

# TGCA



**TGCA NEWS**  
SEPTEMBER 2011

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**2011-12 TGCA OFFICERS**

*Photo submitted by Debra Hitzelberger of Highland Park HS*



## DEDICATION AND COMMITMENT

By Ray White, TGCA Track & Field Committee Vice Chair - Lewisville HS

The 2011 cross country season is well under way. Once again, I find myself amazed at the dedication and efforts of athletes and coaches all across the state of Texas. The early morning practices, watching the sun rise and cool crisp mornings (well, we've had a few) are what make our sport so much fun to coach. This year we have had the added "bonus" of an incredible heat wave, yet coaches have maintained a professional, positive attitude and provided a safe environment for athletes to train. It is such a joy to see the outstanding performances at the meets and also watch as coaches and athletes encourage every runner, not just their own. This display of great character carries over to all attending the meets. This includes administrators, parents, and the younger siblings of those involved. What an unbelievable demonstration by coaches and athletes! Leading by example is an incredible gift to pass on to all of those

around us. Keep it up! I am truly blessed to be able to work with such fine men and women in this profession.

I also enjoy the alliance among the coaches and watching the "veterans" guiding and helping the younger coaches along the way. Many times I also see the "veterans" learning from the younger coaches! This ensures quality coaching and I feel this is one of the strongest aspects of our vocation. This is also true from our leadership in the TGCA. Sam Tipton and his staff fought tirelessly this past spring for the coaches and athletes in this state to ensure us a bright future. He is truly an inspiration to everyone with his leadership and gives us a fine example of how to not only coach, but live our lives.

We, as coaches, owe it to the sport and athletes to stay on top of issues pertaining to our line of work. I would encourage each of you to communicate with your representatives on the re-



Photo Courtesy **CAROLYN SCOTT**

spective committees and attend all meetings to voice your concerns. Basically, stay involved! Nominate your athletes for any honors such as TGCA All State, Academic All State and All Star teams. Too many times we do not have enough nominees to fill all of the spots. The nominations may be made online and only take a few minutes so please promote our sport by calling attention to and honoring

those who deserve it. Remember we are in this for the kids.

I would like to wish each of you the best of luck this year and to continue with the great job you have been doing. Have a fantastic year and I hope to see all of you in Round Rock in November! Thanks for all you do for the athletes and our wonderful profession.

# CAREER VICTORIES

## CROSS COUNTRY

NAME	SCHOOL	# OF POINTS
Jerry Sutterfield	Highland Park HS	1000

## VOLLEYBALL

NAME	SCHOOL	# OF VICTORIES
Linda Richter	Yoe HS	700
Cari Lowery	Copperas Cove HS	500
Patti Zenner	Poth HS	500
Patty Dominguez	Monahans HS	400
Denise Johnson	Tarkington HS	400
Kathy Goings	Aledo HS	400
Clark Oberle	Argyle HS	300

## GOLF

NAME	SCHOOL	# OF POINTS
Rusty Herridge	Montgomery HS	1300

## SOCCER

NAME	SCHOOL	# OF VICTORIES
Carl Wiersema	Rider HS	300

## BASKETBALL

NAME	SCHOOL	# OF VICTORIES
Rhonda Farney	Georgetown HS	900
Andy Zihlman	Bishop Lynch HS	800
Ron Berry	Cisco HS	700
Eddie Fortenberry	Bridgeport HS	600
Suzie Oelschlegel	MacArthur HS	600
Leland Bearden	Smyer HS	500
Cassandra McCurdy	Skyline HS	500
Tri Danley	Abilene Wylie HS	400
Candi Harvey	Timberview HS	400
Melissa Hernandez	Angleton HS	300
Don Layton	Slocum HS	300
Jill McDill	Rockwall HS	300
Michael Stenseth	Ingleside HS	300

## TRACK & FIELD

NAME	SCHOOL	# OF POINTS
Linda Richter	Yoe HS	1200
Bob Carter	Liberty Eylau HS	700
Edye Lea	Pearsall HS	500
Elizabeth Holman	Snyder HS	300

