

HCYA Lions

Cross Country



Handbook 2012

Dear Parents and Runners,

Welcome to the Lions 2012 Cross Country season! This Handbook is important for you the parent and the child. Enclosed you will find program directives, procedures, forms, explanations, and important phone numbers. It is vital that you keep this information in a location where can find it. You will use it daily for the several months.

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HOMESCHOOL CHRISTIAN YOUTH ASSOCIATION

STATEMENT OF PURPOSE

The HOMESCHOOL CHRISTIAN YOUTH ASSOCIATION (“HCYA”) is a non-profit, Incorporated, Christian service organization established to serve home school families and students in the Houston and surrounding areas. The Board consists of volunteer Christians who desire to accomplish the following Statement of Purpose and who agree with the following Statement of Belief.

PURPOSE:

The purpose of the **HCYA** is to provide positive and constructive opportunities for the social, physical, and educational growth of older home school students in the greater Houston area. **HCYA’s** efforts may include, but not limited to, the operation of a home school Sport’s Day program, the offering of educational classes and workshops, and the publishing of a HCYA newsletter.

HCYA has purposed that the organization and all of its activities and publications will be consistently and forthrightly Christian to the honor and glory of the Lord God.

STATEMENT OF BELIEF

We Believe:

1. The Bible is the inspired and infallible Word of God and constitutes completed and final revelation. The Bible, in its original autograph, is without error in whole and in part, including theological concepts as well as geographical and historical details.
2. God has existed from all eternity in three persons: God the Father, God the Son, and God the Holy Spirit. Jesus Christ was God come in human flesh being fully God and fully man except without sin.
3. All men are in violation of God's righteous requirements and His Holy character both by nature and act, and are therefore under His wrath and just condemnation. The central purpose of the coming of Jesus Christ was to pay the penalty for man's sin through His substitutionary death on the cross – the successful accomplishment of which was attested to by His subsequent visible, bodily resurrection.
4. Salvation is offered as a gift, free to the sinner. This gift must be responded to in individual faith, not trusting in any personal works whatsoever, but in the sacrificial death of Jesus Christ alone.

OUR GOAL

To develop recreational and competitive sports, academic and social programs within our community, and to serve as examples for other programs beyond our community. To promote and become a sanctioning organization for home school competitive sports programs, leagues and tournaments across the state and eventually the nation. To accomplish this, newsletters and an **HCYA** web page on Internet (www.hcya.org), (www.hcyalions.com) will be used to promote and network with other organizations and leagues.

Welcome To HCYA Lions Cross Country Program

Our Team motto:

I can do all things through Christ who strengthens me.

Philippians 4:13

Our mission:

The participants, in collaboration with parents, and others will assist home school students in learning the fundamentals of cross country, commitment to Christ and to the team in conjunction with motivating them to endure through life long challenges, while staying fit.

Rules and Guidelines

Practice and Meets

- A t-shirt, shorts, sweat top and bottom, and running shoes, will be suitable for practice.
- Please wear appropriate attire and shoes to practices and meets.
- Warm up and uniforms are required to be worn during the meets if it's not too hot.
- You can purchase burgundy or gray sweats top and bottom from Wal-Mart or Targets (Gray sweat bottom and top for Middle School and burgundy bottom and top for High School are required)
- Practice is an essential facet of our team, I would like for all runners to attend every practice, and if not due to other reasons please notify the coach.
- Please be respectable to your teammates, coaches, volunteers and parents, any conduct otherwise can lead to suspension from the team.
- Please be respectable to the other teams, coaches, and families as well, do not display unsportsmanlike conduct. We are all representing Christ, our parents, HCYA, and our actions shall be pleasing to the Lord.
- Academics before track & field, if the parent feels their child's academic is not up to par, the child will not be able to run.
- Never gossip, or talk maliciously about your teammates, coaches or those in authority.
- PROFANITY, whether on or off the track & field, will not be tolerated at any time!
- No public displays of affection or alcohol use at any time while participating with HCYA (between boys and girls)
- Boy's no earrings will be worn in practice or at meets.
- Team members must participate in one or more fundraisers.
- Each runner shall have a recent physical examine sheet on file.

Runner's Pledge:

I have read and understand the responsibilities of being a member of the HCYA Cross Country program. I also understand that violation of these guidelines may result in disciplinary action. In certain circumstances, the Director may at his discretion reason it necessary to allow the runner another opportunity to remain in the program even after disciplinary steps have been taken. This allows for circumstances, which due to their nature may not be fully explainable or open to public scrutiny and gives the Director another opportunity to extend mercy and grace in situations where he may discern it is needed.

