

# YOUTH SPORTS CLINICS

Registration for Youth Sports Clinics is open. Register today!

## Baseball Clinics

### Baseball Boys Drills/Skills (Enter 1st-7th)

This clinic with the varsity coach and staff at Plano Senior will address pitching, catching, hitting, base running, infield/outfield play, and game situations. Players will be grouped by age and skill level.

10368 PSH M-Th 9am-Noon 6/11 4 Robertson \$84

### Baseball Boys Adv Skills (Enter 8th-9th)

The varsity coach and staff at Plano Senior will lead this clinic for boys. There will be a review of fundamentals in all phases of the game with the focus on drills and practice schedule to prepare players for their high school season.

10367 PSH M-F 8am-Noon 6/4 5 Robertson \$140

### Baseball Boys Fundamentals (Enter 4th-6th)

Led by the varsity coach at Plano West, this clinic will emphasize work on pitching, catching, hitting, base running, fielding, game situations, and infield/outfield play. Players will be grouped by age and ability. Teams are welcome, but players must register as individuals.

10214 PWSH M-Th 8am-11:30am 6/4 4 Clark \$98

### Baseball Boys Fundamentals (Enter 7th-8th)

Led by the varsity coach at Plano West, this clinic will emphasize work on pitching, catching, hitting, base running, fielding, game situations, and infield/outfield play. Players will be grouped by age and ability. Teams are welcome, but players must register as individuals.

10215 PWSH M-Th 1pm-4:30pm 6/4 4 Clark \$98

### Baseball Boys Fundamentals (Enter 9th)

Led by the varsity coach at Plano West, this clinic will emphasize work on pitching, catching, hitting, base running, fielding, game situations, and infield/outfield play. Teams are welcome, but players must register as individuals. Clinic will be run like a high school practice.

10216 PWSH M-Th 5pm-8pm 6/4 4 Clark \$84

### Baseball Youth Skills (Enter K-3rd)

Join the Plano East varsity coach and his staff in this clinic designed to improve skills of every boy and girl. Skills worked on include throwing, catching, base running, fielding, pitching, infield and outfield play, sliding, discipline, teamwork, rundowns, stretching, conditioning and sportsmanship.

10317 PESH M-Th 8am-10am 6/4 4 Byrd \$56

### Baseball Youth Skills (Enter 4th-6th)

Join the Plano East varsity coach and his staff in this clinic designed to improve skills of every boy and girl. Skills worked on include throwing, catching, base running, fielding, pitching, infield and outfield play, sliding, discipline, teamwork, rundowns, stretching, conditioning, and sportsmanship.

10318 PESH M-Th 10:30am-12:30pm 6/4 4 Byrd \$56

### Baseball Youth Skills (Enter 7th-9th)

Join the Plano East varsity coach and his staff in this clinic designed to improve skills of every boy and girl. Skills worked on include throwing, catching, base running, fielding, pitching, infield and outfield play, sliding, discipline, teamwork, rundowns, stretching, conditioning, and sportsmanship.

10319 PESH M-Th 1pm-3:30pm 6/4 4 Byrd \$70

## Basketball Clinics

### Basketball Boys Scrim/Skills (Enter K-5th)

This clinic for boys is led by the varsity coach and staff at Plano East. The focus will be on development of dribbling, shooting, and passing skills through the use of drills, 3 on 3 scrimmages, and games. Students will learn offensive and defensive team skills in a 3 on 3 setting. Lots of fun!

10320 PESH M-Th 9am-12:30pm 6/11 4 Clarkson \$98

10321 PESH M-Th 9am-12:30pm 7/16 4 Clarkson \$98

10322 McMillen M-Th 1:30pm-5pm 7/30 4 Clarkson \$98

### Basketball Boys 3 on 3 Scrimmage (Enter 4th-9th)

The Plano East varsity coach and staff will teach basic offensive and defensive methods to boys using instructional breakdown and 3 on 3 scrimmage games monitored by staff. Small-scale games allow players to get maximum touches and exposure to the basic elements.

10326 PESH M-Th 1:30pm-5pm 6/18 4 Clarkson \$98

### Basketball Boys Adv 3 on 3 Shoot (Enter 4th-9th)

Boys in this clinic led by the Plano East varsity coach and staff will learn offensive and defensive methods using 3 on 3 scrimmage games. Basic skills will be taught through instructional breakdowns. These small-scale games will allow maximum touches and exposure. Shooting techniques will be taught and emphasized with players receiving coaching on hand position, footwork, and release.

