



TGCA NEWS

SEPTEMBER 2013



2013-14 TGCA OFFICERS



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9.13

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cover photo courtesy Judy Dittmar



photo courtesy Robert Orzabal

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I LOVE CROSS COUNTRY SEASON!

By Jason Trook // TGCA Track Vice Chair // Lubbock HS



As I began thinking about all the technical aspects of coaching cross country for this article, I realized that I wanted to do something a little different. I started talking with some folks about how much I love cross country and decided that was the perfect topic. I don't know if I can do justice to all my reasons but I'm going to try.

I love cross country season because it happens in the fall. Now, I know it starts when it is still summer and sometimes it gets warm but that's a technicality. If you have ever been at the state meet in Round Rock when it's cold enough to wear a coat then you understand. Snow flurries the morning of the District Meet, a crisp breeze on an early Tuesday morning practice, and indoor workouts because of thunderstorms remind me that it is definitely a fall sport. Fall is my favorite season of the year; my favor-

ite weather of the year. During cross country season I get to enjoy hours and hours of that great weather. If you don't live in West Texas you may not get the benefit of the weather, but it is one of the little reasons I love cross country.

Cross country is an outdoor sport. There is something freeing about being in the great outdoors. Anyone who has been around me knows that God gave me a voice that could be heard from far away. It doesn't get used in the classroom and it never got used in a gym. But I can stand at the top of a hill and yell for kids across the course nearly a mile away. It may not mean much, but when they can hear me encouraging and spurring them on at any point along the way, I think it makes a difference.

I also love the kids. You may have seen the t-shirt that says "My sport is your sport's punishment." It takes a special kind of person to run cross

country. It isn't just the 3 miles on race day. It is the mile after mile after mile that they run during the week in practice. One of my younger athletes told a friend that she had run 6 miles Wednesday morning. Her friend asked why, to which she responded "That's just what we do." I don't ever try to convince a kid to run or stay in cross country. They either get it or they don't. The ones that get it will give you every bit of what they have every day.

Another of my athletes started her freshman year thinking she was in track offseason. It may have slipped my mind or her parent's mind to tell her differently. About three days in to August workout she asked why we worked out when the other offseason programs didn't. A senior leader answered her. She

told her that this was cross country, a completely different sport. By the time she realized it, she was already sold on the team. She wanted to be a part, wanted to be around our athletes, and wanted to run.

I love what cross country does for a kid who works hard. They get to see improvement that is tangible. When someone runs faster, they know it. When a girl has run her three mile race a little faster every week, she can see it. I know that people say stats don't lie, but they can be misinterpreted. One of the advantages cross country coaches have over everyone else is the clock never lies and they all run the same way. If a kid wants to be on varsity, then she knows she has to be one

**CONTINUED
ON PAGE 2**



photo courtesy Robert Orzabal

WHAT'S NEW

Undoubtedly by now you have noticed a few changes to TGCA News. The newsletter has been redesigned with an updated look and feel. You can even say the newsletter has been flipped on it's head! Fill the screen with the newsletter and you will enjoy an up-close-and-personal reading experience.

Also new this year, every link in the newsletter is now active. You can hover over and click any link to quickly jump to the referenced website or e-mail message.

All of this has been done to create a more dynamic and enjoyable reading experience while hopefully encouraging you to read all of the great information delivered to you by the TGCA.

We hope you enjoy the newsletter.

Thank you,
Chris Schmidt
TGCA Newsletter Editor

COMEAX TOPS TEXAS COACHING VICTORIES

By
**BUTCH
HART**



photo courtesy: Dawn Hill

She is the Grand Dame of volleyball in Texas and it is a name that not as many know as should. Barbara Comeaux has been the head coach at Port Neches Groves since 1972 and has accumulated 1,108 wins through last season.

"It's all about the kids and in fact it's really only about the kids, I love coaching, I love working with the kids, to get them motivated to play together as a team," said Comeaux, who just started her forty-second season as head coach for the Lady Indians.

