

TGCA



TGCA NEWS
SEPTEMBER 2012

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*Photo submitted by Denver Stone
of Kaufman High School*

FEATURED ARTICLE



WINNING THE RIGHT WAY IS WHAT REALLY MATTERS!

By Steve Golemon, Bandera HS - TGCA Track Vice Chair

Reflecting on forty-four years of lessons learned in the Texas coaching profession, it is apparent that there are a number of basic principles and premises that individuals must follow, if they wish to maximize their chances of success in athletics, as well as in life. Having coached every U.I.L. sport, except soccer, softball, and volleyball, and having been associated with both winning and losing efforts in various sports at every U.I.L. classification, it appears that certain principles and premises are far more significant than others. Although there are many other basic principles and premises which affect individual and team chances of success, the ten which are discussed in this newsletter would appear to be the most common threads needed to weave together that blanket of success which sometimes can be quite elusive.

Character, Rather Than Characters Are the Real Winners – With time, mere victory in the arena of competition fades in the minds of those who engaged in a particular activity, and even more so in the minds of those who witnessed that activity. The actual winners in any given activity are those, who played by the rules, gave their maximum effort, and finished that endeavor knowing they had nothing to regret. Not only will such individuals fight to the end in an athletic contest, they will succeed in life because they have the character and moral fiber needed to overcome adversity and set the proper example for those who function around them. The “Sports Heroes,” who only look to the scoreboard, rather than to how to strengthen the moral fiber of others are



Photo Courtesy **DON HOOD**

“characters” and really have little chance of being much more than a faded memory once they leave the arena of competition.

Preparation and Perseverance Outweigh Passion – Just because someone loves or likes a given activity certainly does not assure them that they will be able to perform that activity well, much less succeed in that activity. Passion for a given activity is wonderful, but passion without preparation through proper mental, emotional, and physical training is worthless. Ultimately, it is not passion that drives an individual to spend endless hours running, lifting, throwing, catching, hitting, passing, shooting, etc., rather it is

the perseverance and drive of the individual that eventually leads them to succeed in a given activity or cause.

One is Never Too Young or Too Old to Learn, Adapt, and Adjust – Having once been a young coach and now an old coach, it is the ability and willingness to learn, adapt, and adjust that has provided more success in the last 20 years of a 44 year career, than in the first 24 years of that career. Every year, every month, every day, and most every waking moment something new has been learned in those 44 years of coaching, but the ability and willingness to adapt and adjust came with maturity which took time and close

observation of great mentors, who are genuinely great because they are men and women of strong character. By the way, mentors often may be, or at least may need to be, individuals who are younger than you, perhaps even young student-athletes.

Beg, Borrow, and Steal (With Permission) Every Bit of Knowledge and Wisdom Available – Do not attempt to reinvent the wheel or change a tire that is not flat or worse for wear, but do seek the knowledge needed to improve the individuals around you, as well as their situation; however, always remember that knowledge without the wisdom to apply that knowledge correctly, only produces a know it all, which in turn generally produces a wise guy, who does not know when to shut his or her mouth or when to leave well enough alone. Use the knowledge you obtain from others wisely, so you better the situation, rather than creating a new situation that is far worse than what existed before the newly obtained knowledge was put into practice.

Build a Better Student-Athlete or All the “X’s” and “O’s” Are Meaningless – Did they start in the sky and build the Empire State Building downward? Of course not, it is the foundation which matters. Paraphrasing a former athletic director/football coach, you are not a college coach and you do not have the opportunity to recruit, so if you want to win consistently build a better athlete through hard, intense physical, mental, and emotional training, and then, run a simple well grounded

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CAREER VICTORIES

VOLLEYBALL

NAME	SCHOOL	# OF VICTORIES
Stacy Wolf	Windthorst HS	400
Jason Evans	Leon HS	300

BASKETBALL

NAME	SCHOOL	# OF VICTORIES
Frederic Griffin	Brownsboro HS	900
Nora Zamarripa	Harlingen HS	700
Pamela Crawford	Clear Springs HS	400
Jessie White	West Brook HS	300
Darrell Harborth	Navarro HS	300

