



TGCA NEWS

MAY 2015



2014-15 TGCA OFFICERS



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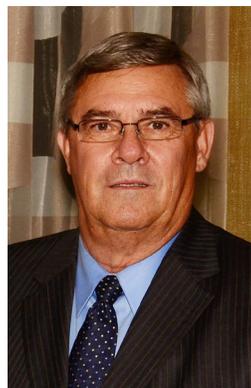
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Past President
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Lee Grisham
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5.15

FEATURE ARTICLES

cover photo courtesy Caleb Henderson



photo courtesy Tiffany Gates

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TGCA Softball
Committee Chair
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By Christina
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5 MUSTS IN MOTIVATING YOUR SOFTBALL ATHLETE

By Brent Morris // TGCA Softball Committee Chair // Amarillo HS



Ever wonder why your softball players are not motivated? Why won't they perform to their potential? Take a minute and look not only at yourself but at your practice. With these 5 steps I feel like you can not only motivate your softball players, but any athlete you come across.

STEP 1 - MODEL WHAT YOU WANT THEM TO SEE

You must be willing to put in the hard work yourself. Athletes need to see that you are working just as hard or harder than they are. They are going to feed off of you and your coaching staff. If you take a day off, they take a day off. You must be willing to lead by example. Hold them accountable for the things they do wrong and give them praise for the things that they do right. Create a motivation "Standard" for your team. Hold all athletes and coaches to this standard.

STEP 2 - WHY

Athletes need to know why they are doing something. They need to know that there is a purpose for every little thing they do. They need to know how this is benefiting them and how it is benefiting the team. Keeping



photo courtesy Russell Mayes

them informed will motivate your athlete because now they have a purpose to what they are learning or trying to accomplish.

STEP 3 - WINNING KIDS OVER

Win your kids over, don't be a pushover. You must take the time to develop a relationship with your athletes. Let them know you believe in them and you will fight for them. Yes, there are times that you are going to have to be stern with them, but that doesn't mean you don't love them. Your athletes will push your buttons and test the waters. Be firm with them and don't cave in. At the end of the day let them

know you care. I strongly feel that this step is the heart of motivating your athletes.

STEP 4 - COMPETITION IN DRILLS

Your athletes will be motivated by being challenged. Make a game out of drills. Have consequences for making mistakes. Let them know that mistakes are going to happen, but they should strive for perfection. Having consequences forces them to be focused on the task at hand. Competition in drills also prepares the athletes for games. I try to have multiple players at each position. This

not only creates that competition between each other but it also keeps the kids from becoming complacent. The main focus in this step is to get your athletes to compete at a higher level in practice.

STEP 5 - CONDITIONING WITH PURPOSE

It happens over and over in most athletic practices. You go through practice going through defensive drills then offensive drills. After that it's usually team situations. Then, at the end of practice, you run poles or some type of conditioning. I have come to learn that athletes tend to hold back during the heart of practice because they know they are going to run after practice. Then we have to ask ourselves, "Why are we not getting the most out of them during the actual practice?" I have come to the conclusion that if I do our running before I start the actual practice the athletes tend to work harder during practice. I have incorporated base running and agility to our pre-practice routine. The athletes don't see this as conditioning and are more apt to work harder and be more motivated during the actual practice time.

