

TGCA



TGCA NEWS
FEBRUARY 2013

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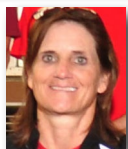


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2012-13 TGCA OFFICERS

*Photo submitted by Bric Turner
of Tulia High School*

FEATURED ARTICLE



CHOOSE YOUR BATTLES

By Kriss Ethridge, TGCA Basketball Committee Chair - Coronado HS

Taking over a new program is always difficult. On all levels, you will hear horror stories of coaches stepping into faltering programs, taking over average teams, or inheriting state tournament hopefuls. As a coach filling a new position, there is the balance of instilling your philosophy into a group of players and transitioning from the last set of ideas to your own. There is always the dream that a coach takes over for someone with identical plans, work ethic, and expectations as they have built a successful program and gone to retirement. While this would be ideal, it is rarely the case. You have to be able to implement your style while encouraging the “buy-in” from the players, parents, fans, assistant coaches, administration, and anyone involved in your program.

It can be overwhelming to think of what to do first. What is most important? What are you stating as your priorities in your new program? What is the overall controlling idea of what you want people to see when they look at your teams? Our program theme of “All In” is written across the back of our shirts and is often questioned by other fans, coaches and players. We are often asked if it is a poker reference or directed towards a philosophy of unity among our kids, but in fact it comes from a story of a homeless man, who walked into a



Photo Courtesy **LISA BRANCH**

church to get warm from the cold air outside. Just as the homeless man found his place in a pew, the offering plate was being passed. He saw those around him place their dollar bills and checks into the plate and as it came to him, he looked around, realizing he had nothing of monetary value to give, he gently placed the plate on the ground and stepped inside it. He

said, “I am all in.” This philosophy holds true not only in basketball, but in life. We want our players to give it all as students, sisters, daughters, and friends. Even when they are not the most athletic or the most skilled, they can still give all that they have.

After communicating the overall philosophy of your program, it is important for the people involved

with your teams to understand the concept of “program first.” You may be able to look at one or two players who make things happen or contribute greatly to your success, but are those two individuals more important than the program as a whole? Those players will eventually move on and graduate. Will the new crop of players think that they can step into those exemptions from the rules? From top to bottom, starting with the head coach, it is important for everyone to know that no one person is above the overall program. No one person is considered more valuable than the program as a whole, from Varsity to your youngest team. Every person’s contributions need to be held in equal esteem and no individual is a priority. This cannot just be something to talk about, because there may be a time that you have to prove it.

Instilling a sense of discipline is key in building a successful program. Discipline does not happen overnight. It takes a significant amount of time in which you show a great deal of consistency. Being disciplined in things like expectations, time, appearance, and conformity will result in discipline in on-court things as well. While I don’t control everything that happens with all of our teams, there are certain points that are non-negotiable. One of those points that proved to be a

TGCA SUMMER CLINIC

2013 TGCA SUMMER CLINIC

Austin Convention Center

July 9 – 12, 2013

Summer Clinic will be held in Austin this year. Clinic will be held at the Austin Convention Center, 500 East Cesar Chavez Street. The Convention Center is conveniently located to all downtown hotels; 6th Street and the downtown activities of Austin; plus the University of Texas, housing the LBJ Library; and many other historic sites.

The TGCA All-Stars will be housed on the University of Texas campus at Jester Hall, 201 East 21st Street, Austin.

All Star games and demonstrations will be held at the following venues:

- **Volleyball and Basketball** will both be at Tony Burger Activities Center, 3200 Jones Road.
- **Softball** will be at McCombs Field, 2001 Comal Street.
- **Track & Field and Cross Country demonstrations** will be at Tony Burger Activities Center, 3200 Jones Road. **Track and Cross Country All-Star introductions** will take place during halftime of the 1A-2A-3A All-Star basketball game.

The TGCA Honor Awards

Banquet will be held Wednesday, July 10, at 6:00 p.m. at the Austin Omni Southpark, 4140 Governor's Row.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 11th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site 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, which will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 11th.

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 "2013-14 Printable Membership Form".

The 2013 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. It has changed dramatically from years past, so be sure you take a look at it. 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 "2013 Summer Clinic Program".

We look forward to seeing you at the 2013 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



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.

