

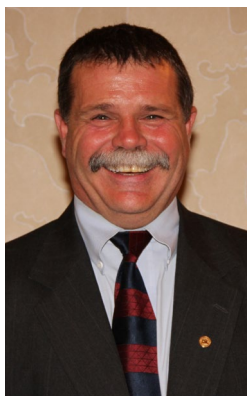


TGCA NEWS

MARCH 2016



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Smithson Valley HS

1st Vice President
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Rogers HS

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Coronado HS

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Whitney HS

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TGCA Office

Assistant to the Executive Director
Lee Grisham
TGCA Office



3.16

FEATURE ARTICLES

cover photo courtesy Doris Grooms



photo courtesy Novaita Samuels

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Vice President
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HOW DO YOU GET OR KEEP YOUR EDGE?

By Kriss Ethridge // TGCA 2nd Vice President // Lubbock Coronado HS



Have

y o u
ever had
trouble

beating a certain team or competitor? You look at them and see your team is more athletic, bigger, faster, and stronger, but you just can't find a way to beat them. What is it that gives them that EDGE? In observing many successful programs and speaking with many great coaches, it occurs to me they all have a few things in common. Here are some of those observations.

Enthusiasm is a powerful thing. Are you excited to be at practice every day? Do your players know you are excited and full of energy? I was recently at the girls' state basketball tournament and was sitting next to a recent college graduate who was there cheering on her high school's team. She showed so much passion for her school and wanted so badly for them to give it their all. She knew they needed to play with more enthusiasm, after all, she



photo courtesy Nicole Hyles

should know, she was a three time MVP at the state tournament. It makes me think how important it is to have that energy and passion for what we do. How do we expect our players to show passion and enthusiasm

if we don't set the example?

Discipline is another quality that gives those teams the advantage over your bigger, faster, and stronger team. They believe in doing the little things. As a coach do we show

discipline in our lives? As I sit here and write this the day before it is due for print, I realize this is an area I personally need to work. I recently watched

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TGCA

Download our new App!



Apple



Android



photo courtesy Lauren Marx

HOW DO YOU GET OR KEEP YOUR EDGE? (CONTINUED)

CONTINUED FROM PAGE 1

a video where Billy Donovan was being interviewed, and he talked about the 95% in athletics. Often times we focus all our attention on the 5%. In any sport, how much time does one person have the ball in her hands? Unless they are a pitcher, catcher, setter or the point guard, the time is very limited. For example, if a basketball player shot 15 shots in a game, and each shot took her one second, what was she doing for your team the other 31:45 of the game? That's the 95%. Is she disciplined to do what it takes when the ball is not in her hands? Does she set screens, does she box out in basketball, or does she get the tip ball, or get a dig in volleyball? Does she back up bad throws or pick up the signs in softball? The teams and coaches with discipline win the 95%!

Guts is another factor to



photo courtesy Lynn Schott

help us attain that edge. You have to be tough. You have to be able to bounce back after a loss or a bad play. Often times, games are determined by the team who is willing to give just a little more. They find a way to get one more block, rebound, or diving catch. Coaches watch one more film or talk to one more coach to be better prepared. We teach our players to dive on the floor for one more loose ball. One of the greatest

compliments I give my team after a game was said to me over 30 years ago. I know it is crazy that it could still apply today, but it does. Thirty-five years ago at the state tournament my team was down eight points with three minutes to play. We were determined to win. We had lost the year before in the semi-finals and did not want to feel that again. We fought back and won by one point. After the game, Coach Benson, our assis-

tant coach, said, "Y'all showed so many guts!!" To this day, that is the best compliment I have been given and that I can give to my team.

Expect excellence! If we are doing our jobs as coaches, we already do this one. We expect excellence from ourselves, from our other coaches, from our players, and from our students! We can only strive for what we can imagine. Excellence is obtained when we reach success. I love John Wooden's definition of success, "success is peace of mind which is a direct result of self-satisfaction in knowing you did the best to become the best you are capable of becoming." We have to set that bar for ourselves and those we influence.

