

**COLDSRING-OAKHURST
CISD
STUDENT ATHLETIC
HANDBOOK**



2025-2026

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INTRODUCTION

The Coldspring-Oakhurst CISD Athletic Handbook contains a general statement of the administrative regulations governing the overall athletic program. Provisions of this Athletic Handbook may be expanded, modified, or revoked only by the Athletic Director, recommendation of the Principal, Superintendent, or Board of Trustees. All provisions must be approved by the Board of Trustees. If any of the provisions of this Athletic Handbook conflict with federal or state laws and regulations, or Board policy, those provisions are superseded by applicable law or Board policy. The provisions of this Athletic Handbook are severable, and the invalidity, illegality, or unenforceability of any provision will not affect the validity, legality, or enforceability of the other provisions.

EXPLANATION OF ATHLETICS

Both parenting and coaching are extremely difficult endeavors. By establishing an understanding of each position, we are better able to accept the actions of one another and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

Communication you should expect from your child's coach:

- Philosophy of the coach
- Locations and times of practices and contests
- Team requirements, practices, special equipment, out-of-season conditioning

Communication coaches expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance

As a parent, it is very difficult to accept your child's lack of playing time, when they may play in a game, or the position on the team in which they play. It will be the coach's discretion to make all decisions about playing time or position for individual student-athletes, regardless of the score of the game or the personal feelings of the student-athlete's parents.

Coaches are professionals. They make judgments based on what they believe to be best for all students involved. Certain things can and should be discussed with your child's coach; however, other things should be left to the discretion of the coach, such as team strategy, other student-athletes, playing time, etc.

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director's office. A meeting will be set up for you.

- 3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director.

Since research indicates that a student involved in extracurricular activities has greater success during adulthood, these athletic programs have been established with this in mind. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

TROJAN ATHLETICS

According to U.I.L. rules, being in athletics is a privilege and not a right. Only those students who abide by school and athletic policies will be allowed to represent Coldspring-Oakhurst CISD.

When young men and women sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. Students are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order and behavior.

Parents should strive to help their son or daughter achieve success in athletics.

Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

REQUIREMENTS TO PARTICIPATE

THE FOLLOWING ITEMS MUST BE TURNED IN TO THE ATHLETIC DEPARTMENT before participating in any practice or game in any extracurricular athletic activity.

A. Physical Examination

A physical examination is required by the U.I.L. for all students entering the 7th grade and all high school students entering the 9th and 11th grades. Physicals are required every two years for all students participating in U.I.L. sports. Whenever it is possible, Coldspring-Oakhurst CISD provides a team physician to administer the physicals to the students at no charge to the student. It is not mandatory that the team physician administer the exam. The student may go to their family physician. When students do this, they are required to use the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical form is available from the athletic department or from the main office on each campus. Group physicals will be scheduled in May of the preceding school year for all athletes.

B. Athletic Department Forms Packet

This packet includes important UIL documents. The packet should be filled out completely! Do not leave any requested information blank.

C. Acknowledgement of Coldspring-Oakhurst CISD Athletic Handbook (Athletic website)

The student-athlete and the parent-guardian should sign the handbook *Acknowledgement* page. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook. A physical copy of the Athletic Handbook will be provided upon request.

D. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses:

- a. Beginning the 9th grade year; must have been promoted from 8th grade to 9th grade.
- b. Beginning the 10th grade year; must have earned at least 5 credits towards graduation.
- c. Beginning the 11th grade year; must have earned at least 10 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.
- d. Beginning the 12th grade year; must have earned at least 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.
- e. AP/H classes; one exception per semester will be allowed* (see below)

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class. This suspension continues for three weeks. The grades will be reviewed at the end of each three week period and the suspension will be removed if the student is passing all classes with a grade equal or greater than a 70.

*AP/H Course Exception: Only one exception per semester will be allowed for AP/H Courses without a student losing eligibility. A student who receives, at the end of any grading period, a grade between 60-69 in **one** AP/H course may participate in extracurricular activities. A student who receives, at the end of any grading period, a grade between 60-69 in **2 or more** AP/H classes may not participate in extracurricular activities for three school weeks. An ineligible student may practice or rehearse. A student regains eligibility after the seven calendar day waiting period has ended following a grading period or the three school week evaluation period when the principal and teachers determine that he or she has earned a passing grade in all classes.

