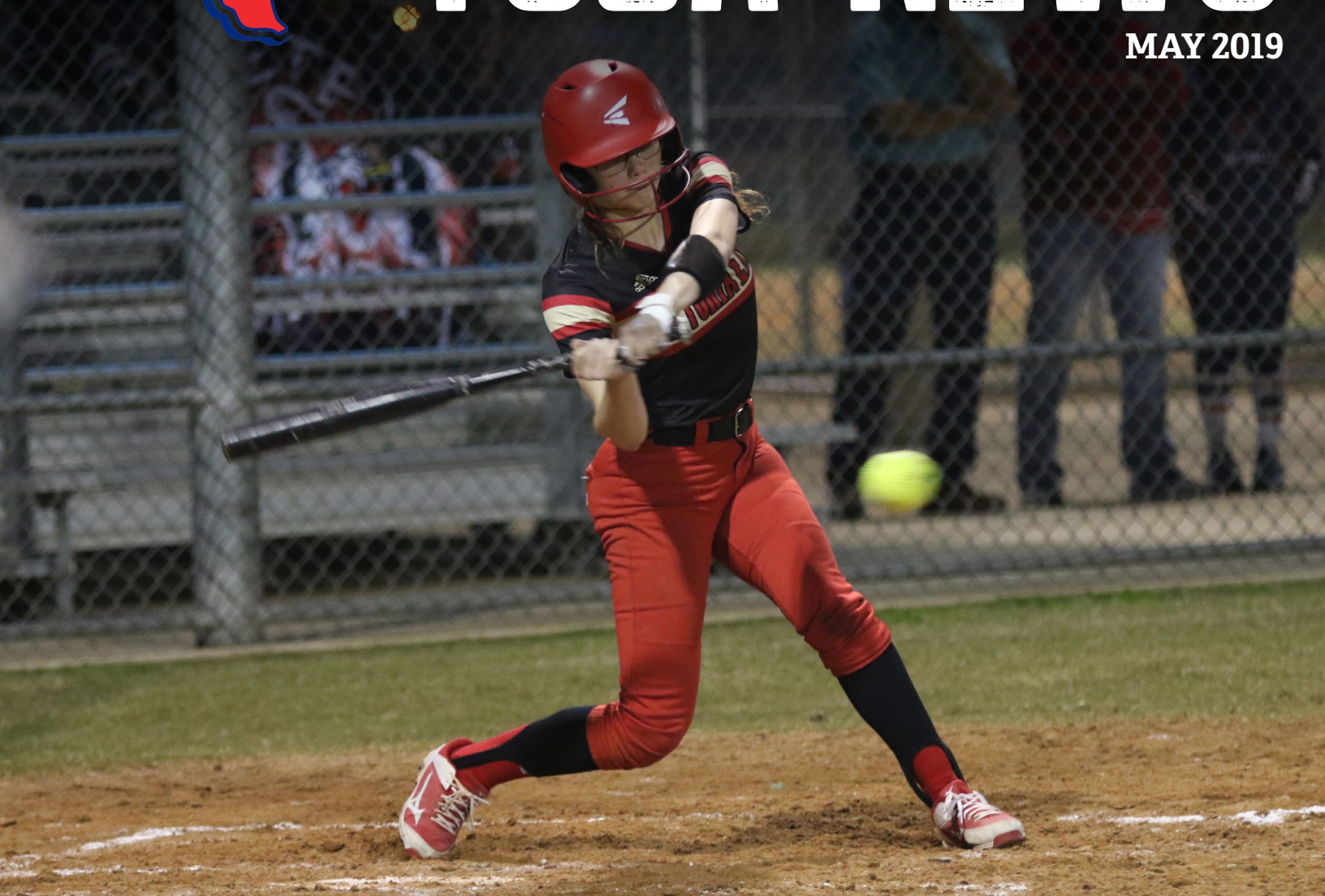




TGCA NEWS

MAY 2019



2018-2019 TGCA OFFICERS



President of TGCA
Jason Roemer
Lake Dallas HS



1st Vice President
Astin Haggerty
Clear Springs HS



2nd Vice President
Brad Blalock
Frisco Centennial HS



Past President
Kriss Ethridge
Lubbock Coronado HS



Executive Director
Sam Tipton
TGCA Office



Assistant Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

Personal Leadership Philosophy

By Billy Coleman, TGCA Softball Committee Chair

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10 Sought-After Functions in Workout Apps

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

PAGE 15

Number One...

By Sarah Womack, Kay Yow Cancer Fund

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*cover photo courtesy Melissa Buck
left photo courtesy Sherri Kendrick*

PERSONAL LEADERSHIP PHILOSOPHY

Billy Coleman Lake Travis HS | TGCA Softball Committee Chair



The MISSION is: provide a positive environment enabling athletes to become the best they can be, in all aspects of their lives. In order to be the best person, athlete, and student possible developing good character is paramount. This is achieved through instilling good work ethics and holding athletes accountable for their actions. Having learned the skills athletes leave the program as responsible well-rounded individuals. The team Motto is "There is NO SUBSTITUTION FOR HARD WORK". By adopting this mindset, athletes have the potential to accomplish anything.

