



# TGCA NEWS

NOVEMBER 2014



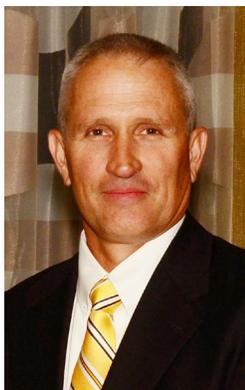
## 2014-15 TGCA OFFICERS



**President of TGCA**  
Mitch Williams  
Whitney HS



**1st Vice President**  
Liana Gombert  
Smithson Valley HS



**2nd Vice President**  
Loyd Morgan  
Rogers HS



**Past President**  
Kari Bensed  
Frisco Centennial HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant to the Executive Director**  
Lee Grisham  
TGCA Office



## FEATURE ARTICLES

cover photo courtesy Monica Shallenberger



photo courtesy Melissa Troten-Hardy

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TGCA Sub-Varsity  
Chair  
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Ph.D., FACSM  
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# DISCIPLINE IN YOUR PROGRAM

By Dianna Hester // TGCA Sub-Varsity Chair // El Paso Franklin HS



I have had the honor to work with the same head coach for twenty plus years in two different states. In that time some things have changed but the one major concept for Coach Flo Valdez has not. That is DISCIPLINE. As a long term assistant coach, I appreciate that she treats every athlete the same, every day of the year. What is good for the “super star” is good for a freshman player. The coaching staff knows what is good for one is good for all, including the head coach.

When reminiscing with former players, every one of them concurs that Coach Valdez’s discipline was appreciated with consistency. Discipline helped them with their post-high school life. Many even stated that it helped when raising their own children. One ex-player stated that she learned how to budget her time, because “If you were on time, you were late.” She now instills that in her own children.

The head coach is always the first one on the track for a 6:30 a.m. run or the first to open the gym for an 8:00 a.m. Saturday workout, as an Assistant Coach I felt a sense of pride if I unlocked the door and turned on the lights before her. It didn’t



photo courtesy Tasha Wilson

happen often, but I tried every day.

On the first day of tryouts, a “Code of Ethics” or Code of Discipline and a “Players Responsibility” was distributed and explained. Then the athletes would sign the documents. In the “Code of Ethics” some

the following subjects were covered:

1. Eligibility - If an athlete had a 79% or lower the athletes have to attend a 7:30 AM to 8:45 AM mandated study hall.

**CONTINUED ON PAGE 3**

## BASKETBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Nikki Heath	Lubbock HS	5A-1
Brian Legan	Sundown HS	2A-1
Ramsey Ghazal	Rider HS	5A-2
Alex Koulovatos	Burkburnett HS	4A-2
Darren Wilson*	Nelson HS	6A-3
Colby Pastusek**	Bowie HS	3A-3
Rod Been	Denison HS	5A-4
Frederic Griffin	Brownsboro HS	4A-4
Kristi Henderson	Santa Fe HS	5A-5
Jason Sanders	Silsbee HS	4A-5
Katrina Hall	Anderson HS	6A-6
Scott Richardson	Robinson HS	4A-6
Rachel Carmona	Mission HS	6A-7
Valerie Akpan	Gonzales HS	4A-7
Marlee Webb	Franklin HS	6A-8
Quint Anthony	Greenwood HS	4A-8

