

TGCA



TGCA NEWS MAY 2013

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2012-13 TGCA OFFICERS

Photo submitted by Lee Summers of Uvalde High School

FEATURED ARTICLE



WHY, WHY, WHY

By Heather N. Damron, TGCA Softball Committee Chair – Wylie HS

Why, why, why? Those are the words I have heard most often this past year from my nephew, Calder, who is now four years old. The moments I was around him and did not hear him utter multiple “whys” to me were few and far between. He would say, “why can’t you stay here with me?” and I would respond letting him know that I had to go back home and go to work, and he would quickly ask “but why do you have to go to work?” As you can guess, my answer to that simply led him to yet another question! I’m sure you have been there at some point in your life and you know how these conversations with little ones go. Yes, it can get annoying after a little while but *man, is - he - cute!!* He is so intrigued with how things work and why. He asks, and asks, and asks, and each time that he does I never once hesitate in answering. Because in answering his many questions, one after the other, I am enabling him to learn. At that young age, it is clear that kids have a real thirst for knowledge and want to learn which can be quite different from what we see amongst teenagers on a daily basis, particularly those who have played the game since a very young age.

My experience is in coaching softball and much like my nephew, the majority of my high school play-

ers began playing at age three or four. Those who really took on a love for the game and stuck with it have ended up playing the game year-around making it easy for them to play over a 100 games in a year. Given the time our players spend throughout a year on the field whether in practice or games then one would expect that their knowledge is extensive. Yet how often do we watch a high school game and see players making *small* mistakes that can and do change the course of the outcome?

I’m not talking about the bobbled ball or the errant throw that are bound to happen at some point by every team and every player. I’m talking about those little things that players continue to do incorrectly that allow the opponent to get the upper hand. Is it because those players are really incapable of getting out of the box immediately and then hitting the inside of the bag in order to give themselves a chance to be on 2nd rather than having to settle for 1st? Is there some reason they are unable to set up behind the routine fly-ball so they can step in to catch, make the throw quicker, and increase the chances of throwing someone out? I think we would all agree that in most cases such as these it is not that our players are physically unable. So if they are able, why do we continually



Photo Courtesy **HEATHER N. DAMRON**

see the same athletes do the same things over and over and never do these little things?

For one, our athletes are teenagers and by that age most think that they know it all already and aren’t going to ask. Right? But just because they may not ASK does not mean that they do not still have a thirst for

knowledge and want to learn small details and aspects of the game that can give them the edge over their opponent.

Second, I think we sometimes assume that our players already know – or should know by this point – given the number of years they have played and the many games they play in a year. I’ve even heard coaches comment on how if their players haven’t learned by now then they aren’t going to! Well guess what, just because they may have played a lot of years doesn’t mean they were taught these small things along the way. Then again, maybe they were taught, but kids forget. It’s our job to make sure first that they know and then to reiterate as needed. In my own practices I like to find ways to incorporate these small skills into a drill. That way, just like fielding with a triangle, these skills are reinforced every day and become part of an athlete’s muscle memory.

My point is we are coaches. So coach. Day in and day out look for small areas that if learned can make a difference in the outcome. Continually teach. Don’t assume they know or give up on them learning.

At the end of the game, don’t be left asking yourself why.

STATE CHAMPIONSHIP HONORS

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

2013 UIL TRACK & FIELD STATE CHAMPIONSHIPS!

Conference 2A

Danny Mitchell

Tatum HS

Conference 3A

Chris Pawlak

Frisco Lone Star HS

Conference 4A

Beverly Humphrey

Lancaster HS

Conference 5A

June Villers

DeSoto HS



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

2013 UIL GOLF STATE CHAMPIONSHIPS!

Conference 2A

Ty Brown

Salado HS

Conference 3A

Mark Burgen

Andrews HS

Conference 4A

Barry Hawkins

Northwest Nelson HS

Conference 4A

Randy Morris

Austin Lake Travis HS



TGCA AWARDS

CONGRATULATIONS TO THE 2012-13 TGCA TRACK AND FIELD COACHES OF THE YEAR

NAME	SCHOOL	CONF
Suzette Gill	La Vega High School	1A-2A-3A
Sandra Guerrero	Sharyland High School	4A-5A

