

TGCA



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*Photo submitted by Bric Turner of
Tulia High School*

2011-12 TGCA OFFICERS

ARTICLE



THE IMPORTANCE OF A GOOD “ROLE/BENCH” PLAYER

By Wes Overton, TGCA Past President - Midland Lee HS

Every coach, at one time or another, has had good or even great teams with great players, and with these players come different levels of success. While these teams have had good short stops, point guards, setters, or goalies the team’s success usually depends on that “bench” or “role” player. For whatever reason— injury, foul trouble or a starter having a bad day—the player on the bench is asked to come in and provide good quality minutes. Is it easy? Heck NO!! The bench player is without a doubt the hardest position on the team. So, what are the characteristics of a good “role player.

At the beginning of each season, I write down the athletes I think will be on varsity, and then I write down who I think the starters will be. I then look at the remaining players whose starting position will be “on the bench” and evaluate if they have what it takes to be a good “role” player? These players must possess certain qualities to be able to handle coming off the bench. They must first be a team player. Sometimes “role” players could actually be starters with special skills such as being a good defensive player, a good scorer or even a good hitter, but the coach may think the team is better with them coming in off the bench. This is sometimes very difficult to understand or accept.



Photo Courtesy VICKIE BENSON

Second, the “role “ player must be a versatile player. The more positions they can learn and perform, the more the chances their playing time will in-

crease. Third, they must be unselfish and understand their role. They cannot feel sorry for themselves if their playing time is not what they think it

should be. Fourth, the player coming off the bench must be positive, upbeat and encourage their teammates. They must work hard in practice and not be a complainer. Usually the “role” players are the hardest workers because they want to show the coach that they deserve to be playing. Fifth, they must remain focused and aware of what is happening in the game so that they are ready to go in at any given time in any situation. Finally, the “role” player must value their position and want to make a difference and not just be a sub that comes into the game and runs up and down the court or stands in right field. They must make a strong effort to make a positive contribution to the team.

The good “role” player realizes that her “time will come”. This really takes a special person because most competitive athletes want to be starters—it takes great maturity to be a good role player. So the next time you pick teams and select starters ask yourself or even the girls on the bench if they possess the characteristics listed above. If they do, then you may have the missing piece of the puzzle to help you have the championship season your program has worked so hard for.

SOFTBALL COMMITTEE



2011-12 SOFTBALL COMMITTEE

NAME	SCHOOL	CONF.	REGION	NAME	SCHOOL	CONF.	REGION
Landon Winton	LUBBOCK COOPER HS	3A	1	Shorty DeCuir*	HAMSHIRE FANNETT HS	3A	5
Robby Dickenson	FRENSHIP HS	4A	1	Brook Fontenet	PORT NECHES GROVES HS	4A	5
Crystal Robinson	CISCO HS	2A	2	Alfonso Chavez	YOE HS	2A	6
Shay Cox	ABILENE HS	5A	2	Robin Brady	VISTA RIDGE HS	4A	6
Tommy Tomlinson	BOWIE HS	3A	3	Scott Mann	YOAKUM HS	3A	7
Perry Young	BURLESON HS	4A	3	Jill Barranco	MACARTHUR HS	5A	7
Mark Comfort	SABINE HS	3A	4	Lee Curry	GREENWOOD HS	3A	8
Heather Damron**	WYLIE HS	4A	4	Lee Summers	UVALDE HS	4A	8

*Chair

**Vice Chair

SUB-VARSITY COMMITTEE



2011-12 SUB-VARSITY COMMITTEE

NAME	SCHOOL	CONF.	REGION	NAME	SCHOOL	CONF.	REGION
Matt Hoelscher	HEREFORD HS	4A	1	Michael McLain*	KINGWOOD HS	5A	5
Misty Williams	TERRA VISTA MS	4A	1	Jenny Adcock	MEMORIAL HS	5A	5
Chase Pennington	CLYDE HS	2A	2	Wanda White	YOE HS	2A	6
Amanda Williams	BIG SPRING HS	3A	2	Maureen Marek	BELLVILLE HS	3A	6
Sylonda Burns	DESOTO HS	5A	3	Monique Nelson	BRAZOSPORT HS	4A	7
Melanie Green	NORTHWEST HS	5A	3	Judy Scheffler	POTH JUNIOR HS	2A	7
Lauren Williams	BROWNSBORO HS	3A	4	Sylvia Sandoval	FRANKLIN HS	5A	8
Catherine Cooper	HARMONY HS	2A	4	Dianna Hester**	FRANKLIN HS	5A	8

*Chair

**Vice Chair

CROSS COUNTRY AWARDS

CROSS COUNTRY ATHLETES OF THE YEAR



— **Tylo Farrar**

Conference 1A-2A-3A
Spearman High School, Coached by Starla Whiteley

— **Sarah Roe**

Conference 4A-5A
Southlake Carroll High School, Coached by Justin Leonard



CROSS COUNTRY COACHES OF THE YEAR



— **Sid Whiteley**

Conference 1A-2A-3A
Sunray High School

— **Ray Baca**

Conference 4A-5A
Canyon High School



TGCA MEMBER CROSS COUNTRY COACHES WHOSE TEAMS WON UIL STATE CHAMPIONSHIPS

NAME	SCHOOL	CONF.
Rod Been	Gruver HS	1A
Starla Whiteley	Spearman HS	2A
Jerry Sutterfield	Dallas Highland Park HS	4A
Justin Leonard	Southlake Carroll HS	5A

