



# TGCA NEWS

MARCH 2020



## 2019-2020 TGCA OFFICERS



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Clear Springs HS



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The Colony HS



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Lake Dallas HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant Executive Director**  
Lee Grisham  
TGCA Office



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*cover photo and left photo courtesy Chris Schmidt*

# LETTER FROM THE EXECUTIVE DIRECTOR



**Sam Tipton | TGCA Executive Director**

I graduated from college and equipped myself with a degree to coach and/or teach. I felt a calling to dedicate my life to help educate and coach the most valuable commodity we possess – our young people. I am now watching a crisis we have never been confronted with in my lifetime; a virus pandemic which has brought about more questions than answers. Online teaching is taking the place of one-on-one instruction. Our coaches and teachers are not able to have a personal relationship with the students to ensure we can be the best at-risk program for our youth. The students of today thrive on socialization, love, and the ability to prove their self-worth through training and competition with the guidance of qualified professionals. Fine Arts, Band, Music, and Athletics are a major part of the educational system in our schools. The

school is the central part of any community. This greatly shows the importance of the coach and/or teacher. The seniors of today, and the only seniors I have ever been associated with, may not be able to compete in spring academic and athletic competitions, the finishing of the UIL state boys basketball championships, the senior prom, or even public graduation ceremonies. Some schools will be permanently closed for the year. This is so sad for a group of individuals that did nothing to deserve this. Life will go on, but may be held to different standards. There will always be a need for the coaches and/or teachers. You have always been the rock to hold a community together. The coach and teacher has always done so much with so little, you honestly believe this is the way it should be. You are needed the most at this time. Make sure you



*photo courtesy Chris Schmidt*

fully support, publicly the decisions brought down by your Superintendent, Athletic Director, School Board and the University Interscholastic League. They are being advised by health officials and other highly trained and qualified individuals. Your job as a coach and/or teacher is

more important than it has been in the history of education. Please continue to mold our youth into being the best they can be with the God-given talent they have been given. Make sure they are a little better today than they were yesterday. God bless you, and God bless Texas.

## COVID-19: UIL ACTIVITIES UPDATE

March 19, 2020



The University Interscholastic League (UIL) is extending its suspension of all UIL sanctioned activities due to the outbreak of COVID-19 in Texas. All contests, practices, rehearsals and workouts will remain suspended until further notice.

At this time, the earliest games and contests may resume is Monday, May 4th. Prior to this date, the UIL will

allow its member schools a reasonable acclimatization period for rehearsals and practices to occur. All decisions remain flexible and will be consistent with the advice of local, state and federal officials.

“We are working diligently on contingency plans to conduct state championships in each of the activities that have been suspended,” said UIL Executive Director Dr. Charles Breithaupt.

“While the immediate future is unclear, we are committed to providing these much-desired activities to all Texas students and will prepare for all possible outcomes, including extended school closures.”

For the most up-to-date information on UIL Activities [Click Here](#).

# LIFE LESSONS AT THE OVAL OFFICE

**Colby Davis** Lewisville The Colony HS | TGCA 2nd Vice President



I was 16 years old with a baton tucked into my maroon singlet standing on the track at Mike A. Myers Stadium. I could see heat waves down the home stretch. My nerves were at an all-time high, but I tried to focus on what Coach Browning said. "Listen to the starter. Take a deep breath in on set, and exhale on the gun." I have played in many high-level basketball games and have been blessed to coach in quite a few. However, I had never been more nervous in my life than getting in those starting blocks as a sophomore. The starter held us for what seemed like an eternity, but jumping the gun was not an option. I had been trained with laser like focus to start the race clean. It was not all up to me, but it started with me.

Basketball will always be my first love, but I was born and raised in Seymour, Texas, where track and field was and still is important. It was the building block and firm foundation of my being an athlete. It taught me discipline, and it taught me how to compete.



photo courtesy Chris Schmidt

It made me learn how to prepare my body and take care of my body. It was a love-hate relationship, but it made me better and mentally tougher. When a basketball was out of my hand, I was out of my comfort zone. Track and field forced me to grow as an athlete, and at the end of the day, it made me a better basketball player. I am thankful for a coach that instilled in me the importance of what this sport can do for athletes.

