestra). Concerts happen once a quarter, but student athletes often miss those required concerts in order to attend practice or a game, both of which happen with weekly regularity. Where is the balance? Is this a parent issue? Or is this a coaching issue? The students should be able to attend all school events without being penalized.
Region 2 - 6A	Teacher or Administrator	The amount of total games a team can participate in should be limited as well. The maximum limit of games/meets is very high
Region 2 - 6A	Teacher or Administrator	The more you limit long periods of play (not 1 week moritoriums) the more you let private coaches influence kids. I was a former coach, and the amount of recruiting that goes on in AAU or 7 on 7 elite club teams is out of hand. Players need to be able to do those things with their coach to avoid a lot of pressure from other coaches allowed to do this stuff because its a private team. Kids will spend the time with their coach or someone else. It will not lessen the time just the time with their cosch. Let their coach work with them. I would love to talk more about it and invite you to call me about my opinions. Jack Pay 435 754 6623
Region 2 - 6A	Teacher or Administrator	There should NOT be any sporting events during the Fall, Winter, and Spring breaks.

Region 2 - 6A	Teacher or Administrator	We are overworking our student-athletes, coaches, and parents, and with that comes unrealistic pressures and expectations on student-athletes and coaches. Everyone needs a reminder that these programs and opportunities were created to augment a student's educational experience. Now, we have high schools hiring general managers (aside from athletic directors), building field houses, and wanting better facilities while educational commitments remain largely unchanged. For those who argue that "Utah student-athletes are not going to be able to compete with other states resulting in lost scholarships as a result" - there are plenty of elite universities and colleges which do not excel in athletics. Commit to the future, the prosperity, and growth of our state by spending our our tax dollars on an investment into a rich academic experience and culture. I am a current building principal and former girls basketball coach.
Region 2 - 6A	Teacher or Administrator	When regular/seasonal games or competitions are scheduled during the school day or shortly after the school day ends, players will oftentimes be absent from class two to four days of the week. In high school, that could mean missing an entire class for weeks at a time, which is the current case for girls soccer. Games/competitions need to be scheduled at a time that does NOT impact their academic time at school. Understandably, playoffs is a bit different, and if student-athletes need to be gone during the school days for this, it's reasonable. If games/competitions are going to happen regularly, an 8th period sports class for that sport should be created and can take the place of a PE credit.
Region 2 - 6A	Teacher or Administrator	by lowering the amount of hours in practice, it could increase how the coaches are working with the students to help their academics. Maybe it is still coach contact but strictly working with academics. (homework, study hall)
Region 2 - 6A	Teacher or Administrator	none
Region 2 - 6A	Teacher or Administrator	students commonly miss class and state they cannot do assignments because their practice and game schedules are too demanding. It would be great to require coaches to refocus on the student part of student athlete, which is what these changes look to be focusing on.
Region 20 - 1A	Teacher or Administrator	I think limiting practice times and including moratoriums is vital to the ongoing success of our students and athlete programs. Student athletes and families need a break from the rigorous routines that participating in sports demands. Although my children are no longer students, I vividly remember those days and years. We live in a small district where my children participated in four sports each school year. It was so busy, not only for our athlete, but also for us as parents and families. I believe that being scheduled that much takes a toll not only on physical health, but also on emotional health. For example, one beautiful fall day, my high school daughter came home and sat on the back porch and cried. She said, "This is what I want to do. Just sit and enjoy some time looking at the mountains. But I can't. I never have time after school and practice." She considered quitting all sports her senior year because she felt she had missed out on a lot of other experiences. My heart broke because I knew she loved sports, yet she wanted to participate in other activities as well. I feel that we also missed out on many experiences as a family because of sports. We should not make our students or their families have to choose to devote most of their lives to such a cause or not play at all. I say we should let them play, enjoy learning and become better, but also have time for other interests. I also wonder if extreme amounts of practice time actually has a negative effect. I know there is a lot of pressure on coaches, but if EVERY team was limited on practice time, that should take off some of that pressure. I whole-heartedly applaud you for taking action to correct the course we are on. Thank you, thank you, thank you!!!
Region 20 - 1A	Teacher or Administrator	Our youth need some time to do other good things.
Region 20 - 1A	Teacher or Administrator	Thank you for asking for feedback! I believe that our goal as educators and mentors should be to create well-rounded kids, not just athletes. We need these structures in place to create the time and space for kids to develop academically, socially, and spiritually. Thank you for addressing this issue!
Region 22 - 1A	Teacher or Administrator	I truly believe that a few of the sports seasons are way too long. Volleyball and Basketball seasons are way too long and need to be shortened. Also, the pace of play can be dramatically improved in both sports, especially at the JV level. The current set-up places too much emphasis on winning. The JV part of each program is to help build skills, not winning. JV Basketball should move to a running clock in the second half. Volleyball should shorten from 3 sets to 2 sets for JV per match. Improving pace of play would actually "force" programs to coach to build skills, not coach to win.

Region 3 - 6A	Teacher or Administrator	I've been around high school sports for almost 30 years now. As a former coach, I believe the dead periods need to be extended and lengthened. Too many coaches are encouraging kids to 'specialize' and it is because each sport is now an 11+ month commitment. In the two main sports, I believe football should be 'dead' from December 1 to January 1 and from May 1-June 1 aside from weights and in class conditioning. Basketball should be dead for the month of September, or from September 15-October 15. And also dead from March 5 to April 5. My rationale is that kids can now participate in their other sports without consequences. This would be in addition to the Christmas/New Year's, Thanksgiving, and July one week dead periods already in place. Baseball (spring sports) should be dead in winter months that make sense. (December and ?) Having a baseball dead period right after the season does not make sense due to the fact it is summer, when baseball has their best weather. Thanks for reading!
Region 4 - 5A	Teacher or Administrator	Currently, our coaches adhere to all of the rules relative to moratoriums and practice limits. The majority of our student athletes do not have access to outside training or resources that would be taken away if the moratorium is increased. For example, most of our students on the drill team are not able to afford the cost to attend a dance studio outside of our school. To be competitive our drill and other teams need all of the coaching they can get from our coaches and will lose out on this if there are increases to the moratoriums. Teams from more affluent neighborhoods are already at an advantage when it comes to access to outside training. An increase in the moratorium will only widen this gap.
Region 4 - 5A	Teacher or Administrator	I appreciate the intent behind this initiative, but I worry that further limitations on off-season activities may not produce the intended results. While programs are indeed committing more time to player development, much of that time is focused on general strength and conditioning rather than year-round, sport-specific practice. If additional restrictions are put in place, most coaches will simply shift time from skill development to strength and conditioning. Unless restrictions extended into that space—which would be unwise—athletes would not end up with the extra free time the policy seems designed to create. I also believe there are unintended consequences to consider. Increased restrictions may push athletes toward unsupervised skill work or into private coaching and clubs, which creates inequities between those who can afford outside instruction and those who cannot. In addition, the enforcement burden on schools and the Association would be significant. At the heart of this issue is the fact that kids want to be successful, and they are going to practice whether or not rules allow it. Rather than attempting to police more stringent limits, I think a healthier approach might be to educate coaches, parents, and athletes on balanced training, injury prevention, and the importance of multi-sport participation. That would encourage more sustainable and safe development without creating inequities or forcing more activity underground.
Region 4 - 5A	Teacher or Administrator	I feel that regardless of the allowed time, there is no oversight from the UHSAA to ensure that coaches and administrators follow these rules. Some schools follow them strict while others treat them like a recommendation.
Region 4 - 5A	Teacher or Administrator	In my opinion, too much emphasis and time is being spent on Athletics. Students are missing too much class time, are getting injured too often and struggle with balancing their lives with the required practice times.
Region 4 - 5A	Teacher or Administrator	Reinforcement of the rules (time limits moritoriums, etc) need better monitoring and consequences if the rule is not followed. Not everyone follows these rules consistently and are ok going over the 20 hour rule
Region 4 - 5A	Teacher or Administrator	The amount of time some student athletes are out of the classroom is getting excessive. Coaches are asking for athletes to be released earlier and earlier (sometimes as much as 2 hours before a game that is only a few minutes away). I love athletics and think they play an invaluable role in the development of our students as whole humans. But things like this make me wish our sports were not connected to our schools.
Region 4 - 5A	Teacher or Administrator	There should be better consideration of TIMING of games to prevent so much missed school, and excusal timing rules. For example, our football team gets excused at 1pm for a 7:30 game time. It's ridiculous.
Region 4 - 5A	Teacher or Administrator	There should be more care put in to scheduling games. Our school has home soccer every single thursday, and never on tuesdays. This conflicts with other sports, giving us many thursdays with 4 home games, which is too much for admin and the trainer to deal with.

Region 4 - 5A	Teacher or Administrator	This really depends. In Salt Lake County the students playing high level athletics know what they are getting into and the commitment that entails. That stated, for rural Utah like Millard, Beaver, and Delta sports are being choked out due to charter schools. They can play year round, have recruiting measures that are unfair/ akin to cheating due to the rural areas having no way to recruit, have newer facilities, and have more experienced coaches. For instance, in soccer since 2005 in 2A a rural school one 1 time in male athletics Manti (Which is primarily a 3A school) and 1 time in female athletics with Millard County. Charter schools are killing 2A and 3A athletics. I would move the smaller public 3A schools to 2A and move the charters to 3A. That way the larger student population can mitigate the smaller charter school populations. There needs to be changes and charters should be erased from 2A athletics. It is less important with 4A, 5A, and 6A athletics.
Region 5 - 5A	Teacher or Administrator	AS a teacher and a parent in the school district. I don't like the increase of tickets to get in some games. I feel like the athletes need the support of the crowd but the cost excludes some of the students that would like to go but can't afford to pay for these higher ticket prices. Parents of the students that attend these events don't appreciate the cost increase either.
Region 5 - 5A	Teacher or Administrator	As a former coach of 27 years, an Educator, and a parent of 5 former high school athletes, I do believe that high school athletics have become far too demanding. I believe it is time for us to model "healthy balance" in all pursuits.
Region 5 - 5A	Teacher or Administrator	I am no longer a coach, however, during my career I have coached football (15 years), baseball (5 years) and track and field (1 year). I hope this gives my response more context.
Region 5 - 5A	Teacher or Administrator	I had no idea coaches were able to drive kids so hard for so much of the year. Crazy.
Region 5 - 5A	Teacher or Administrator	I think its too much for the kids now. Burnout is real
Region 5 - 5A	Teacher or Administrator	It's not a UHSAA issue; it's a comp team issue when it comes to the questions that are asked. Until someone starts to control the comp coaches and what they are allowed to do, UHSAA sport teams will continue to lose student-athletes because of the demands and "guarantees" that comp coaches sell to parents and athletes. We need pride back in our school sport teams, and that won't happen by implementing more moratoriums and fewer hours. It is a COMP SEASON ISSUE.
Region 5 - 5A	Teacher or Administrator	Kids feel pressure to do everything their coaches ask. There would be less pressure on their time and more emphasis on academics.
Region 5 - 5A	Teacher or Administrator	My biggest concern is who will enforce/ monitor this? Many teams already break these rules and there is no consequences.
Region 5 - 5A	Teacher or Administrator	Student athletes need opportunities to do other things besides sports without feeling they have to choose between being part of that team and doing other things with their families.
Region 5 - 5A	Teacher or Administrator	The time commitment to play high school sports has taken over student's lives. They don't want to take rigorous classes because they don't have time and sports takes precedence. Yet the percentage of students who go on to play sports in college is extremely low compared to how many students attend college with no sports. We are setting our kids up for failure because of the amount of time that is expected of them to be a high school player.
Region 5 - 5A	Teacher or Administrator	These students will not be able to keep track with other student athletes and it will show when they compete for college scholarships and college play time
Region 5 - 5A	Teacher or Administrator	They are students first and athletes second. We need to make sure they are finding balance and athletics aren’t getting in the way of their success.
Region 5 - 5A	Teacher or Administrator	Too many coaches violate policies without punishment, so changing policies won't help. Enforce current policies before you consider changing them.
Region 5 - 5A	Teacher or Administrator	We need more multi-sport athletes these days.
Region 5 - 5A	Teacher or Administrator	We really need to place emphasis on education more than we do on sports, PERIOD!

