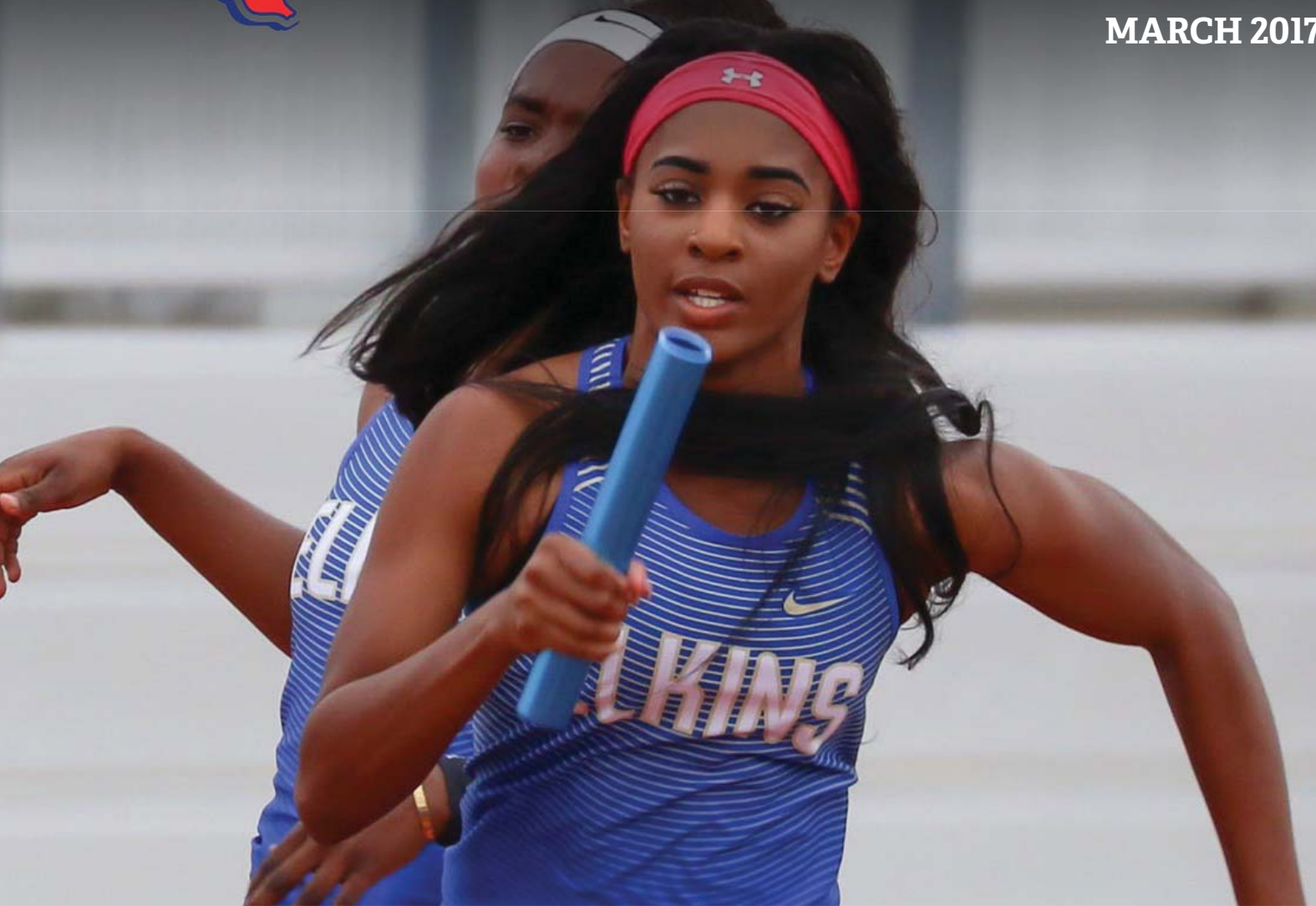




# TGCA NEWS

MARCH 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



**FEATURE ARTICLES**

**Track is Life**

By Brandi Bode,  
TGCA Track & Field Committee Chair  
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**Athletic Training Spotlight  
Baseline Concussion Testing**

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**Achieve a Winning Mindset**

By DX3 Athlete  
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**Getting Media Coverage for Your Kay  
Yow Cancer Fund Events & General  
Publicity Tips to Promote Your Program**

Kay Yow Cancer Fund  
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**10 Facts About Cancer That Fitness  
Professionals Should Know**

By James A. Peterson, Ph.D., FACSM  
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*cover photo courtesy Ben Still  
left photo courtesy Sandra Apolinar-Jordan*

# TRACK IS LIFE

**Brandi Bode Warren HS | TGCA Track & Field Committee Chair**



I grew up as a multi-sport athlete, competing in volleyball, basketball and track from 7th grade through my senior year. Participating in athletics and sports has taught me so much about myself and about life, but none more than Track and Field. In high school, while attending Ingram Tom Moore, I remember being so excited when I got my “Track and Field is Life” T-shirt. Most of you probably remember these popular shirts in the earlier 90s’. At the time, I didn’t realize how accurate the statement on that tee shirt was and still is. Reflecting on the last 22 years I now realize how much our sport, Track and Field, mimics life and its lessons.

