



# TGCA NEWS

MARCH 2014



## 2013-14 TGCA OFFICERS



**President of TGCA**  
Kari Bensend  
Frisco Centennial HS

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Whitney HS

**2nd Vice President**  
Liana Gombert  
Smithson Valley HS

**Past President**  
Rodney Gee  
Lorena HS

**Executive Director**  
Sam Tipton  
TGCA Office

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



## FEATURE ARTICLES

cover photo courtesy Bel Diaz



photo courtesy: Carly Littlefield

### Investing in Your Kids

By Liana Gombert,  
TGCA 2nd Vice  
President

**PAGE 1**

### Keeping Your Athletes Healthy: Keys to Avoiding Injury

By Cori Grantham, MD

**PAGE 6**

### Tempo. Lift. Run

A to Z | Building  
Better Coaches

**PAGES 7**

### 10 Things Coaches Should Know About Attitude

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

**PAGE 9**

## ALSO INSIDE

2014 Summer Clinic .....2	TGCA Resource Center ....5	Important Dates.....10
Online Registration.....2	Kay Yow Cancer Fund.....6	Hotel Reservation Links .10
TGCA Summer Clinic -	AD&D Benefit .....6	Online Nomination
Spirit Division .....3	Profile Update Notice .....7	Deadlines by Sport.....10
Satellite Sports Clinics.....4	Photos of the Month.....8	Sponsors.....11

# INVESTING IN YOUR KIDS

By Liana Gombert // TGCA 2nd Vice President // Smithson Valley HS



**‘W**here does the time go?’ Is that a question you find yourself asking more and more these days? Today’s demands and expectations on teachers and coaches are higher than ever yet the time we have to do our job seems to be getting shorter and shorter. Add the pressures to succeed and you have some stressed out teachers and coaches!

How do you handle this stress? Whether you are early in your career or a veteran – I think this pressure is felt by all of us. So, how do you manage your time and find balance in pushing your kids to meet your expectations yet grooming them into the leaders of our future?

As I am writing this, I am reminded of how the following will help ease your stress and allow you and your kids to grow together.

1. Prioritize your goals.
2. Communicate your vision.
3. Design organized plans.
4. Be consistent.
5. Be passionate.

Whether you’re a middle school coach working kids through off-season or a head coach in season, every coach should have lofty goals for their kids. Aim high and work feverishly to accomplish these goals. I was even reminded in my own off-season this week – I need focus on the process and the small accomplishments of my players that will build the future of our team. I try to challenge my players to invest in their team daily. They are asked often, “What have you done today to make your team better?”

Every player and coach that you work with should clearly understand your vision and what is expected to achieve these goals. Most of us are very goal-oriented people. Share and

express your vision to your program and then plan all workouts to build that vision.

Building a vision and accomplishing goals take time, organization and fortitude. I believe your players should see that you are organized and that you have put much time and energy into the work you are demanding of them. If I expect them to walk into the gym to give it their all – I better have done my work ahead of time. Now those of us experienced can tell you that the best laid out plan does not always work! However, keeping track of what works, results of drills and competitions will help you plan more efficiently and effectively for future workouts.

Consistency and passion is key for leaders! Structure and organization will help you be consistent. Keeping your expectations high without wavering takes a strong will. To make your vision work – you will have to have fortitude. There will be

setbacks! You are setting the example of how to handle that adversity. If you truly believe in your vision and have worked tirelessly to make that vision a reality – then your passion will help you conquer any challenges or adversity you face. Your players will face setbacks in their competitions – how do you expect them to react to those setbacks? Have a plan – give them courage, passion and strength to overcome those challenges.

Through your guidance, with organized planning that supports your vision, your players will grow and overcome adversity together. Their level of passion will grow and they will be proud to be a part of a program that represents discipline and hard work.

So, to answer my own question – where does the time go? Your time goes into the investment of your kids before they ever step onto the court, track or field!



photo courtesy: Joshua Munson

# 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

# 2014 TGCA SUMMER CLINIC SPIRIT DIVISION

Arlington Convention Center  
Spirit Division – July 7 – 8, 2014

The Texas Girls Coaches Association is pleased to announce the 2014 TGCA Summer Clinic – Spirit Division, designed for cheerleading coaches. The clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, in Arlington, Texas, July 7-8. The University Interscholastic League, through a proposal from the UIL Medical Advisory Committee, now requires cheerleading coaches to undergo the same health and safety training as an athletic coach. TGCA, through the help and guidance of the UIL and Varsity, has designed an agenda to help meet the needs of the cheerleading coaches for the health and safety requirements, and has now been certified by the UIL to do so. There will also be technique training to help better serve safety issues when the coaches are training their squads for competition. TGCA was approached by the UIL, su-

perintendents, athletic directors, and cheerleading coaches to help in addressing and achieving the new safety and health issues, along with technique training for the coaches involved in the activity. The Board of Directors of the Texas Girls Coaches Association feels this endeavor will ensure all coaches in Texas will have an equal opportunity to be trained in health and safety, state law, and technique to better fulfill their job description as a coach of extracurricular activities.

