



TGCA NEWS

OCTOBER 2013



2013-14 TGCA OFFICERS



President of TGCA
Kari Bensed
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



10.13

FEATURE ARTICLES

cover photo courtesy Stacy Garcia

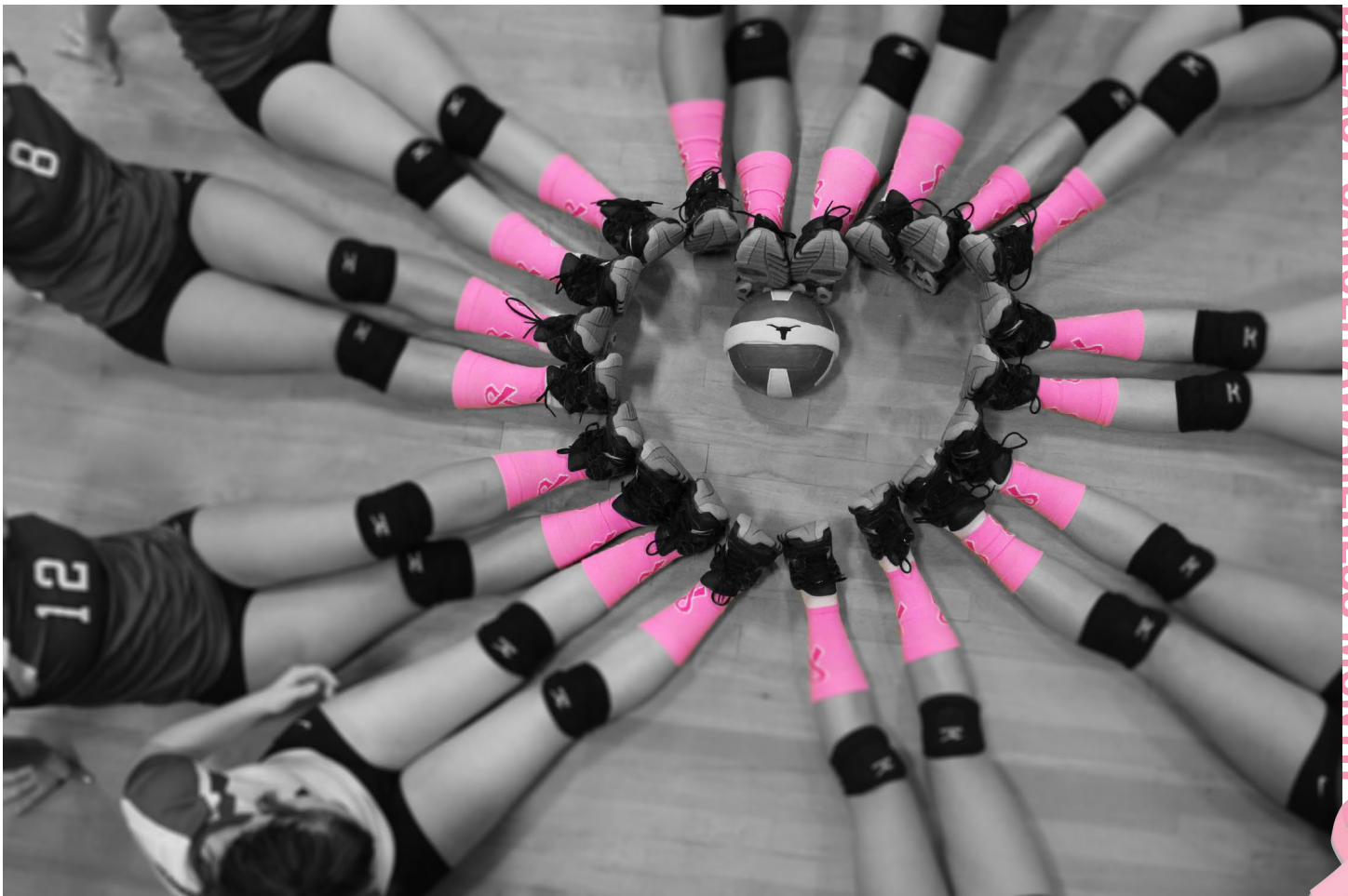


photo courtesy Leitha Thompson

BREAST CANCER AWARENESS MONTH



Finishing Your Volleyball Season
By Susan Brewer
PAGE 1

Eudy Brings Winning Ways to Bushland
By Butch Hart
PAGE 2

Mission Veterans Memorial Riding High Despite Height
By Butch Hart
PAGE 6

10 Nice-to-Know Facts About Functional Training
By James A. Peterson, Ph.D., FACSM
PAGE 10

UIL Legislative Council Meeting Results
UIL Press Release
PAGE 11

ALSO INSIDE

Volleyball Committee1
Career Victories Archive..3
HOF Nomination Criteria ..4
Cross Country Committee.....4
TGCA Resource Center ...4

A to Z: Building Better Coaches.....5
Meet the TGCA.....5
TGCA Past Presidents ...6
Online Nominations.....6
2014 Summer Clinic6

Cross Country State.....7
Volleyball State7
Balfour Rings8
Balfour Order Form9
Three R's of Concussion Management..... 11

Kay Yow Cancer Fund Charity Information 11
AD&D Benefit 11
Important Dates12
Sponsors13

FINISHING YOUR VOLLEYBALL SEASON

By Susan Brewer // TGCA Volleyball Chair // Bellville HS



To write an article for the TGCA newsletter is a daunting task...ask me to work long hours in organizing or coaching and that is a snap...but to put my thoughts onto paper for all of the coaches in the state of Texas to read... that is a tough task. Before getting started, here is a little of my background. I began coaching in 1977 and I have only coached volleyball at Bellville High School. So, that makes 37 years and right at 4 decades of coaching high school athletes in the sport of volleyball. Boy, is the sport different today, than when I began. The sport not only changed, but every year I believe that my coaching changed and became better with every year of experience. It has been my good fortune to have coached some terrific teams, nine of which have won a state championship of the fourteen that made it to the final four. Now remember, of my 37 years, 23 years we did not reach the final four and those players and teams are just as special to me.