CONGRATULATIONS TO THE 2012-13 TGCA TRACK AND FIELD ATHLETES OF THE YEAR

NAME	SCHOOL	CONF	COACH
Shakera Barnes	Snook High School	1A-2A-3A	Micah Milliorn
Leigha Brown	Economedes High School	4A-5A	Sonya Brown

CONGRATULATIONS TO THE 2012-13 TGCA SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	SPORT	CONF
None Selected		Sub-Varsity Cross Country	1A-2A-3A
Stefani Langehennig	Lovejoy High School	Sub-Varsity Cross Country	4A-5A
Tiffany Lemos	Keene Jr/Sr High School	Sub-Varsity Volleyball	1A-2A-3A
Sylvia Montano	Montwood High School	Sub-Varsity Volleyball	4A-5A
Diane Lueckemeyer	Cameron Junior High	Sub-Varsity Basketball	1A-2A-3A
Kristi Taylor	Arlington Bowie High School	Sub-Varsity Basketball	4A-5A
Jeff Maly	Kaufman High School	Sub-Varsity Track	1A-2A-3A
Kimberly Watson	Frenship Heritage Middle School	Sub-Varsity Track	4A-5A
Amy Trietsch	Celina High School	Sub-Varsity Softball	1A-2A-3A
Natalie Mullin	Burleson High School	Sub-Varsity Softball	4A-5A

SOFTBALL STATE TOURNAMENT



UIL 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



SCHEDULE

Wednesday, May 29	Thursday, May 30	Friday, May 31	Saturday, June 1
<p><i>1A Semifinals</i> 9 AM - Ivanhoe Rayburn vs. Albany 12 PM - Weimar vs. Beckville</p> <p><i>2A Semifinals</i> 3 PM - Pilot Point vs. Garrison 6 PM - Santa Gertrudis Academy vs. Hawley</p>	<p><i>3A Semifinals</i> 9 AM - Burkburnett vs. Lufkin Hudson 12 PM - La Grange vs. Mineola</p> <p><i>1A Final - 3 PM</i> <i>2A Final - 6 PM</i></p>	<p><i>4A Semifinals</i> 9 AM - Richmond Foster vs. Lucas Lovejoy 12 PM - Aledo vs. Buda Hays</p> <p><i>5A Semifinals</i> 3 PM - Humlbe Kingwood vs. Deer Park 6 PM - San Benito vs. Lewisville</p>	<p><i>3A Final - 10 AM</i> <i>4A Final - 1 PM</i> <i>5A Final - 4 PM</i></p>

DIRECTIONS

Red & Charline McCombs Field is located on the corner of Comal and East 20th Street at 2001 Comal St., Austin TX 78705.

From IH-35 going north: Exit at Martin Luther King Blvd. Turn RIGHT onto MLK Blvd. and take a left onto Comal St. (immediately past Disch-Falk Field). Red & Charline McCombs Field is located on the east side of Comal St. between E. 20th St. and E. 21st St.

From IH-35 going south: Take the Lower Deck split. Exit at Martin Luther King Blvd. Turn LEFT onto MLK Blvd. and take a left onto Comal St. (immediately past Disch-Falk Field). Red & Charline McCombs Field is located on the east side of Comal St. between E. 20th St. and E. 21st St.

Team parking is in the lot east of the softball stadium (Lot 115).

