

2022 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 2022-2023 school year are:
Kennedy Foy Avery Owens Windsor Rhodes

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@hpsid.org

Athletic Office - (214) 780-3041

Roxanne Farris - Assistant Coach

Meaghen Seales - Assistant Coach

Caleb Breeden - Assistant Coach

Each Monday, we post a meet time schedule in the Google Classroom, SportsYou, and on the athletic website which includes check-in time and race times. 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-two Varsity District Championships, thirty-five Varsity Regional Championships, and fourteen Varsity State Championships set the standard for the 2022 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 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 jacket - \$109.98, windsuit pants - \$77.35, 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 trainers
11. Update your journal daily. After each meet, it is turned in 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@hpsid.org

The athlete should also contact her carpool driver. 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 24, 2023.** When practice starts, vacations and camps are over.
12. Read the UIL Parent Information Manual - www.uil texas.org
13. HPISD Parent/Coach Communication Guide

SAT, ACT, College Visits, etc.

Seniors will be excused to take the SAT test on August 27th and October 1st, and the ACT test on September 10th. 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 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. When buying new running shoes, take your old shoes with you, so the salesperson can see what part of the shoe is worn down the most.
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. Some runners share lockers. 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., locked by 8:20 a.m., unlocked at 2:35 p.m., and locked by 2:55 p.m. on school days. **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. Race Training
4. Core Training/Hip Flexibility
5. Cooldown Training and Homework

The team is divided into two training groups - Intermediate Distance and Long Distance. For training purposes, these groups are usually 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. 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. Following an afternoon practice the car pools will deliver the runners 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 from 2:45 p.m. to 4:15 p.m.

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 (not due to another HPISD activity) or modifies two or more workouts in a week, she will not compete in the meet that week.

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, chocolate 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 6:00 a.m. We travel to meets in buses. We will enter different divisions at meets. There is always a Varsity and a Junior Varsity Division. At some meets, when available, we will enter more than one Varsity Team. How long a meet lasts is determined by how many schools are entered and how many race divisions are offered. We usually return to the locker room by 2:00 p.m. on meet days. 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.

At some of the meets we attend, there is an awards ceremony at the completion of the races. All team members are to stay for the awards ceremony. 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. Anyone riding home with their parent will complete the

Google Form the day of the meet. The link will be in the Google Classroom, SportsYou, and on the meet schedule. If the athlete is to ride with a parent other than their own, the athlete must turn in a parent note **THE DAY BEFORE THE MEET to Coach Bailey**, and the other parent must complete the Transportation Google Form the day of the meet.

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, the Associate Trainer is Christal Clark, and the Assistant Trainer is Kirk Kaps. 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 Kaps 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. To see the policy, go to: www.hpisd.org - Departments - Athletics - Athletic Training/Sports Medicine - Concussion/Other Injury Information.

CARPOOLS

Carpools are organized by captains and seniors. 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 runners 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, they may transport their 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 2600 student athletes in grades 7-12. For 2022-23, the ACE fee will be \$300 per student athlete. **The fee must be paid by Friday, August 12th 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 Cross Country Team. Parents are encouraged to get involved with the Highland Park Sports' Club. The cost is \$75 per family - www.hp-sports.com.

QUALIFYING for REGIONALS and STATE

*Top three teams and top ten individuals will qualify from the District 7-6A Meet to the UIL Region I-6A Meet

*Top four teams and top ten individuals (who are not already on one of the advancing teams) from the UIL Region I-6A Meet will qualify for the UIL State 6A Meet.

ATHLETIC WEBSITE - www.scotsillustrated.com

STUDENT SPORTS PASS

Available for \$110 thru Back to School or www.hpquicketickets.com
Online Ticket Sales for All Home Games Grades 7-12 www.hpquicketickets.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 5 th | Labor Day - Practice at 7:00 a.m. |
| September 17 th | Lubbock Invitational (Regional Course) - Varsity Only |
| September 24 th | McNeil Invitational in Round Rock. Departure at 2:30 a.m. |
| October 10 th | Columbus Day - Practice @ 7:00 a.m. |
| October 14 th | District 7-6A Meet at Myers Park in McKinney |
| October 22 nd | Varsity Only - Leave for Regional Meet |
| October 24 th | Regional Meet at Mae Simmons Park in Lubbock |
| November 4 th | State Meet |
| December 1 st | Banquet at 6:00 p.m. in the cafeteria |
| April, 2023 | TBA - Cornerstone Scholar Athlete Recognition Program. Mandatory for athletes. |
| May, 2023 | TBA - Athletic Physicals at Highlander Stadium |
| May, 2023 | TBA - 4 mile time trial at Norbuck Park @ 4:30 p.m. Mandatory for all returning runners. |

JULY 24, 2023 First day of Cross Country practice for 2023-24 season

THE JOY OF THE JOURNEY