

2020 HIGHLAND PARK LADY SCOTS CROSS COUNTRY

INTRODUCTION

Welcome to the proud tradition of the Lady Scots Cross Country Team at Highland Park High School. Whether you are an athlete or a parent, you are an important part of one of the most successful high school teams in Texas. As a member of the Lady Scots team, you have responsibilities to the team. This handout has been specifically prepared for the athlete and parent to help answer questions you may have about our team.

CAPTAINS

Our team always has great leadership. Our Team Captains for the 2020-2021 school year are:

Allison Brown	Cameron Fawcett
Lynne Bush	Jordan Ott

COACHING STAFF & COMMUNICATION

We have a great coaching staff. We feel communication is very important. Feel free to contact the coaches with your questions or concerns. However, most of our communication will be with the runners. If a question arises, please communicate to your daughter first and ask her to communicate to us. If you feel a coach should directly address your question or concern, please contact us. Most communication will be with Coach Bailey. Questions concerning practice, meets, ACE Fees, health or injuries should go to the coaches. Any questions concerning team dinners, spirit buttons, pictures, carpools, posters, yard signs, etc should be directed to the captains or their parents. Email is the easiest form of communication. You can also contact Coach Bailey using the numbers below.

Susan Bailey - Head Coach baileys@hpsd.org
Athletic Office - (214) 780-3042 (or 3041)
Chad Coffey - Assistant Coach
Roxanne Farris - Assistant Coach
Sam Standridge - Assistant Coach

Each Monday, we post a meet time schedule in the Google Classroom which includes check-in time and race times. The race time schedule will also be placed on the athletic website - www.scotsillustrated.com. Information will also be sent out electronically through the captains' parents.

HISTORY and TRADITION

HPCC has a long tradition of success. It began in 1974 as a running club for girls. Tradition never graduates. Forty Varsity District Championships, thirty-four Varsity Regional Championships, and fourteen Varsity State Championships set the standard for the 2020 team to follow. There has been a girls' HPCC runner at the State Cross Country Meet every year since 1975. The Junior Varsity has won every JV District Meet in which they fielded a team. By being a member of this team, parent or athlete, you must commit yourself to the team first and the individual second. We always race and practice as a team. We train to race.

WHAT IS CROSS COUNTRY?

Cross Country is a **competitive athletic program**. By making this team, you agree to abide by the rules of the team and give your best effort in each practice and meet. The Cross Country program is not for one looking for a weight/physique maintenance program or an easy physical education credit. You are here as part of a competitive team sport. Regardless of what other sports you are involved in, during the Cross Country season you must make this team a priority. The workouts are

designed to improve your contribution to the team. If you do not want to commit to this goal, you will not be on this team.

The Goals of the Coaches are:

1. To help young people develop strong moral character.
2. To develop athletes who have individual responsibility and team accountability. (Love for the team, sport, teammates, self-motivated, disciplined, etc.)
3. To help the team have a "Joy of the Journey".
4. To encourage a lifetime participation in physical exercise.
5. To win by developing a team of runners.

EXPECTATIONS of the ATHLETE

Cross Country is a class. Class grades are based on following team rules and guidelines and on active participation in practices and meets. Journals and workout times and mileage submitted through a Google form each day are also a part of the athlete's grade each week.

As a member of this team, you have responsibilities. As a member of this team, you are expected to:

1. Maintain a good academic standing. When necessary, attend morning tutorials.
2. Be a positive example to teammates, classmates, teachers, parents, and the community wherever you go. Be selective in your social activities.
3. Maintain good training procedures including proper nutrition, rest, and injury management. The illegal use of alcohol, tobacco, or drugs may result in removal from the team. Review the HPISD Extra-Curricular Code of Conduct.
4. Attend and participate in all practices and meets including those scheduled on school holidays and Saturdays. Practices, meets, and team meetings are not optional. Athletes who miss may face disciplinary action. If you miss practice for any reason, you must inform Coach Bailey.
5. Properly care for all equipment checked out to you. Missing and/or damaged equipment will be paid for: windsuit - \$168, workout shorts - \$25, uniforms shorts - \$38, uniform top - \$38, bag - \$55.
6. Be familiar with the rules for Cross Country. If you are not sure, ask.
7. Keep your parents informed of team activities.
8. Report on time to all team functions. Cross Country on time is five minutes early.
9. Athletes are not to practice with private sport specific coaches during the season. This is for the protection of the athletes.
10. Report injuries to the coaches for referral to the athletic trainers
11. Submit your electronic journal daily. This is for a grade and it will not be accepted late.
12. Must be race ready to compete in a meet.
13. **Returning runners are expected to improve from one season to the next.**

Failure to meet team expectations may result in disciplinary action including suspension from meets and/or removal from the team. Coach Bailey may suspend any team member for any action she considers inappropriate or detrimental to the team.

