



TGCA NEWS

FEBRUARY 2017



2016-2017 TGCA OFFICERS



Executive Director
Sam Tipton
TGCA Office



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



President of TGCA
Loyd Morgan
Rogers HS



1st Vice President
Kriss Ethridge
Lubbock Coronado HS



2nd Vice President
Jason Roemer
Kerrville Tivy HS



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TGCA Basketball Committee Chair
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TGCA Executive Director
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*cover photo courtesy Amy Hewitt
left photo courtesy Brad Blalock*

LEARNING TO LEAVE A LEGACY



Brad Blalock Hallsville HS | TGCA Basketball Committee Chair

Pulling my buzzing phone out of my pocket, I noticed an Austin area code. Though I consider myself a professional networker, no one's name

coaches—mostly through trial by fire.

"Uh... am I speaking with Mr. Brad Blalock?" asked a deep voice.

are subject to a rules violation. You have gone over your game limit for this season, and you will have to forfeit the remainder of your district games."

"Oh... uh... well... uh..." I stammered.

My stomach dropped. Before I could put an actual sentence together, a booming voice yelled. "I gotcha, Blalock! I gotcha!" roared Tony Taylor, then head basketball coach at San Saba.

I swallowed back the rising contents of my stomach and threw out a few choice words of which my wife probably wouldn't approve. By the time we finished laughing, I recognized the moment for what it was, my initiation into head coaching.

As predicted, much has

changed since that first season. One thing in particular stands out to me as I wrap up my tenth season as head basketball coach: my personal coaching philosophy has changed over time with the impact of influential mentors that I have been lucky enough to learn from along the way.

In that first year, when Taylor thought he'd gotten the best of me, I was eager to take everything I'd learned and instantly put it into action. After all, I had learned from some of the best: Johnna Pointer, a winning NAIA coach, and Jill McDill, a repeat state champion coach (who recently earned her 500th win). I set both personal and team goals those first few years and

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photo courtesy Deena Byrd

popped up this time. Then, I was just getting my feet wet as a head coach, armed with a wealth of knowledge I was fortunate to have brought with me from a handful of years as an assistant, but learning much like all other new

"Yes sir. What can I do for you?" I rolled my eyes. I did not have time for this telemarketing junk before practice. I was about to hang up.

"Well... Mr. Blalock, this is Dr. Cousins, from the UIL. I regret to inform you that you

TRACK & FIELD COMMITTEE

NAME	SCHOOL	CONF-REG
Stefani Shortes	FRENSHIP HS	6A-1
Christi Daily	ABERNATHY HS	2A-1
Phyllis Pappas	RIDER HS	5A-2
Laura Lange	JIM NED HS	3A-2
Shannon Utley	SUMMIT HS	5A-3
Yolanda Beasley	CASTLEBERRY HS	4A-3
Madeleine Harris	MARSHALL HS	5A-4
Danny Mitchell**	TATUM HS	4A-4
Stacy Tucker	BARBERS HILL HS	5A-5
Brittany Castledine	CENTRAL HEIGHTS HS	3A-5
Quandalyn Lee	MANOR HS	6A-6
Donald Zapalac	SCHULENBURG SS	3A-6
Brandi Bode*	WARREN HS	6A-7
Cully Doyle	GONZALES HS	4A-7
Tracey Borchardt	ODESSA HS	6A-8
Steve Golemon	BANDERA HS	4A-8

*Chair **Vice-Chair



LEARNING TO LEAVE A LEGACY

Continued from Page 1

reached many of them. However, I didn't see everything coming together like I had envisioned it.

What I know now that I didn't know then is how each group of girls has a different identity and different needs. The chemistry, discipline and success I witnessed as an assistant coach with a state-winning team was not something that I could necessarily replicate with my distinct personality in a different school with different kids. I learned that becoming a successful coach is a process that demands time and endurance, one that never really ends.

It also made me realize the importance of mentorship within the basketball coaching community. I learned to adapt by watching other coaches, ones who proved successful season after season, regardless of the athletes they led. When I watched them, I saw

consistency in their discipline of athletes and their teams, in their own personal work ethic which radiated to their players, in their accolades toward athletes and how they motivated them to grow. From other coaches, I have learned the importance of integrity. I've learned how to achieve longevity, how to adapt to each new team and still finish with successful seasons. I learned by watching, and I have not been disappointed.

Consequently, I am more aware of the legacy I am leaving behind. I feel driven to be more intentional with the example I set for younger coaches. When they watch me, do they see the consistency needed to lead a successful program? Do they realize the key role integrity plays in competition and sportsmanship? Do they see how hard work pays off or just how to add numbers to the win column?

