



# TGCA NEWS

NOVEMBER 2016



## 2016-2017 TGCA OFFICERS



**President of TGCA**  
Loyd Morgan  
Rogers HS



**1st Vice President**  
Kriss Ethridge  
Lubbock Coronado HS



**2nd Vice President**  
Jason Roemer  
Kerrville Tivy HS



**Past President**  
Liana Gombert  
Smithson Valley HS



**Executive Director**  
Sam Tipton  
TGCA Office



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



**FEATURE ARTICLES**

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TGCA Sub-Varsity Chair  
with contributions by Bailey Brown  
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By James A. Peterson, Ph.D., FACSM  
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*cover photo courtesy TGCA Coaches*

*left photo courtesy Ashlee Lingo*

# THE IMPORTANCE OF ATHLETES BUYING INTO A MIDDLE SCHOOL PROGRAM



**Jennifer Beagle** Pioneer Heritage MS | TGCA Sub-Varsity Chair  
with contributions by Bailey Brown

When I was asked to write an article about volleyball, I kept thinking about the different things I do as a middle school coach. Many times, we as middle school coaches think that we have nothing to share that will help people with their programs, but I kept coming back to one idea and it is having the girls buy-in to the program at the middle school level. The importance of having young athletes commit to not only the sport but the entire program can be the difference between a successful program and one that struggles.

The way I see it, there are two levels of buy-in that we need to have at the middle school level. The first is buy-in to the middle school pro-

gram and confidence in the coach to teach student-athletes what they need to succeed in high school. The second is to buy-in to the feeder system program. Though different levels, they build on each other and create a culture of confidence not only in the girls but in the entire program top to bottom. Taking that and building the confidence at the middle school level is where we, as middle school coaches, play the biggest role in the development of these young athletes.

So, how do we as middle school coaches instill this confidence in our athletes?

1. Focus on the basics and make the student-athletes confident in their skills – When these girls come to us,

they come at various levels. Some girls have been playing since they were in elementary school while others have never touched a ball in their lives. We, as coaches, need to focus on fine tuning the basics at all levels to help these girls have confidence in their own playing abilities. Chances are that the athlete with the higher skill level doesn't spend as much time on the basics such as passing form, setting form, the importance of the toss on the serve, etc. as an athlete who is just beginning. Bringing them back down to the basics and perfecting these skills will help give them the ability to get the hard balls, work on jump serving and run the quick offense they

want to run. The athletes with the lower skill set need the focus on the basics, so they can play the game successfully. They will feel confident in themselves to make the plays for the team when they are needed. Once they feel success at the basics, they will want to try the more difficult skills while having a strong foundation to build on.

2. Build a team culture of confidence – It is incredibly hard to keep middle school girls together and to be a family that lifts each other up. I am not saying that it is rare or impossible, but they are middle school girls and life happens to them... a lot.

**Continued on Page 2**

## BASKETBALL COMMITTEE

NAME	SCHOOL	CONF-REG
Brooke Walthall	RANDALL HS	5A-1
Mackenzi Kinard**	WHITEFACE HS	1A-1
Terri Aston	ABILENE HS	6A-2
T'Leah Eicke	SNYDER HS	4A-2
Steven Schmidt	GRANBURY HS	5A-3
Chance Westmoreland	BROCK HS	3A-3
Brad Blalock*	HALLSVILLE HS	5A-4
Frederic Griffin	BROWNSBORO HS	4A-4
Michelle Trotter	CROSBY HS	5A-5
Rodney Ross	PALESTINE HS	4A-5
Jeffery Chatman	STEELE HS	6A-6
Anthony Branch	SEALY HS	4A-6
Rachel Carmona	UNITED HS	6A-7
Valerie Akpan	GONZALES HS	4A-7
Bric Turner	CENTRAL HS	6A-8
Quint Anthony	GREENWOOD HS	4A-8

