

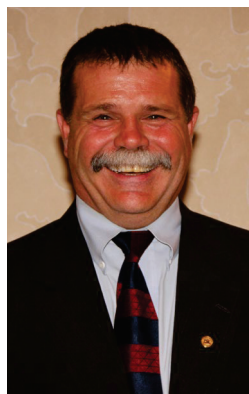


TGCA NEWS

APRIL 2016



2015-16 TGCA OFFICERS



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4.16

FEATURE ARTICLES

cover photo courtesy Brian Sandera



photo courtesy Shannon Sullivan

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Committee Chair
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TGCA MAILING ADDRESS CHANGE

EFFECTIVE IMMEDIATELY, TGCA HAS A NEW MAILING ADDRESS. PLEASE ADVISE YOUR BUSINESS OFFICE AND CHANGE IT IN YOUR RECORDS:

TGCA
P.O. BOX 2137
AUSTIN, TX 78768

SO YOU THINK YOU WANT TO BE A HEAD COACH!

By Steve Golemon // TGCA Track Committee Chair // Bandera HS



Although this is the track and field edition of the Texas Girls Coaches Association Newsletter, the feature article of this edition is not centered on a particular track and field event or subject, rather the article was written with the intent of giving some direction to assistant coaches of any sport, including track and field. Good, hard working, knowledgeable, and loyal assistant coaches, regardless of the sport, are hard to come by, but virtually every assistant coach who is worthy a grain of salt will eventually at least contemplate the idea of becoming a head coach of the sport that they genuinely love. For that reason, both head coaches, as well as assistant coaches who think that are ready to become a head coach, are encouraged to read the following article. By reading the article, hopefully head coaches will bring to the attention of assistant coaches other matters which they need to consider and prepare to face as a head coach when they do make

that step forward.

It is an extremely noble and worthwhile desire, as well as ambition, to choose coaching as one's life long profession. An even more worthwhile and meaningful ambition is to desire the responsibilities and the accountability associated with serving as the head coach of any sport; however, every individual who possesses the desire to become head coach must properly prepare for the duties and responsibilities of the position and come to the realization that the mere desire and ambition to be a head coach does not mean that an individual possesses the personal skills, the temperament, or the demeanor to succeed in such a position.

Before any individual sets as a goal of becoming the head coach of any sport, that person needs to review at least this somewhat abbreviated check list for "So You Think That You Want To Be A Head Coach!" Outlined and briefly discussed are several points which must be considered prior to

an individual even applying for a head coaching position, much less accepting such a position.

How Are Your Management Skills? As the head coach of any sport, the individual must be able to manage all of the student-athletes who participate in that sport, regardless of the socio-economic background or the ethnic composition of the team. Actually, the need for management skills reaches well beyond merely managing the differences in attitude, behavior, intelligence, and personalities of the team members. At times, the management skills of the head coach can and will definitely be tested by parents, particularly "helicopter parents," that is parents who hover too closely to their child and want their child to be treated differently than the other members of the team. This type of parents, as well as the social news media and the traditional news media, can and often do become a unique challenge to the 21st century head coach, since they may tend to be-

come a distraction to the objectives and goals of the team.

Do You Have Strong Organizational Skills? Perhaps the largest portion of time expended by the head coach of any sport actually falls in the area of some type of organization. The head coach of all sports must spend an extremely significant amount of time creating schedules for the sport which he or she coaches. The ability to create workable multiple contest schedules at multiple levels of competition is one aspect of organizational skills required of every head coach, regardless of the sport coached. This type of organizational skill is particularly needed by baseball, golf, soccer, softball, tennis, and track and field coaches who share student-athletes with other Spring sports, since both contest and workout schedules must be structured in such a manner as to allow participation in multiple sports, while avoiding as many conflicts

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photo courtesy Amanda Byers

SO YOU THINK YOU WANT TO BE A HEAD COACH (CONTINUED)

CONTINUED FROM PAGE 1

as possible with B.P.A., F.F.A., Spring Band and Choir, and U.I.L. Literary Contests.

Also, all Spring sport head coaches must build their contest schedules in such a manner that no contests are in conflict with ACT, EOC, SAT, and STAAR testing dates. Similarly, strong organizational skills must come into play every day of every week of every month of the entire season of every sport, since the head coach or the head coach and the assistant coaches must sit down and plan daily workouts, whether that planning is done on a daily basis, weekly basis, monthly basis, or in advance prior to the beginning of the season. Basically, well organized workouts, which are designed to meet the primary needs of the team over the course of the entire season of a sport are a key to the team having the opportunity to succeed at the highest level.

Do You Possess the Ability to Delegate and Delineate? Because of the evolution of technology and the growth of knowledge through scientific and technical research in sports and other fields related to the various sports, it is an absolute necessity for the head coach of every sport to be willing to delegate and delineate certain duties to assistant coaches in an effort to stay abreast of what really will allow the team, as well as the individual student-athlete, to succeed at the highest level possible. There is no magic way to delegate and delineate duties to others, rather

the distribution of duties must be the result of the head coach knowing the strengths and weaknesses of the coaching staff. Once, the strengths and weaknesses of the entire coaching staff have been established, then the head coach must distribute the coaching duties and responsibilities accordingly.

