



# TGCA NEWS

JANUARY 2019



## 2018-2019 TGCA OFFICERS



**President of TGCA**  
Jason Roemer  
Lake Dallas HS



**1st Vice President**  
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Clear Springs HS



**2nd Vice President**  
Brad Blalock  
Frisco Centennial HS



**Past President**  
Kriss Ethridge  
Lubbock Coronado HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant Executive Director**  
Lee Grisham  
TGCA Office



**FEATURE ARTICLES**

**What if You Were King for a Day?**

By Jason Roemer, TGCA President  
**PAGES 1-3**

**10 Health Mistakes That Even Smart People Occasionally Make**

By James A. Peterson, Ph.D., FACSM  
**PAGE 10**

**Hard Days, Hopeful Endings**

Kay Yow Cancer Fund  
**PAGE 11**

**ALSO INSIDE**

TGCA Track & Field Committee.....1  
 TGCA Softball Committee..... 2  
 Meet the TGCA Staff.....3  
 TGCA Career Victories .....4  
 Sub-Varsity Years of Service.....4  
 UIL Swimming & Diving State Championships. 5  
 2019-20 Dues and Fees Increase..... 5  
 UIL Wrestlingl State Championships ..... 6  
 AD&D Benefit ..... 6  
 UIL Girls Basketball State Championships .....7  
 2019 TGCA Summer Clinic ..... 8  
 2019 TGCA Clinic Dates ..... 8  
 Nomination Deadlines .....4  
 Membership Renewal & Clinic Registration .9-10  
 Important Dates .....13  
 Hotel Direct Links.....13  
 TGCA Profile Update.....13  
 Sponsors.....14

cover photo courtesy Shannon Lindsey  
 left photo courtesy Cheryl Lack

# WHAT IF YOU WERE KING FOR A DAY?



**Jason Roemer** Lake Dallas HS | TGCA President

**What has been the coaching/leadership buzzword of the last five years? RELATIONSHIPS**

I have had the honor and privilege of coaching and teaching for four school districts over the past twenty years. I am currently in my second school district in the past three seasons. I have read a lot of books and talked to a lot of coaches over the past three seasons about taking over a program and the recurring advice I have received over and over is to create meaningful relationships quickly. How do you do that?



photo courtesy Amie Tennyson

According to Performance Coaching International (1) the first area that can be attributed to successful relationships is communication. The author goes on to pinpoint the fol-

lowing steps to encourage open and honest communication:

1. Letting the individual know that talking about their issues is important.

2. Being open and encouraging the individual to share things that are important to them.

3. Asking questions.

When I read books, the book comes to life if I can relate the situation to my life experiences. While reading this article, I recalled perhaps one of the most enlightening leadership exercises I have lived. Three and a half years ago, I was elected to serve on the Executive Committee of the Texas Girls Coaches Association. At some point during my first year as Sec-

**Continued on Page 2**

## TRACK & FIELD COMMITTEE

COACH	SCHOOL	CONF.	REG.
Stefani Shortes	Frenship HS	6A	1
Ray Baca	Canyon HS	4A	1
Phyllis Pappas	Rider HS	5A	2
Sunni Strickland	Forsan HS	2A	2
Miranda Wilson	Nelson HS	6A	3
Melinda Malone	Alvarado HS	4A	3
Stacey Shope	Frisco HS	5A	4
Rae Holden	Leonard HS	3A	4
Stacy Tucker*	Barbers Hill HS	5A	5
Rayford Sweats	Corrigan-Camden HS	3A	5
Peter Martin II	Lake Travis HS	6A	6
Sharon Carter	Bellville HS	4A	6
Brandi Bode	Warren HS	6A	7
Cully Doyle**	Gonzales HS	4A	7
Tracey Borchardt	Odessa HS	6A	8
Dan Aldrich	Fredericksburg HS	4A	8

\*Chair \*\*Vice Chair



# WHAT IF YOU WERE KING FOR A DAY?

Continued from Page 1

ond Vice President, while at a lunchtime meeting with University Interscholastic League staff, Dr. Charles Breithaupt looks at me and says, “Jason, you are King for the Day, you are in charge of the UIL, what would you change?”

