



TGCA NEWS

MARCH 2018



2017-2018 TGCA OFFICERS



President of TGCA
Kriss Ethridge
Lubbock Coronado HS



1st Vice President
Jason Roemer
Kerrville Tivy HS



2nd Vice President
Astin Haggerty
Clear Springs HS



Past President
Loyd Morgan
Rogers HS



Executive Director
Sam Tipton
TGCA Office



Assistant to the Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

Track vs. Field

By Astin Haggerty,
TGCA 2nd Vice President

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Packing Snacks:

Staying Fueled on Long Days

By Taylor Morrison, M.S., R.D., L.D.,
DX3 Athlete

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This Is OUR Team...

This Is Why We Play.

Kay Yow Cancer Fund

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**10 “You-Can’t-Fix-Stupid” Mistakes
that People Commonly Make in the
Weight Room**

By James A. Peterson, Ph.D., FACSM

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cover photo courtesy Naomi McNeely

left photo courtesy Stacy Tucker

TRACK VS. FIELD

Astin Haggerty Clear Springs HS | TGCA 2nd Vice President



With numerous state track & field champion teams of Texas having at least one relay team, one often poses the question to load up on the track and sprints only. Year in and year out, familiar school names ring out on the PA at Mike Myers stadium with relay teams being showcased. As coaches, our goal is to be a part of the highest level of competition, but at what cost?

The Track: Hosting most events, the track provides obvious opportunities for programs to win meets and obtain championships. If properly placed, an elite runner could score/contribute as many as 30 points. Sure, this seems easy but we all have our unique philosophies and expectations of our athletes. Should WE go for the team win or showcase our most skilled athletes in three individual running events? In addition, our local talent plays a role in determining where to place your track athletes. Tra-



photo courtesy Bel Diaz

ditionally, regions of Texas are known for distance, sprints, or even specific track events. Therefore, coaches could determine personnel based on that fact alone. Coming from a 6A program, this seems to be the case more often than none. Using various sites and social media outlets, scouting reports of the “hot” events have become a useful tool to give athletes the best chance to be successful. Again, one could pose the question: Should we load up on the

track?

The Field: With fewer spectators and limited events, the field provides coaches the chance to position athletes in unpopulated events that are often dismissed. Having only a hand full of competitors, field events pose parallel significance for athletes and coaches alike. Some of the best athletes are showcased during field events, which is astonishing that they are often dismissed as the “other” events by some. I am sure

we have all been to meets where specific programs tend to dominate the field and typically finish well in overall standings. In particular, the pole vault and triple jump competitions rarely see multiple competitors from the same school. So, is it to our kids and programs’ advantage to put all of cards primarily in the field?

All in all, track and field offers a unique stage for coaches to demonstrate their own philosophy, expectations, and in this case strategy to guide athletes. There are varied solutions and conclusions to draw from, with no definite answer for all coaches to use. However, the emphasis of student-athlete success and taking care of your kids should always guide you towards the best decision. Track should never be viewed as versus field but, in collaboration of one of the best sports in the great state of Texas.



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.

PAST PRESIDENTS OF TGCA RECOGNIZED BY UIL



Past Presidents of the Texas Girls Coaches Association were honored by the University Interscholastic League on Friday, March 2 during the girls' state basketball tournament held at the Alamodome in San Antonio, Texas. There were 25 past presidents at the ceremony held at halftime of the 6A semifinal basketball game. Dr. Charles Breithaupt, executive director of the UIL, presided over the ceremony and had each past president of TGCA in attendance recognized on the floor of the Alamodome.

Among the honorees were Stanley Whisenhunt, the oldest past president of TGCA in attendance (1971-72), Dr. Bill Farney, retired executive director of the UIL (1973-74), Lee Grisham, current assistant executive director of TGCA (2008-09, 2009-10), and Sam

Tipton, the current executive director of TGCA (1996-97).

A reception was held for all the past presidents and their families prior to the halftime presentation ceremony. At the reception there was a festive atmosphere as tales of the TGCA flowed from the reign of the first president, Velma Harrison (1952-53, 1953-54) to the present president Kriss Ethridge (2017-18). Many stories were told about the leadership of Billy McKown, the executive director of TGCA for 44 years.

