

# Texas Girls Coaches Association

## 2024 REGION I & II ALL SPORTS CLINIC

\*Sponsored by The Texas Girls Coaches Association\*

Abilene-Cooper High School

3639 Sayles Blvd, Abilene, TX

**Friday, June 7, 2024**

**Cost of Attendance: \$80.00 (2023 -24 Membership Card Included)**

Time	Event	No.	Site
<b>Friday, June 7</b> 7:00 - 8:30 am 8:30 - 9:20 am	<b>Registration for Coaches</b>		
	<b>Session One</b>		
	Volleyball Lecture	#1	
	<i>Nora Campbell - Abilene Cooper High School</i>		
	Basketball Lecture	#2	
	<i>Ramsey Ghazal - Glen Rose High School</i>		
	Track Lecture	#3	
	<i>Dan Aldrich - Fredericksburg High School</i>		
	<i>"Fredericksburg Girls XC/Track - Part 1: Weight Room Workout Design"</i>		
	Football Lecture	#4	
	<i>Will Wise - OC - Abilene Cooper High School</i>		
9:30 - 10:20 am	Softball Lecture	#5	
	<i>Melissa Hall - Georgetown High School</i>		
	<b>Session Two</b>		
	Volleyball Lecture	#6	
	<i>Catherine Foerster - Eagle Mountain High School</i>		
	Basketball Lecture	#7	
	<i>Shawna Monreal - Frenship High School</i>		
	Cross Country Lecture	#8	
	<i>Dan Aldrich - Fredericksburg High School</i>		
	<i>"Fredericksburg Girls XC/Track - Part 2: In-Season Low Mileage Cross Country Workout Design"</i>		
	Football Lecture	#9	
	<i>(Area Lecturer)</i>		
	Cheerleading Lecture	#10	
	<i>Varsity Spirit</i>		
	Softball Lecture	#11	
	<i>Jenna Bane Aguire - Abilene High School</i>		

Time	Event	No.	Site
<b>Friday, June 7</b>			
10:30 - 11:20 am	<b>Session Three</b>		
	Basketball Lecture	#12	
	<i>Ramsey Ghazal - Glen Rose High School</i>		
	Track Lecture	#13	
	<i>Dan Aldrich - Fredericksburg High School</i>		
	<i>"Fredericksburg Girls XC/Track - Part 3: In-Season Track Sprints to Distance Workout Design"</i>		
	Football Lecture	#14	
	<i>Colby Hartfield - OC - Abilene High School</i>		
	Cheerleading Lecture	#15	
	<i>Varsity Spirit</i>		
	Softball Lecture	#16	
	<i>Melissa Hall - Georgetown High School</i>		
11:30 am-12:20 pm	<b>Lunch</b>		
12:30 - 1:20 pm	<b>Session Four</b>		
	Volleyball Lecture	#17	
	<i>Catherine Foerster - Eagle Mountain High School</i>		
	Track Lecture	#18	
	<i>Crista Jones - Monterey High School</i>		
	Strength & Conditioning	#19	
	<i>Conlan Aguirre - Abilene High School</i>		
	Cheerleading Lecture	#20	
	<i>Varsity Spirit</i>		
1:30 - 2:20 pm	<b>Session Five</b>		
	Volleyball Lecture	#21	
	<i>(Area Lecturer)</i>		
	Basketball Lecture	#22	
	<i>Alfonzo Franklin - Hale Center/Abilene HS</i>		
	Cross Country Lecture	#23	
	<i>Kevin Johnson - Abilene Cooper High School</i>		
	Softball Lecture	#24	
	<i>Shanika Randle - Smithson Valley High School</i>		
	Cheerleading Lecture	#25	
	<i>Varsity Spirit</i>		
2:30 - 3:00 pm	<b>Keynote Speaker</b>		
3:00 - 4:00 pm	<b>Session Six</b>		
	<b>UIL CCP - Badges Must Be Scanned</b>	#26	
	<i>UIL Staff</i>		