

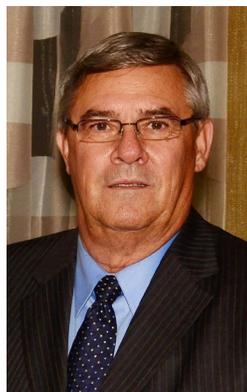


TGCA NEWS

SEPTEMBER 2014



2014-15 TGCA OFFICERS



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9.14

FEATURE ARTICLES

cover photo courtesy Esteban H. "Steve" Gonzales



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Ph.D., FACSM
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10 POINTS THAT EVERY COACH WILL EVENTUALLY NEED TO ADDRESS AND KEEP IN MIND IN DEVELOPING A PLAN FOR SUCCESS IN ATHLETICS

By Steve Golemon // TGOA Track & Field Vice Chair // Bandera HS



For 46 years now, the author of this article has been involved in coaching various sports in Texas public schools. Over that period of time, numerous changes have taken place; however, at least one thing has remained constant in that span of time. The one thing which has definitely remained constant over that period of time is the fact that success does not just happen in any sport, rather success is the result of a well thought out, sound plan, that is implemented constantly, continuously, and consistently from the beginning of the initial training season to the end of the competitive season, as well as during the off-season. Having made this statement, the reader of this article is encouraged to contemplate the 10 points listed below.

1. REGARDLESS OF THE SPORT, THERE MUST BE A WELL STRUCTURED PLAN, WHICH IS BASED ON RESEARCH AND/OR HAS BEEN PROVEN TO BE EFFECTIVE BASED ON PREVIOUS IMPLEMENTATION. Unfortunately, most coaches early in their careers either do not have a plan, rely on a plan that they were introduced to while participating in athletics, or attempt to develop a plan based on trial and error. Such should not and does not have to be the case. There are numerous sources in print or on the internet, which are based on sound research or effective implementation. Trust and use this information as a guide in creating an effective plan of developmental and training action, regardless of the sports which may be expected to coach. Also, attend clinics, such as the T.G.C.A. Summer Clinic and Satellite Clinics, as well as contact highly successful coaches in the particular sport which you coach. Be willing to learn from coaches who have proven that they know how to build a successful sports program that is based on a sound developmental and training plan. For cross country and distance coaches, become extremely familiar with those who blazed the trail to where we are today by relying on the things that men, such as Arthur Lydiard, Jack Daniels, Joe Vigil, Joe Newton, and others have shared in print.

2. ANY WELL STRUCTURED PLAN WILL WORK, AS LONG AS THE COACH AND STUDENT-ATHLETE ARE WILLING TO WORK PLAN AS IT HAS BEEN DESIGNED. Always keep in mind that the plan must be sold to the student-athlete and that there are plenty of soothsayers in the world of athletics who will contend that any and all programs are wrong, except for the program which they developed or which they use. In some cases, the student-athlete may have already been exposed to this element prior to encountering the plan which you are implementing. As a coach, it is your job to

sell, implement, and alter or adjust the plan to fit the particular group of student-athletes which you have at the time. This requires that the coach work at least as hard as the student-athlete and more times than not, even harder than the student-athlete, so the progress which is desired by all may be attained. Constant evaluation and motivation must be implemented by the coach. If the coach is not willing to do this, then the student-athlete is not going to vigorously work the program. In the words of Thomas Edison, "Vision without execution is hallucination."

3. IN DEVELOPING THE PLAN, INDIVIDUALS ARE IMPORTANT, BUT THE GOOD OF THE TEAM MUST COME FIRST AT ALL TIMES, SO MAKE SURE THE PLAN IS STRUCTURED TO BENEFIT BOTH. In any sport, virtually every student-athlete is functioning at a different level from his or her teammate, so one general plan will never fit the needs of all who are participating in the partic-



photo courtesy Chelsea Koudala

ular sport. This means that the coach must develop a general plan which will allow for the physical, emotional, and mental differences that exist among the student-athletes in his or her particular sport. The general plan must be flexible enough to allow for each student-athlete to develop athletically at a rate which he or she is capable of handling; however, do not sacrifice the integrity of the general plan, when providing the flexibility that is needed to bring each student-athlete to the level which he or she is capable of achieving.