The TGCA expresses many thanks to Dr. Charles

Breithaupt and the UIL for allowing the past presidents of the Texas Girls Coaches Association to be honored for their hard work and dedication in the field of girls' athletics in such a prestigious setting. It was certainly a night that was appreciated by all in attendance, and will not be forgotten by all the past presidents of TGCA.

Past TGCA Presidents Honored in San Antonio:

Stanley Whisenhunt(1971-72), Bill Farney (1973-74), Arline Basye 1973-74), Judy Bugler (1975-76), Waynette Dolan (1976-77), Buddy Ables

(1977-78), Michael Adams (1984-85) Donna Grant (1989-90), Phil Swenson (1990-91), Rhonda Farney (1991-92), Barbara Crousen (1993-94), Pat Mouser (1994-95), Melynn Hunt (1995-96), Sam Tipton (1996-97), Ron Mouser (2002-03), Debbie Jaehne (2003-04), Leann Johnson (2005-06), Alex Koulovatos (2006-07), Lee Grisham (2008-09, 2009-10), Wes Overton (2010-11), Donna Benotti (2011-12), Kari Bensend (2013-14), Mitch Williams (2014-15), Liana Gombert (2015-16), Loyd Morgan (2016-17).



PAST PRESIDENTS OF TGCA RECOGNIZED BY UIL - PHOTOS FROM STATE



COACHES CERTIFICATION PROGRAM (CCP)

Athletic Directors and Coaches,

RCP changing to CCP:

The UIL Rules Compliance Program (RCP) is transitioning to the UIL Coaches Certification Program (CCP). The UIL Legislative Council approved these changes in October 2017 effective for the 2018-19 school year. This change will recognize coaches as UIL certified coaches. The CCP requirements will continue to include information from the UIL Constitution and Contest Rules, health and safety information, sports specific information, and ethics and sportsmanship.

New Tackling Certification for Football Coaches:

New requirements for the CCP starting in 2018 include a course in best practices in teaching tackling for all first-year football coaches, and for all football coaches once every two years. All coaches will need to complete the tackling requirement prior to the start of football season in 2019. More information concerning the tackling information will be coming in March.

First Year Coaches Requirement – Fundamentals of Coaching in Texas:

The NFHS Fundamentals of Coaching Course, currently required for all first-

year coaches, is changing to Fundamentals of Coaching in Texas. This will include a comprehensive curriculum of UIL rules and fundamental coaching principles designed for the first-year coach in Texas.

TGCA and THSCA Summer Conventions:

The UIL Constitution and Contest Rules requires coaches to complete the CCP prior to the start of their sport season. You may access the CCP components on the UIL website through the UIL Online Portal. Additionally, UIL is collaborating with the Texas High School Coaches Association (THS-

CA) and the Texas Girls Coaches Association (TGCA) to provide these trainings at summer coaching conventions. Coaches attending sessions at THSCA Convention and Coaching School or TGCA Summer Clinic will receive credit in the UIL Online Portal for those portions of the CCP. More information about opportunities at these conventions will be coming soon from THSCA and TGCA.

Please contact our office if you have any questions at 512-471-5883 or athletics@uiltexas.org.

Thank you,
Susan Elza, Ed.D.
UIL Director of Athletics

SOCCER STATE CHAMPIONSHIPS

Birkelbach Field Georgetown ISD Athletic Complex | April 18-21, 2018

Wednesday, April 18

Girls Conf. 4A Semifinal11:00 AM
Girls Conf. 4A Semifinal1:30 PM

Friday, April 20

Girls Conf. 6A Semifinal 9:30 AM
Girls Conf. 6A Semifinal12:00 PM

Parking Information

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

Thursday, April 19

Girls Conf. 5A Semifinal 9:30 AM
Girls Conf. 5A Semifinal12:00 PM
Girls Conf. 4A Final 2:30 PM

Saturday, April 21

Girls Conf. 5A Final11:00 AM
Girls Conf. 6A Final 4:00 PM

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



photo courtesy Brent Hardwick



photo courtesy Jason Venable

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2017-18 UIL STATE CHAMPIONSHIPS!