It is 2020, and we live in the world of sport specialization. AAU and Club have taken over and changed what

high school sports look like today. There are no off-seasons for the majority of our athletes. Teams get beat out of the playoffs, and the athletes are playing in an AAU tournament the next weekend; thus, never giving their bodies a chance to rest. Overuse injuries are at an all-time high. As a coach, I have been entrusted to help maintain my athletes changing bodies that have been in season for 12 months out of the year. Coaches must change the way we coach due to the demands of AAU and Club to help prevent injuries. I am

not dismissing the notion that athletes ought not to focus their energies on one particular sport. I am advocating that stronger, faster, flexible, coordinated, and fit athletes are athletes that are adaptive. They can sustain their health for a longer period of time while cutting down the risk of injuries. Track and field can aid in developing speed, agility, explosiveness and endurance. Each of these attributes are critical to success in all sports.

I want competitors on the bench with me. I want kids that have been pushed past their comfort zones time and time again when we need one more defensive stop. We are obligated as coaches to provide our student-athletes with the proper tools to be successful both mentally and physically. We need to encourage our athletes to get out on the track. We need to coach and teach them to compete not only in sports but in life. Most importantly, we need to be there when they finish their race.



photo courtesy Chris Schmidt



photo courtesy Zachary Morgan

# SOCCER STATE CHAMPIONSHIPS

**Birkelbach Field** Georgetown ISD Athletic Complex | **April 15-18, 2020** \*Subject to Change

## Wednesday, April 15

Girls Conf. 4A Semifinal .....11:00 AM  
Girls Conf. 4A Semifinal .....1:30 PM

## Thursday, April 16

Girls Conf. 5A Semifinal ..... 9:30 AM  
Girls Conf. 5A Semifinal .....12:00 PM  
Girls Conf. 4A Final ..... 2:30 PM

### Tickets

Student.....\$7.00  
Adult..... \$12.00  
All-Tournament..... \$30.00  
Coaches All-Tournament.....\$25.00  
Parking (Thursday, Friday & Saturday).....\$5.00

No re-entry is allowed UNLESS an All-Tournament pass is purchased. Adult and Student General Admission tickets are for a single entry.

There will be a 4.16% service fee charge on all credit card purchases.

### Parking Information

There will be a \$5 charge for parking on Thursday, Friday & Saturday.

All vehicles **MUST** enter at the CR 151/Stadium Dr parking entrance. Entrance will not be permitted at the North Entrance.

## Friday, April 17

Girls Conf. 6A Semifinal ..... 9:30 AM  
Girls Conf. 6A Semifinal .....12:00 PM

## Saturday, April 18

Girls Conf. 5A Final .....11:00 AM  
Girls Conf. 6A Final ..... 4:00 PM



photo courtesy Chris Schmidt



Rhyle McKinney



Zayla Tinner

## BASKETBALL ATHLETES OF THE YEAR

**Conf. 1A-2A-3A-4A:**  
Rhyle McKinney, Argyle HS  
(Coach Chance Westmoreland)  
**Conf. 5A-6A:** Zayla Tinner,  
Amarillo HS  
(Coach Jeff Williams)

## BASKETBALL COACHES OF THE YEAR

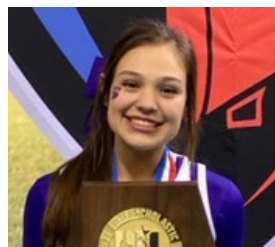
**Conf. 1A-2A-3A-4A:**  
Chuck Darden, Shallowater HS  
**Conf. 5A-6A:** Megan Symank,  
College Station HS

## CHEERLEADERS OF THE YEAR

**Conf. 1A-2A-3A-4A:** Brynn Pardue,  
Jacksboro HS  
(Coach Jaci Pippen)  
**Conf. 5A-6A:** Paige Robinette,  
Frenship HS  
(Coach Kayci Smith)

## CHEER COACHES OF THE YEAR

**Conf. 1A-2A-3A-4A:** Jaci Pippen,  
Jacksboro HS  
**Conf. 5A-6A:** Ashley Johnson,  
San Antonio Alamo Heights HS



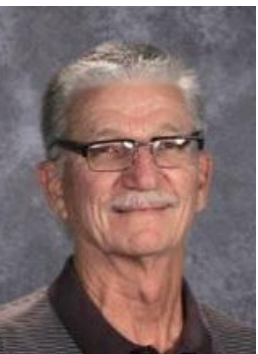
Brynn Pardue



Paige Robinette



Jaci Pippen



Chuck Darden



Megan Symank

# 2020 EXHIBITOR INFORMATION – TGCA ANNUAL SUMMER CLINIC

The Texas Girls Coaches Association is the only state-wide organization composed of coaches of girls' athletics, and governed by coaches of girls' athletics. The TGCA sponsors the only summer clinic for coaches of girls athletics aimed at improving the total school educational program. Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

During our Clinic, Exhibitors are offered an ideal opportunity to visit with coaches and display new products and equipment. Exhibitors are encouraged to reserve booth space now as booths are available on a first come-first serve basis.

