



TGCA



TGCA NEWS OCTOBER 2012

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(512) 708-1333

2012-13 TGCA OFFICERS

*Photo submitted by Jacob Thompson
of Rouse High School*

FEATURED ARTICLE



LIVE LIKE KALI – DO WHAT MAKES YOU HAPPY

By Liana Gombert, TGCA Volleyball Committee Chair - Smithson Valley HS

Are you.....goal oriented? Type 'A' personality? Bit of a control freak? Measuring your team from stats and their game performances? Guilty! You just described Liana Gombert and I've been that way as long as I can remember.

I bet that also describes many of you reading this article. Come on! Be honest. Why not? We're competitors and every day we are teaching our student-athletes how to compete at their highest levels. Our society measures everything by numbers and success.

However I am here to tell you that how I coach has been unexpectedly and powerfully adjusted.

This past July, the Smithson Valley volleyball family lost one of our very own players in a tragic boating accident. Just having turned 16, Kali was at the coast having a great time with friends when the unexpected happened. She was in a horrible accident that would claim her young life. As the news of her death spread quickly through our community, it wasn't long that we felt the impact of Kali's loss was felt deeply.

Quickly our community pulled together to console all of those who were involved in the accident and those impacted by it. Soon you started to see the initials LLK or words LIVE LIKE KALI <3 show up everywhere.

Once I was able to visit with Kali's family, I was searching for the right words to say. What could I say to help ease their suffering? The pain in their eyes was almost too much to bear. But it was as I



Photo Courtesy **STEPHANIE CONE**

paid my respects to her mom and dad that I learned such an amazing lesson. As her dad saw me, he hugged me and told me her dream was to play for me one day. My heart sank. Tears filled my eyes as I tried to keep myself composed. He took me over to see a picture of Kali that was taken and sent to him just 15 minutes before the accident. He was telling me how she was doing what she loved and that's how she had always been. He said, "Kali was always a happy, loving person who always made people feel important and coach she loved every minute of playing Ranger Volleyball."

Those words hit me like a brick.

Through her death this young lady, who was on my freshman 'A' team last year and would have started on our JV, is teaching me a very valuable life lesson. This 22-year veteran realized it was time to work harder on the difficult balance of training my kids to be fierce competitors while training my kids to be successful in other ways than just the scoreboard. Teaching them to take nothing for granted. In his time of greatest heartache, her dad told me we should all try to LIVE LIKE KALI.

Life as we know is way too short – remember what is important to you and cherish it. As coaches we are touching lives daily. We have answered the calling

to mold these young ladies. I had forgotten or maybe didn't even realize how much my words mean. How those words and opportunities are memories that parents now cherish. Please don't wait to adjust your narrow focus. I hope that you never get that text or phone call. Unfortunately in my 9 year career at Smithson Valley, I have received two. Both young ladies were dearly loved and lived their life doing what made them happy. Both cherished those closest to them and they lived their life through the faith that they held so dear.

In such a short article it is difficult for me to tell you how much LIVE LIKE KALI means to us here at Smithson Valley. But what I hope to make you think about is that it's not all about you and your goals as a coaching professional. Yes, I'm still very Type A. But, I take extra efforts to make sure the kids love what they do too. We don't talk about wins and losses as much anymore. We talk about building up our teams and relationships. We speak of valuing your teammates and treating her like she is a member of your family. At Smithson Valley we were reminded in a very sudden and painful way that life is too short. Please be grateful for the kids and the opportunities that you get each and every day.

Take some advice from a fun-loving young lady that has touched so many – LIVE LIKE KALI.