ADMINISTRATION OF THE PROGRAM

The administration of the Athletic Program should provide every boy and girl the opportunity to participate in any sport. No student in any grade should be deprived of the opportunity to begin participation in any sport if he/she has met the off-season and pre participation requirements.

The general administration of the Athletic Program is the direct responsibility of the Athletic Director. This includes the arrangement of all schedules, time and place of playing games, selection of officials, and the general management of all matters pertaining to the Athletic Program. In carrying out this program, each head coach in the department shall attend to details of their respective sports.

COLDSPRING-OAKHURST CISD STUDENT ATHLETIC HANDBOOK

The purpose of the athletic program is to do more than provide competition between two individuals and (or) two schools. It is to teach fair play, sportsmanship, the understanding and appreciation of teamwork, the teaching of discipline, and that quitting means failure and hard work translates into eventual success. We will attempt to accomplish this general objective as outlined below.

1. Academic success, hard work, and dedication will be stressed on a daily basis throughout the entire athletic program. Encourage the students to grow physically, mentally, morally, and socially. They must pass in the classroom to be eligible for athletic participation (UIL).
2. Keep as many students as possible involved in a good environment.
3. Instill good work habits, sound morals, exemplary citizenship, and a high standard of sportsmanship in the athletes of Coldspring-Oakhurst CISD. Athletes are to display positive leadership at all times in our school and community.

4. Escalate an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits, and proper hygiene will be stressed at every opportunity.
5. Develop all programs in such a manner that the end result will be one of unity, harmony, and success. Mass participation is to be emphasized and encouraged especially below the high school varsity level. Students will be encouraged to participate in multi-sports at all levels of competition.
6. Instill in all athletes the desire to represent their school and community in a manner that will make citizens, parents, school personnel, and classmates proud of them.

Participation in the athletic program and (or) The University Interscholastic League (UIL) contests is not a right but a privilege. No student is required to take part in the contest or activities; therefore, it is imperative that all students taking part in the program understand the Athletic Code of Conduct. All students must conform to these guidelines, and understand that the coaches of the sport or activities along with the athletic director shall have every right to remove these privileges if guidelines and procedures are not followed.

Sportsmanship

The athlete will win and lose with class. Temper fits, flagrant violations of rules, etc. will not be tolerated. Total respect to officials, other team coaches or players, and anyone taking part in the athletic event will be shown. Any behavior contrary to the above mentioned or any other act which is not conducive to good sportsmanship may result in removal from the contest and possible expulsion from the athletic program.

Grooming

See Coldspring-Oakhurst CISD Handbook.

No athlete will groom or dress in a manner that will draw attention to themselves and away from the team.

Dress

Should be very professional in or out of uniform. Everyone will wear the uniform in the same manner. WE ARE A TEAM! Males will not be permitted to wear any type of jewelry in the athletic fieldhouse or during practices. Also, covering a piercing with a Band-aid will not be allowed during practices or contests. Hats, caps (exception-school issue), bandanas, and rags should not be worn on athletic trips, except during competition with the coach's approval. If caps are to be worn, they need to be matching and part of a uniform. Shoes must be the same color if different brands are worn. Game uniform shirt tails must be completely tucked in at all times during a contest unless designed otherwise. Once you have left the locker room, the shirt tail should remain in at all times until the completion of the game. This includes pre-game, bench time, half time, etc. Uniformity and class will be apparent when traveling to other towns, communities, schools, restaurants, etc., as representatives of the Coldspring-Oakhurst Consolidated Independent School District. They should be groomed and dressed in a manner that our community, school, and sponsors will be proud of. Giving up untidy fads of dress and appearance is a very small sacrifice.

Note: Violations of the above standards of grooming and dress may result in suspension and possible expulsion from the team.

