

TGCA



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2009-10
TGCA
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*Photo submitted by Scotty Miller
of Evant High School*

Off-Season Training of the Multi-Sport Athlete

By JASON ROEMER, FREDERICKSBURG HIGH SCHOOL
TGCA VOLLEYBALL COMMITTEE CHAIR

Last year I remember reading an article in this newsletter about off-season training; it was a great article by a basketball coach that displayed with great detail their theory of training for each phase of the year. I took great ideas away from the article, but I remember thinking about our kids who I do not see everyday. What about those kids? Do they get lost in the shuffle, or do you have a plan in place for them?

We are a large 3A school, 975 students and a large percentage of girls participating in athletics; we started the school year with 255 girl athletes. Currently we have 41 girls in our volleyball program, and 28 of them will move on to another sport in a few weeks. What happens to those 28 kids? Do they go through another in-season of basketball workouts, then another in-season of track workouts so that they have one month of an off-season for the entire year? At what intensity do they do in-season workouts? Do they go to another sport and do no in-season strength and conditioning program? What about the kids who play club sports?

We have made huge strides in what I would call our overall athleticism in the last 5 years, huge strides in not only the kids who "specialize" in one sport, but also in our kids who play two, three, and four sports. The athletes who play one sport are



Photo Courtesy MELANIE HODGES | PARIS HS

easy; I call them "specializers". They are with you everyday of the year, they go through our in-sea-

son, off-season, and pre-season workout phases and show huge gains in their strength and speed tests. What about the multi-sport athletes? How as an athletic program do you ensure that each athlete, in their junior year, will be playing at their optimal athletic ability?

Consistency among sports is the key.

Background of our school: I like to think we are an average 3A athletic program. Yet, in talking to other coaches I know we do some things that are unique to other schools. We are on a modified A/B block schedule, girls athletics is the last 50 minutes every day. We have two weight rooms; one is 3,600 sq. feet, the other 1,800 sq. feet. We do not do the "all-sport" off-season. Space and logistics just do not allow for this to happen. We are unique in that we have a strength and conditioning coach for all sports. Jerald Gaitan (Coach G) writes all workouts for all sports and all coaches are on board with his program. In his 3 years in our district he has brought consistency across all girls' athletics programs. Can this be done without a strength and conditioning coach? Yes, all coaches have to commit to developing their athletes to their optimal athleticism and not letting the multi-sport athlete just float in and out of the weight room during the in-season.

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Article

Off-Season Training of the Multi-Sport Athlete

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There was a day when I would look at our 3 sport athletes and wonder, "Wow, she could really help that program if she would have an opportunity to get stronger and faster." These kids do not have an off-season, so it's important that they are receiving some sort of "intense" training at the right times throughout the year. We have all made the commitment to physically drain every athlete in the weight room every Wednesday. We will modify when needed, but the assumption for this article is that "game days" are Tuesday and Friday of each week. The kids know they will come to school Thursday sore, that's just how it is. All programs have an in-season, off-season, and pre-season, but within those phases Wednesday is the "tough" day. That being said, we break the athletes into two groups. The first group is freshman and sophomores, second group are junior and seniors. Yes, that's pretty basic, but we do treat them different. We've developed this key philosophy: its okay for freshman and sophomores to be sore on game days. That is the premise for every decision in planning our workouts. There are exceptions, but we rarely have freshman and sophomores on varsity teams. Therefore, freshman and JV teams are in an "off-season" year round. We have a lot of freshman athletes that play volleyball, basketball, and a spring sport (softball or track). They will be in the off-season phase for the entire school year; they will lift and run with high intensity on Monday, Wednesday, and Thursday of



Photo Courtesy **BENITA SOTO** | **EASTLAND HS**

each week for the entire year. We do have varsity (junior and senior) athletes who will play those same sports. With them we are more concerned about their soreness level on Tuesday and Friday so we tone it back on Monday and Thursday. In summary, we are more concerned with developing

a base athleticism in our freshman and JV teams, and more concerned with game performance in our varsity athletes. We have seen huge gains in our freshman and JV athletes from August to June and smaller gains in our varsity athletes. We

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Off-Season Training of the Multi-Sport Athlete

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have explained the plan to our athletes. They understand that they will have to play through the soreness in games some days in their sub-varsity years, but they have understood that plan is to have them performing at their optimal athleticism when they are a varsity level athlete. With the commitment from all sports you will continually see gains in strength and athleticism.