VOLLEYBALL COMMITTEE



TGCA VOLLEYBALL COMMITTEE

NAME	SCHOOL	CONF.	REG.	NAME	SCHOOL	CONF.	REG.
Erin Bell	Hereford HS	4A	1	Ashley Earhart	Kingwood HS	5A	5
Courtney Pesterfield	Lubbock Cooper HS	3A	1	Denise Johnson	Tarkington HS	3A	5
Didi Pierce	Abilene HS	5A	2	Liana Gombert*	Smithson Valley HS	4A	6
Stacy Wolf	Windthorst HS	1A	2	Susan Brewer**	Bellville HS	3A	6
Tammy Clark	Granbury HS	4A	3	Lori McLaughlin	Dawson HS	5A	7
Yolanda Beasley	Castleberry HS	3A	3	Patti Zenner	Poth HS	2A	7
Janie Litchford	Frisco HS	4A	4	Flo Valdez	Franklin HS	5A	8
Renaë Whitaker	Caddo Mills HS	2A	4	Candace Swarb	Monahans HS	3A	8

*Chair

**Vice Chair

CC COMMITTEE & MEET THE TGCA

TGCA CROSS COUNTRY COMMITTEE

NAME	SCHOOL	CONF.	REG.	NAME	SCHOOL	CONF.	REG.
Ray Baca	Canyon HS	4A	1	Deann Fudge	Barbers Hill HS	4A	5
Rebekah Morrison	Gruver HS	1A	1	Jason Sanders	Silsbee HS	3A	5
Deborah Gonzales	Wichita Falls HS	4A	2	Christopher Carter	Westlake HS	5A	6
Loy Triana	Burkburnett HS	3A	2	Dale Keen	Yoe HS	2A	6
George Lutkenhaus	Northwest HS	5A	3	Hortencia Lancaster	Edinburg HS	5A	7
Mike Saucke	Hubbard HS	1A	3	Cully Doyle	Gonzales HS	3A	6
Mike Darby	Pine Tree HS	4A	4	Tacey Borchardt	Odessa HS	5A	8
J. B. Haggerty, Jr.	Tatum HS	2A	4	Billy Nabours	Comfort HS	2A	8

2nd Vice President

Mitch Williams
Whitney HS
(254) 694-3457



MEET YOUR 2012-13 TGCA 2ND VICE PRESIDENT

HIGH SCHOOL GRADUATED FROM: Vega High School

COLLEGES ATTENDED: Clarendon Jr. College, West Texas State University

TEACHING ASSIGNMENTS: Government / Economics

COACHING ASSIGNMENTS: Now: Football, Head Powerlifting, Head Girls Track; Have coached: Volleyball, basketball, cross country, softball, golf and soccer

CHILDREN & AGES: Lindsey, 30, Coach and Teacher, with granddaughter Tatum, 3; and Mesha, 20, (Interior Design Major at Texas Tech)

WHAT IT MEANS TO BE AN OFFICER IN TGCA: I feel this is a great honor that has been bestowed upon me by my fellow coaches. I have been given a great opportunity to give back to a profession that has given me so much pleasure over the years. Not to mention all of the relationships that I have created through my membership in this organization.

TGCA HALL OF FAME

TGCA HALL OF FAME INDUCTEES

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy

TEXAS GIRLS COACHES ASSOCIATION HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession.

Hall of Fame nomination forms are located on our website, www.austintgca.com, under "Forms."

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

TSWA ALL-STATE VOLLEYBALL TEAM NOMINATIONS

Coaches are asked to send nominations for the **Texas Sports Writers Association All-State Volleyball team** to Jack Stallard of the Longview News-Journal as soon as possible after the conclusion of their seasons.

Deadline to submit nominations is Friday, Nov. 23.

Nominations must include the player(s) name(s), position, grade, school, classification of the school and any available statistics.

Please nomination players as middle blockers, outside hitters, setters or liberos.

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

NOTICE: THIS IS NOT THE SAME AS TGCA ALL-STATE.