Life is HARD. Track is HARD. I preach this to my athletes every day. While other sports get to “play” we physically and mentally are taking a beating almost daily. We have good days and bad days. We have days when we think our bodies are falling apart and other days where we are mentally and emotion-



*photo courtesy Gigi Heermans*

ally spent. The daily grind of life can take a toll on us, and track can help teach us how to overcome and continue to push through, even when things are hard.

Track also teaches you that you can’t fade into the background. Unlike team sports, there is nowhere to “hide” in our sport. There is no bench. There is no being taken out of serve receive. There is no “we just aren’t going to pass

you the ball.” When you compete in track and field, you are on display. Everyone can see you compete. Your training and skills are enjoyed and scrutinized by everyone in attendance. Most track and field events are individual competitions. You don’t get to count on or rely on anyone else for your success. There is pressure every time you put the uniform on, every time you race, throw or jump. We teach

our athletes that to be successful at whatever they do, they must be prepared to handle the pressures of daily life and step up to the challenges that life throws at them.

In life, things may get difficult or not go as planned - just like on the track. We may drop the baton, fall going over the last hurdle or scratch in the shot put. Track and field teaches us to pick ourselves up and keep fighting. We can’t quit just because we failed or had a bad meet because we know we will have another race, another jump or another throw. We should be fighting for our marriages the same way. We should be fighting when we are diagnosed with cancer, or pushing through financial hard times. In our world today, it seems too easy just to throw in the towel or give up or walk away when things don’t go our way. Track teaches our young athletes to keep pushing and looking forward to the next meet, workout, race or opportunity.

**Continued on Page 2**



## 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.

# TRACK IS LIFE

Continued from Page 1

“Don’t Give up, don’t ever give up” - Jimmy Valvano

Track also gives athletes of all shapes and sizes the opportunity to be successful. This sport shows you that with hard work, dedication and sacrifice you can accomplish great things. As a 5 foot 6, 150-pound senior I was able to put an exclamation mark on my high school track career by winning State in the class 3A shot put in 1995. Recalling my experiences helps me to remind my athletes daily, that track is not a one size fits all, and if you have the skill and determination you can reach your goals even if you don’t “fit” the part. As a track coach, my hope is that this life

skill will stick with them so that they can continue to reach their goals and know that anything is possible.

I am currently in my 16th year of coaching, and my 12th year as Head Track coach, so for me “Track is Life” – literally, and as I look back, I couldn’t imagine my life without this sport that I am so passionate about. The life lessons that the sport taught me, I am now able to instill in my athletes. I encourage all athletes to participate in Track and Field. The experience will give them the opportunity to learn a lot about themselves, and they will also get to learn a ton of life lessons that I hope will make them successful, productive adults for the rest of their lives.