\*Chair \*\*Vice-Chair



# THE IMPORTANCE OF ATHLETES BUYING INTO A MIDDLE SCHOOL PROGRAM

Continued from Page 1

As a coach, we can do team building activities that helps them see the importance of the individual to the team. This realization of their place in the bigger picture helps them buy into the idea that they are wanted and needed in the program. We start every week with a quote to rally behind and keep us focused. I choose the quotes for each week based on something that previously happened the week before, so they can see the application. Then, each athlete chooses a word or phrase that they use as their focus phrase for the week. We go around a circle and each girl shares what they chose and why they chose it. After everyone has shared, we discuss the quote of the week and its application. As simple as this may sound, the athletes come together as a team and use it to lift them up that week. They help each other when they are down reminding their teammates of their

phrases, or how to apply the quote. They become a family who believes in each other and wants their teammates to believe in themselves. When they become a family, they can rally during the hard times on and off the court.

3. Believe in your feeder system – This seems obvious, but I believe if you show that you believe in your feeder system (this includes the other middle schools and the high schools you feed into) the athletes will trust the next step in their athletic careers. They want to know that they are going to be playing for a program that believes in them as much as they believe in it. High school coaches, the middle school athletes love seeing you at their practices. At my school, they love when the high school coaches come down. The positivity and ability to see that coaches care at the top level makes them want to work harder, not only for the middle school, but for the high school. Also, there has to be an understanding

that even though the school across town may be their biggest rival, someday they will be playing together. As coaches, we teach the importance of sportsmanship before, during, and after the games that will help the girls come together once they are playing for the same school.

I say these things because I have seen them work. Two years ago, there was a group of girls who were incredibly hard working and skilled. They won district that year. The next year, the middle school split with the volleyball team essentially splitting 50/50. In addition to this, a new high school opened and split the feeder system with some of our athletes going to the old high school and the others going to the new high school. This could have divided our girls against each other, but it didn't. As coaches, we worked hard to remind the girls the importance of what they were working through and that eventually they would be back together with girls that

they may not be playing with now. The girls could have been defeated. We were the reigning District Champions who just split and had to build new teams. But, the culture we built did not allow our athletes to doubt themselves, their teams or their future, ever. I vividly remember the eighth week of our season. We had to win in order to make our District Tournament, plain and simple. Our quote that week was, "I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match." We were playing the second place team in our district that week and needed the win. The odds were against us, and we won. How? Our girls believed in the team and each other to get the job done.

How will you impact your program? How will you support your feeder system? To ensure buy-in build a team culture of confidence – it makes all the difference.



photo courtesy Lisa Brown



photo courtesy Taylor HS

# 2016-17 TGCA BOARD OF DIRECTORS

## 2016-17 TGCA BOARD & COMMITTEE MEETINGS



### NAME

Lloyd Morgan, Jr.  
 Kriss Ethridge  
 Jason Roemer  
 Liana Gombert  
 Trent Hilliard  
 Jason Trook  
 Bob Campbell  
 Sunni Strickland  
 Katherine Schoettle  
 Colby Pastusek  
 Heather Damron  
 Alicia Crawford  
 Astin Haggerty  
 Jennifer Knight  
 Susan Brewer  
 Brandace Boren  
 Patti Zenner  
 Bernice Voigt  
 Gillian Herrera  
 Flo Valdez  
 Courtney Pesterfield  
 Brad Blalock  
 Brandi Bode  
 Jeffrey Roberts  
 Jenny Beagle  
 Renae Whitaker  
 Kenzi Kinard  
 Danny Mitchell  
 Lee Anne Curry

### POSITION

President  
 1st Vice President  
 2nd Vice President  
 Past President  
 Region I - Sr Director  
 Region I - Jr Director  
 Region II - Sr Director  
 Region II - Jr Director  
 Region III - Sr Director  
 Region III - Jr Director  
 Region IV - Sr Director  
 Region IV - Jr Director  
 Region V - Sr Director  
 Region V - Jr Director  
 Region VI - Sr Director  
 Region VI - Jr Director  
 Region VII - Sr Director  
 Region VII - Jr Director  
 Region VIII - Sr Director  
 Region VIII - Jr Director  
 VB Committee Chair  
 BB Committee Chair  
 TR Committee Chair  
 SB Committee Chair  
 Sub-Varsity Chair  
 VB Comm Vice Chair  
 BB Comm Vice Chair  
 TR Comm Vice Chair  
 SB Comm Vice Chair

