

TGCA




TGCA NEWS
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2010-11 TGCA OFFICERS

*Photo submitted by
 Shelley Prather*

ARTICLE



ENJOY THE MOMENT

By Ray White, TGCA Track and Field Committee Chair

What a great time of the year! We are preparing for the regional and state meets and working with young people who have made many sacrifices to reach these competitive levels. Many of these student athletes are not just getting the opportunity to achieve goals they have set at the beginning of this season, but some goals they have been striving to reach for four years. We, as coaches, have had a major role in helping them obtain their lofty athletic goals. While training tier bodies for competition, coaches also help these young people set and reach career and lifetime goals as well.

The drive to succeed (reach these goals) runs strong within all involved. This drive and all of the issues involved keeps everyone ridiculously busy. The paperwork, transportation, food and sleeping arrangements, conducting workouts and still trying to spend time with our families is enough to drive us to exhaustion. This is just part of the job but it can often be very stressful.

We all need to remember to enjoy the moment and also to remind the athletes to do the same. We always ask the athletes to stay

focused and we all become so focused that we sometimes fail to “bask in the glory”. The Olympic Creed states:

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well.”

We coach in the greatest state for high school track and field in the nation. The level of competition is amazing and we should remind the student athletes of this fact. Their desire and passion for the success they are determined to achieve often causes them to become “blind” to their amazing accomplishments whether they win or fall short of their goal. It is our job to remind them to stop and smell the roses along the way. At the same time, we should remind ourselves of this very fact. Our significant others frequently and fortunately do this for us!

The track and field coaches in the state of Texas are simply amazing. The accomplishments we help these young people



Photo Courtesy **ELIZABETH HOLMAN**

achieve on and off the track does not go unnoticed. Although we do not always hear it, the parents, administrators, and community do appreciate what we do. We all want to come in first place and that is what makes us good coaches but, we should strive to make the experience one that the kids will never forget no matter what the outcome. These memories they will have should not just

be the victories or defeats but also the relationships and life lessons they have experienced during their high school careers. Victories are wonderful but the struggles and working through the tough times to attain them are what change the lives of the student athlete. We should all remember this as we finish out this season. Good luck to each and every one of you and remember enjoy the moment!

SOCCER HONORS

Congratulations to the following TGCA member coaches and their teams who captured

2010-11 UIL SOCCER STATE CHAMPIONSHIPS!

Conference 4A

Meagan Wilson

Frisco Wakeland High School

Conference 5A

Jimmie Lankford

McKinney Boyd High School

PHOTOS OF THE MONTH



Photos Courtesy

Elizabeth Holman, Lynn Littlejohn, Chuck Nowland, Chris Stricker, Ray and Nancy Glasscock

TGCA HALL OF FAME

CONGRATULATIONS TO THE TGCA 2011 HALL OF FAME INDUCTEES

Leta Andrews

Leta Andrews is a woman who came from humble beginnings. With aspirations of being the next Dolly Parton, her father handed her a basketball and told her singing was not in her future. Truer words have never been spoken. Leta was raised with a basketball in her hand, so it was only natural that she would continue her life teaching girls to love the game as much as she did. During her coaching career she has coached girls who went on to perform in the Olympics and the WNBA, proving that her brand of coaching truly breeds success.

In 2011, Coach Andrews became “The Winningest High School Basketball Coach in the Nation” when she and her team won game 1,346 of her professional career. During her rise to this achievement, she has been showered with several accolades and inductions into Hall of Fames across the sporting arena. Mrs. Andrews has been Walt Disney’s Outstanding American Coach/Teacher of the Year (1993), inducted into the Texas Basketball Hall of Fame (Class of 1992), the Texas Sports Hall of Fame (Class of 2008), and the National Women’s Basketball Hall of Fame (Class of 2010).

