

TGCA



TGCA NEWS
FEBRUARY 2012

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2011-12 TGCA OFFICERS

*Photo submitted by Lou Jackson
of Tomball Memorial High School*

ARTICLE



PRACTICE ORGANIZATION AND PLANNING

By Matthew Kirschner, TGCA Basketball Committee Chair - Liberty Hill HS

We all know the importance of practice. I would like to take a few moments and discuss some ideas which you might want to consider when you are planning your practice. We all have different conditions affecting our practices. Some of you practice early in the morning; others have athletics during the day followed by practice after school, while others have athletics at the end of the day followed immediately by practice. All of these conditions will affect how you plan practice.

Here at Liberty Hill, we have athletics at the end of the day followed by our practice time. There are some days in which we have a late practice from 5:30-7:30 pm. So it takes time for me to plan each practice. I do not have a set routine for practice. I vary practice each and every day. It keeps the practices upbeat and not monotonous. I want my players to come in each day not knowing what to expect. Our basic weekly schedule is on Monday (game prep), Tuesday (Game Day-we will work out during the period if we are playing at home), Wednesday (is a shooting, running, and lifting day), Thursday (game prep), Friday (Game Day-we will work out during the period if we are playing at home), and Saturday (is a shooting, running and lifting day).

I also keep drill times to a mini-



Photo Courtesy **BRIC TURNER**

mum. Most of my drills run anywhere from 6 to 10 minutes. I do, however, have a few drills that take about 12 minutes to complete. The reason I keep the times down is because it keeps practice at a quick pace. We jump from drill to drill. This rapid change helps with the focus of my players. Also, they have realized it makes practice go by quickly. I still remember my first practice with the girls at Liberty Hill. When we were finished, they could not believe how quickly practice went.

At Liberty Hill, most of our drills are full court in nature, which helps in conditioning. I am not a fan of just putting players on the line and run-

ning for conditioning purposes. I have noticed I get a better response from my players in these drills. All of our warm-up drills are full court. I get my conditioning in during practice and do not have to use time at the end of practice for conditioning purposes. One of the main reasons for our full court drills is because we run an all out pressing system and an up-tempo transition offensive system. We try to incorporate this into our practice by using the full court drills.

After warm-up, we will work on fundamental drills. I vary what fundamentals we work on each day. We will work on shooting daily, but we will work on ball handling and pass-

ing also. In addition, we have several drills in which we work on footwork. As I watch the game more, I feel footwork is becoming a lost art in basketball. It is a vital skill that is often being neglected. We will do all of our fundamental work at the beginning of practice and emphasize it through out practice.

Next, we work on our defense during practice. Since we press, we work on this skill every day. We utilize several press breakdown drills. After the breakdown drills, we will put it all together and go all out in our press. We rely heavily on our full court press, and I am willing to concentrate on it a majority of the time. I am constantly asked how we transition from defense to offense so fast. Most of our press drills end in the offense turning the ball over, and we transition immediately for a layup. I rarely stop a drill until the ball is dead. I am constantly working on our transition game. We will do the same for our half court defense. We will go through some type of shell work or any drill I have to come up with to work on specific needs I see from watching film. While running our half court defense, we will transition to offense on every possession. I teach my players to transition on made shots, missed shots, and

CONTINUED ON PG. 5

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 a site to be determined.
- **Softball** will be at Workman Complex, 701 East Arbrook Drive.
- **Track & Field and Cross Country demonstrations** will be at a site to be determined.
- **Track and Cross Country All-Star introductions** will take place at 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

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.

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.



PRACTICE ORGANIZATION AND PLANNING (CONT.)

CONTINUED FROM PG. 2

turnovers. Yes, this does take up some of our defensive drill time, but it fits within my philosophy.

After working on defense, we will spend time working on our offense. I usually take a few minutes for play polish (5 on 0). During this time, I correct any timing issues I have seen on film or add in new plays. We run a variety of offenses, so at this point I to answer any questions my players might have. We also will work baseline out of bounds plays and sideline out of bounds plays.

We will then go against a defense that I feel we will see in our next game(s). We will try to run all our sets versus these defenses. While we run our offenses, we will transition into our press on each possession. We do this no matter if it is a made shot, missed shot, or turnover. This practice allows us to work on our defensive transition game. Some would think this takes away from our offense, but our defense leads to our offense; thus, I feel it is important to work on this aspect daily.

Usually at this point we will end practice by shooting free throws. I want us to shoot them when we are tired. We

will also shoot them during the middle of practice before we get a drink of water. Depending on the day, we have a consequence for missing free throws. Usually they run a lap for each miss. My players have slowly improved their free throw accuracy.