I/We _____ have read and fully understand the rules and regulation in association with the HCYA Lions cross country team and will abide by them all.

Runner Signature: _____

Parents Signature: _____



HCYA Cross Country

- Competitive Cross Country
 - Grades 6 – 12
 - No experience necessary
 - Uniforms provided
 - Cross Country meets will begin in August and the season runs through end of October. The 2012 schedule will be given out on August 12th.
 - Compete against public, private & Christian schools, and other homeschooled teams.
 - Practices will be held at **Tom Bass Park in Pearland TX.** (15108 Cullen Boulevard Houston, Texas 77047)
 - Cost/Season Fees 2012
 1. \$350.00 High School Team
 2. \$250.00 Middle School Team
 3. \$15.00 HCYA Membership fee 2012 school year
 4. \$10.00 for HCYA Lions t-shirts
 5. \$20.00 AAU Membership (Go online and register for card www.aausports.org)
 6. Possible YMCA membership (optional)
- **Every runner must join the HCYA organization. This is not an option. If you have joined through another HCYA organization, such as Sports Day, Basketball or volleyball , please complete the form and at the bottom note “joined at Sport Day” etc. The \$15.00 fee is per runner. There is no family rate for the membership fees.
 - Season fees helps pay for the cost of Cross Country meets, coach’s compensation, equipment, and uniforms.
 - Participation in National Home School Cross Country meet. There will be an additional fee for the State and National Cross Country meets for cost for room and board and entry fees.
 - We do not want finances to be a reason for not participating in the program. Please contact the Director, Cecil Shy if you have any questions.

Thank you for your interest in joining our team this year. May the Lord God bless each one of you.

Cecil Shy

HCYA Head Cross Country Coach

(832) 332-0591 Email: hcyalions@aol.com

HCYA Cross Country Season Fees Information Fall 2012

High School

High School Runners fees will be \$350.00 this year. (\$300.00 for 2nd, \$275 for 3rd children in same family) There are two options for payment (discount for the 2nd option).

Membership fee of \$15.00 is due August 9

Option 1. Payments on or before:

1. August 15	(1 st child \$150.00 – 2 nd child \$130 – 3 rd child \$110)
2. August 31	(1 st child \$100.00 – 2 nd child \$95 – 3 rd child \$90)
3. September 14	(1 st child \$100.00 – 2 nd child \$75 – 3 rd child \$50)

Option 2. Payment on or before

1. August 15	(1 st child \$325.00 – 2 nd etc. child \$275 – 3 rd child \$250)
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Middle School

Fees will be \$250 this year. (\$225 for 2nd, \$200 for 3rd children in the same family) There are two options for payment (discount for the 2nd option).

Option 1. Payments on or before:

1. August 15	(1 st child \$100 – 2 nd child \$90 – 3 rd child \$80)
2. August 31	(1 st child \$75 – 2 nd child \$70 – 3 rd child \$60)
3. September 14	(1 st child \$75 – 2 nd child \$65 – 3 rd child \$60)

Option 2. Payment on or before

1. August 15	(1 st child \$225.00 – 2 nd etc. child \$200.00)
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Please make \$15.00 dollar check payable to the HCYA organizations and season payments also made to HCYA. Make two separate checks. Payment can be mailed to:

**Cecil Shy
13931 Sorrel Grove CT
Houston, Texas 77047**

HCYA Lions

Cross Country Registration 2012

Runner Information

- Name: First _____ Last _____
- Address: _____ City _____ Zip _____
- Birthday _____ Age _____
- Home Phone: _____

Family Information

- Father's Name: _____ Mother's Name: _____
- Father's Work Phone _____ Mother's Work Phone _____
- Email address _____ Email address _____
- Emergency Phone Number _____ Relationship _____
- Emergency Phone Number _____ Relationship _____
- Does your Church have a gym that may be available for use? Yes No
- Church name, phone number and contact person. _____

Medical Information

- Does your child have any known medical conditions? Yes No
 - If so, what, (e.g., asthma, allergies, etc.) _____
-

Other Information Experience: _____ Years (seasons)

- Short size _____ Shirt size _____ (Adult sizes)
- Short size _____ Shirt size _____ (Youth sizes)
- Pants size _____ Jacket size _____ (Adult sizes)
- Pants size _____ Jacket size _____ (Adult sizes)

HCYA is a non-profit organization. In order to comply with federal guidelines we must include in our registration materials that we do not discriminate based on race and we must also keep records of our racial composition.