So as you begin your off season or finish up your year, I hope we can all find that one thing that makes us a little better, that one thing that will give us the EDGE.

2016 UIL SOCCER STATE TOURNAMENT

GEORGETOWN ISD ATHLETIC COMPLEX: APRIL 13 - 16, 2016

WEDNESDAY, APRIL 13
11 AM - Girls 4A Semifinal
1:30 PM - Girls 4A Semifinal

THURSDAY, APRIL 14
9:30 AM - Girls 5A Semifinal
12 PM - Girls 5A Semifinal
2:30 PM - Girls 4A Final

FRIDAY, APRIL 15
9:30 AM - Girls 6A Semifinal
12 PM - Girls 6A Semifinal

SATURDAY, APRIL 16
11 AM - Girls 5A Final
4 PM - Girls 6A Final

photo courtesy Kay Giocondo

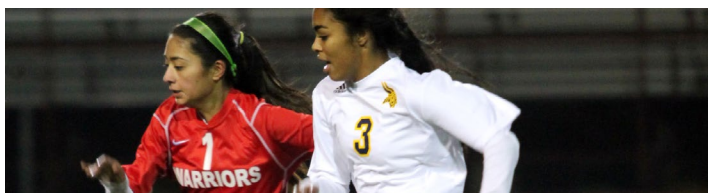


photo courtesy Lisa Smith

PARKING AND HOTEL INFORMATION

There will be a \$5 charge for parking on Saturday **ONLY**. All vehicles **MUST** enter at the CR 151 parking entrance. Entrance will not be permitted at the North Entrance.

For more information on parking, visit:

<http://www.uiltexas.org/soccer/state/soccer-state-tournament-spectator-information>

For more information on Georgetown area hotels, visit:

<http://visit.georgetown.org/category/lodging/hotels/>

TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 12 – 14, 2016

ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, www.austintgca.com, and if you are renewing your membership and registering for clinic, click on “Membership Site” in the menu on the left-hand side of the page. You will be required to log in. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. You may renew your membership and register for Summer Clinic there. **You must be a member of TGCA to attend either division of Summer Clinic.** Membership fee is \$60.00 and Summer Clinic fee is \$60.00, for a total of \$120.00.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled “First Time Member” in the menu on the left-hand side of the home page of the website, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had. If you do not remember your membership number or password, please contact us and we will be happy to assist you with that information.

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

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, www.austintgca.com, under the “Forms” category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, “**2016-17** Printable Membership Form”. You can print the form, complete it, and mail it with a check or credit card number, or fax it or scan and email it with a valid credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536, fax (512) 708-1325, email tgca@austintgca.com.

ON-SITE REGISTRATION

On-site registration will begin Tuesday, July 12th, at 10:00 a.m., in the Arlington Convention Center, 1200 Ballpark Way. You may pick up your clinic packet, if you have pre-registered, beginning at those times, also.

HOTEL INFORMATION

Hotel Reservation Services are now open for Summer Clinic, as is on-line registration for all clinics. Click on the Summer Clinic category in the menu on the left-hand side of the page of the TGCA website, www.austintgca.com, and Hotel Reservation Services are right at the top. Please be sure and read the info entitled “Hotel Reservations General Information and Contact Info for Orchid”. Orchid is the reservations service we are using this year, and if you have any problems making your reservations or need to change a reservation, they are who you will need to contact. Their contact information is in that link. The Summer Clinic agenda is also posted on this page. You can find the order form for tickets to the Honor Awards Banquet on the Summer Clinic page. Should you wish to do your registration for Summer Clinic and renew your membership by paper form, there is a downloadable 2016-17 membership form there, also.

