



TGCA NEWS

FEBRUARY 2014



2013-14 TGCA OFFICERS



President of TGCA
Kari Bensend
Frisco Centennial HS

1st Vice President
Mitch Williams
Whitney HS

2nd Vice President
Liana Gombert
Smithson Valley HS

Past President
Rodney Gee
Lorena HS

Executive Director
Sam Tipton
TGCA Office

Assistant to the Executive Director
Lee Grisham
TGCA Office



2.14

FEATURE ARTICLES

cover photo courtesy Colby Pastusek



photo courtesy Adrianna Bendick

**Influence!
Remember Who's
Watching**
By Quint Anthony,
Basketball Chair
PAGE 1

**Sports Nutrition
101: Quality Calo-
ries Myth vs. Fact**
Ben Hogan Sports
Medicine
PAGE 6

**Citius. Altius.
Fortius**
A to Z | Building
Better Coaches
PAGES 7

**10 Steps for Keep-
ing an Athlete's
Knees Healthy**
By James A. Peter-
son, Ph.D., FACSM
PAGE 9

ALSO INSIDE

2014 Summer Clinic1	Satellite Sports Clinics.....4	AD&D Benefit6	Online Nomination
All-Star Games1	TGCA Resource Center4	Profile Update Notice7	Deadlines by Sport10
TGCA Summer Clinic -	UIL Girls Basketball State	Photos of the Month.....8	Summer Clinic Info10
Spirit Division2	Tournament Information...5	Important Dates.....10	Sponsors 11
Online Registration.....3	Kay Yow Cancer Fund.....6	Hotel Reservation Links .10	

INFLUENCE! REMEMBER WHO'S WATCHING

By Quint Anthony // TGCA Basketball Chair // Greenwood HS



In a time when television and the internet show every game, highlight, and controversy that takes place in sports, it is easy to forget that young athletes are being more influenced by a whole different culture of professional and collegiate athletes and individuals connected with the game of basketball than what we had just a few short years ago. They witness firsthand the constant abuse of fame that happens to great athletes and coaches as they contend with the stress and demands from being in the public eye. The media is filled with reports on the law breakers, substance abusers, and the down side of professional and collegiate athletics. Seldom do they report

on positive events that happen just as often but are not as news worthy as scandals and the poor judgments that always make the headlines. Just look at the attention that a recent collegiate player received for going into the stands and pushing a fan! As coaches, we must learn to turn these situations into lessons for our players so they can avoid the same mistakes later in their careers. But, the constant barrage of negative influence does exist on a daily basis. So it is important that the influence we have on others impacts them in a positive way.

In the coaching profession we all have been guided, as we started out our careers, by coaches and

administrators who have left an impact not only on how we coach, but also on the way we conduct ourselves on a day-to-day basis. I have been fortunate in my career to learn from some of the best while coaching at Greenwood and Shallowater. Chuck Darden, Keith Kitchens, and Ray Morris took me under their wing at Shallowater when I was just getting started and taught me not only the game of basketball but how to develop a winning program. At Greenwood, Steve Taylor guided me in my first head coaching job and showed me how to coach with compassion and a true love of the profession of coaching. I wonder sometimes where I would be today if these men had not taken the

time to share with me their knowledge and friendship. And then I ask myself if I am giving back to those who I have the chance to influence in the same way. I once heard a lecture where the speaker said, "Always be in the process of training someone to be able to take your place when your time is done. Only then are you truly giving back to your profession." It is important that we look at our younger coaches and realize that we have the chance to influence them in their coaching careers in the years to come. We must take the time to pass on all of the vital information that we have learned

CONTINUED ON PAGE 2

2014 TGCA SUMMER CLINIC

Arlington Convention Center // Spirit Division - July 7-8 // Athletic Division - July 8-11

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Rangers Ballpark, AT&T (Cowboys) Stadium; and many more attractions. It is definitely a family oriented venue.

Registration for the Spirit Division of Summer Clinic will be held on Monday and Tuesday, July 7 - 8, in the lobby of the Sheraton Arlington Hotel, 1500 Convention Center Drive, beginning at 8:00 a.m. both days.

The TGCA All-Stars will be housed on the University of Texas at Arlington campus at Kalpana Chawla Hall, 901 South Oak Street.

The TGCA Honor Awards Luncheon will be held Wednesday, July 9, 6:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard.