## SOFTBALL

NAME	SCHOOL	# OF VICTORIES
Benita Dunlavy	Tomball HS	500

\*TGCA encourages all coaches to submit their information for Career Victories Awards for the 2011-12 school year to [audree@austintgca.com](mailto:audree@austintgca.com). Guidelines are located on our website, [www.austintgca.com](http://www.austintgca.com), under "Bylaws", and then under "Awards" (Number 1 in the Directory)

# YEARS OF SERVICE

## SUB-VARSITY YEARS OF SERVICE HONOREES

NAME	SCHOOL	YEARS OF SERVICE
Mary Herron	Craig Middle School	25
Denise Miracle	Burkburnett HS	25
Amy Eckhoff	Santa Fe HS	15
Regina England	Graham Junior HS	15
Dianna Hester	Franklin HS	15

\*TGCA encourages all coaches to submit their information for Sub-Varsity Years of Service Awards for the 2011-12 school year to [audree@austintgca.com](mailto:audree@austintgca.com). Guidelines are located on our website, [www.austintgca.com](http://www.austintgca.com), under "Bylaws", and then under "Awards" (Number 2 in the Directory)

## TGCA ON FACEBOOK



Check out the Texas Girls Coaches Association page on Facebook, become a fan, and tell us what you think. Post remarks, have discussions, give us your feedback on what's happening, and share it with your friends.



Photo  
Courtesy  
**BEL DIAZ**

# 2010-11 CHAMPION COACHES

## CROSS COUNTRY

NAME	SCHOOL	CONF
Rod Been	Gruver HS	1A
Starla Whiteley	Spearman HS	2A
Greg Christensen	Lucas Lovejoy HS	3A
Jerry Sutterfield	Dallas Highland Park HS	4A

## VOLLEYBALL

NAME	SCHOOL	CONF
Tanya Nygrin	Round Top Carmine HS	1A
Carolee Musick	White Oak HS	2A
Ryan Mitchell	Lucas Lovejoy HS	3A
Julie Green	Lake Travis HS	4A
Karin Keeney	Lewisville Hebron HS	5A

## BASKETBALL

NAME	SCHOOL	CONF
Leland Bearden	Smyer HS	1A Div I
Andy Snider	Neches HS	1A Div II
Skip Townsend	Brock HS	2A
Tri Danley	Abilene Wylie HS	3A
Joe Lombard	Canyon HS	4A
Suzie Oelschlegel	Irving MacArthur HS	5A

## TRACK & FIELD

NAME	SCHOOL	CONF
Linda Richter	Yoe HS	2A
Bob Carter	Liberty Eylau HS	3A
June Villers	DeSoto HS	5A

## SOFTBALL

NAME	SCHOOL	CONF
Brandon Siegel	Shiner HS	1A
Melissa Hansen	Danbury HS	2A
Billy Coleman	Celina HS	3A
Richard Jorgensen	The Woodlands HS	5A

## GOLF

NAME	SCHOOL	CONF
Mark Burgen	Andrews HS	3A
Rusty Herridge	Montgomery HS	4A
Charles Nowland	Westlake HS	5A

## SOCCER

NAME	SCHOOL	CONF
Meagan Wilson	Frisco Wakeland HS	4A
Jimmie Lankford	McKinney Boyd HS	5A

# COACHES OF THE YEAR

## 2010-11 COACHES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	REG
Starla Whiteley	Spearman HS	Cross Country	1A-2A-3A	1
Jerry Sutterfield	Dallas Highland Park HS	Cross Country	4A-5A	3
LeAnn Thomsen	Abilene Wylie HS	Volleyball	1A-2A-3A	2
Gerald Jacobs	Corpus Christi King HS	Volleyball	4A-5A	7
Tony Taylor	San Saba HS	Basketball	1A-2A-3A	8
Joe Lombard	Canyon HS	Basketball	4A-5A	1
Mitch Williams	Whitney HS	Track	1A-2A-3A	3
Lynn Duyck	Garland HS	Track	4A-5A	3
Ken Peel	Wall HS	Softball	1A-2A-3A	8
Laneigh Clark	Pearland HS	Softball	4A-5A	7

