

# TGCA



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NOVEMBER 2010

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TGCA Office  
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**2010-11  
TGCA  
OFFICERS**

*Photo submitted by Jensen Porter  
of Palo Duro High School*



## BEING A MENTOR COACH, POSITIVE INFLUENCES, PAY IT FORWARD

By Benita Soto, Frenship HS: TGCA Sub-Varsity Committee Chair

I would like to take this opportunity to say that I have been honored to be a part of a great coaching organization like TGCA. Being a part of the sub-varsity committee has taught me a lot, such as there's more to coaching than X's and O's. In saying that, we as coaches (whether we want to be or not) are sometimes all the athletes or students have to touch their lives, act as role models, and instill values about life. I believe as a sub varsity coach it is important to have a desire to work hard, have commitment, and pride for the program you are in.

Coming into my first few years of coaching I am very thankful that I have had three great mentors to help guide me in my coaching career. And to this day I still go to them non-stop asking questions. I also feel that they are the ones who have instilled the qualities I have mentioned above. They are the three hardest working people I know. They go above and beyond their call of duty. You could say that they are my role models. I believe it is important for young coaches to have mentors to guide them. Now day's athletes are not



Two Wolfforth Frenship High School volleyball players go for the block against the Fillies.

Photo Courtesy **JENNIFER MCCULLY**

the same as they used to be, and even though you may have done things a certain way in high school it may not be the same today. We as coaches have to watch what we say and how we say it. We have to know our boundaries.

I believe that most successful coaches would not be where they are today without having that mentor they could go to for advice and be their guidance. There are

only two ways to gain wisdom in life: making your own mistakes, or learning from others mistakes. There are all types of mentalities that coaches have when they begin their careers. Some want to be the hard-nosed, old school type coach, some want to be the friendly, everything is ok type coach, and some want to put the student athlete first and do what is best for their kids. It has been my experience that the latter has the

best chance of getting quality work out of athletes and gaining their respect at the same time.

I feel like I would not be where I am today in my career without having mentors to be my guidance and someone to go to for advice. Just like we still need mentors, and some one to look up to, so do our student-athletes. So whether we like it or not, we are always being looked at by parents, the community, and our student-athletes. So be that positive role model who will work hard and be committed to being the best coach they can be. Thank you to Paula Ausburne (Eastland High School), Stefanie Shortes (Frenship High School), Chrissy Worrell (Grape Creek High School), and many other coaches who I did not mention who have been my mentors and friends. I leave you with this quote "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~ Maya Angelou

# MEET THE TGCA



## TGCA EXECUTIVE COMMITTEE, BOARD OF DIRECTORS, CHAIRS & VICE CHAIRS

NAME	POSITION	SCHOOL	NAME	POSITION	SCHOOL
Wes Overton	President	Midland Lee	Loyd Morgan, Jr.	Region VI - Jr Director	Rogers
Donna Benotti	1st Vice President	Cypress Fairbanks	Melissa Hernandez	Region VII - Sr Director	Angleton
Rodney Gee	2nd Vice President	Lorena	Rodney Vigil	Region VII - Jr Director	Roosevelt Northeast
Lee Grisham	Past President	Wimberley	Flo Valdez	Region VIII - Sr Director	El Paso Franklin
Leland Bearden	Region I - Sr Director	Smyer	Jason Roemer	Region VIII - Jr Director	Fredericksburg
Terry Lowrey	Region I - Jr Director	Frenship	Liana Gombert	VB Committee Chair	Smithson Valley
Fran Metzger	Region II - Sr Director	Stephenville	Derrick Osborne	BB Committee Chair	Little Elm
Chris Sumrall	Region II - Jr Director	Clyde	Ray White	TR Committee Chair	Lewisville
Jan Newland	Region III - Sr Director	Mesquite	Robin Brady	SB Committee Chair	Vista Ridge
Larry Goad	Region III - Jr Director	De Soto	Benita Soto	Sub-Varsity Chair	Frenship
Traci Pierce	Region IV - Sr Director	Wills Point	Patty Dominguez	VB Comm Vice Chair	Monahans
Kari Bensed	Region IV - Jr Director	Frisco Centennial	Matt Kirschner	BB Comm Vice Chair	Liberty Hill
Ashley Ahlfinger	Region V - Sr Director	Cypress Woods	Mitch Williams	TR Comm Vice Chair	Whitney
Vicki Sorensen	Region V - Jr Director	Baytown Sterling	Charlene Decuir	SB Comm Vice Chair	Hamshire-Fannett
Heather Sanders	Region VI - Sr Director	New Braunfels Canyon	Karen Wiggins	Sub-Varsity Vice Chair	Caddo Mills

