



TGCA NEWS

MAY 2017



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FEATURE ARTICLES

Characteristics of Successful Softball Programs

By Jeff Roberts,
TGCA Softball Committee Chair
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Hydration Game

Brittney Bearden, MEd, RD, CSSD, LD
Sports Dietitian,
Ben Hogan Sports Medicine
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Injury Management (Part 2 of 2)

By DX3 Athlete
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10 Steps Fitness Professionals Can Take to Communicate More Effectively

By James A. Peterson, Ph.D., FACSM
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Start Planning your Play4Kay game today! Just Wearing PINK Is Not Enough

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*cover photo courtesy Laura Moore
left photo courtesy Audra Troutman*

CHARACTERISTICS OF SUCCESSFUL SOFTBALL PROGRAMS



Jeff Roberts Lovejoy HS | TGCA Softball Committee Chair

“The only place that success comes before work is in the dictionary.” –Vince Lombardi

As I look around the State of Texas, I notice that most of the consistently successful programs who are still in the state playoffs all have quite a few similar characteristics. Each team has a “culture” that has been established within their program. Some of many have been built upon the tradition of the past, while others are brand new to post season success. Although each is unique and in different parts of our state, I believe that all successful programs contain many parallel features.

Communication

“Talent wins games, but teamwork and intelligence



photo courtesy Jamie Maurer

win championships.” –Michael Jordan

Communication within a program is built through the Head Coach. Many programs are now using Remind, Twit-

ter, Facebook, or even weekly community emails to share information about their respective programs. The triangle of communication in high school athletes must

exist between coach, player, and parent. When even one of these three units is not working in unison, it can cause an issue within an entire program. Coaches who are willing to discuss playing time from an honest and open perspective are oftentimes dealing with less problems than those who will not discuss their decisions. In today’s age of technology, coaches are able to effectively communicate and use each of these strategies to enable their teams to become more successful.

Competition

“If you cannot win, force the person ahead of you to break a record!” –Unknown
A competitive nature

Continued on Page 2

*** TGCA MEMBERSHIP RENEWAL ***

2016-17 MEMBERSHIP YEAR ENDS MAY 31ST. RENEW YOUR MEMBERSHIP AND REGISTER FOR CLINIC TODAY. DON'T FORGET TO MAKE YOUR HOTEL RESERVATIONS FOR SUMMER CLINIC THROUGH THE HOTEL RESERVATION SERVICES ON THE SUMMER CLINIC PAGE OF THE WEBSITE.



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.

CHARACTERISTICS OF SUCCESSFUL SOFTBALL PROGRAMS

Continued from Page 1

amongst players is a crucial factor to the success of all teams. Teammates who are willing to push each other on a daily basis while remaining supportive of each other can

ball, you may have athletes who are gifted in different areas: offensive, defensive, running game specific, or their knowledge of the game. You may even have students who have other talents that can be used as a manager,

one ever wants to experience. One team lost a player due to a tragic accident the day before a scheduled game, while the other team lost a player's parent to a tragic event the week that playoffs began. Both teams handled these situations with incredible manners due to the leadership within their respective programs. While athletics can sometimes seem only about winning or losing streaks, the students that can be impacted on a daily basis will carry these other lessons with them for the rest of their lives. This is an example of the impact that coaches and teams can have on their players that is not reflected on a scoreboard. Many great coaches that I have watched develop program do not simply work on the fundamentals of their respective sport, but rather they attempt to create outside learning opportunities for their student athletes when possible to help them grow as people.

Lasting Memories

“Coming together is a beginning. Keeping together is progress. Working together is success.” –Henry Ford

Last, but not least, teams and coaches can create lasting memories for their players. Only 6 teams per year now walk off the field at Red & Charlene McCombs Stadium after winning their final game. Events throughout the year though can be remembered for a lifetime by players. Whether it is an annual Easter Egg Hunt, a snow cone day, or a team ropes course activity, these are the memories that many players will take with them for a lifetime. Coaches have the unique ability and opportunity to create these experiences outside of the game. Although it may not have an impact on wins or losses, it can help to achieve the overall goal of every coach by creating lasting memories that will impact a student athlete's future.



photo courtesy Kayla Gallardo

create a successful culture. There are only nine spots on the field and not everyone is going to have the opportunity to play, but everyone can make an impact. Not all players may be gifted with remarkable natural talent, but that should not diminish what a player can provide to a team. Simply having players push each other on a daily basis to reach their own individual potential can be crucial to the success of the entire squad.

Team First

“You may have the greatest bunch of individual stars in the world, but if they don't play together the club won't be worth a dime.” –Babe Ruth

Not every student athlete is going to be a Division 1 collegiate athlete, but every student athlete within a program can provide something positive. Establishing specific roles for each player within a program, no matter how small, can build a student's sense of self-worth. In soft-

ball, you may have athletes who are gifted in different areas: offensive, defensive, running game specific, or their knowledge of the game. You may even have students who have other talents that can be used as a manager, statistician, or videographer. The more that a coach reflects on each individual's importance to the team in their own individual role, the more the student and the team will buy-in to the roles that have been established. In order for a team to win a championship, a team must understand that no player is more important than the overall success of the group.

Life Lessons

“A common mistake among those who work in sport is spending a disproportional amount of time on “x's and o's” as compared to time spent learning about people.” –Mike Krzyzewski, Duke University

There are many things in life more important than athletics. All student athletes can learn life lessons outside of their actual sport activities that will mean more than any win or loss ever could. This past season, during the state playoffs, I watched two very successful teams attempt to deal with situations that no

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

COACH	SCHOOL	CONF	SPORT	COACH	SCHOOL	CONF	SPORT
Mark Burgen	Andrews HS	4A	Golf	Barry Woodruff	Union Grove HS	2A	Track & Field
Richard Wager	Lake Travis HS	6A	Golf	Jessica Richards	McKinney North HS	5A	Track & Field
Lauren McPherson	Blum HS	1A	Track & Field	June Villers	DeSoto HS	6A	Track & Field

GOLF ATHLETES OF THE YEAR

Conferences 1A-2A-3A-4A: Steelie Priest, Lorena HS (Coach Herbert Thompson)	Conferences 5A-6A: Kaitlyn Papp, Lake Travis HS (Coach Richard Wager)
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GOLF COACHES OF THE YEAR