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 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

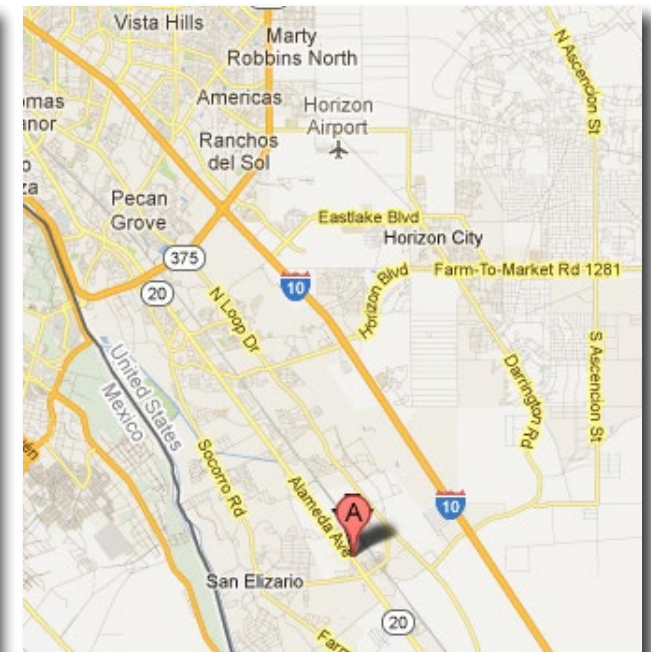
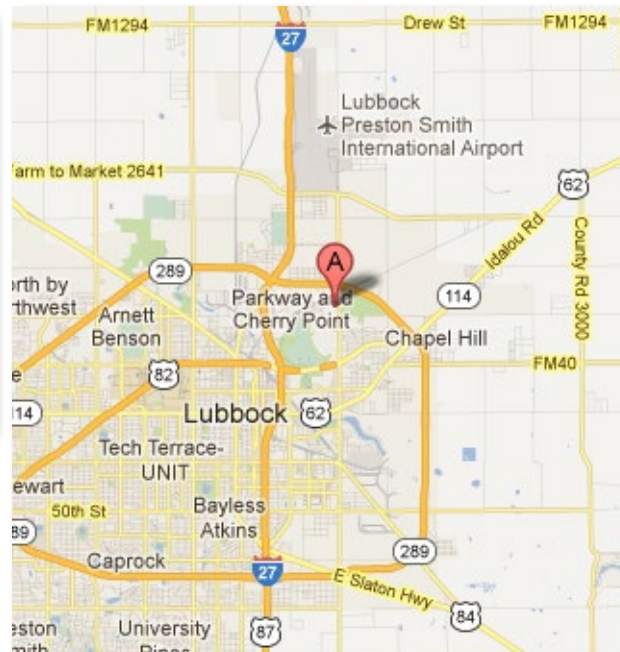
12625 Alameda Avenue

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.



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 8 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

SUMMER CLINIC SCHEDULE

Texas Girls Coaches Association
2013 Summer Clinic
 Austin, Texas

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.

Time	Event	No.	Site
Tuesday, July 9			
8:00 - 2:00	Exhibitors Set Up <i>(Exhibitors only allowed in Exhibit Hall)</i>		Convention Center 500 E. Cesar Chavez
9:00	TGCA Golf Tournament <i>Sponsored by Jerry's Sporting Goods</i>		Pine Forest Golf Club 636 Riverside Dr. Bastrop
10:00 - 5:00	Registration		Convention Center 500 E. Cesar Chavez
1:00	TGCA Board of Directors Meeting	#1	Hampton Inn & Suites 200 San Jacinto
2:00 - 5:00	Exhibit Hall Open to the Public		Convention Center 500 E. Cesar Chavez
3:00 - 4:00	Basketball Lecture <i>Wayne Johnson, Idalou High School</i> <i>"Man Press and Program Philosophy"</i>	#2	Convention Center Ballroom A
3:00 - 4:00	Softball Lecture <i>Troy Canaba, Alpine High School</i> <i>"Complete System (Practice/Game/Off-Season) - Alpine Softball"</i>	#3	Convention Center Ballroom C
3:00 - 4:00	Volleyball Lecture <i>Shannon Alvarado, McKinney North High School</i>	#4	Convention Center Ballroom B
3:00 - 4:00	Track/Cross Country Lecture <i>Dan Strong, Keller Timber Creek High School</i> <i>"Building a Running Culture"</i>	#5	Convention Center 6AB
4:15 - 5:15	Basketball Lecture	#6	Convention Center Ballroom A
4:15 - 5:15	Softball Lecture <i>James Ramsey, Pilot Point High School</i> <i>"Drills, Drills, Drills and Everything Softball"</i>	#7	Convention Center Ballroom C
4:15 - 5:15	Volleyball Lecture <i>Keith Guyon, Brock High School</i> <i>"Bettering Your Team: From Good to Great"</i>	#8	Convention Center Ballroom B
4:15 - 5:15	Track/Cross Country Lecture <i>Yolanda Beasley, Castleberry High School</i>	#9	Convention Center 6AB