4. IN STRUCTURING THE PLAN, DO NOT BE A DINOSAUR IN AN AGE OF SCIENTIFIC DISCOVERY AND TECHNOLOGICAL ADVANCE. Just because an individual was taught to achieve something in a particular manner, does mean that is the only way that achievement can be attained. Unfortunately, far too many coaches are unwilling to make

changes when change is necessary to keep pace with what has now been proven to be scientifically, physiologically, and/or bio-mechanically correct. Read, study, question, explore, and then implement changes in the plan based on what has now been proven to be correct. Do not adhere to a plan that is possibly outdated because that was the way it was done when you were a student-athlete or when you first started coaching.

5. THE PLAN MUST BE DESIGNED EITHER INCORPORATING SOME TYPE OF STRENGTH TRAINING OR NOT INCORPORATING SOME TYPE OF STRENGTH TRAINING, SO BE SURE YOU FULLY UNDERSTAND THE MERITS OF BOTH ARGUMENTS. Obviously, there are 2 or more sides to the idea of strength training for various sports. One side, which is easily supported by research data, basically contends that strength training when structured in the proper manner builds faster, stronger, leaner muscled, more flex-

ible, more explosive, better coordinated, more confident and less injury prone student-athletes, while those who are totally opposed to strength training contend that strength training will shorten and tighten the muscle groups, which will in turn lead to muscle pulls, less flexibility, and a shorter range of motion. A third group lies somewhere between these 2 groups and is generally opposed to aggressive, progressive strength training being a part of the developmental and training plan for student-athletes. Unfortunately, what this faction fails to realize is that non-aggressive, non-progressive strength training is actually digressive, since mere maintenance does nothing to develop the student-athlete physically or emotionally. Additionally, there are those who advocate body

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10 POINTS THAT EVERY COACH WILL EVENTUALLY NEED TO ADDRESS AND KEEP IN MIND IN DEVELOPING A PLAN FOR SUCCESS IN ATHLETICS

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weight exercises only for strength training (the Herschel Walker Approach for those who are old time football fans). Although the author of this article is now and always has been a strong advocate for a well structured aggressive, progressive strength training program in all sports for the very reasons stated above, he will be the first to admit that coaches who have no strength training programs or use other approaches to strength training have experienced and most likely will continue to experience success as long as they have the right type of student-athletes for their particular sport; however, building a better student-athlete through a well designed strength training program assures the coach that he or she will always have the right type of student-athletes for any particular sport. Approximately, sixty years ago, the author of this article had a brother who played on a Southwest Conference and Cotton Bowl Championship team, which finished ranked 6th in the nation, and only 2 players on the team lifted weights, because lifting was frowned upon by the vast majority of college coaches and all high school coaches at that time. In the 1970's, it was still being preached by nearly all high school basketball coaches and the vast majority of college basketball coaches that lifting weights would ruin the shot of the student-athlete. Even, as late as the 1990's and 2000's, an extremely large percentage of high school and college track and field coaches were opposed to an aggressive, progressive strength training program, because of it would shorten the range of motion in the various muscle groups. Amazingly in the last 5 years, the author of this article has been to lectures at clinics where coaches who at one time utterly opposed aggressive, progressive strength training now lecture on the attributes of coordinating such a program with the conditioning and technique training in their track and field program. At present, the last great debate over the value of aggressive, progressive strength training apparently lies in the sport of cross country, as well as distance running in general, where it seems the majority of coaches are still not sure of the value of strength training; however, there apparently is a bright light on the horizon, since in the last 3 years, the author of this article has witnessed several lectures where the cross country/distance coaches of major universities, as well as international athletes, have, using research data, stated very clearly that an aggressive, progressive weight program is extremely beneficial for distance runners, when structured correctly. Most cross country/distance coaches who are opposed to strength training generally argue that their student-athletes were successful without strength training, so why put

them at risk of "bulking up." The real question or concern should be, "How much better could those student-athletes have been, if they been exposed to a sound aggressive, progressive strength training program, which is structured for cross country runners/distance runners?"