As I look at the future of



photo courtesy Benita Carlton

coaching in the basketball community, I see coaches who are willing to go the extra mile, coaches that put the needs of their team ahead of

their own, and coaches that go about teaching the game the right way. I am both inspired and encouraged to keep the legacy alive.

SOFTBALL COMMITTEE

NAME	SCHOOL	CONF-REG
Thanh Kinder	CAPROCK HS	5A-1
Michael Rose	BUSHLAND HS	4A-1
Stacey Herring	ABILENE-COOPER HS	5A-2
Amber Cottingham	HAWLEY HS	2A-2
Shannon M. Sullivan	CENTENNIAL HS	5A-3
James Ramsey	PILOT POINT HS	3A-3
Jeffrey Roberts*	LOVEJOY HS	5A-4
Gary Qualls	CADDO MILLS HS	4A-4
Ashley Boyd	ATASCOCITA HS	6A-5
Jennifer Irwin	JASPER HS	4A-5
Wade Womack	DRIPPING SPRINGS HS	5A-6
Kirk Allen	CRAWFORD HS	2A-6
Jennifer Fox	JOHNSON HS	6A-7
Shelly Hayes	LA VERNIA HS	4A-7
Shelley Prather	J M HANKS H S	5A-8
Lee Anne Curry**	GREENWOOD HS	4A-8

*Chair **Vice-Chair



TGCA ALL-STAR GAMES AND RECOGNITION



Sam Tipton Texas Girls Coaches Association | Executive Director

One of the biggest honors a coach can receive is for one of their athletes to be named to one of the TGCA All-Star teams. This symbolizes one of their athletes or cheerleaders rank as one of the top incoming seniors in that sport or cheerleading in Texas. This is the end result of the young lady excelling in her field to bring pride to the school, coach, community, and her parents.

Texas Girls Coaches Association, through the diligent work of the Board of Directors, has dedicated itself to maintaining All-Star contests. During the annual Summer Clinic, TGCA will hold (6) All-Star contests, recognize Track & Cross Country All-Stars with a demonstration, and honor Cheerleaders with half-time performances. This

means the TGCA will highlight over 200 individuals as All-Stars – the best of the best in Texas. This is no small

undertaking with the volunteer help of many member coaches of the association. TGCA encumbers a great

deal of expense to ensure the All-Stars are treated with tender loving care. The cost is helped by corporate sponsorships, but it is imperative for coaches with All-Stars to place an ad in the game program. These game program ads are instrumental in offsetting the cost of the TGCA All-Star games. These ads are usually funded by school booster clubs, school athletic departments, or parents. If you have an All-Star, please ensure there is an ad in the program for your All-Star. This will help in keeping our All-Star recognition a reality.

I sincerely thank all the member coaches of the Texas Girls Coaches Association for what you do, and I admire the way you do it on a daily basis. Pride in our organization is a must.



photo courtesy Patrick Hinson

SUB-VARSITY COMMITTEE

NAME	SCHOOL	CONF-REG
Morgan Wright	LUBBOCK-COOPER HS	5A-1
Tony Anthony	FRENSHIP HS	6A-1
Audrey Dunn	BIG SPRING HS	4A-2
Lauren Reynolds	SEMINOLE HS	4A-2
Desiree Shahan	GRANBURY HS	5A-3
Maci Brickhouse	GRIFFIN MS	5A-3
Jenny Beagle*	PIONEER HERITAGE MS	5A-4
Erica Delley	GREENVILLE HS	5A-4
Sarah Templeton	KEEFER CROSSING MS	5A-5
Rhonda Burkhart	CROSBY MS	5A-5
Maureen Marek	BELLVILLE JUNIOR HS	4A-6
Jasimine Harris	JOHNSON HS	6A-7
Jenna Philips	GONZALES HS	4A-7
Brooke Ashcraft	BANDERA HS	4A-8
Dianna Hester	FRANKLIN HS	6A-8

*Chair



GIRLS BASKETBALL STATE CHAMPIONSHIPS

Alamodome San Antonio, TX | March 2-4, 2017

Thursday, March 2

Session 1

Conference 1A Semifinal 8:30 AM
Nazareth (33-1) vs. Slocum (25-9)
Conference 1A Semifinal 10:00 AM
Dodd City (31-3) vs. Garden City (27-6)

Session 2

Conference 3A Semifinal1:30 PM
Buffalo (27-4) vs. Mount Vernon (32-5)
Conference 3A Semifinal 3:00 PM
Canadian (31-3) vs. Goliad (29-7)

Session 3

Conference 5A Semifinal7:00 PM
Canyon (29-3) vs. Mont Belvieu Barbers Hill (34-4)
Conference 5A Semifinal8:30 PM
Mansfield Timberview (36-2) vs. CC Flour Bluff (29-9)

