

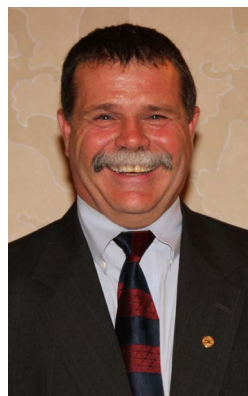


# TGCA NEWS

DECEMBER 2015



## 2015-16 TGCA OFFICERS



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Liana Gombert  
Smithson Valley HS

**1st Vice President**  
Loyd Morgan  
Rogers HS

**2nd Vice President**  
Kriss Ethridge  
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**Past President**  
Mitch Williams  
Whitney HS

**Executive Director**  
Sam Tipton  
TGCA Office

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



# 12.15

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cover photo courtesy Philip Haustein



photo courtesy: Shanna Marhofer

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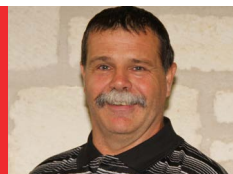
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# WOULD YOU BE MY NEIGHBOR?

By Mitch Williams // TGCA Past President // Whitney HS



**As** I come to the end of my tenure on the Executive Council, I realize that the relationships that I have formed while a member of this group have made a lasting contribution to my personal and professional life. When I was young, we used to watch Mr. Rogers' Neighborhood on television and he always asked if we wanted to be his neighbor. I never understood how that could work unless either he or I was to move to the other's city. Now I understand, he just wanted us to be friends. But not all of us had the chance to hang out with Mr. Rogers, so let's talk about building relationships (chemistry).

Through the TGCA I have created many great relationships. I have had the chance to meet many wonderful and outstanding coaches in all sports. I have had the pleasure of talking to you at clinics, or at the state



photo courtesy Buzz Cory

tournaments. Maybe we had the opportunity to travel to one of the satellite clinics together or maybe we met in some other situation. Whatever the case, I relish the contact that we have made and I want to say thank you. I have been able to meet some of the coaching legends in Volleyball, Basketball, Soft-

ball, and Track. Not only do we get the chance to meet great coaches from all over the state but there are other individuals that we can develop relationships with as well. Through the TGCA we get the chance to create and foster lasting relationships with the members of the UIL. Not only the ad-

ministration, athletic directors, and staff, but also the superintendents who make up the Legislative Council and sometimes we even come in contact with politicians and other notable celebrities.

There are many great coaches in my district and surrounding area. I coach in Central Texas, and I come in contact with coaches from the 1A to the 6A level. Yes, I want to defeat every one of them every time I have the opportunity. But know this, I respect them and admire them and also call them my friends. No I am not just talking about the coaches of the sports I coach; I am talking about every coach from the middle school level all the way to the athletic directors at every school in our area. Win or lose there is always something I can learn from them and something

**CONTINUED ON PAGE 2**

## UIL SPIRIT STATE CHAMPIONSHIPS INFORMATION

The 2016 UIL Spirit State Championships pilot program will be take place January 13-16, 2016 at the University of Texas at Arlington Texas Hall and College Park Center. This marks the first time the UIL has sponsored a spirit championship.

**The schedule is as follows:**

**Wednesday, January 13**  
College Park Center -  
Conf. 1A, 3A & Small Coed

**Thursday, January 14**  
College Park Center -  
Conference 2A & 4A

**Friday, January 15**  
College Park Center & Texas  
Hall - Conference 5A, 6A  
Band Dance & Large Coed

**Saturday, January 16**  
College Park Center -  
Conference 6A

A complete schedule and list of participants can be found at [http://www.uiltexas.org/files/spirit/4\\_-\\_2016\\_Texas\\_State\\_Spirit\\_Championship\\_Performance\\_Order.pdf](http://www.uiltexas.org/files/spirit/4_-_2016_Texas_State_Spirit_Championship_Performance_Order.pdf)

### **MEDIA CREDENTIALS**

Media outlets planning to cover the UIL Spirit State Championships should submit an online media credential request by noon Wednesday Jan. 6.