I’m sure as you read that question... your mind is popping off all kind of ideas how you would answer that question. We all have a long list of how we would answer that question, right? Realignments, PAPP’s, summer coaching, parents, officials... What would you change? As I type this newsletter article, I honestly cannot tell you how I answered the question. I obviously failed as King for the Day as none of the new rule changes that have come in the last three years have

been my idea. I can remember, as I drove home that weekend from Austin, the uncomfortable feeling in my stomach, the sweaty palms, and the shortness of breath that came about by being put on the hot seat. I also remember wondering why Dr. Breithaupt would ask that question. Then it hit me. What better way to find out what’s important or what needs to be improved upon in any organization? You simply ask a player in the game what they would change. I was thinking of all the people I could ask that question to and what kind of responses I would get. You will learn important things about the culture and systems of your organization by asking someone, “You’re King or Queen of the Day, what would you change?”

Outside of being put on

the spot and feeling terrible, I felt important that day, I felt like I had a voice and I felt like I made a change. I am one of 10,000 plus coaches under the UIL umbrella in our state, and I realized that day the coaches in the UIL have a voice. We need a voice. If you’re a principal and you ask that question to teachers, they have a voice and need a voice. If you’re a coach and you ask that question to an assistant coach, if you ask that question to a player, if you ask that question to a parent... they all have a voice and need a voice. I have asked that question to all of the above and learned a lot about the culture and systems in my organization. I have found out the following: players wanted to be pushed harder in our weight room, parents need to know more about the de-

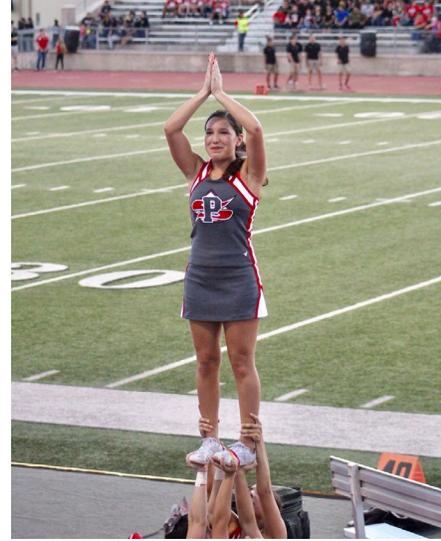


photo courtesy Marissa Briseno

tails of our daily functions of the program, players wanted more team building activities to grow closer as teammates. You never know what you will find out, but I promise you, the people you ask will feel more valued by being asked and your relationship will grow with that person.

Two seasons ago as I was beginning as Head Volleyball Coach at Kerrville Tivy High

Continued on Page 3

# SOFTBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Liz White	Lubbock Cooper HS	5A	1
Michael Rose	Bushland HS	3A	1
Stacey Herring	Abilene Cooper HS	5A	2
Reagan Sewell	Clyde HS	3A	2
Amber Cottingham	Creekview HS	5A	3
Scott Mann**	Springtown HS	4A	3
Jeremy Green	Denison HS	5A	4
Lance Cherry	Tom Bean HS	2A	4
Audra Troutman	Klein Collins HS	6A	5
Michael Scoggin	Corrigan-Camden HS	3A	5
Billy Coleman*	Lake Travis HS	6A	6
Gilbert Price	Schulenburg SS	3A	6
Melanie Morales	Warren HS	6A	7
Jaime Cano	Woodsboro HS	2A	7
Kristin J. Williams	Permian HS	6A	8
Jeffery Vasquez	Harper HS	2A	8

