

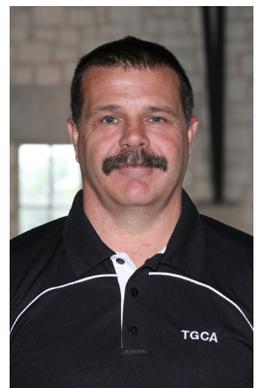


# TGCA NEWS

APRIL 2014



## 2013-14 TGCA OFFICERS



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**Assistant to the Executive Director**  
Lee Grisham  
TGCA Office



## FEATURE ARTICLES

cover photo courtesy Pedro Luna



photo courtesy Theresa Urbanovsky & jmilos photography

### Philosophy Matters More Times Than Not, Especially Now!

By Steve Golemon,  
TGCA Track Committee  
Chair  
**PAGE 1**

### What to Look for in a Sports Drink

Ben Hogan Texas  
Health  
**PAGE 9**

### Power is in the Hips

A to Z | Building  
Better Coaches  
**PAGES 10**

### 10 Nice-to-Know Facts About Happiness

By James A. Peterson, Ph.D., FACSM  
**PAGE 11**

## ALSO INSIDE

2014 TGCA Hall-of-Fame ..2  
Margaret McKown Distinguished Service Award.....2  
Sportswriter of the Year ....2  
Track & Field State Meet ...4

Softball State Tournament.5  
TSWA Softball All-State.....5  
TGCA Summer Clinic .....6  
Satellite Sports Clinics.....7  
TGCA Career Victories.....8

Sub-Varsity Awards .....8  
Soccer State Champs .....8  
TGCA Resource Center ....8  
Kay Yow Cancer Fund.....9  
AD&D Benefit .....9

Important Dates.....12  
Hotel Reservation Links .12  
Online Nomination  
Deadlines by Sport .....12  
Sponsors .....13

# PHILOSOPHY MATTERS MORE TIMES THAN NOT, ESPECIALLY NOW!

By Steve Golemon // TGCA Track Committee Chair // Bandera HS



If you were hoping and looking for the secrets of how to train a student-athlete in a field event or running event, then read no further. Although proper conditioning and training methods, as well as the teaching of proper technique are a must, the discussion of those topics is better left to D.V.D.'s, books, and lectures at clinics, such as the T.G.C.A. Summer Clinic and T.G.C.A. Satellite Clinics. Over time, most successful coaches, eventually realize that a definitive coaching philosophy, based on the realities of life, is as much a part of continued success as conditioning, training, and technique.

After forty-five years in the Texas coaching profession and a fairly successful career in both cross country and track and field, as well as other sports, it is apparent that there are numerous changes which have taken place in the U.S. society and culture over that period of time which have dramatically impacted athletics in general and the sport of track and field specifically. Many of these changes have been very subtle, while many have been drastic. Many, if not most, of these changes have been positive; however, some have had a negative affect on various sports and the student-athlete who participate in high school sports. Actually, some of these changes have really only taken place in order to remain "politically correct," which has become a catch all term for change, whether that change be positive or negative.

Although every human being would like to remain "politically correct," that should not be the main objective or goal of a track and field coach, or any coach regardless of the sport or sports which they may coach. Actually, the main objective or goal of every coach should be to have a positive impact on each student-athlete in such a manner that each student-athlete's

attitude, competitiveness, and ability to function in society by respecting others for who they are and what they are becomes the student-athlete's main objective or goal in life.

Having coached several former student-athletes who have now coached high schools to state championships in various sports in recent years, and other student-athletes who have established highly successful careers in the field of education and the business world, it is hoped that in some small manner this coach had a positive impact on their life and the success which they have now had the pleasure of experiencing. Every coach must strive to bring forth from each student-athlete not only quality performances in athletics, but quality performances in life. Keeping this in mind, please consider a few things which all coaches, young and old, as well as experienced and inexperienced, might wish to consider.

**The Joy of Life is Living It to the Fullest, While the Joy of Track and Field Must Be the Joy of Individual and Team Progress** – Despite the fact that every coach and student-athlete desires to be a district, area, regional, and state champion, that is not the reality of life. The reality of life is that everyone has a better chance attain such successes, if they willing to establish and follow a positive and proven plan of action over an extended period of time. Naturally, this involves the will to commit time and energy to an extensive workload which is needed to achieve progress. Progress has to be the initial aim, rather than success. Progression in any endeavor in life must occur before there can be any hope of success. Both the student-athlete and coach must realize that each small positive progression in an activity brings both the student-athlete and the coach one step closer to the success

which they desire.

**Not All Change Is Necessarily Progress, and Not All Progress Requires Change** – From the 18th century to the present, the world has been marked by an ever increasing amount of change in all aspects of life, and much, if not most, of that change has had a positive affect on the type of life that each man and woman has the opportunity to live; however, all change does not necessarily bring about progress. New ideas, new techniques, new training methods, and technological advancements are great. Unfortunately, not everything which is promoted as the solution to better performance in track and field, as well as other areas of athletics, has not been tried and tested over a long enough time to know whether it is really a solution to a problem, or whether it may become a problem in and of itself. Generally, it is best to rely on what has proven to be successful for many over a long period of time, while experimenting with new ideas, new techniques, and new training methods until both the student-athlete and coach are truly convinced that the change will result in genuine progress, which will in turn bring them closer to success.

**Coaching Is a Process of Continuous, Progressive Learning** – One is never too old, too young, nor too full of knowledge or too wise to cease to learn. After reaching 69 years of age and 45 years of coaching, just this past week, the author of this article learned from a non-track and field coach a better way of communicating a proper track and field technique to a student-athlete. If a coach is truly interested in his or her student-athletes steadily progressing toward a level where they are able to attain success, then that coach will take to the time, spend the money, and listen to what others in his or her profession have to say. Every year, every month, every day,

and every waking moment listen to others and determine whether or not what they are saying is applicable to your coaching and to the ability of your student-athletes to learn and to make progress in their athletic endeavors.

