

Lady Raiders Athletic Information

ALL DAYS AND TIMES ARE SUBJECT TO CHANGE.

Cross Country: August – October

Practice times:

7th Girls -- 7:15am—8:15am (this time is subject to change)

8th Girls -- 2:30pm –3:30pm (this time is subject to change)

Meets will be on Saturday mornings ----TBA

Volleyball: August - November

Practice times:

7th Girls -- 6:15 am –7:50am

8th Girls -- 3:15 pm –4:45pm

Game days will be Thursdays (tournaments on Saturdays)

3 teams: Gold "B" 5:00pm -- White "A" 6:00pm -- Red "C" 7:00pm

Basketball: November / February

Practice times:

7th Girls -- 6:15am–7:50am

8th Girls -- 3:15pm –4:45pm

Game nights will be Thursdays

3 teams: Gold "B" 5:00pm, White "A" 6:00pm, Red "C" 7:00pm

Spring Track: Feb - April

Practice times: all times are subject to change

7th Girls -- 7am - 8am

8th Girls -- 2:40pm - 3:45pm

Meet days will be Thursday afternoon/evenings.

Spring Tennis: Season: January/end of April or 1st week in May (start/end dates TBD each year)

Tryouts: October (dates TBA); conducted during the PE/tennis classes and after school.

Teams: "A" & "B" teams, 7th and 8th graders combined, both teams are coed.

Practice: *TIMES* (A & B)--3:30pm-5:30pm; *DAYS* "A" team--Tues.& Thurs. // "B" team--Mon.& Wed.

Matches against other schools: "A" team only--matches on Tuesdays, make-ups on Thursdays

Soccer : April - May

Try Outs : try outs for soccer are in late March or early April.

The Middle School girls soccer team is run by a couple of the High School girls soccer coaches.

All of the forms below can be **DOWNLOADED** using the HPISD website (www.hpisd.org) under athletics/forms or the HPMS website under athletics.

Athletes **MUST** have a physical on file to participate in the athletic period as well as each sport.

The following MANDATORY paperwork must be TURNED IN to the 7/8 coaches:

- Current UIL Physical
- Acknowledgement of Rules (signed by parent & athlete)
- Emergency Medical Information Card (signed by parent & athlete)
- Concussion Acknowledgement Form (signed by parent & athlete)

Extracurricular Code of Conduct packet (6 pages):

- Each athlete is **REQUIRED TO READ** this packet but they do not turn in anything.

Athletic attire: black shorts, solid white t-shirt, tennis shoes, black sweats in cold weather.

Each student that makes an athletic team will pay an ACE fee of \$300. (Only paid one time/year, regardless of the number of sports on which the student participates)

IMPORTANT NOTE: HPMS ATHLETIC TEAMS (practices, games, matches, tournaments) WILL TAKE PRECEDENCE OVER ANY OTHER OUT OF SCHOOL ACTIVITY EX: DANCE, CLUB SOCCER, CHEERLEADING, AND LACROSSE.