



# TGCA NEWS

APRIL 2019



## 2018-2019 TGCA OFFICERS



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Kay Yow Cancer Fund

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*cover photo courtesy Sherri Kendrick  
 left photo courtesy Keitrah Boren*

# SPRING, BETTER KNOWN AS THE SEASON OF MAKING ALL THE CRAZINESS WORK FOR ALL THE KIDS



**Stacy Tucker** Barbers Hill HS | TGCA Track Committee Chair

You know that section of the calendar that begins after the Valentine's Day cards have been passed out, continues on through March's much anticipated Spring Break, and finishes out with April's showers that are rumored to bring us May's flowers? To most Texans, those few weeks are known as the final days of "winter" and the welcome of spring, a season characterized by rising temperatures, more daylight hours, time spent outside, and rebirth of all Mother Nature's wonders! However, those of us in the world of education more commonly identify this time-period as the unholy convergence of almost any and all school and extracurricular event possible. There's basketball, golf, soccer, softball, swimming, tennis, track, and wrestling, not to mention ACT/SAT exams, AP prep, cheer competitions and try-outs, dance spring shows, debate tournaments/UIL academic meets, one-act plays, PROMS, robotic contests, stock shows, and the



photo courtesy Gary Fletcher

piece de resistance-STAAR. Moreover, let us not forget, that our kids also participate in club sports, have homework, hold jobs, provide service to their communities, and try to spend time with their families. I repeat, unholy convergence! In schools small and large, the perplexity of late winter/early spring is trying to strike the right balance between everything kids want and need to do and the success of individual extracurricular programs.

Coaching cross-country and track at a mid-size 5A high school, I still share athletes with almost every group

or situation previously cited. While the level of sharing is not that of a smaller school, it has been commonplace over my 12 years. The factor we have found to be most vital in successfully sharing athletes is communication. When a coach is sharing an athlete with another sport or event, they must be stay in contact with other coaches/sponsors, parents, and the child. An initial schedule can be devised and agreed upon, but we have found that life rarely goes exactly as planned. Weekend check-ins to line out the upcoming week are what we have

found to be most informative and productive, but there are also singular instances where daily communication is necessary. In the current age of technology, there is really no excuse not to stay in touch with an athlete, parents, or other coaches. We utilize phone calls, e-mails, gradebook messages, texts, and apps like GroupMe and Remind. The key is for all involved to be on the same page; otherwise, confusion and frustration reign supreme.

My fellow coaches and myself have honed our sharing systems over time and still tweak them yearly based on each unique situation. What I have discovered is that there is not an all-encompassing plan that will be conducive to everyone at every school. Each athlete and group of coaches has to determine exactly what plan of action works best for them. Enter the discussions with an open mind and real-

**Continued on Page 2**



photo courtesy Keith Pierce



photo courtesy Melissa Pabon

# MEET THE NEW TGCA STAFF, KATHY SCHIEFFER



**Kathy Schieffer | TGCA Data Entry/Office Assistant**

I am a Mother of 4 grown children whom I am proud to say are College graduates and productive members of society! I married my high school sweetheart in August of 1987, he is still the love of my life. I

have 3 English bulldogs and 1 cat who thinks he is a dog! I love God, family, good food and I love to travel! My latest trip was to Budapest and my next destination is a mission trip to Africa. I grew up in Fal-

lon, Nv (just south of Reno) but Austin, TX has been my home for 23 years and I plan to spend the rest of my days here! I love Texas! I am so happy and blessed to be working here at Texas Girls Coaches

Association (TGCA). I love the wonderful team I work with and the great coaches. I am looking forward to the clinics this summer, when I will meet the awesome coaches I talk to every day!

## SPRING, BETTER KNOWN AS THE SEASON OF MAKING ALL THE CRAZINESS WORK FOR ALL THE KIDS

**Continued from Page 1**

ize there MUST be give and take involved in these situations. Every coach wants the best for their program, but it is completely unfair and unprofessional for one activity or sport to attempt to bulldoze the other and not give any leeway. Decide what the absolute non-negotiables are and be willing to compromise in other areas. Athletes involved in multiple sports or events can be just as successful as their single-sport counterparts can and programs can benefit overall from their presence; the key is finding the best route to the destination.

Finally, always keep in mind who sharing is ultimately about...the athlete. As coaches, we have to leave our egos at the door when we make our plans and schedules to allow kids to participate in multiple events.



*photo courtesy Kevin Pope*

We have to remember that it is not about us, but finding a way for the athlete to take part in more than one activity they enjoy and highlights

their talents. Kids definitely need to realize they must be responsible, too. If they are not present when they should be, not adhering to

discussed schedules, or not communicating with coaches, those issues most certainly need to be handled. However, we must avoid being punitive and negative about other activities. In fact, try to be the athlete's biggest supporter, asking how the season is progressing, attending competitions if possible, and praising their successes.

Yes, spring is a crazy (unholy convergence) time, with kids being pulled in many directions, but they can participate in multiple things at once with willing planning and ardent communication. In the end, the majority of our kids' athletic careers will come to a close with high school graduation. They will have left contributions to the betterment of our programs, but more importantly, be left with memories of taking part in everything they loved and the coaches who worked diligently to make that happen.

