

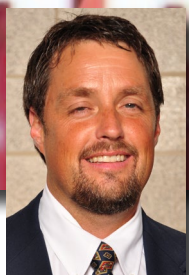
TGCA



TGCA NEWS
MARCH 2013

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Photo submitted by Nancy Cargil



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2012-13 TGCA OFFICERS

FEATURED ARTICLE



“A TALE OF 2 KITTIES”

By Mitch Williams, TGCA 2nd Vice President - Whitney HS

“It was the best of times; it was the worst of times.” Does this sound like your spring? I love this time of year, everything is in full swing and it doesn’t seem like I have a minute to myself, and at the same time I always think what else do I need to be doing or what have I forgotten? And, it always seems to stress me out and at the same time it helps me focus.

So where am I going with this? Well if we feel like this; imagine what our kids feel like. We are only worried about one or maybe two sports. Our athletes not only give us their all, they are also worried about their grades and their social life and trying to maybe play some other form of club ball to get better for their fall sports. We are beginning to see more injuries that are related to over-exertion; i.e., stress fractures. We have to remember that rest is sometimes necessary for athletes to perform at the level we

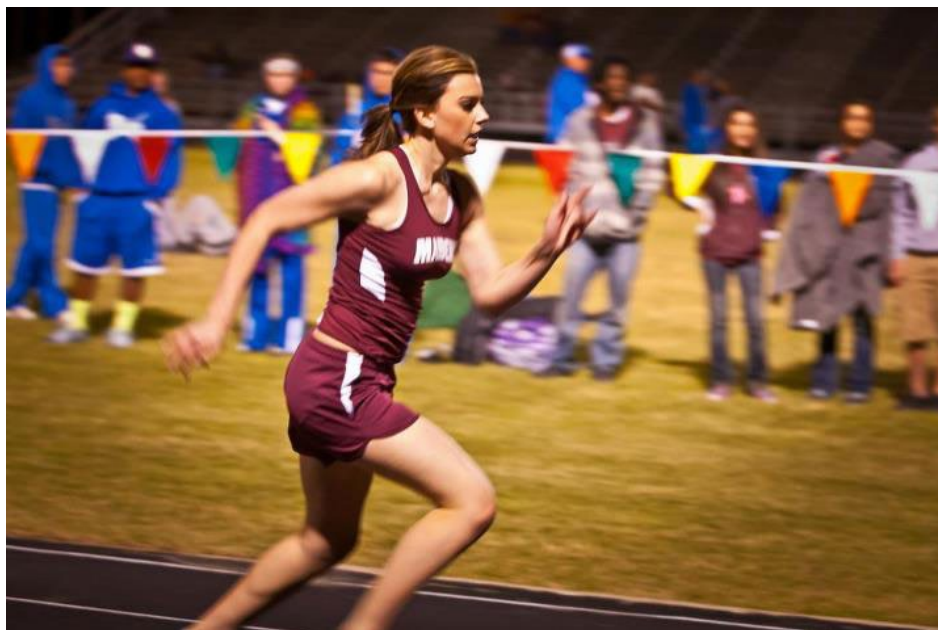


Photo Courtesy **KATIE SWICK**

expect from them.

Remember we used to be kids also, and I did not like to go to bed early and I didn’t have a computer or a cell phone or facebook or a television in my room or any other device to distract me. Don’t get me wrong, the technological age that we live in is wonderful. We have more access to information and training

tools every second than our coaches were exposed to in several years. Not to mention that some actually have part-time jobs. All of these factors together help explain why sometimes our kids try to doze off in class. Yes some are lazy and yes some are disrespectful and some just don’t care. BUT, some are working, playing multiple sports, maintaining an A average and juggling an ac-

tive social life. Maybe they just need a little rest. Spring Break is always a good time to re-charge not only for our athletes but also for us. With a little more than two months left in school and our spring sports, I wish you the best of luck and don’t be scared to take a break.

