

Texas Girls Coaches Association
2018 SAN ANTONIO SPORTS CLINIC

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

Smithson Valley High School

14001 Texas 46, Spring Branch, TX

June 15, 2018

Cost of Attendance: \$70.00 (2018 -19 Membership Card Included)

Time	Event	No.	Site
Friday, June 15			
7:30 - 8:30 am	Registration for Coaches		Senior Dining Hall
	Session One		
8:30 - 9:30 am	Middle School Volleyball Lecture <i>Rachel Torvik with MS Staff - Reagan HS</i> <i>Krista Webber, Kristy Kalisky & Kelly Scott -Bush MS</i> <i>Michelle MacKay - Lopez MS - NEISD</i> <i>"MS Large #s and A/B Combination/ Competitive Drills"</i>	#1	Varsity Gym
8:30 - 9:30 am	Basketball Lecture <i>Jeff Williams - Amarillo High School</i> <i>"Decision Making Drills - Take Our Shot"</i>	#2	JV Gym
8:30 - 9:30 am	Track Lecture <i>Will Reid - Harper High School</i> <i>"400 Training - Cause We Ain't Sprinters!"</i>	#3	Classroom 1
8:30 - 9:30 am	Soccer Lecture <i>Kara Stracener - Canyon Lake High School</i> <i>"Basics of Team Defending"</i>	#4	Turf Field
	Session Two		
9:40 - 10:40 am	Volleyball Lecture <i>Megan DeGroot - Argyle High School</i> <i>"Offense: Playing Fast Ball"</i>	#5	Athletic Classroom
9:40 - 10:40 am	Middle School Basketball Lecture <i>Mitzi Lancaster - Piper Ranch MS - Comal ISD</i> <i>"What's the Big Idea?' Fundamentals of Middle School Basketball"</i>	#6	JV Gym

Time	Event	No.	Site
Friday, June 15			
9:40 - 10:40 am	Softball Lecture <i>Billy Coleman - Lake Travis High School</i> <i>"Off Season Conditioning & Weight Training/ In Season Weight Training"</i>	#7	Classroom 2
9:40 - 10:40 am	Cross Country Lecture <i>Will Reid - Harper High School</i> <i>"Small School Cross Country"</i>	#8	Classroom 1
	Session Three		
10:50 - 11:50 am	Basketball Lecture <i>Jeff Williams - Amarillo High School</i> <i>"Goal Work - Conditioning for Today's Players"</i>	#9	JV Gym
10:50 - 11:50 am	Softball Lecture <i>Billy Coleman - Lake Travis High School</i> <i>"Hitting Drills & Team Base Running Drills"</i>	#10	Classroom 2
10:50 - 11:50 am	Track Lecture <i>Will Reid - Harper High School</i> <i>"Basic Hurdle Development"</i>	#11	Athletic Classroom
10:50 - 11:50 am	Soccer Lecture <i>Kara Stracener - Canyon Lake High School</i> <i>"Attacking with Targets"</i>	#12	Turf Field
11:55 am - 12:25 pm	Lunch - Provided on Site		Senior Dining Hall
	Session Four		
12:30 - 1:30 pm	Volleyball Lecture <i>Megan DeGroot - Argyle High School</i> <i>"Defense: Defending with Angles and Power"</i>	#13	Varsity Gym
12:30 - 1:30 pm	Middle School Soccer Lecture <i>Walter Rule - Clark HS - Northside ISD</i> <i>"Team Formations and Defensive Shape and Organization"</i>	#14	Athletic Classroom
12:30 - 1:30 pm	Track Lecture <i>Gary Fletcher - Harlan HS - Northside ISD</i> <i>"Relay Exchange Drills and Techniques"</i>	#15	Classroom 1
	Session Five		
1:40 - 2:40 pm	Volleyball Lecture <i>Megan DeGroot - Argyle High School</i> <i>"Off Season" Building the Multi-Sport Athlete"</i>	#16	Varsity Gym
1:40 - 2:40 pm	Basketball Lecture <i>Jeff Williams - Amarillo High School</i> <i>"Full Court Run and Jump Into Transition Offense"</i>	#17	JV Gym
1:40 - 2:40 pm	Softball Lecture <i>Billy Coleman - Lake Travis High School</i> <i>"Defensive Drills"</i>	#18	Classroom 2

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Friday, June 15			
1:40 - 2:40 pm	Soccer Lecture <i>Kara Stracener - Canyon Lake High School</i> <i>"Teaching the Team to Lead"</i>	#19	Turf Field
2:50 - 3:50 pm	Session Six Cross Country Lecture <i>Gary Fletcher - Harlan HS - Northside ISD</i> <i>"Strength Training for Runners"</i>	#20	Classroom 1
2:50 - 3:50 pm	Middle School Volleyball Lecture <i>Rachel Torvik with MS Staff - Reagan HS</i> <i>Krista Webber, Kristy Kalisky & Kelly Scott -Bush MS</i>	#21	Classroom 2
2:50 - 3:50 pm	<i>Michelle MacKay - Lopez MS - NEISD</i> Middle School Basketball Lecture <i>Jessica Meador - Jackson MS - NEISD</i> <i>"Preparing Middle School Basketball Players for High School Basketball"</i>	#22	Athletic Classroom
2:50 - 3:50 pm	Middle School Soccer Lecture <i>Walter Rule - Clark HS - Northside ISD</i> <i>"Possession and Finishing Drills"</i>	#23	Turf Field