

TGCA



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MARCH 2011

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*Photo submitted by
Chris Jost of Orangefield HS*

2010-11 TGCA OFFICERS

ARTICLE



CONTROL THINGS YOU CAN CONTROL

By Rodney Gee, TGCA 2nd Vice President - Lorena HS

This article is about learning to control the things you can control and letting go of the things you cannot control. My wife would tell you that I have not always been good with this and I am still not as good as I would like to be. We could make a list of 50 things you cannot control. However, we are going to talk about two things you can control. Let me put a disclaimer on this article first. I am writing this article to coaches. I am one who has the utmost respect for coaches. I think most of our coaches would be successful politicians, business owners, or highly successful at anything they chose to do.

The first thing I think we control is our attitude. I believe our attitude as coaches is essential to kids working consistently every day. I have stolen so many phrases and philosophies, I am not sure I could tell you where I got them. "Life is 10 percent what happens to you and 90 percent how you respond to it." I used to think everything



Photo Courtesy DAISY SANTOS

that went wrong was an attack on me. It's not! It's life. We all have things that go wrong on a daily basis. One thing that I really have always tried to do is be the same person every day I go to work. I do not think your practice can be determined by what type of mood you are in that day. Coaches cannot have bad practices. It does not matter what has happened earlier in

the day or in last night's game. I believe that if you are up and down in practice, it will lead to an inconsistent team.

I believe the other thing that we can control is your team's work ethic. I have told my teams on numerous occasions that you can easily out work 90 percent of the people in the world. I think most people are not willing to put the time or energy into be-

ing successful. Honestly, we try to hold our standard up to the other 10 percent. I believe most coaches are in that 10 percent, and that is who we are trying to outwork. We talk about not being average. We want to be the best at everything we do. John Wooden said, "Nothing will work unless you do." Rick Pitino says "You want to be successful, then outwork everyone in sight. You need to sweat the small stuff, big stuff, and go the extra mile." I believe there is not one successful coach or millionaire who does not have a great work ethic. There are days that you do not feel like working. A quote that I have used on numerous occasions is, "We would not accomplish anything if you only worked on days you feel good". I am writing this article to coaches and I want to make this statement. I believe if everyone in business, education, and government worked as hard as coaches, we would be better off.

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ARTICLE

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The last thing I am going to talk about is passion. I believe if you do not have a passion for being a coach and being around kids, it will be impossible to do the things we have talked about. I would say that there are a lot of people who settle for a job instead of finding a career they are passionate about. I honestly do not feel like I have worked a day in my life. I am very fortunate to have found something I am very passionate about. I really like being called "Coach." I think it is a title of honor.

BALANCING SPORTS AT A SMALL SCHOOL

I have spent most of my career at a 2A school, and I am now at a small 3A. One of the hardest things about coaching at a small school is balancing sports for our kids. Like most small schools, we have a core group of kids participating in all sports. I think it is possible to be successful at more than one thing. However, there are a couple things that I think are imperative for that success.

The first and foremost is your coaching staff. I believe you must have every coach on board as how you are running your program and the overall mentality of what we are trying to get done. We want to set a standard on a daily basis. We want our kids to understand that they have to work for everything they are going to get. I believe that outworking people is the foundation of what we are trying to do. Let me stop here and say this is not easy in our profession. I have the utmost respect for coaches in the state of Texas. I believe that coaches would be successful business owners or politicians because of their work ethic. Rick Pitino says "You want to be successful, then earn it. You need to put the time in, sweat the small stuff, the big stuff. You need to outwork everyone in sight." The second thing I think that has to happen is that your coaches must be willing to put in a lot of time. I will focus on the spring for a minute. During the months of February and March, we have at least four sports in season. By the way, that does not count cheerleading tryouts that also



Photo Courtesy JUDY DITTMAR

take place at this time of year. I am not going to get into how we do things on a daily basis. But I will say that we must organize the athletic period, before school and after school to benefit our kids. We do not set those things up to benefit our coaches getting home early. Family is still first in my mind, but there are times of the year that you must put time in. I will sum coaches up by saying we want hard workers who are winners.

