

TGCA



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**2010-11
 TGCA
 OFFICERS**

*Photo submitted by Susan West
 of Highland Park High School*

THE 5 P'S: PRIOR PREPARATION PREVENTS POOR PERFORMANCE

By Mitch Williams, Whitney HS

It never fails, when we begin to show up for cross country practice the weather is unbearable but then one early morning you begin to fill that cool fall weather. You start to realize that the meets are right around the corner and you need to get your meet going. You remember back to last year and think to yourself that you were really busy so you are going to plan ahead.

Now by no means do I claim to be a meet guru. I know some people who have put on many more meets than I have and do a better job. However, there are some common threads that work with any type of meet or tournament.

You pick a date and check to see if the course is available. Now let's send out invitations and publish the meet online and get the word out. I like to make things run as quickly and smoothly as possible without a lot of extra work so I have found a website that has helped tremendously and the best part is it's free. It manages your meet from beginning to end.



La Vernia High School cross country team at the San Antonio Northside Invitational.

Photo Courtesy **RICHARD HINOJOSA** | **LA VERNIA HS**

By now probably your first and maybe even your second meet have come and gone. If you are like me you have learned some things through trial and error to help your meet run more smoothly. I always make sure that our chute is not on a curve and I want at least twenty yards from my finish to my chute. I know that many of us have to double back on our course to increase

the distance. We put our loop at the first so there is no confusion and less chance of people being lapped. The marking of the course is also very important. If you have marked or outlined your course well, you spend less time on crowd control. This also allows you to use your workers more efficiently. The most important thing to have is good communication between the start, the finish,

and the results table. Everyone has to be on the same page. If not, you are just setting yourself up for headaches. We are going to use some technology this year that we haven't used before. Because of this we are going to use backups just to make sure we get things right. Always have a backup. A good meet is accurate, and quick with no problems. If you have a backup or maybe even 2 in place then you have taken care of 2 of these aspects. Fortunately, I tried to use my stopwatch the other day and it quit. Had I waited until the meet this could have caused a big problem.

I learned this saying many years ago from a great coach that I worked with. Prior preparation prevents poor performance. It's amazing in how many areas it applies. I hope you have a great meet this year. I will be happy to share what has worked for us or I can refer you to some who have helped me. Good luck, take care, run fast, and stay injury free.

CAREER VICTORIES

VOLLEYBALL

NAME	SCHOOL	# OF VICTORIES
Deborah Jaehne	Cy-Creek HS	800
Tanya Nygrin	Round Top Carmine HS	700
Sherri Hankins	Coppell HS	600
Mitzi Matthews	Dickinson HS	600
Terri Wells	Devine HS	500
Janiece Nelson	Hutto HS	500
Lee Grisham	Wimberley HS	500
Sue Rogers	Warren HS	400
Rebecca Woods	Los Fresnos HS	400
Kathy Stephenson	Cy-Falls HS	400
Donna Benotti	Cy-Fair HS	400
Michelle Winkenwerder	Shiner HS	300
Gary Lamar	Refugio HS	300
Patty Dominguez	Monahans HS	300

TRACK & FIELD

NAME	SCHOOL	# OF POINTS
Tanya Nygrin	Round Top Carmine HS	700
Bob Carter	Liberty Eylau HS	600

SOFTBALL

NAME	SCHOOL	# OF VICTORIES
Nilda Garcia	King HS	300

BASKETBALL

NAME	SCHOOL	# OF VICTORIES
Tommy Aldridge	Longview HS	900
Chuck Darden	Shallowater HS	700
Danny Buchanan	Woodville HS	600
Larry Goad	DeSoto HS	600
Tommy Gates	Navasota HS	500
Nancy Walling	Pflugerville HS	500
Micky Baker	Comanche HS	500
Tanya Nygrin	Round Top Carmine HS	500
Rachel Carmona	Edinburg HS	400
Mitzi Marquart	Cleburne HS	400
Curtis Enis	Saint Jo HS	400
Alex Koulovatos	Burkburnett HS	400
Jan West	Zavalla HS	400
Ann Roubique	Cy-Fair HS	400
Tawni Angel	Del Valle HS	400
Joe Pete Albert	Nocona HS	300
Kit Kyle Martin	Marcus HS	300
Robin Ramsay	Smithville HS	300
Wanda Talton	Bowie HS	300