**Student-Athletes Do not Fail to Progress, Unless the Coach Fails First** – In general, student-athletes do not fail, rather failure to progress is an indication of failure on the part of the coach. Remember student-athletes have not been forced into a sport or athletic endeavor, rather they have chosen to be there. Although most of these student-athletes would love to be a dominate force in their chosen sport or athletic endeavor, they generally realize that they will not be a dominate force and are merely looking to make progress in the particular sport or athletic endeavor which they have chosen. Most likely, they are hoping through steady progression that will become a contributing factor to the team. Any progress that the student-athlete makes over the course of a season needs to be recognized by the coach, and the coach must constantly looking for ways that will make progress achievable by each student-athlete who is under his or her instruction. In the classroom, students often are in classes which they do not even care to take, so all too often their effort is the bare minimum at best. Such is not the case in athletics, the students who are in athletics have made a choice to be there, so they want to learn in order to become progressively better.

**Winning Is Not Beating Others, Rather It Is Progressive Self-Improvement** – Every student-athlete, as well as every coach, needs to realize that true winning is being the best one can be under

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photo courtesy Danyell Hines

**MARGARET McKOWN  
DISTINGUISHED  
SERVICE AWARD**



**O.J. KEMP**  
Arlington ISD

O. J. Kemp has completed 34 years of being a loyal and dedicated employee to the Arlington ISD. O.J. has always been a team player and did what was best for children in positions that she has held.

She was named the AISD Athletic Director in June 2011 and is completing her third year. O.J. enjoys her leadership role as Athletic Director and simply just being customer service agents to our coaches.

Her coaches are a blessing to work with, and she is here for them at ALL times. She is dedicated to making them become better coaches and leaders, not only in our district, but in the state of Texas.

Her saying to her coaches is...if it's important to you, it's an emergency to me. She served as the Assistant Athletic Director for six years from 2005-2011.

O.J. began her career in AISD as a teacher/coach at Sam Houston High School in 1980. She led her teams to district championships in basketball, track, and cross country. She left the coaching profession in 1993 to become Assistant Principal at Arlington High School, and served in this position for five years.

In 1998, she became Principal of Gunn Jr. High School. She served as the instructional leader at Gunn Jr. High School for seven years.

O.J. Kemp and her faculty led Gunn to the TEA top rating of Exemplary campus in 2002-2004.

**2014 TGCA HALL-OF-FAME  
INDUCTEES**



**RHONDA FARNEY**  
Georgetown HS

In her 26th year as Georgetown High School head basketball coach and girls' athletic coordinator—**Coach Rhonda Farney** led Georgetown to its 25th state playoff appearance, making back-to-back 4A State Tournament appearances. In the past four years, the Lady Eagles have brought home silver, gold, and bronze medals, respectively.

More than 60 players whom Farney coached have gone on to play collegiate basketball, and more than 47 who played for her are either coaching or preparing to enter the coaching profession. She has lectured at numerous Texas basketball clinics as well as basketball clinics from Alaska to Florida.

Farney graduated summa cum laude—still a teenager at the time—from Howard Payne University, then coached basketball and track and taught English at Goldthwaite High School and Ozona High School for the next 12 years. While at Goldthwaite, she was the only girls' basketball coach on staff, coaching the seventh, eighth, junior varsity, and varsity teams. At the varsity level, her teams won 10 district championships, four bi-district championships, and two area championships, while making four regional appearances. Her teams won 20 or more games each season, and nine players received collegiate scholarships.

Her coaching awards include numerous District Coach of the Year honors, Texas Girls Coaches Association (TGCA) Coach of the Year in 2001, Central Texas Coach of the Year four times, and TGCA, Texas Association of Basketball Coaches (TABC), Texas High School Coaches Association (THSCA), and WBCA Milestone Awards in 1990 for 300 wins, 1993 for 400 wins, 1996 for 500 wins, 2000 for 600 wins, 2004 for 700 wins, 2008 for

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**SUE CANNON**  
Eules Trinity HS

**Education:**

- University of Florida, BS; University of North Carolina, Master of Science;
- Stephen F. Austin University, Mid-Management Certification

**Coaching Experience: Head Coach – 42 Years (never been an assistant)**

- 1986-Present: Trinity High School – Men & Women's Athletic Coordinator, Head Girls Basketball Coach
- 1976-1986: West Orange Stark High School, Orange, Texas
- 1975-1976: Bishop Byrne HS – Port Arthur, Texas
- 1973-1974: University of North Carolina, Chapel Hill, N.C.
- 1972-1975: Durham Academy – Durham, North Carolina (Head coach of both UNC and Durham Academy in 1973-74)

**Career Coaching Record, 42 Years:**

1034 Wins; 333 losses

**Honors:**

- CO-Directed University of North Carolina Girls BB Camps with Dean Smith
- TGCA Regional Director, Board member, Vice President, 1985-86 (in charge of clinic). President, 1986-87, and Past President, 1987-88.
- Inducted into the Texas High School Basketball Hall of Fame, May, 2009
- Coached both TABC and TGCA All-Star Games several times.
- University Interscholastic League Excellence Award, 2011
- District Coach of the Year – 29 years
- Featured in Texas School Business Magazine "Who's News", 1000 career wins.
- Coached Texas Sports Hall of Fame All-Star Game, Baylor University, May 11, 2013
- Featured in Sports Illustrated – Face in the News, April 1, 2013, 1000 career victories.

**SPORTSWRITER  
OF THE YEAR  
AWARD**



**CORBETT SMITH**  
Dallas Morning News

Two things have been a constant in the life of Dallas Morning News sportswriter Corbett Smith – his love of Texas high school athletics and his appreciation of public education.

The son of a coach/athletic director and a teacher, Smith traveled across the state following his father's job, from the Piney Woods of East Texas to the Rio Grande Valley, developing a passion for high school sports that sticks with him today.

And that love of high school competition is reflected in his work. A prep writer for the Dallas Morning News for the past four years, Smith has helped provide the state's best coverage for the most acclaimed sports section in the country.

He has received several awards during his tenure at the Morning News, most notably named the newspaper's Sportswriter of the Year in 2013. This spring, Smith was honored by the Associated Press Sports Editors – named as one of the nation's top 10 sports beat writers for large-circulation publications.

