

Helfrich Park Cross Country

This information sheet is designed to answer questions about the cross country schedule and season. If you have any additional questions, please use the following contact information:

Mr. Hartmann: 812-435-8246(school), 812-777-5911(home), or chad.hartmann@evsck12.com.

Mrs. Dillow: 812-435-8246 (school), 812-760-7171 (cell) or mindy.dillow@evsck12.com.

Cost: There is a \$5.00 fee to participate in Cross Country. This money is used to purchase medals and ribbons used in our home meet, The Helfrich Park Invitational. This fee is also used to purchase trophies to recognize our eighth grade team members at our end of the school year recognition. This fee also helps with entrance fees to our meets.

Dress: Students should wear proper running clothes that are comfortable and allow for free movement. Running shoes and shorts are essential to good running. Heavy basketball shoes and denim shorts will make running difficult. Anyone not dressed appropriately will not be able to practice or participate in meets.

Cross Country T-shirts: These can be ordered for \$10. We will wear these at our meets to show off our school spirit and unity. The last day to turn in your order form and money is Thursday, August 17. Shirts will be printed and delivered near September 1.

Practices: Cross Country practices are *very important* to get your child's body prepared for long distance running. We will build mileage gradually during our practices, which are held Monday through Thursday from 2:30 – 4:00. It is *important* that each student have a ride at 4:00. Practice is mandatory. Students may ride an after school bus (departing at 4:00).

Horseplay: Horseplay will not be tolerated. As we will be running on city streets, it is important to be aware of your surroundings. Infractions to the rules will result in team suspension.

Pre-Practice: Each child will have five minutes to change clothes in the gym locker room area or restroom. Again, horseplay is not permitted. Once dressed, your child should stretch lightly and prepare for the day's workout.

Improvement: Runners must strive to improve throughout the season. Students will run a combined total of approximately 1-3 miles each practice. Students are encouraged to run on the weekends if possible. Those students with the best times will make up the varsity team at events, regardless of grade level.

Website: Please bookmark our cross country website. We will continue to post updates and information throughout the season.

hpcrosscountry.weebly.com

Meets: The Cross Country team will participate in several meets this season. Times below are approximate. It is the parent's responsibility to provide transportation to and from scheduled events.

Saturday, August 26: North Posey Meet

Location: North Posey Junior High School (behind school)

Time: 8:30 – 9:30 AM

Tuesday, August 29: 18th Annual Helfrich Park Invitational

Location: Golfmoor Park (Behind Helfrich Park)

Time: 4:00 – 5:00

Saturday, September 2: Gibson Southern Invitational

Location: Ft. Branch, Indiana

Time: 9:00 – 10:30 AM

Thursday, September 7: Reitz Memorial Meet

Location: Angel Mounds (Evansville's East Side)

Time: 5:00 – 6:30

Saturday, September 9: Mater Dei Invitational

Location: Angel Mounds (Evansville's East Side)

Time: 8:00 – 10:00

Wednesday, September 13: Run at the Mounds

Location: Angel Mounds (Evansville's East Side)

Time: 5:00 – 6:30

Thursday, September 14: Thompkins Middle School Meet

Location: Thompkins Middle (Evansville's North Side)

Time: 4:00 – 5:00

Tuesday, September 19: District Cross Country Meet

Location: Angel Mounds (Evansville's East Side)

Time: 4:30 – 5:30
(note: time may change)

Tuesday, September 26: City Cross Country Meet

** Top 10 boys/10 girls on our team that qualify in the district meet **

Location: Angel Mounds (Evansville's East Side)

Time: 4:30 – 5:30
(note: time may change)

WE HOPE TO ADD MEETS AT **PLAZA PARK AND PERRY HEIGHTS**. PLEASE CHECK hpcrosscountry.weebly.com FOR RACE UPDATES!

| | | | |
|----------------------|-----------------|---------------------------------|--|
| Student Name: _____ | | Parent email: _____ | |
| Grade (circle one): | 6 7 8 | Emergency Contact Number: _____ | |
| Gender (circle one): | Boy Girl | | |

Size (circle one): Youth-Large Adult Small
 Adult Medium Adult Large Adult XL

Total fees paid: \$ _____

- \$10.00 – Helfrich Park Cross Country T-shirt (optional)
- \$5.00 – Helfrich Park Cross Country Team Fees (mandatory)
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- \$15.00 – Helfrich Park T-shirt and Team Fees



Note: If you do not want to purchase a t-shirt, team members need to wear a GRAY t-shirt on days of meets.