Conferences 1A-2A-3A-4A: Amanda Dean, Utopia HS	Conferences 5A-6A: Richard Wager, Lake Travis HS
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TRACK & FIELD ATHLETES OF THE YEAR

Conferences 1A-2A-3A-4A: Faith Roberson, Wall HS (Coach Tiffany Meek)	Conferences 5A-6A: Ja'Leesa Giles, Mansfield Legacy HS (Coach Lacy Beckler)
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TRACK & FIELD COACHES OF THE YEAR

Conferences 1A-2A-3A-4A: Tiffany Meek, Wall HS	Conferences 5A-6A: Michelle Womack, Lake Ridge HS
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SOCCER ATHLETE OF THE YEAR

Conferences 4A-5A-6A:
 Savannah Alford,
 Stephenville HS
 (Coach Casey Weil)

SOCCER COACH OF THE YEAR

Conferences 4A-5A-6A:
 Stewart Brown,
 Dallas Highland Park HS

TENNIS COACH OF THE YEAR

Conferences 1A-2A-3A-4A:
 Susan Brewer,
 Bellville HS

TENNIS ATHLETE OF THE YEAR

Conferences 1A-2A-3A-4A:
 Carrsyn Gregor,
 Bellville HS
 (Coach Susan Brewer)

2016-17 SUB-VARSITY COACHES OF THE YEAR

COACH	SCHOOL	CONFERENCE	SPORT
Kierstyn Dumont	Bandera MS	1A-2A-3A-4A	Sub-Varsity Cross Country
Chad Coffey	Highland Park HS	5A-6A	Sub-Varsity Cross Country
Tom Bruce	Tarkington HS	1A-2A-3A-4A	Sub-Varsity Volleyball
Christopher Schlicke	Wall HS	1A-2A-3A-4A	Sub-Varsity Basketball
Cathy Lee	Franklin HS	5A-6A	Sub-Varsity Basketball
Brooke Ashcraft	Bandera HS	1A-2A-3A-4A	Sub-Varsity Track
Jackie Davis	DeSoto HS	5A-6A	Sub-Varsity Track
Leslie Brummett	Rusk HS	1A-2A-3A-4A	Sub-Varsity Softball
Mike Motsney	Lovejoy HS	5A-6A	Sub-Varsity Softball

2017 TGCA HALL OF FAME INDUCTEES

JAN BARKER AMARILLO HS

Jan Barker, after 30 seasons of coaching the Sandies of Amarillo High, has amassed an impressive record of 1077-167.



In all, she has earned an unprecedented total of 10 big school Texas State Championships, including last season capping an incredible season with her 10th state championship. She has led her teams to 14 State tournaments and 27 regional tournaments.

Her 1994 State Championship team had a perfect record of 37-0 followed by the 1995 regional finalist teams 33 consecutive wins for a winning record of 70-0. Her 1998 State Champions continued the winning tradition with a record of 39-0. The 2001 Sandies earned their 4th State Championship with a record of 37-2. 2006 brought the Sandies the 5th State Championship – the most of any 5A school- with a record of 45-1. 2007 brought a back-to-back state championship, and 6th state championship with a 46-1 record, which was the first 5A back-to back championship since 1984. Then in 2008 and 2009, with matching 48-3 records, the Sandies made history by winning a 7th and then an unprecedented 8th state championship and being the only 5A team to win state 4 times in a row. Then in 2013 and 2016, The Sandies won two more State Championships, to give them 10 total with Jan Barker at the helm.

In all, Coach Barker has coached 14 All-Americans, 77 collegiate players, including 34 Div. I players.

RICK REEDY FRISCO ISD

Rick Reedy served 43 years in Texas public schools as a teacher, coach, and administrator, retiring as superintendent



of Frisco ISD. After graduating from Texas A&M - Commerce, he served three school districts as a teacher and as a coach in volleyball, cross country, basketball, and track at Trenton and Frisco High Schools. The cross country and track and field teams enjoyed their greatest success from 1975 – 1985 earning 11 district championships, 8 regional championships, 2 state runner up finishes, and 5 state championships.

During his 15 years in coaching, Coach Reedy served as a member of the Board of Directors of the Texas High School Girls Coaches Association and as Chair of the Track and Field Standing Committee as well as a summer clinic speaker for that organization. Later he served a two-year term as a member of the National Federation Track and Field Rules Committee and for 10 years as a field event judge at the UIL State Track and Field Meet.

Coach Reedy served three terms as a member of the University Interscholastic League Legislative Council and as Council Chair and Vice-Chair for two of those years. In that service, he worked with other UIL council members and the UIL staff to help promote fairness and equity in student competition and expansion of participation for both girls and boys activities.

On the occasion of his retirement in 2013, the Frisco ISD Board of Trustees named its eighth high school in his honor.

MIKE MARTIN VISTA RIDGE HS

NOTEWORTHY ACCOMPLISHMENTS:

- 14 straight years of Regional appearances or better.
- 42 years in total career coaching.
- 870 Career Victories in Basketball.
- 3 State Championships in GBB.
- Golf State Title in Girls Golf and 1 State Champion in Girls Golf.
- 1 State Championship as an Asst. in FB.
- 1 State Champion in Girls Tennis.
- 1 State Champion in Girls 800M Relay.
- 18 GBB District Championships.
- 19 GBB Regional Tournament Appearances.
- 5 GBB State Tournament Appearances.
- 3 Time Nike Clinic Speaker
- 3 Time TGCA Clinic Speaker
- 3 Time TGCA All-Star Coach (once as Head Coach)
- TABC All-Star Head Coach 1 year.
- Served on Board of Directors for both TABC and TGCA.
- Coached the last 8 man FB All-Star game in the state of Texas.
- Coached the Texas-Oklahoma All-Star Game 2 years.



photo courtesy Heidi King

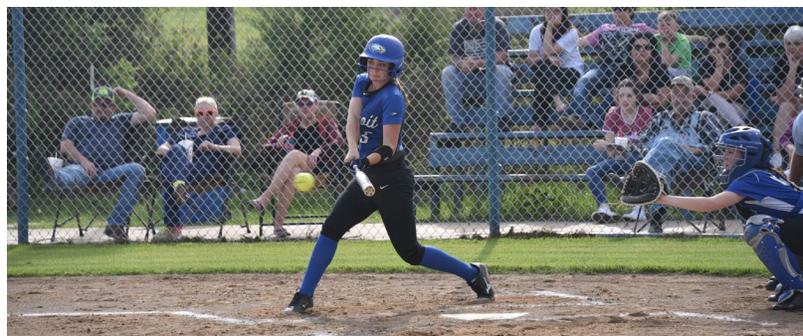


photo courtesy Jeff Allensworth

MARGARET McKOWN DISTINGUISHED SERVICE AWARD

LYNN DAVIS POOL
AUSTIN ISD ATHLETICS

Lynn is presently serving in administration as Assistant Athletic Director for Austin ISD since 2009. Her coaching career began at Lubbock Cooper HS and then spent ten years as an assistant to Jody Conratt at The University of Texas where the Lady Longhorns were National Champions in 1986. She was head girls basketball coach for 19 years (1990-2009) at Bowie High School in Austin, TX. Lynn has been a member and served on numerous committees for TGCA, TABC and THSADA. Lynn was also inducted into the TGCA Hall of Fame in 2012 and the same year inducted into the Hall of Fame for TABC.

