

TGCA



TGCA NEWS
NOVEMBER 2011

Article.....2
 Meet the TGCA.....3
 Basketball Committee.....4
 Track & Field Committee.....5
 News & Updates.....6-7
 Photos of the Month.....8
 Sub-Varsity Photos of the Month.9
 Insights on Health,
 Wellness and Exercise.....10
 Important Dates.....11
 Sponsors.....12

*Photo submitted by George Edwards
of Comfort HS*



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2011-12 TGCA OFFICERS

COACHING LIFE LESSONS IN SPORT

By Michael McLain, TGCA Sub-Varsity Committee Chair - Kingwood HS

As coaches we know that we have an influence on our athletes' lives that is special. The athletes that we have the opportunity to coach are involved in our sports for many different reasons. Some may play because they love the sport, others are playing because their parents expect them to or they want to be with their friends. Also you have those that play because that is what is up next in the school year. As coaches one of our jobs is to get the most out of our athletes in order to be competitive and hopefully win games. However, I feel it is our unwritten job while trying to win that we mold and guide our athletes to be productive and responsible citizens. How do we do this when we have athletes that are all playing for different reasons?

The easiest way to do this is by holding our student athletes accountable. In every school that I have been in, from the time I was a student until now, the student athletes have been held to a higher standard than the traditional student. These athletes are expected to not only perform at a high level within their sport but they must keep their grades up and stay out of trouble both in and out of school. They are constantly reminded that they are an example of not only the school that they represent in athletics but also the community as a whole. Simple requirements that we place on our athletes have far reaching impacts.

One such requirement is that of being in practice and on time. Our athletes understand that prompt attendance is not what should happen; it is what needs to happen. Many schools and programs have to share facilities, thus the time that we are allotted on the court or field is important. It is imperative that our athletes arrive on time and ready to go. Those that are late or absent typically have consequences. Those consequences vary from programs and coaches and we could go off on a tangent of which is the most effective. However, the athletes realize the importance of being prompt.

A second aspect that teaches our kids life lessons would be the concept of being a team player. In many of our sports our athletes must make sacrifices for the team. Teams are much more successful when the athletes learn that it can't all be about them. Each person has their own gifts and talents. As a team we are much stronger when we build on those strengths of each person to be a stronger unit. This is true in the workplace as well. Staffs are designed to take advantage of different strengths. The earlier our athletes learn this concept the better off they will be in future life.

We also require our athletes to be uniformed. Some programs require uniforms to match for practice as well as games, while others just focus on games. How can something this



Photo Courtesy JANETTE BERKOVSKY

simple help in future life? This allows our athletes to recognize that they must be accountable to how they look. Without the proper uniform on game day they are not allowed to play. In practice, some coaches have consequences for players not in the appropriate practice clothing. This also is true in the "real world". Many corporations have dress codes. Employees can be docked pay or even sent home if they are not properly dressed. This potentially could lead to loss of a job.

Obviously there are many other avenues that we help prepare our

student-athletes for life beyond sports. We can list many of them. The important thing is that as coaches we understand that some time it is not about the wins and losses but it is about the life lessons that we are teaching our athletes. Teaching our athletes to compete with integrity and honor while upholding the "rules" of the games and program will go a long way to helping create productive citizens. This impact will have far more reaching effect than the number of wins and losses an athlete has over their 4 year high school career.

MEET THE TGCA



TGCA BOARD OF DIRECTORS, CHAIRS & VICE CHAIRS

NAME	POSITION	SCHOOL	NAME	POSITION	SCHOOL
Donna Benotti	President	Cy Fair	Loyd Morgan	Region VI Junior Director	Rogers
Rodney Gee	1st Vice President	Lorena	Rodney Vigil	Region VII Senior Director	Roosevelt Northeast
Kari Bensed	2nd Vice President	Centennial	Nora Zamarripa	Region VII Junior Director	Harlingen
Wes Overton	Past President	Lee	Flo Valdez	Region VIII Senior Director	Franklin
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Leland Bearden	Region 1 Junior Director	Smyer	Patti Zenner	VB Committee Chair	Poth
Frances Metzger	Region II Senior Director	Stephenville	Liana Gombert	VB Committee Vice Chair	Smithson Valley
Chris Sumrall	Region II Junior Director	Clyde	Matthew Kirschner	BB Committee Chair	Liberty Hill
Larry Goad	Region III Senior Director	DeSoto	Kriss Ethridge	BB Committee Vice Chair	Coronado
Jeff Lemons	Region III Junior Director	Aledo	Mitch Williams	TR Committee Chair	Whitney
Traci Pierce	Region IV Senior Director	Wills Point	Ray White	TR Committee Vice Chair	Lewisville
Renae Whitaker	Region IV Junior Director	Caddo Mills	Shorty DeCuir	SB Committee Chair	Hamshire Fannett
Vicki Sorensen	Region V Senior Director	Sterling	Heather Damron	SB Committee Vice Chair	Wylie
Lyndsay Hodges	Region V Junior Director	Clear Falls	Michael McLain	Sub-Varsity Chair	Kingwood
Heather Sanders	Region VI Senior Director	Canyon	Dianna Hester	Sub-Varsity Vice Chair	Franklin

