



TGCA



TGCA NEWS
OCTOBER 2010

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**2010-11
TGCA
OFFICERS**

*Photo submitted by Natalie Wayman
of Canton High School*



GETTING THE MOST OUT OF YOUR KIDS

By Liana Gombert, Smithson Valley HS: TGCA Volleyball Committee Chair

As a coach, our duty is to get the most out of our kids. Regardless of the level of talent or your situation, we work endless hours to do one thing – get the most out of our kids. In 20 years of celebrations and trials, I strongly believe in certain principles that have helped me get the most of my kids.

First and foremost, I believe that coaches should be passionate examples. We should display how much our team/program means to us. It is a must that we are passionate about our team, program, school and our coaching philosophy. In doing so, you will teach your kids how to play with passion. As we all know, the more you care about something – the more you will believe in it, commit to it and invest in it. That is what we need – we need our kids to invest and believe in us, believe in each other and believe in the direction that we are headed towards.

A coach's passion for their

team/program shouldn't just be seen during their season on game nights. Share your passion with your entire program. We should be around and involved with our feeder programs. Get to know your future athletes before they come in as freshmen. Show them how much you care now and it will pay off later.

Another way I feel coaches get the most out of their kids is an intense and thorough off-season. How do you treat off-season? Since off-season is the majority of the school year, I treat it as intensely as the season. In my opinion, this is where championships are won or lost. The coaches who are willing to demand excellence every day from their kids will have teams who perform day in and day out. It's a routine that they become accustomed to.

Lastly, I strongly believe that coaches should thoroughly coach. Fix any problem with technique that you see – wheth-



Kacey Deterding (12) of Wolfforth Frenship High School goes for the kill.

Photo Courtesy **JENNIFER McCULLY | WOLFFORTH FRENSHIP HS**

er it's in the weight room or on the court. Don't ignore the small things or fundamentals if you want your kids to be their best. To thoroughly coach, you must prepare yourself and be organized for success. Our kids know when we get together we have a plan and a purpose. It's one that's well thought out and one we strongly believe will help them attain their best.

Getting your kids to believe in themselves often seems to be one of the toughest tasks for coaches. First you must believe in yourself, have a plan you are passionate about and then don't look back. After all, you want your kids to know how much you care about them and that you care enough to get their very best!

VOLLEYBALL COMMITTEE



TGCA VOLLEYBALL COMMITTEE

NAME	SCHOOL	CONF.	REG.	NAME	SCHOOL	CONF.	REG.
Erin Bell	Hereford JHS	4A	1	Amanda McMeans	Livingston HS	4A	5
Kira Satterfield	Dalhart HS	3A	1	Denise Johnson	Tarkington HS	3A	5
TiAda Radtke	Rider HS	4A	2	Liana Gombert*	Smithson Valley HS	5A	6
Stacy Wolf	Windthorst HS	1A	2	Susan Brewer	Bellville HS	3A	6
Tammy Clark	Granbury HS	4A	3	Diana Davis	Brazosport HS	4A	7
Yolanda Beasley	Castleberry HS	3A	3	Patti Zenner	Poth HS	2A	7
Kari Bensend	Centennial HS	4A	4	Flo Valdez	Franklin HS	5A	8
Renaë Whitaker	Caddo Mills HS	2A	4	Patty Dominguez**	Monahans HS	3A	8

*Chair

**Vice Chair

CC COMMITTEE & MEET THE TGCA

TGCA CROSS COUNTRY COMMITTEE

NAME	SCHOOL	CONF.	REG.	NAME	SCHOOL	CONF.	REG.
Ray Baca	Canyon HS	4A	1	Erica Roberson	Timpson HS	1A	5
Rod Been	Gruver HS	1A	1	Rita Gonzales	Bowie HS	5A	6
Deborah Gonzales	Wichita Falls HS	4A	2	Rob Martin	Wimberley HS	3A	6
Skylah Hoffman	Cisco HS	2A	2	Hortencia Lancaster	Edinburg HS	5A	7
George Lutkenhaus	Northwest HS	5A	3	Don Woods	Woodsboro HS	1A	7
Denver Stone	Kaufman HS	3A	3	Tracey Borchardt	Odessa HS	5A	8
Tia Curry	Sherman HS	4A	4	Don Hood	Brownwood HS	3A	8
Bruce Keatts	Gunter HS	2A	4				

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



MEET YOUR 2010-11 TGCA 2ND VICE PRESIDENT

HIGH SCHOOL GRADUATED FROM: Coahoma High School

COLLEGES ATTENDED: The University of Texas

COLLEGE DEGREES: B.S. in Kinesiology

TEACHING ASSIGNMENTS: P.E.

