



Heart River Cougars

Athletes, Parents, and Guardians,

Below are some important dates and reminders. Make sure [physicals](#) and [FamilyID](#) requirements are completed BEFORE the season starts. Also please make every effort to attend the general meeting on Tuesday, August 2nd. Sport-specific informational meetings will still be held by the head coach for Winter and Spring sports, but this will be the only general meeting for the year.

PHYSICALS: All student athletes entering grade **5-12** must have a current physical examination prior to participation in ANY sport (link to form is above).

FAMILY ID:

The physical form and medical history form need to be uploaded to FamilyID. All other documents and forms are completed digitally through the [FamilyID](#) page. If you are new to FamilyID, registration instructions can be found on the [athletics webpage](#).

IMPACT TESTING:

ALL athletes in grades **7-12** must complete this test prior to participation in ANY sport. Participants are required to take this test every year. The tests will be given in the computer labs in South Heart and Belfield High School during registration days. You can choose which school, date, and time works best for you.

- Belfield High School
 - August 3-4 from 8am-2pm
- South Heart High School
 - August 11-12 from 8am-4pm

*Fall sports might complete this impact testing earlier with their team.

ALL SPORT PARENT/ATHLETE MEETING:

- Tuesday, August 2nd @ Belfield High School Gym
- General Meeting for ALL Sports @ 6pm
- Sport-specific meetings to follow for Fall sports
 - Fall Sports: Girls Golf, Cross Country, HS Football, JH Football, HS Volleyball, JH Volleyball, Elementary Girls Basketball (5-6), Elementary Boys Basketball (5-6)

PARTICIPATION FEES

All participation fees will be paid online during the online registration process on [FamilyID](#). Payment is required for each athlete, for each sport (there is no individual or family maximum).

- Grades 9-12 \$30 per athlete/per sport
- Grades 5-8 \$20 per athlete/per sport

START DATES

FALL		WINTER	
Girls Golf	August 1st	Junior High Girls Basketball	October 24th
High School Football	August 8th	Junior High Boys Basketball	November 7th
Junior High Football	August 8th	High School Girls Basketball	November 14th
Cross Country	August 8th	High School Boys Basketball	November 28th
High School Volleyball	August 15th	SPRING	
Junior High Volleyball	August 15th	Track & Field	February 27th
Elementary Girls Basketball	August 15th	Baseball	March 20th
Elementary Boys Basketball	September 22nd	Softball	March 20th
*Coaches will notify you of any changes		Boys Golf	April 10th
		Elementary VB	TBD

You can find useful information and helpful links on the HR Athletic website ([click here](#)). You can also contact me if you have questions during the registration process.

Thank you,

Jerome Hoffman
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