SPORT	COACH	SCHOOL	CONFERENCE
Wrestling	Anthony Carter	El Paso Hanks	5A
Wrestling	Christopher Potter	Cypress Ranch	6A
Swimming & Diving	Andrea McCarthy	Dripping Springs	5A
Basketball	Eric Schilling	Nazareth	1A
Basketball	Tommy Cross	Martin's Mill	2A
Basketball	Brad Floyd	Mount Vernon	3A
Basketball	Chance Westmoreland	Argyle	4A
Basketball	Jeff Williams	Amarillo	5A
Basketball	Rodney Belcher	Plano	6A

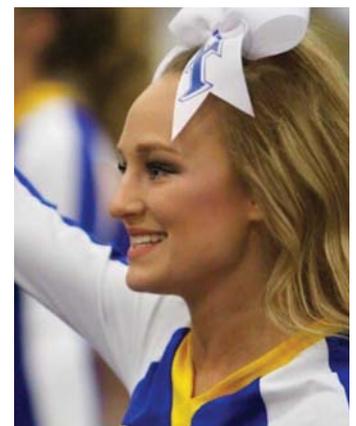


CHEERLEADERS OF THE YEAR

Conf. 1A-2A-3A-4A: Kentleigh Nichols, Cisco HS
(Coach Amy Dodson), pictured left
Conf. 5A-6A: Kendal Snuggs, Frenship HS
(Coach Kayci Smith), pictured right

CHEER COACHES OF THE YEAR

Conf. 1A-2A-3A-4A: Shannon Lindsey, Lampasas HS
Conf. 5A-6A: Melissa McPherson, Azle HS



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 appreciate your help in this endeavor.



photo courtesy Clint Mears

2018 TGCA SUMMER CLINIC - ATHLETIC AND SPIRIT DIVISIONS

The 2018 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Arlington at the Arlington Convention Center July 10-12. Clinic registration and 2018-19 membership renewal are now open on-line, as well as all

Satellite Clinics registration. Printed forms are available under the "Forms" category in the menu on the left-hand side of the page. Summer Clinic agenda has now been posted under the "Summer Clinic" category also on the left-hand side of this page.

Badges will be required at all CCP (Coaches Certification Program) lectures, as badges MUST BE scanned for those lectures. Registration will open Monday, July 9, from 2:00 p.m. to 5:00 p.m.

If you have not renewed your 2017-18 membership,

you can no longer do that on-line and must print a form from the Forms category and fax or email to us. If you use the on-line function on February 1st or after, you will be renewing your membership for the 2018-19 membership year.

