



TGCA NEWS

DECEMBER 2013



2013-14 TGCA OFFICERS



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12.13

FEATURE ARTICLES

cover photo courtesy Nathan Meador



photo courtesy Julie Hardy

I Have Not Worked a Day in My Life

By Rodney Gee

PAGE 1

ALSO INSIDE

Cross Country Athletes of the Year ...2	Volleyball Coaches of the Year3	Online Nomination Deadlines.....5	the Month, Kay Yow
Cross Country Coaches of the Year ..2	Volleyball State Champion Coaches...3	2014 TGCA Summer Clinic5	Cancer Fund....., AD&D Benefit....., Important Dates "1"
Cross Country State Champion Coaches...2	TGCA All-Star Coaches.....3	A to Z: Bulding Better Coaches6	Sponsors 1\$
TGCA Resource Center2	Nomination Deadlines.....4	Sub-Varsity Years of Service Award.....6	
Volleyball Athletes of the Year3	Balfour Rings Information.....5	Career Victories7	
		Photos of	

I HAVE NOT WORKED A DAY IN MY LIFE

By Rodney Gee // TGCA Past President // Lorena HS



I honestly feel like I have not worked a day in my life. I often arrive in my office early in the morning and do not leave until late at night. However, that time has always been spent doing something that I love. I love coaching kids, and I hope to have a positive impact on their lives. I love the whole process of putting together a game plan and working our team toward a goal of being the best team we possibly can be. I love the x's and o's of the game. I love going to clinics and trying to find something to make my team just a little better. My favorite aspect of coaching is taking a group of young people with different personalities and different interests and putting them together on the same path.

I think my philosophy of how we do things has changed over the years. When I first started coaching all I knew was that I needed my team to score more points than the other team. However,

now I impress upon my players to be the best you can be today! We have a sign as the kids walk out of the locker room that says, "BEST IS THE STANDARD". I tell our kids that we want the best you have to offer on a daily basis. I am going to tell you that for the large part of my career that is all I have wanted from our kids. We want them to get up and come to school and be the best they can be. We want them to treat people right and do the right thing. We want a bunch of individuals who are willing to not worry about "me", but rather worry about "we".

However, I think



this is growing to be a harder and harder task.

Our kids are getting pulled by everyone in the AAU or select world. They are being told you only need to worry about yourself. Our kids go home to parents who honestly would want their kids to score 20 points a game instead of our team win 20 games. There are a lot of parents who just want to make sure the path for their kid has no problems. They are like the lead car taking a big rig down the Interstate. They want to make sure there is no trouble in front of their child. They are not preparing them for the path but rather trying to prepare the path

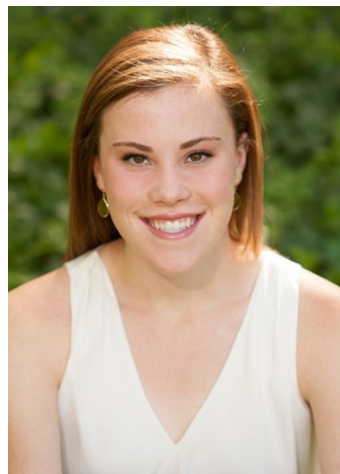
for the child. Bob Knight says that kids have not changed, but it is those people raising them who have changed. I think he is so right. We are also raising a generation of everyone gets a trophy. We do not want to hurt anyone's feelings. It does not matter how hard you work because the results are all the same. Life is still not that way, and it never will be. The only people who succeed in this world are the ones who just out-work everyone in sight! They understand that not everything will be perfect. There will be bumps in the road, and there will be some adversity. However you have to keep grinding and working. Don Meyer says you need to always have self-evaluations and evaluations of the situation around you. As coaches, we have to keep teaching work ethic, self-accountability, and that there are things bigger than you in the world. We cannot take days off and we must make a difference every day.



photo courtesy Erica Thweatt

CROSS COUNTRY ATHLETES OF THE YEAR

CROSS COUNTRY COACHES OF THE YEAR



1A-2A-3A

Ann-Marie Dunlap
Crawford High School
Coach Jason Buie

4A-5A

Natalie Rathjen
Highland Park HS
Coach Susan Bailey

1A-2A-3A

Steve Golemon
Bandera High School

4A-5A

Ray Baca
Canyon High School

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2013-14 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
1A	Will Reid	Harper High School
3A	Joshua Munson	College Station High School
5A	Justin Leonard	Southlake Carroll High School

HONORS ARE POSTED TO THE TGCA WEBSITE (WWW.AUSTINTGCA.COM) AND CAN BE FOUND UNDER THE APPROPRIATE SPORTS TAB.



photo courtesy Tony Raffaele



TGCA RESOURCE CENTER

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 easy as clicking the logo above. Please take the time to

walk through the different features offered.

