



TGCA NEWS

FEBRUARY 2020



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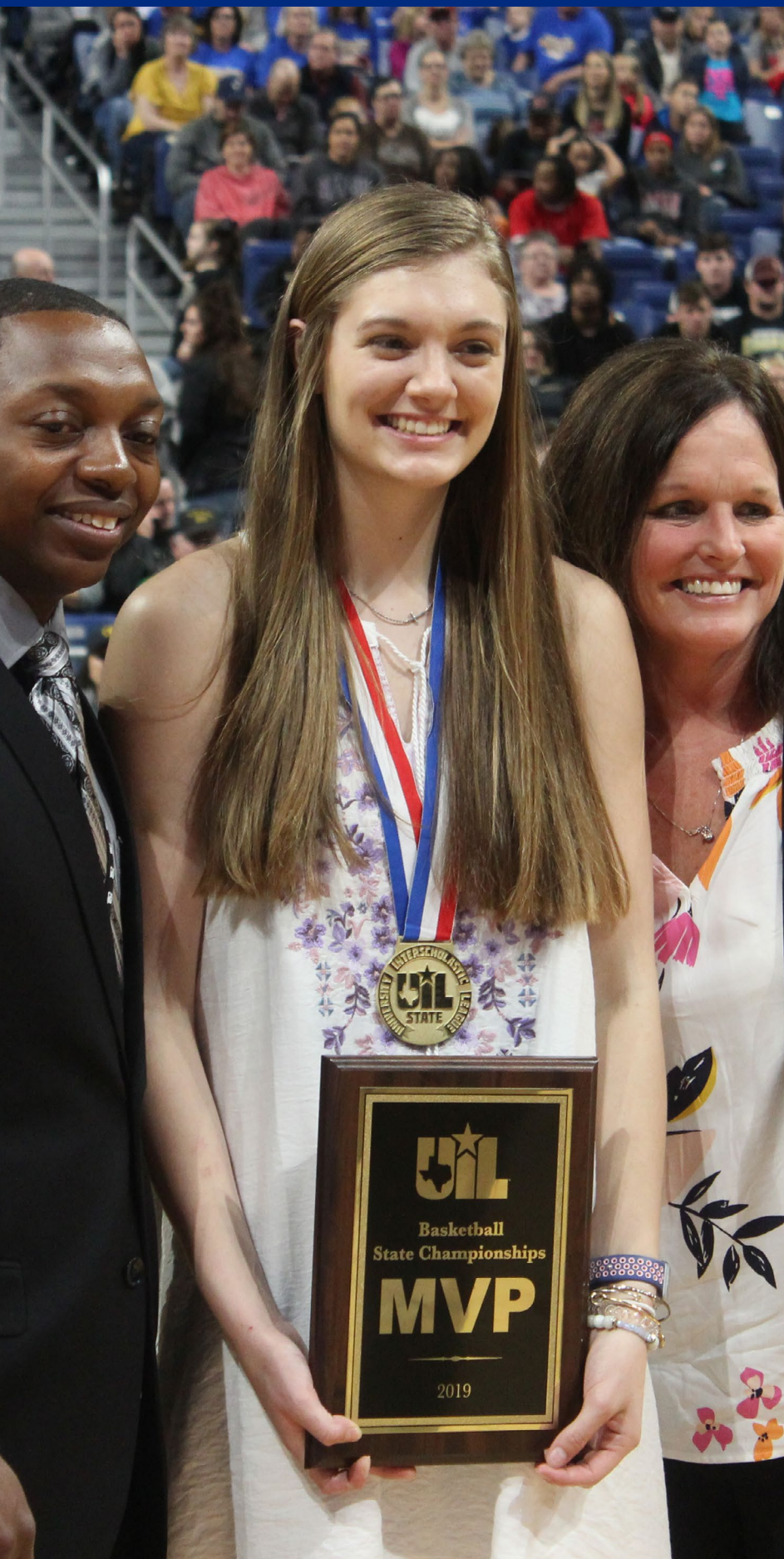
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cover photo and left photo courtesy Chris Schmidt

COMMUNICATION IS KEY

Rocky Ford Stinnett West Texas HS | TGCA Basketball Committee Chair



“What we have here, is a failure to communicate!” Throughout my career I have heard this quote hundreds and hundreds of times. Whether or not the communication breakdown is between coach and player, parents and coaches, Athletic Director and coach, or head coach and assistants, the breakdown can be catastrophic in achieving team goals. Whatever situation you find yourself in, if your expectations are properly spelled out then the situation will become much simpler.