If an athlete is to miss practice, **SHE** should contact Coach Bailey before practice, if possible. The contact information is: baileys@hpsd.org. If an athlete misses a practice for any reason, she must explain the reason for the absence by email and face-to-face with Coach Bailey. Athletes are not

excused from practice or meetings to attend tutorials or HPHS club meetings. Athletes will attend tutorials without missing practice. If an athlete has a conflict with a doctor's appointment and a practice, she will be excused from the practice. Upon her return, she must present a doctor's office note verifying their appointment. Please try to plan appointments around practice. Missing practices will have an impact on race opportunities.

If a team member has a conflict with another school activity, the athlete, the sponsor, and Coach Bailey will discuss the situation and try to have a compromise. If there is a conflict with an outside school activity, a club sport or other organization, Cross Country will take priority. Coach Bailey will make the final decision as it affects Cross Country. Athletes are excused for observances of religious holidays.

Coach Bailey will consider conflicts with important family functions on an individual basis.

THE ROLE of the PARENT

When your daughter decided to join this team, you joined, too. You are encouraged to be an active part of this exciting and rewarding experience. A few guidelines for parents are:

1. Support the entire team.
2. Be a good "sounding board" for your daughter. Cross Country is a VERY mentally demanding sport.
3. Do not plan activities that may conflict with your daughter's responsibilities to the team.
4. Do not undermine the coaches' authority.
5. Stay out of the camp, off the starting line, and out of the finish line. Be prepared for race conditions.
6. Understand that not everyone has a great race every week. Having a bad race does not mean your daughter is a failure.
7. Meet days are not good days to try to have a conference with a coach.
8. Let the girls compete and the coaches, coach. If you want to know the race times, buy a watch. Do not ask the coaches or the timers.
9. Know where the course is and watch out for the runners.
10. Share the fun! Bring a friend to the meets and "out cheer the competition".
11. **Next season practice begins July 26, 2021.** When practice starts, vacations and camps are over.
12. Read the UIL Parent Information Manual - www.uiltexas.org
13. HPISD Parent/Coach Communication Guide

SAT, ACT, College Visits, etc.

Seniors will be excused to take the SAT test on September 26th and October 3rd and the ACT test on September 14th and October 26th. Athletes are not excused to miss practice to take review classes for these tests. Seniors who need to make college visits should plan these around our meet and practice schedule.

Driver education classes or "getting the license" day are not reasons to miss practice or meets.

EQUIPMENT NEEDS

1. A training watch - just a simple one is needed. This is a requirement for each practice.
2. A sports bra (a **white** one is needed for meets)
3. Shoes provide the protection needed for runners to avoid injuries. The shock transmitted during foot strike while running is 5 to 7 times the body weight. All runners should have training and racing shoes. The different types of shoes are:
 - Heavy Trainer - designed for cushioning & stability. These will be what the runners use most. The average life of this shoe about 350 to 500 miles.
 - Light Weight Trainer - designed for speed work or faster running during training. The average life of this shoe is 300 miles.
 - Racing Flats - These shoes are made specifically for road & track racing. They are used on courses that have asphalt or concrete. They do not have spikes.
 - Cross Country Spikes - These shoes are made specifically for Cross Country racing. They are used on courses with mostly grass or dirt. This shoe has a wider base of support, a wider heel, and there is more cushioning protection than a track spike. Some shoes are "convertible" and can be used with or without spikes.
4. Lock for locker. Every athlete must have an extra top, sports bra, pair of shorts, socks, and shoes locked in their locker.

Athletes and parents must decide what shoes to purchase and where to purchase them.

Athletes are expected to have the necessary equipment ready for each practice. Not being prepared for practice may result in disciplinary action. Clothing must be appropriate - logos or pictures depicting alcohol, drugs, or tobacco use will not be worn.