The second is our kids. I have always told our kids that if you want to do multiple things you have to put some time in.

I have said it this way, "If you want to do more, you have to do more". You cannot try to do multiple things in the same time you would do one activity.

I have been very fortunate during my coaching career. I loved my kids at Eastland, and after being here only a short time, I love our kids in Lorena. My hope has always been that our kids would really understand how to be successful when they leave our program. I know that the coaches I have had a pleasure to work with have done their best to try to instill winning qualities in our kids.

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

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Austin Convention Center

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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

PHOTOS OF THE MONTH

PHOTOS OF THE MONTH



Photos Courtesy
Bonnie Lou Campbell, Daisy Santos, Danny Mitchell, DeLane Cagle, Denver Stone, Devin Gabbard, Doug Jackson, George Whitmeyer, John Albright, Keria Jinks, Molly Parker & Raquel McNeal

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 GUIDELINES FOR AVOIDING THE ACHES AND PAINS OF RUNNING

By Dr. Jim Peterson, Coaches Choice

1. **Stretch before and after exercising.**

Proper stretching can mean the difference between agony and enjoyment. Sound stretching increases the range of motion of your musculature, reduces your chances of being injured, and improves your level of performance, among other benefits. As a general rule, always precede your stretching exercises with a few minutes of low-intensity aerobic activity.

2. Increase your mileage sensibly. Avoid doing too much exercise too soon. A general guideline is to limit any increase in your weekly distance to 10% or less of your previous week's total. Exercise is not a contest. The quality of exercise is often more important than the quantity of physical activity.

3. **Every so often incorporate a relatively "easy" week into your exercise regimen.**

Keep in mind that you don't have to increase your mileage every week to continue to benefit from your efforts.

4. Don't subject your body to consecutive days of very intensive exercise. Always follow a relatively "hard" day of exercising with an easier day. If you walk or run considerably farther than usual on a particular day, either take the next day off or decrease the duration and intensity of your next workout.

5. Treat all injuries immediately and properly. As a general guideline, the acronym "RICE" should serve as the basis of most minor injuries. That's Rest, Ice, Compression, and Elevation.

6. Don't ignore sudden acute pain. See a physician, preferably a sports medicine specialist, if your acute pain does not respond to self-treatment within a reasonable period of time. Keep in mind that pain is our body's early warning signal that something is wrong.

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

7. Limit your total weekly mileage to a sensible level. If you exercise too much, you substantially increase your chances of suffering an overuse injury. Listen to your body. Pain and chronic soreness are excellent indicators that you probably are doing too much.

8. Replace your running shoes periodically. Proper footwear can have significant impact on your minimizing your chances of being injured. You should record your mile-

age daily and replace your shoes one the cumulative total exceeds about 500 miles.

9. Don't let pain change your natural pattern of movement while exercising. If you alter your normal foot plant while walking and running in an effort to accommodate pain or discomfort, you may place excessive stress on your joints and the adjacent tendons, ligaments, and musculature. You should refrain from exercising until the pain no longer interferes with your natural running mechanics.

10. Vary your modality of training. Give the joints and muscles of your body an occasional break from the "same old grind." Add other forms of exercise (e.g., cycling, swimming, independent step-action stair climbing, cross-country skiing, rowing, etc.) to your workout.

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.

MARCH

31 Soccer: Sectional, 4A; Area, 5A

APRIL

1-2 Soccer: Sectional, 4A; Area, 5A
4-5 Soccer: Regional Quarterfinals, 4A & 5A
8-9 Soccer: Regional, 4A & 5A
9 Track & Field: District Certification Deadline, 1A
14 District Certification deadline: Golf & Tennis, All Conferences; Track & Field, Conference 2A, 3A, 4A, & 5A. Area certification deadline for Conference 1A Track & Field
14-16 Soccer: State Tournament

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

TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,
1603 Manor Rd.,
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It is published nine times per year, September through May.
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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA Web site at: www.austintgca.com.

Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.

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