

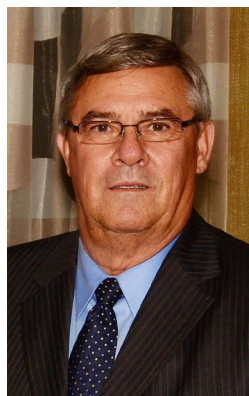


# TGCA NEWS

FEBRUARY 2015



## 2014-15 TGCA OFFICERS



**President of TGCA**  
Mitch Williams  
Whitney HS

**1st Vice President**  
Liana Gombert  
Smithson Valley HS

**2nd Vice President**  
Loyd Morgan  
Rogers HS

**Past President**  
Kari Bensed  
Frisco Centennial HS

**Executive Director**  
Sam Tipton  
TGCA Office

**Assistant to the Executive Director**  
Lee Grisham  
TGCA Office



# 2.15

## FEATURE ARTICLES

cover photo courtesy Loyd Morgan



photo courtesy Jana Lemons

### Why Coach?

By Darren Wilson,  
TGCA Basketball Chair  
**PAGES 1-2**

### Lift Efficiency

By A to Z: Building  
Better Coaches  
**PAGE 8**

### 10 Nice-to-Know Facts About Caffeine

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

### Mark Your Calendar

By Ben Hogan  
Sports Medicine  
**PAGE 13**

## ALSO INSIDE

TGCA Fee Increase.....1	Satellite Clinics.....5	2015 UIL Girls Basketball	AD&D Benefit .....11
TGCA Resource Center .....2	TGCA Adds Honors.....5	Tournament Info.....7	Important Dates.....12
TGCA Summer Clinic.....3	Golf/Soccer Reminder.....6	TGCA Profile Update.....8	TGCA Hotel Links .....12
TGCA Spirit Division .....4	SWOY Awards .....6	Photos of the Month.....9	AIL Additional Benefit.....12
Membership Renewal .....4	Nomination Deadlines.....6	Kay Yow Cancer Fund.....11	Sponsors.....13

# WHY COACH?

By Darren Wilson // TGCA Basketball Chair // Byron Nelson HS



**W**hy coach?  
Why do we do what we do?

There are many reasons given by those in the “real world”. We are frustrated athletes, we are egomaniacs, and we want our summers off. Heck, I even have heard we do it for the job security and the pay! What is it that drives us to learn more, sacrifice more, and ride that emotional roller coaster every Tuesday and Friday night during Basketball season?

**“I WANT TO BE THE WINNINGEST COACH EVER!!”**

Is it the personal accolades that we want? Win number 200, 400, 800, 1000, 2000... I have worked with, coached against, and become friends with many outstanding coaches. Reggie Davis, Alex Koulovatos, Arnold Parker. When asked how many wins they had, they couldn't answer. Deep down, we all know a rough estimate, but do we know exactly? It took a relative to remind me when I got my 200th win (thanks mom, the flowers were nice). When talking



photo courtesy Philip Haustein

to my closest colleagues the general consensus was that a lot of wins meant that we were just OLD! Despite what many believe, most coaches aren't chasing the “W”. Win totals are really a combination of longevity, stamina, luck, desire, discipline, and the knowledge. But they are not what drives us.

**“I DO IT FOR SUMMERS OFF AND THE PAY!”**

We work harder in the summer than I do during the school year. Camps, clinics, in service, professional development, summer conditions, hiring staff, summer leagues, select teams...the list gets bigger each year. As for the pay..... let's just move on.

**“BECAUSE OF OUR EGO, WE COACH TO HELP BUILD OUR SELF-ESTEEM.”**

Over the years I have taken my fair share of criticism. I have been called every name in the book. As a coach I seem to be a human punching bag for parents to take out their frustration because they do not agree with my substitution pattern. While my parent meeting folder gets bigger and bigger, my warm fuzzy folder stays the same size. The masses think “we the coaches” are their personal employees and to be treated as such.

