

TGCA



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Photo by Imelda Lopez



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2009-10
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Protecting the Student Athlete

By **DEBRA MANLEY, TGCA PAST PRESIDENT**

Making the right call on whether an athlete can safely return to activity may be between life or death. We always want to be positive. However, injuries do occur. Catastrophic injuries can, and unfortunately do, happen. It is this very reason that schools and coaches have trusted the medical professional assistance of athletic trainers.

The importance of having an athletic trainer was demonstrated at Pittsburg ISD. Pittsburg had a rare injury during a Junior High game in which an athlete came to the sideline holding his stomach. He sustained a ruptured spleen and bruised pancreas. The athlete was seen by the athletic trainer and referred immediately to the paramedic on duty. The mother was insisting that he was ok and wanted to take him home, which is when the athletic trainer intervened and insisted that they take him to the emergency room immediately. The mother was hesitant and was very resistant but the athletic trainer was very knowledgeable on emergency injuries and demanded that the athlete be taken to the hospital at once. Upon arriving at the emergency room the athlete began having life threatening symptoms of a spleen injury. Within 45 minutes of his initial injury on the field he had been life flighted and was in emergency surgery for removal of his spleen. Because of the quick action of our athletic trainer and his insistence that the injury was more severe than it looked to the mother, he actually saved this young man's life.

The safety of our student athletes is always the main concern. Athletic trainers are the medical pro-



Photo Courtesy **PHIL FRANZONE**

fessionals for the prevention, assessment, care, and rehabilitation of athletic injuries in all ages. Athletic trainers also handle the communication between the coach, parents, and doctors when an injury does

occur. This allows the coach to focus on coaching with fewer distractions. It is also stress relieving to know that we have a trained medical professional on our sidelines at every athletic event.

2009-10 Committees

2009-10 Softball Committee



2009-10 Sub-Varsity Committee



Name	School	Conf.	Region
Landon Winton	Cooper High School	3A	1
Robby Dickenson	Frenship High School	4A	1
Rus Mayes	Eastland High School	2A	2
Shay Cox	Abilene High School	5A	2
Tommy Tomlinson	Bowie High School	2A	3
Jeff Lemons	Aledo High School	4A	3
Mark H Comfort	Spring Hill High School	3A	4
Heather Damron	Wylie High School	5A	4
*Charlene Decuir	Hamshire Fannett HS	3A	5
Sissy Yeaman	Nederland High School	4A	5
Anthony Branch	Wortham High School	1A	6
**Robin Brady	Vista Ridge High School	5A	6
Charles Benavides	Goliad High School	3A	7
Teresa A Machu	Churchill High School	5A	7
Courtney Phillips	Monahans High School	3A	8
Rachel Pena	Odessa High School	5A	8

*Chair

**Vice Chair

Name	School	Conf.	Region
Ali Bane	Frenship High School	4A	1
Stefani Shortes	Frenship High School	4A	1
*Regina England	Graham Junior High School		2
**Benita Soto	Eastland High School	2A	2
Rick Westfall	Mesquite High School	5A	3
Leisa Reed	Crowley High School	4A	3
Shannon Smith	Eustace High School	3A	4
Karen Wiggins	Caddo Mills High School	2A	4
Pam Blakely	Cy Falls High School	5A	5
Jenny Adcock	Stratford High School	5A	5
Wanda White	Yoe High School	3A	6
Maureen Marek	Bellville High School	3A	6
Kati Muha	Roosevelt High School	5A	7
Steve Lucio	Mission High School	4A	7
Diane Hester	Franklin High School	5A	8
Dianna Shelton	Bandera High School	3A	8



