

TGCA



TGCA NEWS
APRIL 2012

Article.....2
 TGCA Hall of Fame.....3-4
 Photos of the Month.....5
 State Track Schedule.....6
 State Softball Tournament.....7
 TGCA Summer Clinic.....8-9
 Sub-Varsity News.....10-11
 TGCA Clinics.....12
 News & Updates.....13
 Insights on Health,
 Wellness and Exercise.....14
 Important Dates.....15
 Sponsors.....16

*Photo submitted by George G.
of Eastview High School*



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2011-12 TGCA OFFICERS

ARTICLE



CHANGE

By Mitch Williams, TGCA Track Committee Chair - Whitney HS

Oh what a terrible word. Most of us deal with it every year, a new principal, a new AD or a new room. Dare I mention the word TAKS or STAAR, no I think we will just leave those alone. Henry Ford believed in change. He changed the face of America with 1 simple idea, an assembly line. You see, he didn't invent the automobile, he just changed the way it was made. What about our Constitution, our founding fathers included a provision for this wonderful document to be changed.

As educators we should be used to change, but we still fight it most all of the time. We are creatures of habit. My wife loves to point this out to me often. We see it in health issues as well. What might kill us today becomes a healthy part of our diet or vice-versa. Or how about training routines, have we not all gone from thinking that girls should never lift weights, that they might end up looking like boys, that we don't need an off season, that girls are fragile, to realizing that girls can play sports just as well as boys?

Well then let's talk about the UIL. Everyday I hear people that don't necessarily commend our governing body on the immense and



Photo Courtesy **JOHN HUGHES**

relatively thankless job that they do. Yet every 2 years we look forward to the BIG change that happens to all of us; realignment. Almost instantly after it happens, we all then have conflicts. We always ask for change as long as it is in our favor. The current trend of the UIL seems to be that they are willing to change. For many years, they were viewed

as a policing agency. Well, I like to think that the change that the UIL has made by adding the 9th qualifier to the State track meet has been a wonderful change. They have also made the decision for the distance in cross country to be changed for the conferences who voted in favor of it and left it the same distance for the conferences that chose not to

change it. They have made several changes in trying to bridge the gap between officials and coaches. Aren't they doing what we have asked them to do? I am excited at the changes that may come our way. How about area track meets? What an opportunity. Change is kind of like eating spinach, try it you might just like it.

TGCA HALL OF FAME

Joni McCoy

Joni McCoy was born July 6, 1953 in Fort Worth, Texas to parents J.R. and Lorraine McCoy. She has an older sister, Lala, and a younger brother, Jim.



She attended Castleberry High School where she played volleyball under Coach Shirley Langdon. It was during that time that she decided that she had a passion to coach and teach. She graduated from the University of Texas at Arlington in 1976.

She started coaching at Arlington High School under Lynda Bradham. In 1982 she took the varsity job at the new high school, Arlington Martin. She retired in 2005 after 29 years with AISD. During this time she was a member of TGCA and served on committees, was chairman of the volleyball committee several times, and eventually served on the board of directors.

After retirement she moved to Salida, Colorado, where she works part time at Ark-Valley Humane Society, a true "no kill" animal shelter. The rest of the time she enjoys fishing, ATVing, rafting and gardening in the most beautiful country imaginable.

Lynn Davis Pool

TEACHING and COACHING EXPERIENCE

- Austin ISD Assistant Athletic Director 2009-present
- Work with eleven high schools and nineteen middle schools in AISD
 - Director for UIL Regional 1A Boys & Girls Basketball/Division I & II Tournament 2010 & 2011 Seasons Bowie High School in Austin/Girls Coordinator/Head Basketball 1990-2009
 - District Championships '91, '92, '06
 - Regional Semi-Finalist '93
 - Regional Quarter Finalist '96
 - Area Finalist '00, '06
 - Bi-District finalist '94, '97, '98, '02, '05
 - Also Coached Track and Volleyball

- The University of Texas at Austin/Assistant Coach to Jody Conrardt 1979/80—1989/90
- Defensive Coach
 - Camp Director
 - 10 NCAA/AIAW Tournament Appearances (Five #1 rankings)
 - SWC (South West Conference) Champions 1982-1990
 - SWC Tournament Champions 1982-1990
 - Final Four 1982(AIAW)/1986/1987
 - National Championship and Perfect Season 34-0 1986 (Lexington, KY)
- Lubbock Cooper High School in Lubbock/Girls AD/Head Basketball 1978-1979
- First year for the five player game for girls basketball 21-9
 - Also Head Track Coach
- Bachelor of Science Degree in Education from West Texas State University, 1978
- Played collegiate basketball Lady Buffs 1975-78
- Attended Wayland Baptist 1974-1975
- Play collegiate basketball for the Queen Bees coach by Marsha Sharp (graduate assistant)
 - Played with the Flying Queens in the National tournament coached Dean Weese
- Graduated from Canyon High School/Canyon, TX in 1974