Married to Roy Pool and has two sons. Both sons are coaches and teachers. The oldest is Winston, wife Kim and Lynn's two year old granddaughter Holland. Dalton and Andie Pool are one year newlyweds.



MIKE SZYMAREK
AUSTIN ISD ATHLETICS

Mike is presently serving in administration as Assistant Athletic Director for Austin ISD. His coaching career began at Austin Lanier HS and continued at Austin Johnston HS until his move into administration in 2002. Mike is a member of TGCA, THSADA, THSCA and the AFCA. Mike also played on the 1974 Division II National Championship Football team at Central Michigan.

Married to Laura Szymarek and has two children and six grandchildren.



SPORTSWRITERS OF THE YEAR

AMY McDANIEL
SAN ANGELO STANDARD-TIMES

DIVISION I

Amy McDaniel is a multi-media sports journalist at the San Angelo Standard-Times. She has covered girls athletics off and on for the past 28 years. Off and on because after a 10-year career at San Angelo and Midland, she became a stay-at-home mom for 15 years before resuming her career September 2015 at San Angelo. While she covers both boys and girls athletics at the high school and collegiate levels, she has always had a special interest in girls athletics because of her involvement as an athlete. She grew up in Irion County, where she played four sports and was TGCA all-state in two. She graduated with a bachelor's degree in journalism in 1992 from Angelo State University. She is married to Matthew and they have two children, Will (16) and Alexa (11).



ART DLUGACH
THE LLANO NEWS

DIVISION II

With Dan leaving and a real "funny man" replacing him as Sportscaster, I left in March 1998. I always wanted to do play-by-play and was incredibly lucky to get a job in Marble Falls as newscaster on radio and doing play-by-play for Llano High sports. I am still doing the play-by-play, but I retired from news in 2007, and that's when I became a sportswriter for The Llano News. It has been a wonderful 10 years. I consider myself very lucky.

I have two daughters (two sons-in-law) and four grandchildren. Very lucky in that regard, too.

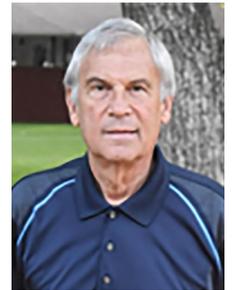


photo courtesy Audra Troutman

SOFTBALL STATE CHAMPIONSHIPS

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

Ticket Prices

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

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

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

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

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

Parking

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



photo courtesy Chelsea Sims

TEXAS SPORTS WRITERS ASSOCIATION SOFTBALL ALL-STATE NOMINATIONS

Coaches are asked to submit nominations for the Texas Sports Writers Association All-State Softball Team ASAP when their seasons are complete.

PLEASE NOTE...THIS TEAM IS NOT THE SAME AS THE TGCA TEAM.

Nominations must include:

- Player(s)
- Position: (if a player played more than one position, nominate for their best position. If a player played multiple positions, you might want to consider nominating for Utility).
- Grade (players do not have to be seniors)
- Any available stats and honors

Please email to Jack Stallard at jstallard@news-journal.com. Deadline is the Tuesday after the UIL State Tournament, but PLEASE nominate ASAP when your season concludes.

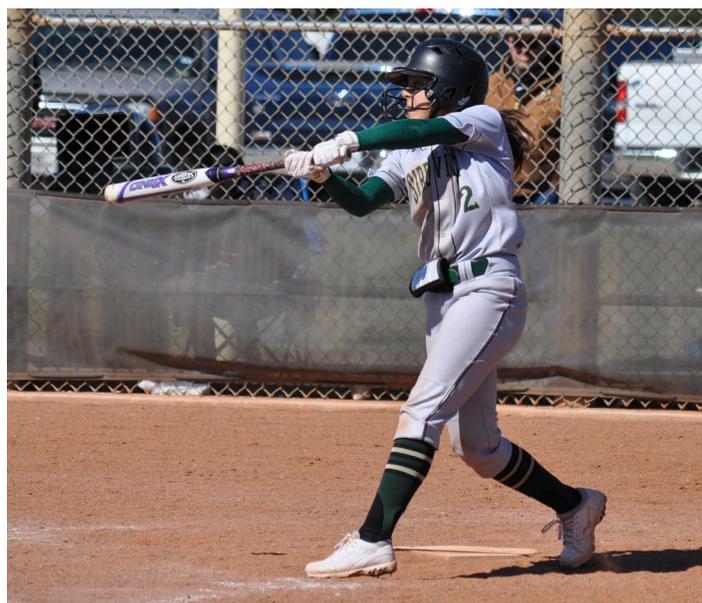


photo courtesy Jennifer Berte

2017 TGCA SUMMER CLINIC

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



photo courtesy Robert Kleinecke

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, www.austintgca.com, under the "Forms" category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, "2017-18 Printable Membership Form". You can print the form out, complete it, and mail it with a check or credit card number to TGCA at P.O. Box 2137, Austin, TX, 78768.

