

# TGCA



**TGCA NEWS**  
FEBRUARY 2009

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*Photos by Jeff Coward*



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2008-09  
TGCA  
Officers

## Planning for the Off-Season

By JILL McDILL

At Rockwall High School we divide the year into three parts: Pre-Season, Season, and Off-Season. In the pre-season, we work on getting better as a team. Almost everything is focused on learning plays, presses, team defense, and other things related to the TEAM getting better. In the off-season, we take a different approach. That is the time of year where we want the players to develop individually. We want to increase their overall athleticism, which includes strength, speed, and explosiveness.

As the season ends, we sit down as a coaching staff and evaluate what we want to accomplish during the off-season in our program. We usually come up with two or three goals that we really want to focus on during those last weeks of school. It is easy to coast through the off-season and not really have much of a plan. We have found that it is a time where, if we focus on a few things, we can really improve on a few key areas that will help us for the next season.

Two of our goals are always the same in the off-season: Get Stronger and Get Faster. We divide the girls up into three groups and work on getting faster and stronger through

jumping 12 inch hurdles, plyo boxes, ladder routines, etc. Each station lasts about five minutes, and the girls rotate through the three stations in fifteen minutes. We lift weights three days a week during the off-season as well.

The third (and sometimes fourth) goal is always basketball specific. We evaluate the past season and who is coming back for our team. We decide which area or areas we need to specifically focus on to have success for the next year. One off-season, all we worked on was defense. Outside of getting stronger and faster, our only goal was to work on the defensive end. The next season our defense was greatly improved. Other goals we have had in the past were shooting, passing, or ball handling. But we specifically choose one or two areas where we really want to improve.

After our season ends, we give the girls one week off from any practicing at all. When they return to practice, we go for at least two or three weeks where we do not touch a basketball at all. We want the girls to be begging us to get to play basketball again. Once we break out the basketballs, they are

excited to see them. One of the reasons is they are worn out from two or three weeks of weights and off-season agility type workouts. The other reason is that they have been away from basketball for four or five weeks (because this includes Spring Break). We have found that this break has the players, and the coaches, eager to get back to some basketball skills.

We test our girls on bench, squat, vertical jump, the 30 yard dash, an endurance run, and an agility run. These six tests are given at the very beginning of off-season. After six weeks, we test the girls again. We have set up a computer program that ranks the girls based on those six tests. The girls are competitive and want to move up in the rankings. We will test once again at the end of school. Those results are the basis for our end of season meetings with each player. We look at tests from the preseason and at the three tests from the off-season to chart their individual improvement. For us, the off-season is a time to focus on a few key areas...but those areas can make a world of difference for your team the next year!

# State Girls Basketball

## 2009 Girls Basketball Tournament

FRANK ERWIN CENTER - MARCH 5-7, 2009

### Thursday, March 5, 2009

Conference 1A Division I Semifinals  
8:30 a.m.  
10:00 a.m.

Conference 3A Semifinals  
2:00 p.m.  
3:30 p.m.

Conference 4A Semifinals  
7:00 p.m.  
8:30 p.m.

### Friday, March 6, 2009

Conference 2A Semifinals  
8:30 a.m.  
10:00 a.m.

Conference 1A Division II Semifinals  
2:00 p.m.  
7:00 p.m.

Conference 5A Semifinals  
3:30 p.m.  
8:30 p.m.

### Saturday, March 7, 2009

8:30 am Finals Conference 1A - Division I

10:00 am Finals Conference 3A

2:00 pm Finals Conference 2A

3:30 pm Finals Conference 4A

7:00 pm Finals Conference 1A - Division II

8:30 pm Finals Conference 5A

## 2009 UIL GIRLS STATE BASKETBALL TOURNAMENT PARKING INFORMATION

There are several parking garages available to the public on the University of Texas campus, as well as the area surrounding the Frank Erwin Center. Here is a brief list of some parking garages and locations around the Frank Erwin Center:

### University of Texas-Trinity Parking Garage

Located at the corner of Trinity and Martin Luther King Blvd. (MLK), one block northwest of the Frank Erwin Center. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/trg.html>

### University of Texas-Brazos Garage

Located at the corner of Brazos and Martin Luther King Blvd. (MLK), two blocks northwest of the Frank Erwin Center. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/brg.html>

### University of Texas-Manor Garage

Located at the corner of Clyde Littlefield and Robert Dedman Drives, across the street from the football stadium. The rate for this garage is \$10 with NO in-and-out privileges. For a map of the location go to: <http://www.utexas.edu/maps/main/buildings/mag.html>

### Texas State Office Parking Garages/Lots

There are several state office parking garages and lots within walking distance of the Frank Erwin Center. These lots are reserved for state employees with a permit on Thursday and Friday until 6 p.m., but are available to the public for a fee after 6 p.m. on weekdays and all day Saturday.

