

# TGCA



**TGCA NEWS**  
NOVEMBER 2012

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**President of TGCA**  
Rodney Gee  
Lorena HS  
(254) 857-9587



**1st Vice President**  
Kari Bensed  
Centennial HS  
(469) 633-5662



**2nd Vice President**  
Mitch Williams  
Whitney HS  
(254) 694-3457



**Past President**  
Donna Benotti  
Cy-Fair HS  
(281) 897-4652



**Executive Director**  
Sam Tipton  
TGCA Office  
(512) 708-1333



**Asst. to the Exec. Director**  
Lee Grisham  
TGCA Office  
(512) 708-1333

*Photo submitted by Steven Romero  
of Hutto High School*

**2012-13 TGCA OFFICERS**

# FEATURED ARTICLE



## RANTS AND RAVES OF A LONGTIME J.V. COACH

By Dianna Hester, TGCA Sub-Varsity Committee Chair - El Paso Franklin HS

Many coaches enter the coaching world thinking that they will be the next Vince Lombardi, Pat Summit, Marsha Sharp or Flo Valdez's. They are not going to make the mistakes that other coaches have made. "I'm going to change the world, in a single bounce or by blowing my whistle." Soon, you find that's not the way it happens. One of the very best coaching lessons I received was from my college professor. "You are going to make many coaching mistakes, lose games, and step on toes. How you react to each of these adversities will determine the successes you will have as a coach. Not all success will come in the form of wins and losses. Most of all, be loyal and honest to your head coach and to your players."

After the first two days of basketball practice (my first coaching job), I soon found out that I didn't know as much as I thought. I knew the game, I didn't know about "coaching." I went into my head coach's office and begged for help. My head coach said "I told you it was going to be hard, but now that you are ready to learn and it is going to become much easier". A young coach has to be open to criticism, has to be a sponge to gain knowledge, and understand that what worked today may not work tomorrow.

I have not met a coach that has not admitted to either having stolen or used an idea or drill from another coach. This is one of the great things about the coaching community, coaches are not selfish and they want to "talk shop" every chance they get. Coaches are some of the most compassionate, honest and hardworking people that you will ever meet.



Photo Courtesy **KERRY AFFLERBAUGH**

I have been fortunate to work with 5 great coaches. Each one has given advice that I have put in my pocket, knowing that and someday I will need that advice. The head coach that I work with now not only gives her coaching staff volleyball lessons, but life lessons. Each coach that I have worked with has had his/her own personality. The "friend" coach, the "aloof" coach, "I will always know more than you" coach, the "absent minded" coach

and my present coach who "Wants to make the coaching world better than she found it". She teaches her staff on how to be better humans and to treat everyone with dignity.

Your duties will change from year to year. You will be the buffer with parents, administration and possibly other members of the coaching staff, but mostly the players. Some players may not talk to the varsity coach, but will open up to the

Sub-Varsity coach and ultimately that information must be passed on to the varsity coach. Your duties will range from being a diplomat, to the negotiator, and even to being the hard a\*\*. The great thing about coaching is that it is never boring. You constantly learn coaching methods, and form long lasting friendships.

The most important lesson you learn as an assistant is that you are there to prepare athletes for the varsity program. It is difficult knowing that from one game to the next; you may or may not have your best player as she may get moved up to the varsity. Yes, winning is important, but making sure that players are ready at a moment's notice is ultimately the J.V. coaches responsibility. Many assistant coaches get "hurt feelings" when they lose players to the varsity team. This should not be so! You should be proud that your player got moved up as this shows that you have done your job in preparing the athlete. The success of the varsity team is what is important.

I hope you get the opportunity to work with great people as I have. A special thanks to my present head coach, Flo Valdez. From the first day, when I walked in the office with hands on my hips and frustrated to no end and begging for help, to today, she pushes me so that someday, I can be a head volleyball coach and "pass it on". If I have learned anything, it would be to be loyal to your head coach, and the program that you represent.

