

TGCA



Article: How to Run Track Without Having a Track.....2
 Basketball Honors.....3-8
 State Track Schedule.....9
 Reminders.....10
 Photos: Softball.....11-12
 TGCA Summer Clinic.....13
 News & Updates.....14
 Important Dates.....15
 Sponsors.....16



2009-10
TGCA
Officers

President of TGCA
Lee Grisham
Wimberley HS
(512) 847-5729

1st Vice President
Wes Overton
Midland Lee HS
(432) 664-2963

2nd Vice President
Donna Benotti
Cy-Fair HS
(281) 897-4652

Past President
Debra Manley
Pittsburg HS
(903) 856-6461

Executive Director
Sam Tipton
TGCA Office
(512) 708-1333



How to Run Track Without Having a Track

By MITCH WILLIAMS, TGCA TRACK & FIELD COMMITTEE CHAIR, WHITNEY HIGH SCHOOL

I was raised on a good sized farm in the Texas Panhandle where we raised wheat and milo and about 100 head of cattle. I watched my father do ingenious things with duct tape and bailing wire. If he could dream it, he could build it. I have seen my daughter, who is 4'10" tall, do incredible things. The other night I watched her get a roll of paper towels down from a 7' shelf by using the handle of the Swiffer. When I played football in high school, if there was snow on the ground we went and practiced in the county barn.

Everyday Coaches throughout the state deal with a similar situation. Not all of us are blessed with "state of the art" facilities, enough athletes, or even enough help. I have been fortunate to coach with some great coaches in my career, and I have watched them do the best with what they have. Isn't that what a coach does? Help kids to do their best despite the disadvantages that they encounter? I have watched athletes flipping tires and pushing vehicles instead of doing power cleans and squats. Necessity is the mother of invention, and sometimes our needs lead coaches to invent new and exciting training methods. Coaches came up with the idea of using bungee cords



and parachutes to supplement their workouts to help athletes achieve their goals.

We don't have a track, but we have a state champion pole vaulter. Last year I had three long jumpers that could go 18' and my sprint relay ran a 48. Our shot putter threw over 34. Yes, I know these aren't the greatest marks. I have 1 assistant, and as far as our facilities go, our track is in dire need of replacement. So how do we remedy the problem? We do what any other coach in the state does. We get out the measuring wheel and measure paths, and we mow grass. We run on the grass a lot. You see our track is across town, so if we want to run during our athletic period we run on the

grass. We might run on the practice field, or we may just run in the pasture, even when we go to the track we still run on the grass to prevent shin splints. We run in the gym, we run hurdles down the school halls, anywhere that we can find the available space. Being at a small 3A school, we also have to share athletes. We run after school from 3 to 3:45 and then let our dual sport athletes go to their other sport. My coaching staff is great about cooperation.

No, we may not be as good as we could be if I had some of those athletes for the entire practice. They may not be as good as they could be either, but I also know that if I make them choose, I may not have them at all. Let me also state that my administration is great. They do everything they can to help me. They are willing to listen to new ideas and they give me everything possible within the budget. If it is for the kids, they try and find a way to get it. So how do we run track without a track? We follow the example set forth by the US Marines: "We adapt, We overcome, and We improvise". Good Luck this season and remember that familiar red-neck phrase "Git R Done".

Conference 1A Basketball

The Texas Girls Coaches Association is proud to congratulate member coaches who secured 2010 State Championships at the UIL Girls Basketball Tournament.

Congratulations!

Conference 1A Div. I - Leland Bearden, Smyer HS
 Conference 1A Div. II - Andy Snider, Neches HS

