

TGCA



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2009-10
TGCA
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*Photo courtesy Debbie Sannwaldt,
Georgetown High School*



Ready for Change

BY DONNA BENOTTI, TGCA SECOND VICE PRESIDENT

Whether you are a first year coach or a thirty-year veteran, when it comes to new ideas, we all can learn from each other. A few years ago, I read a story that really changed my perspective on my growth as a coach. I was not looking to change, but change was looking for me. The article was about one of the most successful college football coaches in history, one who felt he needed to revamp his way of thinking from an "X's" and "O's" perspective. He knew he could win, but he wasn't comfortable coaching these new systems and realized he needed a better understanding to implement the changes. So, what did he do? He jumped into his car and sought the advice and counsel of some of the top programs in the country. The end result reenergized his enthusiasm for the game, which spilled over into his coaching. I was impressed by the actions the coach had taken to better himself, but the eye opener, my "aha" moment, occurred when I found out who the coach was-Joe Paterno, the head football coach at Penn State for forty-three years and arguably one of the best coaches in college football. He realized he needed some new ideas to be successful and he had to visit younger coaches with less wins and less experience.

After reading the article, I recalled a conversation with a fellow TGCA member who has



Photo Courtesy **DEB PRETZLAFF**

made multiple trips to the state tournament. He said to me, "I went to the coach that was going to the State Tournament on a regular

basis and begin to pick her brain and learn from her." I realized that wisdom can come from any level of sports, outside of sports and from people of all ages and genders. As coaches, we sometimes get caught in the mindset that we know the best ways to handle motivation, drills or our offensive and defensive systems. We must constantly grow as coaches for several reasons, including but not limited to reenergizing ourselves and teams, adapting to the changes of our athletes, staying competitive and, of course, preserving our own sanity.

We can find solutions to our questions by observation of other sports, coaches, and assistants, attending clinics, or reading articles from coaches you respect. We can call a coach and meet for breakfast or attend clinics where we can exchange ideas freely. Assistant coaches are also great resources that many coaches fail to utilize. Find the strengths in your assistant coaches and use that strength to the advantage of your players' performances. One of my former assistant coaches taught me how to deal with my players more positively. I simply observed the way she would communicate with her players, tried to mimic her style with my own players, and as a result, have had more success with players communication. Additionally, we can talk to friends outside our

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Honors: Past Presidents



UIL Recognizes TGCA Past Presidents

The TGCA Past Presidents were honored by the University Interscholastic League at halftime of the 5A Semi-Final of the UIL Girls State Basketball Tournament.

Article: Ready for Change, Cont.

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sport. I am amazed at the insight I have received from people outside the coaching field that I have adapted to my program. Ideas are free flowing and by taking time to look, we can improve not only our coaching, but ourselves. Every year, I look for new drills. I feel new drills change the pace of practice and excite our kids, which in turn allows us to compete at a higher level. We can also utilize the web for motivation, new drills, or particular issues you are facing in your sport.

Information is all around us, we just need to go beyond our comfort zones to find it. For me clinics are educational and rewarding. I go with an open mind and my goal is to learn at least one new idea from the clinic or a side conversation with fellow coaches.