6. THE WORLD IS FULL OF CHARLATANS, SO DO NOT BELIEVE EVERYTHING THAT YOU READ OR HEAR. The sarcasm of the late Will Rogers said it all, when he stated, "That all he knew was what he read in the newspapers." Unfortunately, the modern



photo courtesy Aubrey Lindberg

world, particularly in the U.S.A., is blessed with those who are out to make a buck at the expense of anyone, including student-athletes and their parents. Although there are many excellent personal trainers, as well as club and select team coaches, too often there are throughout Texas individuals who are really only interested in providing their services to student-athletes in order to fatten their own pocketbook. Just recently, it was conveyed to this author that a personal trainer had stated that running anything beyond 500 meters would cause the student-athlete to develop slow twitch muscles. Beware of whom and where your student-athletes secure for additional help in their particular sports because if you come to close to them rattlesnakes do have a deadly bite.

7. REGARDLESS OF HOW WELL DESIGNED THE PLAN MAY BE, THERE WILL ALWAYS BE CRITICS OF THE OF THE PLAN, SO LISTEN TO WHAT THE CRITICS HAVE TO SAY, BUT DO NOT INTERNALIZE THEIR MESSAGE OR ALTER THE PLAN, UNLESS THE CRITICISM IS BASED ON SOUND RESEARCH AND/OR

PRINCIPLES WHICH HAVE BEEN PROVEN TO BE SOUND OVER TIME. As one distance lecturer stated this summer, "Don't give me theory. Show me the facts and the research to support those facts." Never give up on what your student-athletes have proven to be successful; however, be willing and able to adapt your plan to the needs of each particular group of student-athletes, especially, when it is for the betterment of your student-athletes and the sport which you coach. Adaptation, adjustment, and/or alteration of the plan, like its initial structure, must be based on research and proven tactics, rather than theory or criticism, and it must focus on the need to bring about team improvement, as well as individual improvement.

8. FOR THE PLAN TO WORK, THE PLAN MUST BE BASED ON HONESTY AND TRUST. First, the coach and the student-athlete must be honest with himself or herself. Second, they must be honest with each other. Third, they must be honest with the entire team. Honesty often hurts, but trust and successful implementation of the plan will never be achieved until this three part honesty is established.

9. FOR ANY PLAN TO WORK AT ANY LEVEL IN ANY SPORT, THE EMPHASIS MUST BE ON THINGS THAT TRULY DEFINE "A REAL WINNER" IN LIFE, SUCH AS GOD, FAMILY, AND COUNTRY, AS WELL AS RELATIONSHIPS WITH TEAMMATES AND OTHER INDIVIDUALS. What should be the real reason for sports to exist within the educational system? Is the typical student-athlete going play sports or compete in sports for the rest of his or her life? Although some may continue to play tennis or golf for recreation and pleasure and others may continue to run the sake of fitness for many years, the real reason that athletics are and should remain a part of the educational process is to provide exposure to the demands of life, and how to handle those demands, without losing sight of the real priorities in life. For the plan to work, make sure that the plan is focused on developing productive citizens in the long run by encouraging the student-athlete to make the focal point on the things which really matter most in life.

10. LAST, BUT NOT LEAST, THE PLAN WILL BE MOST EFFECTIVE WHEN THE SEVEN C's, WHICH ARE CHARACTER, COMMITMENT, CONFIDENCE, COMPETITIVENESS, CONSISTENCY, CONTINUITY, AND CONSTANCY, ARE AN INTRICATE PART OF THE PLAN. People of character, who are committed, confident, and competitive will assure that the plan will succeed, as long as they are willing to consistently, continuously, and constantly work to improve themselves and their team.

