



TGCA NEWS

APRIL 2017



2016-2017 TGCA OFFICERS



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TGCA Office



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2nd Vice President
Jason Roemer
Kerrville Tivy HS



FEATURE ARTICLES

Am I Dr. Phil?

By Jason Roemer,
TGCA 2nd Vice President

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By DX3 Athlete

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A Letter to Kay Yow

Kay Yow Cancer Fund

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10 Ways Gender Can Affect Exercise Attitudes and Performance

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

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*cover photo courtesy Jennifer Berte
left photo courtesy Jeff Roberts*

AM I DR. PHIL?



Jason Roemer Kerrville Tivy HS | TGCA 2nd Vice President

Am I Dr. Phil? Every coach asks him or herself that question every day, right? Please say yes...

I asked myself that question today when a sophomore returning letterman walked into fourth period athletics with a look on her face that said something was wrong. I made the mistake and went into Dr. Phil mode asking what was wrong. Her reply, "I'm having the worst week (tears coming). A boy told me I was stupid in front of my whole class yesterday during 6th period (eyes full of tears), I had a terrible club practice last night (tears running down the cheek), and then when I got home I found out our dog has cancer and may not make it to the weekend (and now we are making puddles on the gym floor)!" I tried my best to get some sort of fifty-minute workout started telling her to go get a drink, we will talk after the period, and she needs to be ready to pound some volleyballs at the idiot boy who called her stupid yesterday! That happened to ev-



photo courtesy Julie Pineda

ery girl's coach in the state of Texas yesterday, right? Why do I spend more time being Dr. Phil instead of Coach Roemer?

When I started my coaching career at Austin Hyde Park Baptist High School as a twenty-five-year-old male, coaching JV volleyball, varsity girls basketball and varsity softball with no coaching experience, I thought my job was all about X's and O's. But

to be Dr. Phil, you have to build relationships with your patients.

I left Hyde Park two years later still thinking it was about X's and O's. I was a young coach learning to be a coach. Looking back almost 16 years later, boy was I wrong. I moved down the road to Fredericksburg to coach varsity volleyball where we won 24 matches in our first five seasons. I probably should

have been fired at some point during that stretch, but we missed the playoffs by two matches in that sixth season and then made the playoffs nine seasons in a row winning thirty-four playoff matches. During those first six seasons, I became a volleyball clinic and volleyball book junkie. I attended every clinic and read anything I could get my hands on to become a better coach. It was about X's and O's, but I quickly realized it was also about relationships. To be Dr. Phil, you have to build relationships with your patients. The fifteen year run we had in Fredericksburg was almost magical, winning one of the three regional finals we played in would have made it magical. When you are in the same gym for that long, you build relationships with your patients. You also build trust, expectations, accountability, traditions... everything you need to have lasting relationships with your patients.

After my fifteenth season I

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TGCA RESOURCE CENTER

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

The Resource Center is

designed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and

people interested in girls' athletics in all sports.

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

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

This site will be continually expanding and will make available an unlimited source of educational materials for you from various outlets in a variety of delivery methods.

The Resource Center is designed to be an economical way to obtain up to date educational material to help you become better in your field.

AM I DR. PHIL?

Continued from Page 1

moved down the road again to Kerrville Tivy High School. All of a sudden all the relationships were gone. The girls that I started to build relationships with as 3rd graders in our little diggers league were gone. I, the coach who cherished those relationships, had none. I took charge of a Tivy program with forty-five players in August, but no relationships. Those of you who have been in this situation know how quickly the season begins. We only had five practice days and two scrimmage days before we headed to war, however, we survived... and we started the process of Dr. Phil.

Millennials, Generation Z'ers... we all know them, we all have them. The patients and their caregivers are different than when I began my career seventeen seasons ago; there's no denying that. Recently, a coaching friend shared an article on Facebook titled "How I Stopped 'Dealing' With Parents". The article was centered on the following question: What if we choose to stop dealing with parents, and tried to coach them instead? While I was reading the story, I asked myself, "Why am I upset with being Dr. Phil? What if I embrace it, cherish it, and see where it takes us?" What a refreshing way to look

at the challenges that face us as teachers and coaches. Reading this article has changed the way I have dealt with situations that I once dreaded in the past. A few weeks ago, I walked into the coach's office, slumped in my chair and asked whomever was within an earshot, "Why do I spend more time being Dr. Phil instead of Coach Roemer?" Today, after spending ten minutes discussing things we can't control (boys and cancer) and things we can control (diet, sleep, time management, staying focused on goals), I walked into the office thinking we had made progress, and I enjoyed being Dr. Phil.

In the weeks since reading that article, I have begun researching sports psychology. I have also started to pick the brain of an old coaching colleague who transitioned to a counseling career and is about to receive his Doctorate in Sports Psychology. I'm convinced the only way Dr. Phil goes away is if a player says to me, "Cash Me Outside... How Bow Dah."

