

## Texas Girls Coaches Association

### 2021 Summer Clinic

Arlington, TX

Esports Stadium - 1200 Ballpark Way Sheraton Arlington - 1500 Convention Center Drive

\*CCP Courses Must Have Badges Scanned

Time	Event	No.	Site
<b>Monday, July 12</b>			
1:00	<b>TGCA Board of Directors Meeting &amp; Brunch</b>	#1	Globe Life Field 734 Stadium Dr Esports Stadium Room E-3 Hilton Arlington 2401 East Lamar Blvd Hilton Arlington 2401 East Lamar Blvd
2:00 - 5:00	<b>Registration</b>		
6:00 - 7:00	<b>Honor Awards Banquet Reception</b>		
7:00 - 10:00	<b>Honor Awards Banquet</b>		
<b>Tuesday, July 13</b>			
7:00 - 12:00	<b>Exhibitors Set Up</b> <i>(Exhibitors only allowed in Exhibit Hall)</i>		Esports Stadium Exhibit Hall
8:00 - 4:00	<b>Registration</b>		
8:30 - 9:30	<b>*CCP - UIL Sports Update</b> <i>Soccer, Wrestling, Tennis, Team Tennis, Swimming &amp; Diving, Golf UIL Staff NAIIT Testing</i>	#2	Esports Stadium Stadium 4
9:00 - 11:00			Sheraton Arlington World Series Room
9:30 - 10:30	<b>*CCP - UIL Elective</b> <i>(Strength &amp; Conditioning) Justin Cranfill - River Road High School</i>	#3	Esports Stadium Stadium 4
10:45 - 11:45	<b>*CCP - UIL Elective</b> <i>(Ethics) Andy Cheshire - DairyMAX "Is Your Work Working? Nutrition to Bridge Training &amp; Performance"</i>	#4	Esports Stadium Stadium 4
12:00 - 1:00	<b>*CCP - Safety</b> <i>Sarah Blankenship-Washington - Western Hills</i>	#5	Esports Stadium Stadium 4
12:00 - 4:00	<b>Exhibit Hall Open to the Public</b>		Esports Stadium Exhibit Hall
12:00 - 4:00	<b>Job Placement Services Center</b>		Esports Stadium Exhibit Hall
1:30 - 2:30	<b>Basketball Lecture</b> <i>Steve Gomez - Lubbock Christian University "Blocker Mover Continuity Man Offense"</i>	#6	Sheraton Arlington Champions Ballroom

Time	Event	No.	Site
<b>Tuesday, July 13</b>			
1:30 - 2:30	<b>Softball Lecture</b> <i>Mark Montgomery - University of Maryland</i> <i>"Character Drives Winning"</i> <b>Volleyball Lecture</b> <i>Tony Graystone - Texas Tech University</i> <i>"Improving Out of System Offense"</i> <b>Track/Cross Country Lecture</b> <i>Derek Riedel - University of the Incarnate Word</i> <i>"Middle Distance Excellence: How to Train a Developing Distance Runner for Success in the 800-3200"</i> <b>Cheer Lecture</b> <i>Karie Chard</i> <i>"Game Day Management"</i>	#7  #8  #9    #10	Esports Stadium Stadium 2  Esports Stadium Stadium 4  Sheraton Arlington Hall of Fame Room    Esports Stadium Stadium 1
2:00 - 2:30	<b>1A thru 4A All-Stars Orientation Volleyball</b>  <b>Basketball</b>  <b>Track/Cross Country</b>  <b>Cheer</b>  <b>Softball</b>		Arlington High School 818 W Park Row Drive Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Workman SB Complex 701 E Arbroom Blvd
2:30 - 4:30	<b>1A thru 4A All-Stars Game Prep Volleyball</b>  <b>Basketball</b>  <b>Track/Cross Country</b>  <b>Cheer</b>  <b>Softball</b>		Arlington High School 818 W Park Row Drive Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Workman SB Complex 701 E Arbroom Blvd
2:45 - 3:45	<b>Basketball Lecture</b> <i>Steve Gomez - Lubbock Christian University</i> <i>"Lady Chap Defense - What Are We Doing??"</i> <b>Softball Lecture</b> <i>Mark Montgomery - University of Maryland</i> <i>"Getting More Run Production"</i> <b>Volleyball Lecture</b> <i>Tony Graystone - Texas Tech University</i> <i>"Defending Transition Offense"</i>	#11  #12  #13	Sheraton Arlington Champions Ballroom  Esports Stadium Stadium 2  Esports Stadium Stadium 4

