

TGCA



TGCA NEWS
MARCH 2012

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2011-12 TGCA OFFICERS

*Photo submitted by Denver Stone
of Kaufman High School*



THOUGHTS FOR ASSISTANT COACHES

By Kari Bensed, TGCA 2nd Vice President - Centennial HS

These are a few things I have learned through the years and I think all assistant coaches should know to help make a program more successful. Yes, assistant coaches, I am talking to you. I was an assistant for 20 years and have had many assistants in my 29 years as a head coach. These are the things I feel are worthy of talking about. Don't worry, the only reason I feel they are important is because I have made lots of mistakes in all these areas through my years on and off the court and field. Hope some of these make you chuckle a bit and bring a little enjoyment, but I also hope they make you think about what an old coach thinks is important!

#1 Be on time. Which in my book is 15 minutes earlier for my kiddos than the stated time for bus trips, game warm-up, etc. Something ALWAYS happens. Our coaching staff is in the office one hour prior to practice each day. There are always things to get done, always things you can work on, always information to give or receive prior to practice, games, etc. It is aggravating to the rest of the staff when one or two straggle in and have the worst of excuses. You live the same distance away from the school each day, your spouse can only have one birthday a year, we all know you have kids, or that you teach a core class. If you look at each one of these, they are choices you have made.....deal with your choices and make being a part of the program a

positive choice for all involved. Emergencies are completely understandable.....just not every day.

#2 Keep what is talked about in the office. Lots of things will be decided, talked about, screamed about, and needed to be kept among the coaching staff in many cases. Your job is not to be the negative billboard for the program you are working with. There are always issues that need to be resolved, some resolutions are quick and some take time. You and your colleagues will not always agree with your head coach and you should be able to talk amongst each other about your likes and dislikes. But when you leave the office, it is always a united front. The most important seven letter word in the coaching world is "LOYALTY". "Other duties as assigned by the head coach" will never be your favorite phrase but it will help you grow. The worst enemy of a program is gossip. Don't be your program's worst enemy.....

#3 Continue with your professional development. If you become stagnant, the program will become stagnant. Continue to grow in all sports so you and the program all get better. Many learn the very least necessary because it is "not their favorite sport". Your kiddos should NEVER know which sport is your favorite. Don't cheat the kids out of a great coaching experience and a great playing experience. If you can be a good coach at something you don't know much about,

imagine how that will boost your ability with the sport you know very well. Don't just listen to volleyball coaches or basketball coaches or varsity coaches for that matter. One of the greatest and most informative lectures I have attended was by a JV coach of a team that had gone to state for many years. Thanks Doug and Lee! I have never been to a lecture I did not get something from. Try not to pigeon hole yourself.

#4 Try not to one-up your colleagues. Your value as a positive addition to the staff was determined during your interview. You don't have to sing your own praises; you will be praised on what you do to help the program become stronger. I understand the squeaky wheel always gets the grease but it tends to make the car run a little rougher too and generally aggravates the other people in the car a lot faster. Try being the quiet one when the other roosters are crowing...you might learn something. And remember - everything you learn does not go in the positive stack, some of what you learn should never be copied! So have yourself an "I will never do that when I am a head coach" stack too. I hope your positive stack fills faster than the "never" one does.

#5 Be more "human" to your kids. Making mistakes is a fact of life. Your players will make them and so will you. There are too many people making these kids think they are supposed to be

perfect and too many parents who think you should be too. Please don't be one of them. I watch coaches wear their kids out all the time after an error in a game. Mistakes are made for many reasons. Maybe we did not ready our kids well enough for the competition, maybe the competition is just that much better, maybe it is a learning experience. We have to learn some humility too, so own up to your own errors and work to fix them as quickly as you can. I have apologized to many players in my tenure for not getting them in games or not getting them enough game time. It's OK to show you are human, it's almost even kinda satisfying for you and the kids!

#6 Believe in the philosophy of the program you are involved with. As an assistant, you might get to be involved with several different programs and their individual philosophies. All have merit in some way. Learn and understand why the head coach thinks it is positive for their program and be loyal to that philosophy. Never be afraid to ask questions concerning the thought processes that went into the building of the philosophy but also look at the programs track record. If they are successful, there is a reason. If you have trouble understanding the specifics, talk with the head coach or an assistant that has been there a while, maybe you missed something.