# MEET THE TGCA



## TGCA BOARD OF DIRECTORS, CHAIRS & VICE CHAIRS

NAME	POSITION	SCHOOL	NAME	POSITION	SCHOOL
Rodney Gee	President	Lorena	Jacob Thompson	Region VI Junior Director	Rouse
Kari Bensend	1st Vice President	Centennial	Brandace Boren	Region VII Senior Director	Warren
Mitch Williams	2nd Vice President	Whitney	Nora Zamarripa	Region VII Junior Director	Harlingen
Donna Benotti	Past President	Cy-Fair	Jason Roemer	Region VIII Senior Director	Fredericksburg
Terry Lowrey	Region I Senior Director	Frenship	Flo Valdez	Region VIII Junior Director	Franklin
Leland Bearden	Region I Junior Director	Smyer	Liana Gombert	VB Committee Chair	Smithson Valley
John Sparks	Region II Senior Director	Big Spring	Susan Brewer	VB Committee Vice Chair	Bellville
Fran Metzger	Region II Junior Director	Stephenville	Kriss Ethridge	BB Committee Chair	Coronado
Larry Goad	Region III Senior Director	DeSoto	Quint Anthony	BB Committee Vice Chair	Greenwood
Jeff Lemons	Region III Junior Director	Aledo	Jason Trook	TR Committee Chair	Lubbock
Renae Whitaker	Region IV Senior Director	Caddo Mills	Steve Golemon	TR Committee Vice Chair	Bandera
Janie Litchford	Region IV Junior Director	Frisco	Heather Damron	SB Committee Chair	Wylie
Vicki Sorensen	Region V Senior Director	Sterling	Alfonso Chavez	SB Committee Vice Chair	Burnet
Lyndsay Hodges	Region V Junior Director	Clear Falls	Dianna Hester	Sub-Varsity Chair	Franklin
Lloyd Morgan	Region VI Senior Director	Rogers	Mallory Smith	Sub-Varsity Vice Chair	Granbury

# BASKETBALL COMMITTEE



## 2012-13 BASKETBALL COMMITTEE

NAME	SCHOOL	CONF.	REGION	NAME	SCHOOL	CONF.	REGION
Kriss Ethridge*	CORONADO HS	5A	1	Richard Hale	SANTA FE HS	4A	5
Lee Bender	ABERNATHY HS	2A	1	Jason Sanders	SILSBEE HS	3A	5
Ramsey Ghazal	RIDER HS	4A	2	Sherry McKinnon	ELLISON HS	5A	6
Mike Warren	BIG SPRING HS	3A	2	Anthony Branch	CAMERON YOE HS	2A	6
Tammy Lusinger	SUMMIT HS	4A	3	Rachel Carmona	MISSION HS	4A	7
Colby Pastusek	BOWIE HS	2A	3	Joseph Grimes	SKIDMORE-TYNAN HS	2A	7
Robin Herber	PINE TREE HS	4A	4	Ron Berry	MIDLAND SENIOR HS	5A	8
Frederic Griffin	BROWNSBORO HS	3A	4	Quint Anthony**	GREENWOOD HS	3A	8

\*Chair

\*\*Vice Chair

# TRACK & FIELD COMMITTEE



## 2012-13 TRACK & FIELD COMMITTEE

NAME	SCHOOL	CONF.	REGION	NAME	SCHOOL	CONF.	REGION
Jason Trook*	LUBBOCK HS	4A	1	Stacy Tucker	BARBERS HILL HS	4A	5
Traci Read	FARWELL HS	1A	1	Johnathan Snipes	HAMSHIRE FANNETT HS	3A	5
Phyllis Pappas	RIDER HS	4A	2	Christopher Carter	WESTLAKE HS	5A	6
Bob Campbell	HAWLEY HS	2A	2	Linda Richter	YOE HS	2A	6
Leisa Reed	CROWLEY HS	4A	3	Irene Gallegos	MISSION HS	4A	7
Yolanda Beasley	CASTLEBERRY HS	3A	3	Cully Doyle	GONZALES HS	3A	7
Leann Johnston	LEE HS	5A	4	Tracey Borchardt	ODESSA HS	5A	8
Danny Mitchell	TATUM HS	2A	4	Steve Golemon**	BANDERA HS	3A	8