Region 6 - 5A	Teacher or Administrator	I am a high school Athletic Director- Spending too much time in any given week is really not the problem. As a former athlete and coach, spending 20 a week on a sport (during my sport season and even some pre-season) is not an issue. The issue I see is that virtually ALL sports have become year-round, meaning kids are playing their sport for 12 months of the year. This does not encourage a well-rounded athlete or individual. Coaches feel the need to do this to keep up to the standards of some teams. As a result, we see more athlete burnout than ever; we see more over-involved and unreasonable parents than ever; we see more coaching turnover than ever. I have been involved in high school athletics for 25 years and the state of youth sports is the worst it has ever been and this is largely attributed to the year-round playing of a single sport. The problem is that this is starting now much earlier than high school, so I don't know what can be done about that. Regardless, adding back more moratorium time is definitely better for high school kids, parents, and coaches.
Region 6 - 5A	Teacher or Administrator	I feel that adding some moratoriums will be the best option for improving the life/sport balance for out student athletes.
Region 6 - 5A	Teacher or Administrator	Please consider a change in JV/Soph games (either game days or times) For example -football having JV and Sophomore games at the same site on the same day makes for extremely late nights with students often not returning home at a decent time to do homework, get adequate sleep, etc. Two games back to back for officials is probably hard on them as well and may lead to inconsistent calls. You could possibly consider different sites on the same day or Sophomores playing Wednesday, JV playing Thursday or running games clocks for the entire game or at least second half. It isn't feasible to expect student learning to be successful with the extreme late nights.
Region 6 - 5A	Teacher or Administrator	Student miss too much school for sports and are not held enough to education standards to play.
Region 6 - 5A	Teacher or Administrator	the 20 hour rule can easily be adhered to and does not need to be changed, we just need to have more accountability and sanctions for those who disobey it.
Region 7 - 5A	Teacher or Administrator	Additionally, the amount of time students athletes are being excused from class (early or entirely) is excessive. It makes it difficult for students to make up work and difficult for teacher to help these students stay caught up. Especially in the spring, students are excused so often they miss so much valuable content that cannot be made up simply on their own as participation is vital. I once went nearly 3 weeks without seeing a student in 4th period because they were constantly gone for sports. Student athletics should enhance academics, not the other way around.
Region 7 - 5A	Teacher or Administrator	As a teacher of a core subject, may of my students who participate in athletics tend to miss a lot of class time, and frequently struggle with the material because they've missed so much time in class. A large number of these students also use their sport as an excuse to not do their work, though they are still able to participate in their sport. I think that a universal GPA should be required by all sports teams to have for their players to uphold, and I think it needs to be higher than what it's currently at, preferably a 3.0 or higher.
Region 7 - 5A	Teacher or Administrator	As long as coaches will comply to the 20 hour rule I think it is great. Because there is no real penalty for breaking it may coaches state wide are pushing that hour limit.
Region 7 - 5A	Teacher or Administrator	Coaches need to keep in mind that their players are students FIRST and athletes SECOND when planning practice schedules. Students need to be able to have time before and after school to work with teachers on keeping academics up when they are missing school. Over my years of teaching, I have had many students who complain that they can't come in before or after school to make things up or work on their grades because of training in the morning and practice in the afternoon. This is why I highly support dropping allowed practice hours- students need to know that their focus shouldn't all be on sports.
Region 7 - 5A	Teacher or Administrator	Coaches, Students and Stakeholders need to be made more aware of what (definition)constitutes any time of the 20 hour rule. This being from school level on up.
Region 7 - 5A	Teacher or Administrator	Competition days should count for the actual hours students are gone. For example, our girls soccer team got checked out for a 7pm away game at 2:00pm, and are estimating to return from Pleasant Grove around 10:00pm. If they are spending 8 hours at an away game, that should count for a full 8 hours in the 20 hour limit.

Region 7 - 5A	Teacher or Administrator	I appreciate the efforts to bring balance back to educational based athletics. I do however have significant concerns with cutting practice time and increasing moratoriums. The fact is, this space and time would be filled by the MANY club and accelerated sports programs that exist in our State. I actually believe this would cause more pressure to be put on the Students and their parents. (Physically, Financially, and Mentally) My suggestion would be providing more consequences to teams who violate current rules instead of punishing everyone. (At our school only 2-3 teams come close to the 20 hour rule as it is written.) With all of that said I do like the idea of one additional "All-Sport Moratorium" right at the end of school and start of summer. I feel this would give families an additional option to plan vacations instead of just the busy 4th of July week. Thank you for your time and interest in helping bring a focus back to the true purpose of high school athletics, to support and enhance the educational experience. I am willing to discuss this further with anyone that is interested.
Region 7 - 5A	Teacher or Administrator	I appreciate your attention to this issue. I think students will burn out more quickly and frequently if they don't have enough down time, away from their sports
Region 7 - 5A	Teacher or Administrator	I believe year round sports programs are hurting our student athletes. I realize you have no control over club teams, but students are missing too much school for sports. Students are not playing multiple sports, electing to specialize in a single sport. I believe that is not a productive course. They suffer burnout, which leads to missed school days and depression. I am older and old school, but I firmly believe that your sport should have a season to it and not year round. Students should have every opportunity to play multiple sports and participate in as many other school activities as possible. Most of our coaches are not on the school's faculty and they don't see the connection between school and extra-curricular activities. School should come first. I teach driver education and I have many students throughout the year who have to take a more expensive driver education course because their year round sport and coaches won't allow them to miss off season practices to attend driver education.
Region 7 - 5A	Teacher or Administrator	I don't feel like off season sport are a huge issue for missing class time. The time commitment is usually in the on season where students miss lots of class time and are negatively impacted. The exception to this is non school sanctioned sports or clubs such as softball or rodeo.
Region 7 - 5A	Teacher or Administrator	I just stepped down from being a head coach. One of the most difficult parts of coaching was recruiting athletes. Many athletes said they couldn't come to my Spring sport because they were too busy going to practices and open gyms for Fall and Winter OUT OF SEASON sports.
Region 7 - 5A	Teacher or Administrator	I work as the schools athletic trainer and am an educator. I see student athletes in the classroom and the field. One thing that is putting additional strain is the overscheduling, especially into the evenings. We are playing soccer at 5 and 7 now. Subvarsity plays first followed by varsity. If a team has multiple games in a week, they are now up later into the night multiple times a week. I was told regions set the schedule and parents would push back if we changed back to the way it was before. I think that having support from the UHSAA would give school admin the fortitude to get control of scheduling again instead of always deferring to parents.
Region 7 - 5A	Teacher or Administrator	If it leads to better balance between school, sports, and social life, I support it
Region 7 - 5A	Teacher or Administrator	If there were a way to require a maximum number of club sport hours to participate in the sport as well I think that would help as well.

Region 7 - 5A	Teacher or Administrator	In recent years, athletics have begun to overshadow academics, both in society at large and in the daily lives of students. While sports can be an enriching part of the high school experience, education must remain at the forefront. Schools exist first and foremost to provide learning, growth, and preparation for the future. One step toward restoring this balance is requiring head coaches—at a minimum—to also serve as teachers within the schools they represent. When coaching staffs are largely composed of individuals without teaching responsibilities, the culture often shifts toward a "sports-first" mentality. This diminishes the educational purpose of school-based athletics and prioritizes winning over personal development. Our students and communities need to take a step back from treating high school sports as jobs or professional obligations. Athletics should be an opportunity for students to develop teamwork, resilience, and joy—not a burden that overshadows their education. By re-centering academics and encouraging a healthy perspective on athletics, we can return to a school culture where sports complement learning rather than compete with it.
Region 7 - 5A	Teacher or Administrator	It is ridiculous that Payson High School keeps getting put in 5A. I know we have a large number of students, but our boundaries are so huge that many students aren't interested in participating because it takes 40+ minutes to get to school. Payson needs to be classified based off our Register My Athlete numbers. It's crazy that there are 3A schools with larger numbers of athletes but they still compete in 3A.
Region 7 - 5A	Teacher or Administrator	My biggest beef with athletics is how much it trumps academics. I have several students each year that are missing substantial amounts of school at the end of the day. They are not getting the education they deserve. How can I in good conscience pass a student that misses 5-10 days of school during a term of 23 day term (A-B day schedule)? UHSAA needs to plan for later games, weekend games, or summer games, and not interfere with student learning.
Region 7 - 5A	Teacher or Administrator	My biggest concern is for my football students. At least last year, when we were doing one of our mental health lessons, they said they had no time for anything besides football outside of school. Coaches should be promoting better balance which helps so much with mental health. It also shows that while sports are fun, healthy, and great at building teamwork and character, other things are important too. I believe limiting the time commitment would also attract more teachers to want to coach.
Region 7 - 5A	Teacher or Administrator	My students spend inordinate amounts of time with their sports teams. It affects their ability to attend class, do homework/make up work to catch up when they miss class, and sleep. I strongly believe that Utah as a whole spends far too much time focused on sports rather than the education of our children.
Region 7 - 5A	Teacher or Administrator	My students struggle to fulfill regularly assigned scholastic assignments due to an overabundance of athletics.
Region 7 - 5A	Teacher or Administrator	Some students get into too many sports that is not good for their health. Other students do not get into any. I think we should be thinking of expanding opportunities for lower income parents and promoting more diversity. I would like to see students that are academically struggling in sports. I believe that if they get involved in sports they hopefully do better academically. I would love to see a pilot program doing this. I like the fact that kids grow their mindset while doing sports but sadly not everyone can afford it.
Region 7 - 5A	Teacher or Administrator	Some teams need much more time in the summer before school starts.
Region 7 - 5A	Teacher or Administrator	Take competitive sports out of high school and into the private sector with the caveat that students cannot participate in sports during regular school hours (similar to teen work restrictions). Allow schools/districts to field non-coached intramural teams of various sports within their districts or with reasonably distanced neighboring schools to allow kids to still play team sports as a leisure activity if they so choose. With the new boondoggle of colleges paying athletes it's only a matter of time before this discussion enters the high school realm. The time and money that is already spent on sports in high school is outrageous. I know of one high school in my district where one of the administrators is essentially dealing with sport related items full time. I know a lot of cities build their identity around high school athletics. Cities can still do so by sponsoring their own club teams outside of the education world.
Region 7 - 5A	Teacher or Administrator	Team specific moratoriums is better than all sport.

Region 7 - 5A	Teacher or Administrator	Thanks for your attention to this matter. It will help to bring more student/athlete balance to our students.
Region 7 - 5A	Teacher or Administrator	The biggest problem is students missing class for games and competitions. Some students will miss half the time during their season. This is bad for their future.
Region 7 - 5A	Teacher or Administrator	There is currently "no teeth" to the 20 hour rule. If you were to have detailed consequences to breaking the 20 hour rule that would help. Our district has a 20 hour off-season policy.
Region 7 - 5A	Teacher or Administrator	These seem like wonderful ideas that could benefit student athletes and families. How is the UHSAA prepared to monitor rules and regulations such as the ones just asked about and others that are already in place? What are the consequences for those who do not run their sports programs according to established rules and regulations?
Region 7 - 5A	Teacher or Administrator	This is poorly written and hard to understand
Region 7 - 5A	Teacher or Administrator	We are seeing so much burnout and mental health issues with our athletes. We should be helping them to create better habits of work life balance, better sleep habits etc. That cannot occur when an athlete is at their sports so much. I also think there should be very strict penalties for breaking the 20 hour/week rule or any other rules. nothing will change without better enforcement
Region 7 - 5A	Teacher or Administrator	We need to return to the concept of student athletes having time to study, time to spend with families, and time to play multiple sports.
Region 7 - 5A	Teacher or Administrator	Weeknight games should be played at an earlier time to avoid late nights on school days.
Region 7 - 5A	Teacher or Administrator	While physical activity and team building are important avenues to explore, I feel as if we've made sports more important than academics. That's not what school is intended for. I would love to see more of a balance.
Region 7 - 5A	Teacher or Administrator	Yes!! There is too much practice time allocated for kids. It's a part time job to play a sport when that time should be spent at home and/or working on other things.
Region 8 - 4A	Teacher or Administrator	As a former coach NCAA Division I, FIS International Alpine Ski Racing, United States Ski Team and University alpine ski racing athlete with over 20 years of highly elite coaching experience at a national and international level, I know that high school athletes focus too much on their sport of choice and do not diversify during their off time. There is strong evidence that participating in other physical activities will make them better athletes building an all-around physical capacity. As a nation the U.S. is to heavily single sport specific for youth athletics. In competition we are dominated by European nations who focus on diversified sports training with larger blocks of time off from specific sports competition and training.
Region 8 - 4A	Teacher or Administrator	As a teacher I am always told that students who play sports can't come make up their work because they can't miss practice or they will be punished for doing so. These students are STUDENT-Athletes, student comes first and they should not be punished for trying to do so. There is so much pull from the sports and not enough focus on the student and their education. We are here to give these students an education not to fill their hopes with being a college athlete when in reality the chances are very very low. The focus needs to be changed entirely!
Region 8 - 4A	Teacher or Administrator	I strongly support implementing a moratorium at the end of the school year. I strongly support defining off-season workouts. However, it is extremely difficult to enforce, and some schools do a better job of enforcing this than others, making it an equity issue.
Region 8 - 4A	Teacher or Administrator	I would like to see something done about student attendance and expectations. Student Athletes should be in class the day of games and the next day. Some stay home. I think there should also be something about behavior be in good standing (no sluffing, attendance, drugs, etc)
Region 8 - 4A	Teacher or Administrator	Our district currently has students enrolled in PE classes that are actually a specific sports practices. Many of these classes are the last hour of the day and then the sport continues their practice right after school not allowing students to come in after school to make a missed work from sport absences. I think that there should be more clear rules as to when practices can start after a school day, that automatically allow for students to have the time after school to make up missed work. I would also like to see an increase in the academic expectations for student athletes, rather than a low GPA expectation.
Region 8 - 4A	Teacher or Administrator	School sports take up too much family time. I fully support limiting practices and seasons so that families can be home more.