If the saying “What doesn't kill you makes you stronger” is true, my new name is Coach Hercules. Building our ego is not why we coach.

**THE KIDS. IT'S ALL ABOUT THE KIDS.**

My wonderful wife is a glutton for punishment. Not only does she have to deal with me, but she is a coach as well. Even though she coaches the white fungus (volleyball), we still get to discuss and evaluate the daily occurrences in athletics. It does have its draw backs. After the

**CONTINUED ON PAGE 2**

## TGCA FEE INCREASE BEGINNING 2015-16

FEE SCHEDULE  
BEGINNING  
2015-16:

The continuing increase of the association's day to day operating costs, the rise in convention rental fees, and the mounting cost of housing and feeding of All-Stars has resulted in the Texas Girls Coaches Association Board of Directors unanimously passing a fee increase beginning the 2015-16 membership renewal period. There will be a \$10.00 fee increase for membership, Summer Clinic, and all satellite clinics. This will allow the TGCA to not only maintain, but increase some services for member coaches in the future.

**MEMBERSHIP**  
\$60.00

**SUMMER CLINIC**  
\$60.00

**SATELLITE CLINIC**  
\$70.00



# WHY COACH? (CONTINUED)

CONTINUED FROM PAGE 1

birth of our second child, we could not come up with any names. After eliminating using our parents first names (John Wayne and Mary Margaret), we had to eliminate every name of students/athletes we had issues with. The thought of being reminded of the students who constantly caused me trouble while I looked at my angelic daughter's face made me shudder.

Then we decided to take the opposite approach. What about the girl who played for both of us? The girl who learned as a freshman that she does not get to go on vacation during Christmas break. The athlete who set up a meeting to talk to me about skills she could improve on to get more play time. The player who stood up to her teammates when they were wrong even though it cost a friendship. The student who went to college and ran marathons because of the fitness and dedication it required. The young lady who made me break my



photo courtesy Staci Otts

strict NO DANCING rule at her wedding. And lastly, MY ex-player whose parents cried while telling my wife and I that we were the reason that Emily was the woman she had grown into.

We coach to develop strong, responsible, and productive young women. Women who come back to visit to say thanks. Women who become mothers, bosses and even co-workers. So

coaches, go teach these athletes. Give them rules to live by. Give them something to achieve. We want to create new young teachers. Ladies that can motivate and relate strategy. Those that can inspire!

Whatever your specific reasons are for coaching, I encourage you to write it down, and then share it with your players and parents. Develop your own coaching

philosophy and make sure it is known.

Just remember it is about the kids and...

If we get a lot of wins along the way.....Bonus

If we get some personal accolades along the way..... Bonus

If we get a pay raise or bonus check along the way.....MIRACLE!



## TGCA RESOURCE CENTER

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality.

The Resource Center is designed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and people interested in girls' athletics in all sports.

Everyone is encouraged to go to the Resource Center site. It's as easy as clicking the logo above. Please take the time to

walk through the different features offered.

Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Association.

This site will be continually expanding and will make available an unlimited source of educational materials for you from various outlets in a variety of delivery methods.

The Resource Center is designed to be an economical way to obtain up to date educational material to help you become better in your field.



photo courtesy Kayci Smith

# TGCA SUMMER CLINIC

## AUSTIN CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 14-17, 2015

### REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, "2015-16 Printable Membership Form". You can print the form out, complete it, and mail it with a check or credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536.

### ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and if you are renewing your membership and registering for clinic, click on "Membership Site" in the menu on the left-hand side of the page. You will be required to log in. Follow the instructions from there.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled "First Time Member" in the menu on the left-hand side of the home web page, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had.

In either case, you will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

### ON-SITE REGISTRATION

On-site registration will be available beginning Tuesday, July 14, at 10:00 a.m., in the Austin Convention Center. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also.

### HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website beginning March 16. Go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on "Summer Clinic" in the menu on the left-hand side of the page, then click on "Hotel Reservations" and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Austin 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 site.