\*Chair

\*\*Vice Chair

# BOARD OF DIRECTORS, CHAIRS & VICE CHAIRS

2014-15 TGCA  
BOARD & COMMITTEE  
MEETINGS



NAME	POSITION	SCHOOL
Mitch Williams	President	Whitney
Liana Gombert	1st Vice President	Smithson Valley
Loyd Morgan	2nd Vice President	Rogers
Kari Benseid	Past President	Centennial
Kriss Ethridge	Region I Senior Director	Coronado
Trent Hilliard	Region I Junior Director	Frenship
Frances Metzger	Region II Senior Director	Stephenville
John Sparks	Region II Junior Director	Big Spring
Jeff Lemons	Region III Senior Director	Aledo
Katherine Schoettle	Region III Junior Director	Nelson
Janie Litchford	Region IV Senior Director	Frisco
Heather Damron	Region IV Junior Director	Wylie
Lyndsay Hodges	Region V Senior Director	Clear Falls
Astin Haggerty	Region V Junior Director	Clear Springs
Jacob Thompson	Region VI Senior Director	Rouse
Susan Brewer	Region VI Junior Director	Bellville
Nora Zamarripa	Region VII Senior Director	Harlingen
Patti Zenner	Region VII Junior Director	Poth
Flo Valdez	Region VIII Senior Director	Franklin
Jason Roemer	Region VIII Junior Director	Fredericksburg
Tammy Clark	Volleyball Committee Chair	Granbury
Denise Johnson	Volleyball Committee Vice Chair	Tarkington
Darren Wilson	Basketball Committee Chair	Nelson
Colby Pastusek	Basketball Committee Vice Chair	Bowie
Jason Troom	Track Committee Chair	Lubbock
Steve Golemon	Track Committee Vice Chair	Bandera
Brent Morris	Softball Committee Chair	Amarillo
Lee Anne Curry	Softball Committee Vice Chair	Greenwood
Dianna Hester	Sub-Varsity Committee Chair	Franklin
Randy Hynson	Sub-Varsity Committee Vice Chair	Snyder

## March 5

Basketball All-State Committee Meeting, 5:00 p.m., San Antonio

## March 6

Basketball Committee Meeting, 12:00 Noon, San Antonio

## March 8

Board of Directors Meeting, 11:00 a.m., San Antonio

## May 14

Track Committee Meeting, 7:00 p.m., Austin

## May 15

Sub-Varsity Committee Meeting, 1:00 p.m., Austin

## May 16

Track All-State Committee Meeting, 8:00 a.m., Austin

## June 3

Softball 1A, 2A, 3A and 4A All-State Committee Meeting, 8:00 a.m., Austin

## June 4

Softball 5A and 6A All-State Committee Meeting, 8:00 a.m. Softball Committee Meeting, 8:00 a.m. Austin

## June 7

Board of Directors Meeting, 11:00 a.m., Austin

## June 16-17

Legislative Council Meeting (TGCA Officers Only) Round Rock

## July 14

Board of Directors Meeting, 1:00 p.m., Austin

# DISCIPLINE IN YOUR PROGRAM (CONTINUED)

CONTINUED FROM PAGE 1

2. Dress Code- The athletes are representing your school so it is important that they look like and act like young ladies.
3. Cell Phones- No cell phones are permitted in the locker room. When athletes board the bus they must hand in their cell phones which are returned when they get back on the bus to ride home.
4. For practice all athletes are given work out tops to wear on specific days. For example Mondays and Thursdays are grey, Tuesdays and Fridays are black, and Wednesdays and Saturdays are purple. Athletes have to be in the correct attire or they did not practice. If you did not practice you will not play.
5. Tardiness- If an athlete is one minute tardy then she has to pay a price, if it happened twice, the team pays the price and the third time; let's just say it never escalated the third time.

Personally, I believe that all five of the above topics are



photo courtesy Monica Shallenberger

forms of discipline, and with discipline comes respect, and with respect comes success. Who wants to let down their head coach, especially when they respect and believe in what they are trying to achieve? Discipline enables athletes to feel a sense of ownership in the program.

As a sub-varsity coach, I am very supportive of my head

coach. My job is to get the athletes ready for the strict regimen of the varsity routine. The athletes are a direct representation of the proceeding coaches and their discipline. I would not want a player to be a negative influence of me, and that directly reflects on the program as a whole.

