



# TGCA NEWS

JANUARY 2020



## 2019-2020 TGCA OFFICERS



**President of TGCA**  
Astin Haggerty  
Clear Springs HS



**1st Vice President**  
Brad Blalock  
Frisco Centennial HS



**2nd Vice President**  
Colby Davis  
The Colony HS



**Past President**  
Jason Roemer  
Lake Dallas HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant Executive Director**  
Lee Grisham  
TGCA Office



**FEATURE ARTICLES**

**OTG - Own The Jungle**

By Astin Haggerty, TGCA President

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**10 Tips for Becoming More Productive at Work**

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

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**Thank you**

Kay Yow Cancer Fund

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*cover photo courtesy Logan Lawrence*

*left photo courtesy Judy Harris*

# OTG – OWN THE JUNGLE

**Astin Haggerty** League City Clear Springs HS | TGCA President



The phrase “it’s a jungle out there” is commonly spoken by our fearless leader TGCA’s Executive Director Sam Tipton. When he says this, I often reflect on my program motto of “Own the Jungle-“OTJ”.

As coaches in this great state, we step into the jungle every day, rather we realize it or not. From our responsibilities as teachers first, to the ongoing pursuit of perfection on the court/field, we must continue to be our best no matter the environment. With the unfortunate decline of coaches in Texas secondary schools, it is imperative



photo courtesy Marris Briseno

to discuss strategies to maintain longevity in the “jungle”. Here are a few that I have found to be the most effective:

### Transparency

Whether or not parents, athletes, or even colleagues agree with your decisions, transparency can eliminate

many aspects of miscommunication. During the first days of athletics, students and parents are required to sign a contract for participation in my athletic programs. Within the contract, our program, school, district expectations/ policies, and the majority of “what if” questions/ scenarios are answered. Students athletes and parents are often reminded of this documentation throughout the course of the school year to maintain accountability. In addition, stakeholders can always revert to the transpar-

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## TRACK & FIELD COMMITTEE

COACH	SCHOOL	CONF.	REG.
Ray Baca	Canyon HS	4A	1
Stefani Shortes	Wolfforth Frenship HS	6A	1
Rose Mary Martin	Abilene HS	6A	2
Sunni Strickland	Forsan HS	2A	2
Melinda Malone	Alvarado HS	4A	3
Shannon Utley	Mansfield Summit HS	6A	3
Rae Holden	Leonard HS	3A	4
Joel Luper	Denison HS	5A	4
Zachary Morgan	Spring Woods HS	6A	5
Rayford Sweats	Corrigan-Camden HS	3A	5
Sharon Carter	Bellville HS	4A	6
Blake Janek	Austin Lake Travis HS	6A	6
Kevin L. Johnson	Gonzales HS	4A	7
Trevor Taylor	San Antonio Wagner HS	5A	7
Dan Aldrich*	Fredericksburg HS	4A	8
Lacy Schott**	Medina Valley HS	5A	8

\*Chair \*\*Vice Chair



# OTJ – OWN THE JUNGLE

Continued from Page 1

ent expectations rather than assume what a coach or their staff may have thought to be true. With that, coaches must abide by their transparent expectations and model consistency when issues arise.

## Continual Professional Learning

When you want to own something, you must have knowledge about what you are claiming as yours. From online webinars to summer or satellite clinics, Texas coaches are offered numerous opportunities to “own” knowledge of their sport. With the implementation of programs such as TAAC and other coaching certification requirements, the University Interscholastic League (UIL) has continually set the tone

for Texas coaches’ professional learning.