### HOTELS FOR SUMMER CLINIC

#### Crowne Plaza

\$109.00  
6121 North IH-35  
(Single, Double, King,  
King Suite)

#### Hampton Inn & Suites

200 San Jacinto  
King - \$139.00  
Double - \$154.00  
Suite King with  
Sofa Sleeper - \$174.00

#### Holiday Inn Austin

**Lady Bird Lake**  
20 IH 35 North  
Single/Double - \$115.00  
\$10.00 per extra person  
for Triple/Quad

#### Hyatt Place - \$139.00

211 East 3rd Street  
(Single/Double/Triple/Quad)

#### Marriott Residence Inn & Courtyard Hotel

\$135.00  
300 E. 4th Street  
(Single/Double/Triple/Quad/  
King Suite)

#### Omni Downtown - \$134.00

700 San Jacinto at 8th Street  
(Single/Double/Double De-  
luxe)

#### Omni Southpark

4140 Governor's Row  
Single/Double - \$109.00  
Triple - \$129.00  
Quad - \$149.00

#### Radisson

111 Cesar Chavez  
@ Congress Ave.  
Standard Room  
(Single/Double) - \$130.00  
Suite - \$165.00



# 2015 TGCA SUMMER CLINIC

## SPIRIT DIVISION

Austin Convention Center  
Spirit Division – July 14-16, 2015

The Texas Girls Coaches Association is pleased to announce the 2015 TGCA Summer Clinic – Spirit Division, designed for cheerleading coaches. The clinic will be held at the Austin Convention Center, 500 E Cesar Chavez, in Austin, Texas, July 14-16. We will have the Spirit Division running concurrently with the Athletic Division this year. The University Interscholastic League, through a proposal from the UIL Medical Advisory Committee, now requires cheerleading coaches to undergo the same health and safety training as an athletic coach. TGCA, through the help and guidance of the UIL and Varsity, has designed an agenda to help meet the needs of the cheerleading coaches for the health and safety requirements, and has now been certified by the UIL to do so. There will also be technique training to help better serve safety issues when the coaches are training their squads for competition. TGCA

was approached by the UIL, superintendents, athletic directors, and cheerleading coaches to help in addressing and achieving the new safety and health issues, along with technique training for the coaches involved in the activity. The Board of Directors of the Texas Girls Coaches Association feels this endeavor will ensure all coaches in Texas will have an equal opportunity to be trained in health and safety, state law, and technique to better fulfill their job description as a coach of extracurricular activities.

TGCA is asking current members of the Association to distribute to their cheerleading coaches, principals, and superintendents information on the 2015 TGCA Summer Clinic – Spirit Division. A cheerleading coach must be a member of TGCA to attend the Summer Clinic. Any member cheerleading coach will be allowed to submit nominations for Academic All-State, Cheerleader of the Year in 1A-2A-3A-4A

and 5A-6A, Coach of the Year in 1A-2A-3A-4A and 5A-6A, and All-State in all conferences, for the 2015-16 school year for those cheerleaders that meet the criteria for each honor, but the coach must be a member of TGCA before the November 1st membership deadline for nominations to nominate or receive honors. Refer all parties to [www.austintgca.com](http://www.austintgca.com) and click on Summer Clinic on the left to view the Summer Clinic agenda, or call the TGCA office at 512-708-1333 for further information.

Registration and membership can be done online at [www.austintgca.com](http://www.austintgca.com), under the “Membership Site” or “First Time Member” category in the menu on the left-hand side of the page, or printable forms may be found on the website under the “Summer Clinic” or “Forms” categories. We look forward to hosting this clinic, and hope to see all cheer coaches in Austin.



photo courtesy: Chuck Nowland

## \* IMPORTANT \*

### 2014-15 MEMBERSHIP RENEWAL

The 2015-16 membership renewal is now open online. You can no longer renew for the 2014-15 membership year through the online site. If you still need to renew for the 2014-15 year, you MUST print a 2014-15 membership form from the website under

the "Forms" category and mail that with a check or fax it with a credit card. If you do an online membership at this point, you will be renewing or joining for the 2015-16 year, which does not begin until May 1 of 2015 and runs through May 31st of 2016.



photo courtesy: Russell Rimm

# TGCA 2015 SATELLITE SPORTS CLINICS

**BE SURE TO PUT THESE IMPORTANT DATES ON YOUR CALENDAR AND MAKE PLANS EARLY TO ATTEND.**

TGCA will be hosting four Satellite Sports Clinics in 2015. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, [www.austintgca.com](http://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 online. 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 with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be happy to assist you.

