



TGCA NEWS

JANUARY 2017



2016-2017 TGCA OFFICERS



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Sam Tipton
TGCA Office



Assistant to the Executive Director
Lee Grisham
TGCA Office



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Loyd Morgan
Rogers HS



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Kriss Ethridge
Lubbock Coronado HS



2nd Vice President
Jason Roemer
Kerrville Tivy HS



FEATURE ARTICLES

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TGCA President

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Kay Yow Cancer Fund
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cover photo courtesy Melissa McPherson

left photo courtesy Tracee Lamberth

DEVELOPING A CULTURE FOR LIFE

Loyd Morgan Rogers HS | TGCA President



"Culture" can be a confusing term, but this is one common definitions: Culture is a way of thinking, behaving or working that exists in a place or organization. The term "culture" has become a big buzz word used in the business, education and defi-

new culture or improve on the one that exists. Their main focus will be on the sport which they are responsible. At this time the coach must transform into a salesperson. While instilling their philosophy of the sport (the x's & o's), they must also focus on establishing be-

and expectations of the program to their administration, community and players. To be successful, you must start with work ethic. Demanding work habits consistently helps to develop that work ethic in a culture. You must demand your team to do their best every day. We often talk about the little things that do not seem significant. If you do the little things correctly every day, the big things will occur more frequently, the wins. Not only do you as a coach have to talk about work ethic but you must demonstrate good work ethic daily. You must model work ethic by preparation for classroom assignments, practice, and games. Also, the unseen things like cleaning the locker room, washing game and practice clothes, and the many other unseen duties send a message. Remember, someone is always watching you.

Possessing a belief in the goals of the culture is important as well. Players must be-

lieve in the philosophy of the culture or success will not have a chance to develop. This falls back on work ethic and doing the little things right every day. When players see the results of the little things leading to success, they began to believe in themselves and teammates. All of the sudden confidence appears. When players start believing, you start to see confidence in your athletes. As a coach you will notice this confidence in practice and in games. This confidence is what we call swagger. It is not arrogance, but just a feeling of confidence, believing you are the best.

Enthusiasm is very important to a culture. Ralph Waldo Emerson wrote "Nothing great was ever achieved without enthusiasm." Enthusiasm often comes from the attitude of the coach. Winning makes enthusiasm easy. Everyone gets excited about winners.

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photo courtesy Heather Jones

nitely athletic worlds. Leaders in business, education and athletics are always looking for ways to improve or instill culture among their employees, students, or teams. In the world of athletics, you hear culture often discussed. Each time a coach accepts a new job, their first goal is to instill a

belief and attitude as well.

The first focal point for any coach normally is winning games. Wins always help to establish that winning culture everyone strives to achieve. To accomplish this goal, coaches must communicate their philosophy of the sport (x's & o's), style of play,

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

COACH

Sawyer Colvin
Jill Van Klink
Leslie Hutchinson
Michea Davis
Jenna Wilkins
Shera Hopkins
Ashley Johnson
Shannon McKinley

SCHOOL

Commerce HS
Lewisville HS
Paducah HS
Junction HS
Mount Vernon HS
Pleasant Grove HS
Alamo Heights HS
Johnson HS

DIVISION

Small Co-Ed
Large Co-Ed
1A
2A
3A
4A
5A
6A



photo courtesy Beverly Burchett

2017 TGCA SUMMER CLINIC

2017 SUMMER CLINIC
HOTELS AND RATES



photo courtesy Benita Carlton

AUSTIN CONVENTION CENTER
JULY 10 – 13, 2017

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 registration 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.

(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
SOUTH PARK**

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

1-2-3-4A				
Tuesday, July 11	July 11	Time	Location	Address
1-4a Volleyball	Tuesday, July 11	2:00pm	Delco Center	4601 Pecan Brook Dr
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	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
* 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	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
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	Time	Location	Address	
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	Time	Location	Address	
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	Wednesday, July 12	2:00pm	Delco Center	4601 Pecan Brook Dr
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	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
* 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	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	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	Time	Location	Address	
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	Time	Location	Address	
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 "Other

Clinics" category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. 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 on-line 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 HOUSTON SPORTS CLINIC

Campbell Center – Aldine ISD

1865 Aldine Bender Road, Houston, Texas

June 14 – 15



2017 LUBBOCK REGION I SPORTS CLINIC

Site to be Determined

Lubbock, Texas

June 9 – 10



2017 EL PASO SPORTS CLINIC

Clint High School

13890 Alameda Avenue, Clint, Texas

July 20 – 21



DEVELOPING A CULTURE FOR LIFE

Continued from Page 1

However, even in adversity, you must find a way to exemplify enthusiasm if you want your culture to ignite and grow.

