



# TGCA NEWS

MAY 2014



## 2013-14 TGCA OFFICERS



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# 5.14

## FEATURE ARTICLES

cover photo courtesy Theresa Urbanovsky & jmilos photography



photo courtesy Wade Womack

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By Lee Anne Curry,  
TGCA Softball  
Committee Chair

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### The Do's and Don'ts of Hydration

Ben Hogan Texas  
Health

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### Make Summer a Success for Your Program

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Better Coaches

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### 10 Need-to-Know Don'ts About Hydration

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

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# ADVERSITY: A COACHES ROLLERCOASTER

By Lee Anne Curry // TGCA Softball Committee Chair // Greenwood HS



**Y**our season starts as any small school softball season starts – like a rollercoaster. At the beginning the excitement has taken hold and they won't leave the field. "Just one more coach, I can't end on that one!" That energy rolls off to the younger ones and the roller coaster is in full steam up that first hill. Things are great, no injuries, everyone getting along and high goals are set. A few wins under the teams belt and then.... The rollercoaster takes that first drop. Practice before the first tournament and one of our strongest outfielders tears a hamstring. We are told she'll be out at least six weeks. Then the tournament begins the very next day and the catcher dives after a ball and dislocates her shoulder, followed by the pitcher's hand and elbow swelling and has

to be removed from the rest of the game. Therefore new pitchers are developed for the rest of the weekend. Adversity had reared its ugly head. How would the kids respond? With ease. Several girls who had not pitched before stepped up and did not get shelled, kept us in games, even winning a few. The rollercoaster began chugging uphill again.

District started and we are back on the road to recovery, only a few girls with minor injuries and a concussion. We are playing well and even in first place, well tied after Snyder and the rollercoaster began to plunge down the next drop. Our pitcher is involved in a crazy play at first giving her a concussion that would keep her off the field the rest of the season. The girls quickly tried to regroup, but the season be-

gan to slip. Adversity had reared its ugly head again. We held on until the very end, but the playoff spot slipped from our grasp, although I could tell that the adversity that we had gone through had made strong young athletes through the process.

The rollercoaster at this point in my season is still building up steam. The adversity we have survived from the previous year has allowed my team of this year to battle any form of adversity. Learning not to dwell upon what we cannot control has been key in the strengthening of the team as a whole.

Adversity is something as coaches we all go through. It is defined as difficulties or misfortunes. We as coaches see it every day, and some of

us live it more in some seasons than others. I feel like adversity has been a blessing for my program, just in the fact that I have watched my athletes respond in positive ways versus giving up. We have to become mental motivators and sometimes psychologists with our players just so they are convinced that they can do things they might not see as possible. We as coaches should embrace the opportunity we get to teach young ladies about adversity and how to deal with it. Our athletic program prepares these girls for life after high school when harshness of life becomes difficult. We get to assist in the preparation of their mind set between quitting and digging their heels in to fight. What a privilege!

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

CONF.	COACH	SCHOOL
3A	Venita Tryon	West Oso High School
4A	Beverly Humphrey	Lancaster High School
5A	Renee Gerbich	Judson High School

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

CONF.	COACH	SCHOOL
2A	Craten Phillips	Sonora High School
3A	Mark Burgen	Andrews High School
4A	Marcus Evans	Huntsville High School

# 2013-14 TGCA TRACK & FIELD COACHES OF THE YEAR

CONFERENCE	NAME	SCHOOL
1A-2A-3A	Ginger Norton	Albany High School
4A-5A	June Villers	DeSoto High School

# 2013-14 TGCA TRACK & FIELD ATHLETES OF THE YEAR

CONFERENCE	NAME	SCHOOL	COACH
1A-2A-3A	Kami Norton	Albany High School	Coach Ginger Norton
4A-5A	Kiana Hawn	Forney High School	Coach Sandy Cook



photo courtesy: Joshua Munson

# 2013-14 SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	AWARD	REGION
None Selected		Sub-Varsity Cross Country	1A-2A-3A
Phyllis Pappas	Wichita Falls Rider High School	Sub-Varsity Cross Country	4A-5A
Holly Turnbough	Alpine High School	Sub-Varsity Volleyball	1A-2A-3A
Kate Kennedy	Vista Ridge High School	Sub-Varsity Volleyball	4A-5A
Scott Kirby	Winnsboro High School	Sub-Varsity Basketball	1A-2A-3A
Kim Nance	MacArthur High School	Sub-Varsity Basketball	4A-5A
Holly Turnbough	Alpine High School	Sub-Varsity Track	1A-2A-3A
Chad Coffey	Highland Park High School	Sub-Varsity Track	4A-5A
Melissa Wood	LBJ High School	Sub-Varsity Softball	1A-2A-3A
Allison Castillo	Hays High School	Sub-Varsity Softball	4A-5A