So every year I ask myself how to pace a team and make sure "They Finish Strong At The End of the Volleyball Season"?

The current season is the most important, because we only have this one team in 2013. For me it is like Christmas, it only comes around once a year. Be ready, organized and

make the most of this season for your players!! So, I divide my season into thirds, first is pre-season, which is so fun! Every team is on a high, they are coming together, growing, improving, and participating in tournaments...the month of August is about as busy as they come. In the beginning not every team realizes the demands of an entire volleyball season and just how long it is going to last. Everybody has to love the preseason, even though it is the beginning of the separation of which teams are going to be the top contenders, or the never say die competitors. A team's identity is forged during the preseason.

Second is the district season. School has started, and the first six weeks can sometimes have the most distractions. The volleyball pace slows to two very important matches a week, more practices and the demands of the season begin to show...Many of the matches are rivalries and the ones that count the most no matter how good your team looked in pre-season. Suddenly there is more pressure, because even with four teams making the playoffs, it is crucial to have your team ready to play consistently during a schedule that could be a roller coaster. Sometimes there are problems that show up on and off the court. On the court coaches deal with practice planning, player injuries, fatigue, condi-

tioning, and weight workouts, off the court, coach's deal with academic grades, community and school activities, personal issues, and leadership problems. Every coach I know, is hoping that their team is going to be playing its very best by the end of district and if that happens for your Varsity then your team earns a third season. I call it the "super bowl season", the UIL State Playoffs.

Right now, we coaches, (Freshmen, JV and Varsity) are in the second half of District schedules so, my thoughts right now concerning this 2013 Volleyball Season is*Finishing Your Volleyball Season Strong.*

Every year, I hope to be coaching my team at its BEST by the end of the season and it is a tough job to pace a team, no matter if they prove to be outstanding, average, or they are no longer in contention...Coaches and players sometimes start like a house on fire only to burn out

very quick, some start slow and finish with a flourish at the end... by this time of the season, some teams know they have won the District, they still have a shot at a playoff berth and some know the playoffs are not going to happen. No matter what classifica-

tion your team is or what level, freshmen, JV, or Varsity they should all be coached with competitive and positive expectations. We want repeat players in our program, we want to encourage a love for the sport and our program. Coaches have to bring enthusiasm into the gym every day, especially toward the end of the season. I have found that "*enthusiasm has to be caught, not taught.*" Many coaches get tired instead of bringing their best to practice every day. Coaches have to bring the thought to practice that your team can be better and walk out feeling good about themselves and the team performance. Proof may be in winning the tougher drills, but goals should be met in your gym every day. It is always good to keep



CONTINUED ON PAGE 2

photo courtesy Barbara Dewey

VOLLEYBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Courtney Pesterfield	Lubbock Cooper HS	3A-1
Matthew Leesman	Lubbock HS	4A-1
Stacy Wolf	Windthorst HS	1A-2
Alysha Humpert	Rider HS	4A-2
Yolanda Beasley	Castleberry HS	3A-3
Tammy Clark**	Granbury HS	4A-3
Renae Whitaker	Caddo Mills HS	2A-4
Sandy Jones	Denison HS	4A-4
Denise Johnson	Tarkington HS	3A-5
Amanda McMeans	Klein Collins HS	5A-5
Susan Brewer*	Bellville HS	3A-6
Robin Gerlich	New Braunfels HS	5A-6
Patti Zenner	Poth HS	2A-7
Brandace Boren	Warren HS	5A-7
Candace Barnett	Monahans HS	3A-8
Flo Valdez	Franklin HS	5A-8

*Chair

**Vice Chair

EUDY BRINGS WINNING WAYS TO BUSHLAND

By
**BUTCH
HART**

Something veteran, something new and the Bushland volleyball program is very happy to have both as thirty-seven year coaching legend Janeen Eudy enters her second year as head coach for the Falcons.

"I think I turned the job down a bunch of times," said Eudy, who spent 13 years (with five Class 5A state volleyball championships) as an assistant to Jan Barker at Amarillo, "I got a call from former Hereford coach Brenda Kitten who said it was a real good job and I would love it but I still hadn't decided and wasn't really looking to leave."

Eudy's decision may have come more into focus one West Texas morning when Bushland athletic director and football coach Steven Flowers and a couple of his assistants showed up on the porch at the Eudy homestead. Before talking to Eudy, Flowers and coaches spent time talking to her hus-

band. The move was a good one as a little spousal support finally convinced Janeen to take over the Falcons program.

"You couldn't ask for more in a group of young athletes, they are committed, have a great work ethic, are very coachable and are driven to success," Eudy said about her Falcons team.

Eudy spent 18 years coaching in Permian ISD at Odessa before her husband was transferred way out West and the Eudy's moved to Las Vegas.