Workouts: I think it will make more sense when you see the workouts. In-season workouts are designed for 30 minutes, off-season 45 minutes. (See "Workouts" right)

The off-season and pre-season phase workouts will be very similar to the JV / FISH workouts on Monday and Thursday. As you can see there is a difference between the varsity and sub-varsity workouts. The varsity workouts on Monday and Thursday are motion, flexibility, and pre-hab workouts, while the sub-varsity workouts are your basic strength and power building exercises. As you can see our sub-varsity groups are receiving high intensity work year round. Again, the key point is that they are not going "light" or in-season... we are in a strength building phase with the younger kids year round.

Right now the basketball and soccer pro-

grams have been in a pre-season phase, the track and softball programs in an off-season phase. In a few weeks our volleyball kids will step right into the other programs and not miss a beat. In my opinion, that is the key in utilizing the athletes that will impact one or more athletic programs on your campus. You have to convince them they will not fall behind athletically from her peers.

Our program has done a great job of building core strength and speed in the sub-varsity years, while maintaining and continuing to build that athleticism in their varsity years. Our strength program has also been integral on minimizing injuries. In the past 3 years, we've had one varsity athlete miss a match during our seasons. It was a middle blocker who broke a finger during a blocking drill. I attribute that low injury rate to the work our athletes are doing in our weight rooms.

Our athletes are committed to our strength and conditioning program as they are seeing that hard work pay off on their fields of play as well, not in one sport, but multi-sports.

If you have any questions about the workouts or our philosophies, Coach Gaitan and I would love to help in any way possible. Please email either of us: jasonr@fisd.org, jeroldg@fisd.org.

Workouts

The following workouts are for volleyball from the week of October 12, 2009:

Monday: VARSITY

Overhead medicine ball squat, 3x15
Russian twist, 3x10 ea
Medicine ball alternating push up, 3x8 each side
Overhead medicine ball shrug, 3x10 ea
Medicine ball pushup hold, 1 x 30 sec
Single leg rdl, 3x8
Overhead triceps extension 3x8

JV / FISH

Clean squat 5x52, 3x61, 1x70, CLEAN 3x82, 3x85, 2x88
Medicine ball crunch, 6x10
Incline dumbbell row 3x8, extra heavy
Close grip lockouts 5x70, 5x73, 5x79, 5x82++ as heavy as possible
Kettle ball swings 3x10
Dumbbell LUNGE rear foot on bench 3x8 ea leg

Tuesday: Game day

Wednesday: ALL GROUPS

Squat 8x55, 5x64, 5x73, 3x82, as many as possible x 91 (stop varsity at 5 reps)
Kettle ball swings 3x10
Bench 8x55, 5x64, 5x73, 3x82, as many as possible x 91 (stop varsity at 8 reps)
Seated band face pull 3x12
Any abs 2x50

Thursday: VARSITY

Medicine ball squat n toss 2x10
Medicine ball Russian twist 2x10
Medicine ball slams 2x10
Medicine ball sky crunch 2x15
Medicine ball twist n fire 2x10
Medicine ball sit n reach 2x15

JV / FISH

Split jerk 3x61, 3x70, 3x73, 1x76
Plate sit up and twist 3x10
Plate upright row 3x10
Regular military press 3x8
WIDE grip pull up 3x8
Off bench dips 3x10
Partner medicine ball situp for distance 3x15

Friday: Game day

* **The tabbed exercises are super sets of the exercise above them, to be done in between reps.**

* **Example: 5x64 is 5 reps at 64% of your max**

2009-10 Committees

2009-10 Volleyball Committee



2009-10 Volleyball Committee

Name	School	Conf.	Region
Kira Satterfield	Dalhart HS	3A	1
Erin Bell	Hereford JHS	4A	1
Stacy Wolf	Windthorst HS	1A	2
TiAda Radtke	Rider HS	4A	2
Tina Meadors	Rio Vista HS	2A	3
Tammy Clark	Granbury HS	4A	3
Rena Whitaker	Caddo Mills HS	2A	4
Kari Bensed**	Centennial HS	4A	4
Debbie Peltier	Hamshire Fannett HS	3A	5
Amanda McMeans	Livingston HS	4A	5
Susan Brewer	Bellville HS	3A	6
Liana Gombert	Smithson Valley HS	5A	6
Patti Zenner	Poth HS	2A	7
Diana Davis	Brazosport HS	4A	7
Jason Roemer*	Fredericksburg HS	3A	8
Flo Valdez	Franklin HS	5A	8

