

2020 HIGHLAND PARK LADY SCOTS TRACK & FIELD

INTRODUCTION

Welcome to the proud tradition of the Lady Scots Track and Field Team at Highland Park High School. Whether you are an athlete or a parent, you are an important part of this team. As a member of the 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 2019-2020 school year are:

Gracyn Applegate	Mary Warriner Kemp
Margaret Chambless	Alie Lavish
Olivia Conner	Ella Patterson
Margaret Kemp	Annemarie Whalen

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 athletes. 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@hpsid.org

Athletic Office - (214) 780-3042 or 3041

Cell - (903) 340-9854 (You may call the cell only **IF** it is absolutely necessary.)

Chad Coffey - Assistant Coach

Roxanne Farris - Assistant Coach

Sarabeth Moffett - Assistant Coach

Beth Tallant - Assistant Coach

Each Monday, we post a meet time schedule in the locker room which includes check-in time and event times. The meet schedule will also be placed on the athletic website (www.scotsillustrated.com) - Sports - Track & Field (G) and be sent out electronically through the captains' parents.

WHAT IS TRACK & FIELD?

Track & Field is a **competitive interscholastic athletic program**. Members of this team train to compete against other high school teams. The Track & Field 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. There is no guarantee that everyone will be able to participate in every meet. It is possible to train during the season and not compete in a meet. Members of this team must make this team a priority. By being a member of this team, parent or athlete, you must commit yourself to the team first and the individual second. 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 and an elite mindset.
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.

EXPECTATIONS of the ATHLETE

Track & Field is a class. Class grades are based on following team rules and guidelines and on active participation in practices and meets.

As a member of this team, you have responsibilities. Members of the Highland Park Lady Scots Track & Field Team are expected to:

1. Maintain a good academic standing. If needed, attend morning tutorials.
2. Be a positive example to teammates, parents, and the community wherever you go. Be selective in your social activities. Do not participate or attend non-school "powder puff" activities. Do not attend activities which do not reflect the team in a positive manner. Be aware of who you are and who you represent.
3. Maintain good training procedures including proper nutrition, rest, and injury management. The illegal use of tobacco, alcohol, 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. 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. Warmups - \$168 (new), bag - \$50, tights - \$35, turtle neck - \$35, uniform shorts - \$22, uniform top - \$22
6. Be familiar with the rules for Track & Field. If you are not sure, ask.
7. Keep your parents informed of team activities.
8. Report on time to all team functions. Track & Field on time is five minutes early.
9. Athletes are not to practice with event specific coaches during the season (from the first day of practice until the last meet of the season). This is for the protection of the athletes.
10. Report injuries to the coaches for referral to the trainers.
11. Seniors may not compete at the JV level.
12. **Returning athletes 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.

Beginning with the 2008-09 school year, HPISD approved an Extracurricular Code of Conduct. When students choose to participate in extracurricular activities, they agree to abide by this Code of Conduct. The parents and athletes can access the ECOC on the athletic website.

If an athlete is to miss practice, **SHE** should contact Coach Bailey before practice, if possible. If an athlete misses practice for any reason, she must explain the reason for the absence by email and face-to-face with Coach Bailey. The athlete should also contact her carpool driver.

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 the appointment. Please try to plan appointments around practice. Missing practices will have an impact on competition 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 make a compromise. If there is a conflict with an outside school activity, a club sport or other organization, Track & Field will take priority. Coach Bailey will make the final decision as it affects Track & Field. 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

Parents are also a very important part to our team. When your daughter decided to join this team, you joined, too. You are our biggest fans. 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. Track & Field is a VERY mentally demanding sport.
3. Do not plan activities that conflict with your daughter's responsibilities to the team.
4. Do not undermine the coaches' authority.
5. Stay out of the camp and competitive areas.
6. Understand that not everyone has a great meet every week - having a bad meet does not mean your daughter is a failure.
7. Let the girls compete and the coaches coach. If you want to know the race time, buy a watch. Do not ask the coaches or timers for times or distances.
8. Meet days are not good days to try to have a conference with a coach.
9. If you have a question, please ask.
10. Share the fun! Bring a friend to the meets and "out cheer the competition".
The real test of a fan is a day at a track/field meet.
11. **Please help with the Lady Scots Tri-Meet on Friday, January 31st and the HP Tri-Meet on Friday, February 7th.** We need people to help with the field events.
12. **Please help with the Tracy Wills Invitational Track & Field Meet on March 7th at Germany Park.** We need help to make this meet a success. Everything from equipment setup and food donations for visiting coaches to scorers, event helpers, and presentation of awards.
13. Read the UIL Parent Information Manual - www.uil-texas.org.
14. Read the HPISD Parent/Coach Communication Guide.