The Summer Clinic schedule will be updated daily with clinic time and speaker information leading up to the event. Check the TGCA website for more information.

SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Tuesday, July 9			
6:00	Board of Directors Dinner		Dell Diamond 3400 Palm Valley Blvd Round Rock
7:00	Welcome Social		Champions 300 East 4th
Wednesday, July 10			
8:00 - 5:00	Registration		Convention Center 500 E. Cesar Chavez
8:00 - 5:00	Exhibit Hall Open to the Public		Convention Center 500 E. Cesar Chavez
8:00 - 5:00	Job Placement Services Center		Convention Center Room 2
8:30 - 9:30	Track & Cross Country Update - UIL	#10	Convention Center Ballroom A
8:30 - 9:30	Softball Sub-Varsity Lecture	#11	Convention Center Ballroom C
8:30 - 9:30	Volleyball Sub-Varsity Lecture <i>Cassie Headrick, Wester Middle School</i>	#12	Convention Center Ballroom B
8:30 - 9:30	Special Lecture <i>Karen Funk, President THSADA</i> <i>"How to Become an Athletic Administrator in the State of Texas"</i>	#13	Convention Center 6AB
8:30 - 9:30	Soccer Lecture <i>Chris Chase, Uvalde High School</i> <i>"Successful Rebranding: Building a New U"</i>	#14	Convention Center 4A
10:00 - 11:15	Regional Meetings Region I Region II Region III Region IV Region V Region VI Region VII Region VIII	#15	Convention Center Ballroom B - Section 1 Ballroom B - Section 2 6AB Ballroom B - Section 3 Ballroom C - Section 1 Ballroom C - Section 2 Ballroom A - Section 1 Ballroom A - Section 2
11:30 - 12:30	Basketball Sub-Varsity Lecture	#16	Convention Center Ballroom A
11:30 - 12:30	Softball Lecture <i>Mark Larriba, Flower Mound High School</i> <i>Chris Southard, Frisco Wakeland High School</i>	#17	Convention Center Ballroom C

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SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Wednesday, July 10			
11:30 - 12:30	Volleyball Update - UIL	#18	Convention Center Ballroom B
11:30 - 12:30	Track/Cross Country Sub-Varsity Lecture	#19	Convention Center 6AB
11:30 - 12:30	Tennis Lecture	#20	Convention Center 4A
1:00 - 2:00	Basketball Update - UIL	#21	Convention Center Ballroom A
1:00 - 2:00	Softball Lecture (Major)	#22	Convention Center Ballroom C
1:00 - 2:00	Volleyball Lecture <i>Mick Haley, University of Southern California</i> <i>"Practicing to Win, and Winning Using the Numbers: Part 1: Winning the Serve Receive to Kill"</i> <i>Sponsored by Baden</i>	#23	Convention Center Ballroom B
1:00 - 2:00	Track/Cross Country Lecture <i>Josh Marler, Reagan County High School</i> <i>"Starting Pole Vaulters from the Ground Up"</i>	#24	Convention Center 6AB
2:30 - 3:30	Basketball Lecture <i>Cayla Petree, Angelo State University</i>	#25	Convention Center Ballroom A
2:30 - 3:30	Softball Lecture (Major)	#26	Convention Center Ballroom C
2:30 - 3:30	Volleyball Lecture <i>Mick Haley, University of Southern California</i> <i>"Practicing to Win, and Winning Using the Numbers: Part 2: Winning the Dig to Kill Game (Transition)"</i> <i>Sponsored by Baden</i>	#27	Convention Center Ballroom B
2:30 - 3:30	Track/Cross Country Lecture	#28	Convention Center 6AB
4:00 - 5:00	Basketball Lecture <i>Cayla Petree, Angelo State University</i>	#29	Convention Center Ballroom A
4:00 - 5:00	Softball Update - UIL	#30	Convention Center Ballroom C
4:00 - 5:00	Volleyball Lecture <i>Kelly Arbabi (Quinn), McKinney Boyd High School</i>	#31	Convention Center Ballroom B
4:00 - 5:00	Special Lecture <i>Amy Goodson, Sponsored by Dairy Max</i>	#32	Convention Center 6AB
5:00	Orientation of Volleyball All-Stars		Jester Hall - UT 201 East 21st