# 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 Denise Atmar



photo courtesy Michelle Mayfield

\* 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 Melissa Hightines

## 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.**

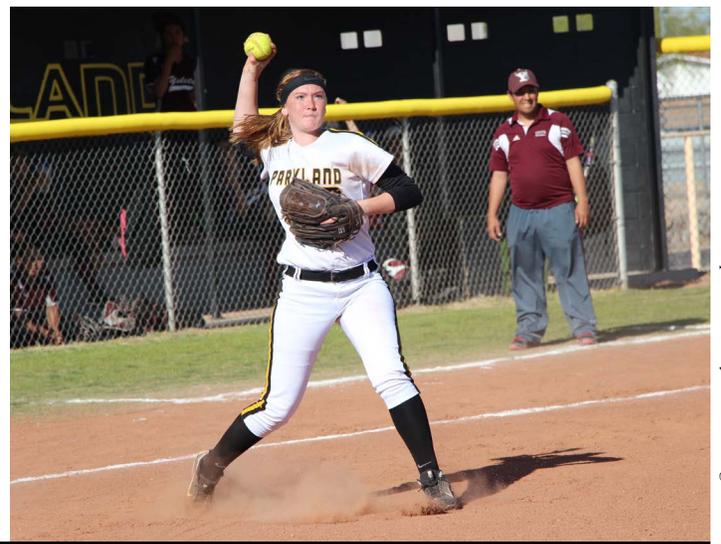


photo courtesy Eddie Pedregon

# TGCA 2014 SATELLITE SPORTS CLINICS

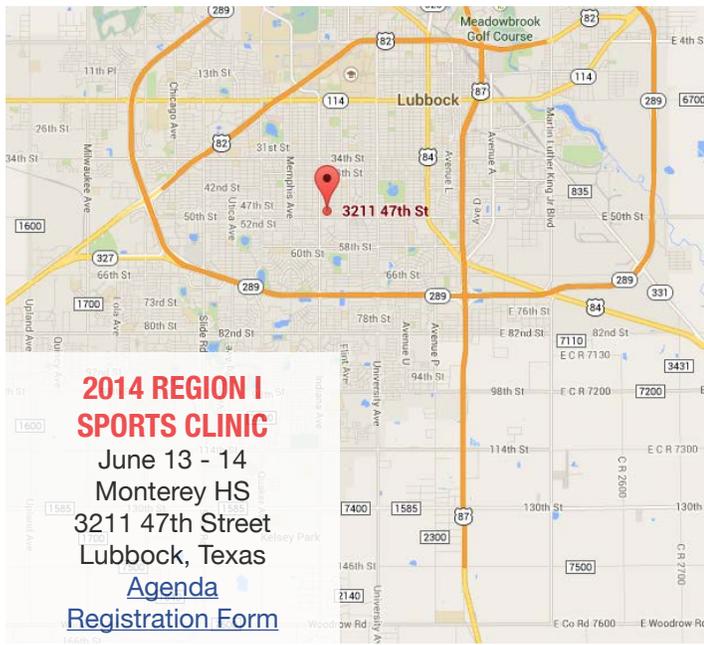
TGCA will be hosting five Satellite Sports Clinics in 2014. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category and under

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.

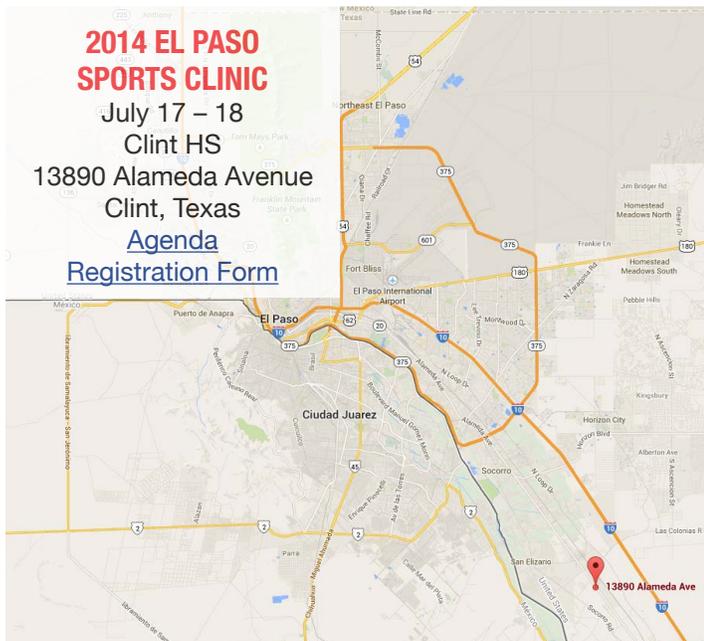
## 2014 TGCA SATELLITE SPORTS CLINICS LOCATIONS



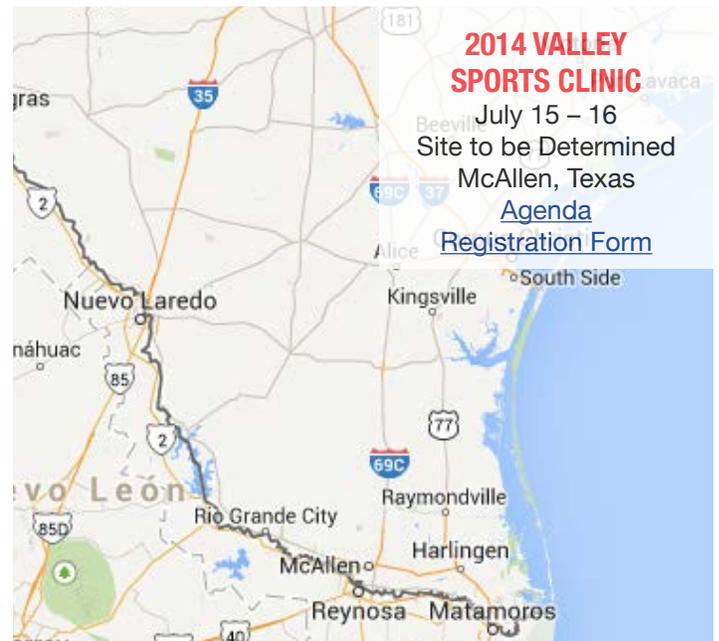
**2014 REGION I SPORTS CLINIC**  
 June 13 - 14  
 Monterey HS  
 3211 47th Street  
 Lubbock, Texas  
[Agenda](#)  
[Registration Form](#)