### SCHOOL

Rogers  
 Lubbock Coronado  
 Kerrville Tivy  
 Smithson Valley  
 Frenship  
 Lubbock  
 Snyder  
 Big Spring  
 Nelson  
 The Colony  
 Wylie  
 McKinney  
 Clear Springs  
 Clear Springs  
 Bellville  
 Lake Travis  
 Poth  
 Gonzales  
 Odessa Permian  
 Franklin  
 Lubbock-Cooper  
 Hallsville  
 Warren  
 Lovejoy  
 Pioneer Heritage MS  
 Caddo Mills  
 Whiteface  
 Tatum  
 Greenwood

### MARCH 2

Basketball All-State Committee Meeting, 5:00 p.m., San Antonio

### MARCH 3

Basketball Committee Meeting, 12:00 Noon, San Antonio

### MARCH 5

Board of Directors Meeting, 11:00 a.m., San Antonio

### MAY 11

Track Committee Meeting, 7:00 p.m., Austin

### MAY 12

Sub-Varsity Committee Meeting, 1:00 p.m., Austin

### MAY 13

Track All-State Committee Meeting, 8:00 a.m., Austin

### JUNE 1

Softball 1A, 2A, 3A and 4A All-State Committee Meeting, 8:00 a.m., Austin

### JUNE 2

Softball 5A and 6A All-State Committee Meeting, 8:00 a.m., Austin  
 Softball Committee Meeting, 8:00 a.m., Austin

### JUNE 4

Board of Directors Meeting, 11:00 a.m., Austin

### JUNE 13

Legislative Council Meeting (TGCA Officers Only) Round Rock

### JULY 11

Board of Directors Meeting, 10:00 a.m., Austin

### JULY 12

Spirit Committee Meeting, 8:00 a.m., Austin

# TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation. It may be sent in Word, Excel or flat on an email and should be emailed, faxed or mailed by regular mail.



photo courtesy TGCA Coaches

## VOLLEYBALL

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

## BASKETBALL

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

## SOCCER

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

## SOFTBALL

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

## TRACK & FIELD AND CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. **Note:** Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

## GOLF

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

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



photo courtesy John Turner

Deadline for submitting accomplishments is May 30  
Revised by vote of the Board of Directors March 2, 2014

## SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Banquet at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Tex-

as Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Var-

sity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year in a Word, Excel or email document. Schools and years coached there must be listed.

# SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 10-12, 2017

## Schedule

Tuesday, January 10

6A Prelim .....9:00 AM  
5A Prelim .....9:15 AM

Wednesday, January 11

2A Prelim .....9:00 AM  
Small Coed Prelim.....9:00 AM  
Large Coed Prelim.....9:00 AM  
5A Final.....12:25 PM  
6A Final.....12:25 PM  
4A Prelim .....12:45 PM  
5A Awards.....3:00 PM  
6A Awards.....3:00 PM  
Small Coed Final.....3:40 PM  
Large Coed Final.....3:40 PM  
2A Final.....4:45 PM  
2A Awards.....6:45 PM  
Small Coed Awards .....6:45 PM  
Large Coed Awards.....6:45 PM

Thursday, January 12

3A Prelim .....8:30 AM  
1A Prelim .....9:30 AM  
4A Final.....12:10 PM  
1A Final.....1:50 PM  
1A Awards.....3:00 PM  
4A Awards.....3:00 PM  
3A Final.....4:10 PM  
3A Awards.....6:15 PM

## Game Day Championship Info

Will be released and updated on UIL website: [uiltexas.org/spirit](http://uiltexas.org/spirit)

## Safety Rules

UIL rules require cheer and spirit performances be in accordance with safety standards prescribed by the National Federation on High School Spirit Rules. NFHS rules may be purchased in electronic or print form at [www.nfhs.org](http://www.nfhs.org).