The Spirit Media Credential Request form can be found at <https://www.uiltexas.org/form/media-credentials/request.php?sport=spirit>.

The UIL Spirit Championship Media Policy can be found on the UIL website at <http://www.uiltexas.org/media/general-media-policy>.

If you will not be covering this event, but know of someone who will, please forward this information to him or her.



photo courtesy Meg Garrett

# WOULD YOU BE MY NEIGHBOR (CONTINUED)

CONTINUED FROM PAGE 1

they contribute to our relationship whether they are aware of it or not. I enjoy the camaraderie that we have developed over the years. I respect these coaches and value what they have to offer. I try to pick their brains every chance I get. I listen to them speak at clinics, and have even had the opportunity to be on the same staff with some of them. Just because they don't coach your sport, don't think you have nothing in common. Reaching out to these coaches sometimes yields benefits well beyond the cost - not only professionally but personally as well.

Relationships in the community are equally important. Going to church, volunteering outside of school projects, and making friends in the community outside of the school life can bring tremendous joy and happiness. Remember, when we leave this planet, we won't be judged by wins and losses or how much money we made, but how we treat our athletes, students, family, friends, and opponents.



photo courtesy Megan Symank

Chemistry is one of the many intangibles that can make a good team a great team. We as coaches spend our every waking moment on preparing our team for our next contest. We study film, devise an offense or defense, make adjustments and whatever we feel will give us the best opportunity to defeat our opponents. We build our programs around team, loyalty, discipline, and respect. We use mottos to motivate us through the season. We do team bonding exercises to bring us together. Don't get the wrong idea. I am not saying that we

all have to love one another because that won't ever happen, but relationships have to be developed. This great country that we live in has found a way at different times to put aside our differences and join together to overcome adversity. Our communities have done the same thing in regards to some of the tragedies that have struck in recent years. Coaches, players, fans, administration, and community all stand to benefit from the development of positive relationships.

Let's not forget about our families. Sometimes we get

caught up in our coaching and athletic world and forget about those who care for us the most. Coaching can be a tough yet rewarding choice. Remember to make time for your loved ones as well. If you are like me, you view your athletes as an extension of your family. Hopefully, in the future, one of your athletes will post a picture of a great memory from the past and you will understand what these relationships are all about. Money is nice, championships are sweet, but friends and those relationships will last forever.



## 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 individ-

uals 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.

# CROSS COUNTRY ATHLETES & COACHES OF THE YEAR



**1A-4A ATHLETE**  
Morgan McCutchen  
Levelland High School  
Coached by Nelda Munoz

**1A-4A COACH**  
(not pictured)  
Chance Westmoreland  
Brock High School



**5A-6A ATHLETE**  
Madie Boreman  
Rouse High School  
Coached by Kelly Thompson

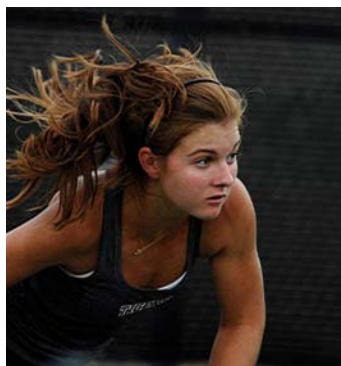
**5A-6A COACH**  
(not pictured)  
Brittney Lanehart  
Smithson Valley HS

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015-16 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
1A	Gary Billingsley	Miller Grove High School
2A	Brandun Massingill	Hamilton High School
3A	Susie Walters	East Bernard High School
4A	Steve Golemon	Bandera High School

CROSS COUNTRY ALL-STARS ARE POSTED TO THE TGCA WEBSITE ([WWW.AUSTINTGCA.COM](http://WWW.AUSTINTGCA.COM)) UNDER THE CROSS COUNTRY TAB. LEGACY ALL-STARS ARE ALSO POSTED ON THE LEGACY ALL-STAR PAGE, AS WELL AS ON THE CROSS COUNTRY PAGE.

