

TGCA



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President of TGCA
 Wes Overton
 Midland Lee HS
 (432) 664-2963



1st Vice President
 Donna Benotti
 Cy-Fair HS
 (281) 897-4652



2nd Vice President
 Rodney Gee
 Lorena HS
 (254) 631-5014



Past President
 Debra Manley
 Pittsburg HS
 (903) 856-6461



Executive Director
 Sam Tipton
 TGCA Office
 (512) 708-1333



Asst. Executive Director
 Lee Grisham
 TGCA Office
 (512) 708-1333

2010-11 TGCA OFFICERS

*Photo submitted by
 Dede Gray*



SHOULDER INJURY PREVENTION AND REHABILITATION

By Robin Brady, TGCA Softball Committee Chair - Vista Ridge HS

In the times that we live in now where the emphasis is on skill development and playing games, an area is still largely going unaddressed. Coaches, parents and athletes do not realize the importance of developing and maintaining shoulder girdle and upper back strength. My staff and I estimate that our athletes that play high school as well as select softball never have more than two weeks of arm rest at a time in a year. The athletes that play volleyball as well as softball have even less. When we, older coaches, were growing up there were big blocks of time between throwing/swinging sports due to the fact that we played every sport. Within recent years there has become a growing opinion in our society that athletes need to focus on one sport. After doing some research, I am of the opinion that this has brought about negative consequences when it comes to the health of

our young people. The play every sport mentality seems to be of the “old school” philosophy, so as a result, I have had to alter my offseason strength programs. Instead of being able to focus on strength acquisition the fall semester, I have found that when it comes to upper body training we have to spend a huge allotment of time teaching and going through a shoulder rehabilitation program. We do this in our program so our players can have a skill set they can use when we are not with them. If anything it could help them to delay the onset of arm trouble. Below are some recommendations of what a coach can do to help their athletes. Coaches, thank you for all that you do. I hope these suggestions can help you and your athletes come back in the fall ready to go instead of “broken down” physically.

- Ice down after activity even when soreness is not occurring.
- In the weight room focus on



Photo Courtesy **MARIETTA DECKER**

lifts that strengthen the latissimus dorsi and deltoids.

- Activities that simulate rowing promote shoulder girdle strength.
- Have a good warm up routine established where athletes begin throwing from a short distance, slowly work out to long toss and then work their way back in to finish with short toss.

- Have athletes sweating or short of breath before throwing. This insures the focus is on throwing and not talking.
- For demonstrations of shoulder workouts visit the Leader High School Athletic Training web site. They have a few videos that will help athletes get started on the path to good shoulder health.

STATE CHAMPIONSHIP HONORS

Congratulations to the following TGCA member coaches and their teams who captured
2011 UIL TRACK & FIELD STATE CHAMPIONSHIPS!

Conference 2A

Linda Richter
Yoe High School

Conference 3A

Bob Carter
Liberty-Eylau High School

Conference 5A

June Villers
DeSoto High School



Congratulations to the following TGCA member coaches and their teams who captured
2011 UIL GOLF STATE CHAMPIONSHIPS!

Conference 3A

Mark Burgen
Andrews High School

Conference 4A

Rusty Herridge
Montgomery High School

Conference 5A

Chuck Nowland
Westlake High School



TGCA AWARDS

CONGRATULATIONS TO THE 2010-11 TGCA SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	SPORT	CONF
Brooke Ashcraft	Bandera High School	Sub-Varsity Cross Country	1A-2A-3A
Jason Myers	Kingwood Park High School	Sub-Varsity Cross Country	4A-5A
T'Leah Eicke	Breckenridge High School	Sub-Varsity Volleyball	1A-2A-3A
Natalie Spann	Northwest High School	Sub-Varsity Volleyball	4A-5A
Mindy Morris	Kennedale High School	Sub-Varsity Basketball	1A-2A-3A
Kristi Mayes	Stephenville High School	Sub-Varsity Basketball	4A-5A
Amie Thompson	Era High School	Sub-Varsity Track	1A-2A-3A
Willie Beal	DeSoto High School	Sub-Varsity Track	4A-5A
Candy Kelley	Elysian Fields High School	Sub-Varsity Softball	1A-2A-3A
Lindsey Heye	Churchill High School	Sub-Varsity Softball	4A-5A