## School Conference Divisions

1A & 2A – Max of 12 participants (2 or fewer males)  
3A & 4A – Max of 20 participants (2 or fewer males)  
5A & 6A – Max of 30 participants (3 or fewer males)

## Coed Divisions

Small Coed (teams 1A-4A) – Max of 20 participants (3 or more males)  
Large Coed (teams 5A-6A) – Max of 30 participants (4 or more males)

\*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.

*photos courtesy Shannon Lindsey & Christine Elias*



# SPIRIT ADVISORY BOARD

NAME	SCHOOL	CONF-REG
Carrie Powers	BLACKWELL HS	1A-2
Heather Jones	THE COLONY HS	5A-3
Nicole Duggan	CANYON LAKE HS	4A-6
Kari Ring	LA VERNIA HS	4A-7
Shannon McKinley*	JOHNSON HS	6A-7
Pete Ramirez	MEMORIAL HS	6A-7
Matthew Escue*	CENTRAL HS	6A-8

\*Co-Chairs

*photo courtesy Melissa McPherson*



# CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2016-17 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONFERENCE
Dedra Hill	Hartley HS	1A
Paul Darden	Sundown HS	2A
Susan Walters	East Bernard HS	3A
Steve Golemon	Bandera HS	4A
Rebekah James	Randall HS	5A
Brian Zaring	Keller HS	6A

Academic All-State, All-State, All-Star and Legacy All-Star team listings can be found on the TGCA website under the Cross Country tab

*photo courtesy Rose Mary Martin*



## CROSS COUNTRY ATHLETES OF THE YEAR

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

Madelaine Johnston,  
Burkburnett High School  
Coach Loy Triana  
(photo unavailable)

### Conferences 5A-6A

Ashton Endsley  
Abilene High School  
Coach Rose Mary Martin



## CROSS COUNTRY COACHES OF THE YEAR

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

Stephanie Vogel  
Dalhart High School

### Conferences 5A-6A

Jason Grennier  
Prosper High School  
(photo unavailable)

## TSWA ALL-STATE VOLLEYBALL NOMINATIONS DUE

Coaches are asked to send nominations for the Texas Sports Writers Association All-State Volleyball Team (this team is different than the TGCA team) to Longview News-Journal sports editor Jack Stallard ASAP when their seasons have concluded.

**Deadline for nominations is Friday, Dec. 2.**

Players do not have to be seniors. There is no limit on nominations, but please send only players you feel are among the best players in the state in your classification.

### Nominations must include:

- Player(s)
- School
- Grade
- Classification of school
- Position (setter, libero, outside hitter, middle blocker)
- Any available stats or honors

Please send nominations to [jstallard@news-journal.com](mailto:jstallard@news-journal.com)



*photo courtesy Brittany Castledine*



## 2017 TGCA SUMMER CLINIC

The 2017 TGCA Summer Clinic will be held in Austin at the Austin Convention Center July 10 – 13. The agenda has now been posted to the website under the “Summer Clinic” category. Speaker names will be filled in as we secure

them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will open in March. Membership renewal and Summer Clinic registration will open February 1st.

We are working on finaliz-

ing 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 2017 TGCA Clinics.

## TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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 Carol Moore



## TGCA RESOURCE CENTER

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality.

The Resource Center is

designed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and

people interested in girls' athletics in all sports.

Everyone is encouraged to go to the Resource Center site. It's as easy as clicking the logo above. Please take the time to walk through the different features offered.

Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Association.

