



# TGCA NEWS

JANUARY 2014



## 2013-14 TGCA OFFICERS



**President of TGCA**  
Kari Bensend  
Frisco Centennial HS

**1st Vice President**  
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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



## FEATURE ARTICLES

cover photo courtesy Russell Rinn



photo courtesy Wendy Seale

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TGCA President

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son, Ph.D., FACSM

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# J.D.K.

By Kari Bensed // TGCA President // Frisco Centennial HS



**D**ear Fellow Coaches,  
I hope your holiday was a refreshing time for you to be with family and friends and enjoy the time together. I also hope you got a little time to yourself; it's always good for the soul. I wanted to give a shout out to all of our fall sports and those who coached them. Congratulations on great seasons by all. There was some unbelievable district, regional and state competition! You may have made the play-offs or you may not have, but no matter how your season fell for you and your team, you made an impact on those you coached and their parents. Thank you for a job well done.

I have sought wisdom from many people during my 31 years as a coach and teacher and wanted to share some valuable lessons I have been

given with you to start the new year off. I have always loved reading, and yes, real books are still fun to hold and page turn! I hope some of these thoughts might make you reevaluate some part of your system and maybe make it a little better for at least a small part of your program.

My mantra has always been "it is not about you and it never will be" so let's think in terms of how we can make our kiddos better individuals. And maybe along the way, we can get a little better too! I have taken to putting thoughts and sayings on a calendar outside my office so, as the kiddos stroll by in their own little worlds, MAYBE they will glance up and read one or two of them. Here is my January list and the lesson I hope can be taught by each. Many can be used with our fellow adults and par-

ents but let's just stick to the kiddos and ourselves for now. Some seem simple enough. These are my top ten:

1. Don't squat with your spurs on – research tells us that by the age of 8 we know right from wrong, stay away from what is not so good for you, and if you do it once, try not to do it again!
2. Talk slowly, think quickly – shh-hhh, you don't always have to say what you are thinking.....reevaluate your thoughts, take a deep breath and then just be quiet for a moment longer, learn to be a little more PC.
3. Remember that silence is sometimes the best answer – see number 2.
4. Good judgment comes from experience and a lot of that comes

from bad judgment – it's OK to make a mistake or an error in judgment, that's called life, try to stay away from those who don't want you to fail at least a little, that's what makes the lesson a good one, and as an adult - don't stop learning lessons.

5. Live a good and honorable life. Then when you get older and think back, you'll enjoy it a second time – learn how to make good decisions and your path becomes a little easier and a lot less rocky.
6. If you find yourself in a hole, the first thing to do is stop digging – the more you dig the deeper you get, sometimes the more you talk the worse it gets, shhhh.....

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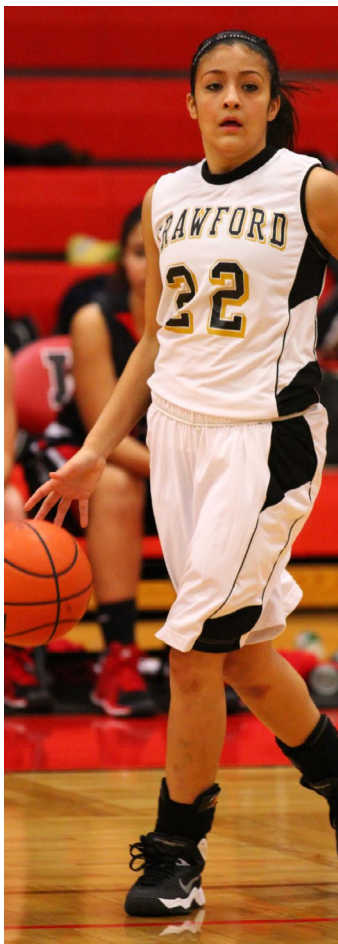


photo courtesy: Nathan Meador

## TGCA SUMMER CLINIC - SPIRIT DIVISION

July 7-8, 2014 // Arlington Convention Center – Arlington, Texas

The Texas Girls Coaches Association is a service organization for member coaches. TGCA has made available resources and clinics for over sixty years to assist the member coaches in meeting state law requirements and University Interscholastic League policies and guidelines. The Association has been instrumental in meeting these demands through a resource center designed for the needs of all coaches, online concussion training to meet state law requirements, satellite sports clinics established for sub-varsity/ intermediate school coaches, and the annual Summer Clinic which fulfills all needs of the coaches for professional development. We have done all these things under the Athletic Division of the TGCA.