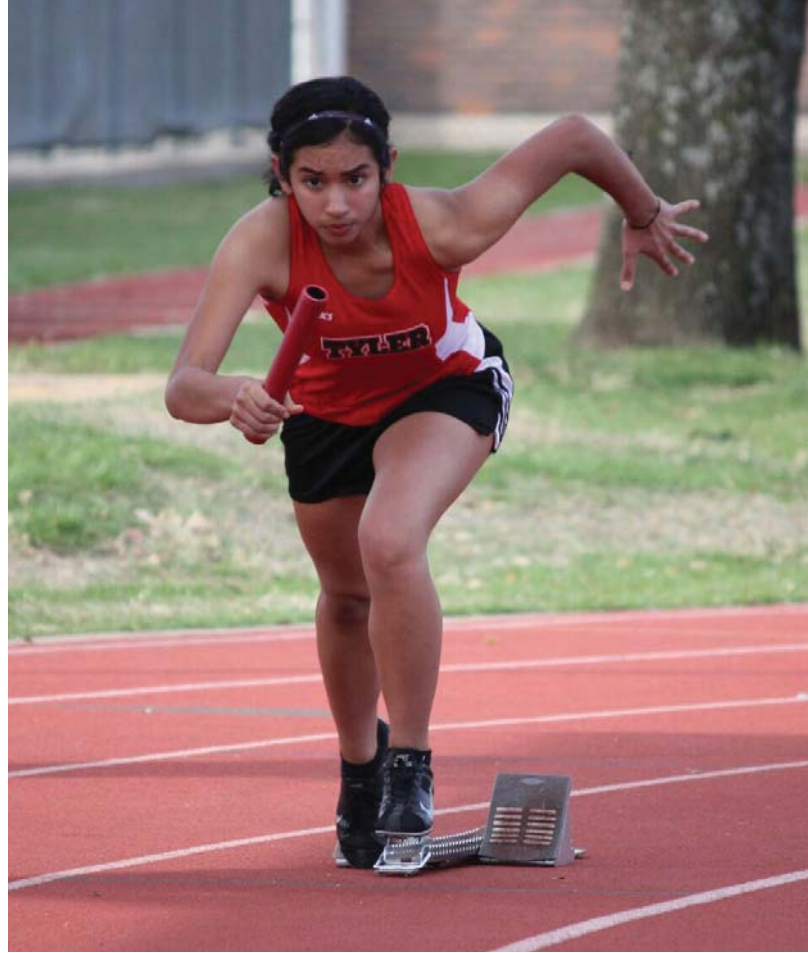


photo courtesy Demeeka Jones



## BASKETBALL ATHLETES OF THE YEAR

Conferences 1A-2A-3A-4A: Vivan Gray, Argyle HS (Coached Skip Townsend), pictured left  
 Conferences 5A-6A: Angel Hayden, Canyon HS (Coached Joe Lombard)

## BASKETBALL COACHES OF THE YEAR

Conferences 1A-2A-3A-4A: Rob Schmucker, Panhandle HS  
 Conferences 5A-6A: Kit Kyle Martin, Timberview HS

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

COACH	SCHOOL	CONFERENCE	COACH	SCHOOL	CONFERENCE
Eric Schilling	Nazareth HS	1A	Joe Lombard	Canyon HS	5A
Rob Schmucker	Panhandle HS	2A	Cathy Self-Morgan	Duncanville HS	6A
Skip Townsend	Argyle HS	4A			

## CONGRATULATIONS TO THE 2016-17 TGCA BASKETBALL ALL-STAR COACHES

### 1A-2A-3A-4A RED

Head Coach:

Heather Hohertz,  
Brownwood HS

Assistant Coach:

Amanda Hemby, Poth HS

### 1A-2A-3A-4A BLUE

Head Coach:

Alex Koulovatos,  
Burkburnett HS

Assistant Coach:

Mandy Simpson, Gilmer HS

### 5A-6A RED

Head Coach:

Triva Corrales, Judson HS

Assistant Coach:

Angela Spurlock,  
Seven Lakes HS

### 5A-6A BLUE

Head Coach:

Jeff Williams, Amarillo HS

Assistant Coach:

Kyle Lovorn,  
Lubbock-Cooper HS

# SOCCER STATE CHAMPIONSHIPS

**Birkelbach Field** Georgetown ISD Athletic Complex | **April 12-15, 2017**

## Wednesday, April 12

Girls Conf. 4A Semifinal .....11:00 AM  
Girls Conf. 4A Semifinal .....1:30 PM

## Thursday, April 13

Girls Conf. 5A Semifinal ..... 9:30 AM  
Girls Conf. 5A Semifinal .....12:00 PM  
Girls Conf. 4A Final ..... 2:30 PM

## Friday, April 14

Girls Conf. 6A Semifinal ..... 9:30 AM  
Girls Conf. 6A Semifinal .....12:00 PM

## Saturday, April 15

Girls Conf. 5A Final .....11:00 AM  
Girls Conf. 6A Final ..... 4:00 PM

## Parking Information

There will be a \$5 charge for parking on Saturday ONLY.

All vehicles MUST enter at the CR 151/ Stadium Dr parking entrance. Entrance will not be permitted at the North Entrance.



*photos courtesy Jason Venable*

## 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 represen-

tative 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:

**Soccer** Apr 10, 2017  
**Track & Field** May 8, 2017  
**Golf** May 15, 2017

**Tennis** May 15, 2017  
**Softball** May 29, 2017

## 2017-18 MEMBERSHIP RENEWAL

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

# 2017 TGCA SUMMER CLINIC

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



*photo courtesy Chuck Nowland*

## REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, [www.austintgca.com](http://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](http://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](http://www.austintgca.com), and click on "Summer Clinic" in the menu on the left-hand side of the page, then click on "Hotel Reservations" and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Austin this year with their rates, but please remember that you cannot call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the site.

