



TGCA Multi-Sport CCCP TRAINING

UIL ATHLETIC DIRECTORS



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Joseph Garmon
361-244-0497



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Grace McDowell
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Director of Athletics
Ray Zepeda
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AJ Martinez
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Assistant AD
Virginia Flores
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UIL TEAM



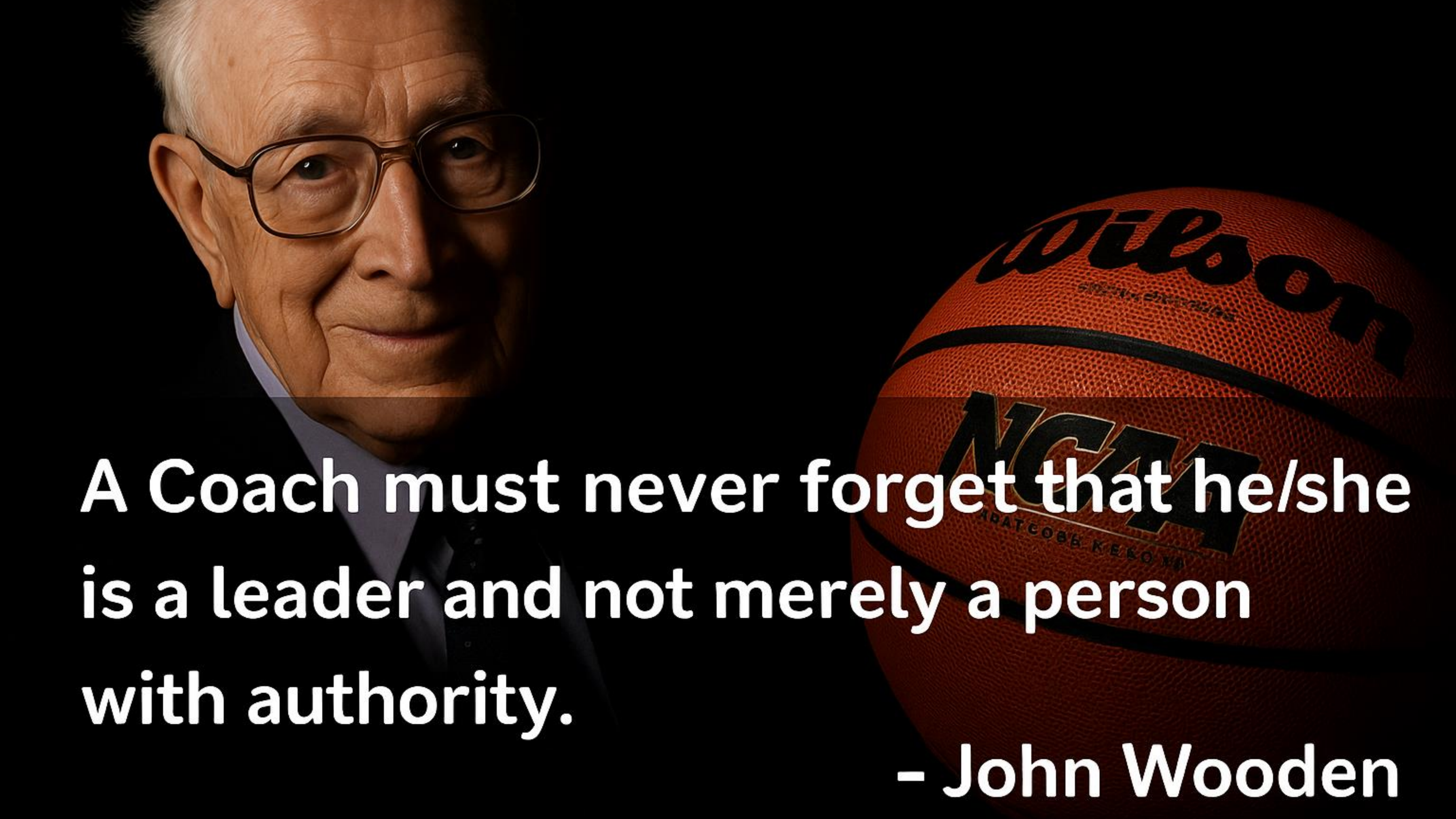
Jessica Walker
Senior Event Coord



Hannah Higgins
Senior Event Coord



Dillon Bankston
Officials Coordinator



**A Coach must never forget that he/she
is a leader and not merely a person
with authority.**

– John Wooden

WHAT'S NEW FOR 2025-2026

HOMESCHOOL STUDENT PARTICIPATION:

