



TGCA NEWS

JANUARY 2015



2014-15 TGCA OFFICERS



President of TGCA
Mitch Williams
Whitney HS

1st Vice President
Liana Gombert
Smithson Valley HS

2nd Vice President
Loyd Morgan
Rogers HS

Past President
Kari Bensend
Frisco Centennial HS

Executive Director
Sam Tipton
TGCA Office

Assistant to the Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

cover photo courtesy Kayci Smith



photo courtesy Barbara Johnson

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FACSM
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THE EVOLUTION OF A COACH

By Mitch Williams // TGCA President // Whitney HS



I hope that each and every one of you had a joyous and merry holiday season. I know that we all received a much needed break before we make the run down this final stretch. The holidays can be both stressful and relaxing, so I hope that you enjoyed yours. For many of us now begins the busy part of the year, so just hang on and our spring break will be here before you know it. I have always tried to be a positive person. Whether it be in my athletes, my job, or personal life. I try to remember my younger days of watching Monty Python and hearing them sing "Always look on the brighter Side of Life." In most of what we do we need to remember that there is always something good in what you do. After reading last month's submission by Past President Kari Bensed, I began to take a look back at my career. She reminded me of some of the important lessons that my parents taught me.

CHAPTER 1

When I was in high school my Ag teacher told me he thought I would make a good teacher. I thought he was crazy.



photo courtesy Kayci Smith

I was 18 and the world was my oyster. I was going to change the world. I told my dad I was going to be a millionaire by the time I was 35. I went to college to work on computers, back before Windows when you had to learn how to program them. Needless to say I didn't quite have the knack for it. So I decided I was going to become a veterinarian. Why not, I had grown up on a farm and ranch in the Panhandle. I had delivered calves, doctored calves and had helped our neighbor (the veterinarian) with certain operations.

So began the journey. After 2 years, my best friend from high school came to me in the dorm room 1 day and said let's go to Australia. It was something we had always talked about and he had found a way for us to accomplish our goal. We packed our bags and ropes and saddles and off we went. Our goal was to buy our own ranch, be our own boss, and be millionaires just like we said we would.

CHAPTER 2

We spent many a night sleeping on the ground gathering cat-

tle and eating next to the campfire. It was like we lived in Texas during the late 1800's. I was no stranger to hard work, but I made up my mind real quick that wasn't something I wanted to do for the rest of my life. As we were approaching the end of our one year stay, there had been many nights reading letters by the fire (no phone, no television, no radio) and talking about our future. My best friend had told me he thought I would make a

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TGCA FEE INCREASE BEGINNING 2015-16

FEE SCHEDULE
BEGINNING
2015-16:

The continuing increase of the association's day to day operating costs, the rise in convention rental fees, and the mounting cost of housing and feeding of All-Stars has resulted in the Texas Girls Coaches Association Board of Directors unanimously passing a fee increase beginning the 2015-16 membership renewal period. There will be a \$10.00 fee increase for membership, Summer Clinic, and all satellite clinics. This will allow the TGCA to not only maintain, but increase some services for member coaches in the future.

MEMBERSHIP
\$60.00

SUMMER CLINIC
\$60.00

SATELLITE CLINIC
\$70.00

THE EVOLUTION OF A COACH (CONTINUED)

CONTINUED FROM PAGE 1

good coach. I had never thought about the possibility after my Ag teacher had mentioned it years ago. But maybe he was on to something, after all I loved sports. Yeah, I am going to be a coach. When I got back home, I enrolled at WTSU and got my degree.