A leading voice in the state on UIL changes and issues, he also received recognition from the Texas Medical Association in 2012 for an article co-authored with Mark Dent about the changes in the state's heat-related practice guidelines. For the past three years, Smith has been a co-host on a 90-minute high school football show, SportsDayHS, simulcast on 1310-AM The Ticket and Fox Sports Southwest Friday nights during the football season.

He lives in Dallas with his wife, Nicole, and two daughters, Maren and Georgia.

# PHILOSOPHY MATTERS MORE TIMES THAN NOT, ESPECIALLY NOW!

CONTINUED FROM PAGE 1

in given set of circumstances at any given moment. Since progressive self-improvement is the true measure of winning, each student-athlete needs to know the level where they began, and be updated on a regular basis on how they have progressed or digressed from that beginning. Each student-athlete is capable of self-improvement, even if a race or an event is never won or an opponent is never defeated.

**Not Every Plan Works for Every Student-Athlete, But There Must Be a Plan for All Student-Athletes** – There must be a long range, an intermediate, and a short-term training plan for all student-athletes in all sports; however, every plan, regardless of the sport must be adaptable and adjustable to every individual student-athlete within the given sport, since every student-athlete does not progress at the same rate. Build a well grounded aggressive and progressive training plan well in advance, and then, be ready to tweak the plan based on the needs of each of the student-athletes within the particular sport. Productivity is actually the result of planning with a purpose in mind, while still maintaining enough flexibility and adaptability, so that adjustments may be made for each individual student-athlete.

**No Plan Works Unless Coaches and Student-Athletes Work** – No matter how sound any phase of a training plan may be, that plan will not work unless both the student-athletes and the coaches buy into the plan and commit to working hard to make sure that the plan will definitely work. Both student-Athletes and coaches must be on the same page at all times and both must commit the time and energy needed to assure that individual and team progress leads to individual and team success.

**Success for All Is the Result of Commitment to All** – Team unity grows when there is a training plan that stimulates com-

mitment to progress and success by all. Failure to develop such a plan will almost assuredly lead to failure both individually and as a team.

**Motivation Must Become Intrinsic** – For individual or team motivation to stimulate progress, motivation must become intrinsic in nature; however, many, and unfortunately too often most, individuals and sports teams do not possess a high level of intrinsic motivation until they experience a high level of success. Since this is typically true, it is the responsibility of the coaches to develop extrinsic motivators to help stimulate intrinsic motivation within the individual student-athlete and the team.

**Trust Must Always Be Based on Truth and Honesty** – For the individual student-athlete, team, and coaches to establish the type of progress needed to bring about ultimate success, truth and honesty must exist among all members of the team. All must be willing to be open and honest with each other; however, honesty starts with self. The student-athletes, as well as coaches, must have ability to be honest with and about self before they can be honest with each other. Until truth and honesty are established throughout the entire team, then trust can not be established and progress and success will be limited at best.

**Team Needs Must Always Take Precedence Over Individual Desires** – Although every individual is always important, the desires of any given individual or group of individuals can not be allowed to supersede the needs of the team. If individual desires take precedence, then how can it really be a team? Again, individual and team progress must be built on team unity, as well as team objectives and goals.

**Never Lose Faith** – Regardless of how things may be, never lose faith in what you know to be correct. Also, never

lose faith in the student-athletes whom you coach, and most of all never lose faith in yourself. Belief in yourself, your student-athletes, and your plan of action is an absolute necessity, if progress is to be established.

**All Coaches Make Mistakes** – Even the best coaches in the world make mistakes. Regardless of the type of mistakes which you may make, learn from your mistakes. Learning from your mistakes is definitely progress. If a mistake requires an apology, then openly and freely offer an apology. A heartfelt apology is a definite sign of honesty, and one of the best ways to reestablish trust, especially, if the needed apology is directed toward reestablishing trust with a student-athlete or a fellow coach. Put the mistakes behind you, work to correct the mistakes, and focus on the present, as well as on doing things better in the future, rather than dwelling on the past. Always keep in mind that YESTERDAY IS HISTORY, TODAY IS REALITY, AND TOMORROW IS THE HOPE THAT MOTIVATES ONE TO KEEP PROGRESSING.

Coaching track and field, like any other sport, is neither pure art, nor pure science. Although technological advances now allow for more precise evaluation and instruction than existed in the past, it is still evident that progression toward success in any sport is more often than not as much mental as it is physical, and the advances in technology for the most part only address the physical or scientific aspects of any particular sport. Progressive self-improvement is the real foundation to achieving success as a coach or as a student-athlete, and progressive self-improvement is only achievable when a coaching philosophy is established which recognizes the need for motivation, commitment, and a strong positive attitude on the part of both the student-athletes and their coaches.



photo courtesy Jerry Miller

## RHONDA FARNEY - TGCA HALL-OF-FAME

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800 wins, and 2011 for 900 career varsity wins. On February 13, 2014, the veteran coach won her 1,000th varsity game against Lumberton in the area round of the state playoffs. Coach Farney is one of only eight girls' basketball coaches to reach this milestone. Her career record stands at 1,003-272.

In 1998, she was selected the six-state District VI Converse Coach of the Year

and Fox Southwest's Coach Who Makes a Difference. Farney was named the NFCA Section 6 Coach of the Year in 2006 for the six-state region. She is a former President of TABC and TGCA. She also has coached the TABC and TGCA All-Star games. She served on the TABC Hall of Fame Committee from 2004-08 and was chair for two years. On May 18, 2013, Coach Farney was inducted into the Texas Basketball Hall of Fame. She was named the National Federation of High School Coaches 2013 National Coach of the Year

as well as being one of 17 UIL sponsors and coaches to receive the prestigious UIL Sponsor Excellence Award in 2014. In June 2014, Coach Farney will be inducted into the Texas High School Coaches Association Hall of Fame in Arlington, Texas.