ONLINE REGISTRATION

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

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

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

ON-SITE REGISTRATION

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

HOTEL INFORMATION

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

2017 SUMMER CLINIC HOTELS AND RATES

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

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

MARRIOTT COURTYARD DOWNTOWN

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

CROWNE PLAZA

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

HAMPTON INN & SUITES DOWNTOWN AUSTIN CON- VENTION CENTER

200 San Jacinto Blvd
Double, King - \$149.00

HOLIDAY INN AUSTIN LADY BIRD LAKE

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

LAQUINTA INN AUSTIN CAPITOL

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

OMNI AUSTIN HOTEL DOWNTOWN

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

OMNI AUSTIN HOTEL SOUTHPARK

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

SHERATON AUSTIN HOTEL AT THE CAPITOL

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

2017 TGCA SUMMER CLINIC SCHEDULE - AUSTIN, TX

Click [HERE](#) to view the 2017 TGCA Summer Clinic agenda online

Time	Event	No.	Site
Monday, July 10			
6:00 - 7:00	Honor Awards Banquet Reception		Omni South Park 4140 Governor's Row
7:00 - 10:00	Honor Awards Banquet		Omni South Park 4140 Governor's Row
Tuesday, July 11			
8:00 - 12:00	Exhibitors Set Up <i>(Exhibitors only allowed in Exhibit Hall)</i>		Convention Center 500 E Cesar Chavez
10:00 - 4:00	Registration		Convention Center 500 E Cesar Chavez
10:00	TGCA Board of Directors Meeting & Brunch	#1	Café Blue 340 E 2nd Street
12:00 - 4:00	Exhibit Hall Open to the Public		Convention Center 500 E Cesar Chavez
12:00 - 4:00	Job Placement Services Center		Convention Center Room 2
1:00 - 2:00	Basketball Lecture <i>Jeff Williams - Amarillo High School</i> <i>"Do Simple Better - Lady Sandies Basketball"</i>	#2	Convention Center Ballroom C
1:00 - 2:00	Softball Lecture <i>Lindsey Lacy - Anna High School</i>	#3	Convention Center Ballroom B
1:00 - 2:00	Volleyball Lecture <i>Clark Oberle - Argyle High School</i> <i>"Coaching a Season of Volleyball From Beginning (Off Season in Spring) to End (State Tourney) With All the Struggles In Between"</i>	#4	Convention Center Ballroom A
1:00 - 2:00	Track/Cross Country Lecture <i>Tim Torres - Lubbock Coronado High School</i> <i>"Track and Field - A to Z"</i>	#5	Convention Center 6A
1:00 - 2:00	Cheer Lecture	#6	Convention Center Exhibit Hall Theater Convention Center
1:00 - 4:00	NIAAA		Convention Center 4A

Time	Event	No.	Site
Tuesday, July 11			
2:00 - 3:00	1A thru 4A All-Stars Orientation Volleyball		Delco Center 4601 Pecan Brook Dr.
	Basketball		Bowie High School 4103 W Slaughter Lane
	Softball		Delco Center 4601 Pecan Brook Dr.
2:15 - 3:15	Basketball Lecture <i>Jeffery Chatman - Cibolo Steele High School</i> <i>"Winning on Defense: Pressure Defense & The Full Court Press"</i>	#7	Convention Center Ballroom C
2:15 - 3:15	Softball Lecture <i>Billy Coleman - Randall High School</i> <i>"Base Running and Defensive Skills"</i>	#8	Convention Center Ballroom B
2:15 - 3:15	Volleyball Lecture <i>Michael Kane - Dripping Springs High School</i> <i>"Drills, Drill, and More Drills: Ball Control to Transition Drills for All Levels"</i>	#9	Convention Center Ballroom A
2:15 - 3:15	Track/Cross Country Lecture <i>Don Hood - Brownwood High School</i> <i>"Making the Pole Vault Simple - How and What to Teach Beginners"</i>	#10	Convention Center 6A
2:15 - 3:15	Cheer Lecture	#11	Convention Center Exhibit Hall Theater
2:30 - 4:30	1A thru 4A All-Stars Game Prep Volleyball		Delco Center 4601 Pecan Brook Dr.
	Basketball		Bowie High School 4103 W Slaughter Lane
	Softball		Delco Center 4601 Pecan Brook Dr.
3:00 - 3:30	1A thru 4A Cheer All-Stars Orientation		Bowie High School 4103 W Slaughter Lane
3:00 - 3:30	1A thru 4A Track/CC All-Stars Orientation		Bowie High School 4103 W Slaughter Lane
3:30 - 4:30	Basketball Lecture <i>Wes Torres - Midland High School</i> <i>"The Run and Jump Press"</i>	#12	Convention Center Ballroom C
3:30 - 4:30	Softball Lecture	#13	Convention Center Ballroom B

Time	Event	No.	Site
Tuesday, July 11			
3:30 - 4:30	Volleyball Lecture <i>Autumn Threet - Peaster High School</i> <i>"War Up Drills to Add Some THRILLS to Your Practice - the Importance of Setting a Good Tone For a GREAT Practice"</i>	#14	Convention Center Ballroom A
3:30 - 4:30	Track/Cross Country Lecture <i>Brittany Castledine - Central Heights High School</i> <i>"Injury Prevention in the Track Athlete"</i>	#15	Convention Center 6A
3:30 - 4:30	Cheer Lecture	#16	Convention Center Exhibit Hall Theater Bowie High School 4013 W Slaughter Lane
3:30 - 5:30	1A thru 4A Track/CC All-Stars Prep		Bowie High School 4013 W Slaughter Lane
3:30 - 6:00	1A thru 4A Cheer All-Stars Prep		Bowie High School 4103 W Slaughter Lane
6:00 - 7:00	1A thru 4A Basketball Demonstration	#17	Bowie High School 4103 W Slaughter Lane
6:00 - 7:00	1A thru 4A Softball Demonstration	#18	Noack Softball Complex 5300 Crainway Dr.
6:00 - 7:00	1A thru 4A Volleyball Demonstration	#19	Delco Center 4601 Pecan Brook Dr.
6:00 - 7:00	1A thru 4A Track/CC Demonstration	#20	Bowie High School 4103 W Slaughter Lane
7:00 - 9:00	1A thru 4A Basketball All-Stars Game 1A thru 4A Cheer All-Stars Game 1A thru 4A Track/CC All-Stars Game 1A thru 4A Softball All-Stars Game		Bowie High School 4103 W Slaughter Lane
7:00 - 9:00	1A thru 4A Softball All-Stars Game		Noack Softball Complex 5300 Crainway Dr.
7:00 - 9:00	1A thru 4A Volleyball All-Stars Game		Delco Center 4601 Pecan Brook Dr.
9:00	Welcome Social		Champions 300 E 4th
Wednesday, July 12			
8:00 - 4:00	Registration		Convention Center 500 E Cesar Chavez
8:00 - 4:00	Exhibit Hall Open to the Public		Convention Center 500 E Cesar Chavez
8:00 - 4:00	Job Placement Services Center		Convention Center Room 2
8:00 - 9:00	Spirit Committee Meeting	#21	Convention Center Show Office 1

