



TGCA NEWS

DECEMBER 2014



2014-15 TGCA OFFICERS



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Whitney HS

1st Vice President
Liana Gombert
Smithson Valley HS

2nd Vice President
Loyd Morgan
Rogers HS

Past President
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Frisco Centennial HS

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Sam Tipton
TGCA Office

Assistant to the Executive Director
Lee Grisham
TGCA Office



12.14

FEATURE ARTICLES

cover photo courtesy Philip Haustein



photo courtesy Jamie Hamms

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HARD TO BELIEVE

By Kari Bensed // TGCA Past President // Centennial HS



Let me start by congratulating all our teams who competed this fall. No matter the outcome, it was a great experience for all our kiddos. Hard to believe the fall semester is almost over!! But no matter the time of year, we have more competition than ever!!

As I reflect on lots of years and lots of age, I keep thinking how unbelievable this time in history is. I am one lucky girl.

I am also a list girl, I lose them or forget to check them lots of times but lists tend to help me stay at least a smidge focused. So for my last TGCA list I have chosen "Hard to Believe.....How Blessed I Have Been, I am one lucky girl.....".

So here we go....

Hard to Believe - It's been 32 years since I started this crazy, fun, psycho, exhilarating, comical, sometimes depressing for a bit, fulfilling, heartwarming, amazing, beautiful job with kiddos and fellow coaches. We used to have to write, call or visit to keep in touch but since technology found its way into every aspect of our being (at times a little too much for this old lady), it has been such a blessing for



photo courtesy Russell Rinn

my ex-kiddos and I to find each other again and keep in touch. I have gotten to play USVBA/USAVB with many of them (when I was much younger) and have been invited to weddings, baby showers, and funerals. I have always appreciated my kiddos including me in their lives after high school. They are all my babies. As a matter of fact, I have coached my kids' kids as I know many of you have. I just had dinner with 3 of my 4 seniors from

2001. They were such sweet kiddos then but have transformed into beautiful, confident and absolutely stunning young ladies who are both successful business women and moms! I could not be more proud of my players. It is so good for my heart. I am one lucky girl.

Hard to Believe - It's been 38 years since I graduated from High School. I played for an awesome young lady by the name of Ginger Nicholas from

1974 - 1976, who taught me how to compete and how to love every competition I was involved in. She made me understand hard work, dedication, teamwork and determination to do my best no matter the outcome. She taught me to respect all - my teammates, the referees, our opponents and especially the game. This summer my teammates and I got together for the first time since our graduation in '77. It was truly a joy to catch up on everything new and still see them as they were way back then. I am glad we never truly age. Each of them is absolutely amazing and even more beautiful than they were in high school. I can only hope I have done half the job with the kiddos I have had in my care over the years as Coach Nicholas did with our team. She is truly the reason I chose this profession and my heart skips a beat each time one of my kiddos tells me she wants to teach and coach. I am one lucky girl.

Hard to Believe - Title IX came into existence in 1972, a mere 43 years ago. I was in junior high and never really understood the impact it would have

CONTINUED ON PAGE 2

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**

HARD TO BELIEVE (CONTINUED)

CONTINUED FROM PAGE 1

on women's athletics while I was playing. We always had gyms and equipment as far as I knew. Yet, I look back in my junior high yearbooks and realize we were the first to get to compete in everything! When my sister was in high school she had only 2 choices – swimming and tennis. By the time I was old enough to compete we had volleyball, basketball, track, tennis, swimming and gymnastics. Soccer came along while I was in high school and softball after I began coaching, but it arrived. It's amazing the impact one law can have on a gender. We actually did have leather volleyballs back then and we all shot with the same size basketball but we got to play everything we wanted to play and we thought that was awesome! It's funny to listen to our kiddos today talk about what they don't have.....silly girls. I enlighten them on the subject quite often. I am amazed with Frisco ISD, and other districts - when I get the chance to visit them, and see the facilities, equipment and everything they have to offer both our kiddos and the coaches that coach our kiddos. There is



photo courtesy Loyd Morgan

no doubt that Title IX has done great things for women's athletics since its inception. I am one lucky girl.