CAREER VICTORIES

BASKETBALL

NAME	SCHOOL	#VICTORIES
Rhonda Farney	Georgetown HS	1000
Chuck Darden	Shallowater HS	800
Roy Williams	West Oso HS	700
Tri Danley	Barbers Hill HS	500
Tracy Hastings	Madison HS	400
Jill McDill	Sunnyvale HS	400
Keith Smith	Longview HS	400
Alan Thorpe	Stephenville HS	400

CROSS COUNTRY

NAME	SCHOOL	#POINTS
Curtis Enis	Alvord HS	1100

GOLF

NAME	SCHOOL	#POINTS
Marcus Evans	Huntsville HS	800
Vicki Castino	Little Cypress Mauriceville HS	600
Whitney Purcell	Borger HS	600
Becky Addison	Granbury HS	500
Terie Campbell	Colleyville Heritage HS	300
Lonnie Gaylor	Waxahachie HS	300

SOCCER

NAME	SCHOOL	#VICTORIES
Omar Pedroza	Harlingen South HS	400
Rennie Rebe	Westlake HS	300

SOFTBALL

NAME	SCHOOL	#VICTORIES
Tommy Tomlinson	Bowie HS	400
Kevin Mills	Chapin HS	300
Wade Womack	Dripping Springs HS	300
Perry Young	Burleson HS	300

TRACK & FIELD

NAME	SCHOOL	#POINTS
Jim Fillingim	Hamlin HS	1400 points
Curtis Enis	Alvord HS	900 points
Renee Gerbich	Judson HS	800 points
Venita Tryon	West Oso HS	700 points
Larry Halliburton	Allen HS	600 points
Mareon Lewis	Wheatley HS	300 points

VOLLEYBALL

NAME	SCHOOL	#VICTORIES
Michael Carter	Reagan HS	700
Mitzi Matthews	Dickinson HS	700
John Turner	Pearland HS	700
Patti Zenner	Poth HS	600
Cari Lowery	Copperas Cove HS	600
Donna Cox	Hull Daisetta HS	500
Denise Johnson	Tarkington HS	500
Flo Valdez	Franklin HS	500
Lupe Cardona	Corpus Christi Ray HS	400
Martina Carrillo	Freer HS	400
Vicki Castino	Little Cypress Mauriceville HS	400
Jason Evans	Leon HS	400
Didi Pierce	Abilene HS	400
Adrian Cavazos	Edinburg North HS	300
Karin Keeney	Hebron HS	300
Leslie Madison	The Woodlands HS	300
Jim Wood	Cleburne HS	300

*TGCA encourages all coaches to submit their information for Career Victories Awards for the 2014-15 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws," and then under "Awards" (Number 1 in the Directory).

SUB-VARSITY YEARS OF SERVICE

NAME	SCHOOL	YEARS OF SERVICE
Irene Halbert	Red Oak JHS	25 years
Angela Freeze	Pflugerville HS	15 years

*TGCA encourages all coaches to submit their information for Sub-Varsity Years of Service Awards for the 2014-15 school year to audree@austintgca.com. Guidelines are located on our website, www.austintgca.com, under "Bylaws", and then under "Awards" (Number 2 in the Directory)

* 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.



photo courtesy David Park

ATHLETES OF THE YEAR

NAME	SPORT	SCHOOL	CONF.	COACH
Ann-Marie Dunlap	Cross Country	Crawford HS	1A-2A-3A	Jason Buie
Natalie Rathjen	Cross Country	Highland Park HS	4A-5A	Susan Bailey
Megan Hohlt	Volleyball	Round Top Carmine HS	1A-2A-3A	Tanya Nygrin
Ashley Reasor	Volleyball	Reagan HS	4A-5A	Mike Carter
McKinley Bostad	Basketball	Kennedale HS	1A-2A-3A	Mindy Youngs
Ariel Atkins	Basketball	Duncanville HS	4A-5A	Cathy Self-Morgan
Kami Norton	Track	Albany HS	1A-2A-3A	Ginger Norton
Kiana Hawn	Track	Forney HS	4A-5A	Sandy Cook
Alyssa Angel	Softball	La Grange HS	1A-2A-3A	Arthur Behrend
Monique Garcia	Softball	Coronado HS	4A-5A	J. J. Johnson