CHAPTER 3

I was now in the same profession as Tom Landry, John Wooden, Bill Bowerman and some of those whose opinions mattered so much to me still to this day. When I first decided to become a coach, I was going to change the world. My enthusiasm for the sport was tremendous. I wanted to be an AD at a successful school. I wanted to win state, and I wasn't going to settle for anything less. Wow, talk about working hard. I took a job at a small 1A school in the panhandle. I was one of three coaches. I got to coach varsity football, junior high football, junior high basketball, varsity basketball, jv basketball, golf and track. I made several stops



photo courtesy Carrie Powers

along the way, all the time trying to be like my heroes. I got to work with some great kids and athletes along the way. My opinion of myself was that I was "The Best Assistant Coach in the State". At one of my stops on my journey, I knew things were a little different. The schools I had been at before had maybe one or two good athletes per year, but Wow, were we loaded. We had

five division one athletes that first year but only taking two to the playoffs, we stayed at home. I decided maybe a few other things were needed to win state. Maybe you needed a little luck as well. By this time I also knew that along with athletes, and luck, you needed a good staff, and you needed a good support system as well. Then another great friend and mentor asked

me to come to Whitney and coach the girls' side. I resisted at first and again thought he was crazy. But change is good.

CHAPTER 4

Hey, I think this was what I was supposed to do all along. Life became even more fun. Somewhere along the way I realized that coaching wasn't about winning a state title, it was about helping kids reach their full potential. Even if we are average that's ok, just be the best average you can be. Plus, now I was even getting to watch my kids participate. I began to realize how much of an impact that we have on our students' lives. You see, I decided that most of us may not ever win that elusive state title, but that doesn't mean that we aren't great coaches. Now that I begin to look back at my 25 plus years, it was those lessons that my parents taught me, and Kari Bensed reminded me, was important. Hard work, a little luck, good people, and ALWAYS, DO THE RIGHT THING and you will be a great coach.



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 Lisa Heap

2015 TGCA SUMMER CLINIC



Austin Convention Center
July 14 – 17, 2015

ALL-STAR GAMES

Summer Clinic will be held in Austin this year. Clinic will be held at the Austin Convention Center, 500 East Cesar Chavez Street. The Convention Center is conveniently located to all downtown hotels; 6th Street and the downtown activities of Austin; plus the University of Texas, housing the LBJ Library; and many other historic sites.

The TGCA Honor Awards Banquet will be held Wednesday, July 15, at 6:00 p.m. at the Austin Omni Southpark, 4140 Governor's Row.

Beginning February 1st, you will have access to online Summer Clinic registration and Membership renewal. Online hotel reservations will open March 16th. Be sure to register

for Clinic, renew your membership, and book your hotel room early! On site registration will be available, but you are encouraged to register and renew online early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the online reservation service, which will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 16th.

If you wish to renew your membership using a printable form rather than online, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand

side of the page. Please be sure you choose the "2015-16 Printable Membership Form".

The 2015 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic dates. It has changed dramatically from years past, so be sure you take a look at it. 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 "2015 Summer Clinic Program".

We look forward to seeing you at the 2015 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 Tony Burger Activities Center, 3200 Jones Road.

Softball is to be determined.

Track & Field and Cross Country demonstrations will be at Tony Burger Activities Center, 3200 Jones Road. Track and Cross Country All-Star introductions will take place during halftime of the 1A-2A-3A-4A All-Star basketball game.

The TGCA All-Stars will be housed on the University of Texas campus at Jester Hall, 201 East 21st Street, Austin.

FUTURE OF THE TGCA ALL-STAR GAMES

There have been questions by the TGCA membership about the future of the six All-Star games in the sports of volleyball, basketball, and softball along with the recognition of the cross country and track & field All-Stars at the annual Summer Clinic. At this point, the members of the Texas Girls Coaches Association Board of Directors feel these games, and the All-Stars selected, are a vital part of the well-being of the Association. There has not been a proposal by a board member, or a member in good standing of TGCA, suggesting the abolishment of All-Star games nor the recognition of the individual All-Stars. The member coaches of TGCA have a sense of pride in the selection process, and feel the selection as a TGCA All-Star is the best way to promote the success of the athletes chosen. The athletes who are selected, through their hard work and dedication, allow member coaches and their schools to acknowledge their appreciation for their success.