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 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 14. 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/Con-
vention Center
300 E. 4th Street
1 to 4 persons -- \$119.00

Crowne Plaza Austin
6121 North IH-35
1 to 4 persons -- \$115.00

Hampton Inn & Suites
200 San Jacinto
King -- \$129.00
Double -- \$139.00
Suite King Bed with Sofa
Sleeper -- \$164.00

Hilton Austin
500 East 4th
1 to 4 persons -- \$121.00
**See page 5 for special
note on Hilton Austin**

Holiday Inn Austin
Town Lake
20 North IH-35
1 to 4 persons -- \$114.00

Omni Downtown
700 San Jacinto at 6th
Street
1 to 4 persons -- \$124.00

Omni Southpark
4140 Governor's Row (I-
35 & 71)
Single/Double -- \$109.00
Triple -- \$129.00
Quad -- \$149.00

The Radisson Hotel
& Suites Town Lake-
Downtown Austin
111 E. Cesar Chavez
1 to 4 persons -- \$119.00

FEATURED ARTICLE CONT.

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.



CHOOSE YOUR BATTLES (CONT.)

CONTINUED FROM PG. 2

battle at first was tucking in our workout shirts. There was a daily discussion of why this was required, what difference it made, and how the anatomical build of certain players didn't allow for this to be a possibility. We would always bring in the reminder of "program first" and that no one player was above any of the expectations. Consistency (and quite a bit of running) eventually diminished the frequency of those discussions to the point to where it didn't have to be monitored by coaches anymore. Teammates were stepping up and reminding, if not demanding, that the others kept their shirts tucked in as required. We have leadership on our Varsity this year that cannot believe that all coaches do not require this and comment on how tacky it looks when others don't tuck in their shirts. It's interesting to note that these were the same anatomically endowed players that had no control over their shirts coming un-tucked just two years prior. Do our athletes shoot or pass with higher accuracy because of the shirts?

No. Do they run faster or jump higher? No. They do, however, now understand that things like tucking in shirts, wearing tall socks, touching the line every time, and holding each other accountable puts us all on one level: No one person being above the program.

While the battles of shirts and socks are on the list of battles I choose, I also feel that letting the players have some ownership of their own team is important. There are certain areas in which I allow them to be large contributors. While there is always the option of the coach using "veto power" or having the final say, our players have input in several aspects of their team. If you give them some power in media guide covers, designing shooting shirts, coordinating workout and travel clothing, warm-up music, and other things that are important to them, they have more of a sense of ownership.

Looking back at the trials of that first year, I remember times where each day was a constant struggle. It seemed as

if we were dealing with one issue after another. From grades to behavior in the hallways to being late for practice, we rarely had a day that we had it all together and everyone on the same page. As time went on, those days became few and far between and now are the exception more than the rule. Obviously there is the beginning of the year learning curve for our new players, but as we go up from the freshman team to the Varsity, these issues diminish greatly. It has been incredible to watch the transformation of our players' mentality each year. What was a struggle year one became an expectation year two and has now just become the way it is without question. Those players that were around in the beginning are the biggest champions of discipline within our teams. They are quick to address any actions or behaviors that could reflect negatively on the program. There is a great sense of pride and unity among these girls and while they will call each other out for not going "All In," they always have each other's backs.

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

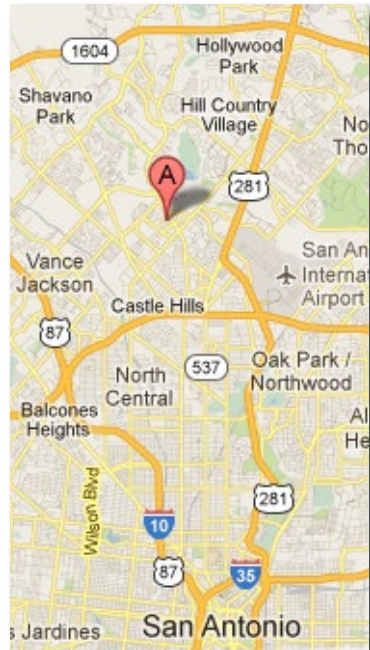
"Other Clinics" category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s),

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.