Conference 1A All-State Team

Athlete	Grade	School	Coach
Morgan Willett	Senior	ARCHER CITY HIGH SCHOOL	Jeff S Pirkle
Lexus Mack	Senior	CAYUGA HIGH SCHOOL	Terry A Short
Cheree Kiser	Junior	ERA HIGH SCHOOL	Steven Campbell
Chesney Neely	Junior	GOLDTHWAITE HIGH SCHOOL	Wayne Johnson
Madison McClain	Sophomore	GRUVER HIGH SCHOOL	Rod Been
Mattie Yanke	Senior	GRUVER HIGH SCHOOL	Rod Been
Ashleigh Simmons	Senior	HAWKINS HIGH SCHOOL	Quiana Rutherford
Sierra Honea	Junior	IRION COUNTY HIGH SCHOOL	Billy Whyburn
Jasmine Guy	Junior	ITASCA HIGH SCHOOL	Clinton Wallace
Brittney Jefferson	Senior	LEGGETT HIGH SCHOOL	Terri Barlow
Malory Johnson	Senior	LOCKNEY HIGH SCHOOL	Lisa Schumacher
Katie Brown	Junior	LOUISE HIGH SCHOOL	Bryan Branch
Kimber Koonsman	Senior	MERIDIAN HIGH SCHOOL	Griffin Fields
Shaina Felderhoff	Senior	MUENSTER HIGH SCHOOL	Jason E Atcheson
Taylor Klement	Junior	MUENSTER HIGH SCHOOL	Jason E Atcheson
Dianna Patton	Senior	NECHES HIGH SCHOOL	Andy Snider
Rodricka Patton	Sophomore	NECHES HIGH SCHOOL	Andy Snider
Paulette Williams	Junior	NUECES CANYON HIGH SCHOOL	Brandy Sweeten
Stormy Williams	Senior	NUECES CANYON HIGH SCHOOL	Brandy Sweeten
Jesse Daniel	Senior	SMYER HIGH SCHOOL	Leland Bearden
Haley Fowler	Sophomore	SMYER HIGH SCHOOL	Leland Bearden
Zakia Winegeart	Junior	STRAWN HIGH SCHOOL	Joe Crabb
Danielle Logan	Sophomore	SUDAN HIGH SCHOOL	Jason Cooper
Lacee Logan	Senior	SUDAN HIGH SCHOOL	Jason Cooper
Anitria Flowers	Sophomore	SUNDOWN HIGH SCHOOL	Brian Legan
Kyra Helm	Junior	TAHOKA HIGH SCHOOL	Stephen E Fancher
Callie Ferguson	Junior	TEXLINE HIGH SCHOOL	Donavan Ferguson
McKinley Meyer	Senior	TOLAR HIGH SCHOOL	Brent Kilpatrick
LaChrista Nash	Senior	WELLINGTON HIGH SCHOOL	Dane Richardson
Skyler Warrick	Senior	WELLINGTON HIGH SCHOOL	Dane Richardson

Conference 1A Division I State Champions Smyer High School



Conference 1A Division II State Champions Neches High School



Conference 2A Basketball

Conference 2A State Champions Brock High School

The Texas Girls Coaches Association is proud to congratulate member coaches who secured 2010 State Championships at the UIL Girls Basketball Tournament.

Congratulations!

Conference 2A - Skip Townsend, Brock HS



Conference 2A All-State Team

Athlete	Grade	School	Coach	Athlete	Grade	School	Coach
Kamy Cole	Sophomore	BROCK HIGH SCHOOL	Skip Townsend	Termeka Canada	Senior	NIXON SMILEY HIGH SCHOOL	Jeff Van Auken
Kenisha Harris	Senior	BROCK HIGH SCHOOL	Skip Townsend	Rachel Urbanczyk	Senior	PANHANDLE HIGH SCHOOL	Kurt Richardson
Paige Parliament	Junior	BROCK HIGH SCHOOL	Skip Townsend	Amber Makeever	Senior	PEASTER HIGH SCHOOL	Mark L. Makeever
Jaryn Koenig	Senior	CISCO HIGH SCHOOL	Ron Berry	Mandy Makeever	Senior	PEASTER HIGH SCHOOL	Mark L. Makeever
Tresta Donahoo	Senior	EARLY HIGH SCHOOL	Derric King	Tara Dunn	Junior	POTH HIGH SCHOOL	Peggy Hosek
Megan Aleman	Senior	FLOYDADA HIGH SCHOOL	Mark Styles	Haylee Oliver	Junior	SAN SABA HIGH SCHOOL	Tony Taylor
Joey Bailey	Junior	GUNTER HIGH SCHOOL	Bruce Keatts	Haley Burton	Senior	SHALLOWATER HIGH SCHOOL	Chuck Darden
Chloe Smith	Senior	HEMPSTEAD HIGH SCHOOL	Ricky McCown	Brittany Scaff	Senior	SHALLOWATER HIGH SCHOOL	Chuck Darden
Cara Finstad	Senior	HICO HIGH SCHOOL	Larry Holder	Morgan Ashmore	Sophomore	SPEARMAN HIGH SCHOOL	Junior Ashmore
Melanie Beeler	Senior	IDALOU HIGH SCHOOL	Jack Cheek	Shambraile Woods	Senior	TRINITY HIGH SCHOOL	Jozette Jenkins
Danielle Patrick	Senior	IDALOU HIGH SCHOOL	Jack Cheek	Hillari Adam	Senior	WALL HIGH SCHOOL	Jeremy Williams
Lilly Taylor	Senior	JIM NED HIGH SCHOOL	Jimmy Avery	Sally Higgins	Senior	WALL HIGH SCHOOL	Jeremy Williams
Allison Carrigan	Sophomore	LEON HIGH SCHOOL	Johnie Foley	Karli Kellermeier	Senior	WALL HIGH SCHOOL	Jeremy Williams
Ashley Shuldham	Junior	LEON HIGH SCHOOL	Johnie Foley	Brittany Carter	Senior	WINNSBORO HIGH SCHOOL	Buddy Hawkins
Jasmine Armstead	Senior	MARLIN HIGH SCHOOL	Bennie Huit	Brea Draper	Sophomore	WINNSBORO HIGH SCHOOL	Buddy Hawkins

