

TGCA



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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

2009-10
 TGCA
 Officers

*Photo submitted by Michelle Wornack
 of Harker Heights High School*

Career Milestones



Name	School	Sport	# of Victories
Barbara Comeaux	Port Neches Groves High School	Volleyball	1000
Susan Brewer	Bellville High School	Volleyball	700
Brenda Kitten	Hereford High School	Volleyball	600
Deena Kolafa	Wallis Orchard High School	Volleyball	600
Dianna French	Peaster High School	Volleyball	600
Cynthia Williams	Billy Ryan High School	Volleyball	500
G. Michael Carter	Ronald Reagan High School	Volleyball	500
Connie Bozarth	Central High School	Volleyball	500
John Turner	Pearland High School	Volleyball	500
Kim Watson	Wakeland High School	Volleyball	400
Stacy Wolf	Windthorst High School	Volleyball	300

Name	School	Sport	# of Victories
Mel Dixon	San Antonio Roosevelt High School	Basketball	500
Dickie Faught	Seminole High School	Basketball	500
Pinellafie Gilford	Goodrich High School	Basketball	400
Sherby Wilkerson	Bay City High School	Basketball	400
David Wooldridge	Dayton High School	Basketball	300

Name	School	Sport	# of Points
Linda Richter	Yoe High School	Track & Field	1100
Linda Arnold	Crowley High School	Track & Field	1000

Name	School	Sport	# of Points
Linda Arnold	Crowley High School	Cross Country	400
Matt Garrett	Bowie High School	Cross Country	300

Name	School	Sport	# of Victories
Billy Hicks	A&M Consolidated High School	Softball	400
Wes Overton	Midland Lee High School	Softball	300

*TGCA encourages all coaches to submit their information for Career Victories and Sub-Varsity Years of Service Awards for the 2009-10 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws", and then under "Awards" (Number X in the Directory)

Years of Service



Name	School	Years of Service
Janie Rodriguez	Hambrick Middle School	30
Melinda Hall	College Station Middle School	25
Karen Plowman	Breckenridge Junior High	25
Darlene McGowen	Teague Middle School	20
Irene (Rene) Hopkins	Nimitz High School	20
Judy Scheffler	Poth Junior High School	20
Regina England	Graham Junior High School	10
Kirk Stokes	Amarillo High School	10
Malinda Mouton-Taylor	Stovall Middle School	10
James Grotenhuis	MacArthur High School	5

Photos of the Month



Photos Courtesy
KAYCEE KEY |
SANGER HIGH
SCHOOL

Article



Life in General as an “Ole Coach”

BY SAM TIPTON, EXECUTIVE DIRECTOR TEXAS GIRLS COACHES ASSOCIATION

As I grow into being part of the older generation, my thoughts and outlook on life in general differ than when I was younger. When I was a young coach, and even when I was middle-aged, I looked at all facets of life as a competition in which there was a need for a winner or a loser. The trials and tribulations endured during the day-to-day aging process have brought about a new perspective and outlook on the motivation for living a full and meaningful life.

There will always be ups and downs on a daily basis to confront. The only difference will be, with life experiences and the aging process, you will decide how high is up and how low is down. You have the ability to control how you will look at any and all situations. There is always a positive aspect to every area of life. Don't spend all your time and effort bogged down with a mental concentration on the negatives of a situation.

Every day of your life, and every breath

you take, is a gift. You should give thanks every day for the opportunity to be on this earth. Since you are here, it is important you contribute to the well-being of yourself and others. Somehow, someway, make a difference by being special.

In the golden years, one of the things you will cherish the most are the friendships you have established. It is extremely important to maintain contact with the many people that have stood beside you through thick and thin and express to them your love and thanks. To express love for someone is a glorious thing, not a weakness. Friendships are the building blocks of your life, and are built through trust and loyalty. Don't ever destroy any part of the foundation you have built.

I was fortunate and had the opportunity to coach in the public schools of Texas for twenty-four years. The title of coach before your name should never be

taken lightly. The honor of being called coach carries with it many immense responsibilities. The number one responsibility is the day-to-day dealings with the youth of our great state. These are our future leaders and will eventually grow into the older generation. Every student you deal with is special, and should be handled with respect and compassion in a positive manner.

As I walk into the sunset of my life as an “ole coach”, I challenge every coach to take every day as the most important day of your life, always look for positives not negatives, don't sweat the small stuff, learn to love not hate, cherish every contest – win or lose, don't ever forget athletics is a game and not life or death, and always have the best interest of the most precious commodity you are in contact with on a daily basis – OUR YOUTH.

