



University Interscholastic League

**Summer Strength -
Conditioning Programs
& Sport Specific Skill
Instruction**

Summer Strength/Conditioning Programs & Sport Specific Skill Instruction

Section 1206 (h) of the UIL C&CR

1. **Limitations:** Sessions for both strength & conditioning and sport specific skill instruction may be conducted by school coaches for students in grades 7-12 from that coaches attendance zone with a start and ending date set forth by the UIL calendar. A strength and conditioning session shall be no more than two hours per day, Monday through Friday, and a student shall attend no more than one session per day. Sport specific skill instruction may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.
2. **Activities Allowed:** Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed. School shorts, shirts and shoes may be provided by the school (local school option).
3. **Attendance:** Attendance shall be voluntary and not required in order to try out for or participate in any UIL activity. Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
4. **Fees:** Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

Important points to remember for coaches, athletes and parents are as follows:

- Sessions may be conducted by school coaches only in the given time frames.
- Strength and conditioning sessions conducted by school coaches shall be no more than two consecutive hours per day.
- An athlete may attend up to 90 minutes of sport specific skill instruction per day in addition to the strength and conditioning session. However, A student-athlete shall only attend a maximum of 60 minutes per day of sport specific training in a given sport.
- Sessions conducted by school coaches shall only include students who are incoming seventh graders or above from their attendance zone.
- Sport specific skill instruction is prohibited during the strength and conditioning session.
- Sport specific skill instruction does not have to precede or immediately follow a strength and conditioning session.
- Sport specific skill instruction does not allow for a school coach to instruct student-athletes in his attendance zone in grades 7-12 in non-school events.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited during the strength and conditioning session.
- School shirts, shorts and shoes may be provided by the school (local school option).
- Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport.
- Fees, if any, shall be established and approved by the superintendent and collected by the school.
- Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.

Important dates for coaches, athletes, and parents pertaining to Section 1206 (h) of the UIL C&CR:

- Beginning Date for Summer Strength/Conditioning Programs and Sport Specific Skill Instruction
 - Sessions may be conducted by school coaches starting on Monday of the first week school is not in session. Sessions may be conducted only on Monday through Friday.
- Ending Date for Summer Strength/Conditioning Programs and Sport Specific Skill Instruction
 - Junior High (incoming 7th and 8th grade) – Programs may run up to the day prior to the first day of school.
 - High School (incoming 9th grade through 12th grade) – Programs may run up to the day prior to the first day of school or the first day of the sports season, whichever is earlier. For athletes that participate in a sport that may start prior to the first day of school (football, volleyball, tennis, & cross country), those athletes may not attend a summer strength/conditioning program or sport specific skill session in any sport once their sport season has begun.
- Dead Dates – There are NO Dead Dates for 2021

Click on the [UIL Risk Mitigation Guidelines](#) link for all updated safety protocols