The first breakdown in the athletic world today is between the players and their coaches. I always talk to my kids about communicating with each other on the basketball floor, but am I doing a great job of explaining that concept? I watch games and I hear coaches all the time yell, “You have to talk!!” I think that idea must be ingrained with exactly what we want the players communicating. “I got ball”, “I got basket”, “I got help”, “deny”, these are all phrases



photo courtesy Larry McCarty

that I want my players telling each other as they get back on defense. There are many more phrases coaches use, and each coach must develop their own system. The key is relating to the players exactly what needs to be communicated. Players in today’s world need guidance more than ever and we must communicate our expectations for them both on and off the court. It is also very important to communicate to our athletes their importance to our program. “Kids don’t want to know how much you know until they know how much you care.” I know that

is a saying many have heard before but communicating that message through love and support to the kids can be a game breaker.

Another area that communication must be very clear is the communication between athletic director and coaches or between head coach and assistants. The breakdown between coaches has caused many heartaches and tears over the years. The responsibility of communication between coaches on your staff is on the head coach. In our practice breakdowns I have sent assistants with my post players, for ex-

ample, and looked to the end of the court they were on and realized I had not done a good job communicating my expectations. By the way, the time to correct that error is in the coach’s office and not on the court in front of the kids. As a head coach you must take the responsibility of communicating with your assistants and take the blame when things aren’t communicated well. Reteach, relearn, and relearn to ensure communication is clear and effective with your coaching staff. Games and championships are hanging in the balance of good communication between the coaches.

The third and possibly the most important area of communication in the athletic world these days is between parents, coaches, and athletes. Today more than ever, coaches are under scrutiny of the parents over their children. This scrutiny can be because of things that are supposedly said in practices

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photo courtesy Tony Adams



photo courtesy Brad Blalock

COMMUNICATION IS KEY

Continued from Page 1

and games, to playing time, to offenses and defenses that we run, to “my kid didn’t get that scholarship and it is your fault!” Communications between coaches and parents must be spelled out and very clear before the athlete ever touches the athletic arena. We have a parent meeting at the beginning of the season and get very specific about the expectations of the parents in their child’s journey through athletics. The expectations that are laid out are simple, but they have a great deal pointed toward the role of each person involved. We talk about the role of the parent, the role of

the student, and my role as the coach. As a parent we talk about supporting your child but supporting without degrading the coach’s efforts. We talk about not coaching your child about the way to do things because that is the coach’s job. The dinner table talk between parent and child should and must be supportive in nature; many a good coach has been ruined at dinner time! Another part of being the parent is staying in control at games. The athlete cannot be looking in the stands to get pointers from mom and dad. That is a pet peeve of mine and the girls know it from the very beginning. Another area we address is not

treating your child differently based on wins and losses. This conversation tends to put blame on one athlete rather than the team. Lastly, we talk about not pressuring your child into a certain performance. The athlete in all of us makes us want to see them be successful, but undue pressures on the child can cause selfishness and de-emphasizes the team concept we are trying to build. Coaches today are under a tremendous amount of pressure to succeed and pressures from parents do not help that situation. We talk about that in our parent meetings as well. Many good coaches have lost their jobs because they were un-

able to communicate their expectations to the parents of their kiddos. That is a sad situation in the life of our schools.

As a coach and girls coordinator, I have learned over the years, the importance of communication in our profession. A failure to communicate to the athletes, our fellow coaches, and the parents of our athletes can end in a chaotic program with very little direction. A failure to communicate often leads to failure in the program and that could very well lead to your failure as a coach. Always remember as you prepare for the next season or year in athletics, communication is the key!

2020 EXHIBITOR INFORMATION TGCA ANNUAL SUMMER CLINIC

The Texas Girls Coaches Association is the only statewide organization composed of coaches of girls’ athletics, and governed by coaches of girls’ athletics. The TGCA sponsors the only summer clinic for coaches of girls athletics aimed at improving the total school educational program. Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

During our Clinic, Exhibitors are offered an ideal opportunity to visit with coaches and display new products and equipment. Exhibitors are encouraged to reserve booth space now as booths are available on a

first come-first serve basis.

1 Booth-\$450
Additional Booths-\$400 each

Standard Booth:

-Space consisting of a curtained back wall
-8 feet in height and dividing side rails 3 feet in height
-10’ x 10’ including a 6-foot skirted table with 2 chairs.

*TGCA is unable to “hold or reserve” spaces.

All contracts should be turned in with FULL payment in order to secure your booth of choice. For more info, please visit our website www.austintgca.com and click on “Exhibitors”



photo courtesy Logan Lawrence

Exhibit Hall Hours

Tuesday: July 7
Set Up: 7:00AM-11:00AM
Open: 12:00PM-5:00PM
Wednesday: July 8
Open: 8:00AM-4:00PM
Breakdown: 3:30PM-6:00PM

