



# TGCA News



**"The only statewide organization in Texas composed of coaches of girls' athletics, designed for coaches of girls' athletics, and governed by coaches of girls' athletics."**

Texas Girls Coaches Association ~ Volume 53, No. 9 ~ May 2007

## ACL Injury Facts

- Female athletes suffer ACL tears at a rate two to six times greater than do male athletes participating in the same sports.
- Seventy percent of ACL tears are non-contact injuries that typically occur as an athlete lands from a jump or steps abruptly to pivot. Studies show that among many risk factors for non-contact ACL tears, neuromuscular control appears to be the primary reason for the different injury rates between sexes.
- Also, video analysis reveals females tend to land differently than do males. Females typically land in a more upright, knock-kneed posture, an at risk position that often leads to the "point of no return" and serious ACL injury.
- In addition to a significant reduction of medical costs, the prevention of ACL tears will eliminate the need for surgical reconstruction, the risk of secondary knee-joint problems, a full season lost from competition, a potential loss of scholarship funding, and the potential deleterious effects on the athlete's performance and psychological health.
- While research is still ongoing, studies show that neuromuscular training programs reduce non-contact ACL injury rates. Most neuromuscular training programs, however, focus only on strength, agility, and jump skill instruction with relatively little emphasis on core stability.
- Core muscle function influences anatomical structures from the low back to the foot, but most prominently the knee. The core thus provides a stable platform for the movement of the lower extremity: legs, hips, and buttocks. For that reason, the knee-joint position at landing is strongly influenced by core function. Athletes with delayed trunk muscle function or hip weakness have increased potential for core instability. If the core is unstable, the knee joint at landing is more likely to be in an "at-risk" position for ACL injury. Core instability may be the primary reason that females tend to land from a jump in the more upright, knock-kneed posture. Proper intervention and core-stability training from a qualified CORE instructor can optimize correct landing position, enhance neuromuscular control, and reduce the risk of ACL tear. The core is the key.

The Texas Girls Coaches Association, under its Coaches Education Program of special lectures at our 2007 TGCA Summer Clinic, will offer the CORE Program on Wednesday, July 11. The CORE Program is a comprehensive regimen designed to strengthen the midsection of the athlete. The program is tailored to decrease and even prevent ACL tears, particularly in the female athlete, while significantly improving athletic performance. This concept was designed and will be taught by Corey Eaton, a Certified/Licensed Athletic Trainer and Certified Strength and Conditioning Specialist. He will be assisted by Dr. Scott O. Paschal, M.D., of the Dallas Orthopedic Center, known for his work in sports injuries and the arthroscopic and reconstructive surgery of the knee and shoulder.

"We are so fortunate for the CORE Program to be offered under the Coaches Education Program to our coaches, in all sports, attending our clinic this summer in Austin", according to Sam Tipton, Executive Director of the Texas Girls Coaches Association. "Dr. Bill Farney (III), Dr. Charles Bestthaupt (III), and I were invited by the Dallas Orthopedic Center to witness first-hand the CORE Program designed and being used by Corey Eaton in selected pilot programs in the metroplex area. We were highly impressed with the proven results and the potential the program has in the prevention of ACL injuries. I encourage all our coaches to take advantage of the opportunity to attend one of the two lectures and demonstrations of this revolutionary prevention program for ACL injuries in female athletes."

## 2006-07 TGCA Officers



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**Texas Girls Coaches Association  
2007 Summer Clinic - July 9, 10, 11, 12, 13  
Austin Convention Center  
500 East Cesar Chavez Street - Austin, TX 78701**