The Texas Girls Coaches Association has been approached by the University Interscholastic League, various superintendents and athletic directors, and cheerleader coaches for help in achieving new

safety and health issues relating to cheerleading. These health and safety standards for cheerleaders were proposed by the UIL Medical Advisory Committee and passed as policy by the UIL Legislative Council. Cheerleader coaches are now required to go through the same training as an athletic coach under UIL guidelines. It is felt that the Texas Girls Coaches Association, in conjunction with the annual Summer Clinic, can incorporate our expertise to help train cheerleader coaches in the health and safety procedures required by state law and the UIL. We will, at the Summer Clinic in Arlington, hold a clinic for cheerleaders. This Spirit Division of Summer Clinic will be held all day on Monday (July 7) and until noon on Tuesday (July 8). This will not have anything to do with the Athletic Division. This will be a separate entity called the TGCA Spirit Division. This has been thoroughly discussed and approved by the TGCA Board of Directors. The

Board feels this allows the schools in Texas to have a one place shop to provide educational services and requirements of health and safety for all coaches. Nobody has the capability of training coaches and hosting clinics like the Texas Girls Coaches Association. TGCA feels this endeavor will ensure all coaches in Texas will have an equal opportunity to be trained in health and safety and state law to better fulfill their job description as a coach of extracurricular activities. The agenda for the TGCA Spirit Clinic is in the process of being devised with the help of an advisory group of directors from the Texas Association of Cheerleading Coaches and Advisors (TACCA) and the Universal Cheerleaders Association (UCA). Health and safety, along with sportsmanship, are the main reasons participation in extracurricular activities is so important in the overall educational process of our schools. TGCA has in the past, and will in the future, be a resource to provide training services for member coaches to enable them to protect the most important commodity we possess, our youth.

# 2014 TGCA SUMMER CLINIC



Arlington Convention Center  
Spirit Division – July 7 – 8, 2014  
Athletic Division July 8 – 11, 2014

## ALL-STAR GAMES

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.

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](http://www.austintgca.com), under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the

page. Please be sure you choose the "2014-15 Printable Membership Form".

The 2014 TGCA Summer Clinic Agenda for the Athletic Division has been posted on the TGCA website, [www.austintgca.com](http://www.austintgca.com), and will be updated often as we progress toward Summer Clinic dates. The Spirit Division agenda will be posted in March. 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 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 half-time of the 1A-2A-3A All-Star basketball game.

All-Star activity schedules can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the Summer Clinic tab in the menu on the left-hand side of the page.

## J.D.K.

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Are you seeing a pattern here? Now don't get me wrong, my kiddos and I do a lot of conversing, but I think it is extremely important to know HOW and WHEN to say things and sometimes WHAT to say. Take our local newspaper for instance. Be careful not to allow the kiddos to freely chat with the reporters, sometimes what is said just might fuel your next opponent's fire. Teach your kiddos what to say and how to say it, we call it J.D.K. (just don't know) and they honestly don't.

7. The easiest way to eat crow is while it is still warm – I can't lie, as a coordinator, I use this one with my entire coaching staff too. We blunder at times with other coaches, parents and kiddos. Eat crow before it gets cold. Work to solve the misunderstanding

quickly. Just because you want it to go away, does not mean it will if you don't take care of the situation. It's OK for a kiddo to know you made an error and it is certainly OK to apologize for that error. There have been kids I meant to get in the game and I just didn't. Rather than let it fester in that kiddo's mind, just tell them you messed up. You will be surprised how different your relationship becomes with that kiddo as they actually see you as human and capable of error.

8. Timing has a lot to do with the outcome of a rain dance – Timing has ALWAYS been everything. When things don't go the way we want them to in a practice, try skipping to something else and then go back to the other a little later. I know as a young dumb coach I said many times "we will do this drill till we do it right, even if it takes all practice!"... Really, does ANYONE get ANY-

THING out of that???? For you who are young...the answer is no. Just take my word for it on this one.

9. You can't tell how good a man or a watermelon is until it gets thumped – Character shows up best when tested. Guess what... J.D.K., the kiddos don't know about this either. Help them develop a strong one on the competition field, court, course, etc. Nothing defines us like our actions when things get tough. Work this concept hard in practice so that when the competition begins, they think it is easy. And make sure you are the positive role model you want your kiddos to act like. Remember, monkey see, monkey do.