## 2017 SUMMER CLINIC HOTELS AND RATES

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

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

### MARRIOTT COURTYARD DOWNTOWN

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

### CROWNE PLAZA

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

### HAMPTON INN & SUITES DOWNTOWN AUSTIN CON- VENTION CENTER

200 San Jacinto Blvd  
Double, King - \$149.00

### HOLIDAY INN AUSTIN LADY BIRD LAKE

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

### LAQUINTA INN AUSTIN CAPITOL

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

### OMNI AUSTIN HOTEL DOWNTOWN

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

### OMNI AUSTIN HOTEL SOUTHPARK

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

### SHERATON AUSTIN HOTEL AT THE CAPITOL

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

# 2017 TGCA ALL-STAR SCHEDULE - AUSTIN, TX

Tuesday, July 11

1-2-3-4A

	July 11	Time	Location	Address
1-4a Volleyball	July 11			
<b>Orientation 1-4a</b>	<b>Tuesday, July 11</b>	<b>2:00pm</b>	<b>Delco Center</b>	<b>4601 Pecan Brook Dr</b>
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
<b>TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)</b>	<b>Tuesday, July 11</b>	<b>7:00pm</b>	<b>Delco Center</b>	<b>4601 Pecan Brook Dr</b>
1-4a Softball	July 11			
<b>Orientation 1-4a</b>	<b>Tuesday, July 11</b>	<b>2:00pm</b>	<b>Delco Center</b>	<b>4601 Pecan Brook Dr</b>
* 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
<b>TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (1-4A)</b>	<b>Tuesday, July 11</b>	<b>7:00pm</b>	<b>Noack Softball Complex</b>	<b>5300 Crainway Drive</b>
1-4a Basketball	July 11			
<b>Orientation 1-4a</b>	<b>Tuesday, July 11</b>	<b>2:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
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
<b>TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (1-4A)</b>	<b>Tuesday, July 11</b>	<b>7:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
1-4a Track/CC	July 12			
<b>Orientation</b>	<b>Tuesday, July 11</b>	<b>3:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
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
<b>TGCA TRACK/CC PRESENTATION</b>	<b>Tuesday, July 11</b>	<b>6:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
1-4a Cheer	July 11			
<b>Orientation</b>	<b>Tuesday, July 11</b>	<b>3:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
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
<b>Cheer Performance</b>	<b>Tuesday, July 11</b>	<b>7:30pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>

Wednesday, July 12

5-6A

	July 12	Time	Location	Address
5-6a Volleyball	July 12			
<b>Orientation 5-6a</b>	<b>Wednesday, July 12</b>	<b>2:00pm</b>	<b>Delco Center</b>	<b>4601 Pecan Brook Dr</b>
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
<b>TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A)</b>	<b>Wednesday, July 12</b>	<b>7:00pm</b>	<b>Delco Center</b>	<b>4601 Pecan Brook Dr</b>
5-6a Softball	July 12			
<b>Orientation 5-6a</b>	<b>Wednesday, July 12</b>	<b>2:00pm</b>	<b>Delco Center</b>	<b>4601 Pecan Brook Dr</b>
* 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
<b>TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A)</b>	<b>Wednesday, July 12</b>	<b>7:00pm</b>	<b>Noack Softball Complex</b>	<b>5300 Crainway Drive</b>
5-6a Basketball	July 12			
<b>Orientation 5-6a</b>	<b>Wednesday, July 12</b>	<b>2:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
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
<b>TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (5-6A)</b>	<b>Wednesday, July 12</b>	<b>7:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
5-6a Track/CC	July 12			
<b>Orientation</b>	<b>Wednesday, July 12</b>	<b>3:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
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
<b>TGCA TRACK/CC PRESENTATION</b>	<b>Wednesday, July 12</b>	<b>7:30pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
5-6a Cheer	July 12			
<b>Orientation</b>	<b>Wednesday, July 12</b>	<b>3:00pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>
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
<b>Cheer Performance</b>	<b>Wednesday, July 12</b>	<b>7:30pm</b>	<b>Bowie High School</b>	<b>4103 W Slaughter Ln</b>

# 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](http://www.austintgca.com), under the “Forms” category and under the “Oth-

er Clinics” category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal online. It’s easy, secure and time-saving. However, if you need to print the form(s), just click on

