High School Athletics Start-Up Information

Football/Volleyball

- August 19 - First day of instruction (Intermittent school to home & KVA):
  - One hour athletic period options include:
    1. Virtual during the instructional day OR;
    2. Before the start or at the end of the school day.
  - Maximum one hour of SSI (before or after school).
  - Maximum two hours of SAC (before or after school).

- September 4
  - SAC/SSI sessions conclude.

- September 7
  - 1st day of in-person practices & begin acclimatization period.
  - This start date is contingent that SAC was offered since August 24.

- September 8 - In-person instruction begins.
  - Per UIL rule, time allowed for athletic periods shall be no more than 60 minutes per day or 300 minutes per week.
  - For in-season sports, before and after school practices, including meetings, will not exceed 8 hours during the school week.
  - Students opting for the Katy Virtual Academy (KVA) learning option may participate in an in-person athletic period before the start or at the end of the instructional day IF the students do not participate in the athletic period virtually during the instructional day.
  - Athletic periods via KVA are asynchronous courses and student participation before the start and at the end of the instructional school day will count as present for attendance.
  - In-season athletes enrolled in KVA are expected to attend in-person scheduled practice sessions before or after school in order to participate.
Cross-Country / Team Tennis / Golf / Swimming-Diving / Wrestling / Track

- August 19 - First day of instruction (Intermittent school to home & KVA)
  - Official In-Season practice sessions begin.
  - One hour athletic period options include:
    1. Virtual during the instructional day OR;
    2. Before the start or at the end of the school day.
- September 7 – 1st day of inter-school competition (for Fall individual sports).
- September 8 – In-person instruction begins.
  - Per UIL rule, time allowed for athletic periods shall be no more than 60 minutes per day or 300 minutes per week.
  - For in-season sports, before and after school practices, including meetings, will not exceed 8 hours during the school week.
  - Students opting for the Katy Virtual Academy (KVA) learning option may participate in an in-person athletic period before the start or at the end of the instructional day IF the students do not participate in the athletic period virtually during the instructional day.
  - Athletic periods via KVA are asynchronous courses and student participation before the start and at the end of the instructional school day will count as present for attendance.
  - In-season athletes enrolled in KVA are expected to attend in-person scheduled practice sessions before or after school in order to participate.

For questions, please contact the campus athletic coordinator at your child’s campus or e-mail athletics@katyisd.org.
Basketball/Soccer/Baseball/Softball

- August 19 - First day of instruction (Intermittent school to home & KVA):
  - One hour athletic period options include:
    - Virtual during the instructional day OR;
    - Before the start or at the end of the school day.
  - Maximum one-hour voluntary SAC session before OR after school. This designated time may be used for Strength and Conditioning activities only.

- September 8 - In-person instruction begins
  - Per UIL rule, time allowed for athletic periods shall be no more than 60 minutes per day or 300 minutes per week.
  - Students opting for the Katy Virtual Academy (KVA) learning option may participate in an in-person athletic period before the start or at the end of the instructional day IF the students do not participate in the athletic period virtually during the instructional day.
  - Athletic periods via KVA are asynchronous courses and student participation before the start and at the end of the instructional school day will count as present for attendance.
  - Maximum one-hour voluntary SAC session before OR after school. This designated time may be used for Strength and Conditioning activities only.

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