There will be tough times or adversity along the way. After all, adversity is just part of life. This is where perseverance must be emphasized with your team. Sometimes you work hard, believe and

exemplify confidence, yet failure shows its ugly face. Players must be taught that failures are not final and that with perseverance we may eventually reach our goals. In the big scheme of things, our athletes will face many types of adversity and failures in their lives. After all, as a team we are forming a bigger culture.

When developing a culture, coaches want winning teams, but there must be a

bigger picture. Culture is always a work in progress. That is why we as coaches modify and find new ways to build on the culture we are trying to develop with our team. The big picture of each program's culture should be to develop our athletes to become great family members, productive citizens, and future leaders. As stated previously, we as coaches certainly focus on the wins and losses (immedi-

ate gratification). However, those same cultural goals of establishing work ethic, instilling confidence, demonstrating perseverance, and encouraging enthusiasm will help our athletes be successful in that bigger picture. Our number one goal in establishing a culture is to make our athletes winners in the biggest game they will ever play, "The Game of Life."

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 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

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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.

2017-18 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 5

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 mem-

bership.

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.



Executive Director Sam Tipton speaking to the Region I athletic directors in Lubbock on January 24, 2017. Sam does a great job of promoting TGCA every chance possible!

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 on-line 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 on-line sport honors nomination deadlines are as follows:

Swim/Dive Feb 13, 2017

Wrestling Feb 20, 2017

Basketball Feb 27, 2017

Soccer Apr 10, 2017

Track & Field May 8, 2017

Golf May 15, 2017

Tennis May 15, 2017

Softball May 29, 2017

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 Lea Ann Cain

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 Benita Carlton

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.

SPEED EXPOSES FLAWS



DX3 Athlete

We've shared before how mechanics produce efficiency, and efficiency produces speed. There is a caveat to this: Speed exposes flaws. Recall one of the most fundamental training formulas:

ing flaws are the hurdles and ladder. With proper correction these flaws can be minimized or eliminated from an athlete's form, which leads to greater speed on the court or field.



photo courtesy Shannon Lindsey

Speed x Strength = Power

This article addresses the first factor, speed. In our experiences, we have observed that speed without control is inefficient and subsequently not productive. The challenge in training is to maintain proper mechanics at the highest rate of speed possible. In sports terms, the challenge is to do everything at game speed.

NOTE: Speed training begins the moment you first say "go." When your girls are warming up, watch to see that they have good mechanics. Some athletes get lazy during the warm-up, but we value the development of good habits throughout training. If athletes flop their arms or stay on their heels while jogging, these bad habits may carry over into sprinting.

Two places to start expos-

Hurdles: Start here and keep it linear.

From a logistical standpoint, observe your athletes from near the first hurdle. This gives you a good look at their start and their finish from behind. Keep it simple and instruct your girls to do "1 Step" with a sprint off the end. Their start should be from a set position with an explosive first move, this trains them to be explosive on the court or field as well. Never let them jog into a drill or start slow, this trains their body to start slow. Since we are talking about speed exposing flaws, look for two things as they go through and off the end of the hurdles.

1. Watch for arm position. Are they wild? Arms should be down at their side, with elbows bent near 90 degrees and

"thumbs through the belt loops" as the arms pump.

2. Watch body posture. Are they upright? Athletes should maintain the fall-tall position not bending at the waist. They should be tall with a forward lean.

Ladder: Move here for more lateral movements as well as a greater demand in cognitive skills. From a logistical standpoint, observe from next to the middle of the ladder. Keep it only as simple as necessary, mixing up straight-ahead and lateral drills.