Steroid Testing and Random Drug Testing

The Board of Trustees adopted in August 2017 a policy of random drug testing for all participants in extracurricular activities. The State of Texas is requiring steroid testing of athletes. **The consequences for a failed drug test are as follows:**

<u>Offense</u>	<u>Suspension Time</u>	<u>Leadership Suspension</u>	<u>Post Suspension Negative Test</u>	<u>Counseling</u>
Refusal 1st Time	6 Months**	6 Months	REQUIRED	REQUIRED
Refusal 2nd Time	Duration of COHS Career	Duration of COHS Career		
1st Positive	30 Days**	30 Days	REQUIRED	REQUIRED

2nd Positive	6 Months**	6 Months	REQUIRED	REQUIRED
3rd or More*	1 Year**	1 Year	REQUIRED	REQUIRED

*Each offense after the second offense starts a new one year suspension. If the suspension from a previous offense is still on the books, that time stops and we start over with a new one year suspension.

**Suspension times listed are the minimum of time suspended. This time may be greater as a student must have a negative test to end the suspension. If your suspension ends November 1st, but we don't test again until December 15th, the student would be on suspension until the post-suspension test on December 15th is completed and the results are obtained by the district sometime in mid December.

Drugs, Alcohol, and Tobacco

These will not be allowed. First offense may result in dismissal from the team. The second offense will result in dismissal from the athletic program for the remainder of the school year.

Any videos, pictures, etc., showing student athletes using drugs, alcohol, or tobacco will result in disciplinary action, including but not limited to, a two (2) contest suspension, extra conditioning, and a discipline contract. This includes, but is not limited to, e-mails and any social media.

Profanity

This will result in disciplinary action. **Profanity directed to an administrator, campus staff director, teacher, or coach may result in removal of the program.**

Stealing

This will not be tolerated. Punishment may result in expulsion from the athletic program. This also includes school equipment not returned in or after the season has completed.

Class and Respect

Adults should receive a Sir/Ma'am response from athletes. Failure to show class and respect will result in disciplinary action.

Promptness

Always be on time. Tardiness will result in disciplinary action.

Attendance and Practice Regulations

Do not miss class, practice, or games due to unexcused reasons. A coach must be consulted ahead of time if an athlete must miss a practice or game. Missing practice without permission will directly affect playing status. If attendance becomes a habitual problem, suspension or removal from the team may result. Excused and unexcused attendance will be determined by the coach and/or athletic director.

- Excused missed practices - **make-up** - conditioning, weights, etc. no consequence
- Unexcused missed practices - conditioning and consequence; Playing time consequences.
- Excused missed games - make-up conditioning; Possible playing time consequences. Common sense rule (family emergency, etc.).
- Unexcused missed games - make-up conditioning and at least a one game suspension. Playing time consequences.

Unexcused absence (No doctor's note/valid excuse) for the entire duration of the school day, on the day of contest, the student will not be allowed to participate or attend the activity. Follow and obey all guidelines set by the coach. Poor effort will not be tolerated. If you do not want to work hard and be a team player, then you should not be in athletics.

Multiple Sports

Athletes are encouraged to participate in more than one sport. Participation in school sports takes precedence over any league/club sport. No athlete will be permitted to miss school workouts or games for club or individual workouts or games. Conflict in several school extracurricular activities will be up to the sponsors and coaches to work out a solution for the student athlete to participate in all activities (if possible). If a solution cannot be found, the Athletic Director will make a decision based on the relative importance of each event, importance of each event to the student, relative contribution the student can make, how long each event has been scheduled, and talk with parents.

Vacations

Vacations by athletic team members during a sport season are discouraged. Parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents not to plan their vacations during times when there will be conflicts (i.e. spring break for baseball, softball, and track). In the event of an absence due to a vacation that is unavoidable, the athlete will assume responsibility. *See Attendance and Practice Regulations.* **If an athlete skips a game for reasons listed above there will be consequences, and possible removal from the program. Someone else was practicing in that spot.**

Athletic Period

In order to participate in Athletic team sports (Football, Boys Basketball, Baseball, Volleyball, Girls Basketball, and Softball), **athletes are required to be in the athletic period and go through the strength and conditioning program the semester prior to the sport they wish to participate in.** Individual sports are after school only and don't require an athlete to be in the athletic period. **Extenuating circumstances will be considered at the discretion of the Athletic Director.**