Time	Event	No.	Site
<b>Tuesday, July 13</b>			
2:45 - 3:45	<b>Track/Cross Country Lecture</b> <i>Derek Riedel - University of the Incarnate Word</i> <i>"Strength Training Development for the Middle and Long Distance Runner - A Year-Long Program to Full and Long-Term Development"</i>	#14	Sheraton Arlington Hall of Fame Room
	<b>Cheer Lecture</b> <i>Ashley Johnson - Alamo Heights High School</i> <i>"Mascots"</i>	#15	Esports Stadium Stadium 1
4:00 - 5:00	<b>Basketball Lecture</b> <i>Teresa Durham - Allen High School</i> <i>"Offensive Schemes, Quick Hitters and Adjustments"</i>	#16	Sheraton Arlington Champions Ballroom
	<b>Softball Lecture</b> <i>Wade Womack - Dripping Springs High School</i> <i>"Dripping Springs Softball Drills and Philosophies"</i>	#17	Esports Stadium Stadium 2
	<b>Volleyball Lecture</b> <i>Ryan Mitchell - Lovejoy High School</i> <i>"Lovejoy Volleyball - 20 Ideas You Can Implement This Fall"</i>	#18	Esports Stadium Stadium 4
	<b>Track/Cross Country Lecture</b> <i>LaKeidra Stewart - McKinney High School</i> <i>"Speed is IN!"</i>	#19	Sheraton Arlington Hall of Fame Room
	<b>Cheer Lecture</b> <i>Ashley Johnson - Alamo Heights High School</i> <i>"BAND APP: Team Accountability, Management and Skill Development"</i>	#20	Esports Stadium Stadium 1
6:00 - 7:00	<b>1A thru 4A Basketball Demonstration</b>	#21	Lamar High School 1400 W Lamar Blvd
	<b>1A thru 4A Softball Demonstration</b>	#22	Workman SB Complex 701 E Arbrook Blvd
	<b>1A thru 4A Volleyball Demonstration</b>	#23	Arlington High School 818 W Park Row Drive
	<b>1A thru 4A Track/CC Demonstration</b>	#24	Lamar High School 1400 W Lamar Blvd
7:00 - 9:00	<b>1A thru 4A Basketball All-Stars Game</b> <b>1A thru 4A Cheer All-Stars Game/Half-Time Performance</b> <b>1A thru 4A Track/CC All-Stars Half-Time Recognition</b> <b>1A thru 4A Softball All-Stars Game</b> <b>1A thru 4A Volleyball All-Stars Game</b>		Lamar High School 1400 W Lamar Blvd
9:00	<b>Welcome Social</b>		Workman SB Complex 701 E Arbrook Blvd Arlington High School 818 W Park Row Drive Texas Live! 1650 E Randol Mill Rd.