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

GOLF ATHLETES OF THE YEAR



1A-2A-3A-4A GOLF

Hailey Burgen
Andrews HS
Coach:
Mark Burgen



5A-6A GOLF

Kendall Wisenbaker
Montgomery HS
Coach:
Rusty Herridge

CHEERLEADERS OF THE YEAR



1A-2A-3A-4A CHEERLEADING

Darbey Hood
Henrietta HS
Coach:
Danielle Hensley



5A-6A CHEERLEADING

Paulina Bracker
Marcus HS
Coach:
Nema House

SOCCER ATHLETE OF THE YEAR



4A-5A-6A SOCCER

Kate Summers
Highland Park HS
Coach:
Stewart Brown

TRACK & FIELD ATHLETES OF THE YEAR

1A-2A-3A-4A TRACK & FIELD

Erin Williams
Rogers HS
Coach:
Lloyd Morgan

5A-6A TRACK & FIELD

Taylor Bennett
Klein Collins HS
Coach:
Jennifer Gegogaine

TRACK & FIELD COACHES OF THE YEAR

1A-2A-3A-4A TRACK & FIELD

Linda Richter
Yoe HS

CHEERLEADING COACHES OF THE YEAR



1A-2A-3A-4A CHEERLEADING

Julie Brantley
Prosper HS

SOCCER COACH OF THE YEAR



4A-5A-6A SOCCER

Stewart Brown
Highland Park HS

GOLF COACHES OF THE YEAR



1A-2A-3A-4A GOLF

Mark Burgen
Andrews HS



5A-6A GOLF

Angela Chancellor
Kingwood Park HS



5A-6A TRACK & FIELD

Shannon Utley
Summit HS

5A-6A CHEERLEADING

Cristy Vaughan
Kerens HS

2014-15 SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	AWARD	REGION
Amanda Yeager	Bellville High School	Sub-Varsity Volleyball	1A-2A-3A-4A
Sylvia Sandoval	Franklin High School	Sub-Varsity Volleyball	5A-6A
Meaghan Hodapp	Princeton High School	Sub-Varsity Basketball	1A-2A-3A-4A
Deborah Gonzales	Wichita Falls High School	Sub-Varsity Basketball	5A-6A
Brooke Ashcraft	Bandera High School	Sub-Varsity Track	1A-2A-3A-4A
Mary Adams	Canyon High School	Sub-Varsity Track	5A-6A
Shane Smelley	Rusk High School	Sub-Varsity Softball	1A-2A-3A-4A
Audra Troutman	Klein Collins High School	Sub-Varsity Softball	5A-6A

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015 UIL GOLF STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
3A	Deborah Ramon	Sonora High School
4A	Mark Burgen	Andrews High School
6A	Angela Chancellor	Kingwood Park High School

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015 UIL TRACK & FIELD STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
6A	Renee Gerbich	Judson High School



photo courtesy Allison Vega

UIL SOFTBALL STATE TOURNAMENT

Wednesday, June 3 - Saturday, June 6, 2015
Red & Charline McCombs Field - The University of Texas at Austin

Ticket Prices for the UIL State Softball Tournament:

Adult Session Ticket: \$10
Student Session Ticket: \$5
Coaches All-Tournament Ticket: \$45
All-Tournament Ticket: \$85

Student and adult tickets may be purchased at the gate.
The ticket window (on Comal St.) will open one hour prior to the first game.
Pre-sale tickets are not available.

For information on public parking for the
2015 UIL Softball State Tournament, please visit the following website:
www.uiltxas.org/softball/state/softball-state-tournament-spectator-information

photo courtesy Jessica Lemoine



photo courtesy Shelly Murphy



photo courtesy Ashley Renner

TEXAS SPORTS WRITERS ASSOCIATION SOFTBALL ALL-STATE NOMINATIONS

Please take a few minutes to nominate players for the Texas Sports Writers Association All-State Softball Team as soon as possible when your team's season concludes. Deadline to nominate players is the Monday after the UIL State Softball Tournament (June 8).

With your nominations, please include: Player(s), Grade, Classification of school, Position, Any available 2015 stats and honors (If a player

played more than one position, please specify what position you would like to nominate the player for. If a player played multiple positions, consider nominating her for utility player).

Nominations may be emailed to Longview News-Journal sports editor Jack Stallard: jstallard@news-journal.com.

THIS IS NOT THE SAME AS TGCA ALL-STATE



photo courtesy Jerry Miller

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

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

2015 EL PASO SPORTS CLINIC
 July 23 – 24
 Eastwood MS
 2612 Chaswood Street
 El Paso, Texas
[Agenda](#)
[Registration Form](#)

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. On-line 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 Clin-

ic" 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.