"The worst day in Texas is better than the best day in Las Vegas," said Janeen as within a year the Eudy family moved back home to West Texas.

Eudy is an extremely competent coach and has introduced a significantly more up tempo game for the Falcons who are currently 27-5 and 5-0 in District 1-2A.

"Bushland did not play the game

nearly as fast as the Sandies," said Eudy in reference to the Amarillo Golden Sandstorm team, "We are picking up the level of transition and running our offense at a much quicker pace."

Evidence of the Falcons success is clear, not only in their 16 wins over larger classification schools but the fact that their five losses this season came against traditional volleyball powers: Amarillo (twice), Tascosa, Canyon Randall and San Angelo Central.

The first two years of the Bushland School, the Falcons claimed Class 2A state titles and have posted a 159-61 record in the past seven years including a 47-5 record under Eudy.

"These girls can play, want to play and will play, it is fun coaching them," Eudy said.

And coach, it's fun watching you coach them.

FINISHING YOUR VOLLEYBALL SEASON

CONTINUED FROM PAGE 1

your practices structured, but introducing something new, to keep things interesting, prevents practice from becoming a grind. Practice needs to produce competition and team goals need to be evaluated and sometimes readjusted. The big picture is not just one or two matches; it is consistently developing and evolving into a strong competitive team over weeks of competitive play.

The relationships that you build with your team are going to foster a culture, and many times that will lead to tradition over a period of time. Players need to understand the duration of a season and that there should be a crescendo to playing their most competitive volleyball in October and November. The leadership element on a team is important, so take a good look at the character of the seniors that will have a direct impact on your team's performance, no matter if the team is succeeding or if they have hit a rough patch. Keep your players focused on the team and keep personal issues out of play, they can become a distraction that will involve your en-

tire team. So, be aware of and help deal with any problem areas such as getting bogged down in academic areas, players that struggle with playing time, or social media problems that can arise from time to time.

Coaches have to provide an environment that helps a team finish on a positive, not just finish the end of the season and turn your gear in...how you end could be a direct impact on the way your team begins the next season or how they begin the playoff season.

If you are fortunate enough to make the 2013 playoffs, please remember you have to continue coaching and developing the team. Yes, it is a different season and it should be fun and exciting for those players. You have to create a balance of continuing to strive for perfection on the court and allowing your players to "enjoy the moment"! They should be the pride of your school and community and coaches should provide the extras to make every practice and match as competitive as possible. I do believe that is should be the season that many teams remember and enjoy the most in a long season. Many times it is about building confidence and proving in your practices just how good their

strengths are on the court. Remind them of what they do well and what did get them to this point in the season.

Last but not least is the preparation for each of the playoff opponents. Coaches need to scout and prepare their team for each opponent. Create itineraries for each playoff game and keep your team on a schedule, hopefully a two week window of three playoff games and a Regional Tournament. Momentum is huge in a volleyball match, so it is in a third season. As a coach, you have to keep distractions to a minimum, once you are in the playoffs, make sure you stay in charge of decisions that will affect your team. Remember, you know your team best!

My last point of emphasis, win or lose...be positive with your team... allow them to enjoy the victory or give them time to reflect on the loss. Our players are often times more resilient than the coaches...so keep it about the good things and being good sports and also being accountable for their volleyball play. Hope the end of your season is a strong one!!

photo courtesy: Rebecca Gerche

CAREER VICTORIES ARCHIVES

Coaches/Fans/School
Officials and Volleyball
Supporters:

NAME	SCHOOL(S)	VB CAREER VICTORIES
Barbara Comeaux	Port Neches Groves	1,108
Billy Bob Evans	Jewett Leon	1,079
Jan Barker	Amarillo	916
Patty & Tippy Browning	Lamesa	913
Flo Valdez	El Paso Franklin, Roswell (NM), Hobbs (NM)	878
Susan Brewer	Bellville	862
Tanya Nygrin	Round Top-Carmine, Palacios	838
Arthur Stanfield	Red Oak, Southlake Carroll, Grand Prairie	821
Linda Richter	Cameron Yoe	771
Charles Powers	Eustace	762
Vickie Griffin	L.D. Bell	754
Ann Rigden	LaGrange	725
John Turner	Pearland, Baytown Lee, Channelview	691
Janiece Nelson	Hutto	682
Mike Carter	SA Randolph, SA Holmes, SA Reagan	676
Linda Godwin	Longview Pine Tree, Tyler Chapel Hill	620
Brenda Kitten	Hereford	618
Connie Bozarth	Bronte, Seguin, San Angelo Lake View, San Angelo Central	614
Cari Lowry	Copperas Cove	602
Patti Zenner	Poth	596
Robin Gerlich	La Vernia, SA Holmes, SA Churchill, Seguin, New Braunfels	591
Sandy Fausett	Waxahachie, Greenville, Highland Park	576
Phyllis Fowler	New Braunfels, Geronimo Navarro	562
Lee Grisham	Wimberley, San Antonio Cole	559
Jo Hultgren	Converse Judson, San Antonio Churchill	559
Fran Metzger	Granbury, Stephenville	549
Dana Thornton	Silsbee	549
Joann Berry	Madisonville, Boling, Needville	526
Melissa Lee	Texarkana Pleasant Grove, Tyler Lee	524
Cathy Reeves	Channelview	518
Linda Barganier	Troy, Little River Academy	503
Kathy Goings	Aledo	500
Kathy Stephenson	Houston Cypress Falls	500
Vicki Castino	Lite Cypress-Mauriceville	493
Denise Johnson	Tarkington	493
Becky Woods	Los Fresnos	493
Melinda Kirst	Lockhart, Smithson Valley, SA Clark, St. Joseph, Victoria, Memorial, San Marcos Baptist	477
Michael Deerman	Dallas Highland Park	475
Beth Willis	Mansfield Timberview, Abilene Cooper	468
Martina Carrillo	Tilden McMullen County, Monahans, Taft, Cuero, Freer	448
Stacy Wolf	Windthorst	446
Rhonda Bloodworth	Columbus, Flatonia, Weimar	425
Wendy King	Milano	415
Leven Barker	Carthage, Crockett, Mexia and Pine Tree	414
Didi Pierce	Abilene	396
Clark Oberle	Petrolia, Argyle	380
Merle Helmer	Riverside	361
Harold Davis	Farmersville, Snyder, Perryton	353
John Black	Crane, Boling, Salado	325
Brandon Oats	Pattonville Prairiland	317
Jeff Coward	Dripping Springs, Pflugerville	315
Doug Jackson	Fort Stockton, Corrigan-Camden, Rusk, Edgewood, Brock, Azle, Ursuline, First Baptist	300
Leslie Madison	The Woodlands	300