### Capital Metro

Additionally, Capital Metro offers extensive bus service throughout Austin, including several park-and-ride lots. Call (512) 474-1200 for more information and be sure to ask when the last bus leaves the Erwin Center and the available service on Saturday. For more information, visit the Capital Metro web site at [www.capmetro.org](http://www.capmetro.org).

Shuttle buses to and from Highland Mall will not be available throughout the basketball tournaments.

# Track & Field Committees

## TAKS Testing and Regional Track Meets

Some students who qualify for UIL regional athletic competition in track and field scheduled for May 1st will have a conflict with the scheduled TAKS tests. Exit Level and Grade 10 Science, as well as Grade 9 Mathematics, TAKS tests are scheduled on Thursday, April 30. Exit Level and Grade 10 Social Studies TAKS tests are scheduled on Friday, May 1. UIL has tried to work with regional sites to eliminate or reduce conflicts wherever possible, but regional schedules could not be modified due to commitments for facilities and personnel.

Length of travel time may also create conflicts for some participants. Please check your specific regional schedule on the UIL Web site at: [http://www.uil.utexas.edu/academics/spring\\_meet/sm\\_region\\_directors.html](http://www.uil.utexas.edu/academics/spring_meet/sm_region_directors.html)

Regional hosts who have not yet posted their Regional Meet Handbooks and/or schedule will be doing so in the near future. Schools may submit a request to TEA for on-site testing or for a modified test schedule. You can find these forms on TEA's Student Assessment Division Web page at: <http://www.tea.state.tx.us/student.assessment/>

Click on the Student Assessment A - Z Directory and then Guidelines and Procedures for Requesting Changes to the State Testing Schedule. Questions should be directed to TEA at 512-463-9536.

## Track Committee

| Name               | School                       | Conf | Reg | Phone          | E-mail                              |
|--------------------|------------------------------|------|-----|----------------|-------------------------------------|
| Ray Baca           | HEREFORD HIGH SCHOOL         | 4A   | 1   | (806) 363-7633 | raybaca@herefordisd.net             |
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# Track & Field Committees

## Track All-State Committee

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|----------------------|-------------------------------|------|-----|---------------------|-------------------------------------|
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# School Board of Education

## Committee of the Full Board - School Board of Education

JANUARY 22, 2009

PUBLIC TESTIMONY BY TRACI NEELY

This is the public testimony given at the State Board of Education meeting on January 22, 2009 by Traci Neely. Traci is currently serving on the Texas High School Athletic Directors Association Board of Directors. I thought this testimony really portrayed to all concerned the merits of four credits for four years participation in athletics under the new 4 x 4 Distinguished Plan. The coaches of Texas were well represented with the professionally done testimony, of not only Traci, but Robert Young, President of the Texas High School Athletic Directors Association, and Craig Agnew, a parent and coach from Brenham at the public hearing.

Sam Tipton  
Executive Director  
Texas Girls Coaches Association

### Introduction:

Thank you Mr. Chairman and committee members for this opportunity to speak to you today. I currently work as the assistant athletic director and physical education curriculum specialist in Round Rock ISD. I am speaking today on behalf of the TX High School Athletic Directors Association, in which I serve on the Board of Directors. I would also like you to know that I am an active member and office holder in the TX Association for Health, Physical Education, Recreation and Dance (otherwise known as TAHPERD) and I have been deeply involved with leaders across Texas in the physical education movement.

There are three (3) main points I would like to make in order to pursue your approval of additional athletic credit for state graduation. I am requesting from this state board the opportunity to move forward with the plans to write state TEKS. Today I will address your concerns about the possibility of "rigor" in the athletic period during the academic day. I use the term "rigor" in athletic periods to be compared to the other enrichment and elective choices, not the core subject areas.

