

TGCA



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JANUARY 2013

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*Photo submitted by Mark Henderson
 of Wichita Falls Rider High School*

FEATURED ARTICLE



CULTURE

By Rodney Gee, TGCA President - Lorena HS

I always have a problem with a topic for these articles because I am not sure what I can write about that will help other people. I finally decided to write about the culture that we try to build in our program. I honestly believe the culture we create within our program has had as big of an impact as anything in whatever success we have had. Like any other coach, I have had a lot of help in creating our culture. I use ideas from people, and I have had great assistants who help instill our philosophies. I believe the culture we try to create within our program can be divided into 4 categories: Family, Toughness, Process, and Work.

Family:

I use family and team interchangeably. We treat our team like a family. It is a group of people with different roles and each role is important. It is obviously easier for the kid who plays thirty-two minutes a game than the kid who does not get to play. However, every kid is imperative to our success. Our coaches try to be sensitive to the issues of kids who do not get to play as much. We really try to catch them doing something good in practice and praise it. We are constantly talking about roles. One role may be to becoming the best practice player you can be. The role of the best player has responsibility to bring it every day. One of the comments I have stolen is, "you always have a chance to be good when your best player is your hardest worker." We also really want to create an atmosphere that the kids enjoy being around. We think we work hard, but want to do that in a way they enjoy.



Photo Courtesy JANA LEMONS

Toughness:

I always want our kids to be tough. We are not talking about getting in a boxing match, but being tough mentally. We want our players to be able to be tough enough in a big game to remember what we are doing. We must be able to know how we are guarding people and what they can and cannot do. We must be able to do all the little things in a game and more importantly in practice so they

enough to get to the state tournament last year and our team theme was "Focus on the Process!!" We talked about what that team could do at the first of the year and did not talk about it again until we got to the regional tournament. We just tried to stay in the moment and get better every single day. We try to go into games with the idea that it is a possession by possession game. Surely, a player can concentrate for one possession. When that possession is done, move on to the next. Nick Saban says "Successful people have consistency in performance." We believe process brings about consistency.

Work:

Maybe I ought to have started with this one because I have never ever met anyone who created success without hard work. Rick Pitino said it best when he said, "If you want something then work for it. Outwork everyone in sight. Do all the little things it requires to be successful. If you want to be good then you must deserve to be good." I think this is harder in today's instant gratification age. I saw a video clip on Fox the other day and the guy said "Immature people ask life to meet their demands; Mature people meet the demands of life." It still all boils down to getting up in the morning and outworking everyone you can. You reap what you sow. Life is difficult and things worth accomplishing are difficult. We have a lot of really good coaches in this state, and you have to invest in your kids and the kids have to invest in the program to be successful.

Process:

I think our main thing we talk about in our program is process. Our teams have never set goals. We were fortunate

TGCA SUMMER CLINIC

2013 TGCA SUMMER CLINIC

Austin Convention Center

July 9 – 12, 2013

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 Tony Burger Activities Center, 3200 Jones Road.
- **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 during halftime of the 1A-2A-3A All-Star basketball game.

The TGCA Honor Awards

Banquet will be held Wednesday, July 10, at 6:00 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 11th. 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 11th.

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, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2013-14 Printable Membership Form".

The 2013 TGCA Summer Clinic Agenda has

been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic dates. It has changed dramatically from years past, so be sure you take a look at it. 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 "2013 Summer Clinic Program".

