



Athletic Department Update August 17, 2026

Coaches Professional Development Day a Success

Our Coaches Professional Development Day was a great success as we prepared our coaching staff for the upcoming school year. We were able to cover a wide range of topics designed to strengthen our staff, improve our preparedness, and, most importantly, ensure the safety of our student-athletes and spectators.

Emergency Action Plan Training

Every year, reviewing and practicing our Emergency Action Plans is an important part of preparing our staff. While we have developed and implemented comprehensive Emergency Action Plans throughout Bobcat Athletics, we believe the best way to prepare our coaches is through hands-on training rather than simply reviewing a document.

There are many situations that could require an Emergency Action Plan, but this year we focused on three areas that may not occur frequently but can be extremely serious.

Heat Illness: Coaches received hands-on training on recognizing the signs of heat illness and the importance of rapidly cooling an athlete. Staff were trained in the TACO method, which utilizes a tarp, ice, and water to rapidly cool an individual experiencing a serious heat-related emergency.

We also addressed specific considerations for sports such as cross country. When athletes are participating in extended runs away from campus, coaches should follow the group in a motorized vehicle rather than on bicycles. This allows coaches to quickly reach a student in an emergency while also providing the ability to transport ice, water, and other necessary supplies.

Seizures: Coaches were trained on how to safely respond when a student experiences a seizure on the field or court. Training included protecting the student from injury, maintaining a safe environment, timing the seizure, and understanding the information that should be communicated to medical professionals.



Athletic Department Update August 17, 2026

Diabetes: With an increasing number of student-athletes managing diabetes, we also spent time discussing the potential complications associated with both low and high blood sugar. Coaches were given information to help them recognize warning signs and respond appropriately when a student may be experiencing a blood sugar emergency.

The training was very positive and well received by our coaching staff. In fact, we were able to immediately put some of our heat-illness training into practice at the Community Pep Rally when a community member experienced a heat-related incident. It was a great reminder that this training is valuable not only for our student-athletes but for everyone who attends our events.

UIL WBGT and Heat Safety

A significant portion of our professional development focused on the new and updated UIL Wet Bulb Globe Temperature (WBGT) requirements. While the goal of these regulations is not drastically different from what we have done in previous years, the mandates now require us to follow specific procedures to protect our student-athletes during periods of extreme heat.

We discussed the procedures our coaches must follow and the resources we will have available to help keep athletes safe. Our rapid cooling zones will include immersion tubs, cooling fans, and shaded areas.

Our maintenance staff has also installed our new white tents around athletic facilities to provide shaded areas where athletes can take their required five-minute breaks and get out of direct sunlight.

UIL Compliance Updates

UIL has also introduced changes to its UIL Portal and Compliance Center. While the underlying rules and expectations have not changed significantly, we are now using a new website and process for managing UIL compliance.

Our coaching staff was introduced to the new system and began training on the updated processes so that we can continue to stay organized and compliant throughout the school year.



Athletic Department Update August 17, 2026

Staff Development and Expectations

In addition to our emergency preparedness and UIL training, we covered staff roles, expectations, communication, and other important topics as we begin a new school year. We also had the opportunity to introduce new members of our coaching staff and continue building the culture and expectations we want throughout Bobcat Athletics.