*Chair

**Vice Chair

2009-10 Cross Country Committee

Name	School	Conf.	Region
Ken Jernigan	Shamrock HS	1A	1
Ray Baca	Hereford HS	4A	1
Loy Triana	Burkburnett HS	3A	2
Deborah Gonzales	Wichita Falls HS	4A	2
Clint Davidson	Sanger HS	3A	3
George Lutkenhaus	Northwest HS	5A	3
Bruce Keatts	Gunter HS	2A	4
Tia Curry	Sherman HS	4A	4
Christian Noble	Grapeland HS	1A	5
Astin Haggerty	Clear Springs HS	5A	5
Dale Keen	Yoe HS	3A	6
Rita Gonzales	Bowie HS	5A	6
Richard Hinojosa	La Vernia HS	3A	7
Hortencia Lancaster	Edinburg HS	5A	7
Darrell Hunt	Garden City HS	1A	8
Tracey Borchardt	Odessa HS	5A	8

TGCA HOF & 2nd VP

Meet Your 2009-10 TGCA 2nd Vice President



Donna Benotti
2nd Vice President
Cy-Fair High School

High School Graduated From: Whitehouse

Colleges Attended: Henderson State University

College Degrees: BSE & MSE
Physical Education

Teaching Assignments:
Dance PE/Foundations Personal Fitness

Coaching Assignments: Volleyball and Golf

Children & Ages: Levi (13)

What It Means to Be An Officer in TGCA: It has been a privilege to be elected to serve as an executive officer of TGCA, one of the strongest coaches organizations in the country. I embrace this opportunity to serve the members of TGCA. Additionally, I am committed to working with the board members for the continual development of lasting strategies to make TGCA a better organization for ALL coaches.

Texas Girls Coaches Association Hall of Fame Nomination Criteria

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 major contributions to TGCA and the coaching profession.

Hall of Fame nomination forms are located on our website, www.austintgca.com, under "Forms".

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

TGCA Hall of Fame

Year	Inductee
1993	Natalie Gunter Sandra Meadows Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson

TGCA Past Presidents

Name	Years	Name	Years
Velma Harrison	1952-53, 1953-54	Sue Cannon	1987-88
Marvin Williams *	1954-55	Don Ford	1988-89
Mary Beccue *	1955-56	Donna Grant	1989-90
Charles Womack *	1956-57	Phil Swenson	1990-91
Rose Farmer	1957-58	Rhonda Farney	1991-92
J.W. Booker *	1958-59	Caylene Caddell	1992-93
Peggy Hughes	1959-60	Barbara Crousen	1993-94
M.T. Rice *	1960-61	Pat Mouser	1994-95
Jimmye Phillips	1961-62	Melynn Hunt	1995-96
LeRoy Hoff *	1962-63	Sam Tipton	1996-97
Ellen Johnson	1963-64	Marianne Jones	1997-98
F.G. Crofford	1964-65	Larry Goad	1998-99
Zonelle Cornett	1965-66	Brenda Kitten	1999-2000
Freeman Parish *	1966-67	Rob Young	2000-01
Sandra Meadows *	1967-68	Krista Malmstrom	2001-02
Mitch LeMoine	1968-69	Ron Mouser	2002-03
Wayne DuBose	1969-70	Debbie Jaehne	2003-04
Shirley Hayworth	1970-71	Ray Baca	2004-05
Stanley Whisenhunt	1971-72	Leann Johnston	2005-06
Leta Andrews	1972-73	Alex Koulovatos	2006-07
Bill Farney	1973-74	Debra Manley	2007-08
Janette Barlow	1974-75	Lee Grisham	2008-09
Bob Schneider	1975-76	TVCA PAST PRESIDENTS	
Gay Benson	1976-77	Name	Years
Buddy Ables	1977-78	Lenora Abston	1968-69, 1969-70
Sandra Meadows *	1978-79	Dr. Margie Austin	1970-71
Ralph Newton	1979-80	Jan Briggs	1971-72
Janie Fitzgerald	1980-81	Jane Arnett	1972-73
Mark Smith	1981-82	Arline Basye	1973-74
Diana Lewis	1982-83, 1983-84	Marion Young	1974-75
Michael Adams	1984-85	Judy Bugher	1975-76
Judy Dunn	1985-86	Waynette Dolan	1976-77
Jim Kirkland	1986-87	Norma Pullin	1977-78

UIL All-Century Team Voting Online

As part of the University Interscholastic League's Centennial Celebration, the UIL is giving fans the opportunity to vote for All-Century Teams in football, volleyball, girls and boys basketball, soccer, track and field, softball and baseball.

