

## **2022-23 HIGHLAND PARK LADY SCOTS TRACK & FIELD**

The athletes must have completed the online paperwork before tryouts on **November 28<sup>th</sup>**, and a UIL physical form turned in to Coach Bailey by noon on Monday, November 28<sup>th</sup>. The physical cannot be dated before May 1, 2022. All of the forms can be found on the athletic website - [www.scotsillustrated.com](http://www.scotsillustrated.com) - Resources - HPIISD Rank One Forms QR Code.

### **Events**

The following is a list of the U.I.L. Track & Field events for girls:

Relays - 400M Relay, 800M Relay, 1600M Relay

Sprints - 100M Dash, 200M Dash, 400M Dash

Hurdles - 100M Hurdles, 300M Hurdles

Distance - 800M Run, 1600M Run, 3200M Run

Throws - Shot Put, Discus

Horizontal Jumps - Long Jump, Triple Jump

Vertical Jump - High Jump, Pole Vault

### **Testing**

Cardiovascular Endurance (2400 M Run)

Sprint Endurance (600 M Run)

Sprint Speed (100 M Dash, 300 M Dash - no blocks)

Distance Jumps (Long Jump, Standing Long Jump)

Distance Throws (Shot Put, Discus)

Height Jumps (High Jump)

Upper Body Strength (Pushups, Sit-ups, other strength drills)

Body Position Awareness (Tumbling, Drills, etc)

Event Technique (Coach Observation)

### **Which Events Will Test What (all will have Coach Observation throughout)**

Sprints - Sprint Endurance, Sprint Speed, Standing Long Jump, Body Position Awareness

Distance - Sprint Endurance, Cardiovascular Endurance, Body Position Awareness

Hurdles - Sprint Endurance, Sprint Speed, Body Position Awareness, Standing LJ

Throws - Standing LJ, Distance Throws, Body Position Awareness

High Jump - Body Position Awareness, Height Jumps, Standing LJ

Long Jump/Triple Jump - Body Position Awareness, Distance Jumps, Sprint Speed, Standing LJ

Pole Vault - Body Position Awareness, Sprint Speed, Upper Body Strength, Standing LJ

***During tryouts, no spikes and no starting blocks will be used.***

### **Schedule (subject to change, if necessary - make-ups will be scheduled with Coaches)**

\*Athlete Meeting - Wednesday, Nov. 9<sup>th</sup> @ 3:45 p.m. @ Highlander Stadium - locker room.

\*Monday 11/28 - Measure Standing Long Jump, Time 2400 M Run, Time 300 M Dash, PV & Body Awareness - Part I, LJ & TJ evaluation

\*Tuesday 11/29 - Time 100 M Dash, Hurdle evaluation, High Jump evaluation

\*Wednesday 11/30 - Time 600 M Run (everyone runs this), Throws evaluation, PV & Body Awareness - Part II, last makeup day for other events

\*Thursday 12/1 - No practice. Lady Scots Cross Country Banquet.

\*Friday 12/2 - Meet @ stadium @ 3:45 p.m. Coaches will meet with each athlete individually. For those in 8<sup>th</sup> period cross country, you will meet with the coaches starting at 2:45 p.m. Everyone will stay at the locker room until everyone has met with the coaches.

### **Other Information**

**Tryouts will begin each day at 4:00 p.m. Tryouts will be held at Germany Park.**

If you cannot attend a scheduled tryout due to another HPIISD extra-curricular activity, please email Coach Bailey ([baileys@hpid.org](mailto:baileys@hpid.org)) to set up an appointment to meet with her. Please check with Coach Bailey if you have any questions.

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**Practice Schedule after Tryouts (subject to change, if necessary)**

- \*Monday, Dec. 5<sup>th</sup> - 8<sup>th</sup> period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- \*Tuesday, Dec. 6<sup>th</sup> - 8<sup>th</sup> period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- \*Wednesday, Dec. 7<sup>th</sup> - 8<sup>th</sup> period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- \*Thursday, Dec. 8<sup>th</sup> - 8<sup>th</sup> period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- \*Friday, Dec. 9<sup>th</sup> - 8<sup>th</sup> period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

\*Follow winter break calendar from Dec. 12<sup>th</sup> - Jan. 2<sup>nd</sup>.

\*Tuesday, Jan. 3<sup>rd</sup> - Begin regular practice schedule - Practice 8<sup>th</sup> period - 5:30 every day.