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 Clinic 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 to get the TGCA rate. It 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 "2014-15 Printable Mem-

bership Form". Until we have completed updating the website to include the Spirit Division, which should be done soon, cheerleading coaches may download the printable form and mail with a check to 1603 Manor Road, Austin, TX, 78722, or fax with a valid credit card number to 512-708-1325.

The 2014 TGCA Summer Clinic Agenda for the Athletic Division and the Spirit Division have been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic dates. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2014 Summer Clinic Program - Athletic Division" or "2014 Summer Clinic Program - Spirit Division".

We look forward to seeing you in Arlington at the 2014 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

ALL-STAR GAMES

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

Volleyball and Basketball will both be at Arlington Lamar High School, 1400 Lamar Boulevard.

Softball will be at Workman Complex, 701 East Arbrook Drive.

Track & Field and Cross Country demonstrations will be at Cravens Field, 1400 Lamar Boulevard.

Track and Cross Country All-Star introductions will take place at Arlington Lamar High School, 1400 Lamar Boulevard, during halftime of the 1A-2A-3A All-Star basketball game.

All-Star activity schedules can be found on the website, www.austintgca.com, under the Summer Clinic tab in the menu on the left-hand side of the page.

2014 TGCA SUMMER CLINIC SPIRIT DIVISION

Arlington Convention Center
Spirit Division – July 7 – 8, 2014

The Texas Girls Coaches Association is pleased to announce the 2014 TGCA Summer Clinic – Spirit Division, designed for cheerleading coaches. The clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, in Arlington, Texas, July 7-8. The University Interscholastic League, through a proposal from the UIL Medical Advisory Committee, now requires cheerleading coaches to undergo the same health and safety training as an athletic coach. TGCA, through the help and guidance of the UIL and Varsity, has designed an agenda to help meet the needs of the cheerleading coaches for the health and safety requirements. There will also be technique training to help better serve safety issues when the coaches are training their squads for competition. TGCA was approached by the UIL, superintendents, athletic directors, and cheerleading coaches to help in addressing and achieving the

new safety and health issues, along with technique training for the coaches involved in the activity. The Board of Directors of the Texas Girls Coaches Association feels this endeavor will ensure all coaches in Texas will have an equal opportunity to be trained in health and safety, state law, and technique to better fulfill their job description as a coach of extracurricular activities.

TGCA is asking current members of the Association to distribute to their cheerleading coaches, principals, and superintendents information on the 2014 TGCA Summer Clinic – Spirit Division. A cheerleading coach must be a member of TGCA to attend the Summer Clinic. Any member cheerleading coach will be allowed to submit nominations for Academic All-State for the 2014-15 school year for those senior cheerleaders that meet the criteria, but the coach must be a member of TGCA before the November 1st membership deadline

for nominations. Refer all parties to www.austintgca.com and click on Summer Clinic on the left to view the Spirit Division agenda, or call the TGCA office at 512-708-1333 for further information.

We are in the process of updating our website to include the Spirit Division information and page. We thank you for your patience in the completion of getting it set up. There are printable membership and clinic registration forms on the website under the “Forms” category in the menu on the left-hand side of the page. Until we get the website update completed, we would ask the cheerleading coaches to use the printable form and mail that to us with a check, or fax it to 512-708-1325 with a valid credit card number. We are working diligently to get the update completed for the on-line registration for the Spirit Division, and hope to have that done very soon.

INFLUENCE! REMEMBER WHO'S WATCHING

CONTINUED FROM PAGE 1

from those before us. I am fortunate at Greenwood to have one of my ex-players as one of my assistants. I see her every day growing in her coaching career and I hope that I have played a small part in making her successful.

Influence can also play a huge role in encouraging athletes to want to be in your program. We remind our players constantly to remember that, “Someone is always watching you”. What we mean is that younger girls who dream of one day putting on that varsity uniform and getting out

on the floor are watching to see how our current varsity players play the game. We try to involve our middle school and elementary girls to participate and interact with our varsity players as much as possible. I know that this is not easy for bigger schools that have several campuses spread out all over town, but I think it is vital in continuing a strong program. I feel it is also important for head coaches to be interested in and attend events both at the middle School and elementary. You never know when that girl who won the first grade spelling bee might grow up to be an All-State player

for you one day!