Hard to Believe – The UIL has been in existence since 1913. At that time it was created as a service organization for the state of Texas in both debate and athletics. The leaders of this organization wanted to make sure the University of Texas did not become “elitist and isolated from society” and the educational system. I am still amazed, as I listen to the general public, at how

little they understand about this organization and what it stands for. The superintendents and athletic directors of this great state work so closely with the UIL staff to better the educational and athletic situations across the board. I have gotten to sit in on many legislative meetings and watch as the different wheels turn to ensure things work well between the UIL and the school districts. The meetings are amazing to watch and the UIL staff is phenomenal in its understanding of what the school districts

want and the camaraderie with the superintendents and athletic directors around this huge state. They are always there with an open mind and an open heart to help better the system. I only ask that you give this wonderful organization a chance by becoming involved and getting to know the process and what the UIL truly stands for. Because they stand for you. I am one lucky girl.

Hard to Believe – At this time,

CONTINUED ON PAGE 3

TRACK & FIELD COMMITTEE



NAME	SCHOOL	CONF-REG
Jason Troom*	Lubbock High School	5A-1
Kim Wilkins	Plains High School	2A-1
Phyllis Pappas	Rider High School	5A-2
Loy Triana	Burkburnett High School	4A-2
George Lutkenhaus	Northwest High School	6A-3
Melinda Malone	Alvarado High School	4A-3
Larry Halliburton	Allen High School	6A-4
Danny Mitchell	Tatum High School	4A-4
Jennifer Gegogaine	Klein Collins High School	6A-5
Christopher Fudge	Chester High School	1A-5
Tamika Fagan	Pflugerville High School	6A-6
Linda Richter	Yoe High School	3A-6
Brandi Bode	Warren High School	6A-7
Cully Doyle	Gonzales High School	4A-7
Tammy Coggins	Uvalde High School	5A-8
Steve Golemon**	Bandera High School	4A-8

*Chair **Vice Chair

HARD TO BELIEVE (CONTINUED)

CONTINUED FROM PAGE 2

we have the highest number of women in athletic directorship roles than ever before. I have never been labeled a feminist but I do believe that if given a chance, there are many women that can be strong leaders in this capacity and serve their districts and our state well. We hired our first female assistant athletic director in Frisco ISD and I have to say, Grace McDowell is doing a bang up job. With great mentorship from David Kuykendall and Jerry Littlejohn, she dove right in and has helped in so many ways. I can only hope that the numbers continue to grow as the districts see fit and that our female mentors understand the enormity of the situation and keep plugging away to continue our growth in the athletic realm. Continue your guidance; I know I have received a lot already in my district. Along with this is the record number of female athletes competing in the state. I am also amazed with the addition of both another conference and with so many more schools participating in a record number of sports. I am one lucky girl.

Hard to Believe – Kiddos actually do recognize how time flies in

high school, although it is usually after their final season. I know I need to keep reminding each of mine how quickly it goes and how much I want them to have a great high school career and love every minute of it. But along the way we talk about what the future will bring and how to work to get ready for it....your lack of time management will be your greatest evil, if you get to compete in college – it will be like a job – you will get fired every once in a while – just be ready to work up the ladder again, be the little fish in the big pond, you might have classes of 300 or more – teachers are tenured – you pass/you fail – they will still have their job – don't talk to mommy and daddy about it – they can't help you, you will have early weight room and late travel nights and a 46 in a class will not float – there are no make ups or retests, head coaches are there to win, all - nighters don't make for a better grade – you will probably only have 3 grades all semester, don't skip class, and finally - you are always expendable – there are lots like you out there waiting for the chance. My kiddos just shake their heads and look at me like I have 3 heads of my own....until....after the first season or se-

mester. Then we talk about how they will work to change what they need to and they are off again to find their way. But I love that they come back to visit. I am one lucky girl.