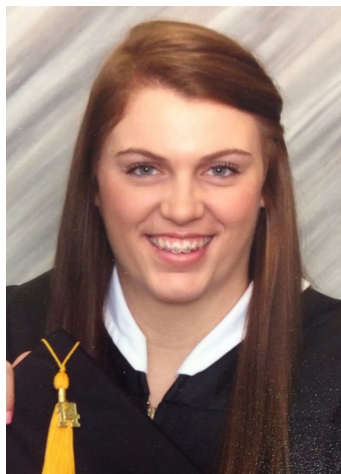
Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Association.

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.

VOLLEYBALL ATHLETES OF THE YEAR

VOLLEYBALL COACHES OF THE YEAR



1A-2A-3A

Megan Hohlt
Round Top-Carmine HS
Coach Tanya Nygrin



4A-5A

Ashley Reasor
Reagan High School
Coach Mike Carter



1A-2A-3A

Susan Brewer
Belville High School



4A-5A

Jo Anne Hultgren
Churchill High School

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2013-14 UIL VOLLEYBALL STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
1A	Tanya Nygrin	Round Top-Carmine High School
2A	JaNeen Eudy	Bushland High School
3A	Claire Benedict	Decatur High School
4A	Jan Barker	Amarillo High School
5A	Leslie Madison	The Woodlands High School

CONGRATULATIONS TO THE 2013-14 TGCA ALL-STAR COACHES

1A-2A-3A RED

Head Coach: Donald Zapalac, Schulenburg HS
Assistant Coach: Yolanda Beasley, River Oaks Castleberry HS

1A-2A-3A BLUE

Head Coach: Stacy Wolf, Windthorst HS
Assistant Coach: Maggie Hunt, Abilene Wylie HS

4A-5A RED

Head Coach: Arthur Stanfield, Southlake Carroll HS
Assistant Coach: Erin McClanahan, Prosper HS

4A-5A BLUE

Head Coach: Jo Anne Hultgren, Churchill HS
Assistant Coach: Lyndsay Hodges, Clear Falls HS



photo courtesy: Mari Harrison

NOMINATION DEADLINES

**DON'T FORGET TO
NOMINATE FOR THE
FOLLOWING AWARDS**

MEMBERSHIP DEADLINE FOR NOMINATIONS

You **must** have been a member of TGCA by **NOVEMBER 1st** to nominate athletes for honors or receive honors yourself as a coach. If you missed the deadline, you will need to file an appeal with the Executive Committee to determine your eligibility to nominate, but you must renew your membership before the appeal can be filed. You can renew your membership online at www.austintgca.com through the Membership Site with a valid credit card, or you can print a form from the the "Forms" category in the menu on the left-hand side of the home page of the website and fax or mail that with credit card information, or mail the form with a check to the TGCA office. If you need help with the renewal process, please call the office and we will be happy to help you, including your log in information. Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. We want you to always have the same membership number, so please contact us if you can't remember your information. Also, if you have had a school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office, and you will need to contact us. We appreciate your continued support of TGCA.



photo courtesy Alan Driggers

TGCA NOMINATION DEADLINE APPEALS PROCESS

The Board of Directors of the Texas Girls Coaches Association has established a membership deadline for nominations of athletes or fellow coaches for honors of November 1. Any member coach who misses the nomination deadline for membership of November 1 has the right to appeal to the Executive Committee of the Texas Girls Coaches Association. Once you have completed the necessary form and submitted it, your appeal will be sent to the Executive Committee for their determination. A copy will also be sent to your athletic director and superintendent.

Once the Executive Committee has made their determination of the appeal, you will be given written notice of their decision. Your athletic director and superintendent will also be given written notice of the decision. The decision of the Executive Committee is final.

Neither the Executive Director nor the staff of the office of the Texas Girls Coaches Association participate in the decision of the Executive Committee. Staff merely handles the details of submitting your appeal to the Executive Committee, and then forwarding their decision to you.