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SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Wednesday, July 10			
6:00 - 9:00	Honor Awards Banquet		Omni South Park 4140 Governor's Row
7:00 - 9:00	Volleyball All-Star Workouts <i>1A-2A-3A Red, 4A-5A Red</i> <i>1A-2A-3A Blue, 4A-5A Blue</i>		Bowie High School 4103 Slaughter Lane Austin High School 1715 W Cesar Chavez
Thursday, July 11			
8:00 - 2:00	Exhibit Hall Open to the Public		Convention Center 500 E. Cesar Chavez
8:00 - 2:00	Job Placement Services Center		Convention Center Room 2
8:00 - 3:00	Registration		Convention Center 500 E. Cesar Chavez
8:00 - 9:00	TGCA Committee Meetings Volleyball Committee Basketball Committee Track Committee Softball Committee Sub-Varsity Committee	#33	Convention Center 4A 4B 4C 5A 5B
9:00 - 10:00	TGCA General Business Meeting	#34	Convention Center Ballroom AB
10:00 - 10:30	TGCA Board of Directors Meeting	#35	Convention Center 4AB
10:30 - 11:30	Volleyball Lecture (Major) <i>Sponsored by Baden</i>	#36	Convention Center Ballroom B
10:30 - 11:30	Tennis Lecture	#37	Convention Center 6AB
10:30 - 11:30	Special Lecture <i>Kenneth Locker, Tx Health Ben Hogan Sports Med</i> <i>"Sports Concussion Course 2013"</i>	#38	Convention Center Ballroom A
10:30 - 11:30	Track/Cross Country Lecture	#39	Convention Center Ballroom C
12:00 - 1:00	Basketball Lecture <i>Lana Degelia, Krum High School</i>	#40	Convention Center Ballroom A
12:00 - 1:00	Volleyball Lecture (Major) <i>Sponsored by Baden</i>	#41	Convention Center Ballroom B
12:00 - 1:00	Track/Cross Country Lecture <i>Scott Slade, University of Texas at San Antonio</i>	#42	Convention Center Ballroom C
12:00 - 1:00	Special Lecture	#43	Convention Center 6AB

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SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Thursday, July 11			
1:30 - 2:30	Basketball Lecture <i>Alesha Robertson, Wayland Baptist University</i>	#44	Convention Center Ballroom A
1:30 - 2:30	Softball Lecture (Major)	#45	Convention Center Ballroom C
1:30 - 2:30	Track/Cross Country Lecture <i>Scott Slade, University of Texas at San Antonio</i>	#46	Convention Center Ballroom B
1:30 - 2:30	Special Lecture <i>Dr. Jim Peterson, Coaches Choice</i>	#47	Convention Center 6AB
1:30 - 2:30	Soccer Lecture <i>Meagan Wilson, Frisco Wakeland High School</i>	#48	Convention Center 4A
3:00 - 4:00	Basketball Lecture <i>Alesha Robertson, Wayland Baptist University</i>	#49	Convention Center Ballroom A
3:00 - 4:00	Softball Lecture (Major)	#50	Convention Center Ballroom C
3:00 - 4:00	Special Lecture <i>Ronnie Natali, A to Z</i> <i>"Speedometry - Teaching Speed"</i>	#51	Convention Center Ballroom B
3:00 - 4:00	1A-2A-3A Volleyball All-Stars Demo	#52	Burger Center 3200 Jones Road
4:00	1A-2A-3A VB All-Stars Intro & Game		Burger Center 3200 Jones Road
5:00	Orientation of Basketball All-Stars		Jester Hall - UT 201 East 21st
5:00	Orientation of Track & CC All-Stars		Jester Hall - UT 201 East 21st
5:00	Orientation of Softball All-Stars		Jester Hall - UT 201 East 21st
6:30 - 7:30	4A-5A Volleyball All-Stars Demo	#53	Burger Center 3200 Jones Road
7:00 - 8:30	Track & CC All-Stars Demo	#54	Burger Center 3200 Jones Road
7:00 - 9:00	Basketball All-Stars Workout 1A-2A-3A Red, 4A-5A Red 1A-2A-3A Blue, 4A-5A Blue		Bowie High School 4103 Slaughter Lane Austin High School 1715 W Cesar Chavez