TGCA is asking current members of the Association to distribute to their cheerleading coaches, principals, and superintendents information on the 2014 TGCA Summer Clinic – Spirit Division. A cheerleading coach must be a member of TGCA to attend the Summer Clinic. Any member cheerleading coach will be allowed to submit nominations for Academic All-State for

the 2014-15 school year for those senior cheerleaders that meet the criteria, but the coach must be a member of TGCA before the November 1st membership deadline for nominations. Refer all parties to [www.austintgca.com](http://www.austintgca.com) and click on Summer Clinic on the left to view the Spirit Division agenda, or call the TGCA office at 512-708-1333 for further information.

Registration and membership can be done online at [www.austintgca.com](http://www.austintgca.com), under the “Membership Site” or “First Time Member” category in the menu on the left-hand side of the page, or printable forms may be found on the website under the “Summer Clinic” or “Forms” categories. Click [HERE](#) to go directly to the printable membership form.

We look forward to hosting this clinic, and hope to see all cheer coaches in Arlington.



photo courtesy Tara Brister

# TGCA 2014 SATELLITE SPORTS CLINICS

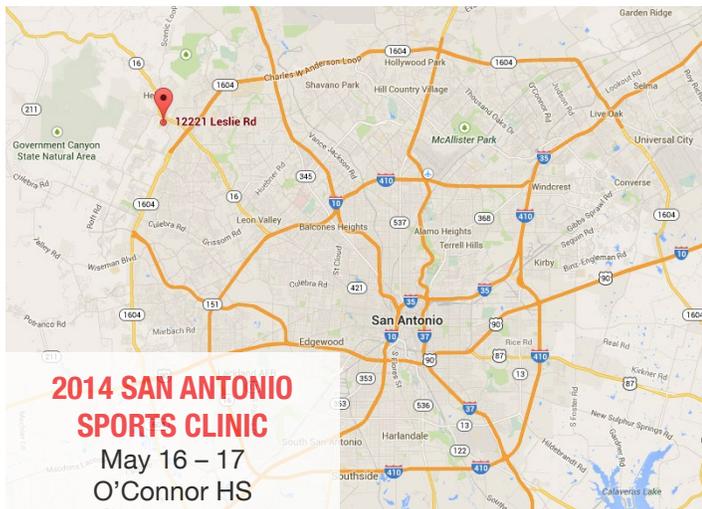
TGCA will be hosting five Satellite Sports Clinics in 2014. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category and under

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

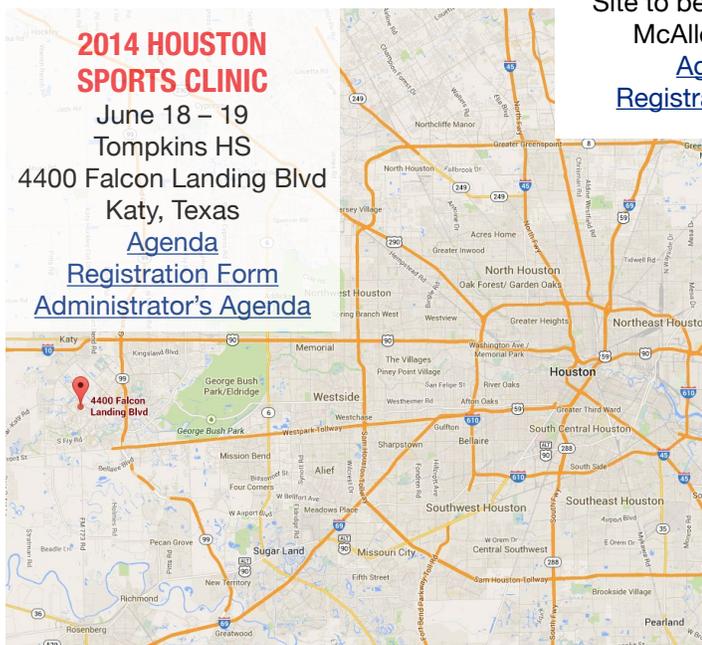


**2014 SAN ANTONIO SPORTS CLINIC**  
 May 16 – 17  
 O'Connor HS  
 12221 Leslie Road  
 Helotes, Texas  
[Agenda](#)  
[Registration Form](#)