- State Champions 1974 coached by Bob Schneider
- State Finalist in 1973 coached by Bob Schneider
- Two time all-state 1973/1974
- Two time all-state tournament 1973/1974
- TGCA All-Star coached by Gay Benson 1974
- TX/OK All-Star 1974



PROFESSIONAL ACTIVITIES

- TABC May 2012 Hall of Fame Inductee
- THSADA committee member for Hall of Honor for THSADA 2011/12-2013/14
- University of Texas at Austin Hall of Honor selection committee member 2007-2012
- TGCA President 2009—resigned to take Austin ISD Assistant Athletic Director position
- TGCA 2nd Vice-President 2007/Vice President 2008
- TGCA Basketball Committee Chairperson from 1994-1996/2004-2006
- TGCA TX-OK All-Star Coach 2006
- TGCA Regional VI Director 1996-2000
- NHSACA (National High School Athletic Coaches Association) Coach of the Year Finalist 1998
- TABC member/sub-committees/committees
- Head Floor Coach for four Olympic Festival Trials (California/twice in Mississippi/TX)
- 1984 Olympic Trials Head Floor Coach (Colorado Springs)
- Basketball Venue Staff 1984 Olympics (Los Angeles, CA)

Married to Roy D. Pool, Jr. and I have two sons. Winston Pool is 25 (1st year coach at Pflugerville High School) and married to Dr. Kim Boyd Pool (Veterinarian) and Dalton Pool is 20 (currently a sophomore at the University of Texas at Austin).

TGCA HALL OF FAME

Barbara Crousen

Forevermore, track and field head coach Barbara Crousen will go down in McMurry history as the first head coach to lead a team of any kind to a national championship at the school. Crousen guided McMurry's men to the NCAA III Outdoor National Championship in 2008, giving the school its first national title of any kind since it began intercollegiate athletic competition in 1923.

Crousen also holds the distinction of being the first-ever woman to coach a men's team to an NCAA national championship in any sport.

Since taking over the program in the summer of 1998, Crousen has helped McMurry become a consistent track power in the south region and nationally among NCAA Division III schools.

Since her first season in 1999, Crousen has led the men's team to 13-consecutive American Southwest Conference titles (1999-2011). The McM women's team has won 10 ASC championships (1999-2004, 2006-2009) under Crousen's guidance.

During that time, Crousen was named the ASC's men's Coach of the Year all 13 seasons and was named the women's ASC Coach of the Year nine times.

In 2011, she was named the men's South/Southeast Region Coach of the Year marking the eighth time she has earned that honor. Since the national title run, the McMurry men have placed second (2009), eighth (2010) and third (2011).

In 2006, she led the men's team to a fourth-place finish, and in 2007 and 2008, she coached the men's sprint relay team to two consecutive national titles as Hann Ollison, Bert Green, John Mikalik and Chris Kelley repeated as champs.

Crousen earned the nation's highest honor

in 2001 when she was named NCAA Division III National Coach of the Year. The women's program finished fourth overall at the national outdoor meet in 2001 and followed in 2002 as the national runner up.

166 all-America honors have been passed out to McMurry athletes since Crousen's tenure began in 1999, including 20 in 2011. 20 have earned academic all-America honors and she's coached 29 national champions between indoor and outdoor competitions. She also coached the South Region Athlete of the Year 14 times including four-time winner Hann Ollison (2006-09) and Kevin Cunningham in 2011.

Among Crousen's impressive career accomplishments are more than 200 conference champions, better than 200 additional all-conference finishers and 100-plus academic all-conference honorees.

Darcell Edwards, who may be the most prolific female athlete to compete in McMurry's track and field program, won six individual national championships under Crousen. Edwards still holds the NCAA Division III outdoor record for the

triple jump with a mark of 44 feet and two inches that she set in 2004. Edwards also qualified for the 2004 Olympic Trials in the triple jump.

Brad Parris, who is now Crousen's assistant, set the NCAA Division III record in the outdoor pole vault with a jump of 17 feet and nine inches in 2000. Parris' record fell in 2002.

A renowned clinician throughout the Lone Star state and well respected by her peers, Crousen is USA Track and Field Level I certified in the sport, certified in USA TF Level II for sprints and hurdles and a USATF Level I Lead Instructor.