Time	Event	Site	Time	Event	Site
			9:00 - 10:30	Special Lecture "Transitioning from Coaching to Administration": Moderator- Rachel Harrison, Panel- Paige Henshey, Sheila Henderson, Karen Williford, & Lea Grisnar.	Ballroom H Austin Conv Center
			10:00	Track & CC, A.I. Stats Orientation; Basketball All Stars Orientation	Concordia University
<b>Monday, July 9th</b>			10:30 - 11:30	Softball Lecture Larry Tidwell, Lamar Univ "Practice Organization - Shooting Drills"	Ballroom D Austin Conv Center
12:00 a.m.	Orientation of Softball All Stars	Concordia University	10:30 - 11:30	Track & CC Update -- UIL	Ballroom C Austin Conv Center
3:00 - 5:00	2006-07 TGCA Directors' Meeting		10:30 - 11:30	Softball Lecture CORR-ACL Injury Prevention Dr Scott Pascha & Cory Eaton	Ballroom FF Austin Conv Center
7:00	Board of Directors' Dinner	Hampton Inn & Suites 200 San Jacinto Blvd	10:30 - 11:30	Special Lecture Faugh Clark, Pearland HS "Building Your Offense"	Ballroom FF Austin Conv Center
			12:00 - 1:00	Sub-Varsity Softball Lecture Kimberly Robertson, Cedar Park Vista Ridge HS	15 ABCD Austin Conv Center
<b>Tuesday, July 10th</b>			12:00 - 1:00	Volleyball Lecture Rhonda Rust, Plano HS	Ballroom FF Austin Conv Center
7:00 a.m. & 12:30 p.m.	Churches Golf Tournament Director: Larry Tidwell 817-343-1430	Pine Forest Golf Course 2309 Riverside Dr Bastrop	12:00 - 1:30	Track & Cross Country Lecture Chris Simpson, Monahan HS "The Triple Jump"	Ballroom G Austin Conv Center
9:00 - 11:00	Softball Demonstration	McCombs Field, UT 2001 Comal Street	12:00 - 1:00	Basketball Lecture Lynn Poole, Amsun Bowser HS	Ballroom D Austin Conv Center
10:00 - 4:00	Registration	Palazzo Austin Conv Center	1:00 - 3:00	<b>Honor Awards Luncheon</b>	Omni Southpark - Hotel 4:40 Governor's Row
12:00 - 5:00	Exhibitors' Set Up (No one allowed in Exhibit Hall)	Exhibit Hall 4 Austin Conv Center	1:30 - 2:30	Sub-Varsity Track & Cross Country Lecture - Semeth Hines, Burnham HS "Speed Development & Spring Training"	Ballroom G Austin Conv Center
1:00 p.m.	Orientation of Volleyball All Stars	Concordia University	1:50 - 2:30	Softball Lecture	18 ABCD Austin Conv Center
4:00	1A - 2A - 3A Softball Pre-Game	McCombs Field, UT 2001 Comal Street	1:30 - 2:30	Sub-Varsity Volleyball Lecture - Marissa Morek, Bellevue HS	Ballroom FF Austin Conv Center
4:30	1A - 2A - 3A Softball All Star Game		1:30 - 2:30	Basketball Lecture Larry Good, De Soto HS	Ballroom D Austin Conv Center
6:30	4A-5A Softball Pre-Game	McCombs Field, UT 2001 Comal Street	3:00	Administrators' Golf Tournament	Key Kiser Golf Course
7:00	4A-5A Softball All Star Game		3:00 - 4:00	Track & Cross-Country Lecture - Mike Samuel, Luling HS	Ballroom G Austin Conv Center
9:00	Welcome Social	TBA	3:00 - 4:00	Volleyball Lecture Roni Johnson, Magalia HS	Ballroom FF Austin Conv Center
<b>Wednesday, July 11th</b>			3:00 - 4:00	Softball Lecture Max Blodgett, Fresno HS "Do It or Will Help Your Players?"	18 ABCD Austin Conv Center
8:00 - 8:45	CCPS - UIL Rachel Harrison, Peter Centonaras	Ballroom D Austin Conv Center	3:00 - 4:30	Special Lecture CORR	11 AB Austin Conv Center
8:00 - 9:00	Exhibit Hall Open to the Public	Exhibit Hall 4 Austin Conv Center			
8:00 - 9:00	Registration	Palazzo Austin Conv Center			
8:30 - 11:00	Volleyball Demonstration	Austin Delco Center 4601 Pecan Brook Dr			
9:00 - 10:00	Basketball Lecture Ray Murphy, Carl Albert State College "Match Up Man Defense"	Ballroom D Austin Conv Center			
9:00 - 10:00	Track & Cross-Country Lecture - Michael Small, South Grand Prairie HS	Ballroom G Austin Conv Center			
9:00 - 10:30	Softball Lecture Hal Fulmer, Saginaw HS	18 ABCD Austin Conv Center			
9:00 - 10:30	Tennis Lecture	11 AB Austin Conv Center			