Time	Event	No.	Site
Wednesday, July 12			
8:30 - 9:30	Track & Cross Country Update - UIL	#22	Convention Center 6A
8:30 - 9:30	Basketball Lecture <i>Kelly N. Carruthers - Arlington Bowie High School</i> <i>"A Glance at the Entire Season"</i>	#23	Convention Center Ballroom C
8:30 - 9:30	Softball Lecture <i>Scott Delozier - North Forney High School</i> <i>"The Falcon Way . . . Building a Championship Program"</i>	#24	Convention Center Ballroom B
8:30 - 9:30	Volleyball Lecture <i>Jan Barker - Amarillo High School</i> <i>"Game Management"</i>	#25	Convention Center Ballroom A
8:30 - 9:30	Special Lecture <i>Shawn Pratt - President THSADA</i>	#26	Convention Center 6B
8:30 - 9:30	Cheer Lecture	#27	Convention Center Exhibit Hall Theater Convention Center
8:30 - 9:30	Soccer Lecture <i>Alistair Caldwell - Coronado High School</i> <i>"An Introduction to Goal Keeping - The Fundamentals"</i>	#28	Convention Center 4ABC
9:45 - 11:00	Regional Meetings	#29	Convention Center Ballroom B - Section 1 Ballroom B - Section 2 6A Ballroom B - Section 3 Ballroom C - Section 1 Ballroom C - Section 2 Ballroom A - Section 1 Ballroom A - Section 2
10:00 - 11:00	Cheerleading Update - UIL	#30	Convention Center Exhibit Hall Theater Convention Center
11:00 - 12:00	Basketball Sub-Varsity Lecture <i>Jill McDill - Sunnysvale High School</i> <i>"The ABC's"</i>	#31	Convention Center Ballroom C
11:00 - 12:00	Softball Sub-Varsity Lecture	#32	Convention Center Ballroom B
11:00 - 12:00	Volleyball Update - UIL	#33	Convention Center Ballroom A
11:00 - 12:00	Track/Cross Country Sub-Varsity Lecture <i>Gary Fletcher - Harlan High School</i> <i>"Convincing Them to Change - Moving Sprinters to the Hurdles"</i>	#34	Convention Center 6A

2017 TGCA SUMMER CLINIC SCHEDULE - AUSTIN, TX

Click [HERE](#) to view the 2017 TGCA Summer Clinic agenda online

Time	Event	No.	Site
Wednesday, July 12			
11:00 - 12:00	Tennis Lecture	#35	Convention Center 4ABC
11:00 - 12:00	Cheer Lecture	#36	Convention Center Exhibit Hall Theater
11:00 - 12:00	Special Lecture <i>Fellowship of Christian Athletes</i>	#37	Convention Center 6B
12:15 - 1:15	Basketball Update - UIL	#38	Convention Center Ballroom C
12:15 - 1:15	Softball Lecture (Major) <i>Travis Scott - Angelo State University</i>	#39	Convention Center Ballroom B
12:15 - 1:15	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i> <i>Natalie Rawson - Midwestern State University</i> <i>"Driving Empowerment Through Sport"</i>	#40	Convention Center Ballroom A
12:15 - 1:15	Track/Cross Country Lecture <i>Adam Cumings - Hale Center High School</i> <i>"Hurdles"</i>	#41	Convention Center 6A
12:15 - 1:15	Tennis Lecture	#42	Convention Center 4ABC
12:15 - 1:15	Special Lecture <i>Brian Conway - Texas Health Ben Hogan</i> <i>"Fueling the Athlete: Sports Nutrition and the Coach"</i>	#43	Convention Center 6B
1:00 - 2:30	Cheer Lecture	#44	Convention Center Exhibit Hall Theater
1:30 - 2:30	Basketball Lecture (Major)	#45	Convention Center Ballroom C
1:30 - 2:30	Softball Lecture (Major) <i>Travis Scott - Angelo State University</i>	#46	Convention Center Ballroom B
1:30 - 2:30	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i> <i>Natalie Rawson - Midwestern State University</i> <i>"Design, Organize, Execute - Planning Your Program With Purpose"</i>	#47	Convention Center Ballroom A
1:30 - 2:30	Track/Cross Country Lecture <i>Brittney Lanehart - Smithson Valley High School</i> <i>"800 M Training"</i>	#48	Convention Center 6A
1:30 - 2:30	Special Lecture <i>Ronnie Natali - DX3 Athlete</i> <i>"Adaptive Performance Training & Injury Management for Year Round Development"</i>	#49	Convention Center 6B

Time	Event	No.	Site
Wednesday, July 12			
2:00 - 2:30	5A-6A All-Stars Orientation Volleyball		Delco Center 4601 Pecan Brook Dr.
	Basketball		Bowie High School 4103 W Slaughter Lane
	Softball		Delco Center 4601 Pecan Brook Dr.
2:30 - 4:30	5A-6A All-Stars Game Prep Volleyball		Delco Center 4601 Pecan Brook Dr.
	Basketball		Bowie High School 4103 W Slaughter Lane
	Softball		Noack Softball Complex 5300 Crainway Dr.
2:45 - 3:45	Basketball Lecture (Major)	#50	Convention Center Ballroom C
2:45 - 3:45	Softball Update - UIL	#51	Convention Center Ballroom B
2:45 - 3:45	Volleyball Sub-Varsity Lecture <i>Tammy Clark - Granbury High School</i>	#52	Convention Center Ballroom A
2:45 - 3:45	Track/Cross Country Lecture <i>Will Reid - Harper High School</i> <i>"Long Jumping/Triple Jumping Basics: Teach 'Em Young"</i>	#53	Convention Center 6A
2:45 - 3:45	Cheer Lecture	#54	Convention Center Exhibit Hall Theater
2:45 - 3:45	Soccer Lecture	#55	Convention Center 4ABC
2:45 - 3:45	Special Lecture <i>Dr. James Peterson - Coaches Choice</i>	#56	Convention Center 6B
3:00 - 3:30	5A-6A Cheer All-Stars Orientation		Bowie High School 4103 W Slaughter Lane
3:00 - 3:30	5A-6A Track/Cross Country All-Stars Orientation		Bowie High School 4103 W Slaughter Lane
3:30 - 4:30	5A-6A Track/Cross Country All-Stars Prep		Bowie High School 4103 W Slaughter Lane
3:30 - 6:00	5A-6A Cheer All-Stars Prep		Bowie High School 4103 W Slaughter Lane
4:00 - 5:00	TGCA General Business Meeting	#57	Convention Center Ballroom A
6:00 - 7:00	5A-6A Basketball Demonstration	#58	Bowie High School 4103 W Slaughter Lane