Sam Tipton
Executive Director,
Texas Girls Coaches Association



photo courtesy Nema House



photo courtesy Benita Carlton

TENTATIVE TGCA ALL-STAR SCHEDULE

July 15-16, 2015

Volleyball	Wednesday-Thursday	Time	Location	Address
Orientation	Wednesday	5:00pm	Jester Hall (UT)	201 East 21st Street
Volleyball Workout (1-2-3-4A Red, 5-6A Red)	Wednesday	7:00-9:00pm	Austin High School	1715 W. Cesar Chavez St
Volleyball Workout (1-2-3-4A Blue, 5-6A Blue)	Wednesday	7:00-9:00pm	Bowie High School	4103 Slaughter Ln.
Volleyball Demonstration (1-2-3-4A)	Thursday	3:00-4:00 pm	Burger Activity Center	3200 Jones Rd.
TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)	Thursday	4:00pm	Burger Activity Center	3200 Jones Rd.
Volleyball Demonstration (5-6A)	Thursday	6:30-7:30pm	Burger Activity Center	3200 Jones Rd.
TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A)	Thursday	7:30pm	Burger Activity Center	3200 Jones Rd.
TGCA Red/Blue All-Star Volleyball Games	Burger Center, 3200 Jones Rd., Austin Tx			

July 15-16, 2015

Softball	Wednesday-Thursday	Time	Location	Address
Orientation	Wednesday	3:00pm	Jester Hall (UT)	201 East 21st Street
Softball Workout (1-2-3-4A Red)	Wednesday	7:00-9:00pm	Noak Complex	5300 Crainway Dr
Softball Workout (1-2-3-4A Blue)	Wednesday	7:00-9:00pm	Noak Complex	5300 Crainway Dr
Softball Demonstration (1-2-3-4A)	Thursday	6:00-7:00pm	TBA	TBA
TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)	Thursday	7:00pm	TBA	TBA
TGCA Red/Blue All-Star Softball Games	TBA			

July 16-17, 2015

Softball	Thursday-Friday	Time	Location	Address
Orientation	Thursday	3:00pm	Jester Hall (UT)	201 East 21st Street
Softball Workout (5-6A Red)	Thursday	7:00-9:00pm	Noak Complex	5300 Crainway Dr
Softball Workout (5-6A Blue)	Thursday	7:00-9:00pm	Noak Complex	5300 Crainway Dr
Softball Demonstration (5-6A)	Friday	9:00-10:00am	TBA	TBA
TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A)	Friday	10:00am	TBA	TBA
TGCA Red/Blue All-Star Softball Games	TBA			

July 16-17, 2015

Basketball	Thursday-Friday	Time	Location	Address
Orientation	Thursday	5:00pm	Jester Hall (UT)	201 East 21st Street
1-2-3-4A Basketball Workout (Red)	Thursday	7:00-9:00pm	Austin High School	1715 W. Cesar Chavez St
5-6A Basketball Workout (Red)	Thursday	7:00-9:00pm	Austin High School	1715 W. Cesar Chavez St
1-2-3-4A Basketball Workout (Blue)	Thursday	7:00-9:00pm	Bowie High School	4103 Slaughter Ln.
5-6A Basketball Workout (Blue)	Thursday	7:00-9:00pm	Bowie High School	4103 Slaughter Ln.
Basketball Demonstration (1-2-3-4A)	Friday	9:00-10:00am	Burger Activity Center	3200 Jones Rd.
TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)	Friday	10:00am	Burger Activity Center	3200 Jones Rd.
Basketball Demonstration (5-6A)	Friday	12:30-1:30pm	Burger Activity Center	3200 Jones Rd.
TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (5-6A)	Friday	1:30pm	Burger Activity Center	3200 Jones Rd.
TGCA Red/Blue All-Star Basketball Games	Burger Center, 3200 Jones Rd., Austin Tx			

July 16-17, 2015

Cross Country/ Track	Thursday-Friday	Time	Location	Address
Orientation	Thursday	1:00pm	Jester Hall (UT)	201 East 21st Street
CC/Track Demo Walk-Through	Thursday	1:00pm	Burger Activity Center	3200 Jones Rd.
CC/Track Demonstration	Thursday	7:00-8:30pm	Burger Activity Center	3200 Jones Rd.
TGCA TRACK & CROSS COUNTRY ALL-STARS INTRO	Friday	10:30am	Burger Activity Center	3200 Jones Rd.
TGCA Cross Country & Track All-Star Presentation	Burger Center, 3200 Jones Rd., Austin Tx			