We look forward to seeing you at the 2013 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



TGCA CLINICS

TGCA 2013 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2013. Registration for all clinics will open February 1st, both on-line and by mail or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the

"Other Clinics" category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s),

just click on the form you want to print, complete it and either snail mail with a check or fax with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us

and we will be happy to assist you. Agendas for all clinics are available on the main page of the website. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2013 SAN ANTONIO SPORTS CLINIC

Churchill High School
12049 Blanco Road
San Antonio, Texas
May 17 – 18

2013 HOUSTON SPORTS CLINIC

Site to be Determined
Houston, Texas
June 12 – 13

2013 REGION I SPORTS CLINIC

Estacado High School
1504 East Itasca Street
Lubbock, Texas
June 14 – 15

2013 EL PASO SPORTS CLINIC

Site to be Determined
El Paso, Texas
July 18 – 19

2013 VALLEY SPORTS CLINIC

Site to be Determined
City to be Determined
July 23 – 24

TEXAS HEALTH: BEN HOGAN SPORTS MEDICINE Concussion Center

Texas Health Ben Hogan Sports Concussion program began working with DFW schools in January 2008 to provide ImPACT™ neurocognitive testing, which can be used as a tool for managing sports concussions. To date, this program has over 185 DFW schools using the ImPACT™ neurocognitive testing program resulting in more than 108,222 tests in the database. In addition, Texas Health Ben Hogan has helped clinics in Longview, Lubbock, San Angelo, and Waco set up similar ImPACT™ neurocognitive testing programs. During this time, Texas Health Ben Hogan devel-

oped concussion education for coaches and athletic trainers at no charge.

Following a meeting in January 2012, the executive directory of the Texas High School Girls Coaches Association, Sam Tipton, directed Texas Health Ben Hogan to present a 2 hour sports concussion training as required by HB 2038 (sports concussion law) at state meetings in Arlington, Houston and San Antonio.

With the goal of providing access to concussion training on line, Texas Health Ben Hogan produced an online webinar for Texas coaches requiring training.

This webinar went live in August 2012 and was especially beneficial for those coaches without access to state coaches meetings.

The treatment of sports concussions is rapidly changing. Therefore, Texas Health Ben Hogan will be producing an additional one-hour online course, to be rolled out before next summer. The course will provide new information about neck strength training, vestibular rehab and current best practices. Texas Health Ben Hogan will again be at the THSGCA annual meeting in Austin to present updates on this topic.

Additional Statistics:

- Texas Health Ben Hogan has presented the course 65 times for 85 school districts training 7,657 Texas High School coaches "face to face".
- 2,186 Texas coaches took the online course for a grand total of 9,843 participants.

For more information contact Ken Locker @ kennethlocker@texashealth.org or to take the on line sports concussion training, go to www.texashealth.org/benhogan and click on the "sports concussion" link.

NEWS & UPDATES

2013 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2013-14 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2012-13 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check or fax with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice on the left-hand side of the page the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to

update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. The Silver Package is Summer Clinic registration only and does not include membership renewal. Both of these packages are \$50.00. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$100.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk



Photo Courtesy PHIL FRANZONE

mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2013 in San Antonio, Houston, Lubbock (Region I), El Paso and the Valley. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost

of attendance to any of our Satellite Sports Clinics is \$60.00. This includes your 2013-14 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$30.00 if you have already paid the \$50.00 renewal fee for your 2013-14 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

NEWS & UPDATES

TGCA WEEKLY E-MAIL NEWS BLAST NOTICE

In conjunction with Grace Media, TGCA will be sending weekly e-mail blasts, during the school year, containing sports news from across the state and important news items.

If you signed up for the TGCA weekly e-mail news blast last school year, there's no need to rejoin, but please be sure your school is not blocking our e-mails. We had some returned last year and it's because some schools have us filtered out as spam. Please double check and be sure your school is aware that you are wanting this to go through to you.

If you've not signed up yet, it's not too late. Don't miss out. These weekly e-mails deliver happening news directly to your inbox. Just click on the following link to register:

<https://app.e2ma.net/app/view:Join/signupId:60463/acctId:35572>

These e-mail blasts not only contain information directly from TGCA, but sports news across the state and nation. Please be sure your e-mail address is current and up to date.

* ATTENTION *

TGCA RESOURCE CENTER NOW OPEN

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality. The Resource Center is designed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and people interested in girls' athletics in all sports. Everyone is encouraged to go to the Resource Center site. It's as simple as clicking on the logo shown on the website, www.austintgca.com. Please take the time to walk through the different features offered. Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Association. This site will be continually expanding and will make available an unlimited source of educational materials for you from various outlets in a variety of delivery methods. The Resource Center is designed to be an economical way to obtain up to date educational material to help you become better in your field.