The Summer Clinic schedule will be updated daily with clinic time and speaker information leading up to the event. Check the TGCA website for more information.

SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Thursday, July 11			
7:00 - 9:00	Softball All-Stars Workout <i>1A-2A-3A Red, 4A-5A Red</i> <i>1A-2A-3A Blue</i> <i>4A-5A Blue</i>		Noak Complex 5300 Crainway Dr Reagan High School 7104 Berkman Dr LBJ High School 7309 Lazy Creek Dr Burger Center 3200 Jones Road
7:30	4A-5A VB All-Stars Intro & Game		
Friday, July 12			
9:00 - 10:00	1A-2A-3A Softball All-Stars Demo	#55	McCombs Field - UT 2001 Comal St.
10:00	1A-2A-3A SB All-Stars Intro & Game		McCombs Field - UT 2001 Comal St.
10:00 - 11:00	1A-2A-3A Basketball All-Stars Demo	#56	Burger Center 3200 Jones Road
11:00	1A-2A-3A BB All-Stars Intro & Game		Burger Center 3200 Jones Road
11:30	Track/CC All-Star Introductions		Burger Center 3200 Jones Road
1:00 - 2:00	4A-5A Softball All-Stars Demo	#57	McCombs Field - UT 2001 Comal St.
1:30 - 2:30	4A-5A Basketball All-Stars Demo	#58	Burger Center 3200 Jones Road
2:00	4A-5A SB All-Stars Intro & Game		McCombs Field - UT 2001 Comal St.
2:30	4A-5A BB All-Stars Intro & Game		Burger Center 3200 Jones Road

The Summer Clinic schedule will be updated daily with clinic time and speaker information leading up to the event. Check the TGCA website for more information.

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

Beating Bell-ringers

A jolt. A ding. A slam. A crash. Blows to the body can be pain enough, but when they cause concussions, people can struggle for weeks to overcome the resulting brain trauma. Texas Health Ben Hogan sports Medicine Concussion Centers provide specialty concussion care to prevent long-term complications.

After a concussion, people often experience headaches, struggle to concentrate and have trouble recalling information, and recovery takes longer in younger individuals. Middle and high school students are more likely than adults to be involved in sports that cause concussions, particularly football or girls' soccer, so the Ben Hogan Sports Medicine Concussion Centers focus on student-athletes.

"Ten years ago, the medical world knew far less about concussions than it knows today, so adolescents who suffered concussions would return to normal activities before they were ready, complicating their recoveries," says Ken Locker, athletic trainer with Texas Health Ben Hogan Sports Medicine. "Now we know that kids need more rest and time for the brain to recalibrate."

Concussion Testing

The Ben Hogan Sports Medicine Concussion Centers provide ImpACT™ (Immediate Post-Concussion Assessment and



Photo Courtesy J.W. HARRISON

Cognitive Testing) analysis, a web based evaluation tool that compares mental function after a sports concussion. Athletic trainers and team physicians administer a baseline test to student-athletes at the beginning of a season, so when numbers are compared after an injury, they correspond to individual responses. This is a preferred method rather than using national averages.