Burger Center, 3200 Jones Rd., Austin Tx McCombs Field, 2001 Comal Street, Austin Tx Austin Convention Center	500 E Cesar Chavez St
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photo courtesy: Nema House

2015 TGCA SUMMER CLINIC ATHLETIC & SPIRIT DIVISIONS

Austin Convention Center // July 14 – 17, 2015

The Texas Girls Coaches Association is pleased to announce the 2015 TGCA Summer Clinic – Athletic & Spirit Divisions, designed for athletic and cheerleading coaches. The clinic will be held at the Austin Convention Center, 500 East Cesar Chavez Street, in Austin, Texas. This will be the 64th Summer Clinic for the athletic coaches, and the 2nd Summer Clinic for cheerleader coaches sponsored by TGCA. This will be the first year the two coaching groups will run their clinics simultaneously.

The University Interscholastic League, through a proposal from the UIL Medical Advisory Committee, now requires cheerleading coaches to undergo the same health and safety training as an athletic coach. TGCA, through the help and guidance of the UIL

and Varsity, has designed an agenda to help meet the needs of the cheerleading coaches (Varsity, Sub-Varsity & Middle School) for the health and safety requirements, and has now been approved by the UIL, with certification from the TEA-CPE#902285, to do the required training. There will also be technique training to help better serve safety issues when the cheerleading coaches are training their squads for the 2016 UIL State Cheerleading Championships. TGCA was approached by the UIL, superintendents, athletic directors, and cheerleading coaches to help in addressing and achieving the new safety and health issues, along with technique training for the coaches involved in the activity. The Board of Directors of the Texas Girls Coaches As-

sociation feels that combining the athletic and cheerleading, to be held at the same time, will ensure all coaches in Texas will have an equal opportunity to be trained in health, safety, state law, and technique to better fulfill their job description as a coach of extracurricular activities.

Registration and membership can be done at www.austintgca.com, under the “Membership Site” or “First Time Member” category in the menu on the left-hand side of the page, or printable forms may be found on the web-site under the “Summer Clinic” or “Forms” categories. We look forward to hosting the athletic and cheerleading coaches clinics, and hope to see everyone in Austin July 14-17.



photo courtesy Barbara Johnston

2015 TGCA CLINIC DATES

BE SURE TO PUT THESE IMPORTANT DATES ON YOUR CALENDAR AND MAKE PLANS EARLY TO ATTEND.

TGCA will be hosting four Satellite Sports Clinics in 2015. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other

Clinics" category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal online. 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 online process, or need your membership number or password, please just contact us and we will be happy to assist you.

Agendas for all clinics will be available on the main page of the website as soon as they are confirmed. 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.

SAN ANTONIO SPORTS CLINIC

SITE TO BE DETERMINED

MAY 22-23

HOUSTON SPORTS CLINIC

SITE TO BE DETERMINED

JUNE 10-11

LUBBOCK REGION I SPORTS CLINIC

CORONADO HIGH SCHOOL

JUNE 12-13

SUMMER CLINIC

AUSTIN CONVENTION CENTER

JULY 14-17

EL PASO SPORTS CLINIC

SITE TO BE DETERMINED

JULY 23-24



photo courtesy Lisa Heap

2015-16 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, online membership renewal and clinic registration for the 2015-16 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2014-15 year (this year), you will no longer be able to do that online, and must print a form from the website to either mail with a check or fax with a credit card number.

Online membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, 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" cate-

gory 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 online 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 \$60.00. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$120.00. 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 online 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 online 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 online credit card company uses.

If you click on the category enti-

led "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 2015 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 \$70.00. This includes your 2015-16 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 online. 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 \$60.00 renewal fee for your 2015-16 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, 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.