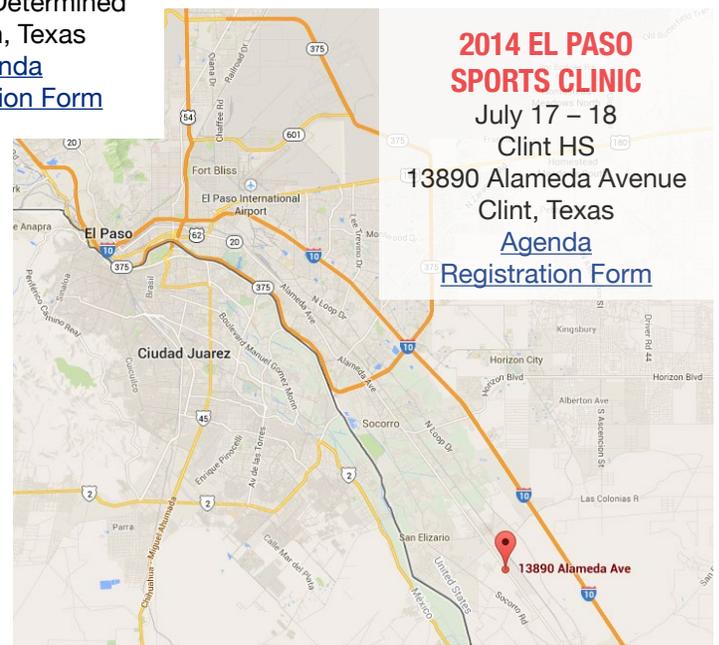


**2014 REGION I SPORTS CLINIC**  
 June 13 - 14  
 Monterey HS  
 3211 47th Street  
 Lubbock, Texas  
[Agenda](#)  
[Registration Form](#)

**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](#)

## BASKETBALL ATHLETES OF THE YEAR

## BASKETBALL COACHES OF THE YEAR



**1A-2A-3A**

McKinley Bostad  
Kennedale HS  
Coach Mindy Youngs



**4A-5A**

Ariel Atkins  
Duncanville HS  
Coach Cathy Self-Morgan



**1A-2A-3A**

Tate Lombard  
Wall High School



**4A-5A**

Joe Lombard  
Canyon High School

### CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2013-14 UIL VOLLEYBALL STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
1A Div I	Randy Henderson	Plains High School
2A	Tate Lombard	Wall High School
4A	Joe Lombard	Canyon High School

Special recognition goes to Joe Lombard and Tate Lombard, father/son duo, for winning state championships in the same year and in back-to-back games at the state tournament, and for both being named TGCA Coach of the Year in their respective classifications. This is the first time in history a father and son have accomplished this coaching feat.



## 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 John Albright

# KEEPING YOUR ATHLETES HEALTHY:

**Keys to Avoiding Injury** // By Cori Grantham, MD

As the spring softball season jumps into full gear, a big concern on players and coaches minds alike is avoiding an injury-plagued season.

- Ankle injuries make up largest type of injury sustained by softball players due to running and sliding,
- Shoulder injuries follow a close second and are primarily made up of preventable conditions.
- Sprains and strains, commonly referred to as “over-use injuries”, are often seen in overhead athletes. An overhead throwing motion places tremendous amount of stress on the shoulder and surrounding muscles. It is this repeated stress that eventually leads to strains, tightening of the shoulder, and most importantly pain.

While considerably more attention and studies focus on baseball players, their softball counterparts fall victim to the same issues and often receive much less focus on prevention.

- Pitch counts, rest days, and

limited throwing practices are common vocabulary among baseball players and coaches, softball athletes in general have not adopted these guidelines into everyday use.

- **For pitchers in particular, the age old question exists as to whether the windmill pitching style can be related to studies in overhead pitchers. Several biomechanical studies have shown that despite the different pitching styles, they have similar muscle firing patterns as well as similar excessive distraction stresses on the shoulder joint. In fact, studies looking at muscle activity during both throwing styles showed that the biceps activity is actually higher during a windmill pitch than an overhead pitch.**

This information becomes important when looking at ways to prevent injuries in softball players. While baseball pitchers often have a rotation which builds in rest time, softball pitchers are often full-time position players.