## BASKETBALL COACHES OF THE YEAR



**Conf. 1A-2A-3A-4A:**  
Chance Westmoreland,  
Argyle HS



**Conf. 5A-6A:**  
Triva Corrales,  
Converse Judson HS

## BASKETBALL ATHLETES OF THE YEAR



**Conf. 1A-2A-3A-4A:**  
Rhye McKinney, Argyle HS  
(Coach Chance Westmoreland)



**Conf. 5A-6A:**  
Nyah Green, Allen HS  
(Coach Teresa Durham)



photo courtesy Rayneta Dotson



photo courtesy Richard Miles

## 2018-19 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2018-19, they are as follows:

**Track & Field** May 6, 2019  
**Tennis** May 13, 2019

**Golf** May 13, 2019  
**Softball** May 27, 2019

## AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

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

if your child or grandchild should ever go missing!

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

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

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

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



photo courtesy Garrett Graves

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](mailto:ajalridge@ailife.com). To view the letter online, visit [ailife.com/benefits/sgM9W](http://ailife.com/benefits/sgM9W).

# TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Stadium University of Texas at Austin | May 10-11, 2019

## Ticket Prices

All Meet Ticket .....	\$30.00
Friday Day Pass .....	\$20.00
Saturday Day Pass .....	\$20.00
Individual Sessions- Adult (NO RE-ENTRY) .....	\$12.00
Individual Sessions- Student, ages 2+ (NO RE-ENTRY) .	\$7.00
Coaches Ticket- All Meet (w/ identification).....	\$20.00

## Ticket Prices

Online ticket sales are available for purchase [here](#). Gates will open an hour before the first event each day. Ticket sales onsite will be cash or credit card. An ATM will be onsite at Gates 1 & 4.

## Parking

UT Parking & Transportation Services administrates all parking rules and fees. Discounted Event Parking Manor Garage Only (Click & Park) [utparking.clickandpark.com](http://utparking.clickandpark.com)

### FRIDAY, MAY 10<sup>th</sup>

#### SESSION #1 – CONFERENCES 1A, 3A, 5A & WC FIELD EVENTS

8:00am - FIELD EVENTS				
Time	Event	Location	Conference	Division
8:00am	Discus	R-1	1A	G
10:00am	Discus	R-1	1A	B
12:00pm	Discus	R-1	3A	G
2:00pm	Discus	R-1	3A	B
4:00pm	Discus	R-1	5A	G
6:00pm	Discus	R-1	5A	B
8:00am	Shot Put	R-2	3A	G
9:30am	Shot Put	R-1	3A	B
10:00am	Shot Put	R-2	5A	G
11:30am	Shot Put	R-1	5A	B
12:00pm	Shot Put	R-3	WC	G
1:30pm	Shot Put	R-1	1A	G
2:00pm	Shot Put	R-3	WC	B
3:30pm	Shot Put	R-1	1A	B
8:00am	Pole Vault	P-1	1A	B
8:00am	Pole Vault	P-2	5A	G
10:30am	Pole Vault	P-2	3A	B
10:30am	Pole Vault	P-1	1A	G
1:00pm	Pole Vault	P-2	3A	G
1:00pm	Pole Vault	P-1	5A	B
8:00am	High Jump	P-1	5A	B
8:00am	High Jump	P-2	5A	G
10:00am	High Jump	P-1	3A	B
10:00am	High Jump	P-2	3A	G
12:30pm	High Jump	P-1	1A	B
12:30pm	High Jump	P-2	1A	G
8:00am	Long Jump	P-1	3A	B
8:00am	Long Jump	P-2	3A	G
9:45am	Long Jump	P-1	1A	B
9:45am	Long Jump	P-2	1A	G
11:30am	Long Jump	P-1	5A	B
11:30am	Long Jump	P-2	5A	G
1:15pm	Triple Jump	P-2	3A	B
1:15pm	Triple Jump	P-1	3A	G
3:00pm	Triple Jump	P-2	1A	B
3:00pm	Triple Jump	P-1	1A	G
4:45pm	Triple Jump	P-2	5A	B
4:45pm	Triple Jump	P-1	5A	G

#### SESSION #1 – 3200m

8:00am - TRACK EVENTS – 3200m only			
Time	Event	Conference	Division
8:00am	3200m	1A	G
8:20am	3200m	1A	B
8:40am	3200m	3A	G
9:00am	3200m	3A	B
9:20am	3200m	5A	G
9:40am	3200m	5A	B

#### SESSION #2 – CONFERENCES 1A, 3A, 5A & WC TRACK EVENTS

5:30pm - TRACK EVENTS	
Time	Event
5:30pm	400m Relay
6:00pm	800m Run
6:35pm	100m Girls Hurdles & 110m Boys Hurdles
7:05pm	100m Dash
7:35pm	100m Wheelchair
7:45pm	800m Relay
8:15pm	400m Dash
8:25pm	400m Wheelchair
8:55pm	300m Hurdles
9:25pm	200m Dash
9:55pm	1600m Run
10:25pm	1600m Relay