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 2014-15 are as follows:

BASKETBALL

March 2

SOCCER

April 13

GOLF

April 27

TRACK & FIELD

May 11

SOFTBALL

June 1

2015 SUMMER CLINIC

The 2015 TGCA Summer Clinic will be held in Austin at the Austin Convention Center July 14-17, for both the Athletic Division and the Spirit Division. The agenda is posted to the website under the "Summer Clinic" category. We are changing the format this year, so be sure and check out the agenda. Make your plans early to attend. We look forward to seeing you there!

All satellite Sports Clinics agendas and dates will be posted as soon as the dates are confirmed. We hope you'll make plans to attend one or all of the TGCA clinics in 2015.



VARSITY SPIRIT



By Sheila Noone,
Varsity

Every summer, nearly 350,000 cheerleaders and dancers head to a camp led by one of the Varsity Spirit organizations. There, they will build the foundation for their entire year – not just on the sidelines, but in the community, in their classrooms and in their student body organizations. More than 4,000 instructors will help them learn the basics of cheerleading and dance technique, but also the importance of leadership and community service, and how to use their highly visible role in their schools to serve as examples for the rest of the student body.

“Through our camps, we’re able to address all aspects of the cheerleading and dance team experience—safety, leadership, athleticism and teamwork,” says Bill Seely, Senior Vice President of Training and Education for Varsity Spirit. Varsity Spirit believes cheerleading and dance are more than athletic activities – they are opportunities to build character and leadership skills that will take athletes beyond their high school years.

Community service is emphasized in two programs at summer camps. The Team Up



photos courtesy Varsity

for St. Jude, Spirited by Varsity program encourages camp attendees to mail letters to at least five family members or friends, encouraging them to donate to the important work done on behalf of St. Jude Children’s Research Hospital. To date, this campaign has raised nearly \$2 million in donations. Teams that have raised the most in support of St. Jude are invited to Memphis, Tenn., for a lunch recog-

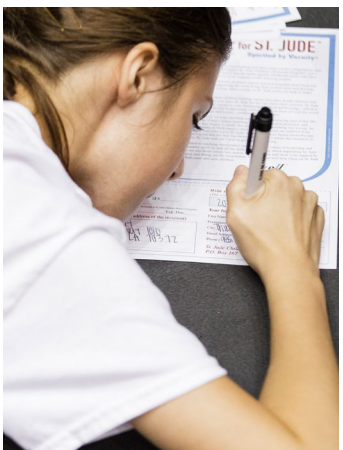
nizing their efforts, and a tour of the hospital.

The Pin It Forward campaign rewards leadership and excellence at the camp itself. Instructors recognize standouts among the campers by rewarding individuals they have witnessed helping others or serving as a great example for the rest of the camp. Instructors hand out a two-pin packet, and instruct the recipient to choose another

camper to reward with the second pin.

Everyone who attends a Varsity Spirit camp attends a safety awareness class, which reinforces the safe practices they are learning, and stresses the fundamentals of safety. All coaches also attend an onsite coaches’ clinic, so the entire team returns to school with a renewed commitment to safety. Varsity Spirit has been teaming up with the American Association of Cheerleading Coaches and Administrators since 1987 to share safety practices and information.

According to research commissioned by Varsity Spirit’s parent organization, Varsity Brands, students with high levels of school spirit perform better academically, are more civically involved and are happier in general than their less spirited peers. This certainly applies to the cheerleaders and dancers who attend camps and compete throughout the school year with their teams. They also found that students with high levels of school spirit have higher average GPAs and are more likely to plan on furthering their education.



CHEERLEADING INFORMATION FROM UIL ASSISTANT ATHLETIC DIRECTOR TRACI NEELY

Cheerleading squad or spirit team members that support UIL activities are currently identified as a participant in an extracurricular activity.

The UIL has approached cheerleading carefully with initial focus on coaches education and program safety. Increased interest and support of the activity has prompted the organization to provide a UIL Spirit State Championship.