Comeaux was a player in her high school days at Port Arthur Thomas Jefferson and matriculated to Lamar University where she was a setter for the Lady Cardinals volleyball team.

Graduating from Lamar University, Comeaux was part of a wonderful first year experience as the freshman volleyball coach at Beaumont French High School as French captured the UIL Class 4A (then the largest classification) by defeating Midland 15-12, 15-10 in the finals.

"I really didn't have anything to do with how good we were but it sure was a lot of fun and

the next year I moved over to become the head coach at Port Neches-Groves," Comeaux said.

The Indians are the defending district champions but graduated seven seniors but hard work is what Comeaux knows best.

"I am a tough love kind of coach, I hate losing more than I like winning but I love the girls and the team more than either one, so we'll get after it, district is starting and everyone is ready to play against us," joked Comeaux.

Winning over 23 matches a season for 41 years is not only a tribute to both stamina and coaching ability it is an honor to mental health as coaching high school age athletes for into five decades is not for the week of heart or mind.

"I love every day, I am privileged to be part of our community and have had great parent support, the awards and things are nice but really, it's all about the girls," Comeaux.

Well coach, not only about the girls, the 1,108 wins tops the charts in the recent compilation of Texas High School coaching victory, a most impressive effort, indeed.

Coaches/Fans/School Officials and Volleyball Supporters:

The Texas Girls Coaches Association is developing a career victories record book by sport with volleyball being the first.

If you have total career victories, please send them to Butch Hart (minimum 300 wins) and please list the school or schools where the wins occurred.

We have had a great deal of interest and I know personally of several 500 and many more wins, it is a nice tribute to identify those coaches current or past.

Please submit: the coach name and school (s) and total wins through last season to ejhartvb@yahoo.com.

Best regards,
Butch Hart
TGCA Pollster

PLEASE NOTE: The career victory archives are NOT the same as the Career Victories recognition at Summer Clinic. Coaches still need to follow the criteria and guidelines set out in the Bylaws to achieve recognition by plaque or certificate during Summer Clinic.

I LOVE CROSS COUNTRY SEASON!

CONTINUED FROM PAGE 1

of the seven fastest kids, run one of the seven best times. FYI, It makes dealing with parents a little easier too.

Finally, I love cross country season because I have a passion for the sport. I didn't start

with it when I began coaching, but it has developed along the way. I can't imagine doing anything else. I wouldn't want anyone coaching one of my kids that didn't love what they do, and I for one love my job. I love cross country season.



photo courtesy: Andrea Trueman

CAREER VICTORIES

BASKETBALL

NAME	SCHOOL	#VICTORIES
Sue Cannon	Trinity HS	1000
Larry Goad	DeSoto HS	700
Mark Myers	Cedar Park HS	700
Tommy Gates	Navasota HS	600
Nancy Walling	Pflugerville HS	600
Danny Wrenn	Plainview HS	600
Bobby Bates	Ponder HS	500
Loyd Morgan	Rogers HS	500
Angela Beck	Cedar Ridge HS	400
Matt Garrett	Hardin Jefferson HS	400
Rodney Gee	Lorena HS	300
Kyle Short	Edgewood HS	300

TRACK & FIELD

NAME	SCHOOL	#POINTS
Linda Richter	Cameron Yoe HS	1300
Lori Whatley	Cisco HS	1000
Renee Gerbich	Judson HS	600
Barry Woodruff	Union Grove HS	400

CROSS COUNTRY

NAME	SCHOOL	#POINTS
Jerry Sutterfield	Highland Park HS	1200
Paul Darden	Sundown HS	1000

SOFTBALL

NAME	SCHOOL	#VICTORIES
Guyla Smith	West HS	500
Renee Bialas	Magnolia HS	400
Robby Dickenson	Frenship HS	400
J J Johnson	Coronado HS	400
James McClanahan	Ridge Point HS	400
Wes Overton	Midland Lee HS	400
Ruth Wright	Huntington HS	400
Kevin Randle	NB Canyon HS	300