1 Booth-\$450  
Additional Booths-\$400 each

**Standard Booth:**  
-Space consisting of a curtained back wall  
-8 feet in height and dividing side rails 3 feet in height  
-10' x 10' including a 6-foot skirted table with 2 chairs.

\*TGCA is unable to "hold or reserve" spaces.

All contracts should be turned in with FULL payment in order to secure your booth of choice. For more info, please visit our website [www.austintgca.com](http://www.austintgca.com) and click on "Exhibitors"

**Exhibit Hall Hours**

Tuesday: July 7  
Set Up: 7:00AM-11:00AM  
Open: 12:00PM-5:00PM  
Wednesday: July 8  
Open: 8:00AM-4:00PM  
Breakdown: 3:30PM-6:00PM



photo courtesy Keith Pierce

**Contact for More Information**  
Lisa Rodriguez  
Administrative Support Staff

Phone: (512) 708-1333  
Fax: (512) 708-1325

P.O. Box 2137  
Austin, Texas 78768

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2020 UIL BASKETBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONE.
Eric Schilling	Nazareth	1A
Shannon Fisher	Gruver	2A
Chuck Darden	Shallowater	3A

COACH	SCHOOL	CONE.
Sally Whitaker	Fairfield	4A
Ross Reedy	Frisco Liberty	5A
LaJeanna Howard	Duncanville	6A

### 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>Soccer</b> Apr 13, 2020	<b>Golf</b> May 18, 2020
<b>Track &amp; Field</b> May 4, 2020	<b>Softball</b> Jun 1, 2020
<b>Tennis</b> May 18, 2020	

### 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

# FREE DIGITAL RESOURCES FROM BSN SPORTS: HELPING COACHES FROM HOME



**Nancy Lieberman | BSN Sports**

Like many of you, BSN SPORTS is working hard to stay productive during this unprecedented time of uncertainty due to COVID-19.

I began working with this company because of their overall mission – to save coaches and administrators time off the field or court, so they can spend more time impacting lives on it.

Now more than ever, they're here to help. Knowing that school closures and season cancellations are impacting many coaches and teachers, BSN has put together free, digital resources that can be leveraged from home, such as:

- [Virtual Coaching Clinic Webinars](#)
- [Virtual Physical Education and At-Home Active content and curriculum](#)
- [Student Character-Development Courses Online](#)

As things progress, BSN SPORTS will continue to do their best to bring you more tools, so they can help you cope during these unprecedented times. If you have any thoughts or ideas regarding other resources, we can create for you or your peers, please don't hesitate to reach out to us at [info@bsnsports.com](mailto:info@bsnsports.com).

### Virtual Coaching Clinic Webinars

BSN SPORTS Coaching Clinics are now digital accessible via virtual webinar. Best of all, you will receive Continued Education Credit Hours absolutely-free, from the comfort of your home. They have a professional team of Brand Ambassadors developing the content and leading each coaching webinar:

- **Juliann Faucette-Johnson (Volleyball):** Former All-American and Team USA member

- **Mike Procopio (Basketball):** Former NBA Player Development Coach & former personal coach to Kobe Bryant

- **Robert Hackett (Speed & Strength):** Former NBA Strength & Conditioning Coach

- **Jessica Hardy (Swimming):** Olympic Gold Medalist

- **India Chiles (Softball):** Former 4-time NCAA All-American

Want to learn more and RSVP to these virtual coaching clinics webinars? Visit the BSN SPORTS Clinics page [here](#).

### OPEN Online Physical Education and Active Home Curriculum

BSN SPORTS is here to help teachers and students deal with extended school closings.

OPEN is the nation's largest public service organization

serving physical educators, coaches, and activity leaders. More than 80,000 members enjoy FREE access to thousands of research-based curriculum resources.