With the creation of the UIL's Centennial Web site (www.uil100.org) UIL staff saw an opportunity to recognize and honor the best student athletes of the past century in all team sports while providing an interactive experience for fans. Other features are available as well, including a historical timeline, championship archives and UIL Share Your Story where fans can share their favorite UIL experiences.

Voting for Volleyball ends this month, but the ballot for girls basketball is now open and will be available until February 13th.

Ballots can be found on-line at www.uil100.org/vote.php. Fans can choose from a list of candidates provided or write-in anyone that does not appear on the list. The candidates were chosen based on their outstanding achievements in UIL athletics.

Voting is limited to one entry per person, and multiple votes will not be counted.

The All-Century Teams will be announced and honored throughout the year at the UIL State Tournaments.

Voting schedule for All-Century Teams:

SPORT	START DATE	END DATE
Volleyball	OPEN	October 31, 2009
Football	OPEN	November 7, 2009
Six-Man Football	OPEN	November 23, 2009
Girls Basketball	OPEN	February 13, 2010
Boys Basketball	OPEN	February 20, 2010
Soccer	November 30, 2009	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

Honor Nominations

TGCA Instructions for On-line Honors Nominations

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

- 1) Access the TGCA website at www.austintgca.com.
 - 2) Click on the sport tab at the top of the main page you are nominating honors for.
 - 3) Click on "Nominate Athlete" in the menu on the left-hand side of the page. You will also use this for nominating honors for All-Star Coaches, Coaches of the Year, etc.
 - 4) You will be required to log in at this point. Your user name is ALWAYS your TGCA membership number. If you don't know your number, please contact us and we will be happy to give it to you. Your password, if you've not logged on to the system since January of this year, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password, and you will need to go through the complete log in process over again, including changing your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number.
 - 5) Once you've completed the log-in process, you will access a page that reads, "Welcome Coach " and your name. In the tabs menu at the top of that page, click on "Nominations".
 - 6) Next click on the "Nomination Begin" category in the menu on the left-hand side of the page. If you nominated athletes last year, your nominations will appear from last year and will say "Locked." You can no longer access these nominations.
 - 7) Click on the "Add Honors Nomination" category in the menu on the left-hand side of the page. Once you have nominated athletes, you can return to this page and see what nominations you have made by clicking on "List Honors Nominations".
 - 8) Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. PLEASE be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Select Category Step Two" button.
 - 9) Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). Next click the button "Enter Nominee Info Step Three".
 - 10) Complete the form by typing in the information requested in the "Update" field.
 - 11) When you get to the "School:ISD" field, please begin typing your school. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school.
 - 12) Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, please do so in the large text box at the bottom of the page.
 - 13) When you have completed the form, please click the "Finish" button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Finish" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us.
- If you need assistance with any of this process, please contact us at audree@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

Photos of the Month



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.

October 2009

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|-------|--|
| 30-31 | Team Tennis: Regional tournaments |
| 31 | Cross Country: District certification deadline |
| 31 | Girls Basketball: First day for scrimmages |
| 31 | Volleyball: District certification deadline, all conferences |

November

- | | |
|-------|--|
| 2-3 | Volleyball: Bi-district, all conferences |
| 5-7 | Volleyball: Area, all conferences |
| 6-7 | Team tennis: State Tournament |
| 7 | Boys Basketball: First day for scrimmages |
| 7 | Cross Country: Regional meets |
| 9 | TGCA - 12:00 noon deadline for Cross Country Nominations |
| 9 | Girls Basketball: First day for interschool games |
| 9-10 | Volleyball: Regional quarterfinals, all conferences |
| 13-14 | Volleyball: Regional, all conferences |
| 14 | Cross Country Meet. |
| 16 | TGCA - 12:00 noon deadline for Volleyball Nominations |
| 16 | Boys Basketball: First day for interschool games |
| 19-21 | Volleyball: 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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