10. This last one is my own but I believe it with all my heart. The hearts of our kiddos are so very fragile and we hold them all in our hands. We will, at times, without thinking or even knowing, drop

one and break it. The only thing we can do is pick up all the tiny pieces and try to put them back together as best we can. Some will mend quickly and all will be well. But others will not. That my friends, is life. Be patient and those that did not mend quickly usually find their way back with some hard work by you.

I have so many more lessons to learn before I am done. If you have one that has meant a lot to you, please send it my way. I love to learn new things and be reminded of those I have forgotten or buried for a while. My email address is [bensendk@friscoisd.org](mailto:bensendk@friscoisd.org). I look forward to seeing many of you in your competitive arenas throughout the spring. Good luck to each and every one of you and let's work together to make 2014 a banner year for our kiddos, our programs and TGCA! Don't stop learning!!!

Every day may not be good but each of us can find something good in every day!!!

# 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](http://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 Deena Byrd

**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 Susan Leinweaver

# 2014 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 2014-15 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2013-14 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](http://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 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 2014 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 2014-15 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 2014-15 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](http://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.



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](http://www.KayYow.com), or to register your Play 4Kay event, go to [www.Play4Kay.org](http://www.Play4Kay.org). For questions please contact:

## Sarah Reese Womack

Operations Coordinator  
Kay Yow Cancer Fund™  
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Suite 305  
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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](mailto: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](mailto:hfadams@aillife.com).

# RAIN MAKES US FLEX

The rainy day...it happened again. You know what that means: change.

Are you prepared for the rainy day? The day where you were planning on being outside with your girls and one wee little bit of lightning or a torrential downpour got in the way. The day where of course every possible team in the school has a scheduled session so collectively everybody converges on all available indoor space. The day where you find yourself with no ideal space to train and yet still so much to accomplish.

The rainy day is inevitable, even in parched Texas. So you need to be prepared. Sometimes you may need to live to fight another day by conceding a day off. However, if you're determined to do work, what's the plan?

We want to offer some suggestions with respect to your available time, space and resources.

**TIME:** Be flexible and aware. Rain creates so many variables. If training is going to happen, it shouldn't come at the expense of safety. Let kids take care of small things like keeping their bags dry and communicating with teammates and rides what the game plan is. Your time may be short, so as with training, it needs to be about



photo courtesy Ryan O'Donnell

quality, not quantity. Don't try and cram in more than you should, instead focus on proper technique and maximum effort.

**SPACE:** Be flexible and diplomatic. Defer to the teams that already have space reserved, be it a court or weight room, accommodate whomever you must and settle on something so you can be productive. Maybe all you can use is a wall in the gym? Maybe you are relegated to the cafeteria or simply a hallway? The space may dictate the program, but so be it. Maybe running is not an option; core work can be done anywhere. A lot of

work can be done in a small space. You have to be willing to flex and take advantage of what is available, not lament on what isn't. Speaking of flexibility, maybe some quality stretching will be it for the day. How many of your girls are too flexible? A flexibility session can pay off greatly, especially in the midst of a grueling season.

**RESOURCES:** Be flexible and creative. Any and all available equipment is an option. If you did ladder drills the last two days yet ladder is the only thing available, go for it. Add variations like putting a ball in their hands or band

around their ankles. If you want strength work, check to see if the numbers game works in your favor and each of your girls can grab a kettlebell, dumbbell, plate or med ball. An entire workout can be done with a single weight. Be creative mixing push and pull exercises, varying the reps based on the amount of weight. If those aren't options or they get taken out of the equation, then body weight it is. You know what they say about a last resort, it's still a resort! You may be surprised what can be done only using body weight for resistance!

And remember, all athletes need a strong core. If all you do for the entire training session is core work, your athlete's will probably be completely worn out and will certainly benefit.

Last piece of advice: be flexible (have we mentioned that yet!). Your best chance at survival in the chaos of the rainy day is to be able and willing to adapt to change. Kids typically enjoy the change in the normal routine much more than the coach. Take advantage of the opportunity to change things up and show your athletes something new. Like Stevie Wonder said, "You've got to work with what you've got to work with."



photo courtesy: Nathan Meador

## \* 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



# TGCA CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, 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.

**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.

**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 area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship (no individual points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (no individual 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

Revised by vote of the Board of Directors June 2, 2013





# UIL Track & Field Director's Report

University Interscholastic League

PO Box 8028, Austin, TX 78713 | 512-471-5883 | [www.uil texas.org](http://www.uil texas.org)

**An Update from Traci Neely,**  
UIL Track & Field State Meet Director



## JANUARY 2014

### WELCOME

The UIL track and field season is here! I hope all of you had a restful off-season and that your participants are ready to begin another high performance year in Texas for track and field. This is the first of many communications throughout your season. Please feel free to contact me at the UIL office if you have further questions or need discussion.

