

# Highland Park Athletic Department

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6900 Douglas, Dallas, TX 75205  
(214)780-3030  
[www.hpisd.org](http://www.hpisd.org) and [www.scotsillustrated.com](http://www.scotsillustrated.com)

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



June 30, 2022

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 the coaches are eager to meet our new runners and work again with our team veterans. We have one new coach this year - Coach Breeden. He will be replacing Coach Hill. I am very excited to have Coach Farris, Coach Seales, and Coach Breeden be a part of this special team!

We will start Team Runs on Tuesday, July 5<sup>th</sup> 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 6<sup>th</sup> (Norbuck), July 8<sup>th</sup> (White Rock Lake @ TP Hill), July 11<sup>th</sup> (Norbuck), July 15<sup>th</sup> (Norbuck), July 20<sup>th</sup> (White Rock Lake @ TP Hill), July 21<sup>st</sup> (Norbuck), and July 22<sup>nd</sup> (Norbuck). All the Team Runs in July will begin at 6:00 a.m. **All Rank One forms and the UIL Physical/Medical History Forms must be completed and submitted before attending the Team Runs.**

We are going to participate in the 4<sup>th</sup> of July parade for the 10<sup>th</sup> year!! ☺ If you are a **returning runner**, and you would like to ride on the Lady Scots Cross Country/Track & Field float in the 4<sup>th</sup> of July parade, please contact one of the captains: Kennedy Foy or Windsor Rhodes (Avery Owens is at camp, so please do not reach out to her). Come join the fun!! Also, please donate online to the North Texas Food Bank. There is not an entry fee for the parade, but the Rotary Club is asking for donations. Please scan the QR code to donate - pass along to family, friends, and neighbors.



Tryouts will begin July 25<sup>th</sup>. 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

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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 21<sup>st</sup> - the only exception is the UIL Physical/Medical History Forms (this form must be emailed to Coach Bailey in pdf form - no photos allowed). The forms may be found on [www.scotsillustrated.com](http://www.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

The **UIL Physical/Medical History Forms** 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 **5/1/22** - 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 21<sup>st</sup> 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 and concrete. There will also be hills. 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. **Please bring a large jug of water and wear a training watch.** The locations and practice times are:

Monday, July 25<sup>th</sup> - 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.

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Tuesday, July 26<sup>th</sup> - 6:00 a.m.

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

Wednesday, July 27<sup>th</sup> - 6:00 a.m.

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

Thursday, July 28<sup>th</sup> - 6:00 a.m.

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

Friday, July 29<sup>th</sup> - 6:00 a.m.

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

Monday, August 1<sup>st</sup> - 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 2<sup>nd</sup> - 6:00 a.m.

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

Wednesday, August 3<sup>rd</sup> through Tuesday, August 16<sup>th</sup>

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 2022 Lady Scots Cross Country Team.

The race distance for 6A Girls in Texas is 3.1 miles.

When classes begin on August 17<sup>th</sup>, practice will be 8<sup>th</sup> 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 7-6A Meet.

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On Friday, August 5<sup>th</sup>, 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. upstairs in the Clements Leadership Center. 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 May, 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](mailto:baileys@hpisd.org).

See you on Tuesday at the Team Run! ☺

Sincerely,

*Coach Bailey*

Coach Bailey  
HPISD Girls' Athletic Coordinator  
Head Girls' Cross Country and Head Girls' Track & Field

**Motivated People Find A Way! Compete!**

*It's the team that matters, not me.*