



TGCA NEWS

SEPTEMBER 2016



2016-2017 TGCA OFFICERS



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Rogers HS

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Kriss Ethridge
Lubbock Coronado HS

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Jason Roemer
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cover photo courtesy Bel Diaz

photo courtesy Michelle Womack

COACHING THROUGH IT

Danny Mitchell Tatum High School | TGCA Track and Field Vice Chair



As I start my 19th year of coaching Football, Track & Field, I think back to my early years of coaching.

I had so much energy and time to get things done in the classroom, on the field and on the track. My first three years in education, I coached cross country, football and track & field. Getting up at 5:00 a.m. or earlier for a cross country meet on a Saturday morning, after a Friday late night football game was a challenge in itself, knowing that my football duties were waiting on me when I returned from the meet. In the early days, my assistant

coach would work the cross country kids out for me, because I had first period and after school football practice every day.

Coaching through the early morning practices and the late night games, I have discovered it takes ALL of the coaching and support staff helping each other out to run a successful program. A majority of everyone's teams are involved in band, cheerleading, football, volleyball and off season basketball.

The amount of sleep I get or don't get doesn't even matter. I'm always going to be at work, rain, sleet,

snow and many times come to work sick, but I always have to remember to coach through it.

Our mindset as a coach and athlete must be, I can't let my team, teammate and coaches down. As we work fourteen to eighteen hour days and nights, we are still held accountable to be on time for work, school, parking lot, hall and cafeteria duty, completing lesson plans, grading papers and driving the bus to games.

In the early days, after practice, I would ask kids that didn't have a ride home to jump in and I would take

them home, because that's what my coaches did for me when I was an athlete at Daingerfield High School in the 80's. I always figured that was just part of the required job description.

We are currently in the middle of the cross country season, most of the kids have been running all summer and are attending football and volleyball two-a-day practices, as well as trying to fit time in for cross country practice.

A typical cross country athlete attends an early

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TGCA HAS MOVED

We have completed the move to the new offices at 1011 San Jacinto Boulevard, Suite 405A. Please continue to use the mailing address of P.O. Box 2137, Austin, Texas, 78768 for all correspondence. The phone numbers and fax number will stay the same. We will be sending out a flash.com email with a link for photos and descriptions very shortly. We thank you for your patience while we made the transition.



OPEN HOUSE

Stop in for refreshments and check out our new office!



WEDNESDAY, OCT. 5th 1-4PM
1011 San Jacinto Blvd. Suite 405A
Austin, TX. 78768

Parking will be available at the
CAPITOL VISITORS PARKING GARAGE -
1201 San Jacinto Blvd.

COACHING THROUGH IT

Continued from Page 1

a.m. cross country practice, followed by early a.m. band practice, work through the school day, attend after school band practice as well as fit in an evening cross country practice and will still be successful as we coach them through it. The students, as well as myself have a full load of school work to juggle, but nothing has changed, the kids are putting in the work and I am doing the same, because it is what I was born to do.

In my career, I have had the pleasure of winning Back-to-Back 2A state championships (2012-2013), we just set the state record in the 4x100 relay at the state track meet with a time of 47.54 seconds, which earned us our third consecutive 4x100 Relay gold medal.

One of my triple jumpers is a three-time defending, school and state record holder at 42'2 1/2 feet and is number one in the nation, and at beginning of her senior year, she moved to Garland, Texas and then to Houston, Texas. Her successes have moved on to a different school and coach.

I have a great group of kids, who are striving to be the best they can be. Although, we are sitting in the middle of football, volleyball and cross country season, my eyes, as well as my athlete's eyes are set on that State Track Meet in April.