**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](#)



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

# 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.

**REMINDER: Summer Clinic late fee of \$15.00 begins on June 15. If you haven't registered for Summer Clinic and renewed your membership, be sure to do it before the 15th and avoid paying the late fee.**

### 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 SUMMER CLINIC SCHEDULE - ATHLETIC DIVISION

**Texas Girls Coaches Association**  
**2014 Summer Clinic - Athletic Division**  
Arlington, Texas

Time	Event	No.	Site
<b>Tuesday, July 8</b>			
8:00 - 12:00	<b>Exhibitors Set Up</b> (Exhibitors only allowed in Exhibit Hall)		Convention Center 1200 Ballpark Way
10:00 - 5:00	<b>Registration</b>		Convention Center 1200 Ballpark Way
1:00	<b>TGCA Board of Directors Meeting</b>	#1	Sheraton Arlington World Series 1 & 2
12:00 - 5:00	<b>Exhibit Hall Open to the Public</b>		Convention Center 1200 Ballpark Way
2:00 - 5:00	<b>Job Placement Services Center</b>		Convention Center M 1-4
3:00 - 4:00	Basketball Lecture <i>Stephen Heers - Fairfield High School</i> <i>"Create a Winning Environment"</i>	#2	Convention Center Ballroom A
3:00 - 4:00	Softball Lecture <i>Shannon Sullivan - Centennial High School</i> <i>"Utilizing Technology in Coaching Softball"</i>	#3	Convention Center Ballroom C
3:00 - 4:00	Volleyball Lecture <i>Leslie Madison - The Woodlands High School</i> <i>"Building a Winning Program - Choose the Right Personnel, Offense and Defense, to Have Success"</i>	#4	Convention Center Ballroom B
3:00 - 4:00	Track/Cross Country Lecture <i>Brandi Bode - Warren High School</i> <i>"Developing High School Throwers"</i>	#5	Convention Center M 5-8
4:15 - 5:15	Basketball Lecture <i>Tommy Gates - Navasota High School</i> <i>"Transition - Both Offensively and Defensively"</i>	#6	Convention Center Ballroom A
4:15 - 5:15	Softball Lecture <i>Kristin Williams - Snyder High School</i> <i>"Defensive Drills and Skills"</i>	#7	Convention Center Ballroom C
4:15 - 5:15	Volleyball Lecture <i>Michael Kane - Dripping Springs High School</i> <i>"Out of System Volleyball' Concepts and Drills"</i>	#8	Convention Center Ballroom B

# TGCA SUMMER CLINIC SCHEDULE - ATHLETIC DIVISION

Time	Event	No.	Site
<b>Tuesday, July 8</b>			
4:15 - 5:15	Track/Cross Country Lecture <i>Will Reid - Harper High School</i> <i>"Track for Beginners: Hands on Demonstrations"</i>	#9	Convention Center M 5-8
6:00	<b>Board of Directors Dinner</b>		Globe Life Park 1000 Ballpark Way
7:00	<b>Welcome Social</b>		BoomerJack's 522 Lincoln Square
<b>Wednesday, July 9</b>			
8:00 - 5:00	<b>Registration</b>		Convention Center 1200 Ballpark Way
8:00 - 4:00	<b>Exhibit Hall Open to the Public</b>		Convention Center 1200 Ballpark Way
8:00 - 5:00	<b>Job Placement Services Center</b>		Convention Center M 1-4
8:30 - 9:30	<b>Track &amp; Cross Country Update - UIL</b>	#10	Convention Center M 5-8
8:30 - 9:30	Softball Sub-Varsity Lecture <i>Brent Morris - Amarillo High School</i> <i>"Essential Hitting Drills"</i>	#11	Convention Center Ballroom C
8:30 - 9:30	Volleyball Sub-Varsity Lecture <i>Clark Oberle - Argyle High School</i>	#12	Convention Center Ballroom B
8:30 - 9:30	Special Lecture <i>Bob DeJonge - President - Elect, THSADA</i> <i>"How to Become an Athletic Administrator in the State of Texas"</i>	#13	Convention Center Ballroom A
8:30 - 9:30	Soccer Lecture	#14	Convention Center M 9-12
10:00 - 11:15	<b>Regional Meetings</b> Region I Region II Region III Region IV Region V Region VI Region VII Region VIII	#15	Convention Center M 9-12 M 5-8 Salon A North Salon A South Salon B North Salon B South Salon C North Salon C South
11:30 - 12:30	Basketball Sub-Varsity Lecture <i>Chuck Darden - Shallowater High School</i> <i>"Shallowater Pressure Defense"</i>	#16	Convention Center Ballroom A