\*Chair \*\*Vice Chair



# MEET THE TGCA STAFF



**Lisa Rodriguez | TGCA Administrative Support Assistant**

I am a quick-witted, very funny, charming Aries born March 1990 in Fort Hood, TX. My parents are retired Army Vets who served upwards of 18 years each. After many moves stateside and abroad, they retired and moved to Copperas Cove, TX. I graduated

from Copperas Cove High School in 2008. As a Bulldog I played Basketball and Track and Field. After graduation I attended Central Texas College. The following year I found myself being shipped off to San Antonio to pursue my Air Force career. I spent 2 years

as an In-Flight Refueler and the next 4 as an Intelligence Analyst, where I traveled all over the world. I moved back to Texas in 2017. I am a proud pet mom of a beautiful 2-year old pit mix named Skooby-Doo. We love to go to dog parks, long hikes and to play

in the sprinklers. When I am not enjoying my time with him I am at the pool enjoying the sun or playing with my beautiful 1-year old niece Lilliana. As of January 2019, I have been added to the TGCA family where I work as the Administrative Support Staff.

## WHAT IF YOU WERE KING FOR A DAY?

**Continued from Page 2**

School, I asked an incoming senior what they would change. Her answer was, “We need to fix after games, no one rides the bus home, we all go our separate ways and it really hurt team chemistry.” I have always made teams ride the bus home, but now I would not relent and make it mandatory in our program. Fast forward to my last week at Tivy High School last May. While telling good-byes, an incoming senior and junior are in my office where I’m giving them advice on the

transition to a new coach... “be open to new ideas from new coach, be communicative, tell her what you feel has worked and what you feel like needs changed.? The senior looks me in the eye and says, “Do you know what the best thing you did for us?” I almost fell out of my chair. She was about to tell me how I impacted her life in the best way, this was going to be a big moment! She stated, “You made us all ride the bus home after games.” We were coming off one of the most historic seasons in Tivy Volleyball history

that ended in the Regional Finals, and the best thing I did for them was to make them ride the bus home! Talk about an ego blow to a coach! I laughed and probably cried at the same time. But what a testimony to the fact that you never know what little things we do as coaches that will have an impact. She went on to say that dance parties on the bus and the the late nights at Whataburger had a huge impact on how they grew closer and were willing to battle for each other on the court.

I never told her that riding the bus home after games was not my idea. It was a graduated senior who gave me that idea, because I asked her what she would change if she was Queen of the Day.

Thank you to the UIL Staff and thank you to Dr. Charles Breithaupt for giving the Texas Girls Coaches Association and the coaches in our state a voice.

1. *Performance Coaching International*, [performance-coachinginternational.com/coaching-and-relationships/](http://performance-coachinginternational.com/coaching-and-relationships/)



photo courtesy Shannon Lindsay



photo courtesy Jaci Pippen

# TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation.



photo courtesy Chelsea Lively

## VOLLEYBALL

Coaches will receive certificates when they reach their 300<sup>th</sup> and 400<sup>th</sup> career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

## BASKETBALL

Coaches will receive certificates when they reach their 300<sup>th</sup> and 400<sup>th</sup> career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

## SOCCER

Coaches will receive certificates when they reach their 300<sup>th</sup> and 400<sup>th</sup> career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

## SOFTBALL

Coaches will receive certificates when they reach their 300<sup>th</sup> and 400<sup>th</sup> career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

## TRACK & FIELD AND CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. **Note:** Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

## GOLF

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship



photo courtesy Denise Dacus

Deadline for submitting accomplishments is May 30  
Revised by vote of the Board of Directors March 2, 2014

## SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Banquet at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Tex-

as Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Var-

sity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year in a Word, Excel or email document. Schools and years coached there must be listed.

