

**Horizon Christian Academy**

**Varsity and Middle School**

**Cross Country**

**2019**

**Athlete/Parent Information Packet**



**Cross Country Information Packet**

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1. Welcome letter from Coach Hellmeister

**Items to be filled out, signed, dated, and returned to Coach Hellmeister**

**Student Initials or Signature are highlighted yellow**

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   2. Attendance Policy
   3. Uniform Policy
   4. Team guidelines (In-season)
   5. Program Rules
   6. Lettering Requirements (Varsity Only)
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2. **Physical Evaluation Form** *(If you already have a physical form on file from a previous sport this school year, you will not need to complete this form)* ***it’s in the Horizon Christian Athletic Package or you can call the Athletic Department to request one. Must have it on file before they can participate.***
   1. History Form
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**Items to be kept for future reference**

1. 2019 Important Date Calendar

* 1. Season practice and game schedule
  2. Coach Hellmeister’s contact information

**2018 Boys Basketball Welcome Letter!**

HCA Families,

Welcome to the season! Thank you for trusting me with your son or daughter and their efforts to run cross country at Horizon Christian Academy. I am extremely excited about what God has in store for our runners this year as we build upon a well-established middle school program and initiate for the first time under my coaching a Varsity program.

As all of the returning runners know, the first several days will be exhausting, as we will work towards a specific goal—whether it is a distance, a time, or a race length. Cross Country is designed to instill in each runner a mental and emotional toughness and determination, and ultimately it is a victory in the heart which we seek on and off the trail.

I ask everyone to understand that muscle soreness and fatigue are expected and are an acceptable part of the conditioning program. There will be a mandatory week of physical conditioning in the summer which will help prepare the runners for the Fall Season. Being strenuous now will help us succeed during the meets, whether home or away. I will never expect anything from the players that I cannot nor will not perform with them.

As we prepare for this season, we will remember the ultimate purpose we have in our athletic endeavors. We seek to honor Christ in everything we do.

God Bless,

Coach Hellmeister

**Vision and Goals**

**Vision**

**To raise up a team of runners who chase after a deeper relationship with Christ and with others.**

**To institute a Varsity Program which rises to the GICAA competition level.**

**To lead students in a better understanding of God’s role in their lives.**

**Goals**

1. **Discipline**

***“*** *Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.*

*Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize” 1 Corinthians 9:24-27*

1. **Excellence**

*“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.” Colossians 3:23-24*

1. **Attitude**

*“Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world,” Philippians 2:14-15*

1. **Relationships**

*“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.”*

**Parent Involvement**

**Parents are encouraged to help out in a number of areas outside of practices. Some of these opportunities can be found on this page.**

1. **Team “Mom”—parents who are willing to provide the students with popsicles after practices as a treat, provide beverages and snacks for meets, and help out if other needs arise.** 
   1. **One of the biggest needs is coordination of media. The Year Book Committee needs high quality photos of runners and meets from a high quality camera.**
2. **Home Meets—parents are encouraged to help set up and operate home meets. This includes being positioned at key spots to make sure the students are running safely and without interference, keeping track of times for runners, taking pictures, and encouraging runners.**
3. **Parent Nights—on the schedule are a few Family Run Nights, such as the annual DQ Fun Run. Because this event is off campus, parents will be essential to the safe execution of this event. Parents can post up along the route or run with the team.**
4. **Ice Cream Social—at the end of the season, we will be celebrating the achievements of the team with some team oriented achievement awards. Last year we put together an ice-cream social. In this same vein—I am always open to ideas—we will again celebrate the team.**
5. **Parent Work Day—the cross country trail is in need of TLC. In order to have it operational for the Fall, it will take a day of cleaning and restoration to make it usable. This will be a day of cutting up tree limbs, laying down rocks, establishing root and rock free running paths, and creating signage to guide runners through the woods during meets.**

**2018 Horizon Christian Academy Student-Athlete Contract**

Welcome to the 2019 Horizon Christian Warrior Boys Basketball team. Below you will find important information that pertains to the 2019 season. Understanding and adhering to this information is imperative to your success and the success of this program.

**PLEASE INITIAL EACH ITEM. YOUR INITIALS SHOW YOUR UNDERSTANDING OF EACH ITEM.**

\_\_\_\_\_\_\_ I understand the afternoon practice schedule given to me. I also understand that it is subject to change.

**First** unexcused tardy or absence can result in endurance drills as determined by coach.

**Second** unexcused tardy or absence can result in suspension from one meet of the next competition.

**Third** unexcused tardy or absence will result in a complete game suspension or removal from the team.

\_\_\_\_\_\_\_ I understand that if I must miss practice or a meet, excused or unexcused, I MUST contact my coach **PRIOR** to that practice. I understand that if I do not notify my coach prior to missing practice I may NOT be allowed to participate in the next competition.