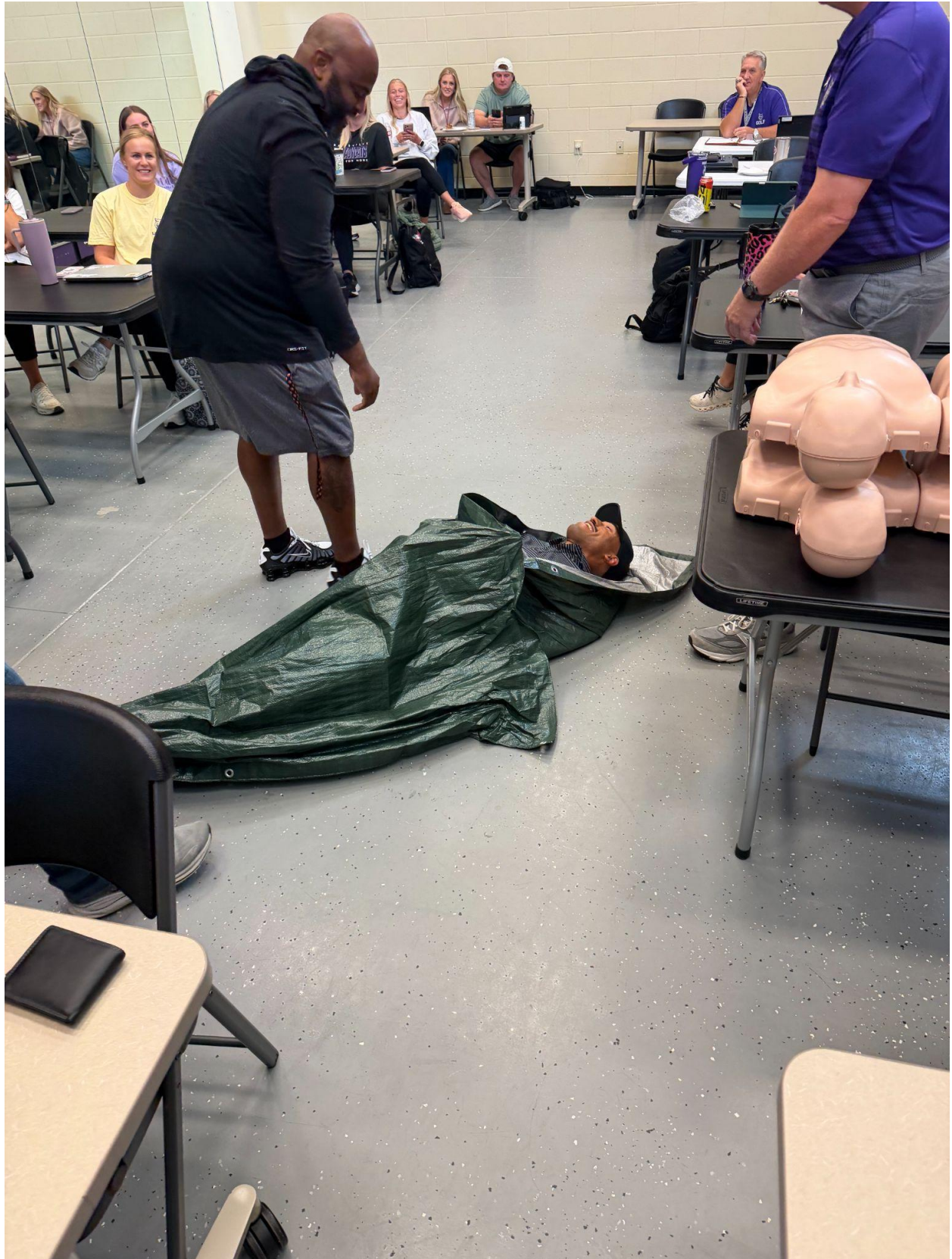
We were also pleased to have Mr. Martin, Jen O'Pry, and James Gibson join us for lunch. They were very well received by our coaching staff, and we appreciate them taking the time to come check on our coaches and spend some time with the staff. They are welcome to visit with our coaches at any time throughout the school year.

Our monthly coaching staff meetings are held on the **first Wednesday of each month at 1:15 p.m.**, and we look forward to continuing to use those meetings for professional development, communication, and collaboration.

Overall, it was a productive day of training, learning, and preparation. Our coaches left better prepared for the challenges of the upcoming school year, and we are excited about the work ahead as we continue to put the safety, development, and success of our student-athletes first.