Time	Event	No.	Site
Wednesday, July 12			
6:00 - 7:00	5A-6A Softball Demonstration	#59	Noack Softball Complex 5300 Crainway Dr.
6:00 - 7:00	5A-6A Volleyball Demonstration	#60	Delco Center 4601 Pecan Brook Dr.
6:00 - 7:00	5A-6A Track/Cross Country Demonstration	#61	Bowie High School 4103 W Slaughter Lane
7:00 - 9:00	5A-6A Basketball All-Stars Game 5A-6A Cheer All-Stars Game/Half-Time Performance 5A-6A Track/Cross Country All-Stars Half-Time Recognition 5A-6A Softball All-Stars Game		Bowie High School 4103 W Slaughter Lane
7:00 - 9:00			Noack Softball Complex 5300 Crainway Dr.
7:00 - 9:00	5A-6A Volleyball All-Stars Game		Delco Center 4601 Pecan Brook Dr.
Thursday, July 13			
8:00 - 10:00	Registration		Convention Center 500 E Cesar Chavez
8:00 - 9:00	TGCA Committee Meetings Volleyball Committee Basketball Committee Track Committee Softball Committee Sub-Varsity Committee	#62	Convention Center 4A 4B 4C 5A 5B
8:30 - 9:30	Basketball Lecture <i>Mark Chauveaux - Godley High School</i>	#63	Convention Center Ballroom C
8:30 - 9:30	Softball Lecture <i>Robert Klick - Van High School</i> <i>"Maximizing Practice While Being Short-Staffed and Team Building Ideas"</i>	#64	Convention Center Ballroom B
8:30 - 9:30	Volleyball Lecture <i>Al Bennett - Westlake High School</i> <i>"Training the Libero"</i>	#65	Convention Center Ballroom A
8:30 - 9:30	Track/Cross Country Lecture <i>Phillip Steinert - Reagan High School</i> <i>"Developing Young Female Shot Put and Discus Throwers"</i>	#66	Convention Center 6A
9:00 - 9:30	TGCA Board of Directors Meeting	#67	Convention Center 4AB
9:45 - 10:45	Basketball Lecture (Major) <i>Toby Wynn - Seward County Community College</i> <i>"Set Plays - Man to Man - Half Court & Transition"</i>	#68	Convention Center Ballroom C

Time	Event	No.	Site
Thursday, July 13			
9:45 - 10:45	Softball Lecture (Major)	#69	Convention Center Ballroom B
9:45 - 10:45	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i>	#70	Convention Center Ballroom A
9:45 - 10:45	Track/Cross Country Lecture (Major) <i>James Thomas - Texas Tech University</i>	#71	Convention Center 6A
11:00 - 12:00	Basketball Lecture (Major) <i>Toby Wynn - Seward County Community College</i> <i>"2-2-1 Press/ 2-3 Zone/ Junk Defense"</i>	#72	Convention Center Ballroom C
11:00 - 12:00	Softball Lecture (Major)	#73	Convention Center Ballroom B
11:00 - 12:00	Volleyball Lecture (Major) <i>(Sponsored by Baden)</i>	#74	Convention Center Ballroom A
11:00 - 12:00	Track/Cross Country Lecture (Major) <i>James Thomas - Texas Tech University</i>	#75	Convention Center 6A

2017 TGCA ALL-STAR SCHEDULE - AUSTIN, TX

Tuesday, July 11

1-2-3-4A

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

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

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

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

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

Wednesday, July 12

5-6A

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

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

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

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

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

2017 TGCA SATELLITE SPORTS CLINICS

TGCA will be hosting four Satellite Sports Clinics in 2017. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, www.austintgca.com, under the “Forms” category and under the “Other Clinics” category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal online. It’s easy, secure and time-saving. However, if you need to print the form(s), just click on

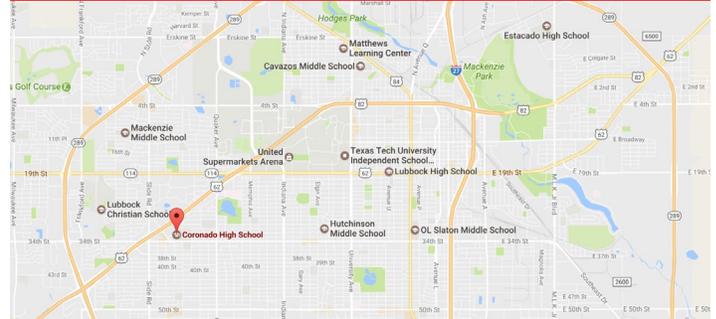
the form you want to print, complete it and either snail mail with a check or fax with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be happy to assist you. Agendas for all clinics will be available on the main page of the website as soon as they are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2017 LUBBOCK REGION I SPORTS CLINIC

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

[Agenda](#)

[Registration Form](#)



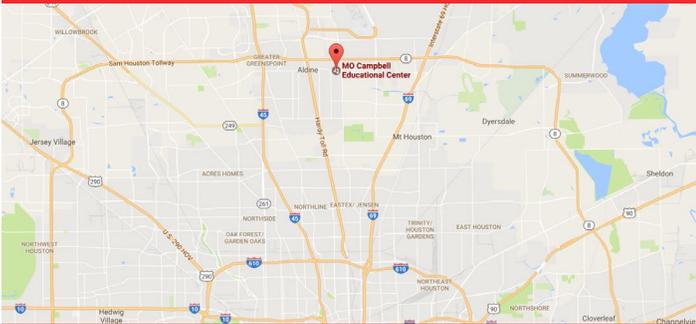
2017 HOUSTON SPORTS CLINIC

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](#)