The TX athletic directors are considering three different areas to support this movement:

### **#1 – To develop written standards or state TEKS which would create a set of expectations for comprehensive rigor.**

We would like a state board selected committee to proceed with developing a set of state TEKS for athletic courses. The standards should be aligned with the recent legislature in SB 82 that requires student-athlete instruction about head injuries, heart attack or heart conditions, asthma, heat stress and dehydration. Standards should be aligned with the steroid abuse intervention and testing program to include the required student-athlete instruction about illegal steroid and supplement abuse as well as proper nutrition for peak performance.

Speaking from the PE perspective, I also believe that it would be a perfect opportunity to align and weave coordinated school health into the high school state standards. It could be an extension of the K-8 comprehensive coordinated school health program in our fight against obesity that has been fully supported through legislature in recent years.

Samples of our exploration to extend current PE TEKS and to create new athletic courses have been included with this testimony.



### **#2 – To begin review of comprehensive curriculum programs already available that could provide rigor to the state credit athletic course(s).**

The choice for a proper curriculum should be decided upon by a knowledgeable group of people from across the state. Any curriculum requirement should include workshop participation by coaches to implement the new state standards for athletic courses.

Currently, our coaches are required by the University Interscholastic League (UIL) to address sports injuries, safety concerns, emergency procedures and steroid information

with a presentation designed to comply with state laws and growing needs for reliable, factual information. Beyond what the UIL has developed, there is a vast array of current information available to coaches that could be presented to student-athletes during athletic periods. However, coaches must decide for themselves the credibility of information to be presented to athletes that may include proper competitive nutrition, advanced health concepts or physical training, sportsmanship, and time management.

In addition, we all must face the fact that the modern competitive sports model has not solved the nation-wide obesity problem. Coaches and athletic directors are in a position to make an immediate impact through the existing athletic programs and could operate very much like the coordinated school health programs being used K-8 across the state. We are ready to embrace advanced standards and curriculum to join that fight. Coaches of all different sports have already discovered that additional information beyond the strategic planning and skill development is required in order for their athletes to be successful. Coaches want athletes to learn life-long lessons about healthy, active lives beyond high school graduation.

### **#3 – To initiate a certification requirement in order for an instructor to become a teacher of record for athletic courses.**

The teacher-coach designated to deliver comprehensive instruction to a group of student-athletes should have some background training and a specified certificate.

A state requirement for a coaching certificate is one of the most current topics for consideration in our coaches associations and within athletic directors groups. The UIL has set our current standards and they expect each district to have all coaches participate in three separate online trainings pertaining to sportsmanship, safety issues and steroid abuse. Last year for the first time, the UIL also required the first-year coaches to complete the National Federation of High Schools (NFHS) course, Foundations of Coaching prior to coaching in their first season. Additionally, numerous amounts of coaches currently hold certificates in core subject areas as well as physical education. However, for those coaches without PE certification, and if the state went as far as requiring a certificate in PE, our coaches would willingly comply.

# Photos of the Month



PHOTOS COURTESY  
OF MEMBER COACHES  
OF THE TGCA

# Summer Clinic

## TGCA Summer Coaches Clinic

AUSTIN CONVENTION CENTER

JULY 13-17, 2009

### REGISTRATION FORMS

This year we will NOT be mailing out 2009-2010 Registration Forms for Membership & 2009 Summer Clinic. Registration forms can now be found on the TGCA website under "Summer Clinic." You can download the form or call us and we'll be happy to fax you one.

### ONLINE REGISTRATION

Online registration is now available for the 2009-2010 Membership and Summer Clinic on the TGCA website. It is easy and quick! Immediate registration is available by using your VISA or MASTERCARD. TGCA members are encouraged to use the online registration to pay for their membership and clinic fee.

### ON-SITE REGISTRATION

Registration will also be available onsite at the 2009 Summer Clinic beginning Tuesday, July 14th at 7:30 a.m. in the Austin Convention Center.