Photo
Courtesy
**TRACY
LUTICH**

PAST PRESIDENTS

TGCA PAST PRESIDENTS

NAME	YEARS	NAME	YEARS	NAME	YEARS	NAME	YEARS
Velma Harrison	1952-53, 1953-54	Shirley Hayworth	1970-71	Don Ford	1988-89	Alex Koulovatos	2006-07
Marvin Williams *	1954-55	Stanley Whisenhunt	1971-72	Donna Grant	1989-90	Debra Manley	2007-08
Mary Beccue *	1955-56	Leta Andrews	1972-73	Phil Swenson	1990-91	Lee Grisham	2008-09, 2009-10
Charles Womack *	1956-57	Bill Farney	1973-74	Rhonda Farney	1991-92	Wes Overton	2010-11
Rose Farmer	1957-58	Janette Barlow	1974-75	Caylene Caddell	1992-93	Donna Benotti	2011-12
J.W. Booker *	1958-59	Bob Schneider	1975-76	Barbara Crousen	1993-94	TVCA PAST PRESIDENTS	
Peggy Hughes	1959-60	Gay Benson	1976-77	Pat Mouser	1994-95	NAME	YEARS
M.T. Rice *	1960-61	Buddy Ables	1977-78	Melynn Hunt	1995-96	Lenora Abston	1968-69, 1969-70
Jimmye Phillips	1961-62	Sandra Meadows *	1978-79	Sam Tipton	1996-97	Dr. Margie Austin	1970-71
LeRoy Hoff *	1962-63	Ralph Newton	1979-80	Marianne Jones	1997-98	Jan Briggs	1971-72
Ellen Johnson	1963-64	Janie Fitzgerald	1980-81	Larry Goad	1998-99	Jane Arnett	1972-73
F.G. Crofford	1964-65	Mark Smith	1981-82	Brenda Kitten	1999-2000	Arline Basye	1973-74
Zonelle Cornett*	1965-66	Diana Lewis	1982-83, 1983-84	Rob Young	2000-01	Marion Young	1974-75
Freeman Parish *	1966-67	Michael Adams	1984-85	Krista Malmstrom	2001-02	Judy Bugher	1975-76
Sandra Meadows *	1967-68	Judy Dunn*	1985-86	Ron Mouser	2002-03	Waynette Dolan	1976-77
Mitch LeMoine	1968-69	Jim Kirkland	1986-87	Debbie Jaehne	2003-04	Norma Pullin	1977-78
Wayne DuBose	1969-70	Sue Cannon	1987-88	Ray Baca	2004-05		
				Leann Johnston	2005-06		

CHECK US OUT



ONLINE



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



Photo Courtesy
JEFF FENTON

UIL LEGISLATIVE COUNCIL MEETING RESULTS

October 22, 2012

AUSTIN, TX— The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council approved a proposal to rename all conferences, creating a Conference 6A. The current Conference 1A Division II, comprised of six-man schools, to Conference 1A. Current Conference 1A Division I, comprised of 11-man schools, will become Conference 2A, current Conference 2A schools into Conference 3A, etc. These changes will go into effect for the 2014-2016 alignment, if approved by the Commissioner of Education. There will be six conferences only in the following sports: cross country, football, basketball, academics, one-act play,

golf, tennis, and track and field.

In other action, the council voted to place the creation of a split conference format for Conference 3A football on a referendum ballot. If Conference 3A superintendents vote to create a split conference format, the change will go into effect for the 2014-2016 alignment. The split conference format was previously implemented in Conference 1A and 2A by referendum ballot vote.

In academics, an amendment to add a Chess Puzzle solving competition to A+ Academics for grades 2-8 was unanimously approved by the council. Chess Puzzle has been conducted as a pilot event for A+ Academics since the spring of 2011.

If approved by the Commissioner of Edu-

cation, the following rule changes will go into effect August 1, 2013:

- Adding a fourth playoff team advancing from each district in team sport activities in conferences 2A and 3A.
- Creating a third conference for team tennis and soccer, to be implemented for the 2014-2016 alignment.
- Creating pilot contests in student congress and short film production.

The Commissioner of Education must approve amendments passed by the UIL Legislative Council before they may take effect. Complete information on council actions can be found on the UIL website at <https://www.uiltexas.org/policy/league-governance/proposals>.

* NEW MEMBERSHIP BENEFIT *

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$3,500 Accidental Death & Dismemberment (AD&D) benefit through your membership. This benefit is NO cost to you. Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family 20%-60% on vision care, hearing care and prescriptions. In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren.

