

TGCA



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Past President
Donna Benotti
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2012-13 TGCA OFFICERS



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*Photo submitted by Russell Mayes of
Stephenville High School*

FEATURED ARTICLE



BUILDING A PROGRAM AND RAISING EXPECTATIONS

By Jason Trook, TGCA Track Chair - Lubbock HS

A lot has changed in the six years I have been at Lubbock High School. I have discovered many truths about building a program and I am becoming more aware of these changes as we progress through this season. As with all things coaching, my experiences may not provide you with the same results. This is not a how to as much as a reflection on my journey with the Lady Westerners.

Build Numbers

When I began coaching track at Lubbock High the program consisted of 12 girls. As you may (or may not) know this is not enough athletes to fill a JV and Varsity track team. My first order of business was to get people out. High numbers of athletes do not guarantee success, but it is a lot easier to find quality competitors when your pool is bigger. I began recruiting in the halls, making announcements, and convincing athletes that track would be "fun". By the time track season rolled around that first year I had built my team up to 23. The last two seasons we have had over 45 competing.

Work with Other Programs

Some of the best athletes on your campus are probably already involved in a sport. If your school is anything like mine, the best athletes in each sport will be the same few kids. I have tried to make transitions to and from



Photo Courtesy **JEFF VANDER LAAN**

track easy and painless for everyone. Build a good working relationship with your fellow coaches. This season has shown the fruits of that labor. Late in March as our soccer team was heading to the playoffs the soccer coach let me know that he had a couple of girls that he thought should run. Instead of an atmosphere where coaches want to hoard their athletes I have found myself being "given" runners. I am

willing to work hard and sacrifice for the team because they knew we could do something great. Over the course of the last 6 years all but three of our school records have been broken. Success breeds success. The girls track team has found a lot of success and people want to be a part of it.

Success has a way of changing your expectations. What was success is no longer good enough. This season has shown me that. The first meet of the season we finished second: a great achievement. But what I saw from our team was disappointment. Not disappointment in a second place finish, but not winning. The expectation was to win. Our 4x2 team steps on the track and expects to win. The medal stand is our expected destination. This requires hard work and commitment. It also requires coaches that can demand excellence and provide encouragement at the same time. I have had the benefit of great assistant coaches: men and women who are committed to the success of our kids and our program.

convinced that high school athletes are capable of handling multiple sports and can be successful in each.

Win. Even Just a Little

Winning creates excitement. Winning creates a buzz. The first regional qualifiers I had at Lubbock High were banner bearers for our track team. That little bit of success drew in others who wanted to win. Girls were

Six years ago I couldn't have predicted what would become of our track program. I had plans and hopes, but what has happened has far exceeded even my expectations. As we finished the district meet and begin working towards a state berth I am exceedingly grateful for the seasons of growth and progress.

TGCA HALL OF FAME

Ellie Woods

Graduated from Keller High School and University of Texas at Arlington.

Coached JV volleyball and 9th grade basketball at Williams High School in Plano from 1976-80.

Coached 9th volleyball and basketball at West Mesquite High 1980-81.

Varsity volleyball coach at Crowley High from 1981-2005.

Finished career at Whitney High 2005-09 as varsity volleyball, JV basketball and girls' golf.

Career record of 478-387

Teams made play-offs 19 times

Coached 3 TGCA All-Star players

Coached 5 TGCA All-State players

TGCA All Star Coach in 1994

Served on TGCA Volleyball Committee several times and chaired it once.

Served on TGCA Board of Directors twice.

Served on several All-Star and All-State committees as well as All State Tournament committees.



Donna Boehle

Donna Lassiter Boehle was born September 14, 1946 in Houston, Texas, in tune with the beginning of the baby boom generation. Growing up in a neighborhood of 73 kids meant sports were always just out the door. For a kid driven to play sports and be a leader, the neighborhood was a great place for that passion to grow. By age 12 she had been a Junior Recreation Leader at a summer rec center, and by the grace of caring individuals, allowed to coach the outfield of a little league team. A golden opportunity for a girl at a time when opportunities for girls to play ball were limited.