She has been published in the Texas High School Coaches Association Magazine and has produced four track-related videos detailing tips on coaching and improving athletes' performance. She has had

five athletes attend the USA Junior Elite Olympics Training Camp in Colorado Springs, Colo., and San Diego, Calif.

Before coming to McMurry, Crousen worked in the Texas public school system for 32 years including a stint as Cooper High School's head track and cross country coach in Abilene. She also worked in the El Paso, Deer Park and Pasadena districts.

While working in the public school system, Crousen rolled up some impressive accolades, as well. She was the 1990 TGCA All-Star Coach and served as the TGCA's president in 1993. In 1995, she was the Abilene ISD Physical Educator of the Year and the TGCA track Coach of the Year.

Crousen was the National Federation State Director in 1996-97 and National Federation Track Coach of the Year in 1998. She has had five athletes attend the USA Junior Elite Olympic Training Center. In 2005, she was named a TGCA Honor Coach.

In addition to her coaching duties at McMurry, Crousen also serves McMurry as the senior woman's administrator for athletics as the school moves from NCAA III to NCAA Division II beginning in the Fall of 2012. Crousen also sits on the NCAA Division III Track and Field national committee.

Her husband, Joe, was the head football coach at McMurry for the 2005 and 2006 seasons. The couple has three children (Kevin, Kerri and Tamra), seven grandchildren (Cooper, Claire, Carson, Foster, Stealey, Levi and Ruby).



PHOTOS OF THE MONTH



STATE TRACK SCHEDULE

Sessions & Running Events

8 a.m. Friday, May 11 - 1st Session: 3200-Meter Runs - 1A, 2A, 3A & 4A
 6 p.m. Friday, May 11 - 2nd Session: 2A & 4A
 8 a.m. Saturday, May 12 - 3rd Session: 3200-Meter Run- 5A
 12 noon Saturday, May 12 - 3rd Session: 1A, 3A
 6 p.m. Saturday, May 12 - 4th Session: 5A

Friday, May 11

Field Events

9:00 a.m. Girls': 2A Long Jump; 1A Pole Vault-e
 Boys': 2A Discus; 2A Long Jump; 1A Pole Vault-w
 10:00 a.m. Boys': 2A High Jump
 10:30 a.m. Girls': 2A Discus; 4A Long Jump
 Boys': 4A Long Jump
 12:00 noon Girls': 1A Long Jump; 2A Pole Vault-e
 Boys': 1A Long Jump; 2A Pole Vault-w
 12:10 p.m. Girls': 2A High Jump
 12:30 p.m. Girls': 4A Discus
 1:30 p.m. Girls': 3A Long Jump
 Boys': 3A Long Jump
 2:00 p.m. Boys': 4A High Jump
 2:30 p.m. Boys': 4A Discus
 3:00 p.m. Girls': 4A Pole Vault; 2A Triple Jump
 Boys': 2A Triple Jump
 4:00 p.m. Girls': 4A High Jump
 Boys': 2A Shot Put
 4:30 p.m. Girls': 4A Triple Jump; 1A Discus
 Boys': 4A Triple Jump
 5:00 p.m. Girls': 2A Shot Put
 6:00 p.m. Girls': 1A High Jump; 4A Shot Put
 Boys': 4A Pole Vault; 1A Discus
 7:00 p.m. Girls': 3A Triple Jump
 Boys': 4A Shot Put; 3A Triple Jump
 8:00 p.m. Boys': 1A High Jump

Track Events - 3200 Meter Run

8:00 a.m. Girls' 2A 3200-meter run
 8:20 a.m. Boys' 2A 3200-meter run
 8:40 a.m. Girls' 4A 3200-meter run
 9:00 a.m. Boys' 4A 3200-meter run
 9:20 a.m. Girls' 1A 3200-meter run
 9:40 a.m. Boys' 1A 3200-meter run
 10:00 a.m. Girls' 3A 3200-meter run
 10:20 a.m. Boys' 3A 3200-meter run3

2A & 4A Track Events

(Schools will compete in the order 2A, 4A)

