



Athletic Department Update
June 22, 2026

Summer Workouts

Coach Green is doing an outstanding job organizing and leading our summer strength and conditioning program for student-athletes in grades 7–12. Participation numbers have been very strong, and a tremendous amount of planning and organization has gone into maximizing opportunities for athletes to improve their strength, conditioning, and sport-specific skills.

As with any summer program, attendance fluctuates from week to week due to family vacations, church camps, work schedules, and other summer activities. Despite these factors, we have maintained consistent participation and have structured the program to provide multiple opportunities for athletes from different sports and age groups to receive quality instruction and training.

Our summer program consists of eight weeks of workouts conducted Monday through Thursday, allowing student-athletes to develop physically while continuing to build the habits and discipline necessary for success during the school year and competitive seasons.

Summer Planning - UIL Mandates

As many of you are aware, the UIL has mandated the use of Wet Bulb Globe Temperature (WBGT) guidelines beginning in August of this year. In previous years, WBGT recommendations served as guidance that schools could reference while still exercising some flexibility in outdoor activities. Beginning this fall, these guidelines become mandatory and will significantly impact how we conduct outdoor practices, workouts, and conditioning sessions.

While football is often the first sport that comes to mind when discussing heat-related concerns in August and September, these mandates will affect the entire athletic organization. Any sport that trains, conditions, practices, or conducts offseason activities outdoors will be subject to these requirements.



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Under the new UIL guidelines:

- WBGT above 92.0 – No outdoor activity permitted.
- WBGT 90.1–92.0 – Outdoor activity is limited to a maximum of one hour. No protective equipment (football pads, catcher’s gear, etc.) may be worn. Twenty minutes of break time must be provided during the one-hour workout, and no conditioning activities are allowed.
- WBGT 87.0–90.0 – Outdoor activity is limited to a maximum of two hours. Twenty minutes of break time must be provided for every sixty minutes of activity.

In addition, WBGT readings must be taken every 30 minutes and monitored continuously throughout all outdoor activities.

To better understand the potential impact of these mandates, I have created comparison charts using WBGT data collected every thirty minutes throughout August of both 2024 and 2025.

Chart Key:

- Black – No outdoor activity permitted
- Red – One-hour maximum, no equipment, no conditioning
- Orange – Two-hour maximum with required breaks
- Green – No restrictions ** on the UIL chart they have a yellow and green zone ** I joined these two together to simplify that chart, meaning both are pretty fundamental and we consistently work in these two zones.

When reviewing the data, several trends become apparent:

The 8:00–9:30 a.m. athletic period, which includes high school cross country, band, cheer, drill team, pre-athletics, and 8th-grade athletics, experiences very few restrictions and should see minimal impact.

The 11:00 a.m.–12:30 p.m. athletic period, which includes 10th–12th grade boys athletics and freshman girls athletics, was heavily impacted during August 2024 but experienced significantly fewer restrictions during August 2025.



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The 2:00–3:30 p.m. athletic period, which includes 10th–12th grade girls athletics, 7th-grade athletics, and 9th-grade athletics, consistently experienced the greatest number of restrictions and will likely require the most adjustment moving forward.