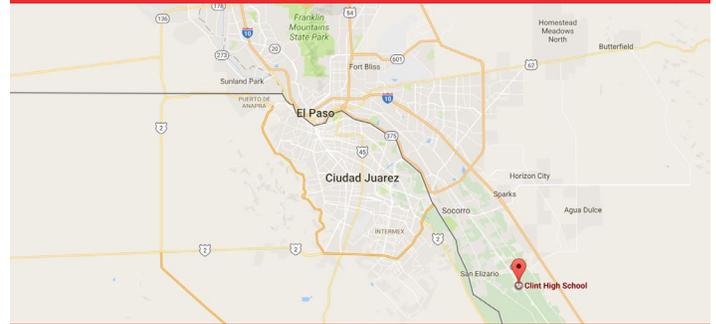


photo courtesy Sandra Hernandez



photo courtesy Jennifer Agnello



Texas Health

Ben Hogan Sports Medicine

Hydration Game

Brittney Bearden, MEd, RD, CSSD, LD
Sports Dietitian, Ben Hogan Sports Medicine

Summer is just around the corner and with it comes high temperatures. It's important for athletes stay hydrated, but athletes that compete outdoors in the summer months especially need to be aware of their hydration status. Dehydration can significantly decrease athletic performance by decreasing muscle power, mental function, and motor skills. Keep these tips in mind to help maintain proper hydration:

Carry a water bottle throughout the day. Have a (filled) water bottle with you

at school or work and drink from it through the course of the day. Water isn't the only thing that provides hydration, beverages such as milk, smoothies, juice, and tea also contribute but be aware of the extra calories contained in each beverage and choose appropriately. As activity approaches, drink 16-20 oz of fluid 2-4 hours before exercise and 5-10 oz of fluid 10-15 minutes before. During exercise, aim to drink 5-10 oz of fluid every 15-20 minutes.

Incorporate sports drinks.

Sports drinks provide energy through carbohydrates and help to replenish electrolytes lost through sweat. Athletes should begin to incorporate sports drinks into their hydration schedule after 1 hour of exercise, or sooner for salty sweaters or those with a high sweat rate. Keep sports drink consumption around and during exercise as it's designed for activity, not during periods of physical inactivity.

Monitor urine color. Thirst is not a good indicator of hydration status. Urine color should be pale yellow, not

dark yellow. Another method of monitoring hydration status is to weigh in before and after practice and drink 16-24 oz of fluid for every pound lost.

Eat fruits and vegetables.

Beverages aren't the only thing that counts towards hydration. Fruits and vegetables have a high water content as well as providing vitamins, minerals, and fiber. A few that top the list are cucumbers, watermelon, and strawberries, all of which are comprised of more than 90% water.

AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!
- Child Safe Kits – this valuable tool can provide information to the authorities

if your child or grandchild should ever go missing!

- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company licensed in 49 states, the District of Columbia, Canada and is registered to carry



photo courtesy John Gable

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>.

INJURY MANAGEMENT (PART 2 OF 2)



DX3 Athlete

As addressed last month, injury can end a player's season or simply hurt their effectiveness. Either way it is something we all want to avoid. By understanding how the following issues can affect your athletes and addressing these issues, we can help our athletes stay healthy and performing at their best.

Ankles: Tight/short calf muscles will cause shin splints and lack of mobility in the ankle. If the athlete lacks mobility in the ankle this will overload hamstrings, hips, lumbar and spine.

- **Flexibility** - Stretching the calves before, during, and after activity x 30 sec

- **Mobility** - Rolling calf region using a roller, small ball, or massage stick x 2-3 min

- **Strength** - Dorsi-Flexion exercises using bands or machines x 10 reps + 3 sec pause

Knees: Most knee pain comes from overuse and lack of strength in muscles surrounding the knee joint.

- **Flexibility** - Kneeling Hip Flexor Stretch using a bench x 30 sec (if pain increases discontinue exercise)

- **Mobility** - Rolling IT Band, Inner Thigh Groin Region, Quads and Glutes using roller, pvc pipe, softball or massage stick x 2-3 min

- **Strength** - Seated (floor) Straight Leg Raise x 10 reps + 3 sec pause; Mini-Band Clam Lifts x 10 reps + 3 sec pause; Super Band Standing Knee Extension x 10 reps + 3 sec pause

Hips/Hip Flexor/Lumbar Region: Hip and Lumbar pain



photo courtesy Susan Brewer

comes from overuse and lack of core strength. Hip Flexor/Groin strains also come from overuse and weak core muscles.

- **Flexibility** - Kneeling Hip Flexor Stretch using a bench x 30 sec (if pain increases discontinue exercise); Seated Glute (piriformis) Stretch x 30 sec; Floor Praying Mantis Stretch x 30 sec

- **Mobility** - Rolling IT Band, Inner Thigh Groin Region, Quads, Glutes and Mid-Back using roller, pvc pipe, softball or massage stick x 2-3 min

- **Strength** - Quadruped Hip Series: Fire Hydrants x 10, Hip Circles x 10 each direction (clockwise + counter-clockwise), Hip Extension x 10; Lateral/Side Plank x 30 sec each

Shoulder/Scapular Region: Most shoulder injuries come from posture imbalances and overloading activ-

ity in the pectoral region. For example, too many pushing movements without counterbalancing pull movements. This causes a major imbalance resulting in shoulder pain and even tears.

- **Flexibility** - Super Band Hanging Lat Stretch x 30 sec

each; Stick/PVC Pipe Standing Pec Stretch x 5 + 5 sec pause; Stick/PVC Pipe Standing Flexion Stretch x 10 + 3 sec pause

- **Mobility** - Rolling Lats and Pec Region using roller, PVC pipe, small ball x 2-3 min

- **Strength** - Y's (thumbs down) - T's (thumbs up) - L's (thumbs in) x 10 each; Super Band Pull Aparts x 15 + 3 sec pause; Band Pull/Row x 15 + 3 sec pause

We know that in a large group training setting it's difficult to identify every athlete's imbalances but creating a proper warm-up routine and recovery program for all of your athletes will not only reduce the chances of your athlete's injuries, but also increase overall performance.

DX3 hopes you have a wonderful summer. For more information visit us at www.GetDX3.com or Contact Ronnie Natali at Ronnie@teamdx3.com for exercise descriptions or questions.



photo courtesy Erinn Jayjohn

10

STEPS FITNESS PROFESSIONALS CAN TAKE TO COMMUNICATE MORE EFFECTIVELY

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 Establish a track record for telling the truth.