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

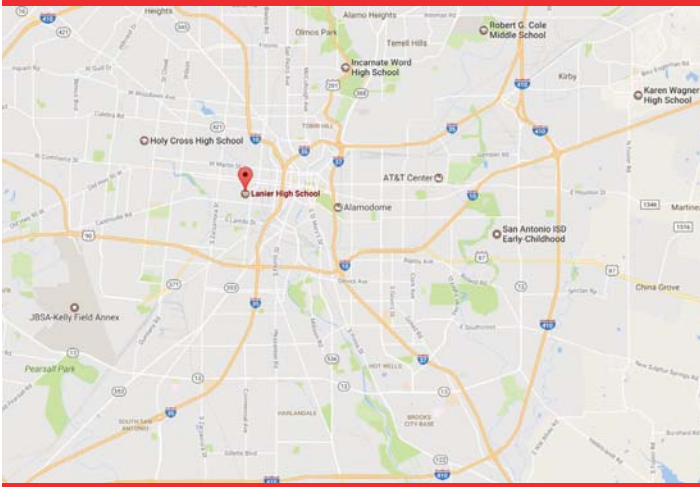
you. Agendas for all clinics will be available on the main page of the website as soon as they are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

## 2017 SAN ANTONIO SPORTS CLINIC

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

[Agenda](#)

[Registration Form](#)

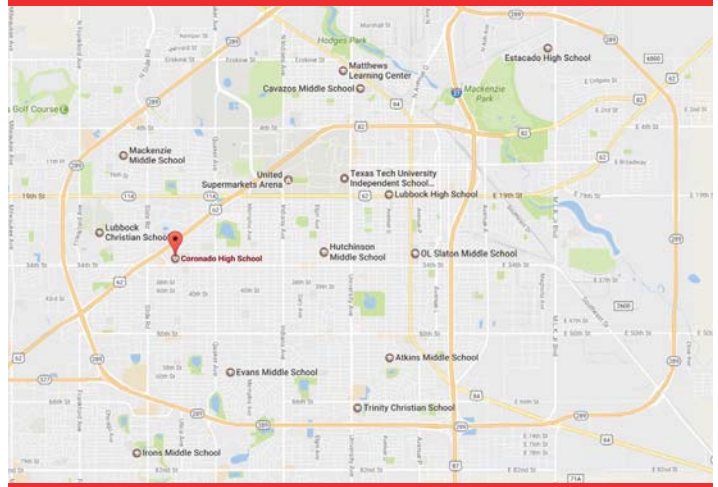


## 2017 LUBBOCK REGION I SPORTS CLINIC

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

[Agenda](#)

[Registration Form](#)



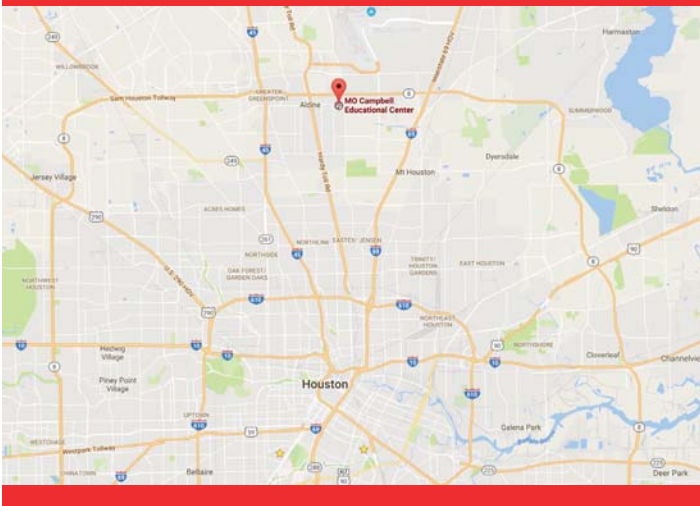
## 2017 HOUSTON SPORTS CLINIC

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

[Agenda](#)

[Athletic Directors Agenda](#)

[Registration Form](#)

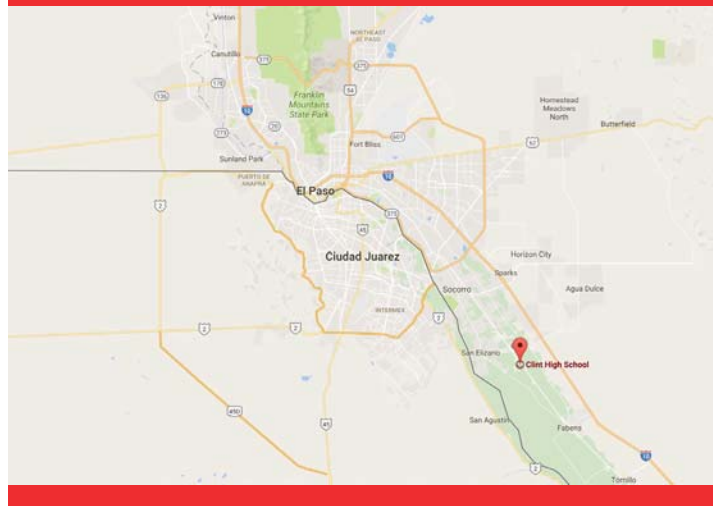


## 2017 EL PASO SPORTS CLINIC

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

[Agenda](#)

[Registration Form](#)





# 2017-18 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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

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

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

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

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

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

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



*photo courtesy Ashley Broom*

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

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

build your online resume for the job board.