- All homeschool students are eligible to participate in UIL activities, practices and processes unless their local school district has opted out of the law.
- If the local district has opted out, student would be eligible at nearest school that allows participation to their address.
- School districts that do allow participation can elect to not allow students from other districts to participate.



WHAT'S NEW FOR 2025-2026

NIL:

- **UIL rules now allow student-athletes 17 years or older to enter into NIL agreements with colleges & universities while participating in that UIL sport.**
- **Athletes are still prohibited from entering into NIL agreements with any other entity until exhausting their eligibility in that applicable sport.**
- **Athletes are still prohibited from promoting a product or service related to their UIL sport.**
- **UIL rules do not prohibit an athlete from obtaining professional representation.**



WHAT'S NEW FOR 2025-2026

SUB-VARSITY ELIGIBILITY

Page 1 of the PAPF is now
REQUIRED to be
completed for new
students **PRIOR** to
competing at the sub-
varsity level.



ELIGIBILITY PAPF

(PREVIOUS ATHLETIC PARTICIPATION FORM)

WHO NEEDS TO HAVE A PAPF?

1. Is the student **NEW** to your school?
2. Did they participate in 8th grade or beyond at a different feeder school or high school in the US or Mexico?

***If the answer to both questions is YES, then a fully completed PAPF is required.**

****If the student is NEW but did not previously participate, only page 1 of the PAPF is required.**

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade Birthdate
City State
City ☐ Public ☐ Charter ☐ Private
City State ☐ Public ☐ Charter
Date of withdrawal from previous school:
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

Has the student practiced or participated in extracurricular athletic activities (before school, after school or during school) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

Has the student ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment or International Baccalaureate (IB) program in grades 9-12? If yes, provide the name of the school and school year

REFERENCE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Does the student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)? If the student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Are the parents of the student ☐ married ☐ never married ☐ married- living apart ☐ divorced? If the parents are MARRIED-LIVING APART or MARRIED and the student is LIVING WITH ONE PARENT, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Do any parent(s) of the student reside outside the attendance zone of the school the student wishes to represent? If yes, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Has there been a change in schools but no change in address? If yes, please attach an explanation.

Do the parents own, rent or maintain more than one residence? If yes, please attach an explanation.

Are any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

Are there other family members in grades K-12 attending a different school district other than the school district the student is attending?

REFERENCE RULE: REFERENCE C&CR SECTION 403.

Has the student enrolled in less than an average of four hours per day of instruction for either state or local high school for the current year? If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C)

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

FOCUS ON PRESEASON AND IN-SEASON ELIGIBILITY PROCESSES

- 2 coaches verify all eligibility processes
- PAPF's for all students that require one completed prior to first contest at any level of play
- Factually complete PAPF when sending school
- Appropriate verification of residence (Section 442) & contact previous school

25-26 COACHES AREAS OF FOCUS



CONTINUED FOCUS ON APPROPRIATE ETHICS AND ACCOUNTABILITY

- **Removal of situational ethics**
- **Willingness to act and be responsible when necessary (Do your part)**
- **Power of a positive example (Be what you expect others to be)**

25-26 COACHES AREAS OF FOCUS



EMERGENCY RESPONSE READINESS (EFFECTIVE EAP'S)

- All EAP's reviewed for all athletic facilities
- Regular rehearsal of EAP by staff and students
- Establish a process for a pregame medical timeout with admin, officials, coaches, & trainers

25-26 COACHES AREAS OF FOCUS



CONTINUED IMPROVEMENT OF SPORTSMANSHIP & RESPONSE TO ADVERSITY

- **Begins with expectations & example of the COACH!**
- **What is your system for teaching sportsmanship?**
- **Active Engagement with the Texas Way Program**
- **Focus on athlete conduct & supervision**
- **Positive Expectations for Parents/Spectators**

