

Texas Girls Coaches Association

SAN ANTONIO SPORTS CLINIC

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

Lanier High School

1514 W Cesar E. Chavez Blvd, San Antonio, Texas

May 19 - 20, 2017

Cost of Attendance: \$70.00 (2017 -18 Membership Card Included)

Time	Event	No.	Site
Friday, May 19			
5:00 - 6:00 pm	Registration for Coaches Session One		LAC Foyer
6:00 - 7:00 pm	Middle School Volleyball Lecture <i>Garcia Middle School Staff - NISD</i> <i>"Middle School Tryouts and Drills"</i>	#1	Main Gym
6:00 - 7:00 pm	TGCA Basketball Lecture <i>Tommy Gates - Navasota High School</i> <i>"Building A Program"</i>	#2	Secondary Gym
6:00 - 7:00 pm	Softball Lecture <i>Maggi Welham - Alamo Heights High School</i> <i>"Putting It All Together"</i>	#3	Rm 1503 B Fieldhouse
6:00 - 7:00 pm	TGCA Track Lecture <i>Ray Baca - Canyon High School</i> <i>"Developing Athletes in Off-Season"</i>	#4	Rm 1503 A Fieldhouse
7:15 - 8:15 pm	UIL Motivational <i>Dr. Susan Elza, UIL Athletic Director</i>	#5	Main Gym
8:30 - 9:30 pm	Session Two TGCA Volleyball Lecture <i>Heather Sanders - Canyon High School</i> <i>"Maximizing Time in Off-Season"</i>	#6	Main Gym
8:30 - 9:30 pm	Middle School Basketball Lecture <i>Bradley Middle School - NEISD</i>	#7	Secondary Gym
8:30 - 9:30 pm	Softball Lecture <i>Maggi Welham - Alamo Heights High School</i> <i>"Drills and Skills"</i>	#8	Rm 1503 B Fieldhouse
8:30 - 9:30 pm	TGCA Track Lecture <i>Ray Baca - Canyon High School</i> <i>"Drills for Warm Up, Hurdles & Relays"</i>	#9	Rm 1503 A Fieldhouse

Time	Event	No.	Site
Saturday, May 20			
7:45 - 8:55 am	Registration for Coaches		LAC Foyer
	Session Three		
9:00 - 10:00 am	Middle School Volleyball Lecture <i>Spring Branch Middle School - Comal ISD</i>	#10	Main Gym
9:00 - 10:00 am	TGCA Basketball Lecture <i>Tommy Gates - Navasota High School</i> <i>"Practice Planning"</i>	#11	Secondary Gym
9:00 - 10:00 am	Soccer Lecture <i>Kara Stracener - Johnson High School</i> <i>"Principles of Team Defense"</i>	#12	Soccer Field
9:00 - 10:00 am	Cross Country Lecture <i>Tracy Hesson - Stevens High School</i>	#13	Rm 1503 A Fieldhouse
	Session Four		
10:15 - 11:15 am	TGCA Volleyball Lecture <i>Heather Sanders - Canyon High School</i> <i>"Serve, Receive & Transition Drills"</i>	#14	Main Gym
10:15 - 11:15 am	Middle School Basketball Lecture <i>Whittier Middle School - SAISD</i>	#15	Secondary Gym
10:15 - 11:15 am	Softball Lecture <i>TBA</i>	#16	Rm 1503 B Fieldhouse
10:15 - 11:15 am	TGCA Track Lecture <i>Ray Baca - Canyon High School</i> <i>"Creating A Workout Plan that Fits This Team"</i>	#17	Rm 1503 A Fieldhouse
	Session Five		
11:30 a - 12:30 p	TGCA Volleyball Lecture <i>Heather Sanders - Canyon High School</i> <i>"Dig or Die - Defensive Techniques/Drills"</i>	#18	Main Gym
11:30 a - 12:30 p	TGCA Basketball Lecture <i>Tommy Gates - Navasota High School</i> <i>"Offensive & Defensive Transition"</i>	#19	Secondary Gym
11:30 a - 12:30 p	Soccer Lecture <i>Kara Stracener - Johnson High School</i> <i>"Principles of Possession Style Play"</i>	#20	Soccer Field
11:30 a - 12:30 p	Track Lecture <i>Brittney Lanehart -Smithson Valley High School</i> <i>"Favorite Workouts: From the 400M Through the 3200M"</i>	#21	Rm 1503 A Fieldhouse