



#KATYStrong

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.

For questions, please contact the campus athletic coordinator at your child's campus or e-mail athletics@katyisd.org.

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.

For questions, please contact the campus athletic coordinator at your child's campus or e-mail athletics@katyisd.org.