

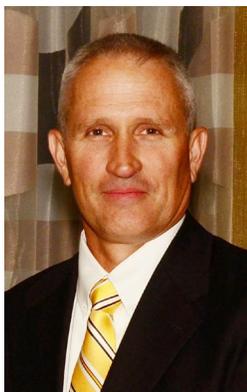


TGCA NEWS

APRIL 2015



2014-15 TGCA OFFICERS



President of TGCA
Mitch Williams
Whitney HS

1st Vice President
Liana Gombert
Smithson Valley HS

2nd Vice President
Loyd Morgan
Rogers HS

Past President
Kari Bensed
Frisco Centennial HS

Executive Director
Sam Tipton
TGCA Office

Assistant to the Executive Director
Lee Grisham
TGCA Office



4.15

FEATURE ARTICLES

cover photo courtesy Brandi Garza



photo courtesy Alicia Hayes

Motivating the Track Athlete

By Jason Trook,
TGCA Track Committee
Chair
PAGE 1

Unloading

By A to Z: Building
Better Coaches
PAGE 9

10 Consequential Facts About Measles

By James A. Peterson,
Ph.D., FACSM
PAGE 10

Vitamin D for Athletes

By Christina
Strudwick, MS, RD,
CSSD, LD, Ben Hogan
Sports Medicine
PAGE 11

ALSO INSIDE

TGCA Fee Increase.....1	Track & Field State Meet...4	Sub-Varsity Awards8	AD&D Benefit 11
2014 TGCA Hall-of-Fame ..2	TGCA Summer Clinic 5-6	TGCA Resource Center8	Important Dates.....12
Margaret McKown Distin- guished Service Award3	Membership Renewal6	TGCA Profile Update.....9	TGCA Hotel Links12
Sportswriters of the Year..3	Satellite Clinics.....7	Kay Yow Cancer Fund.....11	Nomination Deadlines.....12
	TGCA Career Victories.....8	AIL Additional Benefit11	Sponsors.....13

MOTIVATING THE TRACK ATHLETE

WALKING THE LINE BETWEEN OPTIMISM AND REALISM

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



As we complete our district track meets and prepare for post season, I have been working on the best way to motivate my athletes. Track has always been very cut and dry. The fastest times win and advance. That has been an advantage track coaches enjoy over team sports. When parents question your decisions you can just look at times. When athletes question their position on the team you can just look at times. It usually makes my life easier to have times from meets recorded. It becomes an issue sometimes when I need to be motivational.

I have been reminded several times this season that I work with teenage girls. They have fragile egos and need reassurance. Sometimes the easy access to meet results can be discouraging. Sometimes it can make you over-confident. When you go into the district meet and you know your time is the fastest or you know your time is the slowest, it changes the way you prepare. Our job as coaches is to make sure every athlete is preparing to compete at the highest level that they can. This isn't rocket science, but here are the effective ways I've come up with to motivate my athletes.

FINISH STRONG!

After 6 or 7 meets in the season now is the time to finish strong. This is a life skill not just an athletic skill. Regardless of the outcome, encourage your athletes to finish the season doing their best. This year I had a young lady who had worked hard all season to improve her time



photo courtesy Kathleen Whalen

in the 100 and 200. She made considerable strides, but still wasn't fast enough to make finals at the district meet. Before her race I complemented her on her hard work this year and reminded her that this was her last opportunity to show how much she had improved. She ran a great race and was satisfied with her performance.

EVERY POINT COUNTS!

For our athletes that can finish 5, or 6, this is our rallying cry. District championships are won and lost on the 5th and 6th place finishers. These athletes are crucial to being a successful team. Scoring points at the district meet is a focus of many of our athletes going in. They may know that they don't have the fastest time, but they can contribute to our team success. Several years ago

I was working with a team that had a very good chance to win the district championship. As a math teacher, I had looked at all the points and knew it would come down to a point or two. Going into the mile it looked like we needed one more point. One of our freshman milers took up the challenge. She finished 6th, running one of her personal best times. After the meet as we held the trophy, she was congratulated on her contribution to our win.

CATCH SOMEONE!

Working hard to catch someone who has posted faster times is always a great motivator. The week or two leading up to district, and the week before the area and regional meets are when this works best. We tell our kids that working hard has made them better all year, why stop

now. We have several quotes posted in our locker rooms and in our offices. One of them says "Don't get beat because you didn't work hard." We have tried to create a culture where our athletes are working hard every day. Trying to catch someone who is a little faster is great motivation. I may or may not tell them that the other kid probably isn't working as hard as they are. As often as we have athletes content with their times, we have a kid trying to beat it.

LEAVE NO DOUBT!

The handful of kids we have going into meets with the fastest times need a little different motivation. We don't want them to be satisfied. They become the target of those behind trying to catch them. If you are the fastest, then your job is to work hard and prove to everyone why you are the fastest. It also helps that the area, region, and state meets loom up ahead. You are just trying to win district, you are trying to get faster for next week, and the next. One of our distance runners exemplifies these perfectly. She has been one of the fastest mile and 2 mile athletes in our district for two years. At the district meet, she asked me what her goal needed to be in the w mile. I told her she needed to run like she was at the regional meet. It was about her time, not just her competition. She won the two mile easily and is ready for the next challenge. Someone asked her if she would run

CONTINUED ON PAGE 3

TGCA FEE INCREASE BEGINNING 2015-16

FEE SCHEDULE
BEGINNING
2015-16:

The continuing increase of the association's day to day operating costs, the rise in convention rental fees, and the mounting cost of housing and feeding of All-Stars has resulted in the Texas Girls Coaches Association Board of Directors unanimously passing a fee increase beginning the 2015-16 membership renewal period. There will be a \$10.00 fee increase for membership, Summer Clinic, and all satellite clinics. This will allow the TGCA to not only maintain, but increase some services for member coaches in the future.