9:00 - 4:00	Sub-Varsity Basketball Lecture-Sharver 5000 Riverwood MS	Ba/Troom D Austin Conv Center	9:00 - 3:45	Regional Meetings Region 1 Region 2 Region 3 Region 4 Region 5 Region 6 Region 7 Region 8	Austin Conv Center Ballroom D Ballroom D Ballroom D Ballroom D Ballroom EF Ballroom EF Ballroom G 18 ABCD
9:00	1A-2A-3A Volleyball Pre-Game	Austin Delco Center 4601 Pecan Brook Dr	9:50 - 4:15	TGCA General Business Meeting, TGCA Officers	Ba/Troom D Austin Conv Center
1:30	1A-2A-3A Volleyball All Star Game		5:50	1A-2A-3A Basketball Pre-Game	Austin Delco Center 4601 Pecan Brook Dr
2:00	4A-5A Volleyball Pre Game	Austin Delco Center 4601 Pecan Brook Dr	6:00	1A-2A-3A Basketball All Star Game	
7:30	4A-5A Volleyball All Star Game		6:50	Track & Cross Country All-Star introductions	Austin Delco Center 4601 Pecan Brook Dr
<b>Thursday, July 12th</b>			7:50	4A-5A Basketball Pre-Game	Austin Delco Center 4601 Pecan Brook Dr
9:00 - 9:45	C.O.P.E. - UTH	Ballroom D Austin Conv Center	8:00	4A-5A Basketball All Star Game	
9:00 - 9:00	Exhibit Hall Open to the Public	Exhibit Hall 4 Austin Conv Center	<b>Friday, July 13th</b>		
9:00 - 9:00	Registration	Palazzo Austin Conv Center	9:00 - 9:30	TGCA Committee Meetings Volleyball Committee Basketball Committee Track & Field Committee Softball Committee Sub-Varsity Committee	Austin Conv Center Meeting Rooms: 12 B 13 A 13 B 12 A 11 AB
9:30 - 11:00	Basketball Demonstration	Austin Delco Center 4601 Pecan Brook Dr	9:30 - 10:00	Registration	Palazzo Austin Conv Center
9:30 - 11:00	Track & Cross Country Demonstration	Burger Center	9:30 - 10:30	Basketball Lecture Joe Mckenown, George Washington Univ	Ballroom D Austin Conv Center
9:00 - 10:00	Special Lecture: Dr. Bill Ferrey & Dr. Charles Breithaupt - UTH	Ballroom EF Austin Conv Center	9:30 - 10:30	Volleyball Lecture Sponsored by Baden - Judy Green, University of Alabama	Ballroom EF Austin Conv Center
9:00 - 10:00	Softball Lecture Pat Murphy, Univ of Alabama "Infield Fundamentals & Drills"	18 ABCD Austin Conv Center	9:30 - 10:30	Softball Lecture Sponsored by Worth	18 ABCD Austin Conv Center
9:00 - 10:00	Volleyball Update - UTH	Ballroom D Austin Conv Center	9:30 - 10:30	Track & CC Lecture - Don Hood, Abilene Christian Univ	Ballroom G Austin Conv Center
9:00 - 10:00	Soccer Lecture	Jalroom G Austin Conv Center	10:15 - 11:15	Basketball Lecture Joe Mckenown, George Washington University	Ballroom D Austin Conv Center
10:30 - 11:30	Softball Update - UTH	18 ABCD Austin Conv Center	10:15 - 11:15	Volleyball Lecture Sponsored by Baden Judy Green, University of Alabama	Ba/Troom EF Austin Conv Center
10:30 - 11:30	Volleyball Lecture, Sponsored by Baden, Mick Haley, USC	Ballroom D Austin Conv Center	10:15 - 11:15	Softball Lecture Sponsored by Worth	18 ABCD Austin Conv Center
10:30 - 11:30	Special Lecture Dr. Jim Peterson	Jalroom EF Austin Conv Center	10:15 - 11:15	Track & CC Lecture - Don Hood, Abilene Christian Univ	Ballroom G Austin Conv Center
10:30 - 11:30	Special Lecture CORI Lower Back Southwest Athletic Trainers	Jalroom G Austin Conv Center	12:30 p.m.	2006-07 TGCA Directors' Meeting	12 A-5 Austin Conv Center
12:00 - 1:00	Softball Lecture Pat Murphy, Univ of Alabama "Hitting Drills for Softball"	18 ABCD Austin Conv Center	<b>TGCA JOB PLACEMENT SERVICE CENTER</b>		
12:00 - 1:00	Volleyball Lecture, Sponsored by Baden, Mick Haley, USC	Jalroom D Austin Conv Center	Sponsored by Assistant Coach Austin Conv Center		
12:00 - 1:00	Sub Varsity Track & CC Lecture	Ballroom G Austin Conv Center	Wednesday, July 11th - 8:00 am - 4:00 pm 13 AB		
12:00 - 1:00	Basketball Update - UTH	Ballroom EF Austin Conv Center	Thursday, July 12th - 8:00 am - 4:00 pm		
12:00 - 1:00	Volleyball Lecture	Ballroom D			
1:00 - 2:00	Visit Exhibit Hall. Exhibits close at 2:00 p.m.	Exhib Hall 4 Austin Conv Center			

## 2007 Softball State Championships

Thursday, May 31 - Saturday, June 2, 2007

### Thursday, May 31 - Semifinals

#### 1A Semifinals

8:30 a.m.