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

* 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: Lindsey Lacy



photo courtesy: Krista Burkhardt

TGCA SUMMER CLINIC SCHEDULE

Texas Girls Coaches Association

2015 Summer Clinic

Austin, Texas

Time	Event	No.	Site
Tuesday, July 14			
8:00 - 12:00	Exhibitors Set Up <i>(Exhibitors only allowed in Exhibit Hall)</i>		Convention Center 500 E. Cesar Chavez
9:00	TGCA Golf Tournament <i>Sponsored by Jerry's Sporting Goods</i>		TBA
10:00 - 5:00	Registration		Convention Center 500 E. Cesar Chavez
1:00	TGCA Board of Directors Meeting	#1	Hampton Inn & Suites 200 San Jacinto
12:00 - 5:00	Exhibit Hall Open to the Public		Convention Center 500 E. Cesar Chavez
2:00 - 5:00	Job Placement Services Center		Convention Center Room 2
3:00 - 4:00	Basketball Lecture <i>Kurt Richardson - Abilene Wylie High School</i>	#2	Convention Center Ballroom C
3:00 - 4:00	Softball Lecture <i>Jimmy Eby - Hudson High School</i> <i>"Middle Infield Play/Drills"</i>	#3	Convention Center Ballroom B
3:00 - 4:00	Volleyball Lecture <i>Nicole Thorn - White Oak High School</i> <i>"MB Training - Transition, Attacking & Blocking"</i>	#4	Convention Center Ballroom A
3:00 - 4:00	Track/Cross Country Lecture <i>Linda Richter - Yoe High School</i> <i>"Relays (4 X 100) from Start to Finish"</i>	#5	Convention Center 6AB
3:00 - 4:00	Cheerleading Lecture <i>Jamie Graham, Carlos Munoz - Varsity</i> <i>"Understanding and Preparing for the UIL State Spirit Championship"</i>	#6	Convention Center Exhibit Hall Theater
4:15 - 5:15	Basketball Lecture <i>Skip Townsend - Argyle High School</i>	#7	Convention Center Ballroom C
4:15 - 5:15	Softball Lecture <i>Carrie Austgen - Deer Park High School</i> <i>"Defensive Strategy, Coverages & How To Incorporate It Into Your Practice Plans"</i>	#8	Convention Center Ballroom B
4:15 - 5:15	Volleyball Lecture <i>Al Bennett - Westlake High School</i>	#9	Convention Center Ballroom A

TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Tuesday, July 14			
4:15 - 5:15	Track/Cross Country Lecture <i>Cully Doyle - Gonzales High School</i>	#10	Convention Center 6AB
4:15 - 5:15	Cheerleading Lecture <i>Shiloh Minier, Amy Miller, Art Elizondo</i> "Progression and Skills - The How, What and Why"	#11	Convention Center Exhibit Hall Theater
6:00	Board of Directors Dinner		TBA
7:00	Welcome Social		Champions 300 E 4th Street
Wednesday, July 15			
8:00 - 5:00	Registration		Convention Center 500 E. Cesar Chavez
8:00 - 5:00	Exhibit Hall Open to the Public		Convention Center 500 E. Cesar Chavez
8:00 - 5:00	Job Placement Services Center		Convention Center Room 2
8:30 - 9:30	Track & Cross Country Update - UIL	#12	Convention Center 6AB
8:30 - 9:30	Softball Sub-Varsity Lecture <i>Lindsey Stefan - Churchill High School</i> "Teaching the Fundamentals of Softball"	#13	Convention Center Ballroom B
8:30 - 9:30	Volleyball Sub-Varsity Lecture <i>Jason Langston - Kingwood High School</i> "Climb: Teaching Character in Sub-Varsity Volleyball"	#14	Convention Center Ballroom A
8:30 - 9:30	Special Lecture <i>Chris Feris - THSADA</i> "Do You Want to Become an Athletic Administrator?"	#15	Convention Center Ballroom C
8:30 - 9:30	Soccer Lecture <i>Dianne Loftin - Katy High School</i> "Planning and Running a Practice"	#16	Convention Center 4ABC
8:30 - 9:30	Cheerleading Lecture <i>Stefanie Irick</i> "Nutrition - Fueling for Peak Performance"	#17	Convention Center Exhibit Hall Theater
10:00 - 11:00	Cheerleading Update - UIL <i>Traci Neely - UIL Assistant Athletic Director</i>	#18	Convention Center Exhibit Hall Theater

TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Wednesday, July 15			
10:00 - 11:15	Regional Meetings Region I Region II Region III Region IV Region V Region VI Region VII Region VIII	#19	Convention Center <i>Ballroom B - Section 1</i> <i>Ballroom B - Section 2</i> 6AB <i>Ballroom B - Section 3</i> <i>Ballroom C - Section 1</i> <i>Ballroom C - Section 2</i> <i>Ballroom A - Section 1</i> <i>Ballroom A - Section 2</i>
11:30 - 12:30	Basketball Sub-Varsity Lecture <i>Shanna Marhofer - Katy High School</i> <i>"Building the Team Up and Preparing Them Today for Tomorrow"</i>	#20	Convention Center <i>Ballroom C</i>
11:30 - 12:30	Softball Lecture <i>Arthur Behrend - La Grange High School</i> <i>"Power Hitting Training"</i>	#21	Convention Center <i>Ballroom B</i>
11:30 - 12:30	Volleyball Update - UIL	#22	Convention Center <i>Ballroom A</i>
11:30 - 12:30	Track/Cross Country Sub-Varsity Lecture <i>Mel Hall - College Station Middle School</i>	#23	Convention Center 6AB
11:30 - 12:30	Tennis Lecture <i>Joey Cantu - Boerne Champion High School</i> <i>Jay Govan - Northside ISD</i> <i>"Running an Effective Practice With Limited Court Space"</i>	#24	Convention Center 4ABC
11:30 - 12:30	Cheerleading Lecture <i>Jessica Green</i> <i>"Social Media and Creating Your Brand and Effective Pep Rallies"</i>	#25	Convention Center <i>Exhibit Hall Theater</i>
1:00 - 2:00	Basketball Update - UIL	#26	Convention Center <i>Ballroom C</i>
1:00 - 2:00	Softball Lecture (Major)	#27	Convention Center <i>Ballroom B</i>
1:00 - 2:00	Volleyball Lecture <i>Bob Bertucci - Lehigh University</i> <i>(Sponsored by Baden)</i>	#28	Convention Center <i>Ballroom A</i>
1:00 - 2:00	Track/Cross Country Lecture <i>Ychlindria Dolce - MacArthur High School</i> <i>"Making Your Mark in the Horizontal Jumps"</i>	#29	Convention Center 6AB

TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Wednesday, July 15			
2:00 - 3:30	Spirit Demonstration <i>Shiloh Minier, Amy Miller, Art Elizondo</i> "Stunts, Stunts and More Stunts"	#30	Convention Center Exhibit Hall Theater
2:30 - 3:30	Basketball Lecture <i>Mark Kellogg - West Texas A&M University</i>	#31	Convention Center Ballroom C
2:30 - 3:30	Softball Lecture (Major)	#32	Convention Center Ballroom B
2:30 - 3:30	Volleyball Lecture (Major) <i>Bob Bertucci - Lehigh University</i> (Sponsored by Baden)	#33	Convention Center Ballroom A
2:30 - 3:30	Track/Cross Country Lecture <i>Renee Gerbich - Judson High School</i> "Sprint Training"	#34	Convention Center 6AB
3:00	Orientation of Softball All-Stars 1A-2A-3A-4A		Jester Hall - UT 201 East 21st
4:00 - 5:00	Basketball Lecture <i>Mark Kellogg - West Texas A&M University</i>	#35	Convention Center Ballroom C
4:00 - 5:00	Softball Update - UIL	#36	Convention Center Ballroom B
4:00 - 5:00	Volleyball Lecture <i>Claire Gay - Decatur High School</i> "Practice Plans & Training Manipulation of Offense"	#37	Convention Center Ballroom A
4:00 - 5:00	Special Lecture <i>Billy Seely</i> "Create Great-A Team Approach" (Sponsored by Varsity)	#38	Convention Center 6AB
5:00	Orientation of Volleyball All-Stars		Jester Hall - UT 201 East 21st
6:00 - 9:00	Honor Awards Banquet		Omni South Park 4140 Governor's Row
7:00 - 9:00	Volleyball All-Star Workouts Red Teams Blue Teams		Austin High School 1715 W Cesar Chavez St. Bowie High School 4103 Slaughter Lane
7:00 - 9:00	Softball All-Stars Workout Red Team - 1A-2A-3A-4A Blue Team - 1A-2A-3A-4A		Noack Complex 5300 Crainway Dr Noack Complex 5300 Crainway Dr

TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Thursday, July 16			
8:00 - 1:00	Job Placement Services Center		Convention Center Room 2
8:00 - 2:00	Registration		Convention Center 500 E. Cesar Chavez
8:00 - 9:00	TGCA Committee Meetings Volleyball Committee Basketball Committee Track Committee Softball Committee Sub-Varsity Committee Spirit Committee	#39	Convention Center 4A 4B 4C 5A 5B 6A
9:00 - 2:00	Exhibit Hall Open to the Public		Convention Center 500 E. Cesar Chavez
9:00 - 10:00	TGCA General Business Meeting	#40	Convention Center Ballroom A
10:00 - 10:30	TGCA Board of Directors Meeting	#41	Convention Center 4AB
10:30 - 11:30	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i>	#42	Convention Center Ballroom A
10:30 - 11:30	Tennis Lecture <i>Joey Cantu - Boerne Champion High School</i> <i>Jay Govan - Northside ISD</i> <i>"Practicing With a Purpose"</i>	#43	Convention Center 6AB
10:30 - 11:30	Special Lecture <i>Dr. Jim Peterson - Coaches Choice</i>	#44	Convention Center Ballroom A
10:30 - 11:30	Track/Cross Country Lecture <i>Brittney Lanehart - Smithson Valley High School</i>	#45	Convention Center Ballroom B
10:30 - 11:30	Cheerleading Lecture <i>Jim Lord - Director of AACCA</i> <i>"AACCA and NFHS Rules Updates"</i>	#46	Convention Center Exhibit Hall Theater
12:00 - 1:00	Basketball Lecture <i>Jill McDill - Sunnyvale High School</i> <i>"Lady Raider Basketball"</i>	#47	Convention Center Ballroom C
12:00 - 1:00	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i>	#48	Convention Center Ballroom A
12:00 - 1:00	Track/Cross Country Lecture <i>David Hartman - UTSA</i> <i>"Science vs. Art - Cross Country"</i>	#49	Convention Center Ballroom B
12:00 - 1:00	Special Lecture <i>Kenneth Locker - Tx Health Ben Hogan Sports Med</i> <i>"Sports Concussion Course 2015"</i>	#50	Convention Center 6AB

TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Thursday, July 16			
1:00	Orientation of Track & CC All-Stars		Jester Hall - UT 201 East 21st
1:30 - 2:30	Basketball Lecture <i>Trenia Tillis Jones - Tyler Junior College</i> "High/Low Offense"	#51	Convention Center Ballroom C
1:30 - 2:30	Softball Lecture (Major)	#52	Convention Center Ballroom B
1:30 - 2:30	Track/Cross Country Lecture <i>David Hartman - UTSA</i> "Science vs. Art - Track & Field Distance"	#53	Convention Center 6AB
1:30 - 2:30	Special Lecture <i>Becky Gennings</i> "Leadership and Communication" (Sponsored by Varsity)	#54	Convention Center Ballroom C
1:30 - 2:30	Soccer Lecture <i>Stewart Brown - Highland Park High School</i> "Developing an Effective Fall (Off Season): Leadership, Culture & Practice"	#55	Convention Center 4ABC
3:00	Orientation of Softball All-Stars		Jester Hall - UT 201 East 21st
3:00 - 4:00	5A-6A Basketball Lecture <i>Trenia Tillis Jones - Tyler Junior College</i> "Motivation and Reinforcement Techniques for Coaches"	#56	Convention Center Ballroom A
3:00 - 4:00	Softball Lecture (Major)	#57	Convention Center Ballroom B
3:00 - 4:00	Special Lecture <i>Ronnie Natali - A to Z</i>	#58	Convention Center 6AB
3:00 - 4:00	Cheerleading Lecture <i>Jim Lord - Director of AACCA</i> "AACCA and NFHS Rules Updates"	#59	Convention Center Ballroom C
3:00 - 4:00	1A-2A-3A-4A Volleyball All-Stars Demo	#60	Burger Activity Center 3200 Jones Road
4:00	1A-2A-3A-4A VB All-Stars Intro & Game		Burger Activity Center 3200 Jones Road
5:00	Orientation of Basketball All-Stars		Jester Hall - UT 201 East 21st
6:00 - 7:00	1A-2A-3A-4A Softball All-Stars Demo	#61	Noack Sports Complex 5300 Crainway Drive
6:30 - 7:30	5A-6A Volleyball All-Stars Demo	#62	Burger Activity Center 3200 Jones Road

TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
Thursday, July 16			
7:00	1A-2A-3A-4A SB All-Stars Intro & Game		Noack Sports Complex 5300 Crainway Drive
7:00 - 8:30	Track & CC All-Stars Demo	#63	Burger Activity Center 3200 Jones Road
7:00 - 9:00	Basketball All-Stars Workout <i>Red Teams</i>		Austin High School 1715 W Cesar Chavez St.
	<i>Blue Teams</i>		Bowie High School 4103 Slaughter Lane
7:00 - 9:00	Softball All-Stars Workout <i>Red Team - 5A-6A</i>		Noack Sports Complex 5300 Crainway Dr
	<i>Blue Team - 5A-6A</i>		Noack Sports Complex 5300 Crainway Dr
7:30	5A-6A VB All-Stars Intro & Game		Burger Activity Center 3200 Jones Road
Friday, July 17			
9:00 - 10:00	5A-6A Softball All-Stars Demo	#64	Noack Sports Complex 5300 Crainway Dr
9:00 - 10:00	1A-2A-3A-4A Basketball All-Stars Demo	#65	Burger Activity Center 3200 Jones Road
10:00	5A-6A SB All-Stars Intro & Game		Noack Sports Complex 5300 Crainway Dr
10:00	1A-2A-3A-4A BB All-Stars Intro & Game		Burger Activity Center 3200 Jones Road
10:30	Track/CC All-Star Introductions		Burger Activity Center 3200 Jones Road
12:30 - 1:30	5A-6A Basketball All-Stars Demo	#66	Burger Activity Center 3200 Jones Road
1:30	5A-6A BB All-Stars Intro & Game		Burger Activity Center 3200 Jones Road



PRESENTS

2015 TGCA GOLF SCRAMBLE

THE GOLF CLUB AT STAR RANCH
2500 FM 685 - Hutto, Texas - 78634
TUESDAY, JULY 14th, with 8:00am SHOT-GUN START
CHECK-IN BEGINS @ 7:00am

\$75 ENTRY FEE for INDIVIDUALS
\$270 ENTRY FEE for COMPLETE TEAMS
ENTRY FEE = 18-HOLES w/CART, LUNCH & DRINKS
PLUS GOLFER GIFTS, RAFFLE PRIZES & AWARDS

PLAYER #1 _____

PLAYER #2 _____

E-MAIL _____

E-MAIL _____

CELL _____

CELL _____

PLAYER #3 _____

PLAYER #4 _____

E-MAIL _____

E-MAIL _____

CELL _____

CELL _____

ENTRY DEADLINE = JUNE 30, 2015
MAKE CHECKS PAYABLE TO "Jerry's Sporting Goods"
FOR MORE INFORMATION – CALL KRISTIN @ 817-988-6294

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

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

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.

HEALTHY HABITS FOR ATHLETIC SUCCESS

Going into the summer, there is one topic that we feel gets lost in translation but may be more important than any other thing you tell them leading into summer.

On summer vacation, your girls won't lift every day. They won't run every day. They won't jump every day. However, they will eat every day. They will drink every day.

A lot can happen in three months. Encourage your athletes to make wise decisions regarding fueling their body. There are certain principles and philosophies that are safe and effective that you can share.

Since everybody is different, and since you want to be careful to not speak out of your area of expertise, here are our basic principles for healthy living that can be shared without directly talking about nutrition.

