

TGCA



2010-11 TGCA OFFICERS

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TGCA NEWS
JANUARY 2011

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*Photo submitted by
Nan Hatten of Bullard HS*



THE IMPORTANCE OF THE MULTI-SPORT ATHLETE

By Wes Overton, Midland Lee HS: TGCA President

Our ever-changing society seems to have taken its toll on the multi-sport athlete. In 27 years of coaching, I've seen a steady decline in the athlete who plays whatever sport is in season. There are a number of reasons for this trend; some I can understand while others leave me wondering if our society has changed the overall character and work ethic of today's athletes.

In the smaller schools, the multi-sport athlete is still a vital part of both the girls' and boys' athletic programs. I, myself, attended a Class A school and know first-hand how important the multi-sport athlete is to the success of the school's athletic program in general. While it is true that the enrollments of smaller schools necessitate the need for athletes to compete in more than one sport, athletic programs in schools with a larger student population can also benefit from the multi-sport athlete.

Many would argue that not all athletes are gifted and capable of competing and excelling in multiple sports; however, that is not really the issue or point of emphasis of this article. It is my intent to focus on the positive attributes and effects the crossover athlete brings to other athletes and sport programs.

Constantly competing, staying active and physically fit, and keep-

ing the passion and drive to succeed consistent are among the traits that make the multi-sport athlete so valuable. All coaches know that the attitude of athletes can be contagious; this dying breed most often brings an attitude worth catching. If they come from successful programs, they often bring a good work ethic, competitive spirit, and strong determination to do whatever needs to be done to reach both individual and team goals. It goes back to that cliché "SUCCESS BREEDS SUCCESS".

In my years of coaching, I have had numerous softball players that are crossover athletes. It is extremely gratifying to me to see these softball players compete and excel at other sports for not only will that competitiveness and success transfer from sport to sport, but often times the skills practiced and instilled in one sport will compliment and enhance the skills needed in another sport. My current shortstop was also the libero on the volleyball team; her quick first step, agility, hand-eye coordination, and footwork are vital to her positions in both sports. She may be the most competitive girl that has ever played for me, and she exhibits all the traits and leadership of the multi-sport athlete on a daily basis. Granted, she was born with athletic ability; it is my belief that competing in more than one sport afforded her the opportunity



A Montgomery High School basketball player takes a jump shot in the lane draped by defenders.

Photo Courtesy **ALICIA JORDAN**

to develop that ability and become the competitor she is today.

That being said, I am by no means against the athlete who chooses to specialize in one sport. Some of the best athletes I have ever coached have been exclusive softball players, and I wouldn't trade them for anyone. It goes without saying that the athlete who devotes her time and energy to a single sport year round should be

strong fundamentally, have a good IQ about the rules and strategies of the game, and be an asset to the program of which she is a part. However, when my softball team competes against smaller schools whose teams are composed of several multi-sport athletes, the desire to compete, the unwillingness to give up, and the passion for the athletic way of life is palpable and contagious in these teams. These are traits that are not only invaluable but also vital to the success of any program.

While in a perfect world, every sport would have athletes who competed exclusively in that sport, we live in a society that affords our athletes many avenues in which to develop their skills—physical conditioning programs, sports camps, and club sports to name a few. Athletes are multi-tasking and competing in more than one sport from grade school on up to high school. It is just a way of life for today's youth.

As coaches, we must learn to maximize the strengths of every athlete—specialized or crossover. It is imperative that we don't pressure or try to force them to make a choice. Instead, let's encourage our athletes to be the best they can be at whatever they endeavor. In the end, it can be a WIN/WIN situation!

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.



FREQUENTLY ASKED QUESTIONS



FREQUENTLY ASKED QUESTIONS

By Audree Tipton, TGCA Administrative Assistant

Here are a few of our most frequently asked questions and hopefully some helpful answers.

1) What is my user name and password?

Your user name is your membership number. It will always be your membership number. It will not change. Your password, the very first time you log on to the system, will also be your membership number. You will then be directed to a page that asks you to reset your password. In the space where it asks for "old password", put your membership number. Change your password to whatever you want it to be, but please keep in mind that once you change it, the system does not give us what you change it to, so if you lose it or forget it, all we can do is reset it to your membership number and you will then have to go through the whole process of resetting it again. We highly recommend that you write it down or make it something very easy for you to remember. However, if you do lose it or can't remember it, we will be happy to reset it to your membership number for you.