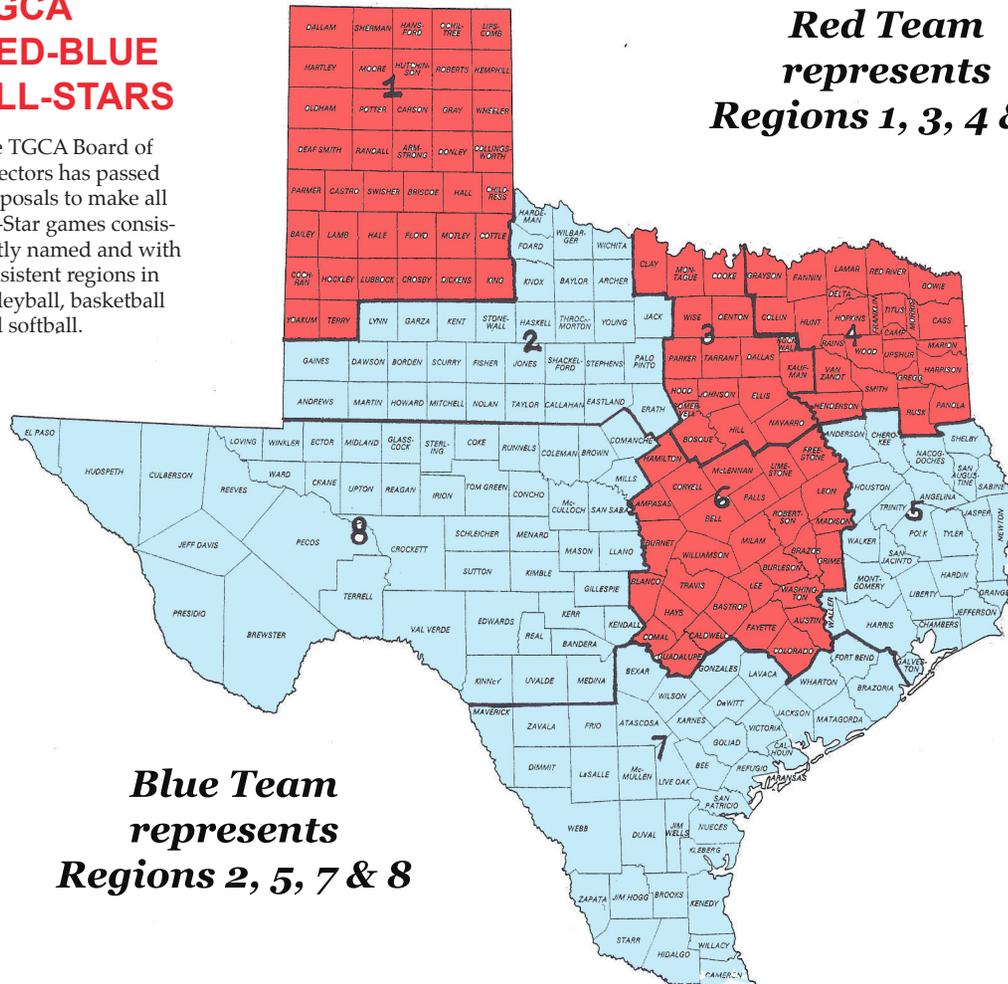
\*Chair

\*\*Vice Chair

# NEWS & UPDATES

## TGCA RED-BLUE ALL-STARS

The TGCA Board of Directors has passed proposals to make all All-Star games consistently named and with consistent regions in volleyball, basketball and softball.