\***Unexcused is determined by the coaching staff**. *Failure to contact your coach prior to missing practice will be considered an unexcused absence regardless of the reason you are missing*. Understand that you are making a commitment to this team. Practice is essential for improvement. Please plan accordingly in scheduling appointments, trips, etc.

**\*Injured Players**. Injured players are not required to attend practice but are encouraged to do so none the less. They will travel with their group, as they are capable. If a player chooses to miss practice or a game due to an injury, it will be unexcused unless the player has a doctor’s appointment.

Being a student-athlete is a major responsibility. You must be able to manage your course work and your athletic work. Make every effort to schedule help sessions, make up work, etc, outside of practice time. Making up a test, finishing a project, detention, etc. is NOT an excuse for missing practice. **Manage your time to fulfill all of your commitments.** On the rare occasion that you cannot schedule around practice due to your teachers other commitments, you MUST tell your coach prior to missing practice. The coach will determine if the absence is excused.

I understand the above attendance policy and will abide by all of the guidelines defined by the HCA Basketball Program.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

Student Signature Date

**Uniform Policy**

\_\_\_\_\_\_\_ I understand I will come to practice in running shorts and a t-shirt with closed toed shoes. Headbands and wristbands are permitted. Practice shirts do not have to be HCA logo, but need to be appropriate. Proper running shoes are **required**.

Mondays: Navy Shirt

Tuesdays: White Shirt

Thursdays: Gray Shirt

\_\_\_\_\_\_\_ I understand that I am **NOT allowed to wear JEWELRY during PRACTICE or COMPETITION**.

Jewelry includes earrings, rings, bracelets (including Live Strong, etc), anklets, necklaces, etc. The National Federation of High Schools does not permit such items at games and therefore it will not be permitted at practice. It is a safety issue. Religious and medical medals will be permitted as long as they are taped to my body and do not show on the outside of my uniform.

\_\_\_\_\_\_\_It is my responsibility to bring and wear the proper attire **EVERY DAY**. It is my responsibility to take the attire home at the end of the day. Failure to clean up after a practice session will result in disciplinary action.

\_\_\_\_\_\_\_I have read the team guidelines and understand what is required of me at practice during the season. (See below team guidelines)

\_\_\_\_\_\_\_ Uniform will be returned at the end of the season washed and repaired(if necessary).

I understand the above Uniform policy and will abide by all of the guidelines defined by the HCA Basketball Program.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

Student Signature Date

**H0RIZON CHRISTIAN ACADEMY Cross Country GUIDELINES**

1. Be at practices on time and in the proper uniform. Practice starts at 3:35.
2. Use encouraging language at all times. Vulgar or degrading language will not be permitted.
3. Fighting will result in suspension from the team.
4. No serious school rules infraction. Incidents may result in suspension or removal from the team.
5. One detention or less during a week. More than one detention will result in a one-game suspension.
6. Pass all grades/classes during the Basketball season
7. Treat coaches, teammates ,Officials and opponents with respect

**Program Rules**

We are a team. We represent our school, our team, our coaches, our teammates, our families and above all Christ.

\_\_\_\_\_\_\_ I understand that I MUST have a valid physical on file in order to participate... I understand that the physical must include History Form, a Physical Examination Form and Clearance Form signed by a doctor, valid health insurance information, and the Transportation Consent and Liability Release. ALL information must be fully complete.

\_\_\_\_\_\_\_ I understand that I MUST have a signed Horizon Christian Athletic Code of Conduct Form on file.

\_\_\_\_\_\_\_ I understand that the coaching staff will check my grade reports. I understand that if I am failing, or nearly failing, any class, I will be assigned extra help sessions and will have to get a weekly progress report from each class in which I am struggling.

\_\_\_\_\_\_\_ I understand that if I do ANYTHING to discredit this program, I will be subject to punishment and possible removal from the program at the discretion of the coaching staff.

\_\_\_\_\_\_\_ I understand that classroom misconduct will not be tolerated. I am here to receive an academic challenge, not to see and be seen.

\_\_\_\_\_\_\_ I understand that I MUST respect all teachers, coaches, teammates, officials, opposing coaches, opponents and fans at all times in all situations. I understand that throwing of equipment, use of profanity, and arguing with officials will not be tolerated.

\_\_\_\_\_\_\_ I will obey my coach’s directions at all times.

\_\_\_\_\_\_ I understand that the Cross Country program is a competitive league and that the coach will determine position and whether or not a runner is eligible to run on the Varsity level if he or she is still in middle school.

\_\_\_\_\_\_\_ I understand that in order to leave a game or practice with my parents, they must check me out in person with Coach Hellmeister.