Cross Country Awards

Cross Country Athletes of the Year

LAURIE BYRD

Conference 1A-2A-3A

Round Top Carmine High School, Coach Tanya Nygrin

SARA SUTHERLAND

Conference 4A-5A

Dallas Highland Park High School, Coach Jerry Sutterfield

Cross Country Coaches of the Year

ROD BEEN

Conference 1A-2A-3A

Gruver High School

BRITTNEY LANEHART

Conference 4A-5A

Kingwood Park High School

TGCA Member Cross Country Coaches whose teams won UIL State Championships

Conference 1A: Gruver High School, Coached by Rod Been

Conference 2A: Spearman High School, Coached by Starla Whiteley

Conference 3A: Decatur High School, Coached by David Park

Conference 4A: Kingwood Park High School, Coached by Brittney Lanehart



Volleyball Awards

VOLLEYBALL ATHLETES OF THE YEAR

LAUREN MCDANIEL

Conference 1A-2A-3A
Lovejoy High School, Coach Ryan Mitchell

SARA SHAW

Conference 4A-5A
Austin Westlake High School, Coach Al Bennett

VOLLEYBALL COACHES OF THE YEAR

RYAN MITCHELL

Conference 1A-2A-3A
Lovejoy High School

JASON CULPEPPER

Conference 4A-5A
Randall High School

TGCA MEMBER VOLLEYBALL COACHES WHOSE TEAMS WON UIL STATE CHAMPIONSHIPS

Conference 1A: Louise High School, Coached by Bryan Branch

Conference 2A: Poth High School, Coached by Patti Zenner

Conference 3A: Lovejoy High School, Coached by Ryan Mitchell

Conference 4A: Randall High School, Coached by Jason Culpepper

Conference 5A: Amarillo High School, Coached by Jan Barker

VOLLEYBALL ALL-STAR COACHES

Conference 1A-2A-3A: East Coaches

Head Coach: Ryan Mitchell, Lovejoy High School

Asst. Coach: Jane Giese, Caldwell High School

Conference 4A-5A: East Coaches

Head Coach: Dana Anderson, Travis High School

Asst. Coach: Tanessa Sawyer, Pearce High School

Conference 1A-2A-3A: West Coaches

Head Coach: Jason Roemer, Fredericksburg High School

Asst. Coach: Dianna French, Peaster High School

Conference 4A-5A: West Coaches

Head Coach: Al Bennett, Westlake High School

Asst. Coach: Robin Gerlich, Seguin High School

Kantor's Korner: 2009 UIL 3A Girls XC Championships – Perfect Storm of Everything

BY **STUART KANTOR, INSIDE TEXAS RUNNING CORRESPONDENT**
(12/20/2009)

I had heard about this incident at the the UIL Cross Country Championships while presenting awards. I feel it exemplifies the standards of sportsmanship being taught by our coaches on a daily basis. I want to thank Stuart Kantor for writing the article, and Lance Phegley, editor of Inside Texas Running (<http://www.INSIDETexasRunning.com>), for giving permission to the Texas Girls Coaches Association to run this article for the benefit of our member coaches.

Sam Tipton, Executive Director

Texas Girls Coaches Association

All harriers who make it to the state meet desire a medal as confirmation of a season's worth of hard work. MacKenzie Miller, a Lovejoy freshman and her team's number two runner, joined the crowd at the start line and waited for the gun. Twenty meters before she was due to cross the finish line and be funneled into the chute, Miller went down.

* * *

Sutton Young (senior, Decatur) and Nikki McAdams (senior, Waco Connally - pictured, right leaning against the tree) crossed the finish line at the 2009 UIL Class 3A State Cross Country Championships 102nd and 103rd respectively, and although that rarely

attracts newsworthy attention, the story of Young's and McAdams' quest to the chute is worth acknowledging.

Almost no one witnessed the situation so subtle, so humbling, that it nearly escaped completely undetected. Yet every time Lovejoy Head Cross Country Coach Greg Christensen rewinds the only tape of the incident – caught on film by one of his assistant's wives – he finds it difficult to watch: "It's gut wrenching on video," he said.

MacKenzie Miller, an accomplished soccer player and rising cross country star who finished 101st, had suffered mild cold-like symptoms the week prior to the race, but like many determined athletes, she "refused to be sick." Admittedly nervous and excited before her inaugural state meet, Miller shot from the gun to gain position. Her pacing was normal. Her breathing was normal. The race proceeded in normal fashion ... until she reached the final 200 meters.

* * *

David / Lisa,

Every time I replay the last few meters of the girl's race from Saturday, I tear

up and can't believe what amazing young ladies you have on your team and the display of the ultimate sacrifice in sport they demonstrated for another girl from another team ...

MacKenzie went down 3 times over the last 200m, and just a few steps from the finish when she went down, Sutton Young and Nikki McAdams stopped to assist her across the line, with Nikki falling in her efforts! I know that as coaches we tell our kids to get to the line and finish as best you can ... but to sacrifice their own finishes and times, to assist a competitor leaves me speechless.

You can be proud of these young ladies, and the Lovejoy Women's and Men's teams are extremely grateful. Please pass along my note to them and congratulate them on providing us all a lesson in sportsmanship and caring.

Best wishes to you and your athletes,
Greg Christensen

* * *

David and Lisa are Coach David Park of Decatur and Coach Lisa Baucom of Waco

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Article

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Connally. Neither saw MacKenzie fall, for they were encouraging their respective teams from strategic vantage points on the Old Settler's Park course in Round Rock, but neither deny the character of their own athletes to help someone in need.