## 2016-17 TGCA SPORTS HONORS ONLINE NOMINATION DEADLINES

The online nomination deadline 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 deadline is missed, the coach is responsible for submitting paper copies of nominations to their regional representative to the respective committee for that sport to be hand-delivered at the committee meeting. Academic All-State nominations, if the deadline is missed, should be faxed to the TGCA office. The 2016-17 on-line sport honors nomination deadlines are as follows:

**Cheerleading** Jan 9, 2017

**Swim/Dive** Feb 13, 2017

**Wrestling** Feb 20, 2017

**Basketball** Feb 27, 2017

**Soccer** Apr 10, 2017

**Track & Field** May 8, 2017

**Golf** May 15, 2017

**Tennis** May 15, 2017

**Softball** May 29, 2017

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.

# TRAINING PERCEPTION 'PURPOSEFUL OR SIMPLY PAINFUL'



## DX3 Athlete

In this day and age with so many in the athletic, fitness, and training world there is a continued challenge of “which workout or training modality is best?” The real problem lies in what do coaches, athletes, and parents PERCEIVE is the best.

ing, and running thousands of programs while listening to the perception of coaches, parents and athletes we have learned a tremendous amount about what each of them feel is best. Feel is the key word and success is not always the best measure of a program.

athletes learn anything? Did it help them to understand a repeatable process, to be better prepared for what is coming next, or to grasp the importance and relevance of the training? The point is we only have so much bandwidth when it comes to stress, time with athletes, and preparation for competition and it is crucial that we are maximizing every minute working towards our goal.

This is not to say workouts should be easy, rather they should be appropriate. There are millions of great workouts, methods, modalities and strategies with a specific purpose and role in training, yet it's a matter of performance and desired results that determine how we appropriately assign these workouts.

We are all for training hard, when hard is appropriate. Yet we are equally comfortable training low intensity with lots of teaching time for advancing cognitive understanding and de-loading the body. Not only do we maximize our time in a single session but we additionally provide a different learning environment, training experience, and focus from a single session.

These types of diversity allow us as coaches to not feel guilty for a “less than crazy” training session. These bouts are absolutely necessary for the wave-loading and de-loading process while our athletes continuing to develop and avoid overtraining and/or monotony.

The best thing we can

do for our athletes is teach them and properly condition them for their demands. Lack of understanding creates doubt, out of shape breaks a spirit, but overtraining breaks a body!

Here in lies another issue, “overtrained” looks like out of shape so the remedy is unfortunately usually more training. All too often coaches mistake overtraining for out of shape or when they finally get their athletes in shape, they feel compelled to pour 55 gallons of gasoline on the fire blowing them up rather than allowing it to continue to burn steady and hot.

In closing, perception is reality however, perception without understanding is simply a lack of knowledge. Athletes improve, grow, develop, and advance during periods of rest and recovery. Thus it is important to place recovery at a high level of importance in any training program. This includes active and inactive recovery. Active recovery can look like stretching, yoga, relaxed runs, walk throughs, etc. while inactive means just that, rest.

Fresh athletes at game time are best mentally and physically. Understanding the necessary modalities of training, putting perception aside, is paramount to the success of your program.

For more information visit us at [www.GetDX3.com](http://www.GetDX3.com) or Contact Ronnie Natali at [Ronnie@teamdx3.com](mailto:Ronnie@teamdx3.com)



photo courtesy Lori McLaughlin

The most important thing we can do is educate all parties to better understand volumes, load, and intensity in conjunction to all other factors of physical activity the athlete is doing and where the athlete is seasonally.

### Hard Does Not Necessarily = Good

All too often workouts are assessed, compared, and designed using known, but not always appropriate, factors such as:

1. Someone else does it and they are really good
2. Amount of sweat
3. Soreness caused
4. Level of exhaustion
5. Misery during the process

After evaluating, design-

When coaches, athletes or parents state that a particular workout was not hard compared to Crossfit, P90X, Insanity or some crazy death matrix our coach put us through years ago, the question remains: What was the purpose of the workout and was it appropriate for your athlete at that time to reach your goal? Did the workout destroy your kids just to destroy them or was there purpose behind it?