For all of you hard working coaches out there, it IS worth it, the long days and nights, the hard work, and juggling your home and school life will all pay off, just keep pushing forward and coach through it.



photo courtesy Amanda Byers



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.

photo courtesy Courtney Repka



TGCA CONTINUES TO SUPPORT, PROMOTE, HONOR AND EDUCATE



Sam Tipton Texas Girls Coaches Association | Executive Director

The Texas Girls Coaches Association is entering its 66th year of existence. It was established because there was not an organization to support, promote, and honor the coaches and athletes participating in sports for women in the state of Texas. It is the purpose of TGCA to treat each sport under its umbrella with the same degree of promotion, honors, and representation. TGCA now offers honors in all UIL sanctioned sports. TGCA has evolved, through the hard fought efforts of influential past leaders, into being the central voice of the coaches of girls' athletics to the University Interscholastic League, school administrators, athletic directors, media, legislators, and the general public. TGCA strives in its everyday operations to maintain what the past leaders established when they molded TGCA into an influential professional organization composed of coaches of girls' athletics, designed for coaches of girls' athletics, and governed by coaches of girls' athletics.

photo courtesy Nicole Mitchell



TGCA sponsors the only summer clinic for coaches of girls' athletics aimed at improving the total school program. Lectures are not only offered in specific sports, but special lectures are presented to keep the attending coaches current on issues concerning the health and safety of athletes. The UIL gives updates in volleyball, basketball, softball, track & field, cross country and cheerleading. Professional Staff Development cards are distributed certifying coaches registered and attended lectures and activities in the Coaches Education Program (CEP) at the annual summer clinic, and TGCA is certified by the Texas Education Agency of the State of Texas as a continuing professional educational provider.

The annual summer clinic is highlighted by two all-star games in basketball, softball, and volleyball featuring 175 of the most talented girls in the state in their respective sport. Special recognition is given to all-star cross country and track & field teams

composed of the best athletes in Texas. Cheerleading All-Stars perform during the basketball All-Star games. Thirty-two members are selected by their peers to serve as coaches for the All-Star activities.

In addition to all-star honors for student/athletes of member coaches, TGCA also recognizes all-state and academic all-state in cross country, volleyball, basketball, softball, track & field, cheerleading and academic all-state honors in soccer, golf, tennis, team tennis, wrestling and swimming and diving. There is a Coach of the Year, Athlete of the Year, and Sub-Varsity Coach of the Year selected for 1A-2A-3A-4A and 5A-6A in each sport.

Balfour provides rings to UIL state championship coaches in all girls' sports if the recipient is a member of TGCA prior to November 1 of that school year. Rings are also given to Hall of Fame inductees and outgoing Board of Directors along with standing committee chairs.

TGCA also conducts annual satellite clinics in San Antonio, Houston, Lubbock, and El Paso. These clinics are designed to cater to the needs of the intermediate school and sub-varsity coach. These coaches are not usually funded to attend the annual summer clinic. The TGCA, as a membership benefit to these important fixtures in the success of all athletic programs, brings

in some of the top coaches from across the state, along with successful local coaches, to conduct a clinic based on lectures and a hands-on approach to furnish valuable instruction to the coaches of that area. The UIL is on site to conduct a coaches' education program and to give sports updates for the administrators, athletic directors, and coaches.

The Texas Girls Coaches Association is appreciative to the school administrators, athletic directors, and the University Interscholastic League for their continued support. It is the desire of the TGCA to be an instrumental part in helping to maintain the highest possible standards in athletics and the coaching profession, and to work together for the improvement of the conditions for girls' athletics in the schools of Texas. We strive to secure a better understanding of the problems of coaching and provide sources of information pertaining to girls' athletics at the disposal of the member coaches. It is essential for TGCA to provide a representative group of coaches to whom athletic problems of general concern may be referred in the hopes of improving relationships among schools, athletes, fans and officials. TGCA will always attempt to cater to the promotional and educational needs of its member coaches in a professional manner.

GET TO KNOW: NEW TGCA MEMBERSHIP COORDINATOR, AUDRA RICE

Audra Rice Texas Girls Coaches Association | Membership Coordinator



It's been a quick first year for me at TGCA. I started here just helping out with whatever needed to be done and have recently transitioned into the new Membership Coordinator. So any membership questions you might have, I'm your girl.

