

# TGCA



**TGCA NEWS**  
DECEMBER 2008

Article: "Balancing Act".....2  
Cross Country Honors.....3  
Volleyball Honors.....4  
"Speech for Athletic Credit"  
by Emily Prehoda.....5-6  
State News.....7  
News & Updates.....8  
Important Dates.....9  
Sponsors.....10



President of TGCA  
Lee Grisham  
Wimberley HS  
(512) 847-5729



1st Vice President  
Lynn Davis Pool  
Austin Bowie HS  
(512) 414-7347



2nd Vice President  
Wes Overton  
Midland Lee HS  
(432) 553-5436



Past President  
Debra Manley  
Pittsburg HS  
(903) 856-6461



Executive Director  
Sam Tipton  
TGCA Office  
(512) 708-1333

2008-09  
TGCA  
Officers

*Photo: Courtesy of the TGCA*

## Balancing Act

TGCA PAST PRESIDENT — DEBRA MANLEY

*THIS ARTICLE ORIGINALLY RAN IN 2006. DUE TO REQUESTS THIS ARTICLE IS BEING RE-RUN.*

As I was listening to Dr. Bill Farney speak at a clinic this past summer, I heard him tell the audience that the best advice he could give young coaches was to keep balance in their lives. I couldn't help thinking, "Gosh, I wish someone would have told me about this 'balance' thing when I was starting out!"

Now, here I am twenty years later, and I'm still not sure that I've gotten the hang of that 'balance' thing. This time of year, many of us are finishing our district races and scrambling for things like warm-up games, playoff gyms, scouting, opponents' game films, stats for all-district meetings, and schedules for next year. Add to the mix teaching classes and trying to maintain some kind of family life. As I have struggled through this to-do list, the word 'balance' has come to mind again. Looking back, I have realized that there have been several signs along the way warning me that coaching was outweighing other areas of my life. So let this serve as a warning to the rest of you: If you recognize any of the following signs, coaching may be consuming you, and you are definitely a little out of balance.

**1.** You get so caught up in the holiday tournament and getting ready for district play that you look up one night and your Christmas tree is still standing proudly in the corner of your living room. Which wouldn't be so bad, if it weren't Valentine's

Day. (We walked by it every day; I think we thought it was just a plant.)

**2.** You find yourself trying to schedule your games and holiday tournaments close to your parents house just so you can visit.

**3.** You've been married and coaching for several years when you finally decide to have children. Afterwards, you get so caught up in work that you leave for a game and forget to pick up the baby from the sitter. (Actually, I forgot I had a baby at all until I saw the empty car seat.)

**4.** At the end of church, you are singing the invitation hymn when your two-year-old throws his hand up with the #1 sign, thinking it's time for the alma mater. (and WON'T put it down).

**5.** You come home after getting beat, and your five-year-old tells you that Ebony didn't step up to-night and points out several things wrong with your offense.

**6.** You come home after another loss and the same five-year-old tells you that she doesn't know if she's going to play for you when she gets older because you just don't win like you used to! (I cried and cried; if a five-year-old knew we were terrible, we really must have been terrible.)

**7.** Someone asks your kids what they are having for dinner that night, and they say they don't know, but it will have to be something that will go in the

microwave, because their mother doesn't cook. (I really do cook sometimes, just not during football, volleyball, basketball, or track season. Hey, they don't call me Microwave Manley for nothing!)

**8.** Your eight-year-old son begs to go to summer clinic with you because he hasn't seen you much lately. You decide to let him go and give him a walkie-talkie so that while he's in the hotel room watching movies, he can communicate with you during the clinic. (The room-service bill was very expensive. He apparently thought the hotel was all-inclusive.)

**9.** All your family vacations are at summer clinics. Of course, when you finally do go on a real vacation, you invite all your coaching friends so you can have a clinic while you're on board your cruise.