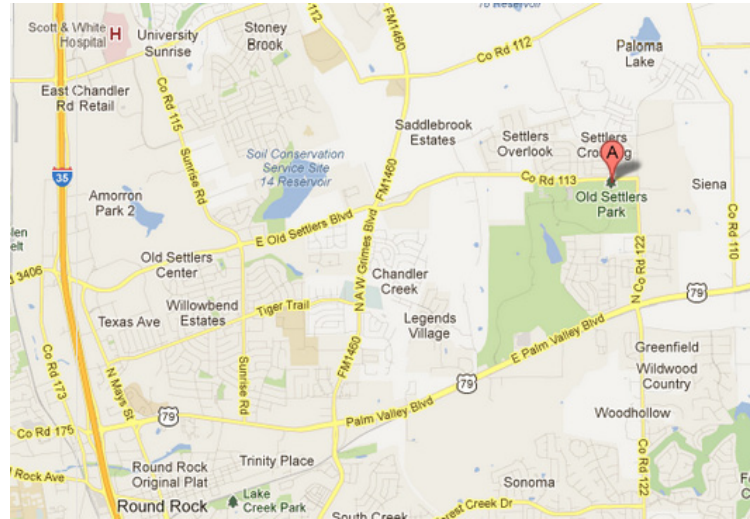
* ATTENTION *

TO ALL COACHES: Please go on-line and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.

UIL STATE CHAMPIONSHIPS

CROSS COUNTRY STATE MEET

NOVEMBER 10, 2012 | OLD SETTLERS PARK, ROUND ROCK



SCHEDULE

Girls 5A - 9 AM
 Girls 1A - 10 AM
 Girls 2A - 10:50 AM
 Girls 3A - 11:40 AM
 Girls 4A - 12:30 PM

TICKET INFORMATION

Student ... \$5.00
 Adult ... \$5.00

PUBLIC PARKING

Parking and shuttle service will be available at the Dell Diamond parking area for \$5.00 per day.

RESTROOMS

There will be no dressing facilities. Portable toilets will be available to the public and athletes.

PROGRAMS, T-SHIRTS, CONCESSIONS

Programs will be available for \$5.00. T-shirts and other items will be available for purchase. Concessions will be available from 8:00 am - 2:30 pm. Hamburgers, hot dogs, chips, drinks, etc. will be available.

RESULTS

Final results will be posted at the meet site. Official results will be posted on the UIL website.

SPECTATORS

Spectators must stay off the course as marked, away from the starting line and finish line, and in roped areas to avoid interfering with any aspect of the race.

VOLLEYBALL STATE TOURNAMENT

SCHEDULE

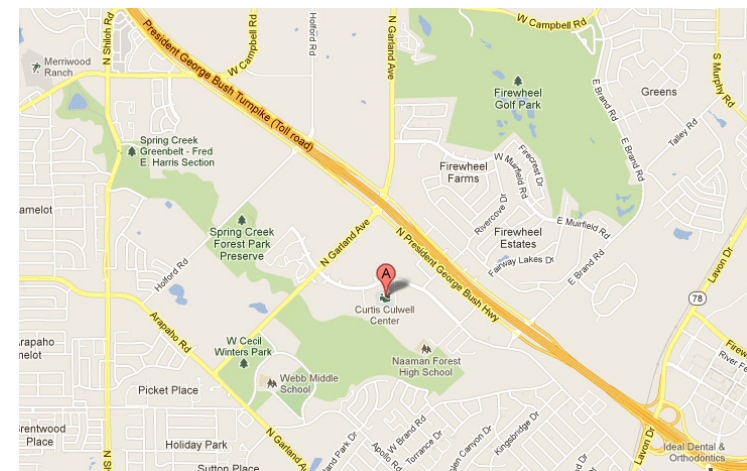
Nov. 15	Nov. 16	Nov. 17
2A Semi - 1 PM	1A Semi - 9 AM	1A Final - 9 AM
2A Semi - 3 PM	1A Semi - 11 AM	2A Final - 11:30 AM
4A Semi - 5 PM	3A Semi - 1 PM	3A Final - 2 PM
4A Semi - 7 PM	3A Semi - 3 PM	4A Final - 4:30 PM
	5A Semi - 5 PM	5A Final - 7 PM
	5A Semi - 7 PM	

TICKET INFORMATION

Student ... \$5.00
 Adult ... \$10.00
 Coaches All-Tournament ... \$20.00
 Officials All-Tournament ... \$20.00
 All-Tournament 3-day ... \$25.00
 All-Tournament 2-day ... \$18.00

The ticket box office will open TWO hours prior to the first match. Doors open ONE hour prior. Cash and credit cards accepted. No pre-sale tickets.