If you've called the TGCA office in the last year, you've probably talked to me. I'm usually the one to answer the phone, and I'm sorry if you've been one of the many to get confused by Audra vs. Audree. We didn't mean to have similar names.

My family moved around a few times when I was younger. My dad is a football coach, so it comes with the territory, but I claim Georgetown as my hometown. I went to

Georgetown High School and was on the golf team. Practicing six days a week and having tournaments year round were some of the most exhausting and exciting days of my life. I'm sure everyone reading this knows what I mean.

I went to The University of Texas to earn my Bachelor's degree, graduating in May of 2015. There, I majored in Sport Management with a minor in Business. I studied for what seemed like all day every day, joined a few student organizations, and went to as many UT sporting events as I possibly could. I have to do a quick shout out to Phi Beta Chi - the professional women's organization I joined my freshman year

and the greatest decision I made at UT. Not only did I gain business skills in writing a resume, networking, etc. but I gained so many lifelong friendships through the sisterhood aspect of the organization.

I spent the summer of 2013 interning with the First Tee of Greater Austin which is such a wonderful organization to teach kids golf and life skills simultaneously. In the spring of 2015, I interned with the UIL. It was a great experience to learn the ins and outs of Texas high school sports and be a part of so many state championships. My experience with the UIL is also how I eventually ended up at TGCA and it continues to be beneficial

to my position here. A month after graduating from UT, I started an internship with the Houston Texans, and what an adventure that was. I got very little sleep during that time, but it was worth the amazing people I met and the thrilling atmosphere that is professional sports.

At home, I love to watch any and every football game I can in the fall. I still like to get on the golf course, but only if it's below 90 degrees. I enjoy baking, playing with my two dogs, Goldie and Butkus, and Netflix binging, like any good American.

It's been great getting to know all of the coaches around Texas this past year, and I can't wait to see what's next at TGCA!

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 Heather Jones



TGCA
Download our new App!

Apple Android

2015-16 ATHLETES OF THE YEAR

ATHLETE

Morgan McCutchen
Madie Boreman
Rachel Tindall
Cheyenne Huskey
Morgyn Greer
Alexis Wilson
Mackenzie Martin
Brianna Holcomb
Lanie Roberts
Lauren Cox
Allie Thornton
Libby Walinder
Kristen Gillman
Morgan McCutchen
Alexis Duncan
CeCe Darilek
Shelby McGlaun

SCHOOL

Levelland HS
Rouse HS
A&M Consolidated HS
Round Top-Carmine HS
Dripping Springs HS
New Waverly HS
Frenship HS
Hanks HS
Lipan HS
Flower Mound HS
Kennedale HS
Andrews HS
Lake Travis HS
Levelland HS
DeSoto HS
Shiner HS
Atascocita HS

SPORT

Cross Country
Cross Country
Team Tennis
Volleyball
Volleyball
Cheerleading
Cheerleading
Wrestling
Basketball
Basketball
Soccer
Golf
Golf
Track & Field
Track & Field
Softball
Softball

CONFERENCE

1A-2A-3A-4A
5A-6A
4A-5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A
4A-5A-6A
1A-2A-3A-4A
5A-6A
4A-5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A

COACH

Nelda Munoz
Kelly Thompson
Daniel Marshall
Kayley Jones
Michael Kane
Taryn Moore
Kayci Smith
Anthony Carter
Amber Branson
Sherika Nelson
Michael Strange
Mark Burgen
Richard Wager
Nelda Munoz
June Villers
Steven Cerny
Ashley Boyd

2015-16 COACHES OF THE YEAR

COACH

Chance Westmoreland
Brittney Lanehart
Daniel Marshall
Jamie McDougald
Al Bennett
Barbara Johnston
Melissa McPherson
Anthony Carter
Skip Townsend
Ross Reedy
Lauren O'Brien
Deborah Ramon
Richard Wager
Cecelia Oden
Michelle Womack
Guyla Smith
Laneigh Clark