COACHES OF THE YEAR

NAME	SCHOOL	SPORT	CONF.
Steve Golemon	Bandera HS	Cross Country	1A-2A-3A
Ray Baca	Canyon HS	Cross Country	4A-5A
Susan Brewer	Bellville HS	Volleyball	1A-2A-3A
Jo Anne Hultgren	Churchill HS	Volleyball	4A-5A
Tate Lombard	Wall HS	Basketball	1A-2A-3A
Joe Lombard	Canyon HS	Basketball	4A-5A
Ginger Norton	Albany HS	Track	1A-2A-3A
June Villers	DeSoto HS	Track	4A-5A
Arthur Behrend	La Grange HS	Softball	1A-2A-3A
Carrie Austgen	Deer Park HS	Softball	4A-5A
None Selected		Sub-Varsity Cross Country	1A-2A-3A
Phyllis Pappas	Wichita Falls Rider HS	Sub-Varsity Cross Country	4A-5A
Holly Turnbough	Alpine HS	Sub-Varsity Volleyball	1A-2A-3A
Kate Kennedy	Vista Ridge HS	Sub-Varsity Volleyball	4A-5A
Scott Kirby	Winnsboro HS	Sub-Varsity Basketball	1A-2A-3A
Kim Nance	MacArthur HS	Sub-Varsity Basketball	4A-5A
Holly Turnbough	Alpine HS	Sub-Varsity Track	1A-2A-3A
Chad Coffey	Highland Park HS	Sub-Varsity Track	4A-5A
Melissa Wood	LBJ HS	Sub-Varsity Softball	1A-2A-3A
Allison Castillo	Hays HS	Sub-Varsity Softball	4A-5A



photo courtesy Jackie Yerby

photo courtesy Chelsea Koudila

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 cred-

it 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.

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:

CROSS COUNTRY

November 3

VOLLEYBALL

November 16

CHEERLEADING

January 19

BASKETBALL

March 2

SOCCER

April 13

GOLF

April 27

TRACK & FIELD

May 11

SOFTBALL

June 1

SUB-VARSITY COACHES OF THE YEAR NOMINATION DEADLINE

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

photo courtesy David Park



GENERAL NOMINATION INSTRUCTIONS

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

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

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

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

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

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

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

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

TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

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

If you need assistance with any of this process, please contact us at tgca@austingca.com, or call our office at 512-708-1333, and we will be happy to assist you.

- 1 Access the TGCA website at www.austingca.com.
- 2 Click on the "Membership Site" category in the menu on the left-hand side of the page.
- 3 You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number.
- 4 Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations."
- 5 Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.
- 6 Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. PLEASE be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.
- 7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). Next click the button "Next Step."
- 8 Complete the form by typing in the information requested in the "Update" field.
- 9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.
- 10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.
- 11 When you have completed the form, please click the "Submit" button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.
- 12 You will need to follow these steps for each nomination of each athlete in each category that you wish to make.



photo courtesy Esteban H. "Steve" Gonzales

2013
2014

STATE CHAMPION COACHES

NAME	SCHOOL	SPORT	CONFERENCE
Randy Henderson	Plains High School	Basketball	1A Div I
Tate Lombard	Wall High School	Basketball	2A
Joe Lombard	Canyon High School	Basketball	4A

NAME	SCHOOL	SPORT	CONFERENCE
Will Reid	Harper HS	Cross Country	1A
Joshua Munson	College Station HS	Cross Country	3A
Justin Leonard	Southlake Carroll HS	Cross Country	5A

NAME	SCHOOL	SPORT	CONFERENCE
Craten Phillips	Sonora High School	Golf	2A
Mark Burgen	Andrews High School	Golf	3A
Marcus Evans	Huntsville High School	Golf	4A