During her coaching career in Texas, Coach Andrews has taken a team to the Final Four for 16 seasons. She also led team to win the Class AAAA State Championship in 1990. In 2006, Andrews was elected to be the Head Coach at the “McDonald” 2006 All-American Game in San Diego. In April of this year, she was informed that she was selected to coach the Nike All-American High School Athletes in New Orleans. Leta Andrews has been both a successful teacher and a coach for 49 years, while also raising a family, proving that women really can do it all.



Sherry Rogers

Sherry Rogers was born on August 25, 1962 in El Paso, Texas. She moved to Tyler, Texarkana, Hubbard and finally landed in Midway her freshman year. She graduated from Midway in 1980 then went on to Baylor University. She graduated in 1984 with a BS in education.

Her first coaching job was at Midway Junior High where she coached volleyball, basketball and track. In 1993, when UIL began softball, she became the first Midway softball coach. Also in her 24 year coaching career, she coached JV volleyball.

In her 18 years of coaching Midway softball, Rogers took her teams to 8 state tournaments. They won the state title twice (1998 & 2010) and also were runner-up in 1996. She is the winningest softball coach in Texas with a 486-91 record. She also won 18 consecutive district titles compiling an 185-5 district record.

Rogers served many times throughout the years on TGCA committees. She also sat on the board of the National Fastpitch Coaches Association for 4 years as the high school rep for the nation. She has been named the Texas Sports Writers 4A coach of



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TGCA HALL OF FAME

CONGRATULATIONS TO THE TGCA 2011 HALL OF FAME INDUCTEES

CONTINUED FROM PAGE 4

the year twice. In 1998, she was given the TGCA coach of the year honor. She also received the NFCA regional coach of the year as well as the Texas High School Coaches Association coach of the year twice. Rogers has also been a TGCA all-star coach 3 times.

Rogers lives in Woodway and is a 5th grade PE teacher in the Midway school district. She also coaches her niece's select volleyball team. She now spends her free time with her loving family. She especially loves her nieces and nephews; Keeley, Katie, Parker, Teddy, Benjy and TJ.

The awards and accolades have been great but the relationships formed and memories made are the best part of her coaching career.

E. J. "JEEP" WEBB

E.J. (Jeep) Webb was born on December 27, 1929, in Cooper, Texas. He moved to Silverton in 1937 and then to Tulia in 1943. Jeep graduated from Tulia High School in 1949. He participated in football, basketball, track, boxing and baseball. He attended West Texas Teacher's College from 1949-1950 and played football. He then went back to Tulia to farm for two years and later returned to West Texas in 1952 and graduated in 1955. He also received a Master's Degree in 1963 from WT.

His first coaching job was in Littlefield in 1955 where he was head basketball coach and an assistant football coach. In 1958, he moved to Borger as an assistant coach. In 1960 Jeep moved to Canyon as their athletic director, head football coach and track coach. He started the girl's basketball and track program while in Canyon. At Canyon HS he won district in football and state in basketball. In 1965 he moved to Pampa as head track coach and assistant football. In 1966 he returned to Borger as assistant football coach and head track coach. During the years from 1966-1997, he coached football, boys and girls cross country, boys and girls track and girls basketball. He also served as an assistant principal for several years in Borger.

Jeep started the Fellowship of Christian Athletes (FCA) chapters in Canyon, Pampa, Borger, Dumas, Stinnett, Panhandle, Perryton, Stratford and White Deer for boys as well as girls.

He was on the Board of Directors for the Texas High School Coaches Association for three years. He received the "Man of the Year" award while in Borger. He has also received a special award from the Panhandle Hall Sports of Fame for his work in AAU. In 1995 he received the Community Builder Award from the Masonic Lodge of Texas, and he also received the Mirabeau Lamar Award for Public Education from the Masons. Jeep is a deacon at the First Baptist Church in Borger and has taught Sunday School for the High School and third graders.