This VISION is: be the best softball program in the state of Texas and a program that little girls, in our community, are anxious be a part of. This vision is accomplished by outworking each opponent on and off the field. Students must be relentless in the classroom, on the field, and in the community, through hard work, focus, and leadership. To be the best of the best, requires staff and athletes to lead by example:

1. Exhibit the best sportsmanship, as a team, during and outside the game. Being respectful of our opponents and fans is very important, especially when no one is watching. An excellent team can easily get a bad reputation if they do not display good sportsmanship on



photo courtesy Wade Womack

- and off of the field.
2. Become involved in community functions. Each year, during the community fall festival, the team sets up a booth allowing the athletes to take part. Two camps are offered yearly, and athletes, past and present assist younger players in technique.
3. Invite area recreational and select youth teams to participate in a game. Every year a youth team joins the Varsity girls by being announced and running out with the players to stand during the national anthem. Batgirl

- opportunities are donated to community charity events to raise money for the school and scholarships. In the past, the batgirl was chosen based on a counselor's observation of a girl in need and who loved the game of softball.
4. Involve parents in the program. At the beginning of every season a team parent meeting is required. This meeting allows coaches to explain team rules and expectations of the athletes and parents, reducing the risk of misunderstanding or communication gaps. Parents play

an important role in the athlete's success because they influence them the most. If parents are understanding of the programs expectations and are included in the success of the team, the athletes will benefit from it.

Core Values is: believe that hard work pays off. In doing this the athlete will take a sense of ownership, responsibility, and learn personal prioritizing skills in their own lives. If athletes learn early on that through hard work you can accomplish anything you want out of life, it helps them appreciate the task and outcome more. In order to have a successful program, athletes write down what is important to them and return it to the coaching staff. If a problem arises, the staff will show this to the athlete as a reminder and to hold the athlete accountable. These components make up the program's core values:

1. Character is strongly emphasized to athletes. Building solid character in athletes reflects a successful staff. Character defines and reveals to the world who the athlete is and how they will handle future endeavors.
2. Work ethic is a close second to character. When athletes leave the program they will have learned good work ethic

Continued on Page 2

PERSONAL LEADERSHIP PHILOSOPHY

Continued from Page 1

to accompany them the rest of their lives. The team motto year in and year out is there is no substitution for hard work.

3. Pride in everything that we do. This includes how we do in school, dress, act, and play in the game. The athletes will learn that taking pride in themselves will directly effect how they play.

The leadership style used today is Cooperative. As a coach this has not always been the case. Through

the years I have adjusted my coaching style to adapt to the dynamic of the team and have been rewarded in the positive way athletes respond. By including athletes in the decision making process, players give you their best. Making split second decision is easier for the athlete when they are experienced in making decisions and thinking on their own throughout the season. Denying this freedom will adversely affect the way athletes think and play in a game.



photo courtesy Keith Logan

2018-19 MEMBERSHIP YEAR ENDS MAY 31ST, 2019. RENEW YOUR MEMBERSHIP TODAY SO THERE'S NO LAPSE. IF YOU DO IT TODAY, YOU DON'T HAVE TO WORRY ABOUT THAT NOVEMBER 1ST MEMBERSHIP DEADLINE FOR HONORS FOR NEXT YEAR.