6:00 p.m. Girls' 400-meter relay
 6:10 p.m. Boys' 400-meter relay
 6:20 p.m. Girls' 800-meter run
 6:30 p.m. Boys' 800-meter run
 6:45 p.m. Girls' 100-meter high hurdles
 6:55 p.m. Boys' 110-meter high hurdles
 7:05 p.m. Girls' 100-meter dash
 7:15 p.m. Boys' 100-meter dash
 7:25 p.m. Girls' 800-meter relay
 7:35 p.m. Boys' 800-meter relay
 7:45 p.m. Girls' 400-meter dash
 7:55 p.m. Boys' 400-meter dash
 8:05 p.m. Girls' 300-meter low hurdles
 8:15 p.m. Boys' 300-meter intermediate hurdles
 8:25 p.m. Girls' 200-meter dash
 8:35 p.m. Boys' 200-meter dash
 8:45 p.m. Girls' 1600-meter run
 8:55 p.m. Boys' 1600-meter run
 9:05 p.m. Girls' 1600-meter relay
 9:15 p.m. Boys' 1600-meter relay

Saturday, May 12

Field Events

9:00 a.m. Girls': 3A Pole Vault
 Boys': 3A Discus
 9:30 a.m. Girls': 1A Shot Put
 10:00 a.m. Girls': 1A Triple Jump
 Boys': 3A High Jump; 1A Triple Jump
 10:30 a.m. Girls': 3A Discus
 11:00 a.m. Boys': 1A Shot Put
 11:30 a.m. Girls': 5A Long Jump
 Boys': 5A Long Jump
 12:00 noon Girls': 3A High Jump
 Boys': 3A Pole Vault
 Girls': 3A Shot Put
 1:00 p.m. Boys': 3A Shot Put
 2:00 p.m. Girls': 5A Discus
 2:30 p.m. Girls': 5A Pole Vault
 3:00 p.m. Girls': 5A Triple Jump
 4:00 p.m. Boys': 5A Discus; 5A Triple Jump
 Girls': 5A High Jump
 5:00 p.m. Boys': 5A Shot Put
 5:30 p.m. Boys': 5A Pole Vault
 6:00 p.m. Girls': 5A Shot Put
 7:00 p.m. Boys': 5A High Jump

Track Events - 3200 Meter Run

8:00 a.m. Girls' 5A 3200-meter run
 8:20 a.m. Boys' 5A 3200-meter run

1A & 3A Track Events

(Schools will compete in the order 1A, 3A)
 12:00 noon Girls' 400-meter relay
 12:10 p.m. Boys' 400-meter relay
 12:20 p.m. Girls' 800-meter run
 12:30 p.m. Boys' 800-meter run
 12:45 p.m. Girls' 100-meter high hurdles
 12:55 p.m. Boys' 110-meter high hurdles
 1:05 p.m. Girls' 100-meter dash
 1:15 p.m. Boys' 100-meter dash
 1:25 p.m. Girls' 800-meter relay
 1:35 p.m. Boys' 800-meter relay
 1:45 p.m. Girls' 400-meter dash

1:55 p.m.
 2:05 p.m.
 2:15 p.m.
 2:25 p.m.
 2:35 p.m.
 2:45 p.m.
 2:55 p.m.
 3:05 p.m.
 3:15 p.m.

Boys' 400-meter dash
 Girls' 300-meter low hurdles
 Boys' 300-meter intermediate hurdles
 Girls' 200-meter dash
 Boys' 200-meter dash
 Girls' 1600-meter run
 Boys' 1600-meter run
 Girls' 1600-meter relay
 Boys' 1600-meter relay

5A Track Events

6:00 p.m. Girls' 400-meter relay
 6:05 p.m. Boys' 400-meter relay
 6:10 p.m. Girls' 800-meter run
 6:15 p.m. Boys' 800-meter run
 6:25 p.m. Girls' 100-meter high hurdles
 6:30 p.m. Boys' 110-meter high hurdles
 6:35 p.m. Girls' 100-meter dash
 6:40 p.m. Boys' 100-meter dash
 6:45 p.m. Girls' 800-meter relay
 6:50 p.m. Boys' 800-meter relay
 6:55 p.m. Girls' 400-meter dash
 7:00 p.m. Boys' 400-meter dash
 7:10 p.m. Girls' 300-meter low hurdles
 7:15 p.m. Boys' 300-meter intermediate hurdles
 Girls' 200-meter dash
 7:25 p.m. Boys' 200-meter dash
 7:30 p.m. Girls' 1600-meter run
 7:35 p.m. Boys' 1600-meter run
 7:45 p.m. Girls' 1600-meter relay
 7:55 p.m. Boys' 1600-meter relay
 8:05 p.m.



Track and Field Committee, Thursday, May 10, 7:00 p.m. at the UIL Building, 1701 Manor Road
 Track and Field All-State Committee, Saturday, May 12, 8:00 a.m. at the UIL Building, 1701 Manor Road
 Sub-Varsity Committee, Friday, May 11, 1:00 p.m. at the UIL Building, 1701 Manor Road



STATE SOFTBALL TOURNAMENT

STATE SOFTBALL TOURNAMENT

Wednesday, May 30 - Saturday, June 2, 2012
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

Student, adult and children (2 years and older) tickets may be purchased at the gate. Children under 2 are free. The ticket window (on Comal St.) will open one hour prior to the first game. Pre-sale tickets are not available.