HOTELS FOR SUMMER CLINIC

Baymont Inn & Suites

2401 Diplomacy Drive
King, Queen/Queen -- \$83.00

Crown Plaza Suites Arlington

700 Avenue H East
King Suite/Double Suite -- \$119.00

Hilton Arlington

2401 East Lamar Boulevard
Standard King -- \$123.00
Standard Double -- \$133.00
Junior Suites -- \$123.00

Holiday Inn

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

La Quinta Arlington North

(Next to Six Flags)
825 North Watson Road
Standard Doubles/Standard King/King
Accessible/King Deluxe -- \$115.00

Sheraton Arlington

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

2016 TGCA SUMMER CLINIC

photo courtesy Chuck Nowland



The 2016 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 12 – 14. The agenda has now been posted to the website under the “Summer Clinic” category. The format has changed quite dramatically for 2016, so be sure and check it out soon. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there.

We are working on finalizing dates, times and places for the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2016 TGCA Clinics.

photo courtesy Heather Medlen



**2015-16
MEMBERSHIP
RENEWAL
FORMS**

If you still need to renew your membership for the 2015-16 year, you will need to print the 2015-16 membership form from the website under the “Forms” category in the menu on the left-hand side of the main page of the website, and mail with a check, or fax or email it with a valid credit card number. You can no longer renew on-line for the 2015-16 year.

TGCA 2016 SATELLITE SPORTS CLINICS

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

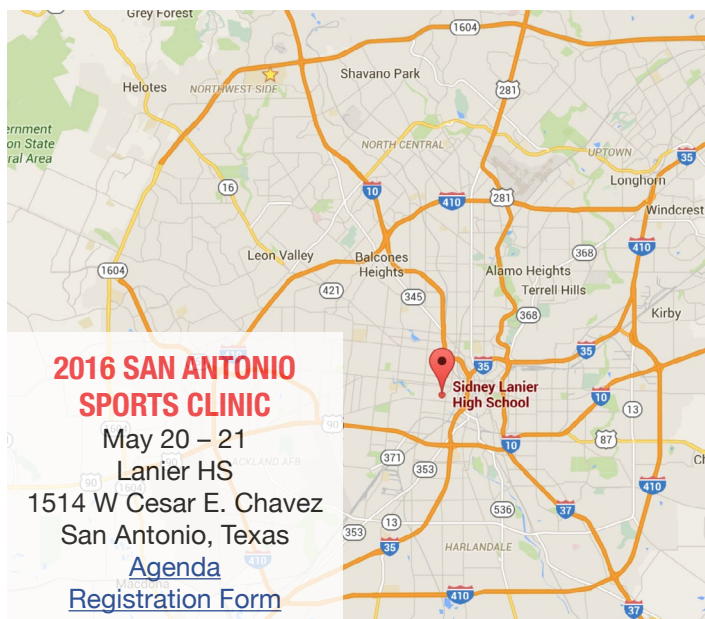
TGCA will be hosting four Satellite Sports Clinics in 2016. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, www.austintgca.com, under the “Forms” category and under the “Other

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

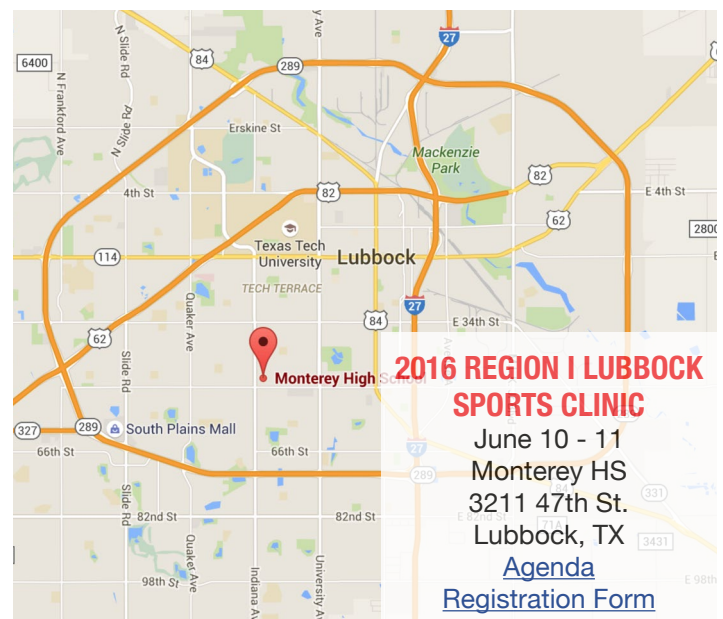
you want to print, complete it and either snail mail with a check or fax with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be happy to assist you.