### SATURDAY, MAY 11<sup>th</sup>

#### SESSION #3 - CONFERENCES 2A, 4A & 6A FIELD EVENTS

8:00am - FIELD EVENTS				
Time	Event	Location	Conference	Division
8:00am	Discus	R-1	2A	G
10:00am	Discus	R-1	2A	B
12:00pm	Discus	R-1	4A	G
2:00pm	Discus	R-1	4A	B
4:00pm	Discus	R-1	6A	G
6:00pm	Discus	R-1	6A	B
8:00am	Shot Put	R-2	4A	G
9:30am	Shot Put	R-1	4A	B
10:30am	Shot Put	R-2	6A	G
12:00pm	Shot Put	R-1	6A	B
1:30pm	Shot Put	R-2	2A	G
3:00pm	Shot Put	R-1	2A	B
8:00am	Pole Vault	P-1	2A	B
8:00am	Pole Vault	P-2	6A	G
10:30am	Pole Vault	P-2	4A	B
10:30am	Pole Vault	P-1	2A	G
1:00pm	Pole Vault	P-2	4A	G
1:00pm	Pole Vault	P-1	6A	B
8:00am	High Jump	P-1	6A	B
8:00am	High Jump	P-2	6A	G
10:00am	High Jump	P-1	4A	B
10:00am	High Jump	P-2	4A	G
12:30pm	High Jump	P-1	2A	B
12:30pm	High Jump	P-2	2A	G
8:00am	Long Jump	P-1	4A	B
8:00am	Long Jump	P-2	4A	G
9:45am	Long Jump	P-1	2A	B
9:45am	Long Jump	P-2	2A	G
11:30am	Long Jump	P-1	6A	B
11:30am	Long Jump	P-2	6A	G
1:15pm	Triple Jump	P-2	4A	B
1:15pm	Triple Jump	P-1	4A	G
3:00pm	Triple Jump	P-2	2A	B
3:00pm	Triple Jump	P-1	2A	G
4:45pm	Triple Jump	P-2	6A	B
4:45pm	Triple Jump	P-1	6A	G

#### SESSION #3 – 3200m

8:00am - TRACK EVENTS – 3200m only			
Time	Event	Conference	Division
8:00am	3200m	2A	G
8:20am	3200m	2A	B
8:40am	3200m	4A	G
9:00am	3200m	4A	B
9:20am	3200m	6A	G
9:40am	3200m	6A	B

#### SESSION #4 – CONFERENCES 2A, 4A & 6A TRACK EVENTS

5:30pm - TRACK EVENTS	
Time	Event
5:30pm	400m Relay
6:00pm	800m Run
6:35pm	100m Girls Hurdles & 110m Boys Hurdles
7:05pm	100m Dash
7:35pm	800m Relay
8:05pm	400m Dash
8:35pm	300m Hurdles
9:05pm	200m Dash
9:35pm	1600m Run
10:05pm	1600m Relay

# GOLF STATE CHAMPIONSHIPS

Austin, TX | May 13-14, 2019

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
Girls Conf. 6A.....	Legacy Hills Golf Club, Georgetown.....	\$10 (Cash Only) .....	\$50 Per Cart
Girls Conf. 5A.....	White Wing Golf Club, Georgetown.....	\$10 (Cash Only) .....	\$50 Per Cart
Girls Conf. 4A.....	Slick Rock Golf Course at Horseshoe Bay, Marble Falls .....	No Fee .....	\$50 Per Cart
Girls Conf. 3A.....	Grey Rock Golf Course, Austin.....	\$5 Per Day.....	\$30 Handicap Only w/ Placard
Girls Conf. 2A.....	Roy Kizer Golf Course, Austin.....	\$5 Per Day.....	\$30 Handicap Only w/ Placard
Girls Conf. 1A.....	Lions Municipal Golf Course, Austin .....	\$5 Per Day.....	\$30 Handicap Only w/ Placard



photo courtesy Jeffrey Williamson

### Ticket Prices

Admission to the golf state tournament (all locations) is free.

### Food/Drink

Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

### Cart Availability

Spectators may bring a personal cart with a \$25 trail fee at Legacy Hills and White Wing. Spectators may bring own cart for \$30 at Grey Rock, Roy Kizer and Lions Municipal. No personal carts allowed at Plum Creek.



photo courtesy Richard Miles

# TENNIS STATE CHAMPIONSHIPS

George P. Mitchell Tennis Center & Omar Smith Intramural Tennis Center  
Texas A&M University | May 16-17, 2019

### Ticket Prices

Student.....	\$7.00 per day
Adult.....	\$12.00 per day
All-Tournament.....	\$20.00
Coaches All-Tournament.....	\$17.00

### Parking

\$5/entry cash only. For RV reservations, please call Texas A&M Parking and Transportation at (979)862-2551. RVs will not be allowed to park in Lot 100d as this is a participant and official lot only.