**25-26
COACHES
AREAS OF
FOCUS**




Expected UIL Knowledge Needed

Where do I find all the information I need???


www.uiltexas.org




s.org

Latest UIL updates and information [Learn More »](#)

 The University of Texas at Austin

Home | About | Calendar | Contact | Sh

 **University Interscholastic League**


Search

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

Exploring the UIL Website

UILTEXAS.ORG







Increase Understanding of Resources Available

ATHLETICS –		MUSIC +	SPIRIT +
Athletics Home		 Center	
High School Sports –		Baseball	
Junior High Sports +		Basketball	
UIL Portal		Cross Country	
Sports Officials		Football	
Alignments		Golf	
Health & Safety +		Soccer	
District Chairs		Softball	
Waivers		Swimming & Diving	
Booster Club Guidelines		Team Tennis	
Forms		Tennis	
Manuals		Track & Field	
Archives		Volleyball	
Scoreboard		Water Polo	
Lone Star Cup		Wrestling	

Exploring the UIL Website

Athletic Homepage

Rules, Guidelines, and Materials

- Drone Policy
- 6th Grade Participation Guidelines
- Four Day School Week
- Homeschool Participation FAQ
- Strength and Conditioning Program Regulations (Summer and Off-Season)
- 2024-25 Tentative Sport Season Dates & Game/Tournament Limits 
- Practice Outside the School Year 
- Pre-Season Football Practice Limitations Q and A
- Charitable Cause Guidelines
- Round Robin Scheduling 
- Non-School Participation Manual 
- Booster Club Guidelines
- School Sponsored Camps 
- UIL Resources for Game Administrators 

Individual Sports Page

UIL Home > Athletics > Sports > Cross Country

CROSS COUNTRY

Cross Country Overview

Rules & Guidelines
School Codes
Manuals
Alignments
Postseason Information
Regional Sites
State Meet
Sanctioning
FAQ

Assistant Athletic
Director:
Joseph Garmon

Email:
jgarmon@uiltexas.org

Department Phone:
512-471-5883

Department Fax:
512-471-6589

Cross Country



State Meet

It is most important that each UIL member school stay current on the rule and season information for cross country. For additional information, please contact the Assistant Athletic Director.



Athletic Calendar

Contact

NOVEMBER 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				November 1: Deadlines: OAP: to hold dir's planning mtgs. and 1st day to contact 2nd & 3rd judges for panels Volleyball: Bi-district, all Conferences October 30 - November 1	Nov 1 - Congress Region: 1st Day. A+ Acad: 1st day for inv. meets. CX: Online Dist info form w/ Dist Dirs' name Cross Country: State Meet. Oct 31 - Nov 1	1 Girls Basketball: First day for scrimmages. Marching Band: Preferred Area Contest date 3A & 5A
2	3 Marching Band: State Contest 2A, 4A & 6A. Volleyball: Area, all conferences.	4	5	6 Marching Band: Area contest deadline, 3A, & 5A. Volleyball: Regional quarterfinals, Conference A. Volleyball: Regional semifinals, Conferences 2A-6A.	7 Girls Basketball: 1st day for inter-school games.	8 Boys Basketball: 1st day for scrimmages. Football: District certification deadline, all conferences.
9	10 Marching Band: State Contest 1A, 3A & 5A. Volleyball: Regional Semifinals, Conference A. Volleyball: Regional Finals, Conferences 2A-6A. Wrestling: 1st day for meets & tournaments.	11	12	13 Football: Bi-district, all conferences. Volleyball: Regional Finals; State Semifinals, Conference A.	14 Boys Basketball: 1st day for inter-school games.	15 Congress: Region Last Day Volleyball: State Semifinals, Conferences 2A-6A.
16	17 Congress: Region results due	18	19	20 A+ Academics: Participation reg. due. Deadline to submit spring district meet info & contest material orders. One-Act Play: Double representation due. Football: Regional, 1A, Area, 2A-6A. Volleyball: State Finals, All Conferences.	21 A+ Academics: Participation reg. due. Deadline to submit spring district meet info & contest material orders. One-Act Play: Double representation due.	22
23	24	25	26	27 Football: Quarterfinals, 1A. Regional, 2A-6A.	28	29
30						