1. Don't miss breakfast. The common saying "breakfast is the most important meal of the day" may seem old school, but that doesn't make it wrong. Breakfast sets up your day, providing energy and getting the metabolism going. Eggs are good.



photo courtesy Juan Calderon

Oats are good. Fruits are good. Pastries not so much. Skipping... even worse. Encourage athletes to be wise about their first meal of the day, not only what it is but when it is.

2. Your body is two-thirds water, keep it that way. Hydration will always and forever be a point of emphasis. With

hotter summer months, we can't afford to get lazy about drinking sufficient amounts of water. Yes the basis of soda is water but it is most definitely not a substitute for water. The occasional soda is fine, kids will be kids, but water should be the main fluid consumed on a daily basis.

3. It's a question of

balance. Macronutrient ratios are circumstantial and relative. Carbs, protein and fat intake can vary. Percentages aside, it is important to have a good balance. Some female athletes fail to have enough quality protein and fat in their diet. Regardless of what the numbers look like, simply consider as many variable as possible and don't have an extreme deficit of one or the other.

4. Frequency is important. Encourage your athletes to snack consistently. Eating to perform looks like constantly fueling your body. How many girls do you know go too long without eating? A tip to maintaining frequency is planning ahead. Being prepared can be as simple as having a piece of fruit or a protein bar with you.

Nutrition is a subject that can lead to much debate, but talking about basic healthy habits with your athletes can set them up for a successful summer and healthy life. If they get their eating and water intake right their athletic performance will benefit greatly. Enjoy your summer but don't waste it, use it wisely to set up your athletes for a successful season.



photo courtesy Tiffany Schryver

* 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

WAYS TO AGE GRACEFULLY

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

1 *The sweet spot.* Individuals who age gracefully are able to find a balance between the inevitability that every day brings them one day closer to death and the value of doing whatever they can to remain healthy and vital as long as they can. While a person's mortality is a fact of life, so is the fact many of the perceived age-related problems are likely the consequence of a lifetime of poor lifestyle habits, which, fortunately can be modified.

2 *Conventional nonsense.* Too many older adults believe that aches and pains are a normal part of growing older. They're not. While a certain amount of wear and tear on the body as it ages can be expected, stiff joints and other body aches are not typical by-products of the aging process. More often than not, they're the upshot of disuse. In most instances, such conditions can be avoided if the individuals simply take care of themselves by putting their bodies through a full range of motion on a regular basis.

3 *A sense of well-being.* Emotional vitality can play a critical role in the ability to age gracefully. All factors considered, individuals who feel good about themselves, as well as connected to others, tend to experience more enriched lives. In that regard, since a person's physical state impacts how that individual feels and thinks, one of the primary keys is to remain physically active. Another way for individuals to enhance their emotional health is to be socially active, e.g., interact with friends and family, volunteer in the community, etc.

4 *Stimulate the brain.* Being cognitively active in old age has been found to help

protect or improve a person's mental sharpness. Research has also shown that engaging in mentally stimulating activities substantially reduces the likelihood that an individual will develop either dementia or Alzheimer's disease. The key for individuals, in this regard, is to challenge their intellect every day (e.g., read, do a crossword puzzle, etc.)

5 *Shut-eye matters.* In reality, the sleep needs of individuals don't change as they age. All adults, including older adults, require between seven and nine hours daily. On the other hand, older adults undergo a number of changes (e.g., their bodies secrete less of two critical sleep hormones) that can impact how long and how well they sleep. Among the steps that older adults can take to help ensure that they get sufficient rest are to exercise daily, spend time outdoors, reduce the intake of alcohol and caffeine, etc.

6 *Smart choices.* It can be argued that for a number of health-related reasons, the need to make sound decisions concerning what and how much to eat does not diminish as people age. In reality, because excess body fat (a condition that many older adults experience) can have a significant impact on whether an individual is predisposed to certain diseases, particularly, coronary heart disease. As such, a systematic plan for aging gracefully should encompass eating a healthy diet that includes fruits and vegetables, whole grains, and an appropriate amount of healthy fats.