CONTINUED ON PAGE 7

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

BASKETBALL STATE CHAMPS

Congratulations to the following TGCA member coaches and their teams who captured

2012 UIL BASKETBALL STATE CHAMPIONSHIPS!

Conference 1A-D1

Lisa Logan
Sudan High School

Conference 1A-D2

Andy Snider
Neches High School

Conference 2A

Chance Westmoreland
Brock High School

Conference 3A

Tri Danley
Abilene Wylie High School

Conference 4A

Tammy Lusinger
Summit High School

Conference 5A

Cathy Self-Morgan
Duncanville High School

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.



BASKETBALL AWARDS / PHOTOS

BASKETBALL ATHLETES OF THE YEAR

Conferences 1A-2A-3A
Peyton Little
Abilene Wylie High School
Coach Tri Danley

Conferences 4A-5A
Alexis Jones
Irving MacArthur
High School
Coach Suzie Oelschlegel

BASKETBALL COACHES OF THE YEAR

Conferences 1A-2A-3A
Lisa Logan
Sudan High School

Conferences 4A-5A
Cathy Self-Morgan
Duncanville High School

PHOTOS OF THE MONTH



ARTICLE CONT.

CONTINUED FROM PAGE 2

But remember, once you choose to be a part of that program, going against the philosophy or talking it down to parents and players will only cause you major headaches and cause people to choose sides.....not a good idea. I am not saying all program philosophies are superb, but that might be a question you get answered in your interview.

#7 Teach your kids. How to act, what to say when they are interviewed, how to represent their school and the program both of you are members of. It does not come naturally to kids. It never ceases to amaze me what I forget to cover before the first home game or road trip. They must be taught what to say, how they will dress, where they will sit until they compete, how they will react to a call they feel is unfair, rules for the bus trip.....everything. I saw an itinerary for a state bound basketball team. It's the most phenomenal thing I have seen in some time. The number of things I would not have thought to place on that paper was large in number. Yet there

were many meetings and much staff input involved in making sure it was complete. But when kids know what is expected, then they will rise to those expectations. If there are none.....watch out, there will be some very negative and unnecessary surprises.

#8 The vast majority of your paycheck has nothing to do with the athletic period. Yet we tend to spend the majority of our time working to make our athletic program run more smoothly, thinking up new plays, trying to figure where to best play this kiddo or that kiddo. You were hired to be a teacher in the classroom and then a coach. I know our hearts and our desires are centered on the coaching aspect. There are not many coaches who get to sit in their offices until it's time to get on the court or field. So as a first or second year coach, don't think you have the same "rights and privileges" as your head coach who is going on their 30th year. If that is what you are working towards, you have to put in the time, earn the right and work hard to be the best you can be. But never forget, the

respect your colleagues will give you due to your job in the classroom will carry a large amount of weight through the school building. Don't be the reason the rest of the school population talks about coaches in a negative way. Don't be that person who is the epitome of the "perception of a coach" in your school. Do more than your share, pull more weight than others do and be visible at more than athletic events.

#9 It's always OK to do the right thing. Researchers have decided that by the age of 8 we all know what the right thing is. This encompasses many things. Check your ego at the door, it's not about you and it never will be. Teach your kiddos to do the same. The word is TEAM. Earn the right to be called "Coach". It's a very special word, more special than you will ever realize until the kids come back to talk with you after many years. Fix the damage when you make a mistake. Kiddo's hearts are very fragile. You hold each one of them in your hands. Sometimes you drop one, pick it up as fast as you can and put it back together as best you can. Be pro-

active not reactive. Show initiative. See what needs to be done and take care of it before you are asked. If the laundry is not done, put it in the washer, if the ball cart is not put away, put it away. Work to make others jobs a little less stressful. It will come back to you in positive ways. Some head coaches are very cognizant of praising their assistants. I am very bad at this. I always notice but it is an expectation not a stupendous event. Just work to make it easier for everyone involved. And KNOW you are doing the right thing.....