Hard to Believe – I have been on the TGCA Executive Board of Directors for almost four years now. As a scared 2nd vice president, not really knowing what I had gotten myself into, I have so many people to thank for taking me under their wing and helping me tread water until I “got it”. I don't even know how many years I have been involved with this amazing organization but I know these people are the best advocates for women's sports in the nation. I am proud to have worked with so many awesome coaches and others who are involved with this organization in so many different ways. The leadership is remarkable and the open door policy TGCA has with the UIL staff is phenomenal. Thinking outside the box is an impressive characteristic of this organization, and that is what allows them to keep their thumb on the pulse of what is happening around the state and the country. Always keep in mind that as a service organization, they want what is best for all sports

so when there is a change, know that it was thought about long and hard and put through the ringer to make sure it is just and fair. Change has been a mantra for this organization over the last several years. Remember, they are here to serve you and your kiddos, so again, get involved and see what this group is all about! I am one lucky girl.

I want to close by thanking all of those who had even a moment when they molded my character or mentored me on the simplest issue. For all of you, I am truly grateful. I have not learned all the lessons I need to learn, but I am not done yet. I wish each of our coaches and their teams continued success as we go into a new year. Keep fighting the good fight, it is always noticed!! I can't wait to watch you compete this winter and spring. Oh, and did I tell you? I AM ONE LUCKY GIRL!!

Happy Holidays to all. Enjoy your time off and love on your families and friends!

Take care and I will see you on the court, on the mat, on the field, in the pool and on the track.

Blessing to all!

SOFTBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Brent Morris*	Amarillo High School	6A-1
Michael Rose	Bushland High School	4A-1
Stacey Herring	Abilene Cooper High School	5A-2
Lonnie Hise	Windthorst High School	2A-2
Mallory Smith	Granbury High School	5A-3
Ryan Starnes	Brock High School	3A-3
Heather Damron	Wylie High School	5A-4
Rheagan Penn	Mineola High School	3A-4
Katrina Thornton	Livingston High School	5A-5
Debbie Peltier	Hamshire Fannett High School	4A-5
Haley Gaddis	Westlake High School	6A-6
Christopher Sommerfeld	Gatesville High School	4A-6
M K Pederson	Warren High School	6A-7
Jaime Cano	Woodsboro High School	2A-7
John Beltran	Medina Valley High School	5A-8
Lee Anne Curry**	Greenwood High School	4A-8

*Chair **Vice Chair

CROSS COUNTRY ATHLETES OF THE YEAR



1A-2A-3A-4A

Karla Presa
Bandera High School
Coach Steve Golemon

5A-6A (not pictured)

Devin Clark
Smithson Valley HS
Coach Brittney Lanehart

CROSS COUNTRY COACHES OF THE YEAR



1A-2A-3A-4A

Brandun Massingill
Hamilton High School



5A-6A

Rebekah James
Randall High School

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2014-15 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
2A	Paul Darden	Sundown High School
3A	Joshua Sypert	Eustace High School
4A	Steve Golemon	Bandera High School
5A	Rebekah James	Randall High School
6A	Jason Grennier	Hebron High School

CROSS COUNTRY ALL-STARS ARE POSTED TO THE TGCA WEBSITE (WWW.AUSTINTGCA.COM) UNDER THE CROSS COUNTRY TAB.

SUB-VARSITY COMMITTEE



NAME	SCHOOL	CONF-REG
Nikki Garcia	Plains High School	2A-1
Lauren Abbott	Frenship Junior High School	6A-1
Sunni Strickland	Big Spring High School	4A-2
Randy Hynson	Snyder High School	4A-2
Dawn Mailloux-Smith	Summit High School	5A-3
Amber Klingseisen	Nelson High School	6A-3
Lauren Taylor	Caddo Mills Middle School	3A-4
Gayle Bigelow	Denison High School	5A-4
Audra Troutman	Klein Collins High School	6A-5
Rhonda Burkhart	Crosby Middle School	5A-5
Jordan Madill	Smithson Valley High School	6A-6
Amanda Yeager	Bellville High School	4A-6
Jenna Philips	Gonzales High School	4A-7
Christina Jamerson	Marshall High School	6A-7
Dianna Hester	Franklin High School	6A-8
Dawn Foster-Wood	Harper High School	2A-8