As I was trying to write this article I realized that what I really try to help my athletes do is to be the best person they can be. No, I don’t mean the best athlete in the state. I mean the best person they can be. Most won’t continue their career past high school and I hope that I have instilled something in them that will help them to be a better person in their life. Remember one part of our job is to be a good role model. If you are stressed and not having any fun, chances are your athletes may exhibit this same behavior. Work to make it the best of times for you and your athletes.

TGCA SUMMER CLINIC

TGCA SUMMER CLINIC

Austin Convention Center

July 9-12, 2013

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located on-line at our website, 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, "2013-14 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, 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 9, 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 11. Go to the TGCA website, 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

Courtyard by Marriott
Austin Downtown/
Convention Center
300 E. 4th Street
1 to 4 persons -- \$129.00

Crowne Plaza Austin
6121 North IH-35
1 to 4 persons -- \$109.00

Hampton Inn & Suites
200 San Jacinto
King -- \$139.00
Double -- \$154.00

Suite King Bed with Sofa
Sleeper -- \$174.00

Hilton Austin
500 East 4th
1 to 4 persons -- \$129.00

**See page 5 for special
note on Hilton Austin**

Holiday Inn Austin
Town Lake
20 North IH-35
1 to 4 persons -- \$109.00

Hyatt Place Downtown
211 East 3rd St.
1 to 4 persons - \$129.00

Omni Downtown
700 San Jacinto at 6th
Street
1 to 4 persons -- \$129.00

Omni Southpark
4140 Governor's Row (I-
35 & 71)
1 to 4 persons - \$114.00

**The Radisson Hotel
& Suites Town Lake-
Downtown Austin**
111 E Cesar Chavez
1 to 4 persons -- \$125.00

TGCA SATELLITE 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

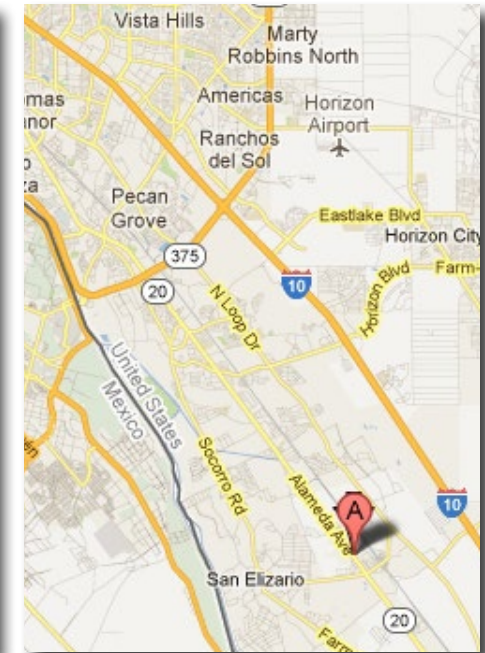
Westside High School
14201 Briar Forest Drive
Houston, Texas
June 19 – 20

2013 REGION I SPORTS CLINIC

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

2013 EL PASO SPORTS CLINIC

Clint High School
12625 Alameda Avenue
Clint, Texas
July 18 – 19



Cost of attendance is \$60.00 per satellite sports clinic and includes the 2013-14 membership card. Agendas can be found on the TGCA website at www.austintgca.com, and registration can be done on-line or by printing a form from the website.

BASKETBALL STATE CHAMPS

Congratulations to the following TGCA member coaches and their teams who captured

2013 UIL BASKETBALL STATE CHAMPIONSHIPS!

1A Div II

Joshua Jourden
Whitharral HS

2A

Chance Westmoreland
Brock HS

4A

Rhonda Farney
Georgetown HS

5A

Cathy Self-Morgan
Duncanville HS

Please take notice of the special note below regarding reservations at the Hilton Austin.

Hilton Austin - A first night's deposit will be charged to the credit card used to guarantee reservations, beginning June 8. Deposit will be refundable up to 72 hours in advance of your convention. The Hilton Austin will deduct any collected nonrefundable prepayment fees from the amount owed.