NAME	SCHOOL	SPORT	CONFERENCE
Eric Ramierz	Hebron High School	Soccer	5A

NAME	SCHOOL	SPORT	CONFERENCE
Roger Maupin	Weimar High School	Softball	1A
Kirk Allen	Crawford High School	Softball	2A
Arthur Behrend	La Grange High School	Softball	3A
Jeff Lemons	Aledo High School	Softball	4A
Carrie Austgen	Deer Park High School	Softball	5A

NAME	SCHOOL	SPORT	CONFERENCE
Venita Tryon	West Oso High School	Track & Field	3A
Beverly Humphrey	Lancaster High School	Track & Field	4A
Renee Gerbich	Judson High School	Track & Field	5A

NAME	SCHOOL	SPORT	CONFERENCE
Tanya Nygrin	Round Top Carmine HS	Volleyball	1A
JaNeed Eudy	Bushland High School	Volleyball	2A
Claire Benedict	Decatur High School	Volleyball	3A
Jan Barker	Amarillo High School	Volleyball	4A
Leslie Madison	The Woodlands High School	Volleyball	5A



MAXPREPS STATS AND SCORES

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

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

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

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

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

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

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



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.

Hydration - The Battle We All Face

This summer may have been mild and the fall may be arriving, but hydration is a year round issue. Hydration is something most coaches are very good about promoting. However, some athletes, even those who play indoor sports or winter sports, fall victim to dehydration. Heat isn't the only cause, so take time to teach your athletes.

WATER'S ROLE

Water is a macronutrient that supports metabolism, plays a big role in digestion and helps in thermoregulation (how your body regulates its temperature). It also helps lubricate joints and maintain proper cell and organ function.

Water has a big role in how our brains function. An athlete's uncharacteristic loss of coordination could be a sign of dehydration. Have you experienced a time when dehydration was as impactful on the mental side of your athletes as it was on the physical?

DEHYDRATION

Plain and simple, it can kill you. You could die. Fact. What starts with thirst, dry mouth, head-



photo courtesy James Busby

ache, and fatigue can lead to muscle cramps, dizziness, elevated heart rate, and unconsciousness. Dehydration is not something you want to play with.

Our thirst mechanism is simply our body's way of telling us to drink water. Athletes should be in the habit of drinking more than their thirst demands. We don't want their bellies sloshing, but if they hydrate properly this won't

be an issue. Once you're thirsty you're playing catch up. Proper hydration starts the day before the activity, not an hour before.

So how much water do we need? The exact amount depends on several factors including age, gender, and activity level, but 2-3 liters a day is a good estimation. Drinking too much is rare, you're more likely to dehydrate than over-hydrate.

ENCOURAGING OUR ATHLETES

In a school setting students often have difficulty drinking enough water throughout the day. Encourage your athletes to carry water with them if allowed by the school. If not they should at least drink from the water fountain between every class. They need to prioritize taking in enough water and they probably need your reminder to make that happen.

A small portion of your water intake comes from food and other non-water drinks. That doesn't mean eat a bunch of watermelon. Simply consider that a proper nutritional regimen, including fruits and vegetables, contributes to your daily water intake. Complex carbohydrates help us retain the water we drink, so having some carbs in the diet is also important for proper hydration.

The bottom line is, be diligent and disciplined about keeping hydration a priority. We have to put back in what our body sweats out and uses up. Make sure your athletes understand how water affects how they feel and how they perform.

2015 SUMMER CLINIC

The 2015 TGCA Summer Clinic will be held in Austin, Texas, July 13-17, 2015. The Summer Clinic schedule will be posted to the website, www.austintgca.com, in the coming weeks under the "Summer Clinic" category in the menu on the left-hand side of the home page.

The format will change somewhat this year, so be

sure you take a look at the schedule when it's posted. Be sure and mark your calendars and make your plans early to attend.

We will be posting all clinic dates, including the satellite sports clinics, to the website once dates are confirmed. We hope you'll make plans to attend one or all of the 2015 TGCA clinics.



photo courtesy Hannah Henderson

UIL SPIRIT COMPETITION - 2016

by Sam Tipton // TGCA Executive Director

A one-time pilot UIL State Championship Game Day Spirit Competition was adopted by the UIL Legislative Council at the June, 2014 meeting. The UIL has collaborated with a number of stakeholders to further develop the pilot.