Organization, maintenance, and management of equipment is an area where the head coach most likely will need to delegate responsibility, depending on the number of student-athletes are participating in the sport. Generally, the larger the school, the larger the inventory, so the greater the need for delegating the responsibility of inventory; however, the head coach must always keep in mind that ultimately the responsibility and accountability in any delegated duty or matter rests with the head coach of the particular sport.

Does the Area of Fiscal Responsibility Appeal to You? Depending on the size of the school and the sport which one coaches, as well as the amount of funds in the budget and /or raised through an activity account fund, the coach may find that he or she feels like the accountant or chief financial officer for his or her particular sport. Depending on the accounting procedures of the particular school system, the head coach may be responsible for making all deposits to an activity account, making all travel arrangements, including securing all of the funds needed for trips, aside from the usually fiscal responsibility of purchasing all equipment for his or her particular



photo courtesy Bobby Kleinecke

sport.

Do You Have the Ability to Motivate Student-Athletes? A head coach must be able to bring the best out of student-athletes, particularly when it is crunch time. Drills and skills are an absolute necessity; however, not all student-athletes have the intensity level, urgency level, and/or intrinsic motivation needed to turn loose and compete at the ability level which they possess. In such cases, the head coach and/or the assistant coaches on the staff of the particular sport must through the implementation of some form of extrinsic motivation find a way to stimulate the somewhat lethargic student-athlete, so that excellence becomes his or her goal. Obviously, the stimuli that works to bring about positive, as well as more aggressive and progressive, change in one student-athlete will not work for every student-athlete, so it is the responsibility of the head coach to explore ways to motivate each individual student-athlete, as well as the team as a whole. Yes, the head coach must be a pseudo-psychologist, which means that it is best to have at least some basic training in the art of psychology as it associates to motivation.

Are You Willing to Make the Sacrifices Necessary to Assure Success? Everyone loves a winner, but few people, unless they have been the part of a winner, really understand what it takes to become a part of a winning program. In high school athletics, it is not money or nice facilities that creates winning programs. Al-

though money and facilities may make the process of building a winning program easier and more comfortable, winning high school sports programs are built on hard-working, talented student-athletes, who have coaches that are willing to work as hard, if not harder than the student-athletes. That means the head coach must be willing to work long hours, spend time away from home, miss watching sports contests and favorite shows on television (if they are really that important record them), and sometimes miss family or other activities, but not the really meaningful ones. To be a head coach of a winning high school program does not require that the head coach sell his or her soul to the devil, but it does require that the head coach be willing to make sacrifices, which sometimes may seem huge to those who have never built or been a part of a winning sports program.

Do You Possess a Sense of Intensity and Urgency? Every coach who aspires to be a head coach of any sport must have a sense of intensity and urgency, if they hope to build a winning program. Why are intensity and urgency so important? Basically, intensity and urgency are important because the freshman student-athlete of today will graduate in four years, so the head coach and the assistant coaches, who work with any student-athlete, must teach the lessons of the sport and the lessons of life in a relatively short period of time, particularly when you



photo courtesy Tyler Sisco

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SO YOU THINK YOU WANT TO BE A HEAD COACH (CONTINUED)

CONTINUED FROM PAGE 2

consider that each sport season lasts no longer than approximately 4 to 5 months. That means, at best, the head coach of any female sport in Texas has between 16 and 20 months of in-season time over 4 years to teach skills, build relationships, and hopefully, produce better citizens. Notice that the stated time limitation is at best, or perhaps better stated at most, and that the time limitation basically includes playoff time and does not account for lost workout time due to bad weather, illness, injury, and/or other unforeseen mitigating circumstances.

Yes, individual sports have more time than team sports to conduct school supervised workouts and build team and individual relationships, since U.I.L. rules do allow for schools to allow year round supervised workouts, but the head coach of an individual sport must determine whether or not it is really in the best interest of the student-athlete and the head coach to create a year round supervised program for the particular individual sport. The head coach must basically decide when enough is a enough in terms of training the student-athletes, as well as being in contact with the student-athletes,

both individually and as a team.

What Must You Do to Promote The Sport? Every individual who aspires to be a head coach of any sport must realize that he or she must be an ambassador for that particular sport at all times and not just in the local community and local school district. Yes, the head coach must be an ambassador at home first by building rapport with the parents and the community. To build rapport, the head coach must keep the community informed through news releases, public appearances, and public addresses, if and when called upon to do so.

