

2023-24 HIGHLAND PARK LADY SCOTS TRACK & FIELD

The athletes must have completed the online paperwork before tryouts on **November 27th**, and a UIL physical form turned in to Coach Bailey by noon on Monday, November 27th. The physical cannot be dated before May 1, 2023. All of the forms can be found on the athletic website - www.scotsillustrated.com - Resources - 2023-24 RankOne Forms - click the 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 - Thursday, Nov. 9th @ 3:45 p.m. @ Highlander Stadium - locker room.

*Monday 11/27 - Measure Standing Long Jump, Time 2400 M Run, Time 300 M Dash, PV & Body Awareness - Part I, LJ & TJ evaluation

*Tuesday 11/28 - Time 100 M Dash, Hurdle evaluation, High Jump evaluation

*Wednesday 11/29 - Time 600 M Run (everyone runs this), Throws evaluation, PV & Body Awareness - Part II, last makeup day for other events

*Thursday 11/30 - No practice. Lady Scots Cross Country Banquet.

*Friday 12/1 - Meet @ stadium @ 3:45 p.m. Coaches will meet with each athlete individually. For those in 8th 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 HPISD extra-curricular activity, please email Coach Bailey (baileys@hpisd.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. 4th - 8th period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- *Tuesday, Dec. 5th - 8th period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- *Wednesday, Dec. 6th - 8th period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- *Thursday, Dec. 7th - 8th period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else
- *Friday, Dec. 8th - 8th period - 4:30 for those in athletics; 4:00 p.m.-5:00 p.m. for everyone else

*Follow winter break calendar from Dec. 11th - Jan. 2nd.

*Wednesday, Jan. 3rd - Begin regular practice schedule - Practice 8th period - 5:30 every day.