The Texas Girls Coaches Association is developing a career victories record book by sport with volleyball being the first.

If you have total career victories, please send them to Butch Hart (minimum 300 wins) and please list the school or schools where the wins occurred.

We have had a great deal of interest and I know personally of several 500 and many more wins, it is a nice tribute to identify those coaches current or past.

Please submit: the coach name and school (s) and total wins through last season (2012-13) to ejhart-vb@yahoo.com.

Best regards
Butch Hart
TGCA Pollster

Please send your information directly to Butch at ejhartvb@yahoo.com.

PLEASE NOTE: This is NOT the same as career victories for recognition at Summer Clinic. You still must follow the guidelines for Career Victories listed in the By-laws to qualify for recognition at Summer Clinic, plaques and certificates. You still have to send the information to us in the proper format as laid out in the Bylaws. Thank you for your cooperation!



photo courtesy Allen Rich

photo courtesy Barbara Dewey



TEXAS GIRLS COACHES ASSOCIATION HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, 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.

Hall of Fame nomination forms are located on our website, www.austintgca.com, under "Forms".

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Shery Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods

CROSS COUNTRY COMMITTEE

NAME	HIGH SCHOOL	CONF-REG
Rebekah Morrison	Gruver HS	1A-1
Jason Troom	Lubbock HS	4A-1
Loy Triana	Burkburnett HS	3A-2
Deborah Gonzales	Wichita Falls HS	4A-2
Mike Saucke	Hubbard HS	1A-3
Shannon Uitley	Summit HS	4A-3
J. B. Haggerty, Jr.	TATUM HS	2A-4
Mica Been	Denison HS	4A-4
Jason Sanders	Silsbee HS	3A-5
Deann Fudge	Barbers Hill HS	4A-5
Dale Keen	Yoe HS	2A-6
Brittney Lanehart	Smithson Valley HS	5A-6
Cully Doyle	Gonzales HS	3A-7
Kathryn Howell	Veterans Memorial HS	5A-7
Billy Nabours	Comfort HS	2A-8
Howard Prestwood	Horizon HS	4A-8



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.

TEACHING ATHLETES

There is a lot of math in training: acceleration equals force over mass; velocity equals distance over time; power equals speed times strength; speed equals stride length times stride frequency; total bouts equals reps times sets.

Come on, our favorite subject in school was lunch. The easiest thing for us to solve was our mass.

The Point: Everything is Connected

We often get asked what is more important: running or lifting? Agility or straight-ahead speed? Power lifts or Olympic lifts? Low rep or high rep schemes for weightlifting? And so on.

The answer is a question: what are you training for? Your goal determines your training scheme.

All the different components have a place in training, but goals vary. If every athlete was



photo courtesy Gary Stallard

the same, if every sport was the same, if every coach was the same, then all training would be the same. But of course they aren't, we aren't, and it isn't.

So that brings us "back" to the basics (though we never left them in the first place). Form is fundamental. Only when you've laid a foundation can you build. Regardless of circumstances, we believe in patiently teaching our athletes the proper way to

lift, run, jump and overall development in the safest, most effective way we know how.

The 4 T's: Take Time To Teach

When you fix one thing, you may be in turn fixing additional mechanics by association. When an athlete fails to execute one part of technique, it may in turn negatively affect something else. The idea is for everything to work together in

conjunction with each other. This is no different than the team concept in sports. Make everybody around you better. When you have players doing their job, it enables those around them to do their jobs – and do them well. When athletes use proper form and technique all aspects of training are positively affected.

Taking the time to teach will lead to efficiency. If your athletes are educated on the proper way to train, you can get more quality work in without wasting reps. Injury mitigation and safety are also byproducts of proper teaching. Athletes who understand the nuances of what they are doing, and the process flow of training, can operate in a safer manner.

In the end, we want to help you maximize your time, space, resources and, most importantly, your talent. Insist on proper training form and technique and your athletes will benefit.