VOLLEYBALL

NAME	SCHOOL	#VICTORIES
Janiece Nelson	Hutto HS	600
Cynthia Williams	Ryan HS	600
Sandy Faussett-Stoops	Waxahachie HS	500
Frances Metzger	Stephenville HS	500
Kathy Stephenson	Cy-Falls HS	500
Mary Beth Bass	Hillcrest HS	400
Virginia Parsons	Calhoun HS	400
Doug Jackson	Fort Stockton HS	300

*TGCA encourages all coaches to submit their information for Career Victories Awards for the 2013-14 school year to audree@austingtca.com. Guidelines are located on our website, www.austingtca.com, under "Bylaws," and then under "Awards" (Number 1 in the Directory).



balfour

Tatum High School receiving their state championship rings from TGCA corporate sponsor, Balfour, for girls' Track & Field.



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. Coaches Choice has designed the Resource Center especially for TGCA and people interested in girls' athletics in all sports.

Everyone is encouraged to go to the Resource Center site. It's as 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.

ATHLETES OF THE YEAR

NAME	SPORT	SCHOOL	CONF.	COACH
Macey Siegart	Cross Country	Seymour HS	1A-2A-3A	Brandie Rucker
Karis Jochen	Cross Country	A&M Consolidated HS	4A-5A	Shawn Schroeder
Rachel Sharp	Volleyball	Tarkington HS	1A-2A-3A	Denise Johnson
Chiaka Ogbogu	Volleyball	Coppell HS	4A-5A	Julie Green
Breanna Hayden	Basketball	Madison HS	1A-2A-3A	Olivia Williams
Kiara Perry	Basketball	Duncanville HS	4A-5A	Cathy Self-Morgan
Shakera Barnes	Track	Snook HS	1A-2A-3A	Micah Milliorn
Leigha Brown	Track	Economedes HS	4A-5A	Sonya Brown
Kelsee Selman	Softball	Lufkin Hudson HS	1A-2A-3A	Jim Eby
Cassie McClure	Softball	Kingwood HS	4A-5A	Lauren Hendrix

COACHES OF THE YEAR

NAME	SCHOOL	SPORT	CONF.
Rebekah Morrison	Gruver HS	Cross Country	1A-2A-3A
Jim Pat Darcey	Katy HS	Cross Country	4A-5A
Tanya Nygrin	Round Top Carmine HS	Volleyball	1A-2A-3A
Kathy Goings	Aledo HS	Volleyball	4A-5A
Clay Barnett	Merkel HS	Basketball	1A-2A-3A
Cathy Self-Morgan	Duncanville HS	Basketball	4A-5A
Suzette Gill	La Vega HS	Track	1A-2A-3A
Sandra Guerrero	Sharyland HS	Track	4A-5A
Jana Nance	Mineola HS	Softball	1A-2A-3A
Lauren Hendrix	Kingwood HS	Softball	4A-5A
None Selected		Sub-Varsity Cross Country	1A-2A-3A
Stefani Langehennig	Lovejoy HS	Sub-Varsity Cross Country	4A-5A
Tiffany Lemos	Keene Jr/Sr HS	Sub-Varsity Volleyball	1A-2A-3A
Sylvia Montano	Montwood HS	Sub-Varsity Volleyball	4A-5A
Diane Lueckemeyer	Cameron JHS	Sub-Varsity Basketball	1A-2A-3A
Kristi Taylor	Arlington Bowie HS	Sub-Varsity Basketball	4A-5A
Jeff Maly	Kaufman HS	Sub-Varsity Track	1A-2A-3A
Kimberly Watson	Frenship Heritage MS	Sub-Varsity Track	4A-5A
Amy Trietsch	Celina HS	Sub-Varsity Softball	1A-2A-3A
Natalie Mullin	Burleson HS	Sub-Varsity Softball	4A-5A



photo courtesy Regina England

photo courtesy Tricki Bevan

MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **NOVEMBER 1st** to nominate athletes for honors or receive honors yourself as a coach.