The consensus is to hold the event in late January. With the right format, as many as 200 teams can compete in preliminary rounds through finals in a single day. This can be accomplished by hosting Conference 1A-4A in the middle of the week to avoid conflicting with basketball games. Furthermore by hosting these conferences in multiple venues, the UIL will be able to complete the Spirit Competition in one day for some conferences as needed. Conference 5A-6A will likely be hosted on Friday and Saturday. This schedule minimizes conflicts with other activities and loss of school time.

All schools will be invited to participate in the preliminary rounds by conference. The preliminary rounds serve as the qualifying rounds to advance to the finals. The top scoring teams from the preliminary rounds will advance to the finals. The number of teams advancing to the finals may vary by conference.

School representation will consist of one "Game Day Team" per school with a maximum of 30 students performing on the floor any given time. Teams can include any combination of cheerleaders, dance squad members, drum line members, pep squad members, mascots, flag lines, etc. To be eligible, students must be in compliance with the same UIL rules that relate to UIL Music and Academic competitions. Other varsity athletics eligibility requirements do not apply.

In the preliminary, or qualifying rounds, each team will perform in three categories: 1) A crowd-leading category using sideline cheers/chants 2) Fight Song Routine with crowd-leading elements 3) Band/Drum "time out" dance routine.

Judges trained to evaluate these specific skills will score each category with score



photo courtesy Danielle Hensley

or defense, etc.) environment. The competition is designed to focus on student safety and emphasize the leadership roles of spirit leaders in schools. The competition will serve as a showcase of sideline crowd leading activities and will include skill and stunt restrictions.

sheets centered on execution, crowd effectiveness, energy, and overall performance. UIL will partner with Varsity Spirit Brands to provide and train judges for the contest. The total score for all three will determine which teams advance to the final round, which will include evaluation of the execution of crowd-leading skills in a situational (i.e. appropriately leading offense

or defense, etc.) environment. The competition is designed to focus on student safety and emphasize the leadership roles of spirit leaders in schools. The competition will serve as a showcase of sideline crowd leading activities and will include skill and stunt restrictions.

The Texas Girls Coaches Association, as a stakeholder in UIL Spirit Competition and a source for the teaching of health, safety, and technique training for cheerleader coaches, will begin recognizing, for the 2014-2015 school year, the honors of Academic All-State for all conferences, Cheerleader of the Year (selected by Varsity) for 1A, 2A, 3A, 4A and 5A, 6A, and Cheerleader Coach of the Year (selected by Varsity) for 1A, 2A, 3A, 4A and 5A, 6A. A cheerleader coach must be a member in good standing with the Texas Girls Coaches Association to be eligible for TGCA honors for themselves or student squad members. TGCA will add to the honors in the 2015-16 school year to include state championship rings for winning coaches, All-State, and All-Star selections for a member coach. To apply for membership please go to www.austintgca.com.



photo courtesy Meg Garrett

10

WAYS COACHES CAN CONTINUE TO LEARN

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

1 *Have an open mind.*

Realize that opportunities for learning abound. They are everywhere if individuals can learn to recognize them for what they are. The key is to be receptive to and tolerant of new ideas, new notions and conceptual links, and the potential of embracing new challenges.

2 *Reach for resources.*

Take advantage of the various platforms for delivering information that are available in almost every field of endeavor (particularly in coaching), including books, DVDs, webinars, and social media. Keep in mind that these tools are among the most viable means for obtaining cutting-edge, up-to-date information on key topics and areas of professional concern.

3 *Let your feet hit the street.*

Attend professional meetings, clinics, and conventions that specifically target individuals involved in coaching. While in attendance at these gatherings, be a sponge for information. Listen, learn, absorb. Always remember that since your existing job will often not be your last job, it can be quite advantageous for you to expand your “learning envelope.”