# SWIMMING & DIVING STATE CHAMPIONSHIPS

Lee and Joe Jamail Texas Swimming Center Austin, TX | February 15-16, 2019

## Friday, February 15

6A Swimming Prelims and Diving Prelims..... 10:00 AM  
5A Swimming Prelims and Diving Prelims..... 5:30 PM

## Saturday, February 16

6A Swimming Finals and Diving Finals..... 9:30 AM  
5A Swimming Finals and Diving Finals..... 3:30 PM

### Tickets

Student.....\$7.00 per session  
(NO RE-ENTRY)  
Adult..... \$12.00 per session  
(NO RE-ENTRY)  
All-Meet..... \$30.00

Tickets will go on sale one hour prior to the session.

- The Swim Center will be cleared after each session.
- No outside food or drinks are allowed in the Swim Center.

### Parking

Please review the [University of Texas](#)

### Parking Maps

prior to your arrival. Vehicles that park in UT parking permit required areas without a permit will receive a citation.

### Live Streaming

Using live streaming sites including Facebook Live, Instagram Live, Twitter Live and YouTube Live to stream the game is strictly prohibited and in direct violation of the UIL's agreement with its broadcast partners. Please notify media, fans and parents of this policy.

### Signs

Signs and banners may not be attached

to the walls or railings anywhere in the Jamail Texas Swimming Center.

### Food and Beverages

Food and beverages are restricted to the concession area. Teams may bring in 1 cooler each. Glassware may not be brought into the Texas Swimming Center at any time.

### Programs

Programs will be on sale inside the Texas Swim Center on the upper seating levels for \$5. Heat and lane assignments will be included. Final heat sheets will be on sale Saturday for \$2.00.

## \*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.

# WRESTLING STATE CHAMPIONSHIPS

Berry Center Cypress, TX | February 22-23, 2019

## Friday, February 22

5A/6A Boys Weigh-in .....	7:30 AM
5A/6A Boys Championship Round 1 .....	9:00 AM
5A/6A Girls Weigh-in .....	10:00 AM
5A/6A Girls Championship Round 1 .....	11:30 AM
5A/6A Boys Championship Quarterfinals .....	1:30 PM
5A/6A Boys Consolation Round 1 .....	1:30 PM
5A/6A Girls Championship Quarterfinals .....	4:00 PM
5A/6A Girls Consolation Round 1 .....	4:00 PM
5A/6A Boys Consolation Round 2 .....	5:30 PM
5A/6A Girls Consolation Round 2 .....	6:45 PM

## Saturday, February 23

5A/6A Boys Weigh-in .....	7:00 AM
5A/6A Boys Championship Semifinals .....	8:30 AM
5A/6A Boys Consolation Round 3 .....	8:30 AM
5A/6A Girls Weigh-in .....	9:00 AM
5A/6A Girls Championship Semifinals .....	10:30 AM
5A/6A Girls Consolation Round 3 .....	10:30 AM
5A/6A Boys Consolation Semifinals .....	12:00 PM
5A/6A Girls Consolation Semifinals .....	1:00 PM
5A/6A Boys/Girls 3rd & 5th Place Matches .....	2:30 PM
5A/6A Boys/Girls Championship Matches .....	4:45 PM

### Tickets

Student Single Day (ages 2-18).....	\$7.00
Adult Single Day .....	\$12.00
Coaches/Officials All-Tournament (must show ID).....	\$17.00
All-Tournament.....	\$20.00

Doors open and tickets sales begin 1 hour prior to competition (no pre-sales). **CASH ONLY! Credit cards will not be accepted.**

### Parking

Parking at the Berry Center will be free of charge.

### Food and Drinks

No outside food or drink may be brought into the facilities.

### Noisemakers/Signs

No artificial noisemakers or large signs/banners are allowed in the facilities.

### Awards

The top three finishers in each weight class will receive medals. The top two teams will receive trophies or plaques.

**Girls' Awards Presentations:** Awards will be presented upon completion of

wrestling in the first three weight classes. Girls 95 lb. weight class awards will be presented upon completion of the 110 lb. weight class. Awards for 102 lb. weight class will be presented following the 119 lb. weight class, etc.