SCHOOL

Brock HS
Smithson Valley HS
A&M Consolidated HS
Iola HS
Westlake HS
Kennedale HS
Azle HS
Hanks HS
Argyle HS
Liberty HS
Frisco Centennial HS
Sonora HS
Lake Travis HS
Shiner HS
Lake Ridge HS
West HS
Pearland HS

SPORT

Cross Country
Cross Country
Team Tennis
Volleyball
Volleyball
Cheerleading
Cheerleading
Wrestling
Basketball
Basketball
Soccer
Golf
Golf
Track & Field
Track & Field
Softball
Softball

CONFERENCE

1A-2A-3A-4A
5A-6A
4A-5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A
4A-5A-6A
1A-2A-3A-4A
5A-6A
4A-5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A

SUB-VARSITY

Ricky King
Megan Condotta
Tabitha Barbee
Desiree Shahan
Nikki Robinson
Achlee McGowen
Nicolette Wiesman
Danielle Froggatt
Kayla Lindemann
Caleb Henderson

Sundown HS
Griffin MS
Big Spring JHS
Granbury HS
Navasota HS
Crosby HS
Rogers HS
New Caney MS
Bellville HS
Lubbock-Cooper HS

Cross Country
Cross Country
Volleyball
Volleyball
Basketball
Basketball
Track & Field
Track & Field
Softball
Softball

1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A
1A-2A-3A-4A
5A-6A



photos courtesy Bel Diaz & Tracee Lamberth

2015-16 STATE CHAMPION COACHES

COACH	SCHOOL	SPORT	CONFERENCE
Gary Billingsley	Miller Grove HS	Cross Country	1A
Brandun Massingill	Hamilton HS	Cross Country	2A
Susan Walters	East Bernard HS	Cross Country	3A
Steve Golemon	Bandera HS	Cross Country	4A
RaChelle Etzel	Round Top-Carmine HS	Volleyball	1A
Jamie McDougald	Iola HS	Volleyball	2A
Jason Evans	Leon HS	Volleyball	3A
Clark Oberle	Argyle HS	Volleyball	4A
Michael Kane	Dripping Springs HS	Volleyball	5A
Karin Keeney	Hebron HS	Volleyball	6A
Anthony Carter	Hanks HS	Wrestling	5A
Marie Renee' Palacios	Hidalgo Early College HS	Cheerleading	Small Co-Ed
Melissa McPherson	Azle HS	Cheerleading	Large Co-Ed
Carrie Smith	Paducah HS	Cheerleading	1A
Leslie Hutchinson	Paducah HS	Cheerleading	1A
Michea Davis	Junction HS	Cheerleading	2A
Jenna Wilkins	Mount Vernon HS	Cheerleading	3A
Elizabeth Hadley	Jasper HS	Cheerleading	4A
Ashley Johnson	Alamo Heights HS	Cheerleading	5A
Shannon McKinley	Johnson HS	Cheerleading	6A
Amber Branson	Lipan HS	Basketball	1A
Roger Maupin	Weimar HS	Basketball	2A
Tate Lombard	Wall HS	Basketball	3A
Skip Townsend	Argyle HS	Basketball	4A
Joe Lombard	Canyon HS	Basketball	5A
Cathy Self-Morgan	Duncanville HS	Basketball	6A
Michael Strange	Kennedale HS	Soccer	4A
Lauren O'Brien	Frisco Centennial HS	Soccer	5A
Misail Tsapos	Flower Mound HS	Soccer	6A
Deborah Ramon	Sonora HS	Golf	3A
Mark Burgen	Andrews HS	Golf	4A
Angela Chancellor	Kingwood Park HS	Golf	5A
Richard Wager	Lake Travis HS	Golf	6A
Bobby Campbell	Italy HS	Track & Field	2A
Cecelia Oden	Shiner HS	Track & Field	2A
Ashley Broom	Sunnyvale HS	Track & Field	3A
Brittany Granger	Hardin Jefferson HS	Track & Field	4A
Jessica Richards	McKinney North HS	Track & Field	5A
June Villers	DeSoto HS	Track & Field	6A
Steven Cerny	Shiner HS	Softball	2A
Guyla Smith	West HS	Softball	3A
Arthur Behrend	La Grange HS	Softball	4A
John Love	Birdville HS	Softball	5A
Bryan Poehler	Keller HS	Softball	6A