Link to referenced article:
<https://www.breakthrough-basketball.com/coaching/stopped-dealing-with-parents.html>

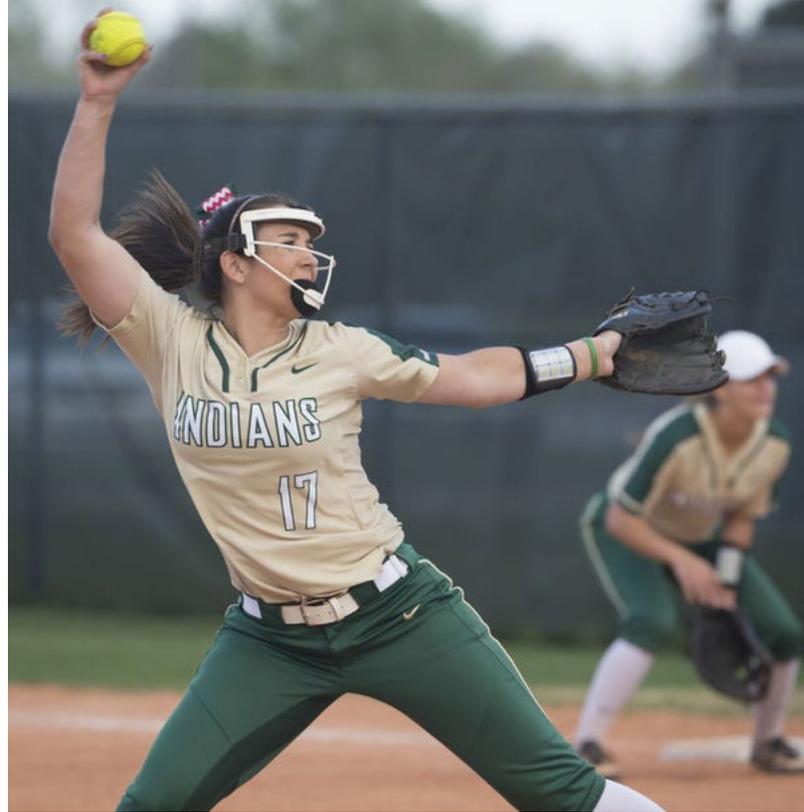


photo courtesy Katie Roberts

TGCA
Download our new App!



Apple



Android



CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2016-17 UIL STATE CHAMPIONSHIPS!

COACH	SCHOOL	SPORT-CONF	COACH	SCHOOL	SPORT-CONF
Casey Weil	Stephenville	Soccer-4A	Anthony Carter	El Paso Hanks	Wrestling-5A
Stewart Brown	Dallas Highland Park	Soccer-5A	Mark Balsler	Katy Morton Ranch	Wrestling-6A
Rennie Rebe	Pflugerville Hendrickson	Soccer-6A			

TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Stadium University of Texas at Austin | May 11-13, 2017

SESSION #1 - Field Events and Track Events

THURSDAY - MAY 11, 2017

5:00pm - FIELD EVENTS				
Time	Event	Location	Conference	Division
5:00pm	Discus	R-1	1A	B
6:30pm	Discus	R-1	1A	G
5:00pm	Pole Vault	P-1	5A	G
7:00pm	Pole Vault	P-1	5A	B
5:00pm	High Jump	P-2	1A	G
6:30pm	High Jump	P-1	1A	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	1A	G
7:20pm	3200m	1A	B
7:40pm	3200m	5A	G
8:00pm	3200m	5A	B

SESSION #2 - Field Events

FRIDAY, MAY 12, 2017

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

SESSION #2 - Track Events - 3200m only

FRIDAY, MAY 12, 2017

8:00am - TRACK EVENTS - 3200m only			
Time	Event	Conference	Division
8:00am	3200m	2A	G
8:20am	3200m	2A	B
8:40am	3200m	4A	G
9:00am	3200m	4A	B
9:20am	3200m	3A	G
9:40am	3200m	3A	B
10:00am	3200m	6A	G
10:20am	3200m	6A	B



photo courtesy Ashley Broom

SESSION #3 - Conferences 1A & 5A & Wheelchair Division Track Events

FRIDAY, MAY 12, 2017

6:00pm - TRACK EVENTS - Conferences 1A & 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 13, 2017

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

12:00 Noon - TRACK EVENTS - Conferences 2A & 3A	
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 - 4A & 6A

SATURDAY, MAY 13, 2017

6:00pm - TRACK EVENTS - Conferences 4A & 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

GOLF STATE CHAMPIONSHIPS

Austin, TX | May 15-16, 2017

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
Girls Conf. 6A.....	Legacy Hills Golf Club, Georgetown.....	\$10 (Cash Only)	\$40 Per Cart
Girls Conf. 5A.....	Wolfdancer Golf Club, Bastrop	\$5 Per Day.....	\$40 Per Cart
Girls Conf. 4A.....	Slick Rock Golf Course at Horseshoe Bay, Marble Falls	No Fee	\$40 Per Cart
Girls Conf. 3A.....	Grey Rock Golf Course, Austin	\$5 Per Day.....	\$30 Handicap Only w/ Placard
Girls Conf. 2A.....	Roy Kizer Golf Course, Austin.....	\$5 Per Day.....	\$30 Handicap Only w/ Placard
Girls Conf. 1A.....	Lions Municipal Golf Course, Austin	\$5 Per Day.....	\$30 Handicap Only w/ Placard

Ticket Prices

Admission to the golf state tournament (all locations) is free.