**10.** Your husband takes a new coaching job and you find out from a friend who read it on the "Old Coach". (I was at a tournament when she called and told me.)

Yes, looking back, the signs were pretty obvious. No, I have not gotten the hang of that 'balance' thing. I never have and probably never will. Maybe that's why Dr. Farney's advice about balance sounded so appealing to me—because I had none. But, hey, that's all right. We're multi-taskers, right? That's what coaching is all about. So, my advice to you? Try to keep balance in your life. Just don't say I didn't warn you. It ain't easy.

# Cross Country Honors

## Cross Country Athletes of the Year

### **CYNTHIA CARILLO**

Conference 1A-2A-3A  
Decatur High School, Coach David Park

### **TARA UPSHAW**

Conference 4A-5A  
Southlake Carroll High School, Coach Justin Leonard

## Cross Country Coaches of the Year

### **DAVID PARK**

Conference 1A-2A-3A  
Decatur High School

### **RAY BACA**

Conference 4A-5A  
Hereford High School

## TGCA Member Cross Country Coaches whose teams won UIL State Championships

**Conference 1A:** Sundown High School, Coached by Paul Darden

**Conference 2A:** Spearman High School, Coached by Nan Cook

**Conference 3A:** Decatur High School, Coached by David Park

**Conference 4A:** Humble Kingwood Park High School, Coached by Brittney Lanehart

# Volleyball Honors

## Volleyball Athletes of the Year

### ALEXA IGNASIAK

Conference 1A-2A-3A  
Bellville High School, Coach Susan Brewer

### ELLY BARRETT

Conference 4A-5A  
Austin Westlake High School, Coach Al Bennett

## Volleyball Coaches of the Year

### MAKESHA MAUPIN

Conference 1A-2A-3A  
Bushland High School

### JAN BARKER

Conference 4A-5A  
Amarillo High School

## TGCA Member Volleyball Coaches whose teams won UIL State Championships

**Conference 1A:** Windthorst High School, Coached by Stacy Wolf

**Conference 2A:** Bushland High School, Coached by Makesha Maupin

**Conference 3A:** Lucas Lovejoy High School, Coached by Ryan Mitchell

**Conference 4A:** Hereford High School, Coached by Brenda Kitten

**Conference 5A:** Amarillo High School, Coached by Jan Barker

## Volleyball All-Star Coaches

### Conference 1A-2A-3A: East Coaches

**Head Coach:** Michelle Windenwerder, Shiner High School

**Asst. Coach:** Jason Evans, Centerville High School

### Conference 4A-5A: East Coaches

**Head Coach:** Scott Simonds, Clear Creek High School

**Asst. Coach:** Debora Yeager, Brenham High School

### Conference 1A-2A-3A: West Coaches

**Head Coach:** Makesha Maupin, Bushland High School

**Asst. Coach:** Megan David, Denver City High School

### Conference 4A-5A: West Coaches

**Head Coach:** Cory Williams, Lake Highlands High School

**Asst. Coach:** Michael Dearman, Highland Park High School

# Speech

*It became apparent we needed a scholar athlete to plead our case to try and obtain four years of credit for four years of participation to the State Board of Education under the new 4 x 4 Distinguished Plan for graduation with the new requirement of 26 credits. This needed to be an individual that exemplified the problem area for athletes in the new plan. I contacted Traci Neely, Assistant Athletic Director of Round Rock ISD, and asked her to search and find an individual to publicly testify on the importance of four credits for four years of participation in athletics on the new graduation plan. The ideal selection was made when it was decided Emily Prehoda from Round Rock Westwood High School would make the presentation. Emily is a 17 year old senior softball player for the Lady Warriors. She is currently taking AP Biology, AP Physics, AP Statistics, English IV, and a government class at Austin Community College along with athletics on a daily basis. It was such a pleasure to meet and work with this young lady in preparation for her public testimony before the SBOE. I also want to extend my gratitude to Tiffany Gates, the head softball coach at Westwood High School, for her support and professionalism in allowing Emily to pursue what we felt was a very worthwhile presentation on behalf of all the coaches in Texas. Thank goodness our public education system, with athletics being an integral part, is producing many more scholar athletes of both genders with the same qualities, determination, and characteristics as Emily Prehoda. Below is the written copy of the public testimony given by Emily Prehoda before the State Board of Education on November 21, 2008.*

Sam Tipton  
Executive Director  
Texas Girls Coaches Association.

