



TGCA NEWS

SEPTEMBER 2015



2015-16 TGCA OFFICERS



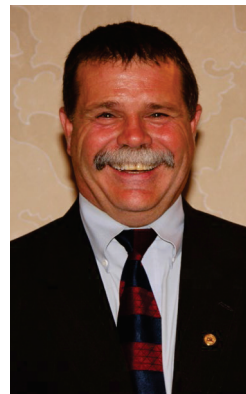
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Smithson Valley HS



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Rogers HS



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Coronado HS



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FEATURE ARTICLES

cover photo courtesy Kelly Norcross



photo courtesy Jackie Yerby

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TGCA Track & Field Vice Chair
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MAINTAINING A SUCCESSFUL PROGRAM YEAR AFTER YEAR

By Brandi Bode // TGCA Track & Field Vice Chair // Warren HS



will be starting my tenth year as the Head Girls Track Coach, and my fifteenth year overall in the coaching profession. Looking back over my career, I have started to ask myself, “How does our program remain one of the top teams in our district, area and region year after year?” After much thought, I believe that it can be narrowed down to four key ideas.

1. Consistency. Being consistent is so important when working with young athletes. Make sure you are consistent with the program rules and expectations. By doing this, your athletes will know exactly what they are getting when joining the program. I have learned when you are consistent and fair, kids will want to work hard and go above and beyond.

Consistency is important when it comes to your coaching philosophy, as well. You have to believe in what you are doing with the team and stick with it. Do not be too quick to abandon your philosophical principles every time things do not work out or



photo courtesy Sheree Hill

success does not happen immediately. If you are quick to doubt, you will lose your athletes, and they will lose confidence in you and themselves.

Remember, the goal is to have prolonged success. After a couple of years,

traditions will start to develop within the program. It is important to stay consistent with these traditions, too. These are the little things the athletes look forward to, and sometimes it’s what sustains the program. It could be something small like “Tank Top Tuesdays” (on Tuesday, during track season after it warms up, we allow the team to rock their favorite tank), or it could be something much bigger, like winning the district title.

2. Create a Competitive Atmosphere. This is so important to be successful every year. Make sure that during the off-season and in season, the athletes are competing and battling for a position or a spot each week.

In our track program, we post a weekly performance list, so the athletes can see where they rank in our program. We also have a list of the top ten all-time performances in school history. So, not only are

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* TGCA UPDATES: 2015-2016 *

TGCA is happy to announce the passage of a proposal by the Executive Committee of the Board of Directors to extend honors for Academic All-State, Coach of the Year and Athlete of the Year, as well as state championship rings provided by Balfour, for the UIL sanctioned sports of team tennis, wrestling, swimming and diving, and tennis beginning this school year. Guidelines and nomination instructions will be posted under the appropriate sports tabs on the website and in the Bylaws. We’re still working on those pages, but they will be up and running before nominations are due. Be sure and inform the coaches of these sports at your school and encourage them to join TGCA so that their athletes may be recognized.

TGCA will be adding the honors of All-State and All-Star, as well as state cham-

pionship rings provided by Balfour, to accompany the honors of Academic All-State, Coach of the Year and Athlete of the Year, in cheerleading beginning this school year. Guidelines for these honor nominations can be found under the Spirit tab on the website, and also under the Bylaws.

The TGCA membership, at the general business meeting during Summer Clinic, passed an update to the Bylaws regarding retired coaches who are members of TGCA. Retired coaches were incorporated into the allied membership section of the Bylaws, to entitle them to keep their membership current and receive a membership card. Retired coaches need to be sure and let TGCA know you are retired and are not assigned to a school before we can change your membership affiliation.

Also at the general business meeting

during Summer Clinic, the TGCA membership passed a proposal extended by the Board of Directors to change the classification of the All-Star teams in cross country, volleyball, basketball, track and field and softball to **incoming** seniors, and add Legacy All-Star teams in those sports that will consist of senior athletes only. The Legacy All-Star teams will receive a certificate of recognition, but will not play in any All-Star game. Nominations for both will be done the same way as always, but be sure to designate your athlete as a junior or senior, as that will determine which category the nomination is placed in. All selections will be made by the standing committee of each particular sport at the annual committee meetings.