Agendas for all clinics will be available on the main page of the website as soon as they are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

## 2015 TGCA SATELLITE SPORTS CLINICS LOCATIONS

**2015 SAN ANTONIO SPORTS CLINIC**  
 May 22 - 23  
 O'Connor HS  
 12221 Leslie Road  
 Helotes, Texas  
[Agenda](#)  
[Registration Form](#)

**2015 REGION I LUBBOCK SPORTS CLINIC**  
 June 12 - 13  
 Coronado HS  
 3307 Vicksburg Avenue  
 Lubbock, Texas  
[Agenda](#)  
[Registration Form](#)

**2015 HOUSTON SPORTS CLINIC**  
 June 10 - 11  
 Tompkins HS  
 4400 Falcon Landing Blvd.  
 Katy, Texas  
[Agenda](#)  
[Registration Form](#)  
[Athletic Directors Agenda](#)

**2015 EL PASO SPORTS CLINIC**  
 July 23 - 24  
 Del Valle HS  
 950 Bordeaux Drive  
 El Paso, Texas  
[Agenda](#)  
[Registration Form](#)



# TGCA TO ADD HONORS FOR TEAM TENNIS, SWIMMING AND DIVING, WRESTLING AND TENNIS FOR 2015-16

The Texas Girls Coaches Association is very pleased and excited to announce that the Board of Directors passed a proposal at the November 23, 2014 Board of Directors meeting to add honors of Academic All-State, Coach of the Year, Athlete of the Year, and state championship ring presentation to members in good standing for the UIL sanctioned sports of team tennis, wrestling, swimming and diving, and tennis beginning in the 2015-16 year. Coaches will need to be members of TGCA before November 1st of 2015 in order to be eligible to nominate athletes for honors or to receive honors themselves. Please be sure to inform the coaches of these sports at your school of this information and encourage them to join TGCA before the November 1st, 2015 deadline.

## IMPORTANT REMINDER FOR GOLF AND SOCCER

Just a reminder to all of our golf and soccer coaches that TGCA will be selecting an Athlete of the Year in 1A-2A-3A-4A and an Athlete of the Year in 5A-6A and a Coach of the Year in 1A-2A-3A-4A and a Coach of the Year in 5A-6A beginning this year. Don't forget to do your nominations for these honors when you do your nominations for Academic All-State. Athlete of the Year recipients must be seniors. Coach of the Year recipients must be a member in good standing of TGCA. All head coaches of both sports must have been members of TGCA by November 1st of 2014 to nominate for honors or to receive honors themselves.

## SPORTS WRITERS OF THE YEAR AWARD

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will be for sports writers with newspapers with circulations of more than 20,000 and Division II will be for sports writers with circulations of less than 20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the TGCA Board of Directors meeting on March 8, 2015.

## ONLINE NOMINATION DEADLINES BY SPORT

All online nominations for all sports in all categories will close the Monday at noon before the state tournament or meet. Please be sure to have your nominations done on time and on-line. Nomination deadlines by sport for 2014-15 are as follows:

### BASKETBALL

March 2

### SOCCER

April 13

### GOLF

April 27

### TRACK & FIELD

May 11

### SOFTBALL

June 1

## 2015 SUMMER CLINIC

The 2015 TGCA Summer Clinic will be held in Austin at the Austin Convention Center July 14-17, for both the Athletic Division and the Spirit Division. The agenda is posted to the website under the "Summer Clinic" category. We are changing the format this year, so be sure and check out the agenda. Make your plans early to attend. We look forward to seeing you there!