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

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

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

**Continued on Page 8**

# 2017-18 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 7

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

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

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

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

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

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

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

If you are a brand new member, simply access the TGCA website, [www.austintgca.com](http://www.austintgca.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 Michael Fisher



# Texas Health

## Ben Hogan Sports Medicine

### TGCA - Athletic Training Spotlight Baseline Concussion Testing

**Spring in Texas**....winter sports are concluding, spring sports are getting underway, and State play-off tournaments are occurring every week. Before you know it, school will be letting out for summer vacation and another school year will be in the books. Thoughts of preparing for the fall sports season are the last on your mind. Sport physicals, concussion baseline testing, parental consents, all of which are important aspects to consider in regards to the health and wellbeing of our youth athletes, need to be organized to maximize efficiency when getting ready for a new season.



photo courtesy Morgan Wright

Concussion baseline testing can be challenging but there are many options available to accomplish this

task and you will need to work with your district concussion oversight team to determine the best course

of action. Quality testing will involve evaluation and documentation of an athlete's neurocognitive function as well as their ability to perform various balance tasks. The CDC has tremendous resources available to help educate players, parents, coaches, and other school personnel. The National Federation of High School Associations is another source for free educational materials.

Proactive planning can help create a culture of safe sport participation. This culture can provide young athletes with a positive, safe, and enjoyable experience while playing sport.

## 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](mailto:ajalridge@aillife.com). To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.

photo courtesy Demeeka Jones



# ACHIEVE A WINNING MINDSET



## DX3 Athlete

**As coaches**, we work with many different personalities, mindsets, fears, confidence levels, superstitions, traditions, and more. We are constantly faced with the ever swinging emotions that come with victory and defeat on the field or court compounded with the distractions of parents, hormones, broken relationships and academics. Not to mention the scrutiny of how we handle practice, training, and competition.

hardest part of the battle.

Dealing with athletes on any given day can be a challenge especially teenage females. There are so many factors that can intimidate and distract an athlete's positive mindset many of which are not athletics related. As our athletes come in first thing in the morning or after being in school all day we are dealing with whatever they went to bed with or whatever they have been challenged

those athletes.

As coaches we all want the most out of our kids and what is best for them, however our emotional attachment or detachment, lack of time and sometimes "overflowing plates" can cause us to lose sight of the importance of the mindset of our kids to get out of them what we believe they are capable of.

Simply taking a few minutes to address them with something positive about your practice or training session can make all the difference. By utilizing a physical outlet whether it be practice, or a strength and conditioning session, there are continued opportunities to get them focused and keep them focused other than riding the up-downs. Physical punishment is necessary yet it is often abused and usually comes into play when verbal communication is no longer effective.

A famous dog trainer named Cesar Milan said "its very simple, dogs are like humans if they are completely distracted they are out of control, you must simply find the right way to re-focus them to gain their undivided attention then you can gain control."

This same practice works when gaining the confidence of capability, potential and the ability to work harder, perform better, overcome adversity and win.

Coaches often say "We didn't play to win.", "How do we get mentally tough?", "Our kids aren't hungry, they

underestimated our opponent.", or "They are intimidated by our opponent and have already given up." These are 1 million dollar questions and it is up to each of us in our respective capacities to figure out what works with our team.

By controlling the controllable (ourselves) we have to find a way to engage, connect, re-set, re-focus and penetrate our athletes mind in order to change their perception and get the best out of them.

You are the coach, you are responsible for solving this problem. If you were in a terrible mood and you found out you just won the lottery, there would be no burpies necessary to get your attention or change your attitude. Find what works for your kids, it's worth the work.

There is a direct reflection of your leadership by your players in accordance to your actions and the way you handle them. When we want kids to work hard during training, our energy, attitude and expectation must reflect that from the very start. Prepare your kids mentally in a positive manner with honesty, a sincere heart and confident direction. Your leadership can make kids believe in themselves and make them want to go give you all they've got.

For more information visit us at [www.GetDX3.com](http://www.GetDX3.com) or Contact Ronnie Natali at [Ronnie@teamdx3.com](mailto:Ronnie@teamdx3.com)



*photo courtesy Chuck Nowland*

These challenges not only affect you, but how you handle them has a tremendous impact on the performance and effort of your players.

Any high level athlete or successful person will tell you that their success is greatly attributed to a positive winning mindset. The simple fact of assuring themselves mentally that they are capable of performing, accomplishing their objective and winning, is often the

with all day.

