

# TGCA



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**2010-11  
TGCA  
OFFICERS**



**TGCA NEWS**  
FEBRUARY 2011

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*Photo submitted by  
Howard York of Sunnyvale HS*



## BECOMING A BETTER COACH

By Derrick Osborne, TGCA Basketball Committee Chair

As coaches, we demand that our athletes constantly strive for improvement. We should not be exempt from this expectation. Whether you are a veteran coach, a rookie coach, or somewhere in between, there is always room for improvement. The following ideas can be applied to any coach, no matter what level they are coaching or how long they have been coaching.

Loyalty is the most important quality. If you are loyal, all the other qualities will fall into place. Loyalty does not mean being a “YES” man. Express your own ideas and opinions, and disagree with the head coach whenever you feel you are right. But do this behind closed doors and not out in public view. Once the head coach decides on a course of action, abide by his decision and never openly disagree with it. It is easy to be loyal when your team is undefeated; the test of loyalty comes during the hard times.

Have a burning desire to improve yourself and to become a better coach. The only way to

achieve such goals is through hard work, not only during the season, but throughout the year. Make yourself a 12-month coach not just a 4-month one. Once the season is over, go right into your normal postseason activities such as attending clinics, caring for equipment, setting up a conditioning program for the squad, the recruiting process, and preparing for the next season. Also do a great deal of work on your own. Set aside a time every day to work on your sport. Communicate with coaches who have more experience and knowledge - they can help you acquire different ideas.

Be an active teacher as well as an active coach. If you do not do a good job in the classroom, you will not do a good job on the field. The qualities necessary to become a good assistant coach are quite similar to become a good teacher. Your class work must not suffer because of your coaching. When most schools hire a coach, they look for a teacher first then a coach. An assistant coach with a poor classroom record will find it extremely



A Bullard Lady Panther gets set to play defense.

Photo Courtesy **NAN HATTEN**

difficult to find a head coach position.

Love your job and do it with pride. If you do not love it, you won't give it the time it needs and you won't be a success. If your job is work rather than enjoyment, you better start looking around for another field of enjoyment. Encourage others to feel the same

way about the sport as you do. Do not be afraid to let others know how dedicated you are. You must believe that your profession is the greatest in the world. Every day you walk on the practice field, your love and enthusiasm for the game should be apparent to every player far above their capabilities in order to please you. Show your affection for them in overt ways, so that it cannot be missed. But be ready with a severe reprimand when they break the rules. Without discipline a team will never develop the character necessary to become a winner. Strive for perfection. Never present an idea to the head coach, the team, or the public without having thought it completely through, being completely convinced that it is correct and the best that you can do. Neatness, accuracy, and efficiency should be the guidelines for all your written reports to the head coach and the staff. Be proud of your team and your school. Wear shirts and jackets bearing their names. When the students and the athletes see that you are proud of them, they will become proud of themselves.

# TGCA SUMMER CLINIC

## TGCA SUMMER CLINIC

Austin Convention Center

July 11 – 15, 2011

Summer Clinic will be held in Austin this year. Clinic will be held at the Austin Convention Center, 500 East Cesar Chavez Street. The Convention Center is conveniently located to all downtown hotels; 6th Street and the downtown activities of Austin; plus the University of Texas, housing the LBJ Library; and many other historic sites.

The TGCA All-Stars will be housed on the University of Texas campus at Jester Hall, 201 East 21st Street, Austin.

**All Star games and demonstrations will be held at the following venues:**

- **Volleyball and Basketball** will both be at Delco Activity Center, 4601 Pecan Brook Drive.
- **Softball** will be at McCombs Field, 2001 Comal Street.
- **Track & Field and Cross Country demonstrations** will be at Tony Burger Activities Center, 3200 Jones Road. **Track and Cross Country All-Star introductions** will take place at Delco Activity Center during halftime of the 1A-2A-3A All-Star basketball game.

The TGCA Honor Awards Luncheon will be held Wednesday, July 13, 1:00 p.m., at the Austin Omni Southpark, 4140 Governor's Row.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 14th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You must book your hotel rooms through the on-line reservation service, which will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 14th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2011-12 Printable Membership Form".

