



# TGCA NEWS

MARCH 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 Bensed  
Frisco Centennial HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant to the Executive Director**  
Lee Grisham  
TGCA Office



# 3.15

## FEATURE ARTICLES

cover photo courtesy Billy Nabours



photo courtesy Kathleen Whalen

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# GET INVOLVED

By Loyd Morgan // TGCA 2nd Vice President // Rogers HS



Since you are reading this article, you have taken the first step toward involvement.

You are a member of a great service organization for coaches and female athletes across the state of Texas. The Texas Girls Coaches Association provides coaches the opportunity for professional growth, networking, and athlete promotion and recognition. Professional growth and networking opportunities come from attending the Summer Clinic and convention and our satellite clinics held in various parts of the state. The clinic sessions are very informing and are the easy part of the involvement stage. The first true step towards involvement comes from the regional meetings held at the Summer Clinic. At these meetings you have a chance to step into a leadership role in the organization and increase your visibility as a coach and mentor. These leadership roles come in several forms such as membership on specific sports committees, All-State selection committees, and All-Star selection committees. Committee members have a very important



photo courtesy Gigi Heermans

job in representing each particular sport and the athletes that participate in that sport.

Another way to become involved is by representing your region as a director. Regional directors must oversee the regional meetings and make sure all committee positions have the appropriate regional representation and membership. Regional directors also represent their fellow coaches as board members, the governing body of the Texas Girls Coaches Association. If you find committee membership or the role of regional director rewarding, you might even consider run-

ning for membership on the Executive Committee. Each position previously mentioned is very important to the TGCA, to coaches and to female athletes throughout the state.

School board trustees, superintendents, and athletic directors are overwhelmingly supportive of the involvement of their coaches in professional organizations at the regional and state level, especially in leadership roles. Membership and organization leadership roles bring positive recognition to their schools and communities.

So many times we speak about leadership, the qualifications of leaders, and becoming leaders with our student athletes. Talking to students is often easy; becoming active leaders is sometimes more difficult and scary to us. Do not fret, take the first steps and become an active leader. Our players and students need to see us demonstrate what we are preaching to them. Actions will speak louder than any words we can ever say to them.

It does not matter which role you choose, but choose one. Hopefully you will be as excited as I am about being in a leadership role for the Texas Girls Coaches Association. The roles of Regional Director and 2nd Vice President have allowed me to meet many new people and form relationships that will last a lifetime. The profession of teaching and coaching is second to none, along with the TGCA. So don't just sit back and wait for someone else to do the job. Go ahead, take the plunge, get involved! Your athletes are watching.

See you at your regional meeting.

## 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

# TGCA SUMMER CLINIC

## AUSTIN CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 14-17, 2015

### REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, "2015-16 Printable Membership Form". You can print the form out, complete it, and mail it with a check or credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536.

### ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and if you are renewing your membership and registering for clinic, click on "Membership Site" in the menu on the left-hand side of the page. You will be required to log in. Follow the instructions from there.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled "First Time Member" in the menu on the left-hand side of the home web page, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had.

In either case, you will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

### ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 14, at 10:00 a.m., in the Austin Convention Center. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also.

### HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website beginning March 16. Go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on "Summer Clinic" in the menu on the left-hand side of the page, then click on "Hotel Reservations" and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Austin this year with their rates, but please remember that you **cannot** call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the site.

### HOTELS FOR SUMMER CLINIC

#### Crowne Plaza

\$109.00  
6121 North IH-35  
(Single, Double, King,  
King Suite)

#### Hampton Inn & Suites

200 San Jacinto  
King - \$139.00  
Double - \$154.00  
Suite King with  
Sofa Sleeper - \$174.00

#### Holiday Inn Austin

**Lady Bird Lake**  
20 IH 35 North  
Single/Double - \$115.00  
\$10.00 per extra person  
for Triple/Quad

#### Hyatt Place - \$139.00

211 East 3rd Street  
(Single/Double/Triple/Quad)

#### Marriott Residence Inn & Courtyard Hotel

\$135.00  
300 E. 4th Street  
(Single/Double/Triple/Quad/  
King Suite)