MEMBERSHIP
\$60.00

SUMMER CLINIC
\$60.00

SATELLITE CLINIC
\$70.00

2015 TGCA HALL-OF-FAME INDUCTEES



JERRY SUTTERFIELD
Highland Park HS

For nearly 40 years, Coach Jerry Sutterfield has given kids his heart, and, in return, they have accomplished more than they ever imagined possible—and the same can be said of him.

In the course of his 36-year career—30 of them at Highland Park Independent School District—he has coached more than 10,000 student athletes, and has mentored another 20,000 non-athletes. In his coach's notebook, all of them are winners.

Under Coach Sutterfield, the Girls Cross-Country Teams at Highland Park High School won a record nine UIL 4A State Championships, including three in a row, twice —1997, 1998, 1999, and 2010, 2011 and 2012.

During his 18-year tenure as a cross-country coach (1994-2012), his teams earned 14 first, second and third-place medals.

In 1999, Jerry was named the National High School Girls Cross Country Coach of the Year; in 2001 The Dallas Morning News High School Cross Country Coach of the Year; and in 2011, one of 20 coaches nationwide selected as a National Double Goal Coach by Positive Coaching Alliance. In all, Coach Sutterfield has been recognized as a "Coach of the Year" by various groups 14 times.

In March of 2015, Coach Sutterfield received the 2015 Baylor University College of Education Most Memorable Teacher Award, for which a former student nominated him.

Born and raised in Tulsa, Oklahoma, Coach Sutterfield graduated from Oklahoma State University in 1979 and began his career as an industrial arts teacher with the Carrollton-Farmers Branch school district.

In 1985, he joined the Highland Park school district as a junior high industrial arts teacher and football and track & field coach.

In 1987-88 school year, he became Head Boys' Track & Field Coach at Highland Park High School and that same year obtained a Master's Degree in Industrial Technology from East Texas State University.

In 1992-93, he became Head Junior Varsity Football Coach at Highland Park High School, and continued with his other teaching and coaching duties.

In 1994-95, he was named Head Girls' and Boys' Cross Country Coach and Head Girls and Boys' Track & Field Coach at Highland Park High School, and continued



PATTY BROWNING
Lamesa HS

Patty and Tippy Browning began their careers in education in the fall of 1967, following graduation from Vega High School (Vega, Texas). Patty taught at Elkton Junior High School in Elkton, Maryland, while Tippy taught at Ingleside High School in Ingleside, Texas. After that first year they had the opportunity to both get jobs in the Lamesa school system in Lamesa, Texas. In the fall of 1968, they started a career with the Lamesa Independent School District system as physical education teachers and volleyball coaches that lasted forty-seven years. They retired on May 29, 2015.

In Lamesa they served as the co-head volleyball coaches, which was something unheard of in Lamesa prior to the Brownings coming to Lamesa. For their entire career in Lamesa one or both always served as either the junior varsity or freshmen volleyball coach in addition to their head coaching duties. Tippy also served as the 8th grade volleyball coach and the Middle School Girls Athletic Coordinator. Girl's basketball was added to the district athletic program in 1976. Both Patty and Tippy have also served as basketball coaches in the system since it's beginning and have also taken stints serving as track coaches. In their 47-year career they logged 324,140 miles traveled on a bus.

As co-head coaches in the volleyball program, they have coached 770 athletes in the high school program. That number increases to well over 1,000 with the middle school athletes that did not go on to participate in high school.

They have coached 26 All State Players, 14 Texas Girls Association All Star Players, 181 All-District players and 28 Academic All State players. They have coached daughters of 41 of their former Golden Tornado Volleyball players and had several former players coach alongside them through the years.

They posted a winning record in 44 of their 47 seasons as they led the Golden Tornado volleyball program. They had 33 play-off teams, 21 District championships, and 11 District runner-up teams with one of those teams failing to make the play-off appearance due to losing a coin toss. They had two District third place teams that advanced to the play-offs. They had 10 Regional Tournament appearances resulting in four Regional championships, three Regional runner-up teams and two Regional semi-finalists. They made four trips to the State tournament that resulted in one State championship (1986), one State runner-up (1998), and two State semi-finalists (1973 & 1989). They have a varsity career record of 937 wins and 506 losses.

On the sub varsity level they have career records of 778 wins and 230 losses with the 8th grade teams. Freshmen teams posted career records of 283 wins with 80 losses and the junior varsity 643 wins with 239 losses. They had six undefeated 8th grade teams, two undefeated freshmen teams and one undefeated junior varsity team.

Patty and Tippy Browning were born July 31, 1945 in Vega, Texas. Their parents, Harold and Naveta Browning farmed, raised cattle and horses on a farm just west of Vega. Their mom, Naveta Browning was also a substitute teacher in the Vega School system. They were raised in a family of five children. They have an older sister, Sue Thompson and two younger brothers, Bill and Sam Browning. They were later blessed to have a brother-in-law, Marvin Thompson and two sisters in law, Susan (Simmons) Browning and Linda (Luster) Browning. All of these people have been great influences in Patty and Tippy's lives.

They grew up and worked on the family farm until they graduated from Vega High School in 1963. They attended Lubbock Christian College and earned an Associates Degree in 1965. From LCC they went on to Abilene Christian University where they earned a Bachelor of Science Degree in 1967.