One who thinks that he or she wants to the head coach must realize that being a true ambassador for the sport does not stop at home. To be a true ambassador for a sport requires that the head coach become a member of the professional organizations of that particular sport; however, merely joining the professional organization certainly does not make one an active ambassador for the sport. In order for a head coach to become an active ambassador for a sport, it is imperative for the head coach to attend the open meetings and clinics of the professional organization and to eventually to seek to become a voice within the organization by aspiring to take on the duties of one of the leadership roles within

the organization.

Are You Willing to Go Beyond the Basic Requirements of Your Contract? The question is simple and the answer appears to be simple as well, since all that is required is a simple yes or no, but the real answer lies in the actions of the head coach or prospective head coach, rather than in the verbalization process, since only actions, not words mean anything. As a head coach, are you going to be willing to sacrifice energy and time at no compensation to better the particular sport? Are you willing (without any compensation for your energy, expense, or time) to organize, set up, operate, supervise, and direct a low cost or no cost summer camp for elementary and middle school age students in order to stimulate interest in your sport, as well as build rapport with the parents and other members of your community and school district? An endless series of questions of this nature could be asked and probably should be asked of one's self before even thinking about the idea of becoming a prospective head coach of any sport.

“So You Think You Think That You Want to Be a Head Coach!” Ambition, enthusiasm, and energy are great commodities which every head coach and assistant coach must possess, if they

are to be a legitimate contributing factor to a highly successful sports program that prevails over an extended period of time. Unfortunately, these three important ingredients are not all that is needed for an individual to become a highly successful head coach of any sport. As briefly described previously, there are many other factors which must be considered prior to an individual seeking to become a head coach in any sport. Consider the points mentioned above and seek advice from others who been there and done that. After 47 years of coaching and serving as head coach 72 times in a total of 4 different sports at 9 different school districts, the author of this article would encourage every coach who has the ambition, character, commitment, fortitude, grit, and will power needed to be a head coach to find a place and a sport where he or she might experience what it is like to be a head coach; however, the coach must remember for it to be a good experience that individual must not only have the passion and knowledge needed to teach the sport, but he or she must also be aware of the demands that come with holding the title. Being a head coach of any sport is like growing old, It ain't (pardon the grammatical incorrectness) easy!



photo courtesy Lisa Smith

UIL TRACK & FIELD STATE MEET



2016 Track and Field State Championships

May 12-14, 2016

University of Texas @ Austin - Mike Myers Track Complex



SESSION #1 - Field Events and Track Events

THURSDAY - MAY 12, 2016

5:00pm - FIELD EVENTS				
Time	Event	Location	Conference	Division
5:00pm	Discus	R-1	3A	B
6:30pm	Discus	R-1	3A	G
5:00pm	Pole Vault	P-1	5A	G
7:00pm	Pole Vault	P-1	5A	B
5:00pm	High Jump	P-2	3A	G
6:30pm	High Jump	P-1	3A	B
5:00pm	Triple Jump	P-1	5A	B
6:30pm	Triple Jump	P-1	5A	G
5:00pm	Shot Put	R-1	5A	B
6:30pm	Shot Put	R-2	5A	G

7:00pm - TRACK EVENTS - 3200m only				
Time	Event	Conference	Division	
7:00pm	3200m	3A	G	
7:20pm	3200m	3A	B	
7:40pm	3200m	5A	G	
8:00pm	3200m	5A	B	

SESSION #2 - Field Events

FRIDAY, MAY 13, 2016

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

SESSION #2 - Track Events - 3200m only

FRIDAY, MAY 13, 2016

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



Photo courtesy Novatia Samuels

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

FRIDAY, MAY 13, 2016

6:00pm - TRACK EVENTS - Conferences 3A & 5A & WC	
Time	Event
6:00pm	400m Relay
6:20pm	800m Run
6:45pm	100m Girls Hurdles & 110m Boys Hurdles
7:05pm	100m Dash
7:25pm	100m Wheelchair
7:45pm	800m Relay
8:05pm	400m Dash
8:25pm	400m Wheelchair
8:45pm	300m Hurdles
9:15pm	200m Dash
9:45pm	1600m Run
10:15pm	1600m Relay

SESSION #4 - Field Events and Track Events

SATURDAY, MAY 14, 2016

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

12:00 Noon - TRACK EVENTS - Conferences 1A & 4A

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

SESSION #5 - Track Events - 2A & 6A

SATURDAY, MAY 14, 2016

6:00pm - TRACK EVENTS - Conferences 2A & 6A	
Time	Event
6:00pm	400m Relay
6:20pm	800m Run
6:45pm	100m Girls Hurdles & 110m Boys Hurdles
7:05pm	100m Dash
7:25pm	800m Relay
7:45pm	400m Dash
8:05pm	300m Hurdles
8:25pm	200m Dash
8:45pm	1600m Run
9:15pm	1600m Relay

UIL TENNIS STATE TOURNAMENT

Monday, May 16 - Tuesday, May 17, 2016

**Mitchell Tennis Center and Omar Smith Instructional Tennis Courts,
Texas A&M University**

Ticket Prices for the UIL Tennis State Tournament:

Adult Ticket: \$12 per day

Student Ticket: \$7 per day

Coaches All-Tournament Ticket: \$17

All-Tournament Ticket: \$20

Parking will be available for \$5 in Lot 100e, Lot 100f, Lot 100g, next to the tennis courts.

