

2023 Hempfield Varsity Cross Country Information

1. Coaches: Curt Rogers - curt_rogers@hempfieldsd.org, 717-368-1156
Charlene Smith - charlene_smith@hempfieldsd.org
Troy Snyder - volunteer, Matt Glessner - volunteer
2. HSD Requirements:
 - A. Physical Exam (PIAA CIPPE Form) - **Need to get done ASAP! This is the PIAA, CIPPE Athletic Physical. The paperwork is specific to athletics. Must be completed by doctor and uploaded to the ATS portal. MANDATORY to start official practices in August. GET THIS DONE AND UPLOADED TO THE ATS PORTAL ASAP!!**
 - B. **Run-Thon Fundraiser** Paperwork - on Schoology
 - C. HSD Insurance Release Form - **Given in August**
 - D. HSD Hazing Policy Form - **Given in August**
 - E. HSD Cross Country Team Rules - **Given in August**
3. Communication: Information over the summer and during the season will be communicated through a variety of means. **Schoology** will be the main way to send and receive messages. Parents are also encouraged to join the **Schoology** group.
 - A. **Schoology - Hempfield Cross Country** - Both Athletes and parents join please.
(Access code: **53FPT-K3KD5**)
 - B. **Email** will also be used. Please email Coach Rogers at the email provided above so you can be added to the HSD Address Book. Parents from last year's team are already included in the Address Book.
 - C. Upper-class leaders will setup communication groups via phone apps to communicate summer training and athlete-to-athlete message and/or plans.
 - D. **Strava** - MANDATORY(!) - Please download this app to track your training. This allows coaches to monitor summer training and provide positive feedback. **Join HXC2023.**
4. Training/Schedule: Each team member is expected to "own" their summer training. A progressive training plan is provided and the upperclass team members have traditionally set up regular times for runners to get together for training.
 - A. Summer Training Schedules - posted on **HXC Schoology**
 - B. HXC Monthly Calendars - posted on **HXC Schoology**
 - C. "Summer Practices" - Throughout summer. Depending on Social Distancing Orders, upper-class leaders will set these up and communicate directly with the athletes. HXC is scheduled to have workouts in the HHS weight gym twice a week (Tu./Th. 9:30-10:45)
 - D. Since logging miles of running is the training for the summer, HXC combines the training with our team fundraiser - **The Run-Thon**. All it takes is each HXC team member to get family, friends, neighbors, (graduated HXCers), etc. to sponsor them. People can give a flat rate, they can pay per mile, or any other manner. The goal is to get the commitments early in the summer, give the information to the upper-class HXC leaders, and then follow through on the commitment by training!
 - E. Ride your bike, swim, tennis, ultimate frisbee, whatever is fun!

5. Summer Activities Gretna Camp - For those that have “put in their time and work” over the summer, we have our traditional Gretna Camp. Two days, filled with running the hills and trails of Mt. Gretna, team meetings, scavenger hunts, swimming at the Gretna Lake, various games, hang-out time, team-building, ice cream, and team meals. This is often the highlight for many team members. BUT, you “earn” your way to this activity by dutifully training through June and July, so you are ready for the rigors that August through November require. This camp should be a goal for every serious runner hoping to run with HXC in the fall!
The **Run-a-Thon** \$\$ will be collected on the first day of the camp.
6. Official Practices: **Monday, August 14 - Official start of the season** - All practices from this date on are **MANDATORY**. At the end of the first week, coaches will determine who will “make” the 2023 HXC team.
7. Equipment: Quality training shoes (new or relatively new)
H2O Bottle (mandatory!)
Towel/Extra shirt/socks
8. Team Concept Every member of this team has worth. This team has a long tradition of encouraging runners of all levels and experience to improve and strive for their best.
Every team member must commit to preparing for the competitive season by following the training schedule over the summer.
HXC team members represent themselves, the team, and HHS in all aspects of their life - strive for excellence and be positive examples and role models for others.
Individual commitment leads to team success - become a strong member of a successful team!
Come to summer training and bond with teammates.
9. Booster Club This team enjoys unified and positive relationships with parents. There are many opportunities to socialize and support the team. Janet Christoffel (jancchr@yahoo.com) is the HXC Booster Club president, and will be in touch to plan and carry-out this season’s activities! The Booster Club Fundraiser is The **Run-a-Thon** mentioned above, so don’t fear sub sales, car washes, or any other type of fund-raiser sales!
Team and Parent get-togethers are also part of the HXC culture, so look for information about these.
10. Balance Commit to purposeful training over the summer and carry that into the competitive season. But, set yourself up for success by learning how to balance your training with other interests, family commitments, jobs, and anything else that brings you joy.
Balance is the key to happiness and peace!
11. Enjoy! The summer training is designed to help you gain strength and endurance. Enjoy the process. Run with teammates, laugh as you train, create memories. Marvel at your improvement as you work through the weeks!