**Practices starting August 7th: Mon., Tues., Wed., and Thursdays until 4:00
(no practices on days school is not in session)**

| Date | Location | Arrival Time | Meet Time |
|------------------------------|---|---------------------|--|
| Saturday Aug 26 | North Posey Junior High | 8:00 | 8:30-9:30 AM SPECTATOR FEE |
| Tuesday Aug 29 | Helfrich Park Invitational | 3:30 | 4:00-5:00 |
| Saturday Sep 2 | Gibson Southern Invitational | 8:30 AM | 9:00AM SPECTATOR FEE |
| Thursday Sep 7 | Reitz Memorial Meet Angel Mounds | 4:30 | 5:00 – 6:30 SPECTATOR FEE |
| Saturday Sep 9 | Mater Dei Invitational Angel Mounds | 7:30 AM | 8:00AM SPECTATOR FEE |
| Wednesday Sep. 13 | Run at the Mounds Angel Mounds 1.86 mi.(varsity) 1.24 mi.(reserve) | 4:30 | 5:00 g varsity 5:20 b varsity 5:40 g reserve 6:00 b reserve SPECTATOR FEE |
| Thursday, Sep 15 | Thompkins MS Meet | 3:30 | 4:00 – 5:00 |
| Tuesday Sep 19 | District Meet Angel Mounds | 4:00 | 4:30-5:30 SPECTATOR FEE |
| Tuesday Sep 26 | City Meet Angel Mounds | 4:00 | 4:30-5:30 SPECTATOR FEE |

WE HOPE TO ADD MEETS AT PLAZA PARK AND PERRY HEIGHTS. PLEASE CHECK hpcrosscountry.weebly.com FOR RACE UPDATES!

*Runners will wear appropriate clothing to practices and meets. Please make sure all undergarments are not showing. They will need to wear their team shirts to meets. It's very important that runners have appropriate running shoes!

*Runners need to arrive to the meets at the arrival times listed above. It's very important runners bring water and light snacks.

*If you have any questions contact Coach Hartmann or Coach Dillow:
chad.hartmann@evsck12.com mindy.dillow@evsck12.com

*Updated information at the HP CC Page at:

hpcrosscountry.weebly.com

North Posey Jr. High

5800 High School Rd.

Poseyville, IN 47633

SPECTATOR FEE

Gibson Southern

(about 30 minutes north of Evansville)

Ft. Branch, IN 47648

SPECTATOR FEE

Angel Mounds State Park

8215 Polack Ave. Evansville Indiana 47715. East on Lloyd to Fulton Avenue exit. Turn right and it will turn into I-164. Take Covert Avenue Exit. Go right on Covert to first stop light and turn right on Stacer Rd. to end of street. Turn right on Pollack. Entrance on the left. Cars will be parking in the front parking lot and grassy area.

Enter through gate to the right of the park buildings and proceed out to the mounds area along the walk. SPECTATOR FEE

Thompkins

1300 W Mill Rd. Evansville Indiana 47710. If traveling east on the Lloyd, turn north, or left on St. Joe Avenue. Turn right on Diamond Avenue (Indiana 66). Turn left at the next light, Kratzville Rd. Go through the next light and at a 3-way stop take a right onto W. Mill Rd. Thompkins Middle School will be on the right. The run will be around the soccer fields behind the school.

Perry Heights

5800 Hogue Rd. Evansville Indiana 47712.

(corner of Boehne Camp and Hogue Rd.).

Plaza Mark Middle School

7301 Lincoln Ave, Evansville Indiana 47715

(Evansville's East side)

Helfrich Park STEM Academy – Cross Country Singlet



For the 2023 season, we now offer a navy blue singlet. In the summer heat, this is a cooler and more comfortable option to our 50/50 shirt.

PURCHASE OF THE SINGLET IS NOT REQUIRED. Due to the added expense, I simply wanted to add another option. Each singlet is \$25.00.

If you would like to purchase a singlet, please complete the order form below. If you have any questions, please email Chad Hartmann (chad.hartmann@evsck12.com), call me at school (812-435-8246), or call me at home (812-777-5911).

Student's Name _____

Grade _____

Size (circle one): Youth-Large Adult Small Adult Medium Adult Large Adult XL

Amount enclosed: _____ (Note: Each singlet ordered is \$25.00).

** Please make checks payable to Helfrich Park STEM Academy.

Helfrich Park STEM Academy – Cross Country Souvenir Shirt



For the 2023 season, we now offer a tie-dye cotton shirt. In the summer heat, this should NOT be worn at meets. However this is a great way to show off your Cross Country pride!

PURCHASE OF THE SOUVENIR SHIRT IS NOT REQUIRED. Due to the added expense, I simply wanted to add another option. Each shirt is \$20.00.

If you would like to purchase a singlet, please complete the order form below. If you have any questions, please email Chad Hartmann (chad.hartmann@evsck12.com), call me at school (812-435-8246), or call me at home (812-777-5911).

Student's Name _____

Grade _____

Size (circle one): Youth-Large Adult Small Adult Medium Adult Large Adult XL

Amount enclosed: _____ (Note: Each shirt ordered is \$20.00).

** Please make checks payable to Helfrich Park STEM Academy.