You can renew your membership online at www.austintgca.com through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the home page of the website and fax or mail that with credit card information, or mail the form with a check to

the TGCA office.

DON'T FORGET!! If you need help with the renewal process, please call the office and we will be happy to help you, including your log in information.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. We want you to always have the same membership number, so please contact us if you can't remember your information.

Also, if you have had a school change, please con-

tact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office, and you will need to contact us.

We appreciate your continued support of TGCA.

PLEASE NOTE: By vote of the TGCA Board of Directors, DVDs will no longer be utilized in any sport for nomination purposes. Please do not send DVDs, as they cannot be returned and will not be made available to the committees.

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

CROSS COUNTRY

November 4

VOLLEYBALL

November 18

BASKETBALL

February 24

SOCCER

April 14

GOLF

April 28

TRACK & FIELD

May 5

SOFTBALL

May 26

SUB-VARSITY COACHES OF THE YEAR NOMINATION DEADLINE

All nominations for Sub-Varsity coaches of the year in all sports are due by May 1st. Please take the time to nominate your deserving Sub-Varsity coaches for this honor. Nominations for this award are done the same way as athlete honor awards are done, through the Membership Site. Please be sure to do your nominations on-line and on time.

photo courtesy: Laurie Neff



GENERAL NOMINATION INSTRUCTIONS

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

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

submitted. If you do not see your nominations there, they did not go through and must be done again.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend you use Firefox as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line deadline, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee.

Your regional representative for the committees is listed on the website under the sport category they pertain to. This should be done in all categories except Academic All-State.

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

*TGCA Instructions for online honors nominations are on the following page.

TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems. If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend using Firefox or another browser other than Internet Explorer.

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

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

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

4 Once you’ve completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on “Nominations”.

5 Click on the “(6) Member Nominations Add” category in the menu on the left-hand

side of the page.

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

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). Next click the button “Enter Nominee Info Step Three”.

8 Complete the form by typing in the information requested in the “Update” field.

9 When you get to the “School:ISD” field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it’s named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a

text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.

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

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

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



photo courtesy: Shelley Beesley

2012
2013

STATE CHAMPION COACHES



MAXPREPS STATS AND SCORES

MaxPreps, an affiliate of CBS Sports, is a FREE sports information service provided to you and your team as a membership benefit of the Texas Girls Coaches Association.

MaxPreps.com aspires to cover, at no cost to TGCA members, every team, every game and every player. This tool will be extremely beneficial to you as a high school coach, your parents, fans, school administration, athletic directors and webmasters.

MaxPreps is now also a sponsor of the UIL. TGCA highly encourages you to utilize this valuable service.

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

MaxPreps is an on-line service designed to record your team's achievements.

Go to www.maxpreps.com or click the MaxPreps logo above and enter your information today.

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

NAME	SCHOOL	SPORT	CONFERENCE
Joshua Jourden	Whitharral HS	Basketball	1A Div II
Chance Westmoreland	Brock HS	Basketball	2A
Rhonda Farney	Georgetown HS	Basketball	4A
Cathy Self-Morgan	Duncanville HS	Basketball	5A

NAME	SCHOOL	SPORT	CONFERENCE
Kelly Jeffrey	Hamlin HS	Cross Country	1A
Kevin Ufford	Bushland HS	Cross Country	2A
Clint Davidson	Sanger HS	Cross Country	3A
Jerry Sutterfield	Dallas Highland Park HS	Cross Country	4A
Justin Leonard	Southlake Carroll HS	Cross Country	5A

NAME	SCHOOL	SPORT	CONFERENCE
Ty Brown	Salado HS	Golf	2A
Mark Burgen	Andrews HS	Golf	3A
Barry Hawkins	Northwest Byron Nelson HS	Golf	4A
Randy Morris	Austin Lake Travis HS	Golf	5A