Conference 3A Basketball

Conference 3A State Champions Texarkana Liberty-Eylau High School

The Texas Girls Coaches Association is proud to congratulate member coaches who secured 2010 State Championships at the UIL Girls Basketball Tournament.

Congratulations!

Conference 3A - Robert Cochran,
Texarkana Liberty-Eylau HS



Conference 3A All-State Team

Athlete	Grade	School	Coach	Athlete	Grade	School	Coach
Mackenzie Clay	Senior	ABILENE WYLIE HIGH SCHOOL	Tri Danley	Keira Phipps	Senior	KENNEDALE HIGH SCHOOL	Vance Hughes
Peyton Little	Sophomore	ABILENE WYLIE HIGH SCHOOL	Tri Danley	Desiree Scott	Junior	KENNEDALE HIGH SCHOOL	Vance Hughes
Chasity Williams	Senior	ABILENE WYLIE HIGH SCHOOL	Tri Danley	Paige Blair	Senior	LEVELLAND HIGH SCHOOL	Terri White
Colbea Harris	Senior	ARGYLE HIGH SCHOOL	Steve Schmidt	Desiree King	Junior	LEVELLAND HIGH SCHOOL	Terri White
Alex Furr	Senior	ATHENS HIGH SCHOOL	Austin Durrett	Skylar Robertson	Senior	LIBERTY EYLAU HIGH SCHOOL	Robert Cochran
Sydney Caffey	Senior	BRECKENRIDGE HIGH SCHOOL	Brad Blalock	Bianca Stevenson	Senior	LIBERTY EYLAU HIGH SCHOOL	Robert Cochran
Hillary Shaffer	Junior	BROWNSBORO HIGH SCHOOL	Frederic Griffin	Imani Wright	Freshman	LIBERTY EYLAU HIGH SCHOOL	Robert Cochran
Minta Spears	Sophomore	BULLARD HIGH SCHOOL	Greg Gay	Kourtney Bevers	Sophomore	LIBERTY HILL HIGH SCHOOL	Matthew Kirschner
Shanise Graeter	Senior	BURNET HIGH SCHOOL	Mike Cavender	Kiara Wright	Senior	PITTSBURG HIGH SCHOOL	Debra Manley
Amber Carver	Senior	CENTRAL HIGH SCHOOL	Kristen Belshaw	Reagan Miller	Junior	SANGER HIGH SCHOOL	Jack Armstrong
Tiffany Dale	Junior	COMMUNITY HIGH SCHOOL	Dan Marshall	Raynisha Washington	Senior	SILSBEE HIGH SCHOOL	Jason Sanders
Brittney Bednarz	Sophomore	COOPER HIGH SCHOOL	Trent Hilliard	Shauna McClure	Senior	SPLENDORA HIGH SCHOOL	Dianna S Archer
Kirstie Edwards	Senior	COOPER HIGH SCHOOL	Trent Hilliard	Shaniqua Dogins	Junior	WHARTON HIGH SCHOOL	Michelle Trotter
Jena Meuth	Senior	GIDDINGS HIGH SCHOOL	Lee Essman	Jill Schuessler	Senior	WHITESBORO HIGH SCHOOL	Chris Arledge
Kayla Winkfield	Sophomore	GIDDINGS HIGH SCHOOL	Lee Essman	Lea Watson	Junior	WIMBERLEY HIGH SCHOOL	Shaun Miller

Conference 4A Basketball

Conference 4A State Champions Mansfield Timberview High School

The Texas Girls Coaches Association is proud to congratulate member coaches who secured 2010 State Championships at the UIL Girls Basketball Tournament.