High school sports made a lifetime impact and the respect for the coaches and the difference they could make in a person's life, branded her heart forever. The drive to always give your best and be your best found a home and the desire to share that feeling was born. It is now 2013 and the drive is still strong.

Entering college broadened her opportunities as she played five sports in college: Volleyball, Basketball, Badminton, Tennis and Track. Softball and coaching a swim team were summertime activities. Donna was a pioneer in college sports as well as public school sports. The love of all sports propelled her to an active role in both Texas Volleyball Coaches Association (TVCA) and the Texas High School Girls Coaches Association (THSGCA). As Vice President of the TVCA she was part of the committee that wrote the new constitution that combined the two organizations to form the Texas Girls Coaches Association. Donna served on the Board of Directors of the TGCA from 1980-1986, and as a volleyball committee member to the board 1978-1979, 1989-1991, and 1993-1998.

As the head volleyball coach at Canyon High School in New Braunfels, Texas, Donna compiled a record of 551-216. Her teams went to the State Tournament six times, in three different decades: 1974, 1975, 1983 State Champions, 1986, 1989, 1996. During her 15 year run of consecutive play-off appearances she also lead her teams to the Regional Finals five more times, in 1985, 1988, 1993, 1995, and 1997. Donna's peers elected her as the All Star Coach for the West Team in 1984 and the Honor Coach for

the Texas Girls Coaches Association in 2000. Her goal was always to lead each team to "be the best THEY could be" as a team. Her joy was individuals, giving their all and working together to be successful.

In her desire to see sports and opportunities for girls increase she spoke at coaching schools and clinics in many areas in Texas. In that same vein, she organized camps, gave lessons and co-authored three manuals for coaches and wrote the article "Volleyball, More Than Just a Game" published by the Texas High School Coaches Association Magazine. She worked tirelessly with the media to promote girls' sports.

The drive to broaden the opportunity for girls/women to play and participate in sports has been a lifetime dedication that continues today. Although officially retired, she is still actively involved in the betterment of the game and of the coaches and players who are part of the game. She has ultimate respect for each of you who continue to "grow" the game and the fabulous players who are a part of your teams. For her players who played in college and for those who moved into the coaching profession, her words of praise for their hard work and continued enthusiasm to make a difference is unbound.

A special note of thanks to Donna's parents, D. L. (Bill) and Ruth Durbin Lassiter for treating her like a person with dreams in a time when sport opportunities were limited for girls; to her high school coaches for their high standards and outstanding abilities; to all of her fellow coaches for their positive attitudes, hard work and corporation; and to her husband Robert (Bobby) and children Richard (Ricky) and Becky for being part of the team with all of their support, ability, and love.



TGCA AWARDS

**MARGARET McKOWN
DISTINGUISHED SERVICE AWARD**

Tommy Cox



Tommy Cox coached high school football for 30 years (South San Antonio, Killeen and Austin). He was a head football coach and campus coordinator for 22 years (8 at Austin Travis, 14 at Austin Bowie). He served as Assistant Athletic Director for Austin ISD for 3 years. Cox is currently the Athletic Director for AISD, a position he has held for 8 years, serving 12 high Schools and 19 middle schools. He has chaired the UIL District Executive Committees for Districts 15AAAAA and 26AAAA for the last 7 years.

**SPORTSWRITER
OF THE YEAR**

Jason Orts



Jason Orts has been a member of the Waco Tribune-Herald sports staff since 2007 and has spent the past three seasons serving as the newspaper's high school sports coordinator. A lifelong sports fan, Jason decided to make his passion a career as a student at Texas State University in San Marcos and joined the Daily University Star's staff in 2001 as a sports reporter. Jason graduated from Texas State in 2004 and began his professional career as the sports editor of the Seguin Gazette-Enterprise, a position he held until leaving for Waco.

Jason is the son of Glen and Patricia Orts of Paige, Texas, and graduated from Elgin High School in 1998. He has one older sister, Shauna, and an older brother, Jeffrey.

TGCA AWARDS

STATE AWARD OF MERIT CITATION

Dr. Charles Breithaupt

UT Associate Vice President and UIL Executive Director

Dr. Breithaupt, named UIL Executive Director in February 2009, was appointed Associate Vice President at the University of Texas at Austin in February 2011. Prior to being named Executive Director, he served as UIL Associate Director and Director of Athletics.