photos courtesy Kyle Hawley, Elyse Hernandez, Kathleen Sims & Hannah Henderson

CAREER VICTORIES

COACH

Stephanie Vogel
Valton Acree

Jan Barker
Jo Anne Hultgren
Sandy Faussett-Stoops
Frances Metzger
Jason Evans
Didi Pierce
Gary Lamar
Jason Roemer
Debbie Hollyfield

Frederic Griffin
Tommy Gates
Rachel Carmona
Matt Garrett
Jan West
Bobby Busby
Alex Koulovatos
Denise Yankie
Tony Raffaele
Richard Herbst
Steven Schmidt
Stephen Heers
Darrell Harborth
Chris Sumrall
Kyle Short
Bradley Dickerson
Tommy Cross
Bric Turner

Barry Woodruff
Mitch Williams
Jason Trook
Johnathan Snipes
Jeff Dunn
Lauren McPherson

James McClanahan
Mike Saucke
Jimmy Johnson
Justin Kniffen
Glenn Bunker
Shelly Hayes
Wendy Weiss

SCHOOL

Dalhart HS
Winters HS

Amarillo HS
Churchill HS
Waxahachie HS
Stephenville HS
Leon HS
Abilene HS
Fort Davis HS
Fredericksburg HS
Evadale HS

Brownsboro HS
Navasota HS
United HS
Chapel Hill HS
Zavalla HS
Cisco HS
Burkburnett HS
Peaster HS
Santo HS
Clark HS
Granbury HS
Fairfield HS
Navarro HS
Wellington HS
Edgewood HS
Thorndale HS
Martin's Mill HS
Central HS

Union Grove HS
Whitney HS
Lubbock HS
Hamshire-Fannett HS
Stanton HS
Blum HS

Ridge Point HS
Hubbard HS
Coronado HS
Harleton HS
Howe HS
La Vernia HS
Caldwell HS

SPORT

Cross Country
Cross Country

Volleyball
Volleyball
Volleyball
Volleyball
Volleyball
Volleyball
Volleyball
Volleyball
Volleyball

Basketball
Basketball

Track & Field
Track & Field

Softball
Softball
Softball
Softball
Softball
Softball
Softball

#VICTORIES/POINTS

300 pts
300 pts

1,000
600
600
600
500
400
400
300
300

1,000
700
500
500
500
500
500
400
400
400
400
400
400
400
300
300
300

600 pts
400 pts
400 pts
300 pts
300 pts
300 pts

500
500
500
300
300
300
300



photos courtesy Jennifer Hughes, Sheila Lofton, Tracee Lamberth & Tammie Floyd

MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1st** to nominate athletes for honors or receive honors yourself as a coach.

You can renew your membership online at www.aus-tintgca.com through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the home page of the website and fax or mail that with credit card informa-

tion, or mail the form with a check to the TGCA offices, P.O. Box 2137, Austin, TX, 78768.

DON'T FORGET!! If you need help with the renewal process, please call the office at 512-708-1333, and we will be happy to help you, including your log in information.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. We want you to always

have the same membership number, so please contact us if you can't remember your information.

Also, if you have had a school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us.