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.

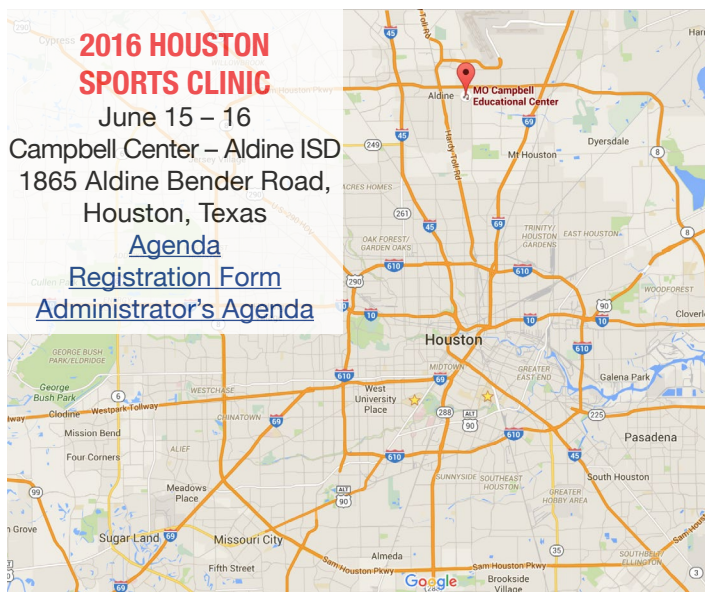
2016 TGCA SATELLITE SPORTS CLINICS LOCATIONS



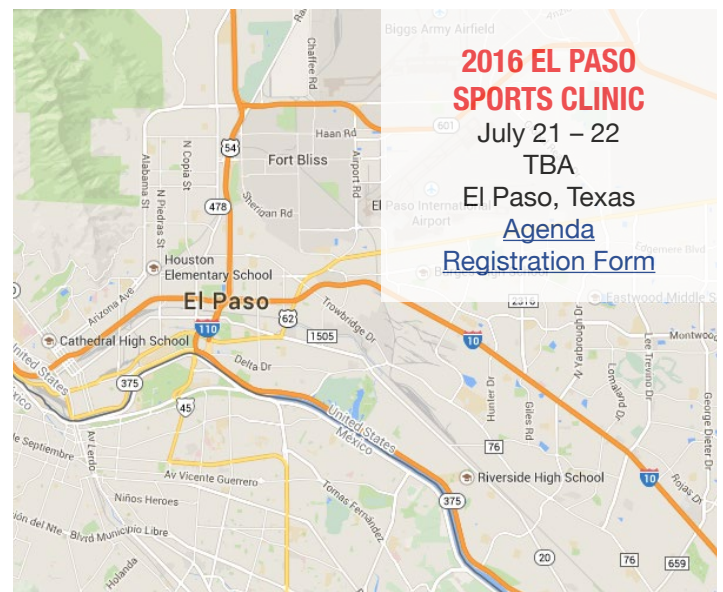
2016 SAN ANTONIO SPORTS CLINIC
 May 20 – 21
 Lanier HS
 1514 W Cesar E. Chavez
 San Antonio, Texas
[Agenda](#)
[Registration Form](#)



2016 REGION I LUBBOCK SPORTS CLINIC
 June 10 - 11
 Monterey HS
 3211 47th St.
 Lubbock, TX
[Agenda](#)
[Registration Form](#)