He was promoted to UIL Associate Director in August 2004 after serving as the State Director of Athletics since March 1, 1995. Breithaupt is the seventh Executive Director in the history of the University Interscholastic League.

Breithaupt coached for 17 years, winning a state championship in 1991 prior to joining the League. He has served as an Athletic Director, Assistant

Principal, High School Principal and as a school board member throughout his career. He was inducted into the Texas High School Basketball Hall of Fame in 2003 and the Southeast Texas Coaches Hall of Honor in 2001. He was inducted in the Texas High School Coaches Hall of Honor in 2005.

Previously, Charles was responsible for the administration of the entire athletic program for the state, including the reclassification and realignment process involving over 1,400 member schools. He is currently responsible for the administration and daily operations of the UIL in its entirety, overseeing educational competition in the state of Texas.

He has served on several national committees including the National Federation of State High School Associations Sportsmanship, Ethics and Integrity Committee and the NFHS Basketball Rules Committee. He has served as liaison to the NCAA Football Rules Committee for the past fourteen years and as a member of the NHFS Board of Directors. He currently is on the Board of Directors for the Austin Convention and Visitors Bureau as well as 26 Miles for 26 Charities.

In 2012, Breithaupt co-authored King Cotton, published by Eakin Press. This book chronicles the life of a legendary Texas high school basketball coach.



A graduate of Buna High School, he received his Bachelors and Masters degrees from Lamar University in Beaumont. He completed his Doctorate degree at the University of Texas at Austin in July 1996.

STATE TRACK SCHEDULE



Presented by
State Farm

FRIDAY, MAY 10 – 2013 STATE TRACK & FIELD MEET

DAY 1

Track Schedule	3200M
8:00 am	1A-D2 Girls
8:20 am	1A-D2 Boys
8:40 am	1A-D1 Girls
9:00 am	1A-D1 Boys
9:20 am	2A Girls
9:40 am	2A Boys
10:00 am	4A Girls
10:20 am	4A Boys
4:15 pm	Track Open Warm-ups
5:30 pm	Track Closed
6:00 pm	Session I

Session I: 1A-D2 and 4A, 6 pm

Evening	Event
6:00 pm	400m Relay
6:20 pm	800m Run
6:45 pm	100/110m Hurdles
7:05 pm	100m Dash
7:25 pm	800m Relay
7:45 pm	400m Dash
8:05 pm	300m Hurdles
8:25 pm	200m Dash
8:45 pm	1600m
9:05 pm	1600m Relay

	Discus	Shot Put	Long Jump	Triple Jump	High Jump	Pole Vault
8:30 am	4A Girls	4A Boys Ring 1				1A-D2 Girls-Pit 2 1A-D2 Boys-Pit 1
9:00 am			1A-D2 Girls Pit 1 1A-D2 Boys Pit 2		1A-D2 Girls-Pit 1 1A-D2 Boys-Pit 2	
10:00 am	1A D2 Girls	1A-D2 Boys Ring 2				
10:30 am			4A Girls-Pit 1 4A Boys-Pit 2			
11:00 am		1A-D1 Girls Ring 1			4A Girls-Pit 1 4A Boys-Pit 2	1A-D1 Girls-Pit 2 1A-D1 Boys-Pit 1
11:30 am	4A Boys					
12:00 noon			1A-D1 Girls-Pit 1 1A-D1 Boys-Pit 2			
1:00 pm	1A-D2 Boys	4A Girls Ring 2				
1:30 pm			2A Girls-Pit 1 2A Boys-Pit 2			4A Girls-Pit 1 2A Girls-Pit 2
2:00 pm		1A-D2 Girls Ring 1			1A-D1 Girls-Pit 1 1A-D1 Boys-Pit 2	
2:30 pm	1A-D1 Boys					
3:00 pm				1A-D2 Girls-Pit 1 1A-D2 Boys-Pit 2		
3:30 pm						
4:00 pm	1A-D1 Girls	2A Girls Ring 1				4A Boys-Pit 1
4:30 pm		1A-D1 Boys Ring 2		4A Girls-Pit 1 4A Boys-Pit 2	2A Girls-Pit 1 2A Boys-Pit 2	
5:30 pm	2A Boys					
7:00 pm	2A Girls			2A Girls-Pit 1 2A Boys-Pit 2		

