

Girls athletic Common Q & A's

What sports are offered in 7th and 8th grade athletics and when are they offered?

Volleyball – Fall (beginning of school through late October/early November)

Cross Country – Fall (beginning of school through mid October)

Basketball – Winter (November through early February)

Track & Field – Spring (Mid February through mid April)

Do I have to be enrolled in the Athletic period to tryout/participate in a sport?

Yes, you must be in 1st period (7th grade) or 8th period (8th grade) athletics to tryout for any of the four above listed sports.

Do I have to be in the athletic period to be on the Tennis or Soccer team?

No. Tennis and soccer are a separate sport/class from athletics. You can be a part of the Tennis or Soccer teams and also be a part of another sport offered at HPMS. The HPMS coaches work together.

Do any of the first mentioned sports overlap?

Volleyball and cross country are in the same season. Basketball starts after volleyball and cross country have finished and track and field begins after basketball has finished.

Can I do both cross country and volleyball even though they are in the same season?

Yes. The athlete will need to communicate with the coaches and the coaches will work together with the athlete to create a schedule that works for both sports.

What if you DO NOT want to tryout/participate in one of the sports offered in athletics at HPMS?

If you do not wish to participate in either volleyball, cross country, basketball, or track & field, please DO NOT sign up for athletics. There are other options for you, such as P.E., Tennis, Outdoor Adventures or Off Campus PE.

What part of the day is 7th grade athletics and what part of the day is 8th grade athletics?

7th grade athletic period: 8:00am – 8:48am (1st period) – team practices before school

8th grade athletic period: 2:26pm – 3:15pm (8th period) – team practices after school

What is Off Campus PE and who should consider Off Campus PE to fulfill a PE credit at HPMS?

Off campus PE is an opportunity for ELITE athletes (who are already working long hours) in a sport (NOT OFFERED AT HPMS) to fulfill their PE credit using hours worked after or before school. Examples of this would be elite gymnasts, equestrians, elite swimmers, etc. Please see the counseling website for complete guidelines and applications.

When are tryouts for each HPMS sport?

All tryouts are the first week of the specific season.

Volleyball – 2nd day of school

Cross Country – 2nd day of school

Basketball – Monday following the last volleyball game

Track & Field – Monday following the last basketball game

****NO tryouts or practices are before the start of the school year at HPMS.**

How many teams will there be for volleyball and basketball?

Volleyball – 3 teams

Basketball – 3 teams

May I try-out for a sport if I am unable to attend all practices, games, meets, or tournaments?

NO. An athlete must be able to attend all practices games, tournaments, and meets to try-out for a sport. If an athlete makes the team, HPMS practices, games, tournaments, and meets WILL take priority over any club event or activity (i.e. club soccer, dance, cheerleading, vacation, birthday parties, etc.).

What skills are evaluated in:

Volleyball tryouts – passing, hitting, setting, serving, court awareness, game play, attitude, hustle, and coachability.

Basketball tryouts – dribbling, passing, shooting, ball handling, court awareness, scrimmage play, footwork, lay ups, attitude, hustle, and coachability.

How is Cross Country evaluated?

You MUST be able to run 1.50 miles without walking by the first day of tryouts. Walking is not permitted during Cross Country practice.

How is Track & Field evaluated?

Athletes MUST be able to attend all of the meets

Athletes will run a series of time trials

Field events will teach the event and then have jump/throw offs

When are sport practices:

7th grade practices are before school (except field events for track are after school)

8th grade practices are after school

Volleyball – 6:15 am – 8/8:30am (7th grade) 2:30/3:15pm – 4:45pm (8th grade)

Basketball - 6:15 am – 8/8:30am (7th grade) 2:30/3:15pm – 4:45pm (8th grade)

****volleyball and basketball practices will go through the athletic period
Some days of the week.**

****Practices start a little later on game days**

Cross Country – 7:00 – 8:10 (7th grade) 2:30 – 3:30pm (8th grade)

Track – 7:00 – 8:00am (7th grade) 2:30 – 3:45 pm (8th grade)

What days are games/meets?

Volleyball – Thursday nights (7th and 8th grade) Some Friday/Saturday tournaments

Basketball – Thursday nights some Friday/Saturday tournaments

****some game days may change due to school calendars****

Cross Country – Saturday mornings (7th and 8th grade)

Track meets – Thursday evenings (7th and 8th grade)

District Meet on Thursday and Friday evening (7th and 8th grade)

Are competitions local or do I travel?

HPMS is in a competing district with McKinney middle schools and Prosper middle School.

Volleyball and Basketball – play home games and away games at McKinney and Prosper

Cross Country and Track – most (if not all) of our meets are in McKinney and Prosper

Is there transportation to out of town competitions?

Yes, the school provides a bus that athletes are REQUIRED to ride to the competitions.

Do I have to ride the bus home from a competition?

No. An athlete may ride home with her parent/ guardian ONLY. We have a form that must be completed and turned in to coaches prior to leaving with parent/guardian.

General Athletic Period Q & A's**What time of the school day are the athletic periods?**

7th grade athletics : 8:00am – 8:48am (1st period)

8th grade athletics: 2:27pm – 3:15pm (8th period)

What paperwork do I need to complete to participate in athletics?

Current physical (dated on or after the date of the HS physicals)

Cardiac Arrest

Concussion

Emergency Card

Acknowledgement of Rules

ACE Fee (athletic fee paid one time/year after an athlete makes a team)

****All forms (except ACE) must be turned prior to the first day of any athletic participation**

****Forms may be printed from the HPISD athletic website**

Do I have to change clothes for athletics?

Yes. 7th Grade – Come dressed to work out and bring school clothes to change

8th grade – Bring workout clothes to change into before 8th period

How long do I have to change?

7th Grade – at least 10 minutes to change and prepare for the school day

8th Grade – at least 8 minutes to change and prepare for workout

What am I supposed to wear for athletics?

A solid white t-shirt and black shorts (can have white trim but NO color trim). These can be purchased at the HPMS supply room (with HP logo) or at a store of your choice. Athletes should wear socks and a good pair of cross training shoes. Hair should be pulled back and NO jewelry.

Will I be issued a locker?

Coaches will issue each athlete a locker and a lock. Athletes will keep that lock and locker throughout the year and use it to secure their belongings. Lockers MUST be locked at all times. Locker room is to remain clean. If items are left out, they will be secured in a lost and found bin in the coaches office.

What type of activities do I do in general off season athletics?

Strength – we do a lot of body weight strength exercises. We also use medicine balls, Body bars, and dumbbells.

Agility – hurdle, ladder, cone, 5 spot footwork activities

Conditioning

Core/balance

Sport off seasons – depending on the time of year.

What if I don't make the "team"?

If you tryout for one of our teams and do not "make" the team, you will participate in the off season program doing the above activities. Each team will also participate in some of the above activities during the season.

What about breakfast (7th grade only)?

Off season – Athletes should eat breakfast prior to 1st period. Please be mindful of what and when you eat to avoid an upset stomach from workout.

In season (teams) – You will be given the opportunity to purchase breakfast in the cafeteria after your 1st period workout (because you get here early). You will want to eat something light before your team practice.

What happens if I get injured?

Tell your athletic coach and she/he will give you information to be evaluated by the Athletic trainer that comes to the middle school for part of each day.

What if I have questions or concerns throughout the year?

Please contact the coach first to try to answer or work through any questions or concerns.

What if I still have questions about girls athletics that have not been answered already?

Please contact Ben Fuqua, HPMS girls athletic coordinator

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