

Texas Girls Coaches Association

2019 CenTex SPORTS CLINIC

Sponsored by The Texas Girls Coaches Association

Akins High School

10701 South 1st Street, Austin, TX

September 21, 2019

Cost of Attendance: \$80.00 (2019-20 Membership Card Included)

Time	Event	No.	Site
Saturday, September 21			
7:00 - 8:30 am	Registration for Coaches		BB Gym Foyer
8:30 - 9:20 am	Session One		
	Middle School Volleyball Lecture <i>Shalanda Byers - Anderson High School</i> <i>Jacob Thompson - Rouse High School</i>	#1	VB Gym
	Basketball Lecture <i>Colby Pastusek - The Colony High School</i> <i>"Practice Organization & Drills (In-Season & Off-Season)"</i>	#2	BB Gym
	Track Lecture <i>Anthony Torns - Hyde Park High School</i> <i>"Speed Development - What It Is and What It's Not"</i>	#3	Room 110
	Soccer Lecture <i>Katie Marek - Leander Rouse High School</i> <i>"Basics of Goalkeeper Training"</i>	#4	Soccer Field
9:30 - 10:30 am	Session Two		
	Volleyball Lecture <i>Jayson Langman - Pflugerville High School</i> <i>"Utilizing Perimeter Defense for Increasing Offense"</i>	#5	VB Gym
	Middle School Basketball Lecture <i>Vickie Benson - Bowie High School</i> <i>Danny Preuss - Hays High School</i> <i>"Philosophy & Coaching Essentials and Favorite Drills"</i>	#6	BB Gym
	Tennis Lecture <i>Erin Martin - Anderson High School</i> <i>"What a Practice Should Look Like"</i>	#7	Tennis Court

Time	Event	No.	Site
Saturday, September 21			
9:30 - 10:30 am	Cross Country Lecture <i>Anthony Torns - Hyde Park High School</i> <i>"Resistance Training for Mid/Long Distance"</i>	#8	Room 110
10:30 - 11:20 am	Session Three Basketball Lecture <i>Colby Pastusek - The Colony High School</i> <i>"Offensive & Defensive Philosophy"</i>	#9	BB Gym
	Track Lecture <i>Anthony Torns - Hyde Park High School</i> <i>"400M/800M Training"</i>	#10	Room 110
	Soccer Lecture <i>Katie Marek - Leander Rouse High School</i> <i>"Incorporating Goalkeepers Into a Team Training Session"</i>	#11	Soccer Field
11:20 am-12:30 pm	Lunch		
12:30 - 1:20 pm	Session Four Volleyball Lecture <i>Jayson Langman - Pflugerville High School</i> <i>"Offensive Speed"</i>	#12	VB Gym
	Middle School Soccer Lecture <i>Aaron McGough - Anderson High School</i>	#13	Soccer Field
	Track Lecture <i>Rey Torres - Bowie High School</i> <i>"Hurdles"</i>	#14	Room 110
12:30 - 12:55 pm	<i>Kelly Thompson - Rouse High School</i> <i>"Relay Handoffs"</i>		Track
1:30 - 2:30 pm	Session Five UIL CCP <i>Badges Must Be Scanned for UIL Credit</i>	#15	Theater
2:40 - 3:20 pm	Session Six Volleyball Lecture <i>Jayson Langman - Pflugerville High School</i> <i>"Off Season Ideas When the Weight Room is Full"</i>	#16	VB Gym
	Basketball Lecture <i>Colby Pastusek - The Colony High School</i> <i>"Team Building & Creating a Practice Environment"</i>	#17	Room 111
	Strength & Conditioning Lecture <i>Raymond Brock - Del Valle High School</i>	#18	Weight Room
	Soccer Lecture <i>Katie Marek - Leander Rouse High School</i> <i>"Off-Season Training & Relationship Building"</i>	#19	Room 110

Time	Event	No.	Site
Saturday, September 21			
3:30 - 4:20 pm	Session Seven Cross Country Lecture <i>Ally Coburn - Stony Point High School</i> <i>"Building Your Cross Country Program From"</i> <i>The Ground Up"</i>	#20	Room 110
3:30 - 3:55 pm	Middle School Volleyball Lecture	#21	VB Gym
3:55 - 4:20 pm	<i>Diane Watson - Round Rock High School</i> <i>Al Bennett (Retired) Westlake High School</i> <i>"Building Fundamentals"</i>	#22	BB Gym
3:30 - 3:55 pm	Middle School Basketball Lecture <i>Jane Martin - Del Valle High School</i> <i>"Offensive Drills"</i>	#23	Room 111
3:55 - 4:20 pm	<i>Norma Sierra - Hendrickson High School</i> <i>"Conditioning Drills with Fundamentals"</i>	#23	Room 111
3:30 - 3:55 pm	Middle School Soccer Lecture <i>Chad Aldrich - Round Rock High School</i> <i>"Maximizing Practice Performance with"</i> <i>Purposeful Drills"</i>		