**Boys' Awards Presentations:** Awards for the boys will follow the same schedule. Awards for 106 lb. weight class will be presented following the 120 lb. weight class. Awards for the 113 lb. weight class will follow the 126 lb. weight class, etc.

## 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



photo courtesy Kathleen McLaurin

to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL

has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or [ajalridge@ailife.com](mailto:ajalridge@ailife.com). To view the letter online, visit [ailife.com/benefits/sgM9W](http://ailife.com/benefits/sgM9W).

# GIRLS BASKETBALL STATE CHAMPIONSHIPS

Alamodome San Antonio, TX | February 28 - March 2, 2019

## Thursday, February 28

Session 1  
 Conference 1A Semifinal ..... 8:30 AM  
 Conference 1A Semifinal ..... 10:00 AM

### Session 2

Conference 3A Semifinal ..... 1:30 PM  
 Conference 3A Semifinal ..... 3:00 PM

### Session 3

Conference 5A Semifinal ..... 7:00 PM  
 Conference 5A Semifinal ..... 8:30 PM

## Friday, March 1

Session 4  
 Conference 2A Semifinal ..... 8:30 AM  
 Conference 2A Semifinal ..... 10:00 AM

### Session 5

Conference 4A Semifinal ..... 1:30 PM  
 Conference 4A Semifinal ..... 3:00 PM

### Session 6

Conference 6A Semifinal ..... 7:00 PM  
 Conference 6A Semifinal ..... 8:30 PM

## Saturday, March 2

Session 7  
 Conference 1A Final..... 8:30 AM  
 Conference 3A Final..... 10:00 AM

### Session 8

Conference 2A Final ..... 1:30 PM  
 Conference 5A Final..... 3:00 PM

### Session 9

Conference 4A Final..... 7:00 PM  
 Conference 6A Final ..... 8:30 PM

### Alamodome Clear Bag Policy

To provide a safer environment for the public and in order to expedite fan entry into the Alamodome, we have implemented a Clear Bag Policy (similar to the NFL Clear Bag policy) that limits the size and type of bags that may be brought into the Alamodome. The clear bag guidelines can be found [here](#). All spectators will need to comply with the clear bag policy for entry into the stadium.

### Seating Information

All tickets are general admission for the girls tournament, however, the home team side will be the north side of the court, the visitor team side will be on the south side of the court. Please reference the court map below for more information.

### Floor Diagram

### Tickets

All-Tournament tickets are on sale through the following options:

- [ticketmaster.com](#)
- Participating Ticketmaster locations
- Calling Ticketmaster by phone at 1-800-745-3000
- Alamodome box office - walk-up ONLY (no personal checks will be accepted)

General Session Tickets will be sold at the Alamodome Box Office beginning the week of the tournament.

Girls State All-Tournament Ticket.....\$105\*  
 General Session Tickets.....\$19  
 Children 2 years of age & younger  
 (not occupying a seat)..... FREE

\*Additional fees may apply.

If there are any issues or questions with ticket orders, please contact Ticketmaster at 1-800-745-3000.

### All-Tournament Parking Passes

All-tournament parking is available for purchase online through Ticketmaster [here](#).

For information on single day parking, patron drop off areas, and public transportation options, visit the UIL website at [uiltexas.org](#).



photos courtesy Denise Dacus (top) and Brad Blalock (bottom)

# 2019 TGCA SUMMER CLINIC

The 2019 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 8 – 11. The agenda is being revised and will be posted to the website under the “Summer Clin-

ic” category as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will

open in March. Membership renewal and Summer Clinic registration will open February 1st.

We are working on finalizing times, venues, and agendas for all of the satel-

lite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2019 TGCA Clinics.

## 2019 TGCA CLINIC DATES

Membership renewal and all clinics registration online will open February 1st. Agendas will be posted as soon as they are completed.