BASKETBALL AWARDS / PHOTOS

BASKETBALL ATHLETES OF THE YEAR

Conferences 1A-2A-3A

Breanna Hayden
Madison High School
Coach Olivia Williams



Conferences 4A-5A

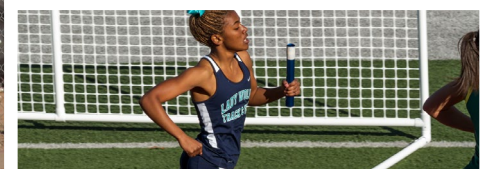
Kiara Perry
Duncanville High School
Coach Cathy Self-Morgan



BASKETBALL COACHES OF THE YEAR

Conferences 1A-2A-3A

Clay Barnett
Merkel High School



Conferences 4A-5A
Cathy Self-Morgan
Duncanville High School

FROM THE EXECUTIVE DIRECTOR



DON'T TREAD ON ME - LONG LIVE UIL & TAPPS

By Sam Tipton, TGCA Executive Director

The 83rd legislative session is up and running at full speed. The legislature is in session for 140 days on every odd year. The main purpose of the every other year legislative process is to create a balanced budget for the state for the next two years. In this session alone, the House of Representatives and the Senate have filed 5743 bills for consideration on various issues to be heard in public hearings by various committees of each chamber. This makes for an exciting and stressful time in Austin until the session is over the first of June.

The Texas Girls Coaches Association is very active during any legislative session monitoring bills that may, if passed, affect the coaches whom are members of our organization. As the norm during a legislative session, there are bills filed in the 83rd that could directly affect the day to day operations of being a coach in the University Interscholastic League (UIL) or the Texas Association of Private and Parochial Schools (TAPPS). TGCA is fortunate to have both UIL and TAPPS coaches as members of the Association. It has always been a policy of TGCA to support the UIL and TAPPS as the governing and rulemaking bodies for their respective member schools and coaches. We totally support both groups of coaches

under our flag. TGCA strives to be a service organization for all member coaches, and will try to protect the best interest of both groups of coaches.

The inclusion of private or parochial school students in UIL for championship competitions has always been a topic of conversation when the legislators come to town. The member coaches of TGCA, both UIL and TAPPS coaches, have been against combining the two groups under the UIL umbrella. There are companion bills filed during this session, SB 573 by Patrick and HB 1643 by Dutton, related to equal opportunity for access by private and parochial school students to certain UIL sponsored activities. If either of these bills were to pass out of the Senate and House, and were signed by the Governor into law, it would mean any private school or parochial school could join the UIL and participate in any UIL extracurricular activity, excluding football and basketball. What would be the end result of the passage of one of these bills:

1) TAPPS is the governing and rulemaking body for private and parochial schools. It is composed of 230 plus schools, which is more schools than most other state associations. A reduc-

tion in the number of schools in the TAPPS association would greatly increase travel for other member schools, and would disrupt the model established for a fair and equitable league for private and parochial schools.

- 2) Private and parochial schools have the ability to select the students that attend their institutions, whereas, the conventional public school has an attendance zone, and must admit all students in that particular zone. The ability to select students from a much larger population and geographic areas provides a decided advantage over conventional public schools from smaller communities with established attendance zones.
- 3) A private or parochial school has the ability to determine the number of students allowed to attend their school. These schools would be capable of determining the classification they would participate if under UIL competition.
- 4) Private and parochial schools are not governed by standards mandated by statute, such as no pass no play, health and safety training, and eight hour after school practice limitation rule as are UIL member schools.

SB 573 and/or HB 1643, if passed, would definitely destroy the level playing field established by the two proven organizations, UIL and TAPPS. At the present time, there is not a state law, UIL or TAPPS rule that prohibits UIL and TAPPS schools from participating against each other in extracurricular competitions. This is left up to the local schools to decide what is best for their situation. At the present time, we live in the best of two worlds; the UIL and TAPPS member schools can compete against each other in extracurricular competition, but each association has its own play-off championship series.