All satellite Sports Clinics agendas and dates will be posted as soon as the dates are confirmed. We hope you'll make plans to attend one or all of the TGCA clinics in 2015.

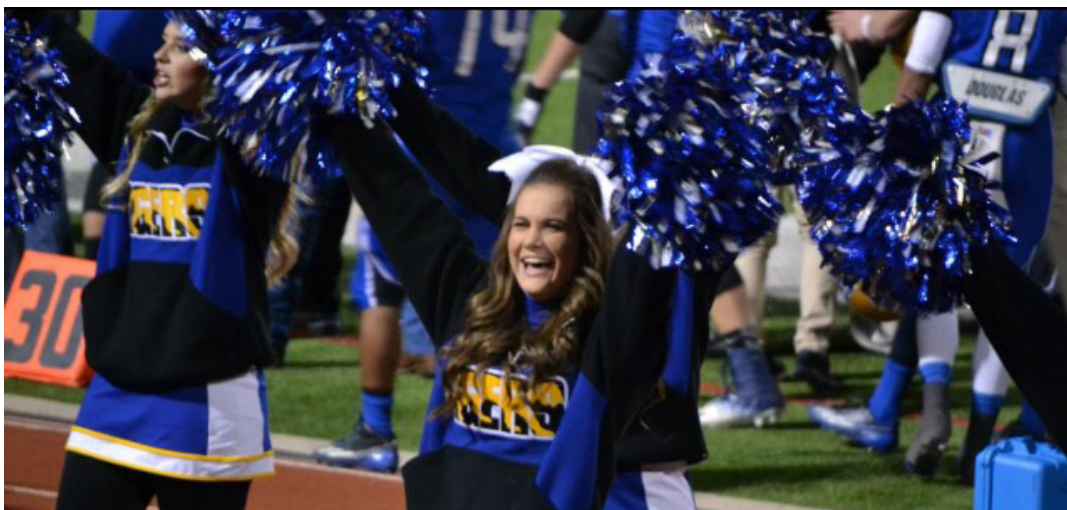


photo courtesy Kayci Smith



# 2015 UIL GIRLS BASKETBALL STATE TOURNAMENT

ALAMODOME: MARCH 5 - 7, 2015

THURSDAY, MARCH 5

## SESSION 1

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

## SESSION 2

1:30 PM - Conference 3A Semifinal  
3 PM - Conference 3A Semifinal

## SESSION 3

7 PM - Conference 5A Semifinal  
8:30 PM - Conference 5A Semifinal

FRIDAY, MARCH 6

## SESSION 4

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

## SESSION 5

1:30 PM - Conference 4A Semifinal  
3 PM - Conference 4A Semifinal

## SESSION 6

7 PM - Conference 6A Semifinal  
8:30 PM - Conference 6A Semifinal

SATURDAY, MARCH 7

## SESSION 7

8:30 AM - Conference 1A Final  
10 AM - Conference 3A Final

## SESSION 8

1:30 PM - Conference 2A Final  
3 PM - Conference 5A Final

## SESSION 9

7 PM - Conference 4A Final  
8:30 PM - Conference 6A Final

## PARKING AND HOTEL INFORMATION

Parking is available in Alamodome Lots B & C. Parking is \$15/space cash only, no re-entry or \$45 for all-tournament, with re-entry. View the parking map [here](#).

**PLEASE NOTE:** During peak traffic times, north bound Cherry Street will be closed at Cesar Chavez Street. To access lot C or B travel

south on Cherry Street from Commerce Street or Houston Street.

