

# TGCA



**TGCA NEWS**  
*JANUARY 2012*

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*Photo submitted by LaNell Whitaker of  
 Olton High School*



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**2011-12 TGCA OFFICERS**



## THE ULTIMATE GAME PLAN

By Donna Benotti, TGCA President - Cy-Fair HS

As I reflect on the season and begin to review my game plan for our upcoming offseason, I decided to look through some of my off-season plans I had done in the past. I wanted to make sure I had a solid game plan going in to this year's off-season. While I was going through the information, I had the TV on (mostly background noise) and something caught my attention. I turned towards the television, and started to watch an interview. A local news anchor asked the question, "Did you know that 60% of Americans have no idea how much money they will need in retirement?" As I heard the statistic, I began to think about myself. Like many of the coaches I know, retirement is something in the future and planning now is a waste of time because we are all too busy. As the interview continued, I began to reconsider my initial reaction. I realized something alarming; I am more prepared for a three month off-season than I am for my life after coaching!!

After visiting with coaches, watching all the negative economic news and finally opening my "Retirement" statement, I realized I need to spend some time focusing on my Ultimate Game Plan. As Coaches, we view our life through the lens of a season. For me, that "lens" is Volleyball season, which starts in August and runs through November. After the season, I focus on the off-season until school is out and my

attention is turned back to the upcoming season with a brand new team. After thinking about the news piece, I realized that one day I will no longer be coaching; I will no longer have to worry about the new season or the off-season. I can honestly say, I am not prepared for my life after coaching.

We all have our own unique goals, and I'm sure you'd like to feel more confident that you're en route towards that goal. To help reach them, we all need an effective, easy-to-understand roadmap to keep headed in the right direction – especially given the unforeseen twists and turns that lie ahead.

The more I thought, the more I realized that preparing for retirement is much like the season that we coach.

### COACHING ROADMAP:

- First: We have a pre-season.
  - A. We check our players physicals
  - B. We check our players conditioning
  - C. Communicate and set our team goals
  - D. We get the right players in the correct position
  - E. We have written practices that we focus on to make sure we are getting the most out of practice
  - F. We get our schedules ready, secure our travel and issue equipment.
- Second: We have a regular season.
  - A. We develop a game plan for each



Photo Courtesy MIKE NICOLETTI

- game
  - B. We practice
  - C. We make sure kids are eligible
  - D. We play games and tournaments
  - E. We make game time adjustments

- Third: We have a post-season
  - A. We scout out opposing teams, even teams we may play later

**CONTINUED ON PG. 8**

# 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](http://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](http://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 CLINICS

## TGCA 2012 CLINICS

TGCA will be hosting its annual Summer Clinic and three Satellite Sports Clinics in 2012. Registration for all Clinics will open February 1st, both on-line and by mail. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Summer Clinic" category and the "Forms" category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to print, complete it and either snail mail with a check or fax with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. Agendas for all clinics are available on the main page of the website. We sincerely hope you will join us at one or all of our Clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

### 2012 SUMMER CLINIC

Arlington Convention Center

Arlington, Texas

July 9 – 13

### 2012 SAN ANTONIO SPORTS CLINIC

Churchill High School

San Antonio, Texas

May 18 – 19

### 2012 EL PASO SPORTS CLINIC

El Dorado High School

El Paso, Texas

May 4 – 5

### 2012 HOUSTON SPORTS CLINIC

Site to be Determined

Houston, Texas

June 13 – 14

## TGCA RESOURCE CENTER

By Sam Tipton, TGCA Executive Director

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."



# NEWS & UPDATES

## 2012 TGCA MEMBERSHIP RENEWAL, SUMMER CLINIC AND SATELLITE CLINIC INFORMATION

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2012-13 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2011-12 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check or fax with a credit card number.

There are a few changes to the Membership Site this year, which you will notice when you log in. To access the Membership Site, simply go to the website, [www.austintgca.com](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "Membership Site". On the Home Page of the Membership Site, you will notice on the left-hand side of the page the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information

may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to update your coaching experience. You need to be sure and keep that up to date to build your on-line resume.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. The Silver Package is Summer Clinic registration only and does not include membership renewal. Both of these packages are \$50.00. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$100.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. You must be a member of TGCA to attend Summer Clinic.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may

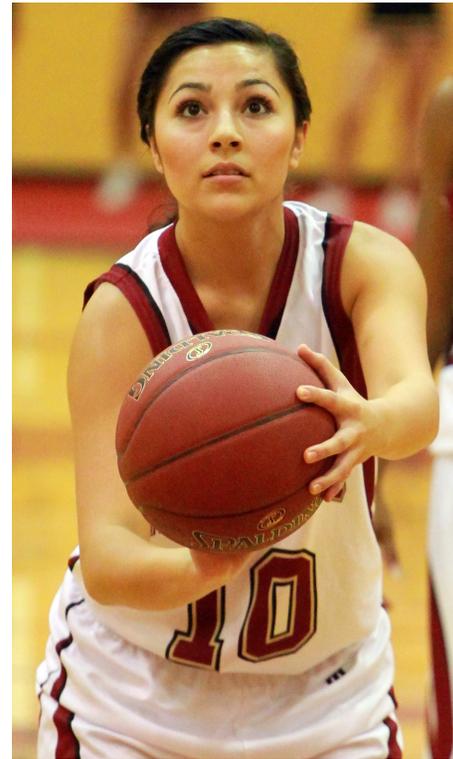


Photo Courtesy LARRY VILLA

have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Clinic you wish to register for. TGCA is pleased to announce we have added San Antonio to our list of Satellite Clinics for 2012. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Clinics is

\$60.00. This includes your 2012-13 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Clinic and pay an admittance fee of \$30.00 if you have already paid the \$50.00 renewal fee for your 2012-13 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal only in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

# 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](http://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

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Kay Yow Cancer Fund™  
PO Box 3369

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[www.kayyow.com](http://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.