### TEAM TENNIS ATHLETE OF THE YEAR



**4A-6A ATHLETE**  
Rachel Tindall  
A&M Consolidated HS  
Coached by Daniel Marshall

### TEAM TENNIS COACH OF THE YEAR



**4A-6A COACH**  
Daniel Marshall  
A&M Consolidated HS

TEAM TENNIS ACADEMIC ALL-STATE HONORS ARE POSTED TO THE TGCA WEBSITE ([WWW.AUSTINTGCA.COM](http://WWW.AUSTINTGCA.COM)) UNDER THE TEAM TENNIS TAB.



photo courtesy: Veronica Almodovar

## VOLLEYBALL ATHLETES OF THE YEAR

## VOLLEYBALL COACHES OF THE YEAR



### 1A-4A ATHLETE

Cheyenne Huskey  
Columbus High School  
Coached by Kayley Johns

### 5A-6A ATHLETE

Morgyn Greer  
Dripping Springs HS  
Coached by Michael Kane

### 1A-4A COACH

Jamie McDougald  
Iola High School

### 5A-6A COACH

Al Bennett  
Westlake High School

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015-16 UIL VOLLEYBALL STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
1A	RaChelle Etzel	Round Top-Carmine High School
2A	Jamie McDougald	Iola High School
3A	Jason Evans	Leon High School
4A	Clark Oberle	Argyle High School
5A	Michael Kane	Dripping Springs High School
6A	Karin Keeney	Hebron High School

VOLLEYBALL HONORS CAN BE FOUND ON THE VOLLEYBALL PAGE OF THE TGCA WEBSITE, INCLUDING ACADEMIC ALL-STATE, ALL-STATE, ALL-STAR AND LEGACY ALL-STAR. LEGACY ALL-STARS MAY ALSO BE FOUND ON THE LEGACY ALL-STARS PAGE OF THE TGCA WEBSITE.

## CONGRATULATIONS TO THE 2015-16 TGCA ALL-STAR COACHES

### 1A-2A-3A-4A RED

Head Coach: Jeff Coker, Crawford HS  
Assistant Coach: Jane Kieschnick, Sinton HS

### 5A-6A RED

Head Coach: Amy Cataline, Fort Bend Austin HS  
Assistant Coach: Heather Sanders, Canyon HS

### 1A-2A-3A-4A BLUE

Head Coach: Kimberly Paisley, Canyon Lake HS  
Assistant Coach: Autumn Threet, Peaster HS

### 5A-6A BLUE

Head Coach: Brandace Boren, Lake Travis HS  
Assistant Coach: Leslie Madison, Magnolia HS



photo courtesy Jana Lemons

# TGCA CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record or point accumulation.

**Volleyball:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

**Basketball:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

**Soccer:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

**Golf:** Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level.

Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

**Track & Field and Cross Country:** Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. **Note: Cross Country and Track & Field points must be totaled separately.**

Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

**Softball:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Deadline for submitting accomplishments is May 30

Revised by vote of the Board of Directors March 2, 2014

# NOMINATION DEADLINES

**DON'T FORGET TO  
NOMINATE FOR THE  
FOLLOWING AWARDS**

## MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1st** to nominate athletes for honors or receive honors yourself as a coach.

You can renew your membership online at [www.austintgca.com](http://www.austintgca.com) through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the home page of the website and fax or mail that with credit card information, or mail the form with a check to the TGCA offices, 1603 Manor Road, Austin, TX, 78722.

**DON'T FORGET!!** If you need help with the renewal process, please call the office and we will be happy to help you, including your log in information.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. We want you to always have the same membership number, so please contact us if you can't remember your information.