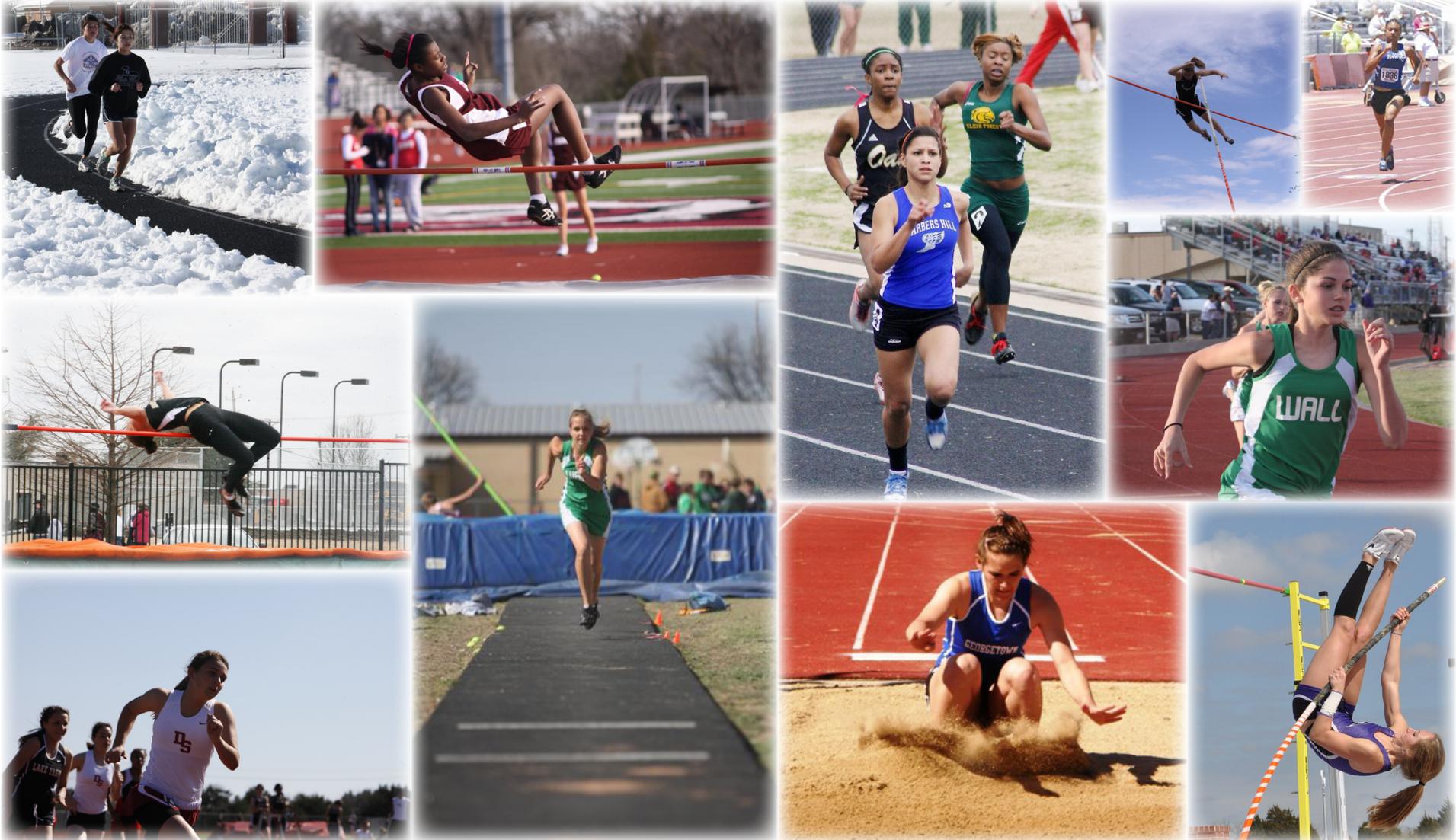
Sometimes, inspiration comes in the most surprising packages. About two years ago, I had a Las Vegas weekend of slot play. As I was watching the wheels of the machine turn, I realized I had a possible drill in the making that I could add into my practice.

Back on the plane, I frantically wrote the basics of the drill on my beverage napkin. When I implemented the drill, the kids loved it and even today, we still use the "Lucky 7" drill. Whether it's a colleague, clinic, or Vegas slot machine, valuable information is available to help us become better coaches. We just need to make sure that we are prepared to be open to this change. Anthony J. D'Angelo said it best when he stated, "Become a student of change. It is the only thing that will remain constant."

Photos: Track & Field

Photos of the Month - Track & Field

Photos Courtesy **TGCA MEMBER COACHES**



TGCA is Alive and Well



TGCA: It is Your Organization - Take Pride and Maintain Loyalty

By SAM TIPTON, TGCA EXECUTIVE DIRECTOR

The Texas Girls Coaches Association was established in 1954 because there was not an organization to support, promote, and honor the coaches and athletes participating in sports for women on the intermediate and high school levels in the state of Texas. It is the purpose of TGCA to treat each sport under its umbrella with the same degree of promotion, honors, and representation. TGCA has evolved, through the hard fought efforts of influential past leaders, into being the central voice of the coaches of girls' athletics to the University Interscholastic League, school administrators, athletic directors, media, legislators, and the general public. TGCA attempts, in its everyday operations, to maintain what the past leaders established when they molded TGCA into an influential professional organization composed of, designed for, and governed by coaches of girls' sports.