ATHLETICS

ACADEMICS

MUSIC

POLICY & ADMINISTRATION

Athletics

Department email: athletics@uiltexas.org

Department fax: 512-471-6589

CONTACT INFORMATION

Name	Title	Responsibilities
Ray Zepeda	Director of Athletics	Athletic Administration Reclassification & Realignment, Eligibility Catastrophic Injuries Officials
Grace McDowell	Assistant Athletic Director	Volleyball Spirit Swimming & Diving Basketball Softball
Aj Martinez	Assistant Athletic Director	Football Wrestling Golf Baseball Water Polo
Joseph Garmon	Assistant Athletic Director	Team Tennis Cross Country Basketball Soccer Tennis Track & Field

Compliance of UIL Rules & Procedure

TEA/UIL Side-by-Side

- Academic Requirements (No Pass No Play)
 - 1st Six Weeks Eligibility
 - Grading Periods/7-day Grace/Incompletes
 - Honors Courses???
- Admission/Enrollment Requirements
- Limits on Practice & Performance
 - School Week/Calendar Week Limitations
- Eligibility Calendar



2024-2025
UILTEXAS.ORG

TEA & UIL SIDE-BY-SIDE



POLICY –		
Policy Home		
2024-25 UIL Updates		
Constitution & Contest Rules		
UIL Portal d also define the direction,		
Eligibility		
Waivers	+	
League Governance		
Official Meeting Agendas		
State Executive Committee		
Amending UIL Rules		
Membership Requirements		
Homeschool Participation		
TEA-UIL Side-by-Side	–	TEA-UIL Online Version
Booster Club Guidelines		TEA-UIL PDF (English)
DEC Handbook	+	TEA-UIL PDF (Spanish)

Compliance of UIL Rules & Procedure

Sport Manuals

- Pre-Season Regulations
- Coach & Athlete Requirements
- Regular Season Information
- Practice Limitations
- Calendar Week Limitation – Sports Specific
- Post Season Information
- Off-Season Regulations

The screenshot displays the UIL website's navigation and content for the Tennis Manual. The header features the UIL logo and a menu with links to ACADEMICS, ATHLETICS, MUSIC, SPIRIT, UNIFIED, and MEDIA. The breadcrumb trail indicates the path: UIL Home > Athletics > High School Sports > Tennis > Manual. On the left sidebar, under the 'TENNIS' heading, there is a list of links: Tennis Overview, Rules & Guidelines, Manual (highlighted), Alignments, Tennis Forms, Regional Sites, State Tournament, Sanctioning, and FAQ. Below this is the 'TENNIS CONTACT INFO' section, which lists the Assistant Athletic Director, Joseph Garmon, along with his email (jgarmon@uiltexas.org), department phone (512-471-5883), and department fax (512-471-6589). The main content area is titled 'Tennis Manual' and '2025-2026 Tennis Manual'. It states that the online sport manuals are now available in two printable PDFs. Two bullet points provide download links: 'Download the printable 2025-2026 Tennis Manual (sport specific content)' and 'Download the printable 2025-2026 Individual Sport Manual (general content applicable to all individual sports)'. Below this is a 'Table of Contents' section with three main items: 'Tennis Calendar', 'Tennis Coaches Checklist', and 'Tennis Rules & Guidelines'. The 'Tennis Rules & Guidelines' item has two sub-items: 'Tennis Plan (Constitution & Contest Rules)' and '2025-2026 UIL Rule Changes & Amendments'.

University Interscholastic League

ACADEMICS + ATHLETICS + MUSIC + SPIRIT + UNIFIED + MEDIA +

UIL Home > Athletics > High School Sports > Tennis > Manual

TENNIS

- Tennis Overview
- Rules & Guidelines
- Manual**
- Alignments
- Tennis Forms
- Regional Sites
- State Tournament
- Sanctioning
- FAQ

TENNIS CONTACT INFO

Assistant Athletic Director:
Joseph Garmon

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jgarmon@uiltexas.org

Department Phone:
512-471-5883

Department Fax:
512-471-6589

Tennis Manual

2025-2026 Tennis Manual

The content of the online sport manuals are now available in two printable PDFs.