Here is wishing you a very successful 2009-10 school year.

The Importance of Cross-Country

BY RAY WHITE, TRACK AND FIELD COMMITTEE VICE CHAIR

It is simply amazing! Every year thousands of high school boys and girls (58,208 to be exact) gather each weekend to compete in cross country races all over the state of Texas. Many coaches have the pleasure of coaching both boys and girls or are part of a program that the boys and girls teams function as one. Most people do not understand the true beauty of these athletes. Even athletes of other sports cannot comprehend what it takes to compete in cross country. They often refer to these fellow athletes as "those crazy people who run for fun!" We are so fortunate to be able to coach these incredibly dedicated young people.

The state of Texas possesses some of the greatest cross country programs and coaches in the nation. Individuals such as Steve Telaneus, Jerry Sutterfield, Brittney Lanehart, David Park, Ray Baca, Dan Greene, Robert Ondrasek and Paul Darden are just a few who serve as great mentors for younger coaches. It is wonderful to see the effects all of

these and other coaches have on their athletes. Cross country is an extremely team oriented sport and requires that athletes understand that everyone counts. These lessons are not only important for being a successful cross country team but also serve as fantastic life lessons. Many of our young people don't have the chance for guidance anywhere but within our athletic programs. The sport of cross country offers these young athletes an opportunity to belong. We are able to teach them morals and ethics that will benefit them the rest of their lives. They learn to set goals, work towards them, overcome adversity, and experience the total joy of achieving those goals no matter how large or small. We are blessed to play an integral part in guiding the athletes along the way.

We, as coaches, all love to win championships. We should all take pride in knowing that even though we may not all win a championship; we are still



Photo Courtesy **ANTHONY BRANCH** | WORTHAM ISD

coaching champions. When you go to the next meet, look around. You will see the athletes displaying traits such as determination, competitiveness but more importantly sportsmanship and class. There are only 10 championship teams crowned each year but that is not a true indication of the champions that come from cross country. We have the chance to reach and guide 58,000 children each year. What a great opportunity and privilege! Good luck to everyone and remember you make an invaluable difference in the athletes' lives.

08-09 Champ Coaches

Name	School	Sport	Conf
Jason Cooper	Sudan High School	Basketball	1A - DI
Amy Huseman	Roby High School	Basketball	1A - DII
Skip Townsend	Brock High School	Basketball	2A
Brenda Gomez	Robinson High School	Basketball	3A
Teri Morrison	Midway High School	Basketball	4A
Tammy Lusinger	Summit High School	Basketball	5A
Paul Darden	Sundown High School	Cross-Country	1A
Nan Cook	Spearman High School	Cross-Country	2A
David Park	Decatur High School	Cross-Country	3A
Brittney Lanehart	Kingwood Park High School	Cross-Country	4A
Sara Williamson	Brock High School	Softball	2A
Charlie Mazac	Needville High School	Softball	3A
Kevin Randle	Canyon High School	Softball	4A
Wayne Daigle	Smithson Valley High School	Softball	5A
Jym Dennis	Rochelle High School	Track & Field	1A
Denyse Fernandez	Brazos High School	Track & Field	2A
Bob Carter	Liberty Eylau High School	Track & Field	3A
Lisa Baucom	Connally High School	Track & Field	3A
Cinda Baer	Timberview High School	Track & Field	4A
Stacy Wolf	Windthorst High School	Volleyball	1A
Makesha Maupin	Bushland High School	Volleyball	2A
Ryan Mitchell	Lovejoy High School	Volleyball	3A
Brenda Kitten	Hereford High School	Volleyball	4A
Jan Barker	Amarillo High School	Volleyball	5A
Jamie Walling	Wall High School	Golf	2A
Becky Hix	Monahans High School	Golf	3A
Rusty Herridge	Mongtomery High School	Golf	4A
Chris Stricker	Coppell High School	Soccer	5A

08-09 Awards



2008-09 Coaches of the Year

Name	Sport	School	Div	Reg
David Park	Cross-Country	Decatur HS	1A-2A-3A	3
Ray Baca	Cross-Country	Hereford HS	4A-5A	1
Makesha Maupin	Volleyball	Bushland HS	1A-2A-3A	1
Jan Barker	Volleyball	Amarillo HS	4A-5A	1
Skip Townsend	Basketball	Brock HS	1A-2A-3A	3
Ann Roubique	Basketball	Cypress Fairbanks HS	4A-5A	5
Lisa Baucom	Track	Connally HS	1A-2A-3A	6
Cinda Baer	Track	Timberview HS	4A-5A	3
Charlie Mazac	Softball	Needville HS	1A-2A-3A	7
Laneigh Clark	Softball	Pearland HS	4A-5A	7