# TGCA SUMMER CLINIC SCHEDULE - ATHLETIC DIVISION

Time	Event	No.	Site
<b>Wednesday, July 9</b>			
11:30 - 12:30	Softball Lecture <i>Wade Womack - Dripping Springs High School</i> <i>"The Short Game: Manufacturing Runs"</i>	#17	Convention Center Ballroom C
11:30 - 12:30	<b>Volleyball Update - UIL</b>	#18	Convention Center Ballroom B
11:30 - 12:30	Track/Cross Country Sub-Varsity Lecture <i>Jeridan Strong - Timber Creek High School</i> <i>"Utilizing the JV as a Low Pressure Platform for Development in Track and XC"</i>	#19	Convention Center M 5-8
11:30 - 12:30	Tennis Lecture <i>Daniel Marshall - A&amp;M Consolidated High School</i> <i>"Setting up a High School Practice and What to Coach During Practice"</i>	#20	Convention Center M 9-12
1:00 - 2:00	<b>Basketball Update - UIL</b>	#21	Convention Center Ballroom A
1:00 - 2:00	Softball Lecture (Major)	#22	Convention Center Ballroom C
1:00 - 2:00	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i> <i>Penny Lucas-White - Alabama State University</i> <i>"Training Your Middle Blocker"</i>	#23	Convention Center Ballroom B
1:00 - 2:00	Track/Cross Country Lecture <i>Andrew Cook - Flower Mound High School</i> <i>"The Will to Win is Nothing Without the Will to Prepare - Flower Mound Distance Training"</i>	#24	Convention Center M 5-8
2:30 - 3:30	Basketball Lecture (Major)	#25	Convention Center Ballroom A
2:30 - 3:30	Softball Lecture (Major)	#26	Convention Center Ballroom C
2:30 - 3:30	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i> <i>Penny Lucas-White - Alabama State University</i> <i>"Coaching Generation iY"</i>	#27	Convention Center Ballroom B
2:30 - 3:30	Track/Cross Country Lecture <i>June Villers - DeSoto High School</i> <i>"Hurdles"</i>	#28	Convention Center M 5-8
4:00 - 5:00	Basketball Lecture (Major)	#29	Convention Center Ballroom A
4:00 - 5:00	<b>Softball Update - UIL</b>	#30	Convention Center Ballroom C

# TGCA SUMMER CLINIC SCHEDULE - ATHLETIC DIVISION

Time	Event	No.	Site
<b>Wednesday, July 9</b>			
4:00 - 5:00	Volleyball Lecture <i>Robin Gerlich - New Braunfels High School</i>	#31	Convention Center Ballroom B
4:00 - 5:00	Special Lecture <i>Kendall Goldberg - Stephenville High School</i> <i>"Academic Modifications for Student Athletes with Concussions"</i>	#32	Convention Center M 5-8
5:00	<b>Orientation of Volleyball All-Stars</b>		Kalpana Chawla Hall UTA - 901 S Oak St.
6:00 - 9:00	<b>Honor Awards Banquet</b>		Arlington Hilton Hotel 2401 E Lamar Blvd
7:00 - 9:00	<b>Volleyball All-Star Workouts</b> <b>Red Teams</b>  <b>Blue Teams</b>		Arlington HS 818 W Park Row Dr Bailey Jr. HS 2411 Winewood Lane
<b>Thursday, July 10</b>			
8:00 - 1:00	<b>Job Placement Services Center</b>		Convention Center M 1-4
8:00 - 2:00	<b>Registration</b>		Convention Center 1200 Ballpark Way
8:00 - 9:00	<b>TGCA Committee Meetings</b> Volleyball Committee Basketball Committee Track Committee Softball Committee Sub-Varsity Committee	#33	Sheraton Arlington Super Bowl 2 Triple Crown World Series I World Series II Super Bowl 1
9:00 - 1:00	<b>Exhibit Hall Open to the Public</b>		Convention Center 1200 Ballpark Way
9:00 - 10:00	<b>TGCA General Business Meeting</b>	#34	Convention Center Salon B
10:00 - 10:30	<b>TGCA Board of Directors Meeting</b>	#35	Sheraton Arlington World Series 1 & 2
10:30 - 11:30	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i> <i>Jenny McDowell - Emory University</i>	#36	Convention Center Ballroom B
10:30 - 11:30	Tennis Lecture <i>Daniel Marshall - A&amp;M Consolidated High School</i> <i>"Doubles and Singles Strategies"</i>	#37	Convention Center M 5-8

# TGCA SUMMER CLINIC SCHEDULE - ATHLETIC DIVISION

Time	Event	No.	Site
<b>Thursday, July 10</b>			
10:30 - 11:30	Special Lecture <i>Kenneth Locker - Texas Health Ben Hogan Sports Medicine</i> <i>"Sports Concussion Course 2014"</i>	#38	Convention Center Ballroom A
10:30 - 11:30	Track/Cross Country Lecture <i>Randy Fulton - Saginaw High School</i> <i>"Teaching the Pole Vault-(MS/HS) Starting with Beginners"</i>	#39	Convention Center Ballroom C
12:00 - 1:00	Basketball Lecture <i>John Shelton - Franklin High School</i> <i>"Franklin Basketball - The Fastest 32 Minutes in Basketball"</i>	#40	Convention Center Ballroom A
12:00 - 1:00	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i> <i>Jenny McDowell - Emory University</i>	#41	Convention Center Ballroom B
12:00 - 1:00	Track/Cross Country Lecture (Major) <i>Darren Flowers - West Texas A&amp;M University</i> <i>"Fall/Cross Country Training for Middle Distance (800m - 3k)"</i>	#42	Convention Center Ballroom C
12:00 - 1:00	Special Lecture	#43	Convention Center M 5-8
1:00	<b>Orientation of Track &amp; CC All-Stars</b>		Kalpana Chawla Hall UTA - 901 S Oak St.
1:30 - 2:30	Basketball Lecture (Major)	#44	Convention Center Ballroom A
1:30 - 2:30	Softball Lecture (Major)	#45	Convention Center Ballroom C
1:30 - 2:30	Track/Cross Country Lecture (Major) <i>Darren Flowers - West Texas A&amp;M University</i> <i>"Spring/Track Training for Middle Distance (800m - 3k)"</i>	#46	Convention Center Ballroom B
1:30 - 2:30	Special Lecture <i>Dr. James Peterson - Coaches Choice</i>	#47	Convention Center M 5-8
1:30 - 2:30	Soccer Lecture <i>Iseed Khoury - Wakeland High School</i> <i>"Dealing with the Female Athlete"</i>	#48	Convention Center M 9-12
3:00	<b>Orientation of Softball All-Stars</b>		Kalpana Chawla Hall UTA - 901 S Oak St.
3:00 - 4:00	Basketball Lecture (Major)	#49	Convention Center Ballroom A