Congratulations!

Conference 4A - Candi Harvey,
Mansfield Timberview HS



Conference 4A All-State Team

Athlete	Grade	School	Coach	Athlete	Grade	School	Coach
Logan Mittie	Junior	ALEDO HIGH SCHOOL	Rusty Johnson	Brianna Taylor	Senior	PALO DURO HIGH SCHOOL	AJ Johnson
Devan Price	Senior	BAY CITY HIGH SCHOOL	Sherby Wilkerson	Taysia Taylor	Senior	RAY HIGH SCHOOL	Roy DeLaPena
Nicole Hampton	Junior	CANYON HIGH SCHOOL	Joe Lombard	Peyton Adamson	Sophomore	ROCKWALL HIGH SCHOOL	Jill McDill
Kristina Higgins	Sophomore	CHAPIN HIGH SCHOOL	Marlee Webb	Christian Cassity	Senior	SPRINGTOWN HIGH SCHOOL	Ken Thompson
Jacqueline Chandler	Senior	CLEBURNE HIGH SCHOOL	Mitzi Marquart	Olivia Patterson	Senior	STEELE HIGH SCHOOL	Kari Wallace
Tiffany Moore	Senior	FRISCO HIGH SCHOOL	Bob Rose	Meighan Simmons	Senior	STEELE HIGH SCHOOL	Kari Wallace
Tina Doughty	Senior	GRANBURY HIGH SCHOOL	Leta Andrews	Brianna Bledsoe	Senior	STEPHENVILLE HIGH SCHOOL	Alan Thorpe
Jordyn Johnson	Senior	HENDRICKSON HIGH SCHOOL	Tera W Hollywood	Tabatha Thurmond	Senior	THE COLONY HIGH SCHOOL	Jason Weese
Kayla Thornton	Senior	IRVIN HIGH SCHOOL	Rita Minjarez	Maegan Conwright	Senior	TIMBERVIEW HIGH SCHOOL	Candi Harvey
Jessieka Palmer	Sophomore	LA MARQUE HIGH SCHOOL	Tawana Rhoads	Keena Mays	Senior	TIMBERVIEW HIGH SCHOOL	Candi Harvey
Olivia Figgs	Senior	LIVINGSTON HIGH SCHOOL	Pennee Hall	Makenzie Robertson	Senior	WACO MIDWAY HIGH SCHOOL	Todd Monsey
Daylyn Harris	Junior	LIVINGSTON HIGH SCHOOL	Pennee Hall	Jackie Patterson	Senior	WAKELAND HIGH SCHOOL	Darilyn Krempin
Lindsay Ansley	Senior	MARBLE FALLS HIGH SCHOOL	Stephanie Gamble	Brittanya Sterns	Junior	WAXAHACHIE HIGH SCHOOL	Lesli Priebe
Natalie Ruud	Senior	MIDLOTHIAN HIGH SCHOOL	Brooke Baughman	JTierra Brown	Senior	WEST MESQUITE HIGH SCHOOL	Howard York
Jasmine Patterson	Senior	PALO DURO HIGH SCHOOL	AJ Johnson	Renata Marquez	Senior	WILLIS HIGH SCHOOL	Kelly Savoy

Conference 5A Basketball

Conference 5A State Champions Houston Cy-Fair High School

The Texas Girls Coaches Association is proud to congratulate member coaches who secured 2010 State Championships at the UIL Girls Basketball Tournament.

Congratulations!