MEET YOUR 2013-14 TGCA 2nd VICE PRESIDENT

Liana Gombert // Smithson Valley HS // 830-885-1102

High School Graduated From: CANYON HIGH SCHOOL in New Braunfels

College(s) Attended: ST. EDWARD'S UNIVERSITY in Austin

Teaching Assignments: PHYSICAL EDUCATION (and sometimes Health)

Coaching Assignments: HEAD VOLLEYBALL AND ASSISTANT ATHLETIC COORDINATOR –SMITHSON VALLEY HS

Children & Ages: LUKE, Age 11

What It Means to be an Officer in TGCA: I FEEL TRULY BLESSED AND HONORED TO REPRESENT TGCA AS AN OFFICER. I HAVE GAINED SO MUCH THROUGH TGCA AND I WILL DO WHAT I CAN TO HELP THIS GREAT ORGANIZATION THE WAY OTHERS HAVE HELPED ME. I VALUE OUR ORGANIZATION AND EXCITED TO SEE TGCA CONTINUE TO GROW IN NUMBERS AND IN STRENGTH.



MISSION VETERANS MEMORIAL RIDING HIGH DESPITE HEIGHT

They aren't tall but they can play volleyball as said their warm-up shirts during the Corpus Christi tournament, "You're about to be dealt with" proclaimed the shirts of the eventual tournament champion and state top ranked Class 4A Mission Veteran's Memorial Patriots (25-0).

"We have been very good before but not this good," said former Southwest Texas State volleyball player Diane Lerma, who is in her twelfth year at Veteran's Memorial, the only coach the Patriots have ever known.

Lerma makes it clear that fundamentals are everything and makes it clear to players and parents that it takes sacrifice to be a good team.

"I have never been blessed with even one player six feet tall, so we know that we must pass well, dig everything and convert every transition opportunity," Lerma, said.

Lerma's sophomore daughter, Gabriela "Gabby" is a major power hammer for the Patriots and is one of

four sophomores attempting to set a school record on the court.

"Several years ago we had a group of five freshmen come in and start and their junior and senior seasons they posted a combined 50-2 record, my young girls this year understand that words don't matter, they have to prove it on the court," Lerma said.

Of her ten player roster, only three of the lady Patriots plays every rotation, a process that helps keep everyone in every match.

"You must be ready both mentally and physically, we have to outplay the other team, not wait for them to stop playing," Lerma said.

The Patriots won both the Laredo Invitational and the Corpus Christi tournament where they defeated Flower Bluff that has a strong team with four players that are six feet tall or taller.

While Lerma's daughter Gabby plays left side, Lerma's sister, Leticia Ibarra, has a freshman daughter

Darian who also plays outside. Sophomores Daisy Reyna and Isela Rodriguez are middle blockers while senior Shania Gilton plays both outside and middle as needed. Gilton and setter Cassie Lopez are the only seniors giving Lerma not only a strong team this season but a bright future.

"Volleyball is about touches, the more you play, the better you get, you have to practice hard and be prepared every match, every set, every serve," Lerma said.

Mission Veteran's Memorial was second in district to Edcouch-Elsa last year and after winning bi-district over Laredo Nixon 25-11, 25-21, 22-25, 25-12 then lost in the Area round to Floresville 22-25, 25-17, 20-25, 25-22, 15-11. The 2013 patriots are eyeing a district crown and a deeper playoff run.

"Our goal is state, you must have the expectation and the ambition or you will be unable to seize the opportunity," Lerma said.

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:

CROSS COUNTRY

November 4

VOLLEYBALL

November 18

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 will be posted to the website soon under the "Summer Clinic" category in the menu on the left-hand side of the home page.

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!

TGCA PAST PRESIDENTS

Velma Harrison	1952-53	Buddy Ables	1977-78	Ron Mouser	2002-03
	1953-54	Sandra Meadows *	1978-79	Debbie Jaehne	2003-04
Marvin Williams *	1954-55	Ralph Newton	1979-80	Ray Baca	2004-05
Mary Beccue *	1955-56	Janie Fitzgerald	1980-81	Leann Johnston	2005-06
Charles Womack *	1956-57	Mark Smith	1981-82	Alex Koulovatos	2006-07
Rose Farmer	1957-58	Diana Lewis	1982-83	Debra Manley	2007-08
J.W. Booker *	1958-59		1983-84	Lee Grisham	2008-09
Peggy Hughes	1959-60	Michael Adams	1984-85		2009-10
M.T. Rice *	1960-61	Judy Dunn*	1985-86	Wes Overton	2010-11
Jimmye Phillips	1961-62	Jim Kirkland	1986-87	Donna Benotti	2011-12
LeRoy Hoff *	1962-63	Sue Cannon	1987-88	Rodney Gee	2012-13
Ellen Johnson	1963-64	Don Ford	1988-89		
F.G. Crofford	1964-65	Donna Grant	1989-90		
Zonelle Cornett*	1965-66	Phil Swenson	1990-91		
Freeman Parish *	1966-67	Rhonda Farney	1991-92		
Sandra Meadows *	1967-68	Caylene Caddell	1992-93		
Mitch LeMoine	1968-69	Barbara Crousen	1993-94		
Wayne DuBose*	1969-70	Pat Mouser	1994-95		
Shirley Hayworth	1970-71	Melynn Hunt	1995-96		
Stanley Whisenhunt	1971-72	Sam Tipton	1996-97		
Leta Andrews	1972-73	Marianne Jones	1997-98		
Bill Farney	1973-74	Larry Goad	1998-99		
Janette Barlow	1974-75	Brenda Kitten	1999-2000		
Bob Schneider	1975-76	Rob Young	2000-01		
Gay Benson	1976-77	Krista Malmstrom	2001-02		