"Coaching in the same school system for an entire career has been very rewarding. We have developed lifelong relationships with the athletes we have coached, their parents and members of the community. We have had the opportunity to coach 41 daughters of former players that has brought back great memories of their mom's as well as creating memories of their own. It has been a distinct privilege to have four of those former players join us on our coaching staff. These professional relationships have developed great friendships." (Tippy Browning)

"Coaching is a special profession where people can be adversaries on the court and then share techniques, and coaching philosophy off the court. This unselfish attitude in the coaching profession helps each other develop more competitive teams and programs. We were able to build a program and experience more success than we ever dreamed possible because unselfish coaches were willing to mentor us, teach us and encourage us as we began our career. We have built friendships with coaches throughout the years that will last a lifetime." (Patty Browning)



TIPPY BROWNING
Lamesa HS



SHIRLEY ROWE

Shirley Rowe was born Shirley Junek in a small farm community outside Port Lavaca TX. She attended high school in Port Lavaca and participated in most sports activities. As a senior she was voted most athletic. After high school, she attended Victoria College and SWTSTC where she was active in their sports programs. Upon graduation from SWTSTC in 1953 she returned to Port Lavaca where she taught and coached girls sports in the Calhoun County school system. During the six years she was in Port Lavaca she attained a 97-37 record in basketball with three trips to the play-offs. In 1959 she left the Calhoun County school system to teach in Taft.

In 1961 she was hired by the Gregory-Portland school system to coach girls sports and remained there until her retirement in 1990. During her twenty nine years at Gregory-Portland she achieved a basketball record of 409-181 with four district championships, one trip to the state finals and another to the state semifinals. In volleyball she had eighteen district championships with two state semifinals and two state finals appearances along with two state championships. In track and field she had six district championships with two state championships.

During her entire career she was an advocate of girls sports and played a significant role in bringing about Title IX. In 1996 she was voted into the Coastal Bend Coaches Association's Hall of Honor.

CONTINUED ON PAGE 3

MARGARET McKOWN DISTINGUISHED SERVICE AWARD



DAWN ALLEN
Leander ISD

Dawn Allen is a Texas licensed and BOC certified Athletic Trainer who currently works at Leander High School. Her passion with athletic training began as a freshman in high school. She began her educational career at the University of Texas-El Paso where she earned her Bachelor of Science degree in Education, and then received her Master of Athletic Training degree at the Ohio University. She has been working as a licensed Athletic Trainer since 1990.

She is a member of the Texas State Athletic Trainer's Association, Central Texas Athletic Trainer's Association and was a member of the National Athletic Trainer's Association and Southwest Athletic Trainer's Association for over 25 years. She is currently the Co-Director of the Davis Mountains Sports Medicine Clinic & Workshop held annually at the historic Prude Ranch in Ft. Davis, Texas. She is a certified CPR/FA Instructor for the American Red Cross, a certified Wrestling Assessor through the UIL, a preceptor for the University of Texas at Austin, a CHL holder, and is also the Medical Advisory Team Director for the Texas Girls Coaches Association.

She has served as an All-Star Athletic Trainer at the summer games for the TGCA in 1997 and 2001 and also served in the past as the Governmental Affairs Co-Chair for the TSATA. She is a past recipient of the Everett Blackburn Memorial Award and the Truman Spoon Exemplary Service Award. She is active in her church the Austin Stone where she serves on the Welcome Team.

In her spare time she really enjoys writing in the third person, spending time with her family, and is an avid reader.

Dawn can be reached via email at dawn.allen@leanderisd.org.

SPORTSWRITERS OF THE YEAR AWARD DIVISION 1



QUINTON MARTINEZ
San Angelo Standard-Times

The first time that Quinton Martinez, assistant sports editor of the San Angelo Standard-Times, covered a football game as a high school freshman, he was hooked on Texas high school athletics.

Getting the plush assignment for The Observer, the student newspaper at El Paso Irvin, started Martinez on a journey that has brought him to San Angelo, where he has spent the last six years working for the Standard-Times.

His time at Irvin High School, under the guidance of advisers Rudy Ramirez and Donna Griffin, solidified his love for sports journalism and Martinez culminated his high school career by winning a state championship in headline writing in UIL academic competition.

He spent time at student-produced newspapers at El Paso Community College and the University of Texas-El Paso, and working in sports radio at KROD 600 AM, honing his craft before graduating from UTEP in 2009.

The highlight of his time at KROD was hosting the station's high school football coverage on Friday nights during the fall.

Since joining the Standard-Times in July 2009, Martinez has been fortunate to serve as the beat writer for San Angelo's two largest schools, Lake View (2009-2012) and Central (2012-present), in addition to helping cover the newspaper's 28 regional schools.

With Martinez on board, and contributing heavily to the production, the Standard-Times annual football preview section has regularly been honored by the Associated Press Sports Editors, and was named a Top 10 special section in 2013.

Martinez, 33, was promoted to assistant sports editor at the Standard-Times in 2012, a position he still holds.

He lives in San Angelo with his wife of three years, Eva, and two-year-old daughter, Penelope.

DIVISION 2



TYE CHANDLER
Glen Rose Reporter

I was born in Brownwood and graduated from Brownwood High School in 1998. I graduated from Angelo State University in 2002. After gaining some football coverage experience at the Brownwood Bulletin in 2003, I was the sports editor at the Ennis Daily News from 2004-2012. I have been with the Glen Rose Reporter since August of 2012.

I cover all Glen Rose High School sports, as well as Walnut Springs football. I cover all Glen Rose Junior High sports, as well as youth sports in the community when possible. I also cover the school's academic beat and other events in town when I'm able.

I received the TAPPS Sportswriter of the Year Award in 2006 while covering Ennis St. John, but this TGCA award is now the greatest accolade of my career. I covered two St. John state championship softball teams, as well as the 2004 Ennis Lion football state championship team. The best girls' team I have covered in Glen Rose was the 2014 Lady Tiger volleyball team, which advanced to the regional final.

I have grown to love girls' sports during my time in this job. Some, like volleyball, I had barely any knowledge of going in. NCAA softball, WNBA, women's MMA and women's World Cup soccer are some of my favorites as a fan.

It's always been important to me to give girls' sports equal coverage to what the boys receive. They work just as hard and deserve recognition accordingly.