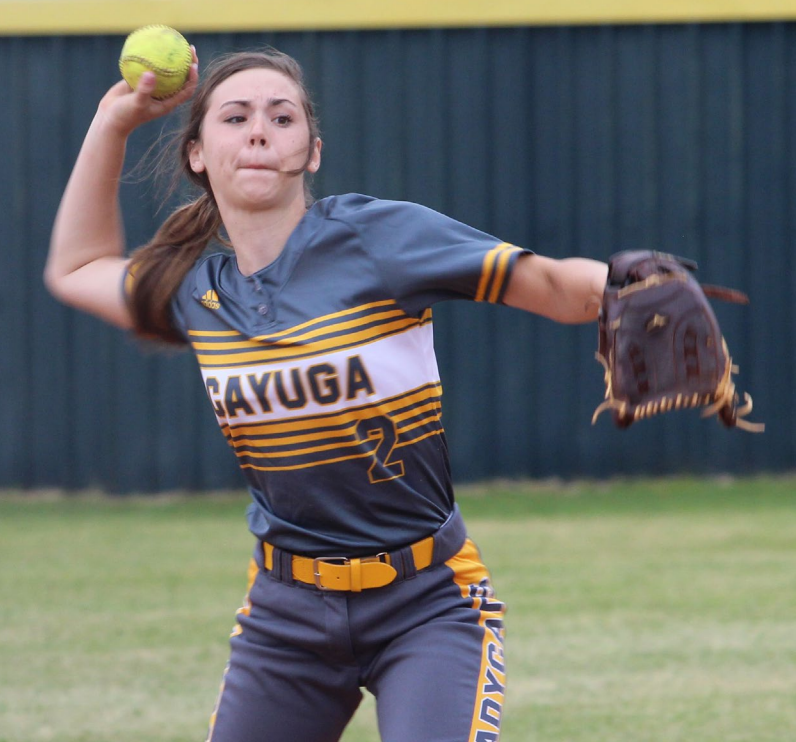


photo courtesy Kaylee Sims

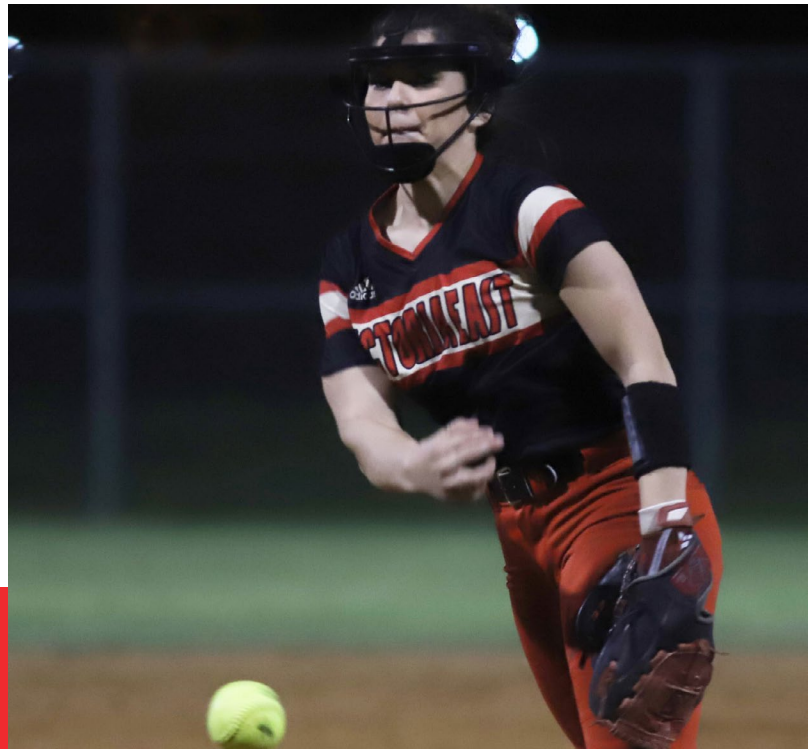


photo courtesy Melissa Buck

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2018-19 UIL STATE CHAMPIONSHIPS!

TRACK & FIELD

COACH	SCHOOL	CONF.
Jimmy Moore	Happy	1A
Cody McDowell	Sunray	2A
Jarrick Farmer	Atlanta	3A

COACH	SCHOOL	CONF.
Ray Baca	Canyon	4A
Beverly Humphrey	Lancaster	5A
June Villers	DeSoto	6A

SOCCER

COACH	SCHOOL	CONF.
Casey Weil	Stephenville	4A
Stewart Brown	Highland Park	5A
Matthew Colvin	Southlake Carroll	6A

GOLF

COACH	SCHOOL	CONF.
Kerry Gartman	Robert Lee	1A
Jeff Williamson	Andrews	4A
Ashley Patterson	Austin Westlake	6A

TRACK & FIELD COACHES OF THE YEAR

Conf. 1A-2A-3A-4A:
Ray Baca, Canyon HS
(pictured right)

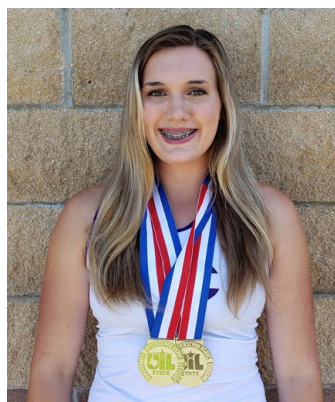
Conf. 5A-6A:
Bekah Morrison,
Mansfield Timberview HS
(not pictured)



TRACK & FIELD ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:
Audrey Hughes, Canyon HS
(Coach Ray Baca)
(pictured left)

Conf. 5A-6A:
Jasmine Moore,
Mansfield Lake Ridge HS
(Coach Lauren Jones)
(not pictured)



SOCCER COACH OF THE YEAR

Conf. 4A-5A-6A: Casey Weil, Stephenville HS
(not pictured)

SOCCER ATHLETE OF THE YEAR

Conf. 4A-5A-6A: Madison Drenowatz, Southlake Carroll HS
(Coach Matthew Colvin) (not pictured)

CONGRATULATIONS TO THE 2018-19 SUB-VARSITY COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Larry Jackson, III	Gonzales HS	Sub-Varsity Cross Country	1A-4A
Marcos Guerra	Bailey MS	Sub-Varsity Cross Country	5A-6A
Kristi Hager	Bellville HS	Sub-Varsity Volleyball	1A-4A
Amy Wagner	Clark HS	Sub-Varsity Volleyball	5A-6A
Kristy Danz	Fredericksburg HS	Sub-Varsity Basketball	1A-4A
Alexandra Brownlee	Wester MS	Sub-Varsity Basketball	5A-6A
Audrey Dunn	Big Spring HS	Sub-Varsity Track & Field	1A-4A
Angela Krajca	Turner HS	Sub-Varsity Track & Field	5A-6A
Mark Jeffery	Rockport-Fulton MS	Sub-Varsity Softball	1A-4A
Leigh Vickery	Highland Park HS	Sub-Varsity Softball	5A-6A

2019 TGCA HALL OF FAME INDUCTEES



SUSAN BREWER
BELLVILLE HS

Upon her graduation from East Bernard High School and Mary Hardin Baylor College, Susan Brewer was hired to establish a volleyball program in 1977 for Bellville ISD. It did not take long before the community of Bellville knew we had volleyball. Soon the surrounding areas, the region and the State of Texas knew about it! Bellville Volleyball has even drawn national attention. Today, the Volleyball goes on as strong as ever with its same leader who is energetic and hard working as she was 42 years ago. She enters each season believing, "The Best Is Yet To Come".

In her four decades as Head Volleyball Coach in Bellville, Coach Brewer has led her beloved Brahmanettes in 1,503 volleyball matches, which her team this past season reached and surpassed the 1,000 win mark. Her teams have won or shared 32 District Championships, competed in 20 Regional Championship matches and advanced to the State Tournament making 15 appearances, winning 9 State Championships, finishing 2nd four years, and Semi-Finalist twice. Bellville made 8 consecutive state tournament appearances from 1990-1997, winning 6 State

Continued on Page 5



GUYLA SMITH
WEST HS

Coach Guyla Smith, a native of Pennsylvania, attended Penn State where she played. She coached amateur softball in Texas, and graduated from Tarleton State University in 1989, and received her Masters Degree in 1995. She began her career at West ISD in 1989 coaching volleyball, basketball, track and teaching Social Studies.