11 a.m.

#### 2A Semifinals

2:00 p.m.

4:30 p.m.

#### 3A Semifinal

7:30 p.m.

### Friday, June 1 - Semifinals

#### 3A Semifinal

8:30 a.m.

#### 4A Semifinals

11:30 a.m.

2:00 p.m.

#### 5A Semifinals

5:00 p.m.

8:00 p.m.

### Saturday, June 2 - Finals

8:30 a.m. Conference 1A Final

11:00 a.m. Conference 2A Final

2:00 p.m. Conference 3A Final

5:00 p.m. Conference 4A Final

8:00 p.m. Conference 5A Final

#### Hotels

- The following Hotels will offer discounted room rates for coaches, teams and fans during the UIL State Softball Meet. You will need to call the properties to make the reservation and use the corporate / promotional code of TGCA.

#### La Quinta Inn and Suites

• 150 Parker Drive (North Austin), 512-246-2800

• (\$85.00 single & \$95.00 double per night)

#### La Quinta Inn - North

• 2004 IH-35 North, Round Rock, 512-255-6666

• (\$85.00 single & \$95.00 double per night)

#### Omni Southpark

• 4140 Governor's Row, 512-383-2622

• (\$90.00 per night single; \$100.00 Double Rate)

#### Ticket Prices:

• Adult ..... \$10.00 a session

• Student ..... \$5.00 a session

• All Tournament ..... \$85.00

• Coach Tournament ..... \$45.00

## Texas Girls Coaches Association Administrators Golf Tournament

Wednesday - July 11, 2007

Roy Kizer Golf Course

Time: 3 P.M. (Progressive Start - Check-in time is 2 pm)

Format: 4 person scramble (May bring own team)

A - 0-8

B - 9-15

C - 16-24

D - 25 and above

Cost: \$60 (includes green fee, cart, range and food / drinks)

Awards: 1st, 2nd & 3rd place teams, longest drive, closest to the hole contest plus door prizes.

### Texas Girls Coaches Association Administrators Golf Tournament

Name \_\_\_\_\_ Handicap \_\_\_\_\_

Name \_\_\_\_\_ Handicap \_\_\_\_\_

Name \_\_\_\_\_ Handicap \_\_\_\_\_

Name \_\_\_\_\_ Handicap \_\_\_\_\_

(Field limited to the first 60 golfers entered. Make checks payable to Peter Contreras. Mail to Peter Contreras, c/o UIL, Box 8028, Austin, Texas 78713. DEADLINE IS JULY 9TH.)

### **Attend Your Regional Meetings**

Regional Meetings -- Thursday, July 12, at 2:00 p.m., 2007 TGCA Summer Clinic, Austin Convention Center.

The TGCA Officers and Board of Directors encourage ALL attendees at the 2007 Summer Clinic to attend your regional meeting. This is the meeting in which each of the 8 regions making up the general populace of TGCA, elect individuals to serve in the following capacities: sports committees (cross country, volleyball, basketball, track & field, softball and sub-varsity), board of directors (junior directors in Regions 1, 3, 5, and 7 for 2007), and 2nd Vice President nominee.

The office of TGCA is asked time and time again, "How can I be more involved?" "How are changes made within the organization?" "How do things really work?"

The answer is to GET INVOLVED in the operation of the individual region where you reside. To continue moving forward and supporting its members and student-athletes, TGCA needs dedicated, responsible, hardworking individuals to serve in many different capacities. Please take the time and effort to give back to the organization that promotes and supports you as a member coach. TGCA is as strong as the leadership of the officers, board of directors, and members of the various committees. These are the committees who will select the athletes that will be honored.

Make a difference in TGCA by using your vote in regional meetings to select the best possible candidates to serve the organization. Who knows, your peers may see leadership qualities in YOU and elect you to serve TGCA!

The two MOST IMPORTANT MEETINGS at Summer Clinic for you to attend will be your REGIONAL MEETING (2:00 p.m. on Thursday, July 12) and the GENERAL BUSINESS MEETING held immediately following the Regional Meetings.