1. Watch for arm position and usage. Are the arms used? Are they wild? Arms should still be down to the sides with elbows bent near 90 degrees, but they tend to vibrate in place instead of actually swinging like on a run. If the arms are under control the feet will be better controlled and faster.

2. Watch the feet. Is the drill executed correct-

ly? Are boxes skipped or repeated? Make sure the pattern is being completed properly and that steps outside the ladder stay close to the ladder.

The best way to correct these errors is to have your athletes "Slow Down to Speed Up." All training should be done as fast as you can with the qualifier "under control." If there was ever such a thing as too fast, it is when an athlete is wrecking an apparatus. Athletes should start slower and speed up as they master the mechanics and movement pattern. Teaching athletes the proper technique and attentively correcting flaws in a controlled environment will lead to faster, more agile play and greater success.

This article was originally published in the TGCA Newsletter in the fall of 2013. Check the archives for more great articles on speed, strength, coaching, programming and more. For more information visit us at www.GetDX3.com or Contact Ronnie Natali at Ronnie@teamdx3.com.



photo courtesy Barbara Johnston

ROLE OF CHEERLEADERS IN AN ATHLETIC DEPARTMENT'S MISSION



Ashley Draper | Varsity

Each fall, in nearly every high school in America, Friday nights come to life. Swarms of students, parents and fans roar for football players as they explode onto the field, transforming thousands of individuals into one undivided cheering machine. The overwhelming support that floods the stadium is no accident, as this Friday night tradition has been days, weeks, months and even years in the making. This is about more than winning or losing; it is about elevating school spirit experiences through sporting events, and it can change the climate of a school.

Athletic departments encompass a vast group of people, including the cheerleading team. This group's role before, during and after

games supports the overall mission of an athletic department.

Responsibilities of a Cheer-leading Team

The first step to determining the cheerleading team's role in an athletic department's mission is to understand the five main responsibilities of a cheerleader: Crowd Leader, Spirit Raiser, Ambassador, Athlete and Entertainer.

As Crowd Leaders, the cheerleading team is the connection between the fans and the athletic team. The energy and enthusiasm produced by the crowd can rally a sports team to play better and boost overall morale. It is the cheerleading team's task to unify the crowd in its efforts.

As crowd leaders, cheerleaders should know the sports they are cheering for and understand how to choose an appropriate sideline chant. As a group, they should begin sideline chants and also make organic chants from the crowd stronger by yelling the words in unison with fans. Cheerleaders preserve school traditions and come up with new ways to improve fan involvement.

As Spirit Raisers, cheerleaders promote and spread school pride throughout the year. Leading up to game day, cheerleaders can plan and execute pep rallies, decorate hallways with banners and support the sports team playing that week. They should encourage fellow students to show their spirit

by setting a good example of school pride themselves. On game day, their responsibility as spirit raisers should be more emphatic. When a touchdown is scored or a basket is made, they display their enthusiasm by waving poms, yelling and celebrating. If spirit is low, cheerleaders should use tactics to increase excitement, including starting a sideline chant, and executing stunts, jumps, tumbling or pyramids.

As Ambassadors, cheerleaders should be model students, both in and out of the classroom. Minimum GPA standards emphasize the importance of classroom performance. Many cheerleaders are involved in other sports, various activity programs

Continued on Page 2

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 val-

uable 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 Lea Ann Cain



ROLE OF CHEERLEADERS IN AN ATHLETIC DEPARTMENT'S MISSION

Continued from Page 1

and leadership positions. In fact, according to a study conducted by Varsity Spirit, 60 percent of all cheerleaders hold a leadership role at school, and one-third of all cheerleaders are members of the Student Council. With service projects and community appearances, cheerleaders become the recognizable faces of their school. As ambassadors, they should spread school spirit and share positive experiences of being leaders at their school.

As Athletes, cheerleaders use their strength, endurance and skills to be excellent crowd leaders, spirit raisers and entertainers. Like other student-athletes, cheerleaders should practice and train in order to be in top physical shape to perform stunts, jumps, tumbling and pyramids. Cheerleaders use their strength to lift other team members into the air, enabling them to use signs and poms more effectively. Endurance is imperative for game day as cheerleaders should lead the crowd until the end of the game.