Food/Drink

Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

Cart Availability

Spectators may bring a personal cart with a \$25 trail fee at Legacy Hills. Spectators may bring own cart for \$30 at Grey Rock, Roy Kizer and Lions Municipal. No personal carts allowed at Wolfdancer or Horseshoe Bay.

TENNIS STATE CHAMPIONSHIPS

George P. Mitchell Tennis Center & Omar Smith Intramural Tennis Center

Texas A&M University | May 18-19, 2017

Ticket Prices

Student.....	\$7.00 per day
Adult.....	\$12.00 per day
All-Tournament.....	\$20.00
Coaches All-Tournament.....	\$17.00

Parking

\$5/entry cash only

More Information

For more information on the 2017 UIL Tennis State Tournament, visit the UIL website at www.uiltexas.org/tennis/state



photo courtesy Heidi King

2016-17 TGCA SPORTS HONORS ONLINE NOMINATION DEADLINES

The online nomination deadline for all sports and spirit is the Monday before the state meet or tournament of that sport at 12:00 noon. If that online deadline is missed, the coach is responsible for submitting paper copies of nominations to their regional representative to the respective committee for that sport to be hand-delivered at the committee meeting. Academic All-State nominations, if the deadline is missed, should be faxed to the TGCA office. The 2016-17 online sport honors nomination deadlines are as follows:

Track & Field May 8, 2017
Golf May 15, 2017

Tennis May 15, 2017
Softball May 29, 2017

2017-18 MEMBERSHIP RENEWAL

Membership renewal for the 2017-18 membership year is now open online. **You can no longer renew your 2016-17 membership online.** If you still need to renew your membership for this year (2016-17), you will need to print the form from the website under the "Forms" category in the menu on the left-hand side of the page. If you do it online now, you will be renewing for the 2017-18 year, which begins June 1st.

SOFTBALL STATE CHAMPIONSHIPS

Red & Charline McCombs Field University of Texas at Austin | May 31 - June 3, 2017
Dillon Softball Field University of Mary Hardin-Baylor | June 2, 2017

Ticket Prices

Student..... \$7.00 per session
Adult..... \$12.00 per session
All-Tournament..... \$85.00
Coaches All-Tournament..... \$45.00

NO presale tickets will be available. Spectators will be limited to no more than 6 tickets.

Ticket sales for each session will begin one hour before the allotted session is scheduled to begin.

NOTE: All games may not start at their scheduled times due to issues like weather, extra innings from previous games, etc.

There are 13 Sessions Wednesday through Saturday of the state tournament. Each ticket will allow admittance for ONE Session. Session breakdown is denoted on the Tournament Schedule.

Parking

For more information on public parking for the 2017 UIL Softball State Tournament, visit the UIL website at www.uilutexas.org/softball/state

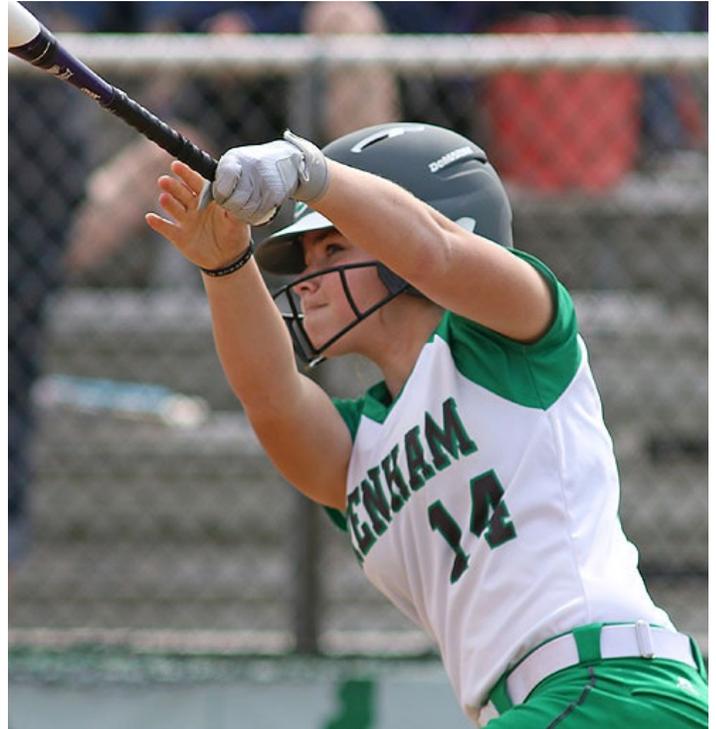


photo courtesy Jamie Maurer

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 Prescrip-

tions!

- 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>.

photo courtesy Darrell Hamilton



2017 TGCA SUMMER CLINIC

**ATHLETIC AND SPIRIT DIVISIONS
AUSTIN CONVENTION CENTER
JULY 10-13, 2017**



photo courtesy Wade Womack

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, "2017-18 Printable Membership Form". You can print the form out, complete it, and mail it with a check or credit card number to TGCA at P.O. Box 2137, Austin, TX, 78768.

ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, www.austintgca.com, and if you are renewing your membership and registering for clinic, click on "Membership Site" in the menu on the left-hand side of the page. You will be required to log in. Follow the instructions from there.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled "First Time Member" in the menu on the left-hand side of the home web page, and follow the instructions from there. If you are already a member, DO NOT USE this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had.

In either case, you will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 11, at 10:00 a.m., in the Austin Convention Center. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also.

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website beginning March 13. Go to the TGCA website, www.austintgca.com, and click on "Summer Clinic" in the menu on the left-hand side of the page, then click on "Hotel Reservations" and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Austin this year with their rates, but please remember that you cannot call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the site.

2017 SUMMER CLINIC HOTELS AND RATES

(You MUST use the Hotel Reservation Services link to get the TGCA rates shown below)

This is not a link to the hotel. These are merely the hotels we will be using and the rates they have guaranteed TGCA. You must go through the Hotel Reservation Services link to make your actual reservation.

MARRIOTT COURTYARD DOWNTOWN

300 E 4th Street
Single, Double, King - \$149.00

CROWNE PLAZA

6121 North IH-35
Single, Double, King - \$112.00

HAMPTON INN & SUITES DOWNTOWN AUSTIN CON- VENTION CENTER

200 San Jacinto Blvd
Double, King - \$149.00

HOLIDAY INN AUSTIN LADY BIRD LAKE

20 North IH-35
Single, Double - \$129.00
Triple, Quad - \$129.00 plus
\$10.00 per extra person

LAQUINTA INN AUSTIN CAPITOL

300 East 11th Street
Single, Double, Triple, Quad -
\$99.00

OMNI AUSTIN HOTEL DOWNTOWN

700 San Jacinto Street
Single, Double, Triple, Quad,
Double Deluxe - \$149.00

OMNI AUSTIN HOTEL SOUTHPARK

4140 Governors Row
Single, Double - \$109.00
Triple - \$129.00
Quad - \$149.00

SHERATON AUSTIN HOTEL AT THE CAPITOL

701 East 11th Street
Single, Double - \$139.00
Triple - \$144.00
Quad - \$149.00

2017 TGCA ALL-STAR SCHEDULE - AUSTIN, TX

Tuesday, July 11

1-2-3-4A

1-4a Volleyball	July 11	Time	Location	Address
Orientation 1-4a	Tuesday, July 11	2:00pm	Delco Center	4601 Pecan Brook Dr
Volleyball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 11	2:30pm	Delco Center	4601 Pecan Brook Dr
1-4a Volleyball Box Lunch/Pictures	Tuesday, July 11	4:30pm	Delco Center	4601 Pecan Brook Dr
FCA Devotional (optional)	Tuesday, July 11	4:45pm	Delco Center	4601 Pecan Brook Dr
Volleyball Demonstration (1-2-3-4A)	Tuesday, July 11	6:00pm	Delco Center	4601 Pecan Brook Dr
VOLLEYBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)	Tuesday, July 11	7:00pm	Delco Center	4601 Pecan Brook Dr

1-4a Softball	July 11	Time	Location	Address
Orientation 1-4a	Tuesday, July 11	2:00pm	Delco Center	4601 Pecan Brook Dr
* Bus from Delco to Noack	Tuesday, July 11	2:30pm		
Softball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 11	2:30pm	Noack Softball Complex	5300 Crainway Drive
* Bus from Noack to Delco	Tuesday, July 11	4:30pm		
1-4a Softball Box Lunch/Pictures	Tuesday, July 11	4:30pm	Delco Center	4601 Pecan Brook Dr
FCA Devotional (optional)	Tuesday, July 11	4:45pm	Delco Center	4601 Pecan Brook Dr
* Bus from Delco to Noack	Tuesday, July 11	5:45pm		
Softball Demonstration (1-4A)	Tuesday, July 11	6:00pm	Noack Softball Complex	5300 Crainway Drive
SOFTBALL RED/BLUE ALL-STAR GAMES (1-4A)	Tuesday, July 11	7:00pm	Noack Softball Complex	5300 Crainway Drive

1-4a Basketball	July 11	Time	Location	Address
Orientation 1-4a	Tuesday, July 11	2:00pm	Bowie High School	4103 W Slaughter Ln
Basketball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 11	2:30pm	Bowie High School	4103 W Slaughter Ln
1-4a Basketball Box Lunch/Pictures	Tuesday, July 11	4:30pm	Bowie High School	4103 W Slaughter Ln
FCA Devotional (optional)	Tuesday, July 11	4:45pm	Bowie High School	4103 W Slaughter Ln
Basketball Demonstration (1-4A)	Tuesday, July 11	6:00pm	Bowie High School	4103 W Slaughter Ln
BASKETBALL RED/BLUE ALL-STAR GAMES (1-4A)	Tuesday, July 11	7:00pm	Bowie High School	4103 W Slaughter Ln