I encourage you to contact your representative and senator and express your opinion on SB 573 and HB 1643. The sake of the future of UIL and TAPPS, as we know them today, is at stake. Making sure there is a level playing field in extracurricular competitions for both UIL and TAPPS is the main purpose in the design of both organizations. It is essential our coaches express their opinion on this subject to their elected state officials. In closing I say – "Long live the UIL and TAPPS as model organizations for the constituents they serve. Don't go trying to fix something that is not broken to benefit a select few."



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.



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.

NEWS & UPDATES

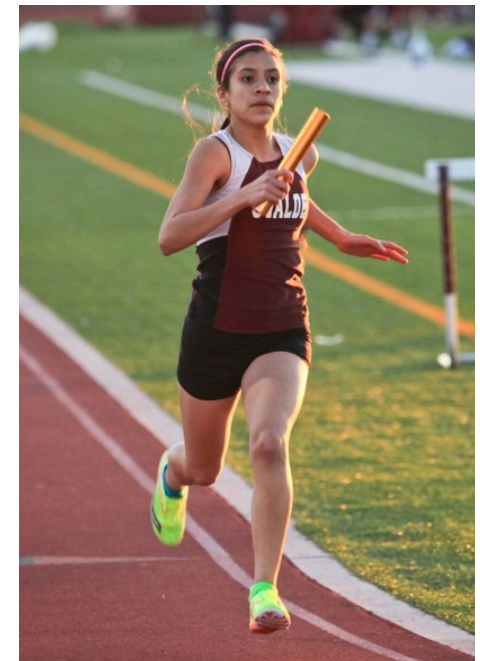
Licensed Athletic Trainer Month - March

The Texas Girls Coaches Association recognizes and honors the 2900 licensed athletic trainers currently in the state of Texas during March, which is Licensed Athletic Trainers Month. These health care professionals are responsible in maintaining the health and safety of our student athletes. The athletic trainer is considered an expert in all aspects of preventative medicine, including sport-specific injuries, conditioning, concussion diagnosis,

taping, padding and proper equipment-fitting in team sports, and is a valued member of the concussion oversight team. Athletic trainers are widely respected as complete health care providers, from prevention to return to activity. TGCA is indebted to these individuals for what they do for athletes, coaches, officials, workers and fans, in both clinical and athletic settings. Please, as a coach, take the time and effort to honor and congratulate the ath-

letic trainer, or trainers, on your staff for the services they render for you and your program. They are an integral part of any successful athletic program. TGCA especially congratulates the following athletic trainers honored on the floor of the House of Representatives this month for distinguishing themselves by reacting to emergency situations and initiating emergency procedures that resulted in saving lives:

- Jamie Woodall** – James E. Rudder High School (Bryan, Texas)
- Michael Lozano** – James E. Rudder High School (Bryan, Texas)
- Monica Jackson** – Manvel High School (Manvel, Texas)
- Michael Henry** – Vista Ridge High School (Cedar Park, Texas)
- Michael O'Shea** – University of Houston (Houston, Texas)



LIVING FIT

Dallas Healthy Bites March 2013

Spring Into Healthy Snacking!

Snacking has gotten a bad “rap” over the years! Most people think of snacking as having a candy bar, sitting on the couch with a bag of chips or spooning a pint of ice cream into your mouth, but as a sports dietitian, I am going to argue snacking can be healthy and important for you as an athlete. It’s all about what is in your snack!

As an athlete, you have a variety of eating opportunities over the course of a day. Your goal is to keep your body fueled so that it can move, run, jump and lift to the best of its ability! When the body does not have adequate nutrition, energy levels stay low and prevent athletes from performing at their optimal level. Thus it is important that athletes get three square meals (breakfast, lunch and dinner) plus 2-3 healthy, nutrient-rich snacks throughout the day.

Snacking can be a great tool for maintaining a healthy weight and keeping energy levels up. First, small meals and snacks eaten frequently throughout the day keep your body stay energized and your blood sugar stable. Second, having a healthy snack mid-morning and mid-afternoon will help you from feeling famished at the next meal and from running out of



Photo Courtesy RITA GONZALES

energy at practice. Finally, eating snacks opens the door to include more nutrient rich foods throughout the day such as fruit, yogurt, almonds and high fiber granola bars.

