



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

FEBRUARY 6, 2018

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.
- WIN WITH CLASS! EXHIBIT GREAT SPORTSMANSHIP!
- 4 DAILY COMPONENTS
 - ATTITUDE & EFFORT
 - IT'S A GREAT DAY TO BE A RAIDER! RAIDER FIGHT NEVER DIES!
 - COACHABLE
 - IMPROVE EVERYDAY
 - 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 TBD
 - CC/FB/VB BEGIN AUGUST 23RD (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 GOAL OF WHERE THEY WANT TO BE AS AN ATHLETE 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/FUNDRAISER

- DATE: MAY 12TH 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
 - GO TO: www.HPISD.org
 - DEPARTMENTS/ATHLETICS
 - ATHLETIC WEBSITE (www.HPSCOTSATHLETICS.COM)
 - PARENT ATHLETE INFORMATION (COMMUNICATION GUIDE, TRAVEL RELEASE)
 - ACE FEES, OFF-CAMPUS PHYSICAL ACTIVITY (OCPA)
 - PRE-PARTICIPATION PHYSICAL INFORMATION (6 FORMS)
 - 2018 SUMMER CAMPS

- INTRODUCTION TO 7TH GRADE SPORTS

- DATE: MAY 23RD (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 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/COST)**
- **HPISD MULTI-SPORT EXAMPLES (TOO MANY TO LIST)**
 - **HIGHLAND PARK**
 - **MATTHEW STAFFORD, CLAYTON KERSHAW, ANTHONY SCHLEGEL, SCOTTIE SCHEFFLER, MITCHELL KAUFMAN, JACK SIDES, CURRENT SENIORS**
 - **KATHERINE CULWELL (VB/TRACK/4 SCHOOL RECORDS/AUBURN), KELSEY BASS (SOCCER/TRACK), MAGGIE DOOLEY (BB/TRACK), ALEX WEBER (SWIM/CC/TRACK), FALYN REAUGH (VB/TRACK)**
 - **OTHER EXAMPLES**
 - **LAUREN COX (VB/BB/TRACK @ FLOWER MOUND), #1 BB RECRUIT IN COUNTRY**
 - **85% OF FOOTBALL RECRUITING CLASSES FOR CLEMSON, ALABAMA, & OHIO STATE WERE MULTI-SPORT ATHLETES IN HIGH SCHOOL**
- **OVERALL GOAL – OUR ATHLETES HAVE A GREAT ATHLETIC EXPERIENCE! THEY ONLY GET ONE OPPORTUNITY TO EXPERIENCE SPORTS GRADES 7-12!**

CONTACT INFORMATION

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