In 1991, Coach Smith was asked to start a softball program at West ISD where the team played as a Club Sport until 1994. In that year the program transitioned to a full UIL Team Sport.

To date, Coach Smith and her teams have earned twelve (12) District Championships, six (6) trips to the State Tournament earning three (3) runners-up finishes and ONE (1) State Championship in 2016.

Her teams have hit the 20-win mark 19 times and she has an All Time Record of 657 Wins and 209 Losses.

She has coached 41 Texas SWA All-State Softball Team Members and 27 TGCA All-State Selections, 8 of her players have played in All-Star Games, and 18 players have been named to the All-State Tournament List. Many of her players went on to play at the collegiate level.

She believes, "If you do the small things, big things will happen."



BEVERLY HUMPHREY
LANCASTER HS

Lancaster High School Tiger Stadium was renamed the Beverly D. Humphrey Tiger Stadium in 2007.

Beverly D. Humphrey has been with the Lancaster Independent School District for 30 years. Currently, holding the position as Chief of Athletics, Public Relations and Head Girls Track Coach. Coach Humphrey coaching career began in Greenville Texas as the Head Volleyball and Head Girl's Track Coach. She was the first African American head coach for any sport in Greenville ISD and Lancaster ISD.

Coach Humphrey's track career began at Dallas Lincoln High School where she broke many records and was recruited by USC, UCLA, Texas Women's University and Prairie View A&M University.

Coach Humphrey accepted a full scholarship to Prairie View A&M University. Prairie View A&M University won two A.I.A.W. National Championships and two USTFF National Championships. She was national champion in the 200 meters. At Prairie View she was selected All American for four years. Most Valuable Runner her junior year, Most Outstanding Runner her sophomore year and freshmen of the year.

Coach Humphrey sits on the Board of Directors of the PVILCA and the Great American Track and Field Committee, she is a member of the Texas Girls Coaches Association, Texas High School Director of Athletics Association, Texas Association for Health, Physical Education, Recreation and Dance, Texas Boys Coaching Association, Texas Track and Field Coaches Association and Delta Sigma Theta Incorporated.

2019 TGCA HALL OF FAME INDUCTEES

Continued from Page 4

Titles in that span including 3 consecutive state championships in 1995, 1996, and 1997.

Coach Brewer earned District Coach of the Year 18 seasons and Tri-County Coach of the Year 8 times. Statewide, she was recognized as the TGCA Coach of the Year in 1998, 2007, and 2014 and was selected to coach the TGCA All Star Match 6 times and won each of those matches. In 2005, Coach Brewer was selected as the National Federation of High Schools Coach of the Year for Volleyball and in 2011, she was selected as the American Volleyball Coaches Association National High School Coach of the Year. As the AVCA Coach of the Year, she had the honor to coach the Under Armour All American Match where she led the West Team to victory in San Antonio. In 2010, she received the UIL Sponsor of Excellence Award, as one of the top fifteen Univer-

sity Interscholastic League sponsors of music, athletics, or academics in Texas. In addition, Coach Brewer was honored to be selected by the UIL to serve on the National Federation of High School Coaches' Citizenship & Equity Committee for four years.

In her community, she was inducted individually in the Bellville Hall of Honor and is proud that 13 of her teams have been inducted as well. Coach Brewer was also awarded the Bellville Lion's Club Citizen of the Year for her services and contributions to the Bellville community.

Her players have received numerous awards including, 2 TGCA Volleyball Athletes of the Year, 4 State MVP's, 50 All State Players, and 25 All Star Players, with 3 being selected as the All Star MVP. She has had 120 qualify for TGCA Academic All State. Many of her players have earned college volleyball scholarships and numerous have followed her footsteps into the coaching profession.

Coach Brewer has served on the TGCA Board of Director in the capacity of a Regional Director, Volleyball Chair, and All State and All Star Committees. She has presented at the Summer Clinic and feels it is a privilege to serve the TGCA which is an organization providing many recognitions for Texas HS Girl Athletes and Coaches of Girls' Athletics.

Coach Brewer also serves as Women's Coordinator and Head Tennis Coach. In her tenure, she has coached Varsity Girls Basketball, and served as the Cheer Coach. She has helped to develop and strengthen the Bellville Summer Camp Program for the young girls in the community and has worked to establish a Summer Strength and Conditioning program for the high school girl athletes.

Every day is a "Great Day to Be a Bellville Brahmanette" and as for Coach Brewer, she loves being able to share her expertise and passion for coaching her beloved Bellville Brahmanettes!

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,



photo courtesy Garrett Graves

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. To view the letter online, visit aillife.com/benefits/sgM9W.

MARGARET McKOWN DISTINGUISHED SERVICE AWARD

MARIA KENNEDY
EL PASO ISD

Maria Kennedy, a long-time physical education teacher and basketball coach in the El Paso Independent School District, is the Director of Athletics for the El Paso ISD.

Kennedy oversees all athletic extra-curricular operations for EPISD and works with coaches at all high schools and middle schools to make sure students have access to athletic activities in accordance to state and University Interscholastic League regulations.

She is also in charge of all athletic facilities in the District, in-



cluding the potential upgrades that were part of the 2016 EPISD Bond.

Kennedy served as the assistant director of athletics under Kenneth Owens, who retired in the fall as the athletic director.

She has bachelor's and master's degrees in physical education from Sul Ross State University, where she played college basketball. She also earned a mid-management certificate from New Mexico State University.