Athletes are issued lockers in the locker room. Athletes are to place items in their locker and lock them for security. Items are not to be left out unsecured. Athletes are required to keep extra socks, shorts, t-shirt, shoes, and sports bra in their locker. The locker room usually opens by 7:00 a.m. and locked by 3:05 p.m. on school days. The locker room is used by multiple sports. **KEEP YOUR ITEMS SECURED!**

TRAINING

The training is organized so the team will be running their best races at the end of the season. The season is divided into different phases to accomplish this. These phases are:

1. General Preparation - long steady runs. Early summer.
2. Specific Preparation - increase in long runs with some surges and hills. Mid-summer. (where we are now)
3. Early Competition - tempo runs, long steady runs, with hills. Early season.
4. General Competition - hard repeat intervals, steady runs, surges, tempo runs, hills. Mid-season.
5. Championship Phase - repeat intervals with short rests, steady runs. Late season.

Each practice is organized into phases. Each phase is important.

1. Dynamic Stretching
2. Neuro-Muscular Training
3. Core Training/Hip Flexibility
4. Race Training
5. Cooldown Training and Homework

The team is divided into two training groups - Intermediate Distance and Long Distance. For training purposes, these groups are divided into sub groups.

Practices vary in length of practice time and the distances and speeds run at the practice. Each group has their own specific workout. Practices take time.

Once the hybrid calendar begins on September 8th, practice begins during 8th period and usually ends by 5:30 p.m. Tuesday is our longest single run mileage day of the week. Some of these afternoon practices may last until 6:00 p.m. The day before Saturday and Championship Meets there will be a team meeting during 8th period until around 4:15 p.m. The location of the team meetings is TBD.

Athlete safety is important. At White Rock Lake, Norbuck Park, or Flag Pole Hill, a coach is nearby in his/her car, on a bicycle, or on foot. Coaches are in contact with each other using walkie-talkies or cell phones. Runners are to train in groups - never alone.

Cross Country is an outside sport, therefore, is affected by the weather. We train when it is hot, wet, or cold, including ozone alert days. If lightning is present, we do not practice. HPISD subscribes to a weather monitoring service. This service contacts the coaches and trainers concerning weather conditions. Coaches are also in contact with the HPISD Athletic Trainers who closely monitor weather conditions via the internet.

Workouts are not negotiable. We do not take much rest before meets early in the season. Our program uses high mileage with varying levels of intensity to prepare for the championship part of the season. Athletes must prepare themselves both physically and mentally for every practice. If an athlete is not prepared for practice, they are hurting the team.

If an athlete misses or modifies two or more workouts in a week, she will not compete in the meet on Saturday. If a meet is held on a Thursday or Friday and an athlete misses or modifies one workout during the week, she will not compete in the meet.

Anyone involved in athletics is at risk for an injury. It is best to prevent injury before they occur. Most injuries can be treated with ice. It is the athlete's responsibility to inform one of the coaches concerning any injury. The athlete, coaches, and athletic trainers cooperate in rehabilitating the injury. Following an injury, the athletic trainers, not the athlete, coach, parent, or parent's physician, will release the athlete for participation. We will all work together to get the athlete back and running as soon as we can. Sometimes, athletes will stay with the athletic trainers for treatment instead of traveling with the team for practice. However, the majority of injured athletes attend each practice and will have modified practice activities.

HPISD does have recommended team doctors. All of the information is listed on the HPISD website - www.hpisd.org - Departments - Athletics - Athletic Training/Sports Medicine Staff.

Nutrition is important for all runners. A good balanced meal of complex carbohydrates, proteins, and fluids is the best. Runners MUST increase their food intake to properly fuel their body. Fluids not only make the athlete more comfortable following a run, they are also vital for muscle recovery. Athletes should be drinking a MINIMUM of half their body weight in ounces each day; for example, 120 lb athlete would need to drink 60 oz of fluid per day. Sports drinks, pedialyte, fruit juices,

milk, and water are all good sources of fluids. Athletes should eat before and after every practice and race.

A lunch: B → smaller snack → L → larger snack → pre px snack → px → recovery → dinner → night snack

B Lunch: B → snack → L → snack → pre px snack → px → recovery → dinner → night snack

C Lunch: B → larger snack → L → smaller snack → pre px snack → px → recovery → dinner → night snack

Recovery from a hard workout or race is very important. The following will expedite recovery over 300%:

1. Within 30 minutes, re-hydrate & stretch. Chocolate milk is a GREAT recovery drink!
2. Within 60 minutes, intake simple protein.
3. Within 3 hours, ice massage and ice bath. An ice bath is a wonderful recovery tool.