*Chair **Vice Chair

VOLLEYBALL ATHLETES OF THE YEAR



1A-2A-3A-4A
Stormi Leonard
Decatur High School
Coach Claire Gay

5A-6A (not pictured)
Alyssa Enneking
Clear Falls High School
Coach Lyndsay Hodges

VOLLEYBALL COACHES OF THE YEAR



1A-2A-3A-4A
Claire Gay
Decatur High School



5A-6A
Leslie Madison
The Woodlands HS

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

CONF.	COACH	SCHOOL
2A	Donald Zapalac	Schulenburg High School
3A	Patti Zenner	Poth High School
4A	Claire Gay	Decatur High School
5A	Jason Nicholson	Lovejoy High School
6A	Leslie Madison	The Woodlands High School

VOLLEYBALL ALL-STAR TEAMS ARE POSTED TO THE TGCA WEBSITE (WWW.AUSTINTGCA.COM) UNDER THE VOLLEYBALL TAB.

CONGRATULATIONS TO THE 2014-15 TGCA ALL-STAR COACHES

1A-2A-3A-4A RED

Head Coach: JaNeen Eudy, Bushland HS
Assistant Coach: Claire Gay, Decatur HS

1A-2A-3A-4A BLUE

Head Coach: Vicki Castino, Little Cypress-Mauriceville HS
Assistant Coach: Troy Canaba, Alpine HS

5A-6A RED

Head Coach: Kari Bensend, Centennial HS
Assistant Coach: Tammy Clark, Granbury HS

5A-6A BLUE

Head Coach: Yamilet Garcia, O'Connor HS
Assistant Coach: Courtney Patton, Alamo Heights HS



photo courtesy: Jeff Johnson

NOMINATION DEADLINES

**DON'T FORGET TO
NOMINATE FOR THE
FOLLOWING AWARDS**

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 offices, 1603 Manor Road, Austin, TX, 78722.

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 contact 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 staff, and you will need to contact us.

We appreciate your continued support of TGCA.



photo courtesy Jana Lemons

TGCA NOMINATION DEADLINE APPEALS PROCESS

The Board of Directors of the Texas Girls Coaches Association has established a membership deadline for nominations of athletes or fellow coaches for honors of November 1. Any member coach who misses the nomination deadline for membership of November 1 has the right to appeal to the Executive Committee of the Texas Girls Coaches Association, but they first must pay their membership dues.

Once you have completed the necessary form and submitted it, your appeal will be sent to the Executive Committee for their determination. A copy will also be sent to your athletic director and superintendent.

Once the Executive Committee has made their determination of the appeal, you will be given written notice of their decision. Your athletic director and superintendent will also be given written notice of the decision. The decision of the Executive Committee is final.

Neither the Executive Director nor the staff of the office of the Texas Girls Coaches Association participate in the decision of the Executive Committee. Staff merely handles the details of submitting your appeal to the Executive Committee, and then forwarding their decision to you.

SUB-VARSITY COACH OF THE YEAR

Give your Sub-Varsity coach the recognition they deserve and nominate them for Sub-Varsity Coach of the Year. The deadline for Sub-Varsity Coach of the Year nominations is May 1st. Please help the Sub-Varsity Committee with their selections by providing them information about your assistant coach: In what regard and length of time you have known the nominee; professional activities or organizations they have been involved in; their relationships with students, parents, etc.; how they have helped you and your program; and any other comments or qualifications you feel would be beneficial.

HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the TGCA, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession. Nomination forms can be found on the TGCA website, www.austintgca.com, under "Forms" in the menu on the left-hand side of the page. The deadline for submission of Hall of Fame nominees will be Monday, March 1st, at 12:00 noon. All nominations must be mailed or faxed to the TGCA office, 1603 Manor Road, Austin, TX, 78722-2536, (512) 708-1325.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. The candidates need to have made outstanding contributions to girls athletics. Nomination forms may be found on the TGCA website, www.austintgca.com, under "Forms" in the menu on the left-hand side of the page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, March 1st, at 12:00 noon.