Also, if you have had a school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us.

We appreciate your continued support of TGCA.



*photo courtesy Amy Ingram*

## TGCA NOMINATION DEADLINE APPEALS PROCESS

The Board of Directors of the Texas Girls Coaches Association has established a membership deadline for nominations of athletes or fellow coaches for honors of November 1. Any member coach who misses the nomination deadline for membership of November 1 has the right to appeal to the Executive Committee of the Texas Girls Coaches Association, but they first must pay their membership dues.

Once you have completed the necessary form and submitted it, your appeal will be sent to the Executive Committee for their determination. A copy will also be sent to your athletic director and superintendent.

Once the Executive Committee has made their determination of the appeal, you will be given written notice of their decision. Your athletic director and superintendent will also be given written notice of the decision. The decision of the Executive Committee is final.

Neither the Executive Director nor the staff of the office of the Texas Girls Coaches Association participate in the decision of the Executive Committee. Staff merely handles the details of submitting your appeal to the Executive Committee, and then forwarding their decision to you.

Alternately, should you decide you do not wish to file an appeal, you may simply pay an additional \$60.00 missed deadline fee and your membership date will be overridden to allow you to nominate your athletes and receive honors yourself.

## SUB-VARSITY COACH OF THE YEAR

Give your Sub-Varsity coach the recognition they deserve and nominate them for Sub-Varsity Coach of the Year. The deadline for Sub-Varsity Coach of the Year nominations is May 1st. Please help the Sub-Varsity Committee with their selections by providing them information about your assistant coach: In what regard and length of time you have known the nominee; professional activities or organizations they have been involved in; their relationships with students, parents, etc.; how they have helped you and your program; and any other comments or qualifications you feel would be beneficial.

## HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the TGCA, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession. Nomination forms can be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under "Forms" in the menu on the left-hand side of the page. The deadline for submission of Hall of Fame nominees will be Monday, March 1st, at 12:00 noon. All nominations must be mailed or faxed to the TGCA office, 1603 Manor Road, Austin, TX, 78722-2536, (512) 708-1325.

## MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. The candidates need to have made outstanding contributions to girls athletics. Nomination forms may be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under "Forms" in the menu on the left-hand side of the page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, March 1st, at 12:00 noon.



## PREVENTING ACL INJURIES AND IMPROVING PERFORMANCE

By Corey Smith, MS, ATC, LAT // Supervisor of Athletic Training Outreach  
[www.texashealth.org/benhogan](http://www.texashealth.org/benhogan)







Joint injuries can sideline your players and have a long lasting impact on their health and well-being. Joint injuries, such as those to the anterior cruciate ligament, are one of the strongest risk factors for developing osteoarthritis – the most common form of arthritis affecting 27 million adults. Up to 50% of those with a diagnosed anterior cruciate ligament or meniscus tear will develop osteoarthritis with

associated pain and functional impairment 10-20 years after injury. A preventive training program should include exercises that are done 2-3 times a week over the course of the entire season, take no more than 15 minutes to complete, and can be incorporated by coaches into regular training sessions.

*In addition to reducing the rate of ACL injury, preventive training programs have also been shown to*

*improve measures of performance such as vertical jump height, hop distance and speed, aerobic fitness and sprint speed.*

The following are examples of exercises that can be incorporated into a preventive training program. The exercises should be at the appropriate intensity and challenging, but proper technique and movement quality should be maintained.