Quitting

Commitment is the backbone of a highly successful athletic program. As the coaching staff and administration at Coldspring-Oakhurst CISD, we encourage athletes to “finish what they start”. Perseverance leads to long term success in life. Quitting is a habit, so we strongly encourage an athlete to never start that practice. There will be a **fourteen-day grace period** of calendar days (beginning the first day of practice for the athlete) in which an athlete can choose to quit a sport without any consequences. If an athlete quits a sport after this grace period, **he or she will be removed from the athletic program** and not involved with the sport that he or she quit. The athlete will also not be involved in the COCISD offseason program. **After a period of 30 school days, the student may request to be placed in the athletic period at the beginning of the next semester.** The request will be reviewed by a committee of athletic personnel. This committee will determine whether the student will be allowed back into the COCISD offseason program and allowed to participate in additional sports. If at any time an athlete quits or is expelled from a team in or out of season, they give up all rights to any honors, which they have earned, but have not yet received. He or she must bring a note or email from their parents stating they are aware of his or her intention to quit and its implications. The athlete must complete the season, including play-offs, and finish in good standing to receive a varsity letter and to be recognized at the sports banquet.

***Any exception must be discussed and agreed upon by all coaches involved and approved by the Athletic Director.**

Equipment and Facilities

The athletic budget provides sufficient money to field well-equipped teams in all sports. While this equipment is not always the most expensive available, it is always good equipment that provides the utmost protection.

With proper care and inspection, it can be kept in use for extended periods of time. Proper care of equipment relies basically on the use of common sense and mandatory inspections. This includes keeping equipment as clean as possible at all times, repairing equipment as soon as possible, and discarding equipment beyond repair and age limits of protective head gears.

Do not take equipment or clothing home. Return equipment that you are not using to your coach. To reduce the spread of infection, do not use other players' equipment. ATHLETES ARE FINANCIALLY RESPONSIBLE FOR ALL EQUIPMENT THAT HAS BEEN ISSUED TO THEM. DO NOT TAKE IT HOME!

Equipment should be hung in the locker as instructed. You are to clean your equipment as needed. When you change into your workout gear, your street clothes should be hung in the same manner. Toilets are to be flushed, showers and faucets turned off, and all trash picked up and thrown in the trash. Do not leave towels on the floor. We are classy and professional athletes because we practice the same image we promote.

Travel

All athletes in middle school and high school represent the community and school district. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves in a manner in keeping with this code. Violations will result in suspension from the next contest, and any incident of a serious nature may result in suspension and possible expulsion from the team or program.

1. Be on time for all trips or you will be left and not permitted to play. Punctuality is imperative and tardiness will not be tolerated.
2. Dress appropriately as directed by the coach.
3. Show respect for opposing teams' facilities. Make sure not to abuse dressing rooms in any way. Leave the dressing rooms cleaner than when we arrived.
4. Be mannerly in all eating establishments. All student participants will sit in restaurants or at other special events as a group.
5. Do not take personal valuables on road trips, and avoid the possibility of losing these items or having them stolen. The athlete is responsible for their valuables.
6. All athletic personnel making the trip on the team bus will return on the team bus unless an emergency situation arises. The utmost effort should be made for teams to travel to and from contests together. This builds the "team" concept. If an Alternate Travel Form is completed and turned in to the front office 24 hours prior to the contest, the athlete may be signed out to return with their adult driver. Emergencies will be clarified on a case by case basis.
7. At visiting events, students will remain in one group at all times. No contact with fans will be allowed prior to loading the buses. It will be the parents' responsibility to provide transportation from school to home.

Injury or Illness

All injuries should be reported to a coach and/or trainer on a daily basis. If you are injured, you will be required to attend daily treatment(s) at times designated by the Athletic Trainer. Remember, there is a distinct difference between injury and pain and this will be determined by the athletes, athletic trainer, and physicians when needed. Due to insurance purposes, we ask that you consult with the Athletic Trainer before going to the doctor. If you must leave school because of illness, come by the coach's office and check with one of the coaches to ensure an excused absence. If you are ill or injured, we do not expect you to work out. However, if you are at practice, we expect you to wear the uniform of the day and accompany your group from station to station unless given special permission by the head coach.