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.

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:

CHEERLEADING

January 19

BASKETBALL

March 2

SOCCER

April 13

GOLF

April 27

TRACK & FIELD

May 11

SOFTBALL

June 1

PHOTOS OF THE MONTH



photos courtesy Russell Rinn, Sue Cannon & Philip Haustein

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 will be posted to the website soon under the "Summer Clinic" category. We are changing the format this year, so be sure and check out the agenda once we get it online. 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.

2015 TGCA CLINIC DATES

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

SAN ANTONIO SPORTS CLINIC

MAY 22-23

HOUSTON SPORTS CLINIC

JUNE 10-11

REGION I LUBBOCK SPORTS CLINIC

JUNE 12-13

SUMMER CLINIC (AUSTIN)

JULY 14-17

EL PASO SPORTS CLINIC

JULY 23-24



photo courtesy Blaine Woodbury

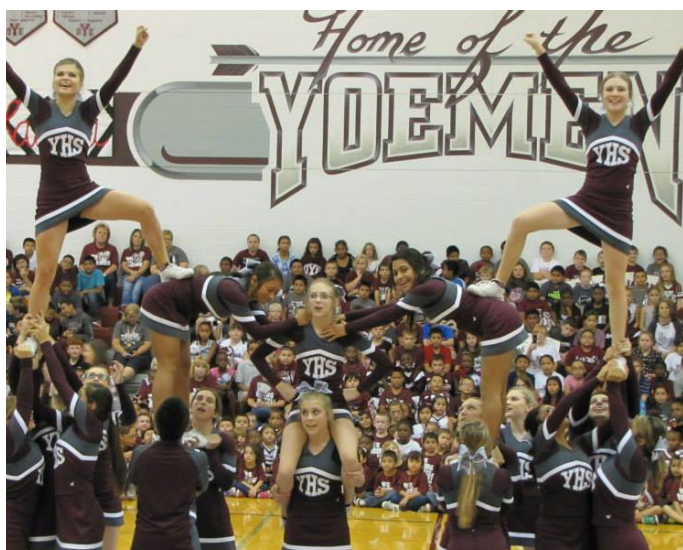


photo courtesy Alma Cordona

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 Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.



photo courtesy Colby Pastuszek

TGCA 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 match. 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 match. 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 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 match. Scrimmages do not count.

Deadline for submitting accomplishments is May 30

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

Communication is Key

In gameplay we all encourage our players to communicate. Teamwork makes the dream work, and teamwork doesn't happen unless everybody is on the same page. How often do breakdowns in communication negatively affect your team's success?

Four easy steps to promote healthy communication:

1. HAVE STANDARDS

Don't be afraid to have high standards, but be aware of your personnel. Have expectations that put your kids in a position to be successful, not setting them up for failure. For example, with conditioning be careful setting an unrealistic time that destroys their confidence but don't have such an easy time it doesn't challenge them.

The best thing that can happen is that your standards motivate the girls to train, communicate and play at the desired level. In any sport a certain level of talking is imperative to the success of the team. Require your athletes to maintain a certain level of communication in practice, setting the standard for games.

2. HAVE CONSEQUENCES

Establish realistic consequences for meeting or not meeting the standards you establish. Remember,



photo courtesy Jerry Baker

consequences can be positive or negative. You don't have to always reward kids for doing something you think should be automatic but occasional incentives can be beneficial. For example, if you get full cooperation and participation, they get let out early.

The consequences for not meeting standards are a little tricky. Many coaches go the route of extra conditioning, but be careful to not accidentally over-train an athlete. Non-con-

ditioning consequences could include core work such as push-ups, sit-ups, etc. or making a certain number of free-throws, serves, etc. after practice. Playing time is oftentimes a consequence, but the standards and consequences must be clearly spelled out. However even the clearest communication doesn't guarantee a reprieve from parents!