**Red Team  
represents  
Regions 1, 3, 4 & 6**

**Blue Team  
represents  
Regions 2, 5, 7 & 8**

## 2012-13 TGCA BOARD & COMMITTEE MEETINGS

**October 21-22**  
Legislative Council Meeting (TGCA Officers Only)

**November 9**  
Cross Country Committee Meeting, 7:00 p.m.

**November 14**  
Volleyball Committee Meeting, 5:00 p.m., Garland, TX

**November 15**  
Volleyball All-State Committee Meeting, 9:00 a.m., Garland, TX

**November 18**  
New Board Member and Standing Committee Orientation, 10:00 a.m.  
Board of Directors Meeting, 11:00 a.m., Garland, TX

**February 28**  
Basketball All-State Committee Meeting, 5:00 p.m.

**March 1**  
Basketball Committee Meeting, 12:00 Noon

**March 3**  
Board of Directors Meeting, 11:00 a.m.

**May 9**  
Track Committee Meeting, 7:00 p.m.

**May 10**  
Sub-Varsity Committee Meeting, 1:00 p.m.

**May 11**  
Track All-State Committee Meeting, 8:00 a.m.

**May 30**  
Softball 1A, 2A and 3A All-State Committee Meeting, 8:00 a.m.

**May 31**  
Softball 4A and 5A All-State Committee Meeting, 8:00 a.m.  
Softball Committee Meeting, 8:00 a.m.

**June 2**  
Board of Directors Meeting, 11:00 a.m.

**June 11**  
Legislative Council Meeting (TGCA Officers Only)

**July 9**  
Board of Directors Meeting, 1:00 p.m.

## 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.

# 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](http://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.

## 2013 SUMMER CLINIC

The 2013 TGCA Summer Clinic will be held in Austin, Texas, July 9-12. We are revising the Summer Clinic schedule for 2013. The new agenda has now been posted under the "Summer Clinic" category in the menu on the left-hand side of the page. Be sure you take a look at it, as all lecture times and dates have changed and all of the All-Star games are moving to different days and times. It will be updated regularly, so be sure to check it often.

## KAY YOW CANCER FUND™ Charity of Choice for TGCA



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against cancer. The new website is now up and running: [www.kayyow.com](http://www.kayyow.com). We encourage you to go to the website for more information, and for any and all questions concerning Kay Yow charitable events, please contact:

### SARAH REESE

Administrative Assistant

Kay Yow Cancer Fund™

PO Box 3369

Cary, NC 27519-3369

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

**Office** – (919) 460-6407

**Fax** – (919) 380-0025

[www.kayyow.com](http://www.kayyow.com)

Should you wish to use the Kay Yow Cancer Fund™ logo, please contact Sarah regarding the guidelines for usage.

The term Kay Yow Cancer Fund™, the Kay Yow Cancer Fund™ logo and the image of Coach Kay Yow are trademarks of the Kay Yow Cancer Foundation, Inc. The Kay Yow Cancer Foundation, Inc. is a partner of the Women's Basketball Coaches Association and The V Foundation for Cancer Research.

# TGCA AWARDS CRITERIA

## TGCA AWARDS

### 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)

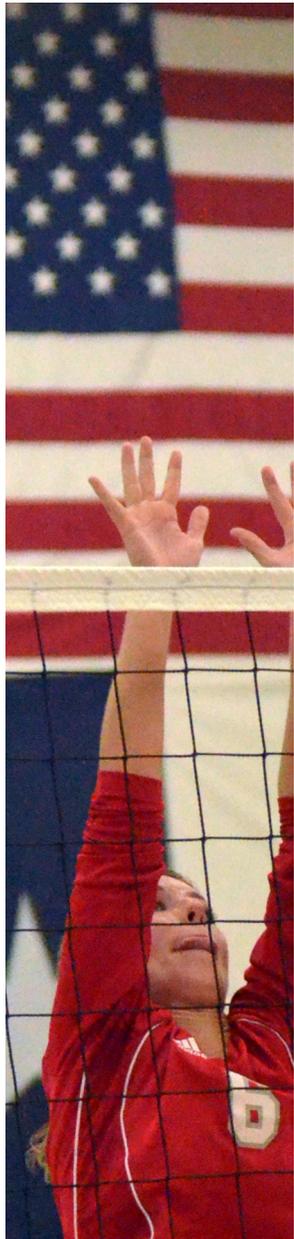
**Track & Field and Cross Country:** Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Points will be awarded on winning a track meet. Dual or triangular meets do not count. **Note: Cross Country and Track & Field points must be totaled separately.**