10324 PESH M-Th 1pm-4:30pm 7/23 4 Clarkson \$98

10325 McMillen M-Th 1:30pm-5pm 7/30 4 Clarkson \$98

### Basketball Boys Adv Shoot/Skills (Enter 4th-9th)

Join the Plano East varsity coach and staff in this advanced clinic for boys that focuses on all the fundamentals of shooting including footwork, hand position, and development of a consistent release. Work will also be done on passing, dribbling, and offensive/defensive footwork. The Gun and Dr. Dish shooting machines will be used to teach proper shooting technique.

10327 PESH M-Th 1pm-4:30pm 6/25 4 Clarkson \$98

### Basketball Boys Shooting/Skills (Enter 6th-9th)

This clinic, led by the Plano East varsity coach and staff, will teach proper fundamentals of shooting the ball and footwork, hand position, and consistency. It will also teach fundamental skills of passing, dribbling and offensive weapons. The Gun and Dr. Dish shooting machines will be used to increase repetitions and number of shots during the clinic.

10323 PESH M-Th 1:30pm-5pm 6/11 4 Clarkson \$98

### Basketball Girls Competitive (Enter 7th-9th)

This clinic will be led by the Plano West varsity coach and staff. Students will develop elite skills through a combination of drills, games, and competitive play in a varsity practice-style atmosphere.

10293 PWSH M-Th 9:30am-11am 6/4 4 Perry \$42

# YOUTH SPORTS CLINICS

## Basketball Girls FUNdamentals (Enter K-5th)

Girls can join the varsity coach and staff at Plano East to learn ball handling, proper shooting form, passing techniques, and man to man defensive principles. Games and competition will ensure the FUN in fundamentals. All levels are welcome. For games, players will be grouped into teams based on skill level.

10370	PESH	M-Th 1:30pm-5pm	6/18	4	Morris	\$98
10342	PESH	M-Th 1:30pm-5pm	7/16	4	Morris	\$98

## Basketball Girls Pure Shoot (Enter 6th-9th)

In this clinic led by the Plano East varsity coach, girls will learn proper fundamentals of shooting—including footwork, hand position, and consistency. The player's mentality will be strengthened and confidence boosted to become a more aggressive and skilled player.

10345	PESH	M-W 9am-11am	6/25	3	Morris	\$42
10346	PESH	M-W 9am-11am	7/23	3	Morris	\$42

## Basketball Girls Skills (Enter 6th-9th)

Girls can join the varsity coach and staff at Plano East to learn ball handling, proper shooting form, passing techniques, and man to man defensive principles. Games and competition will ensure the FUN in fundamentals. All levels are welcome. For games, players will be grouped into teams based on skill level.

10343	PESH	M-Th 9am-12:30pm	6/18	4	Morris	\$98
10344	PESH	M-Th 1:30pm-5pm	7/16	4	Morris	\$98

## Basketball Youth Adv Scrimmage (Enter 6th-9th)

Students can develop their game with the "2015 State Champion" Plano West varsity coach and staff as they learn basic principles of transition, secondary offensive skills, team offense and defense, court awareness, and spacing. Enhance basketball IQ in order to improve the overall game. All skill levels are welcome.

10275	Renner	M-Th 1:30pm-5pm	6/4	4	Morgan	\$98
10280	PWSH	M-Th 1:30pm-5pm	7/23	4	Morgan	\$98

## Basketball Youth Adv Shoot/Scrim (Enter 3rd-9th)

In this clinic, the Plano Senior varsity coach and staff will provide advanced boys and girls with college level basketball instruction in a competitive environment. Positive approaches and feedback with in-depth teaching techniques will be used. Specific goal setting will be tailored to each individual's assessment. This will conclude with tactical planning for improvement for the rest of the summer.

10352	PSH	M-F 9am-4pm	7/9	5	Christian	\$245
-------	-----	-------------	-----	---	-----------	-------

## Basketball Youth Adv Shoot/Scrim (Enter 3rd-9th)

The varsity coach and staff at Plano Senior will teach boys and girls in-depth shooting techniques, shot mechanics, skills, and mental approaches to successful shooting. There will be a systematic evaluation with each stage of the shot process design critiqued, communicated, taught, and then reinforced with positive feedback and energetic repetition. This clinic is for the serious player looking to take his/her game to the next level!

10351	PSH	M-F 9am-4pm	6/25	5	Christian	\$245
-------	-----	-------------	------	---	-----------	-------

## Basketball Youth Adv Shooting (Enter 6th-9th)

Students can become a threat on the court by developing their shooting game with the 2015 state champion Plano West varsity coach and staff. Plenty of reps through individual practice and live play. Build from the floor up and increase range.