The 2011 TGCA Summer Clinic Agenda has

been posted on the TGCA website, [www.austintgca.com](http://www.austintgca.com), and will be updated often as we progress toward Summer Clinic dates. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "59th Annual Summer Clinic Program".

We look forward to seeing you at the 2011 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



# TGCA SUMMER CLINIC

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Austin Convention Center

July 11 – 15, 2011

### REGISTRATION FORMS

**Printable** registration forms for Summer Clinic and Membership renewal are located on-line at our website, [www.austintgca.com](http://www.austintgca.com), under the “Forms” category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, “2011-12 Printable Membership Form”. You can print the form out, complete it, and mail it with a check or credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536.

### ON-LINE REGISTRATION

On-line registration for Summer Clinic and Membership renewal is now available. On-line registration is quick and simple. Just go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and if you are renewing your membership and registering for clinic, click on “Membership Site” in the menu on the left-hand side of the page. You will be required to log in. Follow the instructions from there.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled “First Time Member” in the menu on the left-hand side of the home web page, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had.

In either case, you will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

### ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 12, at 10:00 a.m., in the Austin Convention Center. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also.

### HOTEL INFORMATION

Hotel on-line reservation services will be available on the TGCA website beginning March 14. Go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on “Summer Clinic” in the menu on the left-hand side of the page, then click on “Hotel Reservations” and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Austin this year with their rates, but please remember that you **cannot** call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the site.

### HOTELS FOR SUMMER CLINIC

<b>Courtyard by Marriott</b> Austin Downtown/Convention Center 300 E. 4th Street 1 to 4 persons -- \$119.00	<b>Holiday Inn Austin Town Lake</b> 20 North IH-35 1 to 4 persons -- \$114.00
<b>Crowne Plaza Austin</b> 6121 North IH-35 1 to 4 persons -- \$115.00	<b>Omni Downtown</b> 700 San Jacinto at 6th Street 1 to 4 persons -- \$124.00
<b>Hampton Inn &amp; Suites</b> 200 San Jacinto King -- \$129.00 Double -- \$139.00 Suite King Bed with Sofa Sleeper -- \$164.00	<b>Omni Southpark</b> 4140 Governor’s Row (I-35 & 71) Single/Double -- \$109.00 Triple -- \$129.00 Quad -- \$149.00
<b>Hilton Austin</b> 500 East 4th 1 to 4 persons -- \$121.00	<b>The Radisson Hotel &amp; Suites Town Lake-Downtown Austin</b> 111 E. Cesar Chavez 1 to 4 persons -- \$119.00

# STATE GIRLS BASKETBALL

## 2011 GIRLS BASKETBALL TOURNAMENT

Frank Erwin Center - March 3-5, 2011

Thursday, March 3, 2011	Friday, March 4, 2011	Saturday, March 5, 2011
Conference 1A Division I Semifinals 8:30 a.m. 10:00 a.m.	Conference 2A Semifinals 8:30 a.m. 10:00 a.m.	8:30 am Finals Conference 1A - Division I
Conference 3A Semifinals 2:00 p.m. 3:30 p.m.	Conference 1A Division II Semifinals 2:00 p.m. 7:00 p.m.	10:00 am Finals Conference 3A
Conference 4A Semifinals 7:00 p.m. 8:30 p.m.	Conference 5A Semifinals 3:30 p.m. 8:30 p.m.	2:00 pm Finals Conference 2A
		3:30 pm Finals Conference 4A
		7:00 pm Finals Conference 1A - Division II
		8:30 pm Finals Conference 5A

## 2010 UIL Girls State Basketball Tournament Parking Information

There are several parking garages available to the public on the University of Texas campus, as well as the area surrounding the Frank Erwin Center. Here is a brief list of some parking garages and locations around the Frank Erwin Center:

### University of Texas-Trinity Parking Garage

Located at the corner of Trinity and Martin Luther King Blvd. (MLK), one block northwest of the Frank Erwin Center. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/trg.html>

### University of Texas-Brazos Garage

Located at the corner of Brazos and Martin Luther King Blvd. (MLK), two blocks northwest of the Frank Erwin Center. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/brg.html>

### University of Texas-Manor Garage

Located at the corner of Clyde Littlefield and Robert Dedman Drives, across the street from the football stadium. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/mag.html>

### Texas State Office Parking Garages/Lots

There are several state office parking garages and lots within walking distance of the Frank Erwin Center. These lots are reserved for state employees with a permit on Thursday and Friday until 6 p.m., but are available to the public for a fee after 6 p.m. on weekdays and all day Saturday.