What's more, they've created Home Physical Education Curriculum Resources for Grades K thru 12 designed specifically to help you plan and deliver instructional content during extended school closings.

These digital resources are 100% FREE because OPEN is powered by BSN SPORTS and US Games. Visit [www.openphysed.org/activeschools/activehome](http://www.openphysed.org/activeschools/activehome) to access learn-at-home, digital resources.

### Believe in You Video Series

Believe in You® is an episodic series designed to educate

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photo courtesy Chris Schmidt



photo courtesy Chris Schmidt

# FREE DIGITAL RESOURCES FROM BSN SPORTS: HELPING COACHES FROM HOME

## Continued from Page 5

students and staff about the incredible power of believing in yourself, despite the challenges and trials that life may present.

Hosted by motivational speaker Kevin Atlas, the first Division I basketball player with one arm, the series features personalities from around the country who have overcome personal challenges to accomplish the extraordinary including:

- Allison Schmitt (8-time US Olympic Medalist Swimmer)
- Mark Henry (WWE Wrestler and World's Strongest Man)
- Samantha Peszek (Olympic Medalist Gymnast)
- Vin Baker (Former All-Star NBA player and Current NBA Coach)

Each of the nine episodes per season last 8-12 minutes, and is accompanied by lesson plans and activity guides to take the conversation further and spark critical thinking.

All content is free and digitally accessible [here](#).

### **BSN SPORTS Women**

At BSN SPORTS, we realized there



photo courtesy Keith Pierce

was a clear need to elevate women's sports at all levels.

From providing more support to coaches of female athletes, to connecting women working in the sports industry, we're committed to doing our part. Because of this, we've made it a priority to uplift and empower women in sports through our key partnerships, programs and content.

Learn more about the other BSN SPORTS women's initiatives [here](#).

### **BSN SPORTS Customer Service Hotline**

If we can help you in any way during this difficult time, please don't hesitate to reach out to your local Sales Pro, or our [Customer Service hotline](#), 1-800-856-3488.

Stay Safe.

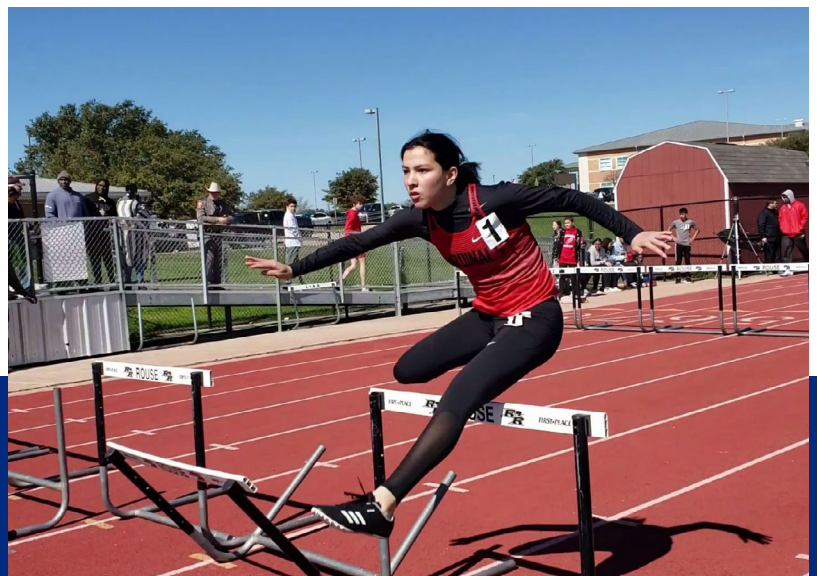


photo courtesy Jane Martin



# 2020 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER  
ATHLETIC & SPIRIT DIVISIONS  
JULY 6 - 9, 2020**

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, [www.austintgca.com](http://www.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 6, 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 16th. 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 16th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA web-

site, [www.austintgca.com](http://www.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 "2020-21 Printable Membership Form".

