



**HIGHLAND PARK ISD
INCOMING 7TH GRADE
ATHLETIC PRESENTATION**

FEBRUARY 12, 2020

HPISD ATHLETIC MISSIONS

- **PRIORITIES** – SPIRITUAL, FAMILY, ACADEMIC, ATHLETIC
- SUPPORT OUR ATHLETIC PROGRAMS, COACHES, AND STUDENT-ATHLETES IN A MANNER THAT ALLOWS US TO COMPETE CONSISTENTLY AT A **CHAMPIONSHIP** LEVEL.
 - 16 STATE TITLES LAST 3 1/2 YEARS!
- WIN WITH CLASS! EXHIBIT GREAT SPORTSMANSHIP!
- **6 DAILY COMPONENTS**
 - **ATTITUDE & EFFORT (NON-NEGOTIABLE)**
 - GREAT DAY TO BE A RAIDER! RAIDER FIGHT NEVER DIES!
 - PHYSICAL/MENTAL TOUGHNESS
 - COACHABLE/TEACHABLE
 - IMPROVE EVERYDAY
 - RESPECT ALL
 - HP/TEAM ALWAYS 1ST!
- **OVERALL GOAL** – STUDENT-ATHLETES ARE BETTER FOR HAVING BEEN IN OUR PROGRAMS!

HPMS/UIIL SPORTS

- **FALL** – VOLLEYBALL, CROSS COUNTRY, FOOTBALL
 - FOOTBALL EQUIPMENT DISTRIBUTION, SATURDAY **AUGUST 15TH**
 - CC/FB/VB BEGIN **AUGUST 20TH** (1ST DAY OF SCHOOL)
- **WINTER** – BASKETBALL/GYMNASTICS/WRESTLING
 - BB TRYOUTS BEGIN AFTER FOOTBALL/VOLLEYBALL SEASONS
 - WRESTLING/GYMNASTICS BEGIN IN EARLY NOVEMBER
 - **BOTH PRACTICE @ THE HIGH SCHOOL**
- **SPRING** – TENNIS (JANUARY), TRACK/FIELD (FEBRUARY), SOCCER (APRIL)
- **SELECTION OF TEAMS**
 - RED/GOLD/WHITE (TEAMS DO NOT MATTER IN 7TH/8TH)
 - GROWTH IS A GREAT EQUALIZER!
 - FOCUS ON THE GOAL OF WHERE THEY WANT TO BE AS AN ATHLETE THEIR JUNIOR/SENIOR YEAR!

PRACTICE & OFF-SEASON TIMES

- ATHLETIC PERIOD

- 1ST 8:00 – 8:48 A.M.

- SAMPLE PRACTICE TIMES

- CROSS COUNTRY 7:15 – 8:30 A.M.

- FOOTBALL 6:30 – 8:00 A.M.

- VOLLEYBALL 6:15 – 8:00 A.M.

- BASKETBALL 6:30 – 8:00 A.M.

- TENNIS 3:30 – 5:30 P.M.

- TRACK & FIELD 7:00 – 8:30 A.M. & 3:30 – 4:30 P.M.

- GYMNASTICS, WRESTLING, SOCCER – AFTER SCHOOL

- OFF-SEASON TIMES

- 1ST 8:00 – 8:48 A.M. (YEAR ROUND)

- PHILOSOPHY (STRENGTH/SPEED/SKILLS)

- POLICY FOR OFF-CAMPUS PHYSICAL ACTIVITY (OCPA)

IMPORTANT DATES/EVENTS

- SPRING

- ATHLETIC PHYSICALS/HEART SCREENINGS

- DATE: MAY 16TH TIME: 8:00-9:30 A.M.
 - COST: \$20/\$100
 - LOCATION: HIGHLANDER STADIUM (4233 GRASSMERE)
 - CAN USE YOUR OWN DOCTOR BUT PHYSICAL MUST BE DATED AFTER MAY 1ST TO SATISFY UIL
 - PHYSICAL/MEDICAL HISTORY TURNED IN
 - WWW.HPISD.ORG
 - DEPARTMENTS/ATHLETICS
 - ATHLETIC WEBSITE (WWW.SCOTSILLUSTRATED.COM)
 - PARENT ATHLETE INFORMATION (COMMUNICATION GUIDE, TRAVEL RELEASE, ETC.)
 - ACE FEES, OFF-CAMPUS PHYSICAL ACTIVITY (OCPA)
 - PRE-PARTICIPATION PHYSICAL INFORMATION (6 FORMS)
 - 2020 SUMMER CAMPS

- INTRODUCTION TO 7TH GRADE SPORTS

- DATE: MAY 27TH (SCHEDULE TO COME)

MULTI-SPORT PHILOSOPHY

- MULTI-SPORT PARTICIPATION IS STRONGLY ENCOURAGED! COMPETE IN AT LEAST **2 SPORTS** THROUGH THE END OF THEIR SOPHOMORE YEAR. DIVERSIFY THEIR TALENTS!
- THE POSITIVES OF PARTICIPATING IN MANY SPORTS FAR OUTWEIGH SPECIALIZATION (COMPETITION, NO REGRETS, COLLEGE COACHES)
- NEGATIVES OF SPECIALIZATION (INJURIES, SELECT/AAU/CLUB YEAR ROUND PARTICIPATION EXPECTATIONS)
- HPISD MULTI-SPORT EXAMPLES (TOO MANY TO LIST)
 - HIGHLAND PARK
 - **MATTHEW STAFFORD, CLAYTON KERSHAW, SCOTTIE SCHEFFLER**, MITCHELL KAUFMAN, JACK SIDES, PAST SENIORS (HUDSON CLARK, FINN CORWIN)
 - **GABBY CRANK** (CC/TRACK/UT), KATHERINE CULWELL (VB/TRACK/4 SCHOOL RECORDS/AUBURN), KELSEY BASS (SOCCER/TRACK), MAGGIE DOOLEY (BB/TRACK), CURRENT SENIORS/JUNIORS (OLIVIA CONNER, MADELYN MILLER)
 - OTHER EXAMPLES
 - LAUREN COX (VB/BB/TRACK @ FLOWER MOUND), #1 BB RECRUIT IN COUNTRY
 - ON AVERAGE, 85% OF FOOTBALL RECRUITING CLASSES WERE MULTI-SPORT ATHLETES IN HIGH SCHOOL
- **OVERALL GOAL** – OUR ATHLETES HAVE A GREAT ATHLETIC EXPERIENCE! THEY ONLY GET ONE OPPORTUNITY TO EXPERIENCE MS/HS SCHOOL SPORTS!

CONTACT INFORMATION

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