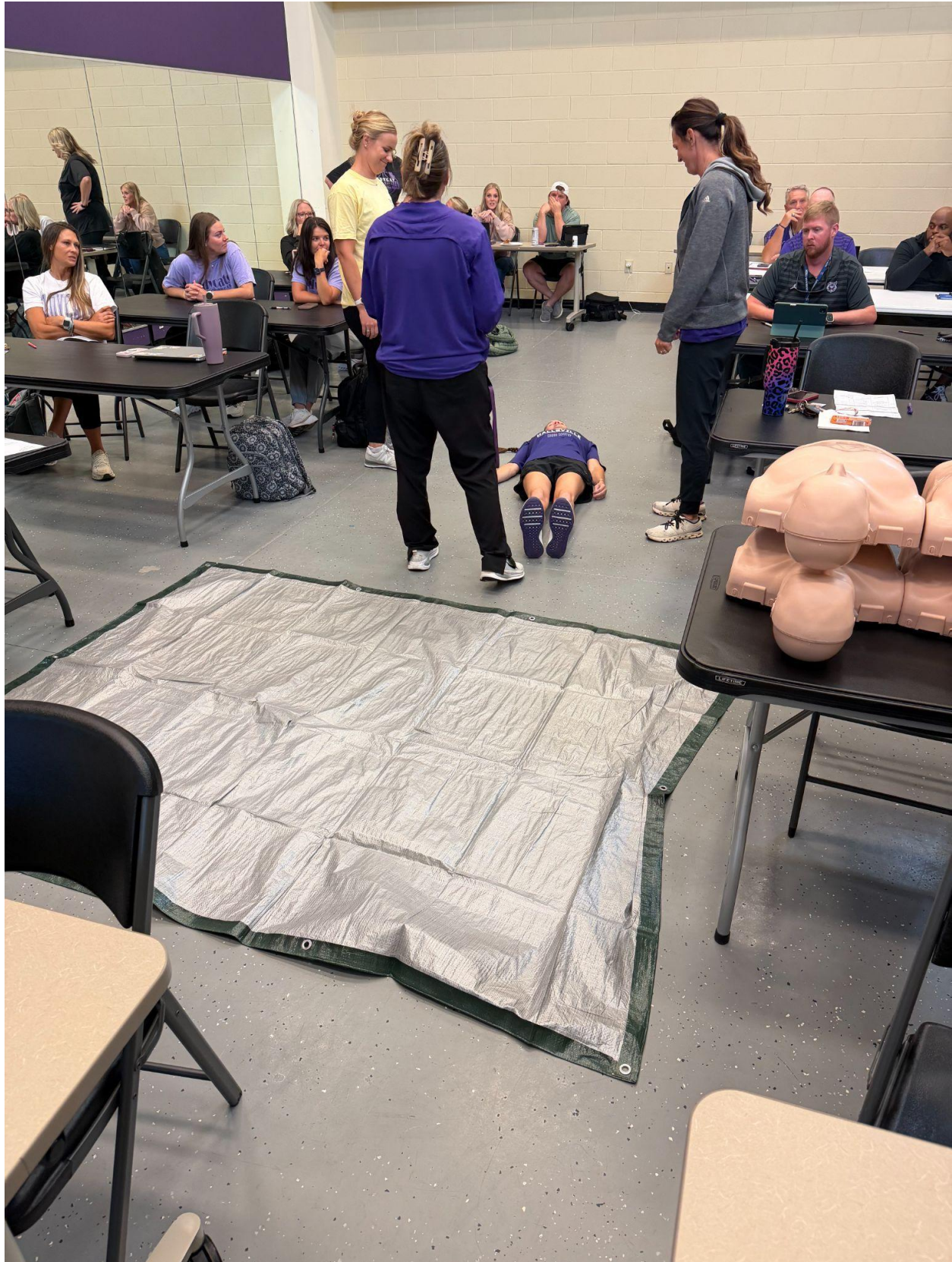


Athletic Department Update
August 17, 2026





Athletic Department Update
August 17, 2026





Athletic Department Update August 17, 2026