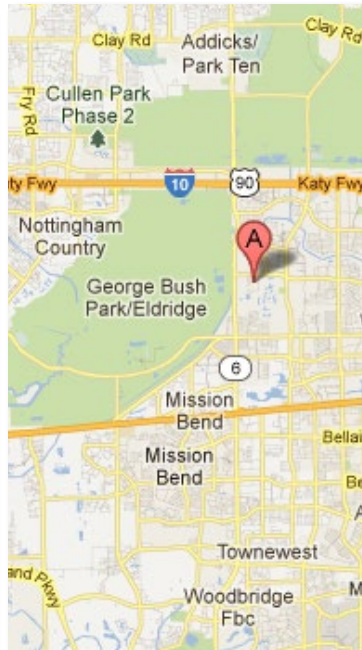
2013 SAN ANTONIO SPORTS CLINIC

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



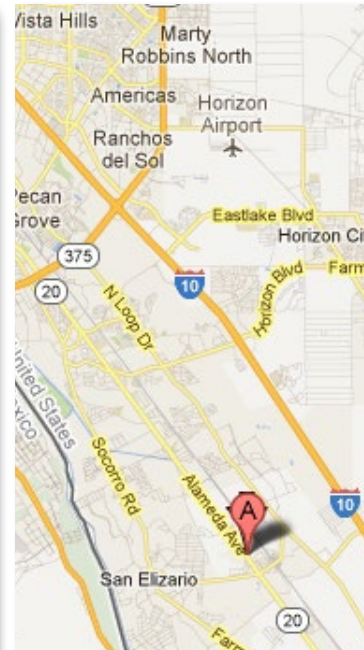
2013 REGION I SPORTS CLINIC

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



2013 VALLEY SPORTS CLINIC

Site to be Determined
City to be Determined
July 23 – 24

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.

GIRLS BASKETBALL TOURNAMENT

2013 GIRLS BASKETBALL STATE TOURNAMENT

Frank Erwin Center: February 28 - March 2, 2013

Thursday, February 28, 2013

Conference 1A Division I Semifinals
8:30 a.m. - Dallas Triple A Academy vs. Smyer
10:00 a.m. - Martin's Mill vs. Snook

Conference 3A Semifinals
1:30 p.m. - Mexia vs. Krum
3:00 p.m. - Kennedale vs. Smithville

Conference 4A Semifinals
7:00 p.m. - Dallas Lincoln vs. Aledo
8:30 p.m. - Georgetown vs. Northside Brennan

Friday, March 1, 2013

Conference 2A Semifinals
8:30 a.m. - Brock vs. Centerville
10:00 a.m. - Merkel vs. Poth

Conference 1A Division II Semifinals
1:30 p.m. - Roscoe Highland vs. Saltillo
7:00 p.m. - Whitharral vs. Leakey

Conference 5A Semifinals
3:00 p.m. - Duncanville vs. League City Clear Springs
8:30 p.m. - Pflugerville vs. Cibolo Steele

Saturday, March 2, 2013

8:30 am Finals Conference 1A - Division I

10:00 am Finals Conference 3A

1:30 pm Finals Conference 2A

3:00 pm Finals Conference 4A

7:00 pm Finals Conference 1A - Division II

8:30 pm Finals Conference 5A

2013 UIL Girls Basketball State Tournament Parking Information

There are several parking garages available to the public on the University of Texas campus, as well as the area surrounding the Frank Erwin Center.

You can purchase parking prior to the tournament through The University of Texas Parking and Transportation Services by selecting The Frank Erwin Center - UIL Girl's Basketball.

Here is a brief list of some parking garages and locations around the Frank Erwin Center:

University of Texas-Trinity Parking Garage

Located at the corner of Trinity and Martin Luther King Blvd. (MLK), one block northwest of the Frank Erwin Center. The rate for this garage is \$12 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/trg.html>

University of Texas-Brazos Garage

Located at the corner of Brazos and Martin Luther King Blvd. (MLK), two blocks northwest of the Frank Erwin Center. The rate for this garage is \$12 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/brg.html>

University of Texas-Manor Garage

Located at the corner of Clyde Littlefield and Robert Dedman Drives, across the street from the football stadium. The rate for this garage is \$12 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/mag.html>

Texas State Office Parking Garages/Lots

There are several state office parking garages and lots within walking distance of the Frank Erwin Center. These lots are reserved for state employees with a permit on Thursday and Friday until 6 p.m., but are available to the public for a fee after 6 p.m. on weekdays and all day Saturday.