SOFTBALL

NAME	SCHOOL	# OF VICTORIES
Billy Hicks	A&M Consolidated HS	500
Stacey Herring	Eula HS	300

CROSS COUNTRY

NAME	SCHOOL	# OF POINTS
Jerry Sutterfield	Highland Park HS	1100

*TGCA encourages all coaches to submit their information for Career Victories Awards for the 2012-13 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws", and then under "Awards" (Number 1 in the Directory)

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
LEISHA MASTERS

YEARS OF SERVICE

SUB-VARSITY YEARS OF SERVICE HONOREES

NAME	SCHOOL	YEARS OF SERVICE
Phyllis Brahinsky	Lake Dallas HS	15
Kimberly Watson	Heritage MS	15

*TGCA encourages all coaches to submit their information for Sub-Varsity Years of Service Awards for the 2012-13 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws", and then under "Awards" (Number 2 in the Directory)

WINNING THE RIGHT WAY IS WHAT REALLY MATTERS! (CONTINUED)

CONTINUED FROM PAGE 2

junior offense and rely on a balanced defense where you are never outnumbered to the right or to the left. Taking that one step further, build a better student-athlete, since building a better athlete really matters not, unless they can remain academically eligible.

Perception is Reality – Beware of rattlesnakes, they bite. The old adage, "Believe and Achieve," is basically true. Unless the individuals and the team, as well as the support staff and community, are actually willing to buy into the particular program that is put in place, then success will never be achieved. Once a program is perceived by detractors as being wrong for the individual student-athlete or for the team, the "fair weather friends" will soon follow the same line of thinking, especially if any kind of adversity happens to strike the program. On the other hand, when everyone is willing to get on the same page at the same time and is willing to buy into the direction

that the particular sports program has decided to take, the perception of correctness becomes reality for the student-athletes, the team, the parents, the school, and the community.

Don't, Won't, and Can't Assure

Failure – Every element of every athletic program must be highly disciplined and extremely positive. Don't, won't, can't must never be thought, much less spoken, by anyone associated with the athletic program, if that program has any hope of becoming highly successful. Negative thinking leads to negative results, while positive thinking leads to positive results. The key is to eliminate the negatives and build on the positives.

Be Constant, Continuous, and

Consistent – A plan for success must be developed well in advance and that plan must be constant in nature, as well as continuous and consistent in application. The focus must be on making sure that even the smallest of details are constantly, continuously, and consistently covered on a regular basis. Haphazard planning leads

to confusion and poor execution, which results in poor morale, followed eventually by subpar performance. Naturally, a well thought out plan leads to increased morale, growth in self-esteem, and extremely successful performance levels.

Winning Breeds Winning – For a highly successful, well-rounded athletic program to develop and prevail over an extended period of time, winning must be the focal point in every sport, but not winning at all cost. To win in the correct manner, determination, desire, and discipline must be cultivated and expected from every student-athlete in every sport, since winning in one sport generally leads to a desire to win in the next sport. Just as winning breeds winning, losing breeds losing, and name one even semi-successful person whom you know that intentionally set out to become a loser.

Set High Expectations and Demand That They Be Met – The modern world is full of mediocrity. In fact, all too often it has become an acceptable part of people's lives. Mediocrity must become

an unwanted and unacceptable concept to those who wish to succeed in athletics and in life. Success can only be achieved when high expectations are set, but those expectations will never be achieved, unless there is a driving force which demands the expectations be met.

Having been associated with numerous playoff football teams, as well as regional and state championship cross country and track and field teams, it has become evident over time that each of these teams were comprised of men or women of character who still demonstrate that character in their adult years. As student-athletes, they were winners and are still winners today because they were and are now the right people, doing the right things at the right time for the right reason, which will always produce the right result. During any given cross country season or any other sport season, the coach and student-athlete who desire success need to remember that winning the right way is what really matters at present, as well as in the future.