Friday, March 3

Session 4

Conference 2A Semifinal 8:30 AM
Martin's Mill (36-2) vs. Weimar (32-8)
Conference 2A Semifinal 10:00 AM
Woden (35-3) vs. Panhandle (28-6)

Session 5

Conference 4A Semifinal1:30 PM
Argyle (35-2) vs. Wharton (32-6)
Conference 4A Semifinal 3:00 PM
Liberty Hill (35-2) vs. Godley (35-4)

Session 6

Conference 6A Semifinal7:00 PM
Cypress Ranch (31-6) vs. Pflugerville (31-7)
Conference 6A Semifinal8:30 PM
Duncanville (37-2) vs. Converse Judson (28-6)

Saturday, March 4

Session 7

Conference 1A Final..... 8:30 AM
Conference 3A Final..... 10:00 AM

Session 8

Conference 2A Final1:30 PM
Conference 5A Final..... 3:00 PM

Session 9

Conference 4A Final.....7:00 PM
Conference 6A Final8:30 PM

Parking Information

Parking is available in Alamodome Lots B & C. Parking is \$15/space cash only, no re-entry. View the parking map [here](#).

NIKE TEAM COACHES SOCIAL



UIL GIRLS BASKETBALL CHAMPIONSHIPS
FRIDAY MARCH 3RD NOON – 7:00PM
SUNSET STATION, SAN ANTONIO, TEXAS

[RSVP HERE](#)

SPIRIT DIVISION CHEERLEADERS OF THE YEAR

Conferences 1A-2A-3A-4A: Tuesday Brown, Lampasas HS (Coached by Shannon Lindsey)
Conferences 5A-6A: Gracelyn Doctor, Johnson HS (Coached by Shannon McKinley)

SPIRIT DIVISION CHEER COACHES OF THE YEAR

Conferences 1A-2A-3A-4A: Nicole Duggan, Canyon Lake HS
Conferences 5A-6A: Suzanne Zink, Seguin HS

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:

SPORTS WRITERS OF THE YEAR AWARD

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions.

Division I will be for sports writers with newspapers with circulations of more than 20,000 and Division II will be for sports writers with circulations of less than 20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly

or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the TGCA Board of Directors meeting on March 5, 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" cat-

egory 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.

Soccer Apr 10, 2017
Track & Field May 8, 2017
Golf May 15, 2017
Tennis May 15, 2017
Softball May 29, 2017



photo courtesy Amanda Johnson

2017 TGCA SUMMER CLINIC

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



photo courtesy Anthony Branch

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 SUMMER CLINIC

AUSTIN CONVENTION CENTER
JULY 10 – 13, 2017



photo courtesy Debbie Hansen

Summer Clinic will be held in Austin this year. Clinic will be held at the Austin Convention Center, 500 East Cesar Chavez Street. The Convention Center is conveniently located to all downtown hotels; 6th Street and the downtown activities of Austin; plus the University of Texas, housing the LBJ Library; and many other historic sites.

All Star games and demonstrations will be held at the following venues:

Volleyball will be at Delco Center, 4601 Pecan Brook Dr.

Basketball will be at Bowie High School, 4103 W Slaughter Ln.

Softball will be at Noack Softball Complex, 5300 Crainway Dr.

Track & Field and Cross Country demonstrations will be at Bowie High School, 4103 W Slaughter Ln. **Track and Cross Country All-Star introductions** will take place during halftime of the 1A-2A-3A-4A All-Star basketball game.

Cheerleading All-Stars will perform during the All-Star basketball games.

The TGCA Honor Awards Banquet will be held Monday, July 10, at 7:00 p.m., with a social cocktail hour at 6:00 p.m., at the Austin Omni Southpark, 4140 Governor's Row.

Beginning February 1st, you will have access to online Summer Clinic registration and Membership renewal. Online hotel reservations will open March 13th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site reg-

istration will be available, but you are encouraged to register and renew online early. It's easy, time-saving and convenient. You **MUST** book your hotel rooms through the online reservation service, which will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 13th.

If you wish to renew your membership using a printable form rather than online,

those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2017-18 Printable Membership Form".

The 2017 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer

Clinic dates. It has changed dramatically from years past, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2017 Summer Clinic Program".