*
 Track and Field Committee, Thursday, May 9, 7:00 p.m. at the UIL Building, 1701 Manor Road
 Sub-Varsity Committee, Friday, May 10, 1:00 p.m. at the UIL Building, 1701 Manor Road
 Track and Field All-State Committee, Saturday, May 11, 8:00 a.m. at the UIL Building, 1701 Manor Road

STATE TRACK SCHEDULE



SATURDAY, MAY 11 – 2013 STATE TRACK & FIELD MEET

DAY 2

Track Schedule	3200M
8:00 am	3A Girls
8:20 am	3A Boys
8:40 am	5A Girls
9:00 am	5A Boys
10:15 am	Track open Warm-ups
11:30 am	Track closed
12 Noon	Session II
4:15 pm	Track Open Warm-ups
5:30 pm	Track Closed
6:00 pm	Session III

Session II: 1A-D1 and 2A, 12 Noon

Session III: 3A and 5A, 6 pm

Afternoon	Evening	Event
12 Noon	6:00 pm	400m Relay
12:20 pm	6:20 pm	800m Run
12:45 pm	6:45 pm	100/110m Hurdles
1:05 pm	7:05 pm	100m Dash
1:25 pm	7:25 pm	800m Relay
1:45 pm	7:45 pm	400m Dash
2:05 pm	8:05 pm	300m Hurdles
2:25 pm	8:25 pm	200m Dash
2:45 pm	8:45 pm	1600m
3:05 pm	9:05 pm	1600m Relay

	Discus	Shot Put	Long Jump	Triple Jump	High Jump	Pole Vault
8:30 am			3A Girls-Pit 1 3A Boys-Pit 2			
9:00 am	3A Girls	3A Boys Ring 1				2A Boys Pit 1 3A Boys Pit 2
10:00 am				1A-D1 Girls-Pit 1 1A-D1 Boys-Pit 2		
11:00 am	3A Boys	3A Girls Ring 2			3A Girls-Pit 1 3A Boys-Pit 2	
11:30 am		2A Boys Ring 1	5A Girls-Pit 1 5A Boys-Pit 2			3A Girls Pit 1
12:00 noon						
1:00 pm	5A Boys			3A Girls-Pit 1 3A Boys-Pit 2		
2:00 pm		5A Girls Ring 1			5A Girls-Pit 1 5A Boys-Pit 2	5A Girls Pit 1
2:30 pm		5A Boys Ring 2				
3:00 pm	5A Girls					
3:30 pm				5A Girls-Pit 1 5A Boys-Pit 2		5A Boys Pit 1

SOFTBALL STATE TOURNAMENT



SOFTBALL STATE TOURNAMENT

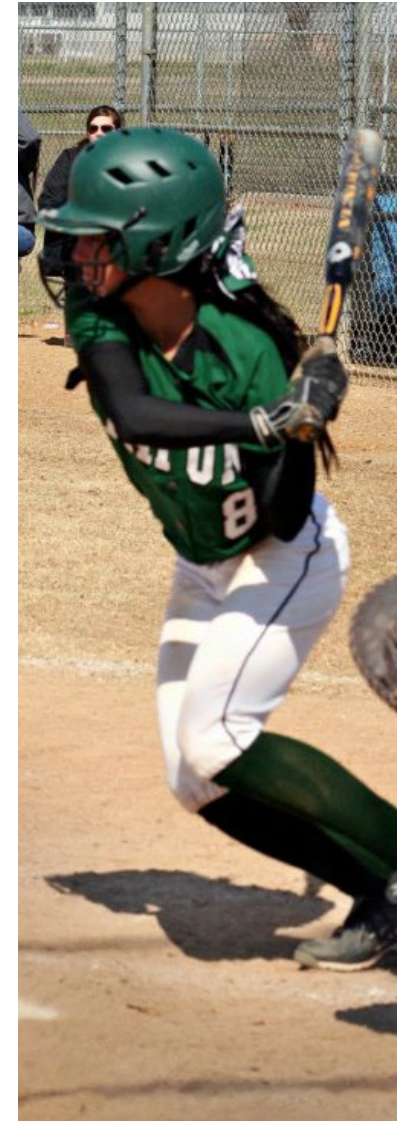
Wednesday, May 29 - Saturday, June 1, 2013
Red & Charline McCombs Field - The University of Texas at Austin