Furthermore, one must be humbled to know that no one knows it all. I have the unbelievable privilege to walk into my parents’ house and see multiple state championship rings in the living room. My father and longtime coach, J.B. Haggerty, Jr, has obtained multiple state championships in track & field and football. To witness his work ethic and willingness to learn, I can not help but be a sponge around him and others who have accumulated such success in Texas high school athletics. Moreover, one must never be afraid to ask questions. As coaches, we must be willing to support one another and ask/answer questions from our colleagues (former or present).



photo courtesy Cathi Porras

## Have Fun

One of the most forgotten aspects of what we do is to simply HAVE FUN! Student athletes will feed off your “joy” in how you lead them on the court/field. Culture starts at the top so if you and your staff establish such fondness in the things you do, your

athletes are more than likely to do the same. One can experience success and have fun at the same time. All in all, your jungle will be what you make it. Embrace transparency, continue professional learning, and above all HAVE FUN!  
- OTJ

# SOFTBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Ty Hoobler	Amarillo HS	5A	1
David Smirl	Amarillo River Road HS	3A	1
Stacey Herring	Abilene Cooper HS	5A	2
Reagan Sewell	Clyde HS	3A	2
Amber Cottingham	Carrollton Creekview HS	5A	3
Scott Mann*	Springtown HS	4A	3
Lance Cherry	Tom Bean HS	2A	4
Caitlyn Fowler	Greenville HS	5A	4
Jennifer Knight	Clear Springs HS	6A	5
Michael Scoggin	Corrigan-Camden HS	3A	5
Billy Coleman**	Lake Travis HS	6A	6
Gilbert Price	Schulenburg SS	3A	6
Jaime Cano	Woodsboro HS	2A	7
Teresa Lentz	CC Calallen HS	5A	7
Beau Burnett	Llano HS	4A	8
Kevin Mills	El Paso Chapin HS	5A	8

\*Chair \*\*Vice Chair



# 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, softball, and cheerleading.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports and cheerleading 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, and should be emailed or mailed to the TGCA office.



photo courtesy Logan Lawrence

## 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

## SPIRIT

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. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each Finals appearance
- 15 points for Best of Category win
- 30 Third Place Finish
- 40 Second Place Finish
- 50 State Champion

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 Luncheon 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-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

# SWIMMING & DIVING STATE CHAMPIONSHIPS

Lee and Joe Jamail Texas Swimming Center Austin, Texas | February 14-15, 2020

## Friday, February 14

5A Swimming Prelims and Diving Prelims..... 10:00 AM  
6A Swimming Prelims and Diving Prelims..... 5:30 PM

## Saturday, February 15

5A Swimming Finals and Diving Finals..... 9:30 AM  
6A Swimming Finals and Diving Finals..... 3:30 PM

### Tickets

Student.....\$7.00 per session  
(NO RE-ENTRY)  
Adult..... \$12.00 per session  
(NO RE-ENTRY)  
All-Meet..... \$30.00

Tickets will go on sale one hour prior to the session.

- The Swim Center will be cleared after each session.
- No outside food or drinks are allowed in the Swim Center.

### Parking

Please review the [University of Texas Parking Maps](#) prior to your arrival. Vehicles that park in UT parking permit required areas without a permit will receive a citation.

### Live Streaming

Using live streaming sites including Facebook Live, Instagram Live, Twitter

Live and YouTube Live to stream the game is strictly prohibited and in direct violation of the UIL's agreement with its broadcast partners. Please notify media, fans and parents of this policy.

### Signs

Signs and banners may not be attached to the walls or railings anywhere in the Jamail Texas Swimming Center.

### Food and Beverages

Food and beverages are restricted to the concession area. Teams may bring in 1 cooler each. Glassware may not be brought into the Texas Swimming Center at any time.

### Programs

Programs will be on sale inside the Texas Swim Center on the upper seating levels for \$7. Heat and lane assignments will be included. Final heat sheets will be on sale Saturday for \$2.00.



photos courtesy Chris Schmidt



# WRESTLING STATE CHAMPIONSHIPS

Berry Center Cypress, Texas | February 21-22, 2020

## Friday, February 21

5A/6A Boys Weigh-in .....	7:30 AM
5A/6A Boys Championship Round 1 .....	9:00 AM
5A/6A Girls Weigh-in .....	10:00 AM
5A/6A Girls Championship Round 1 .....	11:30 AM
5A/6A Boys Championship Quarterfinals .....	1:30 PM
5A/6A Boys Consolation Round 1 .....	1:30 PM
5A/6A Girls Championship Quarterfinals .....	4:00 PM
5A/6A Girls Consolation Round 1 .....	4:00 PM
5A/6A Boys Consolation Round 2 .....	5:30 PM
5A/6A Girls Consolation Round 2 .....	6:45 PM