I would like to thank Lady Tiger volleyball coach Sandy Langford for nominating me, as well as every girls' athletics coach I have ever worked with. Most of them taught me something about their respective sports along the way that helped me become the reporter I am today.

Thanks to TGCA for honoring me this year!

MOTIVATING THE TRACK ATHLETE

CONTINUED FROM PAGE 1

the mile hard, or try to conserve for the mile relay, and her response was great. Her answer was simple: The girls I'm running against next week won't be conserving their energy.

Motivation is a tricky thing. The basis of it all has to be your relationship with your athlete. Make sure they are appreciated for what they do, and that they are challenged to do even more. Good luck this weekend, and I hope to see you in Austin.

JERRY SUTTERFIELD
Highland Park HS

CONTINUED FROM PAGE 2

to teach at McCulloch Middle School, where he was named Teacher of The Year in 1996.

In 1996-97, Coach Sutterfield began coaching girls only, as Head Girls' Cross Country and Head Girls' Track & Field coach while teaching at the Discovery Center at Highland Park Middle School, an assignment he took the year before.

In 2003, he became Director of Women's Athletics for HPISD and continued his Head Coaching responsibilities for girls cross country and track & field until the 2008-2009 school year when he removed himself as Head Girls' Track & Field Coach to focus on the girls cross country team, which, by this time, was attracting an average of 125-140 girls per season who wanted to run on his team.

In 2012, Coach Sutterfield obtained his Texas Principal Certificate.

Following the 2013 Girls' Cross Country State Championship (Class 4A), Coach Sutterfield announced his retirement from Highland Park. However, at the request of the district, Coach Sutterfield has remained in a part-time leadership role, serving as HPISD's new Coordinator for Student Integrity & Compliance, a program that features innovative student-led initiatives to combat alcohol and substance abuse through character development curricula, special speakers, student support groups and teacher training.

Currently a member of the Southwest Track & Field Officials Association (SWT-FOA), which is associated with USA Track & Field, Coach Sutterfield is working on obtaining a Master certification level. He is currently at Apprentice level.

Coach Sutterfield and his wife, Coletta, have been married 26 years and have one son, Daniel, a 2013 HPHS graduate and a sophomore at The University of Texas at Dallas. Coach Sutterfield is currently Chair of the Diaconate at Northway Christian Church (Disciples of Christ) in Dallas, where he and his family have been members for over 20 years.

"Our community knows Coach Sutterfield has exerted a tremendous positive influence on HPISD students, parents and staff lives through his blending of high expectations, high support and commitment to excellence," said HPISD Supt. Dr. Dawson Orr.

UIL TRACK & FIELD STATE MEET



2015 Track and Field State Championships

May 14-16, 2015

University of Texas @ Austin - Mike Myers Track Complex



SESSION #1 - Field Events and Track Events

THURSDAY - MAY 14, 2015

5:00pm - FIELD EVENTS				
Time	Event	Location	Conference	Division
5:00pm	Discus	R-1	1A	B
6:30pm	Discus	R-1	1A	G
5:00pm	Pole Vault	P-1	5A	G
7:00pm	Pole Vault	P-1	5A	B
5:00pm	High Jump	P-2	1A	G
6:30pm	High Jump	P-1	1A	B
5:00pm	Triple Jump	P-1	5A	B
6:30pm	Triple Jump	P-1	5A	G
5:00pm	Shot Put	R-1	5A	B
6:30pm	Shot Put	R-2	5A	G

7:00pm - TRACK EVENTS - 3200m only			
Time	Event	Conference	Division
7:00pm	3200m	1A	G
7:20pm	3200m	1A	B
7:40pm	3200m	5A	G
8:00pm	3200m	5A	B

SESSION #2 - Field Events

FRIDAY, MAY 15, 2015

8:00am - FIELD EVENTS				
Time	Event	Location	Conference	Division
8:00am	Discus	R-1	5A	G
10:00am	Discus	R-1	4A	G
12Noon	Discus	R-1	4A	B
2:00pm	Discus	R-1	5A	B
4:00pm	Discus	R-1	2A	G
8:00am	Shot Put	R-3	WC	G
9:00am	Shot Put	R-1	2A	G
10:00am	Shot Put	R-2	1A	G
11:00am	Shot Put	R-1	1A	B
12Noon	Shot Put	R-2	3A	B
1:00pm	Shot Put	R-3	WC	B
2:00pm	Shot Put	R-1	2A	B
3:00pm	Shot Put	R-2	3A	G
4:00pm	Shot Put	R-1	4A	G
5:00pm	Shot Put	R-2	6A	G
6:00pm	Shot Put	R-1	4A	B
7:00pm	Shot Put	R-2	6A	B
10:30am	Pole Vault	P-1	2A	B
1:00pm	Pole Vault	P-1	1A	B
1:00pm	Pole Vault	P-2	2A	G
3:00pm	Pole Vault	P-1	1A	G
3:00pm	Pole Vault	P-2	3A	B
5:00pm	Pole Vault	P-1	3A	G
11:00am	High Jump	P-1	2A	G
11:00am	High Jump	P-2	3A	G
1:00pm	High Jump	P-1	5A	B
1:00pm	High Jump	P-2	4A	G
3:00pm	High Jump	P-1	5A	G
3:00pm	High Jump	P-2	4A	B
5:00pm	High Jump	P-1	2A	B
5:00pm	High Jump	P-2	6A	G
8:00am	Triple Jump	P-1	1A	G
10:00am	Triple Jump	P-1	1A	B
12 Noon	Triple Jump	P-1	2A	B
2:00pm	Triple Jump	P-1	2A	G
4:00pm	Triple Jump	P-1	3A	B
6:00pm	Triple Jump	P-1	6A	B
8:00am	Long Jump	P-2	5A	B
10:00am	Long Jump	P-2	2A	G
12 Noon	Long Jump	P-2	5A	G
2:00pm	Long Jump	P-2	1A	G
4:00pm	Long Jump	P-2	1A	B
6:00pm	Long Jump	P-2	3A	G

