

COLDSPRING-OAKHURST ATHLETICS

ATHLETIC HANDBOOK • 2026-2027

TROJANS

ONE SHIELD. ONE STANDARD.

A guide for student-athletes, parents/guardians, coaches, and staff

Welcome to Coldspring-Oakhurst Athletics

Participation in athletics is a privilege and an extension of the educational program. Our goal is to develop competitive teams while building disciplined, dependable, academically responsible, and service-minded young people. Every person representing Coldspring-Oakhurst Athletics is expected to protect the reputation of the school, the team, and the Trojan shield.

Handbook authority: This handbook supplements Coldspring-Oakhurst CISD policy, campus rules, UIL rules, and applicable law. When a conflict exists, district policy, UIL rules, and law take precedence.

Mission

Coldspring-Oakhurst Athletics will use education-based athletics to develop character, accountability, toughness, leadership, teamwork, and competitive excellence.

Core Standard

Standard	Expectation
Character	Do what is right, especially when no one is watching.
Accountability	Own your choices, preparation, effort, communication, and results.
Discipline	Meet expectations consistently in the classroom, locker room, practice, competition, and community.
Toughness	Respond to adversity with composure, effort, and resilience.
Teamwork	Put the team above individual attention and support every program in Trojan Athletics.
Excellence	Prepare with purpose and pursue continuous improvement.

Handbook Contents

1. 1. Program Philosophy & Chain of Command
2. 2. Eligibility & Academic Expectations
3. 3. Attendance, Practice & Playing Time
4. 4. Student-Athlete Code of Conduct
5. 5. Sportsmanship & Game-Day Expectations
6. 6. Parent/Guardian Expectations & Communication
7. 7. Health, Safety & Athletic Training
8. 8. Strength & Conditioning
9. 9. Facilities, Equipment, Uniforms & Locker Rooms
10. 10. Transportation & Travel
11. 11. Social Media, Public Conduct & Media
12. 12. Hazing, Bullying, Harassment & Initiations
13. 13. Substance-Free Athletics
14. 14. Multi-Sport Participation & Outside Teams
15. 15. Awards, Lettering & Recognition
16. 16. Discipline Process & Removal from Athletics
17. 17. Coach & Staff Professional Standards
18. 18. Emergency & Severe Weather Procedures
19. 19. Forms & Acknowledgments

1. Program Philosophy & Chain of Command

The athletic program is built around education first, program unity, consistent standards, and competitive development. Student-athletes are expected to represent all of Coldspring-Oakhurst, not only their individual sport.

Communication Chain

20. Student-athlete communicates directly with the coach about role, expectations, effort, or team concerns.
21. Parent/guardian contacts the appropriate coach if the matter remains unresolved.
22. Head coach/program coordinator addresses sport-specific concerns.
23. Athletic administration addresses matters that remain unresolved or involve department-wide policy.
24. Campus/district administration is involved when required by policy or the nature of the concern.

Coaches will not discuss another student-athlete's playing time, discipline, medical information, or personal circumstances.

2. Eligibility & Academic Expectations

- Student-athletes must meet all UIL, district, and campus eligibility requirements before participating.
- Academics are the first responsibility of every student-athlete.
- Student-athletes are expected to attend class, arrive on time, complete assignments, and seek help before academic problems become emergencies.
- Coaches may establish academic check-ins, tutorials, progress monitoring, or study hall expectations.
- A student who becomes academically ineligible remains accountable to the team and should continue required academic and team responsibilities as allowed by rule and district policy.
- Falsifying grades, attendance records, signatures, eligibility information, or school documents may result in discipline.

Academic Standard

The goal is not simply to remain eligible. Trojan student-athletes are expected to pursue academic growth and graduation readiness.

3. Attendance, Practice & Playing Time

- Attendance at practices, meetings, competitions, treatment/rehab sessions, and assigned team functions is expected.
- Student-athletes should communicate absences as early as possible through the method established by the head coach.
- Unexcused absences, repeated tardiness, or failure to communicate may affect team status and playing opportunities.
- School-sponsored activities and unavoidable family circumstances will be handled with reasonable communication and planning.
- Playing time is not guaranteed. Coaches determine lineups, roles, substitutions, and playing time based on team needs, performance, preparation, health, effort, attitude, discipline, and competitive situations.

Questions about playing time should focus on: "What can I improve to help the team and earn a larger role?"

4. Student-Athlete Code of Conduct

Standard	Expectation
----------	-------------

School	Follow campus rules, respect staff, attend class, and handle academic responsibilities.
Practice	Be on time, prepared, coachable, properly equipped, and fully engaged.
Competition	Compete hard, play within the rules, respect officials, and respond to adversity with composure.
Locker Room	Protect teammates, property, privacy, and team culture.
Community	Understand that conduct away from school can affect the team and athletic program.
Digital Conduct	Use social media and group messaging in a way that reflects positively on the school and team.