The UIL objectives pertaining to spirit and cheerleading programs:

1. Ensure coaches have best training and safety education available and that participants follow safety guidelines
2. Cheerleaders have the opportunity for recognition for their role in leadership activities in school

According to section 1208 (y) of the UIL Constitution and Contest Rules:

CHEERLEADERS; SPIRIT GROUPS. All cheer and spirit performances at any UIL activity shall be in accordance with safety standards as prescribed by the National Federation High School Spirit Handbook. You can contact the Federation at www.nfhs.org for more information.

As an extracurricular activity, cheerleading participants must comply with state regu-



photo courtesy Courtney Swindle

lations regarding safety, prevention and instruction of concussions. Additionally, coaches and sponsors are required to complete training related to safety guidelines for cheer and other training programs designed to minimize risks associated with participation in the activity.

Cheerleading participants are subject to all state laws including No Pass No Play, eight hour practice limitation, athletic periods, one contest during the school week and extracurricular absences are applicable. UIL does not set tryout procedures for cheerleading or any extracurricular activity. The information is available on the UIL website in the TEA-UIL Side by Side manual. The UIL Legislative Council has not currently

received a proposal to include cheerleading programs as a sanctioned activity nor has there been consideration for new policy defining cheerleading programs in the UIL Constitution and Contest rules under Athletics in Subchapter C.

The UIL Legislative Council approved a pilot program for a spirit competition, which will include a UIL Spirit State Championship that will occur during the 2015-2016 School Year. The addition of the UIL Spirit State Championship is to provide an opportunity for recognition and to showcase skills for all UIL member school cheerleading programs in the "UIL Game Day" format. Schools will not be required to place limitations or restrictions on competitive cheerleading

teams and it will remain a local district administrative decision to allow school representation and participation in other non-school sponsored local, regional or national competitions.

The "Game Day" competition format will be used to encourage participation emphasizing the role cheerleaders have on the sidelines and in the schools while supporting their school athletic teams.

Additional details are expected to be released in Spring 2015 to inform school programs and administration about the specifics of the 2015-16 pilot spirit competition.

If you have other questions or need additional information, please contact me.

photo courtesy Barbara Johnston



photo courtesy Julie Brantley



photo courtesy: Kimberley Irwin

TGCA CAREER VICTORIES

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

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

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

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

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

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

Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

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. **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
- 20 points for team regional championship
- 30 points for team state championship

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 March 2, 2014

How Do We Train for THAT?

A fundamental question we urge you to consider year in and year out: What are you training for? The follow-up question is: How do you train for what you're training for? Let's consider an athlete who wants to run a marathon. That athlete is training to be able to run 26.2 miles. That was the easy question. The harder question is: How do you train her for that? There are many ways people approach this training goal, for example:

- **Coach A** says: run one mile on day one, two miles on day two and continue to add a mile a day until you get to 26 miles
- **Coach B** says: try to run 26 miles every day and see how far you get, try again the next day until you make it the whole distance
- **Coach C** says: run a half marathon every other day and on race day the second half is all mental
- **Coach D** says: don't run at all, just go to the weight room and lift weights.

So which coach is right? Are any of them right? The point is simple, there are a lot of ways to train, whatever your goal is. However not all ways lead to success.



photo courtesy Candice Lynch

As you plan your year (off-season, pre-season, and in-season) you must be cognizant of the end goal and how each choice you make in your training plan affects the physical, mental and emotional aspects of your athletes.

3 IMPORTANT FACETS OF TRAINING TO CONSIDER WHEN PLANNING:

1. **Recovery:** You need to recover at the level you train. If you do not allow your body to absorb the training, you are more likely to get hurt. Recovery doesn't necessarily mean inactivity. Sometimes it does, but often ac-

tive recovery is what is best. If you don't systematically unload your athletes they will reach their breaking point. For example, in sports where vertical jump is important, too often the prescription to increase vertical is to jump more. Plyometrics and Olympics definitely have their place, but as with all good things they can be overdone. Remember that all bouts and loads are cumulative. The body was designed to adjust and survive, but that doesn't mean it can't be broken.