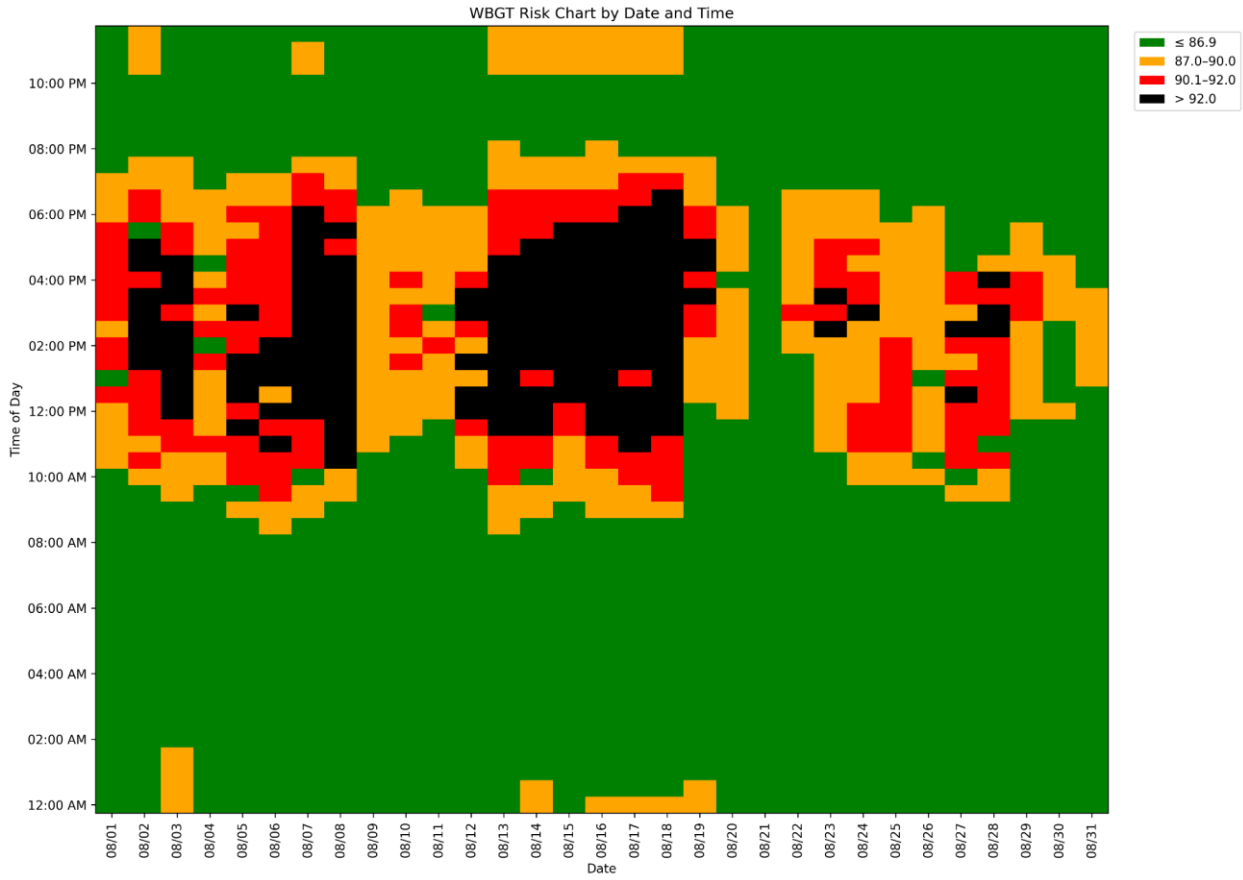
These requirements represent a significant change in how we schedule and conduct outdoor activities. As we continue evaluating the data and developing plans to adapt, we will keep everyone informed regarding potential adjustments to athletic periods, practice schedules, and conditioning opportunities.

I will be participating in a UIL webinar on June 24 to gain additional information and clarification regarding these requirements. Following that meeting, I will provide further updates and recommendations as we prepare for implementation this August.



