



H.O.P.S. P.E. Class Information

(Please print and keep these pages for your records)

What is H.O.P.S.?

H.O.P.S. (Homeschoolers Out Playing Sports) is a once a week P.E./sports class for Christian homeschooling families. Children will have the opportunity to practice drills with a coach and participate in some scrimmages of various sports. The sports will each last around 7 weeks long, then we will switch to a new sport. This is not a competitive sports group, but rather an opportunity for your child(ren) to enhance their athletic skills and get some exercise. H.O.P.S. will also be conducting fitness challenges similar to the former Presidential Fitness program complete with awards. This fitness testing is simply for fun and for you as a family to set fitness goals for your child(ren).

What requirements are there for the parents?

Parents must volunteer their time to either coach or help in one of the age groups for at least one season and may be asked to sub on occasion if needed.

Is there a fee to participate?

Because parents are volunteering their time, there is no fee for participation. All adult volunteers will be required to be fingerprinted and background checked. So, there will be a \$40 fee to have that done if you have not already done so. You will receive information about how to proceed with this process after you register.

When and where will it take place?

HOPS will take place on Mondays from 11:30-12:30. See attached page for the complete calendar.

What will I need to bring with me on Kick-Off Day?

Please send your child with a full water bottle (labeled with his or her name) and comfortable, sports-appropriate clothing and footwear. You will be notified if other equipment is needed.

I have more questions. Who can I contact?

Please feel free to email any questions to Patti Cook at the following email address:
patti.cookfamily@yahoo.com



H.O.P.S. CALENDAR 2026-2027

HOPS Season 1:

September 14- Kick-Off Day!

September 21

September 28

October 5

October 12

October 19

October 26- Fitness Challenge Day #1

HOPS Season 2:

November 2

November 9

November 16

November 23- No HOPS (Thanksgiving Break)

November 30

December 7

December 14- No HOPS (Christmas Break)

December 21- No HOPS (Christmas Break)

December 28- No HOPS (Christmas Break)

January 4

January 11- Fitness Challenge Day #2

January 18- No HOPS (Martin Luther King Jr. Holiday)

HOPS Season 3:

January 25

February 1

February 8

February 15- No HOPS (President's Day Holiday)

February 22

March 1

March 8

March 15- Fitness Challenge Day #3

HOPS Season 4:

March 22- No HOPS (Easter Break)

March 29- No HOPS (Easter Break)

April 5

April 12

April 19

April 26

May 3

May 10

May 17- Fitness Challenge Awards Day