Emergency Procedures Regarding Severe Head Injuries

Student athletes who have received a severe blow to the head will be handled in the following manner:

- The student will be kept still and not moved. EMS will be called for evaluation of the injury and transportation to the local emergency room.
- Parents or guardians will be notified of the injury at the same time EMS is called to the scene of the injury.

Suspension from School

If an athlete is suspended from school for any reason, they will be ineligible to participate in games during the entire period of suspension. A second suspension in the same school year may result in total expulsion from the athletic program for a time period ranging from the remainder of the school year to one calendar year. Any off-season workouts missed due to suspension must be made up prior to competing in any contest. This includes on and off campus suspension (AEP). ISS athletes are still expected to show up for after school workouts, and punishment.

Classroom Progress and Conduct

Athletes who have habitual problems in the classroom and receive repeated poor conduct and grades may be suspended from a team on a temporary basis, or permanently if the problem continues. Athletes will perform any punishment assigned by their coaches. Athletes will be expected to treat all teachers, administrators, and coaches with the utmost respect. Athletes must meet the minimum grade standards established by T.E.A. and U.I.L.

Discipline of Athletes

A student is not required to take part in athletics nor is it required for graduation. Therefore, athletics is a privilege; and consequently, when these expectations and standards are violated, this privilege can be revoked. Coldspring-Oakhurst CISD athletes will act with respect, pride, and dignity at all times, in and out of school. If these expectations are not met, expect removal from the program.

The general philosophy of the Coldspring-Oakhurst CISD Athletic Department is that we will make every attempt to help an individual who makes a "mistake". However, if a "mistake" is repeated (habitual), the welfare of the program and team must take priority. All mistakes will result in disciplinary action and hopefully not repeated.

Coaches have the right to discipline athletes on their individual teams but should exercise sound judgment in evaluating specific penalties, keeping in mind the welfare of the student. A coach will not dismiss an athlete from a team until it has been discussed in detail with the athletic director and parents. A twenty-four hour evaluation period will exist before the final decision will be made. Also, the student will not be able to participate in any athletic contest and may be excluded from all other athletic activities (practice, trips, pep rally, etc.) during this 24 hour period.

Off Campus and Out of School Offenses

If a student athlete is **arrested and charged** with a felony crime or the use of or distribution of drugs, they will automatically be suspended from athletic activities until guilt or innocence is determined. If the student is found guilty, they will be suspended from all athletic activities for one calendar year from the date of the first suspension. At

the end of one calendar year from the date of the violation, the case may be reviewed by all parties concerned to determine reinstatement procedures.

It is impossible to outline each and every discipline problem and the possible outcome that can arise from such distractions to the overall athletic program. However, the following Disciplinary Procedures for Extracurricular Activities covers additional scenarios with resulting consequences. Furthermore, infractions that are not spelled out specifically in the Coldspring-Oakhurst CISD Student Athletic Handbook will be reviewed and treated with similar consequences.

Harassment, Hazing, and Intimidation

Any type of harassment, hazing, or intimidation directed toward fellow team members or students is forbidden.

Social Media Guidelines

As indicated in the COCISD Student Athlete Handbook, we have high expectations for our student athletes and others participating in extracurricular activities. Because each of you represent the school district, it is imperative that both your academics and athletic performance be impeccable and meet the highest of standards. This is true of conduct occurring at both home and away performances, as well as community events and other public venues, including social media.

If your public conduct or use of social media diminishes the reputation of COCISD, you will be subject to disciplinary action up to and including removal from participation in extracurricular activities. Should you elect to use social media, you are solely responsible for the content on your social media page. This includes all content added by you, your friends, or members of the public who can access your page. You are also responsible for all web links associated with your social media page (including shares).

Because participation in extracurricular activities is a privilege and something you take part in on a voluntary basis, once you elect to participate, it is COCISD's expectation that you will be supportive of the program and behave in a manner that best represents COCISD both in public and online. COCISD is dedicated to your success and growing each of you into accountable, responsible, committed young adults who excel in your current role as student leaders.

DISCIPLINARY PROCEDURES FOR EXTRACURRICULAR ACTIVITIES

CIVIL AND/OR CRIMINAL PROSECUTION MAY OCCUR

Profane language by a student during a contest.