Cross Country and Track & Field points are determined by the following system:

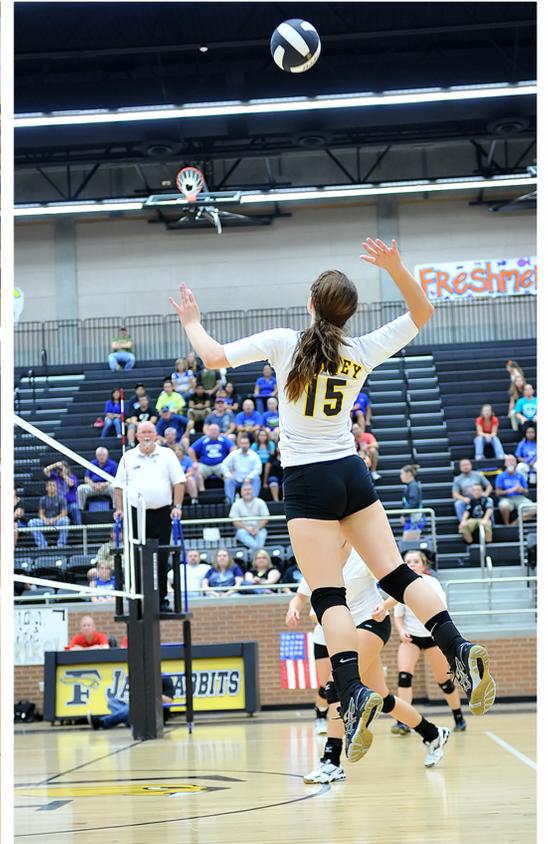
- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier (relays: 2 points)
- 3 points for each state qualifier (relays: 6 points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (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.

**Deadline for submitting accomplishments is May 30**



# PHOTOS OF THE MONTH



# FROM THE EXECUTIVE DIRECTOR



## HISTORY 101: TEXAS HIGH SCHOOL GIRLS COACHES ASSOCIATION (TGCA)

By Sam Tipton, TGCA Executive Director

### TIMELINE

- 1952** Velma Harrison becomes first President of the Texas High School Girls Basketball Coaches Association. There were 21 members with membership dues being \$1.00.
- 1970** Texas High School Girls Basketball Coaches Association merged with Texas High School Girls Track Coaches Association to become the Texas High School Girls Coaches Association (TGCA).
- 1975** The Texas High School Girls Coaches Association and the Texas High School Volleyball Coaches Association merged to become a stronger unified entity for girls' sports in Texas.
- 1980** Billy McKown was hired as a full time Executive Secretary for the Texas High School Girls Coaches Association (TGCA). Articles of Corporation for the Texas High School Girls Coaches Association (TGCA) were accepted by the state of Texas.
- 1983** Executive Secretary title changed to Executive Director.
- 1994** Softball brought in under the Texas High School Girls Coaches Association (TGCA) umbrella.
- 1996** Cross Country added to the list of full honored sports in the Texas High School Girls Coaches Association (TGCA).
- 2001** Sam Tipton becomes the second Executive Director of the Texas High School Girls Coaches Association (TGCA)
- 2012** The Texas High School Girls Coaches Association (TGCA) surpasses the 6,000 mark in membership, and the association is nationally recognized as the voice for girls' athletics in Texas.

AND NOW – YOU KNOW A Part OF THE STORIED HISTORY of TGCA.

Always be proud of being associated with an organization that is composed of coaches of girls' athletics, designed for coaches of girls' athletics, and governed by coaches of girls' athletics. Long live the power, prestige, and structure of "YOUR" Texas Girls Coaches Association.