2. **Nutrition/Hydration:** These both play an undeniable role in performance and recovery. Whether you train for strength or endurance, or if you train primarily aerobically or anaerobically, having the right balance of macronutrients is important. Hydration is something we have touched on before. We all know that most of our athletes don't hydrate well throughout the day, especially in the colder months. The heat reminds us to drink, but the cold helps us forget. Be mindful of encouraging you athletes to consistently hydrate throughout the day, every day.

3. **Balanced Programming:** Soon we will touch on muscular strength versus muscular endurance, aerobic versus anaerobic and high intensity versus low intensity. "Versus" is not the right term. It's not about how these things compete, but how they compliment. We have observed many programs that don't have a good balance in their lifting, running, jumping and auxiliary training. Balancing these aspects is key to healthier athletes and more successful programs.



photo courtesy Loyd Morgan

* 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. 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.

10

WAYS TO INCREASE YOUR ENERGY LEVEL

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

1 *Shake a leg.* Get moving. Research indicates that being more physically active will boost an individual's energy level, just as engaging in a sedentary lifestyle will often lead to fatigue in a person. In this regard, exercising on a regular basis can be particularly beneficial. Not only can a workout trigger the release of feel-good endorphins, it can also lower an individual's level of elevated stress hormones.

2 *In the mood for food.* Watch what you eat. Adhering to sound nutritional guidelines is integral to experiencing an enhanced level of get-up-and-go. In fact, poor eating habits can elicit feelings of fatigue. As such, the age-old caveats of "eat a healthy diet" (i.e., one that features an appropriate amount of vegetables, fruit, wholegrain foodstuffs, and low-fat dairy products, as opposed to foodstuffs that have elevated levels of fat, sugar, or salt) and "don't skip meals" (particularly breakfast) remain as relevant and applicable as ever.

3 *Rest in peace.* Get enough sleep. As a rule, most adults function best on about seven-to-eight hours of sleep. In fact, not getting enough sleep or not experiencing quality sleep (i.e., relaxed restorative, undisturbed) is a common cause of fatigue during the day. It is also important to note that it can take up to two hours for an individual's brain to become fully alert once a person wakes up.

4 *Find inner peace.* Learn to relax. Individuals should identify and address issues/problems in their life that may be causing them to experience prolonged bouts of anxiety. Studies show that constant anxiety can zap the body of energy. One viable

strategy in this regard is to learn and practice specific relaxation techniques (e.g., yoga or meditation) to help minimize the release of adrenaline. Another possible step to counter any potential energy drain is to try to carve out some time each day to simply relax (i.e., do nothing).

5 *Too much stimulation.* Don't overdose on caffeine. Too much caffeine, particularly in the evening, can lead to insomnia, which in turn can result in fatigue during a person's waking hours. As a general rule, caffeinated drinks should be limited to no more than five per day. In fact, as a pick-me-up, coffee tends to work in the short-run. On the other hand, ingesting an excessive amount of caffeine (i.e., the exact amount is dependent on a number of factors and tends to vary from person to person) can cause a number of problematic side-effects, including an upset stomach, irritability, accelerated heartbeat, and muscle tremors.

6 *Enough already.* Don't over-or under- eat. Eating too much can drain an individual's energy. On the other hand, not eating enough can lower a person's metabolism level and cause them to feel lethargic. The key for individuals is to consume enough foodstuffs to meet their daily caloric needs (Note: crash dieting is highly discouraged for anyone who wants to fire on all cylinders energy-wise), but not too much. Furthermore, snacking can also be an effective tool in an effort to maintain and/or boost energy. Eating the right snacks at the right time over the course of the day can help prevent significant changes in a person's energy level.

7 *It's just a job.* Reduce stress in the workplace. More often than not, problems occur at work that lead to fatigue. The key for individuals is to manage these situations so that these matters don't have a negative impact on their level of energy. The first step in that regard is to put any problems into perspective. In fact, no one's life is problem-free. Every problem has a solution. Every situation can be dealt with rationally, even if it eventually means finding a new job.