NOVEMBER 15-17, 2012 | CURTIS CULWELL CENTER, GARLAND



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.

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. 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.

PHOTOS OF THE MONTH



NOMINATION DEADLINES

MEMBERSHIP DEADLINE FOR NOMINATIONS

You **must** be a member of TGCA by **NOVEMBER 1st** to nominate athletes for honors or receive honors yourself as a coach. You can renew your membership on-line through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the page and fax or mail that with credit card information, or mail the form with a check to the TGCA office. **DON'T FORGET!!** If you need help with the renewal process, please call the office and we will be happy to help you, including giving you your log in information. Please **DO NOT** make yourself a new member if you are already a member and just need to renew.

VOLLEYBALL DVDS DUE BY MONDAY, NOVEMBER 12, AT 4:00 P.M.

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

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

ONLINE NOMINATION DEADLINES BY SPORT

All on-line nominations for all sports in all categories will close the Monday at noon before the state tournament or meet. Please be sure to have your nominations done **on time** and **online**. Here are the nomination deadlines by sport for 2012-13.

***** CROSS COUNTRY - November 5 *****

***** VOLLEYBALL - November 12 *****

BASKETBALL - February 25

SOCCER - April 15

GOLF - April 29

TRACK AND FIELD - May 6

SOFTBALL - May 27

SUB-VARSITY NOMINATION DEADLINE

All nominations for Sub-Varsity coaches of the year in all sports are due by May 1st. Please do your nominations online and on time.

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

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

FROM THE EXECUTIVE DIRECTOR



TGCA CONTINUES TO SUPPORT, PROMOTE, HONOR AND EDUCATE

By Sam Tipton, TGCA Executive Director

The Texas Girls Coaches Association is entering its 61st year of existence. It was established because there was not an organization to support, promote, and honor the coaches and athletes participating in sports for women in the state of Texas. It is the purpose of TGCA to treat each sport under its umbrella with the same degree of promotion, honors, and representation. TGCA has evolved, through the hard fought efforts of influential past leaders, into being the central voice of the coaches of girls' athletics to the University Interscholastic League, school administrators, athletic directors, media, legislators, and the general public. TGCA strives in its everyday operations to maintain what the past leaders established when they molded TGCA into an influential professional organization composed of coaches of girls' athletics, designed for coaches of girls' athletics, and governed by coaches of girls' athletics.

TGCA sponsors the only summer clinic for coaches of girls' athletics aimed at improving the total school program. Lectures are not only offered in specific sports, but special lectures are presented to keep the attending coaches current on issues concerning the health and safety of athletes. The UIL gives updates in volleyball, basketball, softball, track & field, and cross country. Professional Staff Development cards are distributed certifying coaches registered and attended



Photo Courtesy **KATIE FLETCHER**

lectures and activities in the Coaches Education Program (CEP) at the annual summer clinic.

The annual summer clinic is highlighted by two all-star games in basketball, softball, and volleyball featuring 175 of the most talented girls in the state in their respective sport. Special recognition is given to all-star cross country and track & field teams composed of the best athletes in Texas. Twenty-eight members are selected by their peers to serve as coaches for the all-star activities.

In addition to all-star honors for student/athletes of member coaches, TGCA also recognizes all-state and academic all-state in cross country, volleyball, basketball, softball, and track & field, soccer, and golf. There is a Coach of the Year, Athlete of the Year, and Sub-Varsity Coach of the Year selected for A, AA,

AAA and AAAA, AAAAA in each sport.

Balfour gives rings to UIL state championship coaches in all girls' sports if the recipient is a member of TGCA prior to November 1 of that school year. Rings are also given to Hall of Fame inductees, and outgoing Board of Directors along with standing committee chairs.

TGCA also conducts annual satellite clinics in San Antonio, Houston, Lubbock, The Valley, and El Paso. These clinics are designed to cater to the needs of the intermediate school and sub-varsity coach. These coaches are not usually funded to attend the annual summer clinic. The TGCA, as a membership benefit to these important fixtures in the success of all athletic programs, brings in some of the top coaches from across the state, along with successful local coaches, to conduct a clinic based on lectures and

a hands-on approach to furnish valuable instruction to the coaches of that area. The UIL is on site to conduct a coaches' education program and to give sports updates for the administrators, athletic directors, and coaches.