3. COMMUNICATE THE STANDARDS AND THE CONSEQUENCES

Some coaches don't clearly communicate standards or consequences. They expect kids to figure it out, which often leads to failure and frustration. Athletes need to know your expectations and how to meet them. If an athlete knows and understands the standards and the consequences, and they don't meet the standard, then they know what to expect.

When a coach doesn't communicate clearly and an athlete fails to meet the unknown standard, consequences may be perceived as unfair or harsh. It doesn't help an athlete's confidence to get punished for doing something she didn't know was wrong.

4. UPHOLD THE STANDARDS AND FOLLOW THROUGH WITH CONSEQUENCES

If you don't follow through, the message sent to kids and even parents is either they can get away with anything they want or you don't really care. Why have standards and expectations if they don't matter. Be consistent. You can always extend grace or mercy when you see fit, but be sure to acknowledge the wrong and the grace. Kids want standards and accountability, whether they admit it or not, so communicate well, be fair, and follow through.



photo courtesy Julie Brantley

* 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

10 HEALTH-RELATED NEW YEAR'S RESOLUTIONS THAT SHOULDN'T BE MADE

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

1 *I resolve not to count calories in the upcoming year.*

Off-target. In reality, calories do count—all calories. As such, 1,000 calories of a particular foodstuff is 1,000 calories, regardless if whether it's celery or cherry pie. The key to maintaining your weight is to consume a nutritionally balanced diet (i.e., adhere to the guidelines underlying the USDA Food Pyramid) and to expend at least as many calories as you consume (more if you want to lose unwanted pounds).

2 *I resolve to follow my intuitive sense concerning what to do exercise-wise, rather adhere to sound science.*

Off-target. While people often have a sixth sense concerning what is best for them, such feelings are typically nothing more than hunches. The underlying basis of science, on the other hand, is a systematic process that is designed to discover and document the truth.

3 *I resolve to develop big muscles.*

Off-target. Unless you're in the relatively small minority of individuals who have the genetic makeup to noticeably increase the size of their muscles, you have very little chance of developing large muscles. In fact, the vast majority of people cannot achieve a substantial degree of muscular hypertrophy, absent the ill-advised consumption of pills, powders, or potions designed to otherwise circumvent natural physiological capabilities.

4 *I resolve to listen to the exercise-related advice of celebrities.*

Off-target. Truth be known, most celebrities are not particularly knowledgeable about health and fitness. Far too often, their seemingly intem-

perate efforts to pitch various exercise products and diets on television are grounded in their celebrity-driven ability to influence and exploit a public that is looking for the next "miracle" health-related fad or gimmick.

5 *I resolve to accept the fact that I may be too old to start exercising.*

Off-target. With rare exceptions, no one is ever too old to engage in an exercise regimen. In fact, the bountiful benefits of purposeful physical activity can and should be enjoyed by individuals of all ages.

6 *I resolve to find a quick, easy way to get fit.*

Off-target. As a point of fact, the principles of exercise prescription that underline a sound physical activity program are very straightforward. Relatively speaking, most people will discover that getting in shape is neither quick nor easy. More often than not, it takes both time and a resolute commitment to do whatever it takes to form new, healthy habits and reverse the effects of a sedentary lifestyle.

7 *I resolve not to make strength training an integral part of my exercise regimen.*

Off-target. It is human nature for individuals to focus on those aspects of physical fitness in which they do well. This tendency often encourages individuals to avoid engaging in strength training, given the fact that this particular mode of exercise is often somewhat intimidating to many people. In reality, your muscles are critical to optimal physical function and should be addressed by your exercise efforts.

8 *I resolve to adopt a competitive attitude when comparing my exercise efforts to those of other people.*

Off-target. Exercise is not a contest. No demonstrable benefit is achieved when you compare your workout efforts to those of other individuals. Since the primary focus of your exercise endeavors should be to "make you a better you," your underlying objective in this regard should be to see how your current efforts measure up to your on-going level of performance and your ultimate exercise goals.