MARGARET McKOWN DISTINGUISHED SERVICE AWARD

Butch Hart

TGCA Pollster

Freelance Sportswriter (including Associated Press, Austin American Statesman, Dallas Morning News, Fort Worth Star Telegram, Houston Chronicle, San Antonio Express News and El Paso Times, et al) for three decades. Former professional athlete. Father of three former Texas high school, collegiate and professional athletes. All three currently coach high school or college level. Long time advocate of women's athletics.



TGCA AWARDS

SPORTSWRITER OF THE YEAR

Jenny Dial



I was born and raised in San Antonio, Texas where I attended East Central High School (same school that my parents attended). I played a few sports growing up - softball was always my favorite. In high school, I was one of those kids involved in everything - sports, clubs, National Honor Society, FCA... everything. Even then, my passion was journalism, though. I was the editor of my high school yearbook, which won national awards. After that, I attended the University of Oklahoma. I was on the newspaper staff there and got to cover a lot of really exciting teams and events including BCS national championships, the mens and womens NCAA Final Four, the Womens College World Series and several others. I graduated in 2005 and took a job at a community newspaper in Katy, Texas. I was hired at the Houston Chronicle in May 2006 and have been there ever since covering high school athletics.

Some of the highlights over the last few years for me have been my coverage of the need for AEDs in high schools that I worked on with my colleague Sam Khan. Our work helped open a lot of eyes on that topic and there was eventually a change to state law requiring schools to have AEDs and training for them.

I have also done several stories on the growth of girls sports, particularly with a major boost in girls basketball and softball in the Houston area. We have seen recruiting and scholarship numbers go way up and I have been able to highlight that.

I have done stories about the very small chances of athletes receiving scholarships and how they can improve those odds.

I have also written a few stories on injuries and how to prevent them - the most common for females being torn ACLs and SLAP tears.

This year, I have been able to put a few area athletes in the spotlight, including Brooke Graham from Pearland Dawson High School, who had surgery on her skull after being hit in the face in a softball game. Brook helped me piece together a story on the importance of face masks for softball pitchers. I also got to meet Jesse Landry - a Nimitz basketball player - who is missing half of her left arm.

Those are the stories I love writing in addition to getting to attend regular season, playoff games and of course the state tournaments.

People often ask me how I decided to become a sports writer. I have always loved writing and have always loved attending sporting events. I was lucky to have the kind of parents who took my brother and I to Spurs games growing up, to East Central High School football games. We sat and watched the Dallas Cowboys together on Sunday afternoons. In those moments, I bonded with the people I cared about, got a lot of entertainment and learned a lot of lessons. It was easy to decide that I wanted to be around that as much as I could.

On the side, I work with high school journalists all over the country. In 2008, I won the Gold Key award from the Columbia Scholastic Press Association at Columbia University in New York. It was an award for teaching, speaking, judging and working with high school newspaper and yearbook staffs. I still work with CSPA a few times a year and travel to New York to work with young journalists. I also speak at the UIL's journalism conference and help judge regional UIL journalism events.

SOFTBALL STATE TOURNAMENT



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



SCHEDULE

Thursday, June 2

1A Semifinals

8:30 AM - Shiner vs. Lindsay
11 AM - Albany vs. Grapeland

2A Semifinals

2 PM - Danbury vs. Callisburg
4:30 PM - Wall vs.
Nacogdoches Central Heights

3A Semifinal

7:30 PM - Sweeny vs. West

Friday, June 3

3A Semifinal

8:30 AM - Celina vs. Huntington

4A Semifinals

11:30 AM - Dripping Springs vs. Santa Fe
2 PM - Waco Midway vs. Forney

5A Semifinals

5 PM - Plano vs. Northside O'Connor
8 PM - Conroe The Woodlands vs.
Pearland

Saturday, June 4

1A Final - 8:30 AM

2A Final - 11 AM

3A Final - 2 PM

4A Final - 5 PM

5A Final - 8 PM

DIRECTIONS

Red & Charline McCombs Field is located on the corner of Comal and East 20th Street at 2001 Comal St., Austin TX 78705.