Contact for More Information

Lisa Rodriguez
Administrative Support Staff

P.O. Box 2137
Austin, Texas 78768

Phone: (512) 708-1333
Fax: (512) 708-1325

GIRLS BASKETBALL STATE CHAMPIONSHIPS

Alamodome San Antonio, Texas | March 5 - March 7, 2020

Thursday, March 5

Session 1

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

Session 2

Conference 3A Semifinal1:30 PM
Conference 3A Semifinal 3:00 PM

Session 3

Conference 5A Semifinal7:00 PM
Conference 5A Semifinal8:30 PM

Friday, March 6

Session 4

Conference 2A Semifinal 8:30 AM
Conference 2A Semifinal 10:00 AM

Session 5

Conference 4A Semifinal1:30 PM
Conference 4A Semifinal 3:00 PM

Session 6

Conference 6A Semifinal7:00 PM
Conference 6A Semifinal8:30 PM

Saturday, March 7

Session 7

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

Session 8

Conference 2A Final1:30 PM
Conference 5A Final..... 3:00 PM

Session 9

Conference 4A Final.....7:00 PM
Conference 6A Final8:30 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 Bryan Harris (top) and Chris Schmidt (bottom)

FIVE BIGGEST CHALLENGES FOR WOMEN'S SPORTS COACHES



Nancy Lieberman | BSN Sports

As women continue to fight for equality in today's world, we still face many challenges. The world of sports is no different.

Thanks to laws and regulations such as Title IX, there has been progression and growth when it comes to female athletics – both from a pure number standpoint and a popularity standpoint.

Despite this, there are still many challenges that coaches in women's athletics face on an everyday basis.

TGCA/Women's Coaches Survey

In an effort to learn more about the growth of female athletics, BSN SPORTS and the Texas Girls Coaches Association (TGCA) surveyed nearly 500 coaches on a variety of topics.

One of the questions asked coaches to rank the top challenges they face on a daily basis. Here were the results:

1. Funding and budget

Unfortunately, women's teams and organizations don't always receive equal funding compared to their counterparts in men's athletics. This can make it difficult to not only compete at a high level, but to



photo courtesy Anthony Carter

simply run a consistent program.

While it's important to continue the fight for equal funding and support, it's unlikely immediate changes will occur. Because of this, many coaches are focused to think outside the box – for necessary apparel and equipment for their team, and for personal development.

If you're looking for ways to help raise money, try various fundraising events such as a My Team Shop GoFundMe campaign from BSN SPORTS, working with local businesses, or various events like raffles

or auctions that can help raise money.

If you're looking for low-budget personal development options, BSN SPORTS also offers FREE coaching clinics for customers, led by brand ambassadors who are experts in various sports. Some of our brand ambassadors include:

- Juliann Faucette-Johnson, Volleyball: Former All-American and Team USA member
- Jessica Hardy, Swimming: All-American, Olympian, World Record Holder
- Shanice Stephens, Basketball: 20+ years of playing and

coaching in Division 1

Learn more about coaching clinics from BSN SPORTS [here](#).

2. Psychological and emotional issues

As if dealing with the X's and O's of weekly game plans isn't enough already, coaches are also finding it difficult to deal with psychological and emotional issues among players.

The results of the women's coaches survey made it clear this is common.

One of the questions asked coaches to rate how challenging various issues are for them on a least-to-most scale with varying options. The voting breakdown for "Psychological and Emotional Issues Among Players" was as follows:

- Not Challenging at All: 9%
- Somewhat Challenging: 52%
- Fairly Challenging: 28%
- Extremely Challenging: 11%

The big takeaway for me was that just 9% of respondents said they found it to be "Not Challenging at All."

Unfortunately for some,

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CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2019-20 UIL CHEERLEADING STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONE.	COACH	SCHOOL	CONE.
Victoria Butler	Keller Fossil Ridge	Co-Ed	Courtney Riddell	Magnolia	5A-DI
Sophie Garibaldi	Paducah	1A	Ashley Johnson	SA Alamo Heights	5A-DII
Misty Bumpurs	Jewett Leon	2A	Loren Williamson	Katy Cinco Ranch	6A-DI
Jaci Pippen	Jacksboro	3A	Heather Alonzo	Schertz Clemens	6A-DII
Nicole Mitchell	Crandall	4A			

FIVE BIGGEST CHALLENGES FOR WOMEN'S SPORTS COACHES

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medication can be needed to help control and manage these issues. If it's clear a player is not dealing with a disorder or illness that requires medical attention, however, consider additional tactics to help your team gain mental toughness.

Want to read more about mental strength and how you can potentially help your players? Here's one of my recent articles for BSN SPORTS: 6 Ways to Help Female Athletes Build Mental Toughness: [Click Here](#)

3. Uniforms, apparel, equipment, fanwear, etc.

Coaches have so much to think about when it comes to daily planning. Because of this, focusing on uniforms and equipment is often an afterthought, or an additional burden that can be difficult to address.

Thankfully, companies like BSN SPORTS offer assistance in this area, with technology and local reps that help with all teamwear and equipment needs.

Learn more about the My

Team Shop program from BSN SPORTS, as well as additional ways they can help.

4. Fans and community support

While the men's football or basketball team may be dealing with over-populated crowds and weekly sellouts, many women's sports coaches find themselves facing the opposite problems. Unfortunately, fan support and crowds are typically lacking for most female sports teams.