1-4a Track/CC	July 12	Time	Location	Address
Orientation	Tuesday, July 11	2:00pm	Bowie High School	4103 W Slaughter Ln
Track/CC Prep	Tuesday, July 11	2:30pm	Bowie High School	4103 W Slaughter Ln
1-4aa Track/CC Box Lunch/Pictures	Tuesday, July 11	4:30pm	Bowie High School	4103 W Slaughter Ln
FCA Devotional (optional)	Tuesday, July 11	4:45pm	Bowie High School	4103 W Slaughter Ln
Track/CC Demonstration	Tuesday, July 11	6:00pm	Bowie High School	4103 W Slaughter Ln
TGCA TRACK/CC PRESENTATION	Tuesday, July 11	6:00pm	Bowie High School	4103 W Slaughter Ln

1-4a Cheer	July 11	Time	Location	Address
Orientation	Tuesday, July 11	2:00pm	Bowie High School	4103 W Slaughter Ln
Cheer Performance Prep	Tuesday, July 11	2:30pm	Bowie High School	4103 W Slaughter Ln
1-4a Softball Box Lunch/Pictures	Tuesday, July 11	4:30pm	Bowie High School	4103 W Slaughter Ln
FCA Devotional (optional)	Tuesday, July 11	4:45pm	Bowie High School	4103 W Slaughter Ln
Cheer Performance	Tuesday, July 11	7:30pm	Bowie High School	4103 W Slaughter Ln

Wednesday, July 12

5-6A

5-6a Volleyball	July 12	Time	Location	Address
Orientation 5-6a	Wednesday, July 12	2:00pm	Delco Center	4601 Pecan Brook Dr
Volleyball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 12	2:30pm	Delco Center	4601 Pecan Brook Dr
5-6a Volleyball Box Lunch/Pictures	Wednesday, July 12	4:30pm	Delco Center	4601 Pecan Brook Dr
FCA Devotional (optional)	Wednesday, July 12	4:45pm	Delco Center	4601 Pecan Brook Dr
Volleyball Demonstration (5-6A)	Wednesday, July 12	6:00pm	Delco Center	4601 Pecan Brook Dr
VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 12	7:00pm	Delco Center	4601 Pecan Brook Dr

5-6a Softball	July 12	Time	Location	Address
Orientation 5-6a	Wednesday, July 12	2:00pm	Delco Center	4601 Pecan Brook Dr
* Bus from Delco to Noack	Wednesday, July 12	2:30pm		
Softball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 12	2:30pm	Noack Softball Complex	5300 Crainway Drive
* Bus from Noack to Delco	Wednesday, July 12	4:30pm		
5-6a Softball Box Lunch/Pictures	Wednesday, July 12	4:30pm	Delco Center	4601 Pecan Brook Dr
FCA Devotional (optional)	Wednesday, July 12	4:45pm	Delco Center	4601 Pecan Brook Dr
* Bus from Delco to Noack	Wednesday, July 12	5:45pm		
Softball Demonstration (5-6A)	Wednesday, July 12	6:00pm	Noack Softball Complex	5300 Crainway Drive
SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 12	7:00pm	Noack Softball Complex	5300 Crainway Drive

5-6a Basketball	July 12	Time	Location	Address
Orientation 5-6a	Wednesday, July 12	2:00pm	Bowie High School	4103 W Slaughter Ln
Basketball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 12	2:30pm	Bowie High School	4103 W Slaughter Ln
5-6a Basketball Box Lunch/Pictures	Wednesday, July 12	4:30pm	Bowie High School	4103 W Slaughter Ln
FCA Devotional (optional)	Wednesday, July 12	4:45pm	Bowie High School	4103 W Slaughter Ln
Basketball Demonstration (5-6A)	Wednesday, July 12	6:00pm	Bowie High School	4103 W Slaughter Ln
BASKETBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 12	7:00pm	Bowie High School	4103 W Slaughter Ln

5-6a Track/CC	July 12	Time	Location	Address
Orientation	Wednesday, July 12	2:00pm	Bowie High School	4103 W Slaughter Ln
Track/CC Prep	Wednesday, July 12	2:30pm	Bowie High School	4103 W Slaughter Ln
5-6a Track/CC Box Lunch/Pictures	Wednesday, July 12	4:30pm	Bowie High School	4103 W Slaughter Ln
FCA Devotional (optional)	Wednesday, July 12	4:45pm	Bowie High School	4103 W Slaughter Ln
Track/CC Demonstration	Wednesday, July 12	6:00pm	Bowie High School	4103 W Slaughter Ln
TRACK/CC PRESENTATION	Wednesday, July 12	7:30pm	Bowie High School	4103 W Slaughter Ln

5-6a Cheer	July 12	Time	Location	Address
Orientation	Wednesday, July 12	2:00pm	Bowie High School	4103 W Slaughter Ln
Cheer Performance Prep	Wednesday, July 12	2:30pm	Bowie High School	4103 W Slaughter Ln
5-6a Cheer Box Lunch/Pictures	Wednesday, July 12	4:30pm	Bowie High School	4103 W Slaughter Ln
FCA Devotional (optional)	Wednesday, July 12	4:45pm	Bowie High School	4103 W Slaughter Ln
Cheer Performance	Wednesday, July 12	7:30pm	Bowie High School	4103 W Slaughter Ln