NAME	SCHOOL	SPORT	CONFERENCE
Roger Maupin	Weimar HS	Softball	1A
James Ramsey	Pilot Point HS	Softball	2A
Jimmy Eby	Hudson HS	Softball	3A
Aaron Fuller	Hays HS	Softball	4A
Lori Alexander	Lewisville HS	Softball	5A

NAME	SCHOOL	SPORT	CONFERENCE
Danny Mitchell	Tatum HS	Track & Field	2A
Chris Pawlak	Frisco Lone Star HS	Track & Field	3A
Beverly Humphrey	Lancaster HS	Track & Field	4A
June Villers	DeSoto HS	Track & Field	5A

NAME	SCHOOL	SPORT	CONFERENCE
Jason Evans	Leon HS	Volleyball	1A
Keith Guyon	Brock HS	Volleyball	2A
Maggie Hunt	Abilene Wylie HS	Volleyball	3A
Ryan Mitchell	Lovejoy HS	Volleyball	4A
Julie Green	Coppell HS	Volleyball	5A

2013 TGCA GOLF TOURNAMENT RESULTS

CLOSEST TO THE PIN: CHARLES BREITHAUP, LAUREN MYRICK, JOHN JAY GONZALES, PATTI WILLIAMS & PETER CONTRERAS

LONGEST DRIVE: BILLY COLEMAN & KAMI WILLIAMSON

64-ENTRIES: THANKS FOR YOUR PARTICIPATION! ENTER EARLY NEXT YEAR TO AVOID THE RUSH.

FIRST PLACE

56

DAVID WOOLDRIDGE, DAVE WOOLDRIDGE, JOHN EUSTACE & RON COLSTON

SECOND PLACE

57

CHARLES BREITHAUP, PETER CONTRERAS, BILL FARNEY & ED STIDHAM

THIRD PLACE

59

PATTI WILLIAMS, ALAN THORPE, STEVEN HEERS & LEE STUBBS

Connecting Speed & Strength

We hear it all the time: “our girls don’t want to bulk up.” However, resistance training for female athletes shouldn’t be designed for adding bulk. Then there’s: “we just need more skill work.” Yet the speed and strength with which skill is delivered is what determines the level of play. There is a major connection between speed and the weight room, and strength training should not be neglected.

Aside from the injury management element of developing the skeletal muscle to reinforce the joints and endure the stresses of physical competition, resistance training is essential to improving a female athlete’s speed.

If speed is stride length times stride frequency, and stride length depends greatly on leg length, then stride frequency development becomes a major focus. Turnover and rapid, controlled acceleration and deceleration require muscular strength.

Muscles like the iliopsoas, the most powerful hip flexor in the body, need attention. The quad itself is comprised of



photo courtesy Denver Stone

four muscles and the hamstring is comprised of three muscles. All of the quad, hamstring and hip flexor muscles are responsible for getting things up, down and around. A lack of strength in these muscles directly translates to a lack of speed. To help your athletes run faster, make sure to focus on strengthening these muscle groups.

Strength programs should be designed to create a strength balance throughout the entire body. Dexterity is crucial for female athletes, as the non-dominant side must be as thoroughly developed as the dominant

side, especially for rotational athletes like volleyball and softball players. Oftentimes the anterior side gets too much focus, so in general the posterior is left needing to be addressed. With female athletes, the coach should pay particularly close attention to strengthening the muscles involved in two critical athletic movements:

- 1 Deceleration** – specifically the braking mechanics of the athlete
- 2 Landing** – as from a jump The quads and hamstrings need to be able to withstand a high volume of eccentric load.

They must be strong enough to absorb the impact and keep the joints from being over extended.

Female athletes have a delicate relationship with more than just the knees, shoulders are also a common location of injury. There is no such thing as injury prevention, there is only injury reduction. We may not be able to address certain factors such as Q angle, hormonal influences, field or court conditions or opponent behavior, however proper strength training can help mitigate injuries and better prepare athletes for competition. For example, rotator cuff exercises may seem trivial but using bands can strengthen the stabilizer muscles like the supraspinatus, which is the most commonly torn muscle in the rotator cuff. If we address these issues in the weight room or on the practice field/court then our athletes will be safer and will perform better. Two things we all want!