2011-12 CHAMPION COACHES

CROSS COUNTRY

NAME	SCHOOL	CONF
Rod Been	Gruver HS	1A
Starla Whiteley	Spearman HS	2A
Jerry Sutterfield	Highland Park HS	4A
Justin Leonard	Southlake Carroll HS	5A

VOLLEYBALL

NAME	SCHOOL	CONF
Andrea Hutchins	Water Valley HS	1A
Patti Zenner	Poth HS	2A
Ryan Mitchell	Lovejoy HS	3A
Jennifer Kazmierski	Lake Travis HS	4A
Julie Green	Coppell HS	5A

BASKETBALL

NAME	SCHOOL	CONF
Lisa Logan	Sudan HS	1A-DI
Andy Snider	Neches HS	1A-DII
Chance Westmoreland	Brock HS	2A
Tri Danley	Abilene Wylie HS	3A
Tammy Lusinger	Summit HS	4A
Cathy Self-Morgan	Duncanville HS	5A

TRACK & FIELD

NAME	SCHOOL	CONF
Megan Symank	Snook HS	1A
Danny Mitchell	Tatum HS	2A
Lisa Baucom	Connally HS	3A
Beverly Humphrey	Lancaster HS	4A
June Villers	DeSoto HS	5A

SOFTBALL

NAME	SCHOOL	CONF
Rodney Stryk	Flatonia HS	1A
Kirk Allen	Crawford HS	2A
Jimmy Eby	Hudson HS	3A
Lisa Daigle	Smithson Valley HS	4A
Carrie Austgen	Deer Park HS	5A

GOLF

NAME	SCHOOL	CONF
Thomas Hanson	Sonora HS	2A
Mark Burgen	Andrews HS	3A
Rusty Herridge	Montgomery HS	4A

COACHES OF THE YEAR

2011-12 COACHES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	REG
Sidney Whiteley	Sunray HS	Cross Country	1A-2A-3A	1
Ray Baca	Canyon HS	Cross Country	4A-5A	1
Denise Johnson	Tarkington HS	Volleyball	1A-2A-3A	5
Julie Green	Coppell HS	Volleyball	4A-5A	3
Lisa Logan	Sudan HS	Basketball	1A-2A-3A	1
Cathy Self-Morgan	Duncanville HS	Basketball	4A-5A	3
Danny Mitchell	Tatum HS	Track	1A-2A-3A	4
Lacy Beckler	Legacy HS	Track	4A-5A	3
Kirk Allen	Crawford HS	Softball	1A-2A-3A	6
Rosemary Rhodes	Klein Collins HS	Softball	4A-5A	5

2011-12 SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	REG
Becky Hix	Monahans HS	Volleyball	1A-2A-3A	8
Sylonda Burns	DeSoto HS	Volleyball	4A-5A	3
Sheila Askins	Como Pickton HS	Basketball	1A-2A-3A	4
Christie Derz zapf	Rider HS	Basketball	4A-5A	2
Derek Schoen	Grape Creek HS	Track	1A-2A-3A	8
Tony Anthony	Frenship HS	Track	4A-5A	1
David Vasquez	Hyde Park Baptist HS	Softball	1A-2A-3A	6
LeighAnn Wolfe	Kingwood HS	Softball	4A-5A	5

MAXPREPS STATS AND SCORES

MaxPreps, an affiliate of CBS Sports, is a FREE sports information service provided to you and your team as a membership benefit of the Texas Girls Coaches Association. MaxPreps.com aspires to cover, at no cost to TGCA members, every team, every game and every player. This tool will be extremely beneficial to you as a high school coach, your parents, fans, school administration, athletic directors and webmasters.

Please enter information on your team. As a member coach of TGCA, take the time to use MaxPreps to provide FREE hard-earned recognition for your team.

MaxPreps is an on-line service designed to record your team's achievements. Go to www.maxpreps.com and enter your information today.

Check out the MaxPreps stats and scores on the MaxPreps widget at the bottom of the page.