The Texas Girls Coaches Association is appreciative to the school administrators, athletic directors, and the University Interscholastic League for their continued support. It is the desire of the TGCA to be an instrumental part in helping to maintain the highest possible standards in athletics and the coaching profession, and to work together for the improvement of the conditions for girls' athletics in the schools of Texas. We strive to secure a better understanding of the problems of coaching and provide sources of information pertaining to girls' athletics at the disposal of the member coaches. It is essential for TGCA to provide a representative group of coaches to whom athletic problems of general concern may be referred in the hopes of improving relationships among schools, athletes, fans and officials. TGCA will always attempt to cater to the promotional and educational needs of its member coaches in a professional manner.

Sam Tipton

Executive Director

Texas Girls Coaches Association

NUTRITION AND ATHLETES

How Nutrition Affects Athletes

Every cell in the body depends on water, nourishment and oxygen to function properly. In a normal, healthy person, food determines approximately 65-70 percent of how he or she looks and feels. Approximately 10-15 percent of good health depends on exercise or activity; 10-15 percent depends on sleep, and 5-10 percent depends on genetics and health-related issues. A person can eat healthy and adequately with moderate activity and nominal exercise and easily maintain or improve the way he or she looks and feels.

Combining proper nutrition with adequate activity or exercise creates an optimal healthy outcome with minimal sacrifice. In a highly active lifestyle, such as an athlete's, the fuel consumed greatly affects performance. Knowing and understanding proper nutrition is essential for optimal performance, recovery and growth.

Once an athlete reaches his or her peak and is competing at the top level, the playing field is relatively equal. One major aspect of training and performance that gives athletes a superior edge over competitors is fuel intake on and off the field. Athletes can only perform, recover and grow as efficiently as the body's fuel utilization process permits. Any deficiency or inadequacy affects this process.

Basic Nutrition Rules - Nutrition is an important process that many seem to

neglect. Food is fuel!

1. Most people eat too much of what they do not need and not enough of what they do need.
2. It is important to learn what is bad for the body and also what is good for it.
3. Being calorie conscious is important, but understanding what the calories consist of is vital.
4. Maintaining good nutritional balance is essential for proper fueling and nourishment.
5. Eating 5-7 times per day creates stable blood sugar levels, energy levels and satiety, while managing hunger and preventing binging.
6. Breakfast is the most important meal of the day and should be one of the largest.
7. Meals should correlate directly to activity, lifestyle and exercise.
8. Consume food as needed to avoid becoming too hungry or too full.
9. Eat clean, natural foods in reasonable portions as needed.
10. Eat healthy and balanced meals 75 percent or more of the time.
11. Avoid or limit caffeinated drinks when possible, including sodas. Drink plenty of water.
12. Approximately 98 percent of fast food is bad for the body. A grocery store

is a much better place to find meals and snacks.

13. Going without food can be worse than eating a moderate amount of something less healthy.
14. Fix food with food and exercise with exercise. Do not justify one with the other.
15. Maintain blood sugar balance (with fruit and low carbs) and nitrogen balance (with protein frequency) to avoid crashes and cravings.

Conclusion

To maintain balance and avoid cravings, eat frequently, 5-7 times per day, and include all macronutrients while consuming plenty of water.

Athletes should log and track nutritional intake in a journal to understand what works in specific conditions. First, write down everything eaten for a week and calculate the findings. Additionally, athletes should journal how they feel and how they performance daily to see how nutrition may have affected both. Then, assess and calculate a new program according to the guidelines and repeat for 7 days to compare.

If target goals are not on track after 2 weeks, reassess program logistics. This is the only way to truly gauge progress. The more athletes track and log, the easier it will become to adjust and accept the new program and be the most effective in performance.



A to Z | BUILDING BETTER COACHES

Remember these 5 rules:

1. No or nominal caffeine.
2. Sleep at least 7 hours each night.
3. Eat 5-7 times per day.
4. Drink as much water as possible all day.
5. Make nutrition a priority.