The 2020 TGCA Summer Clinic Agenda has been posted on the TGCA website, [www.austintgca.com](http://www.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 "2020 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2020 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

## 2020 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](#)

### FAQ

- > [All-Star Info](#)
- > [HS Coach of All-Star](#)
- > [TGCA All-Star Coach](#)



photo courtesy Chris Schmidt

## 2020 SUMMER CLINIC HOTELS AND RATES

### HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 16th. Go to the TGCA website, [austintgca.com](http://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 16)

*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 16.*

#### CROWNE PLAZA ARLINGTON

700 Avenue H East  
\$129.00

#### DOUBLETREE ARLINGTON DFW SOUTH

1507 North Watson Road  
\$129.00

#### HILTON ARLINGTON

2401 East Lamar Blvd  
\$147.00

#### HILTON GARDEN INN DALLAS/ARLINGTON

2190 E Lamar Blvd  
\$ 135.00

#### HOLIDAY INN ARLINGTON NE

1311 Wet N' Wild Way  
\$109.00

#### LAQUINTA INN & SUITES ARLINGTON NORTH

825 North Watson Road  
\$125.00

#### SHERATON ARLINGTON

1500 Convention Center Drive  
\$142.00

We thank you for your continued support of TGCA and look forward to seeing you at the 68th TGCA Annual Summer Clinic in Arlington July 6-9.

# SKYLER SCHULLER - HIGH SCHOOL PENTATHLETE

By: Milesplit Staff

She's tied with Rockwall's Olivia Cade for the #2 vault in the United States (13-00"), trailing only Paige Sommers' (California) 14-6" clearance.

She owns the Coppell school record in both the vault and the 100H - 14.56 FAT.

She currently leads the Coppell girl's squad in the pole vault, 100 Meter Hurdles, 300 Meter Hurdles (47.94), and high jump (5-06), and she also runs on their 4x100.

Skyler (Sky) Schuller is only a freshman.

A former level-7 gymnast from the age of two who "grew too tall" and tired of the exorbitant time commitment, Sky switched to track and field and has never looked back.

A two-time AAU national champion pentathlete, Sky is primed to be one of Texas' next outstanding multi-event athletes. "I will be competing in the heptathlon for the first time this summer because I am just now old enough for it," she says. At only 14-years old, Sky's confidence belies her years, allowing her the mental toughness to compete well in five events each week, including the 4x100.

Gymnasts often transition smoothly to the pole vault; they possess the body awareness and strength to manage the event well. "After ending last summer with a PR of 11-6", my goal for this season was 12-0". But I started making a lot of improvements in practice, started getting on bigger poles and jumped 12-7" at the Belton Pole Vault Expo. I raised my season goal to 13-0, which I just achieved, so my new goal is to jump 13-6". My

long-term goal is to be a 15-0 jumper," which would surpass Chloe Cunliffe for both national marks, currently at 14-9 indoors and 14-8 outdoors.

"By also training in sprints and hurdles," Sky adds, "I have a really powerful run, which allows me to get on big poles. Some things that will get me to the next heights are having a straight left arm on my plant and a swing that gets me 100% vertical."

As for hurdles, Sky has already accomplished another goal: the Coppell girl's school record. It now stands at 14.56. Her next individual goal is 5-08 in the high jump.

"My favorite events in the multis are high jump and the 100H because those are two of my main events, and I can score a lot of points in them." Yet, if those are Sky's favor-

ite events, it's not difficult to guess her least favorite: the 800. "I don't like distance events, and that's the event I'm least naturally good at."

With such a commanding presence in the record books and the weekly rankings, how does she balance her time during the week?

"Mondays and Wednesdays, I pole vault and high jump, and Tuesdays and Thursdays, I hurdle, sprint, long jump, and lift weights."

A fan of The Office, Sky stays grounded with her artwork and her family and coaches teaching her to be

humble. Yet inside, she admits, "I am never satisfied with what I achieve. I always want to reach that next height and keep improving."

So keep your eyes on the weekly rankings and the record books, because in this case, the Sky is truly the limit.

To see where Sky Schuller and all Texas girls athletes rank in their events, go to [tx.milesplit.com/rankings](http://tx.milesplit.com/rankings) to see the most complete and accurate rankings in the country!

*"I am never satisfied with what I achieve. I always want to reach that next height and keep improving."*

*Skyler Schuller - Coppell freshman*



photo courtesy Adrian Holguin

# TRACK AND FIELD RULES UPDATES/CHANGES

## Texas Track Coaches and Athletic Directors:

With the 2020 UIL District Track Meets rapidly approaching, the TGCA Track Committee would like to remind all coaches about the updated rule changes for this season. Many coaches are still unaware of the changes and the new rules are not always being followed at current invitational meets around the state.