Time	Event	No.	Site
<b>Wednesday, July 14</b>			
7:00 - 4:00	<b>Exhibit Hall Open to the Public</b>		Esports Stadium <i>Exhibit Hall</i>
8:00 - 4:00	<b>Registration</b>		Esports Stadium <i>Room E-3</i>
8:00 - 4:00	<b>Job Placement Services Center</b>		Esports Stadium <i>Exhibit Hall</i>
8:00 - 9:00	<b>Spirit Committee Meeting</b>	#25	Esports Stadium <i>Arlington Suite</i>
8:30 - 9:30	<b>*CCP - UIL Track &amp; CC Update</b> <i>UIL Staff</i>	#26	Sheraton Arlington <i>Hall of Fame Room</i>
	<b>Basketball Lecture</b> <i>Tyler Helms - Idalou High School</i> <i>"Lady Cat Basketball - Building the Foundation"</i>	#27	Esports Stadium <i>Stadium 2</i>
	<b>Softball Lecture</b> <i>Theresa Urbanovsky - Judson High School</i> <i>"Rocket Ball: #LoveWins!"</i>	#28	Sheraton Arlington <i>Champions Ballroom</i>
	<b>Volleyball Lecture</b> <i>U'liani Womble - Frisco Wakeland High School</i> <i>"Lessons Learned"</i>	#29	Esports Stadium <i>Stadium 4</i>
	<b>Special Lecture</b> <i>Tom Rogers - Financial &amp; Insurance Associates</i> <i>"TRS/Retire at 62% or 100% Salary?"</i>	#30	Esports Stadium <i>Room E-2</i>
9:00 - 10:00	<b>Cheer Lecture</b> <i>Matt Escue - TGCA Spirit Advisory Board Chair</i> <i>"Communication and Expectations: Avoiding Problems BEFORE They Happen"</i>	#31	Esports Stadium <i>Stadium 1</i>
8:30 - 9:30	<b>Soccer Lecture</b> <i>Rebecca Christ - McKinney High School</i> <i>"Focus on the Process"</i>	#32	Esports Stadium <i>Room E-4</i>
9:45 - 11:00	<b>Regional Meetings</b> Region I Region II Region III Region IV Region V Region VI Region VII Region VIII	#33	<i>Sheraton - Hall of Fame</i> <i>Esports - Rm E-2</i> <i>Esports - Stadium 4 South</i> <i>Esports - Stadium 2 North</i> <i>Esports - Room E-4</i> <i>Esports - Stadium 2 South</i> <i>Esports - Stadium 4 North</i> <i>Sheraton - Champions</i>
10:00 - 12:00	<b>*CCP - UIL Cheerleading Update/NFHS Rules Presentation</b> <i>UIL Staff &amp; Varsity Spirit</i>	#34	Esports Stadium <i>Stadium 1</i>
11:00 - 12:00	<b>Basketball Sub-Varsity Lecture</b> <i>Missy Mitchell McBeth - Nelson High School</i> <i>"Strength Training for the Female Athlete: Myths, Truths and Special Considerations"</i>	#35	Esports Stadium <i>Stadium 2</i>