### For Mobility Impaired Visitors

University parking spaces for persons with disabilities are reserved for the University Class "D" Permit holders from 7:30 a.m. to 4:00 p.m. Monday through Friday. Those visitors with disabilities displaying the appropriately approved state plate or placard may park in any University parking garage space reserved for the persons with disabilities and pay normal parking fees.

Additionally, these visitors may park at surface disabled spaces after 4:00 p.m. with no University permit. They must display their appropriately approved state plate or placard. There is no fee for this parking.

Also, please note that Lot 108 (on the south side of the Erwin Center) meets stringent A.D.A. regulations. There are 29 spaces re-

served for patrons who show a mobility impaired placard or plate. Consequently when those spaces are full, all others will be turned away until a space is available.

Access to the parking lot on the north side of the Erwin Center by the flagpoles is restricted to employees of that building until after 5:00 p.m. After 5:00 p.m. it will be restricted to mobility impaired guests with placards / license plates.

There are also mobility-impaired parking spaces in front of the Erwin Center along Red River Street. The mobility-impaired entrance is on Red River Street. Mobility impaired guests can enter here or be dropped off and meet their parties after the vehicle is parked.

### Capital Metro

Additionally, Capital Metro offers extensive bus service throughout Austin, including several park-and-ride lots. Call (512) 474-1200 for more information and be sure to ask when the last bus leaves the Erwin Center and the available service on Saturday. For more information, visit the Capital Metro web site at [www.capmetro.org](http://www.capmetro.org).

# BASKETBALL/NEWS & UPDATES

## UIL STATE GIRLS BASKETBALL TOURNAMENT HOTEL VENUES

TGCA will have special rates for the Girls State Basketball Tournament at the following venues:

**Crowne Plaza Austin**, 6121 North IH-35, (512) 323-5466  
\$109.00 per night.  
Call the hotel directly and ask for the TGCA rate.

**Omni Southpark**, 4140 Governor's Row, (512) 448-2222  
\$107.00 year round subject to availability using the code of TGCA.  
There will be room blocks for all state tournament venues at the Omni Southpark at the \$107.00 rate.

**LaQuinta Hotels**, Various Locations

The rate will be the TGCA rate contracted with the LaQuinta Hotels.

Make your reservations online and use the code TGCA, or call the particular hotel of your choice and use the TGCA promotional code.

**NOTE:** Not all LaQuintas will honor the TGCA rate during the state tournament.

## TGCA NEW OFFICE STAFF MEMBER

The Texas Girls Coaches Association is adding an additional office staff member on March 1, 2011. The position will be titled: Assistant to the Executive Director/All-Star Coordinator. Lee Grisham has been offered and has accepted this position.

"This is a long awaited and a much needed position for the advancement of TGCA as a service organization for our member coaches. Lee has the knowledge of the inner workings of our organization, and the expertise to be a major benefit to our coaches from day one. He will help as we continually try to maintain and advance TGCA with beneficial membership services. Lee has always impressed me with his compassion for girls' athletics, his overall work ethic, and his leadership qualities. Lee Grisham will be a major asset in the day-to-day operation of TGCA," according to the Executive Director of the Texas Girls Coaches Association, Sam Tipton.

## PHOTOS OF THE MONTH



# NEWS & UPDATES

## TGCA FEE INCREASE EFFECTIVE FEBRUARY 1, 2011

The Board of Directors of the Texas Girls Coaches Association unanimously passed a proposal to increase the fee structure of the organization to become effective February 1, 2011. TGCA has not increased fees to its members since 1998. With costs rising in all areas of service given by TGCA, it has become imperative for additional revenue to be created to continue the expansion of services and technology that is so beneficial to the professional growth of the membership.