For more information on parking, visit:

<http://www.uiltexas.org/basketball/state-girls/girls-basketball-state-tournament-spectator-information>

Explore San Antonio (hotel information included - please note, rates listed are subject to change based on dates):

<http://visitsanantonio.com/2015uil>

YOU'RE INVITED:

## NIKE COACHES HOSPITALITY ROOM

IN CONJUNCTION WITH THE UIL GIRLS STATE BASKETBALL CHAMPIONSHIPS

### ALAMODOME – ROOMS F & G

FRIDAY MARCH 6 FROM 10AM – 8PM

MUST RSVP TO GAIN ACCESS

ENJOY COMPLIMENTARY  
FOOD & BEVERAGES

PREVIEW NEW NIKE GEAR

VISIT WITH NIKE AND TEAM DEALER ROAD REPS.

LEARN HOW TO EARN UP TO \$1,000 FOR YOUR PROGRAM

BASKETBALL  
NEVER  
STOPS



[CLICK HERE TO RSVP](#)

# LIFT EFFICIENCY

Life is all about supply and demand. Have you ever felt the demand on you exceeds the supply of you? We can empathize. Is your demand of time, space and resources exceeding the supply?

We educate coaches in the realm of strength and conditioning, i.e., lifting and running, so they can maximize and optimize their “supply.” It’s not necessarily about offering a specific workout as much as it is suggesting general principles that can create efficiency and reduce the risk of injury.

This article will focus on lift efficiency. When you walk into your lifting space (notice we didn’t say weight room) there should be a basic protocol in place for performing the exercises. These should be automatics for you and your athletes every lift:

## FIRST: SET THE RACK/MACHINE/EQUIPMENT

Setting the rack for a barbell exercise looks like setting a squat to the shortest person or setting a bench to the athlete with the shortest reach and then placing the safety racks in the best position to recover a missed attempt. Setting a machine looks like adjusting height and reach. For free-weight exercises it may be adjusting a bench to



photo courtesy Jamie Harms

the correct angle.

## SECOND: SET THE WEIGHT

Setting the weight for a barbell exercise looks like not only putting on the correct, balanced amount but also clipping it. We often hear girls say they all had to lift the same weight even though they differed in strength levels within their group. We encourage you to have athletes adjust weights as needed or have multiple stations set with different weights when possible. It is worth it to take the time to change the weight for each

athlete. The amount of weight is determined by the strength of the athlete, the number of reps, and the goal of the workout. Knowing rep maxes and setting percentages for the exercises streamlines the weight selection process. Remember, there is a difference between heavy and too heavy.

## THIRD: SET THE BODY

**1. Set the Stance:** Foot placement is dependent on exercise, but knees should not be locked. It is a shame how neglected positioning of the feet is in strength

training. Sometimes kids put their feet together which is not athletic. Always teach and encourage an athletic stance when lifting.

**2. Set the Posture:** The proper lifting posture includes a straight back and the head neutral. There are rotational exercises that create a curvature of the back, but the fundamental, correct posture is a straight back. To achieve a straight back, focus on sticking the buttocks out and the chest out. Some athletes will find this awkward, but that doesn’t make it wrong.

**3. Set the Motion:** Really, that means “isolate” the muscle(s). There is a phrase “motion without movement.” If you have excess movement, you may be taking away from the desired outcome. For example, allowing the elbows to move too much on bicep curls or triceps exercises recruits secondary muscles and decreases efficiency.

Make these automatic with your athletes and you’ll put them in a position to be efficient and dominate the weight. Their efficiency will translate into more training time and greater success.



photo courtesy Carrie Powers

# \* ATTENTION \*

**TO ALL COACHES:** Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.



# PHOTOS OF THE MONTH: SOCCER



# PHOTOS OF THE MONTH: GOLF





# 10

## NICE-TO-KNOW FACTS ABOUT CAFFEINE

By James A. Peterson, Ph.D., FACSM

**1** *The numbers don't lie.* Caffeine is a naturally occurring mild chemical stimulant that exists in a variety of foodstuffs, including coffee, tea, chocolate, and cola drinks. Without question, the average individual consumes a copious amount of caffeine annually. Just in the United States, for example, more than a million metric tons of coffee and three billion pounds of chocolate are ingested each year. As such, caffeine in one form or another is America's most popular drug by far.