In an effort to help fix this problem, BSN SPORTS and Varsity Brands have launched the Believe In You Challenge, which encourages athletes, students, and anyone else in the community to attend various school events. Learn more about the challenge here (<https://www.varsitybrands.com/believe-in-you>)

"Our goal for this program is for every student in America to have someone who believes in them. We are beginning a coast-to-coast movement to bring our Believe In You message to campuses across the country because I've been at schools where this exists, and it's beautiful. Young people to-

day need to feel that support and love. I'm so thankful for this opportunity and I know it will make a profound difference."

5. Parents and family

Sometimes fan support goes too far – and many coaches of women's sports teams struggle with parents or other family members who involve themselves a bit too much, as they wonder why their daughter or loved one isn't getting enough playing time.

"If you want to have a great relationship with parents you have to be transparent with them upfront," Lieberman says, while suggesting the following tips:

- Have a meeting before the season starts with all parents
- Set the expectation of what you need from the parents as far as having their kids are responsible and ready to practice as well as their equipment needs
- Clearly share with the parent what your guidelines are for playing time – some schools believe in equal minutes, some do not – either way, you have to make the parent know that no matter how many

minutes they play that you're always praising their hard work and make them understand that they're very important part of this team

- If a parent is busy and cannot get to a lot of the games, make sure you ask them to support their kids by praising them for their hard work, being on the team and giving effort. This communication can help the players with their self-confidence

BSN SPORTS Women

At BSN SPORTS, we realized there was a clear need to elevate women's sports at all levels. From providing more support to coaches of female athletes, to connecting women working in the sports industry, we're committed to doing our part. Because of this, we've made it a priority to uplift and empower women in sports through our key partnerships, programs and content. Learn more about the other BSN SPORTS women's initiatives [here](#).

2019-20 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2019-20, they are as follows:

Basketball Mar 2, 2020
Soccer Apr 13, 2020
Track & Field May 4, 2020

Tennis May 18, 2020
Golf May 18, 2020
Softball Jun 1, 2020

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball and cheerleading are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School 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 or Middle School 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. Selections will be made by the Sub-Varsity Committee.

2020 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 6 - 9, 2020**

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, www.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 6, 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 16th. 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 16th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA web-

site, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2020-21 Printable Membership Form".

The 2020 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic 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 "2020 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2020 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2020 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](#)

FAQ

- > [All-Star Info](#)
- > [HS Coach of All-Star](#)
- > [TGCA All-Star Coach](#)



photo courtesy Brad Blalock

2020 SUMMER CLINIC HOTELS AND RATES

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 16th. 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 16)

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 16.

CROWNE PLAZA ARLINGTON

700 Avenue H East
\$129.00

DOUBLETREE ARLINGTON DFW SOUTH

1507 North Watson Road
\$129.00

HILTON ARLINGTON

2401 East Lamar Blvd
\$147.00

HILTON GARDEN INN DALLAS/ARLINGTON

2190 E Lamar Blvd
\$135.00

HOLIDAY INN ARLINGTON NE

1311 Wet N' Wild Way
\$109.00

LAQUINTA INN & SUITES ARLINGTON NORTH

825 North Watson Road
\$125.00

SHERATON ARLINGTON

1500 Convention Center Drive
\$142.00

We thank you for your continued support of TGCA and look forward to seeing you at the 68th TGCA Annual Summer Clinic in Arlington July 6-9.

TGCA 2020 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2020. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other Clinics" category, both located in the menu on

the left-hand side of the main page. We would encourage you to do your registration and membership renewal 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. If you have changed schools, please contact us. You cannot do that on-line. Agendas for all

clinics are available on the website, and will be updated as speakers 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.

2020 REGION I & II LUBBOCK SPORTS CLINIC

Coronado High School
4910 29th Dr.
Lubbock, Texas
June 12

2020 SUMMER CLINIC

Athletic & Spirit Divisions
Arlington Convention Center
Arlington, Texas
July 6 - 9

