

Texas Girls Coaches Association
2019 HOUSTON SPORTS CLINIC

Sponsored by the Houston Athletic Directors, TGCA and the UIL
 George Ranch High School & Reading Junior High - Lamar CISD

8181 FM 762, Richmond, Texas

June 12-13, 2019

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

Time	Event	No.	Site
Wednesday, June 12			
8:00 - 9:00 am	Registration for Coaches		GRHS Auditorium
9:00 - 10:00 am	Welcome & Keynote Address <i>Sheryl Swoopes</i>	#1	GRHS Auditorium
10:00 - 10:50 am	TGCA Lectures Volleyball Lecture <i>Lyndsay Hodges - Clear Falls High School</i> <i>"Passing and Serve Receive"</i>	#2	GRHS Gym #1
	Basketball Lecture <i>Todd Monsey - Lone Star High School</i> <i>"Progressions & Lead Ups to Building Your Half Court Man Defense"</i>	#3	GRHS Gym #2
	Soccer Lecture <i>Madison Raines - Clear Springs High School</i> <i>"Developing and Maintaining Possession as a Team"</i>	#4	RJH Gym #1
	Softball Lecture <i>Jimmy Eby - Magnolia West High School</i> <i>"Defending the 1st & 3rd Situation"</i>	#5	RJH Gym #2
	Track Lecture <i>Mareon Lewis - Dickinson High School</i> <i>"Peak Performance (Designing and Planning Workouts)"</i>	#6	GRHS Room 1223
	Strength & Conditioning Lecture <i>Michael Gazaway - George Ranch High School</i> <i>"Strength Training for Injury Prevention"</i>	#7	GRHS Fieldhouse
11:00 - 11:50 am	TGCA Lectures Volleyball Lecture <i>Lyndsay Hodges - Clear Falls High School</i> <i>"Floor Defense"</i>	#8	GRHS Gym #1

Time	Event	No.	Site
Wednesday, June 12 11:00 - 11:50 a.m.	Basketball Lecture <i>Todd Monsey - Lone Star High School</i> <i>"Transitional Skills and Drills to Attack in Full Court Offense"</i>	#9	GRHS Gym #2
	Soccer Lecture	#10	RJH Gym #1
	<i>Madison Raines - Clear Springs High School</i> <i>"Fundamentals of Goalkeeping"</i>		
	Softball Lecture	#11	RJH Gym #2
	<i>Jimmy Eby - Magnolia West High School</i> <i>"Basic Hitting Drills"</i>		
	Track Lecture	#12	GRHS Room 1223
	<i>Mareon Lewis - Dickinson High School</i> <i>"Speed Hurdles (Technical/Corrective Drills)"</i>		
	Swim Lecture	#13	GRHS Natatorium
	<i>Meredith May - Lamar CISD</i> <i>"Using the Pool to Improve All Athletes"</i>		
12:00 - 1:00 pm	Lunch on Your Own		
1:00 - 2:15 pm	Memorial Hermann Sports Medicine	#14	GRHS Auditorium
	<i>Christina Curry King, MS, RD, LD</i> <i>"Sports Nutrition & Injury Prevention"</i>		
	TGCA Lectures		
2:25 - 3:15 pm	Volleyball Lecture	#15	GRHS Gym #1
	<i>Lyndsay Hodges - Clear Falls High School</i> <i>"Off Season and Building Culture"</i>		
	Basketball Lecture	#16	GRHS Gym #2
	<i>Todd Monsey - Lone Star High School</i> <i>"Building Your Full Court Defense; From 1-0 to 5-5 Drills and Rotations"</i>		
	Soccer Lecture	#17	RJH Gym #1
	<i>Madison Raines - Clear Springs High School</i> <i>"Establishing Success in Off-Season"</i>		
	Softball Lecture	#18	RJH Gym #2
	<i>Jimmy Eby - Magnolia West High School</i> <i>"Middle Infield Play"</i>		
	Cross Country Lecture	#19	GRHS Room 1223
	<i>Mareon Lewis - Dickinson High School</i> <i>"Athlete Offseason (Bridging the Gap Between School and Summer Programs)"</i>		
	Strength & Conditioning Lecture	#20	GRHS Fieldhouse
	<i>Ryan Almon - Lamar Consolidated High School</i> <i>"Olympic Lifts for Female Athletes"</i>		

Time	Event	No.	Site
<p>Wednesday, June 12</p> <p>3:25 - 4:15 pm</p>	<p>Houston Area Lectures</p> <p>Volleyball Lecture <i>Sydney Gotcher - Fulshear High School</i> <i>"Building a Culture of Sustained Success"</i></p> <p>Basketball Lecture <i>Shalesha Pierce - George Ranch High School</i> <i>"Man to Man Defense Basics"</i></p> <p>Soccer Lecture <i>Michael Bevins - Terry High School</i> <i>"Integrating Futsal to Build Skills and Creativity"</i></p> <p>Softball Lecture <i>Cynthia Rubio - Angleton High School</i></p> <p>Track Lecture <i>Alicia & Todd Dutch - George Ranch High School</i> <i>"Co-Ed Planning and Structure to Bridge Girls & Boys Programs"</i></p> <p>Wrestling Lecture <i>Carlos Soto - George Ranch High School</i> <i>"How Wrestling Can Improve All Athletes"</i></p>	<p>#21</p> <p>#22</p> <p>#23</p> <p>#24</p> <p>#25</p> <p>#26</p>	<p>GRHS Gym #1</p> <p>GRHS Gym #2</p> <p>RJH Gym #1</p> <p>RJH Gym #2</p> <p>GRHS Room 1223</p> <p>Terry High School</p>
<p>Thursday, June 13</p> <p>8:00 - 9:00 am</p> <p>9:00 - 10:00 am</p> <p>10:00 - 11:00 am</p> <p>11:10 am-12:00 pm</p>	<p>Registration for Coaches</p> <p>Special Lecture <i>Stephen Mackey</i> <i>"2 Words - Character Development"</i></p> <p>UIL Coaches Education - CCP Badge Scanning Required for UIL Credit <i>UIL Staff</i></p> <p>Houston Area Lectures</p> <p>Volleyball Lecture <i>Breanna Lolley - East Bernard High School</i> <i>"First Contact - Serve Receive"</i></p> <p>Basketball Lecture <i>Justin Walker - Alvin High School</i></p> <p>Soccer Lecture <i>Melissa Pratt - George Ranch High School</i> <i>"Building a Quality First Touch"</i></p> <p>Softball Lecture <i>Micah Kowalski - Fulshear High School</i> <i>"Day to Day Process of Motivating Athletes to Compete"</i></p>	<p>#27</p> <p>#28</p> <p>#29</p> <p>#30</p> <p>#31</p> <p>#32</p>	<p>GRHS Auditorium</p> <p>GRHS Auditorium</p> <p>GRHS Auditorium</p> <p>GRHS Gym #1</p> <p>GRHS Gym #2</p> <p>RJH Gym #1</p> <p>RJH Gym #2</p>