The ImpACT test takes intellect out of the game and focuses on reaction time, evaluating processing speed to within 1/100th of a second. Administrators can evaluate changes in attention span, non-verbal problem-solving skills and respons-

es to simple questions, providing physicians with a solid basis for prescribing therapy.

"When we find that student athletes have had concussions, we take them out of school and try to keep them away from any mental or physical stimulation, athletics, academics and electronics that might slow recovery,"

Damond Blueitt, M.D., primary care sports medicine physician on the medical staff at Texas Health Fort Worth Hospital, continues "We develop plans for academic and athletic reintegration and keep a close watch on the students so we can get them back to school and onto the field when their brains are truly ready." Visit TexasHealth.org/BenHogan to learn about our concussion management programs

HB 2038 aka Natasha's Law, requires public school coaches to complete two hours of concussion training every two years. The Texas Health Ben Hogan Sports Concussion program offers 2 one-hour courses to fulfill their training requirement. Both courses are offered in both English and Spanish. There is also a full 2 hour course available for new coaches. For more information about the offered courses visit www.texashealth.org/sportsconcussions.

BUILDING SPEED: POWER + TECHNIQUE



A TO Z | BUILDING BETTER COACHES

One question that sparks discussion amongst female coaches is how do they make their girls faster? The conversation usually turns to whether a girl can be made faster or is just born fast or slow. Yes, a genetic predisposition toward speed is present in some female athletes and is something to be nurtured, but at the end of the day it's about maximizing genetic potential regardless of the natural ability.

With that said, every female athlete can improve her speed through a blend of internal and external factors.

Improving speed is about applying power and technique. Power is the product of strength and speed. Next month we'll look deeper into the connection of the strength component of power as it

relates to speed. As science sophisticates our techniques for speed training, more athletes are benefiting from that increase of information.

Internally, it is the natural growth and maturation process of a young woman. From there, training stimuli imprinted through repetition help nurture the genetics. Genetics determine nerve impulse rates, muscle fiber types and combinations of muscular firing patterns – essentially: overall athleticism. Therefore, training should influence all of those factors as much as possible.

Remember, everything is connected.

Externally, speed training techniques are important because of the multitude of stressors the body experiences. Simply run-

ning as fast as you can as much as you can is counterproductive. Technical or developmental deficiencies repeated at high rates may cause imbalances in the body and lead to injury or other setbacks.

Avoiding regression is key to any progression, especially with athletic development.

Part of making a person faster is building on a progression of training. If you are developing a youth female athlete, technique is the first and only thing you should be concerned with. Their bodies are focused more on growing than competing, so don't worry about setting land-speed records prior to puberty. Even after puberty, the fundamentals remain crucial. Your focus should be for the girls to be as fundamentally sound as possible

when they have reached proper maturity. Then they will be ready for further physical development.

To a degree, this same concept can be applied to female athletes that are getting a late start or have never been exposed to proper training techniques. When you take a sprinter with natural ability but has terrible technique, there is a great opportunity to improve speed immediately. Putting the body in correct running posture, you are able to recruit the necessary muscle fibers to develop the aforementioned external factors.

Speed can taught and you can never have too much speed!

TGCA NIGHT AT THE BALLPARK

TEXAS GIRLS COACHES ASSOCIATION NIGHTS AT THE BALLPARK

Round Rock Express vs. Oklahoma RedHawks

Monday, July 8, 2013 @ 7:05pm
(\$1 hot dogs & sodas)

Tuesday, July 9, 2013 @ 7:05pm

Wednesday, July 10, 2013 @ 7:05pm
(Winning Wednesdays)



All TGCA members and their families can receive a \$6 discount off of an Infield Reserved Seat to any of the three games listed with the Promo Code below! (discounted price: \$8, regular price: \$14)

How to place order:

1. **Online:** visit RRExpress.com and use Promo code: TGCA to activate discount
2. **Groups:** of 20 or more please contact Gary Franke: gfranke@rrexpress.com for seating

Questions?