For Mobility Impaired Visitors

University parking spaces for persons with disabilities are reserved for the University Class "D" Permit holders from 7:30 a.m. to 4:00 p.m. Monday through Friday. Those visitors with disabilities displaying the appropriately approved state plate or placard may park in any University parking garage space reserved for the persons with disabilities and pay normal parking fees.

Additionally, these visitors may park at surface disabled spaces after 4:00 p.m. with no University permit. They must display their appropriately approved state plate or placard. There is no fee for this parking.

Also, please note that Lot 108 (on the south side of the Erwin Center) meets stringent A.D.A. regulations. There are 29 spaces reserved for patrons who show a mobility impaired placard or plate. Conse-

quently when those spaces are full, all others will be turned away until a space is available.

Access to the parking lot on the north side of the Erwin Center by the flagpoles is restricted to employees of that building until after 5:00 p.m. After 5:00 p.m. it will be restricted to mobility impaired guests with placards / license plates.

There are also mobility-impaired parking spaces in front of the Erwin Center along Red River Street. The mobility-impaired entrance is on Red River Street. Mobility impaired guests can enter here or be dropped off and meet their parties after the vehicle is parked.

Capital Metro

Additionally, Capital Metro offers extensive bus service throughout Austin, including several park-and-ride lots. Call (512) 474-1200 for more information and be sure to ask when the last bus leaves the Erwin Center and the available service on Saturday. For more information, visit the Capital Metro web site at www.capmetro.org.

Shuttle buses to and from Highland Mall will not be available throughout the basketball tournaments.

GIRLS BASKETBALL TOURNAMENT

UIL GIRLS BASKETBALL STATE TOURNAMENT HOTEL VENUES

TGCA will have special rates for the Girls Basketball State Tournament at the following venues:

Crowne Plaza Austin, 6121 North IH-35, (512) 323-5466
\$109.00 per night.

Call the hotel directly and ask for the TGCA rate. The Austin Crowne Plaza has also set up a direct link for room reservations for TGCA members. The link can be found on the TGCA website at www.austintgca.com.

LaQuinta Hotels, Various Locations

The rate will be the TGCA rate contracted with the LaQuinta Hotels.

Make your reservations online and use the code TGCA, or call the particular hotel of your choice and use the TGCA promotional code.

NOTE: Not all LaQuintas will honor the TGCA rate during the state tournament.

Omni Southpark, 4140 Governor's Row, (512) 448-2222

\$119.00 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 \$119.00 rate. The Austin Omni Southpark has set up a direct link for TGCA for our members when making reservations to get the TGCA rate. The link can be found on the TGCA website at www.austintgca.com.

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

\$112.00 per night, subject to availability.

The Radisson Austin has set up a direct link for TGCA members when making reservations to get the TGCA rate. The link can be found on the TGCA website at www.austintgca.com.





In recognition of your contributions to Texas High School Basketball,
we invite you to join us for a

NIKE COACHES PARTY
at the
2013 UIL GIRLS BASKETBALL CHAMPIONSHIPS

Friday, March 1st
12PM-7PM

Scholz Garten
1607 San Jacinto
Austin, TX 78701

PRIZES • DRINKS • 2013 PRODUCT PREVIEW

Nike representatives will be on-hand to answer questions and give you the first look at the new line of basketball uniforms, team apparel and footwear for the 2013 season.

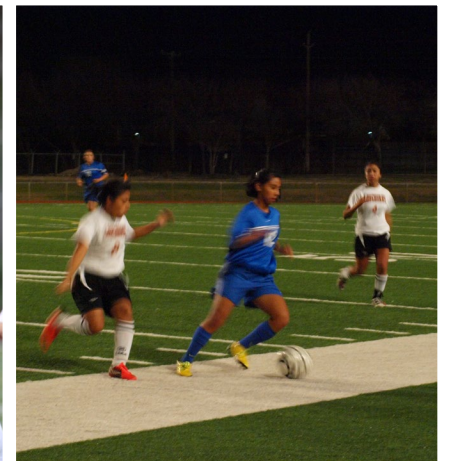
Come wearing your Nike-branded polos, t-shirts, jackets and shoes, and earn an entry into our hourly prize drawing. We will be giving away team footwear, warm-ups and other great Nike gear! Coaches wearing competitor apparel and footwear will not be eligible for the drawings. **NO EXCEPTIONS.**

[CLICK HERE TO RSVP](#)

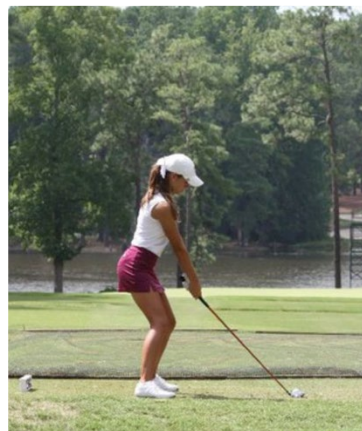
Please RSVP via link above to reserve your beverage tickets.