2016 HOUSTON SPORTS CLINIC
 June 15 – 16
 Campbell Center – Aldine ISD
 1865 Aldine Bender Road,
 Houston, Texas
[Agenda](#)
[Registration Form](#)
[Administrator's Agenda](#)



2016 EL PASO SPORTS CLINIC
 July 21 – 22
 TBA
 El Paso, Texas
[Agenda](#)
[Registration Form](#)

BASKETBALL COACHES OF THE YEAR

1A-2A-3A-4A

Skip Townsend,
Argyle HS

5A-6A

Ross Reedy,
Frisco Liberty HS

BASKETBALL ATHLETES OF THE YEAR

1A-2A-3A-4A

Lanie Roberts,
Lipan HS
Coach Amber Branson

5A-6A

Lauren Cox,
Flower Mound HS
Coach Sherika Nelson

CONGRATULATIONS TO THE 2014-15 TGCA ALL-STAR COACHES

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

Head Coach:

Quint Anthony,
Greenwood HS

Assistant Coach:

Valerie Akpan,
Gonzales HS

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

Head Coach:

Rob Schmucker,
Panhandle HS

Assistant Coach:

Rodney Gee,
Lorena HS

5A-6A RED

Head Coach:

Jeffrey Chatman,
Cibolo Steele HS

Assistant Coach:

Ramsey Ghazal,
Wichita Falls Rider HS

5A-6A BLUE

Head Coach:

Holly Mulligan,
McKinney North HS

Assistant Coach:

Kit Kyle-Martin,
Timberview HS

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015-16 UIL STATE BASKETBALL CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
1A	Amber Branson	Lipan High School
2A	Roger Maupin	Weimar High School
3A	Tate Lombard	Wall High School
4A	Skip Townsend	Argyle High School
5A	Joe Lombard	Canyon High School
6A	Cathy Self-Morgan	Duncanville High School



photo courtesy Amanda Byers

2016 UIL GOLF STATE TOURNAMENT

ONLINE NOMINATION
DEADLINES BY SPORT

APRIL 25-26

Conference 6A

Legacy Hills Golf Course

Parking: \$10 fee (cash only)

Golf Cart Rental: Rentals on a first come, first serve basis; also available with handicap placard

Conference 5A

Wolfdancer Golf Club,
Hyatt Regency Lost Pines

Parking: \$5 fee per day

Golf Cart Rental: No rentals for spectators; handicap placard holders can reserve by calling 512-308-4770 but limited availability

APRIL 25-26

Conference 4A

Onion Creek Club

Parking: \$5 fee per day

Golf Cart Rental: Rentals available with handicap placard; may reserve Monday, 4/18 at 1pm by calling 512-282-2162

Conference 2A

Roy Kizer Golf Course

Parking: \$5 fee per day

Golf Cart Rental: Rentals available with handicap placard \$25; may bring own cart for \$25; reservations available on Tuesday, 4/19

APRIL 27-28

Conference 3A

Grey Rock Golf Club

Parking: \$5 fee per day

Golf Cart Rental: Rentals available with handicap placard \$25; may bring own cart for \$25; reservations available on Tuesday, 4/19

Conference 1A

Lions Municipal Golf Course

Parking: No fee, limited parking,

may park offsite at West Austin Youth Association
Golf Cart Rental: Rentals available with handicap placard \$25; may bring own cart for \$25; reservations available on Tuesday, 4/19

The nomination deadline for online nominations for all sports and spirit is the Monday before the state meet or tournament of that sport at 12:00 noon. If that online date is missed, the coach is responsible for submitting paper copies of nominations to their regional representative for the respective committee to be hand-delivered at the committee meeting. The 2015-16 online nomination deadlines are as follows:

SOCCER

April 11

GOLF

April 25

TRACK & FIELD

May 9

TENNIS

May 16

SOFTBALL

May 30

You must be a member of TGCA before November 1st in order to be eligible to nominate athletes or receive honors.