9 *I resolve to put off starting an exercise program until the time is more convenient—perhaps, the day after who knows when.*

Off-target. When it comes to initiating an exercise regimen, the most important time-related consideration is how soon you can translate your plans into concrete action. With regard to your health, now is the most important time in your life. Unfortunately, it is far too easy for individuals to rationalize putting off starting to exercise until later. Their health, however, deserves better.

10 *I resolve to ignore the counsel of those individuals who proclaim that "exercise is medicine."*

Off-target. Considerable evidence indicates that exercising on a regular basis not only improves the functioning of virtually every physiological system in the human body, it also lowers the risk of contracting many diseases. Given this situation, exercise enables individuals to place their focus on health and wellness, rather than on sickness. As such, your mantra in the New Year should be "more exercise, less meds."

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.

BUILD YOUR ABS IN THE KITCHEN

By Amy Goodson, MS, RD, CSSD, LD // Ben Hogan Sports Medicine Sports Dietitian
www.texashealth.org/benhogan

Many of us spend hours in the gym trying to get that washboard stomach, especially as summer approaches. It is no surprise that frustration occurs when you look at yourself in the mirror and see your abs hidden behind a thin layer of fat after completing 300 crunches. The secret to getting your dream abs starts in the kitchen. Want to be lean? Eat clean. How can you eat clean? Ditch the refined foods and choose foods such as oatmeal instead of the sugary cereals, sweet potatoes instead of pasta and hummus instead of ranch. By making these adjustments you are not feeding yourself the unneeded “empty calorie” foods. The clean foods will actually provide you with a variety of nutrients that your body needs to perform at its best. You may think that clean-eating means to cut out all fat from your diet, this is not necessarily true. Your body does need some fat to perform, but the key is to limit your intake and try to only consume the healthy fat found in foods like avocado, olive oil and nuts. In addition, make sure you are consuming a whole grain carbohydrate, lean protein and a healthy fat at each meal and snack, with 3 meals and 2-3 snacks a day. Eating small, frequent meals will help from overindulging later, and keep your energy levels up.

As you begin fueling your body with clean foods, the six-pack abs you’ve worked so hard for will appear. Here are some clean food options and their benefits:

CLEAN FATS

Avocados and Almonds: They provide healthy fats, which help in transporting your fat-soluble vitamins. Fat also provides energy for exercising. Both avocados and almonds also contain antioxidants, which help your immune system in fighting off sickness and disease. Almonds are also a great source of fiber and protein.

How to include them in your diet:

- Add an avocado to your sandwiches and wraps
- Take about 15 almonds with you on the go as a snack

CLEAN CARBOHYDRATES

Sweet Potatoes and Oats: These are high fiber carbohydrate foods that provide you with the energy needed during your workouts. The key in choosing carbohydrates is choosing whole wheat/whole grain. High-fiber foods help clean out your digestion pipes and can even help maintain a good level of cholesterol.

How to include them in your diet:

- Bake the sweet potatoes rather than a white potato, or even make sweet potato fries by cutting the sweet potato into strips and then pouring 1 tbs. of olive oil over the strips, and then bake them
- Choose an oat based granola bar to have as a snack, or add ¼ cup oat based granola to your yogurt

CLEAN PROTEIN

Low-fat Greek Yogurt and Natural Peanut butter: Protein helps keep you feel full longer. The high-protein content in yogurt is ideal for repairing muscle tissue after workouts. The healthy fat in natural peanut butter is a great addition to breakfast or snacks.

How to include them in your diet:

- Add 1 tbs. peanut butter to your oatmeal in the morning or pair it with an apple or another fruit
- Mix the low-fat Greek yogurt with fruit for breakfast or blend with banana and peanut butter as a smoothie



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8 Soccer: First Day for Games	9	10
11	12	13	14	15 Athletics: Deadline to Accept Plans for Next School Year	16	17
18	19	20	21	22	23 Softball: First Day for Practice	24
25	26	27	28	29	30	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!

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 on-line, visit <http://www.ailife.com/benefits/sgM9W>.



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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.



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