#10 This one is harder than it seems. Be the kind of assistant coach you yourself would want as a head coach and learn to be the kind of head coach you, as an assistant, would want to work for. When you think of it in these terms, it just got a little more difficult but as I heard an old coach say....."If it was easy, everyone would be doing it".

Coaching has never been easy but it has and always will be so very rewarding. Now go make your programs better! Good luck in your upcoming seasons!!



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

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Office – (919) 460-6407

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www.kayyow.com

Should you wish to use the Kay Yow Cancer Fund™ logo, please contact Sarah regarding the guidelines for usage.

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10 WAYS TO AVOID A HEAT-RELATED CONDITION WHILE EXERCISING

By Dr. Jim Peterson, Coaches Choice

1. Size up your situation. Evaluate all aspects of the environment that affect your ability to exercise safely, including air temperature, humidity, wind velocity, and solar radiation. To the extent that you can change your environmental conditions, you should consider changing the site or time that you exercise (e.g., exercise early in the morning or late in the evening when it's cool, exercise in a shaded area, etc.).

2. Steer clear of potentially dangerous circumstances. Avoid intense aerobic exercise when it is very hot and humid outside. In a situation of higher humidity, sweat simply doesn't evaporate as rapidly. As a result, your body is unable to cool itself as efficiently as it does in dry, hot weather. You can experience a variety of heat-related symptoms, including cramps, fatigue, exhaustion, or even stroke.

3. Keep it loose. Wear loose, lightweight clothing so that your body heat can escape more easily. Do not wear rubberized clothing in a futile effort to sweat more to lose weight. Wearing a rubber sweat suit during exercise can be dangerous because it will cause your core temperature to rise rapidly while simultaneously preventing your perspiration from evaporating to cool you down.

4. Fill up with fluids. Drink plenty of fluids before, during, and after exercising. For example, drink 2 1/2 cups of fluid up to an hour before you exercise and then another 1 1/2 cups

15 minutes before exercising. While exercising, try to drink a cup (6-8 ounces) of water every 15 minutes. Drink another two cups of water for every pound of body weight that you may have lost as soon as you can after exercising.

5. Water is best. Drink fluids that are relatively cool (40 to 50°F). Because such fluids leave your stomach faster, you'll cool down faster. Avoid caffeinated drinks or alcohol, both of which act as diuretics. With few exceptions, water is the replacement drink of choice.

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

6. Don't wait until it's too late. Keep in mind that how thirsty you are is not a good indicator of whether your body needs water. You should drink even when you're not thirsty. In fact, in terms of heat-related injuries, it may be too late if you wait to drink fluids until you feel thirsty.

7. Acclimate to the heat. Spend at least three days acclimating yourself to hot weather. Use common sense when you do finally begin to work out (i.e., initially limit your exercise bout to 15 minutes or less at a less-than-normal level of intensity; then progressively exercise for either longer periods or at

a higher level of intensity). Keep in mind that for many individuals who are relatively unaccustomed to the heat, full acclimation may take a couple of weeks.

8. Forsake extra salt. Don't take salt before working out. Salt raises your risk of dehydration by increasing your need to replace body fluids. Unless the exercise bout lasts at least 90 minutes, little or no advantage is achieved by consuming commercially marketed (salt-enhanced) sports drinks.

9. Be medically smart. If you take medication, check with your doctor before exercising. Some medications (e.g., beta-blockers, alpha-agonists, vasodilators, diuretics, etc.) can interfere with your body's ability to regulate its internal temperature.

10. Avoid taking an undue risk. Consider your risk of incurring a heat-related problem. For example, the following factors are among those that increase the likelihood of a heat illness or injury: alcohol use, obesity, hypertension, diabetes, and aging.

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.

APRIL 2012

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	TGCA: Soccer Nomination Deadline, 12 Noon
16-19	Golf & Tennis: Regional Meets
19-21	Soccer: State Tournament
24	Softball: District Certification Deadline
27-28	Track & Field: Regional Meets, All Conferences
30	Golf: State Meet, 4A & 5A
30	Tennis: State Meet
30	TGCA: Golf Nomination Deadline, 12 Noon

MAY

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-3A

* 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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