#### Omni Downtown - \$134.00

700 San Jacinto at 8th Street  
(Single/Double/Double De-  
luxe)

#### Omni Southpark

4140 Governor's Row  
Single/Double - \$109.00  
Triple - \$129.00  
Quad - \$149.00

#### Radisson

111 Cesar Chavez  
@ Congress Ave.  
Standard Room  
(Single/Double) - \$130.00  
Suite - \$165.00

# 2015 TGCA SUMMER CLINIC

## SPIRIT DIVISION

Austin Convention Center  
Spirit Division – July 14-16, 2015

The Texas Girls Coaches Association is pleased to announce the 2015 TGCA Summer Clinic – Spirit Division, designed for cheerleading coaches. The clinic will be held at the Austin Convention Center, 500 E Cesar Chavez, in Austin, Texas, July 14-16. We will have the Spirit Division running concurrently with the Athletic Division this year. The University Interscholastic League, through a proposal from the UIL Medical Advisory Committee, now requires cheerleading coaches to undergo the same health and safety training as an athletic coach. TGCA, through the help and guidance of the UIL and Varsity, has designed an agenda to help meet the needs of the cheerleading coaches for the health and safety requirements, and has now been certified by the UIL to do so. There will also be technique training to help better serve safety issues when the coaches are training their squads for competition. TGCA

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

TGCA is asking current members of the Association to distribute to their cheerleading coaches, principals, and superintendents information on the 2015 TGCA Summer Clinic – Spirit Division. A cheerleading coach must be a member of TGCA to attend the Summer Clinic. Any member cheerleading coach will be allowed to submit nominations for Academic All-State, Cheerleader of the Year in 1A-2A-3A-4A

and 5A-6A, Coach of the Year in 1A-2A-3A-4A and 5A-6A, and All-State in all conferences, for the 2015-16 school year for those cheerleaders that meet the criteria for each honor, but the coach must be a member of TGCA before the November 1st membership deadline for nominations to nominate or receive honors. Refer all parties to [www.austintgca.com](http://www.austintgca.com) and click on Summer Clinic on the left to view the Summer Clinic agenda, or call the TGCA office at 512-708-1333 for further information.

Registration and membership can be done online at [www.austintgca.com](http://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 website under the “Summer Clinic” or “Forms” categories. We look forward to hosting this clinic, and hope to see all cheer coaches in Austin.



photo courtesy: Brad Biggers

## \* IMPORTANT \*

### 2014-15 MEMBERSHIP RENEWAL

The 2015-16 membership renewal is now open online. You can no longer renew for the 2014-15 membership year through the online site. If you still need to renew for the 2014-15 year, you MUST print a 2014-15 membership form from the website under

the "Forms" category and mail that with a check or fax it with a credit card. If you do an online membership at this point, you will be renewing or joining for the 2015-16 year, which does not begin until May 1 of 2015 and runs through May 31st of 2016.

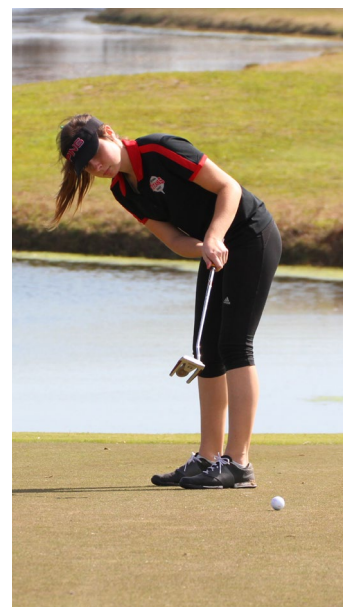


photo courtesy: Chuck Nowland

# TGCA 2015 SATELLITE SPORTS CLINICS

**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](http://www.austintgca.com), under the “Forms” category and under the “Other

Clinics” category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal 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.