- Download the printable 2025-2026 Tennis Manual (sport specific content)
- Download the printable 2025-2026 Individual Sport Manual (general content applicable to all individual sports)

Table of Contents

- Tennis Calendar
- Tennis Coaches Checklist
- Tennis Rules & Guidelines
 - Tennis Plan (Constitution & Contest Rules)
 - 2025-2026 UIL Rule Changes & Amendments

Compliance of UIL Rules & Procedure



UIL Coaches' Checklist Golf 2025-26

	CHECKLIST	REFERENCE	COMPLETION DATE
✓	PRE-SEASON		
	Register/update profile in the UIL Portal	UIL Portal	Prior to 1 st Practice
	Review Golf Manual	Golf Manual	Prior to 1 st Practice
	UIL yearly coaching requirements (CCP & TEC)	Coaching Requirements	Prior to 1 st Practice
	Student participation required forms. Keep on file.	Athletic Forms	Prior to 1 st Practice
	Varsity participation required forms. Keep on file.	Athletic Forms	Prior to 1 st Practice
	Review rules regarding eligibility for athletic contests	C&CR Sec. 400 & 403	Prior to 1 st Practice
	Review TEA-UIL Side-by-Side	Side-by-Side	Prior to 1 st Contest
	Review Golf Plan	Golf Plan	Prior to 1 st Practice
	Review UIL rule changes	UIL Rule Changes	Prior to 1 st Practice
	Review USGA rule changes	USGA	Prior to 1 st Practice
	Complete PAPFs and file with UIL Office	PAPF Process	Prior to 1 st Practice
	Submit Individual Eligibility Form to district chair (UIL Portal)	UIL Portal	Prior to 1 st Contest
✓	REGULAR SEASON		
	First day for playing interschool tournaments		1 st Day of School
	POST-SEASON		
	District Certification by District Chair		April 7
	Tournaments (Boys & Girls)		April 13-16

UIL Checklists

- Sport specific documents that can be found on each sports manual page.
- A helpful tool for coaches to use in preparation for their season and to help stay in compliance.

2025-2026 COACHES' REMINDERS

SPORT RULE BOOK

Playing rules are not UIL rules. Be sure to review the appropriate rules for your sport prior to the season.



Swimming/Diving
Water
Polo/Wrestling



Tennis/Team
Tennis



Gol
f

CONTEST REGULATIONS

VERY IMPORTANT TO UNDERSTAND THE DIFFERENCE BETWEEN:

- **Calendar Week**: 12:01 am Sunday to Midnight Saturday
- **School Week**: 12:01 on 1st instructional day of the week to close of instruction on the last instructional day of the week

FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Academics & OAP: Deadline to set up district online.	2 A+ Academics: 1st day for spring district meets.	3	4	5	6	7 Academics: Last day for invitational meets using Set A materials.
				Robotics: RECF - VEX Division State Tentative		

HIGH SCHOOL CONTEST REGULATIONS

Limits on Practice and Performance

Commissioner of Education Regulations Limiting Contests Per School Week (Activities Preceding Administration of Statewide Student Assessment Program, Eight-Hour Limitation, Practice by Ineligible Students)

Commissioner of Education regulations limit participation to one contest per school week. Participation is defined as involvement with the activity (e.g., traveling with the team, sitting on the bench). Example: On a Tuesday night, the student's name is on the scorebook but she remains on the bench and does not actually enter the game. This counts as participation according to state law. That student cannot participate again until Friday after school. 19 AAC 176.001, Subchapter AA

(d) Limitations on practice, rehearsal, and student participation in extracurricular activities during the school week shall be as follows:

1. For any given extracurricular activity, a student may not participate in more than one activity per school week, excluding holidays, except as provided in paragraph (2) of this subsection.
2. In addition to the limit specified in paragraph (1) of this subsection of one extracurricular activity permitted per school week, a student may also participate in a tournament or post-district contest, as well as a contest postponed by weather or public disaster that may determine advancement to a post-district level of competition.
3. For each extracurricular activity, a school district must limit students to a maximum of eight hours of practice and rehearsal outside the school day per school week.
4. The Commissioner of Education recommends that school districts avoid scheduling extracurricular activities or public performances on the day or evening immediately preceding the day on which the administration of the statewide student assessment program is scheduled for Grades 3-11.