Region 8 - 4A	Teacher or Administrator	We need to avoid the attitude of high school sports achieving the same standards as professional athletes. Some time restraints significantly reduce the amount of time students may spend with family during vacation. Some sports cover many weeks while others are more defined. Due to travel time in our region, students spend many hours outside of class, especially participating in camps and pre-season pick up games. At times it feels like the athletic side comes first and academics is a shadow of responsibility from the athlete.
Region 9 - 4A	Teacher or Administrator	It is hard to educate students who are significantly more involved in sports than academics. At the end of high school, metrics of sports participation, hours playing sports, and travel time are not measured. Graduation rates, grades, college placements, and other academic metrics are measured. This is a wonderful topic to consider, and I appreciate the consideration for policy change.
Region 9 - 4A	Teacher or Administrator	Number of missed classes due to games/travel/tournaments during the season also should be more seriously considered when deciding season schedules.
Region 9 - 4A	Teacher or Administrator	The argument that will come up is that if the coaches aren't allowed to practice or are limited to practice within the off season, parents will find a club or outside organization for their students to compete and practice anyway.
Region 9 - 4A	Teacher or Administrator	There is not one school in So. Utah that follows any of these policies. Students jump from school to school, coaches run practices non-stop, and pay to play is running rampant. Administrators and central offices look the other way to gain advantage. Students are no longer allowed to engage in educational offerings because sports is a full-time job.

Comments by Coaches

High-level Summary generated by Microsoft Copilot:

1. Practice Time Limits
   - Opposition to reducing from 20 to 15 hours/week: Coaches argue this would hinder preparation, especially for sports with frequent games or tournaments.
   - Support for moderate reduction: Some suggest 18 hours/week as a compromise.
   - Concerns about enforcement: Many say the 20-hour rule is already widely ignored.
2. Moratoriums (Mandatory Breaks)
   - Support for moratoriums: Seen as essential for rest, recovery, and family time.
   - Opposition to more moratoriums: Coaches worry this will reduce training time and push athletes to clubs.
   - Suggestions for timing: Some propose aligning moratoriums with holidays or allowing sport-specific flexibility.
3. Club Sports Influence
   - Concerns about club dominance: Coaches fear that stricter high school rules will drive athletes to clubs, increasing inequity.
   - Conflict of interest: Some criticize high school coaches who also run club teams, pressuring athletes to join.
4. Multi-Sport Participation
   - Support for multi-sport athletes: Coaches want to protect students from being forced to specialize.
   - Scheduling conflicts: Overlapping seasons and off-season demands make it hard for students to participate in multiple sports.
5. Sport-Specific Feedback
   - Softball: Strong support for moving to fall due to weather, scheduling, and athlete health.
   - Cheer/Drill: Coaches argue these are year-round sports and need more flexibility.
   - Football: Concerns about safety if practice time is reduced.
   - Lacrosse: Requests to eliminate the two-week pre-season moratorium.
6. Equity and Access
   - Rural vs. urban: Coaches in smaller communities feel more impacted by restrictions due to lack of club options.
   - Financial barriers: Increased reliance on clubs may exclude low-income athletes.
7. Mental Health and Burnout
   - Burnout concerns: Many coaches report student fatigue and stress due to year-round sports.
   - Need for downtime: Advocates for breaks to support mental health and academic success.
8. Policy and Governance
   - Criticism of UHSAA: Some coaches feel decisions are made without understanding local needs.
   - Calls for local control: Suggestions to let schools or coaches choose moratorium timing.

Region	Role	Comments
Region 1 - 6A	Coach	Adding another week where we are unable to practice in the summer months just leads to unprepared athletes. I rely on summer practices to get my team ready for the school year as they are expected to be up and ready before school starts. Adding another week off in may or june just means they have less time to prepare and more accidents and injury's and confusion happen.
Region 1 - 6A	Coach	I am obviously a fan of sports and the benefits for the student athletes, but the time commitment and time spent in a sport is too much in my opinion. Students have overlapping sports, coaches are underpaid and overworked beyond what is healthy and are expected to do so. While sports are important, it is very important to have a well-rounded life. I also feel there are way too many sport options in the spring and it makes it very hard as a teacher, student, and parent to work with this. These are students, not professional athletes, and I really think we need to rethink the amount of time put towards these. I really appreciate that this is something that the UHSAA is looking into and adjusting. Thank you!
Region 1 - 6A	Coach	I coach junior high and so my limits I've been told are already at 2 hours per school day; which maxes out at 10 hours per school week.
Region 1 - 6A	Coach	I don't think that sports take up too much time, and is important to the athlete.

Region 1 - 6A	Coach	I hope people will consider that this is to support students overall education- not about improving a certain sports program. Focusing on one single activity makes us unbalanced and blind to growth opportunities. Students need help to understand the importance of branching out during moratoriums. Playing different sports strengthens the entire body and reduces injuries. Learning new hobbies and skills improves mental health. Focusing on how to achieve a winning team is detrimental to the overall success of our students as a whole. They need to learn the importance of balance between sports, family, school, and friends. And that requires time.
Region 1 - 6A	Coach	I would love to see softball as a Fall sport. There are 8 spring sports competing for gym space all winter long to prepare for sports in the spring. This when basketball, wrestling, Cheer and Drill are in season. The weather is much nicer in the fall and not nearly as many games would be cancelled and rescheduled or played in bitter cold weather. Our biggest expense is going to St George to find playable weather. College coaches would have time to recruit our athletes and not just be limited to competitive team observance. We would not need to play the championship game on High School graduation day and cram 28 games into the spring along with a weeklong spring break. Please consider this suggestion.
Region 1 - 6A	Coach	Imposing rules like this window dressing and prevents high school coaches from building teams and culture. Rules like these do literally NOTHING to keep kids from training. Most of the high level kids participate in clubs anyway. You legislators aren't in our programs, stay out of them. We are a community resource that keeps kids out of trouble. Yeah, we're supposed to interfere with their social lives. I develop and prepare young men for life and if they aren't with me, they're probably getting into trouble. Don't take away positive environments from them.
Region 1 - 6A	Coach	It is great that we are adding esports, I think we need to acknowledge that it is very different from traditional sports though. With the internet and easy accessibility of video games students have access to coaching from professional athletes over discord, metafy etc, and many of the esports coaches in the state have limited ability at the games currently in comparison. I am not really worried about how much time students spend with a high school coach when they can go to https://metafy.gg/@esam for example and schedule a 1 on 1 session with the best Pikachu player in Super Smash Brothers in the world.
Region 1 - 6A	Coach	Possibly down to 18 hours.
Region 1 - 6A	Coach	in my opinion, it sounds like you are taking away opportunities for students athletes to be able to progress in their talents, hobbies, and passions by putting limitations on them.
Region 10 - 4A	Coach	Balance ! My favorite word when it comes to training athletes As a Ski coach I have witnessed to many athletes get "burned out at age 16
Region 10 - 4A	Coach	I think it’s important to allow those sports that want to be year-round allow them to be year-round. But limit the time so High School players don’t feel burn out.
Region 10 - 4A	Coach	I wish baseball games didn't happen on Friday during school hours. My child is often taken out of school for games. Plus, the team is too large. there is no reason all 30 kids need to be taken out of school for a game where only 9-11 play. and, in summer months, having a set schedule for workouts and/or practices would be very helpful so that students can get a job.
Region 10 - 4A	Coach	Moratoriums I feel should only be limited to holidays
Region 10 - 4A	Coach	None right now.
Region 10 - 4A	Coach	We are supportive of kids playing other sports and always try to schedule any activities we have around those other sports that are in season. I would like to see teams be allowed to have a couple weeks of padded practices as part of a spring football session with the ability to scrimmage a team or have a spring inter-squad scrimmage at the end of spring practices.
Region 10 - 4A	Coach	While I think athletics are important to a students well being, so are their other needs and we should help protect that balance for them.

Region 11 - 4A	Coach	1. I support a longer moratorium. However, I think it could be better utilized if piggy backed to the July moratorium. Give everyone a required chunk of time off. 2. This puts smaller areas in a bigger disadvantage. These areas already have fewer kids and fewer quality coaches. Reducing their time to train could reduce their ability to compete. It further separates the quality of play across the state and classifications. The schools in salt lake and Utah county have access to better training through club. Additionally, some school districts have policies on high school coaches coaching athletes during club. Again, if these moratoriums conflict with club seasons it could strongly affect the athletes opportunity for growth because smaller communities will be impacted more heavily. 3. 15 hours/week is doable, but the game days are much longer than 3 hours. Again, the smaller schools with less access to trainings will have a bigger disadvantage. 4. It would be nice to see UHSAA consider nationals for club seasons. Lots of them exist in the summer, and often times, interfere with high school moratorium. Therefore, it’s a moot point because families and kids really don’t get time off.
Region 11 - 4A	Coach	As a cheer coach looping us in with all other sports is hard. We are still required to prepare and be present at all other sporting events while preparing for our own sport. There are progressions we need to go through with our athletes in order to keep them safe in our sport. Specifically in stunting. We start over each year and I fear if you cut our seasons and time down we will see an increase in injuries because teams will try and rush the progressions that keep our athletes safe.
Region 11 - 4A	Coach	As a swim coach for both HS and Club programs I would be in favor of the 12 week moratorium with the stipulation that HS coaches that also coach in private club programs are able to continue to coach athletes without issue. Swimming is unlike other sports that are able to have open field or open gym opportunities as we are limited to pool time and space.
Region 11 - 4A	Coach	As a teacher of 12th graders, it would be AMAZING if sports wrapped up earlier in May. It is such a struggle for many of my involved student athletes to finish up their senior year strong with all of the senior celebrations and assemblies, along with missing school for games. Activities like lacrosse really conflict with final projects, presentations, etc.
Region 11 - 4A	Coach	As a track and cross country coach, I am constantly dealing with athletes missing practices or even competitions because they have practices or competitions for sports that are out of season. Because I don't have cuts and the other sports do, they feel obligated to attend the other sports' practices and competitions or else they may be cut. I also don't feel like making these changes will actually affect anything. The majority of sports already hide under the umbrella of "club sports" to get around having practices and competitions and travel outside of the season. Even if the coach isn't directly involved in the club sport, they are usually in the background watching and seeing if the athletes are participating. This gives rise to athletes being one sport athletes, when being a multi sport athlete have been proven to make athletes more well rounded and actually better at their main sport. This is also leading to burn out and over use injuries for athletes.
Region 11 - 4A	Coach	High school sports is taking over high school. We have students who are in high school for sports and not academics. We have to help our students know they are students first and athletes second. By reducing practice time, they will have more time to devote to family and academic time, which will help them be a more well rounded individual. I also believe we are so hyper-focused on one sport, which leads to more sport related injuries. Athletes need time to heal from injuries or even recover after a season. However, many athletes jump from high school season to a club team season with no breaks. Athletes need time to recover after a long season.