Do NOT park in Lot 115 or any other lot not listed.

If you do, you will be subject to ticketing or towing.

The NFHS Network will provide live webcasts of the select finals matches of the 2016 UIL Tennis State Championships on May 17 from Texas A&M University in College Station, Texas.

Fans, family and alumni unable to attend can watch the UIL Tennis State Tournament live online with a subscription at www.nfhsnetwork.com/associations/uil. Subscribers can also watch on the go by downloading the NFHS Network app for iPhone and Android devices.

For more information on the 2016 UIL Tennis State Tournament, please visit the following website:

www.uiltexas.org/tennis/state



photo courtesy Roy Thibodeaux

UIL SOFTBALL STATE TOURNAMENT

Wednesday, June 1 - Saturday, June 4, 2016

Red & Charline McCombs Field - The University of Texas at Austin

Ticket Prices for the UIL State Softball Tournament:

Adult Ticket: \$12 per session

Student Ticket: \$7 per session

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

2016 UIL Softball State Tournament, please visit the following website:

www.uiltexas.org/softball/state/softball-state-tournament-spectator-information



photo courtesy Wade Womack

TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 12 – 14, 2016

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. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. You may renew your membership and register for Summer Clinic there. **You must be a member of TGCA to attend either division of Summer Clinic.** Membership fee is \$60.00 and Summer Clinic fee is \$60.00, for a total of \$120.00.

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 page of the website, 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. If you do not remember your membership number or password, please contact us and we will be happy to assist you with that information.

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.

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, “2016-17 Printable Membership Form”. You can print the form, complete it, and mail it with a check or credit card number, or fax it or scan and email it with a valid credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536, fax (512) 708-1325, email tgca@austintgca.com.

ON-SITE REGISTRATION

On-site registration will begin Tuesday, July 12th, at 10:00 a.m., in the Arlington Convention Center, 1200 Ballpark Way. You may pick up your clinic packet, if you have pre-registered, beginning at those times, also.

ALL-STAR INFORMATION

All-Star information can be found on the All-Star page at this link: <http://www.austintgca.com/allstars/index.html>

HOTEL INFORMATION

Hotel Reservation Services are now open for Summer Clinic, as is on-line registration for all clinics. Click on the Summer Clinic category in the menu on the left-hand side of the page of the TGCA website, www.austintgca.com, and Hotel Reservation Services are right at the top. Please be sure and read the info entitled “Hotel Reservations General Information and Contact Info for Orchid”. Orchid is the reservations service we are using this year, and if you have any problems making your reservations or need to change a reservation, they are who you will need to contact. Their contact information is in that link. The Summer Clinic agenda is also posted on this page. You can find the order form for tickets to the Honor Awards Banquet on the Summer Clinic page. Should you wish to do your registration for Summer Clinic and renew your membership by paper form, there is a downloadable 2016-17 membership form there, also.

HOTELS FOR SUMMER CLINIC

Baymont Inn & Suites

2401 Diplomacy Drive
King, Queen/Queen -- \$83.00

Crown Plaza Suites Arlington

700 Avenue H East
King Suite/Double Suite -- \$119.00

Hilton Arlington

2401 East Lamar Boulevard
Standard King --\$123.00
Standard Double -- \$133.00
Junior Suites -- \$123.00

Holiday Inn

1311 Wet N Wild Way
Standard King/Standard Double
Queens -- \$109.00

La Quinta Arlington North

(Next to Six Flags)
825 North Watson Road
Standard Doubles/Standard King/King
Accessible/King Deluxe -- \$115.00

Sheraton Arlington

1500 Convention Center Drive
Single/Double/Triple/ Quad -- \$129.00

TGCA 2016 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 2016. 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.

2016 TGCA SATELLITE SPORTS CLINICS LOCATIONS

2016 SAN ANTONIO SPORTS CLINIC
 May 20 – 21
 Lanier HS
 1514 W Cesar E. Chavez
 San Antonio, Texas
[Agenda](#)
[Registration Form](#)

2016 REGION I LUBBOCK SPORTS CLINIC
 June 10 - 11
 Monterey HS
 3211 47th St.
 Lubbock, TX
[Agenda](#)
[Registration Form](#)

2016 HOUSTON SPORTS CLINIC
 June 15 – 16
 Campbell Center – Aldine ISD
 1865 Aldine Bender Road,
 Houston, Texas
[Agenda](#)
[Registration Form](#)
[Administrator's Agenda](#)

2016 EL PASO SPORTS CLINIC
 July 21 – 22
 Chapin HS
 7000 Dyer Street,
 El Paso, Texas
[Agenda](#)
[Registration Form](#)

