

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 29, 2021

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 have two new coaches this year - Coach Hill and Coach Seales. I am very excited to have them a part of this special team!

The first Team Run that was scheduled for Thursday, July 1st has been canceled due to the Top Tier Training Camp. We will start Team Runs on Monday, July 5th 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 6th (Norbuck), July 7th (Norbuck), July 12th (Norbuck), July 19th (Norbuck), July 20th (White Rock Lake @ TP Hill), and July 21st (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 (the parade is actually on Saturday, July 3rd) for the ninth 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 (the parade is on July 3rd), please contact one of the captains: Ellie Jones, Scarlett Randall, or Alli Grace Ott. Come join the fun!!

Tryouts will begin July 26th. 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 22nd - the only exception is the U.I.L. Physical Form/Medical History (this form must be emailed to Coach Bailey in pdf form). The forms may be found on scotsillustrated.com - Resources - Sports Physical Flyer. 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) Extracurricular Code of Conduct Signature Page
- 7) HPISD Participation Statement

It's the team that matters, not me.

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The **UIL Medical Participation Forms** (physical and medical history) will need to be emailed to Coach Bailey - this is the only form that will be physically turned in. The physical must be dated on or after 5/1/21 - the physical is required every year for all HPISD athletes.

Without all of the forms completed online and the physical/medical history form emailed to Coach Bailey, the runner will not be allowed to tryout. Everyone must have all of the paperwork completed by July 22nd 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 or look in the Google Classroom 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 26th - 6:30 a.m.

Norbuck Park (200 North Buckner, Dallas, TX 75214) at the south softball field. 1 mile time trial plus 2 sets of 4 x 200.

Tuesday, July 27th - 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 28th - 6:00 a.m.

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

Thursday, July 29th - 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, July 30th - 6:00 a.m.

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

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Monday, August 2nd - 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.

Tuesday, August 3rd - 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 4th through Tuesday, August 17th

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 2021 Lady Scots Cross Country Team.

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

When classes begin on August 18th, 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 13-5A Meet.

On Friday, August 6th, we will have our mandatory CC Parent/Athlete Meeting (at least one parent must be present). The meeting will be 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 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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