PHOTOS OF THE MONTH



PHOTOS OF THE MONTH



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.

TEXAS COALITION FOR EXTRACURRICULAR ACTIVITIES

TCEA MISSION STATEMENT

The Texas Coalition for Extracurricular Activities believes every child in Texas should receive a well-rounded, quality education. To this end, we advocate the values of extracurricular activities because they enhance and enrich the student's overall educational experience. The TCEA publicly supports the University Interscholastic League in its mission to promote and protect the health, safety and equal opportunities of all students in academics, fine arts, music and athletics.

The Texas Coalition for Extracurricular Activities (TCEA) met February 5 in Austin.

"The coalition was formed to promote the positives of extracurricular activities in the public school education system," coalition founder and chairman Sam Tipton said. "There is a definite need to have an organized effort in educating the general public as to the worth of extracurricular activities in the public schools in academics, fine arts, music and athletics."

Those at the meeting worked to develop a strategy and "talking points" to take to the Legislature to stress the importance of continued funding of extracurricular activities.

The talking points are as follows:

TCEA believes extracurricular activities should be fully funded by the Texas Legislature for the following reasons:

1. Extracurricular activities enhance the development of students.

- Students in extracurricular activities have higher grade point averages.
- Students in extracurricular activities have higher SAT scores.
- Extracurricular activities offer scholarship opportunities which enhance the chances students will attend college.
- Extracurricular activities promote the development of self-worth.
- Extracurricular activities build character.
- Extracurricular activities give students their own identities.

2. Extracurricular activities are important to schools and the community.

- Extracurricular activities teach team-building skills and give students opportunities to make social connections.
- Extracurricular activities equalize op-

portunities for students from different races and economic backgrounds.

- Extracurricular activities teach students how to lead healthier lives.
- Extracurricular activities are a positive deterrent to substance abuse through coaches/sponsors who serve as role models/mentors.
- Extracurricular activities provide opportunities to teach life lessons that can't be taught in the classroom.
- Through extracurricular activities, the entire community becomes affiliated with the school.

3. Extracurricular activities help students/athletes develop into well-rounded individuals through regulations mandated to public schools.

- No pass/no play keeps students focused on their academics which helps them progress to higher education.
- The University Interscholastic League is essential in the organization of extracurricular activities and in monitoring so that the rules apply equally to all.

4. Extracurricular activities hold students accountable.

- Students in extracurricular activities have better attendance rates and lower drop out rates.
- Students in extracurricular activities have better time management skills.
- Students in extracurricular activities are more disciplined.
- Students in extracurricular activities learn how to work toward individual and team goals.
- Extracurricular activities teach students how to compete and to perform under pressure.

"The major goal of the coalition is to educate the general public of the positive benefits of students participating in extracurricular activities as a major part of their educational experience in public schools," Tipton said.

The TCEA welcomes input from all coaches and sponsors of extracurricular activities. Anyone who needs more information can contact Sam Tipton at sam@austintgca.com.



Dallas Healthy Bites February 2013

A New You, In This New Year: 7 Snacks for Under 100 Calories

Now that you have packed up the holiday decorations and cleaned out your closets, it's time clean out your kitchen and replace old foods with new, fresh, nutrient rich foods too. Nutrient rich foods are those that have more vitamins, minerals and nutrients per bite.

So where do you start? Let's start with the pantry. Throw away canned foods, vegetables and fruits that are out of date or are loaded with sodium and sugar. Replace with fresh or frozen vegetables that are less processed and thus higher in fiber. Next, throw out all the open bags of chips and snack foods. Replace these snacks with 100% whole wheat crackers and pretzels, nuts and dried fruit. Finally take a look at your cereal selection. Do you have boxes of rainbow-colored or frosted cereals? If so, throw those away and replace with whole grain cereals like Kashi®, All Bran®, Total® and Wheaties®. Also, make sure to add some hot cereal like oatmeal to your morning ritual. Oatmeal is full of fiber and B vitamins which is a nutrient-rich breakfast choice!

