

Texas Girls Coaches Association

2015 SAN ANTONIO SPORTS CLINIC

Sponsored by the San Antonio Athletic Directors and The Texas Girls Coaches Association

O'Connor High School

12221 Leslie Road, Helotes, Texas

May 22 - 23, 2015

Cost of Attendance: \$70.00 (2015-16 Membership Card Included)

Time	Event	No.	Site
Friday, May 22			
5:00 - 6:00 pm	Registration for Coaches		Foyer
6:00 - 7:00 pm	TGCA Lectures Volleyball Lecture <i>Claire Gay - Decatur High School</i> <i>"Classroom Setting"</i>	#1	Gym 1
6:00 - 7:00 pm	Basketball Lecture <i>Colby Pastusek - Bowie High School</i> <i>"Off Season"</i>	#2	Gym 2
6:00 - 7:00 pm	Softball Lecture <i>Sandra Hernandez - Southwest High School</i> <i>"Building a Tight Defense"</i>	#3	Softball Field
6:00 - 7:00 pm	Track Lecture <i>Anthony Torns - Marble Falls High School</i> <i>"Training the High School Sprinter 100m-400m"</i>	#4	Room K-117
7:15 - 8:15 pm	UIL Motivational <i>Dr. Charles Breithaupt, UIL Executive Director</i>	#5	Gym 1
8:30 - 9:30 pm	TGCA Lectures Volleyball Lecture <i>Claire Gay - Decatur High School</i> <i>"Hands-On"</i>	#6	Gym 1
8:30 - 9:30 pm	Basketball Lecture <i>Colby Pastusek - Bowie High School</i> <i>"Defense: Half Court Man & Run & Jump Press"</i>	#7	Gym 2
8:30 - 9:30 pm	Softball Lecture <i>Sandra Hernandez - Southwest High School</i> <i>Jennifer Benavides - Brennan High School</i> <i>"Pitching Drills"</i>	#8	Room K-118
8:30 - 9:30 pm	Cross Country Lecture <i>Anthony Torns - Marble Falls High School</i> <i>"Running Circuits/Resistance Training for Distance Runners"</i>	#9	Room K-117

Time	Event	No.	Site
Saturday, May 23			
7:45 - 8:55 am	Registration for Coaches		Foyer
	San Antonio Lectures		
9:00 - 10:00 am	Volleyball Lecture <i>Brandace Boren - Warren High School</i> <i>"Teaching the Fundamentals"</i>	#10	Gym 1
9:00 - 10:00 am	Basketball Lecture <i>Sandra Jimenez - Victoria West High School</i> <i>"Defensive Workout"</i>	#11	Gym 2
9:00 - 10:00 am	Soccer Lecture <i>Elizabeth Sandoval - East Central High School</i> <i>"Preparing MS for HS"</i>	#12	Room K-120
9:00 - 10:00 am	Track Lecture <i>Rose Mary Dupree - UIW</i> <i>"Relay Handoffs & Block Drills"</i>	#13	Track
	TGCA Lectures		
10:15 - 11:15 am	Volleyball Lecture <i>Claire Gay- Decatur High School</i> <i>"Off-Season Conditioning"</i>	#14	Gym 1
10:15 - 11:15 am	Basketball Lecture <i>Colby Pastusek - Bowie High School</i> <i>"Practice Drills: Player Developoment"</i>	#15	Gym 2
10:15 - 11:15 am	Softball Lecture <i>Sandra Hernandez - Southwest High School</i> <i>"Fundamentals of the Swing"</i>	#16	TBA
10:15 - 11:15 am	Track Lecture <i>Anthony Torns - Marble Falls High School</i> <i>"Acceleration and Sprint Mechanics"</i>	#17	Track
	San Antonio Lectures		
11:30 a - 12:30 p	Volleyball Lecture <i>Rachel Torvik - Judson High School</i> <i>"MS to HS Fundamental Skill Progression"</i>	#18	Gym 1
11:30 a - 12:30 p	Basketball Lecture <i>Marsha Hammond - New Braunfels Canyon</i> <i>"Speaking the Same Language - Program Wide"</i>	#19	Gym 2
11:30 a - 12:30 p	Soccer Lecture <i>Liz Sandoval - East Central High School</i> <i>Robert Jaramillo - Southwest High School</i> <i>"Drills for Sub-Varsity Players"</i>	#20	Soccer Field
11:30 a - 12:30 p	Track Lecture <i>Javier Noyola - Judson High School</i> <i>"Training the 800 M Runner"</i>	#21	Room K-117