We appreciate your continued support of TGCA.



photo courtesy Demeeka Jones

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 re-

sponsible for submitting paper copies of nominations to their regional representative to the respective committee for that sport to be hand-delivered at the committee meeting. Aca-

demic 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:

Team Tennis	Oct 31, 2016
Cross Country	Nov 7, 2016
Volleyball	Nov 14, 2016
Cheerleading	Jan 9, 2017

Swim/Dive	Feb 13, 2017
Wrestling	Feb 20, 2017
Basketball	Feb 27, 2017
Soccer	Apr 10, 2017

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

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport. Sub-varsity coaches may coach multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year. Nominations should be done online, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

REVISIONS TO CROSS COUNTRY ALL-STAR SELECTIONS

There was a proposed amendment to the Board of Directors from the Cross Country Committee, approved by the Board at the meeting held on June 5, 2016, to increase the number of Cross Country All-Stars from one per conference to 24 in 1A-2A-3A-4A and 24 in 5A-6A. Please make note of this as you are making your nominations for Cross Country honors. Please be sure to check the nomination guidelines on the Cross Country page or the Bylaws before you do your nominations.

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made online at austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations online and before the deadline.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then

clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AFTER YOU HAVE COMPLETED ALL NOMINATIONS.**

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend you

use Chrome as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the online deadline, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative for the committees is listed on the website under the sport category they pertain to.

This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the online honors nomination deadline is missed. Instructions for nominating online, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations online. Please read these instructions and follow them precisely and your nomination should go through with no problems.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

1 Access the TGCA website at austintgca.com.

2 Click on the "Membership Site" category in the menu on the left-hand side of the page.

3 You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number.

4 Once you've completed the log-in process, you will access

the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

5 Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6 Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. PLEASE be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

8 Complete the form by typing in the information requested in the "Update" field.

9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it's named after, or the school

name, and look in the text pop up box for your school followed by your ISD. This is very **IMPORTANT!** Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.

form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.



photo courtesy Christine Elias

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the "Submit" button at the bottom of the page. If, for some reason, your

12 You will need to follow these steps for each nomination of each athlete in each category that you wish to make. **For Academic All-State, you only need to list the GPA.**

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

10

WAYS TO GET A BETTER NIGHT'S SLEEP

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 Move it. Try to exercise on a regular basis for 30 minutes late in the afternoon (at least six hours before bedtime). Such physical activity raises your body temperature at that time. The subsequent cool down promotes sleep. Note: Exercising in the morning is great for the heart, but it occurs too early to have such a desirable cooling effect at bedtime.

2 Chill out. Relax. Use a technique such as guided imagery to focus on something other than your worries. To the extent possible, make your bed "off limits" to stress-related problems.

3 Adhere to healthy life-style choices. Don't drink liquids or eat foodstuffs that thwart your efforts to achieve a sound sleep. For example, the stimulating effects of caffeine (found in such items as coffee, soft drinks and chocolate) can interfere with sleep. Nicotine

(tobacco) also is a stimulant that will keep you awake. By the same token, although alcohol may put you to sleep briefly, as its effects wear off, your brain will actually become more alert.

4 Don't catnap during the day to make up for lost sleep. Napping to catch up on lost sleep will usually make you less sleepy the next night. Rather, use sleep deprivation to help you sleep more soundly the following night.

5 Stick to a sleep/awake routine. Adhere to a schedule that your body learns to follow. As a general rule, go to bed at the same time every night and get up approximately the same time each morning (including weekends). Getting your body used to a sleep/awake pattern will enhance your efforts to get enough sleep every night.

6 Create a nighttime ritual. Send a signal to your brain that "now" is the time for sleep by sequentially engaging in bedtime ritual activities, such as putting on your pajamas, brushing your teeth, fluffing your pillows, reading a chapter in your favorite book, etc.

7 Don't force yourself to stay in bed. If you can't get to sleep in a reasonable amount of time (i.e., 30 minutes), get up, leave the bedroom and don't return until you feel drowsy. By the same token, if you're tossing and turning excessively or if you wake up in the middle of the night and can't get back to sleep, get up and try doing something relatively boring (i.e., playing a game on your computer) to ease your mind back into a state of restfulness.