MAINTAINING A SUCCESSFUL PROGRAM YEAR AFTER YEAR

CONTINUED FROM PAGE 1

the current athletes competing with each other, but they are also able to compete with some of our outstanding athletes from the past.

We even compete when we hold our yearly fundraiser. We divide the athletes into two teams, and they battle to see who can fundraise the most, with the winning team getting rewarded in the end. A competitive atmosphere breeds success.

3. Play to the Team's Strengths. As coaches, we have to be able to evaluate talent, and adjust according to what we have each year. If you are fast, be fast; if you have jumpers, jump; and if your distance crew is better than most, let the horses run.

The goal each year is to win the district title. Some years, we are racking up points in short sprints and relays, while other years we are scoring in field events and distance races. Figure out early in your season where your strengths are as a team and use them. At last year's district track meet, the team scored 38 points in the throws, and led the meet after day one with 63 points.

And do not forget the importance of



photo courtesy Brad Biggers

your assistant coaches to the program. What are their strengths, and what can they contribute? They may be very knowledgeable in a specific event or skill, or just great at driving the bus. It seems in high school coaching, assistant coaches will come and go. While you have them, use them to the best of their abilities. Every aspect of our coaching duties are important and must get done. When you play to the strengths of the assistant coaches, it will have a positive impact, and you will be more successful in the long run.

4. Have FUN! At times, it can seem like fun is nowhere to be found on some athletic teams. But we think fun needs to be a key component to be successful.

Track is hard, and most days the workouts and practices can be grueling. Find ways to relate to your athletes, and create an enjoyable atmosphere. Celebrate small successes daily, and don't be afraid to let the kids see you're having fun, too. At the end of the day, your athletes are going to remember how you made them feel and the memories they made with their teammates.

Being consistent with all aspects of the program—be it coaching philosophy, rules, or routines becoming traditions—will develop a solid foundation to a perennially successful program. Establishing a competitive environment within practice, will elevate the program to a new level, as athletes push each other for relay legs or one of the coveted spots at a Varsity meet. Identifying team strengths from year to year, and doing so early, will keep the focus where it is needed; however, team weaknesses must be addressed in some manner, possibly by using some of your better, under used athletes in new events or positions. And have fun. That's it. Just have fun.



photo courtesy Karen Berend

TGCA
Download our new App!

Apple 

Android 

CAREER VICTORIES

BASKETBALL

NAME	SCHOOL	#VICTORIES
Andy Zihlman	Bishop Lynch HS	900
Leland Bearden	Seminole HS	600
Angela Beck	Cedar Ridge HS	500
Pamela Crawford	Clear Springs HS	500
Pinellafie Johnson	Huntsville HS	500

CROSS COUNTRY

NAME	SCHOOL	#POINTS
Paul Darden	Sundown HS	1100

GOLF

NAME	SCHOOL	#VICTORIES
Mark Burgen	Andrews HS	1100

SOFTBALL

NAME	SCHOOL	#VICTORIES
Benita Dunlavy	Tomball HS	500
Mark Wygle	De Leon HS	300

TRACK & FIELD

NAME	SCHOOL	#POINTS
Linda Richter	Yoe HS	1400
Ann Rigden	La Grange HS	1000
Edye Lea	Pearsall HS	600
Jimyria Hicks	Kennedale HS	500
Barry Woodruff	Union Grove HS	500
Jamie Jenkins	Perrin-Whitt HS	400
Mitch Williams	Whitney HS	300

VOLLEYBALL

NAME	SCHOOL	#VICTORIES
Linda Richter	Yoe HS	800
Ann Rigden	La Grange HS	700
Vicki Castino	Little Cypress-Mauriceville HS	500
Stacy Wolf	Windthorst HS	500
Harold Davis	Farmersville HS	400
Chad Jones	Cedar Park HS	300
Shawn Meredith	New Caney HS	300
Jacob Thompson	Rouse HS	300
Donald Zapalac	Schulenburg Sec. School	300
Kate Zora	A&M Consolidated HS	300

*TGCA encourages all coaches to submit their information for Career Victories Awards for the 2015-16 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws," and then under "Awards" (Number 1 in the Directory).