On the national scene, Farney has chaired the USA Basketball Cadet and Youth Committee, helping select players and coaches for the Summer Youth Development Festival. In summer 2001, she was one of two high school coaches named by the USA Basketball Women's Collegiate Committee to serve as floor coach for the USA Basketball Women's Junior

National Team Trials in Colorado Springs, Colorado. She was assistant coach for the 2005 USA Basketball Women's Youth Development Festival, where her team won the gold medal.

Farney was named head coach for the April 2003 WBCA/Nike All-American game in Hartford, Connecticut. Previously, in April 1996, she traveled to Philadelphia as assistant coach for the WBCA/Nike All-American game. Farney served four years on the WBCA and NFCA Board of Directors and completed a term on the NFCA Basketball Rules Committee.

# UIL TRACK & FIELD STATE MEET



photo courtesy Bel Diaz

**Session I:  
2A & 4A, 6pm**

Evening	Event
6:00 PM	400m Relay
6:20 PM	800m Run
6:45 PM	100/110m Hurdles
7:05 PM	100m Dash
7:25 PM	800m Relay
7:45 PM	400m Dash
8:05 PM	300m Hurdles
8:25 PM	200m Dash
8:45 PM	1600m
9:05 PM	1600m Relay



**FRIDAY  
MAY 9  
2014  
TRACK  
&  
FIELD  
STATE  
MEET**

Track Schedule	3200M
8:00 AM	1A-D2 Girls
8:20 AM	1A-D2 Boys
8:40 AM	2A Girls
9:00 AM	2A Boys
9:20 AM	3A Girls
9:40 AM	3A Boys
10:00 AM	4A Girls
10:20 AM	4A Boys
4:15 PM	Track Open: Warm-ups
5:30 PM	Track Closed
<b>6:00 PM</b>	<b>Session I</b>

	Discus	Shot Put	Long Jump	Triple Jump	High Jump	Pole Vault
8:30 am	4A Girls	4A Boys	2A Boys 2A Girls		2A Boys 2A Girls	2A Boys 2A Girls
9:00 am						
10:00 am		2A Boys				
10:30 am	2A Girls		4A Boys 4A Girls		4A Boys 4A Girls	
11:00 am		1AD1 Girls				1AD1 Boys 1AD1 Girls
11:30 am						
12:00 noon						
12:30 pm				2A Boys 2A Girls		
1:00 pm	4A Boys				1AD1 Boys 1AD1 Girls	
1:30 pm						3A Girls 4A Girls
2:00 pm		4A Girls				
2:30 pm		2A Girls		4A Boys 4A Girls	1AD2 Boys 1AD2 Girls	
3:00 pm	2A Boys					
3:30 pm						
4:00 pm						4A Boys
4:30 pm		3A Girls	3A Boys 3A Girls		3A Boys 3A Girls	
5:00 pm	1AD1 Girls	1AD1 Boys				
5:30 pm						
7:00 pm			1AD1 Boys 1AD1 Girls			

**SATURDAY  
MAY 10  
2014  
TRACK & FIELD  
STATE MEET**



**Session II: 1A-D2 & 3A, 12 Noon**

**Session III: 1A-D1, 5A & WC, 6pm**

Afternoon	Evening	Event
12 Noon	6:00 pm	400m Relay
12:20 pm	6:20 pm	800m Run
12:45 pm	6:45 pm	100/110m Hurdles
1:05 pm	7:05 pm	100m Dash
	7:25 pm	WC 100m Dash
1:25 pm	7:35 pm	800m Relay
1:45 pm	7:55 pm	400m Dash
	8:15 pm	WC 400m Dash
2:05 pm	8:25 pm	300m Hurdles
2:25 pm	8:45 pm	200m Dash
2:45 pm	9:05 pm	1600m
3:05 pm	9:25 pm	1600m Relay

Track Schedule	3200M
8:00 am	1A-D1 Girls
8:20 am	1A-D1 Boys
8:40 am	5A Girls
9:00 am	5A Boys
10:15 am	Track open: Warm-ups
11:30 am	Track Closed
<b>12 Noon</b>	<b>Session II</b>
4:15 pm	Track Open: Warm-ups
5:30 pm	Track Closed
<b>6:00 pm</b>	<b>Session III</b>

	Discus	Shot Put	Long Jump	Triple Jump	High Jump	Pole Vault
8:00 am	1AD2 Girls	1AD2 Boys	1AD2 Boys	1AD1 Boys		
9:00 am						1AD2 Boys 1AD2 Girls
10:00 am	1AD1 Boys	3A Boys	1AD2 Girls	1AD1 Girls		
11:00 am		WC Girls			5A Girls	3A Boys
11:30 am	1AD2 Boys					
12:00 noon			5A Boys	1AD2 Boys		
1:00 pm	3A Girls	1AD2 Girls			5A Boys	
2:00 pm			5A Girls	1AD2 Girls		5A Girls
3:00 pm	3A Boys	5A Girls				
4:00 pm				3A Boys 3A Girls		5A Boys
5:00 pm	5A Boys					
5:30 pm		5A Boys				
6:00 pm		WC Boys				
7:00 pm	5A Girls			5A Boys 5A Girls		

\* **TRACK AND FIELD COMMITTEE – THURSDAY, MAY 8TH, 7:00 P.M., UIL BUILDING, 1701 MANOR ROAD** \*

**SUB-VARSITY COMMITTEE – FRIDAY, MAY 9TH, 1:00 P.M., UIL BUILDING, 1701 MANOR ROAD**

**TRACK AND FIELD ALL-STATE COMMITTEE – SATURDAY, MAY 10TH, 8:00 A.M., UIL BUILDING, 1701 MANOR ROAD**

# UIL SOFTBALL STATE TOURNAMENT

Wednesday, May 28 - Saturday, May 31, 2014  
Red & Charline McCombs Field - The University of Texas at Austin

Ticket Prices for the UIL State Softball Tournament:

Adult Session Ticket: \$10  
Student Session Ticket: \$5  
Coaches All-Tournament Ticket: \$45  
All-Tournament Ticket: \$85

Student and adult tickets may be purchased at the gate.  
The ticket window (on Comal St.) will open one hour prior to the first game.  
Pre-sale tickets are not available.

