

TGCA



TGCA NEWS
NOVEMBER 2009

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2009-10
TGCA
Officers



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Lee Grisham
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Past President
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Sam Tipton
TGCA Office
(512) 708-1333

Photo submitted by Jay Anderle

Article



Coaching Professionalism

BY REGINA ENGLAND, TGCA SUB-VARSITY COMMITTEE CHAIR

Many young coaches have flooded the coaching world. I wonder if anyone is guiding them in the art of professionalism. Most people can recognize professionalism or the lack of it in coaches. Some think it should only be displayed during an event. They are wrong. As a coach, professionalism should be displayed at all times and many find this extremely difficult.

So, what makes a coach the top in professionalism? Think about the people you respect most, can you name the elements that defined them as the most respected?

They should be a good role model not only in their behavior, but also in their attitude and relationships. They should always arrive half an hour to an hour before students and manage practices effectively. They need to know what they want to accomplish each day and plan accordingly. Always plan more than they will do so there is not any down time. They need to dress appropriately for the role and speak in a way which is appropriate to each audience-students, parents, colleagues, community members, officials, and opposing coaches-without patronizing or putting people down. They should have knowledge of their sport including not only the rules of their sport, but also the school's policies.

They should manage their time well. This



Photo Courtesy **TREY LAWYER**

includes practices, travel; fulfilling deadlines along with any other school functions their

athletes are involved. A professional is prepared to put in the time and effort to get things done, holds themselves accountable and takes responsibility for what they do, say and for what they have left undone.

Professional coaches have the ability to take the rough with the smooth and are always consistent with discipline whatever the circumstance or problem. They never take their frustrations out on others. The experienced professional behaves appropriately and demonstrates good sportsmanship in all situations. If they display good sportsmanship, then their athletes will also. They know when to laugh and when to behave formally. They know when to speak out and when to bite their tongue. They tackle their battles without aggression or anger.

Professionals demonstrate generosity and they do not let their ego take control. They allow credit to be taken where it is deserved. They make decisions based on the best interest of their team. They are fair to all even those they do not particularly like. They evaluate their own performance and have high expectations of themselves and constantly strive to improve.

So, a professional can always say, "I expect high standards from my team and I will demonstrate the same high standards at all times!"

Meet the TGCA

TGCA Executive Committee, Board of Directors, Chairs & Vice Chairs



| Name | Position | School | Name | Position | School |
|------------------|--------------------------|-------------------|-------------------|---------------------------|----------------------|
| Lee Grisham | President | Wimberley | Heather Sanders | Region VI - Jr Director | New Braunfels Canyon |
| Wes Overton | 1st Vice President | Midland Lee | Melissa Hernandez | Region VII - Sr Director | Angleton |
| Donna Benotti | 2nd Vice President | Cypress Fairbanks | Rodney Vigil | Region VII - Jr Director | Roosevelt Northeast |
| Debra Manley | Past President | Pittsburg | Patty Dominguez | Region VIII - Sr Director | Monahans |
| Leland Bearden | Region I - Sr Director | Smyer | Flo Valdez | Region VIII - Jr Director | El Paso Franklin |
| Terry Lowrey | Region I - Jr Director | Frenship | Jason Roemer | VB Committee Chair | Fredericksburg |
| Fran Metzger | Region II - Sr Director | Stephenville | Rocky Ford | BB Committee Chair | Roscoe |
| Rodney Gee | Region II - Jr Director | Eastland | Mitch Williams | TR Committee Chair | Whitney |
| Jan Newland | Region III - Sr Director | Mesquite | Shorty Decuir | SB Committee Chair | Hamshire-Fannett |
| Larry Goad | Region III - Jr Director | De Soto | Regina England | Sub-Varsity Chair | Graham Junior High |
| Linda Godwin | Region IV - Sr Director | Tyler Chapel Hill | Kari Bensed | VB Comm Vice Chair | Frisco Centennial |
| Traci Pierce | Region IV - Jr Director | Wills Point | Derrick Osborne | BB Comm Vice Chair | Little Elm |
| Ashley Ahlfinger | Region V - Sr Director | Cypress Woods | Ray White | TR Comm Vice Chair | Lewisville |
| Vicki Sorensen | Region V - Jr Director | Baytown Sterling | Robin Brady | SB Comm Vice Chair | Vista Ridge |
| Lloyd Morgan Jr | Region VI - Sr Director | Rogers | Benita Soto | Sub-Varsity Vice Chair | Eastland |

2009-10 Committees

2009-10 Basketball Committee



| Name | School | Conf. | Region |
|------------------|-------------------|-------|--------|
| Brian Legan | Sundown HS | 1A | 1 |
| Christy Connally | Hereford HS | 4A | 1 |
| Rocky Ford | Roscoe HS | 1A | 2 |
| Betsy Baughman | Mineral Wells HS | 4A | 2 |
| Jack Armstrong | Sanger HS | 3A | 3 |
| Derrick Osborne | Little Elm HS | 4A | 3 |
| Frederic Griffin | Brownsboro HS | 3A | 4 |
| Robin Herber | Pine Tree HS | 4A | 4 |
| Dawn Angerstein | Tarkington HS | 3A | 5 |
| Debbie Jackson | Nimitz HS | 5A | 5 |
| Lee Essman | Giddings HS | 3A | 6 |
| Kelly Adams | Bryan HS | 5A | 6 |
| Joseph L. Grimes | Skidmore Tynan HS | 2A | 7 |
| Rachel Carmona | Edinburg HS | 5A | 7 |
| Brent Kirkland | Garden City HS | 1A | 8 |
| Marlee Webb | Chapin HS | 4A | 8 |

