

2019-2020 HPISD ATHLETICS TRY-OUT INFORMATION

ALL PROSPECTIVE ATHLETES MUST HAVE REQUIRED UIL AND HPISD FORMS COMPLETED PRIOR TO THE FIRST DAY OF TRYOUTS/OFFSEASON WORKOUTS FOR EVERY SPORT. FORMS ARE AVAILABALE FROM THE ATHLETICS SECTION OF THE HPISD WEBSITE - www.hpisd.org

Gender	Sport	Try-out Dates	Criteria	Requirements	Competition Season	Contact	Email Address
Boys'	Baseball	There are two tryouts for baseball. Both Tryouts for baseball is a 2 week process which occurs two weeks prior to Thanksgiving break and the first ten days of school for baseball "onlys". The first is during the first ten days of school and with baseball "onlys" or the students in the baseball class period for the fall semester. After our tryout evaluations, we will cut and have those students change their schedule going forward with the semester. They will only be able to tryout the following school year. During these two weeks with both tryouts, players from 9th grade to 12th grade will be evaluated by the baseball staff. After the ten days and Thanksgiving break, Coach Yoder will meet with every individual to talk about their skills and whether or not they made the team. They will begin with seniors down to freshman by alphabetical order. Baseball onlys will have to go through both tryouts. If they did not make team, they will change schedule for 2nd semester.	The evaluation process includes: Hitting (2 categories)-consistency with swing, bat exit speed, fundamentals, balance-we video each player and watch their swings and talk to each one. Does cage work transfer to the field? We use a multiple ways of obtaining quantitative data to help us make the most informed decisions. Categories include: Speed-Home to first, 40 yd. dash, 60 yd. dash, agility drill. Throwing-Velocity by position, accuracy, pop time by position, mechanics. Fielding (2 categories)-Balance, range, fundamentals, footwork, mechanics. Intangibles-where does he fit in program by position, lefty/righty switch, does he know the game and where to be, versatile player? We watch this as a staff through different drills and scrimmages. Each category is based out of 0-5 scale and there are a total of 7 categories. They will be compared to peers and evaluated on what fits our programs future.	You should not take this class for PE credit. Should have baseball experience whether rec or select. After school practice begins during Spring Semester; usually around late Jan.	End of January - June	Travis Yoder	yodert@hpisd.org
Girls'	Basketball	9/J/V try-outs are the first three weeks of school. Practices begin the second day of school. All practices consist of fundamental drills as warm-up and move on to more complex drills that are fundamentally focused. As the year progresses the drills focus on specific offensive and defensive structures all while keeping a strong fundamental base. There are no cuts made 9th-11th grade years.	Strong work ethic, positive attitude, and being coachable are all things needed to be successful in basketball. If you can do these three things every day then you can get better at the items listed (fundamentals of the game): Ball Handling, Lay-ups, Shooting Form, Defensive Stance, Passing Form, Court Awareness, Terminology, Team Play, Communication. All of these fundamentals will be evaluated by the coaching staff during drills, competitive play and skeletal run throughs in order to determine the best position and team for each athlete. Once placed on a team, movement between teams is possible based on performance and need. If a player quits the Head Coach can decide if the player can return.	All girls interested in playing basketball in the 2019-2020 school year will be scheduled for 4th period athletics. 4th period is from 11:01-11:50. It is recommended that students in 4th period request 5th period lunch, this will allow the girls to participate in the full duration of the class. If girls are scheduled for a class during 5th period, they will be released at 11:40 so they may change and get ready for their next class. For multi sport athletes, please refer to "Lady Scots Try Out Basketball Information" on the HPISD.org website. Go to Departments, Athletics, Schedules, Basketball.	Mid-October - March (1st weekend)	Nicole Fleming	fleminb@hpisd.org
