

# SWIM/DIVE & TENNIS SPEAKERS 2021



## SWIM/DIVE - Melissa Howard- Frisco Wakeland

**Sunday, July 18<sup>th</sup> 12:30 PM**

**Lecture Title:** Goal Setting for a Championship Season

Coach Melissa Howard just completed her 20th year in education and her 17th year as a head swim coach. She is a graduate of Oklahoma State and moved to Texas in 2001. She came to Frisco Wakeland to help open the school in 2006 after spending the first five years of her career in Birdville ISD. She taught science and coached until 2016 at which time she transitioned into the Assistant Natatorium Manager position in addition to her coaching assignment. She has been fortunate to coach very talented athletes along the way and has been privileged to lead the Wolverines to eight district championships, seven region championships, and two state championships in 2014 and 2021. Between the boys and girls, her teams have finished in the top five at the state meet eight times, four of which have been state runners-up. She has also spent several years serving on the board of directors for TISCA and is the current TISCA Past President. This coming school year, she will be transitioning into a new role and will serve as the Frisco ISD Swim & Dive Coordinator. Most importantly, she spends her non-working moments being a football coach's wife and supporting her husband Jim in the stands on Friday nights and helping parent their two incredible kids, Garren, 6, and Shelbi, 3.



## TENNIS - Cary Jackson, Dripping Springs

**Sunday, July 18<sup>th</sup> 1:30 PM**

**Lecture Title:** *Structuring Practices Around Limitations*

Coach Cary Jackson is entering his 20th year as a high school tennis head coach, serving the last 9 years as the head coach at Dripping Springs HS. He was the 2018 Wilson/Texas Tennis Coaches Association State 5A Coach of the Year and currently serves as the Region IV ranking coordinator for team tennis. His teams have accumulated over 200 wins in team tennis and have had players claiming multiple districts, regional, and state championships. He has experience in building middle school and high school tennis programs and working with tennis players of all ages and skill levels

## SWIM/DIVE & TENNIS SPEAKERS 2021



### SWIM/DIVE - Trey Hayes, Lubbock ISD

**Sunday, July 18<sup>th</sup> 2:30 PM**

**Lecture Title:** *Drills and How to Implement them into Practice*

Trey Hayes graduated from Lubbock Coronado High School as a two-time All-state swimmer and team captain. He swam for Northeast Louisiana University for John C. Pittington. He was a two-time team captain, school record holder and conference champion.

He graduated with a degree in Social Studies Education with a minor in physical education and health. Trey began his teaching and coaching career in Amarillo Independent School District teaching sixth grade social studies and assistant swim coach for the district. In 1998, he was hired by Lubbock Independent School District as the head middle school swim coach. He served in that role for three years before getting hired as the head high school swim coach for the for the District in 2001. In 2010, Trey was hired as co-aquatic director for the Pete Ragus Aquatic Center, while continuing to serve his duties as the head swim coach. In his time as head coach, his teams have won 52 district team championships (26 girls and 26 boys), three of his four schools have won a team district championship. They have won 24 regional team championships (14 girls and 10 boys). This year his Lubbock High girls have won two 5A State Championships (2020 & 2021). He has been selected as the district coach of the year 53 times (27 girls and 26 boys). He has been selected as the regional coach of the year 34 times (15 girls and 19 boys). He was selected as the NFHS state boys swim coach of the year in 2011 & girls NFHS coach of the year 2020, the TISCA 5A State swim coach of the year in 2016 and 2020 and is the 2020 and 2021 Texas state girls' coach of the meet. He has coached a total of thirteen High School All-Americans, including FINA World Champion Madisyn Cox. He has been married to April for twenty-five years. Together they have two children, Tyler, who attends Texas Tech University and Reagan, who swims for Incarnate Word University.

## SWIM/DIVE & TENNIS SPEAKERS 2021



### TENNIS - Randall King, Fredericksburg

**Monday, July 19<sup>th</sup> 9:00 AM**

**Lecture Title:** *Setting up Daily & Weekly Practice Routines*

My name is Randall King. I have been coaching tennis at Fredericksburg High School for 27 years. I am married to Danielle, who works for the Hill Country Special Education Coop in Fredericksburg. We have two children, Rachel, a junior at Fredericksburg High School, and David, an 8th grader at Fredericksburg Middle School. I graduated from Brady High School and Angelo State University. I have been blessed to have had a long and successful career in Fredericksburg. The school and community are a big part of that success. They are strong supporters of FIRD and all of the athletic and academic programs. I have also been very lucky to have a strong coaching staff over the years. I am most proud of the young men and women who have graduated with life lessons learned on and off the tennis court as part of our program.