Any coach who has not received their user name and password for their free MaxPreps team account should e-mail coachsupport@maxpreps.com or call 1-800-329-7324 extension 1.



ATHLETES OF THE YEAR

2011-12 ATHLETES OF THE YEAR

NAME	SCHOOL	SPORT	DIVISION	COACH
Tylo Farrar	Cross Country	Spearman HS	1A-2A-3A	Starla Whiteley
Sarah Roe	Cross Country	Southlake Carroll HS	4A-5A	Justin Leonard
Andie Malloy	Volleyball	Lovejoy HS	1A-2A-3A	Ryan Mitchell
Amy Neal	Volleyball	Lake Travis HS	4A-5A	Jennifer Kazmierski
Peyton Little	Basketball	Abilene Wylie HS	1A-2A-3A	Tri Danley
Alexis Jones	Basketball	Irving MacArthur HS	4A-5A	Suzie Oelschlegel
Maeson Mondrik	Track	Cameron Yoe HS	1A-2A-3A	Linda Richter
Shelbi Vaughan	Track	Legacy HS	4A-5A	Lacy Beckler
Shelby Carter	Softball	Celina HS	1A-2A-3A	Billy Coleman
Heather Stearns	Softball	Hebron HS	4A-5A	Staci Jackson

* NEW MEMBERSHIP BENEFIT *

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$3,000 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.

PHOTOS OF THE MONTH



NEWS & UPDATES

TGCA WEEKLY E-MAIL NEWS BLAST NOTICE

In conjunction with Grace Media, TGCA will be sending weekly e-mail blasts, during the school year, containing sports news from across the state and important news items.

If you signed up for the TGCA weekly e-mail news blast last school year, there's no need to rejoin, but please be sure your school is not blocking our e-mails. We had some returned last year and it's because some schools have us filtered out as spam. Please double check and be sure your school is aware that you are wanting this to go through to you.

If you've not signed up yet, it's not too late. Don't miss out. These weekly e-mails deliver happening news directly to your inbox. Just click on the following link to register:

<https://app.e2ma.net/app/view:Join/signupId:60463/acctId:35572>

These e-mail blasts not only contain information directly from TGCA, but sports news across the state and nation. Please be sure your e-mail address is current and up to date.

* ATTENTION *

TGCA RESOURCE CENTER NOW OPEN

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

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

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E-mail – sarah.reese@kayyow.com or info@kayyow.com

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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.



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.

NOMINATION INSTRUCTIONS

TGCA INSTRUCTIONS FOR ON-LINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

1) Access the TGCA website at www.austintgca.com.

2) Click on the "Membership Site" category in the menu on the left-hand side of the page.

3) You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER. Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete

log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number.

4) Once you've completed the log-in process, you will access a page that reads, "Current News". In the tabs menu at the top of that page, click on "Nominations".

5) Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6) Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. PLEASE be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Select Category Step Two" button.

7) Click the button next to the category you are nominating for (All-

Star, All-State, Academic All-State, etc.). Next click the button "Enter Nominee Info Step Three".

8) Complete the form by typing in the information requested in the "Update" field.

9) When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.

10) Continue completing the

form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11) When you have completed the form, please click the "Submit" button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.

12) You will need to follow these steps for each nomination of each athlete in each category that you wish to make.

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

FROM THE EXECUTIVE DIRECTOR



UIL VOLLEYBALL HAS A NEW HOME

By Sam Tipton, TGCA Executive Director

The University Interscholastic League has selected the Curtis Culwell Center in Garland, Texas for the site of the 2012 state volleyball tournament to be held November 15-17. The Curtis Culwell Center is a forty million dollar facility that will seat approximately 8000. The new site is located in the Dallas/Ft. Worth metro-plex area.

Strahan Coliseum, located on the campus of Texas State University in San Marcos, has been the location of the state volleyball tournament since moving from the Burger Center in Austin, Texas in 2000. A move was imminent by the UIL when it was announced a European car race was to be held in Central Texas on the corresponding week-end of the state volleyball tournament. This resulted in a shortage of hotel rooms at reasonable prices for teams and fans in the San Marcos area for the tournament. Hotel space is already at a premium in the 100 mile radius of Austin in anticipation of an expected attendance of 250,000 spectators for the F-1 race.