	<p><b>Stretching (3-4 exercises):</b> – calf, quadriceps, hamstrings, hip adductor, hip flexor</p>		<p><b>Strengthening (2-3 exercises):</b> – core musculature: curl ups, plank, push up – hip / thigh musculature: squat, lunge, deadlift, russian hamstring curl, bridge</p>
	<p><b>Warm Up (2-3 exercises):</b> – forward-backward jog, side shuffle, high knee skipping, carioca, butt kickers, arm swings, trunk rotations, leg swings</p>		<p><b>Plyometrics (5-6 exercises):</b> – double leg jumps (multi-planar), single leg jumps (multi-planar), single leg bounding, ladder drills, running &amp; cutting</p>
	<p><b>Balance (2-3 exercises):</b> – single leg balance (static), single leg balance with perturbation (ball toss, partner perturbation, unstable surface, upper body motion), dynamic jump/hop to balance</p>		<p><b>Technique (verbal feedback on movement quality during all exercises):</b> – bend knees and hips (land softly, light as a feather, act like a shock absorber) – keep knees over toes (straight as an arrow) – toes straight ahead</p>

Research suggests that ACL and other traumatic knee injuries can be reduced by more than 50% by using a preventive training program that combines flexibility, balance, strength, plyometric, agility, and technique training into exercise selection. Improvements in lower extremity strength/power and balance are also associated with preventive training programs.

Examples of free preventive

training programs that have been supported through research:

**PEP Program:** <http://smsmf.org/smsf-programs/pep-program>

**11+ Program:** <http://f-marc.com/11plus/home/>

**PEAKc Program:** <http://www.unc.edu/depts/exercise/peak/peak/Home.html>

For more information, visit [oaaction.unc.edu](http://oaaction.unc.edu)

This publication is support-

ed by the Arthritis Foundation's Cooperative Agreement Number DP003828 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the Osteoarthritis Action Alliance and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

### ONLINE NOMINATION DEADLINES BY SPORT

The nomination deadline for online nominations for all sports and spirit is the Monday before the state meet or tournament of that sport at 12:00 noon. If that on-line date is missed, the coach is responsible for submitting paper copies of nominations to their regional representative for the respective committee to be hand-delivered at the committee meeting. The 2015-16 online nomination deadlines are as follows:

#### CHEERLEADING

January 11

#### WRESTLING

February 15

#### SWIMMING/DIVING

February 15

#### BASKETBALL

February 29

#### SOCCER

April 11

#### GOLF

April 25

#### TRACK & FIELD

May 9

#### TENNIS

May 16

#### SOFTBALL

May 30

You must be a member of TGCA before November 1st in order to be eligible to nominate athletes or receive honors.

# 2016 TGCA SUMMER CLINIC

The 2016 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 12 – 14. The agenda has now been posted to the website under the “Summer

Clinic” category. The format has changed quite dramatically for 2016, so be sure and check it out soon. Speaker names will be filled in as we secure them. Make your plans early

to attend. We look forward to seeing you there.

We are working on finalizing dates, times and places for the satellite sports clinics, and

we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2016 TGCA Clinics.

## 2016 TGCA CLINIC DATES

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

SAN ANTONIO SPORTS CLINIC

**MAY 20-21**

HOUSTON SPORTS CLINIC

**JUNE 15-16**

REGION I LUBBOCK  
SPORTS CLINIC

**JUNE 10-11**

EL PASO SPORTS CLINIC

**JULY 21-22**

**SUMMER CLINIC (ARLINGTON)**

**JULY 12-14**

**TGCA**  
*Download our new App!*



Apple



Android



photo courtesy Stephanie Hauss

# Rotational Athletic Development Methodology

Athletic Development and Sports Performance has to be approached from a developmental standpoint based on level, age, gender and purpose. It must be age-safe and age-appropriate. Basic Athletic Development fundamentals remain constant yet there are specific factors to be considered directly related to individual sport demands. These factors should be calculated and strategically implemented in order to safely meet the demands for the current and upcoming activity.

Training athletes for rotational sports requires a greater emphasis on balance in the development of the limbs, joints and core. Power is generated from the hips yet delivered to and by the limbs through the core and joints, which has to be accounted for when implementing a strength and speed training program.