Ticket Prices for the UIL State Softball Tournament:

Adult Session Ticket: \$10
Student Session Ticket: \$5
Coaches All-Tournament Ticket: \$45
All-Tournament Ticket: \$85

Student and adult tickets may be purchased at the gate. The ticket window (on Comal St.) will open one hour prior to the first game. Pre-sale tickets are not available.

For information on public **parking** for the 2013 UIL Softball State Tournament, please visit the following website: <http://www.utexas.edu/parking/softball.html>.



1A, 2A & 3A Softball All-State Committee, Thursday, May 30, 8:00 a.m. at Crowne Plaza Hotel, 6121 North IH-35
4A & 5A Softball All-State Committee, Friday, May 31, 8:00 a.m. at the UIL Building, 1701 Manor Road
Softball Committee, Friday, May 31, 8:00 a.m. at the UIL Building, 1701 Manor Road



TGCA SUMMER CLINIC

TGCA SUMMER CLINIC

Austin Convention Center

July 9-12, 2013

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, "2013-14 Printable Membership Form". You can print the form out, complete it, and mail it with a check or credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536.

ONLINE 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 web page, 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.

ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 9, at 10:00 a.m., in the Austin 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 11. 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 Austin 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

Courtyard by Marriott
Austin Downtown/
Convention Center
300 E. 4th Street
1 to 4 persons -- \$129.00

Crowne Plaza Austin
6121 North IH-35
1 to 4 persons -- \$109.00

Hampton Inn & Suites
200 San Jacinto
King -- \$139.00
Double -- \$154.00

Suite King Bed with Sofa
Sleeper -- \$174.00

Hilton Austin
500 East 4th
1 to 4 persons -- \$129.00

**See page 5 for special
note on Hilton Austin**

Holiday Inn Austin
Town Lake
20 North IH-35
1 to 4 persons -- \$109.00

Hyatt Place Downtown
211 East 3rd St.
1 to 4 persons - \$129.00

Omni Downtown
700 San Jacinto at 6th
Street
1 to 4 persons -- \$129.00

Omni Southpark
4140 Governor's Row (I-
35 & 71)
1 to 4 persons - \$114.00

The Radisson Hotel
& Suites Town Lake-
Downtown Austin
111 E Cesar Chavez
1 to 4 persons -- \$125.00

TGCA SATELLITE CLINICS

TGCA 2013 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2013. Registration for all clinics will open February 1st, both on-line and by mail or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the

"Other Clinics" 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.

2013 SAN ANTONIO SPORTS CLINIC

Churchill High School
12049 Blanco Road
San Antonio, Texas
May 17 – 18

2013 HOUSTON SPORTS CLINIC

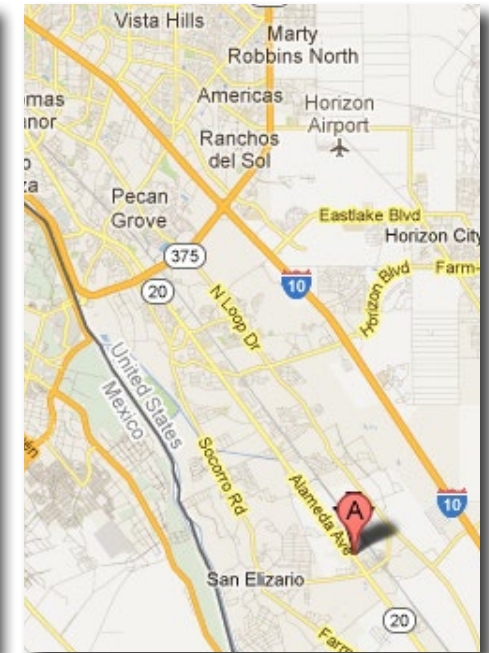
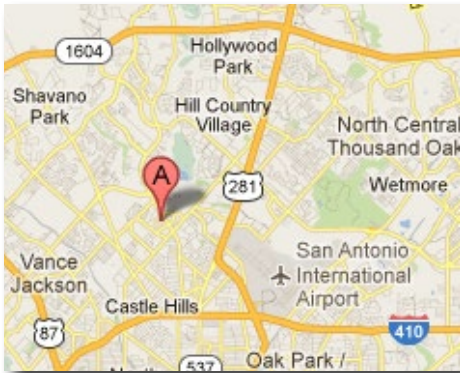
Westside High School
14201 Briar Forest Drive
Houston, Texas
June 19 – 20