Athletics is one of the best character building tools that is still available to students in today's schools. It is vital that we continue to teach and learn the life lessons that athletics offers and pass them on to the next generation of athletes and coaches. The influence that sports media has on today's youth, the influence that experienced coaches can have on younger coaches, and the influence that high school athletes can have on future athletes can be an important part of a successful basketball program. The choice to use it to your advantage is up to you. But remember, good influence or bad, someone is always watching.

photo courtesy: Adriana Bendick

TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER SPIRIT DIVISION - JULY 7-8, 2014 ATHLETIC DIVISION – JULY 8-11, 2014

ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online 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. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. Until we have completed the update of the website to include the Spirit Division, which we are in the process of doing and should have done very soon, if you are registering for the Spirit Division, please use the printable registration form described below. **You must be a member of TGCA to attend either division of Summer Clinic.**

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 page of the website, 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.

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online 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, “**2014-15 Printable Membership Form**”. You can print the form out, complete it, and mail it with a check or credit card number or fax it with a valid credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536, fax (512) 708-1325.

ON-SITE REGISTRATION

On-site registration for the Spirit Division will be available Monday, July 7, beginning at 8:00 a.m., and Tuesday, July 8, also at 8:00 a.m., in the lobby of the Sheraton Arlington Hotel, 1500 Convention Center Drive. On-site registration for the Athletic Division will begin Tuesday, July 8, at 10:00 a.m., in the Arlington Convention Center, 1200 Ballpark Way. You may pick up your clinic packet, if you have pre-registered, beginning at those times, also.

HOTEL INFORMATION

Hotel online reservation services will open 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 Arlington 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

Baymont Inn & Suites

2401 Diplomacy Drive
King, Queen/Queen -- \$80.00

Crown Plaza Suites Arlington

700 Avenue H East
King Suite/Double Suite --
\$114.00

Hilton Arlington

2401 East Lamar Boulevard
Standard King --\$115.00
Standard Double/King Deluxe
-- \$125.00

Holiday Inn

1311 Wet N Wild Way
Standard King/Standard Double
Queens -- \$109.00

La Quinta Arlington North

(Next to Six Flags)
825 North Watson Road
Standard Doubles/Standard
King/King Accessible/King
Deluxe -- \$107.00
All Suites -- \$121.00

Sheraton Arlington

1500 Convention Center Drive
Single/Double/Triple/Quad --
\$129.00

TGCA 2014 SATELLITE SPORTS CLINICS

2014 TGCA
SATELLITE SPORTS
CLINICS LOCATIONS

TGCA will be hosting five Satellite Sports Clinics in 2014. 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.



photo courtesy Wendy Seale

**2014 SAN ANTONIO
SPORTS CLINIC**
Site to be Determined
San Antonio, Texas
May 16 – 17

**2014 REGION I
SPORTS CLINIC**
Site to be Determined
Lubbock, Texas
June 13 - 14

**2014 HOUSTON
SPORTS CLINIC**
Site to be Determined
Houston, Texas
June 18 – 19

**2014 VALLEY
SPORTS CLINIC**
Site to be Determined
City to be Determined
July 15 – 16

**2014 EL PASO
SPORTS CLINIC**
Site to be Determined
El Paso, Texas
July 17 – 18

**Will be updated as more
information becomes available.*



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.



photo courtesy Dale Wilkins

2014 UIL GIRLS BASKETBALL STATE TOURNAMENT

FRANK ERWIN CENTER: FEBRUARY 27 - MARCH 1, 2014

THURSDAY, FEBRUARY 28

Conference 1A Division I Semifinals

8:30 AM - Plains vs. Santo
10 AM - Weimar vs. Kerens

Conference 3A Semifinals

1:30 PM - Argyle vs. Geronimo Navarro
3 PM - Waco La Vega vs. Abilene Wylie

Conference 4A Semifinals

7 PM - Canyon vs. Georgetown
8:30 PM - Northside Brennan
vs. McKinney North

FRIDAY, FEBRUARY 28

Conference 2A Semifinals

8:30 AM - Hallettsville vs. Wall
10 AM - Brock vs. Franklin

Conference 1A Division II Semifinals

1:30 PM - Calvert vs. Roscoe Highland
7 PM - Lipan vs. Nazareth

Conference 5A Semifinals

3 PM - Duncanville
vs. San Antonio Wagner
8:30 PM - Manvel vs. Plano West

SATURDAY, MARCH 1

8:30 AM - Conference 1A Division I Finals

10 AM - Conference 3A Finals

1:30 PM - Conference 2A Finals

3 PM - Conference 4A Finals

7 PM - Conference 1A Division II Finals

8:30 AM - Conference 5A Finals

PARKING INFORMATION

There are several parking garages available to the public on the University of Texas campus, as well as the area surrounding the Frank Erwin Center.