# TGCA SUMMER CLINIC SCHEDULE - ATHLETIC DIVISION

Time	Event	No.	Site
<b>Thursday, July 10</b>			
3:00 - 4:00	Softball Lecture (Major)	#50	Convention Center Ballroom C
3:00 - 4:00	Special Lecture <i>Ronnie Natali with Alex Pena - A to Z</i> <i>Female Injury Mangement Pre-During-Post</i>	#51	Convention Center Ballroom B
3:00 - 4:00	<b>1A-2A-3A Volleyball All-Stars Demo</b>	#52	Arlington HS 818 W Park Row Dr
4:00	<b>1A-2A-3A VB All-Stars Intro &amp; Game</b>		Arlington HS 818 W Park Row Dr
5:00	<b>Orientation of Basketball All-Stars</b>		Kalpna Chawla Hall UTA - 901 S Oak St.
6:30 - 7:30	<b>4A-5A Volleyball All-Stars Demo</b>	#53	Arlington HS 818 W Park Row Dr
7:00 - 8:30	<b>Track &amp; Cross Country All-Stars Demo</b>	#54	Arlington HS 818 W Park Row Dr
7:00 - 9:00	<b>Basketball All-Stars Workout</b> <b>Red Teams</b>		Bailey Jr. HS 2411 Winewood Lane Arlington HS 818 W Park Row Dr
	<b>Blue Teams</b>		
7:00 - 9:00	<b>Softball All-Stars Workout</b> <b>Red Teams</b>		Workman Complex 701 E Arbroom Blvd Hutcheson Jr. HS 2101 Browning Dr Workman Complex 701 E Arbroom Blvd Arlington HS 818 W Park Row Dr
	<b>1A-2A-3A Blue Team</b>		
	<b>4A-5A Blue Team</b>		
7:30	<b>4A-5A VB All-Stars Intro &amp; Game</b>		Arlington HS 818 W Park Row Dr
<b>Friday, July 11</b>			
9:00 - 10:00	<b>1A-2A-3A Softball All-Stars Demo</b>	#55	Workman Complex 701 East Arbroom Dr. Workman Complex 701 East Arbroom Dr.
10:00	<b>1A-2A-3A SB All-Stars Intro &amp; Game</b>		
10:00 - 11:00	<b>1A-2A-3A Basketball All-Stars Demo</b>	#56	Arlington HS 818 W Park Row Dr
11:00	<b>1A-2A-3A BB All-Stars Intro &amp; Game</b>		Arlington HS 818 W Park Row Dr
11:30	<b>Track/CC All-Star Introductions</b>		Arlington HS 818 W Park Row Dr

# TGCA SUMMER CLINIC SCHEDULE - ATHLETIC DIVISION

Time	Event	No.	Site
<b>Friday, July 11</b>			
1:00 - 2:00	<b>4A-5A Softball All-Stars Demo</b>	<b>#57</b>	Workman Complex 701 East Arbroom Dr.
1:30 - 2:30	<b>4A-5A Basketball All-Stars Demo</b>	<b>#58</b>	Arlington HS 818 W Park Row Dr
2:00	<b>4A-5A SB All-Stars Intro &amp; Game</b>		Workman Complex 701 East Arbroom Dr.
2:30	<b>4A-5A BB All-Stars Intro &amp; Game</b>		Arlington HS 818 W Park Row Dr