### More Information

For more information on the 2018 UIL Tennis State Tournament, visit the UIL website at [uiltexas.org/tennis/state](http://uiltexas.org/tennis/state)

**TGCA**  
Download our new App!

Apple

Android

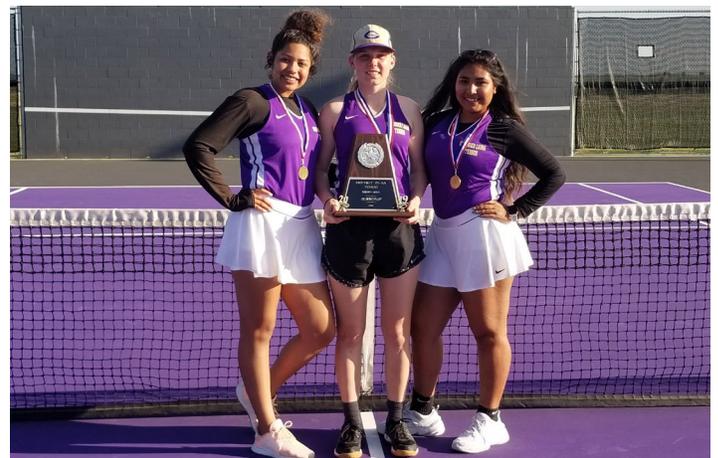


photo courtesy Andrea Dolan

# SOFTBALL STATE CHAMPIONSHIPS

**Red & Charline McCombs Field University of Texas at Austin | May 29 - June 1, 2019**  
**Dillon Softball Field University of Mary Hardin-Baylor | May 31, 2019**

## Ticket Prices

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

Ticket sales for each session will begin one hour before the allotted session is scheduled to begin. Each ticket will allow admittance for ONE SESSION. There are 13 Sessions Wednesday through Saturday of the state tournament at McCombs (UT) and 1 session on Friday at Dillon Field (UMHB). Session breakdown is denoted on the Tournament Schedule. Each 5A & 6A semifinal game and all final games will be its own session.

For more information on public parking for the 2019 UIL Softball State Tournament, visit the UIL website at [uiltexas.org/softball/state](http://uiltexas.org/softball/state)

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



photo courtesy Ashley Spradley

## TEXAS SPORTS WRITERS ASSOCIATION ALL-STATE SOFTBALL

The deadline to nominate players for the Texas Sports Writers Association All-State Softball Team is the Tuesday after the UIL State Softball Tournament (June 4).

To nominate players, please send information to Jack Stallard via email: [jstallard@news-journal.com](mailto:jstallard@news-journal.com)

Information must include:

**Player(s)**

**School**

**Classification of school** (PLEASE INCLUDE THIS. I KNOW MOST, BUT NOT ALL)

**Position** (If a player played several spots, please tell me what position you feel she should be nominated for. If she played multiple positions, you might want to consider nominating her for Utility player)

**Final season stats** (This year only. Not career totals. Feel free to let me know if she has signed or pledged to a college)

**PLAYERS DO NOT HAVE TO BE SENIORS**

**THIS IS NOT THE SAME AS TGCA SOFTBALL ALL-STATE**

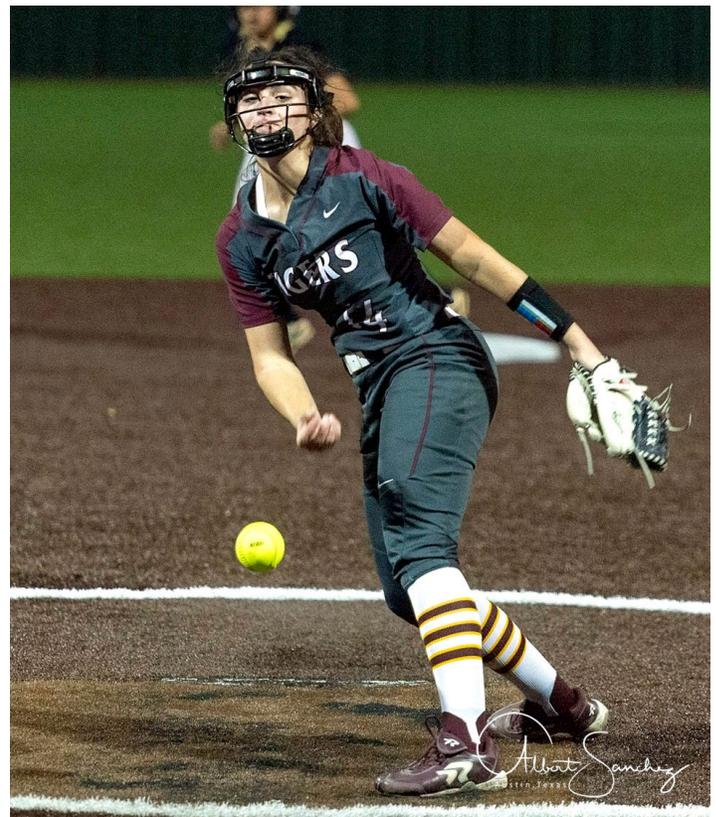


photo courtesy Wade Womack



Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

Exhibitors are encouraged to reserve booth space now as booths are available on a first come-first serve basis.