Boys'	Basketball	Tryouts for incoming 9th grade boys will be the first two weeks of school. Cuts will be made on Friday of the second week. 9th graders who are in a fall sport will tryout the second week of November. Final rosters for 9th grade teams will be second week of November. J/V try-outs/teams finalized by mid-September except for those players trying out for football. Players should be in off-season in the fall unless playing another sport. Final team selections will be in early November. Any additional players added will be up to the discretion of the coaching staff.	Skill level in passing, dribbling, shooting, defense & rebounding. Athletic ability, attitude, coach ability, selfishness, grades, position, & grade are also determining factors in selection.	Must be in athletic period all year.	November - February	David Piehler	piehled@hpisd.org
Girls'	Cross Country	Try-outs and practice begin July 29, 2019 at 6:30 a. m. @ Germany Park. Summer training sessions held in June and July.	Follow Summer Training Plan-available (sometime in late May) on HPISD/Athletic Websites. Must attend all practices beginning July 29th until the first day of school. Coaches will evaluate athletes in aerobic condition, hill work, and racing speed in distances from 1 - 7 miles.	Must be in athletic period Fall Semester.	August - mid November	Susan Bailey	baileys@hpisd.org
Boys'	Cross Country	Summer training sessions held in June and July. First day of practice begins Monday, July 29. 6:00 am start time @ T&P Hill	Follow Summer Training Plan - available on-line	Must be in athletic period Fall Semester.	August - November	David Ripley	ripleyD@hpisd.org
Boys'	Football	Practice begins August 12, 2019. All players must report including Freshman.	Students must have participated in football the previous year and participated in off-season and spring training. If a player quits, the head coach will decide if he can return.	9th graders may sign up at the beginning of their 9th grade year. Head Coach's approval required for 10-12 grade students to enroll in football for Spring Semester of each year. HPHS 9-12 graders must have participated in football the previous year & be in good standing with the football coaches. Students who move into HPHS & participated in football the previous year at their school may enroll in football at the beginning of the semester they enroll.	Late August-December	Randy Allen	allenr@hpisd.org

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Girls'	Golf	August 6-8, 2019	On Tuesday, EVERYONE will be required to hit range balls, chip, & putt @ Tenison Golf Park. On Wed & Thur, everyone will then be required to play 36 holes @ Tenison Highlands Golf Course. Friday will be reserved as a make-up day. These two 18 hole rounds will be broken up into 2 days. All State Tournament participants returning from the previous year are exempt from qualifying, however must play both rounds. Captains who are elected for the 2019-2020 school year are exempt from qualifying but also must play both rounds. Players are responsible for their own green fees @ Tenison Highlands. Head coach reserves the right to add any player he deems necessary. The team will consist of a MAXIMUM of 16 players. Parents are not permitted to follow their child during the qualifier.	Attend all practices/team meetings & compete in 7 tournaments per semester. (Plus post-season play if qualified)	Fall: September - November Spring: January - May	Matt Claborn 469-339-9461	claborm@hpisd.org
Boys'	Golf	72 Hole Tryout (54 Minimum in case of inclement weather) occurs June 10 - June 13 (Rain Day June 14) @ Tenison Park (Highlands Course 4 Rounds) 12:30 PM Tee times begin and end approx. 2:00 PM. There will be a pre-tryout meeting held on Friday, May 31st @ 6:00 PM in the HS Planetarium.	There will be an important Parent/Player meeting on Friday, May 31st at 6:00pm in the Highland Park High School Planetarium in order to hand out the golf handbook and go over tryout procedures. It is not a mandatory meeting, but it is highly recommended that some member of the family attend. If attendance is not possible, then arrangements need to be made to acquire the golf handbook covering tryout procedures. Please contact Coach Loyd at (972) 489-1031.	All players who have played golf in tournament settings and are familiar with the basic etiquette and rules of the game (i.e.. Water hazard options, lateral water hazard options, cart path relief, ground under repair, lost ball options, what to do when ball hit out of bounds, etc...)	Fall: September - November Spring: January - May	Jeff Loyd	ydi@hpisd.org or 972-489-1031