2013 REGION I SPORTS CLINIC

Estacado High School
1504 East Itasca Street
Lubbock, Texas
June 14 – 15

2013 EL PASO SPORTS CLINIC

Clint High School
12625 Alameda Avenue
Clint, Texas
July 18 – 19

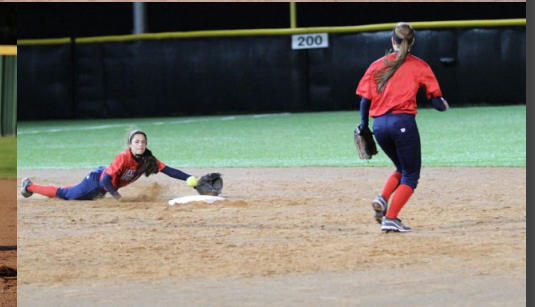


Cost of attendance is \$60.00 per satellite sports clinic and includes the 2013-14 membership card. Agendas can be found on the TGCA website at www.austintgca.com, and registration can be done on-line or by printing a form from the website.

PHOTOS OF THE MONTH

Please take notice of the special note below regarding reservations at the Hilton Austin.

Hilton Austin - A first night's deposit will be charged to the credit card used to guarantee reservations, beginning June 8. Deposit will be refundable up to 72 hours in advance of your convention. The Hilton Austin will deduct any collected nonrefundable prepayment fees from the amount owed.



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 click on the following link 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.

*** ATTENTION ***

TGCA RESOURCE CENTER NOW OPEN

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality. The Resource Center is designed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and people interested in girls' athletics in all sports. Everyone is encouraged to go to the Resource Center site. It's as simple as clicking on the logo shown on the website, www.austintgca.com. Please take the time to walk through the different features offered. Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Association. This site will be continually expanding and will make available an unlimited source of educational materials for you from various outlets in a variety of delivery methods. The Resource Center is designed to be an economical way to obtain up to date educational material to help you become better in your field.



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.

NEWS & UPDATES

TGCA 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.

TSWA NOMINATIONS

Coaches are asked to submit nominations for the Texas Sports Writers Association All-State Softball Team to Longview News-Journal sports editor Jack Stallard as soon as possible when your season has concluded (playoff teams please wait until your team is out of the playoffs).

Deadline to nominate players is Friday, June 1.

Nominations should include player(s) name, grade, team (Please include the classification of the team: 1A, 2A, etc.), position (If a player played more than one position, nominate for the position she played the most. If she played several, consider nominating her for utility player) and any available statistics.

Nominations may be emailed to jstallard@news-journal.com, bigdaddystallard@yahoo.com or faxed to 903-757-3742.

**THIS IS NOT THE SAME AS
TGCA ALL-STATE NOMINATIONS!**

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.

Deadline for submitting accomplishments is May 30

LIVING FIT

Snacking Can be a Great Tool to Improve Energy Levels and Fuel Athletes for Practice

Snacking can be a great tool to improve energy levels and fuel athletes for practice. First, frequent meals and snacks keep your body energized and your blood sugar stable. Second, having a healthy snack mid-morning and mid-afternoon will help you from feeling famished at the next meal. Finally, eating snacks opens the door to include more nutrient rich foods throughout the day such as fruit, yogurt, almonds and high fiber granola bars.

