

21st Annual Clinic



Saturday, January 5, 2019

Location: The University of Houston
Alumni Center: 3204 Cullen Blvd

Early Entry Fee for Clinic:

\$75 postmarked by 12/15/18 (\$100 onsite)

First 50 Coaches to arrive to clinic will receive Coaches' Gift sponsored BSN Sports.

President- Juris Green
VPs- David Pollack, Amy Pitzel
Treasurer- Vicki Bevan
Asst. Treasurer- Zachary Morgan
Webmaster- Scott Kenney
Committee- Vicki Bevans, Tim McGuire, Jeremy Dye, Jack Sands, Andy Ferrara, Aaron Shock, Shay Collette, Nicholas Coopriider, Josh Gossett, & Kristina Dube.



Directions: Travel I45 S, Exit Cullen and head west, parking (left) with the Alumni Center (right) just past the baseball field.

HS Clinic- Sat, Jan 5 (8 am- 4:00 pm)

7:30 am- 8:00 am Late Registration \$100

**Coffee/ Breakfast provided.*

8:00 am-8:05 am Welcome – Juris Green

8:05 am-8:50 am – UIL- Brian Polk, UIL Asst. A.D.

9:00am-9:45 am – (4 sessions)

- Discus- Jordan Ayres- Katy HS (trk)
- Mid-distance- Shelton Ervin- Summer Creek HS (aud)
- High Jump- Drew Fucci- Rice University (trk)
- Hurdles- JD Hurd- Conroe HS (trk)

10:00 am-10:45 am (4 sessions)

- Pole Vault- Robbie Dueitt- The Woodlands HS (trk/aud)
- Shot Put- Jordan Ayres- Katy HS (trk)
- Nutrition- Brett Singer/Christina Curry (aud)
- Horizontal Jumps- Chris Carter- Atascocita HS (trk)

11:00 am-11:45 am Featured Presentation 1 :

Relay Coach Panel- The Fastest Relays in Texas: Seven Lakes HS, The Woodlands HS, Eisenhower HS, Jersey Village HS

12:00 am-1:45 pm - Hall of Fame Lunch & Awards

Honoring our Hall of Fame Recipients and Coaches and Athletes of the Year. * Lunch- included in registration fee.

Guests of honorees will be \$10.00 for meal

2:00 pm-2:25 pm GCSTCA General Meeting

Nominate Hall of Fame &
GCSTCA 2018 New VP

2:00 pm-2:30 pm Will Grundy- Milesplit updates

2:45 pm-3:30 pm (2 sessions)

- Distance- Steve Magness- Univ. of Houston (aud)
- Strength/Conditioning- Jeff Kachermayer- Seven Lakes HS (aud)

3:45 pm – 4:45 pm Feature Presentation 2:

Bershawn Jackson- Team USA / Nike

5:00 pm-7:00 pm - Coaches Social

Come visit with Speakers and Hall of Famers-
sponsored by MF Athletic

“This has been my favorite part of the clinic- great to just hang out, shoot the breeze, and visit.”

(Juris Green, TWHS Head Boys Track- “NHSCA National Boys T&F Coach of the Year”)

Please reach out to any former Hall of Famers and invite them to Lunch & Social.

2019 GCSTCA Clinic
Saturday, January 5, 2019
Registration Form

Name: _____

Title: _____

Address: _____

City: _____ State: _____

Zip: _____

Home/Cell #: _____

Home Email: _____

School: _____

School Address: _____

City: _____ Zip: _____

School Email: _____

Make Checks Payable to: GCSTCA
c/o Vicki Bevan
1335 Bullock Lane
Houston, TX 77055

Cost: Early registration \$75 per coach
(includes hall fame lunch) postmark
December 15, 2018. ***Late Registration***
\$100.

MEMBERSHIP PRIVILEGES (\$10 if unable to attend clinic but want to join). You and your athletes can be honored for annual awards including 1st & 2nd Team All GCSTCA. Scholarships opportunities for deserving seniors and coaching comradery.

AWARDS

Boy Athlete of the Year

Kesean Carter-

The Woodlands HS

Girl Athlete of the Year

Kennedy Flannel-

Alvin HS

Boys Coach of the Year

Marwin Rathke-
Seven Lakes HS

Girls Coach of the Year

Tom Kennedy-
Bridgeland HS

Assistant Coach of the Year

David Cooper-
Seven Lakes HS

SCHOLARSHIP RECEIPIENTS:

COACHES HALL OF HONOR

Sponsors who are “making a difference” in HS Track & Field!



Clinic Speakers:

Brett Singer



Brett Singer is a sports dietitian at Memorial Hermann IRONAN Sports Medicine Institute. Through his role with Memorial Hermann he has served as a sports dietitian at Houston Baptist University, Sugar Land Skeeters Baseball, and as a consulting dietitian for Gatorade Sports Science Institute with the NBA G-League. Through Collegiate and Professional Sports Dietitian Association, Brett was selected as one of ten mentors nationally for the 2017 Gatorade Sports Nutrition Immersion Program. In addition to his role at Memorial Hermann, he is an adjunct professor in the Master of Athletic Training Program at University of Houston where he teaches Nutrition for Sports Performance.

Christina Curry



Christina is a sports dietitian with Memorial Hermann IRONMAN Sports Medicine Institute. She is a former division one athlete, and earned her master's degree in nutrition from Texas A&M University. Currently, through Memorial Hermann, she works with clients ranging from adolescence to adulthood to reach their sport performance and wellness goals through evidence-based nutrition programming. In addition to her role in the clinic, she serves as the sports dietitian for Houston Baptist University Athletics, Katy Tompkins High School athletics, Sugar Land Skeeters independent league baseball, Cypress Creek EMS, and as a pediatric gastroenterology dietitian.