He is married to Norma Thompson of Tulia and has been happily married since 1950. He and Norma have three children, Terry, Tana Stephens of Lubbock, and Typ Webb of Amarillo. Currently they have three grandchildren, Tanner Webb of Amarillo, Brandon Stephens of Lubbock and Christy Loafman of Lubbock, and five great-grandchildren.

Jeep's hobby is officiating track meets at the International, National, University, and High School levels. He also enjoys time driving the school bus and attending athletic events of Borger.



STATE TRACK SCHEDULE

Sessions & Running Events

8 a.m. Friday, May 13 - 1st Session: 3200-Meter Runs - 3A, 4A, 1A, 2A
 6 p.m. Friday, May 13 - 2nd Session: 3A, 4A
 8 a.m. Saturday, May 14 - 3rd Session: 3200-Meter Run- 5A
 12 noon Saturday, May 14 - 3rd Session: 1A, 2A
 6 p.m. Saturday, May 14 - 4th Session: 5A

Friday, May 13

Field Events

9 a.m. Girls': 3A Long Jump; 1A Pole Vault-e
 Boys': 3A Discus; 3A Long Jump; 1A Pole Vault-w
 10 a.m. Boys': 3A High Jump
 10:30 a.m. Girls': 3A Discus; 4A Long Jump
 Boys': 4A Long Jump
 12 noon Girls': 4A Discus; 1A Long Jump; 3A Pole Vault-e
 Boys': 1A Long Jump; 3A Pole Vault-w
 12:10 p.m. Girls': 3A High Jump
 1:30 p.m. Girls': 2A Long Jump
 Boys': 4A Discus; 2A Long Jump
 2 p.m. Boys': 4A High Jump
 3 p.m. Girls': 1A Discus; 4A Pole Vault; 3A Triple Jump
 Boys': 3A Triple Jump
 4 p.m. Girls': 4A High Jump
 Boys': 3A Shot Put
 4:30 p.m. Girls': 4A Triple Jump
 Boys': 1A Discus; 4A Triple Jump
 5 p.m. Girls': 3A Shot Put
 6 p.m. Girls': 1A High Jump; 4A Shot Put
 Boys': 4A Pole Vault
 7 p.m. Girls': 2A Triple Jump
 Boys': 4A Shot Put; 2A Triple Jump
 8 p.m. Boys': 1A High Jump

Track Events - 3200 Meter Run

8 a.m. Girls' 3A 3200-meter run
 8:20 a.m. Boys' 3A 3200-meter run
 8:40 a.m. Girls' 4A 3200-meter run
 9 a.m. Boys' 4A 3200-meter run
 9:20 a.m. Girls' 1A 3200-meter run
 9:40 a.m. Boys' 1A 3200-meter run
 10 a.m. Girls' 2A 3200-meter run
 10:20 a.m. Boys' 2A 3200-meter run

3A & 4A Track Events

(Schools will compete in order 3A, 4A)
 6 p.m. Girls' 400-meter relay
 6:10 p.m. Boys' 400-meter relay
 6:20 p.m. Girls' 800-meter run
 6:30 p.m. Boys' 800-meter run
 6:45 p.m. Girls' 100-meter high hurdles
 6:55 p.m. Boys' 110-meter high hurdles
 7:05 p.m. Girls' 100-meter dash
 7:15 p.m. Boys' 100-meter dash
 7:25 p.m. Girls' 800-meter relay
 7:35 p.m. Boys' 800-meter relay
 7:45 p.m. Girls' 400-meter dash
 7:55 p.m. Boys' 400-meter dash
 8:05 p.m. Girls' 300-meter low hurdles
 8:15 p.m. Boys' 300-meter intermediate hurdles
 8:25 p.m. Girls' 200-meter dash
 8:35 p.m. Boys' 200-meter dash
 8:45 p.m. Girls' 1600-meter run
 8:55 p.m. Boys' 1600-meter run
 9:05 p.m. Girls' 1600-meter relay
 9:15 p.m. Boys' 1600-meter relay