8 *Lighten up on lighting up.* Don't smoke. In addition to being bad for a person's health, smoking also tends to be counterproductive to any attempt to have more energy. For example, the body makes energy by combining glucose with oxygen. On the other hand, cigarette smoke contains carbon monoxide, a substance that reduces the amount of oxygen available in the blood. Not surprisingly, smokers typically have lower energy levels than non-smokers.

9 *Laughter as medicine.* Incorporate fun in your life. Individuals should do whatever they can to make sure that they have enough time for fun. In fact, laughter has been found to be a very effective energy booster. Not only does it lift a person's mood and immune system, it also can elicit the release of beneficial hormones in the body.

10 *A cautionary note.* See a physician if it appears that nothing can be done to boost your energy level. It is important to make sure that your persistent fatigue is not the result of an underlying medical problem.

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.

RETURNING TO SPORT AFTER ACL SURGERY

THE TRAINING TABLE

Guidelines on determining when an athlete can return to sport after anterior cruciate ligament (ACL) surgery vary widely and are often dependent on the opinions and treatment philosophies of the surgeon, physical therapist, and athletic trainer involved in

the athlete's rehabilitation. In addition, parents, coaches and the athletes themselves play a role in deciding when it is safe to return to sport. Returning to sport too soon may not only limit an athlete's performance ability but may also put them at risk for future injury. Although an athlete may feel confident and ready to play,

deficits in dynamic knee stability and strength may exist. Functional testing that helps to identify these deficits is therefore a key component in the assessment of athletes prior to returning to play after ACL surgery.

For more of this article go to www.texashealth.org/benhogan



photo courtesy Meg Garrett

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

Sarah Reese Womack

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

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

AD&D Benefit

(Accidental Death and Dismemberment)

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

your membership.

This benefit is NO cost to you. Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family 20%-

60% on vision care, hearing care and prescriptions.

In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren. Contact Michelle Baker for more information, msbaker@allife.com or (866) 797-6455.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Softball: First Day for Interschool Scrimmages	3	4	5	6 SWIMMING & DIVING: REGIONAL MEETS	7
8	9	10	11	12	13	14 Girls Basketball: District Certification Deadline
15 Softball: First Day for Interschool Games	16 GIRLS BASKETBALL: BI-DISTRICT	17	18	19 GIRLS BASKETBALL: AREA	20 SWIMMING & DIVING: STATE MEET	21
22	23 GIRLS BASKETBALL: REGIONAL QUARTERFINALS	24	25	26	27 GIRLS BASKETBALL: REGIONAL	28

TGCA HOTEL RESERVATIONS DIRECT LINKS

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

Crowne Plaza - \$109.00 (Subject to Availability)

LaQuinta - Up to 20% off within Texas; up to 15% off outside of Texas Use code **TGCA** to obtain the TGCA rate (Subject to Availability)

Austin Omni Southpark - \$119.00 If you call the hotel directly at 512-448-2222, please use the code **UIL**. \$129.00 with breakfast, but you must call the hotel directly to make reservations for the breakfast rate and use the code **UIL Plus**, 1-800-THE-OMNI. (Subject to Availability)

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!

REMINDER REGARDING ADDITIONAL NO COST BENEFITS

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at **NO COST** to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit ! (Covers all members.)
- Health Services Discount Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!
- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available. American Income Life is an international company licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Christa Davis at 281-386-9552 or csdavis@ailife.com. To view the letter online, visit <http://www.ailife.com/benefits/sgM9W>.



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VARSITY
Guy in the Yellow Tie



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

SERIOUS PERFORMANCE®

TGCA NEWS

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Austin, TX 78722-2536;
(512) 708-1333,
(512) 708-1325 (fax),
tgca@austintgca.com (e-mail);

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Executive Director: Sam Tipton, Sam@austintgca.com

Assistant to the Executive Director: Lee Grisham, Lee@austintgca.com

Administrative Assistant: Audree Tipton, Audree@austintgca.com

Membership & Exhibitor Coordinator: Jesi Grisham-Perez, 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: Alma Cordova