## 2010-11 SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	REG
Brooke Ashcraft	Bandera MS	Cross-Country	1A-2A-3A	8
Jason Myers	Kingwood Park HS	Cross-Country	4A-5A	5
T'Leah Eicke	Breckenridge HS	Volleyball	1A-2A-3A	2
Natalie Spann	Northwest HS	Volleyball	4A-5A	3
Mindy Morris	Kennedale HS	Basketball	1A-2A-3A	3
Kristi Mayes	Stephenville HS	Basketball	4A-5A	2
Amie Thompson	Era HS	Track	1A-2A-3A	3
Willie Beal	DeSoto HS	Track	4A-5A	3
Candy Kelley	Elysian Fields HS	Softball	1A-2A-3A	4
Lindsey Heye	Churchill HS	Softball	4A-5A	7

## MAXPREPS STATS AND SCORES

MaxPreps, an affiliate of CBS Sports, is a FREE sports information service provided to you and your team as a membership benefit of the Texas Girls Coaches Association. MaxPreps.com aspires to cover, at no cost to TGCA members, every team, every game and every player. This tool will be extremely beneficial to you as a high school coach, your parents, fans, school administration, athletic directors and webmasters.

Please enter information on your team. As a member coach of TGCA, take the time to use MaxPreps to provide FREE hard-earned recognition for your team. MaxPreps is an on-line service designed to record your team's achievements. Go to [www.maxpreps.com](http://www.maxpreps.com) and enter your information today.

Check out the MaxPreps stats and scores on the MaxPreps widget at the bottom of the page.

Any coach who has not received their user name and password for their free MaxPreps team account should e-mail [coachsupport@maxpreps.com](mailto:coachsupport@maxpreps.com) or call 1-800-329-7324 extension 1.



# ATHLETES OF THE YEAR

## 2010-11 ATHLETES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	COACH
Hanna Galloway	Decatur HS	Cross Country	1A-2A-3A	David Park
Grace Fletcher	Kingwood Park HS	Cross Country	4A-5A	Brittney Lanehart
Tara Dunn	Poth HS	Volleyball	1A-2A-3A	Patti Zenner
Tiffany Baker	Lewisville Hebron HS	Volleyball	4A-5A	Karin Keeney
Brady Sanders	Godley HS	Basketball	1A-2A-3A	Mark Chauveaux
Nicole Hampton	Canyon HS	Basketball	4A-5A	Joe Lombard
Wren Bonner	Whitney HS	Track	1A-2A-3A	Mitch Williams
Mariam Amadu	Kingwood Park HS	Track	4A-5A	Brittney Lanehart
Ashley Noak	Danbury HS	Softball	1A-2A-3A	Melissa Hansen
Jessica Bowden	Pearland HS	Softball	4A-5A	Laneigh Clark

### \* 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.

# NEWS & UPDATES

## TGCA WEEKLY E-MAIL NEWS BLAST NOTICE

In conjunction with Grace Media, TGCA will be sending weekly e-mail blasts, during the school year, containing sports news from across the state and important news items.

If you signed up for the TGCA weekly e-mail news blast last school year, there's no need to rejoin, but please be sure your school is not blocking our e-mails. We had some returned last year and it's because some schools have us filtered out as spam. Please double check and be sure your school is aware that you are wanting this to go through to you.

If you've not signed up yet, it's not too late. Don't miss out. These weekly e-mails deliver happening news directly to your inbox. Just copy and paste the following link in your browser to register:

<https://app.e2ma.net/app/view:Join/signupId:60463/acctId:35572>

These e-mail blasts not only contain information directly from TGCA, but sports news across the state and nation. Please be sure your e-mail address is current and up to date.

## 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

Administrative Assistant

Kay Yow Cancer Fund™

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**E-mail** – [sarah.reese@kayyow.com](mailto:sarah.reese@kayyow.com) or [info@kayyow.com](mailto:info@kayyow.com)

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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.



# NOMINATION DEADLINES

## TGCA NOMINATION MEMBERSHIP DEADLINE IS NOVEMBER 1

### CROSS COUNTRY NOMINATIONS

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 7th. Cross Country Sub-Varsity Coach of the Year nominations may be submitted at this time as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Tuesday, May 1st.

### VOLLEYBALL NOMINATIONS

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 14th. Volleyball Sub-Varsity Coach of the Year nominations may be submitted at this time, as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Tuesday, May 1st.