Saturday, May 14

Field Events

9 a.m. Girls': 2A Pole Vault
 Boys': 2A Discus
 10 a.m. Girls': 1A Shot Put; 1A Triple Jump
 Boys': 2A High Jump; 1A Triple Jump
 10:30 a.m. Girls': 2A Discus
 11 a.m. Boys': 1A Shot Put
 11:30 a.m. Girls': 5A Long Jump
 Boys': 5A Long Jump
 12 noon Girls': 2A High Jump
 Boys': 2A Pole Vault
 Girls': 2A Shot Put
 2 p.m. Boys': 2A Shot Put
 2:30 p.m. Girls': 5A Discus
 3 p.m. Girls': 5A Pole Vault
 4 p.m. Girls': 5A Triple Jump
 Boys': 5A Discus; 5A Triple Jump
 5 p.m. Girls': 5A High Jump
 6 p.m. Boys': 5A Pole Vault; 5A Shot Put
 7 p.m. Girls': 5A Shot Put
 Boys': 5A High Jump

Track Events - 3200 Meter Run

8 a.m. Girls' 5A 3200-meter run
 8:20 a.m. Boys' 5A 3200-meter run

1A & 2A Track Events

(Schools will compete in the order 1A, 2A)
 12 noon Girls' 400-meter relay
 12:10 p.m. Boys' 400-meter relay
 12:20 p.m. Girls' 800-meter run
 12:30 p.m. Boys' 800-meter run
 12:45 p.m. Girls' 100-meter high hurdles
 12:55 p.m. Boys' 110-meter high hurdles
 1:05 p.m. Girls' 100-meter dash
 1:15 p.m. Boys' 100-meter dash

1:25 p.m. Girls' 800-meter relay
 1:35 p.m. Boys' 800-meter relay
 1:45 p.m. Girls' 400-meter dash
 1:55 p.m. Boys' 400-meter dash
 2:05 p.m. Girls' 300-meter low hurdles
 2:15 p.m. Boys' 300-meter intermediate hurdles
 2:25 p.m. Girls' 200-meter dash
 2:35 p.m. Boys' 200-meter dash
 2:45 p.m. Girls' 1600-meter run
 2:55 p.m. Boys' 1600-meter run
 3:05 p.m. Girls' 1600-meter relay
 3:15 p.m. Boys' 1600-meter relay

5A Track Events

6 p.m. Girls' 400-meter relay
 6:05 p.m. Boys' 400-meter relay
 6:10 p.m. Girls' 800-meter run
 6:15 p.m. Boys' 800-meter run
 6:25 p.m. Girls' 100-meter high hurdles
 6:30 p.m. Boys' 110-meter high hurdles
 6:35 p.m. Girls' 100-meter dash
 6:40 p.m. Boys' 100-meter dash
 6:45 p.m. Girls' 800-meter relay
 6:50 p.m. Boys' 800-meter relay
 6:55 p.m. Girls' 400-meter dash
 7 p.m. Boys' 400-meter dash
 7:10 p.m. Girls' 300-meter low hurdles
 7:15 p.m. Boys' 300-meter intermediate hurdles
 7:25 p.m. Girls' 200-meter dash
 7:30 p.m. Boys' 200-meter dash
 7:35 p.m. Girls' 1600-meter run
 7:45 p.m. Boys' 1600-meter run
 7:55 p.m. Girls' 1600-meter relay
 8:05 p.m. Boys' 1600-meter relay



Track and Field Committee, Thursday, May 12, 7 p.m., at the UIL Building, 1701 Manor Road.
 Track and Field All-State Committee, Saturday, May 14, 8 a.m., at the UIL Building, 1701 Manor Road.
 Sub-Varsity Committee, Friday, May 13, 1 p.m., at the UIL Building, 1701 Manor Road.