For information on public parking for the 2014 UIL Softball State Tournament,  
please visit the following website: [www.utexas.edu/parking/softball.html](http://www.utexas.edu/parking/softball.html)

photo courtesy: Gary Stallard

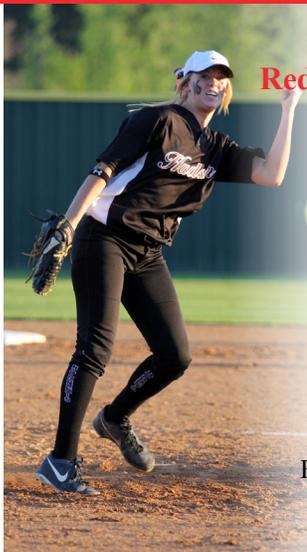


photo courtesy: Haley Gaddis



1A, 2A, 3A SOFTBALL ALL-STATE COMMITTEE, THURSDAY, MAY 29TH, 8:00 A.M., UIL BUILDING, 1701 MANOR ROAD  
4A, 5A SOFTBALL ALL-STATE COMMITTEE, FRIDAY, MAY 30TH, 8:00 A.M., UIL BUILDING, 1701 MANOR ROAD  
SOFTBALL COMMITTEE, FRIDAY, MAY 30TH, 8:00 A.M., UIL BUILDING, 1701 MANOR ROAD



photo courtesy: Gracie Smith

## TEXAS SPORTS WRITERS ASSOCIATION SOFTBALL ALL-STATE NOMINATIONS

Please send nominations for the Texas Sports Writers Association All-State softball team to Jack Stallard of the Longview News-Journal ASAP when your team's season concludes.

**Nominations must include:**  
Player(s), Grade, Team,  
Classification of team,  
Any available stats (If a player plays more than one position,

please specify what position you are nominating her for. If she plays several positions, you may want to nominate her for Utility Player).

Please send nominations by email to:  
[jstallard@news-journal.com](mailto:jstallard@news-journal.com)

**THIS IS NOT THE SAME AS TGCA ALL-STATE.**

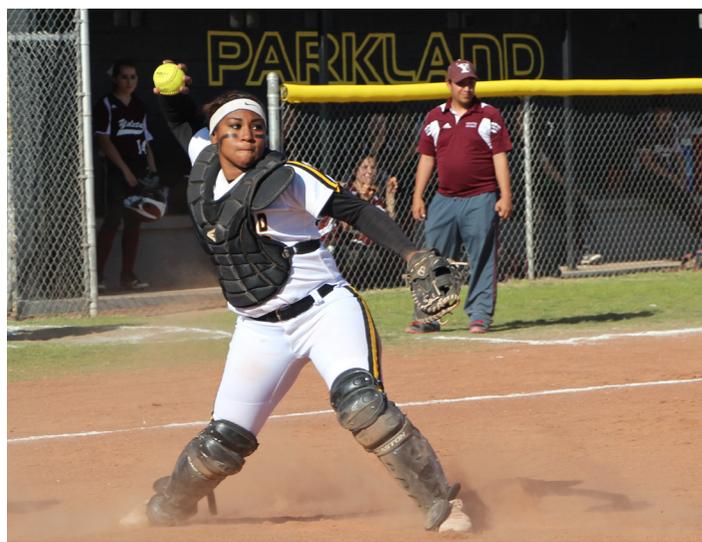


photo courtesy: Eddie Pedregon

# TGCA SUMMER CLINIC

## ARLINGTON CONVENTION CENTER SPIRIT DIVISION - JULY 7-8, 2014 ATHLETIC DIVISION – JULY 8-11, 2014

### ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and if you are renewing your membership and registering for clinic, click on “Membership Site” in the menu on the left-hand side of the page. You will be required to log in. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. You may renew your membership and register for the Athletic Division of Summer Clinic there. Since this is the inaugural Spirit Division Summer Clinic, if you are not already a TGCA member, simply click on “First Time Member” in the menu on the left-hand side of the main page of the website and follow the directions from there. You may pay your membership fee and register for the Spirit Division Summer Clinic there. **You must be a member of TGCA to attend either division of Summer Clinic.** Membership fee is \$50.00 and Summer Clinic fee is \$50.00, for a total of \$100.00.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled “First Time Member” in the menu on the left-hand side of the home page of the website, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had.

In either case, you will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

### REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, [www.austintgca.com](http://www.austintgca.com), under the “Forms” category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Click [HERE](#) to go directly to the printable membership form. Please be sure you select the correct form, “2014-15 Printable Membership Form”. You can print the form out, complete it, and mail it with a check or credit card number or fax it with a valid credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536, fax (512) 708-1325.

### ON-SITE REGISTRATION

On-site registration for the Spirit Division will be available Monday, July 7, beginning at 8:00 a.m., and Tuesday, July 8, also at 8:00 a.m., in the lobby of the Sheraton Arlington Hotel, 1500 Convention Center Drive. On-site registration for the Athletic Division will begin Tuesday, July 8, at 10:00 a.m., in the Arlington Convention Center, 1200 Ballpark Way. You may pick up your clinic packet, if you have pre-registered, beginning at those times, also.

### HOTEL INFORMATION

Hotel online reservation services are now available on the TGCA website. Go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on “Summer Clinic” in the menu on the left-hand side of the page, then click on “Hotel Reservation Services” (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington this year with their rates, but please remember that you **cannot** call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the site.

### HOTELS FOR SUMMER CLINIC

#### Baymont Inn & Suites

2401 Diplomacy Drive  
King, Queen/Queen -- \$80.00

#### Crown Plaza Suites Arlington

700 Avenue H East  
King Suite/Double Suite -- \$114.00

#### Hilton Arlington

2401 East Lamar Boulevard  
Standard King --\$115.00  
Standard Double/King Deluxe --  
\$125.00

#### Holiday Inn

1311 Wet N Wild Way  
Standard King/Standard Double  
Queens -- \$109.00

#### La Quinta Arlington North

(Next to Six Flags)  
825 North Watson Road  
Standard Doubles/Standard King/King  
Accessible/King Deluxe -- \$107.00  
All Suites -- \$121.00

#### Sheraton Arlington

1500 Convention Center Drive  
Single/Double/Triple/Quad -- \$129.00

## TEXAS RANGERS DISCOUNTS DURING SUMMER CLINIC

The Texas Rangers are in town during Summer Clinic in Arlington this year. The Rangers are offering discounted prices for TGCA members for the games July 7 - 9. Click [HERE](#) for more information and to reserve tickets. The password is **TGCA14**. Be sure and take advantage of this special discount and enjoy some great baseball!