**ALL NOMINATIONS CAN BE MADE ON-LINE AT [WWW.AUSTINTGCA.COM](http://WWW.AUSTINTGCA.COM)**

### VOLLEYBALL DVDS DUE BY MONDAY, NOVEMBER 14, AT 4:00 P.M.

All nominations should be made online at [www.austintgca.com](http://www.austintgca.com), under the sport tab for which a particular nomination is made. Please do all nominations online and before the deadline.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on 'Nominations' from the menu at the top of the page, and then clicking number five "Member Nominations Info." This will show you what nominations you have submitted.

If you miss the online deadline, you **MUST** print a form off of the website, under the Bylaws category, and submit that form to your regional representative for submission to the appropriate committee. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form from the website if the online honors nomination deadline is missed. Instructions for nominating online, along with nomination guidelines, may be found under each specific sport tab.

# NOMINATION INSTRUCTIONS

## TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

*The following are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.*

1) Access the TGCA website at [www.austintgca.com](http://www.austintgca.com).

2) Click on the "Membership Site" category in the menu on the left-hand side of the page.

3) You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER. Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, includ-

ing resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number.

4) Once you've completed the log-in process, you will access a page that reads, "Current News ". In the tabs menu at the top of that page, click on "Nominations".

5) Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6) Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. PLEASE be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Select Category Step Two" button.

7) Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). Next click the button "Enter

Nominee Info Step Three."

8) Complete the form by typing in the information requested in the "Update" field.

9) When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.

10) Continue completing the form. If you need to add additional information regarding your nominee

or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11) When you have completed the form, please click the "Submit" button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.

12) You will need to follow these steps for each nomination of each athlete in each category that you wish to make.

*If you need assistance with any of this process, please contact us at [tgca@austintgca.com](mailto:tgca@austintgca.com), or call our office at 512-708-1333, and we will be happy to assist you.*

# FROM THE UIL LEAGUER

## NFHS HONORS TIPTON WITH SERVICE AWARD

By Sheila Henderson, UIL Assistant Athletic Director and Jeanne Acton, UIL Journalism Director

Sam Tipton, executive director of the Texas Girls' Coaches Association, received the National Federation of High Schools Citation Award for "Service to Coaching" at the 92nd summer meeting held in Philadelphia. The NFHS awarded only one citation in this category from all 51 state associations (including the District of Columbia) that are members of the NFHS.

Tipton said he was "in total shock" when he read the letter informing him that he was the recipient.

"I did not realize, until I was in the room prior to the awards ceremony in Philadelphia, exactly the true meaning of the recognition I was about to receive," he said. "That was when I truly realized I was about to receive one of the highest awards presented by the NFHS. What a chilling and humbling feeling for a little ol' boy from Gruver, Texas."

The UIL Athletic Department nominated Tipton for his service to Texas athletes.

"Sam Tipton has been a champion for student-athletes throughout his career," UIL Executive Director Charles Breithaupt said. "As executive director for the Texas Girls Coaches Association, he has worked tirelessly for equal opportunities for all students."

Tipton has been heavily involved with health and safety measures for athletes as a member of the UIL Medical Advisory Committee.

"Sam has made numerous presentations across the state presenting the values of extracurricular activities," Breithaupt said. "He has been a tremendous supporter of UIL activities and, as a former participant

and coach, he possesses a tremendous grasp of those values."

Athletic Director Mark Cousins said Tipton is "one of the best" when it comes to advocates for girls' athletics in Texas.

"Texas is fortunate to have Sam and his never ending dedication to the student-athletes and coaches in girls' athletics," Cousins said.

Assistant Athletic Director Sheila Henderson echoed Cousins' remarks.

"Sam has so much passion for what he does," Henderson said. "One of the things that makes him so special is his connection to people. He is true and honest. People trust him."

Henderson worked with Tipton's wife, Audree, to get information for his nomination.

"Without my knowledge, my wife supplied all my personal information to them," he said. "It had been a total conspiracy behind my back."

In 2001, Tipton became the executive director of TGCA after spending 25 years as a high school teacher, coach and athletic coordinator. Tipton is a liaison to the UIL and a leading advocate for the promotion and improvement of girls' athletics to the Texas Legislature.

"I am so blessed to work for the coaches of our great state, and I hope, through our daily efforts, we make sure extracurricular activities are a major part of the overall educational process," Tipton said.

Each summer, the NFHS awards citations to individuals who have made



Sam Tipton standing with Sheila Henderson, UIL assistant athletic director, and his wife Audree, displays his "Service to Coaching" citation.