**2** *Caffeine buzz.* To a degree, the perceived "jolt" that many people experience when they drink a cup of coffee is real. Caffeine stimulates your central nervous system by blocking the neurotransmitter (adenosine) that usually causes a calming effect in the body. As a consequence of the subsequent changes in brain chemistry that occur, you experience an increase in neuron firing, the nerve cells speed up, and the blood vessels in the brain constrict. Your pituitary gland then responds by releasing hormones that tell your adrenal glands to produce adrenaline. Bingo, you feel more alert.

**3** *Pace yourself.* For many people, caffeine is the drug of choice. As such, statistics indicate that in the U.S. approximately 75% of the caffeine intake of the average American comes from coffee. Like most things in life, however, a point can be reached where consuming too much coffee (e.g., four or more cups a day) can lead to some relatively unpleasant side effects, including irritability, upset stomach, fast heartbeat, insomnia, etc.

**4** *Performance enhancer.* A number of studies have documented the positive effect that caffeine can have on athletic

performance involving endurance. As a result, both the International Olympic Committee, as well as the NCAA, has placed an upper limit on the amount of caffeine that is permissible in an athlete's urine following competition (a level equal to roughly 4-7 cups of coffee). On the other hand, caffeine has not been found to elicit improvement in activities involving exerting manual musculature force.

**5** *Draining the well.* Contrary to opinion of many people, consuming caffeinated beverages doesn't actually cause dehydration, although it does act as a mild diuretic. While caffeine may increase your urge to urinate, whatever caffeinated fluid you drink tends to offset the fluid that is lost through urination.

**6** *A sobering myth.* People only think that caffeine sobers them up after an extended bout of alcohol consumption. Truth be known, while caffeine may enhance the level of alertness of an individual who has been drinking to a limited point, that person's reaction time and judgment are still diminished. Sobriety has not been achieved.

**7** *The heroin/cocaine connection.* Similar to both heroin and cocaine, caffeine slows down the body's rate of reabsorbing dopamine—a neurotransmitter that activates pleasure centers in various areas of the brain. Although the effect of caffeine is much weaker than either of the two hard drugs, the physiological mechanism for increasing the body's level of dopamine is pretty much the same.

**8** *Potential is a nine-letter word.* While caffeine has few proven health benefits, the list of caffeine's potential

medical benefits is somewhat compelling. For example, studies have found that regular coffee drinkers can reduce their risk of Parkinson's disease by almost 80%. In turn, drinking two cups of coffee a day can lower a person's risk for colon cancer and gallstones by 20% and 50%, respectively.

**9** *All is not rosy.* While the consumption of caffeine, when ingested in an appropriate amount, seems to be safe for most adults, some medically related downsides to caffeine can exist. For example, in some instances, caffeine can worsen anxiety disorders, as well as bipolar disorders. Caffeine can also aggravate bleeding disorders and cause the heart to beat irregularly. In addition, caffeine can worsen the effects of diabetes and can increase the pressure inside the eye—a particularly negative factor for individuals with glaucoma. Collectively, the situation suggests that caution should be used when consuming more than a moderate level of caffeine on a daily basis.

**10** *A pathway to reason.* While caffeine can be addictive in some people, a person's consumption of caffeine can be reduced, provided that individual undertakes targeted steps to address their caffeine habit. For example, keeping a log to see how much caffeine is actually consumed can be a good starting point. The next step should be to gradually reduce the amount of daily caffeine consumption. Another potentially worthwhile action would be to identify and ingest an appropriate substitute foodstuff, e.g., decaf coffee.

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.