Stay away from snacks that are loaded with sugar and/or fat. Snack foods high in sugar spike your blood sugar levels and leave you feeling tired shortly after. High fat snacks tend to sit in your stomach and make you feel full and bloated. Plus, many processed snacks have little vitamins, minerals and nutrient-rich qualities. Here are five snacks to limit:

- Regular chips
- High sugar snacks like pop tarts and candy bars
- Packaged cookies and pastries
- Soda
- Energy drinks

So what should your snacks consist of? Every snack should have two parts. First,



Photo Courtesy **ROBIN HARDY**

all snacks should have some form of high fiber carbohydrate such as a fruit, an oat-based granola bar or a serving of 100% whole-wheat crackers/pretzels. Carbohydrate is the body's number one source of

energy and your main source of fuel for working out. Thus, carbohydrate should be eaten at every meal and snack throughout the day. However, that is not all! Second, make sure your snack has a lean protein or healthy fat such as Greek yogurt, 2% string cheese, almonds, natural peanut butter, beef jerky or even avocado. Protein and fat slow down digestion and help you feel full faster and stay satisfied longer. Check out five healthy 200-300 calorie snack options that you can take to school or eat as a pre-workout snack:

- 1 serving whole wheat crackers and 2 oz. 2% cheese
- 1 high fiber granola bar, 15 almonds and a yogurt
- 6 oz low-fat Greek yogurt, 1 cup berries and ¼ cup low-fat granola
- 1 large apple and 2 Tbs. natural peanut butter
- 1 whole wheat pita, 1-2 oz turkey and a ¼ cup avocado

For more information from Amy Goodson, MS, RD, CSSD, LD, Texas Health Ben Hogan Sports Dietician visit TexasHealth.org/SportNutrition

LINEAR SPEED: BEYOND STEPS 1 AND 2

We've discussed the importance of acceleration with steps 1 and 2. What about once you get to full speed? To maintain top-end speed, and for that top-end speed to be fast, your athletes must have good mechanics. An effective way to train this is to train at longer distances.

Even for court sports, it is important to train at longer distances. Girls must learn how to run properly from repetition of moving their limbs properly at high speeds. Once athletes develop proper form in a controlled environment they get into competition and their sport's posture takes over. This translates into having proper mechanics in a shorter space.

So how long is long enough? "Long" can actually be as short as 15 yards with the majority of training never exceeding 30 yards. Occasionally it is very beneficial to get all your athletes, regardless of sport, on a track for even longer distances. It is important to note that the distances are specifically linear.

There are 4 important elements to focus on while teaching your athletes speed:

1. Posture

Run tall with a forward lean. Two common mistakes you see in many athletes are they may lean too forward with an improper bend at their hips or they may run too upright. This may also be a result of heel-run-

ning, which is death to speed.

2. Knee Drive

Knee drive is a crucial component of sprinting. This requires powerful hip flexion and prepared hamstrings. This is why we put such an emphasis on those parts of strength development for female athletes in lifting.

3. Heel Recovery

Heel recovery is important because it keeps your foot contact light and brings your knee up into the proper position. Remember: if the heel comes up, the knee must come up. Hurdle training trains heel recovery by presenting an obstacle to step over.

4. Arms and Hands



ATOZ | BUILDING BETTER COACHES

Female athletes tend to let their arms swing out with their wrists cocked (we call this "drying their fingernails"). Teach your girls to keep a 90-degree bend at the elbows with the wrists and hands in a neutral position. Then make sure the path of their arm swing is not going overtly sideways. This is called "horizontal displacement." We want to keep as much motion as possible going forward, not side-to-side.

Remember: mechanics produce efficiency, and efficiency produces speed!



INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 STEPS FOR PREVENTING AND TREATING FOOT PROBLEMS

By Dr. Jim Peterson, Coaches Choice

1. Don't ignore foot pain. Foot pain is not normal. Rather, it is the body's signal that something is amiss. When individuals suffer from foot pain, they should see a qualified physician. The feet can be afflicted with over 300 different ailments, none of which should be neglected.

2. Wear proper fitting shoes. Poorly fitting shoes are thought to be the primary cause of almost 80% of all foot problems. Ill-fitting shoes place undue, cumulative stress on the collection of bones (26), joints (30), tendons (31), ligaments (107), and muscles (18) in each foot.