Her career in education began in Victoria, Texas, where she served as a physical education teacher. She arrived in EPISD in 1986 where she taught and coached at Coldwell School and Irvin High School. She then moved to Franklin High School, where she was the head girls basketball coach for 11 years.

Kennedy is EPISD's second female athletic director.

SPORTSWRITERS OF THE YEAR

BRANDON OGDEN
TYLER MORNING TELEGRAPH

DIVISION I

Brandon Ogden has been covering high school sports in East Texas for 19 years. He has worked at the Nacogdoches Daily Sentinel, Longview News-Journal, Lufkin Daily News and is currently at the Tyler Morning Telegraph. Brandon and his wife, Elizabeth, have a 1-year-old son, Nolan.



COLE MCNANNA
SEALY NEWS

DIVISION II

I'm originally from Milford, Massachusetts and graduated high school in 2014 before attending Curry College in Milton, Massachusetts where I studied multimedia sports journalism.

After getting cut from the baseball team I started working for the school paper and by the end of my time, I was the editor of the Currier Times and graduated as the journalism student of the year last May.

I moved to Sealy and started working at the beginning of this school year and have enjoyed my time in the lone star state so far but still have plenty of exploring left to do.



photo courtesy Wade Womack



photo courtesy Ashley Spradley

SOFTBALL STATE CHAMPIONSHIPS

Red & Charline McCombs Field University of Texas at Austin | May 29 - June 1, 2019
Dillon Softball Field University of Mary Hardin-Baylor | May 31, 2019

Ticket Prices

Student..... \$7.00 per session
Adult..... \$12.00 per session
All-Tournament..... \$85.00
Coaches All-Tournament..... \$45.00

Ticket sales for each session will begin one hour before the allotted session is scheduled to begin. Each ticket will allow admittance for ONE SESSION. There are 13 Sessions Wednesday through Saturday of the state tournament at McCombs (UT) and 1 session on Friday at Dillon Field (UMHB). Session breakdown is denoted on the Tournament Schedule. Each 5A & 6A semifinal game and all final games will be its own session.

For more information on public parking for the 2019 UIL Softball State Tournament, visit the UIL website at uiltexas.org/softball/state

NOTE: All games may not start at their scheduled times due to issues like weather, extra innings from previous games, etc.



photo courtesy Keitrah Boren

TEXAS SPORTS WRITERS ASSOCIATION ALL-STATE SOFTBALL

The deadline to nominate players for the Texas Sports Writers Association All-State Softball Team is the Tuesday after the UIL State Softball Tournament (June 4).

To nominate players, please send information to Jack Stallard via email: jstallard@news-journal.com

Information must include:

Player(s)

School

Classification of school (PLEASE INCLUDE THIS. I KNOW MOST, BUT NOT ALL)

Position (If a player played several spots, please tell me what position you feel she should be nominated for. If she played multiple positions, you might want to consider nominating her for Utility player)

Final season stats (This year only. Not career totals. Feel free to let me know if she has signed or pledged to a college)

PLAYERS DO NOT HAVE TO BE SENIORS

THIS IS NOT THE SAME AS TGCA SOFTBALL ALL-STATE



photo courtesy Sherri Kendrick



Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

Exhibitors are encouraged to reserve booth space now as booths are available on a first come-first serve basis.

Exhibit with us!

The only statewide organization in Texas composed of girl's athletics, designed for coaches of girls athletics, and governed by coaches of girls' athletics.

TEXAS GIRLS COACHES ASSOCIATION
SUMMER CLINIC AND EXHIBITION
JULY 9 & 10, 2019
ARLINGTON CONVENTION CENTER

10'X10' BOOTH: \$450
ANY ADDITIONAL: \$400

A standard booth comes with a space consisting of a curtained back wall, 8 feet in height and dividing side rails 3 feet in height. The standard booth will be 10' x 10' including a 6 foot skirted table with 2 chairs.

Questions? Need more info?
Contact Exhibitor Coordinator

Lisa Rodriguez

lisa@austingca.com

(512) 708-1333 Ext 221

www.austingca.com

2019-20 DUES AND FEES INCREASE

The TGCA Board of Directors has approved a fees and dues increase beginning February 1, 2019. This will be effective for the 2019-20 membership year, beginning June 1. Membership renewal and all clinics registration will open online and by mail for the 2019-20

year on February 1st. If you still need to renew your membership for the 2018-19 year, which expires May 31, 2019, after February 1st, you will need to send in a paper form, which can be found on the website under the "Forms" category in the menu on the left-hand side of the

main page of the website. Be sure you select the 2018-19 form. Prices will remain the same for the remainder of the 2018-19 year, but you must send in the paper form.

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2019-20 year, beginning June 1, 2019, and ending May 31st, 2020. Please be sure that is what you intended to do.

The fees and dues increase, effective February 1, are as follows:

Membership only - \$70.00

Summer Clinic before June 15 - \$65.00

Summer Clinic on or after June 15 - \$80.00 (\$15.00 late fee on or after June 15)

All Satellite Sports Clinics - \$80.00, which includes membership card for 2019-20

There is a \$2.50 processing fee when renewing online. This is charged to us by the online credit card company for each transaction that goes through, and is a pass-through from TGCA to the credit card company.

Please be sure to inform your business office of the increases.

2019 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 8 – 11, 2019**

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, 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 \$70.00 and Summer Clinic fee is \$65.00, for a total of \$135.00, if you do it before June 15th. Beginning June 15th, clinic late fee applies at

the cost of an extra \$15.00, making Summer Clinic fee \$80.00, and the total of both \$150.00. Be sure you get your registration in BEFORE June 15th to avoid the Summer Clinic late fee.