SUB-VARSITY YEARS OF SERVICE

NAME	SCHOOL	YEARS OF SERVICE
Tony Anthony	Frenship HS	25 Years
Lee Rood	Craig MS	25 Years

*TGCA encourages all coaches to submit their information for Sub-Varsity Years of Service Awards for the 2015-16 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws", and then under "Awards" (Number 2 in the Directory)

* 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.



photo courtesy: Dale Keen

ATHLETES OF THE YEAR

NAME	SPORT	SCHOOL	CONF.	COACH
Karla Presa	Cross Country	Bandera HS	1A-2A-3A-4A	Steve Golemon
Devin Clark	Cross Country	Smithson Valley HS	5A-6A	Brittney Lanehart
Stormi Leonard	Volleyball	Decatur HS	1A-2A-3A-4A	Claire Gay
Alyssa Enneking	Volleyball	Clear Falls HS	5A-6A	Lyndsay Hodges
Darbey Hood	Cheerleader	Henrietta HS	1A-2A-3A-4A	Danielle Hensley
Paulina Bracker	Cheerleader	Marcus HS	5A-6A	Nema House
Grace Goodhart	Basketball	Sunnyvale HS	1A-2A-3A-4A	Jill McDill
Ashley Hearn	Basketball	Sachse HS	5A-6A	Donna McCullough
Kate Summers	Soccer	Highland Park HS	4A-5A-6A	Stewart Brown
Hailey Burgen	Golf	Andrews HS	1A-2A-3A-4A	Mark Burgen
Kendall Wisenbaker	Golf	Montgomery HS	5A-6A	Rusty Herridge
Erin Williams	Track	Rogers HS	1A-2A-3A-4A	Loyd Morgan
Taylor Bennett	Track	Klein Collins HS	5A-6A	Jennifer Gegogaine
Samantha Show	Softball	East Bernard HS	1A-2A-3A-4A	Christine Uribe
Keeli Milligan	Softball	Vidor HS	5A-6A	Darin Fletcher

COACHES OF THE YEAR

NAME	SCHOOL	SPORT	CONF.
Brandun Massingill	Hamilton HS	Cross Country	1A-2A-3A-4A
Rebekah James	Randall HS	Cross Country	5A-6A
Claire Gay	Decatur HS	Volleyball	1A-2A-3A-4A
Leslie Madison	The Woodlands HS	Volleyball	5A-6A
Cristy Vaughan	Kerens HS	Cheerleading	1A-2A-3A-4A
Julie Brantley	Prosper HS	Cheerleading	5A-6A
Trent Lankford	Gruver HS	Basketball	1A-2A-3A-4A
Cassandra McCurdy	Skyline HS	Basketball	5A-6A
Stewart Brown	Highland Park HS	Soccer	4A-5A-6A
Mark Burgen	Andrews HS	Golf	1A-2A-3A-4A
Angela Chancellor	Kingwood Park HS	Golf	5A-6A
Linda Richter	Yoe HS	Track	1A-2A-3A-4A
Shannon Utley	Summit HS	Track	5A-6A
Kristin Williams	Snyder HS	Softball	1A-2A-3A-4A
Jeff Lemons	Aledo HS	Softball	5A-6A

None Selected		Sub-Varsity Cross Country	1A-2A-3A-4A
None Selected		Sub-Varsity Cross Country	5A-6A
Amanda Yeager	Bellville HS	Sub-Varsity Volleyball	1A-2A-3A-4A
Sylvia Sandoval	Franklin HS	Sub-Varsity Volleyball	5A-6A
Meaghan Hodapp	Princeton HS	Sub-Varsity Basketball	1A-2A-3A-4A
Deborah Gonzales	Wichita Falls HS	Sub-Varsity Basketball	5A-6A
Brooke Ashcraft	Bandera HS	Sub-Varsity Track	1A-2A-3A-4A
Mary Adams	Canyon HS	Sub-Varsity Track	5A-6A
Shane Smelley	Rusk HS	Sub-Varsity Softball	1A-2A-3A-4A
Audra Troutman	Klein Collins HS	Sub-Varsity Softball	5A-6A

photo courtesy Kristen Hembrece

MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1st** to nominate athletes for honors or receive honors yourself as a coach.