2) How do I find the Job Board on the website?

The Job Board is now an in-house function of TGCA. You must be a member to use the Job Board. Go to the website, www.austintgca.com, and click on the "Membership Site" category in the menu on the left-hand side of the

page. You will then be required to log in. Once you've logged in, simply click on "Job Board" from the menu at the top of the page. Follow the directions for whatever you are wanting to do: post a job opening; post a resume; select a job watch; etc.

3) How do I know if my nominations have gone through?

You can check the nominations you have made by going to the website, www.austintgca.com, and clicking on the "Membership Site" in the menu on the left-hand side of the page. You will be required to log in. Once you've done that, click on "Nominations" in the menu at the top of the page, then click on "Member Nominations Info". This will show you your nomination history. Nominations made in previous years will show the word "Locked" by it. The current year nominations will show the current membership year and will list each nomination you have made for each athlete. If you do not see a nomination for an athlete, it has not gone through and you will need to repeat it. The system will send you a confirmation, but you should always check, once you have finished your nominations, to make sure they have all gone through.

4) How do I update my profile information and why is that important?

You can update all of your profile information except your school by going through the "Membership Site" on the website, www.austintgca.com.

You will be required to log in, and then simply click on "Update Profile" in the menu at the top of the page. Your profile page will then appear and you can update all of your information there. You cannot change your school. That must be done in-house by TGCA staff. You will need to contact TGCA headquarters if you need to change your school. It is very important that your profile information is kept up to date for a number of reasons. It's our only way of contacting you if we need to about your membership, or sending you important information. Also, if you use the Job Board, the system will automatically pull your coaching experience from your profile, and if it's not up to date, you will have to manually add that when doing your resume. It's very easy and only takes a short amount of time. Your profile information is only as accurate as the information you put in it.

5) How do I renew my membership and register for clinic?

You may renew your membership on-line and it is very easy. You may also register for any of our clinics on-line. Simply go to the website, www.austingca.com, and click on the "Membership Site". You will be required to log in. Once you've done that, click on "Austin Clinic/Arlington Clinic/Membership Renewal" to renew your membership and register for Summer Clinic, or to renew your membership without registering for Summer Clinic. Be sure you check the small box at the bot-

tom of the page to tell the system what you want to do. If you fail to check one or both of the boxes, the system will automatically charge you a credit card processing fee of \$2.50. This fee is charged every time you attempt a transaction through the on-line credit card system. You may renew your membership and register for one of the Satellite Clinics by clicking on the appropriate clinic you wish to attend. Please keep in mind that you cannot just do a membership renewal through one of the Satellite Clinics. You may register for one of the Satellite Clinics for \$60.00, which includes your membership fee. If you have already renewed your membership and wish to attend a Satellite Clinic, you may pay the Clinic only fee of \$30.00, but you must have already renewed your membership earlier.

You may also print a membership form from the "Forms" category on the main page of the website and send that to the TGCA office with a check, or fax it to the office with a valid credit card number. If you register for one of the clinics, you will be issued your membership card and receipt at the clinic once you check in at registration. If you pay membership only, your card and receipt will be mailed to you in August.

These are just a few of our frequently asked questions. There are certainly many more, and should you have questions, please feel free to contact us. We are happy to help you, and will assist you in any way possible.

TGCA EXEC. COMMITTEE UPDATE



TGCA EXECUTIVE COMMITTEE UPDATE

By Sam Tipton, TGCA Executive Director

Lee Grisham, the current Past President of the Texas Girls Coaches Association, retired from coaching on January 14, 2011. Under the By-laws of TGCA, a member must be active in the coaching profession to have voting privileges and to hold office or be placed on committees. As a result, the office of Past President will be assumed by Debra Manley, Pittsburg High School, until the conclusion of the 2011 TGCA Summer Clinic. Effective immediately, the TGCA Executive Committee will be composed of:

Wes Overton – President – Midland Lee High School
Donna Benotti – 1st Vice –President – Cy-Fair High School
Rodney Gee – 2nd Vice President – Lorena High School
Debra Manley – Past President – Pittsburg High School

TGCA expresses gratitude to Lee Grisham for the services rendered to the organization in so many capacities over the years. It is appreciated, beyond words, to Lee for dedicating a portion of his life in helping establish TGCA as the major voice of girls' athletics on the state and national level

We also welcome Debra Manley back. She will be serving her third term as Past President. She definitely will not need an orientation session for the task at hand.