We look forward to seeing you at the 2017 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2017 TGCA ALL-STAR SCHEDULE - AUSTIN, TX

Tuesday, July 11

1-2-3-4A

	July 11	Time	Location	Address
1-4a Volleyball	July 11			
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
Volleyball Demonstration (1-2-3-4A)	Tuesday, July 11	6:00pm	Delco Center	4601 Pecan Brook Dr
TGCA 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			
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
* 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
TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (1-4A)	Tuesday, July 11	7:00pm	Noack Softball Complex	5300 Crainway Drive
1-4a Basketball	July 11			
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
Basketball Demonstration (1-4A)	Tuesday, July 11	6:00pm	Bowie High School	4103 W Slaughter Ln
TGCA 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			
Orientation	Tuesday, July 11	3:00pm	Bowie High School	4103 W Slaughter Ln
Track/CC Prep	Tuesday, July 11	3:30pm	Bowie High School	4103 W Slaughter Ln
1-4aa Track/CC Box Lunch/Pictures	Tuesday, July 11	5:30pm	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			
Orientation	Tuesday, July 11	3:00pm	Bowie High School	4103 W Slaughter Ln
Cheer Performance Prep	Tuesday, July 11	3:30pm	Bowie High School	4103 W Slaughter Ln
1-4a Softball Box Lunch/Pictures	Tuesday, July 11	6:00pm	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

	July 12	Time	Location	Address
5-6a Volleyball	July 12			
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
Volleyball Demonstration (5-6A)	Wednesday, July 12	6:00pm	Delco Center	4601 Pecan Brook Dr
TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 12	7:00pm	Delco Center	4601 Pecan Brook Dr
5-6a Softball	July 12			
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
* 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
TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 12	7:00pm	Noack Softball Complex	5300 Crainway Drive
5-6a Basketball	July 12			
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	3:30pm	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
Basketball Demonstration (5-6A)	Wednesday, July 12	6:00pm	Bowie High School	4103 W Slaughter Ln
TGCA 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			
Orientation	Wednesday, July 12	3:00pm	Bowie High School	4103 W Slaughter Ln
Track/CC Prep	Wednesday, July 12	3:30pm	Bowie High School	4103 W Slaughter Ln
5-6a Track/CC Box Lunch/Pictures	Wednesday, July 12	5:30pm	Bowie High School	4103 W Slaughter Ln
Track/CC Demonstration	Wednesday, July 12	6:00pm	Bowie High School	4103 W Slaughter Ln
TGCA TRACK/CC PRESENTATION	Wednesday, July 12	7:30pm	Bowie High School	4103 W Slaughter Ln
5-6a Cheer	July 12			
Orientation	Wednesday, July 12	3:00pm	Bowie High School	4103 W Slaughter Ln
Cheer Performance Prep	Wednesday, July 12	3:30pm	Bowie High School	4103 W Slaughter Ln
5-6a Cheer Box Lunch/Pictures	Wednesday, July 12	6:00pm	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

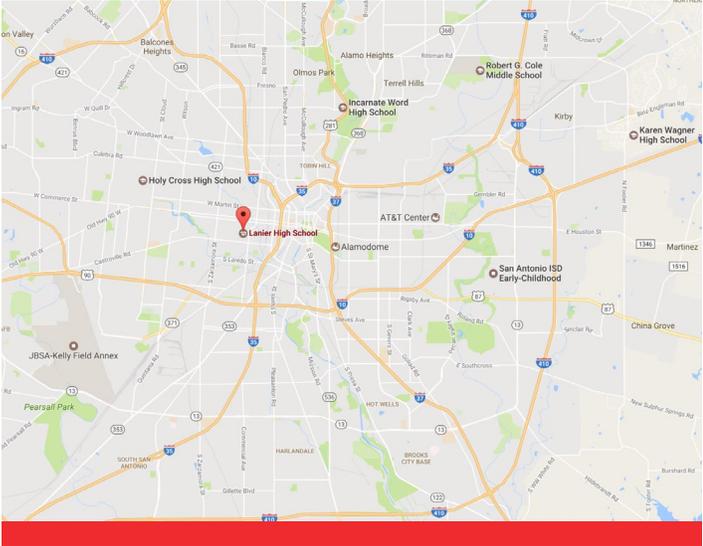
TGCA will be hosting four Satellite Sports Clinics in 2017. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, www.austintgca.com, under the “Forms” category and under the “Oth-

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

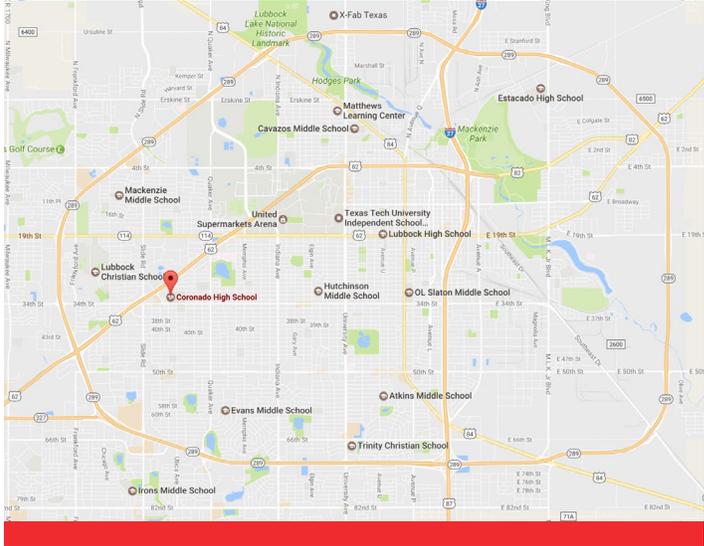
the form you want to print, complete it and either snail mail with a check or fax with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be happy to assist

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.