Credibility counts. Say what you mean and mean what you say. Don't parse your words. Don't exaggerate. Don't quibble. Keep in mind that statistics show that people are much more likely to follow the advice of someone they trust. Trust elevates the basic level of cordiality and satisfaction among everyone involved. Trust can help inspire people to perform at their maximum level.

2 Avoid coming across as a one-directional communicator.

Effective verbal communication runs in both directions. If you talk at someone, that is a monologue, not communication. One of the key elements of effective communication is an environment that facilitates the exchange of information, one in which all parties involved are continually receptive to the thoughts, ideas, and emotions of each other.

3 Make the words you use an asset—not an impediment.

For example, avoid words that suggest lazy thinking, such as “et cetera.” Don't use empty words (e.g., sort of, more or less, or you know what I mean). Avoid using double negatives, adverbs without “-ly,” unnecessary prepositions on the end of sentences, improper pronouns, and improper verbs.

4 Take control of your voice variables.

Your voice can have a profound effect upon how well your message is heard. Keep in mind that, within reason, you are not stuck with the way that you sound. To a point, your voice is a matter of choice. Your voice volume, choice of words, rate of speech, enunciation, and tone can be changed over time through instruction and practice.

5 Recognize the difference between defending ideas and being defensive.

Defending ideas tends to reflect resolve and analytical forethought on your part. Being defensive, on the other hand, tends to put you in a negative light. Keep in mind that ideas are like eggs—they can be served several ways. Learn how to win people over constructively to your way of thinking.

6 Learn to listen.

No matter what your situation, every working day is a constant, ongoing flow of information. It could be argued that the single most important individual attribute in effectively disseminating and managing this information is your ability to listen. As such, you must learn to listen to both what is said (as well as the context in which it is said) and what is not said.

7 Get to the point. Be concise.

Don't beat

around the bush. Don't waste words. Speak plainly. Confusion often increases in direct proportion to the number of words you use. Keep your communication relatively simple. For example, don't refer to something as a “portable, earth-relocation device,” when you could simply call the item a “shovel.”

rhetoric. Know when enough is enough. Furthermore, always keep in mind that those with whom you are communicating may not share your interests or your values. Be sensitive to the opinions and value system of your audience.

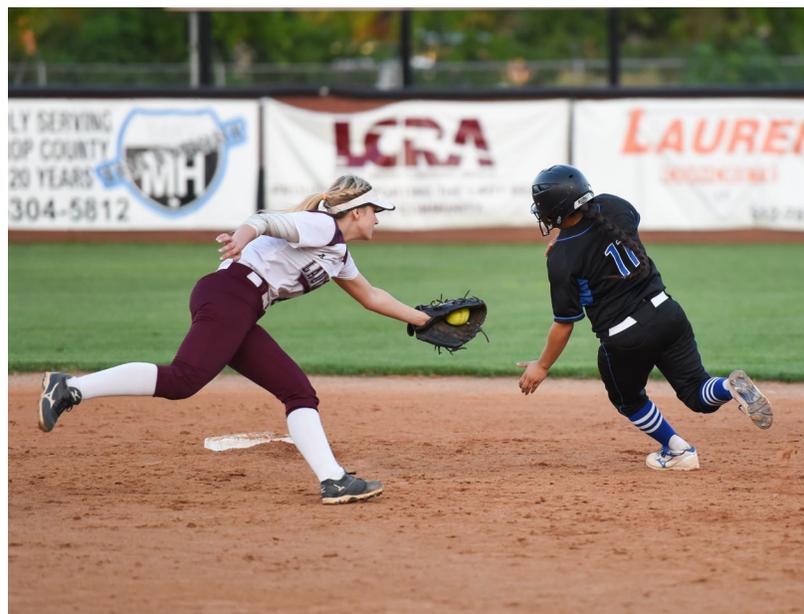


photo courtesy Rebecca Sharkey

8 Project success.

You don't just sound like you feel; you also think the way you sound. Speak with the expectation of success. Be positive when you communicate — “sell weddings, not funerals.” Communicate in positive cans: “I Can,” “you can,” and “we can.”

9 Read your audience.

Don't overwhelm the people with whom you are attempting to communicate with too much information or

10 Put your best body forward.

Much of the communicating you do is wordless. For example, your body language, your facial expressions, what you wear, and your level of hygiene and grooming help to paint an image of who you are and what your feelings are. Collectively, such nonverbal factors can have a significant impact on your ability to communicate in a skillful manner.

**START PLANNING YOUR PLAY4KAY GAME TODAY!
JUST WEARING PINK IS NOT ENOUGH**



Play4Kay

Elements of a Play4Kay Game

#1 Host a Play4Kay Game & Call it Play4Kay

**#2 Raise Money & Donate it to the
KAY YOW CANCER FUND -
TGCA Charity of Choice**

**#3 Honor SURVIVORS
On-Court During Game**

**#4 Coach Makes a Personal Contribution to the
KAY YOW CANCER FUND
in Honor of the Survivors**

**#5 Educate Players & Fans About the Kay Yow Cancer Fund by
Showing In-venue Videos/PA Scripts**

**#6 Purchase Generic Shirts from the KAY YOW CANCER FUND
- Be a part of Play4Kay National Branding**



#PLAY4KAY

KAYYOW.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				June 1	2	3
				SOFTBALL: STATE TOURNAMENT		
				TGCA: Softball 1A-2A-3A-4A All-State Committee: June 1, 8:00 a.m., Crowne Plaza Austin, 290 @ I-35	TGCA: Softball 5A-6A All-State Committee: June 2, 8:00 a.m., Crowne Plaza Austin, 290 @ I-35	
4	5	6	7	8	9	10
TGCA: Board of Directors Sunday, June 4, 11:00 a.m., Crowne Plaza Austin					TGCA REGION I LUBBOCK SPORTS CLINIC	
11	12	13	14	15	16	17
		UIL: Legislative Council Athletic and Policy Committee meetings, Austin.	TGCA HOUSTON SPORTS CLINIC			
				TGCA: Late Fee for Summer Clinic begins		
18	19	20	21	22	23	24
25	26	27	28	29	30	July 1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	TGCA SUMMER CLINIC - AUSTIN					
16	17	18	19	20	21	22
				TGCA EL PASO SPORTS CLINIC		
23	24	25	26	27	28	29
30	31					

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 Aaron Kinney

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TGCA NEWS

TGCA News is the official newsletter of the
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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.