Region 11 - 4A	Coach	I am a baseball coach and I would definitely oppose another all-sport moratorium end of May-first of June. I already find it ridiculous summer baseball that is separate from the high school but I do have my high school players on the summer team can't play during July 4th week. Some of the best tournaments in Idaho, Wyoming, Nevada are held over that weekend and takes away a great opportunity for baseball. I will add that I believe that whatever classification us northern schools are in for baseball should have more time for our season. I understand venues for State tournament need to vary between 6A, 5A, and 4A, but the fact that the last two years we have to be done by April 30th and 6A and 5A get to go to May 10th is not logical. I apologize for getting on my soap box but these are issues that I feel that Utah Activities are behind.
Region 11 - 4A	Coach	I believe there should be more time in the moratorium right after the season. I would suggest increasing it to 6-8 weeks. 12 weeks seems like too much. If we go to 12 weeks, I believe our athletes will just gravitate towards Club Basketball if the high schools can't work with them.
Region 11 - 4A	Coach	I coach a Fall sport. With the current two-week period before tryouts and the early June Moratorium, we have a short summer window for open gym to prepare for tryouts. Early June would HIGHLY hurt the start of my season. I think a compromise would be limiting the hours or days that practice could happen in the summer. Limiting the hours from 20 to 15 when it includes all aspects of the sport would be difficult. Depending on what opponent you play and specific activities of a certain week, this could be challenging to navigate with fewer hours. I personally am mindful of my athletes and giving them personal time so they don't burn out. I usually do not hold Friday practices to give my athletes a longer weekend and time to reset for the next week. Once in a while I will hold a Friday practice based on who we will be playing and the events of the week, but I always shorten that practice.
Region 11 - 4A	Coach	I coach a spring sport, so my answers probably differ from a fall sport coach.
Region 11 - 4A	Coach	I coach girls lacrosse, for the last 5 years I have been trying to build up my program. I personally think that adding more moratoriums will hurt any progress I try to make. I don't require a lot from my girls, but if they want to practice and get better in the off season I want to be able to do that for them. Most of my team can't afford the travel/comp teams that play in the off season so I am their only option most times for coaching.
Region 11 - 4A	Coach	I feel it is important to remember these are student athletes meaning they are students first. Many students that I interact with tell me that they can not do homework or read a book out side of class because they don't have time. If our students are so busy that they don't have time to sit down and read a book for 20 minutes but they can go to practice every night for an hour then we as educators have failed. all we have taught them is that academics come first before school. I fear that we have created a culture what school comes last after sports and after work.
Region 11 - 4A	Coach	I find that the amount of practice time isn't usually enough to actually develop skill, though I do find that many events take away from family time and put a strain on players and coaches alike.
Region 11 - 4A	Coach	I support the 15 or 20 hours of weekly practice limit, but no one has ever enforced it. It's way to easy of a rule to get around and everyone does. Several teams do a 24 hour grinder to start the year. Club programs circumvent nearly all of these rules that would look like they would adjust. You are just limiting coaching in areas ability to use the school facilities. If enough limitation get put on high school sports coaching / participation of time to coach and use school facilities, expect to see a rise in club sports and costs. Don't make it harder to run high school programs.
Region 11 - 4A	Coach	I would like for student athletes to have an off season. It is becoming more difficult for student athletes to participate in multiple sports due to the amount of hours they are putting in year round. The problem I see with this is that club sports are a bigger problem than high school sports and unfortunately we can not control those.
Region 11 - 4A	Coach	If coaches/team don't want to practice during those times, there is nothing penalizing them for taking time off. Let the teams who need and want the practices continue to practice as they please. Shortening seasons, practices, hours, etc. is not beneficial to anyone as there are school related events year round that are part of tradition. Not every team is blessed to have 40 advanced dancers. Some need the extra time to get their team on the the same page with training. Some athletes use these sports as their escape. Please consider not making changes. Thank you!

Region 11 - 4A	Coach	Increasing the moratorium would unintentionally hurt the underprivileged and lower population areas. Those with financial means can pay a club coach to keep working out during moratorium. More populated areas will have club options where less populated areas will not. Those who dont want to work out in the summers, won't do do. We dont need more regulations.
Region 11 - 4A	Coach	Monday games were forced for boys and girls 4A region 11 games this upcoming spring by the region administrators. This was a result of boys soccer wanting Friday nights for their games and the region not wanting to spend the time to find a reasonable schedule with track event locations for Thursday nights. Boys and girls lacrosse are highly competitive and highly physical. Having games every Monday will pose a risk for injury if players are not preparing themselves over the weekend or working with trainers leading up to the game as they normally would leading up to a Wednesday and Friday game. The other big concern I have is coaches pressuring players into Saturday or Sunday practice sessions to prepare for rival games, while others won't be willing to submit their team to that extra work. This could cause unfair advantages for some. There should be something that limits games on Monday in general for contact sports.
Region 11 - 4A	Coach	More opportunities to practice and work toward goals both team and personal are needed. Less participation time is a terrible idea. Other states don't limit practice time nearly this much
Region 11 - 4A	Coach	Official and unofficial practices are tied to playing time and therefore includes tremendous pressure on students and staff. Not always una healthy way
Region 11 - 4A	Coach	Personally, I think what we have now is just fine & works
Region 11 - 4A	Coach	Please find a way to push back the start of fall sports a week or 2. It is becoming increasingly difficult for families to experience other healthy and meaningful activities in the summer. Starting the end of July is difficult on as all. Reduce the football state playoffs to 4 weeks. That gives everyone an extra week of summer at the least.
Region 11 - 4A	Coach	Reducing the weekly practice limit is unlikely to achieve the intended outcome. Instead of limiting overall training time, it will simply shift athlete development to club programs, where UHSAA oversight is minimal. Athletes seeking more coaching will fill the gap outside of the school system, potentially undermining the goals of the proposal.
Region 11 - 4A	Coach	The July moratorium is really hard for softball and baseball. The 4th of July is one of the biggest recruiting weeks of the year. We are at a huge disadvantage not being able to coach our players this week. Softball being played in the fall would alleviate a lot of our problems with all of these questions, having players coming into fall playing all summer they will be ready for their high school season and then get to take a real break during the winter and spring. You would have less rain/snow outs so at the end of our season we are not playing 5 to 6 games a week just to finish our schedule.
Region 11 - 4A	Coach	The July moritorium is tough during the 4th because in Utah, we have the 4th and 24th. This makes it hard to try and fit practice time in for the Cheer teams and basically results in us being forced to take the entire month of July off. I think we could only fit in 3 practices. If the July moratorium was reduced to just the holiday and a couple of days before/after, rather than the full week- then we would be able to fit more time in during this month. The last week of school should be an all-sports moratorium.

Region 11 - 4A	Coach	The absurdity of the UHSAA never ceases to amaze me. Parents, coaches, administrators, and those in the State Legislature worry about the time spent by the student athletes for any sport in any given week, month and/or season. And the concern is justified. Yet, the indifference shown for the same concerns by those in charge of realignment is widely accepted as they haphazardly put together region realignments every two years. For instance, the geniuses at the UHSAA put Tooele County schools in a region with the teams from Cache Valley. Seriously, I suppose going to Washington County was out of the question. Explain to me how riding a bus for 6 hours (round trip) twice per week for sports other than football, shows concern for the student athletes time away from family, other school functions, or heaven forbid, homework. Yet, everyone must abide by the high and mighty ruling of UHSAA like they are omnipotent. At least, that's the attitude they express whenever one tries to speak with them. How about the State Legislature put the realignment process back into the hands of the individual schools? Then turn in the realignments based on geographical locations, and have the UHSAA abide by those who truly do have a concern for the student athletes time away from home?
Region 11 - 4A	Coach	The proposal is all woke and does much more to deter athletic improvement for athletes. If the kids don't want to practice and their parents thinks it takes to much time than don't play! Why are we handicapping everything in America. Stop It!
Region 11 - 4A	Coach	The schedule as is has worked well. For my particular sport (basketball) the end of school May/June is when most camps and summer tournaments are being held and hosted by colleges which is an opportunity for my athletes to be seen by coaches at the next level. The current Christmas and 4th of July Moratoriums are great. I also feel that the current limits on practice times are well set, and have only ever seen Drill and Cheer teams exceed them. The issue isn't the current rules and guidelines themselves but the enforcement. If we want Utah to continue to compete at a high level and not just within the state but nationally we don't need to get more strict, but just better enforce current policy and support coaches and programs across the state with the UHSAA setting more clearly defined policies and not leaving anything in the hands of the school district administration.
Region 11 - 4A	Coach	There are a couple of sports that go almost year-round. Two that come to mind is Cheer and Drill. They will pick their teams in April and compete until Feb or March. They have two a day practices twice a week and take so much of the gym space. Other sports have tryouts at the beginning of the trimester and will be done at the trimester. Why do Cheer and Drill pick their teams so far ahead of competition season. Cheer has a better case because they are at most all the other sporting events. Drill on the other hand does one or two half time shows in the fall and that is it. I lose track athletes because they are committed to Cheer or drill even when they are not in season.
Region 11 - 4A	Coach	There are programs all over the state not following the moratorium rules because they use "coaches" that aren't necessarily on staff. It is unfair for the student athletes to have pressure to practice even during moratorium. Also I do not think high school coaches should be able to run club sports. This is a conflict of interest for athletes wanting to play other sports or play for other clubs. Many of these club coaches who are high school coaches are putting pressure on parents and athletes that they have to play in their club to make high school teams.
Region 11 - 4A	Coach	Wrestling specific -- if 2-day tournaments started later on the first day and ran longer on the second day (i.e., starting at 5:00 PM on Friday instead of 3:00) -- my kids would miss much less school.
Region 12 - 3A	Coach	High School Sports are Education-Based, not Competition-Based. The competitive model used in clubs and other organizations is not appropriate for High School sports.
Region 12 - 3A	Coach	I currently give my team off more than what is required and we never meet the 20 hr practice rule. I feel rather than forcing changes it would be better to enforce the current rules rather than making changes and forcing time off that may not work for each specific sport. I give extra time off in the summer but if forced to have a later start date and aren’t allowed to practice in the spring I won’t be able to safely give if extra time off in the summer which will greatly impact family time (which I believe is extremely important).