WRESTLING ATHLETE & COACH OF THE YEAR

4A-5A-6A AthleteOTY

Brianna Holcomb,
Hanks HS
Coach Anthony Carter

4A-5A-6A CoachOTY

Anthony Carter,
Hanks HS

SOCCER ATHLETE & COACH OF THE YEAR

4A-5A-6A AthleteOTY

Allie Thornton,
Kennedale HS
Coach Michael Strange

4A-5A-6A CoachOTY

Lauren O'Brien,
Frisco Centennial HS

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015-16 UIL STATE WRESTLING CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
5A	Anthony Carter	Hanks High School

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015-16 UIL STATE SOCCER CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
4A	Michael Strange	Kennedale High School
5A	Lauren O'Brien	Frisco Centennial High School
6A	Misail Tsapos	Flower Mound High School

CHEERLEADERS OF THE YEAR

1A-2A-3A-4A

Alexis Wilson,
New Waverly HS
Coach Taryn Moore

5A-6A

Mackenzie Martin,
Frenship HS
Coach Kayci Smith

CHEERLEADING COACHES OF THE YEAR

1A-2A-3A-4A

Barbara Johnston,
Kennedale HS

5A-6A

Melissa McPherson,
Azle HS

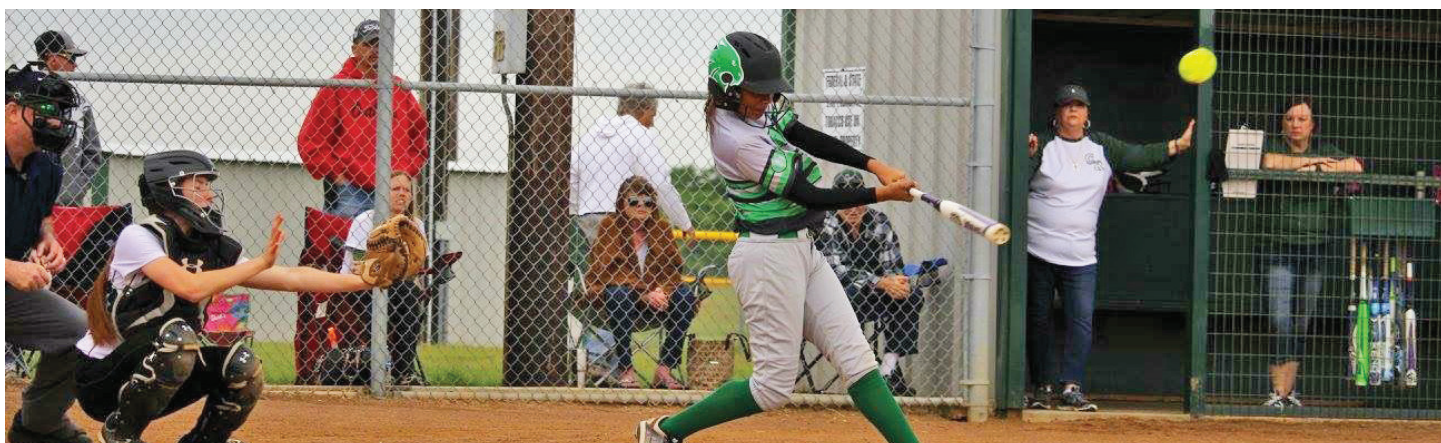


photo courtesy Aaron Kinney

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

The nomination deadline for online nominations for all sports and spirit is the Monday before the state meet or tournament of that sport at 12:00 noon. If that online date is missed, the coach is responsible for submitting paper copies of nominations to their regional representative for the respective committee to be hand-delivered at the committee meeting. The 2015-16 online nomination deadlines are as follows:

TRACK & FIELD

May 9

TENNIS

May 16

SOFTBALL

May 30

You must be a member of TGCA before November 1st in order to be eligible to nominate athletes or receive honors.

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.

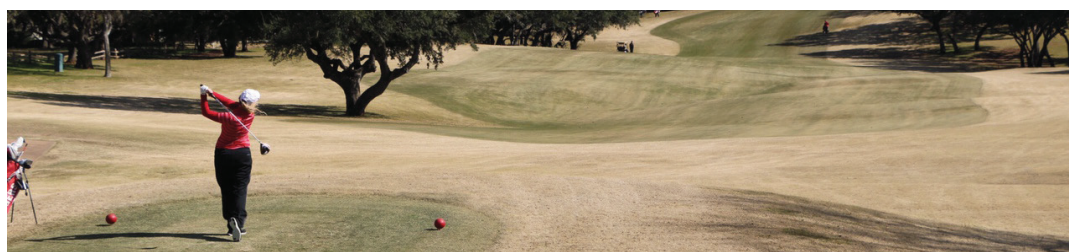


photo courtesy Lauren Marx

IMPORTANT REMINDER FOR GOLF, SOCCER AND TENNIS HONORS

Just a reminder to all of our golf, soccer and tennis coaches that TGCA will be selecting an Athlete of the Year in 1A-2A-3A-4A and 5A-6A in golf and tennis, and one Athlete of the Year for 4A-5A-6A in soccer, and a Coach of the Year in 1A-2A-3A-4A and 5A-6A in golf and tennis, and one

Coach of the Year for 4A-5A-6A in soccer. Don't forget to do your nominations for these honors when you do your nominations for Academic All-State. Athlete of the Year recipients must be seniors. Coach of the Year recipients must be a member in good standing of TGCA, and

must have been a member before the November 1st membership deadline for honors. All head coaches of all sports must have been members of TGCA by the November 1st membership deadline for honors to be eligible to nominate for honors or to receive honors themselves.