And – "THE BEAT GOES ON" as it has for 59 years at the Texas Girls Coaches Association.

COLOR-PANELED VOLLEYBALL UPDATE

Effective Beginning in 2011 Volleyball Season:

Rule 3-2-1 of National Federation of High School rules for volleyball, has allowed state associations to choose the color of the competition ball.

The University Interscholastic League will allow the colored-panel ball to be utilized for competition games beginning in the 2011 volleyball season. The need for the color-paneled ball has increased as the game has become faster paced in recent years. The colored-paneled ball makes it easier to track for players, spectators, officials and linesmen.

School districts will be allowed to choose the color for the panels, while by rule the home team shall provide the game balls for competitions. The UIL regional and state tournament competitions will utilize the red, white and blue colored panel ball.

The playing rules state, "All panels of the ball shall be solid white or a maximum combination of three colors (with each panel being a solid color) and of which at least one-third of the panels shall be solid white."

The volleyball shall include the NFHS Authenticating Mark and a current list of NFHS authenticated products can be found at www.nfhs.org.

VOLLEYBALL RULE CHANGES

2011-12 NFHS VOLLEYBALL RULES CHANGES

1-3 new 3: Outlines the procedure for scoring when a vacant position rotates to serve in the right back position due to the team playing with fewer than six players as a result of illness, injury or disqualification.

Rationale: Provides clarification of proper scoring protocol when a team plays with fewer than 6 players due to injury, illness, or disqualification, after the start of the match.

2-1 new 9 and 10: Adds the definitions for playable and nonplayable areas and stipulates the first referee has the authority to identify other area (s) as unsuitable for play.

Rationale: The rules currently refer to playable and nonplayable areas. For clarification, these areas are now defined. The first referee has the authority to identify other unsuitable area(s) for play.

3-1-1: The overall width and length of the net may now fall within a range with the width of the net overall being 36 inches to 39 inches and the length being 31 feet 6 inches to 33 feet.

Rationale: The inclusion of a range makes legal the various equipment being utilized by high school teams should matches be conducted in

college facilities. The change does not require new equipment and eliminates need for manufacturers to make different nets which many schools are not correctly purchasing.

3-1-1: The plain white tape along the top of the net shall be 2 inches up to 2 ¾ inches wide. A white net sleeve, no wider than 3 3/8 inches, with the school name, insignia, school mascot and/or advertising may be installed along the top of the net.

Rationale: The inclusion of the range makes legal the various equipment being utilized by high schools should matches be conducted in college facilities. The use of a manufactured sleeve allows the school to place their name, mascot, insignia and/or advertising on the net without expense of a custom net to promote school spirit and opportunity as a source for additional revenue.

4-1-6: Expands the style of items that may be worn in the hair to include unadorned flat barrettes no longer than 2 inches.

Rationale: Flat, unadorned barrettes, no longer than two inches, do not create a concern for risk of

injury and can be securely fastened and serve as efficient means to control a player's hair.

5-2-1 new NOTE 2: The individual state association may make a temporary adjustment in the official's uniform and permit the wearing of a white shirt or sweater to address cold conditions within competition facilities.

Rationale: Many times officials will be required to work in gymnasiums in which the temperature is quite cool. Rather than each official wearing different visible undergarments or different style shirts, the state association may develop a policy to permit a standard style long-sleeved shirt or sweater and still maintain the integrity of the officials' uniform.

Volleyball Signals #1, Case Book: The illegal alignment signal shall be used for a libero replacement after the whistle/signal for serve. It is also used to communicate a penalty being assessed for failure to submit and accurate lineup.

Rationale: Clarifies "Illegal Alignment" is the penalty for a libero replacement that takes place after the whistle/signal for serve regardless of whether or not the ball is con-

tacted for serve. The additional use of the signal is to indicate a penalty is being assessed for failure to submit an accurate lineup and will improve communication between officials and spectators when this violation occurs.

2011-12 MAJOR EDITORIAL CHANGES

4-1 New Note: Clarifies the authority and criteria for the state association to authorize exceptions to the playing rules to provide a reasonable accommodation to individual participants.

8-1-1: Reference to a "let" serve is removed from the rules and replaced with language indicating a serve contacting and crossing the net entirely within the antennas remains in play.