Conference 5A - Ann Roubique,
Houston Cy-Fair HS



Conference 5A All-State Team

Athlete	Grade	School	Coach	Athlete	Grade	School	Coach
Kelly Gramlich	Junior	ANDERSON HIGH SCHOOL	Katrina L Hall	Joslynn Benavides	Senior	HARLINGEN SOUTH HS	Dawn Engleman
Lauren McKinney	Senior	BOWIE HIGH SCHOOL	Wanda Talton	Kelsi Baker	Senior	HORN HIGH SCHOOL	Christina Bradford
Ify Mora	Senior	BOWIE HIGH SCHOOL	Wanda Talton	Kristen Grant	Senior	LAMAR HIGH SCHOOL	Errin J Levels
Gia Ayers	Senior	BRYAN HIGH SCHOOL	Elizabeth Jesurun	Alexis Jones	Sophomore	MACARTHUR HIGH SCHOOL	Suzie Oelschlegel
BreAnna Dawkins	Senior	CEDAR HILL HIGH SCHOOL	Andrea Robinson	Odyssey Sims	Senior	MACARTHUR HIGH SCHOOL	Suzie Oelschlegel
Diara Moore	Senior	CEDAR HILL HIGH SCHOOL	Andrea Robinson	Charlicia Harper	Senior	MADISON HIGH SCHOOL	Tracy Hastings
Alexia Standish	Junior	COLLEYVILLE HERITAGE HS	Dianna L Sager	Chrishauna Parker	Junior	NIMITZ HIGH SCHOOL	Debbie Jackson
Devin Griffin	Senior	CORONADO HIGH SCHOOL	Shirlene Hughes	Natalie Ventress	Junior	NORTH CROWLEY HIGH SCHOOL	Stephani Gray
Chiney Ogwumike	Senior	CY-FAIR HIGH SCHOOL	Ann Roubique	Briesha Wynn	Senior	NORTH CROWLEY HIGH SCHOOL	Stephani Gray
Cassie Peoples	Junior	CY-FAIR HIGH SCHOOL	Ann Roubique	Adesuwa Ebomwonyi	Junior	PFLUGERVILLE HIGH SCHOOL	Nancy Walling
Rachel Green	Junior	DEL RIO HIGH SCHOOL	Bric Turner	Jacqueline Jeffcoat	Senior	PLANO WEST HIGH SCHOOL	Don Patterson
Kelli Willingham	Senior	DESOTO HIGH SCHOOL	Larry Goad	Alexann Yancey	Senior	PLANO WEST HIGH SCHOOL	Don Patterson
Desiree Wylie	Senior	ELLISON HIGH SCHOOL	Sherry McKinnon	Krystle Henderson	Senior	SKYLINE HIGH SCHOOL	Cassandra McCurdy
Crystal Atwood	Senior	GEORGETOWN HIGH SCHOOL	Rhonda Farney	Taylor Hooker	Senior	SUMMIT HIGH SCHOOL	Tammy Lusinger
Brianna Bogard	Junior	GEORGETOWN HIGH SCHOOL	Rhonda Farney	Amy Moody	Senior	SUMMIT HIGH SCHOOL	Tammy Lusinger



Basketball Honors

CONGRATULATIONS!

Basketball Coaches of the Year

1A-2A-3A: Leland Bearden, Smyer High School **4A-5A:** Candi Harvey, Timberview High School



Basketball Athletes of the Year

1A-2A-3A: Lacey Logan, Sudan High School, Coach Jason Cooper
4A-5A: Chiney Ogwumike, Cy-Fair High School, Coach Ann Roubique

State Track Schedule

Sessions & Running Events

8:00 a.m. Friday, May 14 - 1st Session: 3200-Meter Runs - 1A, 4A, 2A, 3A
 6:00 p.m. Friday, May 14 - 2nd Session: 1A & 4A
 8:00 a.m. Saturday, May 15 - 3rd Session: 3200-Meter Run- 5A
 12:00 noon Saturday, May 15 - 3rd Session: 2A & 3A
 6:00 p.m. Saturday, May 15 - 4th Session: 5A

Friday, May 14

Field Events

9:00 a.m. Girls': 1A Long Jump; 2A Pole Vault-e
 Boys': 1A Discus; 1A Long Jump; 2A Pole Vault-w
 10:00 a.m. Boys': 1A High Jump
 10:30 a.m. Girls': 1A Discus; 4A Long Jump
 Boys': 4A Long Jump
 12:00 noon Girls': 4A Discus; 2A Long Jump; 1A Pole Vault-e
 Boys': 2A Long Jump; 1A Pole Vault-w
 12:10 p.m. Girls': 1A High Jump
 1:30 p.m. Girls': 3A Long Jump
 Boys': 4A Discus; 3A Long Jump
 2:00 p.m. Boys': 4A High Jump
 3:00 p.m. Girls': 2A Discus; 4A Pole Vault; 1A Triple Jump
 Boys': 1A Triple Jump
 4:00 p.m. Girls': 4A High Jump
 Boys': 1A Shot Put
 4:30 p.m. Girls': 4A Triple Jump
 Boys': 2A Discus; 4A Triple Jump
 5:00 p.m. Girls': 1A Shot Put
 6:00 p.m. Girls': 2A High Jump; 4A Shot Put
 Boys': 4A Pole Vault
 7:00 p.m. Girls': 3A Triple Jump
 Boys': 4A Shot Put; 3A Triple Jump
 8:00 p.m. Boys': 2A High Jump