Athletes must communicate to the coaches concerning injuries or illness. If a runner has had a fever within 24 hours, they will not be allowed to practice. Coaches want athletes to communicate concerning injuries, sore throats, and even just feeling "yucky".

The Female Triad - any female athlete should be concerned with eating habits, menstrual cycles, and bone strength. These have an affect on you for life. For more information on this, contact your doctor. There is good information available in publications, books, and on the internet.

MEET DAY

We travel to and from meets as a team. Athletes will be given a time schedule for the meet each week. This schedule will include a check-in and departure time. Athletes who miss check-in will be ineligible to compete in that meet and the following meet. The departure time varies, but it is usually between 4:30 a.m. and 6:30 a.m. We travel to meets in buses. Due to COVID-19, the Varsity and JV will depart at different times to and from the meets. We will enter different divisions at meets - there is usually a Varsity and a Junior Varsity Division. How long a meet lasts is determined by how fast the runners run. Return time will vary on meet days depending on the division the athlete competed in. Bad weather can have an effect on how long a meet takes to complete.

Upon arrival to the meet, we will choose a team "campsite". This is our meeting place for that day. Rules for the camp include:

1. Everyone helps with the camp setup and cleanup.
2. The camp is for our team only. If friends or family come to the camp area, they must leave.
3. The camp is for race preparation. Be respectful to your teammates who are preparing to race.
4. The starting line and finish chute is for the runners and coaches.

Due to COVID-19, there will not be more than 8 teams per division. After the Varsity division is completed, everyone will have to leave the park. The JV teams and spectators will enter the park after all of the Varsity teams and spectators have left.

There will be a team meeting at the end of each meet. The team is dismissed from the meet when Coach Bailey dismisses them. The coaches prefer the athletes to ride back with the team following a meet. If the athlete is riding back with their parents following the meet, they must inform the coaches and be "turned over" to their parents through a check-out process. If the athlete is to ride with a parent other than their own, the athlete must turn in the HPISD Athletic Department

Travel Release Form for Alternative Transportation Form THE DAY BEFORE THE MEET! The form can be found on www.scotsillustrated.com - Resources - HPISD Athletic Department Travel Release Form.

SCORING A MEET

Cross Country is a true team sport. EVERY person on the team has an affect on the team's outcome. Cross Country is scored like golf: low score wins. Times do not affect team scores. Each Varsity team may run up to seven runners. Junior Varsity teams may run an unlimited number of runners.

In most races, each individual wears a bib with a chip or a chip on her shoe. In some races (as a backup), each individual finishing a race is issued a finish place card in the chute with that individual's place written on the card. **THESE CARDS MUST BE TURNED IN TO THEIR COACH.** For example, the first finisher get #1, the second finisher gets #2, etc. The places of the first five runners from a team are added together to compute the team score. The sixth and seventh runners may serve to "bump" an opposing team's score higher by finishing ahead of the opposing runners.

	<u>Team A</u>	<u>Team B</u>
1.	#2	#1
2.	#3	#4
3.	#5	#6
4.	#7	#8
5.	#12	#9
Score	29	28
6.	#13	#10 "bump" Team A's
7.	#14	#11 5th runner

If there is a tie in the team score, the tie is broken by comparing the finish of the sixth runners. State championships have been decided this way. **EVERY RUNNER ON THE TEAM IS IMPORTANT!** Finishing as a team pack has a positive effect on the team score. A variety of race tactics will be used during the season.

HPISD TRAINING STAFF

The Head Trainer is Jay Harris and the Assistant Trainers are Christal Clark and Tyler Fox. Coach Clark or Coach Harris are usually available at 7:30 a.m. in the gym training room each day. Coach Clark and/or Tyler Fox are usually available during 4th, 5th, and 8th period in the gym training room. Please let Coach Bailey know if you are injured before going to one of the trainers. No one will be able to see the trainer without Coach Bailey setting up an appointment. Everyone must wear a mask when entering the training room. There is a secondary insurance policy available. To see the policy, go to: www.hpsid.org - Departments - Athletics - Athletic Training/Sports Medicine - Concussion/Other Injury Information.