2017 TGCA SATELLITE SPORTS CLINICS

TGCA will be hosting four Satellite Sports Clinics in 2017. 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 “Oth-

er 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

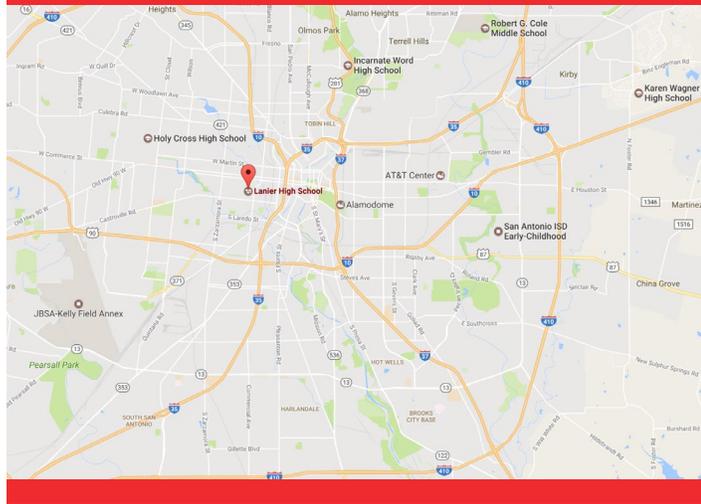
you. Agendas for all clinics will be available on the main page of the website as soon as they are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2017 SAN ANTONIO SPORTS CLINIC

Lanier High School
1514 W Cesar E. Chavez Blvd., San Antonio, Texas
May 19 – 20

[Agenda](#)

[Registration Form](#)

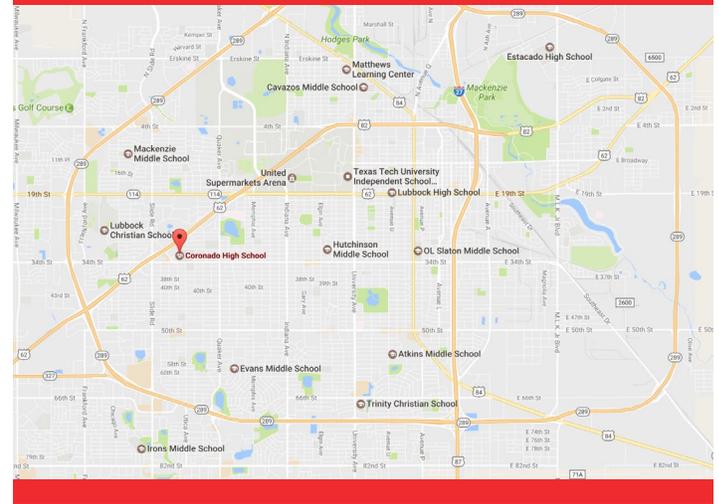


2017 LUBBOCK REGION I SPORTS CLINIC

Coronado High School
4910 29th Drive, Lubbock, Texas
June 9 - 10

[Agenda](#)

[Registration Form](#)



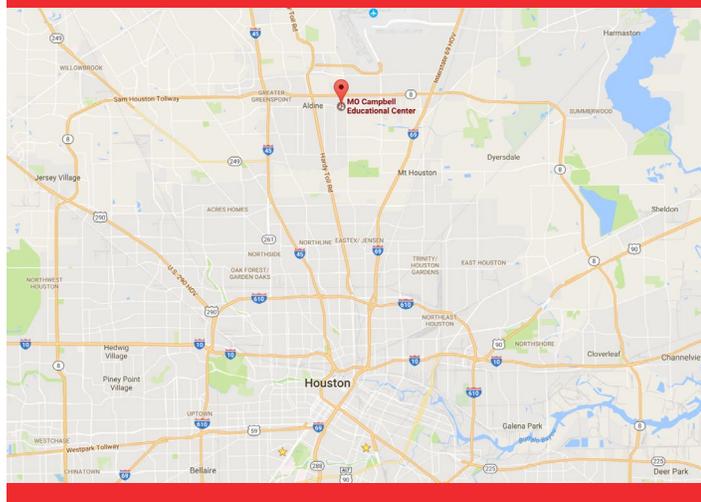
2017 HOUSTON SPORTS CLINIC

Campbell Center – Aldine ISD
1865 Aldine Bender Road, Houston, Texas
June 14 – 15

[Agenda](#)

[Athletic Directors Agenda](#)

[Registration Form](#)



2017 EL PASO SPORTS CLINIC

Clint High School
13890 Alameda Avenue, Clint, Texas
July 20 – 21

[Agenda](#)

[Registration Form](#)



2017-18 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, online membership renewal and clinic registration for the 2017-18 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2016-17 year (this year), you will no longer be able to do that online, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

Online membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change.

If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer

ing Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to

these packages are \$60.00. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$120.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the



photo courtesy Julie Bell

Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coach-

build your online resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. The Silver Package is Summer Clinic registration only and does not include membership renewal. Both of

online credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security

Continued on Page 8

2017-18 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 7

Code” portion, this is an online security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) “I cannot read the code, please provide a new one” and right below the words (in black) “Please enter the security code above”. You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the “Submit” button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school’s filtering system may have sent it there. If you don’t get your receipt by e-mail, please contact us. Your school may be block-

ing our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the online credit card company uses.