Next take a look at the refrigerator. Start by removing all foods that are out of date. Take a look at your dairy selection. Do you have choices like low-fat milk, 2% cheese and yogurt? Dairy foods are rich in calcium, potassium and a great source of protein. Throw out your sugary yogurts and try low-fat Greek



yogurt; it is much higher in protein and has no added sugar. Next look at your snack choices. If your refrigerator and freezer are full of pudding, ice cream and frozen desserts, replace them with fresh fruit, 100% fruit bars and yogurt smoothies. The replacement choices are full of vitamins and minerals. Finally make sure your refrigerator has a rainbow of vegetable colors. Vegetables are great snacks with hummus or avocado which can quickly be mixed in salads or casseroles or added to sandwiches and wraps.

Many 100 calories snacks are flour and sugar based thus leaving you hungry about 30 minutes later. Choosing a nutrient-rich

food with protein and or healthy fat will help curb your appetite so you are not looking for another 100 calorie snack minutes later. Here are seven snacks under 100 calories that will satisfy your hunger without breaking the caloric bank!

- 1) 10 baby carrots and 2-3 Tbs. hummus
- 2) ½ cup edamame soy beans and ½ an apple
- 3) 1 Tbs. peanut butter and 2-3 celery stalks
- 4) 10 almonds and 10 grapes
- 5) 6 oz fat-free Greek yogurt and ¼ cup blueberries
- 6) Mozzarella string cheese stick and 5 medium strawberries
- 7) 1 oz turkey / chicken and 10 whole wheat crackers

It is important that you don't waste food. If you have unopened, non-perishable goods, consider donating them to a local food pantry. Make a resolution to rejuvenate your kitchen with fresh, nutrient-rich foods and start snacking right this year!

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

SPEED: STEPS 1 AND 2

Sports are games of inches. Sometimes they seem even closer than that.

Either in a playing career or your current coaching career, you have probably experienced plays that lost you a match or a game. That last second effort that wasn't quite enough, a player being oh-so-close yet not close enough. Maybe it was a volleyball that dropped in for game point or a tennis ball on the baseline for match point. Maybe it was a buzzer-beating jump-shot where the defender couldn't step up fast enough to contest.

Our goal in training is to put our athletes in a position to be successful. Working on skills is a necessary part of training, as is working on athleticism to control our bodies as much as possible, with or without that ball. During the course of a point or a game, the quicker athletes are better able to put their bodies in position to succeed. The objective is

getting from point A to point B as fast as possible, even if point A and point B are only a step apart.

Speed Separates Levels

The speed of the game changes because the speed of the athlete changes. As athletes mature physically and mentally they are able to perform their skill with greater precision and speed. Higher levels of competition tend to involve athletes with similar skills, so the speed at which those skills are completed becomes the determining factor. Improving the first couple of steps can make the greatest impact on your athletes' performance.

When training speed, it has to all start with **Steps 1 and 2**. Keep this in mind: the majority of gameplay is not spent at top-end speed. This is not to devalue top-end speed by any means. However, court sports are great examples where an individual athlete spends a most of their time operating in

a small space. Even though it may be a short sprint, it's still a sprint.

Speed Can Be Taught!

There are 3 main ways to effectively train Steps 1 and 2:

1. Ladder Drills

The ladder is an effective tool when you don't have much time or space. Both simple and complex ladder drills help an athlete train their steps to be quick and precise.

2. Hurdles Short Course

Step 1 must be explosive; we want our athletes to be fast early. Don't step over the first hurdle, sprint over the first hurdle. Once the athlete reaches the end of the short course of hurdles, they focus on the next two steps. They should maintain form, burst off the end and extend their stride.

3. Change of Direction Cone Drills

Most moves on the court or field require starting from rest



A TO Z | BUILDING BETTER COACHES

or changing direction. Athletes must be taught to explode out with a good first step. Regardless of whether it is linear or lateral speed training, they must keep their hips low with a good bend in their knees and good center of gravity. You cannot have a good first two steps if you're upright or off-balance!