### SWIM/DIVE - Mike Waldmann, Andrews

**Monday, July 19<sup>th</sup> 10:00 AM**

**Lecture Title:** *Developing a Middle School Program for Swimming*

Mike Waldmann began his coaching career as a student assistant coach at Texas Tech in 1983. Upon graduation in 1987, he was employed by Whiteface C.I.S.D. where he directed the swim lessons for the school's K – 12 students. In 1989 Coach Waldmann began coaching at Andrews High School. At that time, he had 12 high school swimmers and 8 swimmers on his developmental Andrews Aquatic Club. In 2009, Coach Waldmann approached the school's administration about the possibility of beginning a Middle School Swim Team. The team began with 7 students. Through the success that these swimmers were having, the program began to grow rapidly. 3 years later the program boasted an increase to 70+ swimmers annually. With the success of this program, the results can be seen in the continued success of the high school program

## SWIM/DIVE & TENNIS SPEAKERS 2021



### TENNIS - Keith Howard, Ennis

**Monday, July 19<sup>th</sup> 11:00 AM**

*Lecture Title: SMASHMOUTH DOUBLES*

- 25<sup>th</sup> year as Head coach at Ennis High School
  - 19 team tennis district championships
  - 23- times qualified for regional team tennis
  - Have sent 43 players to play college tennis
  - 2011 4A – TENNIS COACH OF THE YEAR
  - 2016 Loretta Hrcir Dedication Award
- Current TTCA Vice President

I have lived in Ennis, Texas for 47 years and graduated from Ennis High School in 1991. After graduation, I attended Navarro Junior College, where I played tennis for two years. While at Navarro, I was named All American Honorable Mention in singles and Second Team All American in doubles. I finished out my college tennis career at Cameron University and earned the 3D Award for desire, discipline, and dedication. I have been married to my wife Jennifer for 25 years and we have two daughters, Emma (21) and Zoe (18) and one son Will (11).

#### Coaching Philosophy:

Every year is a new year and if you sit back and say, “Well, in the past we’ve done this...” then you are not that good of a coach or player. You have to prove yourself every year and every day, just like everything else in life. Kids are kids everywhere you go, and if you teach them hard work and discipline, then they will succeed in tennis and most importantly in life. Kids are the only true good investment in life, if you whole heartedly give of yourself to a kid, you will always get a positive return. My goal every year is for each graduating senior to have the opportunity to play college tennis and further their education

# SWIM/DIVE & TENNIS SPEAKERS 2021



## SWIM/DIVE - Andy Stewart - Frisco HS

**Monday, July 19<sup>th</sup> 12:00 PM**

**Lecture Title:** *Common Sense Racing*

I grew up swimming competitively in Amarillo, TX. Upon graduating Amarillo High, I ended my competitive swimming career and began running cross country and track at Texas Tech. I had always had coaching in the back of my head, but when I did my student teaching and had the opportunity to coach track as well, I found a new love, and knew that I was going to be a coach.



## TENNIS - Paul Smith, Mason

**Monday, July 19<sup>th</sup> 1:00 PM**

**Lecture Title:** *Developing a Tennis Program 1A-4A*

Paul Smith has been a successful coach in both small schools and large schools. His 42 year career in Lubbock and Mason has produced 72 state individual championships as well as 23 team championships. Over 100 of his players have become state champions with many going on to play collegiate tennis and 17 players have gone on to be tennis coaches or tennis professionals across the State of Texas.

# SWIM/DIVE & TENNIS SPEAKERS 2021



## DIVE - Tommy Law - Incarnate Word

**Monday, July 19<sup>th</sup> 2:00 PM**

*Lecture Title: Diving: The Elements of a "10"*

Tommy Law began his coaching career 30 years ago in 1991. He coached USA Diving and AAU diving club programs at San Antonio Divers and Alamo Area Aquatics Diving. Tommy was the diving coach at Northside ISD for 17 years (1996-2013) and he just completed his 11th season at University of the Incarnate Word. During the last 30 years he has had many AAU National Champions, USA Diving National Champion, Texas UIL State Champions and two NCAA Division 2 National Champions. Tommy has been TISCA Diving Chairman and NISCA All-American Selection Committee. He was involved in Dreams for Youth; Inner City Games and he was the diving coach for Community Olympic Development Program. In 2013 he was USA Diving Team Coach for Fina Grand Prix in Puerto Rico.



## TENNIS - Joey Cantu, Boerne Champion

**Tuesday, July 20<sup>th</sup> 9:00 AM**

*Lecture Title: Top 10 Drills for High School Tennis*

Originally from Pearsall, TX. Coach Joey Cantu has been a Head Tennis Coach at Boerne ISD for the past 20 years. He started at Boerne High school in 2001. In 2008, Coach Cantu opened up Champion High school. Since then he has appeared in the State Team Tournament in 5A four times. Three of those times finishing 2nd in state. Coach Cantu has many District championships and Regional tournament appearances. He is also a father of 2 girls and his wife Kristin is his assistant coach.



## SWIM/TENNIS RULES CCP w/ UIL

**Tuesday, July 20<sup>th</sup> 10:00 AM**