## Exhibit with us!

The only statewide organization in Texas composed of girl's athletics, designed for coaches of girls athletics, and governed by coaches of girls' athletics.

TEXAS GIRLS COACHES ASSOCIATION  
SUMMER CLINIC AND EXHIBITION  
JULY 9 & 10, 2019  
ARLINGTON CONVENTION CENTER

10'X10' BOOTH: \$450  
ANY ADDITIONAL: \$400

A standard booth comes with a space consisting of a curtained back wall, 8 feet in height and dividing side rails 3 feet in height. The standard booth will be 10' x 10' including a 6 foot skirted table with 2 chairs.

Questions? Need more info?  
Contact Exhibitor Coordinator

Lisa Rodriguez

[lisa@austingca.com](mailto:lisa@austingca.com)

(512) 708-1333 Ext 221

[www.austingca.com](http://www.austingca.com)

# \*2019-20 DUES AND FEES INCREASE\*

The TGCA Board of Directors has approved a fees and dues increase beginning February 1, 2019. This will be effective for the 2019-20 membership year, beginning June 1. Membership renewal and all clinics registration will open online and by mail for the 2019-20

year on February 1st. If you still need to renew your membership for the 2018-19 year, which expires May 31, 2019, after February 1st, you will need to send in a paper form, which can be found on the website under the "Forms" category in the menu on the left-hand side of the

main page of the website. Be sure you select the 2018-19 form. Prices will remain the same for the remainder of the 2018-19 year, but you must send in the paper form.

## \*EXTREMELY IMPORTANT\*

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2019-20 year, beginning June 1, 2019, and ending May 31st, 2020. Please be sure that is what you intended to do.

### The fees and dues increase, effective February 1, are as follows:

Membership only - \$70.00

Summer Clinic before June 15 - \$65.00

Summer Clinic on or after June 15 - \$80.00 (\$15.00 late fee on or after June 15)

All Satellite Sports Clinics - \$80.00, which includes membership card for 2019-20

There is a \$2.50 processing fee when renewing online. This is charged to us by the online credit card company for each transaction that goes through, and is a pass-through from TGCA to the credit card company.

Please be sure to inform your business office of the increases.

# 2019 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER  
ATHLETIC & SPIRIT DIVISIONS  
JULY 8 – 11, 2019**

## 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, [austintgca.com](http://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 \$70.00 and Summer Clinic fee is \$65.00, for a total of \$135.00, if you do it before June 15th. Beginning June 15th, clinic late fee applies at

the cost of an extra \$15.00, making Summer Clinic fee \$80.00, and the total of both \$150.00. Be sure you get your registration in BEFORE June 15th to avoid the Summer Clinic late fee.

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.

## REGISTRATION FORMS

**Printable** registration forms for Summer Clinic and Membership renewal are located online at our website, [austintgca.com](http://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, “**2019-20** 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](mailto:tgca@austintgca.com).

## ON-SITE REGISTRATION

On-site registration will begin Monday, July 8th, at 2:00 p.m., in the Arlington Convention Center, 1200 Ballpark Way. Registration is moving into Room E-3, which is adjacent to the Exhibit Hall. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also. You will need your clinic badge if attending the UIL Coaches Certification Program lectures, as badges will have to be scanned for UIL 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.

## 2019 SUMMER CLINIC HOTELS AND RATES

### HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 11th. Go to the TGCA website, [austintgca.com](http://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.

### HOTELS FOR SUMMER CLINIC (OPEN MARCH 11)

*These are the hotels TGCA will be using and the rates they have guaranteed TGCA. **You must go through the Hotel Reservation Services link to make your actual reservation, which will open March 11.***

### CROWNE PLAZA

700 Avenue H East  
\$129.00

### DOUBLETREE ARLINGTON DFW SOUTH

1507 North Watson Road  
\$129.00 (Double/Double)

### HILTON ARLINGTON

2401 East Lamar Blvd  
Standard King – Junior Suites - \$135.00  
Standard Double - \$145.00

### HILTON GARDEN INN DALLAS/ARLINGTON

2190 E Lamar Blvd  
\$ 132.00

### HOLIDAY INN ARLINGTON

1311 Wet N' Wild Way  
\$109.00

### LAQUINTA INN & SUITES DALLAS ARLINGTON NORTH

825 North Watson Road  
\$122.00

### SHERATON ARLINGTON

1500 Convention Center Drive  
\$135.00

We thank you for your continued support of TGCA and look forward to seeing you at the 67th TGCA Annual Summer Clinic in Arlington July 8-11.

# 2019 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER  
ATHLETIC & SPIRIT DIVISIONS  
JULY 8 – 11



photo courtesy Pete Vamvakas

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, with some lectures being held at the Sheraton Arlington, 1500 Convention Center Drive. 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. Brand new this year will be Texas Live open to TGCA Summer Clinic attendees and you are going to love the new venue! It is definitely family oriented.

All-Star activity schedules and venues can be found

on the website, [austintgca.com](http://austintgca.com), under the All-Stars tab in the menu across the top of the page.