photo courtesy Chuck Nowland

IMPORTANT REMINDER FOR GOLF, SOCCER AND TENNIS HONORS

Just a reminder to all of our golf, soccer and tennis coaches that TGCA will be selecting an Athlete of the Year in 1A-2A-3A-4A and 5A-6A in golf and tennis, and one Athlete of the Year for 4A-5A-6A in soccer, and a Coach of the Year in 1A-2A-3A-4A and 5A-6A in golf and tennis, and one

Coach of the Year for 4A-5A-6A in soccer. Don't forget to do your nominations for these honors when you do your nominations for Academic All-State. Athlete of the Year recipients must be seniors. Coach of the Year recipients must be a member in good standing of TGCA, and

must have been a member before the November 1st membership deadline for honors. All head coaches of all sports must have been members of TGCA by the November 1st membership deadline for honors to be eligible to nominate for honors or to receive honors themselves.



OVERUSE INJURIES

www.texashealth.org/benhogan

As many athletes make the transition from one sport to the next, it is an important time to think about overuse injuries. Acute injuries typically occur when we have one traumatic event. These can be sprains, dislocations or fractures from a fall. Overuse injuries occur over time and can be more subtle. We think of overuse injuries as repetitive small traumas to the body's bones, joints, and tendons. Some

common overuse injuries can be shin splints or tendonitis.

As athletes move on from one sport to the next, it is important to take time to rest. This can mean a period of total rest. This can also mean that athletes need time to adapt to the specific demands of a different sport. Each sport uses different muscles and joints in a different way. Slowly increasing the intensity and utilizing an appropriate warm up before and

after activities helps the body to adjust to these new demands.

Most overuse injuries can be avoided with the right plan. Be sure to warm up and cool down before and after activities. Try cross training to give different body areas a break and some time off. Always reach out to your athletic trainer for guidance as you transition from one season to the next.



photo courtesy Kimberly Gammill



photo courtesy Ashley Broom

AD&D Benefit

(Accidental Death and Dismemberment)

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.

For more info on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.



What is Your Program Missing?

In a recent conversation with a coach, a question that comes up all the time received a different response. The coach asked “Am I missing anything?” The conditioned response, especially as somebody trying to serve a client, is to analyze the situation and identify a problem that is sure to be there. The answer is almost always, “Yes, ma’am!”

The answer this time was, “No, ma’am!.” The bottom line was this coach wasn’t missing anything. Her process was good and her fundamentals were sound. She truly just needed to keep doing what she was doing and stay the course. Is it possible that you’re in the same boat?

Sometimes we think it’s a problem to not have a problem so we overanalyze. We like to call that paralysis by analysis. We sometimes complicate the process and start missing things. You should never need to go back to the basics because you should never leave them in the first place. We build on the basics, but we can’t every get away from them. Coaches must define the basics and then refine the use of them, making them



photo courtesy Tammi McDew

most applicable for their sport and their athletes.

THE BASICS MUST BE DEFINED AND REFINED

Let’s take this coach for example. Her sport is track. With our help and methodology, she defined a process for her athletes:

1. Warm Up: including flexibility and mobility.

2. Lead Up: reiterating proper mechanics and preparing the body for full speed.

3. Speed Up: incorporating speed mechanics with quality reps, not quantity.

4. Pump Up: not neglecting the importance of strength, focused on alternating push and pull.

5. Eat Up: encouraging proper fueling which is essential for high level performance.

6. Rest Up: establishing a program which includes rest, allowing for recovery, reminding athletes of its importance.

The defined process allows her athletes to be educated on a consistent routine designed for optimizing performance. The next step is refine, and in track terms we call it “polish.” As a season goes on, the goal is to peak at the right time. You don’t do the same Speed Up and Pump Up week 1 as week 10, but you don’t leave either behind. Refine each component as the off-season or in-season progresses, but never neglect any of the basics.

Does your program consistently include the basics? Do your athletes know and understand the importance of each aspect? If so, well done, keep on keeping on. If not, establish a culture that incorporates and appreciates the basics.