TVCA PAST PRESIDENTS

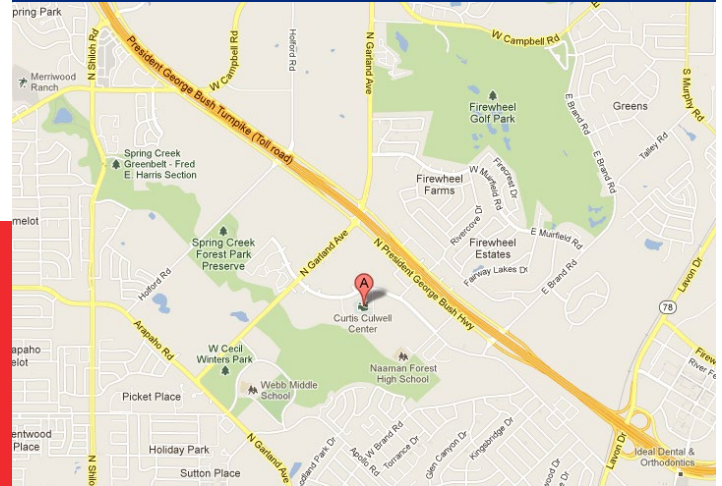
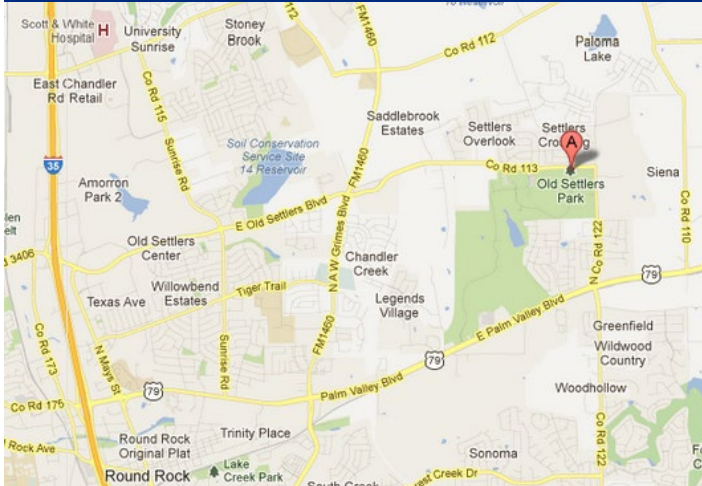
Lenora Abston	1968-69
	1969-70
Dr. Margie Austin	1970-71
Jan Briggs	1971-72
Jane Arnett	1972-73
Arlene Basye	1973-74
Marion Young	1974-75
Judy Bugher	1975-76
Waynette Dolan	1976-77
Norma Pullin	1977-78

CROSS COUNTRY STATE MEET

OLD SETTLERS PARK | ROUND ROCK, TX
NOVEMBER 9, 2013

VOLLEYBALL STATE TOURNAMENT

CURTIS CULWELL CENTER | GARLAND, TX
NOVEMBER 21-23, 2013



SCHEDULE

Girls 1A - 9 AM
Girls 2A - 9:50 AM
Girls 3A - 10:40 AM
Girls 4A - 11:40 AM
Girls 5A - 12:40 PM

PUBLIC PARKING

Parking and shuttle service will be available at the Dell Diamond parking area for \$5.00 per day.

ANIMALS

There will be NO dogs allowed in Old Settler's Park on the day of the Cross Country State meet.

RESTROOMS

There will be no dressing facilities. Portable toilets will be available to the public and athletes.

PROGRAMS, T-SHIRTS, CONCESSIONS

Programs will be available for \$5.00. T-shirts and other items will be available for purchase. Concessions will be available from 8:00 am - 2:30 pm. Hamburgers, hot dogs, chips, drinks, etc. will be available.

RESULTS

Final results will be posted at the meet site. Official results will be posted on the UIL website.

SPECTATORS

Spectators must stay off the course as marked, away from the starting line and finish line, and in roped areas to avoid interfering with any aspect of the race.

TICKET INFORMATION

Student ... \$5.00
Adult ... \$5.00

SCHEDULE

Nov. 21	Nov. 22	Nov. 23
2A Semi - 1 PM	1A Semi - 9 AM	1A Final - 9 AM
2A Semi - 3 PM	1A Semi - 11 AM	2A Final - 11:30 AM
4A Semi - 5 PM	3A Semi - 1 PM	3A Final - 2 PM
4A Semi - 7 PM	3A Semi - 3 PM	4A Final - 4:30 PM
	5A Semi - 5 PM	5A Final - 7 PM
	5A Semi - 7 PM	

TICKET INFORMATION

Student ... \$5.00
Adult ... \$10.00
Coaches All-Tournament ... \$20.00
Officials All-Tournament ... \$20.00
All-Tournament 3-day ... \$25.00
All-Tournament 2-day ... \$18.00

The ticket box office will open TWO hours prior to the first match. Doors open ONE hour prior. Cash and credit cards accepted. No pre-sale tickets.

PUBLIC PARKING

Parking at the Curtis Culwell Center is \$5.



photo courtesy Jennifer Finnell

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 becomes 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 provided 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 web-site at: www.austintgca.com," said Executive Director Sam Tipton.