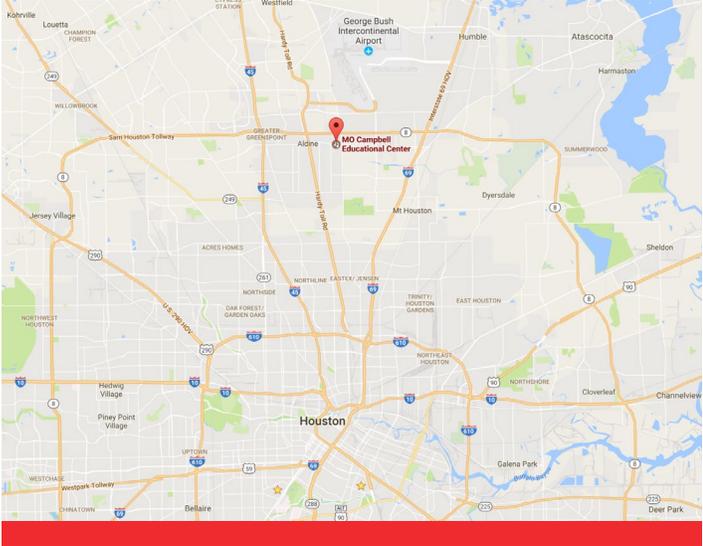
2017 SAN ANTONIO SPORTS CLINIC
 Lanier High School
 1514 W Cesar E. Chavez Blvd., San Antonio, Texas
 May 19 – 20



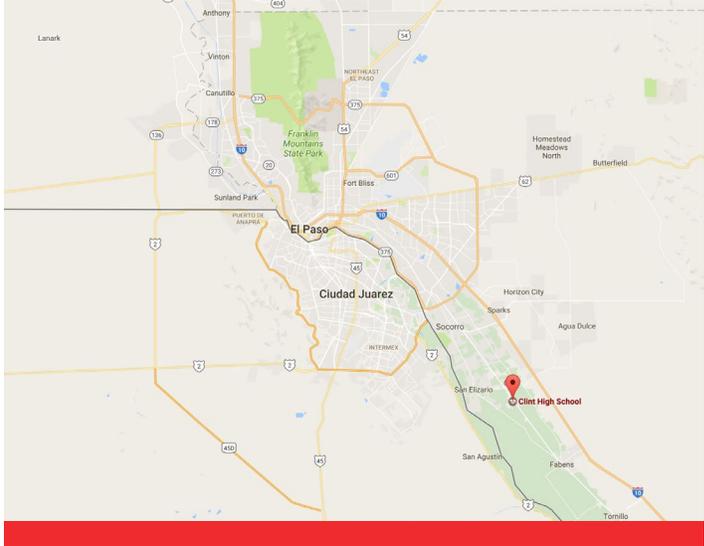
2017 LUBBOCK REGION I SPORTS CLINIC
 Coronado High School
 4910 29th Drive, Lubbock, Texas
 June 9 - 10



2017 HOUSTON SPORTS CLINIC
 Campbell Center – Aldine ISD
 1865 Aldine Bender Road, Houston, Texas
 June 14 – 15



2017 EL PASO SPORTS CLINIC
 Clint High School
 13890 Alameda Avenue, Clint, Texas
 July 20 – 21



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 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 Coaching 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 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 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 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 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 actu-

Continued on Page 11



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.

2017-18 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 10

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 blocking 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 cur-

rent 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.

