



Fundamentals of Coaching In TEXAS



ASSISTANT ATHLETIC DIRECTORS

Director of Athletics

Dr. Susan Elza



Brian Polk



Joseph Garmon



AJ Martinez



Brandy Belk

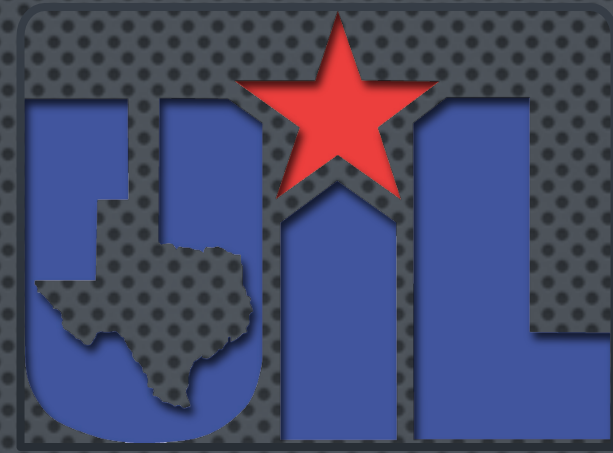


THE UIL



LEAGUE GOVERNANCE

- ✓ **LEGISLATIVE COUNCIL** – RULE MAKING BODY, 32 SUPERINTENDENTS, ALL REGIONS, ALL CONFERENCES REPRESENTED.
- ✓ **STATE EXECUTIVE COMMITTEE (SEC)** – 12 SCHOOL ADMINISTRATORS APPOINTED BY THE COMMISSIONER OF EDUCATION.
- ✓ **WAIVER REVIEW BOARD** – 10 PERSON COMMITTEE, REVIEWS DECISIONS OF THE UIL WAIVER OFFICER ON APPEALS
- ✓ **DISTRICT EXECUTIVE COMMITTEE (DEC)** – CONSISTS OF ONE VOTING MEMBER PER SCHOOL IN A GIVEN UIL DISTRICT.



UIL Basics



IMPORTANT INFO.

- ✓ Know Your Rules – Sport Information
- ✓ Yearly Required Training – Kids & Coaches
- ✓ Eligibility – Academic & Athletic

"I didn't know what the outcome would be but I committed to the purpose."

#coachingwithintent



KNOW YOUR RULES

- ✓ **Make sure you have a sport rule book (NFHS, NCAA, USTA, USGA).**
- ✓ **Download and / or print your SPORT MANUAL**
 - Manuals include C&CR sport plan language, NFHS rule changes, UIL rule changes and they are updated annually.
- ✓ **Download or bookmark the Side by Side Manual**
 - Will answer questions about no-pass / no-play, eligibility and more.





ACCESSING YOUR MANUALS FROM YOUR DESKTOP

The screenshot shows the website www.uiltexas.org in a browser window. A red box highlights the address bar with the URL www.uiltexas.org. A red arrow points from this box to the 'ATHLETICS +' dropdown menu in the navigation bar. Below the navigation bar is a large image of gold medals with red, white, and blue ribbons. A red box highlights the text 'Go to specific sport or go to manuals in dropdown box' with a red arrow pointing to the 'ATHLETICS +' menu. At the bottom of the page, the text reads: 'The University Interscholastic League' and 'The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.'



FINDING YOUR MANUAL FROM YOUR DESKTOP

The screenshot shows a web browser at <https://www.uilTEXAS.org/athletics/manuals>. The page header includes the UIL logo and navigation tabs for ACADEMICS, ATHLETICS, MUSIC, SPIRIT, MEDIA, and POLICY. The Athletics dropdown menu is open, showing options like Athletics Home, High School Sports, Junior High Sports, UIL Portal, Sports Officials, Alignments, Health & Safety, District Chairs, Forms, Manuals, Archives, Scoreboard, and Lone Star Cup. A red callout box with white text says "Go to specific sport or go to manuals in dropdown box" with arrows pointing to the "Manuals" option in the dropdown and the "MANUALS" section on the page. The "Manuals" section lists various sports manuals, including Baseball, Basketball, Cross Country, Football, Golf, Soccer, Softball, Swimming & Diving, Team Tennis, Tennis, Track & Field, Volleyball, and Wrestling. A "Junior High Manual" section is also visible, stating that the manual is available on each of the Junior High Sport pages.