## Speech for Athletic Credit

EMILY PREHODA, SENIOR, WESTWOOD HIGH SCHOOL  
SEPTEMBER 18, 2008

**“ONLY PASSIONS, GREAT PASSIONS CAN ELEVATE THE SOUL TO GREAT THINGS.”**  
- DENIS DIDEROT (1713-1784) FRENCH PHILOSOPHER.

My name is Emily Prehoda. I am honored to be here today to speak with the members of the State Board of Education. I am a senior and student-athlete at Westwood High School in the Round Rock School District who has been affected by the existing inequality of athletics credit vs. other extracurricular activities, such as fine arts, in our Texas education system. I come in front of you today, because I am confused and concerned about a policy that does not give credit where credit is due.

Let me give you a little background. Back in middle school, I participated in the band while also competing in athletics. I played the French horn in the band and played all three sports offered in middle school, volleyball, basketball and track. I took advantage of the extracurricular activities offered to me. I also took advantage of the two years of foreign language offered in middle school and advanced math so that I would enter high school with two credits.

About the same time, during middle school, I discovered another passion: Science. I found myself drawn to Forensic Science. and I plan to pursue a PhD or Medical Degree in Forensic Science.

**“I think there’s too much emphasis placed on learning things by rote that you don’t really care about. So what happens to students**



**in school is that they eventually lose interest in learning, because they’ve been forced to learn the required courses, rather than pursuing their passion.”**

- Jack Canfield, Author

I believe it is important for all students to experience the many activities available, including athletics and fine arts and to take advantage of offerings that will give an advantage in both academic and extracurricular activities. It builds a foundation for future success in our lives. I also believe in receiving credit for successful completion of activities. It builds a foundation of trust and incentive.

In my experience at Westwood High School, I would venture to guess that I am a typical student standing here before you. We take on a lot of activities, with pride, that keep us busy in our daily lives as we search for that one special passion. I believe that being a good, if not great, student always comes first. My dream of becoming a Forensic Scientist has inspired me to take a rigorous

Continued on Page 6 ...

# Speech

... Continued from Page 5

course load throughout my high school career, including several AP courses, and college courses at ACC. I have received credits for those course that I have successfully completed.

Throughout my studies, I have also participated in athletics during my high school career. I was a three-sport participant my freshman year, and a two-sport participant my junior year. This year I am running cross country and will play softball, in addition to my studies.

I committed many hours on the basketball court and on the softball field late in the evenings, working extra on the weekends to hone my skills to become the best athlete I can be. I plan on playing softball at the college level and have several opportunities to do so. I believe that extracurricular activities-and for me personally, athletics- have given me the focus and drive necessary to grow and develop both on and off the field. Athletics has taught me many characteristics and qualities that I believe make me a better citizen of the world. These characteristics I will bring with me to life after high school; life after college. Some of the qualities include **leadership, teamwork, confidence, courage, and responsibility.**

**Leadership:** The responsibility of being the person that the team can look up to, to be there when the going gets tough, and to actually help the team work through it.

**Teamwork:** It is not one person who makes the team succeed or fail, each person brings something different to the table.

**Confidence:** knowing that success is out there, all you have to do is believe in yourself and go for it.

**Courage:** When we must triumph over the many obstacles that stand in our path to success. The Courage, to stand before you today.

**Responsibility:** We learn that when we need to be on time, we are on time, when we need to be organized, get organized, when we need to produce results, we get the job done.