UIL Regulations Limiting Contests Per Calendar Week

Sunday Prohibition and Exceptions

Sec. 33.0812 Scheduling Extracurricular Activities prohibited in certain circumstances.

In-School Athletic Period (8hr Rule)

Dressing and Redressing Time (8hr Rule)

Water Breaks and Film Review (8hr Rule)

- One contest per SCHOOL WEEK
- Per activity - per student
- Calendar week contest limitations differ for each sport.
- See the specific sport manual for calendar week limits.

HIGH SCHOOL CONTEST REGULATIONS

UIL Regulations Limiting Contests Per Calendar Week

UIL limits participation in contests per calendar week in some sports. For UIL, participation is defined as a student actually entering a contest. Example: On Tuesday night, the student's name is on the score book but the student remains on the bench and does not actually enter the game. This does not count as participation in a UIL contest according to UIL (but does count according to state law. That student cannot participate again until Friday after school.) The Tuesday game does not count as one of the games UIL permits the student to participate in for that calendar week or for the season because the student did not enter the game.

UIL Constitution and Contest Rules: Section 5: Definitions

(c) Calendar week means 12:01 a.m. on Sunday through midnight on Saturday.

(ff) School week means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.

The following situations are considered as one contest during the school week.

Volleyball:

(1) A single match.

(2) A dual match (a team plays two other teams or plays the same team twice at the same site on the same day.) A dual match counts as one of the two matches UIL permits students per calendar week and counts as two of the total matches for the student per season.

(3) A double header (a student may play in a varsity and a junior varsity match or a ninth grade and a varsity match at the same site the same night). A double header counts as the total two allowable matches UIL permits the student for the calendar week and counts as two of the total matches for the season. Students could also play in a tournament the same week they participate in a single match, dual match, or double header.

Basketball and Soccer:

(1) A single game; or

(2) a double header (a student may play in a varsity and a junior varsity game or a ninth grade and a junior varsity game at the same site the same night). It counts as the two total games the student may play for the calendar week and two of the total games for the season. Students may not play in a tournament the same week as they play in a double header.

Cross Country, Golf, Swimming, Team Tennis, Tennis and Wrestling: An invitational meet/tournament, dual or triangular, competition. Schools shall not enter invitational tournaments/meets scheduled on more than one school day per any one tournament.

Baseball/Softball/Water Polo:

(1) A single game; or

(2) a double header (a student could play two back-to-back varsity games or in a varsity and junior varsity game, at the same site the same night.) Each game counts as one of the student's total games for the season. Students may play in additional games at the conclusion of that school week because UIL does not limit the number of games per calendar week in these three team sports.

- Contest per CALENDAR WEEK
- Per activity - per student
- Calendar week contest limitations differ for each sport.
- See the specific sport manual for calendar week limits.



CONTEST REGULATIONS JR. HIGH

- One contest per **CALENDAR WEEK**
- A tournament may be played in the same calendar week of a contest/game as an exception:
 - Volleyball, Basketball, Soccer, Baseball, Softball, Water Polo
- No game, contest or tournament shall begin prior to the end of the academic school day.
 - Exception: Two of the six allowable track meets may start no earlier than 2:00 p.m.

2024 + 2025
UILTEXAS.ORG



JUNIOR HIGH COACHES MANUAL





University Interscholastic League

Non-School Participation

Examples?

INDIVIDUAL SPORTS

During the school year:

- Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year
- **Any time spent working with an athlete, whether school or non-school, will count as part of the allowable 8 hours allowed outside the school day, during the school week.**
- Example: A swim coach can coach their own students in club, but the time spent in club practice would count towards the 8 hours of allowable practice time.