As Entertainers, the cheerleading team should create pep rally, pregame, timeout, halftime and post-game performances. These performances boost the overall excitement of the game,

reviving the stadium's energy and keeping fans in their seats. Performances can include cheers, band chant dances, sideline chants, stunt sequences and cheer routines to music. Fun, engaging performances that involve the student fan zone, alumni and parents spread school spirit and rev fans up for the next game.

Incorporating Cheerleading into the Athletic Department's Mission

Each athletic department has its own unique combination of staff, coaches, students and sports teams. While the details of each school's mission may vary, there are similarities that exist in most schools' mission statements: Character Development, Academics, Excellence and Community. When cheerleading is incorporated into these components, all parties can benefit, resulting in a more united and supportive school.

Character Development

Character development flourishes when coaches teach their athletes more than just the sports or activities in which they are participating. Well-rounded student-athletes look to their coaches and peers for examples on how to act and respond in tough situations. Good

sportsmanship is one behavior that directly involves sideline cheerleaders. As crowd leaders during sporting events, they set a visible example to fans, students and athletes. If there is an in-

motivate a team to play the best game possible. During games, a sports team's goal is to perform its best, and cheerleaders are a piece of that puzzle.



photo courtesy Elyse Hernandez

Community

Athletics can bring a community together physically and emotionally. Athletic departments know that filling seats at games is imperative for an energized atmosphere, but understanding how to accomplish that might be a more difficult task. As ambassadors for the school and representatives of student-athletes, cheerleaders rally students, alumni and community members to attend games. In a study commissioned by Varsity Brands on school spirit, 75 percent of students who self-report that they have a lot of pride in their school plan to come back to their school for special events after they graduate. When cheerleaders host pep rallies and visit tailgates, they connect students to the game and players by physically interacting with them. Positive experiences turn reluctant students into engaged fans, and engaged fans can influence others to attend games.

Academics

The most important element of being an athlete is being a student first. School spirit weaves through all aspects of school, including the classroom. Even during class, cheerleaders can continue to motivate others and set a good example.

Excellence

Excellence in athletics covers everything from learning new skills to bringing home a victory. As crowd leaders and spirit raisers, cheerleaders are the team behind the team. They root for individual players, entire sports teams and athletic departments. Cheerleaders know and understand that school spirit is a driving force that can



photo courtesy Christine Elias

For more information on cheerleading, visit www.varsity.com.

ESPN TO CELEBRATE 10TH YEAR OF PLAY 4KAY IN FEBRUARY

Sarah Womack Kay Yow Cancer Fund | Operations Coordinator

Eleven-ranked teams to be showcased across ESPN2 & ESPNU

Play 4Kay celebrates its 10th year – the annual event across ESPN networks continues to highlight the Kay Yow Cancer Fund, in partnership with The V Foundation and the Women's Basketball Coaches Association (WBCA). Once again, five games will air across ESPN2 and ESPNU on Sunday, Feb. 21, plus two top-20 matchups as part of ESPN2's Big Monday series featuring No. 6 Notre Dame at No. 10 Florida State and No. 5 Baylor at No. 19 Oklahoma on Monday, Feb. 22.

Play 4Kay unites a nation of coaches and players for a greater cause – raise awareness and funds in support of the Kay Yow Cancer Fund. During the 2015 ESPYS, the Kay Yow Cancer

Fund announced a multi-year \$1.25 million grant to The V Foundation in support of women's cancer research initiatives. This grant continues the legacy of Yow and will fund an ovarian cancer research project at Moffitt Cancer Center in Tampa, Fla.

Eleven nationally ranked teams will participate in this year's Play 4Kay games (rankings as of Jan. 16): No. 3 Tennessee; No. 4 Maryland; No. 5 Baylor; No. 6 Notre Dame; No. 8 North Carolina; No. 10 Florida State; No. 11 Mississippi State; No. 19 Oklahoma; No. 21 USF; No. 22 LSU and No. 25 Rutgers.

Schedule Highlights:

- Opening Play 4Kay's tripleheader on ESPN2 Sunday is Coach Yow's former team NC State

traveling to ACC foe No. 8 North Carolina at 1 p.m.