BASKETBALL COMMITTEE



2011-12 BASKETBALL COMMITTEE

NAME	SCHOOL	CONF.	REGION	NAME	SCHOOL	CONF.	REGION
Wayne Johnson	IDALOU HS	2A	1	Jason Sanders	SILSBEE HS	3A	5
Kriss Ethridge**	CORONADO HS	5A	1	Allan Pope	JACKSONVILLE HS	4A	5
Jennifer Young	SNYDER HS	3A	2	Matthew Kirschner*	LIBERTY HILL HS	3A	6
Ramsey Ghazal	RIDER HS	4A	2	Amanda Aguilar	MCNEIL HS	5A	6
Jack Armstrong	SANGER HS	3A	3	Peggy Hosek	POTH HS	2A	7
Tammy Lusinger	SUMMIT HS	4A	3	Rachel Carmona	EDINBURG HS	5A	7
Frederic Griffin	BROWNSBORO HS	3A	4	Quint Anthony	GREENWOOD HS	3A	8
Robin Herber	PINE TREE HS	4A	4	Ron Berry	MIDLAND SENIOR HS	5A	8

*Chair

**Vice Chair

TRACK & FIELD COMMITTEE



2011-12 TRACK & FIELD COMMITTEE

NAME	SCHOOL	CONF.	REGION	NAME	SCHOOL	CONF.	REGION
Traci Read	FARWELL HS	1A	1	Stephen Drinkard	CAYUGA HS	1A	5
Jason Trook	LUBBOCK HS	5A	1	Stacy Sparks	BARBERS HILL HS	4A	5
Lori Whatley	CISCO HS	2A	2	Linda Richter	YOE HS	2A	6
Pat Daniels	TEXAS HS	4A	2	Cully Doyle	HUTTO HS	4A	6
Mitch Williams*	WHITNEY HS	2A	3	Richard Hinojosa	LA VERNIA HS	3A	7
Ray White**	LEWISVILLE HS	5A	3	Irene Gallegos	MISSION HS	5A	7
Danny Mitchell	TATUM HS	2A	4	Steve Golemon	BANDERA HS	3A	8
Leann Johnston	LEE HS	4A	4	Tracey Borchardt	ODESSA HS	5A	8

*Chair

**Vice Chair

NEWS & UPDATES

TGCA RED-BLUE SOFTBALL ALL-STAR

The TGCA Board of Directors, at their November meeting, passed proposals in regards to the All-Star Softball game.

The Board voted to change the name of the TGCA Softball All-Star game to the TGCA Red/Blue Softball All-Star game. Under the new game name format, the Red team will be represented by TGCA Regions 1,3,4,6 and the Blue team will be represented by Regions 2,5,7,8.

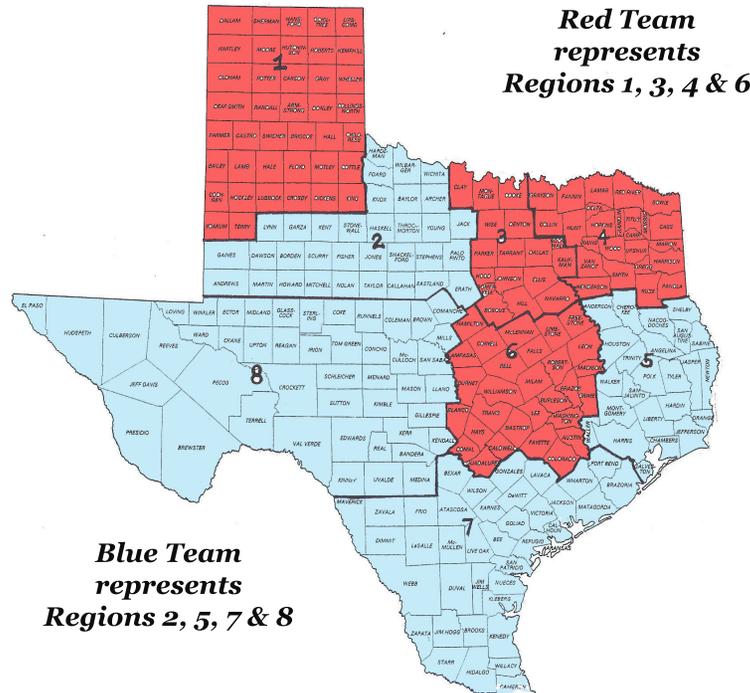
The board made 3 changes in the Softball All-Star Game Plan:

- 1) The softball game shall consist of seven innings, no time limit. If the game is tied at the end of seven innings, the international tie breaker shall be in force. If the game is tied after 10 complete innings, the contest will be declared a tie.
- 2) A specific batting order composed of all players will be followed throughout the contest. There will be free substitution in the field with each player guaranteed a minimum of three innings of participation in the field.
- 3) A rain out, which will be determined by TGCA personnel, will result in the game not being played, and the game will not be rescheduled at a later date.