At Liberty Hill, we will work on different aspects of the game and also situations. At least once a week we work on our pregame routine throughout the season. I feel the better my players are focused in pregame the better they will play. We also work on situations daily; we cover the tip off alignment, free throw alignment (both offensively and defensively), and late game situations. I vary these up day to day and week to week.

As you can tell, my practice organization and planning is not easy for me, but it has paid off with our recent success. The players also seem to really enjoy coming to practice and are more willing to work hard. Again, remember to vary your practices, keep drill times to a minimum, use full court drills to help with conditioning, and work on fundamentals daily. Besides working on your offense and defense, make sure to include time to work on all game situations.

GIRLS BASKETBALL TOURNAMENT

2012 GIRLS BASKETBALL TOURNAMENT

Frank Erwin Center - March 1-3, 2012

Thursday, March 1, 2012

Conference 1A Division I Semifinals
8:30 a.m. - Sudan vs. Snook
10:00 a.m. - Martin's Mill vs. Kerens

Conference 3A Semifinals
2:00 p.m. - Celina vs. Lorena
3:30 p.m. - Liberty Hill vs. Abilene Wylie

Conference 4A Semifinals
7:00 p.m. - Mont Belvieu Barbers Hill vs. Mansfield Summit
8:30 p.m. - Victoria East vs. Rockwall

Friday, March 2, 2012

Conference 2A Semifinals
8:30 a.m. - Brock vs. Tuscola Jim Ned
10:00 a.m. - Edgewood vs. Poth

Conference 1A Division II Semifinals
2:00 p.m. - Lipan vs. Whitharral
7:00 p.m. - Neches vs. Moulton

Conference 5A Semifinals
3:30 p.m. - Duncanville vs. Houston Cypress Falls
8:30 p.m. - Spring Dekaney vs. San Antonio Reagan

Saturday, March 3, 2012

8:30 am Finals Conference 1A - Division I

10:00 am Finals Conference 3A

2:00 pm Finals Conference 2A

3:30 pm Finals Conference 4A

7:00 pm Finals Conference 1A - Division II

8:30 pm Finals Conference 5A

2012 UIL Girls State Basketball Tournament Parking Information

There are several parking garages available to the public on the University of Texas campus, as well as the area surrounding the Frank Erwin Center. Here is a brief list of some parking garages and locations around the Frank Erwin Center:

University of Texas-Trinity Parking Garage

Located at the corner of Trinity and Martin Luther King Blvd. (MLK), one block northwest of the Frank Erwin Center. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/trg.html>

University of Texas-Brazos Garage

Located at the corner of Brazos and Martin Luther King Blvd. (MLK), two blocks northwest of the Frank Erwin Center. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/brg.html>

University of Texas-Manor Garage

Located at the corner of Clyde Littlefield and Robert Dedman Drives, across the street from the football stadium. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/mag.html>

Texas State Office Parking Garages/Lots

There are several state office parking garages and lots within walking distance of the Frank Erwin Center. These lots are reserved for state employees with a permit on Thursday and Friday until 6 p.m., but are available to the public for a fee after 6 p.m. on weekdays and all day Saturday.

For Mobility Impaired Visitors

University parking spaces for persons with disabilities are reserved for the University Class "D" Permit holders from 7:30 a.m. to 4:00 p.m. Monday through Friday. Those visitors with disabilities displaying the appropriately approved state plate or placard may park in any University parking garage space reserved for the persons with disabilities and pay normal parking fees.

Additionally, these visitors may park at surface disabled spaces after 4:00 p.m. with no University permit. They must display their appropriately approved state plate or placard. There is no fee for this parking.

Also, please note that Lot 108 (on the south side of the Erwin Center) meets stringent A.D.A. regulations. There are 29 spaces re-

served for patrons who show a mobility impaired placard or plate. Consequently when those spaces are full, all others will be turned away until a space is available.

Access to the parking lot on the north side of the Erwin Center by the flagpoles is restricted to employees of that building until after 5:00 p.m. After 5:00 p.m. it will be restricted to mobility impaired guests with placards / license plates.

There are also mobility-impaired parking spaces in front of the Erwin Center along Red River Street. The mobility-impaired entrance is on Red River Street. Mobility impaired guests can enter here or be dropped off and meet their parties after the vehicle is parked.

Capital Metro

Additionally, Capital Metro offers extensive bus service throughout Austin, including several park-and-ride lots. Call (512) 474-1200 for more information and be sure to ask when the last bus leaves the Erwin Center and the available service on Saturday. For more information, visit the Capital Metro web site at www.capmetro.org.

Shuttle buses to and from Highland Mall will not be available throughout the basketball tournaments.