SESSION #2 - Track Events - 3200m only

FRIDAY, MAY 15, 2015

8:00am - TRACK EVENTS - 3200m only			
Time	Event	Conference	Division
8:00am	3200m	2A	G
8:20am	3200m	2A	B
8:40am	3200m	3A	G
9:00am	3200m	P-1	3A
9:20am	3200m	P-2	4A
9:40am	3200m	P-1	4A
10:00am	3200m	6A	G
10:20am	3200m	6A	B



photo courtesy Jeana Yarbrough

SESSION #3 - Conferences 1A & 5A & Wheelchair Division Track Events

FRIDAY, MAY 15, 2015

6:00pm - TRACK EVENTS - Conferences 1A & 5A & WC	
Time	Event
6:00pm	400m Relay
6:20pm	800m Run
6:45pm	100m Girls Hurdles & 110m Boys Hurdles
7:05pm	100m Dash
7:25pm	100m Wheelchair
7:45pm	800m Relay
8:05pm	400m Dash
8:25pm	400m Wheelchair
8:45pm	300m Hurdles
9:15pm	200m Dash
9:45pm	1600m Run
10:15pm	1600m Relay

SESSION #4 - Field Events and Track Events

SATURDAY, MAY 16, 2015

8:00am - FIELD EVENTS				
Time	Event	Place	Conference	Gender
8:00am	Discus	R-1	3A	B
10:00am	Discus	R-1	3A	G
12Noon	Discus	R-1	6A	B
2:00pm	Discus	R-1	2A	B
4:00pm	Discus	R-1	6A	G
8:30am	Pole Vault	P-1	4A	G
10:30am	Pole Vault	P-1	6A	B
1:30pm	Pole Vault	P-1	6A	G
3:30pm	Pole Vault	P-1	4A	B
8:00am	High Jump	P-1	6A	B
10:00am	High Jump	P-1	3A	B
8:00am	Triple Jump	P-1	3A	G
10:00am	Triple Jump	P-1	4A	B
12 Noon	Triple Jump	P-1	6A	G
2:00pm	Triple Jump	P-1	4A	G
8:00am	Long Jump	P-2	3A	B
10:00am	Long Jump	P-2	2A	B
12 Noon	Long Jump	P-2	4A	G
2:00pm	Long Jump	P-2	6A	B
4:00pm	Long Jump	P-2	4A	B
4:00pm	Long Jump	P-1	6A	G

12:00 Noon - TRACK EVENTS - Conferences 2A & 3A	
Time	Event
12:00Noon	400m Relay
12:20pm	800m Run
12:45pm	100m Girls Hurdles & 110m Boys Hurdles
1:05pm	100m Dash
1:25pm	800m Relay
1:45pm	400m Dash
2:05pm	300m Hurdles
2:25pm	200m Dash
2:45pm	1600m Run
3:15pm	1600m Relay

SESSION #5 - Track Events - 4A & 6A

SATURDAY, MAY 16, 2015

6:00pm - TRACK EVENTS - Conferences 4A & 6A	
Time	Event
6:00pm	400m Relay
6:20pm	800m Run
6:45pm	100m Girls Hurdles & 110m Boys Hurdles
7:05pm	100m Dash
7:25pm	800m Relay
7:45pm	400m Dash
8:05pm	300m Hurdles
8:25pm	200m Dash
8:45pm	1600m Run
9:15pm	1600m Relay

TGCA SUMMER CLINIC

AUSTIN CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 14-17, 2015

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, 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. Please be sure you select the correct form, “2015-16 Printable Membership Form”. You can print the form out, complete it, and mail it with a check or credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536.

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, 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. Follow the instructions from there.

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 web page, 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.

ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 14, at 10:00 a.m., in the Austin Convention Center. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also.

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website beginning March 16. Go to the TGCA website, www.austintgca.com, and click on “Summer Clinic” in the menu on the left-hand side of the page, then click on “Hotel Reservations” and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Austin 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

Crowne Plaza

\$109.00
6121 North IH-35
(Single, Double, King,
King Suite)

Hampton Inn & Suites

200 San Jacinto
King - \$139.00
Double - \$154.00
Suite King with
Sofa Sleeper - \$174.00

Holiday Inn Austin

Lady Bird Lake
20 IH 35 North
Single/Double - \$115.00
\$10.00 per extra person
for Triple/Quad

Hyatt Place - \$139.00

211 East 3rd Street
(Single/Double/Triple/Quad)

Marriott Residence Inn & Courtyard Hotel

\$135.00
300 E. 4th Street
(Single/Double/Triple/Quad/
King Suite)

Omni Downtown - \$134.00

700 San Jacinto at 8th Street
(Single/Double/Double De-
luxe)

Omni Southpark

4140 Governor’s Row
Single/Double - \$109.00
Triple - \$129.00
Quad - \$149.00

Radisson

111 Cesar Chavez
@ Congress Ave.
Standard Room
(Single/Double) - \$130.00
Suite - \$165.00

2015 TGCA SUMMER CLINIC ATHLETIC AND SPIRIT DIVISION

Austin Convention Center // July 14-17, 2015

ALL-STAR GAMES

Summer Clinic will be held in Austin this year. Clinic will be held at the Austin Convention Center, 500 East Cesar Chavez Street. The Convention Center is conveniently located to all downtown hotels; 6th Street and the downtown activities of Austin; plus the University of Texas, housing the LBJ Library; and many other historic sites.