EQUIPMENT NEEDS

1. A training watch - just a simple one is needed. This is a requirement for each practice.
2. A navy sports bra is required for meets.
3. All runners should have training and racing shoes. 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. There are also jumping and throwing shoes. Feel free to ask our opinions on shoe needs, but the ultimate choice on shoes is between the athlete and her parents. We will train in spikes at specific periods at practice but the majority of practice will occur in training shoes.
4. Lock for locker. Every athlete must have an extra top (long sleeve), sports bra, pair of shorts, socks, tights (and/or sweats), and shoes locked in their locker.

****The athletes will be issued a uniform top, uniform shorts, Under Armour long sleeve mock turtleneck, Under Armour tights, windsuit, and bag. It is extremely important to wash the uniform, mock turtleneck, tights, and windsuit wrong side out and in cold water - no fabric softener. Do not put anything in the dryer - only hang dry.**

The athletes will have to pay for any damaged or lost equipment. The current warmups cost \$168 to be replaced.

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. The locker room usually opens by 7:00 a.m. and locked by 2:50 p.m. on school days. **KEEP YOUR ITEMS SECURED!**

TRAINING

The training for each event is organized so the team will be at their best at the end of the season.

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

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

We practice at Germany Park most of the time. Our practices begin during 8th period and usually end by 5:30 p.m. However, practices end at different times depending on the athlete's events and her specific workout that day. Following an afternoon practice, the carpool drivers will deliver the athletes home. Sometimes they stop to get snacks on the way. Athletes are to inform their parents concerning this. The day before each meet there will be a team meeting at 2:45 p.m. and then we will have practice at Germany Park.

Track & field is an outdoor sport; therefore, it is affected by the weather. We train when it is hot, wet, and cold. If lightning is present, we will go to the indoor facility for 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.

Athletes must be prepared for practice. They must have proper workout clothing. Be prepared for drastic weather changes. Forgetting clothes or not having the correct clothing for practice may result in disciplinary action.

Workouts are not negotiable. We do not take much rest before meets early in the season. Our program uses various 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 (unless it is a school related absence) or modifies two or more workouts in a week, she will not compete in the meet that week.

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

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 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 practicing as soon as we can. Sometimes, athletes will stay with the 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.

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

Nutrition is important for all athletes. A good balanced meal of complex carbohydrates, meats, 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 also before and after their event(s) on meet day.

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

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

C Lunch: B → larger snack → L → smaller snack → pre ptf snack → ptf → 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.

The Female Triad - any female athlete should be concerned with eating habits, menstrual cycles, and bone strength. These have an effect 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 the meet as a team by bus. Athletes are given a time schedule for the meet each week. The schedule will include a check-in and departure time. The departure time varies, but on Saturday meets it is usually between 4:30 a.m. and 5:30 a.m. Athletes who miss check-in will be ineligible to compete in that meet and the following meet. Additional disciplinary action is at the head coach's discretion.

Some meets require athletes to depart during the school day. The coaches turn in a list of names to the Attendance Office for those departing. This is an Excused/School Related Absence. Athletes are responsible for communicating to their teachers concerning their class assignments.

Most meets have a Varsity and a Junior Varsity Division. At some meets, we are allowed to enter extra athletes in some events. How long a meet lasts is determined by how many schools are entered. Most Saturday meets are completed by 6:00 p.m. Bad weather can have an impact on how long a meet takes to complete.

Through experience, we have learned the following:

1. Meets are long! Bring food.
2. The meet director may change the order of events or the time schedule, if necessary.
3. Meets typically have as few as four and as many as thirty-two teams competing.
4. We compete in all kinds of weather.
5. We support our teammates during competition. If a teammate is competing, we will have the team there cheering.
6. The camp is for the team, not for family or friends. The camp is for competition preparation and recovery. Be respectful to those who are preparing for competition. When listening to music devices, headphones must be used.
7. The team is dismissed when Coach Bailey dismisses everyone. Following the meet, we will have a team meeting which will include an awards ceremony. The coaches prefer the athletes to ride back with the team following the meet. Following the team meeting, parents can "sign out" their child with the designated coach. If the athlete is to ride with a parent other than her own, the athlete must turn in the HPISD Athletic Department Travel Release Form **THE DAY BEFORE THE MEET with a written note from the parent giving the athlete permission to ride with another parent!** The form can be found on www.hpisd.org - Departments - Athletics - Parent Athlete Information.

TYPES of MEETS, EVENTS, and SCORING

We attend meets, which have two basic formats:

Prelims and Finals - The sprint and relay races must run in the morning session (preliminaries) to qualify to race in the afternoon session (finals). Typically the top 8 times go to the finals. At these meets, most field events are held during the prelims.

Heats by Time - An event is run and times recorded. Then, all the times for that event are compared to determine the event places. At these meets, most field events and races are happening at the same time.