Go to specific sport or go to manuals in dropdown box

MANUALS

Director of Athletics:
Dr. Susan Elza

Department Email:
athletics@uilTEXAS.org

Department Phone:
512-471-5883

Department Fax:
512-471-6589

Assistant Athletic Directors:
Brian Polk:
bpolk@uilTEXAS.org
Brandy Belk:

High School Sports

- Baseball
- Basketball
- Cross Country
- Football
- Golf
- Soccer
- Softball
- Swimming & Diving
- Team Tennis
- Tennis
- Track & Field
- Volleyball
- Wrestling

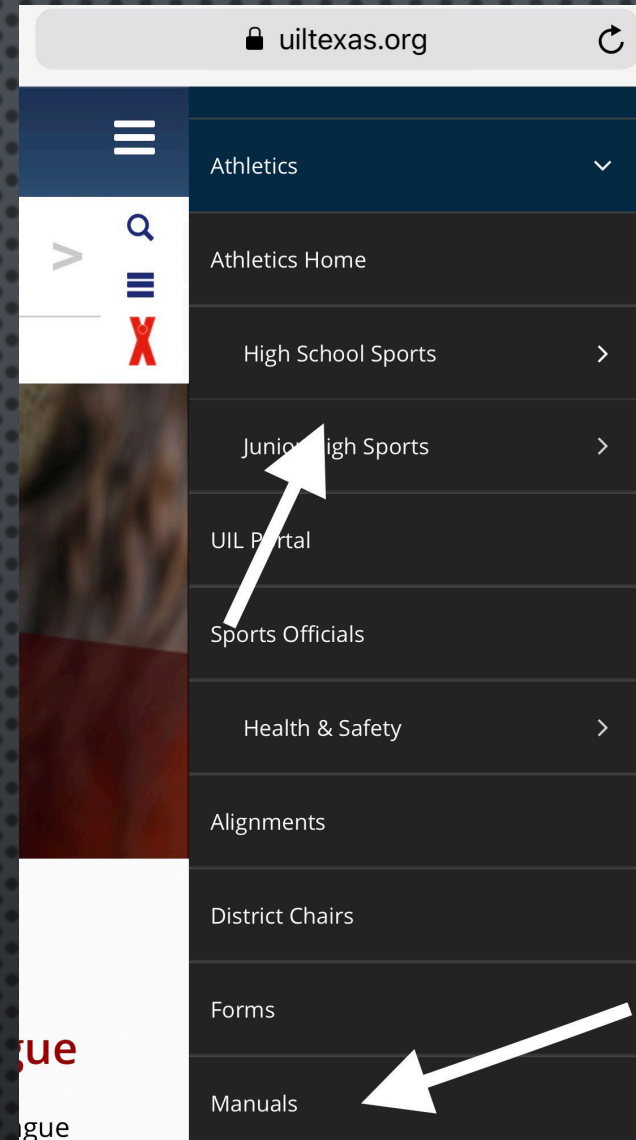
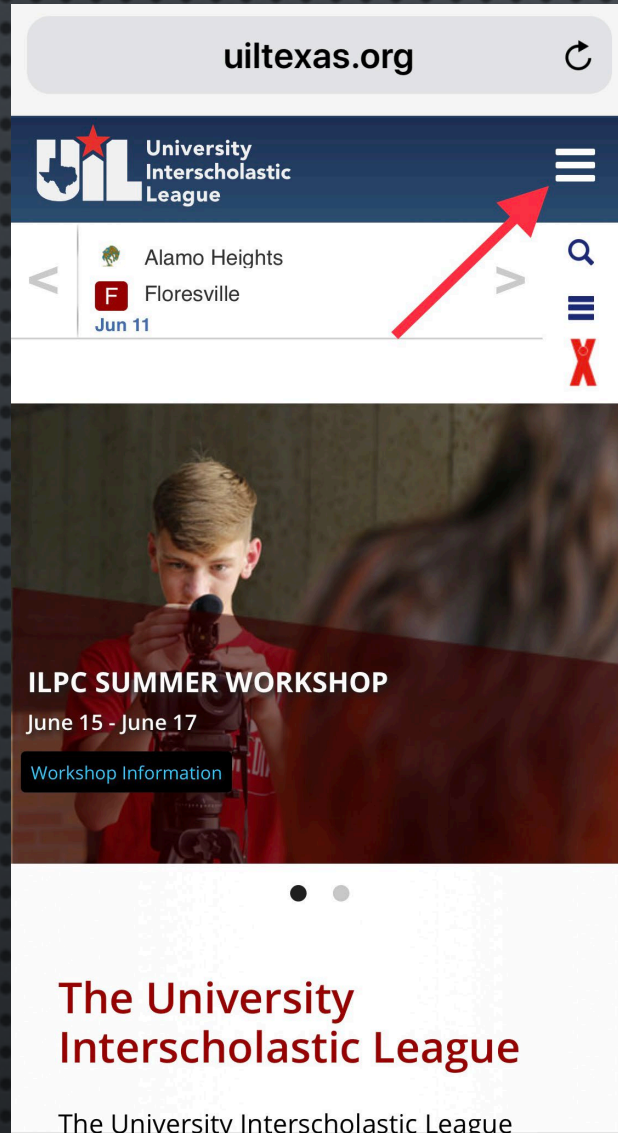
Junior High Manual