Lecture sessions for the Athletic and Spirit Divisions will run concurrently this year, and you can view the agenda for all lectures on the website under the "Summer Clinic" category in the menu on the left-hand side of the page.

The TGCA Honor Awards Banquet will be held Wednesday, July 15, at 6:00 p.m. at the Austin Omni Southpark, 4140 Governor's Row.

You now have access to on-

line Summer Clinic registration and Membership renewal. Online hotel reservation services are likewise open on the website. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You **MUST** book your hotel rooms through the on-line reservation service, which is linked to the TGCA website and appears under "Summer Clinic", and then "Hotel Reservations".

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located

in the menu on the left-hand side of the page. Please be sure you choose the "2015-16 Printable Membership Form".

The 2015 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic dates. It has changed dramatically from years past, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2015 Summer Clinic Program".

We look forward to seeing you at the 2015 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

All Star games and demonstrations will be held at the following venues:

Volleyball and Basketball will both be at Tony Burger Activities Center, 3200 Jones Road.

Softball will be held at Noack Sports Complex, 5300 Crainway Drive.

Track & Field and Cross Country demonstrations will be at Tony Burger Activities Center, 3200 Jones Road. **Track and Cross Country All-Star** introductions will take place during halftime of the 1A-2A-3A-4A All-Star basketball game.

TGCA Summer Clinic Schedule

The 2015 TGCA Summer Clinic Agenda can be found on the TGCA website at the following link: [http://www.austintgca.com/](http://www.austintgca.com/pdf/clinic_information/2015%20Clinic/2015%20Summer%20Clinic%20Schedule.pdf)

[pdf/clinic_information/2015%20Clinic/2015%20Summer%20Clinic%20Schedule.pdf](http://www.austintgca.com/pdf/clinic_information/2015%20Clinic/2015%20Summer%20Clinic%20Schedule.pdf)

Speakers and lecture titles are

being updated as they are confirmed. Please check it often in the next few weeks for the complete schedule.

The TGCA All-Stars will be housed on the University of Texas campus at Jester Hall, 201 East 21st Street, Austin.

photo courtesy: Jemi Maxton



* IMPORTANT * 2014-15 MEMBERSHIP RENEWAL

The 2015-16 membership renewal is now open online. You can no longer renew for the 2014-15 membership year through the online site. If you still need to renew for the 2014-15 year, you **MUST** print a 2014-15 membership form from the website

under the "Forms" category and mail that with a check or fax it with a credit card. If you do an online membership at this point, you will be renewing or joining for the 2015-16 year, which does not begin until May 1 of 2015 and runs through May 31st of 2016.

photo courtesy: Teresa Machu



TGCA 2015 SATELLITE SPORTS CLINICS

BE SURE TO PUT THESE IMPORTANT DATES ON YOUR CALENDAR AND MAKE PLANS EARLY TO ATTEND.

TGCA will be hosting four Satellite Sports Clinics in 2015. 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, 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 will be available on the main page of the website as soon as they are confirmed. 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.

2015 TGCA SATELLITE SPORTS CLINICS LOCATIONS

2015 SAN ANTONIO SPORTS CLINIC
 May 22 – 23
 O'Connor HS
 12221 Leslie Road
 Helotes, Texas
[Agenda](#)
[Registration Form](#)

2015 REGION I LUBBOCK SPORTS CLINIC
 June 12 - 13
 Coronado HS
 3307 Vicksburg Avenue
 Lubbock, Texas
[Agenda](#)
[Registration Form](#)

2015 HOUSTON SPORTS CLINIC
 June 10 – 11
 Tompkins HS
 4400 Falcon Landing Blvd.
 Katy, Texas
[Agenda](#)
[Registration Form](#)
[Administrator's Agenda](#)

2015 EL PASO SPORTS CLINIC
 July 23 – 24
 Del Valle HS
 950 Bordeaux Drive
 El Paso, Texas
[Agenda](#)
[Registration Form](#)

TGCA TO ADD HONORS FOR TEAM TENNIS, SWIMMING AND DIVING, WRESTLING AND TENNIS FOR 2015-16

The Texas Girls Coaches Association is very pleased and excited to announce that the Board of Directors passed a proposal at the November 23, 2014 Board of Directors meeting to add honors of

Academic All-State, Coach of the Year, Athlete of the Year, and state championship ring presentation to members in good standing for the UIL sanctioned sports of team tennis, wrestling, swimming and

diving, and tennis beginning in the 2015-16 year. Coaches will need to be members of TGCA before November 1st of 2015 in order to be eligible to nominate athletes for honors or to receive honors

themselves. Please be sure to inform the coaches of these sports at your school of this information and encourage them to join TGCA before the November 1st, 2015 deadline.

TEXAS GIRLS COACHES ASSOCIATION - CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation.

Volleyball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Basketball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

Soccer: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

Golf: Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

Track & Field and Cross-Country: Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Note: Cross Country

and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

Softball: Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

DEADLINE FOR SUBMITTING ACCOMPLISHMENTS IS MAY 30.

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

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented with a plaque at the Honor Awards Banquet at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before May 30th of the qualifying year.



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.

UNLOADING

This weekend is going to be the biggest tournament of the year. It's going to be the culmination of all the preparation. It's going to be win or go home.

So what are you going to do all week? You're going to focus on skills and execution. You have been lifting and speed training all season but not this week. Why?

A common mistake we see coaches make is to drop strength and speed training the week of an important competition. Their thought process is usually not wrong, "we don't want our girls sore." Their agenda is usually not wrong, "we need the extra skill work." However, changing the routine has its negative effects too.