2013 SUMMER CLINIC

The 2013 TGCA Summer Clinic will be held in Austin, Texas, July 9-12. We are revising the Summer Clinic schedule for 2013. The new agenda has now been posted under the "Summer Clinic" category in the menu on the left-hand side of the page. Be sure you take a look at it, as all lecture times and dates have changed and all of the All-Star games are moving to different days and times. It will be updated regularly, so be sure to check it often.

KAY YOW CANCER FUND™ Charity of Choice for TGCA



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against cancer. The new website is now up and running: www.kayyow.com. We encourage you to go to the website for more information, and for any and all questions concerning Kay Yow charitable events, please contact:

SARAH REESE

Administrative Assistant

Kay Yow Cancer Fund™

PO Box 3369

Cary, NC 27519-3369

E-mail – sarah.reese@kayyow.com or info@kayyow.com

Office – (919) 460-6407

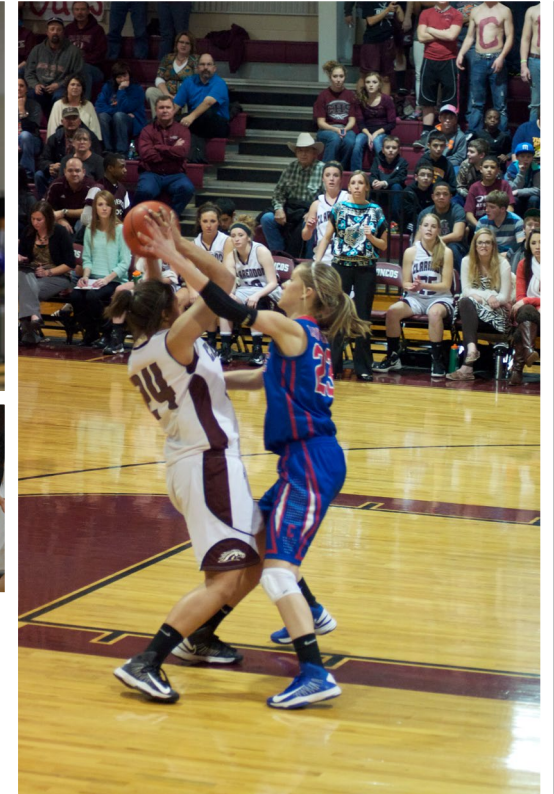
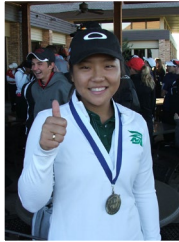
Fax – (919) 380-0025

www.kayyow.com

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

The term Kay Yow Cancer Fund™, the Kay Yow Cancer Fund™ logo and the image of Coach Kay Yow are trademarks of the Kay Yow Cancer Foundation, Inc. The Kay Yow Cancer Foundation, Inc. is a partner of the Women's Basketball Coaches Association and The V Foundation for Cancer Research.

PHOTOS OF THE MONTH



COACHES IN THE SPOTLIGHT

COACH CATHY SELF-MORGAN

By Butch Hart, TGCA Pollster



Thirty four years and nearly a thousand coaching victories into a magnificent career, Duncanville's Cathy Self-Morgan loves her decision to become a coach although she is not quite as keen on some of the corollary duties.

"Coaching is not my work, it's my passion, I love coaching and am excited every day to be a coach," Self-Morgan said on a Sunday afternoon after she had spent the previous day getting re-certified as a school bus driver.

"Eight hours every three years doesn't seem like much until you spend a Saturday during the season to complete it," Self-Morgan laughed.

Self-Morgan is an original, a small town Texas girls hoopster who ended a brilliant college career and was inducted into the University of Texas Athletics Hall of Fame in 2004 then went on to coaching greatness.