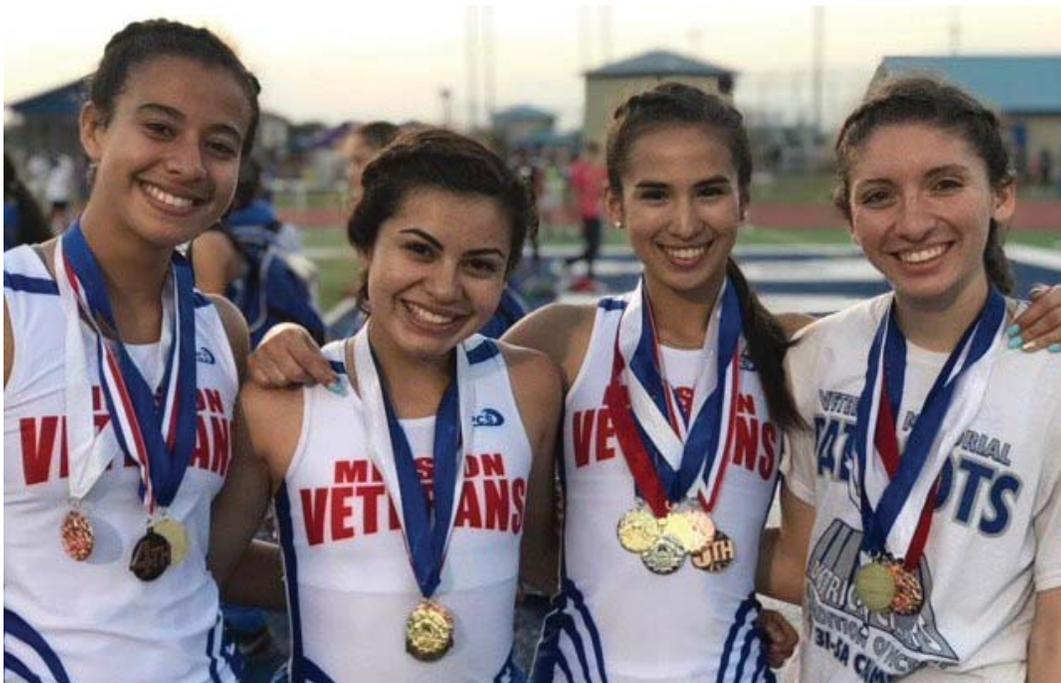


photo courtesy Kathryn Howell

2017-18 TGCA SPORTS HONORS ONLINE NOMINATION DEADLINES

All online nominations are due by NOON on the Monday before any UIL state competition. If this deadline is missed, any nominations submitted must be delivered to your regional representative for that sport on the appropriate committee for hand delivery to the committee. The 2017-18 online sport honors nomination deadlines are as follows:



photo courtesy Sheila Loftin



photo courtesy Stefani Shortes

- Soccer** Apr 9, 2018
- Track & Field** May 7, 2018
- Golf** May 21, 2018
- Tennis** May 14, 2018
- Softball** May 28, 2018

2018 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 9 – 12, 2018**

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, “**2018-19 Printable Membership Form**”. You can print the form, complete it, and mail it with a check or credit card number, or fax it or scan and email it with a valid credit card number to TGCA at P.O. Box 2137, Austin, TX, 78768, fax (512) 708-1325, email tgca@austintgca.com.

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. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. You may renew your membership and register for Summer Clinic there. **You must be a member of TGCA to attend either division of Summer Clinic.** Membership fee is \$60.00 and Summer Clinic fee is \$60.00, for a total of \$120.00.

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 page of the website, 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. If you do not remember your membership number or password, please contact us and we will be happy to assist you with that information.

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 begin Monday, July 9th, at 2:00 p.m., in the Arlington Convention Center, 1200 Ballpark Way. You may pick up your clinic packet, if you have pre-registered, beginning at those times, also. You will need your clinic badge if attending the UIL Coaches Certification Program lec-

tures, as badges will have to be scanned for credit for those courses. They begin Tuesday morning. Check the agenda on the website for times of all lectures. It is under the Summer Clinic tab on the left-hand side of the main menu of the website.

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 12th. 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 Reservation Services” (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington 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 hotel registration site.

2018 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.

CROWNE PLAZA
700 Avenue H East
\$129.00

DOUBLETREE ARLINGTON DFW SOUTH
1507 North Watson Road
\$129.00 (With Breakfast – 4 per room)

HILTON ARLINGTON
2401 East Lamar Blvd
Standard King – Junior Suites - \$131.00
Standard Double - \$141.00

HILTON GARDEN INN DALLAS/ARLINGTON
2190 E Lamar Blvd
\$129.00

HOLIDAY INN ARLINGTON
1311 Wet N' Wild Way
\$109.00

LAQUINTA INN & SUITES DALLAS ARLINGTON NORTH
825 North Watson Road
\$119.00

SHERATON ARLINGTON
1500 Convention Center Drive
\$135.00

photo courtesy Maurice Lock



2018 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 10 – 12



photo courtesy Sharon Mayo

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Rangers Ballpark, AT&T (Cowboys) Stadium; and many more attractions. It is definitely a family oriented venue.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in the menu on the left-hand side of the page.

The TGCA Honor Awards Luncheon will be held Mon-

day, July 9, 7:00 p.m., at the Arlington Hilton Hotel, 2402 East Lamar Boulevard, with a social beginning at 6:00 p.m.

Beginning February 1st, you will have access to online Summer Clinic registration and Membership renewal. Online hotel reservations will open March 12th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew online early. It's easy, time-saving and convenient. You **MUST** book your hotel rooms through the online reservation service to get the

TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 12th.

If you wish to renew your membership using a printable form rather than online, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2018-19 Printable Membership Form".