Prohibited Conduct

- Fighting, threats, intimidation, retaliation, or intentionally dangerous conduct.
- Hazing, bullying, harassment, discriminatory conduct, or humiliating initiations.
- Theft, vandalism, misuse of school property, or unauthorized entry into facilities.
- Dishonesty toward coaches, teachers, administrators, athletic trainers, or teammates.
- Conduct that seriously damages team trust, safety, or the reputation of the athletic program.

5. Sportsmanship & Game-Day Expectations

- Respect opponents, officials, event workers, fans, and host facilities.
- No taunting, baiting, threatening gestures, or disrespectful language.
- Only designated coaches/captains should communicate with officials when appropriate.
- Student-athletes should win with humility and respond to losses with maturity.
- Postgame handshakes and team procedures will be followed unless safety or event administration requires otherwise.
- Bench and sideline behavior must support the team and never become a distraction.

6. Parent/Guardian Expectations & Communication

Parents and guardians are important partners in education-based athletics.

- Support the team and coaching staff without undermining team standards.
- Encourage the student-athlete to communicate directly and respectfully with coaches.
- Use appropriate channels for concerns; avoid confronting coaches immediately before, during, or after competition.
- Respect officials, opponents, other families, school employees, and event workers.
- Do not enter locker rooms, sidelines, practice areas, or team spaces without permission.
- Keep contact, emergency, medical, and transportation information current.

Appropriate Topics for Parent-Coach Discussion

- Ways the student-athlete can improve.
- Concerns about the student-athlete's behavior, safety, or well-being.
- Clarification of team expectations, schedules, communication procedures, and program policies.

7. Health, Safety & Athletic Training

- Student-athletes must complete all required participation forms and medical clearances before participation.
- Injuries and illnesses must be reported promptly to the coach and athletic training/medical staff.
- Return-to-play decisions are made according to applicable law, UIL requirements, district procedures, and qualified medical guidance—not by competitive pressure.
- Student-athletes must follow treatment, rehabilitation, taping, hydration, heat, lightning, concussion, and emergency procedures.
- No student-athlete should share prescription medication or use another person's medication.
- Coaches will prioritize safety over practice plans, conditioning goals, or competitive convenience.

Heat & Hydration

Outdoor activity will be modified, delayed, or stopped when environmental conditions or district/UIL procedures require it. Water access is a safety requirement. Student-athletes are expected to hydrate before, during, and after activity and immediately report concerning symptoms.

8. Strength & Conditioning

- All training must be supervised and follow approved program procedures.
- Technique, progression, and safety come before weight, speed, or competitive lifting totals.
- Student-athletes must use spotters and safety equipment when required.
- Horseplay in the weight room is prohibited.
- Student-athletes should report pain, dizziness, illness, or equipment problems immediately.
- Training expectations will account for sport demands, recovery, competition schedules, and multi-sport participation.
- Shoes are required in the weight room. No slides, crocs, or bare feet. Must have proper footwear

9. Facilities, Equipment, Uniforms & Locker Rooms

- School-issued equipment and uniforms remain school property unless specifically designated otherwise.
- Student-athletes are responsible for reasonable care, storage, and timely return of issued items.
- Lost, intentionally damaged, or unreturned items may result in charges or other consequences consistent with district policy.
- Locker rooms and athletic facilities must be kept clean and secure.
- Recording, photographing, or posting others in locker rooms, changing areas, treatment areas, or other private spaces is prohibited.
- Food, drinks, footwear, music, and equipment rules may vary by facility and must be followed.

10. Transportation & Travel

- Student-athletes are expected to travel with the team on district-provided transportation unless an approved exception applies.
- Team travel is an extension of the school day; all school and team conduct expectations remain in effect.
- Student-athletes must follow departure times, seating instructions, dress expectations, meal procedures, and check-in requirements.
- Release to a parent/guardian or alternate transportation must follow district and coach procedures.
- Vehicles, buses, restaurants, hotels, and host sites must be left in excellent condition.

11. Social Media, Public Conduct & Media

- Student-athletes are responsible for what they post, repost, like, send, record, or distribute.
- Do not post content that threatens others, targets teammates, promotes illegal conduct, reveals private team information, or damages the safety and trust of the program.
- Team strategy, injuries, locker-room matters, disciplinary matters, and private communications should not be posted publicly.
- Use good judgment when wearing school-issued gear or identifying yourself as a Coldspring-Oakhurst student-athlete.
- Media interviews or official statements involving the program should follow coach/administration direction.

12. Hazing, Bullying, Harassment & Initiations

Coldspring-Oakhurst Athletics does not permit hazing, bullying, harassment, coercive initiations, or retaliation. Tradition never justifies conduct that humiliates, threatens, isolates, pressures, or endangers another person.