You can renew your membership online at www.austintgca.com through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the home page of the website and fax or mail that with cred-

it card information, or mail the form with a check to the TGCA offices, 1603 Manor Road, Austin, TX, 78722.

DON'T FORGET!! If you need help with the renewal process, please call the office and we will be happy to help you, including your log in information.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. We

want you to always have the same membership number, so please contact us if you can't remember your information.

Also, if you have had a school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us.

We appreciate your continued support of TGCA.

ONLINE NOMINATION DEADLINES BY SPORT

The nomination deadline for on-line nominations for all sports and spirit is the Monday before the state meet or tournament of that sport at 12:00 noon. If that on-line 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:

CROSS COUNTRY

November 2

TEAM TENNIS

November 9

VOLLEYBALL

November 16

CHEERLEADING

January 11

WRESTLING

February 15

SWIMMING/DIVING

February 15

BASKETBALL

February 29

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: Denver Stone



GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have

submitted. If you do not see your nominations there, they did not go through and must be done again.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend you use Chrome as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line deadline, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee.

Your regional representative for the committees is listed on the website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

*TGCA Instructions for online honors nominations are on the following page.

TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

1 Access the TGCA website at www.austintgca.com.

2 Click on the “Membership Site” category in the menu on the left-hand side of the page.

3 You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don’t know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you’ve not logged on to the system before, will also be your membership number. If you’ve already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the “Old Password” category will also be your membership number.

4 Once you’ve completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on “Nominations.”

5 Click on the “(6) Member Nominations Add” category in the menu on the left-hand side of the page.

6 Your e-mail information will be listed on this page.

This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the “Update Profile” category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the “Next Step” button.

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button “Next Step.”

8 Complete the form by typing in the information requested in the “Update” field.

9 When you get to the “School:ISD” field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it’s named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very **IMPORTANT!** Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a

text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please **DO NOT** click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the “Submit” button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after clicking the “Submit” button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the “Nominations” page and clicking on “(5) Member Nominations Info”. If you do not see your nominations listed there, please contact us.

12 You will need to follow these steps for each nomination of each athlete in each category that you wish to make. For Academic All-State, you only need to list the GPA.

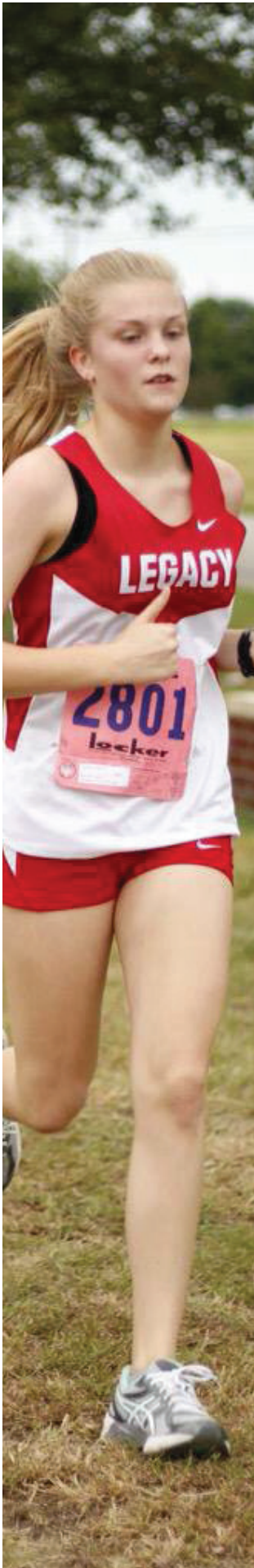


photo courtesy Lacy Becker

Injury Mitigation

The possibility of injury always weighs on our minds as we watch our athletes perform their sport or simply the craziness of youth. As coaches and parents we often forget that we too were once fearless and bulletproof!

Injury can't be prevented, however the mitigation and management can be substantially improved through three simple practices:

1. Proper Preparation (Warm up, Flexibility and Activation)
2. Proper Training (Techniques and Volumes)
3. Appropriate Recovery (Nutrition, Active De-loading and Sleep)

In the current times of athletic, academic and social demands we must all remain aware and informed of the mental and physical stress that our kids are expected to endure. Our mind and body can't necessarily determine the difference in the type of stress, so it is important to be appropriately conditioned and recovered, accounting for all bouts of stress



photo courtesy Jason Trook

regardless of its origin.