The Texas Girls Coaches Association is currently in its 58th year of existence as a service organization for coaches of girls' athletes. TGCA was established because there was not an organization to support, promote, and honor the coaches and student/athletes participating in sports for women in the state of Texas. The purpose was, and will always be, to treat each sport under its umbrella with the same degree of promotion, honors and representation. TGCA has evolved, through the hard fought efforts of its loyal members, into being the central voice of the coaches of girls' athletics to the University Interscholastic League, the Texas High School Athletic Directors Association, the school administrators, the media, the legislators, the State Board of Education, and the general public.

TGCA is dedicated to always doing all the good we can, by all the means we can, in all the places we can for the "betterment" of the coaches of girls' athletics. The Texas Girls Coaches Association is 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. TGCA has grown from 24 members in 1953 to over 6000 members in 2010. We thank our members for their continued support and loyalty to the Texas Girls Coaches Association.

**TGCA Fee Schedule: EFFECTIVE FEBRUARY 1, 2011**  
**Membership - \$50.00 (Effective from June 1 to May 31)**  
**Summer Clinic - \$50.00**  
**Late Registration after June 15 for Summer Clinic - \$15.00**

## KAY YOW CANCER FUND™

Charity of Choice for TGCA



For any and all questions concerning Kay Yow Cancer Fund™ charitable events, please call or e-mail:

### SARAH REESE

Administrative Assistant

Kay Yow Cancer Fund™

PO Box 3369

Cary, NC 27519-3369

**E-mail** – [sarah.reese@kayyow.com](mailto:sarah.reese@kayyow.com) or [info@kayyow.com](mailto:info@kayyow.com)

**Office** – (919) 460-6407

**Fax** – (919) 380-0025

Should you wish to use the Kay Yow Cancer Fund™ logo, please contact Sarah regarding the guidelines for usage.

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## 10 STEPS TO REDUCED CANCER RISK

By Dr. Jim Peterson, Coaches Choice

### 1. Eat more vegetables in the cabbage family.

Several studies show that cruciferous vegetables may protect against colorectal, stomach, and respiratory cancers. Among the cruciferous vegetables are broccoli, cauliflower, Brussels sprouts, all cabbages, and kale.

**2. Add more high fiber food to your diet.** People who eat a diet high in fiber reduce their risk of colon cancer. Fiber occurs in whole grains, fruits, and vegetables. Examples are peaches, strawberries, potatoes, spinach, tomatoes, wheat and bran cereals, rice, popcorn, and whole wheat bread.

**3. Eat foods with Vitamin A.** This vitamin offers a measure of protection against cancers of the esophagus, larynx, and lung. Fresh foods with beta-carotene – like carrots, peaches, apricots, squash, and broccoli – are the best source of Vitamin A, not vitamin pills.

**4. Choose foods with Vitamin C.** This vitamin may help protect against cancers of the esophagus and stomach. Vitamin C can be found naturally in several fresh fruits and vegetables including grapefruit, cantaloupe, oranges, strawberries, red and green peppers, broccoli, and tomatoes.

**5. Keep your weight (body fat) within appropriate limits and get adequate exercise.** Obesity has been linked to cancers of the uterus, gallbladder, breast, and colon. Regular exercise and a lower calorie intake can help control weight. Data indicate that physical activity may lower the risk of colon cancer and breast cancer. The amount of

physical activity needed to achieve these effects is unknown. It is good advice to follow the Surgeon General's suggestion to engage in moderate amounts of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, or 45 minutes of playing volleyball) on most, if not all, days of the week.

**6. Trim fat from your diet, especially highly saturated animal fats.** A high fat diet increases the risk of breast, colon, and prostate cancer. American men whose diets are rich in animal fats

“Live like you're going to die tomorrow; learn like you're going to live forever”

(especially red meats) face nearly an 80% greater risk of developing potentially fatal prostate cancer than do men with lower intake of such foods. You can cut your overall intake of fats by eating lean meats, fish, skinned poultry, and low fat dairy products.