### Reminders

Each coach must complete the Rules Compliance Program every year. You can access the online UIL required course here:

<http://www.uil texas.org/athletics/rules-compliance-program>

The link to the full track and field manual is:

[http://www.uil texas.org/files/athletics/manuals/TF\\_Manual\\_13-14.pdf](http://www.uil texas.org/files/athletics/manuals/TF_Manual_13-14.pdf)



### Meet Allowances

This is a reminder for the changes that are effective for this new season. The policy has remained the same with one exception: the loss of one invitational meet for the regular season for a total of only seven invitational meets for each participant. No student representing a participant school shall participate in more than **seven** invitational meets during the school year, excluding one district, area, regional meet and the state meet. That means that **each** participant has seven meets in which they can run and I understand that many times you do

not take the entire team to every contest or possibly some athletes compete at a different meet than others. The benefit that many of you have realized comes with the unlimited number of dual and triangular meets that are allowed during the season, provided that there is no loss of school time for those meets.

**School week:** A student or team representing a member school shall participate in no more than one scrimmage, contest, or meet per school week. School week is defined as beginning at 12:01 am on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays. Meets, which are limited to three or fewer schools, do not count as a meet for teams or participants, provided there is no loss of school time.

Only eligible students are allowed to compete at UIL member school hosted meets; however, if you have a participant that is not eligible due to a residency issue, then a JV heat is permissible.

**Indoor or non-school meets:** According to UIL rules, student athletes are allowed to participate in non-school activities at any time during the school year and summer. Local school districts are allowed to have policies that are more restrictive than UIL rules, if they so choose. Check with your local school district for their policy. As the policy pertains to indoor track meets during the school year, schools must consider all of the following:

### Constitution and Contest Rules section 1209 - UIL Guidelines for Off Season and Non School Participation:

VII. NON SCHOOL PARTICIPATION -  
INDIVIDUAL SPORTS: CROSS-COUNTRY, GOLF,  
SWIMMING, TENNIS, TRACK AND FIELD AND  
WRESTLING

During the school year, coaches of individual sports are allowed to work with student athletes from their attendance zone in non-

school practice during the school year with limitations. Coaches should be aware that any time spent working with a student athlete from their attendance zone in grades 7-12, whether in school or non school practice, will count as part of the eight hours of practice allowed outside of the school day during the school week under state law.

School coaches that attend, instruct, transport and/or supervise students from their school attendance zone to an indoor or non-school track meet must count that meet towards the maximum seven allowable meets for that specific individual student that competes. Students that enter with the school name will also be required to count the non-school meet towards the allowable limit.

For clarification purposes, students that participate in a non-school/indoor track meet and do not enter using the school name, utilize school equipment, transportation, instruction or funds would be allowed, and it would not count against the allowable meet limit for the school.

According to section 1209 (f) (2) of the UIL Constitution and Contest Rules:(f) OFF-SEASON PARTICIPATION IN NON-SCHOOL TEAM SPORTS.

(2) School equipment shall not be used for non-school teams/leagues.

\* As indicated above, schools are prohibited from allowing school equipment to be utilized for non-school activities.

It would not be a violation for student athletes to raise funds for non-school participation. No school funds (including booster club funds), equipment or transportation could be involved in non-school activities. The non-school fundraiser could not be related to the school and the student athletes must do it all on their own or with the assistance of their parents.

NFHS rulebooks may be purchased from the NFHS Website: [www.nfhs.org](http://www.nfhs.org)

**\*\* NFHS 2014 SEASON RULE CHANGES \*\***  
**Rule 3.2.8 ELECTRONIC COMMUNICATION DEVICES ARE ALLOWED**

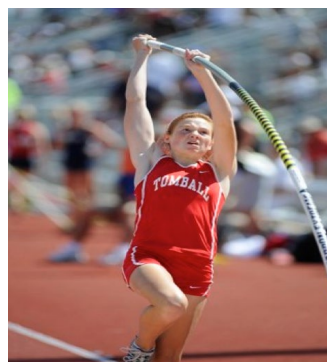
Technology advancements in the area of electronic audio and video devices have made such items easy to use and very accessible. Their use, if not used for communication during the actual competition when a competitor is on the track or completing a trial, no longer

creates an advantage or disadvantage among competitors and can serve as a coaching tool.