The UIL, after an extensive study of viable options, picked the Culwell Center as the new venue. It appears the change in site will be very positive for the success and growth of UIL volleyball for a variety of reasons:

1) Volleyball will now be played in a facility where it can be the center



Photo by CHRIS SCHMIDT

point of attention during the state championships. During the 2012 state championships there will be no conflict with other sports utilizing the facility or the use of the parking lots for other sporting events.

2) The new arena will seat 8000 and is spacious enough to accommodate the teams and fans in a comfortable fashion. The concourses and entrances provide secure areas with an abundance of space.

3) There are 2500 well lit and se-

cure parking spaces around the building.

4) Volleyball has a vast fan base in the Dallas/Ft. Worth area which will increase attendance and interest in the state tournament and the game of volleyball.

5) There will be increased coverage for volleyball with the numerous media outlets in the immediate and surrounding area.

6) Volleyball will have their own identity and a place to really call home.

The UIL needs to be commended for their thorough, thoughtful research in planning for the move of the volleyball state championships. A new chapter, for the betterment of UIL volleyball, will be written in 2012 in Garland, Texas. Everyone needs to attend, sit back, and enjoy the 2012 UIL State Volleyball Tournament on November 15-17 at the Curtis Culwell Center in Garland, Texas.

To view details of the Curtis Culwell Center, please go to: www.curtisculwellcenter.org

IN-SEASON STRENGTH TRAINING

Understanding Athletic Development is about understanding progression, regression, anatomical adaptation and recovery cycles. Too often coaches alleviate or minimize their strength training during season because they feel it takes away from their ball time and/or will adversely affect their player's performance. This is actually quite contrary to the facts. In strength training, science has shown that in approximately 96 hours the body will begin to regress in strength if muscles are not adequately stressed. However, cardiovascular deconditioning doesn't begin until after approximately 12 days without direct activity.

"A good athlete is born good, a great athlete is trained great."

When addressing in-season training it is crucial to remain conscious of all stress bouts accumulated leading up to competition in addition to the type of training performed (practice, conditioning, lifting, competitive play, disciplinary activity, etc.). Coaches have to be conscience of not over-training athletes, the goal is to train them safely and appropriately year round. Athletes should improve each year, and attempt to maintain throughout the in-season with minimal loss.

Too often a player will work extremely hard in the offseason only to lose it during the season. This cycle

leads to poor development and means there is a deficiency in the training program. Strength training should ALWAYS be part of a program year round to continue the player's development, minimize risk of injury and continue positive progress.

A strength training program should have many facets with different levels of intensity to match the desired objective. The periodization process, or objective based segments, should be tailored to provide development year round while taking into account the demands of the current season. Segments will have different areas of emphasis such as heavy, light, Olympics, progressive, functional, conditioning, etc. but should work together for maximum benefit.

When you provide year round strength training your players will continuously advance and remain strong as they mature and become more skilled. Remember:

Skill is great but the speed and strength of that skill determines the level of play.

Important determining factors of that speed or performance are: muscle activation, range of motion and speed of contraction. All of these are positively affected by proper strength training coinciding with neuromuscular activity which trains the voluntary and involuntary response mechanisms of the body. By performing strength

training you are able to activate these sensory mechanisms that will help prepare the body to perform higher, faster workloads in the weight room and in competition.

Generally in-season training consists of a 2 day per week lift schedule. One of the days is moderately intense early in the week and the second day is an "unload" day. Intensity can be determined by weight, rest periods or volume, and should be based on training schedule, work load and time until competition.

An "unload" is a session performed 8-48 hours prior to competition involving primarily low weight, double-limb compound lifts and auxiliary lifts. The focus is on range of motion and contraction to unload the joints and activate the muscles. Additionally a post competition workout can be used as a third day of strength training. It is always a great idea to perform an unload day of stretching, yoga, range of motion and unload-lifting the day after a competition.