Being a participant in athletics over the years has taught me these and many more.

In 2011 the amount of credits will be increased to 26 in order to graduate. A student wishing to graduate under the Distinguished Plan, and participating in athletics will not have enough elective courses to take athletics during their junior and senior year. I myself have been affected... During the summer before my junior year, I sat down with my counselor and found that this same issue was going to affect me. I chose to take speech and health at Austin Community College, and I now take classes before school on Tuesdays and Thursdays from 7:30 to 8:45 to receive dual credit for government and economics from ACC. I meet at 6:30am on Mondays, Wednesdays, and Fridays for Cross Country.

In order to graduate under the Distinguished Plan, it was imperative that I took these courses at the community college. This does not even begin to explain the situation for At-Risk students. Many students who have failed courses and must retake the classes do not receive enough credit for graduation. These are the formative years for a student, when education and the exploration of chosen extracurricular activities can be done in a safe environment. There are going to be failures, as well as successes, but the constants in the student's life are to be determined by the passions that the student chooses.

I am a student who takes advantage of the opportunities that are around me. I have put in a lot of hard work and extra hours to come before you today. It only makes sense that students who follow the same path that I have, are recognized for their extra effort and get the compensation that is due. The compensation in this case being the 2 extra credits deserved for athletics, for working hard, putting in the extra time, learning about leadership, courage, responsibility, teamwork, and confidence.

**"The direction in which education starts a man will determine his future."**

- Plato, (424-323BC) Greek Philosopher

Thank you for giving me the opportunity to speak with you today. I hope I have helped you to understand the importance of this issue from an athlete's point of view and will support 4 years of athletics for 4 credits.



# State News

## Athletics and the State Board of Education Proposed 4 X 4 Distinguished Graduation Plan - What Next?

State Board of Education members at the meeting of the full board on Friday, November 21 postponed until January a final vote on a plan that would give high school athletics twice as much credit toward graduation under the new 4 x 4 Distinguished Plan. The proposal had been voted out of the full board committee on Wednesday, November 19 by a 10-5 vote.

### Voting In Favor:

Don McLeroy - Chairman - College Station, District 9  
Rene Nunez - El Paso, District 1  
Rick Agosto - Secretary - San Antonio, District 3  
Lawrence A. Allen, Jr. - Houston, District 4  
Ken Mercer - San Antonio, District 5  
Barbara Cargill - The Woodlands, District 8  
Cynthia Dunbar - Richmond, District 10  
Patricia Hardy - Fort Worth, District 11  
Gail Lowe - Lampasas, District 14  
Bob Craig - Lubbock, District 15

### Voting Against:

Mary Helen Berlanga - Corpus Christi, District 2  
Terri Leo - Spring, District 6  
David Bradley - Vice Chairman - Beaumont, District 7  
Geraldine Miller - Dallas, District 12  
Marvis B. Knight - Dallas, District 13

Although a solid majority of board members still support the plan, the chairman of the Board, Don McLeroy, who was one of the 10 members supporting the proposal, recommended to delay any action on the proposal until January. "There is no rush to do this," said Chairman Don McLeroy, R-College Station. "I think it would be wise to revisit this again when we consider other graduation requirements at our January meeting." The five board members who voted against the proposal on Wednesday rejoiced in the delay, stating the board was attempting to destroy what had been accomplished by HB 72 and SB 1. The opposition felt other areas besides sports should be looked at and alternative options should be studied before the board approves changes. Board members approved the postponement by a vote of 10-5.