Region 12 - 3A	Coach	I dislike the July moratorium because when you add that to the two weeks prior also in July we basically have no off-season training most of the month before try-outs. This means that players who can't afford club and private lessons etc are not ready for try-outs and could end up with injuries because of the huge jump up in playing time when try outs start. My sports is tennis.
Region 12 - 3A	Coach	I would be supportive of an additional week of summer moratorium. Not a fan of the location listed above. If there were an additional week added to the summer moratorium, what about having a two week moratorium the end of June / first of July, making the current one two weeks instead of one.
Region 12 - 3A	Coach	In this day and age, if hours are reduced and even more regulated on the high school level, they will just be snatched up by private businesses (competitive sports industry), which will be extremely detrimental to a lot of high school programs. Those with means will continue to have opportunities. Those without will have opportunities diminish.
Region 12 - 3A	Coach	We need to figure out ways to encourage multiple sport participation
Region 13 - 3A	Coach	At our school, we are seeing a growing concern with how certain sports--such as football, soccer, volleyball, basketball, and others--are operating as if athletes must participate year round. Many programs are strongly encouraging athletes to play in club teams, which are often coached by an assistant from the same high school team. This trend is creating major issues some of which are: Loss of Multi-Sport Athletes. Students are feeling pressured to specialize in one sport, which is reducing opportunities for them to enjoy and succeed in multiple activities. Increased Injuries-The year round demands are leading to injuries and burnout, ultimately harming our athletes long term development and well being. I believe this runs counter to the values of the UHSAA, where participation, growth, and balance should be emphasized over specialization of one sport. I would ask UHSAA to address this issue and explore ways to support and protect multi sport athletes, ensuring they have the freedom to participate in a variety of activities without fear of losing opportunities in one sport. Thanks for this survey, it's a start.
Region 13 - 3A	Coach	Having coached the last 18 years in high school I appreciate this being brought up. A few concerns I see in high schools right now. 1st drill team has no associated season and they spend more time practicing than any other sport by a long shot. They need a defined season so the girls can participate in other things. They also have many unhealthy relationships due to the pressure of constant practice. Next concern is coaches are pressured to do more each offseason and that is a major issue. I like that this is a statewide requirement so coaches don't feel the pressure of playing all the time. To start each season, fall, winter, and spring I think there should be a type of moratorium where coaches cannot be holding open gyms or games to allow athletes considering playing other sports not to be conflicted. Thanks for your efforts
Region 13 - 3A	Coach	I am a high school softball coach. I would like to see Girls softball moved to the FALL and have Girls Volleyball moved to the spring. The current spring softball setup really crams way too much into too short of a window. It is hard on the athletes physically and mentally, and from a coaching perspective, it makes development and team building a real challenge. Softball coaches spend more time on managing recovery and logistics than actually coaching and improving skill. A FALL season would give us better weather (early spring is always a gamble in Utah), which could help reduce early-season injuries. Softball athletes come right into the season with their bodies already in game shape because of playing softball during the summer. The current spring season hinders practice. This lack of practice makes it difficult for coaches to fully prepare players skill and athletic development. I am spending too much time in the off season to help my girls with skill and athletic development that it forces me to have to sacrifice personal family time just so my high school team can stay competitive and compete. To Change softball to the FALL, girls are already coming into the season with refined skills.

Region 13 - 3A	Coach	I don't think it is realistic to compete if we cut the time down to 15 hours for sports that play Saturday's and multiple days of the week such as baseball and softball specifically.
Region 13 - 3A	Coach	I think it is good where it is at.
Region 13 - 3A	Coach	In schools that share athletes over several high school sports and club sports it is hard when there are expectations from some teams to limit interactions with other teams. This forces athletes to choose a dominate sport when that may not be in their best interest. Let's allow students to experience multiple sports and let them determine which is the best for them when they are mature enough to decide without undo pressure. Although off season practices may not be labeled as mandatory the implication is still there. Another concern is that the XC season now goes longer and swimming starts early causing a conflict between the two sports. Thankfully I have a good situation with the other coach and we are able to work through this. I doubt that this is the case in many schools.
Region 13 - 3A	Coach	No thanks
Region 13 - 3A	Coach	Strongly in support of stricter moratorium. Having been a part of multiple coaches staffs for multiple sports, I feel that coaches are feeling unnecessary pressure to require more time out of their athletes because other coaches are doing it. I would appreciate it if rules were put in place to tighten things up for all programs in the state.
Region 14 - 3A	Coach	Please keep our current season as it is. Adjusting the season would unfortunately take away valuable opportunities for our dancers and shift the focus entirely to competition. As coaches, we work hard to ensure our students have a well-rounded experience. While competition is an important part of what we do, it is not the whole picture. Our dancers also gain leadership skills, teamwork, school spirit, and life-long friendships through performances and school involvement. Changing the season would limit these opportunities and diminish the meaningful experiences that make high school drill so impactful for young women. Please allow us to continue providing them with the balance of competition and growth that they deserve.
Region 15 - 2A	Coach	I am in my 34th season as a head coach. I can't think of a single week that I've practiced for 20 hours (if you only count competition days as 3 hours), so 15 hours seems very doable. HOWEVER, in small schools some kids do 2 sports at the same time. If an athlete chooses to do track while also playing baseball/softball they could not do that within a 15 hour limit. Other examples include doing cheer/drill while also playing volleyball or basketball. I think a 15 hour rule would eliminate students doing multiple sports in a season. I've coached softball and shared with track and made it work, but I strongly oppose allowing cheer/drill to do a winter sport because they would be at an event pretty much every night of the week. So I think if you make a hard fast rule you will eliminate athletes doing two sports in one season. As a basketball coach I would welcome that, but as a softball coach I felt like I could make it work. I no longer coach softball and one of the things that bothers me the most now is softball having open gyms during basketball season. At the end of basketball we are consistently playing twice a week but we regularly get home from away games at midnight. So having the softball coach ask my girls to come to practice when we got home at midnight, went to school all day, and then went to basketball practice seems ridiculous! I want the other coaches to stay out of my season. I don't ask kids to come to my open gyms that are currently playing other sports! I wait my turn.
Region 15 - 2A	Coach	I feel like I give my athletes plenty of time off in the off season. They participate in spring sports and have ample time off in the summer.
Region 15 - 2A	Coach	The weekly practice limit in the summer should be 10 hours. The present rules are forcing kids to choose between jobs and sports. Also, we need some hard lines between sports. There's no reason a spring sport holding "open gym" or whatever they call a practice, should be impacting my fall sport while we are literally in competition season. Kids are being forced to choose and specialize, and that isn't good for High School athletics, nor for the athletes that never get to even try a different sport at which they might excel.
Region 15 - 2A	Coach	Try to schedule games to give some kids more rest. In sports where two games a week are needed make the games Tuesday/Friday or Wednesday/Friday. Having games Tuesday/Thursday and seeing the fatigue on Fridays practice is a cause for burnout. Im a soccer coach and really wish we could schedule all games Wednesday/Fridays for the kids sake.
Region 17 - 2A	Coach	As a coach, the number of practice hours are quite a hefty time commitment, and I know it wears out parents as well. Students should prioritize their classes over sports all the time, not just when they are failing.

Region 18 - 2A	Coach	As a spring golf coach, my season is extremely limited. If my girls cannot practice during the summer/fall, by the time the first tournament starts they will have not had any golf instruction since last spring, and courses are generally still closed when the season starts. We need time to do a fall camp and winter practices in school facilities because girls can't practice golf in the winter on their own besides minimal drills and strength training which isn't enough.
Region 18 - 2A	Coach	Right now the majority of my off season work-outs happen in June and only June ... usually we have nine days of camp/game days in that month of June. We do have "truly optional" days the gym is open for the girls to come in and shoot. This is not a "if you don't show up you won't make the team....optional open gym" We just have the rims they can come and shoot on. When you ask for a early May/June moratorium I am a little protective of the June time with my team.
Region 18 - 2A	Coach	Shortening the seasons, adding more moratoriums, and decreasing the hours that teams are allowed to practice only breeds the activity of coaches and athletes working outside the time and rules allotted by the UHSAA. The more time you allow them to be practicing as the rules allow, the more control and oversight UHSAA has on what is going on.
Region 18 - 2A	Coach	Things are working the way they are. In my sport of wrestling kids have more than enough time to be able to complete schoolwork and extracurricular activities. Some of these changes would take away from athletes with higher goals such as college scholarships and they will be forced to train alone or without coaches aide in achieving these goals.
Region 19 - 1A	Coach	Regardless of the hour rule that is instituted, coaches and schools will practice the amount they feel necessary to be competitive. This change will not change what happens at the athlete level.
Region 2 - 6A	Coach	As a coach I believe that sports are beneficial to the growth and development of young athletes becoming adults, the more that they can be involved - the more time that they can commit to themselves, teammates, something that they love to do, the less time they have to get into trouble. I think shortening the seasons will cause more stress, being that they will have less time to perfect the skills. While I do agree with moratoriums and having time off, I believe that what we are implementing now is enough. My team (drill) takes all of July off - this helps families to be able to plan vacations, etc. without the added stress of affecting the team and coaches as a whole. They are also able to have Thanksgiving off as well as the 5 days during Christmas break - Drill team is tough in its own way- competition season is right in the middle of the holidays on top of two moratoriums, and now the question to shorten the season and adding state finals onto that. I think this idea alone creates more stress and anxiety and would put more pressure on dancers and coaches resulting in more burnout and turnaround in programs.
Region 2 - 6A	Coach	Can we not have our first league games the day after memorial? It gives an unfair advantage to teams that can get the building open to the teams that have to fight and can't get the building open. Not to mention a lot of our parents were really upset about a game being during fall break.
Region 2 - 6A	Coach	Delay the beginning of Girls Soccer games two weeks to allow for athletes to recover/train appropriately from their club program that ends the weekend before tryouts with games beginning 1 week after tryouts.
Region 2 - 6A	Coach	I coach football. In the interest of properly teaching skills to keep kids safe, a reduction in available time teach and repeat these skills would create an environment that is not as safe.
Region 2 - 6A	Coach	I coach privately as well so holding more moratoriums would affect my top line.
Region 2 - 6A	Coach	I'd love support from UHSSA on some type of rule limiting/prohibiting private coaching during season, during practice hours, having contact during high school competitions, etc. High school coaches are being demeaned by private coaches and making it really hard to build programs.
Region 2 - 6A	Coach	Please take away spring football practice. There is to many spring sports that this interferes with. Also it makes football basically a 9 month a year sport. Start Football activities after Memorial Day please
Region 2 - 6A	Coach	Some sports have club national championships in June and July Depending on how moratoriums are handled, you may force coaches and players to pick between high school and club, and in some sports, club will be the choice for the top coaches and players

Region 2 - 6A	Coach	There is already a large disconnect between athletes with access to competitive clubs to supplement their training and athletes without. By limiting the ability of High School teams to properly train their athletes, the only successful athletes will be those that attend extra and oftentimes extremely expensive club practices. This leads to unequal opportunities between athletes and an increase in recruitment; forcing wealthy athletes to spend more time and commitment than may be healthy to a mere sport, and extreme lack of opportunity to those without wealth.
Region 2 - 6A	Coach	To run highly competitive programs that are able to not only compete within the state but outside of the state as well, pulling back hours and adding more time off puts the athletes at a disadvantage. There are many activities that are not considered practice time that would be cut out if the time is cut back.
Region 2 - 6A	Coach	We use to have solid moratoriums but due to requests by coaches associations, parents and even some legislators we have the system we have. How are you to solve the issues by going backwards? I find it interesting that nothing was ask about the impact of club sports on our student athletes. Coaches in high schools are trying to give the athletes the best experience possible while also teaching them to communicate, work hard and be respectful while creating some of the best programs in the country. Yes coaches are sacrificing time with spouse and family! Why cause they love their respective sport and care about the athletes they coach. Reducing hours will only hurt how well the athletes are coached and the quality of athletic programs that come out of Utah. If you are thinking of going with less practice time than maybe you should consider dropping sports completely from the high schools.
Region 2 - 6A	Coach	While many teams might not be in worry of hitting the 20 hour limit, most teams will go over the 15 hour limit; most teams probably hit around 17-18 hours. 20 hours allows for teams to get in practice for 6 days a week which is what a lot of sports need in order to be successful and it also gives some cushion time in case extra things need to happen that aren't training-related, but still team specific, such as meeting to watch film, having a team-related party, morning exercises/weights, or meeting before practice time to talk about sport specific things the coaches need to go over. This isn't even mentioning the travel time and competitions that will occur during this time. By passing the 15 hour rule and strictly enforcing it (i'd imagine that there are consequences to surpassing it) then we're limiting an extra day/time for coaches to assist their athletes and shortening it to a max of 2.5 hours a day. Coaches would be counting the minutes then to ensure they don't get penalized for going over the alloted hours. Overall, I believe that the 20 hour limit should be kept, or if it's absolutley going to be lowered, then lower it to 18 hours. Student athletes should be protected from being overworked, but time is also needed to develop their abilities. Changing to 15 hours would make it easier to punish hard working and dedicated teams that are successful.
Region 20 - 1A	Coach	I think that in order for these implementations to work, they have to be strictly enforced and carefully thought out. There will be many teams trying to get around the rules any way they can. Ex. creating a club team in the off season for only their players, which will create a bigger burden for parents having to pay for it. I also really, truly wish they would make all sports a one season sport, specifically drill team. In the small town I live in, the drill team practices basically year round with some all day Saturday practices. Those girls don’t want to play any other sports because of the burn out. They forget why they love to dance because they are so burnt out by their senior year.