The week or even day before a big meet, game or match is an ideal time to unload your athletes. The word "unload" or "de-load" is thrown around yet there seems to be confusion about what that really looks like. The goal of unloading is to activate muscles preparing them to work, provide rest, and maintain a routine without making athletes sore. An unload should actually make you feel good and ready for whatever competition has to offer.



photo courtesy Juan Calderon

Workouts can be tailored for any goal. With proper planning strength and speed training should not be neglected. For example, if you do 10 sets of 10 push-ups, 10 pull-ups and a 100 yard sprint, you have done adaptive training and could definitely be sore. However, if you did 1 set of 10 push-ups, 10 pull-ups and a 100-yard sprint you are doing non-adaptive training and if your body is used to training you shouldn't be sore.

Unloading is mainly a load issue, as its name suggests. An un-

load workout is one with reduced intensity through the use of lighter weights, reduced sets/reps, or a combination of both. Generally in training, people equate light load to high reps and heavy load to low reps. A safe approach to the unload is merging a light load with low reps. Maybe you limit weight loads to less than 70% of max with 2 sets of 5 reps each. These numbers should be adjusted based on your athletes' level and regular training scheme.

Another important element to unloading is exercise selec-

tion. Typically we wouldn't prescribe full Olympic combos two days before you face a #1 seed. Maybe power lifts are absent all together, but resistance training takes many shapes and forms. You can work with the same push-pull, lift-and-move method that your athletes are accustomed to and hit auxiliary or secondary exercises using bands. Don't be too creative on an unload, keep it simple to avoid muscle confusion.

Unload workouts are also an excellent time to focus on flexibility and mobility. Utilize dynamic stretching and perform multiple sets of something you normally do once. In speed training focus on mechanics. You can do low reps of hurdles, ladders and cone drills emphasizing technique, first step, and the use and position of the arms.

The big game is always coming, but it isn't a reason to avoid athletic development training. Use it to your benefit preparing your athletes for greatness. Be cognizant of load, reps, and mechanics keeping it simple, but keep it in your plan.

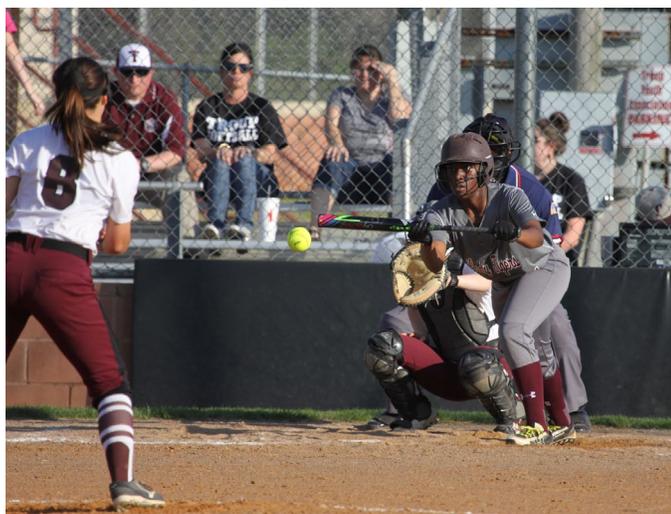


photo courtesy Sam Weeks

* 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. Please check your coaching experience and add information as needed. We would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.

10

CONSEQUENTIAL FACTS ABOUT MEASLES

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

1 *Really scary.* Measles, which is caused by a virus, is one of the most infectious diseases known to mankind. Two types of measles exist—each caused by a different virus. The most common type of measles (typically referred to as either “red measles” or just “measles”) is caused by the rubeola virus. The other type of measles (also referred to as “German measles”) is caused by the rubella virus. Although this form of measles is usually somewhat milder than red measles, it can give rise to birth defects if a pregnant woman with the disease passes the virus to her unborn child.

2 *Big numbers.* About 20 million people a year globally (mostly children) get measles annually, primarily in the developing areas of Africa and Asia. With few exceptions, the disease seldom occurs in the United States. With a fatality rate of 2-3 per 1000, over 145,000 measles-related deaths happen every year around the world—a number that translates to approximately 400 deaths daily or 16 deaths every hour.

3 *No favoritism.* An airborne disease, measles spreads relatively easily either through the coughs and sneezes of someone who is infected or by close personal or direct contact with infected throat or nasal secretions. In fact, the virus remains contagious for as long as two hours on infected surfaces.

4 *Trouble ahead.* The red rash that is normally associated with measles is not the initial sign the disease has victimized yet another person. As a rule, the first symptom of measles (fever) will occur about 10-12 days after a person’s initial exposure to the virus. Concurrently, the individual infected with measles can experience a runny nose, a cough, small white spots inside the cheeks, loss

of appetite, malaise, and red and watery eyes. A few days later, a rash erupts, which will typically spread over the entire body and last for 5-6 days, before fading.

5 *More than a rash.* Having measles is not without complications. In that regard, the drawbacks can range from the very common (e.g., diarrhea) to the serious (e.g., pneumonia, mouth ulcers, bronchitis, and ear infections). In relatively rare instances, some children with measles develop swelling on their brain, which can lead to convulsions, loss of hearing, and mental retardation.

6 *No recourse.* No specific treatment for measles exists. Fortunately, most individuals with measles will recover within a few days or weeks. In the event that a person experiences certain virus-related complications, such as an eye or ear infection, bronchitis, sinusitis, or bacterial pneumonia, antibiotics can be prescribed for that individual. If the measles patient appears to be becoming even sicker (which may be an indication that the person is developing complications), it is important that they seek medical advice.

7 *Improving the odds.* The single most important step that an individual can take to be protected from measles is to be vaccinated. Contrary to the ungrounded hysteria that often accompanies the issue of whether to vaccinate someone for measles, the MMR vaccine is safe, effective, and inexpensive (i.e., less than a dollar to immunize a child). The MMR vaccine contains live, weakened strains of the measles, mumps, and rubella viruses. These live viruses stimulate the production of antibodies in the body which subsequently preclude full-blown viruses from taking hold going forward.