# TGCA 2014 SATELLITE SPORTS CLINICS

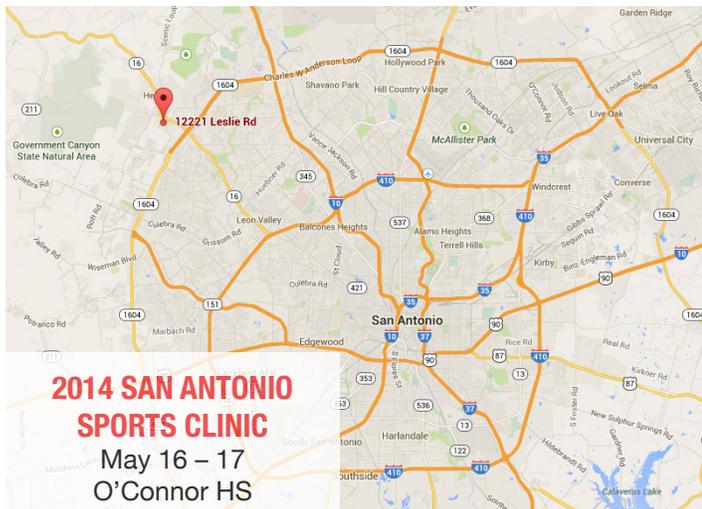
TGCA will be hosting five Satellite Sports Clinics in 2014. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category and under

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

just click on the form you want to print, complete it and either snail mail with a check or fax with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be

happy to assist you. Agendas for all clinics are available on the main page of the website. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

## 2014 TGCA SATELLITE SPORTS CLINICS LOCATIONS

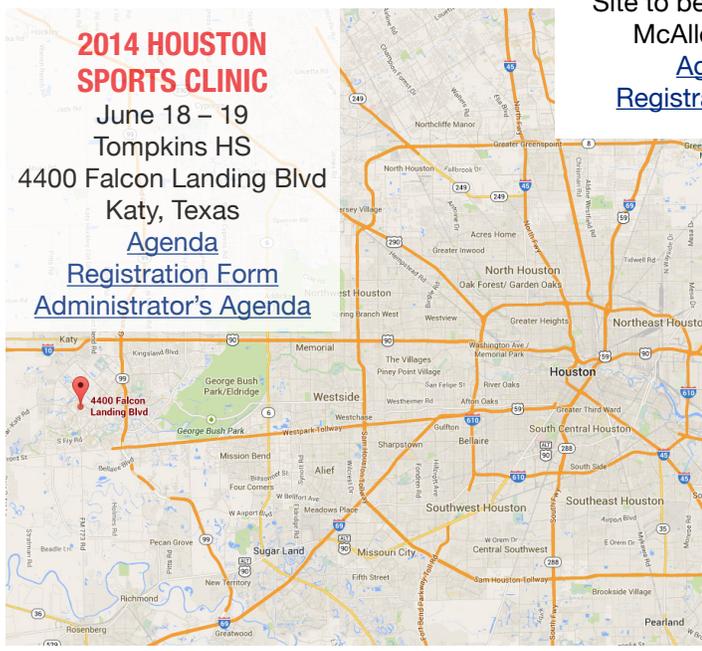


**2014 SAN ANTONIO SPORTS CLINIC**  
 May 16 – 17  
 O'Connor HS  
 12221 Leslie Road  
 Helotes, Texas  
[Agenda](#)  
[Registration Form](#)

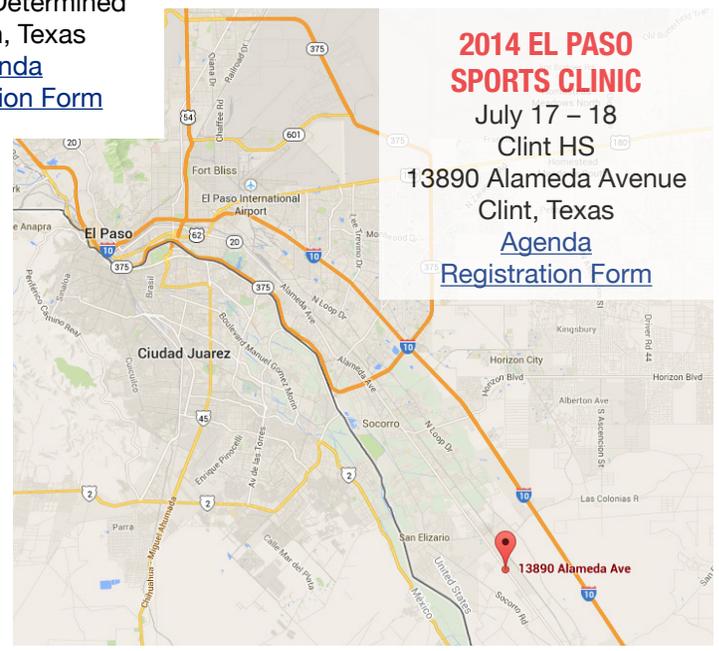


**2014 REGION I SPORTS CLINIC**  
 June 13 - 14  
 Monterey HS  
 3211 47th Street  
 Lubbock, Texas  
[Agenda](#)  
[Registration Form](#)

**2014 VALLEY SPORTS CLINIC**  
 July 15 – 16  
 Site to be Determined  
 McAllen, Texas  
[Agenda](#)  
[Registration Form](#)



**2014 HOUSTON SPORTS CLINIC**  
 June 18 – 19  
 Tompkins HS  
 4400 Falcon Landing Blvd  
 Katy, Texas  
[Agenda](#)  
[Registration Form](#)  
[Administrator's Agenda](#)



**2014 EL PASO SPORTS CLINIC**  
 July 17 – 18  
 Clint HS  
 13890 Alameda Avenue  
 Clint, Texas  
[Agenda](#)  
[Registration Form](#)

# TEXAS GIRLS COACHES ASSOCIATION - 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, or point accumulation.

**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 game. 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 game. 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
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

**Track & Field and Cross-Country:** 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. 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 area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

**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 game. Scrimmages do not count.

**DEADLINE FOR SUBMITTING ACCOMPLISHMENTS IS MAY 30.**

*Revised by vote of the Board of Directors March 2, 2014*

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport. Sub-varsity coaches may coach multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

## 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 Banquet 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.

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACH AND HIS TEAM FOR CAPTURING A 2013-14 UIL SOCCER STATE CHAMPIONSHIP!