CARPOOLS

This season we will not have athlete driven carpools due to COVID-19. Parent driven carpools are encouraged. When carpooling, everyone must wear a mask and the windows must be partially down.

ACE Fee

HPISD's Athletic Commitment to Excellence, which has been in place since 1994-95, helps offset

the considerable expense of running an athletic program that serves more than 2600 student athletes in grades 7-12. For 2020-21, the ACE fee will be \$300 per student athlete. **The fee must be paid by Friday, September 11th at 6:00 p.m. for the athlete to continue competing and practicing.** Families with special financial circumstances should discuss payment options with Coach Bailey.

QUALIFYING for REGIONALS and STATE

- *Top two teams and top ten individuals will qualify from the District 13-5A Meet to the UIL Region II-5A Meet
- *Top three teams and top ten individuals (who are not already on one of the advancing teams) from the UIL Region II-5A Meet will qualify for the UIL State 5A Meet.

DISTRICT 13-5A

*Crandall, Forney, Greenville, Highland Park, Mesquite Poteet, North Forney, Royse City, West Mesquite

SPORTS CLUB

The Highland Park Sports' Club supports ALL athletics in HPISD. They have been a tremendous help to the Lady Scots Cross Country Team. Parents are encouraged to get involved with the Highland Park Sports' Club. The cost is \$75 per family - www.scotsillustrated.com - Resources - 2020-21 HP Sports Club Membership.

ATHLETIC WEBSITE - www.scotsillustrated.com

STUDENT SPORTS PASS

Available for \$90 thru Back to School or www.hpquikktickets.com
Online Ticket Sales for All Home Games Grades 7-12 www.hpquikktickets.com

CLOSING

The Highland Park Lady Scots Cross Country Team has been one of the best for a very long time. Our team tradition is known throughout the state. You have a great opportunity as an athlete or a parent to continue this tradition. You must be willing to place individual goals behind the team goals. By doing this, we all succeed.

DATES TO REMEMBER

September 7 th	Labor Day - Practice at 7:00 a.m.
October 29 th	District 13-5A Meet at Myers Park in McKinney
November 3 rd	Election Day - Practice at 7:00 a.m. - Varsity Only.
December 3 rd	Banquet at 6:00 p.m. in the cafeteria
Spring 2021	Cornerstone Scholar Athlete Recognition Program at 6:30 p.m. Mandatory for athletes.
TBA, 2021	Athletic Physicals at Highlander Stadium
May, 2021	TBA - 4 mile time trial at Norbuck Park @ 4:30 p.m. Mandatory for all returning runners.

JULY 26, 2021 First day of Cross Country practice for 2021-22 season

COVID-19 Safety Protocols

Locker Room

- 1) Masks will be worn.
- 2) Athletes will be divided into 3 groups by alpha - 2:37-2:44, 2:45-2:52, 2:53-3:00.
- 3) Lockers will be assigned according to these 3 groups - there will be at least 2 lockers between each person.
- 4) Athletes will enter the locker room underneath the stadium and exit the doors which face the Education Foundation building.
- 5) Hand sanitize going into locker room - hand sanitize leaving locker room.
- 6) 3 restrooms
- 7) Parents pickup athletes on Westchester at 2:44, 2:52, or 3:00 to take to practice if athletes do not drive themselves.

Practice

- 1) Masks will be worn when arrive, during stretching, during breaks, possibly during core work.
- 2) 6' distance - arrival, during stretches, breaks, core work, departure
- 3) 10' distance - during training
- 4) **On most training days, the training groups are no larger than 15 - never** larger than 25.
- 5) Hand sanitize at beginning and end of practice and after porta potty use.
- 6) Bring a 64 oz insulated jug of water to practice every day and a towel
- 7) Complete the Health Screen Survey every day before practice at least through September 7th.

Team Meetings

- 1) Masks will be worn.
- 2) We have team meetings on Fridays before meets. We have not made a final decision on where these will be held. We may have them at White Rock Lake after school when the weather cooperates. This would allow us to be socially distant.

Bus Rides

- 1) Masks will be worn.
- 2) Hand sanitize before getting on bus and when getting off bus.
- 3) Bring a 64 oz jug of water to each meet.

EVERY STEP OF THE WAY