4 *Learn from others.*

Make a strategic commitment to the fact that everyone you meet is a potential source of useful information. In that regard, everyone with whom you interact

(particularly professional colleagues) can serve as a viable learning channel for you.

5 *Study the pioneers in the field.*

Contrary to the perception of some individuals in coaching, their field of study did not commence the day that they were born. In fact, the body of knowledge related to their profession has evolved over decades of scientific inquiry undertaken by a cadre of dedicated individuals. As the old saying goes, “when you drink the water, remember who dug the well.” Considering efforts of these pioneers can provide a well-spring of thought-provoking information.

6 *Expand your universe.*

See the world as a classroom. Look upon the actions, practices, and activities of successful individuals and organizations in other fields and endeavors as a learning resource that can be tapped to add substance, clarity, and insight into your own level of informational enlightenment. Figuratively, as well as literally, the learning opportunities in this area are boundless.

7 *Be active.*

To the degree that your situation and schedule permit, engage in an array of professional pursuits. For example, serve on a committee, be part of a writing team, accept a leadership role, etc. In addition, share your skills and time with those outside your professional com-

munity. Be a volunteer. Make a difference.

8 *Master your listening and observational skills.*

Learn to listen with both your ears and your eyes. The ability to listen effectively is an essential aspect of communication that requires considerable personal commitment to develop—an undertaking that is more worth the effort. In addition, make thoughtfully observing the world around you and learning from the process an enduring personal habit.

9 *Develop a learning “bucket list.”*

Detail a list of short-term and long-term learning-related personal goals. Create a basic strategy for achieving each objective. Compile a systematic schedule for fulfilling your overall course of action. Ensure that your plan adequately addresses whatever learning-related strengths and weaknesses you may have.

10 *Never be satisfied.*

It is not enough to simply be aware of the need for and the value of lifelong learning. In that regard, individuals should never be content with how much they have learned. They should understand that the ever-evolving body of knowledge is an invaluable asset that should be assimilated and applied on an ongoing basis.

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.

REFUEL WITH CHOCOLATE MILK

www.texashealth.org/benhogan

What is the key to a strong, energy-filled workout? Fuel-Workout-Refuel-Repeat.

No matter if you are a stellar high school athlete, pro-football player or an exerciser training for your first half marathon, the message is the same: You need to fuel and refuel to train hard and recover appropriately the fueling part down.

Like you put gas in a car to make it go, you put food in your body to have energy to workout. That is a pretty easy concept. But what is the refueling component all about?

Though there are lots of food and drink combinations that can help you refuel, one of the best, nutrient-rich choices is low-fat chocolate milk!

Why you ask? Well, let's compare it to the "Refuel" recipe. Milk naturally contains some carbohydrate to help replenish tired muscles and when chocolate is added, it boosts the carbohydrate higher to speed up recovery. Chocolate milk is also a protein rich beverage. With one gram of protein per ounce, each sip contains the amino acids (building blocks of protein) you need to start rebuilding muscle. In addition, chocolate milk contains whey protein which is the highest in branch chain amino acids, specifically leucine.

Research shows that leucine can independently stimulate muscle resynthesis making it ideal in post-workout nutrition. On top of that, chocolate milk

is 90% water and packed with potassium which helps the body rehydrate and replace an important electrolyte lost in sweat.

A few other benefits come with low-fat chocolate milk too! It contains nine essential nutrients including calcium and vitamin D that help build strong bones and teeth.

As a young person, that nutrient combination helps you build bone and as an adult it helps you maintain bone mineral density. It also provides other B-vitamins which help convert food to energy.

So whether you are 5 or 55, the nutrients in low-fat chocolate milk are essential to your body.



photo courtesy Jackie Yerby



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 Christa Davis for more information, (281) 386-9552.

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

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!



photo courtesy Ursula Hill

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TGCA NEWS

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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: www.austintgca.com.

Did you move?

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

UIL eligibility / Sport rule questions

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



@AustinTGCA



photo courtesy Jeridan Strong