## MACRONUTRIENTS – FEED YOUR BODY FOR GREATNESS

### Part 2 of 3

Macronutrients are the primary components that make up nutritional intake.

1. **Proteins** — contain 4 Calories per gram; 25 percent of the Calories are burned during assimilation (digestion); least likely to be stored as fat; contain amino acids (building blocks for tissue); Sources: whey, soy, fish, beef, chicken, dairy, seafood, pork, legumes

2. **Carbohydrates** — contain 4 Calories per gram; primary energy source; burn nominal amount during assimilation; turn to sugar as energy source at a rate dependent upon glycemic index (GI) rating (how fast it turns to sugar); if over consumed will store as fat; Sources: oatmeal, brown rice, whole grains, multigrain bread (gluten free is best), whole grain or wheat pasta, sweet potatoes (white potatoes only after workout)

o High GI (Glycemic Index) Carbs: All carbs turn to sugar and the faster it converts the higher the GI. It is beneficial to keep GI mod-low <70 with the exception of after workout recovery. Example GI rates below:

- Sugar =100
- White potatoes/breads/rice = 75-90
- Corn/corn products = 80-95
- Chips/crackers = 75-90
- Fruit juice (only drink diluted or small amounts, 4 oz) = 80-100

3. **Fats** — contain 9 Calories per gram; depending on type of fat can stimulate or slow metabolism and assimilation rate; deep store energy source; good fats are Omega 3s (fish, flax, nuts) and Omega 6s (vegetable oil, seeds); Sources: Olive or flax seed oil, Nuts, Avocados, Fish oils

#### Macronutrient Ratios

When assessing nutrient intake, take into account the athlete's activity level, lifestyle, expenditure and BMR. Several other factors also play an important role: age, gender, body composition, physical limitations, health

issues, hormones, medications, disease and illness.

#### Percentage of Total Daily Calorie Intake Guidelines (Protein%-Carbs%-Fats %)

- Endurance: 20%-65%-15%
- Sprinter/anaerobic: 30%-55%-15%
- Lean weight lifter: 40%-40%-20%
- Growth: 35%-45%-20%
- Weight loss: 45%-40%-15%
- General fitness: 40%-45%-15%
- Performance: 40%-45%-15%

These guidelines reflect the percentage of each macronutrient in relation to total daily caloric intake composition. When assessing caloric needs, consider all factors for accuracy. These assessments are approximate and should always be documented, tracked and reassessed for accurate goal orientation.

The numbers can be skewed according to need — generally, tweak carbs and fats, subsidizing calories with protein to avoid lowering overall calories too far and causing metabolic slowdown.

Remember: If macronutrients are not appropriately assessed and allocated, the body does not function properly, which has adverse effects on goals and can cause health issues. Balance is key. A steady, well-balanced diet maintains health and long-term success.

#### Establishing Caloric Intake

1 lb of body weight = 3500 Calories

The body uses three energy systems:

1. ATP & CP (quick, 1 to 20 seconds work) — burns adenosine triphosphate & creatine phosphate
2. Glycogen (30 seconds to 3 minutes work) — burns sugar
3. Aerobic (20+ minutes, steady state work) — burns fat

#### Calculating Basal Metabolic Rate (BMR)

Calories are needed for bodily function. Calories can be adjusted based on individual assessments, physical assessments and goals, including weight loss, gain or extended performance accounting for excess expenditure.

#### Mifflin Formula

W = weight in kilograms [lbs. divided by 2.2];  
H = height in centimeters [inches x 2.54]; A = age

Male:  $10W + 6.25H - 5A + 5 =$  Resting Metabolic Rate

Female:  $10W + 6.25H - 5A - 161 =$  Resting Metabolic Rate

To determine total daily caloric needs to maintain body weight, multiply BMR by the appropriate activity factor, as follows:

- Sedentary (little or no exercise): Calorie Calculation =  $BMR \times 1.2$
- Lightly active (light exercise or sports 1-3 days/week): Calorie Calculation =  $BMR \times 1.375$
- Moderately active (moderate exercise or sports 3-5 days/week): Calorie Calculation =  $BMR \times 1.55$
- Very active (hard exercise or sports 6-7 days/week): Calorie Calculation =  $BMR \times 1.725$
- Extra active (very hard exercise or sports and physical job): Calorie Calculation =  $BMR \times 1.9$

Adjust Calories 300 at a time when establishing weight management. Do not create too drastic of a surplus or deficit to avoid shocking the system and interrupting the body's adjustment and function process. Establish base lines and adjust accordingly without making too hard of a shift to allow the body to adjust. Additionally, learn what works, how, why and at what pace for the most effective long-term results.



ATOZ | BUILDING BETTER COACHES

#### Conclusion

Athletes need to understand how calories affect their body and establish a healthy relationship with food. Eating too few or too many calories, eating infrequently, and eating the wrong foods can adversely affect their performance, body image, and self-esteem. The more information and encouragement coaches can provide in this area will benefit the individual athletes and the team as a whole.

Remember that to maintain balance and avoid cravings, eat frequently, 5-7 times per day, and include all macronutrients while avoiding caffeine and consuming plenty of water.

We are all fallible human beings and creatures of habit and comfort. We all make mistakes and have poor judgment at times. The objective is to be consistent and learn, grow and gain strength — not to focus on perfection.

We hope you look forward to Part 3 “Genetics and Nutrition.” Thank You

*Note: Participants should always consult their physician or certified/licensed specialist before beginning any nutritional program. The previous information is not a prescription or intended to cure, treat or relieve any problematic symptoms and/or health-related issues. The information was written by a weight management consultant and wellness expert and was influenced and co-written by dietitians and nutritionists.*

## 10 WAYS TO REDUCE THE LEVEL OF FAT IN YOUR DIET

By Dr. Jim Peterson, Coaches Choice

**1. Strategic planning.** For breakfast, eat a bagel (2 grams of fat) instead of a doughnut (12 grams of fat). At lunch, eat two slices of turkey breast (2 grams of fat) instead of Bologna (16 grams of fat). For dinner, try a lean pork chop (8 grams of fat) instead of a fried hamburger (21 grams of fat in 4 ounces). And for a snack, eat a cup of nonfat frozen yogurt instead of a cup of vanilla ice cream (14 grams of fat).

**2. Fast-food wisdom.** At fast-food restaurants, order simple burgers, rather than double, jumbo, or super burgers. Drink low-fat or nonfat milk instead of a milk shake, and order a salad with dressing on the side instead of french fries. Choose chicken and fish sandwiches that are grilled, charbroiled, or roasted rather than fried or breaded items. Order them with no sauce, or use honey mustard or barbecue sauce instead.

**3. Be spud smart.** On a baked potato, use nonfat yogurt, sour cream, or cottage cheese instead of regular sour cream (2.5 grams of fat per tablespoon) or butter (12 grams of fat per tablespoon). Try to eat only half of the baked potato served in a restaurant, because these potatoes are often relatively large.

**4. All milk is not the same.** Choose low-fat or fat-free milk. Fat-free milk contains the

least amount of fat, 1 percent milk has 2.6 grams of fat, buttermilk has 2 to 3 grams of fat, 2 percent milk has 4.7 grams of fat, and whole milk has 8.9 grams of fat in a 1-cup serving.

**5. Sensible snacks.** Consider reduced-fat or nonfat snacks such as low-fat potato chips (almost 3 grams of fat per ounce less than regular potato chips), pretzels (typically 1 gram of fat or less per ounce), salsa or fat-free bean dip (as much as 5 grams of fat per ounce less than guacamole), and rice cakes (non fat).

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

**6. Hot and ready.** Try freshly baked breads, bagels, and rolls, which have more flavor and generally do not require butter or margarine to taste good. If you must put something on your baked goods, use fruit butters such as apple, peach, or pumpkin, instead of regular butter and margarine.