The TGCA Honor Awards Banquet will be held Monday, July 8, 7:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 11th. 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 on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line 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 11th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, [austintgca.com](http://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 **"2019-20 Printable Membership Form"**.

The 2019 TGCA Summer

Clinic Agenda has been posted on the TGCA website, [austintgca.com](http://austintgca.com), and will be updated often as we progress toward Summer Clinic and 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 "2019 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2019 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



photo courtesy Jackie Livingston

## 2019 TGCA ALL-STAR INFORMATION

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

> [All-Star Itinerary](#)

> [All-Star Game Schedule](#)

# TGCA 2019 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2019. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, [austintgca.com](http://austintgca.com), under the "Forms" category and under the "Other Clinics" category,

both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to print, complete it and either

snail mail with a check, or fax (512-708-1325) or email ([tgca@austintgca.com](mailto:tgca@austintgca.com)) with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. Agendas

for all clinics will be available on the 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.

## 2019 REGION I & II LUBBOCK SPORTS CLINIC

Monterey High School  
3211 47th Street, Lubbock, Texas  
June 6

[Agenda](#)      [Registration Form](#)



## 2019 SUMMER CLINIC

Arlington Convention Center  
1200 Ballpark Way, Arlington, Texas  
July 8 - 11

Registration Forms and Agenda are located under the Summer Clinic Tab



## 2019 HOUSTON SPORTS CLINIC

George Ranch High School – Lamar CISD  
8181 FM 762, Richmond, Texas  
June 12 - 13

[Agenda](#)    [Administrators Agenda](#)    [Registration Form](#)



## 2019 EL PASO SPORTS CLINIC

TBD  
El Paso, Texas  
July 17

[Agenda](#)      [Registration Form](#)



## 2019 SAN ANTONIO SPORTS CLINIC

Pieper Ranch Middle School – Comal ISD  
1435 Borgfeld Drive, San Antonio, Texas  
June 14

[Agenda](#)      [Registration Form](#)



## 2019 CENTEX SPORTS CLINIC

Akins High School  
10701 S 1st Street, Austin, Texas  
September 21

[Agenda](#)      [Registration Form](#)



TEXAS STAR GOLF COURSE



## 2019 Hutcherson Flying Queens Golf Tournament

***Texas Star Golf Club***

**Monday Morning July 8, 2019**

**7:30 am registration - 4 Person Scramble**

**Shotgun Start -9 am**

**Lunch Included –Awards Afterwards**

1400 Texas Star Parkway

Eulless, TX 76040

817-685-7888

*For More Information call*

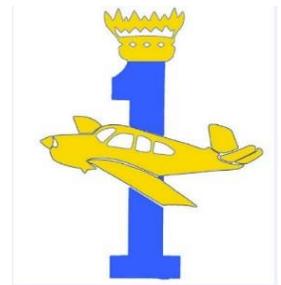
*Betty Donaldson (972) 658-9964 or Cherri Rapp 512-736-9488*

Website - [tinyurl.com/hutcherson-flying-queens](http://tinyurl.com/hutcherson-flying-queens)

**Golf per Person - \$85**

- Green Fees, Cart, Range Balls, Lunch
  - Prizes for winning teams
  - Longest drive, Closest to hole

100% of net proceeds go to the Hutcherson Flying Queens Foundation



# 2019 Hutcherson Flying Queens

## Golf Tournament & Party Registration Form

Total

### I will attend the Luncheon

Number of people

\$15.00/Person

\_\_\_\_\_

\_\_\_\_\_

### I would like to be a Hole Sponsor

\$100.00

\_\_\_\_\_

This is what I want written on the Hole Sign

### I would like to Play Golf

Number of people

\$85.00/peperson

\_\_\_\_\_

\_\_\_\_\_

### TOTAL AMOUNT PAID

\$

\_\_\_\_\_

These are my teammates and handicap (approx score they shoot, if they don't have handicap)

Name

Handicap or Approx score  
you shoot

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I would Like to be a TOURNAMENT SPONSOR ----download the Sponsor Form

[Website - tinyurl.com/hutcherson-flying-queens](http://tinyurl.com/hutcherson-flying-queens)

Mail to

Cherri Rapp

2913B Lovell Dr

Austin, TX 78723

e-mail to

[Cherri@rapp-lcc.com](mailto:Cherri@rapp-lcc.com)

# FLYING QUEENS REUNION

## IN CONJUNCTION WITH THE TEXAS GIRLS' COACHES ASSOCIATION CLINIC

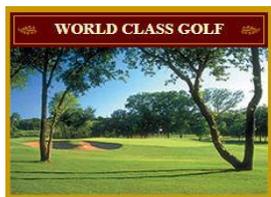
**MONDAY, JULY 8, 2019**  
**GOLF TOURNAMENT 9:00 AM**  
**\$85.00 – INCLUDES LUNCH**  
**LUNCH 12:00 NOON – 3:00 PM**  
**\$15.00 FOR NON-GOLFERS**  
**VISIT AND RE-CONNECT WITH**  
**TEAMMATES AND FRIENDS**

**TEXAS STAR GOLF**  
 1400 Texas Star Parkway  
 Euless, Texas 76040

For Those Not Attending the TGCA Clinic  
 Rooms are available at  
 Courtyard Marriott Arlington  
 1500 Nolan Ryan Expressway  
 Arlington, Texas  
 817.277.2774  
 July 7,8,9  
 2 Queen Beds - \$109 Rm  
 Release date June 15, 2019

Please let Cherri Rapp at [cherri@rapp-lcc.com](mailto:cherri@rapp-lcc.com) know if you plan to attend by Friday, June 15, so we can get a guest count for the lunch.