**Region I & II Lubbock All Sports Clinic - June 6**

**Houston Sports Clinic - June 12 & 13**

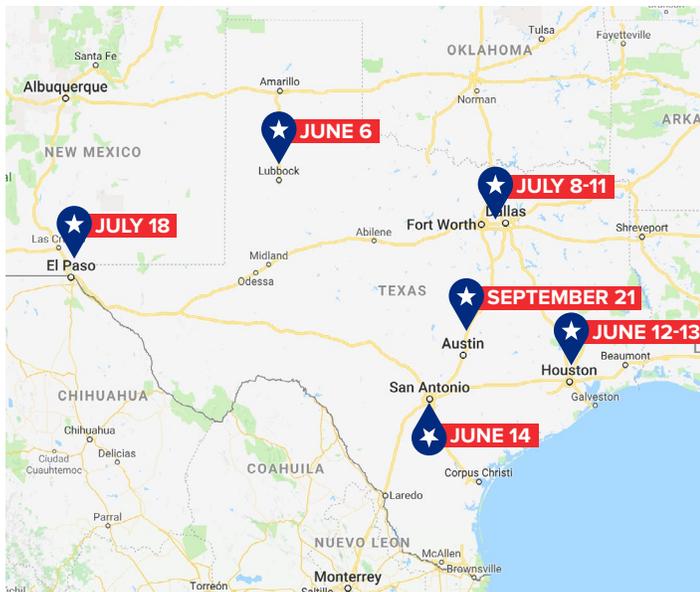
**San Antonio Sports Clinic - June 14**

**SUMMER CLINIC - July 8 - 11**

(Registration Forms and Agenda are located under the Summer Clinic Tab)

**El Paso Sports Clinic - July 18**

**CenTex Sports Clinic - September 21**



*photo courtesy Angie Slaughter*



## 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:

**Swim/Dive** Feb 11, 2019  
**Wrestling** Feb 18, 2019  
**Basketball** Feb 25, 2019  
**Soccer** Apr 15, 2019

**Track & Field** May 6, 2019  
**Tennis** May 13, 2019  
**Golf** May 13, 2019  
**Softball** May 27, 2019

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport.

Sub-varsity coaches may coach multiple sports, but

they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year.

Nominations should be done online, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

# 2019-20 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, online membership renewal and clinic registration for the 2019-20 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2018-19 year (this year), you will no longer be able to do that online, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

Online membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, [austintgca.com](http://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 online resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to

renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the online credit card company. You must check the appropriate box for the transaction to go through. **You MUST be a member of TGCA to attend any TGCA clinic.**

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an online security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please

**Continued on Page 10**

*photo courtesy Marissa Brisen*



# 2018-19 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 9

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 online credit card company uses.

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2019 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new CenTex Sports Clinic in Austin. 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 \$80.00. This includes your 2019-20 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you

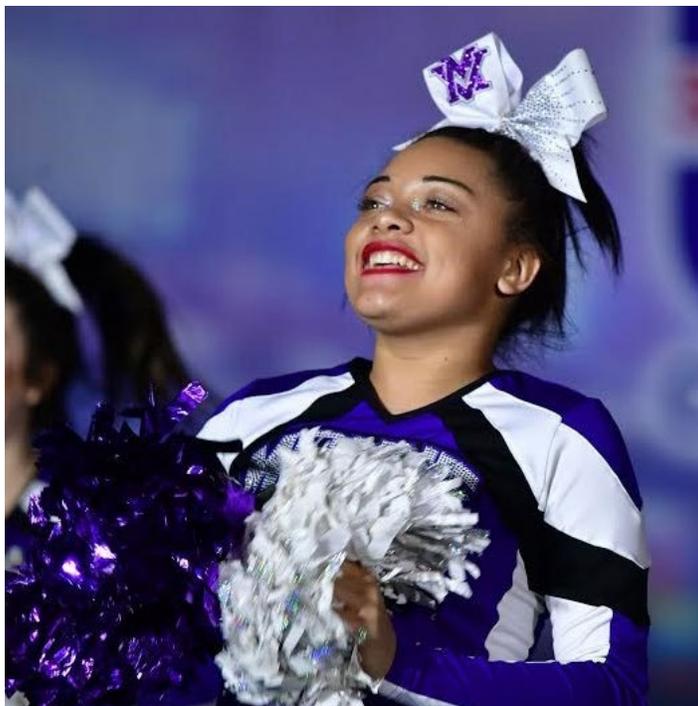


photo courtesy Jenna Wilkins

and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee online. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2019-20 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 as-

signed 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, [austintgca.com](http://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.