We must keep in mind that different sports have different requirements to meet the specific rigors of that sport. Athleticism and speed can be taught, learned and practiced just as any motor skill yet the process of development should be carefully implemented based on anticipated competition, tests or performance.

The directional rotation adds another specific element of challenge for these athletes as they become imbalanced due to the nature of their “one sided rotation” (right or left focus). This MUST be calculated and addressed through training protocols that begin with the proper warm up tran-



*photo courtesy Jamie Anderle*

sitioning into training variations that build the necessary rotational capacity. Balancing rotational bouts and load has to be directly compensated for by performing equal and proportionate work on both sides of the body.

What all this means is if a baseball player throws and/or hits 200 times on their right side we absolutely must balance the body on the left side with adequate preparation, load and repetition. Injury frequently occurs for two primary reasons, overuse or lack of balanced training (under-training) creating weakness and deficiency on one side of the body or a particular area. Over compensation due to weaknesses can be directly linked to overuse and/or opposing failure.

All of these factors must be considered when designing and implementing a training program for rotational athletes. Programs for rotational athletes (baseball, softball, tennis, swimming, etc.) should include:

- Proper Warm Up – addressing the entire body
- Consistently developing fundamental strength and flexibility
- Dynamic Stretching – maintaining correct posture and rotation
- Start with the core, joints and fundamentals
- Rotator and scapula emphasis prior and post-training – rotations with bands
- Alternating position angles and stressors during training – front/back, left/right,

push/pull

- Balancing single/double limb exercises – avoiding overloading
- Unloading the hips and shoulders post-training
- Weak-side compensation – addressing weak-side rotation with additional bouts as needed
- Wave loading periodization while maintaining year-round strength and conditioning
- Diversified training – keeping it interesting while training all aspects of the body thoroughly
- Maintaining athleticism during training at all times

At the end of the day, take time to teach, train smart and develop athletes with proper timing, form and progression understanding their exact needs. “It’s not about how much you know, it’s about how much you don’t know that is the issue.”

Enjoy the holidays and visit [www.DX3Athlete.com](http://www.DX3Athlete.com) to see more about properly preparing athletes.



*photo courtesy Emily Gravitt*

# 10

## BEHAVIORAL FACTORS AFFECTING OBESITY THAT HEALTH/FITNESS PROFESSIONALS NEED TO CONSIDER

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

**1** *Puzzling predicament.* Weight is not a behavior. Rather, it almost always is a by-product of a series of behavioral choices. As such, when working with obese clients, the focus should be their behavior—not their weight. Change their behavior; change their weight.

**2** *The trappings of success.* One of the first tasks when dealing with obese people is to redefine success. Too many individuals (obese or not) view success, with regard to obesity, as a consequence of reaching an “external” goal, for example, losing a predetermined number of pounds or sculpting the body to attain a particular shape. In reality, being successful could be more appropriately perceived as achieving an enhanced level of health or sense of well-being.

**3** *Good for the goose, good for the gander.* Like everyone else in life, obese people tend to be motivated by different things. What may be an effective, motivating strategy for one person may not work as well for another. Competition, for example, may cause one person to make positive lifestyle-related changes in their behavior and lead to a counterproductive level of pressure in another.

**4** *The right “F” word.* Arguably, too many health/fitness professionals, when working with obese individuals, are often unduly concerned with the failure of their clients to attain one or more of the expectations that have been set for them. Such a focus is misplaced. For whatever reason, the approach that they are taking with their clients is virtually devoid of any emphasis

on fun. The fact that the degree to which a person finds a particular undertaking to be enjoyable can impact that individual’s commitment to it should not be ignored.

**5** *Outside the box.* The potential value of being creative with respect to increasing an obese client’s level of daily physical activity should not be underestimated. In reality, the underlying goal should be to ascertain how a client could feel and actually be successful and then be as resourceful as possible in making those opportunities become a reality. In that regard, the most effective tool is often an inventive, open mind.