Sometimes the only thing we are missing is encouragement! Visit www.DX3Athlete.com for more on properly preparing athletes.



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 Associ-

ation.

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.

10

NOT-TO-BE-OVERLOOKED REALITIES ABOUT CELIAC DISEASE

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

1 *NOT all that well known.* Celiac disease is a chronic condition that occurs in genetically predisposed individuals when they consume gluten (a protein found in wheat, rye, and barley). The consumption of gluten triggers an abnormal response by the body's immune system that damages the small intestine. As a result, nutrients cannot be properly absorbed into the body. The impact of this response can vary, ranging from somewhat mild (e.g., fatigue) to very serious (e.g., stunted growth).

2 *NOT inconsequential.* Approximately 1% of the people worldwide have celiac disease, including individuals in the United States. Even more disturbing is the estimate that 83% of the Americans with the disorder are either undiagnosed or misdiagnosed with having other conditions. Some evidence exists that each of the individuals with undiagnosed celiac disease annually spends almost \$1000 additional on their health costs.

3 *NOT discriminating.* Celiac disease has been found to affect men and women across all ages and races. In large part because women are more likely to seek a diagnosis for any health problem that they may be experiencing, a majority of the adults currently diagnosed with celiac disease are women. Children, like adults, can develop celiac disease at any time.

4 *NOT clear and absolute.* According to some experts, approximately 300 possible symptoms exist for celiac disease. As such, it is virtually impossible for individuals to know if they have the disorder, based solely on their symptoms. In reality, differ-

ent people experience the disease in different ways, given that the symptoms tend to vary a lot from one individual to another.

5 *NOT without a solution.* The only surefire way to diagnose the disorder involves a two-step process: first, undergo a set of blood tests to assess the level of certain autoantibodies in the body, followed by a small bowel biopsy. Once the likely presence of celiac disease has been established by the two-step process, the next (and final) measure to confirm the existence of the disorder is whether the health of the person improves with a gluten-free diet.

6 *NOT true.* Celiac disease is not a digestive disease, as many people mistakenly believe. Rather, it is an autoimmune disorder with gastrointestinal symptoms that occur when the individual consumes gluten. That person's immune system responds to the ingestion of gluten by damaging the lining of the same intestines.

7 *NOT consistent with reality.* Celiac disease and gluten intolerance (also referred to as gluten sensitivity) are not one in the same. Because the symptoms of both conditions are virtually identical, it can be very difficult for individuals to determine which disorder they might have, without the data obtained from specific medical tests. The key point is that gluten intolerance involves a different immune system reaction than celiac disease. In the former, the body views the gluten as an invader and combats it without damaging the body. In the latter, the body's own tissue is attacked.

8 *NOT a slam-dunk.* A number of people erroneously believe that adopting a gluten-free diet can help them shed a number of unwanted pounds. In reality, consuming gluten does not make individuals gain weight. Similarly, people who avoid gluten don't necessarily lose weight. People who gain weight are on the wrong side of the energy in/energy out equation. Simply put, they consume more calories than they expend. In fact, much of the burgeoning market (\$4.2 billion annually and rising) for gluten-free foodstuffs is for products that most individuals don't need.

9 *NOT what it seems.* It is important to note that the term "gluten-free" doesn't automatically mean "healthy." In fact, gluten-free foods often lack many of the nutritional benefits that are found in their gluten-containing counterparts (e.g., they may be low in certain essential vitamins and minerals). Furthermore, gluten-free foods often are higher in calories, given the fact that they may include extra sugar to compensate for an otherwise problematic issue with taste and texture. Gluten-free foods also tend to have less fiber than their gluten-laden equivalents.

10 *NOT going away.* No cure exists for celiac disease. Individuals with the condition will not "grow out of it." The only treatment for the disorder is lifelong adherence to an absolute gluten-free diet. In that regard, it is essential that people with celiac disease identify and follow a well-planned gluten-free diet—one that promotes their own good health and well being.

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.