10289	PWSH	M-Th 1:30pm-5pm	6/11	4	Morgan	\$98
10290	Rice	M-Th 1:30pm-5pm	7/16	4	Morgan	\$98

## Basketball Youth Adv Strategy (Enter 3rd-9th)

In this clinic, the varsity coach and staff at Plano Senior will deliver empowering tools to boys and girls. Valuable information defining the game from the team-winning perspective, combined with game execution/tactics, will enhance players' basketball IQ so that they can become positive and successful assets to any basketball team.

10353	Vines	M-F 9am-4pm	6/4	5	Christian	\$245
-------	-------	-------------	-----	---	-----------	-------

## Basketball Youth Shoot/Scrim (Enter 1st-5th)

Boys and girls can develop their game with the "2015 State Champion" Plano West varsity coach and staff as they learn triple threat technique, the five ways to get open, ball screening, form shooting, ball defense, and team defense. All skill levels are welcome. Fun, games, and prizes!

10285	PWSH	M-Th 9am-12:30pm	6/11	4	Morgan	\$98
10287	Rice	M-Th 9am-12:30pm	7/16	4	Morgan	\$98
10286	PWSH	M-Th 9am-12:30pm	7/23	4	Morgan	\$98

## Basketball Youth Skills/Scrim (Enter 1st-4th)

These clinics will be led by the Plano Senior girls' varsity coach and staff. Emphasis for boys and girls will be on shooting, ball handling, and offensive skill sets that will help them develop both individually and as a member of a team. Girls state champions in 2018!

10347	PSH	M-F 9am-Noon	6/11	5	Belcher	\$105
10348	PSH	M-F 9am-Noon	6/18	5	Belcher	\$105

## Basketball Youth Skills/Scrim (Enter 5th-9th)

These clinics will be led by the Plano Senior girls' varsity coach and staff. Emphasis for boys and girls will be on shooting, ball handling, and offensive skill sets that will help them develop both individually and as a member of a team. These skills will be utilized in daily scrimmage situations.

10349	PSH	M-Th 1pm-6pm	6/11	4	Belcher	\$140
10350	PSH	M-Th 1pm-6pm	6/18	4	Belcher	\$140

# Football Clinics

## Football Boys Plano Panthers (Enter 3rd-6th)

In this all-positions clinic led by the varsity coach and staff of Plano East, boys will learn position-specific skills for both offense and defense. Drills and activities are structured around a typical varsity practice. Participants will receive a shirt and program certificate.

10334	PESH	M-Th 9am-Noon	7/16	4	McCullough	\$84
-------	------	---------------	------	---	------------	------

## Football Boys Plano Panthers (Enter 7th-9th)

In this all-positions clinic led by the varsity coach and staff of Plano East, boys will learn position-specific skills for both offense and defense. Drills and activities are structured around a typical varsity practice. Participants will receive a shirt and program certificate.

10335	PESH	M-Th 9am-Noon	7/30	4	McCullough	\$84
-------	------	---------------	------	---	------------	------

## YOUTH SPORTS CLINICS

### Football Boys Plano Panthers (Enter 7th-9th)

This passing academy led by the varsity coach and staff of Plano East is designed for QBs, WRs, RBs, DBs, and LBs to work on passing, catching, and coverage skills. Boys will work alongside Plano East varsity players on specific skills and drills for their particular position. Participants will receive a shirt and program certificate.

10336 PESH M-Th 9am-Noon 6/25 4 McCullough \$84

### Football Youth Plano Wolves (Enter 3rd-6th)

The varsity coach at Plano West and his staff will lead this clinic for boys and girls that will feature the Plano West High style of football. Players will receive instruction in every phase of the game.

10369 PWSH M-Th 6pm-9pm 7/30 4 Smith \$84

### Football Youth Plano Wolves (Enter 7th-9th)

The varsity coach at Plano West and his staff will lead this clinic for boys and girls that will feature the PWSH style of football. Players will receive instruction in every phase of the game.

10316 PWSH M-Th 6pm-9pm 7/30 4 Smith \$84

### Football Youth Plano Wildcats (Enter 3rd-9th)

The varsity coach and staff at Plano Senior will direct these clinics for boys and girls. Emphasis will be on football instruction, motivation, and self-improvement of players. 2017 6A state bi-district finalist!

