



TGCA NEWS

MARCH 2019



2018-2019 TGCA OFFICERS



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cover photo courtesy Lauren Watts
left photo courtesy Melissa Pabon

WHAT DO THEY KNOW THAT I DON'T?

UNDERSTANDING WHAT IT TAKES TO GET FROM GOOD TO GREAT

Brad Blalock Frisco Centennial HS | TGCA 1st Vice President



America's favorite office manager, Michael Scott, once said, "I'm not superstitious... but I am a little-stitious." Especially around playoff time, many teams hold tight to superstitions and made up traditions that would seem downright silly given any other circumstances. But to coaches and players willing to do whatever it takes to reach the next level, nothing is taken for granted-- superstitious, little-stitious, or otherwise. There is often a fine line that separates The Good from The Great, and coaches wanting to make their teams great have been given a little help in that department thanks to the new rule outlined by UIL.

Beginning this summer, coaches are granted two hours per week of sport-specific skill instruction with athletes during the summer months. My district has created a schedule for skill training to follow the strength and conditioning sessions, and I'm wholeheartedly excited to embrace this extra time with my players. During the sum-



photo courtesy Bo Bryant

mer, our athletes are pulled in many different directions. I understand the value of being able to coach my own athletes. Every contact helps to build our culture and to put a stamp on the program.

A good team will maintain a positive team-first culture throughout its season. A great team will promote that culture even during the summer months, while players work to improve their individual skill sets. I can't help but notice that time spent giving instruction during these months typically thought of as "off" months will only strengthen the climate I'm intentional-

ly creating among my team: when individuals improve, the team becomes stronger.

Naturally, life will happen and there will be potential obstacles with these summer sessions. For one, many coaches themselves simply won't want to devote the extra time during their summer break. Some question if only two hours a week will make a difference to their teams in the long-run. Remember, the line between Good and Great is a fine one. But it is important to recognize the many reasons some of your players won't attend or are unable to attend regularly: some have

summer jobs, some will travel with their families. Face it, some won't even bother to come out of sheer laziness. Others will already be devoting an absorbent amount of time to AAU or Select teams.

So, how will coaches encourage their athletes to participate? I will preach to my players why this time is valuable: "This is the opportune way to get better. It's better than open gym because it's structured and because the coaches will be right there to help you with targeted goals. Every hour that you compete is an hour that you're getting better." In an age when AAU and Select teams dominate many athletes' time in the summer, this continued team-first focus throughout the off-season months will be more important than ever. Enthusiasm is contagious, and I'm counting on this to help grow our own participation. My players will want to come to summer workouts because their teammates are coming. And teams that can pull that off will be counted among The Great.



photo courtesy Keith Pierce



photo courtesy Melissa Pabon

SOCCER STATE CHAMPIONSHIPS

Birkelbach Field Georgetown ISD Athletic Complex | **April 17-20, 2019**

Wednesday, April 17

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

Thursday, April 18

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

Tickets

Student.....\$7.00
Adult..... \$12.00
All-Tournament \$30.00
Coaches All-Tournament..... \$25.00
Parking (Thursday, Friday & Saturday).....\$5.00

No re-entry is allowed UNLESS an All-Tournament pass is purchased. Adult and Student General Admission tickets are for a single entry.

There will be a 4.16% service fee charge on all credit card purchases.

Parking Information

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

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

Friday, April 19

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

Saturday, April 20

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



photo courtesy Misty Mills



BASKETBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:
Rhyle McKinney, Argyle HS
(Pictured top left)
(Coach Chance Westmoreland)
Conf. 5A-6A: Nyah Green, Allen HS
(Pictured bottom left)
(Coach Teresa Durham)

BASKETBALL COACHES OF THE YEAR

Conf. 1A-2A-3A-4A:
Chance Westmoreland, Argyle HS
Conf. 5A-6A: Triva Corrales,
Converse Judson HS

CHEERLEADERS OF THE YEAR

Conf. 1A-2A-3A-4A: Megan Gruber,
Hondo HS
(Coach Laura Graff)
Conf. 5A-6A: Reagan Snuggs, Frenship HS
(Coach Kayci Smith)

CHEER COACHES OF THE YEAR

Conf. 1A-2A-3A-4A: Tammy Holder,
Tatum HS
Conf. 5A-6A: Pedro Ramirez,
McAllen Memorial HS

TASO CONTINUES START PROGRAM



The Texas Association of Sports Officials (TASO) has announced that it is continuing their program to recruit graduating seniors to officiating. The “Students Today are Referees Tomorrow (STaRT) Program challenges every high school varsity coach to identify 3-5 graduating seniors and encourage them to “stay in the game” by becoming an official.



photo courtesy Maranda Hood

“Texas currently has a shortage of officials and the shortage is growing,” according to Michael Fitch, Executive Director of TASO. “A population growth of about 500,000 each year translates to more new schools which requires more officials. This is in addition to replac-

ing the officials that we lose every year.”

TASO believes the best pool of recruits are the graduating high school seniors, many of which have played the game for 8 – 10 years and would like to stay in the game.

How can you help as a

coach? Identify your graduating seniors that you believe would make good officials and encourage them to consider becoming an official. For those that are interested, obtain their permission to submit their names and contact information to info@taso.org. The infor-

mation we will need is name, the city of residence as on August 2019, e-mail and optionally their cell phone number. TASO will not share that information with anyone other than our local chapters.