Boys'	Gymnastics	Try outs are Sept-Dec, One semester long.	Prospective gymnasts must show a desire to train for a competitive program. Perform USAG Level 4, 5 routines on two events. Demonstrate correct trampoline jumps, flips, ability to do 5 pull ups, 50 pushups, 15 dips	Basic gymnastics skills, required. Must be in athletic period first semester.	November - April	Mark Sherman	shermam@hpisd.org
Girls'	Gymnastics	Tryouts will take place during the first week of the school year. Final selections will be made by Thursday, August 29, 2019.	Prospective gymnasts must show a desire to train for a competitive program	Basic gymnastics skills, required. Must be in athletic period all year. Practice after school is required.	November - April	Brandi Wren	wrenb@hpisd.org
Boys'	Powerlifting	End of football season - end of February. No specific try-outs.	All are welcome to work out, select lifters will compete at meets. Most lifters are given the opportunity to compete in at least one meet.	Desire to Get Stronger and Work Hard	January - March	Grayson Wells	wells@hpisd.org
Boys'	Soccer	First three weeks of school during 1st period soccer.	Must be in fall off-season 1st period unless in fall sport. Players are expected to play club soccer outside of school. Must get a score of at least 80 on the PACER TEST for varsity consideration. Must get a score of at least 70 on the PACER TEST for junior varsity consideration. Team assignment will be based on skills, team chemistry, grades and attitude. Athletes not in 1st period fall soccer will try out at 6:45 am the Monday after Thanksgiving. Try-outs last four days.		January - April	Randall Allen	allenra@hpisd.org
Girls'	Soccer	First three weeks of school during 8th period soccer.	Team selection will be based on the ability of the student-athlete to perform with a high level of technical ability & tactical awareness that will enhance the mission of our program. The student-athlete must be able to function positively in a competitive environment & be open to learning for the betterment of the team & program while maintaining the standards of a Triple Impact Competitor. This requires consistent effort to make themselves better, their teammates better & the game better. Selection into the program & placement on any particular team is not guaranteed & is evaluated on a yearly basis. If a student-athlete is not available to participate in the program's try-outs, they will be placed on the junior varsity gold team unless returning from a higher level team. Once placed on a team movement between teams is possible based on performance and need.		Late November - Early April	Stewart Brown	brownste@hpisd.org
Girls'	Softball	Try-outs are typically the week after Thanksgiving.	Team selection is based on fundamentals of fielding, hitting, pitching, and base running. Players need to have a good attitude, get along well with others, and have a ready to learn attitude. Girls are encouraged to enroll in 8th period softball during Fall Semester.	After school practice beginning spring semester	February - May	Michael Pullen	pullenl@hpisd.org
Boys' and Girls'	Swimming and Diving	No cuts in Diving. Swimming try-outs will be the 1st week of school.	All Athletes interested in Swimming Tryouts will do a set of 10X100's freestyle, a 500 freestyle for time, and a 200 individual medley for time. All Athletes interested in Diving Tryouts must be able to complete a proscribed six-dive rotation. It is preferred that divers have a complete 11-dive rotation for competition.	New and JV swimmers 8th period; Varsity swimmers 1st period.	September - February	Jesse Cole	colej@hpisd.org

