



Lady Raider Athletic Info 2025/26

Cross Country: August (nothing before school begins) – October

Practice times:

7th Girls -- 7am—8am

8th Girls – 2:35pm –3:45pm

3 meets will be on Saturday mornings. 3 meets will be on Monday evenings.

Volleyball: August (nothing before school begins) -- November

Practice times:

7th Girls -- 6:45 am – 8am

8th Girls -- 2:40 pm – 4:20pm

Game days will be Thursdays (tournaments on Saturdays)

3 teams: A, B and C Teams

Basketball: November - February

Practice times:

7th Girls -- 6:30am–8am

8th Girls -- 2:40 pm – 4:20pm

Game nights will be Thursdays. One game on a Monday. Some weekend tournaments.

3 Teams: A, B and C Teams

Gymnastics: December – March

Practice times:

After school at the high school – times TBD (Contact Coach Justin James)

Spring Track: February - April

Practice times: all times are subject to change

7th Girls -- 7am-8am.... Some field events/hurdles/relays 3:30pm-4:15pm

8th Girls -- 2:40pm - 4pm.... field events/hurdles/relays 3:30pm-4:15pm

Most meet days will be Thursday afternoon/evenings. Area Meet is on a Thursday & Friday.

Spring Tennis: Season: January/end of April or 1st week in May

Tryouts: October (dates TBA); conducted during the PE/tennis classes and after school.

Teams: “A” & “B” teams, 7th and 8th graders combined, both teams are coed.

Practice: *TIMES* (A & B)--3:30pm-5:30pm; *DAYS* “A” team--Tues.& Thurs. // “B” team--Mon.& Wed.

Matches against other schools: “A” team only--matches on Tuesdays, make-ups on Thursdays

ALL DAYS AND TIMES ARE SUBJECT TO CHANGE.

Practice site: HPMS tennis courts. There is an important parents’ meeting in mid-September.

Soccer: April – May

Practice Times:

After School at HPMS – times TBD (Coached by the HPHS Girls Soccer Staff)

OTHER INFORMATION:

All of the online forms must be filled out online at [rankonesport.com](https://highlandparkisd.rankone.com) ... and a current UIL Physical must be turned in each school year... link to both the online forms and UIL Physical is below...

<https://highlandparkisd.rankone.com/New/NewInstructionsPage.aspx>

Physical forms must be fully completed, and dated 5/1 (May 1st) or later leading into the school year.

Physical forms can be emailed as a PDF directly to Jordan Graham at grahamj@hpsd.org

****Athletes MUST have ALL paperwork on file to participate in the athletic period as well as each sport ****

Athletic Period attire: black athletic shorts, gray off-season t-shirt (each girl is required to purchase 2 shirts), athletic shoes, black pants/leggings/tights/etc in cold weather. In cold weather, jackets/hoodies may be gray, navy blue or black. Jackets/hoodies may have graphics on them...but the main color must be those above colors.

Girls Athletics Off-Season Shirt : Please use the below link to purchase your minimum of at least 2 off-season shirts for your daughter. Every girl is required to purchase at least 2 shirts. Pick up is done by the parents at Not Just Soccer.

<https://njssports.tuosystems.com/stores/hpmsgirlsathletics>

ACE FEE : Each student that makes an HPMS athletic team will pay an ACE fee of \$300 at the time of making that team. (Only paid once per school year per student, regardless of the number of sports on which the student participates)

Athletic Period Grading Policy : The class grade in Athletics is based on two major areas, Participation and Dress Code. Each day Monday through Friday is worth 20 points each (10 points for fully participating in the daily activity, and 10 points for being in the correct dress code)....so each week will be worth a grade of 100 points. The dress code for Athletics is the gray off-season shirt and black shorts/pants/leggings/etc. Also, jewelry of any kind if not permitted...if a girl has recently pierced ears that may not be taken out during the class period...they may cover their ear piercings with bandaids or athletic tape during the period.

**** During some sports seasons....if a girl makes a team, their coach may ask them to wear something different during athletics besides the gray shirt/black shorts... ex: in cross country girls wear regular running attire to daily practice. This will be determined by the coach of a team that your daughter may make. ****

IMPORTANT NOTE: WE EXPECT THAT HPMS ATHLETIC TEAMS (practices, games, matches, tournaments) WILL TAKE PRECEDENCE OVER ANY OTHER OUT-OF-SCHOOL ACTIVITY... EX: DANCE, CLUB SOCCER, CHEERLEADING, DANCE, LACROSSE, ETC.