**The most important part of designing or implementing a training program is understanding the purpose, closely followed by strategizing timing, volume, intensity, and load.**

Another question you have to ask yourself: Did the

# 2017 PLAY 4 KAY IS HERE!



**Coach** - It's an exciting time of the year as Fall sports start to reach the end of their season and basketball is getting underway!

We have been working to rebrand the Kay Yow Cancer Fund and elevate our Play4Kay initiative! We feel that the rebranding reflects the courageous and inspirational way that Coach Yow lived her life and battled cancer.

As a reminder, we are launching the following 6 elements of a Play4Kay game:

1. Host a Play4Kay game and call it Play4Kay.
2. Raise money and donate it to the Kay Yow Cancer Fund.
3. Honor survivors on court during your game.
4. Head coach makes a personal contribution to the Kay Yow Cancer

Fund in honor of survivors. A check presentation will be held during the semi-final/National Championship game on behalf of the coaches to the Kay Yow Cancer Fund.

promote uniform branding of the Kay Yow Cancer Fund.

Please click on the links to access our new logo along with brand guidelines that highlight the correct usage; templates that can be

used for social media platforms; information on the ordering process for our official Play4Kay shirts. As a reminder, the usage of Kay Yow Cancer Fund logos is not permitted for the cre-

ation of apparel. Please feel free to contact our staff directly if you have any questions about branding, shirts or Play4Kay in general. We are very excited about the year ahead and look forward to hearing about the success of your Play4Kay event! As always, our staff and myself are available to help in any way possible. Also as a reminder, all monies raised in Texas High School Play4Kay events will be donated back in the form of a grant for women's cancer in the state of Texas!

Thank you for joining us in uniting our sport to collectively raise money for a cause that far exceeds wins and losses on the court. We want to make an even greater impact in the fight against ALL women's cancers!



photo courtesy Nicole Mitchell

5. Use PA announcements about the Kay Yow Cancer Fund during your game.
6. Purchase generic t-shirts from the Kay Yow Cancer Fund to

used for social media platforms; information on the ordering process for our official Play4Kay shirts. As a reminder, the usage of Kay Yow Cancer Fund logos is not permitted for the cre-

## 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 valu-

able 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!

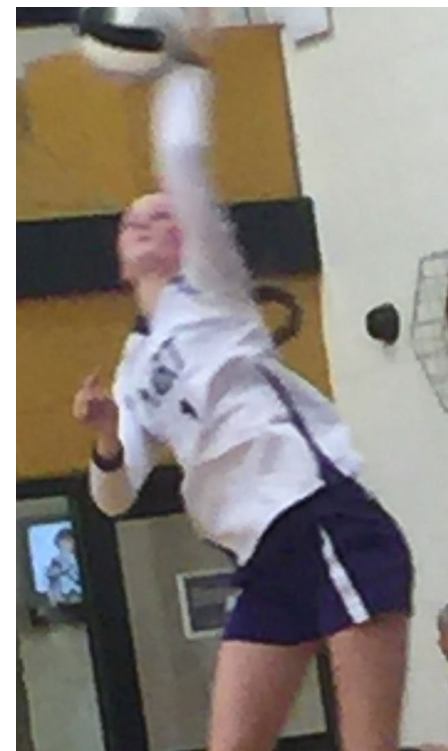
Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance

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 Arnaecia Alridge at 281-857-9325 or [ajalridge@aillife.com](mailto:ajalridge@aillife.com). To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.

photo courtesy Laurie Connally



# 11

## ESSENTIAL LEADERSHIP ATTRIBUTES FOR FITNESS PROFESSIONALS

James A. Peterson, Ph.D., FACSM

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 Having values.** While no two fitness professionals are exactly the same, one similarity that is almost universally part of the personal fabric of individuals who are “leaders” is the presence of ethically grounded principles. Values provide the moral authority for skillful leadership. In other words, a major reason some leaders are more effective than others is who they are as people.