- Report concerns promptly to a coach, administrator, counselor, or other trusted school employee.
- Coaches must report and respond to concerns in accordance with district policy and law.
- Retaliation against a person who reports a concern or participates in an investigation is prohibited.

13. Substance-Free Athletics

Student-athletes are expected to follow district policy and law regarding alcohol, nicotine/tobacco products, vaping products, illegal drugs, controlled substances, and misuse of medication. Violations may result in school discipline and athletic consequences consistent with district policy.

Student-athletes should never take a supplement, medication, or performance product simply because a teammate or social-media source recommends it. Questions should be directed to a parent/guardian and qualified health professional.

14. Multi-Sport Participation & Outside Teams

- Coldspring-Oakhurst Athletics supports students who participate in multiple school sports.
- Coaches should communicate and cooperate when seasons overlap or when students transition between sports.
- In-season school commitments take priority as required by program, district, and UIL rules.
- Outside club, select, private, or recreational participation must not create conflicts with school obligations or violate UIL rules.
- Student-athletes should communicate schedule conflicts early so coaches can plan appropriately.

15. Awards, Lettering & Recognition

Each sport may maintain sport-specific lettering and award criteria approved by athletic administration. Criteria should be communicated to student-athletes and may include participation, contribution, attendance, conduct, completion of the season, and standing within the program.

- Awards are intended to recognize meaningful contribution and commitment.

- A student who quits, is removed, or fails to complete team obligations may lose eligibility for certain team awards, subject to approved sport criteria.
- Academic, character, leadership, and service recognition are encouraged alongside competitive honors.

16. Discipline Process & Removal from Athletics

Athletic consequences are designed to protect safety, accountability, and team standards. Consequences may vary based on severity, frequency, circumstances, student history, district policy, and applicable UIL rules.

- 25. Coach addresses and documents routine team-level concerns when appropriate.
- 26. Head coach may assign corrective action, loss of privileges, reduced role, suspension from team activities, or other reasonable consequences.
- 27. Serious or repeated concerns may be referred to athletic and campus administration.
- 28. Removal from a team or athletic program will follow district policy and applicable due-process requirements.
- 29. School discipline and athletic consequences may be separate when permitted by policy.

Quitting a team: Student-athletes considering leaving a team should meet with the head coach before making a final decision and return all school-issued equipment.

- 30. If you decide you no longer want to participate in a sport anymore without penalization of another sport, you have 10 days prior to tryouts to decide.

17. Coach & Staff Professional Standards

- Model professionalism, sportsmanship, punctuality, preparation, and respect.
- Maintain appropriate adult-student boundaries and use approved communication practices.
- Supervise student-athletes responsibly and never use exercise as punishment in a manner that is unsafe or inconsistent with district/UIL guidance.
- Follow certification, training, emergency, transportation, eligibility, and reporting requirements.
- Protect confidential student information.
- Communicate schedules, expectations, changes, and concerns in a timely manner.
- Promote the entire athletic department and support multi-sport participation.
- Maintain facilities, equipment, inventory, and purchasing procedures responsibly.
- Document significant discipline, injury, safety, or parent concerns through appropriate channels.

18. Emergency & Severe Weather Procedures

- Each venue and sport should maintain an emergency action plan appropriate to the activity and location.
- Coaches must know how to activate emergency medical services and how to direct responders to the venue.
- Emergency equipment should be accessible as required, and staff should know assigned responsibilities.
- Lightning, severe weather, heat, air-quality, and facility hazards will be handled according to district, UIL, and venue procedures.
- Practices and competitions may be delayed, relocated, modified, or canceled when safety requires it.
- Emergency contact information and medical alerts must be available to authorized staff during team activities and travel.

19. Forms & Acknowledgments

Student-Athlete & Parent/Guardian Acknowledgment

We acknowledge that we have received access to the Coldspring-Oakhurst Athletics Handbook. We understand that participation in athletics is a privilege and that student-athletes are expected to follow school, district, team, and UIL requirements. We understand that this handbook may be supplemented by sport-specific rules and that district policy, UIL rules, and law control when conflicts arise.

Student-Athlete Name:	Grade:
Student-Athlete Signature:	Date:
Parent/Guardian Name:	Phone:
Parent/Guardian Signature:	Date:
Sport(s):	Campus:
Coach/Staff Receipt (optional):	Date:

Sport-Specific Addendum

Head coaches may issue sport-specific expectations covering practice schedules, dress, lettering criteria, equipment, communication, travel, game-day procedures, and team standards. Sport-specific rules may not conflict with district policy, UIL rules, law, or this department handbook.

Administrative Review Page

Athletic Director / Designee	
Campus Principal / Designee	
District Review Date	
Effective School Year	2026-2027
Revision Notes	

ONE SHIELD. ONE STANDARD.