VOLLEYBALL AWARDS

VOLLEYBALL ATHLETES OF THE YEAR

Andie Malloy

Conference 1A-2A-3A

Lovejoy High School, Coached by Ryan Mitchell

Amy Neal

Conference 4A-5A

Lake Travis High School, Coached by Jennifer Kazmierski

VOLLEYBALL COACHES OF THE YEAR

Denise Johnson

Conference 1A-2A-3A

Tarkington High School

Julie Green

Conference 4A-5A

Coppell High School

TGCA MEMBER VOLLEYBALL COACHES WHOSE TEAMS WON UIL STATE CHAMPIONSHIPS

NAME	SCHOOL	CONF.
Andrea Hutchins	Water Valley HS	1A
Patti Zenner	Poth HS	2A
Ryan Mitchell	Lucas Lovejoy HS	3A
Jennifer Kazmierski	Lake Travis HS	4A
Julie Green	Coppell HS	5A

2011-12 VOLLEYBALL ALL-STAR COACHES

Conference 1A-2A-3A East

Head Coach

Carolee Musick, White Oak High School

Assistant Coach

Rickey Phillips, Gatesville High School

Conference 1A-2A-3A West

Head Coach

Clark Oberle, Argyle High School

Assistant Coach

Courtney Pesterfield, Lubbock Cooper High School

Conference 4A-5A East

Head Coach

Kathy Stephenson, Cy Falls High School

Assistant Coach

Tara Domel, Richmond Foster High School

Conference 4A-5A West

Head Coach

Julie Green, Coppell High School

Assistant Coach

Jason Culpepper, Canyon Randall High School

NEWS & UPDATES

* NEW MEMBERSHIP BENEFIT *

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$3,000 Accidental Death & Dismemberment (AD&D) benefit through your membership. This benefit is NO cost to you.

Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family 20%-60% on vision care, hearing care and prescriptions. In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren.

Please keep an eye out in the coming weeks for a notification letter of these benefits with full details.

* ATTENTION *

TO ALL COACHES: Please go on-line and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed.

We would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.

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

DON'T FORGET TO NOMINATE FOR THE FOLLOWING AWARDS

TGCA 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.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls' athletics.

OTHER NOMINATION REMINDERS

- Nominations for Sub-Varsity Coach of the Year in all sports are now open. The deadline to make nominations is May 1, 2012.

- Basketball, Golf and Soccer nominations are now open on-line. The deadline to make nominations is the Monday prior to each sports' state tournament.

CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, 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.

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 May 30

INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 WAYS TO BE KIND TO YOUR SPINE

By Dr. Jim Peterson, Coaches Choice

1. Engage in a properly designed exercise program. A sound exercise program for the back includes exercises to stretch and strengthen back muscles (particularly the extensor muscles) and the muscles supporting the back. Avoid any activities that place undue stress on the back (i.e., any exercise that involves hyperextending your back).

2. Keep your abdominal muscles in top condition. Frequently referred to as “anterior back muscles,” the abdominal muscles play an important role in supporting your back. A protruding stomach can lead to lordosis (sway back), a condition that places considerable stress on the posterior elements on the spine.

3. Maintain good posture while standing. Good posture begins with your head and your pelvis. Get them properly aligned, and the rest of your body will fall into line. If you must stand for an extended period of time, don't stand in the same position for too long.

4. Assume a proper position while sitting. The best position is one in which you keep your knees level with your hips and your feet flat on the floor.

5. Sit only in chairs that minimize the

stress on your back. The chair should have armrests because the support provided by armrests helps to ease the load on your spine. The chair should also be adjustable in height so that you can obtain the proper sitting position.

6. Maintain proper body mechanics while traveling by car. Put a pillow or a rolled-up towel behind your back to support it. If you have to be in the car for an extended period of time, stop every hour or so and get out to stretch and walk around. If you're driving, put your car seat into a comfortable position as far forward as possible so that you can avoid overreaching for the pedals.

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

7. Wear comfortable shoes. Comfortable, orthopedically sound shoes make it easier to maintain proper posture and minimize undue stress on your back. High-heeled shoes should be avoided because they shift the body's weight forward and place extra

strain on the back.

8. Adhere to proper lifting techniques. Stand close to the object you're lifting, with your feet apart. Bend your knees, keeping your back as straight as possible. Tighten your stomach muscles before you lift. Lift with your legs - not your back. Hold the lifted object close to your body.

9. Keep your body fat at a minimum level. By shedding extra pounds you reduce the load that your spine must carry and your back muscles must support. As a result, you reduce the stress your back must handle.

10. “Do your best and leave the rest.” Sage advice for reducing and coping with stress - perhaps the most frequent cause of back pain.

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.

JANUARY 2012

- 12 Soccer: First day for games
- 15 Athletics: Deadline to accept plans for next school year
- 20 Softball: First day for practice
- 30 Softball: First day for interschool scrimmages

FEBRUARY

- 4 Swimming & Diving: District certification deadline
- 10-11 Swimming & Diving: Regional meets
- 11 Girls Basketball: District certification deadline
- 13 Softball: First day for interschool games
- 13-14 Girls Basketball: Bi-district
- 16-18 Girls Basketball: Area
- 20-21 Girls Basketball: Regional quarterfinals
- 24-25 Girls Basketball: Regional
- 24-25 Swimming & Diving: State Meet
- 27 TGCA: Basketball nomination deadline

MARCH

- 1-3 Girls Basketball: State Tournament
- 1 TGCA Basketball All-State Committee Meeting; 5 PM
- 2 TGCA Basketball Committee Meeting; 12 PM
- 4 TGCA Board of Directors Meeting; 11 AM

* 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);

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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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