## Saturday, February 22

5A/6A Boys Weigh-in .....	7:00 AM
5A/6A Boys Championship Semifinals .....	8:30 AM
5A/6A Boys Consolation Round 3 .....	8:30 AM
5A/6A Girls Weigh-in .....	9:00 AM
5A/6A Girls Championship Semifinals .....	10:30 AM
5A/6A Girls Consolation Round 3 .....	10:30 AM
5A/6A Boys Consolation Semifinals .....	12:00 PM
5A/6A Girls Consolation Semifinals .....	1:00 PM
5A/6A Boys/Girls 3rd & 5th Place Matches .....	2:30 PM
Parade of Champions .....	4:30 PM
5A/6A Boys/Girls Championship Matches .....	4:45 PM

### Tickets

Student Single Day (ages 2-18).....	\$7.00
Adult Single Day .....	\$12.00
Coaches/Officials All-Tournament (must show ID) .....	\$17.00
All-Tournament .....	\$20.00

Doors open and tickets sales begin 1 hour prior to competition (no pre-sales). **CASH ONLY! Credit cards will not be accepted.**

### Parking

Parking at the Berry Center will be free of charge.

### Food and Drinks

No outside food or drink may be brought into the facilities.

### Noisemakers/Signs

No artificial noisemakers or large signs/banners are allowed in the facilities.

### Awards

The top three finishers in each weight class will receive medals. The top two teams will receive trophies or plaques.

**Girls' Awards Presentations:** Awards will be presented upon completion of

wrestling in the first three weight classes. Girls 95 lb. weight class awards will be presented upon completion of the 110 lb. weight class. Awards for 102 lb. weight class will be presented following the 119 lb. weight class, etc.

**Boys' Awards Presentations:** Awards for the boys will follow the same schedule. Awards for 106 lb. weight class will be presented following the 120 lb. weight class. Awards for the 113 lb. weight class will follow the 126 lb. weight class, etc.

## AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing

Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!

- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you



photo courtesy Logan Lawrence

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@ailife.com](mailto:ajalridge@ailife.com). To view the letter online, visit [ailife.com/benefits/sgM9W](http://ailife.com/benefits/sgM9W).

# GIRLS BASKETBALL STATE CHAMPIONSHIPS

Alamodome San Antonio, Texas | March 5 - March 7, 2020

## Thursday, March 5

### Session 1

Conference 1A Semifinal ..... 8:30 AM  
 Conference 1A Semifinal ..... 10:00 AM

### Session 2

Conference 3A Semifinal ..... 1:30 PM  
 Conference 3A Semifinal ..... 3:00 PM

### Session 3

Conference 5A Semifinal ..... 7:00 PM  
 Conference 5A Semifinal ..... 8:30 PM

## Friday, March 6

### Session 4

Conference 2A Semifinal ..... 8:30 AM  
 Conference 2A Semifinal ..... 10:00 AM

### Session 5

Conference 4A Semifinal ..... 1:30 PM  
 Conference 4A Semifinal ..... 3:00 PM

### Session 6

Conference 6A Semifinal ..... 7:00 PM  
 Conference 6A Semifinal ..... 8:30 PM

## Saturday, March 7

### Session 7

Conference 1A Final ..... 8:30 AM  
 Conference 3A Final ..... 10:00 AM

### Session 8

Conference 2A Final ..... 1:30 PM  
 Conference 5A Final ..... 3:00 PM

### Session 9

Conference 4A Final ..... 7:00 PM  
 Conference 6A Final ..... 8:30 PM

### Alamodome Clear Bag Policy

To provide a safer environment for the public and in order to expedite fan entry into the Alamodome, we have implemented a Clear Bag Policy (similar to the NFL Clear Bag policy) that limits the size and type of bags that may be brought into the Alamodome. The clear bag guidelines can be found [here](#). All spectators will need to comply with the clear bag policy for entry into the stadium.

### Seating Information

All tickets are general admission for the girls tournament, however, the home team side will be the north side of the court, the visitor team side will be on the south side of the court. Please reference the court map below for more information.