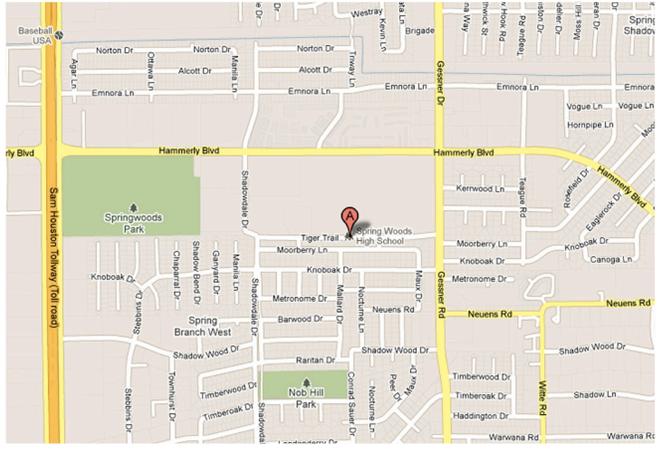
From IH-35 going north: Exit at Martin Luther King Blvd. Turn RIGHT onto MLK Blvd. and take a left onto Comal St. (immediately past Disch-Falk Field). Red & Charline McCombs Field is located on the east side of Comal St. between E. 20th St. and E. 21st St.

From IH-35 going south: Take the Lower Deck split. Exit at Martin Luther King Blvd. Turn LEFT onto MLK Blvd. and take a left onto Comal St. (immediately past Disch-Falk Field). Red & Charline McCombs Field is located on the east side of Comal St. between E. 20th St. and E. 21st St.

Team parking is in the lot east of the softball stadium (Lot 115).

TGCA SATELLITE CLINICS

2011 TGCA SATELLITE CLINICS



HOUSTON SATELLITE CLINIC

Date: June 15 and 16

Location: Spring Woods High School

2045 Gessner

Houston, TX 77080

Fees: \$60.00 (Includes Membership Dues)

\$30.00 if a current TGCA member

EL PASO SATELLITE CLINIC

Date: July 21 and 22

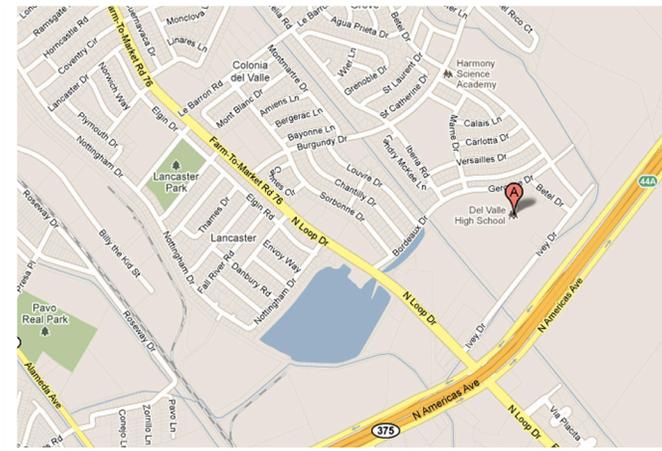
Location: Del Valle High School

950 Bordeaux Dr.

El Paso, TX 79907

Fees: \$60.00 (Includes Membership Dues)

\$30.00 if a current TGCA member



***Registration forms and agendas for both clinics can be found on the website, www.austintgca.com.*

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

Crowne Plaza Austin
6121 North IH-35
1 to 4 persons -- \$115.00

Hampton Inn & Suites
200 San Jacinto
King -- \$129.00
Double -- \$139.00
Suite King Bed with Sofa Sleeper --
\$164.00