Understanding the importance of strength training for the benefit of speed is a step toward comprehensive athletic development.

SUB-VARSITY YEARS OF SERVICE

NAME	SCHOOL	YEARS OF SERVICE
April Hundl	Pflugerville HS	15 years

*TGCA encourages all coaches to submit their information for Sub-Varsity Years of Service Awards for the 2013-14 school year to audree@austingca.com. Guidelines are located on our website, www.austingca.com, under “Bylaws”, and then under “Awards” (Number 2 in the Directory)



photo courtesy: Brian Williams

* 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.

BREITHAUPT RECEIVES TGCA CITATION OF MERIT AWARD

by Chris Schmidt // UIL Public Affairs Representative // From the UIL Leaguer

University Interscholastic League Executive Director Dr. Charles Breithaupt was selected as a recipient of the Texas Girls Coaches Association Citation of Merit Award given to him at the association's annual summer convention.

Breithaupt, a coach and educator for 17 years before joining the UIL, is only the second recipient of the TGCA's highest honor. The award is given to individuals who have gone above and beyond in contributing to the success of the TGCA and is only awarded on odd years when the association's convention is held in Austin.

"There is no more deserving person than Dr. Charles Breithaupt," TGCA Executive Director Sam Tipton said. "It's been a great, great partnership, and we just wanted to give back a little to him for what he has done for girls athletics and the Texas Girls Coaches Association."

Since Breithaupt joined the League in 1992 as assistant athletic director, participation in girls' athletics has risen to an

all-time high. In that time span, the number of girls' athletics participants has tripled with more schools joining the UIL and with more opportunities being created through the addition of new conferences and events.

In 1995, Breithaupt became the UIL Director of Athletics and oversaw the expansion of girls' athletics at the state level with the addition of conferences in softball, soccer and swimming and diving, the addition of new divisions in basketball and track and field, and the addition of wrestling as a UIL-sanctioned sport.

"He always made sure that girls' athletics were at the forefront," Tipton said. "So what you have seen is an individual that not only has preserved what we have but has also taken it to a different level ensuring that girls athletics is vitally important not only in the state but at the national level."

Breithaupt has served on several national committees including the National Federation of State High School

Associations Sportsmanship, Ethics and Integrity Committee and the NFHS Basketball Rules Committee. He has also served as a member of the NFHS Board of Directors.

As a former coach, Breithaupt knows the importance of organizations like the TGCA and the educational opportunities they provide for young coaches.

"I think TGCA has done a really good job and that is why they have grown so much through the years and why they continue to prosper," Breithaupt said. "I have a great passion for coaches, and having been a coach, I love what they do and I love what they stand for."

The TGCA is one of the largest associations of coaches, and the largest association for coaches of girls' athletics in the country. Established in 1953 with a membership of less than 100, it has grown to an excess of 5,000 members today and includes coaches and administrators in all levels of education.



photo courtesy Regina England

2014 SUMMER CLINIC

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

The Summer Clinic schedule will be posted to the website soon un-

der the "Summer Clinic" category in the menu on the left-hand side of the home page.

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!



10

WAYS TO BE A BETTER MENTOR TO YOUNGER STAFF

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

1 See the whole picture. Coaches should look for the potential to succeed that exists within each person that they lead. In reality, it's relatively easy to recognize talent in staff members who already blossomed. It's considerably more difficult to draw potential out of someone who has yet to come into their own. The key is to view people as who they can become and then help them believe in themselves.

2 Believe in the best of others. One of the most essential attributes of having an appropriate mindset for mentoring is the ability to give other people the benefit of the doubt. In other words, trust is an absolute necessity. Individuals who are being mentored must feel that their mentors have confidence in them, as well as believe that their mentors will do "right" by them.