REMINDERS

SATELLITE CLINICS

Houston Satellite Clinic, June 15 and 16, Spring Woods High School
El Paso Satellite Clinic, July 21 and 22, Del Valle High School

Registration and membership renewal is available online by going through the membership site. Printable forms, as well as the agendas, are available at our website, www.austintgca.com, on the main page, on the Summer Clinic page, and on the "Forms" page. You MUST be a member of TGCA to attend any of our clinics.

STATE SOFTBALL TOURNAMENT

Thursday, June 2 - Saturday, June 4, 2011

Red & Charline McCombs Field - University of Texas at Austin

Ticket Prices for the UIL State Softball Tournament:

Adult Session Ticket: \$10

Student Session Ticket: \$5

Coaches All-Tournament Ticket: \$45

All-Tournament Ticket: \$85



TGCA SUMMER CLINIC

TGCA SUMMER CLINIC

Austin Convention Center

July 11 – 15, 2011

Summer Clinic will be held in Austin this year. Clinic will be held at the Austin Convention Center, 500 East Cesar Chavez Street. The Convention Center is conveniently located to all downtown hotels; 6th Street and the downtown activities of Austin; plus the University of Texas, housing the LBJ Library; and many other historic sites.

The TGCA All-Stars will be housed on the University of Texas campus at Jester Hall, 201 East 21st Street, Austin.

All Star games and demonstrations will be held at the following venues:

- **Volleyball and Basketball** will both be at Delco Activity Center, 4601 Pecan Brook Drive.
- **Softball** will be at McCombs Field, 2001 Comal Street.
- **Track & Field and Cross Country demonstrations** will be at Tony Burger Activities Center, 3200 Jones Road. **Track and Cross Country All-Star introductions** will take place at Delco Activity Center during halftime of the 1A-2A-3A All-Star basketball game.

The TGCA Honor Awards Luncheon will be held Wednesday, July 13, 1:00 p.m., at the Austin Omni Southpark, 4140 Governor's Row.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 14th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You must book your hotel rooms through the on-line reservation service, which will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 14th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2011-12 Printable Membership Form".

The 2011 TGCA Summer Clinic Agenda has

been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic dates. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "59th Annual Summer Clinic Program".

We look forward to seeing you at the 2011 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



TGCA SUMMER CLINIC

TGCA SUMMER CLINIC

Austin Convention Center

July 11 – 15, 2011

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, and also on the Summer Clinic page. Please be sure you select the correct form, “2011-12 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 is now available. 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 “First Time 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). Your credit card will be charged a processing fee of \$2.50.

ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 12, at 10:00 a.m., in the Austin Convention Center. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also.

HOTEL INFORMATION

Hotel on-line reservation services will be available on the TGCA website beginning March 14. 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 Austin this year with their rates, but please remember that you **cannot** call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the site.

HOTELS FOR SUMMER CLINIC

Courtyard by Marriott Austin Downtown/Convention Center 300 E. 4th Street 1 to 4 persons -- \$119.00	Holiday Inn Austin Town Lake 20 North IH-35 1 to 4 persons -- \$114.00
Crowne Plaza Austin 6121 North IH-35 1 to 4 persons -- \$115.00	Omni Downtown 700 San Jacinto at 6th Street 1 to 4 persons -- \$124.00
Hampton Inn & Suites 200 San Jacinto King -- \$129.00 Double -- \$139.00 Suite King Bed with Sofa Sleeper -- \$164.00	Omni Southpark 4140 Governor’s Row (I-35 & 71) Single/Double -- \$109.00 Triple -- \$129.00 Quad -- \$149.00
Hilton Austin 500 East 4th 1 to 4 persons -- \$121.00	The Radisson Hotel & Suites Town Lake-Downtown Austin 111 E. Cesar Chavez 1 to 4 persons -- \$119.00

NEWS & UPDATES

TGCA CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, 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.

Soccer: 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.

Golf: Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level.