Under the new 4 x 4 Distinguished Plan for graduation, with a requirement of 26 credits to graduate, it is only fair and equitable for athletics to receive four state credits for four years participation in a sport. This will not dilute the educational purpose of the 4 x 4 Distinguished Plan, but it will allow parents the right and responsibility to decide what electives they feel best suit their individual child's needs. The scholar athlete, under the premise athletics could count as four credits under the plan, could pursue the 4 x 4 Distinguished Plan without the burden of the expense, and additional out of school time, to take courses in the summer or at night during the fall or spring of the school year to insure the 26 credits can be covered. This is the only way the scholar athlete would be able to take dual courses their junior and senior years and be able to attend an athletic period all four years of their high school career. We only ask these students be afforded the same opportunity music, fine arts, and JROTC receive under the present rules - FOUR YEARS STATE CREDIT FOR FOUR YEARS PARTICIPATION.

The next meeting of the State Board of Education is scheduled for January 22-23, 2009. Please let your voice be heard.

### CONTACT INFORMATION FOR SBOE REPRESENTATIVES

<http://www.tea.state.tx.us/sboe/members.html>

#### Sam Tipton

Executive Director  
Texas Girls Coaches Association  
1603 Manor Road  
Austin, Texas 78722-2536  
(O) 512-708-1333  
(F) 512-708-1325  
(C) 512-417-8422  
[WWW.AUSTINTGCA.COM](http://WWW.AUSTINTGCA.COM)  
[sam@austintgca.com](mailto:sam@austintgca.com)

# News & Updates

## Cross Country and Volleyball All-State and Academic All-State Certificates

Cross Country and Volleyball All-State and Academic All-State certificates have been mailed to your High School Principal's Office. If the certificates were not received please feel free to contact the TGCA Office, 512-708-1333.

## TGCA LEGISLATIVE PRIORITIES

FOR THE 81ST SESSION OF THE TEXAS LEGISLATURE

- Support the belief "EVERY" child in Texas is entitled to a well-rounded quality education.
- Support and advocate the value of extracurricular activities in academics, athletics and fine arts as a major part of the educational process.
- Support the University Interscholastic League and the Texas Association of Private and Parochial Schools as the governing bodies for their members schools for extracurricular activities in Texas.
- Support additional state funding to increase educator salaries (teachers, nurses, counselors and librarians) to at least the national average.
- Support preserving local control of public school districts by duly elected school boards.
- Oppose private school vouchers with public tax dollars UNLESS the private/charter school that receives voucher funds will agree to admit and retain any student who presents a voucher, regardless of race, socio-economic status, learning disability, English language proficiency and/or physical/mental limitations. Additionally, the private/charter school agrees to adhere to the same financial and academic accountability standards of all public schools in the state.
- Support an athletic mandated anabolic steroid testing program only if it is financed by appropriated state funding now and in the future.
- Support allowing athletics to be a four year approved elective on the state level under the new 4 x 4 Distinguished Plan for graduation.

## Q&A

**QUESTION:** Why were Division I coaches, in basketball, unable to speak at the TGCA Summer Clinic that took place July 7-11?

**ANSWER:** Under NCAA Bylaw 13.1.7.2.2, women's basketball coaches are not permitted to communicate in any manner, directly or indirectly, with prospective student-athletes, their parents or legal guardians, their coaches or any individual associated with a prospective student-athlete as a result of their participation in basketball during the July evaluation periods established by the NCAA recruiting calendars.

Last year, the TGCA Summer Clinic took place July 7th – 11th and the first July evaluation period for Division I coaches was July 6th – 15th. Thus, Division I women's basketball coaches were prohibited from having contact with high school coaches during the period of the TGCA Summer Clinic. This year's clinic runs July 13th – 17th and the NCAA Evaluation periods run July 6th – 15th and July 22nd – 31st. That means that this year it would be permissible for a Division I coach to speak at the TGCA Summer Clinic on July 16th or 17th provided:

(a) there are no prospects present (the 16th – 21st is a recruiting Dead Period for Division I coaches);

(b) the request to have the coach speak is initiated by the TGCA;

(c) the coach does not make a recruiting presentation during his or her appearance;

(d) the coach does not have any direct contact with a prospective student-athlete or her parent or legal guardian during his or her appearance; and

(e) the coach does not evaluate any prospective student-athletes during his or her appearance.