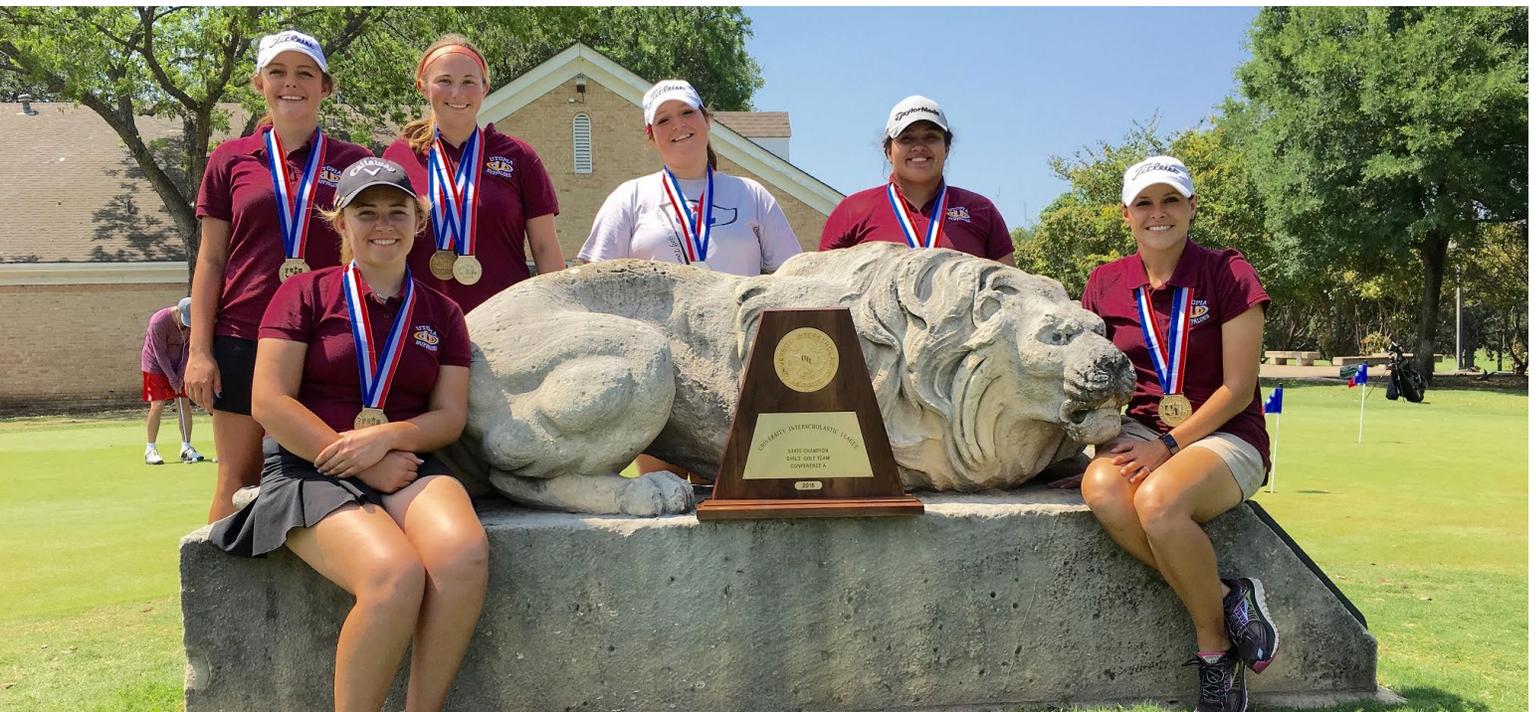


photo courtesy Jeanine Hawkes



Texas Health Ben Hogan Sports Medicine

ATHLETIC TRAINER SPOTLIGHT - The Dallas Cowboys and Partners provide Certified Athletic Trainers to Arlington ISD Middle School Sports Programs

The Dallas Cowboys along with Ben Hogan Sports Medicine and other partners have teamed up for the past few years to make a significant stride towards improving the health and wellness of middle school age student-athletes by offering the National Football League’s Athletic Trainer Grant Program (ATC Program) in the Arlington

Independent School District (AISD). The mission of the program is to enhance youth sports safety by providing access to Athletic Trainers and increasing education and awareness of the importance of sports medicine professionals.

Through matching grant funds allocated by the NFL Foundation and its partners, Ben Hogan Sports Medicine

provided Athletic Trainers to 12 AISD Middle Schools for the past few years. Additionally over the course of the school year, baseline concussion tests- computerized assessments that measure reaction time, memory capacity; mental processing and functioning were performed on AISD Middle School football players.

To continue the success

generated in the AISD this year, the Dallas Cowboys and partners plan to maintain the ATC Program model in the school district for several years. Long term sustainability plans are in place for AISD that will help the district gauge annual funding needs and provide time for the athletic department to build the necessary funds to carry the program in their annual budgets.

Arlington ISD Athletic Trainers serving the community:

Arlington Bowie HS..... Steve Guadalupe, Audrey Ross
Arlington HSChristine Shaw, Kyle Beck
Arlington Lamar HS..... Rachel Cocek, Bryant Grice

Arlington Martin HSMichelle Boyko, Jose Pena
Arlington Sam Houston HS.....Anneliese Roberto, Lee Whitehead
Arlington Seguin HS Holly Howell, Brad Steiner

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 valu-

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

photo courtesy Nicole Villarreal



PROGRAMMING AND TIMING



DX3 Athlete

Every child is different, growing, developing and processing different and most times self-awareness is a discovered trait that we can only guide and influence during the process. As a coach you must have the ability to create and coordinate workouts in diverse situations. You must incorporate time to teach a diverse group and practice speed and strength mechanics. We all know that skills are crucial, but sometimes we forget that: The Speed the Skills are Executed with Determines the Level of Play!