I accept the above terms of conduct and will abide by all policies of the HCA Basketball Staff.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

Student Signature Date

**Parent Signature Form**

Acceptance of Student-Athlete Contract

I understand all of the information included in the Horizon Christian Student-Athlete Contract. I understand that it is my student-athlete’s responsibility to abide by all of the items listed in the contract. I understand that my student-athlete(s) will be subject to disciplinary action and possible removal from the team should my student-athlete fail to comply with the team policies included in this contract. I understand that disciplinary action taken is at the discretion of the coach***.***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature Date

Parent Contact Information

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Secondary Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



HORIZON CHRISTIAN ACADEMY CROSS COUNTRY CODE OF CONDUCT

Horizon Christian students chosen as member of athletic teams will conduct themselves at all times as representatives of Christ. Horizon Christian administration and coaches believe that high standards of conduct are essential to maintain a sound athletic program to assure these standards, coaches and sponsors will enforce the Athletic Code of Conduct. Team members who violate the code will be subject to immediate disciplinary action which may include expulsion from the team and the forfeiture of the privilege of engaging in athletics for the remainder of the school year.

1. A student-athlete who uses or possesses illegal drugs or alcohol on or off school will be suspended from athletic participation for equivalent of one sports season. A second offense will result in loss of athletic participation while a student at Horizon Christian, assuming that the student is allowed to remain at Horizon Christian. The coach may add other disciplinary action such as loss of team captain, running, or community service.

2. Any student-athlete convicted of possession of drugs with intent to distribute drugs will be permanently banned from athletics if not expelled from the school.

3 A student-athlete who is arrested for or charged with a misdemeanor involving moral turpitude or any felony crime will be automatically suspended from athletics until the Athletic Director and Head of school make a disciplinary ruling.

4. A student-athlete who commits the following offenses shall be disciplined by the team coach which may include but is not limited to suspension or permanent dismissal from the team: use of tobacco, theft, fighting, hazing, skipping practice, acting in an unsportsmanlike manner when representing the school, any act at school or away from school resulting discipline by school administration, any act at school or away from school which in the opinion of the coaches and administration reflects in a negative manner on the school or athletic program.

5. A student-athlete who loses school issued equipment or fails to return equipment or uniforms to the school must pay for the loss. The student-athlete is not allowed to participate in another sport or attend the sports awards program until all debts are cleared.

6. A student-athlete who is placed in out-of-school suspension cannot participate in or attend any games or practices during the suspension. A student-athlete who is placed into ISS cannot participate in games during the ISS days but is required to practice. The head coach may assign additional running drills.

7. A student-athlete who **quits a team or is removed** from the team once it has begun official practice cannot begin another sports season or practice until the sports season ends that he quit. If there is a mutual decision by the coach and player to discontinue a player’s participation on a team then the player can begin practice with another sport *without* penalty.

8. Each coach has the prerogative to establish additional rules pertaining to the activity supervised. These rules may include attendance at practices, dress, language, locker room cleanliness, horseplay, being on time, and general conduct on buses or at off-campus activities.

A student-athlete and his/her parents may appeal in writing to the athletic director within three days of the disciplinary decision. The Athletic Director will meet with coach, parents, and athlete and discuss the circumstances. The AD will make the will make the final decision in matter. The parents/player can appeal to the Head of School on the grounds of policy or procedure, if not satisfied with final decision.

**My signature acknowledges that I have read the Athletic Code of Conduct and agree to abide this** **code.**

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Important Dates**

**Parent Work Day**

**July 27**

**9AM-12PM**

**-cutting and moving tree limps and stumps**

**-maintenance of the course**

**-marking the path, filling in holes.**

**Summer Conditioning**

**July 30-August 2**

**First Practice:**

**First Day of School**

**Practice Schedule**

**Middle School Cross Country**

Mondays/Tuesdays/Thursdays:

3:30-4:30

**Varsity Cross Country**

***Mondays/Tuesdays/Thursdays***

3:30-4:30

***Wednesdays***

3:30-4:00

***Saturdays***

Mandatory Self-Regulated Run (5K or longer). Use any app to keep track of distance. Save the picture.

**Coach Contact Information:**

**Coach Kristofor Hellmeister**

Head Coach

Email: [Kristofor.hellmeister@hcaga.org](mailto:Kristofor.hellmeister@hcaga.org)

Cell Phone: 678-617-5724

Coach Kellie Wray

Assistant Coach

Email: Kellie.wray@hcaga.org

To stay up to date with any changes or immediate communication, download **Remind 101: @hcawar**

Fun Run and Release of Liability for Participants

Participant Information Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth (if under 18): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

