

Eleventh Annual  
*Equally Fit*

# NORTH TEXAS GIRLS COACHES CLINIC

JANUARY 8<sup>th</sup>, 2011

Presented By:



Sponsored By:



## GREAT LOCATION!

**TIMBERVIEW HIGH SCHOOL**  
Mansfield, Texas

**Saturday January 8, 2011**  
**8:30 AM—3:30 PM**

### Clinic Directors

Fred and Monica Clausen

### Local Clinic Coordinators

Debbie Weems---Mansfield ISD  
Willa Gipson---Birdville ISD  
Leslie Slovak---Richardson ISD

#### SPEAKERS TO INCLUDE:

Outstanding Local HS and MS Coaches

**Clinic Fee: \$60 (Includes Lunch)**

Deadline: December 17, 2010

**Register Online by  
Credit Card**

**www.equallyfit.net**

### CLINIC GOALS

This series of one day clinics is designed to enhance the training and professional growth of high school and middle school coaches who work with female athletes.

### CLINIC TOPICS

- ◆ Sport-specific lectures on volleyball, softball, basketball and track from top Texas area high school coaches.
- ◆ Strength and fitness training for high school and middle school female athletes.
- ◆ Insights into motivation for today's female athlete.
- ◆ Tips on organization and the other "people skills" that are necessary to run a successful athletic program.
- ◆ Current information on Risk Management and liability issues for coaches.



### CLINIC FEATURES

- ◆ AAT Credit and Certificates
- ◆ Small breakout sessions for all topics
- ◆ Door Prizes and special registration packet
- ◆ Lunch included—AM coffee and juice

### SCHOLARSHIP FUND

A portion of each clinic fee will be allocated to the Equally Fit Scholarship Program to benefit senior high school female athletes who desire to pursue a career as a secondary level teacher and coach.

And

1107 N. Grant  
Odessa, Texas 79761  
(432) 332-1568  
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1-(800) 272-8555



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## HANDS ON FORMAT!

Learn the latest techniques and drills through "hands on" demonstrations.

## MIDDLE SCHOOL SPECIFIC SESSIONS!

Several special sessions that are specific to Middle School coaches and their programs.

### 2011 Equally Fit North Texas Girls Coaches Clinic Registration Form

*Clinic Directors: Fred and Monica Clausen*

*Local Coordinators: Willa Gipson, Birdville—Debbie Weems, Mansfield---Leslie Slovak, Richardson*

**Clinic Date:** Saturday January 8<sup>th</sup>, 2011    **Site:** Timberview High School—Mansfield, TX    **Time:** 8:30 AM – 3:30 PM

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **School Phone:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**CLINIC FEE: \$60 (If mailed by December 17, 2010)**  
**\$70 (After December 17, 2010)**

**Lunch Provided**

**NO REFUNDS AFTER JANUARY 5, 2011**

**Mail Registration and MAKE CHECKS PAYABLE TO:**  
**FOR ADDITIONAL INFORMATION: (469) 556-2431**

**Equally Fit**  
**P.O. Box 167158**  
**Irving, TX 75016-7158**

**Scholarship Fund:**

A portion of each registration goes to the Equally Fit Scholarship Fund.