- Because of this, a pitch count becomes important to follow to prevent over-use of the shoulder. The other key aspect in injury prevention is technique. Technique in both pitching as well as overhead throwing is critical in preventing strains of the shoulder.
- Focusing exclusively on technique first will not only help prevent injury, but will also improve velocity and distance.
- It’s important to know when to rest. The common misconception of “pushing through the pain” can not only drag out a simple injury to a much longer time frame, but can also cause further damage which becomes much more difficult to treat.

**Dr Grantham is on staff at Texas Health Presbyterian Hospital Dallas and is on the physician’s panel for Texas Health Ben Hogan Sports medicine. She is not an employee of the hospital.**



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).

# TEMPO. LIFT. RUN.

## TEMPO

No, not slang for temperature, which any time now is going to get back to its hot, hot self. We are of course referring to the speed at which something is to be performed.

The tempo of training is important, and it isn't just about slow-twitch versus fast-twitch. It is about stressing the system in a specific way so that the system can adapt in a specific way. There is a tempo to everything, and it is arguably the most tainted facet of sports performance training.

The tempo of the warm up is understandably slow, but it can't be too slow. Don't be a sloth! There needs to be a gradual increase in tempo from the warm up to the lead up to the speed up.

Let's look at tempo in the contexts of the two biggest training elements: lifting and running.

## LIFT

In the weight room, different things have different tempos. We lift and move, which means move with a sense of purpose from exercise to exercise so as to keep the heart rate elevated and achieve our training threshold. Lifting exercises should primarily have



photo courtesy Bel Diaz

a faster pace on the concentric (muscles actively shortening) part of the exercise than the eccentric (muscles actively lengthening). For example, the dead lift should be powerful on the way up and steady on the way down.

The caveat to going hard or going fast when trying to develop strength and speed will forever and always be control. The joints appreciate controlled movements, and poor technique can lead to injury. When you see your athletes swinging weight, they are trying to get momentum to compensate

for too heavy of weight. Take time to teach proper techniques in the weight room and actively correct load and form issues.

Olympics are where tempo is critical. It's about the speed of the rep, not the speed of the set, so don't go so fast that you are compromising technique. The control athletes learn in the weight room directly correlate to their control on the court or field. And the strength and control gains they accomplish will positively affect their attitude, well-being and success.

## RUN

You get fast by training fast. However, it is OK to walk back. The rest interval during training should be respected. Understand what you are training for, so if you are working on speed, be careful to not get overzealous and incorporate excessive "conditioning elements." Thinking an "active recovery" of jogging back is a way to kill two birds with one stone, often leads to athlete's pacing themselves which undermines the purpose of speed training.

Make your training about quality, not quantity. The body remembers what it did last, so don't let the last things be poor mechanics. Engrain good mechanics into the brain. When proper mechanics are second nature all aspects of training become more beneficial. This goes back to control, slow down to speed up. Allow your brain and body to become proficient so you can then become efficient.

At every level, the speed of the game changes; so should your training. Remember: "Skill is essential, but the speed and strength the skill is delivered with determines ones level of play!"

## \* 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.

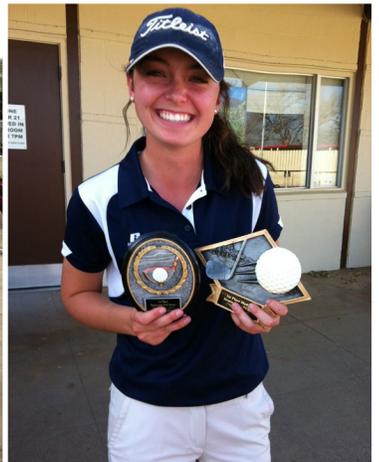


photo courtesy Stefani Shortes

# PHOTOS OF THE MONTH: SOCCER



# PHOTOS OF THE MONTH: GOLF



# 10

## THINGS COACHES SHOULD KNOW ABOUT ATTITUDE

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

**1** *Having a good attitude is a choice.* As such, a person's state of mind is what that individual makes it. An attitude is nothing more than a habit of thought that is acquired, rather than instinctual. In that regard, only individuals can determine what they will think about or how they will act in response to their circumstances or events. In other words, individuals choose their own attitude—good or bad. A positive attitude typically goes hand-in-hand with positive consequences. Unfortunately, the inverse is also true.

**2** *Attitude can be changed.* People are either the masters of their situation or the victims of their attitudes. Fortunately, attitude is not permanent. It can be transformed, but only if an individual wants to alter their state of mind. People who want to have a different attitude must choose to change. All factors considered individuals are not captives of fate, but rather prisoners of their own minds. They can make their attitude whatever they want it to be.