2009-10 Track & Field Committee



| Name | School | Conf. | Region |
|--------------------|------------------|-------|--------|
| Kelly Carlisle | Abernathy HS | 2A | 1 |
| Lisa Proctor | Randall HS | 4A | 1 |
| Lori Whatley | Cisco HS | 2A | 2 |
| Jackie Harvey | Mineral Wells HS | 4A | 2 |
| Mitch Williams | Whitney HS | 3A | 3 |
| Ray White | Lewisville HS | 5A | 3 |
| Elizabeth Holman | Hooks HS | 2A | 4 |
| JoAnna Vaden | Greenville HS | 4A | 4 |
| Jill Cox | Hamshire Fannett | 3A | 5 |
| Jennifer Gegogaine | Magnolia West HS | 4A | 5 |
| Linda Richter | Yoe HS | 3A | 6 |
| Rita Gonzales | Bowie HS | 5A | 6 |
| Venita Tryon | West Oso HS | 3A | 7 |
| Irene Gallegos | Mission HS | 4A | 7 |
| Steve Golemon | Bandera HS | 3A | 8 |
| Tracey Borchardt | Odessa HS | 5A | 8 |

Breast Cancer Awareness

Breast Cancer Awareness Month



Several schools participated in Breast Cancer Awareness Month by wearing pink and holding fundraisers. Here are a few photos from around Texas.

Photos Courtesy
**TGCA MEMBER
COACHES**



Cross Country State Meet

Scenes from the 2009 UIL State Cross Country Meet

Photos by
MARY MENDEZ



All-Century Volleyball

UIL All-Century Volleyball Teams Announced

AUSTIN, TX— The University Interscholastic League, as part of its Centennial Celebration, has announced the UIL All-Century Volleyball Teams as selected by the fans. Fans cast more than 14,000 votes for their favorite volleyball players in Texas high school history.

For the past 100 years, UIL athletes have given fans some of the most memorable and exciting moments in sports. The UIL would like to recognize these outstanding performers as it celebrates a century of excellence.

The UIL All-Century Volleyball Teams as selected by the fans include:

FIRST TEAM

Kristi Bauer, Round Top-Carmine
Christy Eilers, Round Top-Carmine
Heidi Finke, Round Top-Carmine
Haley Goebel, Round Top-Carmine
Katy Jameson, Alvin
Beth Karasek, Caldwell
Jane Anne Karasek, Caldwell
Courtney McCrocklin, Wimberley
Stacy Sykora, Burleson
Amelia Waak, Round Top-Carmine

SECOND TEAM

Mary Batis, San Antonio Clark
Destinee Hooker, San Antonio Southwest
Leslie Kopecki, Poth
Rebekah Melton, Milano
Michelle Moriarty, Houston Stratford
Melissa Munsch, Columbus
Demetria Sance, San Antonio Jay
Stacy Schmidt, Bellville
Heather Schreiber, Windthorst
Whitney Wehmeyer, Poth

THIRD TEAM

Erin Aldrich, Richardson Lake Highlands
Tamika Catchings, Duncanville
Heidi Gillingham, Poth
Holly Graham, Devine
Aimee Huffman, Poth
Jackie Jansky, Poth
Laura Neugebauer, San Antonio Jefferson
Sue Schelfout, Houston Clear Lake
Tiffany Schmidt, Bellville
Jo Beth Schreiber, Windthorst

**Names listed in alphabetical order*

Voting for Girls and Boys Basketball All-Century Teams
is currently open at www.uil100.org/vote.php

Photos of the Month

Photos Courtesy
TGCA MEMBER COACHES



News & Updates

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

2009-10 Board and Committee Meetings

March 4

Basketball All-State Committee Meeting, 5:00 p.m.

March 5

Basketball Committee Meeting, 12:00 Noon

March 7

Board of Directors Meeting, 11:00 a.m.

May 13

Track Committee Meeting, 7:00 p.m.

May 14

Sub-Varsity Committee Meeting, 1:00 p.m.

May 15

Track All-State Committee Meeting, 8:00 a.m.

June 2

Softball Committee Meeting, 7:00 p.m.
Softball All-State Committee Meeting, 7:00 p.m.

June 6

Board of Directors Meeting, 11:00 a.m.

July 12

Board of Directors Meeting, 4:00 p.m.

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.

December

24-26 Athletics: no school facilities, personnel or equipment shall be used for athletic purposes for five consecutive days to include December 24-26

January 2009

2 Soccer: First day for scrimmages

7 Soccer: First day for games.

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

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.

Sponsors



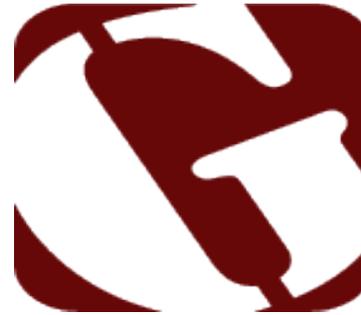
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Jerry's Scoreboard



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