Customer Information		
Bill To Address.		
Name:		
Address:		
City:	State:	ZIP:
Phone: Day ()	Evening ()	
Email Address:		

Ship To		
Complete only if different from Customer Information.		
Name:		
Address:		
City:	State:	ZIP:
Phone: Day ()	Evening ()	
Email Address:		

Ring Information	
Ring Size <input type="checkbox"/> Medium	Metal Choice: <input type="checkbox"/> Silver Celestrum™ \$199.00 <input type="checkbox"/> Sterling Silver \$259.00 <input type="checkbox"/> 10K Yellow Gold \$733.00 <input type="checkbox"/> 10K White Gold \$733.00

All State All Star	Sport <input type="text"/>
	Year <input type="text"/>
	Finger Size <input type="text"/>
	<input type="text"/>

	Name on Side (up to seventeen characters) <input type="text"/>
--	--

Inside Engraving: 18 Character Limit

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

Payment Information			Base Price	
<input type="checkbox"/> MONEY ORDER	<input type="checkbox"/> CHECK	<input type="checkbox"/> CREDIT		
Expiration Date: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<i>Please provide signature and mailing address for credit card orders. "Bill To" address must match billing address for credit card used.</i>		<input type="checkbox"/> MASTERCARD	S&H
Credit Card Number: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="checkbox"/> DISCOVER	<input type="checkbox"/> VISA	Subtotal	
	<input type="checkbox"/> AMEX		Local Sales Tax	
			Total	

Signature: _____

Name: _____

Street Address: _____

City: _____ State: _____ ZIP: _____

Phone: Day () _____ Evening () _____

ORDER BY Email	ORDER BY MAIL	CUSTOMER SERVICE
-----------------------	----------------------	-------------------------

championship@balfour.com

MK007435

Balfour Sports-
TGCA All State
7211 Circle S Road
Austin, TX 78745

1-800-327-8684
or
championship@balfour.com

10

NICE-TO-KNOW FACTS ABOUT FUNCTIONAL TRAINING

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

1 Exercise for a purpose. Functional training is designed to enhance the ability of exercisers to meet the demands of performing a wide range of activities of daily living (ADL) on the athletic field or at home/work/play without undue risk of injury or fatigue. As such, functional fitness is a by-product of the synergistic integration of the various components of fitness (physical and motor) and the muscles groups and joints involved in a movement activity or training effort.

2 No exceptions. Functional training can have a positive impact on everyone. The ability to perform the tasks in their daily life more safely, efficiently, and with less effort is a payoff that would benefit every person—including athletes in all sports. Older coaches would also benefit a lot. It should be noted that “age” is not just a matter of chronology, but also the ability to function effectively and independently.

3 Functional Toolbox. A variety of tools exist that can be incorporated into a functional training workout. A list of these implements includes exercise bars, bands, and balls, as well as dumbbells and the individual’s body weight. The key is not so much the specific tool employed, but the way in which the instrument is used. Whenever possible, the primary focus of the exercise should be to train “movements,” not simply “muscles” in an effort to ensure that improvements transfer over to everyday life.

4 Relative reality. Assessing a person’s level of functional fitness is a much more difficult task than simply defining it. The primary dilemma in this regard is the fact that functional

fitness is relative to each individual. A vast continuum exists for functional fitness (basic activities of daily living to high-level performance activities). The challenges imposed by the daily tasks in one person’s life may be far different than the demands inherent in a different set of tasks facing a different individual.

5 Myths, misinformation, misunderstanding. A number of the quantitative measures traditionally cited to reflect an individual’s level of fitness, particularly strength, can have limited merit from a functional standpoint. How much a person is able to lift on the bench press exercise, for example, has little relevance and correlation to a person’s ability to perform a wide range of functional movements and physical tasks.

6 Absolutely beneficial. One of the most useful results of functional training is the effect that it has on the exerciser’s level of core stabilization. All factors considered, stronger core muscles enhance the ability of individuals to control their bodies through different movement planes. A stronger core has been shown to enhance stability and mobility, thereby improving the movement capabilities of individuals, while simultaneously lowering their potential for injury.

7 Plane sense. Since the primary goal of functional training is to improve the ability of the targeted muscles and joints to work together more efficiently when the body is moving through different planes of motion (i.e., different angles), as well as to develop the muscles that concurrently help stabilize the body when this movement is occurring,

it can be argued that working out on exercise machines that isolate muscular involvement and restrict range of motion has a limited impact on functional fitness.

8 Bodily harm. Too many individuals believe that training in an explosive, ballistic manner is an appropriate and productive form of functional training. Far too often, however, such an approach will result in an injury to the exerciser. In reality, nothing is functional about being injured when exercising—particularly when training improperly. Safety should trump everything. As a rule, trying to improve the force-producing capability of a muscle or a group of muscles by requiring them to overcome or withstand sudden high loads is generally an unsafe and ill-advised endeavor.

9 All-or-nothing at all. Unlike electricity, functional training does not adhere to the all-or-nothing concept. With regard to exercising, a continuum of functionality exists. Some training efforts are more functional than others. The only 100% functional exercise is the actual activity for which a person is training.

10 Quintessential protection. A sufficient amount of the right kind of exercise will help ensure the ability of individuals to lead a fulfilling and self-sufficient life. It also provides the best medical insurance to help preserve their physical function and level of independence. Functional training is not another in what often seems to be a long line of “exercise fads.” Rather, it is a viable platform for enriching a person’s quality of life.

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.