For information on public **parking** for the 2012 UIL Softball State Tournament, please visit the following website: <http://www.utexas.edu/parking/softball.html>.



TGCA SUMMER CLINIC

2012 TGCA SUMMER CLINIC

Arlington Convention Center

July 9 – 13, 2012

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Rangers Ballpark, Cowboys Stadium; and many more attractions. It is definitely a family oriented venue.

The TGCA All-Stars will be housed on the University of Texas at Arlington campus at Kalpana Chawla Hall, 901 South Oak Street.

All Star games and demonstrations will be held at the following venues:

- **Volleyball and Basketball** will both be at Lamar High School, 1400 Lamar Boulevard.
- **Softball** will be at Workman Complex, 709 East Arbrook Dr.
- **Track & Field and Cross Country demonstrations** will be at Lamar Cravens Field, 1400 Lamar Boulevard.
- **Track and Cross Country All-Star introductions** will take place during halftime of the 1A-2A-3A All-Star basketball game.

Sites will be posted to the agenda on the website as soon as they are finalized.

The TGCA Honor Awards Luncheon will be held Wednesday, July 11, 1:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 12th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic 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 to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 12th.

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 "2012-13 Printable Membership Form".

The 2012 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 "60th Annual Summer Clinic Program".

We look forward to seeing you in Arlington at the 2012 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



TGCA SUMMER CLINIC

TGCA SUMMER CLINIC

Arlington Convention Center
July 9-13, 2012

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 page of the website, 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.

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, "2012-13 Printable Membership Form". You can print the form out, complete it, and mail it with a check or credit card number or fax it with a valid credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536, fax (512) 708-1325.

ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 10, at 10:00 a.m., in the Arlington 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 12. 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 Arlington 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

Baymont Inn & Suites

2401 Diplomacy Drive
King, Queen/Queen -- \$83.00

Crown Plaza Suites Arlington

700 Avenue H East
King Suite/Double Suite -- \$105.00

Hilton Arlington

2401 East Lamar Boulevard
Standard King --\$110.00
Standard Double/King Deluxe --
\$120.00

Holiday Inn

1311 Wet N Wild Way
Standard King/Standard Double
Queens -- \$109.00

La Quinta Arlington North

(Next to Six Flags)
825 North Watson Road
Standard Doubles/Standard King/
King Accessible/King Deluxe --
\$105.00
All Suites -- \$119.00

Sheraton Arlington

1500 Convention Center Drive
Single/Double/Triple/ Quad --
\$122.00

**See page 5 for special note on
Sheraton Hotel**

Wingate by Wyndham

1024 Brookhollow Plaza Drive
Double Queens/King with sofa
sleeper/King (1 bed) -- \$95.00

Please take notice of the special note below regarding reservations at the Sheraton.

Special Note:

Sheraton Hotel - A deposit of one night's room and tax will be charged as of Friday, June 8, 2012. The deposit will be refundable for room cancellations made prior to Friday, June 8, 2012. Reservation cancellations after this date, will forfeit the full deposit amount. Changes to the reservations regarding arrival and departure dates will be accepted until three days prior to the arrival date, with no penalty.

YOUTH ATHLETIC DEVELOPMENT TRAINING...ABSOLUTELY CRUCIAL!

Implanting an Athletic Development Program presents a myriad of challenges for coaches, including: large numbers of kids in various stages of pubescence and physical development, mandatory protocols, time constraints, space availability and resource limitations -- just to name a few. These are some of the many issues A to Z has assisted 1000's of coaches with over the years, implementing strategies to help them better develop and effectively train their athletes. When it comes to safe athletic development, we have found that coaches typically want to know: *When, Why, How to & How Much?*

We must all be aware that the age-appropriate developmental process of a child starts at the point they formally become physically active (organized sport participation and/or any level of physical play activity; ages 7 & Up). Although the early years are critical for neurological and fundamental foundational development, all too often this stage is misguided (or neglected). For further information on this topic, see the Mayo Clinic's article on youth strength training: <http://www.mayoclinic.com/health/strength-training/HQ01010> (current as of April, 2012).

