

HP Scots Volleyball

4220 Emerson Ave.
Dallas, TX 75205-1099

July 14, 2019

Dear Athlete:

I hope that you are having a great summer. We are very excited to get our season started. We are expected to once again be one of the top 5A teams in the state. The coaches are eager to work again with our new players and program veterans.

Before the season begins, I need to give you information about what you need to do to prepare for try-outs and two-a-days. Also, I have included a schedule for the first four weeks that we begin. Please note, the schedule for the first four weeks is tentative and will most likely be altered.

Try-outs will be Thursday, August 1st at the HP High School Gym and **you must be present and participate at both sessions of try-outs to have the opportunity to make a team.** In order to be eligible for try-outs you must have completed and submitted six forms on-line by Wednesday, August 1st at 8:00 AM (on-line forms are found on the HPISD Athletic Page on the district web site under "Pre-Participation Physical Information." Click on "Highland Park ISD 6 Required Forms for Athletic Participation" and complete the following six on-line forms:

- (1) UIL Acknowledgment of Rules Form
- (2) Concussion Acknowledgement Form
- (3) Sudden Cardiac Arrest Awareness Form
- (4) HPISD Emergency Information Form
- (5) Parent/Student Steroid Agreement Form
- (6) Extracurricular Code of Conduct Form

In addition to the on-line forms above, every athlete must submit the following two paper forms below (can be printed from the "Pre-Participation Physical Information" page on the HPISD Athletic Page) on August 1st (if you had a physical performed at the HPISD stadium on May 18th we will have it on file):

- (1) UIL Physical form (must be a UIL official form and completed by a physician for **All Athletes**)
- (2) UIL Medical History Form

You will not be eligible for try-outs and will not be allowed to work-out if you have not submitted the six on-line forms and turned in the two paper medical forms at the beginning of try-outs August 1st at 8:00 AM. No exceptions will be made.

Try-outs will be intense and physically demanding. Be sure you are prepared mentally and physically to compete for a position in our program. We are anxious to get started making this year the best yet! Be ready to work hard, be intense, and have a lot of fun. See you in a few weeks. Go Scots!

Sincerely,

Michael Dearman

Michael Dearman
Head Volleyball Coach

Highland Park Volleyball 2019 Try-Outs and Two-A-Days Schedule*

Highland Park High School Gym

Thursday, August 1

8:00 AM – 9:00 AM	Player check-in and orientation @ HPHS (be there no later than 8:00 AM)
9:00 AM - 12:00 PM	All Try-Outs and Two-A-Days begin
2:00 PM – 3:30 PM	Freshman Try-Outs continued
3:00 PM – 5:00 PM	Sophomore and selected freshmen Try-Outs continued
4:30 PM – 6:30 PM	Juniors, Seniors and selected underclassmen Try-outs continued
8:30 PM	Try-outs end and Team Selections Posted

Friday, August 2

8:00 AM – 10:00 AM	Freshman Practice
9:00 AM – 11:00 AM	JV Practice
10:00 AM – 12:30 PM	Varsity Practice
2:30 PM – 4:30 PM	Freshman Practice
3:00 PM – 5:00 PM	Varsity and JV Practice
6:00 PM– 7:00 PM	JV Parent Meeting at The Hellmuth's home (3829 McFarlin Blvd.) (Mandatory)
7:15 PM- 8:15 PM	Freshman Parent Meeting at The Hellmuth's home (Mandatory)

Saturday, August 3

9:00 AM	Scrimmage vs. Allen All teams @ Allen High School
5:30 PM 'til ?	Volleyball Player Party and Team Building for all teams - Location TBA Team meetings will immediately follow the party and team building activities. (Mandatory for all players)

Monday, August 5

8:00 AM	Varsity team pictures – Location TBA
9:00 AM	JV and Freshmen team pictures - HPHS Gym
5:00	Scrimmage vs. Flower Mound and Hebron @ Highland Park High School
Time TBD	Varsity Parent Meeting and Dinner immediately following scrimmages at The Reaugh's home 3400 St Johns Dr. (Mandatory)

Tuesday August 6

5:30	Match vs. Red Oak @ HPHS
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Wednesday August 7

Time TBA	JV and freshman practices (AM and PM two-a-day practices)
12:00	Varsity leaves for Pearland

Thursday, August 8

Time TBA	JV and Freshmen Practices (AM and PM two-a-day practices)
Time TBA	Varsity @ Pearland Tournament

Friday, August 9

Time TBA	JV and Freshmen Practices (AM and PM two-a-day practices)
Time TBA	Varsity @ Pearland Tournament

Saturday, August 10

Time TBA	JV and Freshmen Practices (AM and PM two-a-day practices)
Time TBA	Varsity @ Pearland Tournament

Monday, August 12
Time TBA Practices all teams (AM and PM two-a-day practices)

Tuesday, August 13
5:30 Match vs. Byron Nelson All Teams @ Byron Nelson

Wednesday, August 14
Time TBA Practices all teams (one practice)

Thursday, August 15
Time TBA JV and Freshmen Practices (one practice)
Time TBA Varsity @ Northwest Tournament

Friday, August 16
Time TBA JV and Freshman Practices (one practice)
Time TBA Varsity @ Northwest Tournament

Saturday, August 17
Time TBA Varsity @ Northwest Tournament
Time TBA JV & Freshmen Practice (one practice)
Time TBA All program parent party (Location TBA)

Monday, August 19
Time TBA Practices all teams (one practice)

Tuesday, August 20
5:30 Match vs. Keller all teams @ HPHS

Wednesday, August 21
Time TBA Practices all teams (one practice)

Thursday, August 22
School Begins
Freshmen Practice begins before school and continues into 1st period
Varsity and JV practice begins 8th period and continues after school

Friday, August 23
Time TBA JV and Freshman Practices
Time TBA Varsity @ Plano Tournament

Saturday, August 24
Time TBA Varsity @ Plano Tournament

This Schedule is tentative and most likely will change