FEMALE ATHLETE TRIAD

www.texashealth.org/benhogan

Source: American College of Sports Medicine. This is a product of ACSM’s Consumer Information Committee. Visit ACSM online at www.acsm.org.

The Female Athlete Triad is a health concern for active women and girls who are driven to excel in sports. It involves three distinct and interrelated conditions: disordered eating (a range of poor nutritional behaviors), amenorrhea (irregular or absent menstrual periods) and osteoporosis (low bone mass and microarchitectural deterioration, which leads to weak bones and risk of fracture).

EATING DISORDERS CAN BE FATAL

Eating disorders are serious, chronic medical and psychological illnesses. Individuals with untreated chronic anorexia or bulimia may die prematurely from heart problems, blood electrolyte (i.e., salt) disorders, suicide or other health problems. If these disorders are recognized early, however, treatment may be effective.

AMENORRHEA

An unbalanced diet, inadequate caloric intake relative to exercise level and excessive training may predispose females to menstrual abnormalities. Any female who hasn’t started menstruating by age 16, misses three consecutive periods or has periods that occur at intervals of greater than 35 days should be evaluated by a physician. Before attributing menstrual abnormalities to exercise, other conditions – such as pregnancy, abnormalities of the reproductive organs or thyroid disease – must be ruled out.

OSTEOPOROSIS

Osteoporosis refers to low bone mass and fragility of the skeleton. Low estrogen levels and other hormonal changes, which accompany irregular or absent menstrual periods, may predispose females to osteoporosis, especially in their teens and twenties when bone mass is accumulating. A 20-year-old woman without menses during her critical teenage growth period

may have bone mass typical of a 70-year-old woman, predisposing her to stress fractures and fractures later in life. Adequate nutrition fosters good bone formation. Calcium requirements for teenage girls and young women with normal menses is 1,200 mg per day. Females with irregular or absent menses require 1,500 mg of calcium and 400 mg of Vitamin D per day.

PREVENTING THE FEMALE ATHLETE TRIAD

Emphasis or pressure to achieve unrealistically low body weight should be avoided by coaches, parents, athletic administrators and health professionals. Out-of-competition “weigh-ins” should be discouraged. Rules governing sports should be examined, and rules encouraging excessive leanness should be eliminated or revised. Athletes and coaches should be encouraged to look for warning signs of eating disorders.

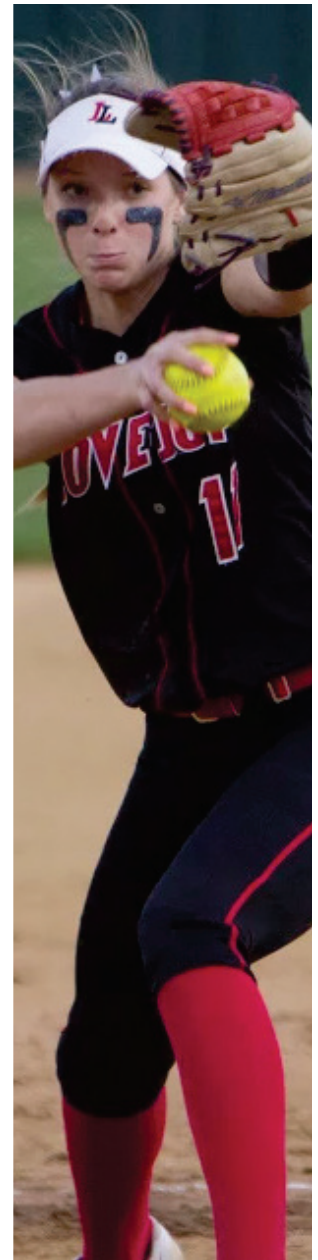


photo courtesy: Jason Ramos

AD&D Benefit

(Accidental Death and Dismemberment)

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 Arnaecia Alridge at 281-857-9325 or ajalridge@ailife.com. To view the letter online, visit <http://www.ailife.com/benefits/sgM9W>.

MOBILITY

Mobility is simply defined as the range of motion around a joint. Mobility is a good thing. Is there hyper-mobility? Yes, but how often is that your problem?