Some of the most important factors often overlooked are the progressions necessary to build a solid foundation in pre-pubescent adolescence upon which continued development can occur throughout their life. Due to the ever-growing reality of select sports, trainers, skill coaches, etc., another extremely important aspect of this process is the recognition, understanding, accountability and education pertaining to "cumulative stress." Stress is cumulative

and a misunderstanding of this truth can lead to over-use and result in long-term negative effects.

The 3 biggest issues we see in young athletes are:

1. Overtraining
2. Under-training
3. Injury (often resulting from issues 1 and 2)

So what is the key to implementing a successful program? Answering the four questions: *When, Why, How to & How Much?*

When? Coaches continue to ask us "How can we better prepare our athletes for next year? Incoming freshman kill our programs, slow our advanced athletes and require tremendous time and attention." Our response is...what have you done until now? We should always cultivate *early*, placing emphasis on teaching through the *middle school years and earlier if possible!* The teaching process is crucial to your athletes and the developmental speed and progression of your programs. Participating in "Skill" specific training is valuable, yet the speed and strength those skills are executed at determines an athlete's level of play -- and should never be neglected or delayed until high school.

Why? Our response: Why Not? All too often coaches get too caught up in the rushed process of "Hurry up and just do something" or "We don't have enough time to do anything." Both perspectives are hazardous to the future development of athletes -- and if you have 25 minutes, you can get quality activity done in that time. "Like Money & Food -- Some is Better than



A TO Z | BUILDING BETTER COACHES

None!" In the words of Kirk Thor, Assistant AD Mansfield ISD, "The training our MS Coaches received from A to Z has positively impacted the developmental process and preparation of our athletes and helped our HS programs tremendously!"

How To? The first step in the physical/athletic developmental process is assessing and identifying an athlete's current performance level while keeping in mind your objectives and capability. After a benchmark is in place, it is imperative to move forward by building the appropriate capacity required to reach the goals you have set. This process should include the perfect execution of bodyweight exercises prior to adding additional weight-bearing loads. Success will be attained by teaching proper form, function, systemic and nerve response, thus safely training muscles. Remember that when it comes to training, stress is cumulative and all resistance is relative -- again, something is better than nothing and too much of any one thing is usually not healthy!

The "key" to preparing a young athlete is sequential: (1) Develop their "core" (from the knee to the chest). The "core" area supports, connects and protects the body in addition to being the primary control

CONTINUED ON PAGE 11

SUB-VARSITY NEWS

YOUTH ATHLETIC DEVELOPMENT TRAINING...ABSOLUTELY CRUCIAL! (CONTINUED)

CONTINUED FROM PAGE 10

system for propelling the body (Movement & SPEED!) (2) Prepare joints and auxiliary muscles to support the heavier loads of the major muscles involving compound/complex movements. (3) Focus on alternating stressors among the major muscle groups (push, pull, legs) with slow, increased progressions in repetition, volume or load.

See the following bodyweight and low resistance example {bands, med balls, etc.} **Day 1** – 3x10 push-ups, 3x10 horizontal pull ups, 3x10 body squats. **Day 4** – 3x12 push-ups, 3x12 horizontal pull ups, 3x12 body squats – while this doesn't seem like much by the numbers, it represents a 20% increase to the athlete. In weight training, this protocol would be entirely too substantial (this early) as we would look for a 5-7% increase every 10-12 sessions or about every 4-6 weeks of training. Do the math: +/-8 months of training per year, all year in school results in +/-40% increase excluding summer. When you incorporate 2 summer months of dedicated training, the outcome is +/-60% every year, conservatively.

How Much? Training frequency should always be evaluated by total cumulative bouts on the body in a given period of time leading up to the day of competition. In layman's terms, it breaks down this way: resistance training -- in season 2X per week, off season 3-4X; speed/agility/conditioning -- in conjunction with, or integrated into, normal practice activities; otherwise perform

on the non-lift days. Under changing and/or irregular conditions, you can do a combined training of both effectively each day with an emphasis on what you feel is needed most or lacking in your existing training. NEVER get caught up in the one-dimensional redundancy of only running, or only lifting; you will not fully develop your athletes!

Once an athlete has been properly prepared, and is performing at the desired level, it is crucial to maintain a year-round strength and conditioning regimen (in-season, off-season and summer) to avoid regression. Summer is undisputedly the absolute best time to make major improvements due to the lack of alternative stress factors (academics, team athletics, etc.). Every summer we see athletes completely move to the next level, transforming in 8 weeks or less!

Science proves strength losses are experienced after +/- 96 hours, conditioning diminishes after +/-12 days and neurological stimulus should be exercised daily. Remember, *some is always greater than none* and consistency wins every time! Keep in mind, however, that athletes should wave load (load and unload according to their seasonal and/or performance based periods), thus training intelligently year-round to mitigate injury. Establishing 4-6 week training cycles -- including light, moderate, heavy, repeat (as defined by repetition, volume or load) and maintaining an alternating stressor protocol (push-pull-leg) including single and double limb regiments, is ideal.