1. FORM A LIST

Put together a list of friends, family, co-workers, work out buddies, etc... (i.e. potential donors).

Think creatively here. Do you have neighbors, doctors, sports club members, etc... that might support you?

Remember, it doesn't hurt to ask so build the biggest list you can by including everyone you can think of!

2. SET A FUNDRAISING GOAL AND CONTINUE TO RAISE IT

Make sure you set a goal.

Having something to aim for always helps. And 9 times out of 10 you'll end up doing better than you originally thought so aim high!

Most supporters will set their personal fundraising goal very high to inspire themselves and their donors (i.e. friends and family). Normally, you set your goal when you register, but don't forget, you can go back and raise your goal as you start to see the fundraising dollars come in.

Remember, you're raising money for a cause you care about. Push your self to raise more than you ever thought you could.

3. SEND HAND WRITTEN LETTERS FIRST, NOT EMAILS

Email is faster and can return instant results, but good old-fashioned hand written letters show a personal touch.

Think about making your initial requests via hand written

letter. Deliver it personally if possible!

It is unlikely that your friends will throw out your hand written snail-mail letters before they open and read them, but even friends with the best intentions can easily lose or forget your email in an overcrowded "inbox."

Use emails as a follow-up to those who don't respond to your letter.

4. REMEMBER YOUR INSPIRATION

There's a reason why you are supporting this cause. Make sure to remember that and bring that same energy to your fundraising efforts.

As you go about setting your fundraising goal and sending out personal appeals to your friends and family try including a personal message about why you're supporting the cause and what the fundraising efforts mean to you.

The more personal you can make it the better.

5. USE ONLINE FUNDRAISING TOOLS

It goes without saying, but using an online tool will help you manage your fundraising efforts.

play4kay.org gives you the ability to setup your own fundraising web page complete with the ability to set your fundraising goal, write a personal message, send email appeals and track progress.

This is an invaluable resource, not just for your donors (i.e. the friends and

family you're asking to support you), but also for you as you keep track of your fundraising campaign. You should direct all your contacts to visit your personal web page.

6. GET FACE TO FACE

When you're fundraising make it a point to ask the friends and family you see on a regular basis to support you by donating.

Dinner parties, soccer games, church, family reunions, etc. They are all great opportunities to make in person asks.

Remember, it's difficult for people to say "no" if you speak with them in person.

Consider creating simple "fundraising cards" that have your personal fundraising page URL (for example: <http://www.nonprofitname/event/frankbarry>) on them. That way when you see people in person you can hand them a card and ask them to make a donation online when they get home.

7. MAKE IT PERSONAL

People will donate because YOU are asking them to. Simple as that.

They like you and respect that you're supporting a great cause.

You have the space on your fundraising web page and in your emails to tell them why supporting this cause. Communicate your passion to your friends, family, co-workers and other potential donors. It's a critical part of your fundraising success.

8. FOLLOW UP

It's very common for people to put things off. We all live busy lives and have a lot of other responsibilities on our plates. A little reminder nudge never hurt anyone.

If someone has indicated that they want to donate, but hasn't, don't hesitate to follow-up with a phone call or reminder email. Especially as the time you have to fundraise for the event runs down. People respond to deadlines!

9. FORM A TEAM

There is nothing like the camaraderie of doing an athletic event with family, friends and co-workers.

A team will be able to raise more money faster and the team atmosphere will help foster friendly competition, inspiration, encouragement and participation.

Teams Rock! Create one if you can.

10. SEND THANK YOU NOTES

It's a simple thing to do, but also one of the most powerful.

Make sure to say thank you to everyone who supported you. Send emails, write personal notes and thank people in person. Do it every opportunity you get.

- See more at: <http://npen-gage.com/nonprofit-fundraising/10-simple-fundraising-tips-guaranteed-improve-effectiveness/#sthash.otEC9NvS.dpuf> **QUESTIONS**

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



photo courtesy Lonnie Gray

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TGCA NEWS

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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: www.austintgca.com.

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: Alisha Morgan