- Continuing on ESPN2, No. 4 Maryland faces Big Ten opponent No. 25 Rutgers at 3 p.m., followed by SEC in-state rivals No. 11 Mississippi State at Ole Miss at 5 p.m.
- ESPNU features a double-header beginning at noon with American opponents Memphis at No. 21 USF, followed by a top-25 SEC tilt showcasing No. 3 Tennessee at LSU at 2 p.m.
- The ESPN2 Big Monday showdown features a top-10 matchup between No. 6 Notre Dame at No. 10 Florida State at 7 p.m., followed by No. 5 Baylor at No. 19 Oklahoma at 9 p.m.

espnW.com will provide sea-



son-long original content and supporting material for ESPN's top games, including leading into games with espnW's national player-of-the-week and updated Bracketology from Charlie Creme, who accurately picked all 64 teams last year. The espnW season preview will run November 9-13. Also, additional columns and features will continue to be posted from Mechelle Voepel, Graham Hays, Michelle Smith and Kate Fagan, who have provided season-long content on the biggest storylines in the sport.

All Play 4Kay telecasts will be streamed live on WatchESPN, accessible on computers, smartphones, tablets and connected devices to fans who receive their video subscription from an affiliated provider.

2016 Play 4Kay Schedule (Subject to change)

DATE	TIME (ET)	GAME	NETWORK
Sun, Feb 21	Noon	Memphis at No. 21 USF	ESPNU
Sun, Feb 21	1 p.m.	NC State at No. 8 North Carolina	ESPN2
Sun, Feb 21	2 p.m.	No. 3 Tennessee at No. 22 LSU	ESPNU
Sun, Feb 21	3 p.m.	No. 4 Maryland at No. 25 Rutgers	ESPN2
Sun, Feb 21	5 p.m.	No. 11 Mississippi State at Ole Miss	ESPN2
Mon, Feb 22	7 p.m.	Big Monday: No. 6 Notre Dame at No. 10 Florida State	ESPN2
Mon, Feb 22	9 p.m.	Big Monday: No. 5 Baylor at No. 19 Oklahoma	ESPN2

The ESPN2 Big Monday schedule was recently announced; with the full women's basketball regular-season schedule announcement planned for a later date.

Kay Yow Legacy

Yow's coaching career spanned more than 38 years, including 34 with NC State. She had a record of 737-344, which encompassed 20 NCAA championship bids, a Women's Final Four appearance in 1998 and

four ACC Tournament championships. She also served as the assistant women's Olympic team coach in 1984 and head coach of the U.S. Olympic women's gold medal team in 1988. She was inducted into the Women's Basketball Hall of Fame in 2000, the Naismith Memorial Basketball Hall of Fame in 2002 and the inaugural NC State Hall of Fame in October, 2012. Yow won the inaugural Jimmy V ESPY for Perseverance Award in 2007.

The Kay Yow Cancer Fund

The Kay Yow Cancer Fund was officially founded on December 3, 2007 from the vision of the organization's namesake Kay Yow, former NC State University head women's basketball coach. Coach Yow was first diagnosed with breast cancer in 1987 before succumbing to the disease on January 24, 2009. The Kay Yow Cancer Fund is a 501 (c)(3) charitable organization committed to being a part of finding an answer in the

fight against women's cancers through raising money for scientific research, assisting the underserved, and unifying people for a common cause. To date, the Kay Yow Cancer Fund has supported over \$5.18 million in women's cancer research and related programs focused on women's cancers. For more information on the Kay Yow Cancer Fund or to make a donation, please visit www.KayYow.com.

10

ESSENTIAL LEADERSHIP ATTRIBUTES FOR FITNESS PROFESSIONALS

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 Having values. While no two fitness professionals are exactly the same, one similarity that is almost universally part of the personal fabric of individuals who are “leaders” is the presence of ethically grounded principles. Values provide the moral authority for skillful leadership. In other words, a major reason some leaders are more effective than others is who they are as people.

2 Preparation. All factors considered, success is not a matter of desire but rather the by-product of preparation and hard work. In almost every human endeavor, the more you prepare and the greater effort you expend, the more likely it is that you will be successful. Proper planning is the most effective way for a fitness professional to approach the future.