# TGCA AWARDS CRITERIA

## TGCA AWARDS CRITERIA

### 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.

### 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](http://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, Soccer and Softball nominations are now open online. 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, 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. Information may be e-mailed in Word format.

**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 the 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

# PHOTOS OF THE MONTH

## VARSITY



## SUB-VARSITY



## THE ULTIMATE GAME PLAN (CONT.)

### CONTINUED FROM PG. 2

- B. Move kids up
- C. Arrange a practice game
- D. Play until we lose or the ultimate gold
- E. Secure Travel

### RETIREMENT ROADMAP: Preparing for life after coaching

- First: We have a pre-season.
  - A. We give ourselves a FINANCIAL PHYSICAL—We have to know what we are working with
  - B. We check the CONDITION of Retirement Portfolios
  - C. We set our RETIREMENT GOALS; Understand and identify and have a vision of what we want retirement to look like.

D. We have WRITTEN FINANCIAL GAME PLAN that we focus on to make sure we can reach our goals

- Second: We have a regular season.
  - A. We MONITOR our FINANCIAL GAME
  - B. We make sure the Investments are working effectively
  - C. We make ANNUAL Adjustments to keep us on track and give us the best chance to WIN in retirement
- Third: We have a post-season
  - A. We change our investment from regular season to post season, we want our investments to pay us in retirement (Which is post season).
  - B. Arrange ANNUAL REVIEWS
  - C. We play the game and make sure we don't out-live our retirement assets

As many of you know, the invest-

ment world is difficult to understand and seems complicated. Although the above is really basic, by creating a retirement "game plan", I can better understand the entire investment process. I hope this starts you thinking that we must focus on ourselves with the same intensity as we do our players, jobs, and season.

Below is a few websites that may help you determine the **ULTIMATE FINANCIAL GAME PLAN** for you.  
TEACHER RETIREMENT SYSTEM OF TEXAS:

<http://trs.state.tx.us/>

CFP BOARD: CERTIFIED FINANCIAL PLANNER BOARD:

<http://www.cfp.net/learn/>

# INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

## 10 REASONS WHY WARMING UP IS IMPORTANT

By Dr. Jim Peterson, Coaches Choice

- 1. Increases the degradation of oxy-hemoglobin.** Breaking down the chemical complex of oxygen and hemoglobin results in the release of oxygen from the blood, enhancing the delivery of oxygen to the exercising muscle.
- 2. Increases body temperature.** The elevation in body temperature produced by warming up reduces the potential for skeletal muscle injuries and connective injuries, since cold muscle and tendons have been shown to be more susceptible to injury resulting from the ensuing activity.
- 3. Increases blood flow to the exercising muscles.** The greater level of blood reaching the muscles involved in the activity aids in the delivery of the fuels (e.g., glucose and free fatty acids) required for energy production.
- 4. Increases blood flow to the heart.** A greater level of blood delivered to the heart reduces the potential for exercise-induced cardiac abnormalities (e.g., electrocardiographic disturbances), reducing the potential for myocardial ischemia.
- 5. Decreases the viscosity of the muscle.** Reduced muscle viscosity increases the suppleness of the muscle, thereby

enhancing the mechanical efficiency and power of the exercising muscles.

- 6. Causes an early onset of sweating.** The earlier onset of sweating promotes evaporative heat loss and as a result decreases the amount of heat stored by the body. This will help to prevent an individual's body temperature from rising to dangerously high levels during (more strenuous) exercise.

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

- 7. Enhances the speed of transmission of nerve impulses.** As nerve impulses are conducted at a faster rate, neuromuscular coordination tends to improve, resulting in better performance of certain motor tasks.
- 8. Increases the blood saturation of muscles and connective tissues.** A higher level of blood reaching the muscles, tendons and ligaments involved in the activity increases the elasticity of these tissues, resulting in a safer, more effective perfor-

mance of stretching exercises.

- 9. Prepares the cardiovascular system for the upcoming (more strenuous) physical activity.** Warming up helps to ensure that the cardiovascular system (heart and blood vessels) is given time to adjust to the body's increased demands for blood and oxygen.
- 10. Prepares the muscular system for the upcoming (more strenuous) physical activity.** Warming up provides a transition from a resting state to strenuous exercise, and may reduce the likelihood that excessive muscular soreness will be a concomitant result of strenuous activity.

*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](http://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.

## FEBRUARY 2012

- 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
- 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

## \* 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](http://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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