2020 HOUSTON SPORTS CLINIC

Madison High School
13719 White Heather Dr.
Houston, Texas
June 17

2020 EL PASO SPORTS CLINIC

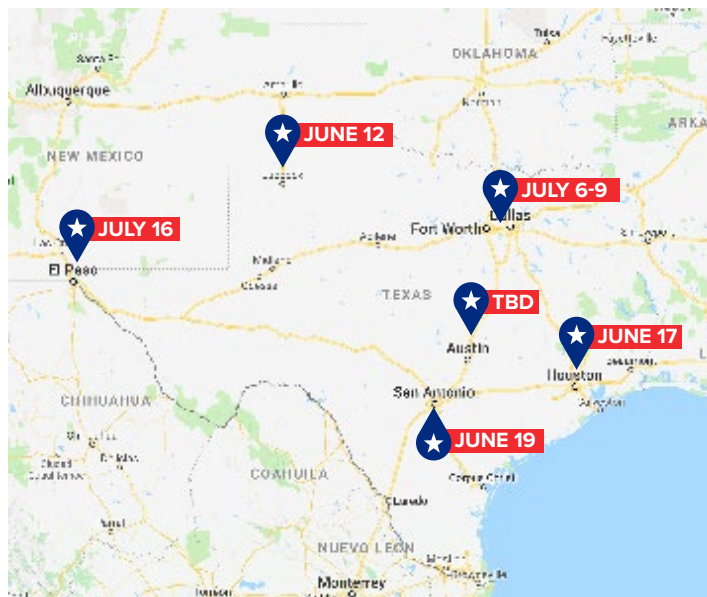
Chapin High School
7000 Dyer St.
El Paso, Texas
July 16

2020 SAN ANTONIO SPORTS CLINIC

Location TBD
San Antonio, Texas
June 19

2020 CENTEX SPORTS CLINIC

Location TBD
Date TBD



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 Logan Lawrence

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.

2020-21 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 2020-2021 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2019-2020 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com,

and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

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

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

you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. 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 on-line credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

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

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photo courtesy Logan Lawrence



2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 8

cannot read the code, please provide a new one” and right below the words (in black) “Please enter the security code above”. You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the “Submit” button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school’s filtering system may have sent it there. If you don’t get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2020 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 2020-21 membership card. You CANNOT just renew your membership in the Sat-



photo courtesy Chris Schmidt

ellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2020-21 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.

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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.

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10

NICE-TO-KNOW FACTS ABOUT FUNCTIONAL TRAINING

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 EXERCISE FOR A PURPOSE. Functional training is designed to enhance the ability of exercisers to meet the demands of performing a wide range of activities of daily living (ADL) at home, work, or play without undue risk of injury or fatigue. As such, functional fitness is a by-product of the synergistic integration of the various components of fitness (physical and neuromuscular) and the muscle groups and joints involved in a movement activity or training effort.

2 NO EXCEPTIONS. Functional training can have a positive impact on everyone. The ability to perform the tasks in their daily life more safely, efficiently, and with less effort is a payoff that would benefit all exercisers – particularly older adults and sedentary individuals who lack a baseline foundation of fitness. It should be noted that “age” is not just a matter of chronology, but also the ability to function effectively and independently.

3 FUNCTIONAL TOOLBOX. A variety of tools exist that can be incorporated into a functional training workout. A list of these implements includes exercise bars, bands, and balls, as well as dumbbells and the individual’s body weight. The key is not so much the specific tool employed, but the way in which the instrument is used. Whenever possible, the primary focus of the exercise should be to train “movements,” not simply “muscles” in an effort to ensure that improvements transfer over to everyday life.

4 RELATIVE REALITY. Assessing a person’s level of functional fitness is a much more difficult task than simply defining it. The primary dilemma in this regard is the fact that functional fit-

ness is relative to each individual. A vast continuum exists for functional fitness (from basic activities of daily living to high-level performance activities). The challenges imposed by the daily tasks in one person’s life may be far different than the demands inherent in a different set of tasks facing a different individual.



photo courtesy Logan Lawrence

5 MYTHS, MISINFORMATION, MISUNDERSTANDING. A number of the quantitative measures traditionally used to assess an individual’s level of fitness, particularly strength, can have limited merit from a functional standpoint. How much a person is able to lift on the bench press exercise, for example, has little relevance and correlation to a person’s ability to perform a wide range of functional movements and physical tasks.

6 ABSOLUTELY BENEFICIAL. One of the most useful results of functional training is the effect that it has on the exerciser’s level of core stabilization. All factors considered, stronger core muscles enhance the ability of individuals to control their bodies through different movement planes. A stronger core has been shown to enhance stability and

movement is occurring, it can be argued that working out on exercise machines that isolate muscular involvement and restrict range of motion has a limited impact on functional fitness.

8 BODILY HARM. Too many individuals believe that training in an explosive, ballistic manner is an appropriate and productive form of functional training. Far too often, however, such an approach will result in an injury to the exerciser. In reality, nothing is functional about being injured when exercising – particularly when training improperly. Safety should trump everything. As a rule, trying to improve the force-producing capability of a muscle or a group of muscles by requiring them to overcome or withstand sudden high loads is generally an unsafe and ill-advised endeavor.

9 ALL-OR-NOTHING AT ALL. Unlike electricity, functional training does not adhere to the all-or-nothing concept. With regard to exercising, a continuum of functionality exists. Some training efforts are more functional than others. The only 100% functional exercise is the actual activity for which a person is training.

mobility, thereby improving the movement capabilities of individuals, while simultaneously lowering their potential for injury.