Region 20 - 1A	Coach	I was raised in, and now coach in, a rural community and school, so I'll readily acknowledge any biases on my part resulting from that background. Having read your letter, I couldn't help but note your desire to have student-athletes participate in multiple sports each year. As someone who lettered in at least five varsity sports all four years of high school, I couldn't agree more. Now that I coach at the same school I once attended, I see many athletes who also transition from one sport right into the next. This is where I see the biggest opportunity for you to make an improvement to the calendar in favor of the student-athletes. In many cases, this quick transition requires athletes to compete in a state competition one weekend and be at formal team practice for the next season's sport the following Monday. I want to advocate for shorter UHSAA seasons that allow for a two week (minimum) break between one sport and the next, with a required two week moratorium prior to the start of each new sport season. I recognize this may not be possible in all cases (I.e. football to basketball/wrestling), but could be implemented in most cases. This would allow our athletes time to decompress mentally, physically, and emotionally, and help prevent many of the overtraining issues you see. Those who wish to play more can seek out the abundance of club/ travel options, rather than relying solely on the UHSAA. As for cutting back the number of team hours each week, I don't feel that 15 is enough. 20 hours can be too much, but I'm more in favor of cutting to 17 or 18. Here's an example: if a sport happens to have four competitions in a week, say Tuesday, Thursday, and a weekend tourney, 15 would only allow for three hours of instructional practice time that week. For those athletes who start or play during the majority of the competition, that would likely be sufficient, but it would rob younger or bench players of precious time for development and conditioning, thus preventing injury from lack of proper conditioning or lack or knowledge/ technique. As a coach, it's pretty apparent when the athletes are tired and need lighter or shorter practices, and a good coach should be able to respond and adjust accordingly. To clarify: I am all for dropping the hours from 20, but feel 15 is not enough. I would gladly welcome any further discussion or discourse on the matter. Please feel free to reach out via email or my personal cell at 4359795186. Thank you!
Region 20 - 1A	Coach	Kids need more time to do other things.
Region 22 - 1A	Coach	For 8 man football and fall baseball. One of us needs to go to the spring with the flexibility of that spring season to spill into June. 4 day weeks make it hard playing 2 games a weekend for baseball basketball and volleyball teams. We need to get over double contact or focus on more tournaments to get the competitive contacts necessary. 4 day 1a school need to be thinking creatively outside the box.
Region 22 - 1A	Coach	I coach softball and I already feel like I have very little time to prepare my team for the season. Our season is very short and goes by very quickly. I do not think it would benefit programs to add in more restrictions.
Region 22 - 1A	Coach	I feel implementing better defined off season dates is not effective. I've learned and seen over 30+ years that coaches (usually bigger schools) do not follow these rules. Whereas, a moratorium is more definite that coaches will follow.
Region 22 - 1A	Coach	The UHSAA and high school sports are not the problem. Moratoriums do a good job of keeping HIGH SCHOOL teams within acceptable limits. The problem is club and AAU teams. Adding more moratorium rules and limits will not reduce the amount of time athletes and families spend in athletic trainings, tournaments, and practices. More moratoriums would not get to the root of the problem. If anything, additional restrictions would only open the door for more club and AAU commitments which prioritizes athletes who are more wealthy over equal opportunity like High School sports allow.
Region 3 - 6A	Coach	1. I would absolutely love to see a specific regulation or rule that would include coaches who coach club teams, CANNOT coach a high school team. Club sports are ruining high school sports. 2. I would like to see a stricter rule regarding athletes transferring schools. Athletes need to stay and play within the boundaries where they have a physical address. The UHSAA needs to establish some accountability.

Region 3 - 6A	Coach	Cheerleading is an all year around sport that has commitments throughout the entire school year and some summer as well. Added moratoriums would only harm the sport of cheerleading in the state of Utah. Less practice time means less time working on skills in a safe controlled environment. Injuries would increase while safety measures and awareness would decrees. Cheerleading is a sport where the only way to win and be successful competing is to push for harder more difficult stunts/skills. The less practice time would decrease the amount of time teams have to work on safely executing new skills. Teams regardless will still push for harder skills with the less practice time increasing the risk for injury. Cheer teams not only have to compete in the winter season they also cheer at games and events all school year. Teams need the practice time to work on performances for halftimes, quarter breaks, assemblies, and our three state competition routines. Cheerleaders need time to learn stunt awareness when learning new skills. This means understanding how the stunt should feel and what to do when something is off like letting go to catch or adjusting a hand grip under a foot. Taking away practice time would increase the amount of injuries in the state of Utah for cheer.
Region 3 - 6A	Coach	I would be fine adding more moratorium but would love to choose when they are like we get to do with our other cheer moratoriums.
Region 3 - 6A	Coach	The way things are set already provide just enough adequate time for all sports to become proficient in their skill with enough time for recovery and keeping a balance between sports and other activities. Adding more time off creates greater risk of injury due to less time to adequately prepare for the season. Sports are getting harder and harder as athletes continue to excel more and more. Maintaining the standard that is set will continue to allow athletes to excel and be provided rest time and time off for other activities. Increasing time off limits progression.
Region 4 - 5A	Coach	As coaches we are expected to put the best team on the field and our jobs depend on that. If we limit time to train athletes especially in season practice times if games also count against that time, how are we expected to reasonably reach our goal. What protects coaches from being fired or scrutinized in the public by parents when training and practice time becomes limited. We already have coaches leaving the profession because of unfair treatment in these areas. What will athletes actually do with more time away from their team? train on their own? spend quality time with friends and family, or have more time to get in trouble because they have more unsupervised time? As a baseball coach, Players are done with practice time no later than 5:30 PM and game times can vary with underclass games following Varsity games.
Region 4 - 5A	Coach	Cheer does not align with other sport requirements and time frames of season. Spring we have tryouts and prepare for the upcoming year Summer we prepare and train the athletes for football/side line Fall we have games to cheer and prepare for competition season. Winter we continue to cheer at games and compete. Then this starts all over again. Cheerleading isn't just a winter sport of competition. There is more that these students do which include cheering for other sports and being very involved with school. That's thoroughly communicated and informed before they tryout that it is a year round sport. The current breaks that are in place are the same every year and very able to plan and live life around it. As a coach I have children, a husband, friends, full time job, working out, etc and I still have time to do all of that with coaching each years cheer season.
Region 4 - 5A	Coach	Coaches should get a class period that allows them to prep for sports.
Region 4 - 5A	Coach	High school sports and activities are taking over more and more of student athletes' and coaches' lives. This takes away from the students' time in the classroom and their free time. Additionally, because Utah forces student athletes to pay out of pocket for activities, the continually increasing costs of participating makes it harder for low income students to participate. The effects of this can be easily seen by comparing various schools' and districts' median income to their sport participation rate and performances in region/state championships. Richer schools have more participation and do better. High school sports and extracurriculars should be a fun activity that all students are able to participate in without affecting their academics or facing financial barriers. Reducing the allowed or expected amount of practice would be one step towards keeping extracurricular activities fun and equitable.
Region 4 - 5A	Coach	I believe sports take time and dedication. I think that 20 hours a week is a good amount of time. As well, swim takes a lot of skill that needs to be taught. I feel like swim season should have a more defined start date, but it should be in

Region 4 - 5A	Coach	I think each school battles different things and therefore the coaches at those schools have to create their training to best support and train the athletes they are working with. Admin talk to your coaches, assess their training schedules KNOW WHICH PROGRAMS ARE BREAKING THE 20 hour RULE! I also feel like adding an additional moratorium right after school gets out could give everyone time to enjoy family and personal adventures before returning to training.
Region 4 - 5A	Coach	I think the in season hours are fine. It is the off-season hours that can create uneven playing fields. It causes a conflict for multi-sport athletes. It causes burnout for single sport athletes.
Region 4 - 5A	Coach	I worry for football teams, but I think it would be okay to lower practice limits in the summer from 20 to 15 hours.
Region 4 - 5A	Coach	It all comes down to time management set by the coaches. My team is already doing a lot of what is proposed but taking away the wiggle room/freedom we already have will create more stress and more burnout.
Region 4 - 5A	Coach	It really won't make a difference what policies are made, coaches will continue to break the "rules" and do what they want when they want like the have done and still do. When "rules and pilicies" aren't enforced consistently for everyone, they don't really matter.
Region 4 - 5A	Coach	It's very important to find balance. Burnout with coaches and players is a real thing.
Region 4 - 5A	Coach	Less practice time = more time for some kids to be bored and get into trouble Longer moratorium time = less time staying active and building team chemistry
Region 4 - 5A	Coach	Pay schools to host divisionals or at least cover the cost of officials. “Showing off school facilities” is not a strong enough or justifiable enough reason to host divisionals and incur all the associated costs and burdens.
Region 4 - 5A	Coach	Quit hosting games/competitions during scheduled breaks (Fall, Winter, Spring) It gives coaches, athletes and families time off.
Region 4 - 5A	Coach	Schools need to have autonomy to determine offseason schedules within the school year (August–June). A one-size-fits-all moratorium disproportionately affects schools whose students cannot afford expensive travel or club programs, limiting their access to meaningful development opportunities. More flexibility allows schools to create equitable training structures that best serve their students while still balancing rest, academics, and multi-sport participation.
Region 4 - 5A	Coach	Society as a whole is softer and lazier than ever before but the amount of time students on spending in the offseason is overboard. Most sports are year round now and that shouldn't be the case.
Region 4 - 5A	Coach	Sports have busy seasons. I think if we can have less hours outside of the busy weeks, that would be great. However, during busy weeks it would be almost impossible to have less that 20 hours.
Region 4 - 5A	Coach	Sports have proven to provide a purpose for athletes and a community for their families. Limiting that time could really take away from a teams ability to training safely, and creating a bond. Please consider this with any changes you make.
Region 4 - 5A	Coach	The 2 week prior moratorium for girls lacrosse (the two weeks right before tryouts) needs to be eliminated. Girls lacrosse is a sport that the vast majority of athletes start playing for the first time in high school. During these two weeks, I have had numerous girls show up to try the sport for the first time. These girls have not been able to learn the sport and get the support they need. They often end up not trying out for lacrosse because of this and a lack of confidence in knowing they enjoy the sport. This greatly limits the amount of female athletes that participates in sports across the state (I know it occurs at other schools too and I am sure it is a problem for other sports as well). On top of this, the female athletes that are new to showing up to open gyms end up not getting enough instruction on rules and safety principles without these two weeks. This makes it hard for them to be safe and have a fair chance at making the team when tryouts occur. I am highly in favor of the other moratoriums since it gives everybody involved much needed time off. For this specific moratorium however, players still end up practicing to get ready for the season except now they are forced to do it without the expertise of their coaches. Other sports have gotten rid of this moratorium. It is time to do it for girls lacrosse as well.
Region 4 - 5A	Coach	The 20 hour limit is ridiculous. 30 hours limit would be nice. What you really need to do is get rid of the transfer rules! But you won’t because all of the schools will be more even and you won’t have corner canyon bringing in a spot light to Utah.
Region 4 - 5A	Coach	The boys need all the coaching they can get. If they can’t show up then they can’t. But this limits the players that can and want to get more practice and coaching. Especially since the boys can afford their own personal trainers, it gives our guys a better chance.
Region 4 - 5A	Coach	We are a school who doesn’t have many trained athletes come to join our program. Because of this we are constantly training athletes. We need the time to train these athletes to prevent injuries and also build a strong program.