CONF.	COACH	SCHOOL
5A	Eric Ramirez	Lewisville Hebron High School



# TGCA RESOURCE CENTER

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. Coach-

es 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 easy as clicking the logo above. 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.



*photo courtesy: Melissa Pernier*

## WHAT TO LOOK FOR IN A SPORTS DRINK

Sports drinks are designed to provide the body with carbohydrates during a workout (for energy) as well as replace the electrolytes (sodium & potassium) that are being sweated out.

As an athlete, your goal is to choose a sport drink that is 6-8% carbohydrate during exercise. This carbohydrate amount is optimal for athletic performance/training and gastric emptying.

Examples of drinks that fit this profile are Gatorade, Pow-

erAde, Hydrade, etc. Below 6% (Propel, Flavored Waters, Crystal Light) and above 8% carbohydrate (Fruit juices, Kool Aid, sodas) do not provide beneficial levels of carbohydrates during exercise and can cause stomach cramping and/or a decrease in energy levels.

The purpose of sports drinks is to provide carbohydrates during exercise for energy and maintenance of blood sugar levels, provide electrolytes (sodium, potassium, chloride) to aid in hy-

dration and provide fluid to prevent or minimize dehydration

When should sports drinks be used? Exercise lasting longer than one hour, exercise in extremely hot and humid conditions and post-exercise as a recovery fluid providing carbohydrates and replenishing fluid lost. NOT to be used as hydration all day during school and work (drink water when not exercising) Have a question? Ask at [amygoodson@texashealth.org](mailto:amygoodson@texashealth.org)



photo courtesy: Darrell Iyyiala



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against women's cancers. For information on the Fund, visit [www.KayYow.com](http://www.KayYow.com), or to register your Play 4Kay event, go to [www.Play4Kay.org](http://www.Play4Kay.org). For questions please contact:

### Sarah Reese Womack

Operations Coordinator  
Kay Yow Cancer Fund™  
5121 Kingdom Way,  
Suite 305  
Raleigh, NC 27607  
E-Mail: [sarah.womack@kayyow.com](mailto:sarah.womack@kayyow.com)  
Office: 919-659-3301  
Fax: 919-659-3309

To purchase merchandise from the Nike Kay Yow Collection, please contact Robin Pate at [Robin.Pate@KayYow.com](mailto:Robin.Pate@KayYow.com), or call his direct line, 919-659-3303.

## AD&D Benefit (Accidental Death and Dismemberment)

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$4,000.00 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. Contact Hether Adams for more information, (512) 517-8574, [hfadams@aillife.com](mailto:hfadams@aillife.com).

# POWER IS IN THE HIPS

Do you want your girls to run faster or jump higher? Then get their hips right. Do you want your girls to hit farther or kick harder? Then get their hips right! It's all in the hips. It doesn't matter if you're trying to dunk or spike, go yard or upper 90, if a female athlete wants to get up, she's got to get down (load the hips).

Developing the hips in the athletic context is about developing power. If power is the rate of doing work, or for athletes strength times speed, then we are trying to go as fast as we can, as hard as we can. An athlete has to be able to transfer power from the hips. If an athlete can't transfer her power, then she will struggle to deliver her skill.

The glutes are the key part of the hips. The gluteus maximus is the most powerful hip extensor. Too many female athletes fail to utilize their posterior. This could be a strength deficiency issue or a technique issue and these deficiencies lead to sub-maximal play and possible injury.

Ensuring athletes understand that their hips need to go back as well as down will help



photo courtesy Gary Stallard

with technique issues. Proper lifting technique is crucial for athletes to understand how to more effectively use their hips on the field or court. Be sure to teach good technique and be cognizant of it while training.

### REMEMBER THE 4 T'S: TAKE TIME TO TEACH

If it's a strength deficiency issue, one way to develop the hips inside the weight room is through power lifts like squat and dead lift. Some coaches avoid putting a barbell on a girl's back altogether. How-

ever, like most lifts, just teach properly then use moderately. Deep squats with light weight while focusing on exploding up under control can improve vertical.

The dead lift is simply lifting dead weight, whether a barbell, kettlebell or dumbbells the technique is the same. Coaches tend to like this because it is about as safe as power lifting gets. For those who avoid it due to lumbar worries, we promote teaching the lift properly first and then using your discretion as to how you wish to proceed.

Just follow the principle "use it, don't abuse it."

There are several ways to develop the hips outside of the weight room. Body weight exercises, mini-band work and change of direction (COD) drills can all be used to strengthen the hips and increase explosiveness. But with all exercises be sure to teach proper technique. When changing directions athletes should squat as they stop which teaches them to sink their hips and transition their body weight efficiently. However, COD drills are more intense than most linear speed drills and the reps should be counted accordingly.

Sometimes, your athletes just need a coaching cue. Tell them something to the effect of, "you need to bend to extend" or "you need to load to explode." Keep them conscience of their technique until it becomes second nature. Then watch as their added strength and proper technique take their play to the next level. Just imagine if your girls ran faster and jumped higher.

**"SKILL IS IMPORTANT BUT THE SPEED AND STRENGTH IT IS DELIVERED WITH DETERMINES THE LEVEL OF PLAY!"**



photo courtesy Wade Womack

## \* ATTENTION \*

**TO ALL COACHES:** Please go online 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. If you have changed schools, please contact us and we will be happy to change that for you. 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.