ASSESS + LEARN + PLAN + EXECUTE = SUCCESS

The old analogy of more is better does not always hold true, and usually hurts if not properly balanced. Too much is simply too much, and we can be overloaded beyond capacity without proper recovery. What is too much? That's the million dollar question. Everyone has a different capacities, but regardless of capacity overload leads to mental fatigue, muscular fatigue, muscle and joint injury and lost confidence. We often see the signs of these in our athletes and want them to just power through, that isn't usually the best solution.

Injury can be a result of many factors, some preventable, many not. Generally we

have found that injury occurs for 5 main reasons:

1. Improper training (Over-training, undertraining or no training)
2. Lack of strength (Neuromuscular process and functional)
3. Improper load or impact (which can be greatly improved with technique and strength training)
4. Mental and/or Physical Fatigue (often due to too much stress and not enough recovery)
5. On field/court contact (sometimes avoidable, but not always)

All coaches must understand the level of stress our youth are in, it isn't the same as it was for us. With a proper understanding coaches must incorporate a proper rest/work ratio that

allows athletes to progress and develop so they can perform at their best. During rest phases athletes must focus on getting extra sleep, drinking lots of water, and eating healthy. With adequate rest athletes will perform more and at a higher level during the work phase.

Regardless of what activity or sport our athletes (any child age 7 and up, based on the *Mayo Clinic*) are participating in, they should learn proper preparation and warm up, correct movement patterns and have strength training as part of their weekly schedule. All three should be non-negotiable as they lead to a mitigation of injury and maximized performance.

As a coach it is our job to prepare, protect, and enable our athletes to be better prepared for sports and for life. Teaching kids what it looks like to properly balance work and rest will serve them well long after sports. And it will serve you well as they perform at a higher level and last longer on the court or field. See more about properly preparing athletes at www.DX3Athlete.com.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport. Sub-varsity coaches may coach multiple sports,

but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.



photo courtesy Stephanie Huns

2014
2015

STATE CHAMPION COACHES



MAXPREPS STATS AND SCORES

MaxPreps, an affiliate of CBS Sports, is a FREE sports information service provided to you and your team as a membership benefit of the Texas Girls Coaches Association. MaxPreps.com aspires to cover, at no cost to TGCA members, every team, every game and every player. This tool will be extremely beneficial to you as a high school coach, your parents, fans, school administration, athletic directors and webmasters. MaxPreps is now also a sponsor of the UIL. TGCA highly encourages you to utilize this valuable service.

Please enter information on your team. As a member coach of TGCA, take the time to use MaxPreps to provide FREE hard-earned recognition for your team. MaxPreps is an on-line service designed to record your team's achievements. Go to www.max-preps.com or click the MaxPreps logo above and enter your information today.

Check out the MaxPreps stats and scores on the MaxPreps widget at the bottom of the page.

Any coach who has not received their user name and password for their free MaxPreps team account should e-mail coachsupport@max-preps.com or call 1-800-329-7324 extension 1.

NAME	SCHOOL	SPORT	CONFERENCE
Paul Darden	Sundown High School	Cross Country	2A
Joshua Sypert	Eustace High School	Cross Country	3A
Steve Golemon	Bandera High School	Cross Country	4A
Rebekah James	Randall High School	Cross Country	5A
Jason Grennier	Hebron High School	Cross Country	6A

NAME	SCHOOL	SPORT	CONFERENCE
Donald Zapalac	Schulenburg High School	Volleyball	2A
Patti Zenner	Poth High School	Volleyball	3A
Claire Gay	Decatur High School	Volleyball	4A
Jason Nicholson	Lovejoy High School	Volleyball	5A
Leslie Madison	The Woodlands High School	Volleyball	6A

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

NAME	SCHOOL	SPORT	CONFERENCE
Renee Gerbich	Judson High School	Track & Field	6A

NAME	SCHOOL	SPORT	CONFERENCE
Steven Cerny	Shiner High School	Softball	2A
Christine Uribe	East Bernard High School	Softball	3A
Latonya Dorsey	Hargrave High School	Softball	4A
Jeff Lemons	Aledo High School	Softball	5A

NAME	SCHOOL	SPORT	CONFERENCE
Deborah Ramon	Sonora High School	Golf	3A
Mark Burgen	Andrews High School	Golf	4A
Angela Chancellor	Kingwood Park High School	Golf	6A



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 de-

signed 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.