Time	Event	No.	Site
<b>Wednesday, July 14</b>			
11:00 - 12:00	<b>Softball Sub-Varsity Lecture</b> <i>Porscha Albert - Frisco Memorial High School</i> <i>"The Strength to Win: Maximizing the Weight Room to Build Team Culture"</i>	#36	Sheraton Arlington Champions Ballroom
	<b>*CCP - UIL Volleyball Update</b> <i>UIL Staff</i>	#37	Esports Stadium Stadium 4
	<b>Track/CC Sub-Varsity Lecture</b> <i>David Jeffrey - Guthrie High School</i> <i>"Developing High Jumpers"</i>	#38	Sheraton Arlington Hall of Fame Room
	<b>Tennis Lecture</b> <i>Mark Dotson - Lubbock High School</i> <i>"What You Always Wanted to Know About Doubles (But Were Afraid to Ask)"</i>	#39	Esports Stadium Room E-4
	<b>*CCP - Concussion</b> <i>Damond Blueitt, MD</i>	#40	Esports Stadium Room E-2
12:15 - 1:15	<b>Fellowship of Christian Athletes</b>	#41	Esports Stadium Room E-4
	<b>*CCP - UIL Basketball Update</b> <i>UIL Staff</i>	#42	Esports Stadium Stadium 2
	<b>Softball Lecture</b> <i>Rodney DeLong - University of North Texas</i> <i>"The Power of Culture"</i>	#43	Sheraton Arlington Champions Ballroom
	<b>Volleyball Lecture</b> <i>(Sponsored by Baden)</i> <i>Laura Kuhn - Texas A&amp;M University</i> <i>"Adapting &amp; Adjusting in Today's Environment"</i>	#44	Esports Stadium Stadium 4
	<b>Track/Cross Country Lecture</b> <i>Jerrod Cook - Abilene Christian University</i> <i>"Discus Throw Technique"</i>	#45	Sheraton Arlington Hall of Fame Room
	<b>Tennis Lecture</b> <i>Justin Quest - Allen High School</i> <i>"Practice Drills for Large Groups, Keeping Everyone Engaged Active"</i>	#46	Esports Stadium Room E-2
1:00 - 2:00	<b>Cheer Lecture</b> <i>Amy Weaston - Seven Lakes High School</i> <i>"Putting the Leader Back in Cheerleading"</i>	#47	Esports Stadium Stadium 1
1:30 - 2:30	<b>Basketball Lecture</b> <i>Kendra Hassell - Hardin Simmons University</i> <i>"Competitive Drills/Shooting Drills"</i>	#48	Esports Stadium Stadium 2
	<b>Softball Lecture</b> <i>Rodney DeLong - University of North Texas</i> <i>"Practice: Organization and Efficiency"</i>	#49	Sheraton Arlington Champions Ballroom
	<b>Volleyball Lecture</b> <i>(Sponsored by Baden)</i> <i>Laura Kuhn - Texas A&amp;M University</i> <i>"Volleyball Systems Based on Your Personnel"</i>	#50	Esports Stadium Stadium 4

Time	Event	No.	Site
<b>Wednesday, July 14</b>			
1:30 - 2:30	<b>Track/Cross Country Lecture</b> <i>Jerrod Cook - Abilene Christian University</i> <i>"Coaching Cues and Throwing Drills"</i>	#51	Sheraton Arlington Hall of Fame Room
2:00 - 2:30	<b>Special Lecture</b> <i>Dr. James Peterson - Coaches Choice</i> <i>"Myths &amp; Realities About Conditioning for Women's/Girls' Sports"</i>	#52	Esports Stadium Room E-2
	<b>5A-6A All-Stars Orientation Volleyball</b>  <b>Basketball</b>  <b>Track/Cross Country</b>  <b>Cheer</b>  <b>Softball</b>		Arlington High School 818 W Park Row Drive Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Workman SB Complex 701 E Arbrook Blvd
2:30 - 4:30	<b>5A-6A All-Stars Game Prep Volleyball</b>  <b>Basketball</b>  <b>Track/Cross Country</b>  <b>Cheer</b>  <b>Softball</b>		Arlington High School 818 W Park Row Drive Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Lamar High School 1400 W Lamar Blvd Workman SB Complex 701 E Arbrook Blvd
2:45 - 3:45	<b>Basketball Lecture</b> <i>Kendra Hassell - Hardin Simmons University</i> <i>"Helping Your Players Find the Right College Fix"</i>	#53	Esports Stadium Stadium 2
	<b>*CCP - UIL Softball Update</b> <i>UIL Staff</i>	#54	Sheraton Arlington Champions Ballroom
	<b>Volleyball Sub-Varsity Lecture</b> <i>Rachel Torvik - SA Reagan High School</i> <i>"Torvik's Top 10 Drills"</i>	#55	Esports Stadium Stadium 4
	<b>Track/Cross Country Lecture</b> <i>Carly Littlefield - Lovejoy High School</i> <i>"Cross Country: Cultivating a Winning Program"</i>	#56	Sheraton Arlington Hall of Fame Room
	<b>Cheer Lecture</b> <i>Kim Buie</i> <i>"Coaching with ROCKS: Respect, Organization, Consistency, Kindness and Safety"</i>	#57	Esports Stadium Stadium 1

