

# HCA Cross Country Preseason Information

**To: Uprising 4<sup>th</sup> – 12<sup>th</sup> Grade Students and Parents**  
**From: HCA Administration**  
**Re: Cross Country Preseason Information**  
**Date: June 1, 2022**

Please note the below information regarding HCA Cross Country in the fall. Students currently in uprising 4<sup>th</sup> -12<sup>th</sup> grade that are interested in running cross country can sign up by emailing Coach Laura Williams at [l.williams@hcacrusaders.com](mailto:l.williams@hcacrusaders.com).

## **Preseason Practices:**

If your student is interested in cross country, we encourage them to attend as many of the preseason practices as possible to build endurance for running. We will have preseason practices on Mondays, Tuesdays, Thursday, and Fridays from 6:45am-7:45a.m. starting in July (excluding July 4).

## **Tryouts and Official Practices:**

The first official day of fall sports tryouts is Monday, July 25, 2022. The first official day of practice is Thursday, July 28, 2022.

All students trying out for any fall sports team must be registered/enrolled for the new school year before they will be allowed to attend practice (this applies to any sport once the first day of practice has begun).

**For students to be eligible for tryouts on Monday, July 25, 2022, they must turn in the following items** (students who do not turn in the following items will not be allowed to try-out until they do so). Forms can be found on the school's website under Resources.

1. Sports Physical Examination from a Doctor (**MUST use TACS form on the website**) – good one year to date.
2. Concussion Information Form
3. Cardiac Arrest Form
4. HCA Student/Athlete Agreement
5. \$175 athletic fee – contact Davida Black ([d.black@hcacrusaders.com](mailto:d.black@hcacrusaders.com)) in the school office to pay online or submit payment in the office.

## **Athletic Attire:**

### Practice Uniforms

All athletes are required to purchase an HCA practice uniform to wear during practice. We recommend they purchase two or three. Note the information below.

### Warmups

Athletes are required to purchase the HCA athletic warmup set. If they have one from last year, they do not need to purchase another set. The set is green with a white stripe on the side with the HCA helmet logo on the jacket. The cost is \$65.00.

## **Eligibility:**

All athletes must be passing all subjects and maintain a C average overall. For example, an athlete can have all A's, but if he has one F he will not be eligible to play. Also, if a student is passing all classes but has 3 C's and 3 D's he will not be eligible to play because he is not maintaining a C average overall. These are the Tennessee Association of Christian Schools' (TACS) eligibility policies. **All grade averages are cumulative from the first day of each semester.**

If a student is off for grades, he will still be required to attend practices and meets unless instructed differently by his coach. Ineligible players are not allowed to attend championship meets. Sometimes when an athlete is off for grades, he is required by the coach to not participate in practice. If the coach does not deem it necessary for an ineligible athlete to attend the game competition with the team, the athlete will not be allowed to attend the athletic function.

**Game Season:**

The competition season will start the end of August and will end around mid-October. The season will average about one meet per week (usually on either Monday or Tuesday—however, some meets may take place on Saturday morning).

**Practice Times:**

Practice will be every weekday from 3:30 p.m. to 4:45 p.m. except meet days and Wednesdays. Times may vary on some days.

**Try-outs and Playing Time:**

Please realize that the players exemplifying the best skills, attitude, and work ethic will be chosen for HCA athletic teams. Players chosen for the team will be given as much competition time as possible; however, these are competitive sports and there is no guarantee to the amount of competition time each athlete will receive.

**Transportation:**

The school will provide transportation to practice and meets when possible. The athletic office will communicate in advance the details of transportation for practices and meets. Practices will be at our North Campus, and parents need to arrange transportation for their athlete when needed. It is important athletes are on time for practices and meets.

If an athlete rides the bus to a game and chooses to not ride the bus back to the school, the parent must give permission and notify a coach ahead of time.

**Note to Parents:**

If an athlete chooses to drive or ride with another person to an athletic event without his parents' knowledge when the school provides transportation to an athletic event, the school will not be held accountable or liable for the athlete's decision. It is normally required or recommended that all athletes ride school transportation to athletic events when provided.

**Athletic Handbook:**

Athletes are expected to abide by the policies in the Athletic Section of the Student Handbook (available August 2022).

**Season Commitment:**

Once an athlete has committed to the team, he/she is expected to complete the season. Students who do not attend practice for any length of time for any excuse other than a medical excuse when present at school will be dismissed from the team. Athletes who do not compete in the final meet of the season will be considered dismissed from the team.

# HCA Cross Country Uniform Order Form

The following items will be required (except for the backpack) for all athletes competing in HCA athletics. The items will be for all HCA sports. Once they are purchased, the athlete does not have to purchase them again (unless they outgrow them or they are damaged/lost).

\_\_\_\_\_ HCA Practice Shirt (\$12.00)  
YM YL S M L XL XXL

\_\_\_\_\_ HCA Practice Shorts (\$15.00)  
YM YL M L XL XXL

\_\_\_\_\_ HCA Athletic Warmup Jacket (\$38.00)  
YM YL S M L XL XXL

\_\_\_\_\_ HCA Athletic Warmup Pants (\$27.00)  
YM YL M L XL XXL

\_\_\_\_\_ HCA Athletic Backpack (\$50) – optional  
\*option for embroidered name (indicate name below if choosing this option)

Embroidered Name: \_\_\_\_\_

Total Due: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please turn in this form with payment (if not doing an over the phone/online payment) at the first day of tryouts on Monday, July 25, 2022.**