# 10

## NICE-TO-KNOW FACTS ABOUT HAPPINESS

By James A. Peterson, Ph.D., FACSM

**1** *Defining moment.* Truth be known, happiness defies having a precise definition. What most people agree on with regard to happiness is that it is personal, as well as a great thing. As such, it can be argued that happiness lies in the way an individual lives and looks at the world.

**2** *A worthy cause.* In fact, researchers have found that the pursuit of happiness has merit. All factors considered, not only are happy people healthier, they also tend to live longer. In addition, they're more likely to be successful, productive at work, creative, and liked by others. They also are more apt to lead a fulfilled life.

**3** *The exercise-happiness connection.* A link exists between exercise and happiness. Numerous studies have shown that exercise increases the body's production of endorphins and antibodies—both of which tend to lead to enhanced feelings of happiness. Volume-wise, research findings indicate that 30 minutes of exercise a day, at least three to five days a week, is the most effective dosage of physical activity. Modality-wise, all types of exercise have been found to have a positive impact on happiness, to a degree.

**4** *Beyond genetics.* Many individuals believe that people are either born happy or they're not. Not exactly. Research shows that happiness is about 50% genetic, 40%

intentional, and 10% circumstances. The key for individuals who want to be happier is to work at it, particularly making a deliberate effort to control how they act and think (i.e., the intentional part of happiness).

**5** *The right choice.* Happiness is not a by-product of luck. In reality, to a great degree, happiness is a choice. Individuals who want to be happy need to focus on the positive. On the contrary, if they see things in a negative way, their worldview is likely to wind up being a self-fulfilling prophecy. Instead, they need to learn to like other people, as well as themselves. If they make a mistake in life, they shouldn't beat themselves up. Rather, they should learn from it and move on.

**6** *Change is possible.* Many people erroneously believe that they are who they are—they cannot change. With regard to happiness, research shows people can adopt a more positive outlook on their lives. In other words, the mere commitment to prioritize happiness in their lives can make people more happy. A concrete example of such prioritizing is to eat a healthy diet, engage in a physically active lifestyle, and maintain body weight at an appropriate level.

**7** *No measure of pleasure.* The simple fact of the matter is that happiness is inherently subjective. As such, no precise measurement tool of happiness exists. To address this

challenging void, researchers in social science have compiled a variety of verbal and written self-reporting, self-satisfaction surveys. Another confounding factor with regard to happiness is the fact that happiness is not a static state. Even the happiest of individuals is occasionally blue at times.

**8** *A recipe for happiness.* Individuals who want to be happier should develop a plan that details the steps that they can take to achieve that objective, devise a viable strategy for accomplishing their goal, and implement actions to make their plan a reality. For example, initially, they might determine what will make them personally happy. Then, they might proactively pursue their happiness-related aspirations.

**9** *A way of life.* Happy people tend to walk the talk. They practice being satisfied with their lives. They practice being cheerful. They practice surrounding themselves with happy people. Most importantly, they believe (rightfully so) that they deserve to be happy.

**10** *A treat, not a trick.* People who are happy tend to understand that life is a blessing that should be celebrated and enjoyed. Moreover, they are aware of the fact that happiness is wanting what they get in life, rather than getting what they want.

James 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1 GOLF: STATE TOURNAMENT, 1A & 2A		2	3 Softball: Area Deadline	
4	5 TGCA: Track & Field Nomination Deadline, 12 Noon	6	7	8 TGCA: Track Committee Meeting, 7 PM	9 TRACK & FIELD: STATE MEET TGCA: Sub-Varsity Committee Meeting, 1 PM	10 Softball: Regional Quarterfinal Deadline TGCA: Track All-State Committee, 8 AM	
11	12	13	14	15	16	17 Softball: Regional Semifinal Deadline	
18	19	20	21	22	23	24 Softball: Regional Playoff Deadline	
25	26 TGCA CLOSED TGCA: Softball Nomination Deadline, 12 Noon	27	28 SOFTBALL: STATE TOURNAMENT				31
				29 TGCA: Softball 1A, 2A & 3A All-State Committee Meeting, 8 AM	30 TGCA: Softball 4A & 5A All-State Committee Meeting, 8 AM TGCA: Softball Committee Meeting, 8 AM		

### TGCA HOTEL RESERVATIONS DIRECT LINKS

**Crowne Plaza** - \$109.00  
**LaQuinta** - Use code TGCA to obtain the TGCA rate (Subject to Availability)  
**Austin Omni Southpark** - \$119.00 or \$129.00 with breakfast, but you must call the hotel direct to make reservations for the breakfast rate, 1-800-THE-OMNI  
**Orangewood Suites** - \$85.00 (King Suite w/ Couch) or \$105.00 (King w/ Queen Loft, 2 bathrooms)  
 Group Code: TGCA  
 Free Breakfast (Subject to Availability)

### ONLINE NOMINATION DEADLINES BY SPORT

All online 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 on-line. Nomination deadlines by sport for 2013-14 are as follows:

**TRACK & FIELD**  
 May 5  
**SOFTBALL**  
 May 26

### 2014 TGCA SUMMER CLINIC

The 2014 Summer Clinic will be held in Arlington, Texas, July 8-11, 2014.

The Summer Clinic schedule is currently posted to the website under the "Summer Clinic" category in the menu on the left-hand side of the homepage.

We will be using the same format as the 2013 Summer Clinic.

Be sure and mark your calendars! We will be posting all clinic dates to the website as soon as they are firmed up.

Please be sure to make plans to attend one or all of the TGCA clinics!

# THANKS TO OUR SPONSORS



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*Guy in the Yellow Tie*



**Tom Rogers**  
403(b) Annuities  
rtom@mesh.net

## 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@austingca.com (e-mail);

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

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**TGCA on the Web**  
Polls, as well as other current information, can be found on the TGCA website at: [www.austingca.com](http://www.austingca.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.



@AustinTGCA



photo courtesy Eric Rodgers