Track Events - 3200 Meter Run

8:00 a.m. Girls' 1A 3200-meter run
 8:20 a.m. Boys' 1A 3200-meter run
 8:40 a.m. Girls' 4A 3200-meter run
 9:00 a.m. Boys' 4A 3200-meter run
 9:20 a.m. Girls' 2A 3200-meter run
 9:40 a.m. Boys' 2A 3200-meter run
 10:00 a.m. Girls' 3A 3200-meter run
 10:20 a.m. Boys' 3A 3200-meter run

1A & 4A Track Events

(Schools will compete in order 1A, 4A)
 6:00 p.m. Girls' 400-meter relay
 6:10 p.m. Boys' 400-meter relay
 6:20 p.m. Girls' 800-meter run
 6:30 p.m. Boys' 800-meter run
 6:45 p.m. Girls' 100-meter high hurdles
 6:55 p.m. Boys' 110-meter high hurdles
 7:05 p.m. Girls' 100-meter dash
 7:15 p.m. Boys' 100-meter dash
 7:25 p.m. Girls' 800-meter relay
 7:35 p.m. Boys' 800-meter relay
 7:45 p.m. Girls' 400-meter dash
 7:55 p.m. Boys' 400-meter dash
 8:05 p.m. Girls' 300-meter low hurdles
 8:15 p.m. Boys' 300-meter intermediate hurdles
 8:25 p.m. Girls' 200-meter dash
 8:35 p.m. Boys' 200-meter dash
 8:45 p.m. Girls' 1600-meter run
 8:55 p.m. Boys' 1600-meter run
 9:05 p.m. Girls' 1600-meter relay
 9:15 p.m. Boys' 1600-meter relay

Saturday, May 15

Field Events

9:00 a.m. Girls': 3A Pole Vault
 Boys': 3A Discus
 10:00 a.m. Girls': 2A Shot Put; 2A Triple Jump
 Boys': 3A High Jump; 2A Triple Jump
 10:30 a.m. Girls': 3A Discus
 11:00 a.m. Boys': 2A Shot Put
 11:30 a.m. Girls': 5A Long Jump
 Boys': 5A Long Jump
 12:00 noon Girls': 3A High Jump
 Boys': 3A Pole Vault
 Girls': 3A Shot Put
 Boys': 3A Shot Put
 2:30 p.m. Girls': 5A Discus
 3:00 p.m. Girls': 5A Pole Vault
 4:00 p.m. Girls': 5A Triple Jump
 Boys': 5A Discus; 5A Triple Jump
 5:00 p.m. Girls': 5A High Jump
 6:00 p.m. Boys': 5A Pole Vault; 5A Shot Put
 7:00 p.m. Girls': 5A Shot Put
 Boys': 5A High Jump

Track Events - 3200 Meter Run

8:00 a.m. Girls' 5A 3200-meter run
 8:20 a.m. Boys' 5A 3200-meter run

2A & 3A Track Events

(Schools will compete in the order 2A, 3A)
 12:00 noon Girls' 400-meter relay
 12:10 p.m. Boys' 400-meter relay
 12:20 p.m. Girls' 800-meter run
 12:30 p.m. Boys' 800-meter run
 12:45 p.m. Girls' 100-meter high hurdles
 12:55 p.m. Boys' 110-meter high hurdles
 1:05 p.m. Girls' 100-meter dash
 1:15 p.m. Boys' 100-meter dash

1:25 p.m. Girls' 800-meter relay
 1:35 p.m. Boys' 800-meter relay
 1:45 p.m. Girls' 400-meter dash
 1:55 p.m. Boys' 400-meter dash
 2:05 p.m. Girls' 300-meter low hurdles
 Boys' 300-meter intermediate hurdles
 2:15 p.m. Boys' 300-meter intermediate hurdles
 2:25 p.m. Girls' 200-meter dash
 2:35 p.m. Boys' 200-meter dash
 2:45 p.m. Girls' 1600-meter run
 2:55 p.m. Boys' 1600-meter run
 3:05 p.m. Girls' 1600-meter relay
 3:15 p.m. Boys' 1600-meter relay