Time	Event	No.	Site
<b>Wednesday, July 14</b>			
2:45 - 3:45	<b>Soccer Lecture</b> <i>Oscar Bersozza - Belton High School</i> <i>"Consider 2 Tweaks to Traditional Soccer Thinking"</i>	#58	Esports Stadium Room E-4
	<b>*CCP - Concussion</b> <i>Damond Blueitt, MD</i>	#59	Esports Stadium Room E-2
4:00 - 5:00	<b>TGCA General Business Meeting</b>	#60	Esports Stadium Stadium 4
6:00 - 7:00	<b>5A-6A Basketball Demonstration</b>	#61	Lamar High School 1400 W Lamar Blvd
	<b>5A-6A Softball Demonstration</b>	#62	Workman SB Complex 701 E Arbrook Blvd
	<b>5A-6A Volleyball Demonstration</b>	#63	Arlington High School 818 W Park Row Drive
	<b>5A-6A Track/CC Demonstration</b>	#64	Lamar High School 1400 W Lamar Blvd
7:00 - 9:00	<b>5A-6A Basketball All-Stars Game</b> <b>5A-6A Cheer All-Stars Game/Half-Time Performance</b> <b>5A-6A Track/Cross Country All-Stars Half-Time Recognition</b> <b>5A-6A Softball All-Stars Game</b>  <b>5A-6A Volleyball All-Stars Game</b>		Lamar High School 1400 W Lamar Blvd  Workman SB Complex 701 E Arbrook Blvd Arlington High School 818 W Park Row Drive
<b>Thursday, July 15</b>			
8:00 - 10:00	<b>Registration</b>		Esports Stadium Foyer
8:00 - 9:00	<b>TGCA Committee Meetings</b> Volleyball Committee Basketball Committee Track Committee Softball Committee Sub-Varsity Committee	#65	Sheraton Arlington Super Bowl 2 Triple Crown World Series I World Series II Super Bowl 1
8:30 - 9:30	<b>Basketball Lecture</b> <i>Kyle Lovorn - Lubbock-Cooper High School</i> <i>"Saving YOUth Basketball - It Starts with YOU: Building a Foundation for Your Program"</i>	#66	Esports Stadium Stadium 2
	<b>Softball Lecture</b> <i>Lee Kuyrkendall - Royse City High School</i> <i>"Defensive Fundamentals and Offensive Philosophy"</i>	#67	Esports Stadium Stadium 4
	<b>Volleyball Lecture</b> <i>Cassie Headrick - Denton High School</i> <i>"Game Changers: Drills and Strategies for Rebuilding' or 'Building Up' Your Program"</i>	#68	Sheraton Arlington Champions Ballroom

Time	Event	No.	Site
<b>Thursday, July 15</b>			
8:30 - 9:30	<b>Track/Cross Country Lecture</b> <i>Jordan Gibson - Glen Rose High School</i> <i>"Biomechanics of Hurdle Technique (Including Drills): Emphasis on the Hips"</i>	#69	Sheraton Arlington Hall of Fame Room
9:00 - 9:30	<b>TGCA Board of Directors Meeting</b>	#70	Sheraton Arlington Wimbledon Room
9:45 - 10:45	<b>*CCP - Steroids</b> <i>Tristen Trevino - San Marcos High School</i>	#71	Esports Stadium Stadium 4
11:00 - 12:00	<b>*CCP - Fundamentals of Coaching</b> <i>UIL/TGCA Panel Discussion</i>	#72	Esports Stadium Stadium 4
12:15 - 1:15	<b>*CCP - UIL Elective</b> <i>Dr. Mark Cousins - UIL</i> <i>"On-Line PAPF"</i>	#73	Esports Stadium Stadium 4