Photo by DARRYL BEASLEY

contributions to the NFHS, state high school associations, coaching, officiating and fine arts programs. Citations have been awarded in athletics since 1971. In 1989, coaches and officials were added. Then in 1997, state associations and NFHS personnel were

included.

"I know there are more deserving individuals out there that should have received this award, but in 2011 they gave it to me and I am not giving it back," Tipton said.

## 10 WAYS TO GET A BETTER NIGHT'S SLEEP

By Dr. Jim Peterson, Coaches Choice

**1. Exercise regularly in the late afternoon.** Exercise for at least 30 minutes at least six hours before bedtime. Such a regimen will cause your body temperature to rise when exercising, but drop by the time you're ready to sleep. This cooling effect has been shown to promote sleep.

**2. Establish a sleep schedule.** Reinforce your natural sleep rhythms by going to bed every night and getting up at the same time each morning (including weekends). Disrupting your natural rhythms can lead to insomnia.

**3. Reduce the stress level in your life.** Stress-related problems and issues can affect both the quality and the quantity of sleep you get. To the extent possible, get control of your life. Put things into perspective. On the other hand, if such stress-related factors are leading to restlessness in bed, try employing relaxation techniques to induce a more peaceful, serene state of mind (i.e., try imagining yourself in a relaxing place, such as lying on a tropical beach).

**4. Lower the temperature in your bedroom.** As a rule, keep the temperature in your bedroom slightly lower than in the rest of the house. Furthermore, when it's hot, don't be reluctant to use your air conditioner,

as needed, to bring the temperature down far enough. Research indicates that people who have trouble sleeping often aren't warm enough during the day or cool enough at night.

**5. Restrict your intake of liquids before bedtime.** Try to avoid drinking any liquids for at least two hours before you go to bed, so that your bladder doesn't fill up and wake you in the night. If you want to drink something, try a glass of warm milk. It contains a substance (i.e., l-tryptophan) that promotes sleep.

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

**6. Avoid snacking on heavy, spicy, or high-fat foods before bedtime.** Such foodstuffs can cause acidity and heartburn while you sleep and interfere with the quality of your sleep.

**7. Reduce your intake of caffeine.** Drinking (e.g. coffee, soft drinks, etc.) or eating foods (e.g. chocolate) that contain caffeine within six hours of going to bed can keep

you awake. Caffeine is a stimulant that can delay the onset of sleep. Caffeine has also been found to disturb that phase of sleeping during which dreaming usually occurs.

**8. Avoid alcohol near bedtime.** While alcohol may help you fall to sleep more quickly, it may also lead to you awoken periodically during the night. Furthermore, as the effects of alcohol wear off, your brain actually becomes more alert.

**9. Don't catnap during the day.** Taking naps to catch up on lost sleep only tends to make you less sleepy at night.

**10. Be wary of using sleeping pills.** Not only do they not solve whatever underlying problem that may be disrupting your sleep, sleeping pills can have serious side effects (even the over-the-counter preparations). Furthermore, their use poses several health-related risks. For example, once you use them, it is possible to become addicted to them.

*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.

## OCTOBER 2011

- 16-17 Legislative Council meeting, Austin
- 19 Girls Basketball: First day of practice
- 25 Team Tennis: District Certification Deadline
- 28-29 Team Tennis: Regional tournaments
- 29 Cross Country: District certification deadline
- 29 Girls Basketball: First day for scrimmages
- 29 Volleyball: District certification deadline, all conferences
- 31-1 Volleyball: Bi-district, all conferences

## NOVEMBER

- 3-5 Volleyball: Area, all conferences
- 4-5 Team Tennis: State Tournament
- 5 Cross Country: Regional meets
- 7 TGCA - 12:00 noon deadline for Cross Country Nominations
- 7 Girls Basketball: First day for interschool games
- 7 Wrestling: First day for meets & tournaments
- 7-8 Volleyball: Regional quarterfinals, all conferences
- 11-12 Volleyball: Regional, all conferences
- 12 Cross Country: State Meet
- 14 TGCA - 12:00 noon deadline for Volleyball Nominations
- 17-19 Volleyball: State Tournament
- 28 Soccer: First day for practice

## \* 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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