Hilton Austin
500 East 4th
1 to 4 persons -- \$121.00

Holiday Inn Austin Town Lake
20 North IH-35
1 to 4 persons -- \$114.00

Omni Downtown
700 San Jacinto at 6th Street
1 to 4 persons -- \$124.00

Omni Southpark
4140 Governor’s Row (I-35 & 71)
Single/Double -- \$109.00
Triple -- \$129.00
Quad -- \$149.00

**The Radisson Hotel & Suites Town
Lake-Downtown Austin**
111 E. Cesar Chavez
1 to 4 persons -- \$119.00

SUMMER CLINIC SCHEDULE

TGCA SUMMER CLINIC

Austin Convention Center
July 11 – 15, 2011

Time	Event	No.	Site
Monday, July 11			
2:00	Orientation of Softball All-Stars		Jester Hall - UT 201 E 21st Street
4:30	TGCA Directors Meeting	#1	Hampton Inn & Suites 200 San Jacinto
6:00	Board of Directors Dinner		Convention Center 500 E. Cesar Chavez
Tuesday, July 12			
7:00 a.m. and 12:30 p.m.	Golf Tournament		Riverside Golf Course 1020 Grove Boulevard
8:30 - 11:00	Softball Demonstration	#2	McCombs Field 2001 Comal St.
10:00 - 4:00	Registration		Convention Center 500 E. Cesar Chavez
10:00 - 5:00	Exhibitors Set Up (No one allowed in Exhibit Hall)		Convention Center 500 E. Cesar Chavez
1:00	Orientation of Volleyball All-Stars		Jester Hall - UT 201 E 21st Street
4:00	1A-2A-3A Softball Pre-Game		McCombs Field
4:30	1A-2A-3A Softball Game		2001 Comal St.
6:30	4A-5A Softball Pre-Game		McCombs Field
7:00	4A-5A Softball Game		2001 Comal St.
9:00	Welcome Social		Champions 300 East Fourth St
Wednesday, July 13			
8:00 - 5:00	Exhibit Hall Open to the Public		Convention Center 500 E. Cesar Chavez
8:00 - 5:00	Registration		Convention Center 500 E. Cesar Chavez

SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Wednesday, July 13			
8:30 - 11:00	Volleyball Demonstration	#3	Delco Activity Center 4601 Pecan Brook Dr
8:30 - 9:30	Track & Cross Country Update - UIL	#4	Ballroom G
9:00 - 10:00	Basketball Lecture <i>Candi Harvey, Timberview High School</i>	#5	Ballroom D
9:00 - 10:00	Softball Lecture (Major)	#6	18 ABCD
9:00 - 10:00	Special Lecture	#7	Ballroom EF
10:00	Orientation of Basketball All-Stars		Jester Hall - UT 201 E 21st Street
10:30 - 11:30	Basketball Lecture (Major)	#8	Ballroom D
10:30 - 11:30	Track & Cross Country Lecture <i>Andrew Cook, Flower Mound High School</i> "Distance Running Progression"	#9	Ballroom G
10:30 - 11:30	Softball Lecture (Major)	#10	18 ABCD
10:30 - 11:30	Special Lecture <i>Dr. Jim Peterson, Coaches Choice</i>	#11	Ballroom EF
12:00 - 1:00	Sub-Varsity Softball Lecture <i>Marissa Stevens, Cy-Fair High School</i> "What It Takes to Create a Winning Squad Through Mental and Physical Training"	#12	18 ABCD
12:00 - 1:00	Volleyball Lecture <i>Jason Nicholson, JJ Pearce High School</i>	#13	Ballroom EF
12:00 - 1:00	Track & Cross Country Lecture <i>Jennifer Foster, Crowley High School</i> "Throwing 101: Intro to the Shot Put and Discus Events"	#14	Ballroom G
12:00 - 1:00	Basketball Lecture (Major)	#15	Ballroom D
1:00 - 3:00	Honor Awards Luncheon		Omni South Park 4140 Governor's Row

SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Wednesday, July 13			
1:30 - 2:30	Sub-Varsity Track & Cross Country Lecture <i>Scotty Milles, Evant High School</i> <i>"Beginning Pole Vault 101"</i>	#16	Ballroom G
1:30 - 2:30	Softball Lecture <i>Wayne Daigle, Smithson Valley High School</i> <i>"Offensive and Defensive Strategies of the Short Game"</i>	#17	18 ABCD
1:30 - 2:30	Sub-Varsity Volleyball Lecture <i>Lynne Bryant, Westlake High School</i> <i>"How Not to Get Drilled to Death"</i>	#18	Ballroom EF
1:30 - 2:30	Basketball Lecture <i>Teri Morrison, Southlake Carroll High School</i> <i>"Transition Game and Developing the Total Program"</i>	#19	Ballroom D
1:30 - 2:30	Tennis Lecture <i>Holly Cannon, Klein High School</i> <i>"Create a Winning Tennis Program with Limited Courts and Resources"</i>	#20	13 AB
3:00	Administrators Golf Tournament		Onion Creek Golf Club 2510 Onion Creek Pkwy
3:00 - 4:00	Track & Cross Country Lecture <i>Jerry Sutterfield, Highland Park High School</i> <i>"Leading the Pack in Cross Country"</i>	#21	Ballroom G
3:00 - 4:00	Volleyball Lecture <i>Ryan Mitchell, Lovejoy High School</i> <i>"The Art Vs. the Science of Coaching Volleyball"</i>	#22	Ballroom EF
3:00 - 4:00	Softball Lecture <i>Mark Larriba, Flower Mound High School</i> <i>"3-Year Study on Slap Hitting"</i>	#23	18 ABCD
3:00 - 4:00	Tennis Lecture <i>John Furlow, Clements High School</i> <i>"Coaching Tennis ... You Can Do It!!"</i>	#24	13 AB
3:00 - 4:00	Sub-Varsity Basketball Lecture <i>Loy Triana, Burkburnett High School</i> <i>"Part 1 - Ways to be a Productive Assistant</i> <i>Part 2 - Lady Bulldog Basketball Tidbits"</i>	#25	Ballroom D

SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Wednesday, July 13			
4:00	Orientation of Track & CC All-Stars		Jester Hall - UT <i>201 E 21st Street</i>
5:00	1A-2A-3A Volleyball Pre-Game		Delco Activity Center
5:30	1A-2A-3A Volleyball Game		<i>4610 Pecan Brook Dr</i>
7:00	4A-5A Volleyball Pre-Game		Delco Activity Center
7:30	4A-5A Volleyball Game		<i>4610 Pecan Brook Dr</i>
Thursday, July 14			
8:00 - 2:00	Exhibit Hall Open to the Public		Convention Center <i>500 E. Cesar Chavez</i>
8:00 - 2:00	Registration		Convention Center <i>500 E. Cesar Chavez</i>
8:30 - 11:00	Basketball Demonstration	#26	Delco Activity Center <i>4610 Pecan Brook Dr</i>
9:00 - 10:00	Special Lecture	#27	Ballroom EF
9:00 - 10:00	Softball Lecture (Major) <i>Pat Murphy, University of Alabama</i>	#28	18 ABCD
9:00 - 10:00	Volleyball Update - UIL	#29	Ballroom D
9:00 - 10:00	Soccer Lecture <i>Lauren Prewitt, Cy Woods High School</i> <i>"Managing Time for Soccer Coaching Effectiveness"</i>	#30	Ballroom G
9:30 - 10:30	Track & Cross Country Demonstration	#31	Burger Activities Center <i>3200 Jones Road</i>
10:30 - 11:30	Softball Update - UIL	#32	18 ABCD
10:30 - 11:30	Volleyball Lecture (Major)	#33	Ballroom D
10:30 - 11:30	Special Lecture	#34	Ballroom EF
10:30 - 11:30	Soccer Lecture <i>Dina Graves, The Woodlands High School</i>	#35	Ballroom G

SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Thursday, July 14			
12:00 - 1:00	Softball Lecture (Major) <i>Pat Murphy, University of Alabama</i>	#36	18 ABCD
12:00 - 1:00	Volleyball Lecture (Major)	#37	Ballroom D
12:00 - 1:00	Sub-Varsity Track & Cross Country Lecture <i>James Crafton, Centerville High School</i> <i>"Centerville Track - Beg, Borrow, Steal and Organization"</i>	#38	Ballroom G
12:00 - 1:00	Basketball Update - UIL	#39	Ballroom EF
1:00 - 2:00	Visit Exhibit Hall (Exhibits Close at 2:00 p.m.)		Convention Center <i>500 E. Cesar Chavez</i>
1:00 - 2:00	UIL	#40	Ballroom D
2:00 - 3:15	Regional Meetings Region I Region II Region III Region IV Region V Region VI Region VII Region VIII	#41	Ballroom D Southeast Ballroom D Southwest Ballroom D Northeast Ballroom D Northwest Ballroom EF North Ballroom EF South Ballroom G 18 ABCD
3:30 - 4:15	TGCA General Business Meeting	#42	Ballroom D
5:30	1A-2A-3A Basketball Pre-Game		Delco Activity Center
6:00	1A-2A-3A Basketball Game		<i>4601 Pecan Brook Dr</i>
6:30	Track & Cross Country All-Star Introductions		Delco Activity Center <i>4601 Pecan Brook Dr</i>
7:30	4A-5A Basketball Pre-Game		Delco Activity Center
8:00	4A-5A Basketball Game		<i>4601 Pecan Brook Dr</i>

SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Friday, July 15			
8:00 - 10:00	Registration		Convention Center 500 E. Cesar Chavez
8:00 - 9:30	TGCA Committee Meetings	#43	
	Volleyball Committee		12-B
	Basketball Committee		13-A
	Track Committee		13-B
	Softball Committee		12-A
	Sub-Varsity Committee		11-AB
9:30 - 10:30	Basketball Lecture (Major)	#44	Ballroom D
9:30 - 10:30	Volleyball Lecture (Major)	#45	Ballroom EF
9:30 - 10:30	Track & Cross Country Lecture (Major) <i>Chris Beene, South Plains College</i>	#46	Ballroom G
10:45 - 11:45	Basketball Lecture (Major)	#47	Ballroom D
10:45 - 11:45	Volleyball Lecture (Major)	#48	Ballroom EF
10:45-11:45	Track & Cross Country Lecture (Major) <i>Chris Beene, South Plains College</i>	#49	Ballroom G
12:00 p.m.	TGCA Directors Meeting	#50	12 AB

Time	Event	No.	Site
	TGCA COACHES PLACEMENT SERVICE CENTER		
Wednesday, July 13 -- 8:00 a.m. - 4:00 p.m.			Convention Center
Thursday, July 14 -- 8:00 a.m. - 4:00 p.m.			500 E Cesar Chavez St

***Schedule may be subject to change. Check the TGCA website, www.austintgca.com, for updates on the Summer Clinic Schedule.*

GOLF ENTRY FORMS

**TGCA GOLF SCRAMBLE
SPONSORED BY JERRY'S SPORTING GOODS**



PRESENTS

THE 2011 TGCA GOLF SCRAMBLE

JIMMY CLAY GOLF COURSE
TUESDAY, JULY 12th
8AM AND 2PM SHOT-GUN STARTS
Check-in at 7AM or 1PM

\$70 ENTRY FEE OR \$250 /TEAM
ENTRY FEE = 18-HOLES OF GOLF w/CART, HAMBURGER LUNCH & DRINKS,
PLUS GOLFER GIFTS AND RAFFLE PRIZES

PLAYER #1	_____	PLAYER #2	_____
E-MAIL	_____	E-MAIL	_____
CELL #	_____	CELL #	_____
PLAYER #3	_____	PLAYER #4	_____
E-MAIL	_____	E-MAIL	_____
CELL #	_____	CELL #	_____

PREFERRED TEE-TIME: ___ 8AM OR ___ 2PM

ENTRY DEADLINE = JUNE 30, 2011
MAKE CHECKS PAYABLE TO "Jerry's Sporting Goods"
FOR MORE INFORMATION – CALL KRISTIN @ 817-988-6294