To avoid possible ticketing or towing of your vehicle, be sure to read all signs carefully

and park in the appropriate parking areas. Please note, public parking is only available in UT parking lots when a cashier is present.

CLICK HERE to purchase parking prior to the tournament through The University of Texas Parking and Transportation Services.

Select The Frank Erwin Center - UIL Girl's Basketball.

For more parking information, visit the UIL website at www.uil-texas.org/basketball/state-girls/girls-basketball-state-tournament-spectator-information

NIKE COACHES PARTY at the 2014 UIL GIRLS BASKETBALL CHAMPIONSHIPS

Friday, February 28th

12PM-7PM

Scholz Garten

1607 San Jacinto

Austin, TX 78701

- VISIT WITH NIKE AND TEAM DEALER REPRESENTATIVES
- CHECK OUT THE NEW LINE OF NIKE BASKETBALL UNIFORMS
- PREVIEW THE 2014 NIKE TEAM APPAREL AND FOOTWEAR
- ENJOY COMPLIMENTARY FOOD & DRINKS*
- PARTICIPATE IN THE RAFFLE (EVERY HOUR) TO RECEIVE NIKE PRIZES*

CLICK HERE TO RSVP

MUST RSVP TO RECEIVE DRINK TICKETS AND FOOD VOUCHERS

TO PARTICIPATE IN THE RAFFLE YOU MUST BE WEARING NIKE PRODUCT ONLY



SPORTS NUTRITION 101

Quality Calories Myth vs. Fact

MYTH: "I lifted for an hour this morning and practiced three hours this afternoon and burned a ton of calories! It's fine for me to have a bacon cheeseburger and fries French for dinner...I deserve it!"

FACT: The truth is foods high in saturated fat like French fries

and bacon can actually cause inflammation in the body thus preventing proper recovery post-workout. Choosing foods that are rich in vitamins, minerals and antioxidants like fruits, vegetables and whole grains, help decrease inflammation and help promote recovery. Thus

choose a meal with lean protein, whole grains, vegetables and fruit post-workout to get bigger, stronger and faster!

HAVE A QUESTION? ASK AT
AMYGOODSON@TEXASHEALTH.ORG,
REGISTERED DIETITIAN AT TEXAS HEALTH BEN HOGAN SPORTS MEDICINE.



photo courtesy: Deena Byrd



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.

Latin doesn't have to be your second language to recognize that Olympic motto "Faster, Higher, Stronger." Did you watch any of the Winter Olympics? It truly is a spectacle, the stage of global athletic competition. Aside from the fanfare, there is something truly special about the level of competition. We hope you took advantage of the opportunity during the Olympics to encourage your girls to watch some of the action. Teachable moments are all around us and the Olympics are no exception. Embodied in the Olympic athletic is a power that only comes through preparation and participation. As you look back on the games think of instances where each of the following was notably on center stage.

THE POWER

These are the fastest, the highest and the strongest athletes in the world – the epitome of athletes, they dominate their sport. There is even power in the mental toughness it takes to be the best at that level, especially in events like the skeleton where you know mistakes can be fatal.

Look at the angles. Olympic athletes have to have the most efficient movement patterns and their bodies need to be operating with such synergy. We always talk about how me-



photo courtesy Darryn Shearmire

chanics produce efficiency and efficiency produces power (via speed and strength). Consider investing time in developing proper movement patterns with your girls and see how their bodies move better and subsequently perform better. Make proper mechanics a non-negotiable and see how much more efficient and more powerful they can be.

THE PREPARATION

The coverage is so comprehensive they oftentimes have features showing what athletes have to do to get to where they are. It is good for young girls to see behind the scenes

and how an Olympian eats, trains and commits to preparing her body.