CROSS COUNTRY

NAME	SCHOOL	# OF POINTS
Jerry Sutterfield	Highland Park HS	900
Paul Darden	Sundown HS	900
Tanya Nygrin	Round Top Carmine HS	700

*TGCA encourages all coaches to submit their information for Career Victories and Sub-Varsity Years of Service Awards for the 2010-11 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws", and then under "Awards" (Number X in the Directory)

YEARS OF SERVICE

SUB-VARSITY YEARS OF SERVICE HONOREES

NAME	SCHOOL	YEARS OF SERVICE
Vernon Kennedy	Ball HS	5
Jennifer Young	Snyder HS	5
Kelli Hood	Granger HS	5
Patrick Hinson	Pflugerville HS	5
Traci George	Barbers Hill HS	5
Tia Curry	Sherman HS	5
Haley Boydston	Orange Grove HS	5
Amy Yoder	Fredericksburg HS	5
LaDonna Brackens	Fairfield HS	5
Brenda Doyal	Windthorst HS	10
Michelle Richardson	The Woodlands College Park HS	10
Robert Daiker	Burkburnett HS	10
Sylonda Briscoe	DeSoto HS	10
Tammie Case	Thrall HS	10

NAME	SCHOOL	YEARS OF SERVICE
Kathy Smith	Irving Nimitz HS	10
Herschel Taylor	McKinney North HS	10
Kimberly Watson	Terra Vista Middle School	10
Willie Beal	DeSoto HS	10
Paula Jasek	Tidehaven HS (Retired)	15
Sara Sheppard	New Caney HS	15
Lee Rood	Craig Middle School	20
Irene Halbert	Red Oak Junior HS	20
Essie Faggett	Longview HS	20
JaNeen Eudy	Amarillo HS	25
Patti Williams	Granbury HS	25
Carla Sadler	Frenship HS	25
Karen Naumann	Marble Falls Middle School	25
Karen Plowman	Breckenridge Junior HS	30

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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
ELLEN ROBINSON LANGHAM CREEK HIGH SCHOOL

2009-10 CHAMPION COACHES

CROSS COUNTRY

NAME	SCHOOL	CONF
Rod Been	Gruver HS	1A
Starla Whiteley	Spearman HS	2A
David Park	Decatur HS	3A
Brittney Lanehart	Kingwood Park HS	4A

TRACK & FIELD

NAME	SCHOOL	CONF
Tim Green	Dallas Gateway Charter Academy	1A
James Crafton	Centerville HS	2A
Brad Dumont	Rice Consolidated HS	2A
Bob Carter	Liberty Eylau HS	3A

VOLLEYBALL

NAME	SCHOOL	CONF
Bryan Branch	Louise HS	1A
Patti Zenner	Poth HS	2A
Ryan Mitchell	Lovejoy HS	3A
Jason Culpepper	Randall HS	4A
Jan Barker	Amarillo HS	5A

SOFTBALL

NAME	SCHOOL	CONF
Shanna Roberts	Forsan HS	1A
Charles Pawelek	George West HS	2A
Kathy Barker	North Lamar HS	3A
Sherry Rogers	Midway HS	4A
Laneigh Clark	Pearland HS	5A

BASKETBALL

NAME	SCHOOL	CONF
Leland Bearden	Smyer HS	1A Div I
Andy Snider	Neches HS	1A Div II
Skip Townsend	Brock HS	2A
Robert Cochran	Liberty Eylau HS	3A
Candi Harvey	Timberview HS	4A
Ann Roubique	Cy-Fair HS	5A

GOLF

NAME	SCHOOL	CONF
Bobby Peschel	Salado HS	2A
Becky Hix	Monahans HS	3A
Rusty Herridge	Montgomery HS	4A
Charles Nowland	Westlake HS	5A

COACHES OF THE YEAR

2009-10 COACHES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	REG
Rod Been	Gruver HS	Cross Country	1A-2A-3A	1
Brittney Lanehart	Kingwood Park HS	Cross Country	4A-5A	5
Ryan Mitchell	Lovejoy HS	Volleyball	1A-2A-3A	4
Jason Culpepper	Randall HS	Volleyball	4A-5A	1
Leland Bearden	Smyer HS	Basketball	1A-2A-3A	1
Candi Harvey	Timberview HS	Basketball	4A-5A	3
Linda Bargainer	Academy HS	Track	1A-2A-3A	6
Cinda Baer	Timberview HS	Track	4A-5A	3
Charlie Mazac	Needville HS	Softball	1A-2A-3A	7
Rose Ruffino	Bowie HS	Softball	4A-5A	6