### Floor Diagram

### Tickets

All-Tournament tickets are on sale through the following options:

- [ticketmaster.com](https://www.ticketmaster.com)
- Participating Ticketmaster locations
- Calling Ticketmaster by phone at 1-800-745-3000
- Alamodome box office - walk-up ONLY (no personal checks will be accepted)

General Session Tickets will be sold at the Alamodome Box Office beginning the week of the tournament.

Girls State All-Tournament Ticket.....\$105\*  
 General Session Tickets.....\$19  
 Children 2 years of age & younger  
 (not occupying a seat)..... FREE

\*Additional fees may apply.

If there are any issues or questions with ticket orders, please contact Ticketmaster at 1-800-745-3000.

### All-Tournament Parking Passes

All-tournament parking is available for purchase online through Ticketmaster [here](#).

For information on single day parking, patron drop off areas, and public transportation options, visit the UIL website at [uilitexas.org](http://uilitexas.org).



photos courtesy Lloyd Vedder (top) and Brad Blalock (bottom)



# 2020 TGCA SUMMER CLINIC

The 2020 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 6-9. The agenda is being revised and will be posted to the website under the "Summer Clinic" category

as soon as it is finalized. 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 finalizing times, venues, and agendas for all of 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 2020 TGCA Clinics.

## 2019 TGCA TEAM TENNIS AWARD WINNERS

### CO-ATHLETES OF THE YEAR

**Conferences 4A-5A-6A**  
Anushka Dania & Megha Dania,  
Austin Lake Travis HS  
Coach Carol Creel

### COACH OF THE YEAR

**Conferences 4A-5A-6A**  
Randall King,  
Fredericksburg HS



photo courtesy Logan Lawrence

## 2019-20 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2019-20, they are as follows:

<b>Swim/Dive</b>	<b>Feb 10, 2020</b>	<b>Track &amp; Field</b>	<b>May 4, 2020</b>
<b>Wrestling</b>	<b>Feb 17, 2020</b>	<b>Tennis</b>	<b>May 18, 2020</b>
<b>Basketball</b>	<b>Mar. 2, 2020</b>	<b>Golf</b>	<b>May 18, 2020</b>
<b>Soccer</b>	<b>Apr 13, 2020</b>	<b>Softball</b>	<b>June 1, 2020</b>

## FROM THE EXECUTIVE DIRECTOR

Sixty-six years ago the Texas Girls Coaches Association (TGCA) was started because there was not an association that catered to or cared about coaches of girls athletics. TGCA has been in the forefront and has fought for the advancement of girls athletics since that humble beginning in 1954. In 2020, TGCA proudly stands as the lead spokesman for all girls sports under the UIL umbrella. The most important girls sport viewed by the TGCA is the girls sport in season. Every member coach of TGCA needs to be aware of an old proverb:

The forest was shrinking, but the trees kept voting for the axe. For the axe was clever and convinced the trees that because his handle was wood he was one of them.

Always be loyal and proud of the Texas Girls Coaches Association for being an association that is composed of, designed for, and governed by coaches of girls sports.

*Sam Tipton, Executive Director  
Texas Girls Coaches Association*

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball and cheerleading are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School 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 or Middle School Coach of the Year. Nominations should be done online, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.

# 2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, online membership renewal and clinic registration for the 2020-2021 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2019-2020 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, [www.austintgca.com](http://www.austintgca.com),

and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience,

you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an online security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I

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*photo courtesy Cathi Porras*



# 2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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cannot read the code, please provide a new one” and right below the words (in black) “Please enter the security code above”. You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the “Submit” button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school’s filtering system may have sent it there. If you don’t get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2020 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new CenTex Sports Clinic in Austin. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2020-21 membership card. You CANNOT just renew your membership in the Sat-



photo courtesy Logan Lawrence

ellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2020-21 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category “Membership Only”. You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership

number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you.

We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled “First Time Member”, and follow the process outlined for “New to TGCA for the First Time”. Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

An advertisement for the TGCA app. It features the TGCA logo in large red letters at the top, with the text "Download our new App!" in blue script below it. In the center is the Texas Girls Coaches Association logo, which includes a map of Texas. Below the logo are two QR codes: one labeled "Apple" and one labeled "Android". The entire advertisement is enclosed in a red border.