So what should your snacks consist of? Every snack should have two parts. First, all snacks should have some form of high fiber carbohydrate such as a fruit, an oat-based granola bar or a serving of 100 percent whole wheat crackers / pretzels. Carbohydrate is the body’s #1 source of energy and thus should be eaten often throughout the day. However, that is not all! Second, make sure your snack has a lean protein or healthy fat such as Greek yogurt, 2% string cheese, almonds, natural peanut butter or even avocado. Protein and fat slow down digestion and help you feel full faster and stay satisfied longer. Check out these five healthy snack options:

- 1 serving whole wheat crackers and 1 oz 2% cheese
- 1 high fiber granola bar and 15 almonds
- 6 oz low-fat Greek yogurt and 1 cup whole grain cereal
- 1 apple and 1 Tbs. natural peanut butter
- 1 whole wheat pita and ¼ cup avocado

For more information from Amy Goodson, MS, RD, CSSD, LD, Texas Health Ben Hogan Sports Dietician visit TexasHealth.org/SportNutrition

SUB-VARSITY NEWS

CHANGE OF DIRECTION

There are two general categories of speed: linear speed and lateral speed. Lateral speed is oftentimes simplified as agility and quickness. A popular term for this is “change of direction” (COD). The ability to start, stop and start again at high speed is a critical factor in a female athlete’s ability to put her in the best position possible to be successful. Here are 5 key points to remember for efficient change of direction:

1. Load and explode!

You load by getting low in the hips. If you don’t get low, the change of direction will be slow because you won’t have any leverage on your body weight. You can’t be high changing direction. Being too

high will lead to balance issues and wasted time. After loading, coming out of it should be viewed as an explosion, much like being shot out of a cannon. Unload with power!

2. Transition your weight properly.

When shifting your weight, be sure to keep the hips between the knees and not let your weight, your center of gravity specifically; get away from the stability of your foundation. Don’t get top heavy and don’t let your hips get outside of your knees. Always squat when you stop and take your upper body and lower body down together.

3. Get the head around.

Wherever the head goes, the body will follow. Don’t forget: everything is connected. The eyes are an important part of this. Vision is important coming out of the turns, because it sets your balance. As you drive with your legs, use your eyes to find your target. If you keep your eyes down too close in front of you, you may stumble.

4. Get the hips around.

In a training scenario, ideally, you turn as you stop so that your hips are facing the direction you want to be going next. In a competition scenario, you simply need to get them around as soon as possible. Sometimes this must come after saving a ball. This is where



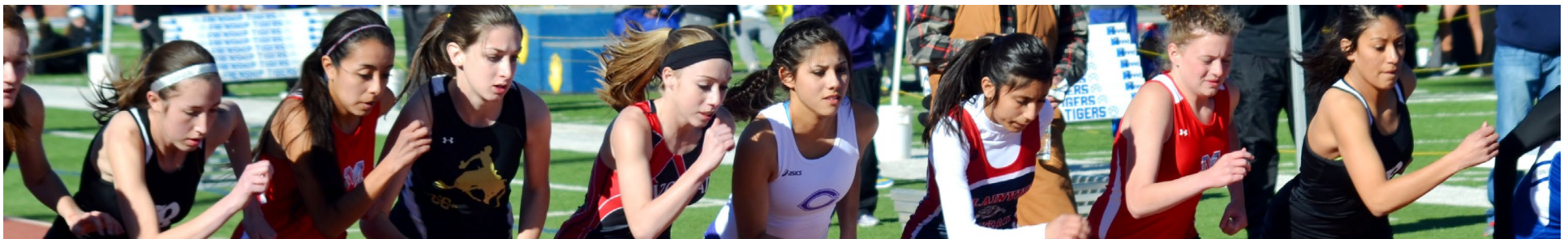
ATOZ | BUILDING BETTER COACHES

strength training to get the hips more stable helps with speed.