9-5-5 Note: An illegal back-row attack is called when the ball completely crosses the net or is contacted by the opponent.

2011-12 POINTS OF EMPHASIS

1. Referee stand
2. Libero uniform
3. Host school providing assistant officials
4. Suspended net systems

PHOTOS OF THE MONTH



Photos Courtesy
Nan Hatten, John Hughes, Andy Snider



NEWS & UPDATES

DON'T FORGET TO NOMINATE FOR THE FOLLOWING AWARDS

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.

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, Soccer and Softball 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

UIL STATE GIRLS BASKETBALL TOURNAMENT HOTEL VENUES

TGCA will have special rates for the Girls State Basketball Tournament at the following venues:

Crowne Plaza Austin, 6121 North IH-35, (512) 323-5466

\$109.00 per night.

Call the hotel directly and ask for the TGCA rate.

Omni Southpark, 4140 Governor's Row, (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.

LaQuinta Hotels, Various Locations

The rate will be the TGCA rate contracted with the LaQuinta Hotels.

Make your reservations online and use the code TGCA, or call the particular hotel of your choice and use the TGCA promotional code.

NOTE: Not all LaQuintas will honor the TGCA rate during the state tournament.

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 SECRETS FOR CONTROLLING STRESS

By Dr. Jim Peterson, Coaches Choice

1. Exercise regularly. Stress can be mental or physical. Your body, however, reacts to it in a very physical way. Exercise tends to dissipate those hormones and other chemicals that build up during periods of high stress. In addition, because physically fit individuals usually have lower heart and blood pressure levels, they are (all other factors considered) less susceptible to the effects of stress, which causes heart rate and blood pressure to rise.

2. Improve your appearance. Looking better usually helps you feel better. Even a relatively brief exercise program, for example, 15-20 minutes of aerobic exercise, three times a week, can provide noticeable benefits to your appearance, including a loss of weight (body fat), improved muscle tone, and a healthier complexion through increased circulation.

3. Eat sensible. A proper diet can increase your resistance to stress. Make sure that you eat a nutritionally-balanced diet. Don't skip breakfast because this may trigger a midday drop in your blood sugar level which in turn may cause a stress response.

4. Get enough sleep. Make sure that you

get a sufficient amount of sleep. A lack of sleep can cloud your judgment and deprive you of your ability to think clearly.

5. Don't sweat the small stuff. Remind yourself regularly that you usually have a choice of whether to give in to stress or stay in control of a situation. Save your energy for dealing with the relatively big problems

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

6. Visualize something positive. Calm yourself by closing your eyes and visualizing a relaxing pleasant scene or event. Concentrate on the scene or event to make it seem as if you're actually there.

7. Learn to say “no.” Knowing how to say “no” to extra activities and projects that you know you don't have time for takes practice and the personal realization that everyone, every day, needs some time to relax and to be alone.

8. Learn to Prioritize. When you're feeling

overwhelmed, it's easy to forget that some tasks are more important than others. Make a list of all the things you need to accomplish; then rank them by importance or by short-term and long-term deadlines. Tackle each task in rank-order priority.

9. Keep your cool. The most crucial step in handling stress is to keep in mind that your reaction to a situation is often the primary cause of stress, not the situation itself. It is important that you try to make the most of situations over which you have no control.

10. Do your best. The old adage, “do your best, and leave the rest,” is perhaps the ultimate guideline for reducing and coping with stress. Remember that you are human. Mistakes are not only inevitable in some situations, but they can be an integral part of your learning experience.

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.

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
- 22 Soccer: District Certification Deadline, 4A
- 24-26 Soccer: Bi-District, 4A
- 26 Soccer: District Certification Deadline, 5A
- 28-29 Soccer: Area, 4A; Bi-District, 5A
- 31 Soccer: Sectional, 4A; Area, 5A

APRIL

- 1-2 Soccer: Sectional, 4A; Area, 5A

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.

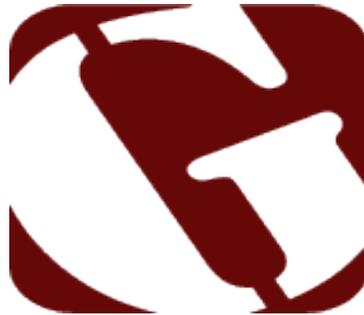
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