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, 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, “**2019-20** 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 P.O. Box 2137, Austin, TX, 78768, fax (512) 708-1325, email tgca@austintgca.com.

ON-SITE REGISTRATION

On-site registration will begin Monday, July 8th, at 2:00 p.m., in the Arlington Convention Center, 1200 Ballpark Way. Registration is moving into Room E-3, which is adjacent to the Exhibit Hall. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also. You will need your clinic badge if attending the UIL Coaches Certification Program lectures, as badges will have to be scanned for UIL credit for those courses. They begin Tuesday morning. Check the agenda on the website for times of all lectures. It is under the Summer Clinic tab on the left-hand side of the main menu of the website.

2019 SUMMER CLINIC HOTELS AND RATES

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 11th. Go to the TGCA website, austintgca.com, and click on “Summer Clinic” in the menu on the left-hand side of the page, then click on “Hotel Reservation Services” (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington this year with their rates, but please remember that you **cannot** call these hotels directly

and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the hotel registration site.

HOTELS FOR SUMMER CLINIC (OPEN MARCH 11)

*These are the hotels TGCA will be using and the rates they have guaranteed TGCA. **You must go through the Hotel Reservation Services link to make your actual reservation, which will open March 11.***

CROWNE PLAZA

700 Avenue H East
\$129.00

DOUBLETREE ARLINGTON DFW SOUTH

1507 North Watson Road
\$129.00 (Double/Double)

HILTON ARLINGTON

2401 East Lamar Blvd
Standard King – Junior Suites - \$135.00
Standard Double - \$145.00

HILTON GARDEN INN DALLAS/ARLINGTON

2190 E Lamar Blvd
\$ 132.00

HOLIDAY INN ARLINGTON

1311 Wet N' Wild Way
\$109.00

LAQUINTA INN & SUITES DALLAS ARLINGTON NORTH

825 North Watson Road
\$122.00

SHERATON ARLINGTON

1500 Convention Center Drive
\$135.00

We thank you for your continued support of TGCA and look forward to seeing you at the 67th TGCA Annual Summer Clinic in Arlington July 8-11.

2019 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 8 - 11



photo courtesy Keith Logan

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, with some lectures being held at the Sheraton Arlington, 1500 Convention Center Drive. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Rangers Ballpark, AT&T (Cowboys) Stadium; and many more attractions. Brand new this year will be Texas Live open to TGCA Summer Clinic attendees and you are going to love the new venue! It is definitely family oriented.

All-Star activity schedules and venues can be found

on the website, austintgca.com, under the All-Stars tab in the menu across the top of the page.

The TGCA Honor Awards Banquet will be held Monday, July 8, 7:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 11th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and

renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 11th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the **"2019-20 Printable Membership Form"**.

The 2019 TGCA Summer

Clinic Agenda has been posted on the TGCA website, austintgca.com, and will be updated often as we progress toward Summer Clinic and dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2019 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2019 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



photo courtesy Melissa Buck

2019 TGCA ALL-STAR INFORMATION

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

> [All-Star Itinerary](#)

> [All-Star Game Schedule](#)

TGCA 2019 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2019. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, 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 on-line. 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 (512-708-1325) or email (tgca@austintgca.com) with a valid credit card number. If you need assistance with the on-line 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 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.

2019 REGION I & II LUBBOCK SPORTS CLINIC

Monterey High School
3211 47th Street, Lubbock, Texas
June 6

[Agenda](#) [Registration Form](#)



2019 SUMMER CLINIC

Arlington Convention Center
1200 Ballpark Way, Arlington, Texas
July 8 - 11

[Registration Forms and Agenda are located under the Summer Clinic Tab](#)



2019 HOUSTON SPORTS CLINIC

George Ranch High School – Lamar CISD
8181 FM 762, Richmond, Texas
June 12 - 13

[Agenda](#) [Athletic Directors Agenda](#) [Registration Form](#)



2019 EL PASO SPORTS CLINIC

Parkland High School
5932 Quail Lane, El Paso, Texas
July 17

[Agenda](#) [Registration Form](#)



2019 SAN ANTONIO SPORTS CLINIC

Pieper Ranch Middle School – Comal ISD
1435 Borgfeld Drive, San Antonio, Texas
June 14

[Agenda](#) [Registration Form](#)



2019 CENTEX SPORTS CLINIC

Akins High School
10701 S 1st Street, Austin, Texas
September 21

[Agenda](#) [Registration Form](#)



TEXAS STAR GOLF COURSE



2019 Hutcherson Flying Queens Golf Tournament

Texas Star Golf Club

Monday Morning July 8, 2019

7:30 am registration - 4 Person Scramble

Shotgun Start -9 am

Lunch Included –Awards Afterwards

1400 Texas Star Parkway

Eulless, TX 76040

817-685-7888

For More Information call

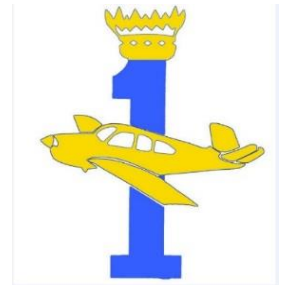
Betty Donaldson (972) 658-9964 or Cherri Rapp 512-736-9488

Website - tinyurl.com/hutcherson-flying-queens

Golf per Person - \$85

- Green Fees, Cart, Range Balls, Lunch
 - Prizes for winning teams
 - Longest drive, Closest to hole