SUB-VARSITY COACH OF THE YEAR

Give your Sub-Varsity coach the recognition they deserve and nominate them for Sub-Varsity Coach of the Year. The deadline for Sub-Varsity Coach of the Year nominations is May 1st. Please help the Sub-Varsity Committee with their selections by providing them information about your assistant coach: In what regard and length of time you have known the nominee; professional activities or organizations they have been involved in; their relationships with students, parents, etc.; how they have helped you and your program; and any other comments or qualifications you feel would be beneficial.

HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the TGCA, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession. Nomination forms can be found on the TGCA website, www.austintgca.com, under "Forms" in the menu on the left-hand side of the page. The deadline for submission of Hall of Fame nominees will be Monday, February 24th, at 12:00 noon. All nominations must be mailed or faxed to the TGCA office, 1603 Manor Road, Austin, TX, 78722-2536, (512) 708-1325.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. The candidates need to have made outstanding contributions to girls athletics. Nomination forms may be found on the TGCA website, www.austintgca.com, under "Forms" in the menu on the left-hand side of the page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, February 24th, at 12:00 noon.

Balfour, the official ring supplier of the Texas Girls Coaches Association, is now offering student-athletes selected under the TGCA umbrella for All-State, All-Star, and Academic All-State the opportunity to purchase a ring to symbolize their achievement.

All the rings offered are custom crafted just for the individual by specialized Balfour craftsmen.

Balfour's expert craftsmanship ensures that the official TGCA ring be-

comes a distinctive keepsake and a symbol of the student-athlete's athletic or academic success.

"The Texas Girls Coaches Association and Balfour have formed a partnership to service all the ring needs for individuals selected by the association for All-State, All-Star, and Academic All-State. There have been requests, and a need for many years, for an official ring offered by TGCA for the student-athlete honors pro-

vided by TGCA. Balfour, through their passion for celebrating life-defining moments, has designed custom rings for TGCA that applaud the success of all student-athletes selected by the member coaches of the association for honors. Additional information and order forms can be seen on the Texas Girls Coaches Association website at: www.austintgca.com," said Executive Director Sam Tipton.

VIEW RINGS

ORDER FORM



photo courtesy: Colby Pastusek

ONLINE NOMINATION DEADLINES BY SPORT

All online nominations for all sports in all categories will close the Monday at noon before the state tournament or meet. Please be sure to have your nominations done on time and online. Nomination deadlines by sport for 2013-14 are as follows:

BASKETBALL

February 24

SOCCER

April 14

GOLF

April 28

TRACK & FIELD

May 5

SOFTBALL

May 26

2014 SUMMER CLINIC

The 2014 Summer Clinic will be held in Arlington, Texas, July 8-11, 2014.

The Summer Clinic schedule is currently posted to the website under the "Summer Clinic" category in the menu on the left-hand side of the homepage.

We will be using the same format as the 2013 Summer Clinic.

Be sure and mark your calendars! We will be posting all clinic dates to the website as soon as they are firmed up.

Please be sure to make plans to attend one or all of the TGCA clinics!



AT&Z | BUILDING BETTER COACHES

EMPOWERING KIDS TO SUCCEED

Hard is easy. Yelling is easy. Ignoring is easy. Connecting is hard. Impacting is harder.

There are times in sports when the perceived solution to a perceived problem is physical punishment, a raised voice or a turned back. But isn't it reasonable to think a negative action will not elicit a positive reaction?

Our philosophy is simple: as leaders of kids, we want to empower them to embrace life's challenges with a positive attitude and to always give their best effort. A to Z and DX3 believe that our responsibility as coaches is to put our girls in a position to be successful in sports, but most importantly in life.

What's best for our athletes?

The 21st Century is a different era. We know more. We see more. Science has produced data. Media has produced awareness. In this information age, we have more resources than ever to educate ourselves and increase our knowledge base.

The psychology of sports and training is something we highly value. We always say that stress is cumulative. Stress can be as much mental as physical. Kids have things going on at home, at



photo courtesy Julie Hardy

school, in their sport, in their social life, etc. Even if they are making a mountain out of a molehill (not that an adolescent girl is inclined to overreact to something trivial), their perception is still their reality.