Self-Morgan, a raised and played in Jourdanton, Texas native, was a standout guard on the 1976-77 Longhorn team that was the first in school history to be nationally ranked and finished the season 36-10.

The same drive that led Cathy to on court excellence when she averaged 17.6 points per game and was named a Longhorn co-captain and later drove her to achieving a degree in Physical Education and health drives her suc-

cess as a coach.

"I love the high school level, the sport has changed. When I started you could just tell them what to do, now you need a lot for explaining and helping the players understand the why as well as the how," Cathy said.

Her results on court are nothing short of brilliant, a career coaching record of 943-199 and the Pantherettes are currently in the midst of a 57 game winning streak. Cathy coached Austin Westlake for 22 years with three state championships in 1993, 1995 and 1996 then moved to Duncanville where she is in her twelfth year with a pair of state titles in 2003 and last year.

Duncanville is currently ranked first in Texas and in the top three in three different national polls. The Pantherettes have tremendous balance with three key players returning from starring roles on the 2011 state championship team.

"The competition is so strong, in district we face really good teams like Cedar hill, Desoto and others, it's a minefield every night, you have to bring your best or lose, helps keep everyone focused," Cathy said.

Staying focused and representing herself, her team, her school and her community is what Self-Morgan does best; by the way she coaches winning basketball as well.

COACH NANCY WALLING

By Butch Hart, TGCA Pollster

A holiday trip to Florida was just right for the Pflugerville Lady Panthers and coach Nancy Walling.

Walling, who just recorded her 600th coaching victory when the Panthers beat Round Rock Cedar Ridge, led her team to the championship of the KSA Events tournament played at the ESPN sports complex at Disneyworld in Orlando, Florida.

"I couldn't be more proud of our girls in how they represented Pflugerville, on and off the court. We had an amazing time. This trip to Florida and competing in the KSA Holiday Tournament and spending time at Disney just reconfirmed what I already knew about this group of young ladies, they're a special team and group of individuals," said Walling.

The Lady Panthers are ranked second in the state of Texas and tenth in one national poll. Walling has a career record of 600-246 after the win over state ranked Cedar Ridge.

In the championship win over in Florida over El Dorado Hills, Ca Oak Ridge, senior guard Amy Staha scored 15 points and was named Most Valuable Player. The loss was the second of the year by Oak Ridge, the other being to nationally ranked California Mater Dei.

While Staha led the way, three other players scored in double digits led by Brenisha Payne and Diana Omozee with 12 points each while Alyssa Echols added 11 points.

Pflugerville's tenacious defense forced 19 turnovers while the Panthers dominated the boards with a decided 44-21 rebound advantage. Oak Ridge fell to 10-2 on the season but the Lady Trojans' only other loss was to nationally top ranked Mater Dei of California.

In the finals game, Panther point guard Taylor Ross had five points with nine re-

bounds and eight assists. Staha and Omozee each pulled down eight rebounds and Staha and Echols each had three steals.

"We really don't have a lot of height so we pressure from baseline to baseline the entire game and work."

Walling has developed a complete program as demonstrated by the Panther junior varsity that also made the trip to Florida and responded extremely well as the junior Panthers swept the field going and beating Manalapan Braves from Englishtown, New Jersey 66-20.

Freshman post Alexis Bryant finished with a game-high 18 points, and was named the Panthers MVP. Freshman guard Mykiel Burleson added 16 points while junior guard Kiara Sloan finished with 12 points.

Walling, a former Longhorn basketball player, plays an up tempo brand of basketball and does not have a player over six feet tall but the Panthers substitute in waves and play a baseline to baseline pressure defense.

"We are blessed with a lot of girls that are committed to defense and team so everybody gets playing time and everybody contributes," Walling said.

Over the past three years, the Pflugerville record is 100-8. The Panthers were 39-1 last season, long in the regional quarterfinals and 30-7 in 2010-2011 when they lost in the regional finals to eventual state runner-up Georgetown.