UIL LEGISLATIVE COUNCIL MEETING RESULTS

October 21, 2013 // UIL Press Release

AUSTIN — The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council approved a proposal to add competitions for students in wheelchairs to the 2014 Track and Field State Meet as a pilot program. Student-athletes using wheelchairs who meet participation criteria determined by the UIL will be able to compete in the 100-meter dash, the 400-meter dash and the shot put. This amendment will be effective immediately, if approved by the Commissioner of Education.

In academics action, the Council voted to add the Barbara Jordan Historical Essay Competition and the Latino History Essay Competition as

sanctioned UIL contests for high school students.

The Council also voted to place the issue of increasing the number of qualifiers to the cross country state meet on a referendum ballot this spring. The increase would be from three teams and 10 individuals to four teams and 10 individuals not already on an advancing team. A referendum ballot is binding, and if superintendents vote to increase the number of participants in cross country, that change would take effect at the 2014 UIL Cross Country State Meet.

The following items were approved by the Legislative Council on Monday, and will take effect August 1, 2014 if approved by the Commissioner of Education:

- Requiring at least one judge on a journalism judging panel at the Regional and State

level contests be a current or former journalism teacher.

- Limiting amplification of wind instruments in marching band to solos and section features.
- Allowing golf coaches to coach student-athletes from tee to green.
- Allowing sub-varsity football teams in Conferences 4A and 5A to play on Wednesday during zero-week, only if the varsity team plays on Thursday of that same week.

The Commissioner of Education must approve all amendments passed by the UIL Legislative Council before they may take effect. All amendments presented by the subcommittees to the full Legislative Council can be found on the UIL website at <http://www.uil-texas.org/files/policy/102113-LC-committee-reports.pdf>.



photo courtesy Thom Linn



photo courtesy Lynn Rothmann

* 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.

THREE R'S OF CONCUSSION MANAGEMENT

League of Denial – a two-hour documentary on how the NFL responded to reports of players suffering multiple concussions – premiered on PBS.

Based on a book of the same name by Steve Fainaru and Mark Fainaru-Wada, the program is both a reminder of the dangers of head trauma while playing sports and how concussions can be prevented.

Texas Health Ben Hogan Sports Medicine has Concussion Centers in Dallas and Fort

Worth, staffed by physicians, neuropsychologists and certified athletic trainers.

According to the Centers for Disease Control and Prevention, athletes who sustain repeat concussions are also at a higher risk for brain swelling permanent damage and even death. Texas Health Ben Hogan encourages athletes, coaches, parents and trainers to follow the 3 “R’s” of Concussion Management:

1. **Remove** players with

concussion symptoms from practice, athletics and competitive sports

2. **Restrict** athletes from competition until symptoms completely resolve

3. **Return** to play following clearance from a MD/DO and gradually increasing activity without symptoms re-occurring

Learn more about concussion management at TexasHealth.org/SportsConcussions



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.



photo courtesy Quintana Photography

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
					TGCA: Nomination Membership Deadline	1 2 CROSS COUNTRY: REGIONAL MEETS Volleyball: District Certification Deadline
3	4 TEAM TENNIS: STATE TOURNAMENT VOLLEYBALL: BI-DISTRICT TGCA: Cross Country Nomination Deadline, 12 Noon Girls Basketball: First Day for Inter-school Games	5	6	7 VOLLEYBALL: AREA	8 TGCA: Cross Country Committee Meeting, 7 PM	9 CROSS COUNTRY: STATE MEET
10	11 VOLLEYBALL: REGIONAL QUARTERFINALS Wrestling: First Day for Meets & Tournaments	12	13	14	15 VOLLEYBALL: REGIONAL	16
17	18 TGCA: Volleyball Nomination Deadline, 12 Noon	19	20 TGCA: Volleyball Committee Meeting, 7 PM	21 VOLLEYBALL: STATE TOURNAMENT TGCA: Volleyball All-State Committee Meeting, 9 AM	22	23
24 TGCA Board of Directors Meeting	25	26	27	28	29	30 THANKSGIVING HOLIDAY: TGCA OFFICE CLOSED BEGINNING NOV. 26 @ 12 NOON

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!

VETERANS DAY: NOV. 11

The UIL would like to make you aware of an initiative to encourage Texas high schools to recognize veterans in conjunction with school activities during the month of November, especially during activities nearest to Veterans Day. Through the efforts of a veteran, Robert Williams, there is a national movement to have every high school and college in the United States honor veterans at the closest football game or other home activity you have to Veterans Day. This is a great way

to recognize those, especially those in your community, who have served our country and reinforce to all the importance of their sacrifices and the meaning of Veterans Day.

Participating in this event requires as little or as much effort as your school district wishes. How much recognition to be given is up to each school but a simple acknowledgement would convey a powerful message of thanks on the part of the school and the community in

general. This year, Veterans Day is Monday, November 11th.

The UIL understands how busy your school calendars can be, but we wanted you to be aware of these opportunities to participate in celebrating high school activities and honoring veterans in your community in the way you and your schools see fit. After these events, if you have photos or stories you would like to share with the UIL, please email them to pr@uiltexas.org.



photo courtesy Mike McEachern

THANKS TO OUR SPONSORS



The power to do more



SERIOUS PERFORMANCE®

Quality Sporting Goods Since 1946
1800-272-8555

1107 N. Grant
Odessa, Texas
(432) 332-1568

945 Butternut Ave
Ablene, Texas
(325) 673-7090

Allstate Athletic Supply
17548 US Hwy 69 South
Alto, TX 75925
(800) 548-6676



- 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

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: Audrey Short