**3** *Attitudes aren't shaped in a vacuum.* All people are born as distinct individuals, with certain characteristics that can affect the attitudes that they hold. In reality, a number of other factors can have an even greater impact on the formation of a person's attitude, including that individual's inherent temperament, environment, self-image, physical appearance, family, and success in life.

**4** *Attitudes can be enhanced by adversity.* In reality, most successful people embrace adversity, because they

understand that it is an essential part of life—one that should be viewed as integral to the ongoing process of self-education. As such, they learn to deal with their failures. They see the positive benefits that can be gained from encountering negative experiences (e.g., becoming more motivated, rethinking the status quo, creating a greater degree of resilience, etc.), all of which can have a positive impact on their attitude.

**5** *Attitude can determine whether a person is a success or a failure.* People are certainly unique. On the other hand, in reality, very little difference exists in most individuals. That little difference, however can make a big difference. That little difference is a person's attitude. The big difference is whether it is positive or negative. All factors considered, an individual with a positive mental attitude is much more likely to achieve success and happiness in life, than a person whose basic way of looking at everything is grounded in negativity.

**6** *Attitude affects a person's relationship with other people.* As a rule, individuals like to be around positive people. Positive people exhibit a passion for life that is contagious. Their passion exudes an energy that tends to attract others to them like a magnet. In turn, individuals who harbor and display negative thoughts often are avoided in life by others because of the atmosphere of misery that tends to accompany them.

**7** *Attitude can affect outcome.* It can be argued that life is a series of outcomes.

Sometimes, the outcome is what a person wants. Other times, the outcome is not what the individual would prefer. In fact, many endeavors fail or succeed before they even begin. As such, having the right attitude in the beginning of a project can help ensure its success at the end. In that regard, the key is to remember the fact that the old saying, "all's well that ends well," has a comparable companion truth, "all's well that begins well."

**8** *Attitude affects what a person expects from life.* All factors considered, the way that individuals approach life is determined by their attitude. Positive people expect more and tend to achieve more. A person's attitude is a signal to the world what that individual expects from life and whether that expectation will likely be achieved or not.

**9** *Attitudes can turn problems into opportunities.* A person with a positive attitude sees an opportunity in every catastrophe, while an individual who harbors negativity tends to see a catastrophe in every opportunity. The key is to make the best of every situation. Positive people respond in a positive way to their circumstances, whatever they might be.

**10** *Attitude determines who a person is.* Individuals with a positive attitude live their lives with passion. They are grateful for what they have. They tend to believe that each moment in life is an asset to be treasured, rather than wasted. They understand that life is more than something that is going on around them. To them, life is what they choose to make it.

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	2	3	4	5
				SOCCER: SECTIONAL, 4A; AREA, 5A		
6	7	8	9	10	11	12
	SOCCER: REGIONAL QUARTERFINALS, 4A & 5A		Golf & Tennis: District Certification Deadline		SOCCER: REGIONAL, 4A & 5A	
						Track & Field: District Certification Deadline
13	14	15	16	17	18	19
	GOLF & TENNIS: REGIONAL MEETS				TGCA: Offices Closed	Track & Field: Area Certification Deadline
	TGCA: Soccer Nomination Deadline, 12 Noon			SOCCER: STATE TOURNAMENT		
20	21	22	23	24	25	26
		Softball: District Certification Deadline			TRACK & FIELD: REGIONAL MEETS	
27	28	29	30			
	GOLF: STATE TOURNAMENT, 3A-5A		GOLF: STATE TOURNAMENT, 1A & 2A			
	TENNIS: STATE TOURNAMENT					
	TGCA: Golf Nomination Deadline, 12 Noon	Softball: Bi-District Deadline				

### TGCA HOTEL RESERVATIONS DIRECT LINKS

Radisson Austin - \$112.00

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 (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:

**SOCCER**  
April 14

**TRACK & FIELD**  
May 5

**GOLF**  
April 28

**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



The power to do more



- American Income Life
- Athletic Supply
- Baden
- Balfour
- Coaches Choice
- Dell
- Gandy Ink
- Gulf Coast Specialties
- Jerry's Sporting Goods
- MaxPreps
- Mizuno
- Nike
- Russell
- Speedline
- Stromgren Supports
- Guy in the Yellow Tie - Tom Rogers Financial & Insurance Associates

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,  
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### TGCA on the Web

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

### Did you move?

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

### UIL eligibility / Sport rule questions

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



@AustinTGCA



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