8 Have satisfying sex. Research has shown that pleasurable sex for some people can promote sleep

onset and can induce deep and restful sleep. Unfortunately, sex at bedtime can relax some people and stimulate others. The key is to do what is best for you.

9 Be sensitive to your sleep environment. Don't let your bedroom be too hot or too cold (generally a bit cooler than the rest of the house is recommended). Avoid sleeping on a mattress that is too hard or too soft for you (listen to your body in that regard). Sleep in a dark, quiet room (wear a sleep mask or earplugs if necessary).

10 See a physician or a sleep specialist if you need to. If chronic insomnia is affecting your mood or your ability to perform the daily activities in your life, and you've tried to take reasonable steps to enhance the quality and quantity of your sleep, get professional help to deal with your situation.

photo courtesy Chad Strafuss



photo courtesy Diane Davis



CONNECTING TRAINING TO SPORT SPECIFIC APPLICATION



DX3 Athlete

Perception is reality, youth athletes often lack the passion for training. And often females struggle more with the training aspect of playing a sport than males.

Two of the biggest challenges we see in athletes during training:



photo courtesy Amanda Byers

1. The Question: "Why are we doing this, we would never do this in a game?"
2. Lack of effort in a training exercise due to lack of understanding of its role in a game.

Both of these are obviously of the same nature yet sometimes as coaches we lose sight of the importance of understanding why we do things and how athlete's psychologically choose to apply their efforts accordingly. In other words, if an athlete doesn't see how a particular training element applies to their sport they are more likely to not try hard.

Remember when you were in school, or in a professional development class, and you thought to your-

self that whatever you were learning was a waste of time and stupid because it would never be used in your life or job? Well, athletes are no different when it comes to training. They feel they just need to practice and play more to be better at their sport.

seemingly just unnecessary work... and sometimes they are if the program curriculum has not been appropriately planned according to need. We call all aspects of training and practicing "stress" bouts. If each of these bouts of stress are not calculated and playing a role in reaching a goal, they are a waste of stress and should be rethought.

In 2016 we are now seeing a tremendous shift in the paradigm of training and how important the role of year-round athletic development is for youth athletes. It is crucial we properly educate athletes to understand the benefits of training to remain healthy, reduce the risk of injury and adequately progress athletically to simply keep up.

Here are a few simple techniques we have found extremely beneficial when teaching the correlation of training to sport application:

1. Language: Use language that correlates certain movements directly to a movement in their sport, even using the same coaching cues you would use in practice.
2. Time: Use time periods of rest-work ratios that are directly proportionate to those in a game.
3. Dexterity: Associate dexterity in training to that of an offense/defense position to better understand the deficiency of being dominant on one side

or losing the directional first step.

4. Repetition: Explain that practice makes permanent, training multiple reps instills the neurological movement pattern to ensure the 1, 2, 3, or more times they may have to execute a movement in play they will be perfect at it.
5. Speed: Again, practice makes permanent and the only way to go fast is to train fast so if your kids are jogging or only giving 50% effort during training drills, that is how they are training to execute.

Remember, the more creative you become in teaching your athletes why and how training is important, the better, healthier athletes you will have. Visit www.DX3Athlete.com for more on properly preparing athletes.