3. Check your shoe size periodically. Because the feet continue to grow longer and wider as individuals age, check your shoe size at least once every 3 years. Age also tends to result in a thinning of the layers of protective padding along the bottom of the foot and between the skin and bones, thereby exposing a person to a greater likelihood of incurring a foot injury.

4. Shed a few pounds. A person's feet are under an incredible amount of pressure (for example, a 135-lb person absorbs more than 2.5 million pounds of pressure while stepping through a typical day). Because the feet and ankles serve as shock absorbers that help to dissipate force when a person is moving from one point to another, the lighter an individual is, the less force that has to be dispersed.

5. Don't force it. Be cognizant of the load forces placed on your body when you exercise. To the extent feasible, engage in exercise modalities that subject your feet (and body) to a reasonable level of orthopedic stress. In that regard, walking and swimming are two of the more appropriate exercise options.

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

6. Protect your feet when exercising. When engaged in physical activity, wear shoes that have good arch support and proper cushioning, with an appropriate amount of space in the forefoot. Proper fit in exercise wear is crucial. Furthermore, never wear “athletic” shoes for activities other than those for which they were intended. One style does not fit all.

7. Choose function over fashion. Shoes with heels that exceed two inches should not be worn for extended periods of time. Excessively high heels are an open invitation for foot problems, such as metatarsalgia (i.e., pain in the ball of the foot).

8. Don't wear ankle weights or “plyometric” shoes. Wearing either ankle weights or

the “plyometric” shoes that are designed to improve vertical jumping ability will change an individual's normal foot plant, thereby exposing that person to an unnatural, heightened level of stress.

9. Make mama comfortable. Some pregnant women may need a larger shoe size during their pregnancy. Because the ligaments of the foot tend to relax and stretch during pregnancy, the foot tends to flatten and spread. In many women, pregnancy may also cause swelling in the feet and legs. Adjusting the size of shoes worn may help to prevent or reduce the degree of severity of foot problems.

10. Use common sense. The most effective path to healthy and happy feet begins at the opposite end of the body. Common sense not only can help prevent foot problems from occurring but may also be an integral part of the therapeutic prescription when they actually rise.

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

\$119.00 without breakfast, check TGCA website for link to reserve online, or \$129.00 with breakfast. To make reservations for breakfast rate, please call 1-800-THE-OMNI.

Radisson
111 Cesar Chavez at Congress
Austin, TX 78701
(512) 478-9611

Year-round rate of \$112.00 includes complimentary self-parking. To make reservations, call 1-800-395-7046 or use the direct link available on the TGCA website.

MAY 2013

- 1 TGCA: Sub-Varsity Coach of the Year Deadline, 12 Noon
- 2-3 Golf: State Meet, 1A, 2A & 3A
- 4 Softball: Area Deadline
- 6 TGCA: Track & Field Nomination Deadline, 12 Noon
- 9 TGCA: Track Committee Meeting, 7 PM (UIL Building)
- 9-11 Softball: Regional Quarterfinal Deadline
- 10 TGCA: Sub-Varsity Committee Meeting, 1 PM (UIL Building)
- 10-11 Track & Field: State Meet
- 11 TGCA: Track All-State Committee Meeting, 8 AM (UIL Building)
- 16-18 Softball: Regional Semifinal Deadline
- 17-18 TGCA: San Antonio Sports Clinic
- 25 Softball: Regional Playoff Deadline
- 27 TGCA: Softball Nomination Deadline, 12 Noon
- 29-31 Softball: State Tournament
- 30 TGCA: Softball 1A, 2A & 3A All-State Committee Meeting, 8 AM (Crowne Plaza Hotel, 6121 North IH-35)
- 31 TGCA: Softball 4A & 5A All-State Committee Meeting, 8 AM (UIL Building)
- 31 TGCA: Softball Committee Meeting, 8 AM (UIL Building)

JUNE

- 1 Softball: State Tournament
- 2 TGCA: Board of Directors Meeting, 11 AM

* 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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Membership & Exhibitor Coordinator: Jesi Grisham, Jesi@austintgca.com
Newsletter Editor: Chris Schmidt

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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