**Regional Meetings** -- Austin Convention Center, Thursday, July 12 at 2:00 -- 3:15 p.m. in the following rooms:

Region 1	Ballroom D
Region 2	Ballroom D
Region 3	Ballroom D
Region 4	Ballroom D
Region 5	Ballroom EF
Region 6	Ballroom EF
Region 7	Ballroom G
Region 8	18 ABCD

**TGCA General Business Meeting**, Thursday, July 12 at 3:30 -- 4:15 p.m. at the Austin Convention Center in Ballroom D

**2007 Hall of Fame Inductees, Margaret McKown  
Distinguished Service Award, and Sportswriter of the Year**



Hall of Fame Inductee  
Diane Comrady  
Windthorst



Hall of Fame Inductee  
Sandra Mader  
Pearland



Margaret McKown  
Distinguished Service Award  
Butch Hart  
Austin

Sportswriter of the Year  
Tyler Clifton  
The Paris News

**Collegiate Speakers  
TGCA Summer Clinic**

Pat Murphy - University of Alabama  
Women's Softball

Don Hood - Abilene Christian University  
Women's Track and Cross Country

Mick Haley - University of Southern California  
Women's Volleyball

Ron Murphree, Carl Albert State College  
Women's Basketball

Joe McKeown, George Washington University,  
Women's Basketball

Larry Tidwell, Lamar University  
Women's Basketball

Judy Green - University of Alabama  
Women's Softball

Please check the schedule on the TGCA website  
for updates.

**TGCA Certificates**

The certificates for the all-state and academic all-state honors for volleyball, cross country, and basketball were mailed to your school's principal in April.

The certificates for track & field and softball will be mailed after our Summer Clinic.

Please check the website for any spelling errors; the certificates will be printed accordingly. For corrections to the web-site or certificates please contact Susan at [susan@austintgca.com](mailto:susan@austintgca.com) or Lisa at [lisa@austintgca.com](mailto:lisa@austintgca.com)

### Honor Awards Luncheon

TGCA will host the awards luncheon during the 2007 Summer Clinic. The luncheon will be sponsored by Baden and Worth. The luncheon is scheduled for Wednesday, July 11th at 1:00 pm in the Ballroom of the Omni Southpark (4140 Governor's Row, Austin).

Tickets are \$22.00 each (non-refundable) plus \$1.00 for processing and mailing. If you wish to attend, please return the order form (found on TGCA website) with payment to the TGCA office at 1603 Manor Road, Austin, TX 78722. Make checks payable to: TGCA.

### ATTENTION

In conjunction with the TGCA Board of Director's recommendation:

The TGCA Newsletter will be offered as an online resource beginning with the September 2007 issue.

### ATTENTION

### TGCA Coaches Capture State Titles!

The Texas Girls Coaches Association is proud to announce that two member coaches secured 2007 State Championships at the recent UIL Girls Soccer State Tournament. Congratulations!



Nicole Lund  
The Colony - 4A



Jennifer Grubb  
Plano West - 5A

### Important Dates – 2006-07 School Year

May 3	Softball	Area deadline, all conferences
7-8	Tennis	State Meet, all conferences
7-8	Golf	State Meet, 1A, 2A & 4A
10	TGCA	Track Committee
10-11	Golf	State Meet, 3A & 5A
11	TGCA	Sub-Varsity Committee and Sub-Varsity Selection Committee
11-12	Track & Field	State Meet, all conferences
12	TGCA	Track All-State Committee
12	Softball	Regional quarterfinal deadline, all conferences
19	Softball	Regional semi-final deadline, all conferences
26	Softball	Regional playoff deadline, all conferences
30	TGCA	Softball Committee and Softball All-State Committee
31	June 2 Softball	State Tournament
June 3	TGCA	Board of Directors Meeting UIL Building, 11:00 am
13	UIL	Legislative Council Athletic Committee meeting, Austin
July 9	TGCA	Board of Directors Meeting TBA, 3:00 pm
9-13	TGCA	TGCA Summer Clinic
26	UIL	Last day for summer strength/conditioning programs

#### TGCA News

TGCA News is the official newsletter of the Texas Girls Coaches Association, 1603 Manor Rd, Austin, TX 78722-7536, 512-708-1225, 512-708-1325 (fax), tgca@texasgirlsgca.com (e-mail). It is published nine times per year. (9 months) through May. Executive Director: Gary Tipton, Gary@texasgirlsgca.com Administrative Assistant: Susan Doherty, Susan@texasgirlsgca.com Membership Administrator: Lisa Kulewicz, Lisa@texasgirlsgca.com Editor: Beverly Linder

#### TGCA on the Web

Tools, as well as other current information, can be found on the TGCA website at: [www.austintgca.com](http://www.austintgca.com).

#### Did You Move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

#### UIL Eligibility/Spot Rate Questions

If you have any questions on eligibility or spot rate interpretations, contact the UIL at (512) 461-5895.

**Texas Girls Coaches Association**

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