**7. Reduce your dietary intake of salt-cured, smoked, nitrite-cured foods.** Cancers of the esophagus and stomach are common in countries where foods of this type are eaten in large quantities. Foods such as bacon, ham, hot dogs, or salt-cured fish should be eaten only periodically.

**8. Stop smoking.** As unbelievable as it may seem,

almost 46 million American adults continue to smoke. Smoking is the biggest cancer risk factor of all and the main cause of lung cancer. Smoking at home also means more respiratory and allergic ailments for children. Furthermore, pregnant women who smoke can harm their babies. Chewing tobaccos are also harmful because they raise the risk of mouth and throat cancers.

**9. Limit your intake of alcohol.** If you drink too much, your risk of liver cancer increases. Smoking and drinking alcohol in combination greatly increase the risk of cancers of the mouth, throat, larynx, and esophagus. If you must drink alcohol, you should limit your intake to a moderate level (i.e., one or two drinks daily).

**10. Respect the rays of the sun.** Too much sun causes skin cancer and other damage to the skin. One in six Americans will develop skin cancer. Protect yourself with sunscreen that has a Sun Protective Factor (SPF) rating of 15 or higher. Wear long sleeves and a hat, especially during midday hours from 11 am to 3 pm. Don't use indoor sunlamps, tanning parlors, or pills for tanning. If you see changes in a mole on your body or a sore that does not heal, see your physician.

*Jim Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.*



# IMPORTANT DATES

## HOTEL INFORMATION

Crowne Plaza Austin North Central  
6121 North IH - 35  
Austin, TX. 78752

For reservations:  
1-877-2CROWNE (1-877-227-6963)  
Please refer to TGCA to get your discounted rate of \$109.00 for single or double occupancy. Or you may reserve your rooms online by going to the home page of our website. Crowne Plaza will offer this rate year around for business or pleasure.

### La Quinta Inn



Coaches, teams and fans can receive preferred rates through the LaQuinta toll-free central reservations number 1-800-531-5900. This rate will also apply to reservations made directly with LaQuinta Hotels, as well as, via the internet at [www.lq.com](http://www.lq.com) using the corporate/promotional code of TGCA. These rates are good for both business and leisure travel, seven days a week, for standard and king bedded room types coast to coast.

**Omni Southpark:**  
4140 Governor's Row  
Austin, TX. 78744  
(512) 448-2222

\$107.00 year round subject to availability using the code of TGCA. There will be room blocks for all state tournament venues at the Omni Southpark at the \$107.00 rate.

## FEBRUARY

25-26 Girls Basketball: Regional

## MARCH

3-5 Girls Basketball: State Tournament  
3 TGCA Basketball All-State Committee Meeting; 5 PM  
4 TGCA Basketball Committee Meeting; 12 PM  
6 TGCA Board of Directors Meeting; 11 AM  
22 Soccer: District Certification Deadline, 4A  
24-26 Soccer: Bi-District, 4A  
26 Soccer: District Certification Deadline, 5A  
28-29 Soccer: Area, 4A; Bi-District, 5A  
31 Soccer: Sectional, 4A; Area, 5A

## APRIL

1-2 Soccer: Sectional, 4A; Area, 5A  
4-5 Soccer: Regional Quarterfinals, 4A & 5A  
8-9 Soccer: Regional, 4A & 5A  
9 Track & Field: District Certification Deadline, 1A  
14 District Certification deadline: Golf & Tennis, All Conferences; Track & Field, Conference 2A, 3A, 4A, & 5A. Area certification deadline for Conference 1A Track & Field  
14-16 Soccer: State Tournament

## TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,  
1603 Manor Rd.,  
Austin, TX 78722-2536;  
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(512) 708-1325 (fax),  
[tgca@austintgca.com](mailto:tgca@austintgca.com) (e-mail);

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### TGCA on the Web

Polls, as well as other current information, can be found on the TGCA Web site 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 / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.

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