**2 Preparation.** All factors considered, success is not a matter of desire but rather the by-product of preparation and hard work. In almost every human endeavor, the more you prepare and the greater effort you expend, the more likely it is that you will be successful. Proper planning is the most effective way for a fitness professional to approach the future.

**3 Self-discipline.** Individuals who are self-disciplined use their time wisely, are able to maintain their focus, avoid procrastination, and persevere regardless of the circumstances. Regardless of whatever skills you possess, you will never be able to reach your potential as a leader without the self-control to exercise restraint over your impulses, emotions, and desires.

**4 Knowledge.** Knowledge is a potent source of competence and credibili-

ty for a leader. Your level of knowledge as a fitness professional has a direct impact on your ability to handle the diverse demands of leadership and to motivate others to follow your call for action. All factors being equal, the more knowledgeable you are, the better able you will be to engage in rational decision-making and problem-solving and conduct yourself in a suitable, principled way.

**5 Problem-solving ability.** A large measure of the duties and responsibilities of a leader is devoted, by necessity, to dealing with and solving problems. Accordingly, it is absolutely essential that a leader is able to solve problems in a timely, competent manner. Effective leaders anticipate problems, acknowledge the existence of problems, and attempt to make things better. They focus clearly on relevant issues, tackle problems in a systematic fashion, and exercise sound judgment.

**6 Communication skills.** The ability to communicate effectively is the cornerstone of leadership. As a point of fact, it could reasonably be argued that many of the world’s most talented and ambitious people fail to achieve their potential simply because they don’t master the art and practice of skillful communication (including verbal communication, listening, writing, feedback,

memory, electronic messaging, and nonverbal communication).

**7 Ability to motivate.** To be a skillful leader, you must be able to inspire others to accomplish meaningful goals. In this regard, you must understand people and human behavior. Such an understanding is the foundation of knowing what energizes individuals to perform in a certain way, what factors shape their behaviors, and how this behavior can be maintained.



photo courtesy Diane Davis

**8 Opportunistic.** Opportunities don’t occur in life just because you want them to. More often than not, they take place because of planning and effort on someone’s part. They arise because circumstances were created that enabled them to occur. Effective leaders search out and take advantage of their opportunities. They have both the ability to

spot opportunities and the resolve to make full use of any that do transpire.

**9 Self-assurance.** Effective leaders have confidence in their ability to handle the demands and challenges of leadership. They have a steadfast sense of self-assurance in themselves and their convictions. They like and are good at what they are doing. They have high expectations of themselves and set high standards of performance for themselves.

**10 Courage.** Courage is the personal strength that enables you to handle fear, make difficult decisions, take risks, confront change, accept responsibility, and be self-reliant. You can’t be an effective leader without courage. Courage allows you to bring out the best in yourself and inspire the best in others.

# DECEMBER 2016

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
TGCA OFFICES CLOSED DEC. 19 - JAN. 3						<b>ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR 5 CONSECUTIVE DAYS TO INCLUDE DECEMBER 24-26.</b>
25	26	27	28	29	30	
TGCA OFFICES CLOSED DEC. 19 - JAN. 3						
<b>ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR 5 CONSECUTIVE DAYS TO INCLUDE DECEMBER 24-26.</b>		<b>Soccer: 1st Day for Scrimmages</b>				31

## TGCA HOTEL RESERVATION DIRECT LINK

**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)

These are year-round rates. (Cannot be used during Summer Clinic.) Enjoy your stay!

## 2017 TGCA SUMMER CLINIC ATHLETIC AND SPIRIT DIVISIONS

The 2017 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Austin at the Austin Convention Center July 11-13. Make your plans early to attend. We look forward to seeing you there. All Satellite Sports Clinic information will be posted to the website as soon as it is verified with dates, times and places.



**THE STAFF AT TGCA HOPES YOU ALL HAD A SAFE AND HAPPY THANKSGIVING!**

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## TGCA NEWS

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**TGCA on the Web**  
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**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.