photo courtesy Jennifer O'Daniel

# TGCA SUMMER CLINIC SCHEDULE - SPIRIT DIVISION

**Texas Girls Coaches Association**  
**2014 Summer Clinic - Spirit Division**

*\*Sponsored by Varsity\**

Arlington Convention Center  
 1200 Ballpark Way  
 Arlington, Texas

Time	Event	No.	Site
<b>Monday, July 7</b>			
8:00 - 5:00	<b>Registration</b>		Sheraton Arlington Lobby 1500 Convention Center Dr.
9:00 - 10:00	<b>UIL Update</b> <i>Dr. Charles Breithaupt - Executive Director</i>	#1	Convention Center Salon A
9:00 - 10:00	<b>TAPPS Update</b> <i>Bryan Bunselmeyer - Executive Director</i>	#2	Convention Center Salon B
10:00 - 10:50	Current State of Cheerleading <i>Jim Lord - AACCA Executive Director</i>	#3	Convention Center Salon A
10:00 - 10:50	Preventing Cheer Injuries <i>Karen Lew</i>	#4	Convention Center Salon B
11:00 - 11:50	Stunt Legalities <i>Jim Lord - AACCA Executive Director</i>	#5	Convention Center Salon A
11:00 - 11:50	Preventing Cheer Injuries <i>Karen Lew</i>	#6	Convention Center Salon B
12:00 - 1:00	<b>Lunch on Your Own</b>		
1:10 - 2:00	Breaking Down the Game Day Score Sheet <i>Carlos Munoz</i>	#7	Convention Center Salon A
1:10 - 2:00	Pep Rallies and Increasing School Spirit <i>Jason Anderson</i>	#8	Convention Center Salon B
2:10 - 3:00	Game Day Choreography for Competition <i>Carlos Munoz</i>	#9	Convention Center Salon A
2:10 - 3:00	Team Building and Community Service <i>Lance Haragan</i>	#10	Convention Center Salon B
3:10 - 4:00	Social Media and Bullying <i>Victor Cheatham</i>	#11	Convention Center Salon A
3:10 - 4:00	Dealing with Difficult Parents <i>Daniel Uselton</i>	#12	Convention Center Salon B
4:10 - 5:00	Getting Administration on Your Side <i>Ross Roberts</i>	#13	Convention Center Salon A

# TGCA SUMMER CLINIC SCHEDULE - SPIRIT DIVISION

Time	Event	No.	Site
<b>Monday, July 7</b>			
4:10 - 5:00	Avoiding Coaching Burnout <i>Daniel Uselton</i>	#14	Convention Center Salon B
5:00 - 6:00	<b>Dinner on Your Own</b>		
6:10 - 7:00	Stunt Legalities <i>Jim Lord - AACCA Executive Director</i>	#15	Convention Center Salon A
6:10 - 7:00	Choreography for Regional/National Competition <i>Carlos Munoz</i>	#16	Convention Center Salon B
7:10 - 8:00	Dealing with Difficult Parents <i>Daniel Uselton</i>	#17	Convention Center Salon A
7:10 - 9:00	AACCA Certification* <i>Shiloh Minier</i> *Additional Fee of \$75.00*	#18	Convention Center Salon B
8:10 - 9:00	Avoiding Coaching Burnout <i>Daniel Uselton</i>	#19	Convention Center Salon A
9:00	<b>Welcome Social</b>		BoomerJack's 522 Lincoln Square
<b>Tuesday, July 8</b>			
8:00 - 10:00	<b>Registration</b>		Sheraton Arlington Lobby 1500 Convention Center Dr.
8:00 - 9:30	Game Day Hands on Workshop Jumps and Conditioning <i>Joi Cartmill</i>	#20	Convention Center Salon A
9:30 - 11:00	Game Day Hands on Workshop Strength and Conditioning <i>Geno Pierce</i>	#21	Convention Center Salon A
11:00 - 12:00	Game Day Hands on Workshop Stunt Workshop <i>Jason Anderson and Kim Lopez</i>	#22	Convention Center Salon A
12:00	Exhibit Hall Visitation		Convention Center
<p>TGCA appreciates the partnership with TACCA in the development of the Spirit Division Agenda and the obtaining of speakers.</p>			



photo courtesy: Scott Johnson

# AT&T STADIUM TOURS



## Texas Girls Coaches Association 2014

### EXCLUSIVE OFFER JULY 7 - 11

You will have access to AT&T Stadium's field level – explore stops such as the Dallas Cowboys locker room and get out on the field!

#### Self-Guided Tour

\$12.00/person  
Reg. \$17.50

#### SELF-GUIDED TOUR INCLUDES:

- Cowboys Locker Room
- Cheerleaders Locker Room
- Field Club
- Post-Game Interview Room
- Field Access

#### Ask me about VIP Guided tours for groups of 20+!

For questions or to submit completed form, please contact:  
Marissa Lyons  
817-892-4560  
MLyons@dallascowboys.net

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

#### SELF-GUIDED TOUR TICKETS

\_\_\_\_\_ x \$12.00 = \_\_\_\_\_ (TOTAL)

#### DATE

July 7  July 8  July 9   
July 10  July 11

#### TIME

Preferred Tour Time: \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Exp \_\_\_\_\_ CID \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\* College field will be down. Limited field access July 9-11.  
\* Tour locations are subject to change without notice.  
\* No refunds.

Deadline to register is Thursday, July 3 by Noon



PRESENTS

# 2014 TGCA GOLF SCRAMBLE

LAKE ARLINGTON GOLF COURSE  
TUESDAY, JULY 8th, with 8:30am SHOT-GUN START  
CHECK-IN BEGINS @ 7:30am

\$65 ENTRY FEE for INDIVIDUALS  
\$240 ENTRY FEE for COMPLETE TEAMS  
ENTRY FEE = 18-HOLES w/CART, LUNCH & DRINKS  
PLUS GOLFER GIFTS, RAFFLE PRIZES & AWARDS

PLAYER #1 \_\_\_\_\_

PLAYER #2 \_\_\_\_\_

E-MAIL \_\_\_\_\_

E-MAIL \_\_\_\_\_

CELL \_\_\_\_\_

CELL \_\_\_\_\_

PLAYER #3 \_\_\_\_\_

PLAYER #4 \_\_\_\_\_

E-MAIL \_\_\_\_\_

E-MAIL \_\_\_\_\_

CELL \_\_\_\_\_

CELL \_\_\_\_\_

ENTRY DEADLINE = JUNE 30, 2014  
MAKE CHECKS PAYABLE TO "Jerry's Sporting Goods"  
FOR MORE INFORMATION – CALL KRISTIN @ 817-988-6294