7 PLANE SENSE. Since the primary goal of functional training is to improve the ability of the targeted muscles and joints to work together more efficiently when the body is moving through different planes of motion (i.e., different angles), as well as to develop the muscles that concurrently help stabilize the body when this

10 QUINTESSENTIAL PROTECTION. A sufficient amount of the right kind of exercise will help ensure the ability of individuals to lead a fulfilling and self-sufficient life. It also provides the best medical insurance to help preserve their physical function and level of independence. Functional training is not another in what often seems to be a long line of “exercise fads.” Rather, it is a viable platform for enriching a person’s quality of life.

GIRLS THROW EVENTS ARE ALREADY HEATING UP

Sometimes, it takes a while for the field events to get going. The outdoor season could be a slow start for many of them due to the weather conditions and the stadium conditions. In February, it's usually still cool to cold conditions and a lot of rain that causes delays, cancellations, and facility conditions non conducive to top performances. However, this year, the girls throwers aren't waiting for the warm weather to get things going. They are taking matters into their own hands. The big time throws started during the indoor season and the wind and rain haven't been able to slow the Texas girls down.

So far this season, there are already five girls who have thrown over 44 feet. This is happening with the state's top thrower from last year still not even in the sport yet, due to her ongoing basketball season. Midland Lee senior Paige Lowe won the UIL 6A state meet last year in the shot put and the discus, and she hasn't even competed this season.

Related: Tapping In On 2020 Throws

One horse can't stop the race and it hasn't. It's not only the shot put event where the girls are catching fire and continuing their momentum from the indoor season, but we are seeing it in the discus as well. There have been five girls in the state to throw over 140 feet already this season. In the shot put, Katy Cinco Ranch junior Amelia Flynt is the current state leader with a 46.4 toss at the Will Taylor Relays last weekend. She also threw the discus 148-7 feet for the state's second

best toss in that event.

Flynt established herself as one of the top throwers in the state back during her freshman season when she was second in the 2019 UIL 6A state discus competition. Last year, she suffered some injuries, which hampered her from finding a groove all season long. She is healthy now and her performances are showing so.

Klein Cain senior Kiana Lowery isn't too far behind Flynt in the shot put event. She has a SB of 45-0 and is looking to have an outstanding senior season. The Texas signee is looking to end her high school career on a high note and improve on her third place shot put finish and fourth place discus finish at last year's UIL 6A state meet. Lowery is also one of the five throwers over 140 feet in the discus with her 142-9 last week at the Katy Seven Lakes Relays.

Keeping the heat on Flynt and Lowery is Cypress Lakes senior Keayla Dove. The Sam Houston signee is just a little off the pace with her 44-1.5 toss at the Ram Relays shot put competition. The state discus leader also hails from the greater Houston area. Pearland Dawson thrower Crystal Herpin had a toss of 153-8 at the John Morris Pearland Invitational last weekend. The junior was third in the discus last year and fifth in the shot put at the UIL 6A state meet last season.

Houston isn't the only area where the girls throws are prevailing. The Rio Grande Valley (RGV) is also well known for their throwing prowess.

McAllen Memorial senior Jacquelyn Douglas is currently the third ranked discus thrower in the state with freshman Serina Ramirez from Rio Grande City, and

Charlee Salinas from Mission Veterans Memorial not too far behind and all ranked in the state's Top 10.

In the shot put, there is more RGV power in the state's Top 10 rankings. Sharyland Pioneer junior Daziy Monie checks in ranked fourth, Salinas ranked fifth, and Edcouch Elsa's Mackenzie Contreras ranked ninth in the state.

With the performances these girls have turned in so far this season in the cold conditions, they will surely continue to heat things up as the temperatures start to rise.

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POSTED ON FEBRUARY 6, 2017 | By: Bob Starkey



photo courtesy Bob Starkey

At the age of 57, there have been two dates that have dramatically changed my life. The first coming on September 7, 1991 when Sherie Yvette Hayslett made me the happiest man on the face of the planet by taking my hand in marriage.

Then there was June 19, 2007.

On that day, I was in our Baton Rouge house working on the computer in my home office. It was late morning and Sherie walked in saying she had just gotten on off the phone with the doctor. "I have breast cancer."

It is impossible for me to put into words the incredible wave of emotions that washed through me at the moment. As I got up from my chair to hug her, the first thought that came to mind was "could she possibly die?" And then, I just as quickly erased that thought, looked into her eyes, and said, "We're going to be OK — we're going to beat this."

And then the journey began.

The bad news was that we had been diagnosed with HER2, one of the most aggressive forms of breast cancers...the good news is that it was Stage 1 — the

result of early detection. In 1991, Sherie had felt a lump during a self-examination and while it proved to be nothing more than a water-filled cyst, a checkup found another lump which also proved to be nothing serious, but started her on an annually scheduled mammo-gram. In 2002, after an ultrasound, our doctors suggested two mam-mograms a year — which eventually found the cancerous tumor — ear-ly!

Sherie and I often speak to organizations and the one thing we are quick to point out is that she is alive because of early detection.