### HOTEL INFORMATION

Beginning March 12, 2009, you will be able to make your hotel reservations online via the TGCA website under "Summer Clinic." Hotels have been most helpful in giving us their best possible rates. This year we will be using the following hotels:

#### Residence Inn Austin Downtown/Convention Center

300 E. 4th Street - Single/Double/Triple/Quad = \$119

#### Crowne Plaza Hotel Austin

6121 North IH-35 - Double (4 people)/King (2 people) = \$115

#### Hampton Inn & Suites Austin – Downtown

200 San Jacinto Blvd - Double \$129/King \$119/King Suite w/ sleeper \$179  
(rates include free continental breakfast, Parking is by "valet only" @ \$18 per day)

#### Holiday Inn – Austin Town Lake

20 North IH-35 - Single (2 people) = \$109

#### Omni Austin Hotel Downtown

700 San Jacinto & 8th Street - Single & Double \$109/Triple \$119/Quad \$129

#### Omni Austin Hotel at Southpark

4041 Governor's Row - Single & Double \$109/Triple \$129/Quad \$149

#### Radisson Hotel & Suites Austin – Town Lake

111 Cesar Chavez - Single \$109/Double \$119/Triple \$129/Quad \$139

**NOTE:** You cannot call these hotels directly and get the TGCA rates, you can only get them online through the TGCA website.

# 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.

## Josten's Only Ring Sponsor for TGCA

The only rings furnished by the Texas Girls Coaches association are for our state champion coaches and president. These rings are supplied by our long time corporate sponsor Josten's. Alan Garland, from Fort Worth, is our representative. TGCA has not been contacted and has no affiliation or agreement with any other individual or ring company.

### March

|       |            |
|-------|------------|
| 2     | TGCA       |
| 5-7   | Basketball |
| 17    | Soccer     |
| 19-21 | Soccer     |
| 21    | Soccer     |
| 23-24 | Soccer     |
| 26-28 | Soccer     |
| 30-31 | Soccer     |

Basketball Deadline; 12:00 noon deadline for All-State, All-Star, & Acad. All-State nominations  
 State Tournament  
 District certification deadline, 4A  
 Bi-district, 4A  
 District certification deadline, 5A  
 Area, 4A; Bi-district 5A  
 Sectional, 4A; Area 5A  
 Regional quarterfinals, 4A; Area 5A

### April

|       |               |
|-------|---------------|
| 3-4   | Soccer        |
| 6     | TGCA          |
| 6-11  | Track & Field |
| 6-11  | Golf & Tennis |
| 9-11  | Soccer        |
| 11    | Track & Field |
| 13-18 | Track & Field |
| 13-18 | Golf & Tennis |
| 18    | Track & Field |
| 21-26 | Golf & Tennis |
| 28    | Softball      |

Regional, 4A & 5A  
 Soccer Deadline; 12:00 noon Deadline for Academic All-State nominations  
 First week for district meets, 2A, 3A, 4A, & 5A.  
 First week for district meets.  
 State Tournament  
 District certification deadline, 1A  
 Last week for district meets, 2A, 3A, 4A, & 5A.  
 Last week for district meets, all conferences.  
 Area certification deadline, 1A  
 Regional meets  
 District Certification deadline

### May

|       |               |
|-------|---------------|
| 1-2   | Track & Field |
| 2     | Softball      |
| 4     | Golf          |
| 9     | Softball      |
| 11    | Track & Field |
| 11-12 | Tennis        |
| 11-12 | Golf          |
| 14-15 | Golf          |
| 15-16 | Track & Field |

Regional meets.  
 Bi-district deadline.  
 12:00 noon deadline for Academic All-State nominations  
 Area deadline  
 12:00 noon deadline for All-State, All-Star, & Acad. All-State nominations  
 State Meet  
 State Meet, 1A, 2A, & 4A  
 State Meet, 3A, & 5A  
 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.

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### 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



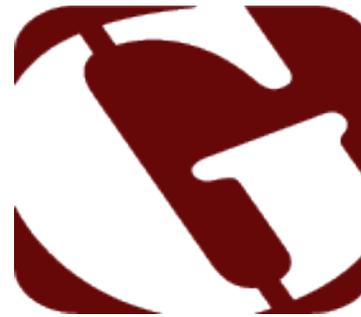
Russell Spalding



Athletic Supply



Baden



Gandy Ink



New Balance



LaQuinta



Boathouse Sports



Stromgren



Nike



Gulf Coast Specialties



Jostens



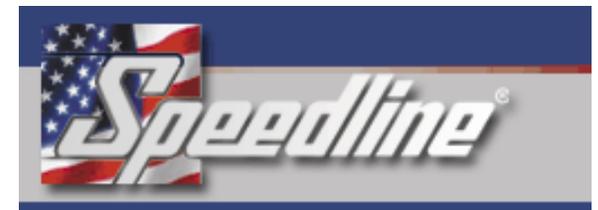
Mizuno



Jerry's Scoreboard



MaxPreps



Speedline