The 2018 TGCA Summer Clinic Agenda has been posted on the TGCA website,

www.austintgca.com, and will be updated often as we progress toward Summer Clinic dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2018 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2018 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



photo courtesy Bel Diaz



photo courtesy Maurice Lock

TGCA ALL-STAR GAMES AND RECOGNITION

Sam Tipton Texas Girls Coaches Association | Executive Director

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

Texas Girls Coaches Association, through the diligent work of the Board of Directors, has dedicated itself to maintaining All-Star contests. During the annual Summer Clinic, TGCA will hold (6)



photo courtesy Naomi McNeely

All-Star contests, recognize Track & Cross Country All-Stars with a demonstration, and honor Cheerleaders with half-time performances. This means the TGCA will highlight over 200 individuals as All-Stars – the best of the best in Texas. This is no small

undertaking with the volunteer help of many member coaches of the association. TGCA encumbers a great deal of expense to ensure the All-Stars are treated with tender loving care. The cost is helped by corporate sponsorships, but it is imperative

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

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

2018 TGCA ALL-STAR SCHEDULE - ARLINGTON, TEXAS

Tuesday, July 10

1-4a Volleyball	July 10	Time	Location	Address
Orientation 1-4a	Tuesday, July 10	2:00pm	Arlington High School	818 W. Park Row Drive
Volleyball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 10	2:30pm	Arlington High School	818 W. Park Row Drive
1-4a Vball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington High School	818 W. Park Row Drive
1-4a Volleyball Photos	Tuesday, July 10	5:20pm	Arlington High School	818 W. Park Row Drive
Volleyball Demonstration (1-2-3-4A)	Tuesday, July 10	6:00pm	Arlington High School	818 W. Park Row Drive
VOLLEYBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)	Tuesday, July 10	7:00pm	Arlington High School	818 W. Park Row Drive

1-4a Softball	July 10	Time	Location	Address
Orientation 1-4a	Tuesday, July 10	2:00pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 10	2:30pm	Workman Softball Complex	701 E Arbrook Blvd.
1-4a Sball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Workman Softball Complex	701 E Arbrook Blvd.
1-4a Softball Photos	Tuesday, July 10	4:50pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Demonstration (1-4A)	Tuesday, July 10	6:00pm	Workman Softball Complex	701 E Arbrook Blvd.
SOFTBALL RED/BLUE ALL-STAR GAMES (1-4A)	Tuesday, July 10	7:00pm	Workman Softball Complex	701 E Arbrook Blvd.

1-4a Basketball	July 10	Time	Location	Address
Orientation 1-4a	Tuesday, July 10	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 10	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Bball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Basketball Photos	Tuesday, July 10	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Demonstration (1-4A)	Tuesday, July 10	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
BASKETBALL RED/BLUE ALL-STAR GAMES (1-4A)	Tuesday, July 10	7:00pm	Arlington Lamar HS	1400 W Lamar Blvd

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2018 TGCA ALL-STAR SCHEDULE - ARLINGTON, TEXAS

1-4a Track/CC	July 10	Time	Location	Address
Orientation	Tuesday, July 10	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Prep	Tuesday, July 10	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Track FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Track Photos	Tuesday, July 10	4:50pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Demonstration	Tuesday, July 10	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
TGCA TRACK/CC PRESENTATION	Tuesday, July 10	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd

1-4a Cheer	July 10	Time	Location	Address
Orientation	Tuesday, July 10	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Cheer Performance Prep	Tuesday, July 10	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Sball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Cheer Photos	Tuesday, July 10	5:50pm	Arlington Lamar HS	1400 W Lamar Blvd
CHEER PERFORMANCE	Tuesday, July 10	7:30pm	Arlington Lamar HS	1400 W Lamar Blvd

Wednesday, July 11

5-6A

5-6a Volleyball	July 11	Time	Location	Address
Orientation 5-6a	Wednesday, July 11	2:00pm	Arlington High School	818 W. Park Row Drive
Volleyball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 11	2:30pm	Arlington High School	818 W. Park Row Drive
5-6a Vball FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington High School	818 W. Park Row Drive
5-6a Volleyball Photos	Wednesday, July 11	5:20pm	Arlington High School	818 W. Park Row Drive
Volleyball Demonstration (5-6A)	Wednesday, July 11	6:00pm	Arlington High School	818 W. Park Row Drive
VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 11	7:00pm	Arlington High School	818 W. Park Row Drive

TRUE

5-6a Softball	July 11	Time	Location	Address
Orientation 5-6a	Wednesday, July 11	2:00pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 11	2:30pm	Workman Softball Complex	701 E Arbrook Blvd.
5-6a Sball FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Workman Softball Complex	701 E Arbrook Blvd.
5-6a Softball Photos	Wednesday, July 11	4:50pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Demonstration (5-6A)	Wednesday, July 11	6:00pm	Workman Softball Complex	701 E Arbrook Blvd.
SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 11	7:00pm	Workman Softball Complex	701 E Arbrook Blvd.