McAdams, a four-year cross country athlete and multi-sport participant, heard a course official tell Coach Christensen, "Coach, you can't help your athlete." McAdams didn't hesitate, thinking, "I can help." So, with just twenty meters separating McAdams from the finish line in the final cross country race of her high school career, she did the unthinkable: she stopped to help an athlete in trouble, sacrificing time on the clock and positions in the overall race count.

"I did what I felt I should do," McAdams said. "I saw her fall and Wow! I got her up the first time and tripped, fell again, picked her up again. I got a really bad start, sprinted too fast. My dream was to make it to state, and I did. This just added to the experience. Showing good character is more important than medaling. I looked past myself to help someone in need. I could only hope someone would do that for me."

Coach Baucom added: "Nikki's a team player on any team, be it off the bench or

as a starter. She didn't even tell me. She's humble, a super young lady."

Sutton Young is also a four-year runner, entrusted with the captainship of the Decatur Girls' XC team. She's also ranked #5 in her class. Like McAdams, she sacrificed to help a fellow runner in need. As she told the Wise County Messenger's Richard Greene, "The one girl stopped to help them, and I thought, 'I can't pass them both. I knew it would make my day if someone had stopped to help me.'"

This single act of kindness transcends the natural competitive element within athletes, especially when battling at the state meet. How easy would it have been to simply slide a foot either left or right and continue to the finish line, leaving Miller to flounder in the dust – literally?

"This is perfectly in character for her," Coach Park said. "She's that way with our team. My mother-in-law was transfixed on the situation, but I didn't know it involved a Decatur athlete. It brought tears to some people's eyes." That's saying quite a lot considering the Decatur girls captured the team title.

* * *

Dear Nikki,
I just wanted to thank you for helping

me at the state cross country race. Your actions were selfless and I only hope that I as freshman can grow up to develop the same compassion that you have. I can't thank you enough for everything you've done. It may not seem like a big deal to you, but everyone here at Lovejoy is talking about what a great person you are. It was a huge disappointment for me to let my team down like that, but without you I probably would not have finished the race. I hope that you are justly recognized in your community for your amazing display of sportsmanship.

Thanks again!

Mackenzie Miller

* * *

"I remember thinking to myself, 'This girl is really strong after running a two-mile race,'" MacKenzie said. "I didn't realize there were two girls. What I remember is that three-quarters of the way through the race, I wasn't feeling as well as I normally do. My legs didn't lock like they should. I didn't think I was dehydrated. The doctor said what I suffered was the 'Perfect storm of everything.'"

For three young ladies on an early December morning, the perfect storm proved the perfect ending to a memorable season.

Photos of the Month

Photos Courtesy
TGCA MEMBER COACHES



News & Updates

Don't forget to nominate for the following awards

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.

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 May 30

Hall of Fame

The Texas Girls Coaches Association honors coaches who have been active members, past, or present, of the TGCA, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made a major contributions to TGCA and the coaching profession. Nomination forms can be found on the TGCA Website under forms.

Margaret McKown Distinguished Service Award

Any TGCA member in good standing is able to nominate a person, outside of the coaching profession, for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to Girls' Athletics.

Other Nomination Reminders

- Nominations for Sub-Varsity Coach of the Year in all sports are now open. The deadline to make nominations is May 10, 2010.
- Basketball, Golf and Soccer nominations are now open on-line. The deadline to make nominations is the Monday prior to each sports' state tournament.

UIL All-Century Team Voting

SPORT	START DATE	END DATE
Girls Basketball	OPEN	February 13, 2010
Boys Basketball	OPEN	February 20, 2010
Soccer	OPEN	March 20, 2010
Track & Field	February 1, 2010	April 17, 2010
Softball	January 22, 2010	April 27, 2010
Baseball	January 29, 2010	May 4, 2010

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.

January 2010

15 Athletics: Deadline to accept plans for next school year.
22 Softball: First day for practice

February

1 Softball: First day for interschool scrimmages
6 Swimming & Diving: District certification deadline
12-13 Swimming & Diving: Regional meets
15 Softball: First day for interschool games
15-16 Girls Basketball: Bi-district
18-20 Girls Basketball: Area
22-23 Girls Basketball: Regional quarterfinals
26-27 Girls Basketball: Regional
26-27 Swimming & Diving: State Meet

March

4-6 Girls Basketball: State Tournament

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@austintgca.com (e-mail);

It is published nine times per year, September through May.

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TGCA on the Web

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