Golf 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 (team: 6 points)
- 3 points for each state qualifier (team: 12 points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (no individual points)

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 is May 30

NOTE: TGCA IS NOW HONORING CAREER VICTORIES IN GOLF AND SOCCER, PER CRITERIA LISTED ABOVE

TSWA NOMINATIONS

Please send nominations for the Texas Sports Writers Association All-State Softball Team to Longview News-Journal Sports Editor Jack Stallard as soon as possible when your season ends.

Players do not have to be seniors.

Nominations must include the player(s) name, school, classification of school (1A-5A), position(s) and any available statistics.

If a player excels at more than one position, please list the player's strongest position or consider nominating her as a Utility player.

Deadline for nominations is the Tuesday after the UIL State Softball tournament.

Nominations may be e-mailed to jstallard@news-journal.com or faxed to 903-757-3742.

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.

NEWS & UPDATES

TGCA FEE INCREASE EFFECTIVE FEBRUARY 1, 2011

The Board of Directors of the Texas Girls Coaches Association unanimously passed a proposal to increase the fee structure of the organization to become effective February 1, 2011. TGCA has not increased fees to its members since 1998. With costs rising in all areas of service given by TGCA, it has become imperative for additional revenue to be created to continue the expansion of services and technology that is so beneficial to the professional growth of the membership.

The Texas Girls Coaches Association is currently in its 58th year of existence as a service organization for coaches of girls' athletes. TGCA was established because there was not an organization to support, promote, and honor the coaches and student/athletes participating in sports for women in the state of Texas. The purpose was, and will always be, 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 its loyal members, into being the central voice of the coaches of girls' athletics to the University Interscholastic League, the Texas High School Athletic Directors Association, the school administrators, the media, the legislators, the State Board of Education, and the general public.

TGCA is dedicated to always doing all the good we can, by all the means we can, in all the places we can for the "betterment" of the coaches of girls' athletics. The Texas Girls Coaches Association is the only statewide organization in Texas composed of coaches of girls' athletics, designed for coaches of girls' athletics, and governed by coaches of girls' athletics. TGCA has grown from 24 members in 1953 to over 6000 members in 2010. We thank our members for their continued support and loyalty to the Texas Girls Coaches Association.

TGCA Fee Schedule: EFFECTIVE FEBRUARY 1, 2011
Membership - \$50.00 (Effective from June 1 to May 31)
Summer Clinic - \$50.00
Late Registration after June 15 for Summer Clinic - \$15.00

KAY YOW CANCER FUND™

Charity of Choice for TGCA



For any and all questions concerning Kay Yow Cancer Fund™ charitable events, please call or e-mail:

SARAH REESE

Administrative Assistant
Kay Yow Cancer Fund™

PO Box 3369

Cary, NC 27519-3369

E-mail – sarah.reese@kayyow.com or info@kayyow.com

Office – (919) 460-6407

Fax – (919) 380-0025

Should you wish to use the Kay Yow Cancer Fund™ logo, please contact Sarah regarding the guidelines for usage.

The term Kay Yow Cancer Fund™, the Kay Yow Cancer Fund™ logo and the image of Coach Kay Yow are trademarks of the Kay Yow Cancer Foundation, Inc. The Kay Yow Cancer Foundation, Inc. is a partner of the Women's Basketball Coaches Association and The V Foundation for Cancer Research.

10 ENCOURAGING FACTS ABOUT THE WELLNESS REVOLUTION

By Dr. Jim Peterson, Coaches Choice

1. Individuals are living longer. The age-adjusted death rate in the United States has plummeted more than 36% since 1950. In that same period, life expectancy has jumped more than seven years for women and five years for men. In fact, in the past two decades the over-55 population has grown more than twice as fast as the rest of the population.

2. Individuals are more conscious about what they eat. Research indicates that greater numbers of Americans are passing up red meat and eggs in favor of poultry and fish. They are also eating more fresh fruit instead of processed fruit. The consumption of both fresh vegetables and grain products is also up. In addition, the increased availability of reduced fat and fat-free food products has led to more healthy eating by many Americans.