100% of net proceeds go to the Hutcherson Flying Queens Foundation



2019 Hutcherson Flying Queens

Golf Tournament & Party Registration Form

Total

I will attend the Luncheon

Number of people

\$15.00/Person

I would like to be a Hole Sponsor

\$100.00

This is what I want written on the Hole Sign

I would like to Play Golf

Number of people

\$85.00/peperson

TOTAL AMOUNT PAID

\$

These are my teammates and handicap (approx score they shoot, if they don't have handicap)

Name

**Handicap or Approx score
you shoot**

I would Like to be a TOURNAMENT SPONSOR ----download the Sponsor Form

Website - tinyurl.com/hutcherson-flying-queens

Mail to

Cherri Rapp

2913B Lovell Dr

Austin, TX 78723

e-mail to

Cherri@rapp-lcc.com

FLYING QUEENS REUNION

IN CONJUNCTION WITH THE TEXAS GIRLS' COACHES ASSOCIATION CLINIC

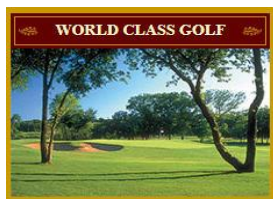
MONDAY, JULY 8, 2019
GOLF TOURNAMENT 9:00 AM
\$85.00 – INCLUDES LUNCH
LUNCH 12:00 NOON – 3:00 PM
\$15.00 FOR NON-GOLFERS
VISIT AND RE-CONNECT WITH
TEAMMATES AND FRIENDS

TEXAS STAR GOLF
 1400 Texas Star Parkway
 Euless, Texas 76040

For Those Not Attending the TGCA Clinic
 Rooms are available at
 Courtyard Marriott Arlington
 1500 Nolan Ryan Expressway
 Arlington, Texas
 817.277.2774
 July 7,8,9
 2 Queen Beds - \$109 Rm
 Release date June 15, 2019

Please let Cherri Rapp at cherri@rapp-lcc.com know if you plan to attend by Friday, June 15, so we can get a guest count for the lunch.

2019 Hutcherson Flying Queens Foundation Golf Tournament



Tournament Sponsor Information
Monday July 8th, 2019
Registration 7:30 am Shotgun Start at 9 am
Texas Star Golf Club - Euless, TX

tinyurl.com/hutcherson-flying-queens



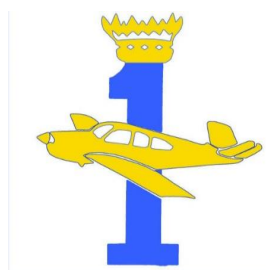
Platinum (\$ 1,000)	Gold (\$ 750)	Silver (\$ 500)	Hole Sponsor (\$ 100)
Banner Prominently Displayed at the Tournament on a SINGLE BANNER as a PLATINUM SPONSOR	Banner Prominently Displayed at the Tournament as a GOLD SPONSOR	Name displayed on the Tournament Sponsor Banner as a SILVER SPONSOR	Sign on a Hole at the Course
Logo on Brochures and Flyer Logo on Brochures and Flyer	Logo on Brochures and Flyer	Logo on Brochures and Flyer	
PLUS One Team (4 players)	PLUS One Team (4 players)	PLUS (2 players)	

Sponsors may have personnel at their sponsored hole to interact with the players and provide information and items that would benefit the Sponsor

Platinum Sponsor	Banner to Read	
Gold Sponsor	Banner to Read	
Silver Sponsor	Banner to Read	
Hole Sponsor	Sign to Read	

Total _____

Your Name _____
 Company Name _____
 Address _____
 Phone Number _____
 E-mail _____



Make Check Payable to:
Hutcherson Flying Queens Foundation
2913B Lovell Dr
Austin, TX 78723
 Betty Donaldson - (972) 658-9964
 Cherri Rapp - (512)-736-9488

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SOUGHT-AFTER FUNCTIONS IN WORKOUT APPS

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 Advise and consent. Arguably, most individuals need information and feedback from knowledgeable sources, if they are to maximize the benefits that they achieve from their exercise efforts. For many of those people, the source of such assistance is certified personal trainers, who are paid for their expertise and help. In that regard, a viable alternative for

fitness-related activities, such as exercises performed (e.g., aerobic strength training, stretching, etc.) and results achieved (e.g., miles run, minutes on a machine, reps performed, weight lifted, etc.).

3 Tally ho! One of the most popular functions of a workout app is to provide individuals with a reasonable estimate of the number of calories that they

changes to the body requires more than a 5- or 7-minute workout performed once a day, these relatively brief exercise routines (which typically are undertaken in a non-stop, high-intensity manner) can be a viable option for anyone looking for a quick workout. Although most of these 5- to 7-minute exercise routines are bodyweight-based regimens of strength training, others offer a more mind-body focus, for example, yoga, meditation, etc.

5 The rhythm of exercising. Workout music apps are available that feature music playlists with a specific beat. These apps are not only designed to entertain the individual exerciser, they also can provide high-energy motivation. The music selected can be personalized and geared to personal tastes, as well as synced to the pace of the workout.

6 Muscles matter. As a core component of fitness, muscular fitness should be a developmental focus of anyone who wants to attain total fitness. In that regard, there are a number of well-polished strength training workout apps. The best ones provide a variety of strength workouts, based on either bodyweight or the equipment the exerciser plans to use. They offer the ability to personalize the workouts, as well as include video footage, showing how to perform the exercises.

7 Out for a jaunt. Thanks to an ever-expanding variety of virtual bike training apps, indoor cycling training sessions can be tailored to the fitness level and personal interests of the individual exerciser. These apps are designed to provide exercis-

ers with an array of challenging options (e.g., personalized training plans, full spectrum of cycling fitness, adjustable training volume, competition, etc.), as well as eliminating much of the boredom of indoor training.