3 Set people up for success. All factors considered, everyone can be exceptional at something—be it a particular skill or a specific personal trait (e.g., attitude, self-discipline, perseverance, etc.). In that regard, one of the basic responsibilities of a mentor is to help those with whom they are working by placing them in areas of their strengths. Not only should they be given the right job/role in the workplace, they should also be provided with the training that they need to succeed.

4 Require a commitment. Mentors should know the difference between being interested and being committed. As the author of the book, *The One-Minute Manager*, Ken Blanchard so aptly put it: "When you are interested in doing something, you only do it when it is convenient. When you are committed to something, you accept no excuses." Given that making a commitment to maximizing their

potential is the underlying lubricant of success, staff members who are being mentored must be firmly committed to the process.

5 Introduce others to the practice of setting and achieving goals. As a rule, staff members need clear objectives that they are fully aware of if they are to achieve anything of value. Because success seldom occurs instantaneously, taking many small steps is required. In that context, goals serve as a roadmap to draw out a person's potential. Goals are the benchmarks of a plan to be successful. Setting these goals and then working hard to accomplish them are critical aspects of the mentoring process. It can also be argued that what staff members get by achieving their goals is not nearly as important as what they become by reaching them.

6 Empower staff members. In order for individuals to be successful in the workplace, individuals have to be given both responsibility and authority. When both factors are provided, people are empowered to make things happen. At that point, staff members must be held accountable for their actions (or lack thereof). This accountability, which should include honest, constructive feedback, should be viewed as an integral part of a person's developmental process.

7 Touch base with staff members. Mentors should systematically check on how well the individuals with whom they're working are doing. The frequency of these evaluative efforts will typically vary from person to person, depending on several factors, including the relative importance of the work being undertaken, the demands of the task being done, and how responsible the staff member is perceived to be. Not only do people need to be encouraged on a

regular basis if they're doing well, they also need to learn if they're not meeting expectations.

8 Create an environment of encouragement. Because individuals tend to be more productive when they're encouraged in the workplace, mentors can enhance their efforts to draw out the "best" in staff members by affording them the time, trust, and support that they need for their potential to be realized. Often referred to as "oxygen for the soul," encouragement can help instill and reinforce hope in others—hope to give nothing less than their best, hope to continue the process of self-improvement, and hope for a better tomorrow.

9 Share the dream. It can reasonably be put forth that all successful people are dreamers. Not only do dreams help people grow, they also help provide them with the support that they may need in different times. Effective mentoring is grounded in the resolute desire to help others achieve their potential. When mentors make those with whom they are working a part of their dreams, they enhance the likelihood that their dreams will become a reality.

10 Inspire others to excel. Focusing on raising others to a higher level is the foundational core of the mentoring developmental process. No effort in life is more worthwhile or provides a greater return on the investment of time than the efforts to instill a positive feeling about themselves in others. Renowned American poet, Maya Angelou, ably summed up the impact of the process in her statement that: "I've learned that most people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

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.

GETTING IN THE ZONE

By Dr. Matt Johnson, CC-AASP // Sport Psychology Consultant

Have you ever met an athlete who didn't want to "get in the zone?" Me either! However, getting in The Zone is overrated. "What?"...you say. "But that's why I play my sport." Of course it is and it's an awesome experience when it happens. But, what we know about peak performances and getting in The Zone are two important things.

First, it is a rare experience. Second, it's not something an athlete can MAKE happen. Let's look at those two points. We know that elite athletes are only in The Zone about 10% of the time. If the best of the best can only get in The Zone 10% of the time, what about the rest of us? Most likely less than that. So, the question then is: How do you handle the other 90% when you are NOT in The Zone? Now, the second point. No athlete can make themselves get into The Zone. All an athlete can do is set the conditions to ALLOW themselves the chance to get in The Zone. So, what are those conditions?

First, it's important to be clear about what you want to do. For example, a runner should be clear about his race strategy. A basketball player

shooting a free throw should be focused on staying true to her routine and focused on the basketball goal (but not worried about whether she will make it or not).