5-6a Basketball	July 11	Time	Location	Address
Orientation 5-6a	Wednesday, July 11	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 11	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Bball FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Basketball Photos	Wednesday, July 11	5:20pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Demonstration (5-6A)	Wednesday, July 11	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
BASKETBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 11	7:00pm	Arlington Lamar HS	1400 W Lamar Blvd

5-6a Track/CC	July 11	Time	Location	Address
Orientation	Wednesday, July 11	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Prep	Wednesday, July 11	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Track FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Track Photos	Wednesday, July 11	4:50pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Demonstration	Wednesday, July 11	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
TRACK/CC PRESENTATION	Wednesday, July 11	7:30pm	Arlington Lamar HS	1400 W Lamar Blvd

5-6a Cheer	July 11	Time	Location	Address
Orientation	Wednesday, July 11	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Cheer Performance Prep	Wednesday, July 11	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Cheer FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Cheer Photos	Wednesday, July 11	5:50pm	Arlington Lamar HS	1400 W Lamar Blvd
CHEER PERFORMANCE	Wednesday, July 11	7:30pm	Arlington Lamar HS	1400 W Lamar Blvd

TGCA 2018 SATELLITE SPORTS CLINICS

TGCA will be hosting four Satellite Sports Clinics in 2018. 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 (512-708-1325) or email (tgca@austintgca.com) 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 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.

2018 LUBBOCK REGION I SPORTS CLINIC

Monterey High School
3211 47th Street, Lubbock, Texas
June 8 - 9

[Agenda](#)

[Registration Form](#)



2018 HOUSTON SPORTS CLINIC

Hall Stadium/Hopson Field House
3335 Hurricane Lane, Missouri City, Texas
June 13 - 14

[Agenda](#)

[Athletic Directors Agenda](#)

[Registration Form](#)

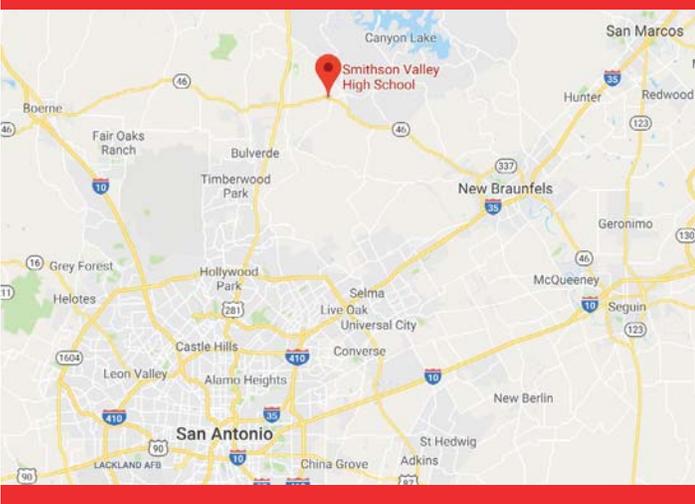


2018 SAN ANTONIO SPORTS CLINIC

Smithson Valley High School
14001 Texas 46, Spring Branch, Texas
June 15

[Agenda](#)

[Registration Form](#)



2018 EL PASO SPORTS CLINIC

TBD
July 19 - 20

[Agenda](#)

[Registration Form](#)



2018-19 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2018-19 year will become

active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2017-18 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-

hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

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

\$60.00. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$120.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please



photo courtesy Kristin Goodman

remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. **You MUST be a member of TGCA to attend any TGCA clinic.**

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

Continued on Page 9

The image features the TGCA logo in large red letters at the top. Below it, the text "Download our new App!" is written in a blue, stylized font. Underneath the text is a smaller logo for the Texas Girls Coaches Association, which includes a map of Texas and the words "TEXAS GIRLS COACHES ASSOCIATION". At the bottom, there are two QR codes: one labeled "Apple" on the left and one labeled "Android" on the right.