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2017 in San Antonio, Houston, Lubbock (Region I), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$70.00. This includes your 2017-18 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us

with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee online. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$35.00 if you have already paid the \$60.00 renewal fee for your 2017-18 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category “Membership Only”. You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or

reset your password for you. We would request that you **DO NOT** set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.aus-tintgca.com, and click on the category in the menu on the left-hand side of the page entitled “First Time Member”, and follow the process outlined for “New to TGCA for the First Time”. Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy Rebecca Sharkey

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation. It may be sent in Word, Excel or flat on an email and should be emailed, faxed or mailed by regular mail.



photo courtesy Thomas Shives

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.

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.

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

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



photo courtesy Jeff Allensworth

Deadline for submitting accomplishments is May 30
Revised by vote of the Board of Directors March 2, 2014

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Banquet at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Tex-

as 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-Var-

sity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year in a Word, Excel or email document. Schools and years coached there must be listed.

INJURY MANAGEMENT (PART 1 OF 2)



DX3 Athlete

Sports injuries, or injuries that occur in athletic activities, can result from acute trauma or from overuse of a particular body part. The key is to be proactive to reduce the chances of injuries. We know that not all injuries can be prevented even with proper training and techniques but we want to reduce the chances for our athletes.

Common injuries include:

- Sprains – tears to the ligaments that join the ends of bones together. The ankles, knees, and wrists are commonly affected by sprains.
- Strains – pulls or tears of muscles or tendons (the tissues that attach the muscles to the bones).
- “Shin splints” – pain along the outside front of the lower leg, commonly seen in runners.
- Achilles tendonitis or rupture of the Achilles tendon – These injuries involve the large band of tissue that connects the calf muscles to the heel.
- Fractures of the bones – This requires a licensed Athletic Trainer and Doctor.
- Dislocation of joints - This requires a licensed Athletic Trainer and Doctor.

Most common injuries occur from:

- Lack of Flexibility/Mobility – tight muscles will overload joints and cause other muscles to work harder and more [How often do your athletes stretch, foam roll, and do mobility exercises?].
- Imbalanced Muscles –



photo courtesy Sam Weeks

weak muscles ratio to tight muscles [Are your girls stronger on their right side or maybe their quads are good but their hamstrings are weak?].

- Poor Warm-up Techniques and Muscle Activations – getting this right covers a multitude of sins [A proper warm-up includes: Mobility and full range of motion exercises/drills, Muscle Activation exercises/drills, Myofascial Release].

- Lack of Conditioning – a deconditioned athlete is a recipe for disaster [When athletes get tired, form and technique go out the window.].

- Over Training/Over Using (joints/muscles) – the most common mistake we as coaches apply to our athletes...we often think more is better [An overtrained athlete often looks like an under-conditioned athlete. Be-

careful not to pour on more if they are already maxed out. Rest is sometimes just what the doctor ordered.].

- Lack of Knowledge Training Genders – Females athletes need to focus on ACL preventative exercises and drills [Females struggle with weak posteriors that lead to instability in the knee. Spending extra time strengthening the hamstrings is extremely

important.].

Injuries can be devastating or simply a minor setback. Either way the player and team are both affected. It is our job as coaches to help mitigate our athlete's risk of injury. This means we must plan our practices with built in time to work on specific things to help our athletes have a better chance of staying healthy. Only focusing on skills and conditioning often misses the boat on injury mitigation. It may take you 10-15 minutes of practice, but better that than losing your key player for the season!

Stretching, strengthening, foam rolling, and mobility exercises are all important when it comes to reducing an athlete's risk of injury. Next month we will break down the main joints of the body to identified common muscle/joint imbalances and suggest exercises to correct those imbalances.

For more information visit us at www.GetDX3.com or Contact Ronnie Natali at Ronnie@teamdx3.com.



photo courtesy Jennifer Agnello

A LETTER TO KAY YOW



Following her passing in 2009, Nike took out the following full page ad in the Raleigh, North Carolina newspaper The News and Observer.

Look what you did, Sandra Kay Yow. Look what you did. You know, you could've been a librarian like you started out to be, maybe the greatest librarian with the highest on-time return rate of any librarian with a 38-year tenure ever. You know that? What happened to teaching English, Coach? By now you could've taught thousands of

students to write and speak with your gentle Southern drawl. What happened to all of that, Coach Yow? Instead, young women from North Carolina to Bucharest to Moscow to Mexico to Caracas to Taipei to Brazil to Seoul to L.A. think they can do anything in basketball or otherwise—because of you. What have you done? Coach Yow, you forsook all others and took the young women of North Carolina State as your surrogate children for 34 years. What you taught them and us can't be placed

in any category as simple as English or basketball. You gave us so much more. You gave us you. You battled with something tough, Coach. We know it. And you battled it like a dignified superhero with the ability to take decades of pain and fighting and turn them into the strength and power other people need. Like any hero, you put the needs of others before our own. You did it with a smile, you did it with your hands on your hips, you did it with your red coach's cape flapping in the wind.