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.

Nutrition plays a vital role in the health and success of our athletes. Look for our upcoming newsletters "Macronutrients – Feed Your Body for Greatness" and "Genetics and Nutrition."

Thank You

Note: Participants should always consult their physician or certified/licensed specialist before beginning any nutritional program. The following 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.

INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 MENTAL SKILLS FOR PHYSICAL PEOPLE

By Dr. Jim Peterson, Coaches Choice

1. Hang loose. Tension and tightness can inhibit physical performance. Accordingly, you must be able to relax your body to give yourself some meaningful measure of control over those muscles that are essential to your chosen mode of physical activity. Not only can the ability to relax your muscles enable you to avoid being uptight, but it can also have a positive affect on your ability to concentrate and to manage your level of stress.

2. Learn how to direct your attentional focus. Attentional focus involves being able to concentrate on the important factors at hand. From a physical performance standpoint, it refers to the fact that you can focus your attention and process relevant cues without distractions and interference. Take note that a wandering mind can create mental lapses that may impede physical performance.

3. Create your own instant replays of performance. The ability to create and recreate “pictures” of things and events in your mind’s eye (a technique that is commonly referred to as “imagery”) is a mental skill that has been found to have a positive impact on an individual’s ability to learn and perform a particular physical skill. All factors being equal, the more specific and detailed the image, the more specific the effect.

4. Don’t let negative thoughts intrude on your performance. What you do with your thoughts can have an impact on your ability to perform a physical task. Use your negative thoughts in a positive way by employing them to trigger a positive and corrective action. Keep in mind that one major fac-

tor that distinguishes “winners” from “losers” is what individuals do with their thoughts.

5. Keep your focus on the “positive.” Always try to do your best regardless of adverse conditions (e.g. the weather, how you feel, the level of competition, etc.). Maintain a positive self-concept. Never overlook or subordinate the “joys” of being physically active.

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

6. Keep a record of your thoughts. Depending upon how serious you are at performing at an optimal level, keep a diary or log of your thoughts prior to working out, practicing, or competing. Such a step will help you direct your attention to what you are thinking and enable you to identify (and hopefully recapture) those feelings and behaviors that were linked to superior performances, as well as mediocre ones.

7. Talk to yourself to enhance your sense of control over the situation. Self-talk is a form of internal thought processing that, when done properly, can enable you to be more fully aware of specific factors that may impact on your performance. In turn, self-talk facilitates your awareness of the need to adopt appropriate coping strategies, such as relaxation,

imagery, and concentration, to help you stay in control of potentially adverse situations.

8. Practice, practice, practice. Mental practice is a commonly employed technique that individuals use to acquire, maintain, or improve specific physical skills. While imagery involves the ability to passively develop an image without going beyond that point, mental practice (also referred to as mental rehearsal) involves being actively involved in an image or a series of images.

9. Get psyched up. Capture and control your feelings to help achieve a “winning frame of mind.” Being up for physical activity involves having both a positive mental state and bodily sensations that feel right. You can enhance your body’s ability to be “up” for the demands you are about to place upon it by skillful training and the use of appropriate sensory and physical cues.

10. Harness and direct your inner energy. One of the driving forces behind your ability to physically perform is a level of inner energy. Collectively, using selected mental skills (particularly those involved in stress management, relaxation, concentration, and thought control) can enable you to channel your inner energy to enhance your performance.

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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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
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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.

NOVEMBER 2012

- 1 TGCA: Membership deadline for nominations
- 1-3 Volleyball: Area, all conferences
- 2-3 Team Tennis: State Tournament
- 3 Cross Country: Regional meets
- 5 TGCA - 12:00 noon deadline for Cross Country Nominations
- 5 Girls Basketball: First day for interschool games
- 5-6 Volleyball: Regional quarterfinals, all conferences
- 9-10 Volleyball: Regional, all conferences
- 10 Cross Country: State Meet
- 12 Wrestling: First day for meets & tournaments
- 12 TGCA - 12:00 noon deadline for Volleyball Nominations
- 15-17 Volleyball: State Tournament
- 26 Soccer: First day for practice

DECEMBER

- 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

* 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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