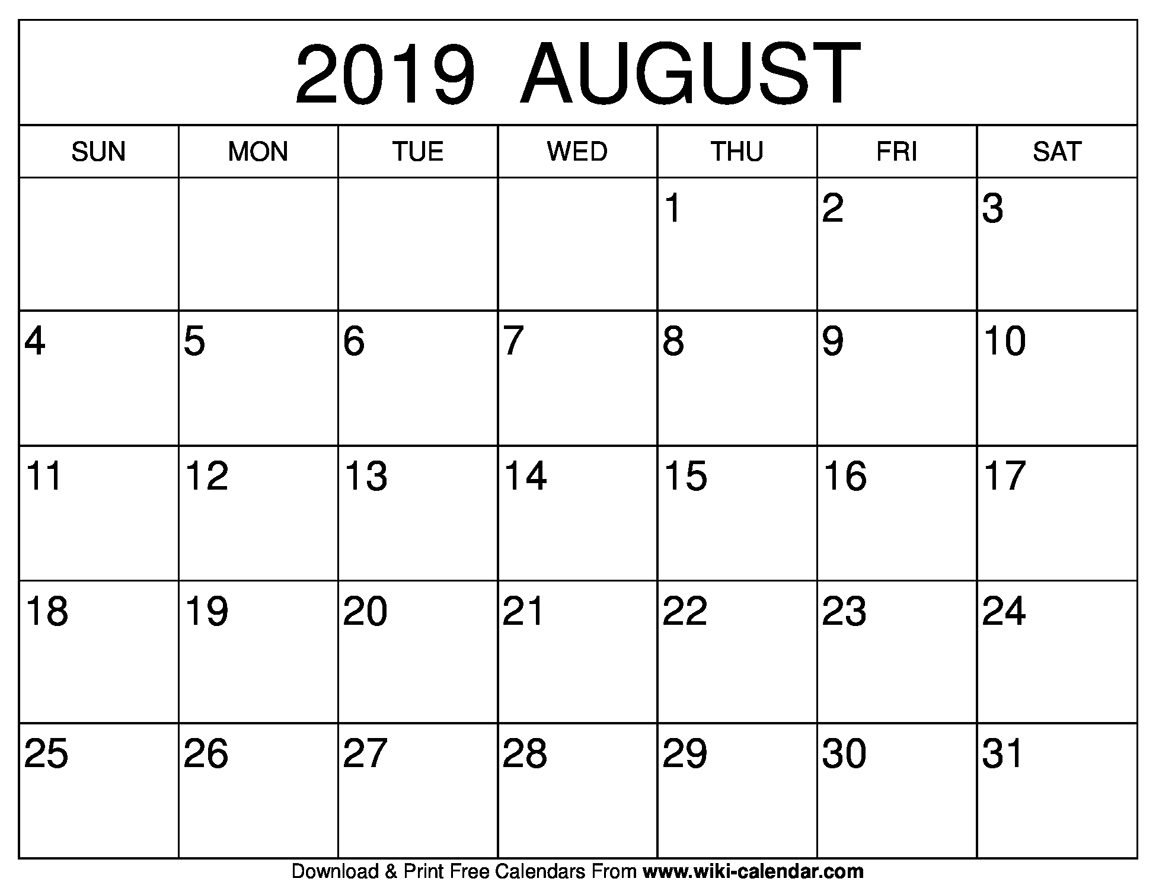
In consideration of being permitted to participate in Horizon Christian Academy’s DQ Fun Run, I agree to assume all risks inherent in participation in such program, whether they are apparent to me or not. I certify that I am in good physical health and fit to participate. Nevertheless, I acknowledge that participation carries an inherent risk of injury to my person and damage to my property. I hereby waive and release, for myself and for my heirs and assigns, any and all claims, causes of action, or liabilities which may hereafter accrue against Horizon Christian Academy, and its affiliates, their agents, employees, volunteers, officers, directors, successors and assigns that may arise as a result of my participation in this event.

Signature of Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This section to be read and signed by parent/legal guardian if Participant is a minor:

As the parent/legal guardian of the above-named Participant, I hereby waive and release on behalf of my child, any and all claims, and causes of action, or liabilities which may hereafter accrue against Horizon Christian Academy and its affiliates, their agents, employees, volunteers, officers, directors, successors and assigns, by reason of my child’s participation in said program, including any and all claims for personal injuries. In addition, I accept full responsibility for the care and supervision of my child during the above-described run.

Signature of Parent/Legal Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Conditioning Conditioning Conditioning Conditioning

8th and up

First Day of Practice

Practice Varsity Practice

Practice Practice Varsity Practice

Practice Practice Varsity DQ Family Run

Practice Practice Varsity @HCA

Labor Day

No Practice Practice Varsity @ HCA 

Meet

CVS Run FR FR FR FR

Practice @Wesleyan Varsity Practice Rangers Inv.

Practice @ Varsity Practice @ Hebron

October 1 October 2 October 3 October 4 October 5

Practice Meet Varsity Zaxby’s Night Konos @

Fayeteville