# 2010-11 COMMITTEES

## 2010-11 BASKETBALL COMMITTEE



## 2010-11 TRACK & FIELD COMMITTEE



NAME	SCHOOL	CONF.	REGION
Christy Connally	HEREFORD HS	4A	1
Jason Cooper	SUDAN HS	1A	1
Alan Thorpe	STEPHENVILLE HS	4A	2
Jennifer Young	SNYDER HS	3A	2
Derrick Osborne	LITTLE ELM HS	4A	3
Jackie Jeter	MILLSAP HS	2A	3
Robin Herber	PINE TREE HS	4A	4
Frederic Griffin	BROWNSBORO HS	3A	4
Debbie Jackson	NIMITZ HS	5A	5
Jason Sanders	SILSBEE HS	3A	5
Kelly Adams	BRYAN HS	5A	6
Matthew Kirschner	LIBERTY HILL HS	3A	6
Rachel Carmona	EDINBURG HS	5A	7
Peggy Hosek	POTH HS	2A	7
Marlee Webb	CHAPIN HS	4A	8
Quint Anthony	GREENWOOD HS	3A	8

NAME	SCHOOL	CONF.	REGION
Stefani Langehennig	HEREFORD HS	4A	1
Traci Read	FARWELL HS	1A	1
Deborah McNeese	WICHITA FALLS HS	4A	2
Lori Whatley	CISCO HS	2A	2
Ray White	LEWISVILLE HS	5A	3
Mitch Williams	WHITNEY HS	2A	3
Leann Johnston	LEE HS	4A	4
Bob Carter	LIBERTY EYLAU HS	3A	4
Jennifer Gegogaine	MAGNOLIA WEST HS	4A	5
Stephen Drinkard	CAYUGA HS	1A	5
Rita Gonzales	BOWIE HS	5A	6
Linda Richter	YOE HS	2A	6
Irene Gallegos	MISSION HS	5A	7
Richard Hinojosa	LA VERNIA HS	3A	7
Tracey Borchardt	ODESSA HS	5A	8
Steve Golemon	BANDERA HS	3A	8

# 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**

## 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.

## 2010-11 BOARD AND COMMITTEE MEETINGS

**October 17-18**

Legislative Council Meeting (TGCA Officers Only)

**November 12**

Cross Country Committee Meeting, 7:00 p.m.

**November 17**

Volleyball Committee Meeting, 1:00 p.m.  
Volleyball All-State Committee Meeting, 5:00 p.m.

**November 21**

New Board Member and Standing Committee Orientation, 10:00 a.m.  
Board of Directors Meeting, 11:00 a.m.

**March 3**

Basketball All-State Committee Meeting, 5:00 p.m.

**March 4**

Basketball Committee Meeting, 12:00 Noon

**March 6**

Board of Directors Meeting, 11:00 a.m.

**May 12**

Track Committee Meeting, 7:00 p.m.

**May 13**

Sub-Varsity Committee Meeting, 1:00 p.m.

**May 14**

Track All-State Committee Meeting, 8:00 a.m.

**June 1**

Softball Committee Meeting, 7:00 p.m.  
Softball All-State Committee Meeting, 7:00 p.m.

**June 5**

Board of Directors Meeting, 11:00 a.m.

**June 14**

Legislative Council Meeting (TGCA Officers Only)

**July 11**

Board of Directors Meeting, 4:30 p.m.

# CROSS COUNTRY STATE MEET

## SCENES FROM THE 2009 UIL CROSS COUNTRY STATE MEET

Photos by  
Mary Mendez



# VOLLEYBALL STATE TOURNAMENT

## “YOU” SHOULD HAVE BEEN THERE

By Jack Stallard, Longview News-Journal

SAN MARCOS - Looking across the floor at a sea of Maroon, as a sea of blue and gold rises up behind me, it struck me.

“You” should have been here.

I’m not sure who “you” are, because you didn’t give your name a couple of weeks ago when you sent a question to the Longview News-Journal’s Answer Line. That’s not important. You have your opinion, although I strongly feel your opinion has been developed despite the fact you have never actually witnessed a high school volleyball match.

And, I can almost guarantee you have never attended the UIL State Volleyball Championships.

You questioned why the Longview News-Journal bothered to give space and ink to volleyball.

You should have been here Saturday, and maybe you would have a better understanding.

You should have seen the tiny girls with faces painted in the school colors of the team they came to cheer.

You should have seen the dad give his daughter a quick hug after



Lewisville Hebron (white) and Richardson Pearce (blue) both advanced to the state tournament.

Photo Courtesy **RICKY CABALLERO**

she had just helped her team win a state championship.

You should have seen the dad give his daughter an extra long hug after her team had just lost a state championship.

You should have seen coach Billy “Bob” Evans, who coached for more than 40 years at Leon High School, honored between the Class A and Class 2A title matches. Evans spent four decades

at one school, won more than 1,000 matches, lost fewer than 200 and influenced so many young ladies it would be hard to count them in a week. Evans now assists at Class A Normangee just for the heck of it. I dare you to ask him why we give ink to these girls.

