



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 from the Monday of the week following the last day of school until a date set forth by the UIL calendar for students in grades 7-12 from that schools attendance zone. A strength and conditioning session shall be no more than two consecutive hours per day, Monday through Thursday. A student shall attend no more than one session of supervised instruction 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 two hours per week of sport specific skill instruction, Monday through Thursday, with a one hour maximum in any one given day.
- 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 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 rememblers for coaches, athletes and parents are as follows:

- Sessions may be conducted by school coaches only on Monday through Thursday of each week unless otherwise specified on the UIL Calendar (see exceptions to day of week below).
- A mandatory “Period of No Activity” will be set forth on the UIL calendar (see dates below). No school facilities may be open to students during this time.
- Strength and conditioning sessions conducted by coaches shall be no more than two consecutive hours per day.
- Sport specific skill sessions conducted by coaches shall be no more than 1 hour per day with a maximum of 2 hours per week.
- Sport specific skill session regulations in Section 1206 (h) of the C&CR are for team sports.
- A student shall not attend more than one strength and conditioning two-hour session (conducted by a school coach) per day.
- 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.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited during the strength and conditioning session.
- Sport specific skill instruction is limited to two hours per week per student, not per sport.
- 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.
- Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
- 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.
- Schools must take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.

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 begin on the Monday of the week following the last day of school.
- 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.
- Period of No Activity – During a “Period of No Activity”, no school facilities may be open for student-athletes.
 - Tuesday, July 9 and Wednesday, July 10, 2019
 - Monday, July 22 and Tuesday, July 23, 2019
- Exception to Day of Week – The following Friday(s) may be used as a possible period of activity for Summer S&C Programs & Sport Specific Skill Instruction:
 - Friday, July 12, 2019
 - Friday, July 26, 2019

Summer Strength and Conditioning FAQ's

May a school coach conduct a strength and conditioning program this summer?

Yes, beginning no earlier than the Monday of the week following the last day of school and ending no later than the day set forth by the UIL calendar.

May school coaches be paid for conducting these sessions?

Yes, if payment is provided by the school and no other source.

In what activities are school coaches allowed to give instruction during these summer strength and conditioning sessions?

Weight training, including a specific workout plan for each individual, agility, running programs, plyometrics, running bleachers and other conditioning exercises.

Are athletes allowed to attend an open gym or weight room before or after a supervised session?

Yes, provided the student is not receiving additional instruction from a school coach and the facilities are available to other students in the school as described in Section 1206 (h).

Are athletes allowed to attend an open gym or weight room during the "Period of no Activity"?

No, school facilities may not be available to students during a "Period of no Activity".

May sessions be conducted for students in middle school or below?

Yes. Students in the seventh and eighth grade will be allowed to participate and receive instruction from a school coach. UIL staff also recommends that seventh and eighth grade students workout in separated groups from the students in grades nine through twelve.

May a school allow outside groups to conduct strength and conditioning sessions?

Yes.

May a school allow outside groups to conduct strength and conditioning sessions during the "Period of no Activity"?

No, school facilities may not be available to students during a "Period of no Activity".

May outside groups or individuals hire school coaches to conduct strength and conditioning programs for students from the coaches' attendance zone?

Yes, provided they comply with the aforementioned guidelines regarding limits on time, equipment, fees, payment, etc.

May school booster clubs pay coaches for conducting these programs?

No. However, school booster clubs may provide funds to the school to offset expenses associated with school sponsored strength and conditioning programs.

May school booster clubs pay fees for an individual athlete to participate in a school sponsored summer strength and conditioning program?

No. However, a school booster club could provide funds to the local school to help offset the cost of the program for the school.

Funds are not to be specified for any particular athlete or group of athletes.

May schools waive or reduce fees for strength and conditioning programs sponsored by the school?

Yes, The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.

Who determines what fees, if any, are to be charged to the student?

The school superintendent.

Can the football coach conduct a strength and conditioning session with an athlete for one hour and the basketball coach conduct a session for another hour?

Yes, provided these are conducted in consecutive hours and no sport specific instruction is provided as a part of strength and conditioning.

Are schools allowed to provide transportation to students attending the summer strength and conditioning programs?

Yes, provided the strength and conditioning program is being conducted by the school.