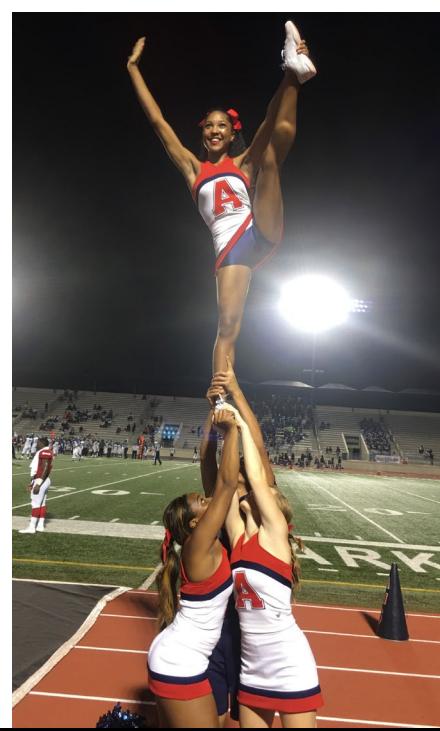


photo courtesy Cindy Marches



Texas Health Ben Hogan Sports Medicine

Behavioral Health

Ben Hogan Sports Medicine is excited about aligning ourselves with another service line within the THR Family to assist our patient population to handle issues with Behavioral Health. Student-Athletes continue to push themselves to excel on the playing field along with their academic responsibilities. Combined with the

pressures that come and go handling peers, family and developing their time management skills, your Student-Athletes strive to get the most out of everyone around them.

Texas Health Behavioral Health offers various services and programs across North Texas and it all starts with a complimentary as-

essment.

With our focus on quality care, Texas Health Resources is the leading behavioral health care provider in North Texas. We take that to heart, dedicating our resources and evidence based approach to ensuring that each patient gets personalized treatment.

Student-Athletes can be overlooked as needing help

due to their resilience, physical strength and mental toughness. They can experience emotional challenges on and off the field. When an athlete sustains an injury including concussions, there is a normal emotional reaction. As the athlete processes the medical information regarding the injury, common emotional responses can include:

- | | | | |
|--------------|----------------------|-----------------------|---------------------|
| • Depression | • Isolation | • Anger | • Sleep disturbance |
| • Anxiety | • Irritation | • Frustration | • Disengagement |
| • Sadness | • Lack of motivation | • Changes in appetite | |

The response to injury by athletes is not predictable and may differ from person to person. The emotional effect on the athlete may be present from the time of inju-

ry and may last beyond physical recovery.

If you recognize or notice ongoing or abnormal responses to injury in your Student-Athlete, Texas Health

Behavioral Health offers complimentary assessments by contacting (682) 236-6023. You can also contact a **Ben Hogan Sports Medicine Business Relations Special-**

ist at BenHoganSportsMedicine@texashealth.org to assist in finding the right resource for your Student-Athlete or physically active patient.

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 valua-

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

photo courtesy Melissa McPherson



OCTOBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 UIL LEGISLATIVE COUNCIL MEETING	18 Team Tennis: District Certification Deadline	19 Girls Basketball: First Day of Practice	20	21	22 Team Tennis: Area Certification Deadline Cross Country: District Certification Deadline
23	24	25	26	27 TEAM TENNIS: REGIONAL TOURNAMENTS	28	29 Girls Basketball: First Day for Scrimmages Volleyball: District Certification Deadline
30	31 Cross Country: Regional Deadline Volleyball: Bi-District TGCA: Team Tennis Nomination Deadline					

TGCA HOTEL RESERVATION DIRECT LINKS

Orangewood Suites - \$85.00 (King Suite w/ Couch) \$105.00 (King w/ Queen Loft, 2 bathrooms) Group Code: TGCA Free Breakfast (Subject to Availability)

Crowne Plaza - \$109.00 (Subject to Availability)

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)

Austin Omni Southpark - \$119.00 If you call the hotel directly at 512-448-2222, please use the code UIL. \$129.00 with breakfast, but you must call the hotel directly to make reservations for the breakfast rate and use the code UIL Plus, 1-800-THE-OMNI. (Subject to Availability)

These are year-round rates. (Cannot be used during Summer Clinic.) Just click on the link and the code is automatically entered. Enjoy your stay!

photo courtesy Rose Mary Martin



2017 TGCA SUMMER CLINIC ATHLETIC AND SPIRIT DIVISIONS

The 2017 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Austin at the Austin Convention Center July 11-13. Make your plans early to at-

tend. We look forward to seeing you there. All Satellite Sports Clinic information will be posted to the website as soon as it is verified with dates, times and places.

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Guy in the Yellow Tie



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TGCA NEWS

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

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

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