The Junior High Manual is available on each of the Junior High Sport pages.

- Junior High Sports

ACCESSING THE MANUALS

FROM YOUR PHONE





COACH EDUCATION AND TRAINING REQUIREMENTS (STATE LAW)

- CPR AND FIRST AID TRAINING – MUST HAVE A CURRENT CERTIFICATION FILED WITH THE DISTRICT
- AED TRAINING – MUST HAVE A CURRENT CERTIFICATION FILED WITH THE DISTRICT
- SAFETY TRAINING – TRAINING PROVIDED BY UIL (CCP) PROGRAM, AND MUST BE COMPLETED PRIOR TO ANY CONTACT WITH STUDENTS
- CONCUSSION TRAINING – TRAINING MUST BE COMPLETED ANNUALLY (2 HOURS EVERY OTHER YEAR/1 HOUR ANNUALLY)



COACH EDUCATION AND TRAINING REQUIREMENTS

- ✓ UIL PROFESSIONAL ACKNOWLEDGEMENT FORM— ON FILE WITH THE DISTRICT (C&CR 1202(J))
- ✓ COACHES CERTIFICATION PROGRAM (CCP)— ONLINE / IN-PERSON TRAINING (C&CR 1208(I))
 - 1) CONSTITUTION & CONTEST RULES
 - 2) ETHICS
 - 3) UIL STEROID EDUCATION
 - 4) SAFETY TRAINING (STATE LAW)
 - 5) CONCUSSION TRAINING (STATE LAW)
 - 6) SPORT SPECIFIC TRAINING — EACH SPORT HAS A SEPARATE MODULE
 - 7) FOOTBALL COACHES ONLY — BEST PRACTICES IN TACKLING CERTIFICATION
 - 8) FIRST YEAR COACHES ONLY - FUNDAMENTALS OF COACHING IN TEXAS (C&CR 1202 (L))
 - 9) SAFETY/RISK MINIMIZATION FOR CHEERLEADING COACHES — LOCAL DISTRICT DETERMINES THE PROVIDER FOR TRAINING, AND TRAINING MUST BE COMPLETED PRIOR TO ANY STUDENT CONTACT





