

TGCA



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**2010-11
TGCA
OFFICERS**



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DECEMBER 2010

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*Photo submitted by Benita Soto
of Freshship HS & Curry Photography*

ARTICLE



OTHER DUTIES AS ASSIGNED

By Lee Grisham, Wimberley HS: TGCA Past President

With so many schools running with leaner fiscal budgets, coaching staffs are asked to share in more and more duties. The need for going beyond the job description is now the norm, rather than the exception. This is important for the individual coach to realize, since a refusal or lack of willingness to occasionally fill in, could be a career-limiting move. When given the situation to “help out”, try to handle this as positively as possible. This more often than not will be viewed in a very positive light. It will allow for possible advancement when the next level position comes available. You will be perceived as a team player, willing to do whatever is necessary to get the job done.

Remember, you are applying for your next level position each and every day on the job. The following is a list of traits that a team player exhibits and also ones to avoid.

The team player ...

- Shares information and offers resources or suggestions for a team. Personal vendettas and ego-based agendas are bad for the team and their career.
- Develops trust and credibility by delivering what they say they will. It is far better to say no than to suggest they will and then do not produce.
- Is known as the one who creates good will among teammates and gives credit to others. Find ways to say thank you and share credit.
- Is flexible and considers the input of their teammates. The team player listens and hears them out before they categorically dismiss it for their “better” plan. Choose appropriate times and places to disagree with others on the team
- Is enthusiastic, energetic, appreciative and willing to chip in when necessary.



A Pflugerville Panther basketball player goes up for the score against Hendrickson High School.

Photo Courtesy JEFFSIMSPHOTO.COM

The team player tries to avoid...

- Making excuses or blaming others. Admitting mistakes can help build trust (no one expects you to be perfect). Individuals who are constantly blaming everyone else and never take responsibility for their actions (or inactions) will never build the trust required

to be an effective team member.

- Killing the messenger or the one who challenges you or others to be accountable. This undermines truth, trust and accountability. Teams need to know the truth no matter how hard it may be to hear...
- Being a constant naysayer, complainer, blamer or the toxic wet blanket. Attitude is everything. A bad apple can poison, or at the very least contaminate, the team. Be willing to get your hands dirty and pitch in when times get tough. Team players don't say, “It's not my job.”

Practicing these concepts daily will prepare you and your supervisors for the important day when that next level position must be hired and staff decisions must be made. Keep in mind that the game is not won on game day but in the days and weeks prior. If you wait until the interview or when the job is posted, it may be too late to overcome prior behavior.

2010-11 COMMITTEES

2010-11 SOFTBALL COMMITTEE



2010-11 SUB-VARSITY COMMITTEE



NAME	SCHOOL	CONF.	REGION
Robby Dickenson	FRENSHIP HS	4A	1
Landon Winton	COOPER HS	3A	1
Shay Cox	ABILENE HS	5A	2
Crystal Robinson	CISCO HS	2A	2
Jeff Lemons	ALEDO HS	4A	3
Tommy Tomlinson	BOWIE HS	3A	3
Heather Damron	WYLIE HS	4A	4
Mark H. Comfort	SPRING HILL HS	3A	4
Sissy Yeaman	NEDERLAND HS	4A	5
Shorty Decuir	HAMSHIRE FANNETT HS	3A	5
Robin Brady	VISTA RIDGE HS	4A	6
Alfonso Chavez	YOE HS	2A	6
Teresa A. Machu	CHURCHILL HS	5A	7
Charles Benavides	GOLIAD HS	3A	7
Rachel Pena	ODESSA HS	5A	8
Lee Curry	GREENWOOD HS	3A	8

NAME	SCHOOL	CONF.	REGION
Benita Soto	FRENSHIP HS	4A	1
Christie Parsley	COOPER HS	3A	1
Brenda Doyal	WINDTHORST HS	1A	2
Christopher Pennington	CLYDE HS	2A	2
Leisa Reed	CROWLEY HS	4A	3
Sylonda Briscoe	DESOTO HS	5A	3
Karen Wiggins	CADDO MILLS HS	2A	4
Lauren Williams	BROWNSBORO HS	3A	4
Jenny Adcock	MEMORIAL HS	5A	5
Michael McLain	KINGWOOD HS	5A	5
Maureen Marek	BELLVILLE HS	3A	6
Wanda White	YOE HS	2A	6
Steve Lucio	MISSION HS	5A	7
Monique Nelson	BRAZOSPORT HS	4A	7
Dianna Heiner	BANDERA HS	3A	8
Sylvia Sandoval	FRANKLIN HS	5A	8