Understanding the Time:

It is crucial to always be aware of your time and the

number of kids you have in order to be effective. This always require some creative thinking and experience so it's great to know ahead but be prepared to make adjustments on the fly. You never know who's going to "go home sick."

You have the choose to make time for athletic development training. Decide how much time you have and make it a priority. Incorporate all aspects of development but maybe not everytime you train. If you are working to really focus on a particular missing element such as strength, because your kids are already running heavily, then simply scale back warm up, explosive and run time and increase strength time.

Any component that needs emphasis can be treated the same way: stretching, explosive, speed or strength.

Think about the purpose of your training and who your training. It is better to have fewer well executed and learned exercises than attempting to squeeze too many in and poorly executing with minimal learning. Here is an example of how to divide up a training if you have 30 minutes to work with:

- 3-5 minutes warm up: when only lifting warm can be shortened
- 3-5 minutes explosives: if an athlete is already jumping a lot explosives can be reduced
- 7-13 minutes speed: if an athlete has a heavy run load decrease speed volumes
- 7-13 minutes lift: if an athlete has a heavy lift load decrease lift volumes

Understanding the Math:

This is a challenging situation for coaches new to training larger groups of kids, yet once understood it is just math and process flow. It is simply a matter of divide and conquer by creating efficiency in stations. As we all know, kids standing around is BAD.

Example of 4 Station Rotation: Focusing on 1 thing per station (add stations and exercises as needed, 12 kids = 4 stations of 3 kids each, 24 kids = 4 stations of 6 or duplicate your initial 4 stations of

3)

- Push: Push up or med ball chest throw or KB-sand-bell-med ball shoulder press
- Pull: weight apparatus bent over row or sports band row/sports band high pull
- Leg: squats or lunges or step ups or jump squat or RDL
- Core: anterior and posterior

Compounding Stations: mixing it up, addressing multiple areas of the body per station

- Lunge-curl-press: med ball, KB, Sand-bell, or Dumbbell
- Squat-Wall ball throw: med ball, any angle low, mid, or high
- RDL-Curl-press: med ball, KB, Sand-bell, or Dumbbell
- Squat jump-punch or press: med ball, KB, Sand-bell, or Dumbbell

Example of 6 Station Rotation: simply divide your kids by 6 or even less and circuit

- Jumps: Broad Jumps
- Linear Speed: Hurdle Drills (1-step, 2-step, side-step)
- Front side Upper Body Strength: Med Ball Push Ups
- Back side Upper Body Strength: Band Row or High Pull
- Lower Body Strength: Sand bell Lunge
- Core: Bicycles/Supermans

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



hale hughes photography

photo courtesy Hale Hughes

WHERE CAN WE MAKE THE MOST STRIDES



Kay Yow Cancer Fund | Where the Money Goes

When the idea of founding a non-profit first came to Kay Yow she immediately thought of Jim Valvano, her close friend and former colleague, and his namesake, The V Foundation. Jim passed away from prostate cancer on April 23, 1993. He founded The V Foundation with the help of ESPN to enable researchers to develop laboratories and take their science from the labs to the clinics with the help of funds raised by his organization. Since The V Foundation's inception in 1993, they've awarded more than \$150 million in research grants with the help and expertise from their **Scientific Advisory Committee**.

The V Foundation's Scientific Advisory Committee annually participates in the selection of grants by following their own devised **funding process**. Each year, The V Foundation invites the 60+ NCI (National Cancer In-

stitute)-designated cancer facilities to nominate their researchers for funding consideration. Additionally, prominent cancer centers across the country are invited to apply for funding. The Scientific Advisory Board reviews proposals and makes all funding recommendations. Each funded researcher is required to provide The V Foundation and the Kay Yow Cancer Fund with a project status report by December 31st of the first year. Both organizations strive to meet with the scientists annually to better understand the challenges and progress occurring in this field.

The Kay Yow Cancer Fund came to fruition partly from the assistance and guidance graciously given by The V Foundation. It is through this same funding process that the Kay Yow Cancer Fund Class A Board of Directors decides on which research projects to fund with the

recommendations of the The V Foundation's Scientific Advisory Committee at the forefront. Through this special and powerful partnership, we hope we will make strides in fulfilling Kay Yow's dream of discovering and developing the cures for women's cancers.

Coach Yow hoped to raise money to further cutting-edge research conducted by the nation's top doctors and medical experts to allow more and more cancer patients to have access to experimental drugs. Since the majority of these research projects are privately funded, these researchers desperately need our support in order to continue to make strides in finding a cure for cancer.