**7. A better choice.** Substitute hard cheeses such as grated Parmesan and Romano (1

tablespoon contains less than 2 grams of fat) for shredded, full-fat cheeses such as cheddar, Gouda, or Monterey Jack (8 to 10 grams of fat per 1-ounce serving).

**8. Sweet sensations.** Select fat-free and low-fat candies such as hard candies, jelly beans, marshmallows, licorice, and gummy candies. If you must have chocolate, try eating 10 to 12 chocolate-covered raisins or mints.

**9. The joy of java.** Drink your coffee black. If you need to lighten it, drink it with evaporated or powdered skim milk instead of half-and-half or cream, thereby saving 2 to 3 grams of fat per tablespoon.

**10. Dealing and dining with reality.** When dining out in restaurants, avoid items that are fried, crispy, buttery, creamed, breaded, sautéed, au gratin, Hollandaise, scalloped, or cooked in their own gravies.

*Jim Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.*

# IMPORTANT DATES

## HOTEL INFORMATION

Crowne Plaza Austin North Central  
6121 North IH - 35  
Austin, TX. 78752

For reservations:  
1-877-2CROWNE (1-877-227-6963)  
Please refer to TGCA to get your discounted rate of \$109.00 for single or double occupancy. Or you may reserve your rooms online by going to the home page of our website. Crowne Plaza will offer this rate year around for business or pleasure.

### La Quinta Inn

Coaches, teams and fans can receive preferred rates through the LaQuinta toll-free central reservations number 1-800-531-5900. This rate will also apply to reservations made directly with LaQuinta Hotels, as well as, via the internet at [www.lq.com](http://www.lq.com) using the corporate/promotional code of TGCA. These rates are good for both business and leisure travel, seven days a week, for standard and king bedded room types coast to coast.



Omni Southpark  
4140 Governor's Row  
Austin, TX. 78744  
(512) 448-2222

\$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.

## DECEMBER 2012

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

## JANUARY 2013

- 10 Soccer: First day for games
- 15 Athletics: Deadline to accept plans for next school year
- 18 Softball: First day for practice
- 28 Softball: First day for interschool scrimmages

## FEBRUARY

- 2 Swimming & Diving: District certification deadline
- 8-9 Swimming & Diving: Regional meets
- 9 Girls Basketball: District certification deadline
- 11 Softball: First day for interschool games
- 11-12 Girls Basketball: Bi-district
- 14-16 Girls Basketball: Area
- 18-19 Girls Basketball: Regional quarterfinals
- 22-23 Girls Basketball: Regional
- 22-23 Swimming & Diving: State Meet
- 25 TGCA: Basketball nomination deadline

## \* TGCA \* CALENDAR OF EVENTS

TGCA has added a calendar of events as a new feature to the website. The calendar contains nomination deadlines, committee meeting and Board of Director meeting dates and times, and many other events. It is also linked to the UIL calendar for easy reference. Just click on the Calendar tab in the menu at the top of the page to access the calendar.

## TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association, 1603 Manor Rd., Austin, TX 78722-2536; (512) 708-1333, (512) 708-1325 (fax), [tgca@austintgca.com](mailto:tgca@austintgca.com) (e-mail);

It is published nine times per year, September through May.  
Executive Director: Sam Tipton, [Sam@austintgca.com](mailto:Sam@austintgca.com)  
Assistant to the Executive Director: Lee Grisham, [Lee@austintgca.com](mailto:Lee@austintgca.com)  
Administrative Assistant: Audree Tipton, [Audree@austintgca.com](mailto:Audree@austintgca.com)  
Membership & Exhibitor Coordinator: Jesi Grisham, [Jesi@austintgca.com](mailto: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](http://www.austintgca.com).

### Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

### UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.

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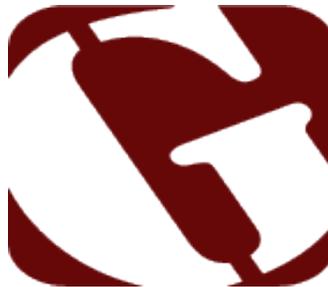
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