## 2015 TGCA SATELLITE SPORTS CLINICS LOCATIONS

**2015 SAN ANTONIO SPORTS CLINIC**  
 May 22 – 23  
 O'Connor HS  
 12221 Leslie Road  
 Helotes, Texas  
[Agenda](#)  
[Registration Form](#)

**2015 REGION I LUBBOCK SPORTS CLINIC**  
 June 12 - 13  
 Coronado HS  
 3307 Vicksburg Avenue  
 Lubbock, Texas  
[Agenda](#)  
[Registration Form](#)

**2015 HOUSTON SPORTS CLINIC**  
 June 10 – 11  
 Tompkins HS  
 4400 Falcon Landing Blvd.  
 Katy, Texas  
[Agenda](#)  
[Registration Form](#)  
[Administrator's Agenda](#)

**2015 EL PASO SPORTS CLINIC**  
 July 23 – 24  
 Del Valle HS  
 950 Bordeaux Drive  
 El Paso, Texas  
[Agenda](#)  
[Registration Form](#)

## BASKETBALL COACHES OF THE YEAR



**1A-2A-3A-4A**  
Trent Lankford  
Gruver HS



**5A-6A**  
Cassandra McCurdy  
Dallas Skyline HS

## BASKETBALL ATHLETES OF THE YEAR

### 1A-2A-3A-4A

Grace Goodhart  
Sunnyvale HS  
Coach Jill McDill

### 5A-6A

Ashley Hearn  
Sachse HS  
Coach Donna McCullough

## CONGRATULATIONS TO THE 2014-15 TGCA ALL-STAR COACHES

### 1A-2A-3A-4A RED

**Head Coach:**  
Trent Lankford, Gruver HS  
**Assistant Coach:**  
Jill McDill, Sunnyvale HS

### 5A-6A RED

**Head Coach:**  
Doug Sporrer, Keller HS  
**Assistant Coach:**  
Keith Smith, Longview HS

### 1A-2A-3A-4A BLUE

**Head Coach:**  
Tate Lombard, Wall HS  
**Assistant Coach:**  
Hunter Cooley, Jim Ned HS

### 5A-6A BLUE

**Head Coach:**  
Wes Torres, Midland HS  
**Assistant Coach:**  
Sonny Benefield, Ball HS

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2014-15 UIL STATE BASKETBALL CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
2A	Laura Jenkins	Martin's Mill High School
3A	Jill McDill	Sunnyvale High School
4A	Skip Townsend	Argyle High School
5A	Joe Lombard	Canyon High School
6A	Virginia Flores	Cy Woods High School



## 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. Coach-

es 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.

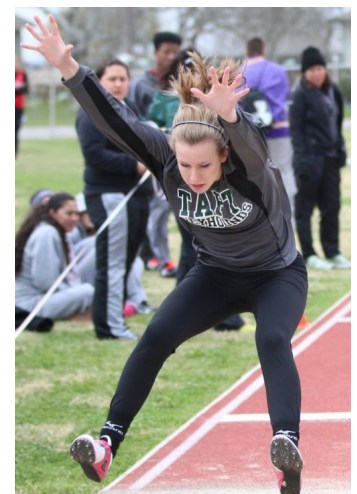


photo courtesy Tasha Wilson

# IN MEMORIAM

## BILLY MCKOWN, 1929-2015

Billy Tom McKown, 85, a 50-year resident of Abbott, died peacefully at his home Tuesday, March 17, 2015 after a brief illness. Bill was born December 13, 1929 in Mt. Calm to native Hill County residents and educators, Orville George and Ruby Burks McKown. The family moved to Hillsboro where he graduated from Hillsboro High School in 1946. Following graduation, he attended Hillsboro Junior College, Navarro Junior College and Texas Christian University, where he graduated with a bachelor's degree in education. Bill earned his master's degree in public school administration from Baylor University.

Bill began his 30-year education career with the Aledo ISD followed by two years with the Aquilla ISD, where he coached girls and boys junior high basketball. He then spent the next twenty-seven years with the Abbott ISD as a teacher, principal, superintendent and coach of girls' volleyball and basketball. Bill helped make Abbott a school dedicated to giving all students an understanding and appreciation of the high ideals of school life. His basketball teams won 21 district championships and ten bi-district championships, while his volleyball teams won 21 district and eight regional championships. Bill's 1978 volleyball team finished an undefeated season by winning the University Interscholastic League state championship and his 1979 team captured a second consecutive state

championship. Bill's 1978 and 1979 volleyball teams are the only state championship teams in the history of Abbott athletics.