TASO will coordinate training being offered this spring with the closest chapter to his/her home and to the chapter closest to here they will be living at the start of the 2019 season.

The officiating shortage is just not a TASO problem, it’s a Texas interscholastic concern for both public and private schools. As a dedicated coach, why not be a part of the solution. Download and complete the [STaRT LEAD form](#) and return it to info@taso.org.

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2019 UIL BASKETBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONE.	COACH	SCHOOL	CONE.
Eric Schilling	Nazareth	1A	Chance Westmoreland	Argyle	4A
Tommy Cross	Martin’s Mill	2A	Jeff Williams	Amarillo	5A
Matt Garrett	Chapel Hill	3A	Triva Corrales	Converse Judson	6A

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:

Soccer Apr 15, 2019	Golf May 13, 2019
Track & Field May 6, 2019	Softball May 27, 2019
Tennis May 13, 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.



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@austintgca.com

(512) 708-1333 Ext 221

www.austintgca.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, 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, 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.

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, 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 Keith Pierce

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, 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, 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, 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 Misty Mills

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, 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) 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

Location TBD
Lubbock, Texas
June 6

2019 HOUSTON SPORTS CLINIC

Location TBD
Houston, Texas
June 12 – 13

2019 SAN ANTONIO SPORTS CLINIC

Pieper Ranch Middle School
1435 Borgfeld Dr.
San Antonio, Texas
June 14

2019 SUMMER CLINIC

Athletic & Spirit Divisions
Arlington Convention Center
Arlington, Texas
July 8 – 11

2019 EL PASO SPORTS CLINIC

TBD
El Paso, Texas
July 17

2019 CENTEX SPORTS CLINIC

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



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.



photo courtesy Sandy Langford

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@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.

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, 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

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photo courtesy Michael Holcomb



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 Bo Bryant

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, 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



Android



10

WAYS FITNESS PROFESSIONALS CAN BE MORE BUSINESS-LIKE

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 Plan and act strategically.

Successful businesses (and individuals) tend to know where they are, where they want to go in the future, and how they plan to get there. They have a strategic plan that provides them with a systematic basis for prioritizing the time, energy, and resources that need to be allocated to a particular goal. A well-formulated strategic plan can serve not only as a blueprint for purposeful activity but also as a viable means to help reduce the degree of uncertainty.

2 Understand the bottom line.

Fitness professionals need to understand the financial aspects of business and their application to their particular undertaking's operation. Their sense of financial awareness enhances their ability to appreciate the financial implications of their actions. Further, they need to be aware of the fact that in the long run, making a profit should not be their singular focus. Rather, profits are the result of a business operating successfully.

3 Adopt and adhere to a budget.

A budget is a plan that an individual or organization uses to operate the financial side of its business. Budgets can be either operational (short-term) or strategic (long-term) in nature. Properly developed, a budget is a tool that can help fitness professionals better manage their available resources.

4 Be results-oriented.

Accomplished individuals have a vision (goals and objectives) and a plan for objectively determining the degree to which their vision is being achieved. They focus on and measure the results of their actions and activities and use these measure-

ments to make appropriate adjustments in their strategic plan.

5 See people as assets.

Successful people tend to see the inherent good in others. Further, they recognize the fact that every individual may have his or her own unique set of interests and needs that should be respected and dealt with in an appropriate manner.

6 Position themselves in the market.

One of the most important strategic decisions that service and activity-oriented organizations and individuals must make is how to position their product in the customer's

communicate effectively is one of the most indispensable requirements for success. Skillful communication involves many dimensions (e.g., verbal, non-verbal, writing, and listening). All factors considered, the greater the degree to which individuals master each of these dimensions, the greater the likelihood of their being successful in their chosen endeavors.

8 Learn to handle change.

As a rule, change is never easy, but change is inevitable in almost all aspects of life. People change. Priorities change. Expectations change. Attitudes

9 See the big picture.

Individuals who prosper not only are able to attend to the important details that enable an undertaking to operate smoothly, they also have the ability to think "big." As such, they are conscious goal-setters who are able to achieve an appropriate balance between their short-term and long-range professional and personal aspirations.

10 Navigate the path to success.

Becoming a successful person can involve a number of factors, some of which can be directly influenced by the person, while others



photo courtesy Melissa Pabon

(i.e., client's) mind. The positioning process involves three basic steps: selecting a target group of customers, designing a positioning strategy, and capturing that position by an effective marketing program.

7 Communicate in a skillful manner.

The ability to

change. Achievement-oriented people, however, have the vision, sense of self-responsibility, and courage to embrace change as an inevitable consequence of life and the ability to adapt to circumstances as they exist (as opposed to how they would like them to be).

can't. One factor that can be controlled by individuals is to gain an understanding of relevant business principles, involving such areas as financial management, communication, marketing, and customer service, and to apply those principles to their professional efforts.



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



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

TGCA HOTEL RESERVATION DIRECT LINK

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

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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 Jason Venable

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TGCA NEWS

TGCA News is the official newsletter of the
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TGCA News is published nine times per year, September through May.

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TGCA on the Web
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Did you move?
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number or coaching assignment
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