### 2019 Hutcherson Flying Queens Foundation Golf Tournament



**Tournament Sponsor Information**  
**Monday July 8th, 2019**  
**Registration 7:30 am Shotgun Start at 9 am**  
**Texas Star Golf Club - Euless, TX**

[tinyurl.com/hutcherson-flying-queens](http://tinyurl.com/hutcherson-flying-queens)



Platinum (\$ 1,000)	Gold (\$ 750)	Silver (\$ 500)	Hole Sponsor (\$ 100)
<b>Banner Prominently Displayed at the Tournament on a SINGLE BANNER as a PLATINUM SPONSOR</b>	<b>Banner Prominently Displayed at the Tournament as a GOLD SPONSOR</b>	<b>Name displayed on the Tournament Sponsor Banner as a SILVER SPONSOR</b>	<b>Sign on a Hole at the Course</b>
Logo on Brochures and Flyer Logo on Brochures and Flyer	Logo on Brochures and Flyer	Logo on Brochures and Flyer	
<b>PLUS One Team (4 players)</b>	<b>PLUS One Team (4 players)</b>	<b>PLUS (2 players)</b>	

Sponsors may have personnel at their sponsored hole to interact with the players and provide information and items that would benefit the Sponsor

Platinum Sponsor	Banner to Read	
Gold Sponsor	Banner to Read	
Silver Sponsor	Banner to Read	
Hole Sponsor	Sign to Read	

**Total** \_\_\_\_\_

Your Name \_\_\_\_\_

Company Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail \_\_\_\_\_



**Make Check Payable to:**  
**Hutcherson Flying Queens Foundation**  
**2913B Lovell Dr**  
**Austin, TX 78723**  
 Betty Donaldson - (972) 658-9964  
 Cherri Rapp - (512)-736-9488

# 10

# THINGS TO KNOW ABOUT ALLERGIES

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 Life isn't always fair.** In yet another example that bad things can happen to anyone, even good people, at least one in five Americans has an allergy. An allergy is a response by the body's immune system to something that's typically harmless, for example, pollen, mold, animal dander, certain foods, or things that irritate the skin. These triggering substances are referred to as allergens. Their importance can be better understood if you consider the fact allergies are the sixth largest cause of chronic illness in the United States.

**2 Cause and effect.** The symptoms of allergy sufferers depend on how they've been exposed — through the air, on their skin, by the food they consumed, or by an insect sting. The common symptoms of a nasal allergy are itchy, watery eyes; sneezing; an itchy, runny nose; and a feeling of fatigue or illness. The typical symptoms of a skin allergy include rashes and hives. In turn, stomach cramps, vomiting, and diarrhea are symptoms of food-related allergies. On the other hand, if the trigger for a person's allergy was an insect sting, swelling, redness, and pain at the point of the sting are the normal symptoms.

**3 Blame your parents.** Although environmental factors may contribute to higher pollen levels, that's only part of the problem. In fact, you can be prone to allergies because of your inherited genes. Genetically speaking, if one of your parents has allergies, you have a 50/50 chance of having allergies. If both of your parents have allergies, your odds increase to 75%. Even if neither parent is

allergic, you still have a small chance you might get them.

**4 Why do it do what it do?** The immune system of the body has an essential role in protecting the body. In that capacity, it defends the body from unwanted invaders that can harm a person, such as bacteria and viruses. On the other hand, when it makes war on substances it shouldn't, that's an allergy.

**5 'Tis the time for misery.** Just as the chilly days of winter start to get longer and warmer, and people stop being conduits for colds and flu, the misery begins anew with the advent of allergy season. More than 3 million Americans experience a seasonal allergy annually. Although different people have different allergens, the most common seasonal allergens are tree, grass, and weed pollen as well as ragweed.

**6 Who, what, and why.** In reality, anyone can have an allergy. A person can develop an allergy as a child or might not become allergic to something until adulthood. Similarly, some people are sensitive to certain allergens, whereas most other individuals aren't. Other than genetics, a person's level of exposure to a specific allergen also can play a part. All factors considered, the more intense (i.e., how often and to what degree) the exposure, the more likely the individual will be allergic.