7 *A strong resolve.* Considerable research indicates that as people age, most individuals begin to lose muscle mass and function. This age-related

reduction, also known as sarcopenia, occurs in both people who are inactive and individuals who are physically active, although it is much more pronounced in people who are physically inactive. The key point, however, is that older adults can slow down and, in some cases, preclude such a decline in their level of muscular fitness by engaging in a strength training regimen on a regular basis.

8 *A sense of purpose.* From head to toe, every part of the human body tends to be affected by the aging process. To one degree or another, most older adults experience these age-related changes, particularly as they impact the five human senses—hearing, sight, smell, taste, and touch. The key is to not ignore the natural changes that aging brings. Rather, older adults need to be aware of these changes (when/if they occur) and to be proactive in mitigating their possible impact.

9 *Attitude, attitude, attitude.* Growing older can be rife with emotional landmines. The best way to deal with such obstacles is to have a positive attitude—about life, about aging, about everything else. In fact, having a positive outlook can have a desirable impact on several health-related factors, not the least of which is a lower level of stress, as well as a longer life expectancy.

10 *Peace of mind.* All factors considered, the dictates of the "Serenity Prayer" are the guideposts for aging gracefully: "God, grant me the serenity to accept the things we cannot change; the courage to change the things we can; and the wisdom to know the difference." Embracing this precept can be a viable pathway for life becoming even better for people as they age.

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.



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

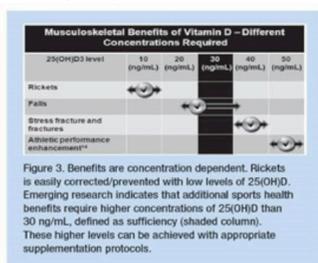
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VITAMIN D FOR ATHLETES

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

...continued from Vitamin D Article in the APRIL edition

If you've had your vitamin D level checked by the doctor and know your levels (ask next time you visit if you don't!), here's a quick guide:



< 20ng/mL – considered deficient
< 40ng/mL – considered enough for metabolic needs
> 40ng/mL – vitamin D stored in muscle and fat for future use
Toxicity seen > 150ng/mL

This graph from a 2012 paper on Vitamin D & Athletic Performance is a great summary:

- Athletes with levels between 40-50ng/mL show improved VO₂ max, reduced inflammation and improved immune system function.
- Recommendations: Athletes with a deficiency need up to 5000IU/day for 8 weeks. Once they are in a good range, 1000-2000IU/day is sufficient for maintenance. Get your levels checked! Since there are so few foods high in vitamin D (unless you eat wild salmon almost daily), this is one of the rare times that supplementation may be the best choice. Make sure to use a brand that is third party tested (Check USP or NSF to see brands). Also check that you are getting vitamin D3, the active form that the body absorbs the best. Most

multivitamins have ~800-1000IU of vitamin D3. If you aren't deficient, this is a good maintenance level to go along with vitamin D rich foods.

MYTH VS. FACT

Myth: "Only red cap, whole milk has Vitamin D."

Fact: All milk (skim, 1%, 2% and whole) is fortified with 100 IU Vitamin D per 8 oz. Milk is one of the best sources of Vitamin D in the diet as three 8 oz glass will give you have your daily needs in addition to all of your daily needs for calcium. Vitamin D is essential for the absorption of calcium and thus building and repairing muscles and bones.

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@aillife.com. To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.

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@aillife.com or (866) 797-6455.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JUNE 1	2	3	4	5	6
			SOFTBALL: STATE TOURNAMENT			
7	8	9	10	11	12	13
			TGCA HOUSTON SATELLITE CLINIC		TGCA REGION I SATELLITE CLINIC	
14	15	16	17	18	19	20
		UIL LEGISLATIVE COUNCIL MEETING <small>Legislative Council Athletic Committee Meeting (Austin)</small>				
21	22	23	24	25	26	27
28	29	30	JULY 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		TGCA SUMMER CLINIC - AUSTIN				
19	20	21	22	23	24	25
				TGCA EL PASO SATELLITE CLINIC		
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!

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.

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:

DEADLINE

SOFTBALL
June 1

THANKS TO OUR SPONSORS



The power to do more



- American Income Life
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- 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



VARSAITY
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),
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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.



@AustinTGCA



photo courtesy Nicole Lightfoot