1. 1st Offense - Extra conditioning/drill work.
2. 2nd Offense - Extra conditioning and sit out the next contest.
3. 3rd Offenses - Removal from the team for the remainder of the season and a written contract to follow in order to participate in other sports in the same school year.

Profane language by a student directed towards an administrator, sponsor, coach, or referee.

1. 1st Offense - Removal from the program for the remainder of the school year. If the student is an underclassman, a contract may be written if the person that the verbal assault was addressed to agrees to such contract.

Participant walking off or out of the contest area for non-emergency reasons without consulting a sponsor.

1. 1st Offense - One game suspension, meeting with parent(s), written contract to follow and abide, or possible removal from the program.
2. 2nd Offense - Removal from the program for the remainder of the school year.

Unsportsmanlike actions or antics during a contest by a participant (i.e. taunting, fighting, and/or verbal actions. This does not include roughing, flagrant, etc.).

1. 1st Offense - Immediate removal from the contest with a possible one game suspension, meeting with parents, and a written contract to follow and abide by for the remainder of the year. Extra conditioning drills will be administered.

Unexcused absence from school on the day of a contest.

1. 1st Offense - The student will not be allowed to participate or attend the activity.

School extracurricular opposed to non-school extracurricular.

It should be understood that school extracurricular activities take precedence over non-school extracurricular activities. For example, a child should not miss a school practice or contest to attend a non-school practice or contest. Ex. Club sports, AAU, individual coaching/instruction shall not take the place of school practice time or games.

All violations will be documented and parents will be notified. Also, this form must be completed by both parties and returned before the student is allowed to participate in an athletic contest.

No one athlete is bigger than this program. This program is a privilege. When this Student Athletic Handbook is broken, there will be disciplinary action. If breaking of this Student Athletic Handbook becomes habitual and begins to take away from the integrity of this program, then removal from the program will be the final result.

***ALL ATHLETES ARE REQUIRED TO BE IN ATHLETICS AND GO THROUGH THE OFF SEASON STRENGTH AND CONDITIONING PROGRAM THE SEMESTER PRIOR TO THE SPORT THEY INTEND TO PLAY.**

COLDSPRING-OAKHURST HIGH SCHOOL AWARDS POLICY

All awards will be made on the recommendation of the Head Coach of each individual sport and the Athletic Director. The following are suggested guidelines.

SPECIFIC REQUIREMENTS FOR QUALIFYING FOR A LETTER JACKET

FOOTBALL, BASKETBALL, BASEBALL, SOFTBALL, VOLLEYBALL:

Participate in ½ of the varsity games scheduled. Be recommended by the coach as having made a valuable contribution to the team, or be a senior in eligibility.

TRACK

Anyone who places in the district meet or scores at least a total of points in non-district meets. Be recommended by the coach as having made a valuable contribution to the team or be a senior in eligibility.

CROSS COUNTRY

Score less than 200 points in 5 meets. Be recommended by the coach as having made a valuable contribution to the team or be a senior in eligibility.

POWERLIFTING

Participate in every scheduled powerlifting meet or qualify for regionals. Be recommended by the coach as having made a valuable contribution to the team or be a senior in eligibility.

TENNIS/GOLF

Participate in the varsity district tournament or have won at least 1 varsity tournament during the year. Be recommended by the coach as having made a valuable contribution to the team or be a senior in eligibility.

All athletes must complete the season (no quitting, ISS, removal, etc.) in order to letter with the exception of an injury. **They cannot miss part of the season due to academic ineligibility and still qualify for a letter jacket or awards.**

***All lettering is at the discretion of the Head Coach with the Athletic Director's approval. If a student does not meet all criteria they may still letter because of their effort and positive contribution to the TEAM.**

TROJAN ATHLETICS SIGNATURE PAGE

I have read and understand the 2025-2026 Coldspring-Oakhurst CISD Student Athletic Policies (this can be found on the school website) and agree that I will abide by them. Please return this sheet with the student's name (printed), student's signature, parent/guardian signature, and date.



Student's Name: _____
(Printed)

(SIGNATURE OF STUDENT)

(DATE)

(SIGNATURE OF PARENT/GUARDIAN)

(DATE)