8 *A double-dose of reality.* Considerable evidence exists that supports the protective value of children, adolescents, and adults born after 1956 receiving two doses of the MMR vaccine. For children, the recommended range for the first dose (which produces immunity to measles and rubella in 90-95% of recipients) is from 12-15 months. The second dose, which is usually given before the child enters kindergarten or first grade, is intended to help produce immunity in those recipients who did not respond to the first dose.

9 *Don’t blame Mickey.* Because the number of children who receive the MMR vaccine in the United States is relatively high, measles is extremely rare in the US. Unfortunately, some parents refuse to allow their children to be vaccinated. In 2015, such anti-vaccination sentiment played a definitive role in a measles outbreak that erupted, with Disneyland as the attributed ground zero. Initially, more than 40 unvaccinated children were exposed to measles in the “happiest place on earth.” In turn, these individuals returned home, spreading the measles virus to other unvaccinated children in the process.

10 *Wipe out.* In theory, the measles virus could be eliminated from the face of the earth entirely. An effective vaccine against the disease exists. Furthermore, accurate diagnostic tests to identify the disease are readily available. In addition, because animals do not carry the virus, an entire animal species would not have to be eradicated. Unfortunately, however, if people do not take the vaccine, for whatever reason, getting rid of the disease for good will never become a reality.

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.

VITAMIN D FOR ATHLETES

By Christina Strudwick, MS, RD, CSSD, LD
www.texashealth.org/benhogan

With the winter months behind us, it's time to get back out in the sun! Over the past few years, vitamin D deficiency has come into the spotlight for impacting sports performance. With over 77% of the general population considered vitamin D insufficient, it's highly likely that many athletes also fall into this category. The most common symptom of vitamin D deficiency is muscle weakness, followed closely by general fatigue, headaches and stress fractures.

Vitamin D is important for bone growth and density. Without adequate amounts, low vitamin D levels will increase bone turnover increasing the risk for a bone injury, such as a stress fracture.

So how do we prevent low levels of vitamin D? Most people immediately think of the sun. While the sun is our best source of vitamin D, there are many reasons why we don't absorb enough...

- Usually, we aren't the right distance from the equator. The time of day is critical for absorbing vitamin D.
 - Depending on the season and cloud cover, there may not be the right rays of sunshine coming down.
 - Sunblock. SPF15, which is important for protection, results in a 99% decrease in vitamin D absorption.
 - Skin pigment. The darker the skin, the harder it is to absorb vitamin D.
- Some foods contain a significant

amount of vitamin D naturally. These include fatty fish such as salmon, egg yolks, and some fortified products like milk, cereal and orange juice. Even though these foods contain a good amount of vitamin D, the problem happens when it comes to digestion. The process of actually absorbing dietary vitamin D is only about 50% efficient, leaving much of the nutrient value lost in digestion. Because of the challenge of consuming enough vitamin D to keep muscles healthy, most experts agree it will take a combination of sun, food and supplementation.

Vitamin D Article to be continued in the MAY edition

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:

Sarah Reese Womack

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

REMINDER REGARDING ADDITIONAL NO COST BENEFITS

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at **NO COST** to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!
- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild

should ever go missing!

- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available. American Income Life is an international company licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL



has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Christa Davis at 281-386-9552 or csdavis@ailife.com. To view the letter online, visit <http://www.ailife.com/benefits/sgM9W>.

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 Michelle Baker for more information, msbaker@ailife.com or (866) 797-6455.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					TRACK & FIELD: REGIONAL MEET	
						Softball: Bi-District Deadline
3	4	5	6	7	8	9
						Softball: Area Deadline
10	11	12	13	14	15	16
		TENNIS: STATE MEET		TRACK & FIELD: STATE MEET		
						Softball: Regional Quarterfinal Deadline
17	18	19	20	21	22	23
						Softball: Regional Semifinal Deadline
24	25	26	27	28	29	30
						Softball: Regional Playoff Deadline
31						

TGCA HOTEL RESERVATIONS DIRECT LINKS

Orangewood Suites - \$85.00 (King Suite w/ Couch) \$105.00 (King w/ Queen Loft, 2 bathrooms) Group Code: **TGCA** Free Breakfast (Subject to Availability)

Crowne Plaza - \$109.00 (Subject to Availability)

LaQuinta - Up to 20% off within Texas; up to 15% off outside of Texas Use code **TGCA** to obtain the TGCA rate (Subject to Availability)

Austin Omni Southpark - \$119.00 If you call the hotel directly at 512-448-2222, please use the code **UIL**. \$129.00 with breakfast, but you must call the hotel directly to make reservations for the breakfast rate and use the code **UIL Plus**, 1-800-THE-OMNI. (Subject to Availability)

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!

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 2014-15 are as follows:

DEADLINES

TRACK & FIELD

May 11

SOFTBALL

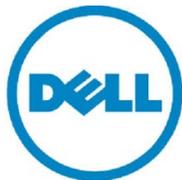
June 1

2015 SUMMER CLINIC

The 2015 TGCA Summer Clinic will be held in Austin at the Austin Convention Center July 14-17, for both the Athletic Division and the Spirit Division. The agenda is posted to the website under the "Summer Clinic" category. We are changing the format this year, so be sure and check out the agenda. Make your plans early to attend. We look forward to seeing you there!

All satellite Sports Clinics agendas and dates will be posted as soon as the dates are confirmed. We hope you'll make plans to attend one or all of the TGCA clinics in 2015.

THANKS TO OUR SPONSORS



The power to do more



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



VARSITY
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

Assistant to the Executive Director: Lee Grisham, Lee@austintgca.com

Administrative Assistant: Audree Tipton, Audree@austintgca.com

Membership & Exhibitor Coordinator: Jesi Grisham-Perez, 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.

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.



photo courtesy Kimberly Reed



@AustinTGCA