Always upbeat and supportive, Walling has demonstrated a high degree of sportsmanship and integrity in her program and her success is evidenced by scores of returning players with college degrees as well as the walls of the Panther gym festooned with victory banners.

OFF-SEASON TRAINING

Off-Season training is the time to really focus on strength and development. There are 2 types of off-season:

1. Complete Off-Season - 100% of your focus is dedicated to training for your sport
2. Semi-Off-Season - Combination of training and non-seasonal play (select, club, other sport)

Always keep in mind fundamental form and neurological development is more important than allowing poor form in an attempt to make greater gains. Early cognitive understanding with applied physical application will prove to be extremely valuable in the advancement of your off-season program. All too often coaches get overly concerned with expediting weight training with a sense of urgency, due to a lack of time, and neglect the basic necessity of teaching and good-old fashion fundamentals. If an athlete cannot do a proper push up or a body weight squat with proper form there is no reason to put them in a weight bearing situation. Never underestimate the value of simple body weight exercises and teach-

ing proper form in your program; it can save you time, headaches and set-backs due to injury down the road.

“Take Time to Teach”

Incorporating body weight exercises with traditional lifting in conjunction with Olympic progressions and full Olympic lifts provide a great foundation for an all-around strength program. In addition to traditional style lifting we have found the implementation of unorthodox training proves to be both psychologically and athletically beneficial. Adding med balls, bands, suspension training, kettlebells, tire flips, boxing, etc. to an off-season program provides differentiation and creativity. Additionally, we have found that with the allocation of one day a week to high intensity metabolic anaerobic intervals (20-30 second bouts with short rest) will condition, discipline and neurologically benefit your athletes. These intervals just as your traditional lift intervals should be timed in accordance to work rest ratios that mimic that of your sport.

There are some key factors to

consider when starting any program especially off-season:

1. Total bouts on the body- all in school and outside school activities in a week
2. Stress- total cumulative stress considering all facets of training, practice, skill, strength and conditioning, in addition to non-activity stress (school, social, home, etc.)
3. Time frame- number of weeks or months until season begins
4. Strategy- what are your goals based on previous results, current development and skill levels
5. Measurement- Test every 6 weeks, average gains should be 10% every 4 weeks
6. Progression- Incorporate load and unload workouts leading to maximum gains
7. Wave load- Heavy 1-2 weeks, Light 1-2 weeks, Medium 1-2 weeks (Repeat)
8. Emphasis- Focus on strength and development early and more on conditioning closer to



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season

9. Balance- Alternate double limb and single limb compound movements
10. Differentiation- Alternate barbell, dumbbell and machine lifts with traditional training and include unorthodox training

Off-season also provides the opportunity to emphasize the importance of proper nutrition (via a professional resource), good sleep habits, avoiding overtraining and overall preparation. Remember people work harder when they want to work for you and balance all element of athletic development throughout your program (lift, run, jump).

We hope you find great success incorporating these principles into your own off-season program. For more information or to purchase off-season curriculum visit www.atozcoach.com.

INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 STEPS TO PREVENT AND TREAT OVERTRAINING PROBLEMS

By Dr. Jim Peterson, Coaches Choice

1. Don't push too hard. Use your head, as well as your muscles, when you exercise. Base your exercise program on sound prescription guidelines. Set realistic workout-related goals for yourself. Overtraining (i.e., doing too much, too soon) may stress your body beyond its natural ability to recover, thereby making it more susceptible to injuries, exhaustion, and depression.

2. Beware that no hard and fast rule exists concerning how much exercise is excessive. Quantitatively, what constitutes an excessive amount of exercise varies from individual to individual. One person's well-thought-out peak-performance training regimen may be overtraining for another person.

3. Listen to your body. Be sensitive to the symptoms that may signal overtraining. Among the early or relatively mild signs of overtraining are chronic fatigue, loss of appetite, irritability, and intermittent problems with sleep, tension, and muscle fatigue. Examples of more serious symptoms of overtraining include long-term insomnia, persistent muscle soreness, depression and indifference, painful joints, and increased incidence of illness.