COACHING ASSIGNMENTS: Girls Coordinator / Head Basketball

CHILDREN & AGES: Alexa (15), Abbie (13), Gage (7)

WHAT IT MEANS TO BE AN OFFICER IN TGCA: It is a privilege to serve as an executive officer of the TGCA. TGCA is a great organization, which truly has girl's athletics and its coaches as its top priority.

TGCA HALL OF FAME

TGCA HALL OF FAME INDUCTEES

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza

TEXAS GIRLS COACHES ASSOCIATION 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.

PHOTOS OF THE MONTH



PAST PRESIDENTS

TGCA PAST PRESIDENTS

NAME	YEARS	NAME	YEARS	NAME	YEARS	NAME	YEARS
Velma Harrison	1952-53, 1953-54	Shirley Hayworth	1970-71	Don Ford	1988-89	Alex Koulovatos	2006-07
Marvin Williams *	1954-55	Stanley Whisenhunt	1971-72	Donna Grant	1989-90	Debra Manley	2007-08
Mary Beccue *	1955-56	Leta Andrews	1972-73	Phil Swenson	1990-91	Lee Grisham	2008-09, 2009-10
Charles Womack *	1956-57	Bill Farney	1973-74	Rhonda Farney	1991-92		
Rose Farmer	1957-58	Janette Barlow	1974-75	Caylene Caddell	1992-93		
J.W. Booker *	1958-59	Bob Schneider	1975-76	Barbara Crousen	1993-94		
Peggy Hughes	1959-60	Gay Benson	1976-77	Pat Mouser	1994-95		
M.T. Rice *	1960-61	Buddy Ables	1977-78	Melynn Hunt	1995-96		
Jimmye Phillips	1961-62	Sandra Meadows *	1978-79	Sam Tipton	1996-97		
LeRoy Hoff *	1962-63	Ralph Newton	1979-80	Marianne Jones	1997-98		
Ellen Johnson	1963-64	Janie Fitzgerald	1980-81	Larry Goad	1998-99		
F.G. Crofford	1964-65	Mark Smith	1981-82	Brenda Kitten	1999-2000		
Zonelle Cornett*	1965-66	Diana Lewis	1982-83, 1983-84	Rob Young	2000-01		
Freeman Parish *	1966-67	Michael Adams	1984-85	Krista Malmstrom	2001-02		
Sandra Meadows *	1967-68	Judy Dunn*	1985-86	Ron Mouser	2002-03		
Mitch LeMoine	1968-69	Jim Kirkland	1986-87	Debbie Jaehne	2003-04		
Wayne DuBose	1969-70	Sue Cannon	1987-88	Ray Baca	2004-05		
				Leann Johnston	2005-06		

TVCA PAST PRESIDENTS

NAME	YEARS
Lenora Abston	1968-69, 1969-70
Dr. Margie Austin	1970-71
Jan Briggs	1971-72
Jane Arnett	1972-73
Arline Basye	1973-74
Marion Young	1974-75
Judy Bugher	1975-76
Waynette Dolan	1976-77
Norma Pullin	1977-78

TGCA ON FACEBOOK



Check out the new Texas Girls Coaches Association page on Facebook, become a fan, and tell us what you think. Post remarks, have discussions, give us your feedback on what's happening, and share it with your friends.



Photo Courtesy
**JENSEN PORTER |
PALO DURO
HIGH SCHOOL**

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, 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. 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.

NOMINATION DEADLINES

TGCA NOMINATION MEMBERSHIP DEADLINE IS NOVEMBER 1

CROSS COUNTRY NOMINATIONS

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 8th. Cross Country Sub-Varsity Coach of the Year nominations may be submitted at this time as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Sunday, May 1st.

VOLLEYBALL NOMINATIONS

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 15th. Volleyball Sub-Varsity Coach of the Year nominations may be submitted at this time, as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Sunday, May 1st.

ALL NOMINATIONS CAN BE MADE ON-LINE AT WWW.AUSTINTGCA.COM

* POST DEADLINE NOMINATIONS *

Nominations made after the on-line deadline will need to be submitted to regional representatives for presentation to the appropriate committee. Committee members are listed on the website under each sport. Academic All-State nominations should be submitted directly to the TGCA office.

