

Highland Park Athletic Department

4233 Grassmere, Dallas TX 75205
(214)780-3030 Fax (214)780-3033
www.hpisd.org

*"It's a great day to
be a Lady Scot."*



June 25, 2019

Dear Athlete,

I hope you are having a wonderful summer! I am very excited for our season to begin. It is a true joy to have the opportunity to coach Cross Country at Highland Park High School. All of the coaches are eager to meet our new runners and work again with our team veterans.

We start Team Runs on Monday, July 1st at Norbuck Park (south end) at 6:00 a.m. The coaches will be at these runs. **If you are planning on trying out for the team, it is mandatory for you to be at the Team Runs when you are in town.** The other Team Run dates are: July 8th (Norbuck), July 15th (Norbuck), July 16th (White Rock Lake @ Tee Pee Hill), July 17th (Norbuck), and July 24th (Norbuck). All of the Team Runs in July will begin at 6:00 a.m.

We are going to participate in the 4th of July parade for the seventh year!! ☺ If you are a **returning runner** and you would like to ride on the Lady Scots Cross Country/Track & Field float in the 4th of July parade, please contact one of the captains: Kate Allen, Gracyn Applegate, Caroline Lett, or Annemarie Whalen. Come join the fun!!

Tryouts will begin July 29th. You must be present and participate on the tryout days to have an opportunity to make the team. Attendance is mandatory, but no guarantee a runner will make the team. Once the team is announced, we will continue practicing each day. Once again, attendance is mandatory.

In order to be eligible for tryouts, you must have the following forms completed online by Thursday, July 26th - the only exception is the U.I.L. Physical Form/Medical History (this form must be turned into the main athletic office at Highlander Stadium or Coach Bailey). The forms may be found on scotsillustrated.com - Resources - Pre-Participation Physical Information. The forms that must be completed online are:

- 1) UIL Acknowledgement of Rules
- 2) Parent and Student Steroid Agreement
- 3) UIL Concussion Acknowledgement
- 4) UIL Sudden Cardiac Arrest Awareness
- 5) HPISD Athlete Emergency Information
- 6) Code of Conduct Signature Page

The **UIL Medical Participation Forms** (physical and medical history) will need to be turned into the main athletic office at the stadium (go through the middle gates at the stadium and the office is the first door on the right) or Coach Bailey - this is the only form that will be physically turned in. The

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physical must be dated on or after **5/1/19** - the physical is required every year for all HPISD athletes.

Without all of the forms completed online and the physical/medical history form turned into the main athletic office or Coach Bailey, the runner will not be allowed to tryout. Everyone must have all of the paperwork completed by July 26th to tryout for the team.

The athletes are not allowed to join the Team Runs at Norbuck Park and White Rock in July without the above paperwork completed.

The tryouts will be physically demanding. Runners are expected to be prepared for this demand. Contact a captain for the summer training guidelines if you have lost your calendar. During tryouts, we will run on a variety of surfaces including grass, concrete, asphalt, and an all-weather track. Athletes will be evaluated on core endurance/strength in addition to running. Runners on the team last season are expected to show improvement over last season's time trials. Athletes must provide their own transportation to and from the tryout practices. The locations and practice times are:

Monday, July 29th - 6:30 a.m.

Germany Park (corner of University Blvd & Lomo Alto). 1 mile time trial plus 2 sets of 4 x 200.

Tuesday, July 30th - 6:00 a.m.

Norbuck Park (200 North Buckner, Dallas, TX 75214) at the south softball field. Endurance run on grass - 4 miles for beginners and 6 miles for returning runners.

Wednesday, July 31st - 6:00 a.m.

Norbuck Park (200 North Buckner, Dallas, TX 75214) at the south softball field. 4 mile time trial on grass.

Thursday, August 1st - 6:00 a.m.

Norbuck Park (200 North Buckner, Dallas, TX 75214) at the south softball field. Endurance run on grass - 4 miles for beginners and 6 miles for returning runners.

Friday, August 2nd - 6:00 a.m.

Norbuck Park (200 North Buckner, Dallas, TX 75214) at the south softball field. 5K time trial on grass.

Monday, August 5th - 6:00 a.m.

Tee Pee Hill at White Rock Lake (3240 West Lawther Drive, Dallas, TX 75238). Endurance run using lake pathway - 5 miles for beginners and 7 miles for returning runners.

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Tuesday, August 6th - 6:00 a.m.

Norbuck Park (200 North Buckner, Dallas, TX 75214) at the south softball field. Endurance run on grass - 4 miles for beginners and 6 miles for returning runners.

Wednesday, August 7th through Wednesday, August 21st

Team practice times and locations to be announced

These practices are subject to change depending upon weather conditions.

Athletes will be evaluated on endurance, speed, and core endurance/strength. All athletes are expected to complete all of the tryouts without walking - this includes the time trials, 200s, endurance runs, warmups, and cooldowns. Walking is not acceptable and viewed as poor preparation. Coaches will observe athletes during runs and strength evaluations. Not all who tryout will make the 2019 Lady Scots Cross Country Team.

The race distance for 5A Girls in Texas is 3.1 miles.

When classes begin on August 22nd, practice will be 8th period and after school. By UIL rules, the team is allowed to compete in eight meets before district. All race ready athletes will compete in the meets and the District 11-5A Meet.

On Friday, August 9th, we will have our mandatory CC Parent/Athlete Meeting (at least one parent must be present) from 5:00 p.m.-7:00 p.m. in the high school cafeteria. Please put this date on your calendar.

We are excited to begin this season! Good luck in your summer training. Remember - 80% of our success in October and November depends on the training done in June, July, and August.

If you have received this letter and you are not participating in Cross Country this year, please let me know by emailing me at baileys@hpisd.org.

Sincerely,

Coach Bailey

Coach Bailey - Head Coach

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