Additionally, Coach Yow felt as if coaches not only shared a profession but a community. It is with this communal mentality that she, despite her humility,

served as the platform to rally a nation of coaches to be a part of one team against one opponent – cancer. Her battle against breast cancer was fought in the public arena with the hope of inspiring others to make a difference in a fight that impacts each and every one of us. Kay's vision for the Fund encompassed not only her wish to fund cancer research but also her desire for coaches to enrich their lives by serving others. Even in her death, Coach Yow was helping others through the creation of the Kay Yow Cancer Fund whose mission is to extend and improve the lives of all those battling cancer.

Since the Fund's inception, \$5.28 million has been granted for scientific research and related programs focused on women's cancers thanks to the generosity and continued support of our donors.



Kay Yow, center, 2007 announcing the Kay Yow/W.B.C.A. Cancer Fund, which was created by the V Foundation.

10

NICE-TO-KNOW FACTS ABOUT FLEXIBILITY AND STRETCHING

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 Flexibility matters.

Achieving and maintaining an adequate range of motion in your musculoskeletal joints is important for several reasons, including the fact that it appears to reduce your potential for injury. For example, an insufficient level of low flexibility in your hamstrings and lower-back muscles is thought to be a major factor in the incidence of lower-back pain. At a minimum, improving your level of flexibility will enhance your ability to perform certain physical and sports-related tasks.

2 Timing matters.

As general rule, the best time to stretch is just after a brief warm-up. Such a schedule will increase your level of blood flow and raise the temperature level in your muscles, both of which are vital for muscle elasticity. Stretching cold muscles may sprain or tear them. You also should stretch after warming down.

3 Prescription matters.

One of the keys to maximizing your efforts to increase your level of flexibility

is to perform two to six repetitions of each stretching exercise to the point of mild discomfort, holding each stretch for 10 to 30 seconds. (Note that no universal consensus exists concerning how long to hold a particular stretch.)

4 Exercise order matters.

Begin your stretching routine by stretching the major muscle groups of your body first. Then, stretch the specific muscles involved in the activity in which you plan to engage.

5 Isolation matters.

To the degree possible, isolate the muscles you want to stretch. If other parts of your body move while you are exercising, your stretching efforts will be compromised, and your risk of suffering an injury will be heightened.

6 Technique matters.

Three basic approaches to stretching commonly are used. Ballistic stretching (i.e., performing bouncing stretches) involves the momentum generated by the moving body part to produce

the stretch. The second type of stretching is static stretching which involves gradually stretching through a muscle's full range of movement until resistance is felt. The stretch is held for a predetermined time, and then the muscle being stretched is relaxed, followed by stretching that muscle even further. The fine common stretching is contract-relax stretching (i.e., proprioceptive neuromuscular facilitation). This technique involves performing an isometric contraction of the muscle to be stretched, followed by slow, static stretching of that same muscle.

7 Pain avoidance matters.

You should not stretch to the point of pain. Flexibility cannot be developed while the stretched muscle is in pain; also, you may injure yourself. At worst, any discomfort you experience while stretching should be relatively mild and brief.

8 Gender matters.

All factors considered, women tend to be significantly more flexible than men at all ages (youth to adulthood). To a de-

gree, these differences can be overcome by engaging in a properly designed stretching program for an extended period of time.

9 Age matters (some-what).

As you age, your level of flexibility tends to decrease, although such a decrease can be attributed more to an increase in your level of inactivity rather than to the aging process itself. Most human bodily systems experience some degree of functional decline, but much of the physiologic decline typically seen with aging results from a decrement in a person's physical activity level.

10 Patience matters.

Don't be discouraged with or forgo your stretching efforts because you are not progressing as quickly as you would like or are not as flexible as others. Keep in mind that flexibility is an individual matter, one that varies from person to person. Stay the course. Eventually, your efforts will pay substantial dividends.

photo courtesy Jason Venable



photo courtesy Jeanine Hawkes



MARCH 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				GIRLS BASKETBALL: STATE TOURNAMENT		
				TGCA: Basketball All-State Committee, at the conclusion of the 3A semifinals (around 5:00 p.m.) in Meeting Room K of the Alamodome, 100 Montana Street, San Antonio	TGCA: Basketball Committee, at the conclusion of the 2A semifinals (around noon) in Meeting Room K of the Alamodome, 100 Montana Street, San Antonio.	
5	6	7	8	9	10	11
TGCA: Board of Directors, 11:00 a.m., Staybridge Suites Downtown Convention Center, Crown I, 123 Hoefgen, San Antonio.						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		Soccer: District Certification Deadline		SOCCER: BI-DISTRICT		
26	27	28	29	30	31	
				SOCCER: AREA		

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 Hale Hughes

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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.