Region 4 - 5A	Coach	how would these rules affect activities like music, marching band, debate and theater.
Region 4 - 5A	Coach	one of my sports I coach is wrestling and 15 hours a week when our tournaments are on Friday Saturdays is tough to have them trained and ready for competitions
Region 5 - 5A	Coach	As a parent, coach and parent of two college athletes — I think family time is so rare already and time to be young and be involved in other things- especially friend and family time is critical! If you as the State will add more restrictions, families will have more time, and there will still be plenty of time to focus on sports development.. if it's not mandated, every program will creep in at different dates and times and families are left with no summer, no dinner time.. and kids are maxed out with their sport, thanks for looking at this ;);)
Region 5 - 5A	Coach	Cheer is hard to define a "season" for. Our comp season is its own schedule but they are to every sporting event throughout the entire year not just basketball and football
Region 5 - 5A	Coach	Cross Country who also coach track and field get shafted. Currently the track and field moratorium is in September and the Cross Country is in March. Why have them if they are in season. Basically what I am saying is there is no moratorium outside of every sport has to follow for distance runners and coaches. I would like to see you possible institute a rule where the coaches can decide when their moratorium occurs. Like if there is a Moratorium for cross country after the season ends. Let them pick when it occurs. Those who go to national races can keep coaching until they are done in November or December and can take a 2 or 4 week moratorium. If teams end immediately after the State Meet. They could take it off during November and start meeting again in December. I am not against having a defined time frame. I want to make sure that the moratorium schedule is based off what the UHSAA schedule is for the sport and not the national schedule. As coaches we need to look inward as to what High School athletics is about. There are many clubs formed to get around the moratorium policy, what school district policies they have in place. I believe if Moratoriums were set up it would encourage more two and three sport athletes. It would also increase the longevity of the coaches in the respective sports. I would love to be involved in the process of helping define how this would look in the future. Please contact me if you need someone who is a teacher/coach with children about ready to enter athletics. I would also like the practice time limit to apply when in school and to all activities not just sports. Jeff Rawlins 435-770-2399 jeffrey.rawlins@besd.net jffrrwlns@gmail.com
Region 5 - 5A	Coach	For the 20 hour limit, I think that lower it to 18 hours would be acceptable. I think that having 15 would be too little, especially for sports with tournaments on weekends. 15 would make it close to impossible to have sufficient time to ensure athletes know techniques and can play safely.
Region 5 - 5A	Coach	I appreciate UHSAA looking out for the well being of everyone involved since year round sports are very tricky to navigate!
Region 5 - 5A	Coach	I believe there are teams that will follow the rules and that an extra moratorium date is only going to hurt those teams doing what they are supposed to.
Region 5 - 5A	Coach	I feel that girls soccer games should be night games due to the heat and playing on turf. This would allow girls to be in school full time and not be checked out of school as well.
Region 5 - 5A	Coach	I think if there is a change to any of these rules, there needs to be a way to make sure that ALL schools are following them and not practicing when they should not be.

Region 5 - 5A	Coach	I think sports and the busy schedules prepare young adults for the real world. They prepare them for careers, families, spouses, and other commitments. Kids need structure. Let them practice, let them be apart of something bigger than them. They need it. Thank you.
Region 5 - 5A	Coach	I would not like to add any more limitations on sports.
Region 5 - 5A	Coach	I'd like to see moratorium after seasons get longer rather than changing the summer schedule. What I mean by this is after the state basketball tournament make it a 4 or 6 week moratorium rather then 2 weeks. Or say we can't do any activity until after spring break.
Region 5 - 5A	Coach	Life changing injuries are increasing and stopping kids from be active for their whole life's because of injuries in adolescence.
Region 5 - 5A	Coach	One of the benefits of competing in high school athletics is the commitment and dedication leads to improvement. I do believe coaches and parents can, and do, overdo it. I don't think mandating it in all cases is the answer.
Region 5 - 5A	Coach	The practice limit would be ok to keep at 15 but then not include team activities in that 15 hours. we use the 15 hours for practice but the other 5 for possible team dinners or hangouts.
Region 5 - 5A	Coach	This was a huge issue my first year coaching with other sports, family commitments etc.
Region 5 - 5A	Coach	Would love night games for girls soccer. During summer super hot and girls miss a lot of school. Would be easier for parents that work to support their kids.
Region 5 - 5A	Coach	please consider removing the 2 week prior rule for lacrosse
Region 6 - 5A	Coach	As a Tennis coach It would mean less skill practice but most of these kids are already playing the sport on the side and have 10 hours personal training time so it is too much. Let the kids have time to be more rounded.

Region 6 - 5A	Coach	As a coach of female soccer, I actually have a really hard time with moratorium. Unlike other male sports, our girls don't have a class for their sport, we also have such a small window to bring the girls together and bring them up to speed as a team before we begin competing. Regardless of moratorium rules, we are very aware of other schools and how they bend the rules or circumvent them to train all summer. No one follows the guidelines. It seems sports like football, which bring in money for the schools, adhere very little to moratorium rules. They go well beyond the 20 hr work week in the summer, and they are using weight lifting classes all year round to prepare. I think it would be awesome if each sport was able to have a practice class for those athletes. This could give more time to students and families for extracurricular activities, homework, etc after school. That class could be used for training, lifting, education around preventing injury, fueling for your sport, taking care of your body, balancing sport with academics and family life. I also think specifically girls soccer should be allowed to start earlier in the summer. We pack way too much in one season resulting in burnout and injury. If we could start earlier, we could have a better work/ rest ratio while still find success on the field. The December moratorium is rarely followed. I know families who have to cut vacations short, holidays short, because drill, dance, basketball, cheer, are requiring girls to practice over those holidays. Regulations are pointless if no one is willing to monitor them or actually hold coaches accountable. Those who follow the rules suffer,those that break them risk the athletes suffering. There has to be a better balance. Recently, our football team had its 1st and 2nd string QBs injured (all before region started) due to over working. The 3rd string QB was set to play but couldn't because he had a U. He had to make up that U the day before the game, missing school to do so. The priority there is not student athlete. That's a product of over working students, and not caring for them properly. The problem isn't moratorium, the problem is coaches and regulation and lack of education. Coaches need to be better educated on work and rest rates, conditioning to keep kids strong and not injured, health (mental and physical), and positive experiences over winning at all costs. Coaches need to be held accountable. Each sport should be looked at individually, each sport has different levels of work required to prepare for and execute properly for a season. It shouldn't be a one size fits all approach. Also, clarity. As a new coach when I went to look at the rules regarding Moratorium, it wasn't very clear what was and wasn't allowed.
Region 6 - 5A	Coach	As a high school soccer coach and an ELA teacher, students should NEVER be missing class time to take a bus to a far away school for game days. Games need to be scheduled later in the evening so we are not excusing kids from class so they can ride the bus to away games.
Region 6 - 5A	Coach	Cutting practice to 15 hours a week would increase chance of injury and make it harder to keep consistency within your team.
Region 6 - 5A	Coach	Every time sport restrictions are imposed, the only people that are impacted are those that actually follow the rules. It makes it difficult to run feeder programs with high school athletes, if more restrictions are imposed on the time you can be with them. The 2 weeks prior prevents a coach from getting their returning team and potential team members ready for try outs. Holding open gym or open court without being able to provide drills or coaching is unhelpful. The July moratorium should go from Monday to Friday. Not sure why it is Friday to Friday. Don't need to wipe out the end of 1 week and rest of the other. I understand the moratoriums around Thanksgiving and Christmas. Some sports have different rules than others so if it's going to be sport specific, then coaches should be made aware of that and have the opportunity to do what is best for their sport. If a rule can't be enforced, then why do we have it. I believe that athletes should have time off and have the ability to participate in other sports. However, sports that are taking time off after their season is over are finding that it is hard to be competitive with those who don't. Parents are also looking more to schools to provide those opportunities for their kids year round.

Region 6 - 5A	Coach	I appreciate that we are wanting to look at how things are structured with High School sports. One of the factors that is hurting high school sports is the fact that to many athletes are being told by AAU or Competition coaches in multiple sports that they can't play other sports or because they have commitments to these other teams even when those teams aren't "in season" that they can't miss practices or they are given consequences at times for being multi-sport athletes.
Region 6 - 5A	Coach	I like the idea of adding another moratorium, but not end of may-early June. We should choose which additional week in the summer
Region 6 - 5A	Coach	I think a practice limit would help my athletes become more efficient with their practice time. We currently run about 6-8 hours a week, which works out to 1-1.25 hours a day (six days a week). With warmup, dynamic exercises, the workout, cooldown and stretches, this often takes them two to three hours. Forcing them to not waster time would help them as student-athletes, and would help me as a coach.
Region 6 - 5A	Coach	I think if UHSAA puts more limits then people will go around them- such as dance studio owning coaches having their athletes in a class in the off season and it will make things more inequitable in a lot of ways
Region 6 - 5A	Coach	I think the biggest thing for me is stricter off-season guidelines. I do stuff close to year round with athletes (most of it is general strength/athletic training outside of a few months pre-season and then in-season) but always encourage the athletes to fully participate in other sports they like to participate in outside of our season. But then I run into athletes that aren't able to participate in my sport or not fully participate because their coach is requiring off season work that they can't miss for another sport. And if the coach doesn't specifically state they cannot miss any of it for another sport, the athletes are scared about their main sport's coach not treating them fairly because of it because they've seen how they treat others when they've not fully participated in off season activities. I had a group of 5+ female athletes want to participate on my track team but couldn't because the cheer coach wouldn't let them miss (more like they were scared of the retaliation for missing) their once per week 3 hour long off season practice that happened to fall on our meet days. So stronger off season guidelines would be helpful.
Region 6 - 5A	Coach	Lowering the 20 hour practice to 15 for drill team specifically would mean higher risk in injuries as the athletes would be required to get tricks and stunts at a faster pace. Cramming in what we do in 20 hours into15 would leave for little to no time to slowly train properly. Respectfully, who ever is breaking the 20 hour rule will also break the 15 hour rule. Why make it harder on everyone who is following the rules.
Region 6 - 5A	Coach	Make the moratorium for spring continious from the winter one
Region 6 - 5A	Coach	Practice is important, I support more off season stuff.
Region 6 - 5A	Coach	Thank you for looking at ways to create balance for coaches and their athletes. If there are moratoriums, coaches don't feel the pressure to continue to coach and students can really take a break. With that said, the moratoriums should be decided individually for each activity so that coaches can prepare students for out-of-state and national competitions when the sport/activity dictates.
Region 6 - 5A	Coach	none
Region 7 - 5A	Coach	1. No one is meeting the last week of May anyway 2. Sounds cute, but it won't be followed because it won't be enforced. Also, "open gym" type activities are the most risky for coach and athlete because they are not registered officially, don't have athletic trainers available, and because they don't often include multiple coaches. You do want to encourage more of that. 3. As a coach for 20 years and parent of four boys, my perspective is that lowering the 20 hour practice limit will do nothing but punish the programs and athletes who already follow the rule as they are the ones who will be compliant to a new 15 hour rule. The same programs (usually football, band, choir, etc.) will continue to flout the rules regardless of the number of hours. Any time, energy, or resources should be spent on helping enforce the current policy and the repeat offenders. Please do not punish those of us who are already compliant (usually swim, track, xc, tennis, etc.), unless the actually goal is to push more student athletes away from school sports and into the club ranks where there are fewer regulations. And if that is the goal, just say it.
Region 7 - 5A	Coach	Facilities is where we have the hardest time. If we didn't have class time it would be almost impossible to do what we are expected of doing. The way that is is right now I feel is already hard enough with the date and times adding or taking away more restrictions would only make it harder for us to get things done.