3 Self-discipline. Individuals who are self-disciplined use their time wisely, are able to maintain their focus, avoid procrastination, and persevere regardless of the circumstances. Regardless of whatever skills you possess, you will never be

able to reach your potential as a leader without the self-control to exercise restraint over your impulses, emotions, and desires.

4 Knowledge. Knowledge is a potent source of competence and credibility for a leader. Your level of knowledge as a fitness professional has a direct impact on your ability to handle the diverse demands of leadership and to motivate others to follow your call for action. All factors being equal, the more knowledgeable you are, the better able you will be able to engage in rational decision making and problem solving and conduct yourself in a suitable, principled way.

5 Problem-solving ability. A large measure of the duties and responsibilities of a leader is devoted, by necessity, to dealing with and solving problems. Accordingly, it is absolutely essential that a leader is able to solve problems in a timely, competent manner. Effective leaders anticipate problems, acknowledge the existence of problems, and attempt to make things better. They focus clearly on relevant issues, tackle problems in a

systematic fashion, and exercise sound judgment.

6 Communication skills. The ability to communicate effectively is the cornerstone of leadership. As a point of fact, it could reasonably be argued that many of the world’s most talented and ambitious people fail to achieve their potential simply because they don’t master the art and practice of skillful communication (including verbal communication, listening, writing, feedback, memory, electronic messaging, and nonverbal communication).

7 Ability to motivate. To be a skillful leader, you must be able to inspire others to accomplish meaningful goals. In this regard, you must understand people and human behavior. Such an understanding is the foundation of knowing what energizes individuals to perform in a certain way, what factors shape their behaviors, and how this behavior can be maintained.

8 Opportunistic. Opportunities don’t occur in life just because you want them to. More often than not, they take place because of

planning and effort on someone’s part. They arise because circumstances were created that enabled them to occur. Effective leaders search out and take advantage of their opportunities. They have both the ability to spot opportunities and the resolve to make full use of any that do transpire.

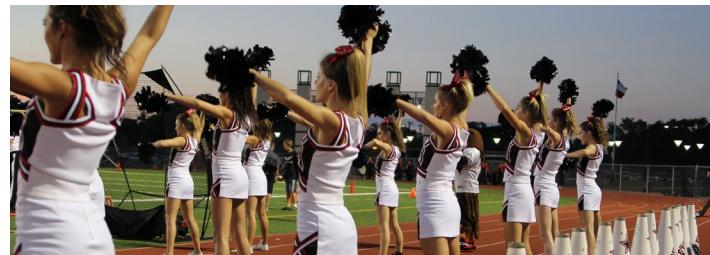
9 Self-assurance. Effective leaders have confidence in their ability to handle the demands and challenges of leadership. They have a steadfast sense of self-assurance in themselves and their convictions. They like and are good at what they are doing. They have high expectations of themselves and set high standards of performance for themselves.

10 Courage. Courage is the personal strength that enables you to handle fear, make difficult decisions, take risks, confront change, accept responsibility, and be self-reliant. You can’t be an effective leader without courage. Courage allows you to bring out the best in yourself and inspire the best in others.

photo courtesy Beverly Burchett



photo courtesy Tracee Lamberth



FEBRUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
					SWIMMING & DIVING: REGIONAL MEETS	
5	6	7	8	9	10	11 Girls Basketball: District Certification Deadline Wrestling: District Certification Deadline
12	13 GIRLS BASKETBALL: BI-DISTRICT TGCA: Swimming & Diving Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games	14	15	16 GIRLS BASKETBALL: AREA SWIMMING & DIVING: STATE MEET WRESTLING: REGIONAL MEET	17	18
19	20 GIRLS BASKETBALL: REGIONAL QUARTERFINALS TGCA: Wrestling Nominations Deadline, 12 Noon	21	22	23	24 GIRLS BASKETBALL: REGIONALS WRESTLING: STATE MEET	25
26	27 TGCA: Basketball Nominations Deadline, 12 Noon	28				

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 Barbara Johnston

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TGCA NEWS

TGCA News is the official newsletter of the
 Texas Girls Coaches Association

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TGCA News is published nine times per year, September through May.

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

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

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