We want our athletes to have confidence in their ability to not get beat. Skill is crucial, but the speed and strength of your athletes determine their level of play. Get to that volleyball. Get to that tennis ball. Block that shot-attempt. It all starts with the 1st step. Get there!

10 FACTS ABOUT YOUR MUSCLES AND MUSCULOSKELETAL SYSTEM

By Dr. Jim Peterson, Coaches Choice

1. The issue is tissue. Skeletal muscle is your body's largest tissue, accounting for approximately 45% of body weight in men and 36% in women. In fact, the human body has more than 650 muscles.

2. Dynamic living tissue. At birth, the human body starts off with 350 bones. During growth, however, a number of bones fuse together leaving the adult with only 206 bones. These bones are dynamic living tissue that is constantly being formed, broken down, and built up through a process known as remodeling.

3. Peak bone mass. By the time a person reaches age 35, the skeleton has reached a point when the bones are most strong (i.e., a condition commonly referred to as "peak bone mass"). As a general rule, bones that are at peak bone mass are tough enough to bear pressure of approximately 24,000 pounds per square inch. After your mid-thirties, your bones start to lose more substance than they create, and bone mass begins to decline.

4. Making bones move. Muscles are attached to your bones by connective tissue called tendons. The contraction of skeletal muscles causes one bone to move through a specific range of motion toward another bone. Muscles are innervated by a functional unit called a motor unit. Motor units vary widely in size. For example, the first dorsal interosseous muscle in a finger contains 120 motor units

that control 41,000 muscle fibers, whereas the medial gastrocnemius muscle (calf) has 580 motor units that affect 1,030,000 muscle fibers.

5. The recipe for making skeletal muscle. Approximately 75% of skeletal muscle is water, 20% is protein, and the remaining 5% is made up of inorganic salts and other substances. How much skeletal muscle a person has (or can develop) is generally due to factors that are beyond the individual's control.

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

6. Patterned for power. Skeletal muscle fibers (elongated cylinders) are bundled into groups, which are then bundled to form what most people refer to as a "muscle." Anchored to bones, skeletal muscle pulls on them to initiate movement. Muscles do not shorten when they contract. Rather, the filaments within each muscle fiber actually slide past each other.

7. The pain of it all. Two types of muscle soreness exist: acute and delayed. Acute soreness is believed to be a by-product of impeded blood flow and the accumulation of waste products in the muscle. Delayed soreness

is thought to be the result of small amounts structural damage (microscopic tears) to the muscle fibers and connective tissue.

8. Where did the strength go? By the age of 65, individuals who haven't engaged in resistance exercise may incur as much as an 80% decrease in muscular strength. In a similar vein, by the age of 80, sedentary individuals will lose about half of their muscle mass.

9. Yes, she can. Considerable evidence exists that women can and should get strong. Although they are not capable of developing sizeable levels of muscle mass, women have a relatively untapped potential for achieving substantial improvement in muscular fitness—particularly upper body strength.

10. Increasing the ante. During exercise that requires an oxygen uptake of 4.0 liters per minute, a muscle's oxygen consumption increases nearly 70 times over its resting requirements. In fact, as a machine for moving, a muscle is relatively efficient, using 35% to 50% of its potential energy.

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
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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.



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\$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.

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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.

FEBRUARY 2013

- 28 TGCA Basketball All-State Committee Meeting; 5 PM
- 28-Mar2 Girls Basketball: State Tournament

MARCH

- 1 TGCA Basketball Committee Meeting; 12 PM
- 3 TGCA Board of Directors Meeting; 11 AM
- 23 Soccer: District Certification Deadline, 4A
- 25-26 Soccer: Bi-District, 4A
- 26 Soccer: District Certification Deadline, 5A
- 28-30 Soccer: Area, 4A; Bi-District, 5A

APRIL

- 4-6 Soccer: Sectional, 4A; Area, 5A
- 8-9 Soccer: Regional Quarterfinals, 4A & 5A
- 10 Golf & Tennis: District Certification Deadline
- 12-13 Soccer: Regional, 4A & 5A
- 13 Track & Field: District Certification Deadline
- 15-18 Golf & Tennis: Regional Meets
- 18-20 Soccer: State Tournament
- 23 Softball: District Certification Deadline
- 26-27 Track & Field: Regional Meets, All Conferences
- 29-May3 Tennis & Golf: State Meets

* 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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