ACCESSING THE UIL PORTAL FROM YOUR DESKTOP

www.uiltexas.org

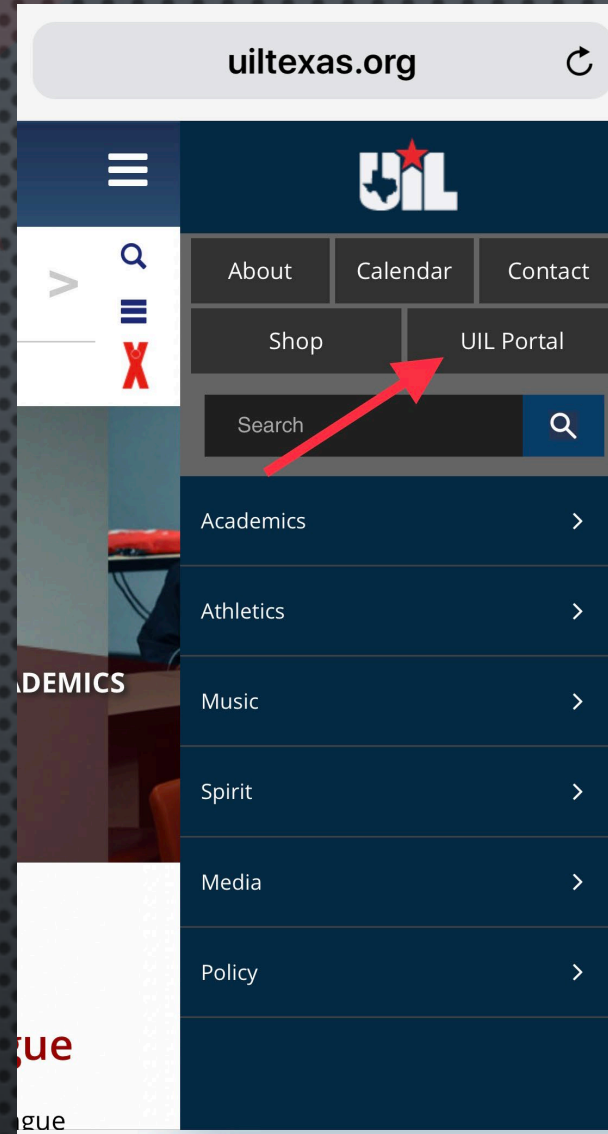
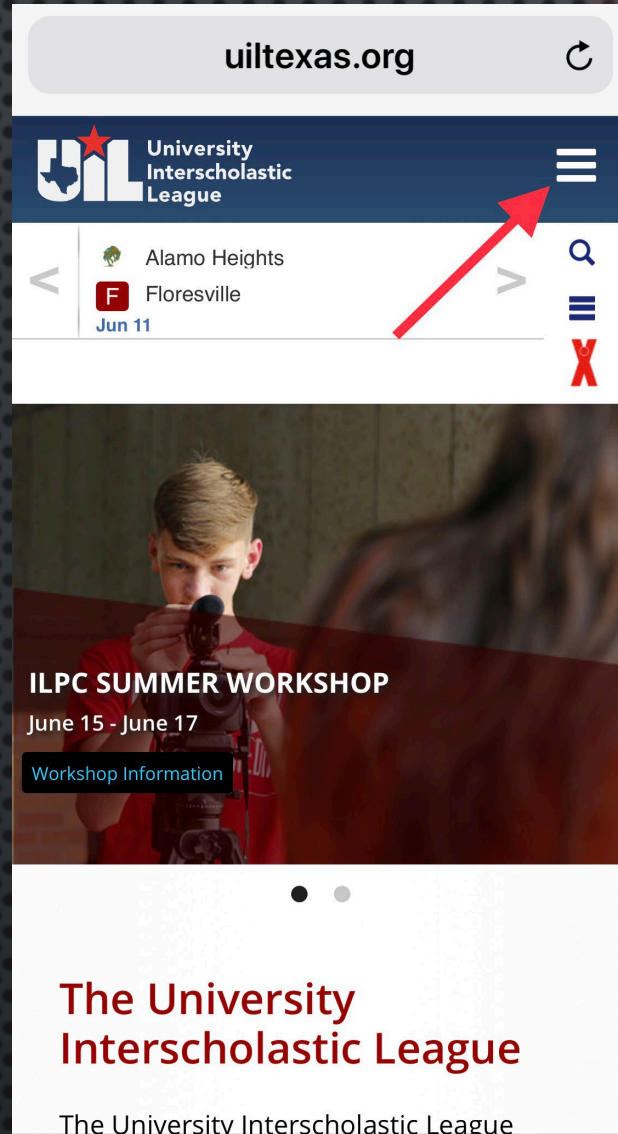
UIL University Interscholastic League

ACADEMICS + ATHLETICS + MUSIC + SPIRIT + MEDIA + POLICY +

The University Interscholastic League

The University Interscholastic League exists to provide educational extracurricular academic, athletic, and music contests.