UPDATE ON VOLLEYBALL ALL-STARS

TGCA will no longer accept VHS videos of All-Stars. All-Stars' skills/match play must be submitted on a standard DVD disk and be received by the TGCA office (1603 Manor Road, Austin, TX, 78722-2536) by 4:00 p.m. Monday, November 15th. The Volleyball Committee encourages nomination forms be accompanied by a school volleyball schedule, statistics and a DVD of the nominee. All-Star nominees will NOT be disqualified for not having a DVD.

For complete guidelines on submitting athletes/coaches for honor awards, please refer to the nomination guidelines under each sport on our website, www.austintgca.com.



ON-LINE NOMINATION INSTRUCTIONS

TGCA INSTRUCTIONS FOR ON-LINE HONORS NOMINATIONS

1. Access the TGCA website at www.austintgca.com.

2. Click on the sport tab at the top of the main page you are nominating honors for.

3. Click on "Nominate Athlete" in the menu on the left-hand side of the page. You will also use this for nominating honors for All-Star Coaches, Coaches of the Year, etc.

4. You will be required to log in at this point. Your user name is **ALWAYS** your TGCA membership number. If you don't know your number, please contact us and we will be happy to give it to you. Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password, and you will need to go through the complete log-in process over again, including changing your

password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number.

5. Once you've completed the log-in process, you will access a page that reads, "Welcome Coach" and your name. In the tabs menu at the top of that page, click on "Nominations."

6. Next click on the "Nomination Begin" category in the menu on the left-hand side of the page. If you nominated athletes last year, your nominations will appear from last year and will say "Locked." You can no longer access these nominations.

7. Click on the "Add Honors Nomination" category in the menu on the left-hand side of the page. Once you have nominated athletes, you can return to this page and see what nominations you have made by clicking on "List Honors Nominations."

8. Your E-mail information will be listed on this page. This is the E-mail address your nomination confirmation will be sent to. **PLEASE** be sure your

E-mail address is correct. If your E-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your E-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Select Category Step Two" button.

9. Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). Next click the button "Enter Nominee Info Step Three."

10. Complete the form by typing in the information requested in the "Update" field.

11. When you get to the "School: ISD" field, please begin typing your school. This is very **IMPORTANT!** Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct

school in this box and please pay careful attention to the school you select, making sure it is the correct school.

12. Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, please do so in the large text box at the bottom of the page.

13. When you have completed the form, please click the "Finish" button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Finish" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation E-mail, please contact us.

If you need assistance with any of this process, please contact us at adree@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.



ALL-STATE GUIDELINES

CHANGES TO ALL-STATE AND ACADEMIC ALL-STATE GUIDELINES

The Texas Girls Coaches Association Board of Directors approved the following changes to the guidelines for TGCA All-State and Academic All-State honors:

1) **Academic All-State:** Member coaches of the Texas Girls Coaches Association have the privilege of nominating senior athletes and senior members of the support staff of that sport to receive Academic All-State recognition. Athletes and support staff members named to the Academic All-State team will receive a certificate from TGCA.

Nomination forms are available on-line at www.austintgca.com, or one may call the office at 512-708-1333 to have a form faxed.

Nominees must fulfill the following requirements:

- A) Be a senior;
- B) Have an overall grade point average of 94 or above for grades 9-11;
- C) Must be a varsity participant or a member of the support staff for that sport;
- D) Be of good moral character.

2) **All-State Basketball Only:** Split conference 1A All-State honors into Division I and Division II with 20 members selected for each division. All other team sports and conferences: To increase athlete selections to 40 members per team.

NEWS & UPDATES

UIL MEDICAL ADVISORY COMMITTEE MAKES RECOMMENDATIONS FOR RULE CHANGES

October 12, 2010

AUSTIN, TX— As a result of the Medical Advisory Committee of the University Interscholastic League held on Oct. 3, recommendations to amend the UIL Concussion Management Protocol were made. The recommendations of the committee will be proposed to the Legislative Council Standing Committee on Athletics on October 17.

Under the recommendations, UIL member schools would follow all current National Federation of State High School Associations (NFHS) concussion management guidelines. Currently, the UIL follows the guidelines issued by the American Academy of Neurology.

These guidelines, along with additional information on concussions, will also be included in the 2011-12 UIL Parent Information Manual, the UIL website and other UIL publications.