**TGCA**  
Download our new App!



Apple



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# 11

## HEALTH MISTAKES THAT EVEN SMART PEOPLE OCCASIONALLY MAKE

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 They don't drink enough water on a daily basis.** You should consume at least eight glasses of liquids (beer and diet soda don't count because they act as diuretics) every day to replenish what you lose through urine, bowel movements, sweat, and the moisture you expel into the atmosphere when you breathe out. If you exercise, you should drink even more water.

he recommends. Furthermore, some screening procedures (e.g., protein specific antigen tests or mammograms) should be scheduled on a regular basis.

**3 They don't get enough sleep.** People who skimp on sleep have been found to suffer from a variety of impairments, including daytime fatigue, cognitive dysfunction, diminished reaction time, and heightened mortality rate.

ing an injury.

**5 They don't wash their hands during the day.** Good hygiene helps to prevent infections and the transmission of germs. At a minimum, you should always wash your hands after you've used the restroom and before you prepare food.

**6 They don't eat breakfast.** Research shows that learning, decision making, and mem-

that represents about 99% of your body's calcium reserves. Accordingly, if you don't consume enough calcium, you can suffer from a reduced level of bone density, which can result in fractures. The best dietary sources of calcium are low-fat or nonfat dairy products and dark-green vegetables.

**8 They're too busy to relax.** Making time to relax is a positive step you can take to reduce your level of stress and improve your health. Studies show that as your level of stress grows, you become increasingly susceptible to physical illness and mental and emotional problems. Relaxing is an effective way to control your level of stress.

**9 They don't wear their seat belts.** Wearing lap and shoulder belts while traveling in a car can substantially lower your risk of being injured in the event of an accident. For example, studies show that a passenger who is ejected during an accident is more than five times as likely to suffer a serious injury or die than an individual who remains strapped inside the vehicle.

**10 They don't know the medical history of their relatives.** Knowing your family's medical history and responding in an appropriate, proactive way can substantially help reduce your risk of developing serious diseases. For example, if your family medical history indicates that you are at a heightened risk for a particular disorder, you can pursue early detection screening and prevention strategies for that disease.

**2 They haven't had a physical recently.** A regular checkup gives you your best opportunity to detect certain potentially deadly illnesses (from cancer to heart disease) early. Although a complete annual physical exam is no longer considered necessary for everyone, you should see your physician for a checkup as often as she/

**4 They attempt to exercise through pain.** Pain is the body's signal that something is seriously amiss. Unlike discomfort, when you experience pain, you must stop exercising and address the cause(s) of the pain. Attempting to work through pain will subject you to the very real possibility of either aggravating your existing condition or suffer-

ing can be impaired when you restrict your food intake. Furthermore, if you miss breakfast, you may jump start your appetite in such a way that you overeat later in the day.

**7 They don't get enough calcium in their diet.** Your bones are approximately 25% calcium by weight, an amount



photo courtesy Amie Tennyson

# HARD DAYS, HOPEFUL ENDINGS



JANUARY 13, 2019 |

**There are lots of hard days in Patricia Harrison's cancer survival story.** Hard days loaded with challenging moments – it is a theme that sounds too familiar to all cancer survivors.

Patricia was diagnosed on June 27, 2012 with non-Hodgkin's lymphoma in her kidneys. June 27 was one of those water shed days that served as both the end and the beginning. It was the end of a year-long question mark surrounding her health. She had been sick for a year, culminating in a 19-day hospitalization.