It is crucial that we take these factors into consideration and re-establish a new focus of positive perception rather than a harsh demand that at times seems perceptually to simply be "I don't care what you're thinking or feeling." Engagement is a very important part of gaining trust, focus and attention, furthermore clearing the negative distractions that existed prior to your time with

# GETTING MEDIA COVERAGE FOR YOUR KAY YOW CANCER FUND EVENTS & GENERAL PUBLICITY TIPS TO PROMOTE YOUR PROGRAM



Article courtesy of [www.fundraiserhelp.com](http://www.fundraiserhelp.com)

**Note:** The following article gives coaches and administrators helpful advice and tips on promoting your special fundraising events to the media – and gives you tips on how to approach the media to promote your athletic program.

When non-profit organizations (and schools) aren't out changing the world, they're appealing to supporters and the public for donations. Fundraising is a constant challenge for non-profit organizations and it's not because people don't want to give the money – it's because people don't always know that there's a need. That changes by getting media coverage.



Fundraising efforts include direct mailings, advertising, and marketing campaigns. Each of these is costly and there's no way to guarantee return on investment. Wouldn't it be nice to be able to gain exposure and elicit donations without having to dip into the coffers? You can – they're called "editorial placements," or as we in media relations like to say "free advertising."

Newspapers and magazines live and die by their content. If people don't want to read what they're printing, they're in trouble. Being able to offer a print publication (or even a broadcast network) with a story that will entertain, educate, or inspire its readers is a challenge, but well worth it if it's printed.

Which of the following newspaper placements do you

think will garner more public response: an ad placed in the "weekender" or "volunteer opportunity" sections describing your organization and asking for donations; or a touching feature story about how the organization is making a difference in the community?

The feature story will almost undoubtedly send more people to an organization's Web site than an ad, and the funny this is that the feature story cost the organization nothing to secure.

Why does the public respond more strongly to a feature than an ad? Because appearing in the media provides instant legitimization. People tend to trust the organizations or people they see in the paper or on TV.

If you run a non-profit animal shelter that is featured on the weekend nightly news' adopt-a-pet segment, chances are the public will think of you first when looking to adopt a pet as opposed to if you simply placed an ad in the Sunday paper every week.

So how do you obtain "free advertising?" By reaching out to the media every chance you get. Smaller organizations that utilize community support can offer personal feature stories on certain overachieving volunteers.

The media loves a good "feel good" story: how one volunteer has made such a difference, how a beneficiary of the organization's services is thriving now, and so on.

How did your organization start? Did someone sell their business to establish a women's shelter? Does a local mother care for homeless animals on her farm?

## Publicity & Promotion ideas

Here are some ideas to help inspire you to develop a story for your organization or cause.

Every person has a story. Discover the stories behind the people in your organization and make the media aware of them. By "story," I mean a simple, conversational story – the type you might tell a friend.

Pitching a story to the media doesn't mean you have to write it and offer it in its entirety. When you pitch a story, you simply let your media contact know about it. They'll decide if it's a fit and pursue it further.

To get an idea of the kinds of stories the paper and local networks like, spend a few weeks tuning in or scanning the pages. It will be obvious the kinds of things they're looking for.

Pay close attention to the journalists and reporters who write on topics related to yours. These are the people you are going to want to contact with your story.

Local outlets want local stories, and this can represent multiple opportunities for media coverage. For instance, if the person your story focuses on lives in a town other than where your organization is based, you can pitch the story to both locales.

Let the world know what's happening. Hosting or sponsoring an event can garner more attention than a two-line announcement in the calendar section.

What is the story surrounding your event? If you're launching a clothing drive for professional attire to help women get jobs, highlight a success story, such as a woman associated with your organization who overcame hardships and landed a great job that changed her life.

If you're hosting a casual fund-day dog show for kids to benefit a local animal shelter, find a pet owner who plans to enter his or her adopted shelter dog.

Even your fundraising events

can be promoted through editorial placements. You don't have to have a high-profile MC or a gala to make the news. If this is an annual event, how do you expect to surpass last year's donations? How were the funds used? If they built a library or added a wing to a senior center, what's the story behind that?

## Announce Everything

Organizations in large cities face direct competition for donations and media coverage. To help improve your chances of media attention, do everything you can to stay in the news (or at least in the minds of the news writers in your area).

Is there a staffing change or new hire (a positive one)? Announce it. If you've added a service to your organization, announce it. In sales and marketing, a consumer needs to hear about a product seven times before he or she will buy it, on average.

The same is true for donations to non-profits. The more often the public sees your organization in print or hears about it on the radio or on television, the more likely they will be to consider donating. Keep that in mind the next time you've got news to share!