The UIL Medical Advisory Committee's recommended amendments to the UIL Concussion Management Protocol include:

* A student-athlete who is suspected of sustaining a concussion must be evaluated by a licensed health care professional to determine if the student-athlete has sustained a concussion.

* If a licensed health care professional is not available, a supervising adult approved by the school district and who has appropriate training on concussion evaluation and management may evaluate student-athletes suspected of sustaining concussions.

* If a student-athlete sustains a concussion, he or she will not be allowed to return to play on the same day. Current guidelines stipulate that a student-athlete who sustains a concussion could return to play on the same day if the student was symptom free after 15 minutes of evaluation and testing.

* Return to play decisions will be made by a licensed health care professional, and after written clearance will follow a stepwise progression back to full participation.

* Any subsequent concussion sustained by a student-athlete will require further medical evaluation by a licensed health care professional, which could include a physical examination. Under the recommendation, written clearance by a licensed health care professional must be obtained for the student-athlete to return to practice or contests.

The Medical Advisory Committee serves as a permanent advisory committee to the UIL Legislative Council. The UIL Legislative Council and the Commissioner of Education must approve any amendments to the UIL Constitution and Contest Rules. If passed, the approved recommendations would take effect in the 2011-12 school year.

UIL LEGISLATIVE COUNCIL MEETING RESULTS

October 18, 2010

AUSTIN, TX— The UIL adopted new regulations for concussion management, but will continue to study increasing the distance for girls cross country after decisions handed down by the UIL Legislative Council on Monday.

Upon recommendation by the Medical Advisory Committee of the UIL, the Legislative Council unanimously passed an amendment to alter the current UIL Concussion Management Protocol, taking effect August 1, 2011. The UIL will adopt the regulations for concussion management currently in place from the National Federation of State High School Associations.

After extensive discussion of increasing the distance for girls cross country from 3,200 meters to 5,000 meters, the UIL Legislative Council instructed UIL staff to continue to study the issue for Conferences 4A and 5A only. The study, which could include a survey of Conference 4A and 5A school superintendents, will be presented at the meeting of the Standing Committee on Athletics in June 2011.

In other action, the Legislative Council approved a proposal to establish an initial set of contest rules to conduct a Chess Puzzle Solving pilot event in grades 2-8. If approved by the Commissioner of Education, the amendment will go into effect immediately.

The following items were approved by the Legislative Council on Monday, and will take effect August 1, 2011 if approved by the Commissioner of Education:

- * Allowing interschool football scrimmages to be scheduled after six days of contact practices instead of seven;
- * Allowing critiques when using panel judging in One-Act Play;
- * Allowing all players to participate in the team playoff in golf;
- * Adding verification period for all journalism contests;
- * Allowing three games to be substituted in place of a tournament in baseball and softball.

The Commissioner of Education must approve amendments passed by the UIL Legislative Council before they may take effect. Upon approval by the Commissioner of Education, all approved amendments will be published on The Leaguer at www.uiltexas.org/leaguer.

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.

OCTOBER 2010

- 29-30** Team Tennis: Regional tournaments
- 30** Cross Country: District certification deadline
- 30** Girls Basketball: First day for scrimmages
- 30** Volleyball: District certification deadline, all conferences

NOVEMBER

- 1-2** Volleyball: Bi-district, all conferences
- 4-6** Volleyball: Area, all conferences
- 5-6** Team Tennis: State Tournament
- 6** Cross Country: Regional meets
- 8** TGCA - 12:00 noon deadline for Cross Country Nominations
- 8** Girls Basketball: First day for interschool games
- 8** Wrestling: First day for meets & tournaments
- 8-9** Volleyball: Regional quarterfinals, all conferences
- 12-13** Volleyball: Regional, all conferences
- 13** Cross Country: State Meet
- 15** TGCA - 12:00 noon deadline for Volleyball Nominations
- 18-20** Volleyball: State Tournament
- 29** Soccer: First day for practice

DECEMBER

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

TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,
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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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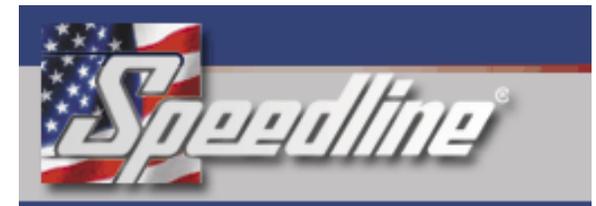
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