2018-19 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 8

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

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2018 in San

Antonio, Houston, Lubbock (Region I), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$70.00. This includes your 2018-19 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$35.00 if you have already paid the \$60.00 renewal fee for your 2018-19 membership.

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

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

up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu

on the left-hand side of the page entitled “First Time Member”, and follow the process outlined for “New to TGCA for the First Time”. Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy Maurice Lock

PACKING SNACKS: STAYING FUELED ON LONG DAYS

By Taylor Morrison, M.S., R.D., L.D. DX3 Athlete |



When traveling for games and tournaments, quality foods and nutritious fueling choices are not always a guarantee. However, young athletes still need quality carbohydrates, protein and a little healthy fat as they prepare for and recover from events and to support their growth and development. To avoid getting stuck unprepared, include these 5 foods in your travel snack pack to ensure that your athletes will have what they need to prepare, perform and recover their best.

1. Small packets of peanut butter, nut butter or seed

butter: These are a great source of healthy fats, plus they pack some protein and iron for your active growing athlete.

2. Mini whole-grain bagels: These versatile, quality carbohydrates can be used for breakfast, lunch, dinner or as an easy snack right before a game or practice.

3. A mix of fresh and dried fruit: A more easily digestible quality carbohydrate, fresh or dried fruit can be an easy car snack and a good snack choice right before or during a game or practice. Fresh fruit offers additional fluid to keep your athlete hydrated, while the dried fruit may last longer.

4. String cheese: A simple snack that's easy to throw in a cooler or backpack,

string cheese provides protein and calcium for the traveling athlete. Pair with the mini whole-grain bagel or fruit for a little added energy.

5. Sliced veggie sticks: Bringing pre-sliced veggie sticks like carrots, sweet red and yellow bell peppers and cucumbers, or the already packed mini bags of baby carrots is an easy way to ensure your athlete still gets a few veggies' nutritious benefits while away on the road. Not only are these veggies full of antioxidants, but they also provide a little quality carbohydrate and fluid to help keep your athlete energized and hydrated.

DX3 Athlete is teaming up with the Sports Medicine experts at Texas Scottish Rite Hospital for Children



to share the latest in youth sports safety and injury prevention. Together, we can keep young athletes on the courts, fields, and rinks. For information about injury prevention and pediatric sports medicine, please visit the TSRHC website at scottish-ritehospital.org/sports. For more information on youth fitness and sports performance please visit www.DX3Athlete.com.



photo courtesy Stacy Tucker



photo courtesy Brent Hardwick

THIS IS OUR TEAM... THIS IS WHY WE PLAY.



Kay Yow Cancer Fund |

At this point, the list of things that Coach Yow knew is very long. And it grows each day.

Today's realization: Coach Yow envisioned Play4Kay as she did because she knew teams would accomplish more than individuals. So true.

More to the point, she knew it would take a team to beat cancer. Even more true.

Sharon Versyp, Beth Courture and Terry Kix are a team. They are three members of the Purdue women's basketball coaching staff who have battled cancer. So far, their record is 3-0 against cancer.

In March 2009, Beth was diagnosed with breast

cancer. At the time, she was head coach at Butler University. She almost canceled her doctor's appointment because the team had gotten in late the night before. Thankfully, she did not cancel. Her life changed that day and, though they didn't realize it yet, so did the lives of Terry Kix and Sharon Versyp.

Fast forward. It is the week before Thanksgiving 2012, Terry is diagnosed with stage 3 stomach cancer. She immediately went into fight mode. She saw cancer as the opponent, an opponent with a 90-95% chance of besting her. It was grueling. The odds indicated a Daniel versus Goliath match up. The odds

were wrong.

When Sharon was diagnosed with breast cancer in March 2017, Beth and Terry became her teammates in a way that perhaps no other adversity could have crystalized or magnified. They understood what Sharon's daily journey consisted of and were able to come along side her in the midst of the battle.

Three women. Three separate and very different battles. Three wins. One team.

On every team, there are different roles. Each important, each has their time, their contribution. In the fight against cancer, we all have a role to play, a piece to contribute.