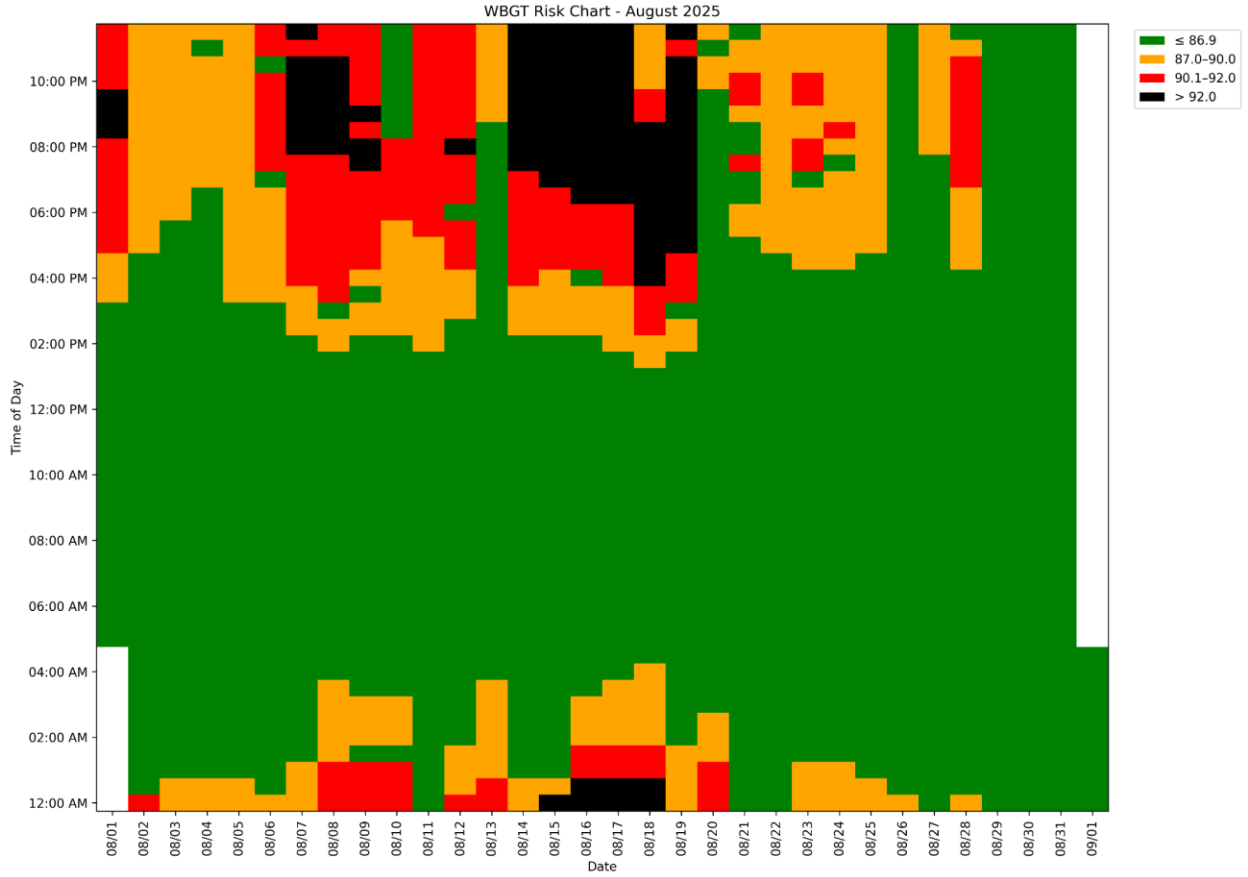
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Class 3	Class 2	UIL WBGT Activity Guidelines
< 82.0°F < 27.7°C	< 79.7°F < 26.5°C	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0° - 86.9°F 27.7° - 30.5°C	79.7 - 84.6°F 26.6 - 29.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.0 - 90.0°F 30.5 - 32.2°C	84.7 - 87.6°F 29.3 - 30.9°C	Maximum outdoor practice time is 2 hours. Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. For Football/Field Hockey: Players are restricted to helmet shoulder pads, and shorts during practice.
90.1 - 92.0°F 32.3 - 33.3°C	87.7 - 89.7°F 31.0 - 32.0°C	Maximum outdoor practice time is 1 hour. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.3°C	≥ 89.8°F ≥ 32.1°C	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached.



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Birth Announcement:

Athletic Trainer Katie Houchens and husband Chandler welcomed Bowen James Houchens on June 15th, 2026 at 1:25 am, weighing 6lbs 15ounces and 19.5 inches long!