- Electronic devices can be used in unrestricted areas and coaching boxes, providing the location does not interfere with the progress of the meet as determined by the meet referee.
- Electronic devices may not be used for any review of an official's decision.

ADDITIONAL NFHS RULE CHANGES:

<http://www.nfhs.org/Workarea/DownloadAsset.aspx?id=9468>



**POLE VAULT PADDING NEW BOX COLLAR REQUIREMENT COMING IN SPRING 2015**

Under the Rule 7.5.24 will be a **requirement** in high school track and field beginning next spring. Pole vault planting box padding that meets ASTM specifications standards were allowed this past season and will be permitted in spring 2014, but will be **REQUIRED in 2015**. The padding can be incorporated into the design of the planting box or can be an addition to an existing planting box.

**OTHER RESOURCES ON THE UIL WEBSITE**

NFHS Adoptions – Specific to UIL meets:

[http://www.uiltexas.org/files/athletics/2014\\_NFHS\\_Rules\\_Adoptions1.pdf](http://www.uiltexas.org/files/athletics/2014_NFHS_Rules_Adoptions1.pdf)

Uniform description:

[http://www.uiltexas.org/files/athletics/Uniform\\_2014.pdf](http://www.uiltexas.org/files/athletics/Uniform_2014.pdf)

A list of useful forms to utilize for your invitational and/or district or area meets is located:

<http://www.uiltexas.org/track-field/forms>



## CHAMPIONSHIP MEET DEADLINES

DISTRICT - April 12, 2014.

AREA - APRIL 19, 2014

### UIL Championship Meet Structure:

The local districts and designated district match-ups have discretion over the qualifying format each year. District meet details are to be determined by the District Executive Committee (DEC). District meets can be skipped and the corresponding districts could elect to go straight to the Area meet.

Also, new policy approved by the Legislative Council in June 2013 allows the two corresponding districts to determine by majority vote (all schools in both districts), whether or not they hold an area meet. Schools should contact their local DEC to see which qualifying format will be used for 2014. When an area meet is held, the area meet will be facilitated by the mutual agreement of the two designated districts.

If a district does not have one or the other (district or area meets), regional competitors must be determined by either one of two scenarios: 1) no area meet held-top two qualifiers from each district to region; or 2) no district meet held - top four qualifiers from the area meet advance to region.

**State Meet news item:** The wheelchair track events of the 100m, 400m and shot put will be contested for the first time in state meet history. More information about entry procedures and qualifying requirements will be sent to superintendents and school coaches in the coming weeks.

## SUGGESTIVE OFFICIALS' GUIDELINES

**Track and Field Officiating:** One of the most important aspects of hosting a successful track meet is early selection and appointment of meet officials and meet personnel.

- Schools participating may be asked to supply some responsible adults to serve as assistant officials.
- These individuals should not be placed in positions of judgment involving students from their own school.

## Did you know?

- Track & Field is the oldest UIL sanctioned athletic activity. The first UIL Track & Field state meet was held at Clark Field on the University of Texas at Austin campus in 1911.
- Mike A. Myers Stadium has served as the site for the UIL Track & Field State Meet since 1999. Prior to that time, the state meet was held at Texas Memorial Stadium on the University of Texas at Austin campus.
- Conference, state and sometimes national records are broken at each state meet. The longest standing conference record was set in 1967 in the boys 1,600 meter run. Robert Gonzalez (Falfurrias) still holds the Conference 4A record of 4:06.14.
- The oldest state record was set in 1979 but Michael Carter (Dallas Jefferson). Carter still holds the state shot put record of 75' 9", he also still holds the national record for shot put with a 77' 0" throw from another contest in 1979.
- 2011 marked the first year a ninth qualifier was added in each conference for every boys and girls event at the State Meet.

Over the years, 20 UIL Track & Field individual state champions have gone on to win Olympic medals. Four former UIL State Champions have won two or more medals: Derrick Brew (Klein Forest), Carlette Guidry (Houston Sterling), Randel Matson (Pampa), and Jeremy Wariner (Arlington Lamar).

# 10

## COMMONSENSE SPORTS MEDICINE TIPS & GUIDELINES FOR COACHES AND ATHLETES

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

**1** An ounce of prevention. Nothing will make coaches and athletes more likely to incur an injury from the demands imposed on their bodies by coaching or playing the game than not being in tip-top condition. As such, they need to see exercise as a terrific form of self-health insurance.