University Interscholastic League

Non-School Participation

INDIVIDUAL SPORTS

During the school year:

- Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are in grades 9-12, from the coach's attendance zone and participating in the sport for which the coach is responsible (Section 120I [b, 9]).
- Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 120I [b, 10]).

****Coaches shall not gain financially from a student's participation in a non-school activity.****

Swimming & Diving Dates

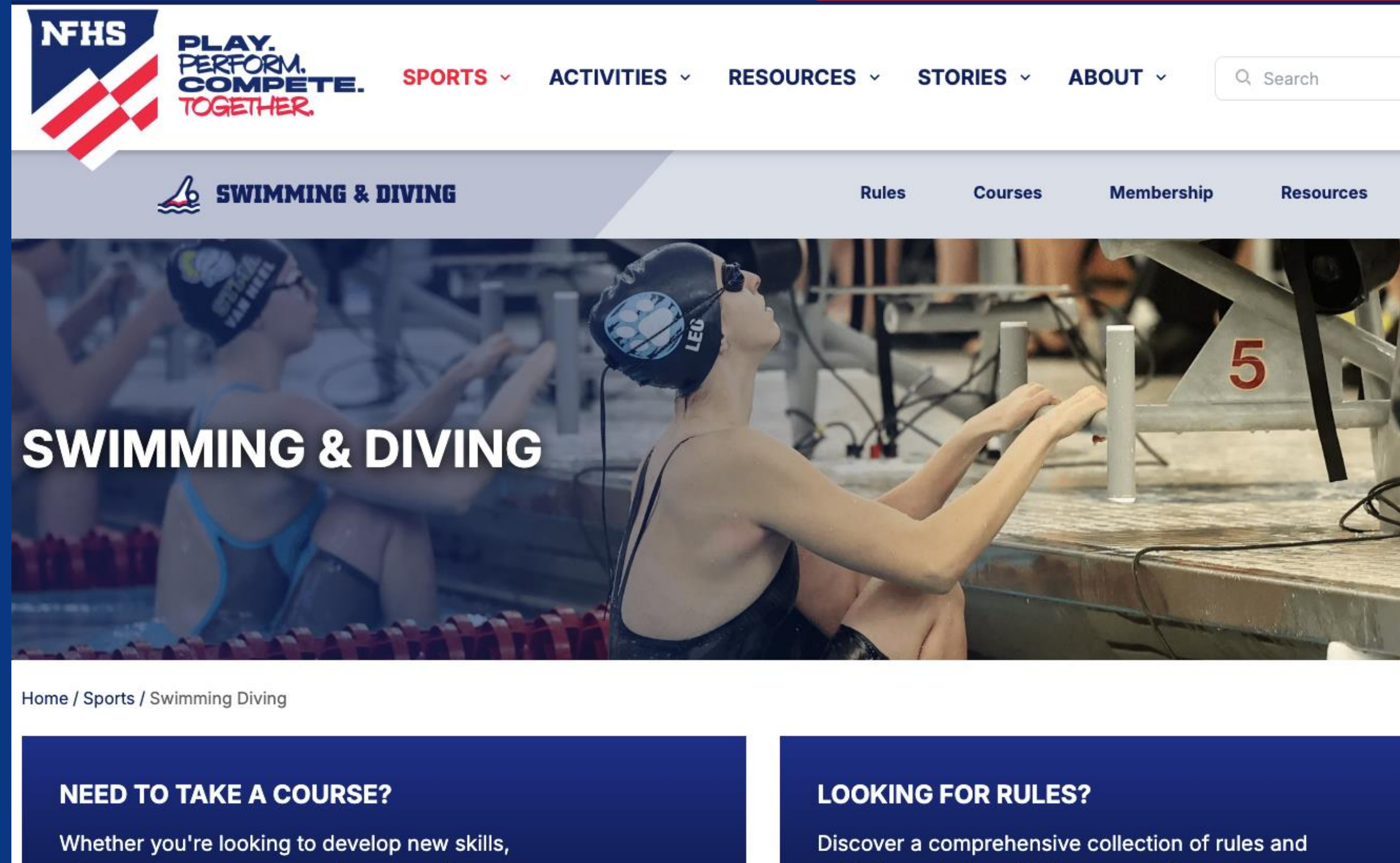
- Jan 24: 4A & Below District Certification
- Jan 30-31: 4A & Below Regional Meets
- Jan 31: 5A-6A District Certification
- Feb 6-7: 5A-6A Regional Meets
- Feb 12-13: 4A & Below State Meet
- Feb 20-21: 5A-6A State Championship Meets

Contact Person: Grace McDowell
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Cell: 214-236-9279



Swimming & Diving

Rule changes and other great resources may be found on the Swimming & Diving page of the NFHS website.