TGCA sponsors the only summer clinics for coaches of girls' athletics aimed at improving the total school program. Lectures are not only offered in specific sports, but special lectures are presented to keep the attending coaches current on issues concerning the health and safety of athletes. The UIL partners with the TGCA at these clinics and offers updates in volleyball, basketball, softball, track & field, and cross country. Professional Staff Develop-

ment cards are distributed, certifying coaches registered and attended lectures and activities in the Coaches Education Program (CEP) at the annual Summer Clinic.

The major annual Summer Clinic is highlighted by two All-Star games in basketball, softball, and volleyball featuring some of the most talented girls in the state in their respective sport. Special recognition is given to All-Star cross country and track & field teams composed of the best athletes in Texas. Members of TGCA are selected by their peers to serve as

coaches for the All-Star activities.

In addition to All-Star honors, TGCA also recognizes All-State and Academic All-State in cross country, volleyball, basketball, softball, and track & field. Academic All-State is also recognized in soccer and golf. There is a Coach of the Year, Athlete of the Year, and Sub-Varsity Coach of the Year selected for 1A-2A-3A and 4A-5A in cross country, volleyball, basketball, softball, and track & field. Member coaches receive state championship rings from Josten's.

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TGCA MISSION STATEMENT

The mission of the Texas Girls Coaches Association shall be:

- Help maintain the highest possible standards in athletics and the coaching profession, and to work together for the improvement of the conditions for girls' athletics in the schools of Texas.
- Secure a better understanding of the problems of coaching and to provide sources of information pertaining to girls' athletics at the disposal of coaches.
- Endeavor to improve all phases of interscholastic sports by providing coaches with a more thorough understanding of the various interscholastic competitive activities.
- Provide a representative group of coaches to whom athletic problems of general concern may be referred in the hopes of improving relationships among schools, athletes, fans, and officials.
- Promote good fellowship and social contacts among coaches.
- Represent the viewpoint of girls' coaches in Texas to the Legislative Council and the Standing Committees of the University Interscholastic League and the Commissioner of Education.

Honors: Billy McKown



Hillsboro Chamber of Commerce Hall of Fame Induction

Our very own past Executive Director Billy McKown was honored by being inducted into the Hillsboro Chamber of Commerce's Hall of Fame on February 25, 2010, at Willie's Place in Hillsboro, Texas. His award was presented by one of his 1978 State Championship team players, Beverly Pustejovsky.

Congratulations, Billy, from TGCA on a very well-deserved honor!

TGCA: It is Your Organization - Take Pride and Maintain Loyalty, Cont.

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The Texas Girls Coaches Association cherishes its working relationship with the school administrators, athletic directors, and the University Interscholastic League, and is honored to receive their continued support. It is the desire of the TGCA to be an instrumental part in helping to maintain the highest possible standards in athletics and the coaching profession, and to work for the betterment of girls'

athletics in the schools of Texas. TGCA strives, with input from its member coaches through their elected representatives on standing committees in each sport and/or the Board of Directors, to identify and understand problem areas in the field of coaching. It is essential for TGCA to provide an avenue for member coaches of the various sports to express areas of general concern and possible suggestions for improvement. TGCA will always attempt to

cater to the promotional and educational needs of all its member coaches. TGCA is an organization designed to represent all coaches, in all conferences, in all sports, at all times, and not a particular sport, individual or special interest group. The Board of Directors, through their responsibilities as elected officials, demands the public business of the Texas Girls Coaches Association to always be done in a considerate and professional manner.

Photos: Soccer

Photos of the Month - Soccer

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

Photos: Golf

Photos of the Month - Golf

Photos Courtesy **TGCA MEMBER COACHES**



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.

April

2-3 Soccer: Regional, 4A & 5A
 5-10 Track & Field: First week for district meets, 2A, 3A, 4A, & 5A.
 5-10 Golf & Tennis: First week for district meets.
 8-10 Soccer: State Tournament
 10 Track & Field: District certification deadline, 1A
 12-17 Track & Field: Last week for district meets, 2A, 3A, 4A, & 5A.
 12-17 Golf & Tennis: Last week for district meets, all conferences.
 17 Track & Field: Area certification deadline, 1A
 20-25 Golf & Tennis: Regional meets
 27 Softball: District Certification deadline

May

3-4 Track & Field: Regional meets.
 4 Softball: Bi-district deadline.
 8 Softball: Area deadline
 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

UIL All-Century Team Voting

SPORT	START DATE	END DATE
Track & Field	OPEN	April 17, 2010
Softball	OPEN	April 27, 2010
Baseball	OPEN	May 4, 2010

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);

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 Editor: Chris Schmidt

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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