When planning practices, meetings, etc. we have to take into account the cumulative stress on our athletes. Maybe you shorten practice the night before a major test or maybe you don't have practice the

day before a major club team tournament. Whatever small steps we as coaches can take will help keep our athletes more fresh and less prone to overuse and other types of injuries.

It is also our duty to cultivate a safe and healthy culture for our teams. The environments our female athletes spend so much time in can have a lasting impact on them. It is our responsibility as leaders of the youth of America to be cognizant of negative influences on our girls and to foster a positive atmosphere.

We have had many conversations with parents and coaches alike, asking us what we think about this place here and that place there. Our response is the same: we control what we can control. We prefer to focus our time and effort on having a positive attitude and giving our best effort, and trying to be better every day than we were the day before.

Our goal is to put coaches in a position to be successful putting athletes in a position to be successful. We learn from our mistakes and move on. Remember, it is better to be a coach with thirty years of experience instead of a coach with one year of experience thirty times.



photo courtesy Darryn Shearmire

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008, Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented with a plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.



photo courtesy Lisa Brown

TGCA CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record. Information may be e-mailed in Word format.

Volleyball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Basketball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Soccer: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Golf: Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level.

Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier (team: 6 points)
- 3 points for each state qualifier (team: 12 points)
- 20 points for team regional championship (no indiv. points)
- 30 points for team state championship (no indiv. points)

Track & Field and Cross Country: Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Points will be awarded on winning a track meet. Dual or triangular meets do not count. **Note: Cross Country and Track & Field points must be totaled separately.**

Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier (relays: 2 points)
- 3 points for each state qualifier (relays: 6 points)
- 20 points for team regional championship (no indiv. points)
- 30 points for team state championship (no indiv. points)

Softball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Deadline for submitting accomplishments is May 30

PHOTOS OF THE MONTH



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against women's cancers. For information on the Fund, visit www.KayYow.com, or to register your Play 4Kay event, go to www.Play4Kay.org. For questions please contact:

Sarah Reese Womack

Operations Coordinator
 Kay Yow Cancer Fund™
 5121 Kingdom Way,
 Suite 305
 Raleigh, NC 27607
 E-Mail: sarah.womack@kayyow.com
 Office: 919-659-3301
 Fax: 919-659-3309

To purchase merchandise from the Nike Kay Yow Collection, please contact Robin Pate at Robin.Pate@KayYow.com, or call his direct line, 919-659-3303.

AD&D Benefit (Accidental Death and Dismemberment)

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$4,000.00 Accidental Death & Dismemberment (AD&D) benefit through

your membership.

This benefit is NO cost to you. Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family

20%-60% on vision care, hearing care and prescriptions.

In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren. Contact Hether Adams for more information, (512) 517-8574, hfadams@aillife.com.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			TGCA OFFICE CLOSED			
5	6	7	8	9	10	11
				Soccer: First Day for Games		
12	13	14	15	16	17	18
			Athletics: Deadline to Accept Plans for Next School Year		Softball: First Day for Practice	
19	20	21	22	23	24	25
	TGCA OFFICE CLOSED					
26	27	28	29	30	31	
	Softball: First Day for Interschool Scrimmages					

TGCA HOTEL RESERVATIONS DIRECT LINKS

Radisson Austin - \$112.00

Crowne Plaza - \$109.00

LaQuinta - Use code TGCA to obtain the TGCA rate (Subject to Availability)

Austin Omni Southpark - \$119.00 or \$129.00 with breakfast, but you must call the hotel direct to make reservations for the breakfast rate, 1-800-THE-OMNI

These are year-round rates.

(Cannot be used during Summer Clinic). Just click on the link and the code is automatically entered.

Enjoy your stay!



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Guy in the Yellow Tie



Tom Rogers
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rtom@mesh.net



SERIOUS PERFORMANCE®

TGCA NEWS

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(512) 708-1333,
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tgca@austintgca.com (e-mail);

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Executive Director: Sam Tipton, Sam@austintgca.com
Assistant to the Executive Director: Lee Grisham, Lee@austintgca.com
Administrative Assistant: Audree Tipton, Audree@austintgca.com
Membership & Exhibitor Coordinator: Jesi Grisham, Jesi@austintgca.com
Newsletter Editor: Chris Schmidt

TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website 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.



@AustinTGCA



photo courtesy: Tony Raffaele