The seventeen University Interscholastic League events for girls are:

High Jump, Long Jump, Triple Jump, Shot Put, Discus, Pole Vault, 3200 Meter Run, 400 Meter Relay, 800 Meter Run, 100 Meter Hurdles, 100 Meter Dash, 800 Meter Relay, 400 Meter Dash, 300 Meter Hurdles, 200 Meter Dash, 1600 Meter Run, and 1600 Meter Relay.

Some invitational meets may have different events than these seventeen listed.

Scoring a Meet - Each event is scored for team points. The team points are determined by an athlete's place in that event. The team points are:

1st Place = 10 points

2nd Place = 8 points

3rd Place = 6 points

4th Place = 4 points

5th Place = 2 points

6th Place = 1 point

Relay races count *DOUBLE POINTS*.

DISTRICT, AREA, REGIONAL, and STATE TRACK & FIELD MEETS

*Wednesday, April 1st and Thursday, April 2nd (makeup day is Saturday, April 4th - Varsity/JV District Track & Field Meet. Any Varsity athlete who places 1st, 2nd, 3rd, or 4th in an event will qualify for the Area Track & Field Meet.

*Thursday, April 16th - Area Track & Field Meet (makeup day is Friday, April 17th or Saturday, April 18th). Any athlete who places 1st, 2nd, 3rd, or 4th in an event will qualify for the Regional Track & Field Meet.

*Friday, April 24th and Saturday, April 25th - Regional Track & Field Meet. Any athlete who places 1st or 2nd in an event will qualify for the State Track & Field Meet. The UIL staff will select one additional qualifier for each event to compete in the State Meet. This qualifier will be the individual and/or relay team with the best overall time, mark, or height from all Regional Meets per classification that did not finish first or second.

*Friday, May 8th - State Track & Field Meet.

*The athletes qualifying for the Texas Relays will have to pay for their hotel room (one night) and meals. The athletes qualifying beyond the District Meet will have various expenses; for example, t-shirts, special dinners, hair ribbons, etc.

SAT, ACT, COLLEGE VISITS

Athletes are not excused to take review classes for these tests. Seniors and juniors, who need to take college visits, should plan these around practices and meets. In special instances, seniors and juniors may be excused to make the college visits.

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 Coach 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. There is a secondary insurance policy available. Please contact Coach Bailey or one of the trainers for the policy.

CARPOOLS

Carpools are organized by captains, seniors, and juniors. Parents and athletes must complete a travel release form to/from practices to be in a carpool. If you have questions concerning carpools, please ask. Carpool drivers will transport the athletes safely. If a coach sees a driver performing in an unsafe manner, the coach will confiscate their keys, secure the car and leave it, and deliver the driver and the keys to her parents. If a parent desires, he/she may transport his/her daughter to and from practice and team activities.

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 2,600 students in grades 7-12. For 2019-20, the ACE fee will continue at its current rate of \$300 per student athlete. Students may participate in more than one sport without an additional fee. **The fee must be paid by Friday, January 31st for the athlete to continue competing and practicing.** Families with special financial circumstances should discuss payment options with Coach Bailey.

SPORTS CLUB

The Highland Park Sports' Club supports ALL athletics in HPISD. They have been a tremendous help to the Lady Scots Track/Field Team. Parents are encouraged to get involved with the Highland Park Sports' Club. The cost is \$75 per family - www.hp-scots.com.

ATHLETIC WEBSITE - www.scotsillustrated.com

CLOSING

The Highland Park Lady Scots Track & Field Team has a tradition of excellence. 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

Jan. 31 st (Fri.)	Lady Scots Tri-Meet at Germany Park (HP, Forney, & Frisco Reedy); ACE Fees due by 3:00 p.m.
Feb. 7 th (Fri.)	HP Tri-Meet at Germany Park (HP, Coppell, Lake Highlands - girls/boys)
Feb. 17 th (Mon.)	Practice @ 3:30 p.m. (school holiday)
Feb. 21 st (Fri.)	Cornerstone Scholar Athlete Applications due by 1:30 p.m. in Coach Bailey's office (Juniors/Seniors only)
Mar. 7 th (Sat.)	Tracy Wills Invitational at Germany Park
Mar. 12 th (Thurs.)	Raider Relays in Round Rock
Mar. 27 th & 28 th (Fri. & Sat.)	Texas Relays
Apr. 8 th (Wed.)	Cornerstone Scholar Athlete Program @ 6:30 p.m. in the HPHS Auditorium. <u>ALL team members attend.</u>
Apr. 13 th (Mon.)	Practice @ 3:00 p.m. (Varsity Area Qualifiers Only - school holiday)
April 29 th (Wed.)	Track & Field Banquet in the HPHS Cafeteria @ 5:30 p.m.
May 16 th (Sat.)	Athletic Physicals @ Highlander Stadium
Nov. 30 th (Mon.)	Tryouts begin for 2020-21 season