**2** Listen to their body. Coaches and athletes need to be aware of the “signals” their bodies are sending them. Discomfort is a sign that they are doing or have recently done something that their body is not physically used to doing. Pain, on the other hand, is a signal that something could be seriously wrong with their body, and that they should decrease all physical activity until a determination is made concerning what exactly is causing the pain and respond appropriately.

**3** Pace themselves. Coaches and athletes should not try to do too much too soon early in the season. Instead, they should attempt to gradually expose their body to the demands imposed by their job or the sport and then progressively (over time) increase their workload. This guideline applies both on the field and in the weight room.

**4** Don't try to tough out pain. More often than not, coaches and athletes believe that they are invincible. Such a perception is often accompanied by an enhanced attitude that “nothing can stop me,” which, in turn, may lead them to ignore the pain in an effort to reinforce their perceived toughness. Overlooking the body's signal that something is

seriously wrong will only exacerbate the situation. As a result, the injury will either get worse or lay the groundwork for other more serious problems.

**5** See a physician. If the pain persists after a reasonable period of rest, coaches and athletes should see a physician—preferably one with experience with working with sports-related injuries, ideally with athletes.

**6** Remember who the smart one is. Coaches and athletes should follow the advice of their physician. If they don't believe the feedback they receive from their physician is warranted, they should obtain a second opinion. They should not expect or look for quick fixes. The primary objective should be to treat the injury in a way that is safe, sound, and sensible. As such, they should never attempt to return to their job or to play too soon. If they do, their body may suffer an even more serious injury.

**7** Keep in mind that the body is a chain. Every part of an individual's body is inexorably linked to its adjacent parts. As such, the human body is only as strong as its weakest link. Accordingly, coaches and athletes should attempt to strengthen and condition all parts of their body. They should also be aware of the fact that they could suffer an injury to one part of their body that was caused by a weakness or a problem in a different part of their body.

**8** The health-exercise connection. The value of getting sufficient rest

and eating a sound diet should never be underestimated. Although extremely worthwhile, strengthening and conditioning are not enough to prevent injuries. To keep the body as injury free as possible, the body also needs an appropriate amount of sleep and the right amount and kind of fuel (food).

**9** Balance is key. In the best of circumstances, the muscles in front of the human body are proportionally as strong as the muscles behind the human body. The basic rule of thumb is that the frontal muscles (which accelerate human movement) should be just as strong (but no stronger) than the muscles behind the body (which decelerate human movement by serving as a “brake” on acceleration). The only exception to this guideline are the muscles of the legs. The frontal leg muscles (e.g., the quadriceps) should be approximately 1.5 times as strong as the muscles behind the body (e.g., the hamstrings). If the proportional relationship is skewed, the disproportionately weaker muscles are more apt to be pulled, which is the main reason for the preponderance of hamstring pulls in athletes.

**10** Twelve months a year. Coaches and athletes should exercise all year round, including during the season. If they stop working out for any reason, the body will typically return to its natural level of fitness, whatever that might be if the individual doesn't exercise regularly. In fact, many experts believe the body will start to regress physically after 72-96 hours.

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
						1 Swimming & Diving: District Certification Deadline
2	3	4	5	6	7 SWIMMING & DIVING: REGIONAL MEETS	8 Girls Basketball: District Certification Deadline
9	10 GIRLS BASKETBALL: BI-DISTRICT Softball: First Day for Interschool Games	11	12	13 GIRLS BASKETBALL: AREA	14	15
16	17 GIRLS BASKETBALL: REGIONAL QUARTERFINALS	18	19	20	21 SWIMMING & DIVING: STATE MEET GIRLS BASKETBALL: REGIONAL	22
23	24 TGCA: Basketball Nomination Deadline	25	26	27 GIRLS BASKETBALL: STATE TOURNAMENT TGCA: Basketball All-State Committee Meeting, 5 PM	28 TGCA: Basketball Committee Meeting, 12 PM	

### 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:

**BASKETBALL**

February 24

**SOCCER**

April 14

**GOLF**

April 28

**TRACK & FIELD**

May 5

**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!

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Guy in the Yellow Tie



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## TGCA NEWS

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### TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: [www.austintgca.com](http://www.austintgca.com).

### Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

### UIL eligibility / Sport rule questions

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



@AustinTGCA



photo courtesy: Wendy Seale