Just as we hope our students are effectively and progressively educated academically, morally and ethically, our goal is to apply that same enthusiasm and philosophy to their physical development. We believe in giving coaches the best possible education and training to allow them the opportunity to learn, develop and implement effective training practices to the best of their ability.

The premise of this message is to emphasize the importance of year-round athletic development, and highlight the vital role it plays in our young athletes' lives before, during and beyond sports. Like you, we are committed to getting students involved in athletics, keeping them involved in athletics and optimizing the athletic experience.

Please look forward to our upcoming newsletter articles on the following subjects:

- Summer Training- In-Season for Athletic Development
- Training the Female Athlete- Definitely Different
- Injury Management- Mitigating Risk: Pre-During & Post Injury Training

We thank you for your time, appreciate your passion for making kids' lives better through sports & fitness and hope you have gained some valuable insight about the development process!

A few facts about A to Z you may not know:

The A to Z Advantage: *We take time to teach and instill age-appropriate, cognitive training techniques to maximize the develop-*

ment of coaches & athletes at every level.

1. We have over 30 years' experience in training athletes from 7 years of age to the Pro level.

2. We work with >50 districts in the state of Texas including: Southlake, Mansfield, Highland Park, Northside, Richardson, Dallas, Plano, Spring Branch, Austin, Houston, and Alamo Heights, to name a few.

3. We have personally trained >4000 coaches and impact >250,000 students per year in Texas.

4. We address injury management and cumulative stress of residual training principles

5. We helped save the athletic period in Austin ISD through adoption of our formalized curriculum.

6. A to Z is the innovator in creating and providing a complete Athletic Development Curriculum for schools.

Our goal is to NEVER stop learning from you...better ways to serve you!

Play with Passion, Train for Life... A to Z

Thank You,

Ronnie Natali: President & Founder, Youth Athletic Development Specialist

Ronnie@atozcoach.com

www.atozcoach.com

TGCA CLINICS

TGCA 2012 SPORTS CLINICS

2012 SUMMER CLINIC

Arlington Convention Center
Arlington, Texas
July 9 – 13

2012 EL PASO SPORTS CLINIC

El Dorado High School
12440 Rojas Drive
El Paso, Texas
May 4 - 5

2012 SAN ANTONIO SPORTS CLINIC

Churchill High School
12049 Blanco Road
San Antonio, Texas
May 18 - 19

2012 HOUSTON SPORTS CLINIC

Spring Branch Memorial High School
935 Echo Lane
Houston, Texas
June 13 - 14

Cost of attendance is \$60 per satellite clinic. Agendas can be found on the TGCA website at www.austintgca.com, and registration can be done on-line or by printing a form from the website.

KAY YOW CANCER
FUND™
Charity of Choice for TGCA



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against cancer. The new website is now up and running: www.kayyow.com. We encourage you to go to the website for more information, and for any and all questions concerning Kay Yow charitable events, please contact:

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

www.kayyow.com

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.

NEWS & UPDATES

TGCA CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

§ Coaches must be members of the Texas Girls Coaches Association in order to be honored.

§ Only victories compiled in varsity girls' sports will be counted.

§ Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record.

Volleyball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Basketball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Soccer: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Golf: Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level.

Golf points are determined by the following system:

10 points for each year a varsity head coach

- 10 points for each district championship
- 1 point for each regional qualifier (team: 6 points)
- 3 points for each state qualifier (team: 12 points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (no individual points)

Track & Field and Cross Country: Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Points will be awarded on winning a track meet. Dual or triangular meets do not count.

Note: Cross Country and Track & Field points must be totaled separately.

Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier (relays: 2 points)
- 3 points for each state qualifier (relays: 6 points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (no individual points)

Softball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Deadline for submitting accomplishments is May 30

NOTE: TGCA IS NOW HONORING CAREER VICTORIES IN GOLF AND SOCCER, PER CRITERIA LISTED ABOVE

TSWA NOMINATIONS

Coaches are asked to submit nominations for the Texas Sports Writers All-State Softball Team to Jack Stallard of the Longview News-Journal ASAP when their season has concluded.

Please include the player(s) name, school, classification of school, grade and any available statistics. If a player is a standout at more than one position, please list the position you would most like for her to be considered for the all-state team (or list her as a utility player).

Deadline for nominations is the Tuesday following the UIL State Softball Tournament.