E-MAIL, FAX OR MAIL ENTRIES TO:
KRISTIN@JERRYSWF.COM

817-423-9002 FAX
8024 HOSTA WAY, FORT WORTH, TEXAS 76123

GOLF ENTRY FORMS

TEXAS GIRLS COACHES ASSOCIATION ADMINISTRATORS GOLF TOURNAMENT

WEDNESDAY - JULY 13, 2011
ONION CREEK GOLF CLUB

**TGCA ADMINISTRATORS
GOLF TOURNAMENT**

Time: 3 P.M. (Progressive Start – Check-in time is 2 pm)
Format: 4-person scramble (May bring own team)
A - 0-8
B - 9-15
C - 16-24
D - 25 and above
Cost: \$70 (includes green fee, cart, range and food/drinks)
Awards: 1st, 2nd & 3rd place teams, longest drive, closest to the hole
contest plus door prizes.

Texas Girls Coaches Association Administrators Golf Tournament

Name _____ Handicap _____

Name _____ Handicap _____

Name _____ Handicap _____

Name _____ Handicap _____

(Field limited to the first 30 golfers entered. Make checks payable to Peter Contreras. Mail to Peter Contreras, c/o UIL. Box 8028, Austin, Texas 78713. DEADLINE IS JULY 11TH.)

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 STEPS TO HEALTHY SUMMER TRAVELING

By Dr. Jim Peterson, Coaches Choice

1. Avoid too much sun. Sun can cause skin cancer and other forms of skin damage. Use sunscreen with a sun protective factor (SPF) rating of 15 or higher. Be very careful between 11 am and 3 pm when the sun's rays are most intense, and when playing water sports. The intensity of the sun is greatly increased with water reflection.

2. Keep your medicine with you. Pack your medication in your carry-on bags. Your luggage may be lost or momentarily misplaced beyond the time when you urgently need the medicines.

3. Move around. Get up and walk around the train, plane, etc., once an hour for a few minutes. Do light stretches. Sitting for long periods can hinder your digestion, circulation, and flexibility, and even cause your feet to swell.

4. Eat right and exercise. If you normally eat two meals a day, don't eat three. Make time to exercise on a regular basis. If you plan to stay in a hotel, check to see whether it has an exercise area and what kind of equipment it offers.

5. Support your back. Ask the hotel for a king-size bed. King-size beds are usually firmer and, generally in better condition.

6. Plan ahead. If you suffer from motion sickness, avoid eating heavy meals and drinking alcohol before traveling. Experts suggest that the best approach to handling motion sickness is to head it off with medication

7. Avoid strain. In order to save your back, carry two smaller suitcases rather than a single large one. Also try to find suitcases on wheels, particularly those with pull handles. It's always easier to pull your suitcase than to carry it.

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

8. Drink up. Minimize discomfort from dry airplane air (manifested by a sore throat, itchy eyes, or uncomfortably dry nasal passages) by drinking plenty of water or juice. When traveling by air, try to minimize your intake of alcohol and caffeine beverages, both of which can dehydrate you.

9. Be prepared. When you travel abroad, carry a written summary of your per-

sonal health history, your immunization history, a list of your current medications by brand and generic name, a list of any (and all) of the medical problems from which you may suffer, a list of and drugs you may be allergic to, your physician's name and telephone number, and the name and phone number of a relative or friend to contact in the case of a medical emergency.

10. Don't let jet lag get you down. Try to diminish the effects of jet lag (e.g., fatigue, insomnia, general malaise) by shifting your sleep/wake cycle to the new time in advance of travel, making appropriate food choices, and spending time outdoors during your first few days after arrival.

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.

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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Austin, TX 78722-2536;
(512) 708-1333,
(512) 708-1325 (fax),
tgca@austintgca.com (e-mail);

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Executive Director: Sam Tipton, Sam@austintgca.com
Assistant to the Executive Director: Lee Grisham, Lee@austintgca.com
Administrative Assistant: Audree Tipton, Audree@austintgca.com
Membership Administrator: Kimberly Terry, Kimberly@austintgca.com
Editor: Chris Schmidt

TGCA on the Web

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

Did you move?

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

UIL eligibility / Sport rule questions

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

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