Second, it's important to have a back-up plan for the unexpected. For example, a soccer player should be mentally prepared to respond to getting the ball stolen. Of course he doesn't want that to happen, but must be prepared to quickly switch to defend if it does (rather than criticizing himself for losing the ball or for making a bad play). A golfer should have a plan on how to cope with a bad shot or with hitting a ball OB (out of bounds) because it's going to happen! It's silly to pretend (and unrealistic to expect) that she will never hit a bad shot.

Third, it's important to focus on the things you CAN control and let go of what you cannot control, which starts with winning. No athlete can control winning. That's right. I said NO ATHLETE can control winning. If they could, then wouldn't they win every time? Now, this doesn't mean they don't or shouldn't want to win. Depending upon their abilities,

they should. However, focusing on and/or worrying about winning usually translates into more anxiety, less confidence, and less than optimal performance, particularly if it's a reasonably challenging situation (i.e., if you're a competitive 32 year old runner, competing against a 10 year old is not reasonably challenging).

In terms of what an athlete CAN control, there are two main aspects: your effort and your focus. Giving 100% effort is within your control and focusing on what you want to do in the sport is too. For example, a baseball pitcher knowing his pitch, focusing on the target, and firing away is within his control. The ability of the pitcher to STAY FOCUSED on these things may be difficult in a pressure situation (e.g., game tied, bases loaded with only 1 out), but IS within his control. HOW to do that is a mental skill to be discussed in another blog.

In sum, if you are focused on the right things, you are increasing your chances of getting in The Zone. And, that's what it's all about, giving yourself the best chance for success.



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, or to register your Play 4Kay event, go to www.Play4Kay.org. For questions please contact:

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To purchase merchandise from the Nike Kay Yow Collection, please contact Robin Pate at 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Team Tennis: District Certification Deadline	16 Girls Basketball: First Day of Practice	17	18	19 Team Tennis: Area Certification Deadline
20 UIL LEGISLATIVE COUNCIL MEETING	21	22	23	24	25 TEAM TENNIS: REGIONAL TOURNAMENTS	26 Cross Country: District Certification Deadline Girls Basketball: First Day for Scrimmages
27	28	29	30	31		

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

These are year-round rates. (Cannot be used during Summer Clinic). Just click on the link and the code is automatically entered. Enjoy your stay!



The National Federation of State High School Associations (NFHS) has designated October as National High School Activities Month. During this special time, the nation's high schools are encouraged to promote the values inherent in high school extracurricular academics, athletics and music. NFHS created Activities Month to increase the public's awareness of the values and needs of interscholastic activity programs. The month has four themes to correspond with each week of October:

- October 1-5:** National Sportsmanship and Fan Appreciation Week
- October 7-12:** National Performing Arts Activities Week
- October 14-19:** National Coaches, Sponsors, Advisors, Officials Week
- October 21-26:** National Community Service, Youth Awareness Week

For ideas on what your school can do to participate in National High School Activities Month, please visit: www.nfhs.org/education.aspx.

VETERANS DAY: NOV. 11

The UIL would like to make you aware of an initiative to encourage Texas high schools to recognize veterans in conjunction with school activities during the month of November, especially during activities nearest to Veterans Day. Through the efforts of a veteran, Robert Williams, there is a national movement to have every high school and college in the United States honor veterans at the closest football game or other home activity you have to Veterans Day. This is a great way

to recognize those, especially those in your community, who have served our country and reinforce to all the importance of their sacrifices and the meaning of Veterans Day.

Participating in this event requires as little or as much effort as your school district wishes. How much recognition to be given is up to each school but a simple acknowledgement would convey a powerful message of thanks on the part of the school and the community in

general. This year, Veterans Day is Monday, November 11th.

The UIL understands how busy your school calendars can be, but we wanted you to be aware of these opportunities to participate in celebrating high school activities and honoring veterans in your community in the way you and your schools see fit. After these events, if you have photos or stories you would like to share with the UIL, please email them to pr@uiltexas.org.

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TGCA NEWS

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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.

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

