

All Star Coaches Responsibilities

1) Meet with TGCA, Chaperones and Players at Orientation

1. Roster 2. All Star Schedule 3. Game Plan 4. Game Rosters 5. Pick up equip

2:00pm	1-4a Softball Orientation	Workman Softball Complex	701 E Arbrook Blvd.
2:00pm	1-4a Volleyball Orientation	Arlington Martin HS	4501 W. Pleasant Ridge
2:00pm	1-4a Basketball Orientation	Arlington Lamar HS	1400 W Lamar Blvd
2:00pm	1-4a Cheer Orientation	Arlington Lamar HS	1400 W Lamar Blvd
2:00pm	1-4a Track/CC Orientation	Arlington Lamar HS	1400 W Lamar Blvd

2) Game Prep

1) Pick up polo, shoes (wear to Demo for sure. Your choice of what to wear for the game)
2) Meet as a group of coaches for coordination of demo. Try not to duplicate drills.

2:30pm	5-6a Softball Game Prep	2:30pm	5-6a Cheer Game Prep
2:30pm	5-6a Volleyball Game Prep	2:30pm	5-6a Track/CC Prep
2:30pm	5-6a Basketball Game Prep		

3) Box Lunch and Pictures and Optional FCA Devotional

1) Be ready to take pictures when scheduled! Follow schedule.
2) VB, BB, and SB, Fill out Game Form (roster with uniform numbers)

4:30pm	5-6a Sball FCA Lunch/Devo (Opt)	5:00pm	5-6a Softball Photos
4:30pm	5-6a Vball FCA Lunch/Devo (Opt)	5:00pm	5-6a Volleyball Photos
4:30pm	5-6a Bball FCA Lunch/Devo (Opt)	5:00pm	5-6a Track Photos
4:30pm	5-6a Track FCA Lunch/Devo (Opt)	5:20pm	5-6a Basketball Photos
4:30pm	5-6a Cheer FCA Lunch/Devo (Opt)	6:00pm	5-6a Cheer Photos

4) Demonstration (Attire is Polo for coaches, chaperones, trainers, t-shirt for players)

- 1) Each team will have 30 mins from the time they start introductions. Please set the clock for countdown.
- 2) Track can do stations or each team can take their 30 mins.
- 3) Committee Chair will run demo. Welcome, then start by introducing the Head Coach. (Name, High School) then Assistant introduce themselves, and each all-star will get the microphone and say, (Name, High School and High School Coach.) Cheer does not do a Demo. (Red team first, then Blue)

Tue: 6pm Demonstration: 1234A Volleyball, Basketball, Softball and Track Demo
Wed: 6pm Demonstration: 56A Volleyball, Basketball, Softball and Track Demo

5) All Star Game (Attire is what you normally wear to a game or polo provided)

- 1) Follow the Game Plan for your sport.
- 2) Have Fun!

Tue:	7pm Introductions:	1234A Volleyball, Softball, Basketball and Cheer
	7:30pm All-Star Games:	1234A Volleyball, Softball and Basketball
	8:00pm Introductions	1234A CC/Track Introduction
	8:15pm	1234A Cheer Performance
Wed:	7pm Introductions:	56A Volleyball, Softball, Basketball and Cheer
	7:30pm All-Star Games:	56A Volleyball, Softball and Basketball
	8:00pm Introductions	56A CC/Track Introduction
	8:15pm	56A Cheer Performance

6) Halftime of Basketball Game

Introduction of the CC and Track and then announce will set up cheer performance.

7) End of the Game

The MVP will be announced

Pick up uniforms and turn in balls at end of game to one of the committee chair or vice chair. From each sport, we need these back:
Volleyball-Jersey's only. Each coach takes one volleyball with them. TGCA takes 8 balls.
Basketball-Shorts and Jersey. Each coach takes one volleyball with them. TGCA takes 8 balls
Softball-Jersey only. Each Head Coach takes bucket with practice balls in them.