## MARK YOUR CALENDAR

TWELFTH ANNUAL • DALLAS/FORT WORTH  
**SPORTS MEDICINE  
SYMPOSIUM 2015**

**MARCH 20-22, 2015**

**NEW LOCATION!**

Hilton Southlake Town Square  
1400 Plaza Place • Southlake, TX 76092



**Texas Health**  
Ben Hogan Sports Medicine  
[www.TexasHealth.org/BenHogan](http://www.TexasHealth.org/BenHogan)



### Continuing Education Applied for:

15 hours of Contact Education for Physical Therapists

15 hours of Contact Education for Athletic Trainers

(4 of those hours being Evidence Based)



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against women's cancers. For information on the Fund, visit [www.KayYow.com](http://www.KayYow.com), or to register your Play 4Kay event, go to [www.Play4Kay.org](http://www.Play4Kay.org). For questions please contact:

**Sarah Reese  
Womack**

Operations Coordinator  
Kay Yow Cancer Fund™  
5121 Kingdom Way,  
Suite 305  
Raleigh, NC 27607  
E-Mail: [sarah.womack@kayyow.com](mailto:sarah.womack@kayyow.com)  
Office: 919-659-3301  
Fax: 919-659-3309

To purchase merchandise from the Nike Kay Yow Collection, please contact Robin Pate at [Robin.Pate@KayYow.com](mailto:Robin.Pate@KayYow.com), or call his direct line, 919-659-3303.

## AD&D Benefit

**(Accidental Death and Dismemberment)**

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$4,000.00 Accidental Death & Dismemberment (AD&D) benefit through

your membership.

This benefit is NO cost to you. Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family 20%-

60% on vision care, hearing care and prescriptions.

In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren. Contact Michelle Baker for more information, [msbaker@allife.com](mailto:msbaker@allife.com) or (866) 797-6455.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
				GIRLS BASKETBALL: STATE TOURNAMENT		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		Soccer: District Certification Deadline		SOCCER: BI-DISTRICT		
29	30	31		SOCCER: AREA		

### TGCA HOTEL RESERVATIONS DIRECT LINKS

**Orangewood Suites** - \$85.00 (King Suite w/ Couch) \$105.00 (King w/ Queen Loft, 2 bathrooms) Group Code: **TGCA** Free Breakfast (Subject to Availability)

**Crowne Plaza** - \$109.00 (Subject to Availability)

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

**Austin Omni Southpark** - \$119.00 If you call the hotel directly at 512-448-2222, please use the code **UIL**. \$129.00 with breakfast, but you must call the hotel directly to make reservations for the breakfast rate and use the code **UIL Plus**, 1-800-THE-OMNI. (Subject to Availability)

These are year-round rates. (Cannot be used during Summer Clinic.) Just click on the link and the code is automatically entered. Enjoy your stay!

### REMINDER REGARDING ADDITIONAL NO COST BENEFITS

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. 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 Christa Davis at 281-386-9552 or [csdavis@ailife.com](mailto:csdavis@ailife.com). To view the letter online, visit <http://www.ailife.com/benefits/sgM9W>.





# THANKS TO OUR SPONSORS



The power to do more



American Income Life  
Athletic Supply  
Baden  
Balfour  
Coaches Choice  
Dell  
Gandy Ink  
Gulf Coast Specialties  
Jerry's Sporting Goods  
MaxPreps  
Mizuno  
Nike  
Russell  
Speedline  
Stromgren Supports  
Varsity  
Guy in the Yellow Tie -  
Tom Rogers Financial  
& Insurance Associates



**VARSITY**  
Guy in the Yellow Tie



Tom Rogers  
403(b) Annuities  
rtom@mesh.net



## 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 (e-mail);

It is published nine times per year, September through May.

**Executive Director:** Sam Tipton, [Sam@austintgca.com](mailto:Sam@austintgca.com)  
**Assistant to the Executive Director:** Lee Grisham, [Lee@austintgca.com](mailto:Lee@austintgca.com)  
**Administrative Assistant:** Audree Tipton, [Audree@austintgca.com](mailto:Audree@austintgca.com)  
**Membership & Exhibitor Coordinator:** Jesi Grisham-Perez, [Jesi@austintgca.com](mailto:Jesi@austintgca.com)  
**Newsletter Editor:** Chris Schmidt

**TGCA on the Web**  
Polls, as well as other current information, can be found on the TGCA website 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.

photo courtesy Kimberly Irwin