10361 PSH M-F 9am-Noon 6/4 5 McCullough \$105

10362 PSH M-F 9am-Noon 6/18 5 McCullough \$105

10363 PSH M-F 9am-Noon 7/9 5 McCullough \$105

## Soccer Clinic

### Soccer Youth Plano Panthers (Enter 1st-5th)

This soccer clinic for boys and girls features development of younger players in dribbling, passing, receiving, shooting, crossing, and finishing. Players will be grouped according to age and ability.

10328 PESH M-Th 9am-11am 6/4 4 Cooley \$56

### Soccer Youth Plano Panthers (Enter 6th-9th)

This soccer clinic for boys and girls features development of the intermediate to advanced player in dribbling, passing, receiving, shooting, crossing, and finishing. Players will be grouped according to age and ability.

10329 PESH M-Th 4pm-7pm 6/4 4 Cooley \$84

### Soccer Youth Plano Wildcats (Enter K-9th)

The Plano Senior varsity coach and staff will direct these clinics where beginning boys and girls will learn dribbling, passing, receiving, and finishing in small-sided games. Intermediate and advanced players will develop and improve on the technical aspect of their game, as well as receive instruction on the tactical components. Teams are welcome, but players must register as individuals. Groupings will be according to age.

10359 PSH M-F 8:30am-11:30am 6/4 5 Morse \$105

10360 PSH M-F 8:30am-11:30am 6/11 5 Morse \$105

### Soccer Youth Plano Wildcats (Enter 3rd-9th)

These clinics led by the Plano Senior varsity coach and staff will help both the beginning soccer player and the skilled athlete. Students will be grouped by age and ability and will learn all the different skills of the games. Gain knowledge and improve technique!

10356 PSH M-F 6pm-9pm 6/11 5 McCullough \$105

10357 PSH M-F 6pm-9pm 6/18 5 McCullough \$105

10358 PSH M-F 6pm-9pm 7/16 5 McCullough \$105

### Soccer Youth Plano Wolves (Enter K-9th)

Led by the varsity coach at Plano West, this clinic for boys and girls emphasizes repetitions of basic fundamentals, as well as more advanced skills. Each day will have a different focus and will conclude with small-sided games. Students will be grouped according to age and/or skill level. Teams are welcome, but players must register as individuals.

9352 PWSH M-F 9am-Noon 6/4 5 Balogh \$105

## Softball Clinics

### Softball Girls Fast-Pitch Tech (Enter 1st-9th)

The varsity coach and staff at Plano Senior will lead this clinic where girls can learn the basic skills of hitting, base running, fielding, throwing, and catching. They will also learn common terminology used by the Wildcat coaches. Fun activities are planned throughout the day.

10366 PSH M-F 9am-Noon 6/4 5 Pipak \$105

### Softball Girls Fundamentals (Enter 3rd-9th)

In this clinic led by the varsity coach and staff at Plano West, students will learn the basic fundamentals and skills used in softball.

10274 PWSH M-Th 10am-1pm 6/4 4 Ledsome \$84

### Softball Girls Fundamentals (Enter 4th-6th)

Girls will be led by the varsity coach and staff at Plano East. They will be placed into groups according to age and playing ability. Emphasis will be on learning fundamental skills of fielding, throwing, batting, base running, and strategy.

10337 PESH M-F 9am-Noon 6/4 5 Mosteller \$105

### Softball Girls Fundamentals (Enter 7th-9th)

Girls will be led by the varsity coach and staff at Plano East. They will be placed into groups according to age and playing ability. Emphasis will be on learning fundamental skills of fielding, throwing, batting, base running, and strategy.

10338 PESH M-F 5:30pm-8:30pm 6/4 5 Mosteller \$105

## Track and Field Clinics

### Cross Country Youth (Enter 5th-9th)

Boys and girls can focus on their run of the day in this clinic led by the varsity coach at Plano West. They will learn to become leaders, maintain good attitudes, be assets to others, and do the "little" things to remain healthy. A workout plan for the summer will be available. Youths from all schools are welcome!

10243 PWSH M-F 8:30am-10:30am 6/18 5 Fairchild \$70

# YOUTH SPORTS CLINICS

## Track & Field Youth (Enter 5th-9th)

In this clinic led by the varsity coach at Plano West, boys and girls will focus on a variety of track and field events such as sprints, jumps, throws, hurdles, and relays. Students will learn leadership/character building and obtain a workout plan for the summer. Youths from all schools are welcome!