**7 Smell the roses.** As a rule, flower bouquets do not precipitate allergies. In other words, flowers are typically not to blame when a person's seasonal allergies hit. Most people are not allergic to the pollen in flowers, which is relatively heavy. As

such, it doesn't travel as far or as easily as the smaller, lighter pollen particles in grasses, weeds, and trees, which tend to lead to allergy problems.

degree. In that regard, three of the most common ways to find relief from allergy symptoms are antihistamines (a mainstay for treating sneezing, a runny nose, as well as itchy eyes); decon-

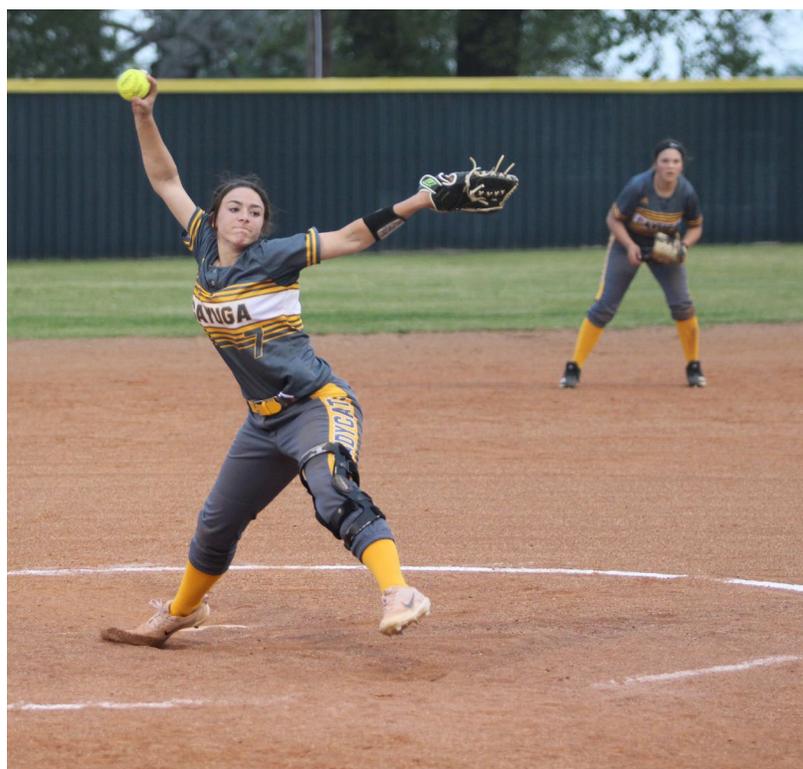


photo courtesy Kaylee Sims

**8 Nuts are not #1.** Egg is the most common food allergy, whereas nuts are commonly associated with the more severe allergic reactions. Even a relatively small amount of nuts can provoke an acute reaction, often within minutes of exposure. In fact, people can be allergic to a variety of foods, including eggs, milk, peanuts, seafood, sesame, soy, and wheat.

**9 Not going to happen.** Most allergies can't be cured, although an allergy sufferer's misery often can be managed, to a

gestants (help relieve nasal congestion); and allergy shots (help get the body used to allergens).

**10 Something to worry about.** Allergies can be more than simply an irritant. Not only can they involve uncomfortable symptoms (e.g., itchy rash, hives, diarrhea, etc.), they also can have a substantial impact on your life (e.g., interfere with your sleep, cause irritability, interrupt your ability to think clearly, etc.). In fact, on rare occasions, some allergies can be potentially life threatening.



## **Texas Golf Celebration**

*A celebration of cancer survivors and thrivers...*

**Where: Falconhead Golf Club | Austin, Texas**

**When: Saturday, June 1, 2019**

**Time: Shotgun start at 8 a.m.**

**Format: Texas Shootout**

**Price: \$200/Player | \$800/Foursome**

*Proceeds benefit the Kay Yow Cancer Fund*

**Register at [KayYow.com](http://KayYow.com)**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 <b>Softball:</b> Area Deadline
5	6 <b>TGCA:</b> Track & Field Nomination deadline, NOON	7	8	9 <b>TGCA:</b> Track & Field Committee Meeting, 7:00 p.m.	10 <b>TRACK &amp; FIELD STATE MEET</b> <b>TGCA:</b> Sub-Varsity Committee Meeting, 1:00 p.m.	11 <b>TGCA:</b> Track & Field All-State Committee Meeting, 8:00 a.m. <b>Softball:</b> Regional Quarterfinal Deadline
12	13 <b>GOLF: GIRLS STATE TOURNAMENT</b> <b>TGCA:</b> Golf & Tennis Nomination Deadlines, NOON	14	15	16 <b>TENNIS: STATE TOURNAMENT</b>	17	18 <b>Softball:</b> Regional Semifinal Deadline
19	20	21	22	23	24	25 <b>Softball:</b> Regional Deadline
26	27 <b>TGCA OFFICE CLOSED</b> <b>TGCA:</b> Softball Nomination Deadline, NOON	28	29	30 <b>SOFTBALL: STATE TOURNAMENT</b> <b>TGCA:</b> Softball All-State Committee, 8:00 a.m.	31 <b>TGCA:</b> Softball All-State Committee, 8:00 a.m. <b>TGCA:</b> Softball Committee Meeting, 8:00 a.m.	

## 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 Beau Burnett

# THANKS TO OUR SPONSORS

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## TGCA NEWS

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

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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.



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