E-MAIL, FAX OR MAIL ENTRIES TO:  
KRISTIN@JERRYSWF.COM    817-887-2982 FAX  
6701 ASHBROOK DRIVE, FORT WORTH, TEXAS 76132

# 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*

## 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.

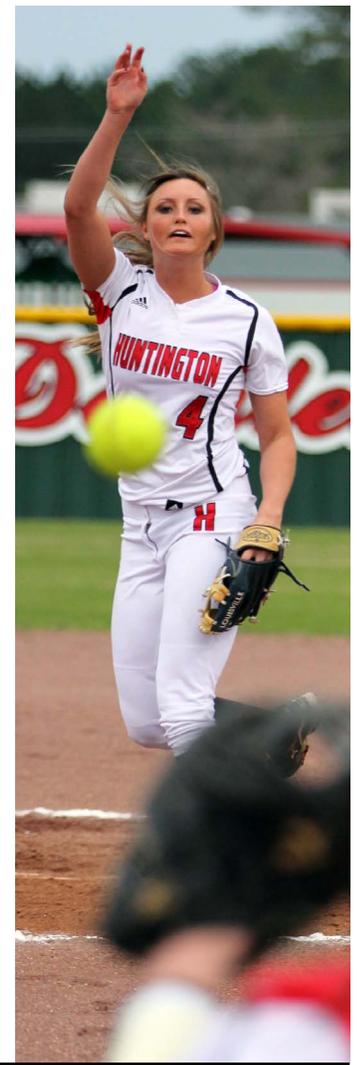


photo courtesy Ruth Wright



## 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.

## THE DO'S AND DON'TS OF HYDRATION

Did you know that a 2 percent dehydration level in the body can cause a significant decrease in athletic performance? The key to preventing dehydration is drinking enough fluids throughout the day and around exercise. Take a look at the Do's and Don'ts of Hydration:

- DO drink before exercise and weigh yourself! You should consume 1 bottle of water or sports drink 2-3 hours prior to your workout or game, and then drink another cup (5-10 ounces) of water about 10 minutes before the activity. Weighing your self is key to see how much weight you lose during the workout or how dehydrated you become.
- DO drink during exercise! You should be consuming about a cup (5-10 ounces) of water or sports drink every 15-20 minutes throughout exercise.
- DO drink after exercise and weigh yourself! As soon as you finish your workout or game, weigh yourself, see how much weight you lost, and drink 24 ounces of fluid for every pound lost.
- DON'T rely solely on water! After an hour of exercise and when you exercise in very hot/humid conditions, you need to add a sports drink into your fluid intake to provide you with carbohydrate and electrolytes.
- DON'T over-drink! Water is a good thing, but you can get too much of it. Make sure you drink adequately, but don't just keep drinking for the fun

of it; this can be harmful to your body.

- DON'T restrict salt in your diet! Salt in the diet replaces salt lost in sweat and helps you stay thirsty so that you drink enough fluid during exercise. Snacks like pretzels, crackers, soups, deli meats etc. can help you take in adequate amounts of salt.

Finally, be able to recognize the classic signs of dehydration:

- Unusual fatigue • Lightheadedness • Headache • Dark-colored urine • Dry mouth

Remember, if you are thirsty, you are already dehydrated! So drink up ALL DAY long to help you maintain adequate hydration levels. Have a question? Ask at [amygoodson@texashealth.org](mailto:amygoodson@texashealth.org)



photo courtesy Kathy Schoettle



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).

# MAKE SUMMER A SUCCESS FOR YOUR PROGRAM

More athletic gains can be made in the summer than in an entire school year. It is important to capitalize on the opportunity to take your athletes to the next level during the summer months which are technically “off-season” and “pre-season.” Summertime presents a unique opportunity for student athletes to engage in learning, developing and training with a dedicated focus on improvement.

## BENEFITS OF SUMMER TRAINING:

- You can train harder – training is the primary, rather than secondary, stress to be calculated
- The best opportunity to teach = “Take Time To Teach”
- No or reduced school = No or less academic stress
- Less social and peer pressure = More focus on self-improvement
- No or less sport practice/play = Athletic Development as the primary sport
- Better morale and positive state of mind
- Longer hours of daylight to enjoy more leisure activities

Average or below-average athletes can return from a solid summer training regimen as great athletes. You can always tell the athletes who worked hard over the summer as they return to practice much better prepared, and with a greater sense of confidence. One great summer training program can make a huge difference in a season for any sport.

Of course with any training, there are advantages and challenges, and summer training is no exception.

## CHALLENGES OF SUMMER TRAINING:

- Heat: Teach your kids to hydrate non-stop every day and eat accordingly
- Time: Be efficient with planning and structure, make the most of what you’ve got
- Staffing: Training staff to teach the same way is imperative
- Compliance: Encourage your kids with positive motivation and educate parents for support
- Logistics (transportation, cost, availability): Coordinate



photo courtesy Haley Gaddis

with your team to identify the best time and cost scenario to achieve the highest probability of participation

- Volume of kids: Learn to effectively “train the masses” not “herd cattle”
- Programming: Incorporate Progression and Wave-loading to get the most out of your athletes

Keep the following sayings in mind as they pertain to summer: “Do the best you can with what you’ve got,” “Some is better than none” and “Take what you can get.” We have found that if summer training is made effective,

challenging and competitively fun, most of the kids you need to be there will be there. However, healthy participation also requires building confidence through testimony, success and leadership.