Flo Valdez, a Hall of Fame Coach in two states, is a great

teacher, strategist, disciplinarian, and a true leader. I have learned many things from Flo Valdez and I will continue to learn from her for years to come. I only hope that when it is my turn to take the helm of a program that I can lead as she has and have the discipline that she believes in whole heartedly so I can pass it on to a new generation of coaches.



photo courtesy Richelle Conelli

## \* ATTENTION \*

**TO ALL COACHES:** Please go on-line 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.

# PHOTOS OF THE MONTH



## 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 on-line. 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

## 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 Eric Miracle

## 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.

## TSWA NOMINATIONS

Nominations for the Texas Sports Writers Association All-State Volleyball Team should be sent to Longview News-Journal sports editor Jack Stallard as soon as possible when teams are eliminated from the playoffs.

- Deadline to nominate players is Wednesday, Dec. 3.
- Nominations should include the player's name, school, grade, classification of school, position (middle blocker, outside hitter, setter or libero) and any available statistics.
- Please send nominations by email to [jstallard@news-journal.com](mailto:jstallard@news-journal.com) or by fax to (903) 757-3742.

**\*\*PLEASE NOTE: THIS IS NOT THE SAME AS TGCA ALL-STATE\*\***



photo courtesy Tami Stone

# 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

# Great Coaches Teach

We call it the four T's: Take Time To Teach. Do you take the time to teach your athletes? Not just a different drill, but the mechanics behind the actions involved. Not just what you want them to do, but specifically how you want them to do it. Mechanics, technique and form are paramount and must be taught.

## GOOD ATHLETES ARE BORN, GREAT KIDS ARE DEVELOPED!

Some coaches teach in a classroom as well as on the court, field, track, etc. In the classroom you have a set class period like a set practice period. Do you treat the allotted time the same? A sports practice is not exactly like a classroom, but the time is used in a similar matter...review, teach, practice, assess, and repeat. Or do you always feel like you have so much to get to that you can't "waste" time on teaching or catching up those that are behind?

Teachers use different techniques, approaches, and mediums on a daily basis. Do you have different styles in the athletic realm or do you always teach the same way? Are you more patient in a



*photo courtesy Rose Canavan-McGonagill*

classroom than the court? A coach is a teacher, whether they want to be or not. We are teaching our kids to be better and leading them to success, or we aren't.

If you aren't a classroom teacher, you are still a teacher. Who do you model yourself after? Maybe a former coach or a former teacher? Maybe a mentor? Accept that you are a teacher and take the necessary time to teach the skills

(athletic skills and life skills) that your athletes need.

You may be a coach with one year of experience or with thirty years of experience. Every team and every season is an opportunity to learn more about yourself and become better at what you do. Are their ways you can teach something better?

## PREPARE THEM - TEACH THEM -

## EQUIP THEM

As an education based company, we see every child as an opportunity to teach lessons they can take with them for life. Our desire is that they learn how to be leaders on their teams. This takes confidence which takes empowerment which requires your effort to impart wisdom and knowledge. Knowledge is power and you have the opportunity to share that power.

The proper mechanics and techniques that your athletes learn will make them better athletes which will positively impact your team. But the life lessons that you impart will positively impact their lives.

We are laying a foundation of athletic development and health for life. As leaders of kids, we want to empower them in a positive direction to embrace the life elements and ethics that will develop them into great adults.

If we never take the time to teach, they may feel they were never invested in and never given a real opportunity, which may lead them to quit before they reach their potential.



# 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 de-

signed 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.

# 10

## 10 HEALTH/MEDICAL PROBLEMS NO ONE WANTS TO RECEIVE AS A HOLIDAY GIFT

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

**1** **Borborygmi.** Tummy sounds. Like it or not, almost everyone's stomach will growl or gurgle on occasion, some more often than others, some more loudly than others. As a rule, such noises are caused by the human digestive process in which food is propelled through the digestive system via a series of muscular and intestinal contractions. On the other hand, this generally unwanted symphony of belly sounds can occur at anytime—whether the stomach is full or not.