Please email nominations to jstallard@news-journal.com.

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.

10 WAYS TO EXERCISE AT YOUR DESK

By Dr. Jim Peterson, Coaches Choice

1. Eye exercise. To exercise the muscles that move your eyes, roll your eyeballs in wide circles - first in a clockwise direction three times and then counterclockwise three times. Repeat this sequence as desired. Similar to all desk exercises, perform this exercise periodically throughout your work day (i.e., once every 30-60 minutes).

2. Wrist exercise. To exercise your wrists, extend your arms in front of you and raise and lower your hands several times (i.e., flap your hands and wrists up and down). Then rotate your hands 10 times - alternating palms up and palms down. Repeat this sequence five times.

3. Hand and finger exercise. To exercise your hands and fingers, make a fist and hold it tight for approximately two seconds. Then, place your palms down and spread and hold your fingers wide apart for five seconds. Repeat the sequence five times.

4. Shoulder exercise #1. To exercise your shoulders, lift and roll your shoulders forward five times and then backwards five times. Use a wide circular motion and try to keep your head straight and motionless while moving your shoulders. Repeat this sequence as desired.

5. Shoulder exercise #2. Another way to

exercise your shoulders is to shrug your shoulders up toward your ears. Hold the position for approximately two seconds and then recover to the starting position. Repeat the sequence five times.

6. Upper back and shoulder exercise. To exercise your upper back as well as your shoulders, reach your arms up overhead, alternating right and left arm in a climbing motion. Repeat the sequence 10 times on each side.

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

7. Lower-back exercise. To exercise the muscles in your lower back while in a seated position, bend down between your knees toward the floor, reaching as far as you can with your hands (palms flat). Hold briefly, then return slowly to the upright position. Make sure your chair is steady first before doing this exercise. Repeat the sequence five times.

8. Hamstring exercise. To stretch your hamstrings while in a seated position, lock your

hands together around your knees and pull your knees to your chest and hold for approximately five seconds. Then release your hands and return to the starting position. Repeat the sequence five times.

9. Neck exercise #1. To exercise the muscles that rotate, flex and extend your neck, slowly turn your head far to the left and hold for three seconds. Then, turn far to the right and hold for three seconds. Next, drop your chin gently to your chest before returning your head slowly to the upright (starting) position. Repeat the sequence five times.

10. Neck exercise #2. To exercise the muscles that move your neck laterally, slowly lower your left ear to your left shoulder; then return slowly to the upright position. Continue the exercise by touching your right ear to your right shoulder and then returning to the starting (upright) position. Repeat the sequence five times.

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.

MAY 2012

- 1 Golf: State Meet, 4A & 5A
- 1 Tennis: State Meet
- 1 Softball: Bi-district deadline
- 1 TGCA: Sub-Varsity Coach of the Year Deadline, 12 Noon
- 3-4 Golf: State Meet, 1A, 2A & 3A
- 4-5 TGCA: El Paso Sports Clinic
- 5 Softball: Area deadline
- 7 TGCA: Track Nomination Deadline, 12 Noon
- 10 TGCA: Track Committee Meeting, 7 PM (UIL Building)
- 11 TGCA: Sub-Varsity Committee Meeting, 1 PM (UIL Building)
- 11-12 Track & Field: State Meet
- 12 TGCA: Track All-State Committee Meeting, 8 AM
- 12 Softball: Regional quarterfinal deadline
- 18-19 TGCA: San Antonio Sports Clinic
- 26 Softball: Regional playoff deadline
- 28 TGCA: Softball Nomination Deadline, 12 Noon
- 30-31 Softball: State Tournament
- 31 TGCA: Softball 1A, 2A & 3A All-State Committee Meeting, 8 AM

JUNE

- 1-2 Softball: State Tournament
- 1 TGCA: Softball Committee Meeting, 8 AM (UIL Building)
- 1 TGCA: Softball 4A & 5A All-State Committee Meeting, 8 AM
- 3 TGCA: Board of Directors Meeting, 11 AM (UIL Building)

* TGCA * CALENDAR OF EVENTS

TGCA has added a calendar of events as a new feature to the website. The calendar contains nomination deadlines, committee meeting and Board of Director meeting dates and times, and many other events. It is also linked to the UIL calendar for easy reference. Just click on the Calendar tab in the menu at the top of the page to access the calendar.

TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,
1603 Manor Rd.,
Austin, TX 78722-2536;
(512) 708-1333,
(512) 708-1325 (fax),
tgca@austintgca.com (e-mail);

It is published nine times per year, September through May.

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Administrative Assistant: Audree Tipton, Audree@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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