Media relations is about building relationships and having an idea of what the public wants. It's not as complicated as it may seem, after all, you are the public.

What do you want to read? What would be interesting to you? Talk to your co-workers and friends and find out their opinions.

Identify the media people in your area who cover the types of things you and your organization do and begin to build a relationship. Before you know it, you may have them calling YOU for a story.

# 10

## FACTS ABOUT CANCER THAT FITNESS PROFESSIONALS SHOULD KNOW

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 Get moving.** Research has found that engaging in physical activity may play a significant role in preventing certain types of cancer. To date, research indicates that exercise appears to have the most positive impact against colon cancer and cancers of the breast and the female reproductive organs.

**2 Don't overdo it.** Individuals who over-exercise may have an increased level of susceptibility to cancer. Evidence exists that people who exercise to exhaustion may temporarily depress their immune function. This factor is important because the immune system plays a critical role in defending the body against cancer.

**3 Don't shoot yourself in the foot.** To a large extent, cancer is a self-inflicted disease. For example, almost two-thirds of all cancer cases emanate from either tobacco use or a poor diet. Other factors that have been found to affect your risk of cancer include how much alcohol you drink, how much direct sunlight you get, where you live and where you work.

**4 Keep excess weight off.** Fight fat in order to fight cancer. The fatter you are, the greater your risk of contracting several types of cancer, including endometrial, gallbladder, breast and possibly colon. Furthermore, the American Cancer Soci-

ety reports that obese individuals who contract cancer have a higher mortality rate than non-obese individuals with cancer.

**5 Protect yourself.** The concept of eating for good health can also involve eating foods that contain naturally substances that many experts feel may help prevent certain types of cancers. Although no foodstuffs have been found to prevent any disease 100%, the following food substances are believed to lower a person's risk of the listed forms of cancer: fiber (colon, gastrointestinal, rectal), antioxidants (breast, cervical, gastrointestinal, lung, prostate, stomach), non-nutritive (breast, colon, gastrointestinal, lung, prostate, stomach), and folic acid (cervical, colon, rectal).

**6 Don't play smoker's roulette.** One of the most meaningful steps you can take to prevent cancer is to avoid smoking. On average, a person who smokes cigarettes is 10 to 15 times more likely to develop lung cancer than an individual who does not smoke. Furthermore, as the number of cigarettes smoked per day increases, the risk of developing lung cancer also increases substantially. Fortunately, the corollary is also true. Even long-term smokers can significantly reduce their risk of lung cancer over time if they stop smoking.

**7 Be happy.** Research shows that individuals who are chronically anxious, depressed, or emotionally distressed often have a deteriorating level of health. In that regard, people who exhibit the various symptoms of poor psychological health tend to suffer from an increased incidence of contracting cancer and have a greater mortality rate if they get cancer.

exercise can also help those individuals who get cancer. For example, a properly designed exercise program can help cancer patients regain their stamina and strength, thereby enabling them to enhance their ability to perform the essential activities of daily living.

**10 Don't underestimate the gravity of the situation.** Every minute of every hour, every day of the



photo courtesy Astin Haggerty

**8 Be smart.** With regard to reducing your risk of cancer, your exercise regimen should adhere to the basic principles that elicit the proper dose-response relationship (e.g., progression, overload, frequency, intensity, time, etc.). In other words, the proper "exercise prescription" for preventing cancer is to exercise in a sensible, sound manner on a regular basis.

**9 Rehab with exercise.** In addition to the significant role that exercise can play in preventing cancer,

year, a person dies of cancer. In fact, approximately one of every five deaths in the United States is attributed to cancer, making this dreaded disease the second leading cause of death in America. Equally frightening is the fact that statistics suggest that approximately 76 million Americans who are currently alive will eventually encounter cancer. As such, fitness professionals have a solemn responsibility to help make exercising on a regular basis an integral part of every American's life.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 SOCCER: REGIONAL QUARTERFINALS	4	5	6	7 SOCCER: REGIONAL TOURNAMENT	8
9	10 TGCA: Soccer Nominations Deadline, 12:00 p.m.	11	12 Tennis: District Certification Deadline	13 Golf: District Certification Deadline	14	15 SOCCER: STATE TOURNAMENT Track & Field: District Certification Deadline
16	17 TENNIS: REGIONAL MEETS	18	19	20	21	22 Track & Field: Area Certification Deadline
23	24 GOLF: REGIONAL MEETS	25 Softball: District Certification Deadline	26	27	28 TRACK & FIELD: REGIONAL MEETS	29 Softball: Bi-District Certification Deadline
30						

## 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 Patti Williams

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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.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.