3. Cigarette consumption is falling. Overall levels of cigarette smoking by Americans (particularly white males) have been substantially reduced. Not surprisingly, a corresponding decrease in the incidence of lung cancer has also occurred. Nearly half of all Americans who have ever smoked have quit.

4. Alcohol consumption is falling. Reversing a disturbing trend from the 1960s and the 1970s, overall per capita alcohol consumption by Americans has declined in the past thirty years. Although the total amount of alcohol consumed by Americans is still relatively quite high (i.e., the equivalent of 500 million gallons of pure alcohol annually), it is estimated that 10% of the U.S. population drinks about half of all the alcohol consumed.

5. Death rates for heart disease are declining. In the past several decades, the American death rate for strokes has declined almost 50%, while the fatality level for heart disease has fallen 35%. Improvements in the detection and control of high blood pressure and a reduction in the level of fat in the diet (two of the biggest risk factors for strokes and heart disease) have probably contributed to this decline.

“Live like you’re going to die tomorrow; learn like you’re going to live forever”

6. Individuals are more knowledgeable about hypertension. The National Heart, Lung, and Blood Institute reports that substantially more Americans: (a) know what hypertension (high blood pressure) is, (b) have their blood pressure regularly checked, (c) are aware of the major negative health consequences of hypertension (e.g., heart attack, stroke, kidney disease), and (d) understand that effective hypertension management requires strict adherence to the prescribed therapy.

7. Women and older adults are more physically active. Since the mid-1970s, women and older adults have increased the amount of time they spend in leisure-time physical activities to a greater extent than the American population in general.

8. Individuals are more knowledgeable con-

cerning the fact that a healthy lifestyle, including adequate amounts of exercise and calcium, can help prevent osteoporosis. Osteoporosis is a silent, but not inevitable, disease. Just as more people are taking steps to build a healthy heart, individuals are becoming increasingly aware of the fact that exercise is an essential step in building healthy bones. Research has shown that weight-bearing exercise can have a positive impact on bone health.

9. Individuals are more knowledgeable about the importance of serum cholesterol levels to health. In the past 30 years, the percentage of adults who believe that reducing high blood cholesterol levels would have a significant effect on heart disease, who had their cholesterol levels checked, and who make dietary changes specifically to decrease their blood cholesterol levels has risen substantially.

10. Individuals are more conscious about sexually-transmitted diseases. AIDS has forever changed the way that much of society views causal sex. And, Americans have generally become more aware of the symptoms and preventive steps attendant to the most common sexually transmitted diseases (Chlamydia, genital herpes, gonorrhea, and syphilis, as well as AIDS).

Jim Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.

IMPORTANT DATES

HOTEL INFORMATION

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.

La Quinta Inn



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.

Omni Southpark:
4140 Governor's Row
Austin, TX. 78744
(512) 448-2222

\$107.00 year round subject to availability using the code of TGCA. There will be room blocks for all state tournament venues at the Omni Southpark at the \$107.00 rate.

MAY

- 2-3 Track & Field: Regional meets
- 3 Softball: Bi-district deadline
- 7 Softball: Area deadline
- 9-10 Tennis: State Meet
- 9-10 Golf: State Meet, 1A, 2A, & 4A
- 12-13 Golf: State Meet, 3A, & 5A
- 13-14 Track & Field: State Meet
- 14 Softball: Regional Quarterfinal deadline
- 21 Softball: Regional Semi-final deadline
- 28 Softball: Regional Playoff deadline

JUNE

- 2-4 Softball: State Tournament
- 14 Legislative Council Athletic Committee Meeting (Austin)

JULY

- 11-15 TGCA Summer Clinic - Austin
- 28 Athletics: Last day for summer strength/conditioning programs

TGCA NEWS

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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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