Bill also served for 46 years as the Executive Director of the Texas Girls Coaches Association, an association

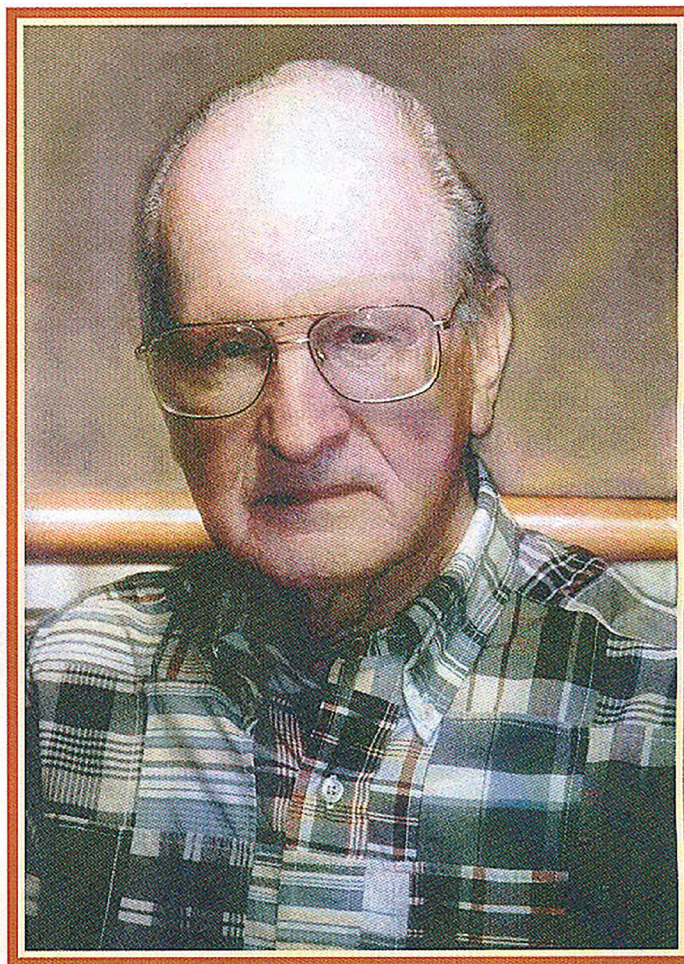
volleyball, track and field, and cross country. For his many years of outstanding service and unselfish devotion to interscholastic athletics, Bill was awarded the Distinguished Service Award by the National Federation of State High School Associ-

attending Baylor Lady Bears basketball games as a 20-year season ticket holder and Baylor Foundation member. Bill was also involved in numerous civic activities that benefitted Hill County, the City of Abbott, the Abbott Volunteer Fire Department, the Abbott Cemetery, and the Abbott ISD, for which he received several honors and awards. He was an honorary farmer in the Abbott Chapter of the Future Farmers of America. On February 25, 2010, the Hillsboro Area Chamber of Commerce inducted him into the Chamber's Hall of Fame, an honor for which he was extremely proud. In celebration of Bill's 85th birthday, the Abbott City Council proclaimed December 13, 2014 as Billy Tom McKown Day.

Survivors include his wife of 55 years, Margaret Jo Corbin McKown, of Abbott, son and daughter-in-law Darrell Lee and Tiffany Paige McKown, and grandchildren Mackenzie Shea, Hayden Thomas, and Peyton Elizabeth McKown, all of Houston.

Funeral services will be held at 2:00 PM, Saturday, March 21, 2015, at Marshall & Marshall Funeral Directors in Hillsboro. Visitation will be held from 5:00-7:00 PM on Friday, March 20, 2015 and at 1:00 PM prior to the services, at the funeral home. A private burial will be held at Ridge Park Cemetery in Hillsboro.