CROSS COUNTRY AWARDS

CROSS COUNTRY ATHLETES OF THE YEAR

Hanna Galloway

Conference 1A-2A-3A

Decatur High School, Coach David Park

Grace Fletcher

Conference 4A-5A

Kingwood Park High School, Coach Brittney Lanehart

CROSS COUNTRY COACHES OF THE YEAR

Starla Whiteley

Conference 1A-2A-3A

Spearman High School

Jerry Sutterfield

Conference 4A-5A

Dallas Highland Park High School

TGCA MEMBER CROSS COUNTRY COACHES WHOSE TEAMS WON UIL STATE CHAMPIONSHIPS

NAME	SCHOOL	CONF.
Rod Been	Gruver HS	1A
Starla Whiteley	Spearman HS	2A
Greg Christensen	Lucas Lovejoy HS	3A
Jerry Sutterfield	Dallas Highland Park HS	4A

VOLLEYBALL AWARDS

VOLLEYBALL ATHLETES OF THE YEAR

Tara Dunn
Conference 1A-2A-3A
Poth High School, Coach Patti Zenner

Tiffany Baker
Conference 4A-5A
Lewisville Hebron High School, Coach Karin Keeney

VOLLEYBALL COACHES OF THE YEAR

LeAnn Thomsen
Conference 1A-2A-3A
Abilene Wylie High School

Gerald Jacobs
Conference 4A-5A
Corpus Christi King High School

TGCA MEMBER VOLLEYBALL COACHES WHOSE TEAMS WON UIL STATE CHAMPIONSHIPS

NAME	SCHOOL	CONF.
Tanya Nygrin	Round Top Carmine HS	1A
Carolee Musick	White Oak HS	2A
Ryan Mitchell	Lucas Lovejoy HS	3A
Julie Green	Lake Travis HS	4A
Karin Keeney	Lewisville Hebron HS	5A

2010-11 VOLLEYBALL ALL-STAR COACHES

Conference 1A-2A-3A East

Head Coach

Patti Zenner, Poth High School

Assistant Coach

Denise Johnson, Tarkington High School

Conference 1A-2A-3A West

Head Coach

LeAnn Thomsen, Abilene Wylie High School

Assistant Coach

Bree Holz-Gonzales, Salado High School

Conference 4A-5A East

Head Coach

Leslie Madison, The Woodlands High School

Assistant Coach

Jerry Linch, Friendswood High School

Conference 4A-5A West

Head Coach

Karin Keeney, Lewisville Hebron High School

Assistant Coach

Terri Harrod, The Colony High School

PHOTOS OF THE MONTH



Photos Courtesy
Russell Rinn/
RinnPhoto.com,
Chuck Nowland,
Benita Soto, Curry
Photography,
Suzanne Oelschlegel
and John Hughes



TGCA CONGRATS LETA ANDREWS

GRANBURY'S LETA ANDREWS GETS HISTORIC BASKETBALL WIN NO. 1,334

Granbury head girls basketball coach **Leta Andrews** picked up her 1,334th win, giving her the most wins of any high school coach in the nation and breaking the record formerly held by another Texan, Robert Hughes of Fort Worth Dunbar fame. Coach Andrews has been previously inducted into the Texas Sports Hall of Fame and the Women's Basketball Hall of Fame. Coach Andrews was honored with a reception in Granbury on Sunday, December 12th.



TGCA Executive Director Sam Tipton congratulates Coach Leta Andrews at a reception honoring her in Granbury on December 12th.

DON'T FORGET TO NOMINATE FOR THE FOLLOWING AWARDS

TGCA HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, 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.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls' athletics.

OTHER NOMINATION REMINDERS

- Nominations for Sub-Varsity Coach of the Year in all sports are now open. The deadline to make nominations is May 10, 2011.
- Basketball, Golf and Soccer nominations are now open on-line. The deadline to make nominations is the Monday prior to each sports' state tournament.

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

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.

INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 DIET, FITNESS & EXERCISE MYTHS

By Dr. Jim Peterson, Coaches Choice

More is better. In some things, yes; in exercise, no. Your body will respond in a positive manner to an appropriate amount of stress (demand) placed upon it. Exceeding that amount is usually a waste of time (depending on your reasons for exercising), and quite possibly may be counterproductive.

Exercise can't be fun. Fortunately, almost everyone can find an exercise activity that meets his or her particular needs and is well-tolerated (emotionally, as well as physically). If you don't find your conditioning regimen to be relatively enjoyable, it is very likely that you will give it up for "greener pastures."

The more you sweat, the more fat you lose. If you exercise in extreme heat and/or humidity or in "rubberized" clothing, you certainly will sweat and lose weight. Any weight lost in this manner, however, represents lost water – not fat. When you replenish your body fluid stores by eating and drinking, those lost pounds will return.

Muscle will turn to fat when you stop lifting weights. Absolutely not possible. When you stop strength training, your muscles may lose some of their girth but will not be transformed into fat.

Performing aerobic-type exercise at a low – rather than a high – level of intensity promotes a greater loss of body fat. While it is true that the lower your exercise intensity level, the more your body prefers to use fats rather than carbohydrates as fuel, the absolute

amount of fat calories burned during high intensity exercise tends to be equal to or greater than the number expended during low intensity activity. You lose weight and body fat when you expend more calories than you consume, not because you burn fat (or anything else) when you exercise.

Live like you're going to die tomorrow; learn like you're going to live forever

During exercise you'll become thirsty when your body needs water. Not true. Your thirst mechanism almost always tends to underestimate your fluid needs during exercise. As a result, you should consume a small amount of fluid at least every 15-20 minutes while exercising.

Strength training is a more appropriate activity for men than women. Absolutely not. Strength training can be just as beneficial (if not more so) for a woman as it is for a man. A higher level of muscular fitness has been shown to have a numerous desirable consequences for women of all ages (e.g., better muscle tone, greater strength, and enhanced self-image).

Exercise is a contest. The word "contest" usually connotes a natural dichotomy of "winners" and "losers." Exercise, however, should not be viewed as a contest, for several reasons,

not the least of which is the fact that if you exercise properly, there are no losers—only winners.

Strength training will make you bigger. In reality, a number of factors influence the degree of muscle hypertrophy (growth) that an individual experiences as a result of engaging in a strength-training program. Almost all of these factors are genetic. As a point in fact, a majority of men and almost all women, lack the necessary level of male hormones requisite for a noticeable increase in muscular hypertrophy.

No pain, no gain. Wrong! Exercise should not be painful. A feeling of discomfort (e.g., a "burning" sensation in your muscles, muscular soreness, etc) is generally a sign that you're asking your body to do something that it is not used to doing. Such a feeling often occurs when a previously sedentary individual initiates an exercise program. Pain, on the other hand, is your body's signal to you that you're exercising to the point where you may be harming yourself. Keep in mind that the individual who first coined the popular phrase, "no pain equals no gain" probably meant to say, "no pain equals no gain equals no sense."

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.

JANUARY 2011

- 3** Soccer: First day for scrimmages
- 13** Soccer: First day for games
- 15** Athletics: Deadline to accept plans for next school year
- 21** Softball: First day for practice
- 29** Swimming & Diving: District certification deadline
- 31** Softball: First day for interschool scrimmages

FEBRUARY

- 4-5** Swimming & Diving: Regional meets
- 14** Softball: First day for interschool games
- 14-15** Girls Basketball: Bi-district
- 17-19** Girls Basketball: Area
- 18-19** Swimming & Diving: State Meet
- 21-22** Girls Basketball: Regional quarterfinals
- 25-26** Girls Basketball: Regional

MARCH

- 3-5** Girls Basketball: State Tournament
- 3** TGCA Basketball All-State Committee Meeting; 5 PM
- 4** TGCA Basketball Committee Meeting; 12 PM
- 6** TGCA Board of Directors Meeting; 11 AM

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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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.

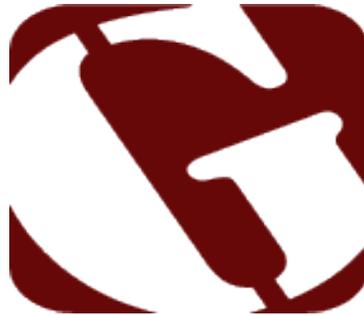
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