Coaches must understand that you only need 15-30 minutes of lifting to maximize the benefits of strength training and see real gains. At A to Z



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our programs efficiency and effectiveness accounts for one set per minute, so 15-30 minutes = 15-30 sets. Even on the 15 set day you are working five body parts for three sets of each in less than 20 minutes.

In conclusion, by incorporating in-season lifting, athletes will continuously develop, decrease risk of injuries, stay better tuned to training and not suffer such dramatic acclimation periods when transitioning season to season, or sport to sport. It is a FACT: Strength training is more beneficial to a developing athlete during and long after their career than the actual playing of the sport. (Visit <http://www.mayoclinic.com/health/strength-training/HQ01010> for supporting information)

At A to Z, we hope that coaches understand the positive benefit of year round strength training and that they are encouraged to incorporate in-season strength training for all of their athletes.

Thank you

10 EXERCISE-RELATED GUIDELINES FOR PEOPLE WITH FIBROMYALGIA

By Dr. Jim Peterson, Coaches Choice

1. Exercise regularly. Fibromyalgia is a complex, painful condition that requires a multidisciplinary approach to treatment. To enhance the functional capacity of people who have fibromyalgia, regular exercise should be a critical part of their treatment program.

2. Stick with it. People with fibromyalgia should not give in to their symptoms and should avoid prolonged periods of inactivity. They should adjust the intensity and/or duration of their exercise regimen according to their symptomatology, and keep in mind that physical activity is essential for preserving function.

3. Start slowly. People with fibromyalgia who have been inactive should start with five to 10 minutes of activity three or more times per day. As their conditioning improves, they can gradually increase the duration of their activity, and reduce the daily frequency. They should aim to exercise for 30 minutes three to four times per week.

4. Don't overdo it. People with fibromyalgia should exercise at low-to-moderate intensity levels—40 percent to 70 percent of maximum heart rate or fairly light to somewhat hard on the Borg Rating of Perceived Exertion (RPE) Scale.

5. Progress at a sensible rate. People with

fibromyalgia should gradually increase the intensity level of their exercise program. They do not need to train hard to achieve the benefits of exercise.

6. Vary the mode of exercise. People with fibromyalgia should participate in a variety of activities, to avoid repetitively stressing the same muscles and joints. How soundly and how regularly you exercise is much more important than what modality you use.

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

7. Remember that muscles do matter. People with fibromyalgia should use very light weights, elastic resistance bands or cords, and/or gravity for resistance training. Emphasis should be on proper exercise technique, keeping resistance loads at minimal level and avoiding explosive or jerking movements.

8. Be sensitive to how you feel. During periods of increased pain or fatigue, people with fibromyalgia should reduce the intensity and/or duration of their exercise regi-

men. Occasionally reducing exercise intensity and/or duration is acceptable provided the longrange pattern of exercising regularly is consistent.

9. Make mild, static stretching a part of your daily routine. Given their propensity for muscle-related problems, people with fibromyalgia need to understand that muscle, when not used, shortens and then stiffens, and progressively loses function. They should engage in a static stretching program to enhance and/or help maintain flexibility and joint mobility.

10. Keep the focus where it belongs. Exercise programs for people with fibromyalgia should be designed to promote health and wellness, not athleticism. Exercise regimens should be geared to safely meet an individual's current health and functional status, focusing on “active relaxation,” not sports conditioning.

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.



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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.

OCTOBER 2012

- 17 Girls Basketball: First day of practice
- 21-22 Legislative Council meeting, Austin
- 23 Team Tennis: District Certification Deadline
- 26-27 Team Tennis: Regional tournaments
- 27 Cross Country: District certification deadline
- 27 Girls Basketball: First day for scrimmages
- 27 Volleyball: District certification deadline, all conferences
- 29-30 Volleyball: Bi-district, all conferences

NOVEMBER

- 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

* 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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