After we received the phone call, we met with our doctor and went about putting together our "Dream Team" of physicians, including our oncologist Georgie Reine, surgeon Mary Christian, and cardiologist Carl Luikart.

There were more tests and then a scheduled lumpectomy to remove the cancer, which went well. Then Sherie had a port installed to receive her chemo and meds. Sherie named her port "Polly" after the cartoon Underdog's girlfriend. Yes, "Polly Port."

It was early in our journey when I came to the realization that my wife is a hell of lot tougher than I am. While I am silent in my fear with a happy, positive face on the outside, Sherie is steam-rolling through each day with the most amazing attitude.

On July 2, we started chemo and Herceptin, which was a relatively new medicine for HER2 breast cancer. It was during this process that we learned of all the groundbreaking treatments for breast cancer that are available today. Early on, there was only one type of chemo, often called "Red Devil" because it was red and made patients incredibly ill. Today, treatments are practically tailored to each patient. Along with Sherie's chemo and Herceptin, she had a medication to fight nausea.

Chemotherapy was at the oncologist's office. This was where we were introduced to the "Infusion Room." It

was a large room filled with com-fortable recliners. The nurses that worked there were amazing. They were personable, great listeners, and positive-thinking people. It was in the Infusion Room that I had another realization. The women would be sitting in their recliners with tubes attached to their ports and various medications pouring into their systems while their husbands and boy-friends sat by their sides. The women would be chatting about anything and everything — their children, their jobs, television shows, vacation plans — anything and everything. While we men sat there and stared into space. We all knew what each other was thinking. Some women drove themselves to the Infusion Room and then drove to work. Early on, it hit me. Sherie just wasn't tougher than me — women were tougher than men!

We received our radiation treatments at the Mary Bird Cancer Center. It was staffed by amazing people who impacted Sherie and me greatly.

Early in our journey, Sherie and I had a conversation about whether we wanted to battle this disease privately and concentrate completely on doing what we needed to do to defeat cancer? Or did we want to take our battle public and see if we could do some good in our community? Both choices are correct ones — and it is up to each team to decide.

Our choice had a great deal to do with Coach Kay Yow. If I can rewind, I'll explain:

In March of 2007, I was serving as the interim head coach for the LSU Lady Tigers in the NCAA Tournament and we had advanced to the Re-gionals in Fresno, California. Another of the regional participants was Coach Yow and her North Carolina State team. I was sitting in my hotel room with my wife. We were watching a moving piece on ESPN on Coach Yow and her battle with breast

on the team plane from Raleigh, NC to Fresno. It was very moving and I can remember as if it were yesterday my wife Sherie, with tears in her eyes, saying, “She must be an amazing woman.”

Two months later Sherie was diagnosed with breast cancer. When we spoke about the various options, Sherie simply said, “I hope I’m as tough as Coach Yow.”

During the 2008 Final Four in Tampa, my wife and I were honored to speak at the inaugural Kay Yow Foundation press conference and for the first time, Sherie got to meet her new hero. I had known Coach Yow for some time, working her camps. But I will never forget how she treated Sherie that day — as if they were old friends.

The first group we shared our news with was our LSU Lady Tiger Basketball family. There is nothing — and I mean nothing — like a team. Our team rallied around Sherie in so many ways — especially our players. They constantly checked on her and offered assistance. And not just the current players, but the alums. Temeka Johnson was a constant visitor and someone who made herself available to Sherie in her fundraising projects. To this day, Sylvia Fowles will send Sherie her pink game shoes with an inscription. Marie Ferdinand sent her a pink sweat suit. There were notes, cards, and phone calls. The love she felt from so many made a huge difference.

Soon the time came, as it does with most, that Sherie’s hair started to fall out. I was worried about how this would affect Sherie. You see Sherie is a cosmetologist — went to school...got her license...opened her own successful hair salon. Hair was important to her. But as with everything else in our journey, it never phased her. She told anyone who asked that it meant a shorter shower for her, laughing as she said it. We made the decision that I would shave my hair as well — after all, we are

a team. We set a date and Sherie broke out her professional clippers and in our living room we shaved each other bald! We walked into the bathroom to look in the mirror and both laughed.

Of course, I was upset. I thought for the first time in my married life that I would finally be the more attractive one — WRONG! Sherie was stunning — even without hair! I wanted to make it as fun as possible so I scheduled a “Glamor Shot” photo shoot for the two of us. Sherie looked so amazing that the studio actually put up some of her photos in their store — the ones without me.

We purchased wigs for Sherie but she opted never to wear them, being comfortable with whom she was and how she looked. Only an occasional hat to keep her head warm.

We scheduled her chemo times in the morning so I could be with her and not miss our afternoon workouts with the team. What this does is it creates a “chemo family”. The same people are there at the same time and they get to know each other very well.

