



Heart River Cougars

South Heart • Belfield • Billings County Schools

Athletes, Parents, and Guardians,

Below are some important dates and reminders for Heart River Athletics. More information on Basketball will come from each school at a later date. Make sure [physicals](#) and [FamilyID](#) requirements are completed BEFORE the season starts. Athletes will not be able to practice without a physical. Also please make every effort to attend the general meeting on Monday, July 31. This meeting is for athletes and parents/guardians of athletes entering grades **7-12**. Sport-specific informational meetings will still be held for Winter and Spring sports, but this will be the only general information meeting for the year.

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

FAMILY ID:

The physical form needs to be uploaded to the FamilyID page. All other documents and forms are completed digitally through the [FamilyID](#) page. If you are new to FamilyID, registration instructions can be found on your school's website.

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 1 & 8 from 8am-2pm
- South Heart High School
 - August 10-11 from 8am-4pm

PARENT/ATHLETE MEETING for Grades 7-12:

- Monday, July 31 @ Belfield High School Gym
- General Meeting for ALL **JUNIOR HIGH** and **HIGH SCHOOL** Sports @ 6pm
- Sport-specific meetings will follow for Fall Sports (Girls Golf, Cross Country, Football, Volleyball)

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		SPRING	
Girls Golf	August 1st	Track & Field	February 26th
High School Football	August 3rd	Elementary Volleyball	March 11th
Junior High Football	August 3rd	Baseball	March 18th
Cross Country	August 14th	Softball	March 18th
High School Volleyball	August 14th	Boys Golf	April 8th
Junior High Volleyball	August 14th	*Coaches will notify you of any changes	
Elementary Girls Basketball	August 14th		
Elementary Boys Basketball	September 18th		

****More information on Basketball will be sent out by each school at a later date.***

The following sports are also available to our student-athletes through a co-op with Dickinson High School. All practices are located in Dickinson. Transportation is not provided by the school for these activities in Dickinson.

South Heart

Boys & Girls Hockey
Boys & Girls Soccer
Boys Swimming
Boys & Girls Wrestling
Girls Tennis
Gymnastics

Belfield

Boys & Girls Hockey
Boys & Girls Soccer
Girls Swimming
Boys & Girls Wrestling

You can find additional information and helpful links on your schools athletic website. You can also contact us if you have questions during the registration process.

Thank you,

Jerome Hoffman
Heart River AD - South Heart
701-677-5671
jerome.hoffman@k12.nd.us

Jada Maher
Heart River AD - Belfield/Billings County
701-623-4868
jada.maher1@k12.nd.us