Region 7 - 5A	Coach	Fewer days to prepare will have a negative impact on student athletes. Without enough days to ease into practices, coaches will need to push sooner to get athletes into appropriate shape. If students do not have appropriate time to acclimate their bodies injuries will also increase. This is a bad idea
Region 7 - 5A	Coach	I coach cheer. I am curious what a defined off season would look like for cheer seeings as we cheer for basketball until March and then have to turn around and start prepping for football next season. Without that much time we would not have uniforms or be adequately prepared to stunt safely in football season. I try and give my teams as much time off as possible (more than the 4 weeks in summer) but I know not all coaches do.
Region 7 - 5A	Coach	I do think there needs to be more time off for players and coaches. But for the sport I coach, having a moratorium at the beginning of summer is not the best choice. That's when our local colleges offer all of their summer camps. I would rather have that time off when it's more practical for our sport
Region 7 - 5A	Coach	I feel like high school sports is quickly shifting towards a full-time gig if you want to stay competitive. Which it shouldn't be that way, kids should still get the chance to be kids. The transferring/recruiting situation is out of control, and it makes for an unlevel playing field. The region alignments are a joke, why we're not looking at register my athlete more and past success or lack of success to determine where teams are placed is beyond me.
Region 7 - 5A	Coach	I know many schools in my region that don't follow the required moratorium from practice which makes it unfair to the schools who do, because we start to fall behind in practice hours. I believe there needs to be stronger restrictions, and consequences for schools that are found practicing when they shouldn't be.
Region 7 - 5A	Coach	I love sports, and I played 4 sports for all 4 years of high school, but these kids also need to be kids. It is important to have rest days and if some coaches and staff don't see or recognize this, then we need to have rules set in place. You don't need to be spending 3 plus hours every day for a high school sport. Their young bodies need to learn to rest and recover and it is up to us as the adults to make them.
Region 7 - 5A	Coach	I support having additional moratoriums and a decreased maximum practice hour limit. I think in most sports that would be very beneficial for the athletes to have slightly more off-time as it will help with injury recovery, burnout, etc. However, while I support that same idea for drill team members, I think less time spent at practice would fundamentally change the product of routines and the current standard of quality that we see during competition season. Our sport requires a lot of hours, repetition, and near perfection in order to place in the top at state. Less hours practice seems to signify it would be slightly lesser quality in our routines, which is why I feel conflicted about this issue.
Region 7 - 5A	Coach	I think non-mandatory hours working out should not count in the 15 or 20 hours. For example, we lift for one hour three times a week in season. But this is not mandatory. All other practices and meets are, and should be counted in the 15/20 hours.
Region 7 - 5A	Coach	I think something needs to be done about out of season sports having “optional” practices that interfere with in season sports. We have a lot of boy track athletes who are pressured into missing track practice during the season to attend “optional” football practices that are happening at the same time as track practice. It’s not beneficial or fair for these kids to have to pick between sports, especially when one isn’t even in season. The whole point of high school sports is to allow these kids multiple opportunities to try new sports. It’s also not fair for coaches to feel like they are competing against coaches at their same school.
Region 7 - 5A	Coach	I would be really supportive of lowering the weekly practice limit a little, to about 18, but only if that could be the case September-June. Many big camps happen in the beginning of August before the school year starts.
Region 7 - 5A	Coach	I would like the tennis season to extend two weeks longer to give time for weather delayed matches, rescheduled matches, tournament play, etc. Athletes need more time to recover physically from 3 hour matches 2-3x per week. Our region 7 voted to play everyone twice plus a few pre season matches totally 18....That is a lot in a short period of time.
Region 7 - 5A	Coach	If a longer preseason moratorium was implemented, it would be beneficial to allow sport specific training in the 2-3 weeks prior to tryouts to allow athletes to knock off any rust and best prepare them for the season, especially with the short window for the start of competition in the spring season. This could be non-contact for sports like lacrosse and be limited to skill based drills and sport specific footwork allowing a ramp up to prevent injuries when contact begins. If anything moratorium should be in the opposite season. i.e. Spring sports have a moratorium (excluding weight training/conditioning) during the fall sports season and through early winter season with open gym style sport specific training allowed to begin 1 month prior to the season start date.

Region 7 - 5A	Coach	If anything, I think the limits need to be removed. I am sure that some schools aren't even following the current policies, and what that does is puts everyone else behind and doesn't create a level playing field. I am constantly having the students I coach come and tell me they wish they could be doing more, but we have to tell them no to follow the policies, or it is during a moratorium time. I strongly, strongly oppose adding more restrictions. Please don't try and control the lives of these students. They should be able to play what they want, and if it begins to be a problem, it should be under the discretion of the school Athletic Director.
Region 7 - 5A	Coach	If you change practice times from 20 hrs to 15 hrs, it will destroy high school sports. Kids will go to club teams becaue high school teams in the state of Utah will no longer be competitve on a national level. Because football and other sports are lucrative activities, people want their kids to be dedicated to them. Some people rely on practicing the sport of college and NIL opportunities. If the state is not willing to create a space for these kids, I am sure that a wealthy parent will and create competive club organizations where kids can be properly trained for elite, national level athletics. I guess if the legislature is okay with Utah high school sports being the supposed G league of sports, then I guess this is okay.
Region 7 - 5A	Coach	Leave it the way it is, and the legislature needs to stay out of it. They are not coaches or athletes and shouldn't be governing anything on our high school sports. It would be really killing some of our athletes possibilities with our biggest tournaments. Where the most college coaches will be watching very intently!
Region 7 - 5A	Coach	More moratoriums mean less freedom, less development, and less opportunity. Student-athletes benefit from thoughtful local decisions, not blanket restrictions that micromanage programs already operating under heavy oversight.
Region 7 - 5A	Coach	My fear is that if we lower the time we have with student athletes, club sports will fill that time and high school sports will become obsolete and unimportant
Region 7 - 5A	Coach	Softball is a demanding sport in Utah due to the condensed spring season. With teams often playing three to four games per week (not counting rain out/snow out make up games), plus weekend tournaments, athletes have little time for rest and practice. This intensive schedule makes it challenging to adequately prepare for games, as practices are often limited to one or two sessions per week. Moving the high school softball season to the fall could significantly benefit student-athletes. By transitioning from summer play, their bodies would already be conditioned for the rigors of competition, potentially reducing the risk of injury. A fall schedule would also allow for a more balanced rhythm of games and practices, promoting better physical health and skill development. The current spring season's compressed schedule, with its focus on frequent games and limited practice time, hinders athlete development. This lack of practice makes it difficult for coaches to fully prepare players and refine skills. Instead, it places a heavier emphasis on off-season activities, such as open gyms. My coaching staff values and encourages all our student athletes participation in other sports and personal time with family, but the current format forces a difficult choice between keeping athletes healthy and adequately preparing them for a highly competitive 12-week season.
Region 7 - 5A	Coach	Some sports have "open gyms" or "highly recommended" tournaments, matches, etc. off-season where students feel pressured to join in the off-season in order to make their respective teams. There should be policy around this because it is forcing students to dedicate time to other sports in the off-season and not be able to commit to other season sports.
Region 7 - 5A	Coach	The last question including travel concerns me.... especially for teams that have to travel further for games/matches. It wouldn't be fair for them to lose practice time sitting on longer bus rides due to their geography. I think a daily practice limit of 2 hours of something close to that would be more appropriate. Also, the biggest problem I see is kids playing multiple sports at the same time.... basketball practice straight to football conditioning or 7 on 7 in the same day.... or off season lacrosse open gym straight to an off season basketball scrimmage/tournament.... Multi sport athletes are pulled in all directions and the sport coaches seem to only care that the kids show up to their specific sport activities without regard to the overall workload of the student athlete. We had one coach at my school tell a student athlete to not run cross country because it would destroy their fast twitch muscle for basketball. This student athlete feels pressure to show up to off season basketball activities during cross country season and is suffering from physical overtraining and mental strain from trying to please 2 coaches at once....

Region 7 - 5A	Coach	The time isn't the issue at our school for our sport. Access to facilities is the bigger issue as well as the competition we are being placed against. It is other schools having better resources/more athletes that make it difficult.
Region 7 - 5A	Coach	There is no need for any change at this time.
Region 7 - 5A	Coach	These questions are very leading and don't get it the heart of any issue. Of course sports interfere with athletes and coaches ability to do other things. Any activity that I choose to do would interfere with my ability to do other things during that time. Athletes want to commit time to the sport and they will continue to do so, regardless of any rule change. If you change it so a sport can only practice for 15 hours a week, it will just cause athletes to do more on their own or with privatized clubs. Coaches want to spend time coaching their sport, it's what we love to do. Changing the time limits or adding weeks to moratorium only punishes athletes and coaches, it doesn't help anyone. Instead of changing your rules, try actually enforcing the rules you have in place. There are plenty of groups that go over time every week. Don't punish those who are doing what they love and following the rules while doing it.
Region 7 - 5A	Coach	Utah's sport moratoriums have gone too far. What began as a safeguard has become an overreach of regulation that limits athletes' opportunities, burdens coaches, and hurts programs. Instead of protecting students, these excessive restrictions rob them of valuable growth and development. It's time to scale back the red tape and return to trusting schools and coaches to do what's best for their athletes.
Region 8 - 4A	Coach	Softball is a demanding sport in Utah due to the condensed spring season. With teams often playing three to four games per week, plus weekend tournaments, athletes have little time for rest and practice. This intensive schedule makes it challenging to adequately prepare for games, as practices are often limited to one or two sessions per week. Moving the high school softball season to the fall could significantly benefit student-athletes. By transitioning from summer play, their bodies would already be conditioned for the rigors of competition, potentially reducing the risk of injury. A fall schedule would also allow for a more balanced rhythm of games and practices, promoting better physical health and skill development. The current spring season's compressed schedule, with its focus on frequent games and limited practice time, hinders athlete development. This lack of practice makes it difficult for coaches to fully prepare players and refine skills. Instead, it places a heavier emphasis on off-season activities, such as open gyms. My coaching staff values all of our studentathletes participation in other sports and personal time with family, the current format forces a difficult choice between keeping athletes healthy and adequately preparing them for a highly competitive 12-week season.
Region 8 - 4A	Coach	A lot of coaches expect WAY too much year round and make athletes miss family time, ability to hold a job, and enjoy the one time in their life they can be a kid and have fun. We are expecting athletes to only focus on sports and not enjoying their last bit of time before becoming successful, well rounded adults. They need time off, too!
Region 8 - 4A	Coach	From a coaching perspective more time would be nice. However, sports are becoming much more than they were just a few years ago. I think the current expectations are too much, but you have to push the limits to be competitive.
Region 8 - 4A	Coach	I think sports have gotten way out of hand. Coaches demanding students practice and play year round. Athletes are forced to choose one sport and are not allowed time to participate in other sports or family activities.
Region 8 - 4A	Coach	Softball needs to be a fall sport. There are many reasons for this including scheduling, weather but more importantly athlete physical and mental health. Injury risk would be reduced as most softball players play a summer schedule, then this would transition to fall HS softball. As it currently is, most softball players play almost year round. The spring season is so condenses, you don't get proper recovery or practice time and end of year activities have made it tough for student athletes. The spring sport turn coaches into bad guys when many families want to take post winter vacations (including spring break) but often games conflict, leaving student athletes with an unfortunate choice to make. Please consider moving softball to be in the fall,
Region 8 - 4A	Coach	The two weeks prior rule is the worst rule in high school sports. Not allowing a team to practice a sports the two weeks prior to competition makes no sense. All it does is punish the honest teams.
Region 9 - 4A	Coach	As a coach of track and field it's really difficult when athletes are made to feel like they have to be doing football or another sport during track season!

Region 9 - 4A	Coach	Each sport has different needs. More support could be given to new (all) coaches to help structure their year to balance in season and off season training. I would not supported having contact being prohibited. 20 hours is sufficient ti have athletes prepared, trying to complete everything needed would be difficult in less than 20 hours. That being said, no team needs 20 hours a week the full year. In season, yes! Out of season, programs can and should reduce the time commitment to allow athletes to continue training but allow opportunities for them to participate in other activities. There is a healthy balance, adding rules and constraints should be a last resort. Let's plan, train and support coaches!!
Region 9 - 4A	Coach	For basketball, we play in tournaments during winter break. It would be nice to have a longer or modified moratorium during winter break because it makes it hard to plan when to see family during that time. It makes it hard on my marriage every year.
Region 9 - 4A	Coach	I feel that reducing practices limits are good. Many of our players are doing mandatory lifting every morning for other sports in addition to our practices of 2-2.5 per day. Then off season sport often require participation to maintain a spot on the off season team.
Region 9 - 4A	Coach	I think there should be more defined and longer moratoriums for each sport. This will allow for more athletes to try other sports and not feel pressure to just play one sport. Also to hopefully decrease the amount of injuries we see as coaches. A two week moratorium after a season ends is not long enough. I also think there should be clarification on coaches who coach club sports during a moratorium period. I can see if moratorium is ever extended or made longer, coaches will go out and form "club" teams to get around not practicing with a "high school team".
Region 9 - 4A	Coach	Sport specific moratoriums should not be immediately before the start of the competitive season (boys and girls lacrosse)
Region 9 - 4A	Coach	While I applaud your efforts in trying to create more balance for everyone, moratoriums will only serve club teams in their efforts to surpass high school sports. High School coaches that also run club teams will continue to work while schools without one will adhere to the rules and do nothing. The gap between top tier programs and average programs will widen as athletes move to schools that have solid club programs with little to know time off. The idea of moratoriums is good but the execution of those ideas leave too many gray areas. In my opinion, leave it the way it is.