Many programs we have evaluated as consultants too often use the “herd the cattle theory... lots of kids so just run them and work them hard so the crème rises to the top.” Strategically, this one-dimensional approach results in overstress, taxation and excessive training of specific energy, nerve and muscular systems without safely and effectively developing athletes. Always ask yourself and your staff, “Is it HARD, or is it GOOD?” Anyone can implement HARD, but a smart coach attains GOOD!

Keep your focus on improving your athletes’ overall athletic ability by ensuring they are learning, developing and mastering training as they physically perform it. Be passionate about your role as a great leader to our youth and be proud of your efforts to teach life lessons through sports and fitness! Whether you “have to be” or “choose to be” on campus during the summer, make it really count!

## \* 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: Mallory Smith

# 10

## NEED-TO-KNOW DON'TS ABOUT HYDRATION

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

**1** *Don't be average.* Research suggests that the average person does not consume enough fluids to be adequately hydrated. In fact, even people who exercise regularly often aren't properly hydrated before they work out, a situation that exacerbates their exposure to the health risks associated with dehydration.

**2** *Don't ignore the odds.* The potential consequences for exercisers of being inadequately hydrated run the gamut from not-all-that-important to extremely serious. On the relatively less-weighty side are a diminished level of performance, a heightened level of muscular fatigue, and a loss of coordination. On the much more grave end of the continuum are an elevated risk of heat exhaustion and heat stroke.

**3** *Don't fail to be prepared.* Physically active people can undertake several steps to ensure that they are properly hydrated. For example, ACSM recommends that individuals drink at least 16ozs of fluid approximately two hours before they exercise. During exercise, at least a half-cup of fluid should be consumed every 15 minutes. Following physical activity, individuals should drink about 16 ounces of fluid for every pound of weight they lost while exercising.

**4** *Don't overlook the signs.* A number of indicators suggest the onset of dehydration. Among the more common signs, in this regard, are muscle

cramps, muscle fatigue, diminished performance, headaches, loss of coordination, inability to pay attention, and dizziness. A much more serious hydration-related sign is when a person stops perspiring—which may be an indication of a heat injury.

**5** *Don't rely on a sense of thirst.* While it seems entirely logical that if your body needs water, you'll be thirsty, the reality is something else. By the time you feel thirsty, your body has already begun to dehydrate.

**6** *Don't believe all of the hype.* The number of possible options targeted at people who want to address their fluid needs seems virtually endless. Regardless of whether the fluid is augmented with electrolytes, vitamins, carbohydrates, sodium, caffeine, or just plain flavor, each of these choices is typically touted as the “best” way to deal with hydration. Truth be known, unless the bout of exercise is going to exceed an hour in duration, water is the recommended fluid of most registered dietitians (a group that constitutes the most-informed source of sound information on all things nutrition).

**7** *Don't let the bottle get you down.* From a hydration standpoint, it is important to keep in mind that alcoholic drinks are diuretics. Given the fact that consuming such drinks can cause you to lose fluid through urination (in one end, out the other) almost as fast as you drink them, it is a good idea to

either avoid alcoholic beverages altogether when trying to hydrate or plan to match every glass of them you drink with the downing of a comparable amount of water.

**8** *Don't overfill the tank.* Truth be known, drinking too much water can also cause serious problems for exercisers, as can drinking too little. Consuming an excessive amount of fluid can lead to a condition known as hyponatremia, which results when the level of salt in the blood is unduly low. The consequences of having this condition can be life-threatening in some situations.

**9** *Don't buy the smaller-sized clothes just yet.* Water loss should not be confused with fat loss. Too many individuals mistake the relatively substantial loss of weight that often occurs during an exercise session as fat loss. Unfortunately, it's fluid lost from sweating—not fat expended while exercising. Individuals will replenish the loss of fluid as soon as they drink fluids again.

**10** *Don't forget to remember.* Proper hydration is not only an issue for serious exercisers, it's a concern for everyone. As such, all individuals should pay attention to their fluid intake throughout the course of the day, starting with drinking a glass of water when they first wake up and continuing with taking sips of water throughout the day. In other words, people need to remember to make proper hydration a habit that they practice daily.

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
June 1 TGCA: Board of Directors Meeting	2	3	4	5	6	7
8	9	10 UIL LEGISLATIVE COUNCIL MEETING Legislative Council Athletic Committee Meeting (Austin)	11	12	13 TGCA REGION I SATELLITE CLINIC	14
15	16	17	18 TGCA HOUSTON SATELLITE CLINIC	19	20	21
22	23	24	25	26	27	28
29	30	July 1	2	3	4 TGCA CLOSED	5
6	7	8	9	10	11	12
13	14	15 TGCA VALLEY SATELLITE CLINIC	16	17 TGCA EL PASO SATELLITE CLINIC	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## 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)

## 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!



photo courtesy Gary Sullard

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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@austintgca.com (e-mail);

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

**Executive Director:** Sam Tipton, [Sam@austintgca.com](mailto:Sam@austintgca.com)

**Assistant to the Executive Director:** Lee Grisham, [Lee@austintgca.com](mailto:Lee@austintgca.com)

**Administrative Assistant:** Audree Tipton, [Audree@austintgca.com](mailto:Audree@austintgca.com)

**Membership & Exhibitor Coordinator:** Jesi Grisham-Perez, [Jesi@austintgca.com](mailto:Jesi@austintgca.com)

**Newsletter Editor:** Chris Schmidt

### TGCA on the Web

Polls, as well as other current information, can be found on the TGCA 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



photo courtesy: Jason Milligan