8 Picture perfect. Designed to appeal to both men and women of all fitness levels, video workout apps offer exercise regimens that can be mixed and matched to suit the interests of the individual participant. Many of the apps feature advice and instruction from relatively well-known experts in the fitness industry. Almost all of the workouts can be conducted anywhere, for example, home, work, gym, etc.

9 Competitive edge. Several workout apps have a competitive twist to them. The nature of the twist ranges from individual exercisers competing (in the exercise arena) against themselves to seeing how they match-up (performance-wise) against others. In the latter instance, the app's relatively large subject database serves as a measuring stick that can help motivate and inspire exercisers to optimize their fitness efforts.

10 The gift of health. A few workout apps have been developed that combine exercise with philanthropy. In essence, these apps arrange for charitable donations, either from sponsors or the individual exercisers themselves, based on the person's performance in a particular activity (e.g., 10k run) or fitness effort (e.g., number of pounds lifted). The underlying objective of this type of app is to raise money for a noteworthy cause, while boosting the individual's workout results.



photo courtesy Garrett Graves

individuals who don't want or can't afford such an expense is the expansive array of personal training apps that are available.

2 Eye on the prize. Individuals who want to attain improved results from their workouts can use an exercise tracking app to keep a record of their efforts. As a rule, such an app can be employed by people to monitor and track their

consume and expend over the course of a day. Not only can such information be used to help them manage their weight (loss or gain), it also can be employed to ascertain whether engaging in a particular activity is resulting in the desired caloric expenditure outcome, relative to the time and energy spent in that effort.

4 Exercise in a nutshell. Although making significant

NUMBER ONE...



Sarah Womack |

From 2001 to 2017, Jackie Stiles held the distinction of being the all-time leading scorer in Division I Women's Basketball history. She is heralded for the incredible 3,393 points scored in her hall of fame career. But there are bigger numbers that no-

10 years prior, she thought her lack of coordination around the basketball was, perhaps, due to the Lasik correction's wearing out.

What happened next, very likely saved her life.

Jackie, like most people on the go, looked at

a shock to Jackie and to her optometrist, who had never seen this particular diagnosis in his 30 years of practice.

Her doctor made calls across the country to the limited number of specialists who deal with ocular melanoma. In the end, it came

Thankfully, treatments were successful, though not easy. Nothing about cancer is easy. Jackie underwent surgery followed by a period of isolation. Before surgery, she had envisioned herself riding her stationary bike; even going as far as to have her stationary bike brought in so she could continue to workout to pass the time. She had not envisioned being a type of sick she had never experienced. There was no bike riding.

When Jackie returned to practice, eye patch and all, the team, coaches, and Missouri State community could not have been more supportive.

She was young. She was a fighter. She knew she could beat the odds. She had beaten odds all of her life. In the midst of it all, there was an awareness that many are not as fortunate. Many do not have the community, the support system, the ability to fight.

Basketball players are defined by numbers. As a player, it was about the big numbers. Points scored, games won – a career of success.

Now, life is more about the small numbers. The one appointment that was available that fateful Wednesday. The small number of specialists who are trained to treat ocular melanoma with precision. Beating the odds, one woman at a time. In the fight against cancer, this is the power of one.



body knows: The number of hours, of shots, of repetitions it took to become one of the most prolific scorers in women's basketball history.

Basketball is second nature to Jackie. Catching a ball is like breathing, only easier.

So, when she started having trouble catching balls in practice—she is now an assistant coach at Missouri State—she questioned her vision and the possible simple explanations for why her natural rhythm would be off.

Having had Lasik surgery

her schedule and saw an opening. One opening. She called on Monday hoping to schedule an appointment for Wednesday. If the doctor could not get her in, perhaps it could wait until after basketball season—she thought.

Perhaps, it could wait for a less busy time.

The doctor had just had a cancellation. She was in for Wednesday. No waiting.

Jackie went in thinking she needed contacts, or perhaps as second round of Lasik. The diagnosis with ocular melanoma was a shock;

down to two specialists. One in Philadelphia; the other in St. Louis. The suggested courses of treatment varied significantly.

Her decision to undergo treatment in St. Louis had a lot to do with her health-care provider and what they would (and would not) cover out of network. Ultimately, she was thankful for the care she received in St. Louis. The treatment was able to salvage partial vision. The treatment recommended in Philadelphia would have left her blind in one eye.

JUNE / JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						June 1
			SOFTBALL: STATE TOURNAMENT			
				TGCA: Softball All-State Committee Meeting.	TGCA: Softball All-State Committee Meeting. TGCA: Softball Committee Meeting.	
2	3	4	5	6	7	8
TGCA: Board of Directors Meeting.				TGCA REGION I & II LUBBOCK SPORTS CLINIC		
9	10	11	12	13	14	15
		UIL: Legislative Council Athletic and Policy Committee meetings, Austin.	TGCA HOUSTON SPORTS CLINIC		TGCA SAN ANTONIO SPORTS CLINIC	
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	July 1	2	3	4	5	6
7	8	9	10	11	12	13
	TGCA SUMMER CLINIC - ARLINGTON					
	TGCA: Board of Directors Meeting.		TGCA: Spirit Committee Meeting.			
14	15	16	17	18	19	20
				TGCA EL PASO SPORTS CLINIC		
21	22	23	24	25	26	27
28	29	30	31			

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 appreciate your help in this endeavor.



photo courtesy Wade Womack

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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: austingca.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.



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