SUB-VARSITY

Name	Sport	School	Division	Reg
Dreu Falkowski	Cross-Country	Hereford HS	4A-5A	1
Maureen Marek	Volleyball	Bellville HS	1A-2A-3A	6
Monica Gonzales	Volleyball	Reagan HS	4A-5A	7
Carla Freeman	Basketball	Wortham MS	1A-2A-3A	6
April Ellickson	Basketball	Pflugerville HS	4A-5A	6
Regina England	Track & Field	Graham JHS	1A-2A-3A	2
Darlene McGowen	Track & Field	Teague MS	4A-5A	5
Judy Scheffler	Softball	Poth JHS	1A-2A-3A	7
Rose Ruffino	Softball	Bowie HS	4A-5A	6

2008-09 Athletes of the Year

Name	Sport	School	Division
Cynthia Carillo	Cross Country	Decatur High School	1A-2A-3A
Tara Upshaw	Cross Country	Southlake Carroll High School	4A-5A
Alexa Ignasiak	Volleyball	Bellville High School	1A-2A-3A
Elly Barrett	Volleyball	Westlake High School	4A-5A
Brittany Williams	Basketball	Sudan High School	1A-2A-3A
Brittney Griner	Basketball	Nimitz High School	4A-5A
Bonnie Richardson	Track	Rochelle High School	1A-2A-3A
Christina Holland	Track	Judson High School	4A-5A
Courtney Repka	Softball	East Bernard High School	1A-2A-3A
Lindsey Barsoum	Softball	Poteet High School	4A-5A

News & Updates

NEW SERVICE FOR TGCA MEMBERS

TGCA is pleased to announce a new service to its members. In conjunction with Grace Media, TGCA will be sending weekly e-mail blasts containing sports news from across the state and important news items from the TGCA office beginning Tuesday, September 8th. These e-mails will be weekly and will contain important and up-to-date information. Don't be left out! Just type the link below into your web browser to add your name to the mailing list.

<https://app.e2ma.net/app/view:Join/signupId:60463/acctId:35572>

Please be sure your school does not have us blocked on your e-mail service as spam. We want you to be able to receive these important newsflashes containing weekly news and updates from around the state, and important information from TGCA that may impact your sport.

UIL All-Century Team Voting Online

AUSTIN, TX— 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.

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 and is asking fans to vote for their favorite players of the past century.

Fans can cast their ballots on-line at www.uil100.org/vote.php. The list of candidates for each sport were chosen based on their outstanding achievements in UIL athletics, however fans are allowed to submit write-in votes for anyone not on the list. 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 has already begun for volleyball and football with more than 17,000 votes already cast. The deadline to vote for the All-Century Volleyball Team is October 31st, and voting will end for the All-Century Football Team on November 7th.

Voting schedule for All-Century Teams:

SPORT	START DATE	END DATE
Volleyball	OPEN	October 31, 2009
Football	OPEN	November 7, 2009
Girls Basketball	October 21, 2009	February 13, 2010
Boys Basketball	October 28, 2009	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

News & Updates

TGCA NOMINATION MEMBERSHIP DEADLINE IS NOVEMBER 1

Cross Country Nominations

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 9th. Cross Country Sub-Varsity Coach of the Year nominations may be submitted at this time as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Saturday, May 1st.



Volleyball Nominations

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 16th. Volleyball Sub-Varsity Coach of the Year nominations may be submitted at this time, as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Saturday, May 1st.

All nominations can be made on-line at www.austintgca.com

****UPDATE ON VOLLEYBALL ALL-STARS****

TGCA will no longer accept VHS videos of All-Stars. All-Stars' skills/match play must be submitted on a standard DVD disk and be received by the TGCA office (1603 Manor Road, Austin, TX, 78722-2536) by 4:00 p.m. Monday, November 16th. The Volleyball Committee encourages nomination forms be accompanied by a school volleyball schedule, statistics and a DVD of the nominee. All-Star nominees will NOT be disqualified for not having a DVD.

For complete guidelines on submitting athletes/coaches for honor awards, please refer to the nomination guidelines under each sport on our website, www.austintgca.com.

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

21	Girls Basketball: First day of practice
25-26	Legislative Council meeting, Austin
27	Team Tennis: District Certification Deadline
28	Boys Basketball: First day of practice
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.

Executive Director: Sam Tipton, Sam@austintgca.com

Administrative Assistant: Audree Tipton, Audree@austintgca.com

Membership Administrator: Kimberly Terry, Kimberly@austintgca.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.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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