MAXPREPS STATS AND SCORES

MaxPreps, an affiliate of CBS Sports, is a FREE sports information service provided to you and your team as a membership benefit of the Texas Girls Coaches Association. *MaxPreps.com* aspires to cover, at no cost to TGCA members, every team, every game and every player. This tool will be extremely beneficial to you as a high school coach, your parents, fans, school administration, athletic directors and webmasters.

Please enter information on your team. As a member coach of TGCA, take the time to use MaxPreps to provide FREE hard-earned recognition for your team. MaxPreps is an on-line service designed to record your team's achievements. Go to www.maxpreps.com and enter your information today.

Check out the MaxPreps stats and scores on the MaxPreps widget at the bottom of the page.

Any coach who has not received their user name and password for their free MaxPreps team account should e-mail

Sam.Ritter@cbsinteractive.com, or
Buddy.Carlisle@cbsinteractive.com.



2009-10 SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	REG
Steve Walker	Spearman HS	Cross Country	1A-2A-3A	1
Ricardo Santiago	Odessa HS	Cross Country	4A-5A	8
Karen Wiggins	Caddo Mills HS	Volleyball	1A-2A-3A	4
Diane Hester	Franklin HS	Volleyball	4A-5A	8
Beth Stillwell	Rogers HS	Basketball	1A-2A-3A	6
Meka Gailliard	Cedar Hill HS	Basketball	4A-5A	3
Dianna Shelton	Bandera HS	Track	1A-2A-3A	8
Leisa Reed	Crowley HS	Track	4A-5A	3
Teela Locker	Abilene Wylie HS	Softball	1A-2A-3A	2
Toni Gafford	Frenship HS	Softball	4A-5A	1

ATHLETES OF THE YEAR

2009-10 ATHLETES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	COACH
Laurie Byrd	Round Top Carmine HS	Cross Country	1A-2A-3A	Tanya Nygrin
Sara Sutherland	Highland Park HS	Cross Country	4A-5A	Jerry Sutterfield
Lauren McDaniel	Lovejoy HS	Volleyball	1A-2A-3A	Ryan Mitchell
Sara Shaw	Westlake HS	Volleyball	4A-5A	Al Bennett
Lacee Logan	Sudan HS	Basketball	1A-2A-3A	Jason Cooper
Chiney Ogwumike	Cy-Fair HS	Basketball	4A-5A	Ann Roubique
Emily Koenig	Academy HS	Track	1A-2A-3A	Linda Barganier
Alyssa Diaz	Hereford HS	Track	4A-5A	Ray Baca
Brooke Keel	West HS	Softball	1A-2A-3A	Guyla Smith
Taylor Thom	Vista Ridge HS	Softball	4A-5A	Robin Brady

NEW SERVICE FOR TGCA MEMBERS

TGCA is pleased to announce a new service to its members. In conjunction with Grace Media, TGCA will be sending weekly e-mail blasts containing sports news from across the state and important news items from the TGCA office. These e-mails will be weekly and will contain important and up-to-date information. Don't be left out! Just type the link below into your web browser to add your name to the mailing list.

<https://app.e2ma.net/app/view:Join/signupId:60463/acctId:35572>

Please be sure your profile information is current and up to date. Just go to the website, www.austintgca.com, click on the "Membership Site" in the menu on the left-hand side of the page, and then click "Update Profile." You can change any information except your school. Please be sure your school does not have us blocked on your e-mail service as spam. We want you to be able to receive these important newsflashes containing weekly news and updates from around the state, and important information from TGCA that may impact your sport.

KAY YOW CANCER FUND™

KAY YOW CANCER FUND™

Charity of Choice for TGCA



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 web-site 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

Email – 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.



(Above) Marsha Sharp, Executive Director Kay Yow Cancer Fund™, and several golfers who participated in the 4Kay Golf Classic sponsored by Nike and held in Austin at Barton Creek Golf Course on Monday, September 13, 2010.