# Important Dates

## LaQuinta - Official Hotel of TGCA

Coaches, teams and fans can receive preferred rates through the LaQuinta toll-free central reservations number 1-800-531-5900. This rate will also apply to reservations made directly with



LaQuinta Hotels, as well as, via the internet at [www.lq.com](http://www.lq.com) using the corporate/promotional code of TGCA. These rates are good for both business and leisure travel, seven days a week, for standard and king bedded room types coast to coast.

## Other Hotel Information

**Crowne Plaza Austin North Central**  
**6121 North IH - 35**  
**Austin, TX. 78752**

For reservations:  
 1-877-2CROWNE (1-877-227-6963)  
 Please refer to TGCA to get your discounted rate of \$109.00 for single or double occupancy. Or you may reserve your rooms online by going to the home page of our website. Crowne Plaza will offer this rate year around for business or pleasure.

## December

24-26 Athletics: no school facilities, personnel or equipment shall be used for athletic purposes for five consecutive days to include December 24-26

## January 2009

2 Soccer: First day for scrimmages  
 8 Soccer: First day for games.  
 15 Athletics: Deadline to accept plans for next school year.  
 26 Softball: First day for practice

## February

**Dates for girls and boys basketball playoffs and district, regional, and state spring meet academic events (including one-act play) and athletic events (golf, tennis, track & field) are tentative, based on TAKS tests being administered on March 3, and April 28-May 1**

2 Softball: First day for interschool scrimmages  
 7 Swimming & Diving: District certification deadline  
 13-14 Swimming & Diving: Regional meets  
 16 Softball: First day for interschool games  
 16-17 Girls Basketball: Bi-district  
 19-21 Girls Basketball: Area  
 23-24 Girls Basketball: Regional quarterfinals  
 27-28 Girls Basketball: Regional  
 27-28 Swimming & Diving: State Meet

## TGCA News

TGCA News is the official newsletter of the Texas Girls Coaches Association, 1603 Manor Rd., Austin, TX 78722-2536; (512) 708-1333, (512) 708-1325 (fax), [tgca@austintgca.com](mailto:tgca@austintgca.com) (e-mail); It is published nine times per year, September through May.  
 Executive Director: Sam Tipton, [Sam@austintgca.com](mailto:Sam@austintgca.com)  
 Administrative Assistant: Susan Doherty, [Susan@austintgca.com](mailto:Susan@austintgca.com)  
 Membership Administrator: Kimberly Terry, [Kimberly@austintgca.com](mailto:Kimberly@austintgca.com)  
 Editor: Chris Schmidt

## TGCA on the Web

Polls, as well as other current information, can be found on the TGCA Web site at: [www.austintgca.com](http://www.austintgca.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.

# Sponsors



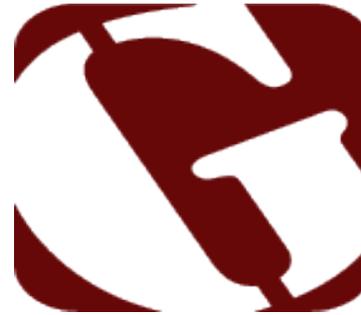
Russell Spalding



Athletic Supply



Baden



Gandy Ink



New Balance



LaQuinta



Boathouse Sports



Stromgren



Nike



Gulf Coast Specialties



Jostens



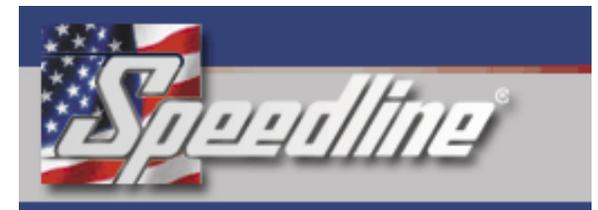
Mizuno



Jerry's Scoreboard



MaxPreps



Speedline