For whatever reason, hers was an elusive diagnosis. For days, doctors puzzled over her symptoms, unsure of the

cause. Finally, her question marks were given a name: Cancer.

It was also a beginning. The year ahead would be, perhaps, more difficult than the one behind, but it was the beginning of the road to health.

Six years later, Patricia is said to be "cancer-free." Two words all families touched by cancer are desperate to hear.

It is a journey we are all on, the one to hear the words "cancer free." It is why research is important. It is why organizations like the Kay Yow Cancer Fund exist.

Coach Yow was familiar with beginnings and endings. She was a coach. So

much was marked off by the passage of time. The beginning of practice, the end of practice. The beginning of the game, the end of the game. Season after season complete.

When it came to cancer, Coach Yow likely knew long before the rest of us that her end would come before the end. She started the Kay Yow Cancer Fund to carry on the work of impacting the fight against ALL women's cancers. Advancing research, boosting the underserved, changing the beginnings and endings for so many women.

In the big scheme of things, six years is only a fraction of a blimp on the radar

of history, but in the world of cancer research, so much has changed. There are new diagnostic techniques that allow us to detect cancer sooner and in less invasive ways. There are stronger medicines, medicines that were created to have specific outcomes on specific cancers. There is less "one size fits all."

In the midst of hard days, there is hope in the journey. Hope in knowing that as individuals and as a team, we are united in our desire to hear the words "cancer-free." It is the ending we are all working toward. It is the end that gives us hope.

To donate to the Kay Yow Cancer Fund, visit [KayYow.com](http://KayYow.com).



photo courtesy Cheryl Lack



photo courtesy Luis Gonzales

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					SWIMMING & DIVING: REGIONAL MEETS	
3	4	5	6	7	8	9
						Girls Basketball: District Certification Deadline Wrestling: District Certification Deadline
10	11	12	13	14	15	16
	GIRLS BASKETBALL: BI-DISTRICT			GIRLS BASKETBALL: AREA		
	TGCA: Swimming & Diving Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games				SWIMMING & DIVING: STATE MEET	
					WRESTLING: REGIONAL MEETS	
17	18	19	20	21	22	23
	GIRLS BASKETBALL: REGIONAL QUARTERFINALS				GIRLS BASKETBALL: REGIONALS	
	TGCA: Wrestling Nominations Deadline, 12 Noon				WRESTLING: STATE MEET	
24	25	26	27	28		
	TGCA: Basketball Nominations Deadline, 12 Noon			GIRLS BASKETBALL: STATE TOURNAMENT		
				TGCA: Basketball Committee All-State Meeting		

## TGCA HOTEL RESERVATION DIRECT LINK

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

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

## TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on

your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.

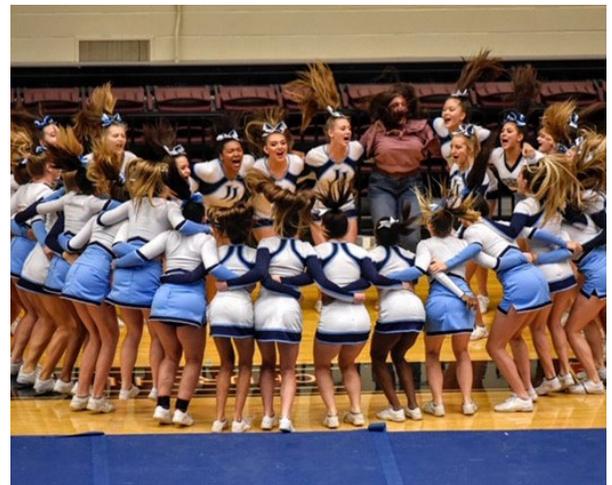


photo courtesy Shannon Wylie

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## TGCA NEWS

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**TGCA on the Web**  
Polls, as well as other current  
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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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