You're a wonderful and extraordinary lady, Sandra Kay Yow. And when we say wonderful, we mean wow. And when we say extraordinary, we mean extra ordinary. And when we think of those pink ribbons, we think they should be like a blanket that covers everyone and shields us and reminds us all to be wonderful, extraordinary, dignified, powerful, strength-giving heroes just like you.

<https://kayow.com>



photos courtesy Harold Jones

10

WAYS GENDER CAN AFFECT EXERCISE ATTITUDES AND PERFORMANCE

James A. Peterson, Ph.D., FACSM

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.

1 Muscle mass matters.

The average woman has (approximately two thirds) substantially less lean muscle mass (LMM) than her male counterpart. As a result of their greater quantity of LMM and coupled with their larger size and higher level of strength, men typically perform far better than women in activities that require explosive power.

2 “X” marks the spot.

As a general rule, when the female elbow joint is hyperextended and a woman’s arms are extended in a supinated position, a woman’s elbows are much closer to each other than in men. In other words, a woman’s arms tend to form an “X,” whereas a man’s arms tend to form parallel lines extending from the shoulders. The angular displacement of the female forearm to her upper arm can hinder her performance in both throwing activities and activities requiring maximum leverage.

3 The eyes of the beholder.

Statistics show that the percentage of men who are relatively happy with their weight is substantially higher than it is for women. This difference can have an impact on why a person exercises and what exercise modality is undertaken ultimately.

4 Limits of size.

Physically, the man’s heart and lungs are larger than those of

the woman. The larger male heart and lungs produce higher stroke volumes and vital capacities than those of women. Men also have more oxygen in their arterial blood than do women. This factor is important because of the variations of compensatory changes in cardiac output. Since maximal cardiac output is limited somewhat by the size of the heart, a woman cannot (comparatively) compensate for the lower content of oxygen in the arterial blood. As a result, the maximum amount of oxygen that can be consumed while exercising is lower in women than in men.

5 Taking it to the limit.

During vigorous physical exertion, women have to increase their heart rate since stroke volume and performance are limited by total blood volume. Accordingly, for a given submaximal work load, the average woman is always operating at a level closer to her maximum capacity than the average man, and will reach exhaustion sooner.

6 More likely to participate.

Women are slightly more inclined to exercise on a regular basis than men. Furthermore, gender tends to influence the choice of exercise activities in which a person chooses to engage.

7 Steady as it goes.

Women tend to accumulate

fat on the waist, arms, and thighs, whereas men tend to accumulate fat primarily on the back, chest, and abdomen. Since women have a relatively longer trunk and shorter legs, their weight is distributed lower than it is in men. Thus, the female center of gravity is lower than that of males. Among the effects of this lower center of gravity is that women tend to have a higher level of balance, a characteristic that can impact performance in a number of physical activities.

8 Not an obstacle.

Research indicates that physical activity has little or no effect on the average woman’s menstrual cycle. Accordingly, no restriction should be placed on the physical activity level of the average woman at any phase of her cycle.

9 The heat is on.

Since heat (either metabolic or ambient) is a limiting factor in physical performance, both men and women must develop methods of coping with increases in temperature. In that regard, research has shown that women have a higher body temperature at rest than men, fewer sweat glands, lower sweat production, and a propensity to start sweating at higher temperatures than do men. Furthermore, a woman’s greater amount of adipose tissue serves as insulation and inhibits heat dissipation.

The implication of these differences is that women have less tolerance to heat than men. As a result, women are more subject to heat stress than men and have to work



photo courtesy Heidi King

relatively harder than men to achieve similar workloads under higher levels of heat conditions.

10 Structural restraint.

A woman’s pelvis is 12 inch wider and is rounder than a man’s. From the slightly wider pelvis, a woman’s femurs extend at a greater angle. All factors considered, the joint distensions and the softer joints and ligaments in the pelvic girdle of a woman can hinder her ability to perform physical activities that involve running and jumping.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 TGCA: Sub-Varsity Coach of the Year Nomination Deadline, NOON	2	3	4	5	6 Softball: Area Deadline
7	8 TGCA: Track & Field Nomination deadline, NOON	9	10	11 TGCA: Track & Field Committee Meeting, 7:00 p.m.	12 TGCA: Sub-Varsity Committee Meeting, 1:00 p.m.	13 Softball: Regional Quarterfinal Deadline TGCA: T&F All-State Committee Meeting, 8:00 a.m.
14	15 GOLF: GIRLS STATE TOURNAMENT TGCA: Golf Nomination Deadline, NOON TGCA: Tennis Nomination Deadline, NOON	16	17	18 TENNIS: STATE TOURNAMENT	19	20 Softball: Regional Semifinal Deadline
21	22	23	24	25	26	27 Softball: Regional Playoff Deadline
28	29 TGCA: Softball Nomination Deadline, NOON	30	31	SOFTBALL: STATE TOURNAMENT		

TGCA HOTEL RESERVATION DIRECT LINK

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)

These are year-round rates. (Cannot be used during Summer Clinic.) Enjoy your stay!

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.



photo courtesy John Gable

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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.austingca.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.