4. Include variety in your exercise regimen. Regularly employ more than one type of physical activity in your exercise program. Not only can this type of working out (commonly referred to as cross-training) enable you to minimize the boredom that can result from doing the same thing day in and day out, it can also reduce your risk of injury by not continually stressing the same muscles and joints.

5. Make rest or recovery an integral part of your exercise program. Give your body adequate time to recover from the physical and mental strain to which it is subjected. In this regard, one option is to take at least one day a week off from training to allow your body to recover from the stress placed on it by your exercise regimen. Another suggested way is to alternate hard and easy days of training.

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

6. Adopt a sensible training strategy. Adhere to a training regimen that takes into account those external variables that may be somewhat beyond your control and may affect your body's ability to handle stress, including such factors as your age, the weather, and the altitude at which you exercise. Furthermore, if you plan to engage in a particularly intense bout of competition, taper your training (i.e., decrease your level of exertion) one to two weeks before the event.

7. Perform the activities in your training regimen in a biomechanically correct way. Know and adhere to the proper techniques when exercising. Using improper techniques may expose your musculoskeletal system to undue levels of stress. As a general rule, proper technique enables an individual to train longer and harder.

8. Diagnose yourself. One of the most commonly employed (and definitive) ways of determining whether or not you're overtraining is to take your resting heart rate in the morning when you first get up. If your resting pulse rate is 10 to 15% higher than normal, you may be overtraining. As a result, it is probably essential that you give your body time to rest and recover.

9. Take time to heal. To maximize the benefits you achieve from your exercise regimen and to minimize the incidence of the symptoms that often accompany overtraining, you must achieve a proper balance between training and rest. If (and when) your health has been compromised by a self-inflicted imbalance between the two, give your body time to restore itself.

10. Keep things in perspective. Be sensitive to the difference between making a commitment to exercise and making exercise an obsession. Obsessive individuals are likely to exhibit compulsive tendencies. Too often, they are all too willing to let their desire to achieve their exercise-related goals override their need to use common sense when determining how much and how hard they should exercise.

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 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

\$119.00 without breakfast, check TGCA website for link to reserve online, or \$129.00 with breakfast. To make reservations for breakfast rate, please call 1-800-THE-OMNI.

Radisson
111 Cesar Chavez at Congress
Austin, TX 78701
(512) 478-9611

Year-round rate of \$112.00 includes complimentary self-parking. To make reservations, call 1-800-395-7046 or use the direct link available on the TGCA website.

FEBRUARY 2013

- 2** Swimming & Diving: District certification deadline
- 8-9** Swimming & Diving: Regional meets
- 9** Girls Basketball: District certification deadline
- 11** Softball: First day for interschool games
- 11-12** Girls Basketball: Bi-district
- 14-16** Girls Basketball: Area
- 18-19** Girls Basketball: Regional quarterfinals
- 22-23** Girls Basketball: Regional
- 22-23** Swimming & Diving: State Meet
- 25** TGCA: Basketball nomination deadline
- 28-Mar1** Girls Basketball: State Tournament
- 28** TGCA Basketball All-State Committee Meeting; 5 PM

MARCH

- 1** TGCA Basketball Committee Meeting; 12 PM
- 3** TGCA Board of Directors Meeting; 11 AM
- 23** Soccer: District Certification Deadline, 4A
- 25-26** Soccer: Bi-District, 4A
- 26** Soccer: District Certification Deadline, 5A

APRIL

- 4-6** Soccer: Area, 4A; Bi-District, 5A

* TGCA * CALENDAR OF EVENTS

TGCA has added a calendar of events as a new feature to the website. The calendar contains nomination deadlines, committee meeting and Board of Director meeting dates and times, and many other events. It is also linked to the UIL calendar for easy reference. Just click on the Calendar tab in the menu at the top of the page to access the calendar.

TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,
1603 Manor Rd.,
Austin, TX 78722-2536;
(512) 708-1333,
(512) 708-1325 (fax),
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.

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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