Usually coaches comment on immobility in their athletes, just like they often mention inflexibility. Coincidentally they may complain about strength, speed or jumping deficiencies. As we always say:

EVERYTHING IS CONNECTED

A more mobile joint with more flexible muscles performs better. Consider this: Speed is a product of two factors, stride length and stride frequency. Greater mobility in the hips allows for a greater range of motion of the stride, thus longer strides. Greater mobility in the hips also allows for more efficient movement and less wasted energy, thus higher frequency. The same simple logic applies to strength, and in turn, power.

Mobility has become a trendy topic these days as if it's a new discovery. But the reality is it should have been a staple of all training programs from the proverbial day one. Yet



photo courtesy Tammi McDew

many programs still minimize this component to get more reps in other areas. Some skip it altogether.

Reducing or eliminating your mobility work is a mistake. Mobility is a way to mitigate injury, which is why we consider it "prehab." Doing specific exercises and warmups that help mitigate the risk of injury thus avoiding the need for

post-injury rehab as much as possible.

We use a simple analogy for your muscles: waking up in the morning. Consider these two scenarios:

- Imagine you had somebody come gently nudge you and whisper, "10 more minutes and breakfast is ready. Your favorite: blueberry pancakes!" You casually stretch

out a yawn and eventually get up to enjoy your meal. That's like taking the time to perform thorough self-myofascial release via soft-tissue work, muscle activation and preliminary exercises before your working sets.

- Then there's the opposite scenario, somebody rudely jumps on you yelling, "GET UP! We're late. We have to leave now." You almost pull a muscle jumping out of bed. That's like jumping straight into lifting weights or playing your sport. Your body isn't properly prepared. You risk injury, subpar performance, and earlier fatigue. You miss those gentle 10 minutes, don't you?

Do your athletes foam roll, perform specific muscle activation exercises, or do band work? Do they "take time to get out of bed?" Even taking 10 minutes a day to work on mobility will pay off in dividends on the field, track, or court. Your athletes will perform better in practice and in games.

Visit www.DX3Athlete.com for more on properly preparing athletes.



TGCA RESOURCE CENTER

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality.

The Resource Center is designed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the

Resource Center especially for TGCA and people interested in girls' athletics in all sports.

Everyone is encouraged to go to the Resource Center site. It's as easy as clicking the logo above. Please take the time to walk through the different features offered.

Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Associ-

ation.

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

KEY POINTS CONCERNING HAVING A VALUES-BASED PROFESSIONAL PHILOSOPHY

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

1 *Colossal clarity.* Values are priorities that serve as a person's filter concerning how they will act and react to the circumstances they confront in life. In essence, they tell individuals how to spend their time—right here, right now. Priorities are important in the lives of professionals for two reasons. First, they enable people to focus on spending their time appropriately. Time is a person's most limited resource. It does not renew itself. Once a moment has passed, it's gone forever. Second, values help individuals stick to a clear and consistent course of action in their lives. In that regard, they serve as a compass that helps keep people on the proper path in life.

2 *What's in a word?* A variety of terms (e.g., values, morals, principles, ethics, virtues, etc.) can be used to express what an individual feels is important in life with regard to personal conduct. While some distinction exists between each word, in general, they are often considered synonyms for each other. The key point is that each descriptor is a relative parameter of a person's behavior.

3 *Moral bearing.* Values provide the moral authority for who an individual is as a person. As such, the presence of ethically grounded principles can help instill a sense of legitimacy in a professional for a number of reasons, including the fact that it reinforces why that individual's opinions and efforts matter. All other factors being equal, a values-centered professional is more capable of inspiring confidence and rallying others to achieve a specific purpose.

4 *A lasting impression.* Values are like fingerprints—unique and personal. Individuals leave them all over everything they do. As a rule, the words and actions of a professional that are grounded in values-driven principles can leave a profound, positive impression. In turn, behavior that is not rooted in a strong moral code is much less likely to be perceived by others in a favorable light.

5 *The bright side.* Research indicates that in all likelihood, positive people will be more effective in what they do than negative individuals. Given the consequential impact that values can have on a person's professional destiny, it can be argued that individuals should make a concerted effort to keep their values positive. To a degree, the odds are that people with the right mental attitude are more predisposed to achieving their professional goals. All factors considered, the converse is also true.

6 *A difference-maker.* As a rule, the essence of decision making is to decide among several possible choices. More often than not, every decision can present its own inherent challenges. As such, the more individuals know what their values are, the easier it is for them to reach a decision and address whatever problematic issues might exist in arriving at a particular course of action.

7 *Don't settle for less.* If individuals feel like they have to start compromising who they are as people and what is most important to them as human beings because of others, it is probably time for them to change the people around them. While striking a balance between one set of cir-

cumstances and another possible option can be a suitable course of action, depending on the situation, it is never appropriate for a person to make accommodations for their values.

8 *A test of character.* If professionals don't stick to their values when they're being challenged or tested, they're not values—they're illusions of convenience. A willingness to overlook an occasional detour in their values means that a person's principles weren't grounded in the first place.