Please indicate which of the following group best describes your ethnic background. This information is voluntary and will be used in a nondiscriminatory manner, consistent with applicable civil rights laws. The information will be used for federal and/or state law reporting purposes only and will not be used in any admission or scholarship decisions.

- American Indian or Alaskan Native _____
- African America, Black _____
- Asian or Pacific Islander _____
- Hispanic or Latino _____
- White, Non-Hispanic _____
- Other not listed _____

Acknowledgements

We, the parents of the above player, have reviewed the Statement of Faith and the Biblical Precepts for Competitive Sports of *HCYA*. We will support the goals and rules of *HCYA* as it relates to competitive sports. We certify that we are legally homeschooling our child according to the laws of the State of Texas.

Parent or Legal Guardian _____

Date _____

Office Use Only

Registration Fee Paid (Date) _____ Deferred: _____

Medical Release Form (Date) _____

Make checks payable to:

*HCYA Lions Cross Country
13931 Sorrel Grove Ct.
Houston TX 77047*

UNIFORM AGREEMENT

The uniform you are issued is the property of the HCYA Cross Country Program. Every runner **MUST** turn in his uniform at the end of the last meet of the season. You must bring street clothes to change into after the last meet. The Parent Council will wash all uniforms and store them for next season.

Required Laundry Instructions:

- Wash your uniform after each meet
- USE only COLD water and mild detergent

It is imperative for each family to understand that we cannot replace a uniform. An entire new set for the whole organization must be purchased at a cost of thousands of dollars if we lose any. Therefore, this year we will impose a **\$60.00 fine** on any player that does not turn in his uniform to the organization at the last meet.

I understand that the uniform that I am issued is NOT mine, and I must turn it in.

Printed Player's Name & Signature:

I understand that I will be **fined \$60.00** if the uniform is not turned in at the last game.

Printed Parent's Name & Signature:

Volunteer Opportunities

- Assistant Coach: assist head coach in training the athlete, going to track meet, and holding practices.
- Team mom or dad: coordinates snack schedule , displays team spirit and encourages team
- End of year party committee: organizes the end of the year party gets the whole team involved...
- Fundraiser Coordinator: finds fundraising opportunities for team to raise money.
- State Cross Country meet coordinator:: finds hotels restaurants etc. for state meet.
- If you are interested in participating in any of these please fill out the next sheet.

“The ultimate expression of generosity is not in giving of what you have, but in giving of who you are.” *Johnnetta B. Cole*

Volunteer Sheet

Hi my name is _____.

I am interested in volunteering for _____.

Email: _____.

Contact number: (____) _____.

I greatly appreciate your desire to assist HCYA Cross Country team. There will be a meeting held for all volunteers to discuss further details.

Complaint Policy

Throughout the course of the season, we recognize that it is possible that a variety of concerns may arise or offenses occur between runners, parents, or coaches. In the spirit of Scripture and according to Matthew 18: 15-17, the Parent Board would like to recommend the following steps in resolving concerns, complaints, or offenses.

First, write a letter (via email or US mail) to the individual or individuals with whom you have a concern and clearly state the concern and any appropriate circumstances surrounding the issue. Second, if this does not resolve the matter to your satisfaction, please “take the high road” and address your concerns again directly to the person with whom you have issue. Third, if this does not secure acceptable results, you may contact someone on the Parent Board either through a letter or by phone and state your concerns to them with the intention of accomplishing resolution with the person involved.

Keep several ideas in mind when addressing your concerns:

1. We are a Christian organization made up of Christian parents, runners, and coaches who desire to live by the Word of God with the help of the Holy Spirit.
2. Because we are Christians, we need to respect each other and love one another as Christ love us. Gossip and slander against runners, coaches, and parents is not acceptable and we should refrain from it.
3. When addressing your concerns, please be humble about the situation and show forgiveness and compassion regarding whom it may concern.

The purpose of this policy is to help make you and the runner’s involvement with HCYA an educational and enjoyable running experience with minimal distractions, and without offending others.

Let love be without hypocrisy Abhor what is evil; cling to what is good. Be devoted to one another in brotherly love; give preference to one another in honor; not lagging behind in diligence, fervent in spirit, serving the Lord; rejoicing in hope, persevering in tribulation, devoted to prayer, contributing to the needs of the saints, practicing hospitality.

Romans 12:9-12