5A Track Events

6:00 p.m. Girls' 400-meter relay
 6:05 p.m. Boys' 400-meter relay
 6:10 p.m. Girls' 800-meter run
 6:15 p.m. Boys' 800-meter run
 6:25 p.m. Girls' 100-meter high hurdles
 Boys' 110-meter high hurdles
 6:30 p.m. Boys' 110-meter high hurdles
 6:35 p.m. Girls' 100-meter dash
 6:40 p.m. Boys' 100-meter dash
 6:45 p.m. Girls' 800-meter relay
 6:50 p.m. Boys' 800-meter relay
 6:55 p.m. Girls' 400-meter dash
 7:00 p.m. Boys' 400-meter dash
 7:10 p.m. Girls' 300-meter low hurdles
 Boys' 300-meter intermediate hurdles
 7:15 p.m. Boys' 300-meter intermediate hurdles
 7:25 p.m. Girls' 200-meter dash
 7:30 p.m. Boys' 200-meter dash
 7:35 p.m. Girls' 1600-meter run
 7:45 p.m. Boys' 1600-meter run
 7:55 p.m. Girls' 1600-meter relay
 8:05 p.m. Boys' 1600-meter relay



Track and Field Committee will meet May 13, 7:00 p.m., at the UIL Building, 1701 Manor Road.
Track and Field All-State Committee will meet May 15 at 8:00 a.m. at the UIL Building, 1701 Manor Road.
Sub-Varsity Committee will meet May 14 at 1:00 p.m. at the UIL Building, 1701 Manor Road.





Reminders

Satellite Clinics

Houston Satellite Clinic, June 22nd and 23rd, Stratford High School
El Paso Satellite Clinic, July 22nd and 23rd, Chapin High School

Registration and membership renewal is available on-line by going through the membership site. Printable forms, as well as the agendas, are available at our website, www.austintgca.com, on the main page, on the Summer Clinic page, and on the "Forms" page. You MUST be a member of TGCA to attend any of our clinics.



State Softball Tournament

Thursday, June 3rd - Saturday, June 5th, 2010
McCombs Field - University of Texas at Austin

Ticket Prices for the UIL State Softball Tournament:

- Adult Session Ticket: \$10
- Student Session Ticket: \$5
- Coaches All-Tournament Ticket: \$45
- All-Tournament Ticket: \$85



Photos: Softball

Photos of the Month - Softball

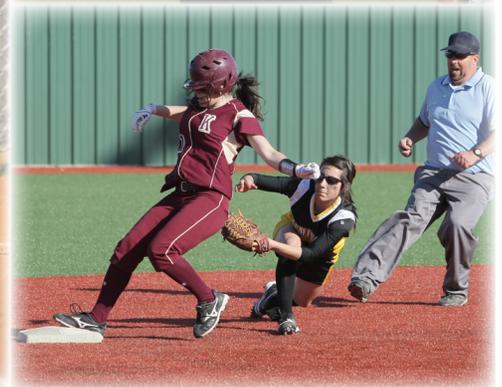
Photos Courtesy TGCA MEMBER COACHES



Photos: Softball

Photos of the Month - Softball

Photos Courtesy TGCA MEMBER COACHES





TGCA Summer Clinic

TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER

JULY 12-16, 2010

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located on-line at our website, www.austintgca.com, under the "Forms" category in the menu on the left-hand side of the page. Please be sure you select the correct form, "2010-11 Printable Membership Form". You can print the form out, complete it, and mail it with a check or credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536.

ON-LINE REGISTRATION

On-line registration for Summer Clinic and Membership renewal will be available beginning March 12, along with hotel reservation services. On-line registration is quick and simple. Just go to the TGCA website, www.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. Follow the instructions from there.

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 "Become a Member" in the menu on the left-hand side of the home web page, 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.

In either case, 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).

ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 13, at 7:30 a.m., in the Arlington Convention Center.

HOTEL INFORMATION

Hotel on-line reservation services will be available on the TGCA website beginning March 12. Go to the TGCA website, www.austintgca.com, and click on "Summer Clinic" in the menu on the left-hand side of the page, then click on "Hotel Reservations" 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. If you need assistance or don't have access to a computer, reservations can be made by contacting Vanessa Ornelas with the Arlington Convention & Visitors Bureau at 817-704-7586.

HOTELS FOR SUMMER CLINIC

Crown Plaza Suites Arlington

700 Avenue H East
King Suite/Double Suite -- \$99.00

La Quinta Arlington North

(Next to Six Flags)
825 North Watson Road
Standard Double/Standard King -- \$85.00
Extended Suites -- \$109.00

Wingate by Wyndham

1024 Brookhollow Plaza Drive
Double Queens/King with sofa sleeper/King (1 bed) -- \$95.00

Holiday Inn

1311 Wet N Wild Way
Standard King/Standard Double Queens -- \$109.00

Sheraton Arlington

1500 Convention Center Drive
Single/Double/Triple/ Quad -- \$129.00

Hilton Arlington

2401 East Lamar Boulevard
Standard King --\$104.00
Standard Double/King Deluxe -- \$114.00

News & Updates

TGCA Career Victories

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

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record.