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.



2011-12 BOARD AND COMMITTEE MEETINGS

October 16-17

Legislative Council Meeting (TGCA Officers Only)

November 11

Cross Country Committee Meeting, 7:00 p.m.

November 16

Volleyball Committee Meeting, 1:00 p.m.
Volleyball All-State Committee Meeting, 5:00 p.m.

November 20

New Board Member and Standing Committee Orientation, 10:00 a.m.
Board of Directors Meeting, 11:00 a.m.

March 1

Basketball All-State Committee Meeting, 5:00 p.m.

March 2

Basketball Committee Meeting, 12:00 Noon

March 4

Board of Directors Meeting, 11:00 a.m.

May 10

Track Committee Meeting, 7:00 p.m.

May 11

Sub-Varsity Committee Meeting, 1:00 p.m.

May 12

Track All-State Committee Meeting, 8:00 a.m.

May 31

Softball 1A, 2A and 3A All-State Committee Meeting, 8:00 a.m.

June 1

Softball 4A and 5A All-State Committee Meeting, 8:00 a.m.
Softball Committee Meeting, 8:00 a.m.

June 3

Board of Directors Meeting, 11:00 a.m.

June 12

Legislative Council Meeting (TGCA Officers Only)

July 9

Board of Directors Meeting, 4:30 p.m.

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.

PHOTOS OF THE MONTH



SUB-VARSITY PHOTOS OF THE MONTH



10 COMMON-SENSE PRECAUTIONS FOR EXERCISERS

By Dr. Jim Peterson, Coaches Choice

1. Be smart. While it appears that no worthwhile human endeavor is totally risk free, your risks can be minimized. If you are over 45 years old or are in a high-risk group (e.g. smoking, hypertension, high blood cholesterol, obesity, stress, etc.) see a physician and have an EKG stress test before you begin an exercise program.

2. Keep your muscles in balance. Aerobic exercise should be combined with a sound strength-training program. When you muscles are sufficiently proportionately strong to each other, they are less likely to be injured.

3. Take care of your feet. Proper foot care starts with the selection of shoes that will provide adequate support and cushioning. Respond quickly and accordingly to any exercise-related problem that plagues your feet (e.g. blisters, bone bruises, blackened toenails, etc.).

4. Train by stressing your body to its limits and then just a little bit more. Allowing your body to adapt to a relatively small increase in stress is the safe, common-sense way to train. The main cause of musculoskeletal injuries is overstress - especially from a sudden increase in how much exercise you do or how hard you train.

5. Use proper techniques while exercising. By keeping your body biomechanically aligned when you're exercising, you reduce the orthopedic trauma to your body and decrease the likelihood of being injured.

6. Respect signals from your body that something may be wrong. You should stop exercising if you experience any of the common termination signals, including abnormal heart beats, pain or pressure in your chest, dizziness, light-headedness, nausea during or after exercise, prolonged fatigue, or insomnia.

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

7. Get adequate rest. The importance of obtaining proper rest in conjunction with your exercise program cannot be overemphasized. An inadequate amount of rest can prevent you from achieving the maximum benefits from your exercise regimen.

8. Keep an exercise diary. If you get injured, it may help you determine how and why an injury occurred (a sudden increase

in the intensity of your efforts, a change from one (safe) exercise modality to another (unsafe) mode, etc.) Having essential background data can help in the diagnosis and specification of treatment by your healthcare provider.

9. Keep in mind that exercise in isolation cannot produce good health. Although extremely beneficial, exercise is only one factor conducive to basic wellness and must be combined with others if you are to be truly healthy.

10. Minimize the constant stress on your joints. Keep the pounding on your body's joints to a minimum. If you prefer to engage in high-impact exercise, try to also include low- or non-impact forms of exercising in your training regimen on a regular basis (preferably on an alternating basis).

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.

DECEMBER 2011

- 24-26** Athletics: no school facilities, personnel or equipment shall be used for athletic purposes for five consecutive days to include December 24-26
- 27** Soccer: First day for scrimmages

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

* 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;
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(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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