ACCESSING THE UIL PORTAL FROM YOUR PHONE





STUDENT PARTICIPATION **REQUIRED FORMS**

- ***PRE PARTICIPATION PHYSICAL EXAMINATION FORM***
- ***MEDICAL HISTORY FORM***
- ***RULES ACKNOWLEDGMENT FORM***
- ***PARENT OR GUARDIAN PERMIT***
- ***PARENT/STUDENT ANABOLIC STEROID USE AND RANDOM STEROID TESTING FORM***
- ***CONCUSSION ACKNOWLEDGEMENT FORM***
- ***SUDDEN CARDIAC ARREST AWARENESS FORM***



PRACTICE & GAME REGULATIONS

➤ *PRACTICE*

➤ *OUTSIDE THE SCHOOL YEAR VS SCHOOL IS IN-SESSION*

➤ *COACHING OUTSIDE YOUR SPORT SEASON*

➤ *INDIVIDUAL SPORTS VS TEAM SPORTS*

➤ *GAMES*

➤ *SEASON LIMITS*

➤ *SCHOOL WEEK VS CALENDAR WEEK*



***SCHOOL COMPETITION VS NON-SCHOOL*



ELIGIBILITY (ACADEMICS)

DIFFERENT FOR 2020-2021 SCHOOL YEAR!

ELIGIBILITY - 1ST SIX-WEEKS OF SCHOOL YEAR

- **GRADES NINE AND BELOW - PROMOTED**
- **SECOND YEAR OF HIGH SCHOOL — FIVE ACCUMULATED CREDITS**
- **THIRD YEAR OF HIGH SCHOOL - TEN ACCUMULATED CREDITS OR FIVE CREDITS WITHIN THE LAST TWELVE MONTHS**
- **FOURTH YEAR OF HIGH SCHOOL - FIFTEEN ACCUMULATED CREDITS OR FIVE CREDITS WITHIN THE LAST TWELVE MONTHS**

ELIGIBILITY (ATHLETICS) SUB-VARSITY AND JUNIOR HIGH

AN INDIVIDUAL IS ELIGIBLE TO PARTICIPATE IF...

SUB VARSITY ELIGIBILITY

- FULL TIME STUDENT
- ACADEMICALLY ELIGIBLE

JUNIOR HIGH ELIGIBILITY

- FULL TIME STUDENT
- ACADEMICALLY ELIGIBLE
- AGE APPROPRIATE FOR JH ATHLETIC COMPETITION





ELIGIBILITY

VARSITY ATHLETICS



- ✓ MEETS ALL REQUIREMENTS OF SECTION 400 & 403
- ✓ IS AN AMATEUR
- ✓ MEETS PARENT RESIDENCE RULE
- ✓ MEETS THE AGE RULE
- ✓ HAS NOT CHANGED SCHOOLS FOR ATHLETIC PURPOSES
- ✓ PREVIOUS ATHLETIC PARTICIPATION FORM



CONTACTS & LINKS

LINKS FOUND ON UIL WEBSITE

- CONSTITUTION & CONTEST RULES (C&CR)
- TEA-UIL SIDE-BY-SIDE
- ATHLETIC RULES (SECTIONS 1200 THROUGH 1210 C&CR)
- RULES VIOLATIONS AND PENALTIES (SECTION 1207 C&CR)
- BOOSTER CLUB GUIDELINES
- SUMMER STRENGTH & CONDITIONING REGULATIONS
- NON-SCHOOL PARTICIPATION REGULATIONS



Dr. Susan Elza (UIL Director of Athletics)
214-418-3591

Brian Polk (Assistant Athletic Director)
903-821-4242

Brandy Belk (Assistant Athletic Director)
512-635-6634

AJ Martinez (Assistant Athletic Director)
361-816-1281

Joseph Garmon (Assistant Athletic Director)
361-244-0497

TEXAS GIRLS COACHES ASSOCIATION

LEADERSHIP PANEL



TGCA PANEL DISCUSSION