High school and middle school track coaches, please take the time to read the rule change highlights below. Refer to the links provided for specific updates on the rules that may help clarify any questions you have. Good luck to everyone at your upcoming district meets!

### 2020 Main Rule Changes:

- A competitor who provides assistance to an injured or

ill competitor should not be disqualified if neither the individual competitor providing the assistance, nor his/her team gains an advantage as a result of providing the assistance. Only the competitor receiving assistance shall be disqualified.

- In the 4x100m and 4x200m relays only, the exchange zone has been updated to be 30m long. This zone begins at the old acceleration mark and continues to the original zone ending mark. The outgoing competitor, while waiting for the baton, must take a position entirely within the 30m exchange zone and complete the baton handoff within the 30m exchange zone. Tracks do not currently have to be remarked and the old markings can still be used. With the old markings, the middle mark is no longer used.

- It is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault, or javelin runway. PENALTY: First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

- Schools can attend eight invitational track meets prior to the district meet, but only one meet per school week (first instructional day through the last instructional

day). Meets with three or fewer schools do not count as a meet for participants. Invitational meets must start after 2:30pm on Friday or the last day of the school week, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break. EXCEPTION: a student representing a member school may participate in a maximum of three meets on a Thursday or Friday, or the last instructional day of the week with no restriction on start time.

### Official Rule Change Clarification Links:

[https://www.uiltexas.org/files/athletics/2019\\_-2020\\_NFHS\\_Track\\_\\_Field\\_PowerPoint\\_Rules\\_Final.pdf](https://www.uiltexas.org/files/athletics/2019_-2020_NFHS_Track__Field_PowerPoint_Rules_Final.pdf)

<https://www.nfhs.org/sports-resource-content/track-and-field-cross-country-rules-changes-2020/>

[https://www.uiltexas.org/files/athletics/manuals/Track\\_\\_Field\\_Manual\\_19-20-2.pdf](https://www.uiltexas.org/files/athletics/manuals/Track__Field_Manual_19-20-2.pdf)

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

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

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

valuable tool can provide information to the authorities if your child or grandchild should ever go missing!

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

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

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



photo courtesy Zachary Morgan

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).

## 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, on-line 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 2019-20 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 on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply

**Continued on Page 11**

*photo courtesy Keith Pierce*



# 2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 10

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 Chris Schmidt

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.

## EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2020-21 year, beginning June 1, 2020 and ending May 31st, 2021. Please be sure that is what you intended to do. You may still print a 2019-20 membership form from the “Forms” category in the menu on the left-hand side of the main page of the website.

# 10

## NICE-TO-KNOW FACTS ABOUT THE EYES

**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 SCIENTIFIC WONDER.** Weighing just under an ounce and about an inch across—a size that remains constant from birth, the human eye enables individuals to distinguish shapes and sizes at first glance, ascertain colors, provide depth perception, and adjust to the available light. In addition, what people see is responsible for approximately 80% of what they learn, as well as what they remember.

**2 SECOND ONLY TO THE BRAIN.** After the brain, the eyes are the most powerful and complex organ of the body. In fact, of all the muscles in the human body, the muscles that control the eyes are the most active. In that regard, the human eye can function at 100% at any given moment, without needing to rest. As such, the eyes are “on duty” 24/7.

**3 LIKE A CAMERA.** Individuals see with their brain, not their eyes. As such, the eyes function like a camera, capturing data and sending it to the brain for processing. In reality, the images that the eyes send to the brain are upside down and backwards. Subsequently, the brain turns the images right-side up.

**4 BATTING AN EYE.** A blink tends to last about one tenth of a second. Blink rates vary from person to person, typically ranging from 2 to 50 blinks per individual per minute. On average, a person blinks (thereby providing moisture to the eye and irrigating it, using tears and a lubricant that the eyes secrete to help remove any debris on the eye’s surface) approximately 5,200,000 times a year.

**5 FASTER THAN A SPEEDING BULLET.** The eye is made up of over 2 million working parts, including more than 107

million cells, all of which are light sensitive. These cells come in different shapes. The rod-shaped cells enable individuals to see shapes, whereas cone-shaped cells allow people to see color. The outer muscles that move the eyes are the fastest muscles in the body, hence the reference to the connection between Super-

of the eye). The more melanin, the darker the color of the eye. People with lighter eyes tend to be more sensitive to light, given that their irises have less pigment to protect them from sunlight. As a result, these individuals are at an enhanced risk of suffering eye-related problems, such as macular degeneration.