5. Arms

Don’t lose the arms in all of this. Remember to keep them in a good position, to pump them and to keep them in. Be in control of your limbs. Don’t swing your arms recklessly when turning. If you aren’t controlling them and using them correctly, they are slowing you down.

Work on those basics and your lateral speed will improve.



INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 STEPS FOR KEEPING YOUR KNEES HEALTHY

By Dr. Jim Peterson, Coaches Choice

1. Warm-up and stretch before exercising.

Warming up and stretching can help the knee joint in many ways, including increasing the circulation of the blood and lymph fluid into and out of joint structures and the adjacent soft tissues and ensuring that the muscles and the ligaments attendant to the knee joint are not too tight. As a result, tension on the tendons is reduced, and pressure on the knee is relieved.

2. Develop muscle balance. Strengthen the muscles of the lower body to reduce the amount of force that goes through the knees. Make sure that you maintain an appropriate muscle balance between the quadriceps and hamstrings (i.e., a 3-to-2 strength ratio is recommended) to provide an improved level of stabilization and strength for the knee joint.

3. Avoid doing too much exercise. Some individuals hurt their knees because of the overuse syndrome. Simply stated, cumulatively, they place excessive demands on their knees.

4. Avoid sudden increases in the intensity of exercise. Allow your body to gradually and progressively adapt to the demands that you impose on it. Doing too much too soon can injure your knees. Keep in mind that some actions that alter intensity level

are not as obvious as others. For example, changing your approach to exercising (i.e., running hills instead of jogging on a flat terrain) may unduly increase your level of intensity.

5. Protect your feet. Your feet (particularly how and where they strike the ground when exercising) can have a profound effect on your knees. In this regard, two of the most meaningful actions you can undertake are to wear shoes that fit properly and provide adequate cushioning and to immediately take care of any foot problem (e.g., blisters) that occurs.

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

6. Vary the mode of exercise. Using several exercise modalities keeps you from repeatedly stressing the same bones and muscle groups, thereby keeping the orthopedic stress on your knees to a minimum.

7. Be conscious of possible load forces on your knees when choosing your exercise mode. Whenever possible, avoid engaging in an exercise modality that places unduly

high impact forces on your knees (i.e., running stadium stairs, running downhill, etc.)

8. Use exercise equipment properly.

Improper use of exercise equipment can cause knee problems. For example, if you exercise on a stationary bike, check the position of the pedal crank relative to the seat post. If the crank is not relatively close to the seat post, you will place undue stress on your knees while exercising.

9. Keep your weight down. Maintaining an appropriate level of weight can reduce the stress on your knees. Excessive weight can increase your risk of degenerative conditions, such as osteoarthritis of the knee.

10. Listen to your body. Pain is your body’s signal that you may be placing too much stress on your knees. Reducing or stopping whatever is causing the stress is the primary step in ensuring that your actions don’t lead to a more serious injury.

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.

APRIL 2013

4-6	Soccer: Sectional, 4A; Area, 5A
8-9	Soccer: Regional Quarterfinals, 4A & 5A
10	Golf & Tennis: District Certification Deadline
12-13	Soccer: Regional, 4A & 5A
13	Track & Field: District Certification Deadline
15	TGCA: Soccer Nomination Deadline, 12 Noon
15-18	Golf & Tennis: Regional Meets
18-20	Soccer: State Tournament
20	Track & Field: Area Certification Deadline
23	Softball: District Certification Deadline
26-27	Track & Field: Regional Meets, All Conferences
29	TGCA: Golf Nomination Deadline, 12 Noon
29-30	Tennis: State Meet
29-30	Golf: State Meet, 4A & 5A
30	Softball: Bi-district deadline

MAY

1	TGCA: Sub-Varsity Coach of the Year Deadline, 12 Noon
4	Softball: Area Deadline
6	TGCA: Track & Field Nomination Deadline, 12 Noon
9-11	Softball: Regional Quarterfinal Deadline
10-11	Track & Field: State Meet

* 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.,
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(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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