The screenshot shows the NFHS website's Swimming & Diving page. The header features the NFHS logo with the tagline "PLAY. PERFORM. COMPETE. TOGETHER." and a navigation menu with links for SPORTS, ACTIVITIES, RESOURCES, STORIES, and ABOUT. A search bar is located on the right. Below the header, a secondary navigation bar includes a swimming icon, the text "SWIMMING & DIVING", and links for Rules, Courses, Membership, and Resources. The main content area has a background image of swimmers in a pool with the text "SWIMMING & DIVING" overlaid. Below this is a breadcrumb trail: "Home / Sports / Swimming Diving". At the bottom, there are two dark blue boxes with white text. The first box is titled "NEED TO TAKE A COURSE?" and contains the text "Whether you're looking to develop new skills,". The second box is titled "LOOKING FOR RULES?" and contains the text "Discover a comprehensive collection of rules and".

NFHS
PLAY.
PERFORM.
COMPETE.
TOGETHER.

SPORTS ▾ ACTIVITIES ▾ RESOURCES ▾ STORIES ▾ ABOUT ▾

Search

SWIMMING & DIVING

Rules Courses Membership Resources

SWIMMING & DIVING

Home / Sports / Swimming Diving

NEED TO TAKE A COURSE?
Whether you're looking to develop new skills,

LOOKING FOR RULES?
Discover a comprehensive collection of rules and

WATER POLO DATES

- August 1 – First Day of Practice
- August 2 – First Day of Interschool Scrimmages
- August 7 – First Day of Interschool Games
- October 4 – District Certification
- October 17-18– Regional Tournament
- October 24-25 – State Tournament

Contact Person: Grace McDowell
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Cell: 214-236-9279



WRESTLING DATES

- October 1 – First day for minimum weight certification
- November 10 – First day for duals, triangular, quadrangular meets, and tournaments
- December 27 - 2lb Growth Allowance
- January 17 – Last day for Weight Certifications
- January 31 – District Certification
- February 6-7 – Regional Tournament
- February 13-14 – State Tournament

Contact Person: AJ Martinez
Email: ajmartinez@uiltexas.org
Cell: 361-816-1281



WHAT'S NEW FOR WRESTLING

14 Girls' Weight Classes

- 100, 105, 110, 115, 120,
125, 130, 135, 140, 145,
155, 170, 190, 235



GOLF DATES



April 7, 2026 – District Certification Deadline

April 13-16, 2026 – Regional Tournaments

April 27-28, 2026 – Boys' State Tournament

May 4-5, 2026 – Girls' State Tournament

Contact Person: AJ Martinez
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Cell: 361-816-1281



Team Tennis/Tennis Dates

October 4 – District Certification

October 6-7 - Bi-District October 9-11

- Area October 13-14 - Regional

Quarterfinals October 16-17 –

Regional Tournament October 22-23

– State Tournament

April 11 – District Certification

April 17-18 & 20-21 – Regional Tournament

May 7-8 – State Tournament



Contact Person: Joseph Garmon

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SPORTSMANSHIP THE TEXAS WAY!!

REMINDERS FOR COACHES:

- Provide Specific Instruction to Athletes
- Have a Plan in the Event of a Game Altercation
- Ensure Athletes Understand Expectations
- IMPLEMENT AT ALL LEVELS (MS, 9th, JV & Varsity)





A GOOD COACH
CAN CHANGE
A GAME,
A GREAT COACH
CAN CHANGE
A LIFE.





Swim & Dive / Water Polo Team Tennis / Tennis



Wrestling / Golf



General UIL

