



NORTHLAND FALCONS TRACK & FIELD

A Northland Homeschool Athletics Team

*If I rise on the wings of the dawn, if I settle on the far side of the sea,
even there your hand will guide me, your right hand will hold me fast. ~ Psalm 139:9-10*

About NHA. Northland Homeschool Athletics was established in early 2025 to serve homeschooling families in the Kansas City area by offering structured, Christ-centered athletic experiences that promote physical fitness, leadership, and community. We currently offer programs targeted to Grades 7-12.

NHA is a volunteer-led 501(c)3 organization, incorporated in the State of Missouri.

Eligibility. Homeschool and eligible¹ co-op/private school students ages 13 to 18 as of August 1, 2025.

2026 Programs

Fit Up for Life!

January 20 - February 19, 2026

A 5-week pre-conditioning program with an emphasis on track & field.

Practices: Tuesdays & Thursdays, 6:00-7:30 PM, Smithville, MO

Cost: \$70

Refund/Cancellation Policy: Partial refunds (less non-refundable \$35 fee) are available through January 20. No refunds after January 20.

Spring Track & Field

February 24 - May 21, 2026

A junior high and high school track and field team.

Practices: Tuesdays & Thursdays, 6:00-8:00 PM, Liberty, MO (tent.)

Cost: \$390.

Does not include shoes, travel to/from meets, meet entrance/parking fees for spectators, overnight accommodations, spirit wear, sports physical.

Refund/Cancellation Policy. Partial refunds (less non-refundable \$40 fee) are available through March 10. No refunds after March 10.

¹ Currently athletes attending schools without a track & field program may apply to NCHC for an exemption. For more info: <https://www.nchclive.com/guidelines/>

Discounts available for Spring Track & Field

\$40 Uniform Discount for returning athletes who do not need a uniform

\$25 EarlyBird Discount (EarlyBird Deposit due by January 20)

- ★ **At-Home Practice.** Athletes are expected to complete an additional at-home work-out each week; athletes can join the Running Meet-Up or coaches will provide suggested work-out plans.
- ★ **Optional Running Meet-Ups.** Running Meet-Ups, not sponsored by NHA, are available Saturday mornings (weather permitting), February 28-March 28 for anyone wanting to run together. *Persons participating in the optional running meet-ups do so at their own risk and must abide by the rules of the facility.*
- ★ **Meets.** We will attend meets through the National Christian HomeSchool Championships (NCHC). There are currently four meets on the schedule. Meets are volunteer-run; our team will be assigned to help at each meet. We will recruit helpers from family members, friends, athletes, & coaches.

Payment Plan

Fit Up for Life!

Full payment of \$70 due by January 20

Spring Track & Field - EarlyBird Pricing

EarlyBird Deposit
EarlyBird Balance

Half payment due by January 20
due by March 10

Spring Track & Field - Regular Pricing

Regular Deposit
Regular Balance

Half payment due by February 24
due by March 10

Family Cost Calculator

No. of athletes for Fit Up for Life! x \$70 =	_____
No. of athletes for Spring Track & Field x \$390 =	+ _____
No. of athletes receiving Uniform Discount x \$40 =	- _____
No. of athletes receiving EarlyBird Discount x \$25 =	- _____
TOTAL REGISTRATION COST	_____

How to Register

Go to NorthlandFalcons.org and submit the Registration Form to reserve your spot.

Other registration paperwork (Sports Physical, Hold Harmless, Code of Conduct, Concussion Policy, etc.) is due by the first practice of Fit Up! or Track & Field.

Questions? Contact us at northlandfalconskc@gmail.com

Important Dates. (subject to change)

December 6, 2025	Informational Meeting
December 9	Registration Opens
January 6, 2026	Informational Meeting
January 20	First practice of Fit Up for Life! Pre-Conditioning
February 24	First practice ² of Spring Track & Field
March 3 & 5	Event Sampler - During practice, athletes can try various events
April 11	<i>Lighthouse Christian Chargers Meet; Willard, MO</i>
April 18	<i>MO State Homeschool Meet; tbd</i>
April 25	<i>Heartland Regionals Homeschool Meet; Jeff City, MO</i>
May 7	Fun Practice and Last Practice Celebration at Sonic
May 12-14	<i>MO Nationals Homeschool Meet; Jeff City, MO</i>
May 21	Awards Night Banquet

² Practices on February 24 & 26 will be at Grace Community Church, Smithville, MO. Outdoor practices begin March 3; tentatively, at William Jewell College, Liberty, MO. In inclement weather, we may need to move to an alternative site.