GIRLS BASKETBALL/VOLLEYBALL

UIL STATE GIRLS BASKETBALL TOURNAMENT HOTEL VENUES

TGCA will have special rates for the Girls State Basketball Tournament at the following venues:

Crowne Plaza Austin, 6121 North IH-35, (512) 323-5466
\$109.00 per night.

Call the hotel directly and ask for the TGCA rate. The Austin Crowne Plaza has also set up a direct link for room reservations for TGCA members. The link can be found on the TGCA website at www.austintgca.com.

Omni Southpark, 4140 Governor's Row, (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. The Austin Omni Southpark has set up a direct link for TGCA for our members when making reservations to get the TGCA rate. The link can be found on the TGCA website at www.austintgca.com.

LaQuinta Hotels, Various Locations

The rate will be the TGCA rate contracted with the LaQuinta Hotels.

Make your reservations online and use the code TGCA, or call the particular hotel of your choice and use the TGCA promotional code.

NOTE: Not all LaQuintas will honor the TGCA rate during the state tournament.

VOLLEYBALL UNIFORM REQUIREMENTS TO CHANGE IN 2016

National Federation of State High School Associations News Release:

INDIANAPOLIS, IN (February 28, 2012) — In an attempt to more clearly distinguish between the libero and other team members, uniform requirements will be changing in high school volleyball.

The National Federation of State High School Associations (NFHS) Volleyball Rules Committee, at its January 9-11 meeting in Indianapolis, approved new uniform requirements that will take effect in 2016. All rules changes passed by the Volleyball Rules Committee were subsequently approved by the NFHS Board of Directors.

The revised rule will require the libero to wear a uniform top that is immediately recognized from all angles as being in clear contrast to and distinct from the other members of the team. The libero and/or his/her teammates shall wear a solid-colored uniform top. The solid-colored uniform top shall clearly contrast from the predominant primary color(s) of the teammates' uniform top, with the predominant color(s) being the color(s) appearing on approximately half of the uniform.

Other requirements of the solid-colored

top are 1) the sleeves shall be the same color as the body of the uniform top; 2) piping/trim no wider than 1 inch in total at its widest point may be placed along the seams and may be a different color(s) than the uniform top; 3) lettering and collars may be different color(s) than the uniform top; and 4) numbers shall be a contrasting color to the uniform top and meet all other specifications in Rule 2-2-4.

"Some uniforms were affecting the officials' ability to identify the libero and determine legal playing action," said Becky Oakes, NFHS director of sports and liaison to the Volleyball Rules Committee. "The tradition is that volleyball is a sport with colorful uniforms. Because there has been increasing difficulty identifying the libero because of uniform design, the rules needed to make sure the libero was easily identified."

The rule will take effect July 1, 2016, which should give uniform manufacturers time to make the necessary changes and allow high schools to make uniform changes in their normal budgeting process and not incur additional expense, according to Oakes.

The committee also made a change to Rule 10-3, which deals with illegal alignment penalties.

The rule now states, "Illegal alignment is charged when an illegal substitute is identified in the set after the whistle/signal for serve and results in a loss of a rally/point."

Oakes said that the committee wanted to add consistency to the rule and that a team should face the same consequences regardless of whether it plays an illegal libero or an illegal substitute.

In addition, some changes were made to the responsibilities for referees.

In Rule 5-3-4d, prior to a deciding set, the second referee shall conduct the coin toss at the officials table. The second referee shall then confirm with the first referee the result of the coin toss. Formerly, the coin toss would take place at center court, and the first referee had the option of conducting the coin toss or passing it off to the second referee.

"This rule change will give the second referee some extra responsibility," Oakes said, adding that the committee believes that the change

will be a much more efficient procedure.

Referees now will be required to carry a watch, per a change to Rule 5-2-2, to serve as an alternate to the visual timing device in the event of a malfunction with the on-site device.

The final rule change comes with the increasing presence of electronic media in high school sports. Rule 11-2-3 now allows state associations to determine the number of electronic media time-outs transmitted for matches and to have the option to reduce the number of charged time-outs.

A complete listing of all rules changes approved by the committee is available on the NFHS Web site at www.nfhs.org. Click on "Athletics & Fine Arts Activities" on the home page, and select "Volleyball."

Volleyball is the third-most popular girls sport and 13th-most popular boys sport at the high school level according to the 2010-11 NFHS High School Athletics Participation Survey. There are 409,332 girls at 15,479 high schools and 50,016 boys at 2,078 high schools participating nationwide.

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.