10225 PWSH M-F 8:30am-10:30am 6/25 5 Fairchild \$70

## Volleyball Clinics

### Volleyball Girls Skill Development (Enter 6th-8th)

Girls can join the varsity coach and staff at Plano Senior where the focus will be on development of skills and fundamentals with a progression into game situations.

10364 PSH M-Th 9am-11am 6/4 4 Minnis \$56

### Volleyball Girls Skill Development (Enter 9th)

This clinic is led by the varsity coach and staff at Plano Senior and will focus on the development of all the skills necessary for volleyball. Incoming 9th graders are encouraged to attend this clinic.

10365 PSH M-T 9am-11am 7/30 3 Minnis \$42

### Volleyball Youth Basic Skills (Enter 3rd-6th)

This clinic for boys and girls will be led by the Plano East varsity coach and staff. Players will focus on individual and team skills. Techniques and concepts specific to the Plano East program will be emphasized.

10339 PESH M-Th 9am-Noon 7/9 4 Sandel \$84

### Volleyball Youth Basic Skills (Enter 7th-9th)

This clinic for boys and girls will be led by the Plano East varsity coach and staff. Players will focus on individual and team skills. Techniques and concepts specific to the Plano East program will be emphasized.

10340 PESH M-Th 2pm-5pm 7/9 4 Sandel \$84

### Volleyball Youth Skills (Enter 3rd-6th)

This is a great introductory and continuing skills clinic directed by the Plano West varsity coach and staff. Boys and girls will learn form, technique, rotations, and more. Have a lot of fun and play a lot of volleyball!

9353 PWSH M-Th 11:30am-1pm 6/4 4 Bridge \$42

### Volleyball Youth Skills (Enter 7th-8th)

In this awesome clinic directed by the Plano West varsity coach and staff, boys and girls will learn the basics or refresh skills and also become more knowledgeable and prepared for tryouts.

10212 PWSH M-Th 1:30am-3:30am 6/4 4 Bridge \$56

### Volleyball Youth Skills (Enter 9th)

This clinic is a great way for boys and girls to work with Plano West coaches and staff and learn/refresh drills, skills, terms, and expectations before tryouts.

10213 PWSH M-Th 4:30am-6:30am 6/4 4 Bridge \$56

## Wrestling Clinics

### Wrestling Boys Beginning Skills (Enter 1st-6th)

Join the varsity coach and staff at Plano Senior in this beginning clinic for boys. Moves will be broken down step-by-step and have different levels of difficulty. This clinic is designed to instill the values of effort, determination, and sportsmanship into the lives of young students through the sport of wrestling.

10355 PSH M-Th Noon-2pm 6/11 4 Cooley \$56

### Wrestling Boys Advanced Skills (Enter 7th-12th)

Join the varsity coach and staff at Plano Senior in this advanced clinic for boys. Moves will be broken down step-by-step and have different levels of difficulty. This clinic is designed to instill the values of effort, determination, and sportsmanship into the lives of young students through the sport of wrestling.

10354 PSH M-Th 9am-Noon 6/11 4 Cooley \$84

### Wrestling Takedown Tournament (Enter 1st-12th)

This Panther championship takedown tournament is open to any wrestlers who may wish to participate. Athletes will be blocked by weight, age, and experience levels (if possible). Matches will consist of one 6-minute period. The first to three (3) takedowns is the winner.

10333 PESH F 1pm-4pm 6/8 1 Kenney \$10

### Wrestling Youth Beginning Skills (Enter 1st-9th)

In this beginner's clinic, the varsity coach and staff at Plano East will teach wrestling techniques to boys and girls with 2 years of experience or less.

10330 PESH M-F 9am-10:30am 6/4 5 Kenney \$53

### Wrestling Youth Advanced Skills (Enter 6th-12th)

Boys and girls can join the Plano East varsity coach and staff in this wrestling clinic that includes technique, drilling, and live wrestling along with sport-specific strengthening and conditioning.

10331 PESH M-F 11am-1pm 6/4 5 Kenney \$70

### Wrestling Youth Beginning Skills (Enter 4th-8th)

Students in this beginning clinic for boys and girls, led by the Plano West varsity coach and staff, will be taught the fundamentals of collegiate-style wrestling. No experience is necessary.

10248 PWSH M-F 9:00am-10:30am 6/11 5 Goodloe \$53

### Wrestling Youth Advanced Skills (Enter 6th-12th)

Students in this advanced clinic for boys and girls, led by the Plano West varsity coach, will be taught the fundamentals of collegiate-style wrestling. One-two years experience is necessary.

10272 PWSH M-F 11:00am-12:00pm 6/11 5 Goodloe \$70