There was one day, however, when we had to move our chemo treatment to the afternoon. We were out in the waiting room when a woman arrived in a wheelchair. This was obviously her normal time because everyone in the waiting room smiled, waved, and called her by name. Then another woman said, “What are you doing here? I thought you were done with your treatment a month ago?” The woman replied, “I did finish up but the doctors asked me to come back in.”

Soon after, they wheeled her back. Before long, she came back out in the waiting room where she was crying and visibly upset. Her friend from earlier asked what was wrong and she responded, “The doctor told me the cancer is back, has spread, and it is not treatable.”

There was stunned silence, followed

by tears from everyone. My body shook. Except by the grace of God that could be Sherie. Wait, it still could be. There’s no guarantee that the cancer won’t return. It happened to Coach Yow. That afternoon in the Infusion Room was very sobering.

But that’s not the part of the story I want to leave you with.

A few weeks later, we were back in the Infusion Room at our regular time and in wheeled this same woman who earlier had been told she had only a short while left on this earth. As a friend wheeled her around, she reached into a Kroger bag on her lap and brought out a wrapped gift. She gave one to each nurse in the Infusion Room, thanking them for taking care of her. It was the most amazing act of humility I have ever witnessed. I have told the story many times, never without tears or my voice cracking.

After a year of treatment the news that you are cancer-free gives you an emotion never before felt...it’s hard to explain — happiness...joy...exhilaration. Those words aren’t suitable for describing it.

But then, Dr. Christian asked to meet with us. We were told the BRCA test they had performed on Sherie had come back positive for the BRCA gene. Dr. Christian told us, in simple terms, that there could be up to a 40% chance the cancer could return! My mind immediately thought of Coach Yow and the woman in the Infusion Room. Dr. Christian said her recommendation, and she said it was a very strong recommendation, was for Sherie to have a double mastectomy removing both her breasts. She told us the chance of the cancer returning would drop to 2%. The decision for me was easy but it wasn’t up to me. As we went through this journey, I thought Sherie needed to have ownership for her decisions — it was, after all, her body. My responsibility was to fully support those decisions. Normally, when it got to situations like that, she

MY HERO



This is where we added one more member to our “Dream Team” — Dr. Gary Cox, our reconstructive plastic surgeon. Today Sherie remains cancer free — and there isn’t a day that goes by that we take that for granted. Before her diagnosis, I spent too much time at my job and not enough time with her. There would be summers where she would vacation with friends because I didn’t think I could be away from my job. During the season, I would spend two nights a week in the office, never going home, preparing the next scouting report. I worked on Christmas Eve and even Christmas Day.

Not anymore. As much as I loved Sherie on that wedding night of September 7, 1991, it’s multiplied by 1000. We don’t miss vacations anymore. We don’t miss opportunities to spend time with each other.

The journey was difficult but it was also a blessing.

Sherie was so affected by the staff in the Infusion Room that she became a volunteer worker, volunteering at the Mary Bird Perkins Cancer Center until we moved. We got involved with the Komen Foundation and, of course, the Kay Yow Foundation. She was the head of a committee that ran an annual fund-raising golf tournament for Women’s Hospital. She was a chairperson for the annual Komen’s Race for the Cure in Baton Rouge. She even shot a commercial for Mary Bird Perkins which ran several years. Here in College Station, we give and support the Pink Alliance. As you can tell, I’m incredibly proud of her. She’s my hero!

This past month, I was honored to receive a call from Stephanie Glance who heads up the Kay Yow Foundation, asking for me to be part of a committee of NCAA coaches and their support staff. Our committee leader is Beth Burns of

USC and our movement is called Screen For Kay, where we are raising money for mammograms. I can’t think of anything more important — my wife is alive today because of a mammo-gram — because of early detection. What a great way to pay it forward. On February 15, Sherie and I will donate \$1 for each student that attends our game against Florida to Screen For Kay fund.

As a coach of a women’s basketball team, it’s so incredibly important to me that we do all we can to defeat breast cancer. It’s not lost on me that when we huddle at midcourt after each practice, and we have 12 to 15 young women standing in that circle, that the national

statistics say 1 in 8 women will develop invasive breast cancer in their lifetime. It is predicted that over 250,000 new cases of breast cancer will occur in 2018.

We are making great strides in the battle against breast cancer, but we are also far from total and complete victory.

If you are an assistant coach out there reading this, our Kay Yow committee is going to be leaning on you to help. We often talk about growing the game and what better way to do that than protecting those who play.

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MARCH 2020

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1	2 TGCA: Basketball Nomination Deadline	3	4	5 GIRLS BASKETBALL: STATE TOURNAMENT	6 TGCA: Basketball Committee Meeting	7
8 TGCA: Board of Directors Meeting	9	10	11	12	13	14
15	16-20 TGCA CLOSED FOR SPRING BREAK					21
22	23	24 Soccer: District Certification Deadline	25	26 SOCCER: BI-DISTRICT	27	28
29	30-31 SOCCER: AREA					

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



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