Volleyball: Coaches will receive certificates when they reach their 300th and 400th 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 300th and 400th 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.

Track & Field and Cross-Country: Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Points will be awarded on winning a track meet. Dual or triangular meets do not count.

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 regional qualifier (relays: 2 points)
- 3 points for each state qualifier (relays: 6 points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (no individual points)

Softball: Coaches will receive certificates when they reach their 300th and 400th 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.

Deadline for submitting accomplishments is May 30

TSWA ALL-STATE NOMINATIONS

Coaches are asked to submit nominations for the Texas Sports Writers Association All-State Softball Team to Longview News-Journal Sports Editor Jack Stallard ASAP when your team's season has concluded.

Send nominations by e-mail to jstallard@news-journal.com or by fax to **903-757-3742**.

Please include:

Player(s)

Position

School

Classification of school (1A, 2A, 3A, 4A, 5A)

Any available statistics.

Players do not have to be seniors.

If a player played more than one position, please nominate the player at the position you believe she had the most impact.

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 Texas 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.

Important Dates

LaQuinta - Official Hotel of TGCA

Coaches, teams and fans can receive preferred rates through the LaQuinta toll-free central reservations number 1-800-531-5900. This rate will also apply to reservations made directly with



LaQuinta Hotels, as well as, via the internet at www.lq.com using the corporate/promotional code of TGCA. These rates are good for both business and leisure travel, seven days a week, for standard and king bedded room types coast to coast.

Other Hotel Information

Omni Southpark:
4140 Governor's Row
Austin, TX. 78744

For reservations during the Volleyball State Tournament call: 1-800-THE-OMNI. Please refer to our "TGCA" code when making your reservation. Run of the House: Single Rate: \$99.00. Double Rate: \$109.00. Double Double Nonsmoking: Single Rate: \$99.00. Double Rate: \$109.00. Additional person charge: \$20.00.

Crowne Plaza Austin North Central
6121 North IH - 35
Austin, TX. 78752

For reservations:
 1-877-2CROWNE (1-877-227-6963)
 Please refer to TGCA to get your discounted rate of \$109.00 for single or double occupancy. Or you may reserve your rooms online by going to the home page of our website. Crowne Plaza will offer this rate year around for business or pleasure.

May

- 1 Sub-Varsity Coach of the Year nomination deadline*
- 3-4 Track & Field: Regional meets.
- 4 Softball: Bi-district deadline.
- 8 Softball: Area deadline
- 10 Golf: 12 noon deadline for Academic All-State nominations*
- 10 Track & Field: 12 noon deadline for All-State, All-Star, & Acad. All-State nominations*
- 10-11 Tennis: State Meet
- 10-11 Golf: State Meet, 1A, 2A, & 4A
- 13-14 Golf: State Meet, 3A, & 5A
- 14-15 Track & Field: State Meet
- 15 Softball: Regional quarterfinal deadline
- 22 Softball: Regional semi-final deadline
- 29 Softball: Regional playoff deadline

***All nominations must be made on-line.**

June

- 3-5 Softball: State Tournament
- 15 Legislative Council Athletic Committee Meeting (Austin)

July

- 12-16 TGCA Summer Clinic - Arlington
- 22 Athletics: Last day for summer strength/conditioning programs

TGCA News

TGCA News is the official newsletter of the Texas Girls Coaches Association, 1603 Manor Rd., Austin, TX 78722-2536; (512) 708-1333, (512) 708-1325 (fax), tgca@austingca.com (e-mail);

It is published nine times per year, September through May.
 Executive Director: Sam Tipton, Sam@austingca.com
 Administrative Assistant: Audree Tipton, Audree@austingca.com
 Membership Administrator: Kimberly Terry, Kimberly@austingca.com
 Editor: Chris Schmidt

TGCA on the Web

Polls, as well as other current information, can be found on the TGCA Web site at: www.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.



Sponsors



Russell Spalding



Athletic Supply



Baden



Gandy Ink



Mizuno



Boathouse Sports



Stromgren



Nike



Gulf Coast Specialities



Jostens



Assistant Coach



Jerry's Scoreboard



MaxPreps



Speedline