

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
Friday, June 7			
7:00 - 8:30 am	Registration for Coaches		Foyer of Auditorium
8:30 - 9:20 am	Session One		
	Volleyball Lecture	#1	Fine Arts Bldg #7012
	<i>Nora Campbell - Abilene Cooper High School</i> <i>"Drills With a Purpose: Warm Up, Skill Progressions, Team Drills and More ..."</i>		
	Basketball Lecture	#2	Fine Arts Bldg #7005
	<i>Ramsey Ghazal - Glen Rose High School</i> <i>"5 Minute Drills to Improve Fundamentals"</i>		
	Track Lecture	#3	Fine Arts Bldg #7013
	<i>Dan Aldrich - Fredericksburg High School</i> <i>"Fredericksburg Girls XC/Track - Part 1: Weight Room Workout Design"</i>		
	Football Lecture	#4	Auditorium
	<i>Will Wise - OC - Abilene Cooper High School</i> <i>"Bringing in New Coaches"</i>		
	Softball Lecture	#5	Fine Arts Bldg #7014
	<i>Melissa Hall - Georgetown High School</i> <i>"Offensive Contruction & Production"</i>		
9:30 - 10:20 am	Session Two		
	Volleyball Lecture	#6	Fine Arts Bldg #7012
	<i>Catherine Foerster - Eagle Mountain High School</i>		
	Basketball Lecture	#7	Fine Arts Bldg #7005
	<i>Shawna Monreal - West Texas A&M University</i> <i>"Shooting Drills"</i>		
	Cross Country Lecture	#8	Fine Arts Bldg #7013
	<i>Dan Aldrich - Fredericksburg High School</i> <i>"Fredericksburg Girls XC/Track - Part 2: In-Season Low Mileage Cross Country Workout Design"</i>		

Time	Event	No.	Site
Friday, June 7			
9:30 - 10:20 am	Football Lecture <i>Alan Wartes - Hardin Simmons University</i> <i>"More Than X's and O's"</i>	#9	Auditorium
	Cheerleading Lecture <i>Kimberly Buie -Varsity Spirit</i>	#10	Fine Arts Bldg #7002
	Softball Lecture <i>Jenna Bane Aguire - Abilene High School</i> <i>"Slapper U"</i>	#11	Fine Arts Bldg #7014
10:30 - 11:20 am	Session Three		
	Basketball Lecture <i>Ramsey Ghazal - Glen Rose High School</i> <i>"M2M Defense Drills"</i>	#12	Fine Arts Bldg #7005
	Track Lecture <i>Dan Aldrich - Fredericksburg High School</i> <i>"Fredericksburg Girls XC/Track - Part 3: In-Season Track Sprints to Distance Workout Design"</i>	#13	Fine Arts Bldg #7013
	Football Lecture <i>Colby Hartfield - OC - Abilene High School</i> <i>"RPO's - Super Charge Your Run Game and Get the Ball to Playmakers in Space"</i>	#14	Auditorium
	Cheerleading Lecture <i>Kimberly Buie - Varsity Spirit</i>	#15	Fine Arts Bldg #7002
	Softball Lecture <i>Melissa Hall - Georgetown High School</i> <i>"Defense Drives Winning"</i>	#16	Fine Arts Bldg #7014
11:30 am-12:20 pm	Lunch		Cafeteria
12:30 - 1:20 pm	Session Four		
	Volleyball Lecture <i>Catherine Foerster - Eagle Mountain High School</i>	#17	Fine Arts Bldg #7012
	Track Lecture <i>Crista Jones - Monterey High School</i> <i>"Overall Program Development; Fostering a Strong Coaching Staff; Focus On Distance Versus Sprinters"</i>	#18	Fine Arts Bldg #7013
	Strength & Conditioning <i>Conlan Aguirre - Abilene High School</i> <i>"Explosive Power & Strength Training"</i>	#19	Auditorium
	Cheerleading Lecture <i>Kimberly Buie - Varsity Spirit</i>	#20	Fine Arts Bldg #7002

Time	Event	No.	Site
Friday, June 7			
1:30 - 2:20 pm	Session Five		
	Basketball Lecture	#21	Fine Arts Bldg #7005
	<i>Alfonzo Franklin - Hale Center/Abilene HS</i>		
	<i>"The Importance of Practice Planning and the Drills We Use"</i>		
	Cross Country Lecture	#22	Fine Arts Bldg #7013
	<i>Kevin Johnson - Abilene Cooper High School</i>		
	<i>"Building the Program"</i>		
	Softball Lecture	#23	Fine Arts Bldg #7014
	<i>Brittanie Talley - Midwestern State University</i>		
	<i>"Pitching Mechanics and Fundamentals"</i>		
	Cheerleading Lecture	#24	Fine Arts Bldg #7002
	<i>Kimberly Buie - Varsity Spirit</i>		
2:30 - 3:00 pm	Keynote Speaker		
	<i>Dr. Charles Breithaupt - UIL Executive Director</i>		Auditorium
3:00 - 4:00 pm	Session Six		
	UIL CCP - Badges Must Be Scanned	#25	Auditorium
	<i>UIL Staff</i>		