9 *A blessing, not a landmine.* In reality, challenging circumstances are occasionally part of a person's life. Far too often, however, many people view difficult times in an entirely negative perspective. In fact, they may offer great opportunities for an individual to grow and learn. Arguably, life's ups and downs can provide windows of opportunity for professionals to engage their values, particularly in the context of addressing problematic matters.

10 *A bucket list for the soul.* In essence, leading a values-based life is a choice. While the core principles and values that guide a person's behaviors can be impacted by a myriad of factors (e.g., upbringing, peer influences, culture, etc.), individuals have the capacity to determine what values they hold dear and what governing principles (if any) may somehow be lacking in their lives. In the latter case, professionals probably need to recalibrate their priorities with regard to their values and conduct.

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.

By **PHIL TERRIGNO**

**A-J MEDIA HIGH SCHOOL
EDITOR**

HALE CENTER — The fundraising effort was sputtering before roughly 60 Akin Elementary School students took in a Texas Tech women's basketball home game against Baylor.

Prior to that mid-February game, at which the students were honored for their fundraising work for the Kay Yow Cancer Fund's Play4Kay initiative last year, the school collected \$800 in donations this time around.

In the 10 days after the game, it collected more than \$12,400 — bringing the school total to over \$13,000, the highest amount among K-12 schools nationally during the Play4Kay games. It's the second consecutive year that the Hale Center elementary school won that distinction.

"The game happened and we came back on Monday and it was like, all of a sudden, everyone came in (and donated)," Akin Elementary teacher and former N.C. State basketball player under Kay Yow Linda Pshigoda said. "It was like it jumpstarted them. It got them to see who it affected and a lot of them had never been to a college game before. They got to see what it was like on a bigger scale."



photo courtesy Lubbock Avalanche-Journal

The fundraising games take place each February at different college basketball venues and aim to raise money for women's cancer research and awareness through ticket sales, merchandise and donations.

Recently, schools of different sizes have started their own fundraising efforts.

Last year, Akin Elementary raised a total of \$12,663. This year, it raised \$13,218.

"That makes it more amazing that that little school in a small town, K-4, can raise that kind of money," Kay Yow Cancer Fund Executive Director Stephanie Glance said. "That is what this is all about. That is just an inspirational story. I think about if coach Yow was living and knew this. She would be so thankful. So grateful."

At a similar function last season, Marsha Sharp engaged with students at both Hale Center High School and Akin Elementary — using the time to share personal stories about the Kay Yow Cancer Fund's origin since Sharp was a coaching colleague of Yow, the former N.C. State women's basketball coach for whom the foundation is named.

"If you're going to raise money based on her name, a lot of people have to know who (Yow) is," Sharp said last year. "That's what's so valuable about this. There's a whole group of kids that, before two weeks ago, didn't have a clue who (Yow) was. And now they know all about who she was, what she stood for and about the foundation and what it does."

At a ceremony Monday morning at the elementary school, the 14 top fundraising students were recognized in front of their classmates.

Monda Daniel's fourth graders had several of the top fundraisers, including a few students that collected more than \$500 apiece.

"They were consistent, I believe that they knew there was something to work for," Daniel said. "I think that belief led them a long way. My kids think beyond themselves. That's basically good character. They're caring, they're loving."

Pshigoda started the fundraising drive at the school last year after the district was hit with several cancer-related deaths: Mary Lou Garcia (2015), Mary Jo Chandler (2014), Sherry Crigger (2013), Marion Rieff (2011), Neta Gary (2010), Danny Ivy (2009), Virginia Esparza (2008), Marlene Beavers (2005), Louise Rogers (2005), T.C. Clark (2004) and Sherry Short (2001).

"At this age, they're beginning to know the difference between life and death," Daniel said. "And how important it is to work towards having a good life. Many of my kids have been affected by cancer and death. And so they know what that's like. They have a purpose."

<http://lubbockonline.com/sports-high-school/2016-04-11/hale-centers-akin-elementary-repeats-play4kay-national-fundraising#.VxQUo2NIIAZ>

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

***** 2015-16 MEMBERSHIP RENEWAL FORMS *****

If you still need to renew your membership for the 2015-16 year, you will need to print the 2015-16 membership form from the website under the "Forms" category in the menu on the left-hand side of the main page of the website, and mail with a check, or fax or email it with a valid credit card number. You can no longer renew on-line for the 2015-16 year.

TGCA
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THANKS TO OUR SPONSORS

American Income Life
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Balfour
Coaches Choice
Dell
Gandy Ink

Gulf Coast Specialties
Jerry's Sporting Goods
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Nike
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Tom Rogers Financial
& Insurance Associates



The power to do more



Guy in the Yellow Tie



Tom Rogers
403(b) Annuities
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TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association, P.O. BOX 2137 AUSTIN, TX 78768 (512) 708-1333, (512) 708-1325 (fax), tgca@austintgca.com (e-mail);

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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 Amber Tramp