Are schools allowed to provide transportation to students attending the summer strength and conditioning programs if they are conducted by an outside group?

No.

May incoming 7th graders (students who just finished 6th grade) participate in summer strength and conditioning programs?

Yes, incoming 7th grade through 12th grade students may participate.

Are students required to have a physical on file with the school district in order to participate in the summer strength and conditioning program?

Yes.

What penalty will be assessed to a coach for requiring a student to participate in a strength and conditioning program?

A range of penalties from private reprimand to suspension.

Summer Sport Specific Skill Instruction FAQ's

May a school coach instruct a student athlete in sport specific skills during the summer?

Yes, beginning no earlier than the Monday of the week following the last day of school and ending no later than the day set forth by the UIL calendar. A student may attend no more than 2 hours per week of sport specific skill instruction with a one hour maximum in any one given day.

May the sport specific skill instruction session be conducted in addition to the strength and conditioning session?

Yes.

May school coaches be paid for conducting these sessions?

Yes, if payment is provided by the school and no other source.

May school equipment be used during the sport specific skill sessions?

Yes. NOTE: For football, restricted equipment (contact equipment) is prohibited.

Link: [Restricted and Non-Restricted Football Equipment](#)

May school coaches group athletes by sport or position during sport specific skill instruction?

Yes.

Are athletes allowed to attend an open gym or weight room before or after a supervised session?

Yes, provided the student is not receiving additional instruction from a school coach and the facilities are available to other students in the school as described in Section 1206 (h).

Are athletes allowed to attend an open gym or weight room during the "Period of no Activity"?

No, school facilities shall not be available to students during a "Period of no Activity"?

May a school allow outside groups to conduct sport specific training sessions during the "Period of no Activity"?

No, school facilities may not be available to students during a "Period of no Activity".

May sessions be conducted for students in middle school or below?

Yes. Students in the seventh and eighth grade will be allowed to participate and receive instructions from a school coach. UIL staff also recommends that seventh and eighth grade students workout in separated groups from the students in grades nine through twelve.

Can the football coach conduct a session with an athlete for 30 minutes and the basketball coach conduct a session for another 30 minutes?

Yes, a maximum of one hour per day is allowed for sport specific skill instruction per student.

May a student receive 2 hours of instruction from the basketball coach, and an additional 2 hours of instruction from the volleyball coach in the same week?

No, each student is allowed a maximum of 2 hours per week of sport specific skill instruction.

Is a school coach limited to 2 hours of sport specific instruction per week?

No, a school coach is not limited to 2 hours of instruction per week; however, each student is limited to 2 hours of sport specific instruction per week with a maximum of one hour on any given day.

May a student who has started practice in a sport that begins prior to school starting still attend sport specific skill instruction for another sport that does not start prior to school starting?

No, athletes may not attend a sport specific skill session in any sport once they have begun a sport.

Does the sport specific skill instruction session have to immediately follow the strength and conditioning session?

No, the sport specific skill session may be held at a time determined by the school coach.

Can a school coach have multiple sport specific skill sessions in a given day?

Yes, as long as no student receives more than one hour of sport specific skill instruction on any given day.

Can a school coach instruct a student in grades 7-12 in his attendance zone during a summer league basketball game, 7 on 7 game, etc?

No, school coaches may not give instruction at non-school events.

May incoming 7th graders (students who just finished 6th grade) participate in sport specific skill training?

Yes, incoming 7th grade through 12th grade students may participate.

May school booster clubs pay coaches for conducting these programs?

No. However, school booster clubs may provide funds to the school to offset expenses associated with sport specific skill instruction sessions.

May school booster clubs pay fees for an individual athlete to participate in a school sponsored sport specific skill instruction session?

No. However, a school booster club could provide funds to the local school to help offset the cost of the program for the school.

Funds are not to be specified for any particular athlete or group of athletes.

Who determines what fees, if any, are to be charged to the student?

The school superintendent.

Are schools allowed to provide transportation to students attending a sports specific skill session?

Yes.

Are students required to have a physical on file with the school district in order to participate in the summer strength and conditioning program?

Yes.

What penalty will be assessed to a coach for requiring a student to participate in a strength and conditioning program?

A range of penalties from private reprimand to suspension.