Memorials may be made to the Abbott Cemetery Association, P. O. Box 95, Abbott, TX 76621 or the Abbott Ex-Students Scholarship Fund, P. O. Box 107, Abbott, TX 76621.



he helped begin in 1953 with a membership of less than 50 coaches of girls' basketball. Upon Bill's retirement as Executive Director in 2001, the association had grown to membership of over 3,000 coaches of girls' basketball,

and inducted into the Texas Girls Coaches Association Hall of Fame in 2002.

Following his retirement, Bill enjoyed overseeing the family farms, going on cruises with his wife Margaret and



# CHANGE IT UP

Training is a numbers game. If you change the numbers, you change the game.

Another way to say that is if you change the demand, you change the adaptation. We need to put the right demand on our athletes to get the right adaptation. And that demand can't always be the same.

There are many numbers we can change: reps, sets, load, time under tension, tempo and rest interval, to name a few. The main point is: **Change the Numbers**

One comment, or complaint, we often hear from athletes is "we always do the same thing." This may or may not be an accurate, fair representation of their training, however an athlete's perception determines their attitude or feeling towards your program. Training is also a head game, coaches we can't neglect the psychology of our athletes. We have to in some ways cater to their ego and perception. Our secondary point is: **Change the Game**

We want faster, stronger ath-



photo courtesy Natasha Coleman

letes who play with energy and power. At the end of the day, we want our athletes to do work, so we have to increase their capacity to do work. When training programs get too methodical and regimented athletes lose interest and the gains we are hoping for don't happen.

Some of the fundamental areas of strength and conditioning are:

- muscular strength – typically thought of as high inten-

sity, high weight, low reps, and shorter time

- muscular endurance – typically thought of as low intensity, low weight, high reps, and longer time
- cardiovascular fitness – typically thought of in terms of running

Does your program have balance and variety? Does your program keep kids engaged? Are you seeing improvement? Do your athletes feel like they

are improving?

With periodic changes we gain more attention and interest which often shows as increased energy and effort. Changing the numbers or the type of training causes athletes to adapt, getting them out of the training rut and engaging them in new ways.

We recommend periodically giving athletes something new or different in training that they may have not done with you before. For example, instead of another day in the weight room do all body weight exercises outside or in the gym, or do an entire workout with only a med ball or kettle bell. Use what you have available and be creative. Even if it doesn't seem sport-specific, does it make them stronger or faster? Does it make them more focused, engaged or passionate? If it does then it's a win and it accomplishes the goal. Remember:

**Skills are crucial, but the speed and power of delivery determine one's level of play!**



photo courtesy Kayci Smith

## \* 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

## 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 individuals 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.

## PHOTOS OF THE MONTH



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

### Sarah Reese Womack

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

## 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@aillife.com](mailto:csdavis@aillife.com). To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.

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

## AD&D Benefit (Accidental Death and Dismemberment)

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

your membership.

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

60% on vision care, hearing care and prescriptions.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				SOCCER: AREA		
5	6	7	8	9	10	11
	SOCCER: REGIONAL QUARTERFINALS		Golf: District Certification Deadline		SOCCER: REGIONALS	
12	13	14	15	16	17	18
	GOLF: REGIONAL MEETS			SOCCER: STATE TOURNAMENT		
			Tennis: District Certification Deadline			Track & Field: District Certification Deadline
19	20	21	22	23	24	25
	TENNIS: REGIONAL MEETS					Track & Field: Area Certification Deadline
26	27	28	29	30		
	GOLF: STATE TOURNAMENT				TRACK & FIELD: REGIONAL MEET	
		Softball: District Certification Deadline				Softball: Bi-District Deadline

### 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!

### 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:

#### DEADLINES

**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.

# THANKS TO OUR SPONSORS



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Stromgren Supports  
Varsity  
Guy in the Yellow Tie -  
Tom Rogers Financial  
& Insurance Associates



**VARSITY**  
Guy in the Yellow Tie



Tom Rogers  
403(b) Annuities  
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## TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,  
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### TGCA on the Web

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

### Did you move?

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

### UIL eligibility / Sport rule questions

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



@AustinTGCA



photo courtesy: Jeana Yarrrough