You should have seen the young lady from Leon, honored on the 10th anniversary of helping lead her team to a state champion-

ship, still carrying the stuffed animal she and her teammates won at a pizza joint a decade ago and carried to every match with them. That has something to do with the memories and friendships these ladies develop while playing this game.

You could have seen all of that had you been here Saturday. You can see it all on a given Tuesday or Friday next season when these young ladies hit the courts again for two-a-day (and sometimes three-a-day) practices in August. That’s after spending the rest of the winter and all summer perfecting their games playing club volleyball.

I urge you to give it a shot. If you don’t come away a volleyball fan, that’s OK, but I guarantee you’ll earn a healthy dose of respect for the young ladies who play this game and the coaches who teach them.

If you don’t, give me a call and I’ll send someone over to check your pulse.

(E-mail: [jstallard@news-journal.com](mailto:jstallard@news-journal.com))

# INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

## HOLIDAY EATING TIPS

By Dr. Jim Peterson, Coaches Choice

1. Don't overindulge. The average American commonly gains five to seven pounds during the period between Thanksgiving and New Year's Day. Keep in mind that all those holiday cookies, candies, and treats add up quickly.
2. Plan ahead. Don't go to the holiday party hungry. Drink several glasses of water or non-calorie beverages and eat something light – such as fresh fruit, crispy vegetables, or non fat yogurt – before attending a party.
3. Steer clear of too much holiday cheer. Drink alcoholic beverages only with meals or after you've eaten. Drinking before you eat may lower your willpower. It may also make you more hungry. Keep in mind that a four-ounce cup of holiday eggnog with a single shot of bourbon can have up to 500 calories.
4. Resist tempting tidbits. Avoid fat-laden holiday hors d'oeuvres (munchies) such as deep-fired or cheesy appetizers, nuts or chips, and cream cheese or sour cream-based dips. Opt instead for low-fat, low-calorie snacks such as fresh fruit, pretzels, or plain crackers.
5. Line up last in the buffet line. If you go to a holiday buffet, position yourself at the end of the line. You'll be less likely to

go back for seconds. Start at one end of the buffet and make mental notes of what's there. Save

your calories for new, interesting foods and take one tablespoon of each new dish you decide to try. That way, not only will you get a variety of foods, you also avoid overindulging in any one item.

6. Talk more, eat less. Eat slowly and plan on not eating everything on your plate. Eat less meat and more veggies and starch. Try sitting next to someone whose company you enjoy. You can talk more and eat less
7. Avoid absent-minded eating. Absent-minded eating can be devastating to your efforts to eat sensibly over the holidays. For example, just one handful of cashew nuts is 300 calories or more. During the holiday season (especially) make sure your refrigerator and cupboards are stocked with low-calorie, low-fat snacks.
8. Be a thoughtful host. When you're preparing a holiday feast, cut back on calories and fat every chance you get. Take advantage of products like low-fat and non-fat cream cheese, non-fat milk, reduced

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

calorie mayonnaise and low-fat crackers. Be sure to include a low-calorie dish in your menu, such as tossed salad or a fruit platter.

9. Be office smart. Be prepared to meet the challenge of holiday goodies that tempt people at work. For example, try to stay out of the room or office that has the goodies until the end of the day when the supply has dwindled or when they (hopefully) won't look as appetizing.
10. Make time to exercise. Obviously, since the holidays are one of the busiest times of the year, making time for exercise can be difficult. Given the fact that you're probably going to eat more than usual during the holidays, the need to exercise becomes even more crucial.

*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.*

# KAY YOW CANCER FUND™

## KAY YOW CANCER FUND™

Charity of Choice for TGCA



The Fund has new promotional items that can be purchased for your fundraiser.

They are now marketing shoe strings and awareness bracelets, each for \$3.00. If a school purchases an order of 100 quantity or more of either item, the Fund will send the school 15 complimentary awareness bracelets for the team. Please direct inquiries regarding these promotional items to Brenda Keene at [brenda.keene@kayyow.com](mailto:brenda.keene@kayyow.com), 919-819-8305.

There have been numerous requests to the TGCA office for a contact number to help in establishing charitable events under the Kay Yow Cancer Fund™ banner. A new website is being established for the Fund and will be on-line in the near future at: [www.kayyow.com](http://www.kayyow.com). 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](mailto:sarah.reese@kayyow.com) or [info@kayyow.com](mailto: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.

# 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](http://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.

## DECEMBER 2010

**24-26** Athletics: no school facilities, personnel or equipment shall be used for athletic purposes for five consecutive days to include December 24-26

## 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

## TGCA NEWS

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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](http://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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