**2** **Hyperhidrosis.** Overactive sweat glands. While almost all people sweat, when, where, and how much can vary from person to person. Unfortunately, excessively perspiring can lead, in some instances, to an abnormal change in body odor. More often than not, certain steps can be undertaken to help prevent such an unwanted assault on the public's olfactory senses, including bathing regularly, wearing clean clothes, using antiperspirants, and avoiding foods with strong odors (e.g., garlic, onions).

**3** **Eructation.** Belching or burping. In reality, belching and burping are natural human conditions. It is normal, for example, for a person to "release air" 6 to 20 times a day, an action that can occasionally be embarrassing or annoying. Individuals who want to reduce the number of times that they belch or burp can help themselves in that regard by watching what they eat or drink.

**4** **Bromhidrosis.** Foot odor. The stench that sometimes affects human feet is typically the result of sweat and bacteria that are trapped inside of enclosed toe shoes. As such, a

host of steps can help prevent the occurrence of foot odor, including washing the feet regularly, wearing shoes made from breathable material, wearing socks that fit and are made of 100% cotton and changing them regularly, and using foot powders.

**5** **Halitosis.** Bad breath. The extent of the unpleasant odors that accompany the breath of some individuals tends to vary, depending on the source or the underlying cause of the bad breath. While a chronic cause of bad breath is poor oral hygiene, a number of other factors can also lead to this loathsome condition, including periodontal gum disease, post-nasal drip, and dry mouth. Among the activities that can help prevent halitosis are better oral hygiene (brushing, flossing, mouthwash), avoiding certain foods, and targeted dental treatments.

**6** **Hypertrichosis.** Abnormal hair density and length. Individuals of different ethnic backgrounds, ages, and gender often exhibit substantial differences in hair growth patterns on their bodies. What is normal for one person may be considered abnormal for another. On the other hand, the existence of excessive body hair can be both embarrassing and troubling for individuals who believe it disfigures their appearance.

**7** **Gingivitis.** Inflammation of the gums. An early stage of a more serious form of gum disease (periodontitis), gingivitis is characterized by red and swollen gums that often bleed when the teeth are being brushed. If left untreated, this condition can lead

to gum infection and in more serious cases, tooth loss. The primary cause of gingivitis is poor oral hygiene.

**8** **Dysuria.** Painful urination. A fairly common problem, experiencing pain when urinating may be felt either right at the point the urine leaves the body or inside the body (behind the pubic bone or in the bladder or prostate). More often than not, painful urination is caused by a urinary track infection (particularly women) or by urethritis and certain conditions of the prostate (men). The form of treatment for this problem depends on what is causing the pain.

**9** **Paronychia.** Nail infection. The most common symptoms of this problem are swelling, redness, the accumulation of pus under the skin (i.e., an abscess has formed), and tenderness and pain upon touching. As a rule, a paronychia is caused either by bacteria entering the skin around a nail that has been damaged by trauma or by fungus.

**10** **Furuncle.** A skin infection involving an entire hair follicle and adjacent skin tissue . . . aka, a boil. Starting in a hair follicle or oil gland, a boil initially entails the skin turning red in the area of the infection. Subsequently, it may feel somewhat like a cyst or a water-filled lump. As a rule, self-care treatment of boils involves applying a warm compress to them and then soaking them in warm water. When the boil starts to drain, it should be washed with an antibacterial soap. If the boil doesn't heal, a physician should be consulted.

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.