You can even hear the announcers talking about how so-and-so did "X" amount of squats and "X" amount of dead lifts to prepare for her event in skiing due to the great demand on the lower body. There is an extreme sports-specificity to an Olympian's training, of course, but it puts things in perspective for your girls. Seeing the determination of these high level athletes can motivate girls of any level to step up their game and get serious about training.

THE PARTICIPATION

Maybe you disagree, but we believe athletics should be fun. Notice how some of these athletes react with such positivity in spite of not medaling. How can you smile when you placed last in the Olympics? Because you placed last in the Olympics! You are an Olympian. But shouldn't that be your attitude always? Remember, it's a blessing to be able to play the games we love.

These athletes know this and give their best every time. They are Olympic athletes because they have prepared to be. They are determined to be the best they can and throw themselves into whatever will make them the best at their given discipline. Our girls may never be Olympians, but the determination and dedication on the training field or court and in the weight room can bring them to a place where they can celebrate their victories even when the scoreboard doesn't lean their way.

We hope that you are coaching the next Olympian; that you have the athlete that every coach dreams of having. But if you don't have teams full of them we encourage you to impress upon your athletes the importance of Power, Preparation and Participation that they might be "Faster, Higher, Stronger."



photo courtesy Brad Biggers

* ATTENTION *

TO ALL COACHES: Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. If you have changed schools, please contact us and we will be happy to change that for you. Please check your coaching experience and add information as needed. We would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.

PHOTOS OF THE MONTH: SOCCER



PHOTOS OF THE MONTH: GOLF



10

STEPS FOR KEEPING AN ATHLETE'S KNEES HEALTHY

By James A. Peterson, Ph.D., FACSM

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 the athlete maintains an appropriate muscle balance between the quadriceps and hamstrings (i.e., a strength ratio of 3 to 2 is recommended) to provide an improved 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. Athletes should allow their body to

gradually and progressively adapt to the demands that they impose on it. Doing too much too soon can injure their knees. Keep in mind that some actions that alter intensity level are not as obvious as others. For example, changing the approach to exercising (i.e., running hills instead of jogging on a flat terrain) may unduly increase the level of intensity at which an athlete exercises.

5 Protect the feet. The feet (particularly how and where they strike the ground when exercising) can have a profound effect on a person's knees. In this regard, two of the most meaningful actions that can be undertaken 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.

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

7 Be conscious of possible load forces on the knees when choosing an exercise mode. Whenever possible, athlete's should

avoid engaging in an exercise modality that places unduly high impact forces on the 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 an athlete exercises on a stationary bike, the position of the pedal crank relative to the seat post should be checked. If the crank is not relatively close to the seat post, she will place undue stress on her knees while exercising.

9 Keep body weight down. Maintaining an appropriate level of weight can reduce the stress on a person's knees. Excessive weight can increase an individual's risk of degenerative conditions, such as osteoarthritis of the knee.

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

James 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				GIRLS BASKETBALL: STATE TOURNAMENT		1
2 TGCA: Board of Directors Meeting	3	4	5	6	7	8
9	TGCA CLOSED: SPRING BREAK				14	15
16	17	18	19	20	21	22 Soccer: District Certification Deadline, 4A
23	SOCCER: BI-DISTRICT, 4A		26	SOCCER: AREA, 4A; BI-DISTRICT, 5A		
30	31 Soccer: District Certification Deadline, 5A					

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

Orangewood Suites - \$85.00 (King Suite w/ Couch) or \$105.00 (King w/ Queen Loft, 2 bathrooms)
Group Code: TGCA (Subject to Availability)

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 on-line. Nomination deadlines by sport for 2013-14 are as follows:

SOCCER
April 14

TRACK & FIELD
May 5

GOLF
April 28

SOFTBALL
May 26

2014 TGCA 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!

THANKS TO OUR SPONSORS



The power to do more



- American Income Life
- Athletic Supply
- Baden
- Balfour
- Coaches Choice
- Dell
- Gandy Ink
- Gulf Coast Specialties
- Jerry's Sporting Goods
- MaxPreps
- Mizuno
- Nike
- Russell
- Speedline
- Stromgren Supports
- Guy in the Yellow Tie - Tom Rogers Financial & Insurance Associates

Guy in the Yellow Tie



Tom Rogers
403(b) Annuities
rtom@mesh.net

SERIOUS PERFORMANCE®

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);

It is published nine times per year, September through May.

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 Lisa Brown