(Left) TGCA Executive Director Sam Tipton, left, with Kay Yow Cancer Fund™ Executive Director Marsha Sharp. Photos Courtesy TGCA

NOMINATIONS

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



Photos by AL KEY | SANGER HS

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.

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

TGCA INTRODUCES THE NEW IN-HOUSE JOB BOARD

It's new. It's improved. It's FUN! TGCA is very happy to introduce the brand new in-house job board, but it's not just a job board. Because it will do so many things, we've chosen to name it our Coaching Placement System, but you can still just call it the Job Board!

Why should you use the new Coaching Placement System? As a coach seeking employment, you can build an on-line resume, which you control as to who views it and when. Once your resume is entered, you can apply for a job with one click of the mouse. It's more important now than ever that you keep your coaching experience updated, because when you are building your resume, the system will automatically pull your coaching experience from your membership profile. Please check your profile and update it if you need to. This will save you a lot of time on your resume if your coaching experience is already updated. You also have the advantage of utilizing a job watch capability with the new Coaching Placement System.

Why should you use the new Coaching Placement System if you are an administrator? You have access to one of the largest girls' professional coaching

organizations in the nation. It provides search capabilities to find a coach that matches your job opening needs. You will have real time feedback and tracking of all job applicants and it's all organized for you right within the system. Also, as an administrator with a job opening, you will have access to an advanced notification system as your applicant's status changes.

In the near future, we will have an active link that anyone accessing the TGCA website can view and see what jobs have been posted, but you must be a member in good standing of the Association to access the details of any job, or to apply for a job through the website on-line.

The new system has a job watch capability, which will notify you by e-mail when a job matching the description you've posted becomes available. You decide whether or not you want to send your resume. Any jobs that match your specifications will be added to your job watch queue on the site.

You control your resume. Once you've entered it, it will appear on your "Manage My Job Resume" screen. Building your resume is very easy, as we have built a word processing system

directly into the Coaching Placement System. Once you've entered it, and until you are ready to publish it, no one can view your resume but you. Once you have published it, your resume becomes visible to those who have a published job opening only. There is basic information about how to contact you and where you are currently working. You decide how you want to be contacted and what information will be viewed in your resume.

There are several categories in the resume section. These include: Career Objectives; Special Skills; Degree Level; Foreign Language and Fluency Level; Experience/Honors Received; Professional Memberships; and Coaching Experience.

You access the Job Board just as you do the Game Board. You simply go to the website, www.austintgca.com, and click on the "Membership Site" category in the menu on the left-hand side of the page. You will be required to log in, but your log in information is the same as it is for any other time you log on to the system. No more having to remember a lot of different user names and passwords. Once you've logged in, there is a button entitled "Job Board" in a menu across the top of the page. Once

you click on that, then you just fill in the blanks, much like you do when accessing the Game Board.

As a service organization, TGCA has continued to bring new tools to the girls coaching profession. The Coaching Placement System is the newest in a long list of these tools. This system belongs to the member coaches, and is provided to our TGCA membership. The Coaching Placement System is not an outside profit based system, but an integrated part of the TGCA Membership Site, and is offered as a benefit of membership in the Texas Girls Coaches Association.

The Job Board is on-line and active at this time. Go on-line and check it out. You may not be looking for a job right now, but may be wanting to watch a particular area or school district. It's the perfect tool for doing that, just as it is the perfect tool for administrators looking to fill positions to match up the perfect candidate for their job openings.

We hope you will utilize this new benefit, and please remember that if you have difficulties or just have questions regarding the system, we are always available and happy to assist in whatever way we can. Have a great school year!



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

- 17-18 Legislative Council meeting, Austin
- 20 Girls Basketball: First day of practice
- 26 Team Tennis: District Certification Deadline
- 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

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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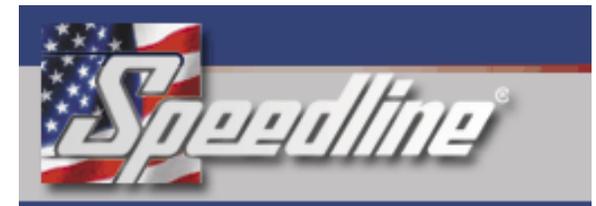
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