TGCA RESOURCE CENTER

The Texas Girls Coaches Association has entered into a contract with Coaches Choice to establish a Resource Center for member coaches of TGCA. The Resource Center will go online and become available to TGCA member coaches in February. Coaches Choice will absorb the cost to develop and manage the Resource Center for TGCA. The Resource Center will offer an array of products (books, DVDs, posters). These products will come from a variety of publishers that feature cutting-edge information for coaches at all competitive levels and interest. These products will be offered in both hard copy and digital format (streaming, downloads, e-books). TGCA members will receive a discount on all purchases off the suggested retail price. There will also be made available to TGCA members a selection of TGCA clothing. Coaches Choice will develop a DVD streaming option on which filmed TGCA professional development sessions will be available online. TGCA and Coaches Choice will work together to facilitate possible relations and projects with other organizations. The two entities will work together to identify and develop possible products to be offered by the Resource Center. Coaches Choice will assist TGCA with the development of instructional DVDs that are designed to further the mission of the organization. "I want to express the sincere gratitude of myself and TGCA to Dr. Jim Peterson and Coaches Choice for the monumental partnership agreement developed between the two parties. This contract will allow the Texas Girls Coaches Association to have a Resource Center specifically designed for TGCA and the coaches of girls' athletics in all sports. This agreement establishes a TGCA Resource Center that will be continually expanding, and will make available an unlimited source of educational materials for our member coaches from various outlets in a variety of delivery methods at a discounted price."

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.

INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 NON-DRUG APPROACHES FOR PREVENTING OR MANAGING HYPERTENSION

By Dr. Jim Peterson, Coaches Choice

1. Reduce your weight. Keeping your weight at a reasonable level is the single most important modifiable factor in the prevention of hypertension in our society (particularly among overweight hypertensive patients).

2. Exercise regularly. Existing data suggest that low-intensity (between 50-70% of VO_{2max}) aerobic exercise performed on a regular basis reduces the likelihood that a person will develop hypertension. Regular low-intensity exercise also lowers the systolic blood pressure (average reduction of 10 points (mm Hg)) and diastolic blood pressure (8 points) in hypertensive patients. Recent evidence also indicates that the circuit-type weight training produces a mild to moderate BP-lowering effect in people with mild hypertension.

3. Restrict salt intake. Dietary salt reduction has been shown to lower blood pressure (BP) in some salt-sensitive - but not all - individuals. Lowering the amount of salt in an individual's diet tends to be a more effective treatment for older, black, or more severely hypertensive patients.

4. Limit consumption of alcohol. Several cross-sectional studies have shown an association between high alcohol intake and elevated BP. In people with hypertension, alcohol consumption causes increases in BP and interferes

with the effectiveness of drug therapy.

5. Manage your stress. Stress-management techniques such as biofeedback, relaxation training, and yoga have all produced modest BP decreases (4-6 points) in some mildly hypertensive patients.

6. Increase your intake of calcium. Numerous epidemiological studies have demonstrated that an inverse relationship exists between dietary calcium intake and BP. Furthermore,

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

intervention studies have shown that increased dietary calcium consumption (a daily calcium consumption between 800-1200 milligrams, which is within the range of the RDA for calcium) produces modest reductions (4-6 points) in the BP of some people with the high blood pressure.

7. Increase your intake of potassium. A growing number of controlled studies have documented a modest BP-lowering effect (5-7 points) of increased potassium intake in people with mild hypertension particularly among

blacks. On the other hand, individuals with impaired kidney function, the elderly, or patients receiving certain antihypertensive medications should not excessively increase (exceeding 6000 mg/day) their potassium intake.

8. Increase your intake of fiber. Plant fiber given alone or in combination with a low-fat, low-sodium diet has been observed to lower BP in hypertensive people by an average of 4-8 points.

9. Increase your intake of magnesium. Initial research studies suggest that a low dietary intake of magnesium is associated with an increased risk for hypertension.

10. Stop Smoking. While no evidence exists that cigarette smoking causes long-term increases in BP, compelling evidence is available that smoking increases a hypertensive patient's risk for a heart attack or stroke. Also, it has been clearly established that cigarette smoking reduces the effectiveness of other antihypertensive therapies.

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 Stair-Master. 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.

MARCH 2012

- 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
- 27 Soccer: District Certification Deadline, 4A
- 30-31 Soccer: Bi-District, 4A
- 31 Soccer: District Certification Deadline, 5A

APRIL

- 2-3 Soccer: Area, 4A; Bi-District, 5A
- 5-7 Soccer: Sectional, 4A; Area, 5A
- 9-10 Soccer: Regional Quarterfinals, 4A & 5A
- 12 Golf & Tennis: District Certification Deadline
- 13-14 Soccer: Regional, 4A & 5A
- 14 Track & Field: District Certification Deadline, 2A-5A
- 14 Track & Field: 1A Area Certification
- 16-19 Golf & Tennis: Regional Meets
- 19-21 Soccer: State Tournament
- 24 Softball: District Certification Deadline
- 27-28 Track & Field: Regional Meets, All Conferences

* 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,
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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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