Gary Franke
gfranke@rrexpress.com
512-238-2219

GOLF ENTRY FORM

TGCA GOLF SCRAMBLE
SPONSORED BY JERRY'S SPORTING GOODS



PRESENTS

2013 TGCA GOLF SCRAMBLE

PINE FOREST GOLF CLUB
TUESDAY, JULY 9th, with 9am SHOT-GUN START
CHECK-IN BEGINS @ 8am

\$60 ENTRY FEE for INDIVIDUALS
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ENTRY DEADLINE = JULY 1, 2013
MAKE CHECKS PAYABLE TO "Jerry's Sporting Goods"
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INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 STEPS FOR TREATING & PREVENTING REPETITIVE STRAIN INJURIES

By Dr. Jim Peterson, Coaches Choice

1. Exercise. Performing selected stretching and strengthening exercises can help condition and develop the muscles of your body and, in the process, enable your body to be better prepared to cope with any undue stress placed on it. For example, doing exercises for your forearms and wrists can help reduce the likelihood that your hands will sustain a repetitive strain injury (RSI).

2. Get enough sleep. If you don't get enough sleep or sleep well, your body may not have an adequate opportunity to recuperate from the exertional demands to which you subject it. Keep in mind that tired muscles are more prone to injury.

3. Maintain good posture. Adhere to guidelines for proper posture. Keep in mind that posture is a dynamic - rather than a static - practice. Good posture involves keeping your bones properly aligned while moving or at rest, with your muscles at their optimum length instead of being too tight or overstretched.

4. Position yourself properly at your workstation. Set up your workstation to accommodate your body. Proper positioning involves correctly configuring your chair and desk and ensuring that your body is correctly angled to the computer monitor and keyboard.

5. Listen to your body. No one knows how you feel as well as you do - not your

physician, not your employer, not your significant other. If you instinctively feel that something may be harmful to any part of your body, pay attention to that instinct. Subsequently, see if you can determine what activities are causing your pain, and then avoid further aggravating your injury.

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

6. Pace yourself. Take breaks. Although experts vary in their recommendations concerning the length and frequency of such breaks, you should take at least a 5- to 10-minute break from your work station every 30 minutes or so to rest and relax your muscles and eyes.

7. Use your head. There is no substitute for common sense. If any aspect of the advice you are receiving concerning your RSI bothers you, ask questions and keep an open mind. Don't assume you're wrong and the person giving the advice is always right. Keep in mind that no one has all the answers about RSI.

8. Manage your pain. Adopt a sensible approach to pain management. As a rule, you should take the primary responsibility

for managing your own pain. For example, applying ice to sore or painful areas can help reduce inflammation and pain. Furthermore, performing stretching and low-intensity resistance exercises (as tolerated) can help keep your muscles supple, toned and pain free.

9. Be patient. Keep in mind that the stresses on your body didn't collectively cause your RSI in a 24-hour period, and you shouldn't expect an overnight cure. Your body is slow to forgive and heal. Accordingly, because your recovery may take months or even years, patience should be the foundation of your efforts to deal with your RSI.

10. See your physician. An accurate diagnosis of RSI is important. For example, your RSI could be caused or complicated by another factor or serious medical condition (e.g., pregnancy, lyme disease, arthritis, diabetes). So if your RSI seems unduly prolonged or painful, you should see your physician as soon as possible.

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.

JUNE 2013

- 1 Softball: State Tournament
- 2 TGCA: Board of Directors Meeting, 11 AM
- 11 Legislative Council Athletic Committee Meeting (Austin)
- 12-13 TGCA Houston Satellite Clinic
- 14-15 TGCA Region I Satellite Clinic

JULY

- 9-12 TGCA Summer Clinic - Austin
- 9 TGCA: Board of Directors Meeting, 1 PM
- 11 TGCA: Board of Directors Meeting, 10 AM
- 18-19 TGCA El Paso Satellite Clinic



* 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);

It is published nine times per year, September through May.

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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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