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Boys' and Girls'	Tennis	<p>Please sign your name on the information sheet @ Seay OutdoorTennis Center (4120 Glenwick) to confirm your intent to tryout. Be sure to indicate your level of qualification(Super-Champ, Champ, Non-Champ/Challenger). Write legible. Tryout attendance is mandatory on the correct days! (NO EXEMPTIONS HAVE EVER BEEN GRANTED) Challenger: Aug. 5 & 6. CHAMPS: Aug. 7-10. SUPERS: Aug 12-16. Location. TBA. Players need to provide their own transportation to the tryout site. PLEASE DO NOT FORGET TO LEAVE AN E-MAIL ADDRESS ON THE SIGN UP SHEET ON THE COUNNTER OF SEAY INDOOR TENNIS CENTER, SO THAT YOU CAN BE REACHED! Try-Out Times: Play begins @ 7 am & last all day. (All categories) Tryouts will be held TBA</p>	<p>The following players are automatically on the team. They do NOT try-out: 1. All USTA super-champ qualified players grades 10-12 who were on the team last year. 2. Players who have been elected Captain for the 2018-19 school year. All Freshmen & Transfers must try-out, including any that are super-qualified or nationally ranked. UTSA champ-qualified players, as well as non-champ qualified will be eligible to tryout for the Varsity or JV team. (First consideration is for the Varsity.) All seniors will be permitted to tryout for the Varsity only. Seniors cannot play on the JV according to UIL rules. Play will be as continuous as possible-bring lunch, snacks, & drinks-there will be no organized lunch break. Format for play: 1.Non-champs & ZAT's no-ad scoring; round robin play; (modified 6-game sets) 2. Champs no-ad scoring; 6 game set, round robin play. 3. Super champs 8 game pro set, add scoring, round robin play. 4. Inclement weather could alter format play for all levels. Varsity practice begins, Tuesday Aug 20th-22nd (1:30-3:00 PM-Mandatory), mandatory Varsity tournament Aug 23rd & 24th. JV practices will begin @ 7 AM daily second week of school. All JV players will play in all Varsity District matches & JV tournaments; unless the coaches determine that only a certain number can participate in that event. (The option for participation belongs to the coaches, not the players.)</p>	<p>REQUIREMENTS to participate in the tryout process: 1. Physicals must be dated no earlier than May 1, 2019. Anything before will not be accepted! 2. Bring completed UIL medical forms to the coaches before tryouts start and fill out electronic acknowledgement of rules forms before tryouts begin. (Signatures are required of both players & parents, on both sides of the UIL physical forms. Please be sure you have all signatures that are needed.) 3. Participation in the Tryouts must be completed to qualify for JV/Varsity teams. Go to www.hpisd.org & click on the athletics link. Then click on UIL information link. There you will find the UIL Manual for parents & students to read. Team rosters will be posted on glass doors @ HP Outdoor Tennis center@ 4 PM, Thursday, Aug 15th. If player makes the Varsity/JV Team, pictures for the Team Poster will be taken sometime between Aug 16th or 17th in the morning. To be included on the poster, player must be in attendance @ scheduled time. No exceptions will be made. Players must know their USTA status. If in doubt or to verify ranking status call the Texas Tennis Assoc. Any misrepresentation of category status will result in immediate disqualification from the entire tryout process.</p>	<p>Fall: August - early November. Spring: January - early May.</p>	<p>Dan Holden/Tyler Jimenez</p>	<p>holdend@hpisd.org jimenez@hpisd.org</p>
Girls'	Track and Field	<p>Monday, Dec. 2 - Friday, Dec. 6, 2019</p>	<p>Evaluation based on specific skills needed to compete in 17 UIL Track and Field events.</p>	<p>Must attend meets and practices (including practices after tryouts until the winter break).</p>	<p>Meets February - mid-May</p>	<p>Susan Bailey</p>	<p>baileys@hpisd.org</p>
Boys'	Track and Field	<p>Practices will begin the 3rd Monday in January. No tryouts for Freshman boys. All who attend consistently make the squad.</p>	<p>Players automatically on the team contingent on attending every practice. Boy's Track is after school only & competes in a full 9th, JV & Varsity schedule</p>	<p>Meets 8th period or after school. Must attend all practices and Meets.</p>	<p>January - May</p>	<p>Todd John</p>	<p>john@hpisd.org</p>
Girls'	Volleyball	<p>August 1 2019</p>	<p>Must be present and physically participating in all sessions and have required forms completed & turned in before try-outs begin on the first day to be eligible for team selection.</p>	<p>Freshmen before school and 1st period. JV and Varsity 8th period and after school.</p>	<p>August - mid November</p>	<p>Michael Dearman</p>	<p>dearmam@hpisd.org</p>
Boys'	Wrestling			<p>8th period practices begin first day of school. After school practices begin 1st week of October</p>	<p>November - February</p>	<p>Tim Marzuola</p>	<p>marzuot@hpisd.org</p>