CONCUSSIONS IN FEMALE ATHLETES

www.texashealth.org/benhogan

Young female soccer players may get more concussions than their high school and college counterparts, and many of them continue to play while they have symptoms, according to a new study.

Concussions can result in memory loss and problems with concentration and reaction time. The effects are worse when an athlete suffers a second concussion before fully recovering from the first.

U.S. high school soccer players get about 50,000 concussions each year, but no one's been keeping track of concussions among younger girls, researchers said.

They found 13 percent of

those athletes suffered a concussion each season, and more than half kept playing after the injury. Many concussions happened while the players were heading the ball - possibly because they hadn't progressed far enough to be able to perform the maneuver safely.

During the past 3 years, the Texas Health Ben Hogan concussion centers (information below) have treated more than 2,000 sports related concussion patients." It's about 60% boys and 40% girls" said Ken Locker, MA, ATC, Director of Sports Marketing for the Ben Hogan concussion centers. "We found that the girls take about 25% longer to recover as compared

to boys with similar symptoms and age. While the verdict is still out as to why, research tells us that girls report different symptoms than what the boys report and girls tend to hide the severity of the symptoms more than boys."

The best practices include:

- Good conditioning and strengthening the neck muscles
- Removal from the game or practice if the athletic is believed to have a concussion
- Return only thru an MD or DO per House Bill 2038
- Source: bit.ly/1adWrco JAMA Pediatrics, online January 20, 2014.

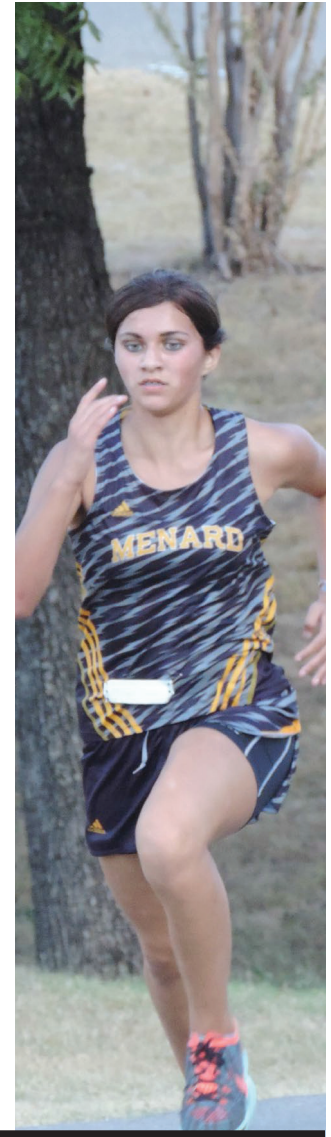


photo courtesy Nancy Bean

AD&D Benefit

(Accidental Death and Dismemberment)

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

your membership.

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

20%-60% on vision care, hearing care and prescriptions.

In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren. Contact Hether Adams for more information, (512) 517-8574, hfadams@allife.com.

photo courtesy Veronica Almodovar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
UIL LEGISLATIVE COUNCIL MEETING		Team Tennis: District Certification Deadline Cross Country: District Certification Deadline	Girls Basketball: First Day of Practice			Team Tennis: Area Certification Deadline
25	26	27	28	29	30	31
	Cross Country: Regional Meets				TEAM TENNIS: REGIONAL TOURNAMENTS	
						Girls Basketball: First Day for Scrimmages Volleyball: District Certifica- tion 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 Billy Nabours

2016 TGCA SUMMER CLINIC - ATHLETIC AND SPIRIT DIVISIONS

The 2016 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Arlington at the Arlington Convention Center July 12-15. Make your plans early to attend. We look forward to seeing you there! We are revising the schedule somewhat, and the agenda will be posted to the website in a few weeks under the "Summer Clinic" category in the menu on the left-hand side of the page. The TGCA 2016 Satellite Sports Clinics dates will also be posted once we confirm them. We hope to see you at one or all of the upcoming clinics!

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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: Carrie Godfrey