### HYDRATION 101

By Amy Goodson, MS, RD, CSSD, LD // Ben Hogan Sports Medicine Sports Dietitian  
[www.texashealth.org/benhogan](http://www.texashealth.org/benhogan)

Summer and fall are some of the hottest months of the year which makes paying attention to your hydration essential! Just a 2% level of dehydration in the body equates to an approximate 10% decrease in performance. They is not to over-drink, the key is to drink smart! Check out these pre, during and post-workout hydration tips:

#### PRE-EXERCISE

- Check urine color before beginning exercise
- 2-4 hours pre-exercise: 5-7 mL fluid per kg body weight
  - o 1 oz per 10 lb of body weight
  - o Generalized: 16-20 oz fluid (approximately one bottle water or sports drink)
- 2 hours pre-exercise: If profuse sweating is expected, drink another 3-5 mL fluid per kg body weight
  - o 0.6 oz per 10 lb of body weight
  - o Generalized: 7-12 oz fluid
- 10 minutes before workout/game: 5-10 oz fluid (water or sports drink)
- No pre-exercise electrolyte recommendations
  - o Encourage salty food intake

like pretzels, tomato juice, pickles, soups, and other salty snacks

#### DURING EXERCISE

- Very individualized to athlete's sweat rate, but a general rule is 5-10 oz (water or sports drink) every 15-20 minutes
  - o One medium mouthful = about 1 oz
- After one hour of exercise, make sure you are consuming some sports drink for carbohydrate and electrolytes
  - o 30-60 gm carbohydrate per hour
  - o Upon practice, it is possible to consume up to 1 gm carbohydrate per kg body weight per hour
  - o General electrolyte recommendation: 1 gm salt/1 L fluid
- If it is extremely hot and humid, rely more on a sports drink to ensure adequate carbohydrate and electrolytes (sodium, chloride, potassium); you may also need to drink a greater quantity

#### POST-EXERCISE

- Consume 16-24 oz of fluid (wa-

ter or sports drink) for every pound lost during exercise

- If needing rapid rehydration due to multiple matches, 2-a-day practices, or other sporting events, consume 24 oz of fluid for every pound lost (150%)
- Including sodium post exercise (sports drinks and/or salty foods) can help retain ingested fluids and stimulate thirst
- Sweat rate
  - o Pre-exercise weight – post-exercise weight = lbs lost
  - o Multiply lbs lost by 16 to get into ounces
  - o Add fluid consumed during exercise
  - o Result = how many total ounces of fluid were lost during exercise
  - o Take total number of exercise minutes and divide into 15-20 minute segments
  - o Divide total ounces needed by 15 or 20 to get how many ounces should be consumed at each drinking interval
  - o <http://www.powerbar.com/calculators/sweat.aspx>



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against women's cancers. For information on the Fund, visit [www.KayYow.com](http://www.KayYow.com), or to register your Play 4Kay event, go to [www.Play4Kay.org](http://www.Play4Kay.org). For questions please contact:

#### Sarah Reese Womack

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

To purchase merchandise from the Nike Kay Yow Collection, please contact Robin Pate at [Robin.Pate@KayYow.com](mailto:Robin.Pate@KayYow.com), or call his direct line, 919-659-3303.

## AD&D Benefit

### (Accidental Death and Dismemberment)

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$4,000.00 Accidental Death & Dismemberment (AD&D) benefit through

your membership.

This benefit is NO cost to you. Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family 20%-

60% on vision care, hearing care and prescriptions.

In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren. Contact Michelle Baker for more information, [msbaker@allife.com](mailto:msbaker@allife.com) or (866) 797-6455.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Soccer: First Day for Practice	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Soccer: First Day for Scrimmages
28	29	30	31			

ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26.

**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!



from the



# THANKS TO OUR SPONSORS



The power to do more



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



Varsity  
Guy in the Yellow Tie



Tom Rogers  
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## TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,  
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Austin, TX 78722-2536;  
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(512) 708-1325 (fax),  
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**Administrative Assistant:** Audree Tipton, [Audree@austintgca.com](mailto:Audree@austintgca.com)

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

**Newsletter Editor:** Chris Schmidt

### TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: [www.austintgca.com](http://www.austintgca.com).

### Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

### UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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