# 11

## TIPS FOR BECOMING MORE PRODUCTIVE AT WORK

James A. Peterson, Ph.D., FACSM

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**1 THE POWER OF INTENTION.** Establish a routine of planning your day, as well as your week. A routine can provide structure and consistency in your life. Write down the 2 to 3 key things that you need to do on each particular day. Start your day an extra 15 to 20 minutes early, during which you should do your planning. Win the battle of mind over mattress.

possible at work.

**3 POTENTIAL UNLEASHED.** All factors considered, the more fit you are, the more energy you'll have and the more focused you'll be. Adopt a "no-veto-improve" mindset—exercise at least twice a day. Get your creative juices flowing by working out for 15 to 20 minutes the first thing in the morning and then again in the evening.

**5 IN THE BEGINNING.** Get things right the first time. Avoid having to fix problems, which can be counterproductive. Putting things in order can take time, as well as mental energy. Put yourself in a frame of mind where you do what it takes to get the task done—right now, for the right reason, the right way.

**6 DEVELOP A "STOP-DOING" LIST.** Refrain from obsess-

**7 LEARN TO SAY "NO."** Don't say "yes" to every request. There's a limit to your level of energy and how much you can do in a given period of time. In reality, saying "yes" to everything eventually will result in you having time for nothing. It also means that you're not setting your priorities. As such, you're not making a serious commitment to getting the important things in your life done.

**8 TIME BLOCKING.** Scheduling a specific time for specific activities (e.g., a 90-minute block) can help you make the most of your workday. Not only does it allot time for what you want/need to do, but it also enables you to better focus on one task at a time, which can help limit distractions, procrastination, and stress. Furthermore, time blocking can help promote a disciplined routine.

**9 KEEP EVERYTHING IN STRIDE.** Don't bemoan the obstacles and hurdles you may be facing (e.g., deadlines, complications, hardships, etc.). Keep in mind that every person's life is full of challenges. Simply accept the existence of those challenges and keep moving forward. Never forget that having a positive outlook and being happy are a choice—a choice that is yours to make.

**10 LOOK FURTHER.** Consider your worklife from a new perspective. Think outside the box. Adapt to your reality, as it exists, not as what you'd like or expect it to be. Be flexible and open to change. Give change a chance. Use your experience and ability to think creatively to guide you. Embrace the opportunity to be more productive.



photo courtesy Kari Ring

**2 HONESTY IS THE BEST POLICY.** Periodically, over the course of the workday, ask yourself two different questions addressing essentially the same core issue: "Am I making the most of my time right now?" and "Is this the most productive use of my time?" In this situation, each lie, each instance of dishonesty, and each falsehood ultimately can compromise your efforts to get as much done as

**4 MESS CREATES STRESS.** Clean out the clutter in your office to make your workstation more productive. Not only can clutter (for obvious reasons) impede your level of productivity, but it also can have a negative impact on your emotional state, your ability to be organized, and your level of self-confidence concerning your competence.

ing over establishing a "to-do list." Instead, analyze your daily schedule for a week or so and determine which tasks you can commit to stop doing. Prioritize your duties and assignments in order of urgency and importance. Know what and when to eliminate a potential chore from your workload. If possible, consider delegating nonessential tasks to someone else.

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# FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					31 SWIMMING & DIVING: REGIONAL MEETS	1
2	3	4	5	6	7	8 Wrestling: District Certification Deadline
9	10 TGCA: Swimming & Diving Nominations Deadline, 12 Noon	11	12	13	14 SWIMMING & DIVING: STATE MEET WRESTLING: REGIONAL MEETS	15 Girls Basketball: District Certification Deadline
16	17 GIRLS BASKETBALL: BI-DISTRICT TGCA: Wrestling Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games	18	19	20	21 GIRLS BASKETBALL: AREA WRESTLING: STATE MEET	22
23	24 GIRLS BASKETBALL: REGIONAL QUARTERFINALS	25	26	27	28 GIRLS BASKETBALL: REGIONALS	29

## 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.



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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.

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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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