*photo courtesy Chris Schmidt*

man and an instantaneous occurrence involving eyesight.

**6 MORE THAN MEETS THE EYE.** Eye color is directly related to the amount and quality of melanin (natural pigment in the hair, skin, and iris of the eye) in the front layers of the colored part of the eye that surrounds the pupil (the black hole in the center

**7 THE POWER OF DETERRENCE.** Among the steps that individuals can take to help keep their eyes healthy are to watch what they eat and to maintain a healthy weight. With regard to the former, the goal should be to consume primarily plant-based foods, for example, a diet rich in fruits and vegetables, particularly

dark leafy greens. As for the latter, because being overweight or obese increases a person’s risk of developing diabetes and other systemic health-related conditions that can lead to vision loss, the focus should be on achieving and sustaining an appropriate level of body weight.

**8 FINGERPRINT, SMINGER-PRINT.** While a person’s fingerprint has 40 unique characteristics, an individual’s iris (a thin, circular structure in the eye, responsible for controlling the diameter and size of the pupil, and thus the amount of light reaching the retina) has 256. For that reason, retinal scans (a biometric technique that uses the unique patterns on a person’s retina blood vessels) are increasingly being used for identification and security purposes.

**9 THE PASSAGE OF TIME.** As people age, they often encounter more serious eye-related conditions, such as macular degeneration, glaucoma, and cataracts, which can result in vision impairment. Because the symptoms can vary considerably among these disorders and, to a degree, from person to person, the key is to undergo regular eye exams. Some vision changes can be a signal of a serious health issue, one that requires immediate care.

**10 NOT YET.** At present, a way to perform eye transplants has not been found. This situation is primarily because of the fact that no method has been devised to successfully reconnect the more than 1 million nerve fibers that connect each eye to the brain.

# KAY YOW CANCER FUND



**\$7.78M**

awarded to research and to serve the underserved



## OUR GRANTS

**\$7.78M**

Awarded in the fight against ALL women's cancers

**\$2.35M**

OVARIAN CANCER

**\$1.65M**

BREAST CANCER

**\$1.28M**

ASSISTING THE UNDERSERVED

**\$1.1M**

UTERINE/ENDOMETRIAL CANCER

**\$1M**

CANCER IN AGING WOMEN

**\$300,000**

WOMEN'S CANCER

**\$100,000**

LUNG CANCER

**5,000**

MAMMOGRAMS PER YEAR

## OUR PROCESS

The Kay Yow Cancer Fund partners with the V Foundation for Cancer Research to administer the grant process for all research-based grants. By request of the Kay Yow Cancer Fund Board of Directors, the V Foundation invites National Cancer Institute-designated cancer facilities to nominate their researchers for funding consideration. The Scientific Advisory Committee reviews proposals and makes all funding recommendations to the Kay Yow Cancer Fund Board of Directors. Each funded researcher is required to provide a project status

report by December 31 of the first year. Each year, both organizations meet with scientists to better understand the challenges and progress occurring in this field.

The Kay Yow Cancer Fund also awards grants to support programs that provide services to underserved populations. Such grants have included funding for mobile screening units, patient navigator programs that target underserved populations, and the elimination of barriers to care for cancer patients.

## #POWERofONE

Every minute, one woman is diagnosed with cancer.

One mother. One daughter. One wife.

Help us stop the clock.

One dollar. One drug. One life.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
				SOCCER: REGIONAL QUARTERFINALS			
5	6	7	8	9	10	11	
			Golf: District Certification Deadline		SOCCER: REGIONAL TOURNAMENT		
						Track & Field: District Certification Deadline	
12	13	14	15	16	17	18	
	TGCA: Soccer Nominations Deadline, 12:00 p.m.	Tennis: District Certification Deadline	SOCCER: STATE TOURNAMENT				Track & Field: Area Meets
19	20	21	22	23	24	25	
	GOLF: REGIONAL MEETS				TRACK & FIELD: REGIONAL MEETS		
26	27	28	29	30			
	TENNIS: REGIONAL MEETS						
		Softball: District Certification Deadline					

## 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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photo courtesy Jane Martin



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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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