For the last 9 days, we have been in the official Play4Kay window. It is the ultimate team event. Teams from across the country, working together, to get the biggest win – the win against cancer.

This is the way Coach Yow saw it. All of us teaming up to beat cancer. When we Play4Kay, we play for each other. We play for those who have battled, those who are battling. We know there are battles still to come – we are playing for those too.

As we Play4Kay, look around you...sometimes the women we are battling for are the same ones we are battling with. Know your teammates. Who do you Play4?

#PLAY4KAY

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



photo courtesy Sheila Loftin

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>.

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'YOU-CAN'T-FIX-STUPID' MISTAKES THAT PEOPLE COMMONLY MAKE IN THE WEIGHT ROOM

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 Believing that there is only one type of equipment that will provide the maximum results. Nonsense. The best equipment to use is one that meets the perceived needs and interests of the exerciser. Free weights... machines... body-weight. As such, the equipment that individuals choose to use when strength training should be based on several factors, including availability, safety, ease of use, and impact on the desire to continue training.

2 Concluding that strength training will automatically increase muscle mass. Nonsense. In reality, without help from their pharmacist, most people have little-to-no chance to increase the size of their musculature. There are five factors that affect how big a muscle gets, only one over which an individual has control. As a result, most women (less than 2%) and men (less than 20%) will never need to worry about pumping up too much.

3 Assuming that the optimum measure of a person's level of strength is how much they can lift. Nonsense. A more appropriate assessment of strength is how well a person can safely handle their own bodyweight (e.g., push-ups, sit-ups, chin-ups, etc.). Lifting a given amount of weight on a particular exercise, for example, a biceps curl, is affected by a number of factors, including the length of the levers involved in the exercise.

4 Deciding not to perform a particular exercise through a full range of motion (ROM). Nonsense. Not doing every strength exercise through the complete ROM for the muscles

involved eventually will diminish the ROM for those muscles. As a result, certain performance capabilities of the exerciser will be compromised, as well as the fact that the exerciser will have an enhanced exposure to being injured.



photo courtesy Clint Mears

5 Thinking that they are too old to gain the advantages of strength training. Nonsense. Individuals of all ages will benefit from strength training, including older adults. Not only will proper resistance exercise training help them maintain their level of flexibility, but it also will boost their ability to perform the activities of daily living in which they engage.

6 Supposing that with regard to strength training, doing more is better. Nonsense. Sooner or later, all forms of exercising, including strength training, reach a point of diminishing returns. When that stage occurs, further gains in fitness generally are no longer physiologically possible. In addition, the risk of

being injured when exercising is elevated.

7 Feeling that it is necessary to compare how much they can lift to the performance of others. Nonsense. As an extension of the ignorance-has-

dividual actually can lift. Helpful to the exerciser, no. Annoying to others, yes.

9 Presuming that consuming one or more of the variety of dietary supplements that are promoted as strength

no-bounds syndrome, a condition that affects far too many people, many men believe that they should lift more than women; young people feel that they should lift more than older people; etc. All factors considered, the only consideration with regard to how much a person lifts should be how that effort impacts the individual exerciser.

8 Surmising that making excessive noise while they are lifting is pertinent evidence that they are exerting the necessary effort. Nonsense. Although grunting, groaning, and making a racket may be an integral part of a person's strength training technique, no evidence exists that it has any impact, whatsoever, on how much an in-

and muscle-size enhancers will work. Nonsense. Unless the basic goals of the exercisers are to improve the general composition of their urine and to waste their money, strength exercisers who take dietary supplements are chasing an illusory pipe-dream.

10 Accepting the mantra of "No pain, no gain." Nonsense. A more appropriate premise would be "no pain, no gain, no sense." In fact, exercise, including strength training, should not be painful. Uncomfortable, perhaps; painful, never. Pain is the body's signal to exercisers that they are doing too much.

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

TGCA HOTEL RESERVATION DIRECT LINK

LaQuinta - Up to 20% off within Texas; up to 15% off outside of Texas Use code TGCA to obtain the TGCA rate (Subject to Availability)

These are year-round rates. (Cannot be used during Summer Clinic.) Enjoy your stay!



photo courtesy Bel Diaz

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The power to do more

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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: 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.