**6** *Joining forces.* Health/fitness professionals should view their role of working with obese people as one that is grounded in active collaboration. The center of attention should be on the client’s interests, needs, and goals. The focus on any exercise regimen should be on the client, not on complying with the numerical aspects of a workout.

**7** *Changing approaches.* Despite the fact that the obesity epidemic is a full-blown crisis that has been growing exponentially over the past three decades, the efforts to address it share at least one thing in common—they don’t work. In reality, any attempt to provide a viable solution to it will require a new approach, based on new insights. All factors considered, coming to grips with the behavioral basis of obesity offers a very promising way forward.

**8** *Fad fascination.* If obese individuals are to make informed choices about their behavior, they need to receive advice and guidance that are based on science. Whatever assistance they are given should never be rooted in some “flavor-of-the-month” trend or craze. Not only will the empty promises attendant to such gimmicks waste their time and drain their wallets, it can also siphon off their resolve.

**9** *One of a kind.* Just as two obese individuals are never exactly the same, the most effective way to successfully treat an obese person is also not precisely the same from individual to individual. As such, each intervention should be tailored to meet the unique needs, interests, and goals of a particular person. As such, it is the responsibility of health/fitness professionals to ascertain what factors distinguish each of their obese clients as an individual and to respond accordingly.

**10** *Unintended ignorance.* Depending upon the circumstances, bias, in any form, can have dire consequences. At a minimum, it can affect the prism through which a person sees the world. The sphere of obesity is no exception. Arguably, a number of health/fitness professionals exhibit a degree of obesity-related bias (e.g., thin is beautiful, fat is not; it is shameful that obese people don’t try harder to lose weight; etc.). Such narrow-mindedness can compromise their efforts to be part of the solution, rather than the problem, when working with obese clients.

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.



# PLAY 4KAY TEXAS STYLE 50/50 CAMPAIGN

BENEFITTING THE KAY YOW CANCER FUND



By participating, you will be joining with coaches/sponsors/parents/groups across TEXAS to meet a statewide goal of raising \$2,225,400 for the Kay Yow Cancer Fund...WOW that's a lot of money!

Why \$2,225,400?

There are 3709 high schools alone, not including middle schools, in Texas. Even if only half the high schools, much less teams/groups, participate, that is 1855 schools raising \$1200 each for a total of \$2,225,400. Texas is being used as a pilot program and this is the "bench mark" set to be able to receive the incentives from the Kay Yow Cancer Fund. I was told that when we reach \$1,000,000 the whole amount would come back to Texas.

Those numbers are staggering! That's the potential we have as a state of coaches. All eyes will be upon us when we make this happen.

Once the goal is met, the Kay Yow Cancer Fund will designate a grant to a cancer center

in Texas. This is your chance to make a BIG difference in your community and across our state.

Go to <http://www.play4kay.org> to register your team (this is how we keep up with the fundraising), also find fundraising ideas, and media templates to help promote and advertise. Email me and I'll send you the

Play 4Kay logo, the Kay Yow Cancer Fund Logo and the Texas info graphic that the fund created for us.

Join our Play 4Kay Texas Style group on Facebook and

when tweeting or on instagram, promoting your event, use #Play4Kay.

I am ready and available to assist you in planning your Play 4Kay event.

Nancy Walling  
Kay Yow Cancer Fund Board of Directors  
Former Pflugerville Athletic Coordinator & Basketball Coach  
[nlwalling@gmail.com](mailto:nlwalling@gmail.com)  
512-657-6755

The Kay Yow Cancer Fund was born in 2007 and is a charitable organization committed to being a part of finding an answer in the fight against women's cancers through raising funds for SCIENTIFIC RESEARCH, assisting the UNDERSERVED and UNIFYING PEOPLE for a common cause.

**History:**  
 First...Think Pink  
 Then...Pink Zone  
 Now...PLAY 4Kay

**Why Play 4Kay?**



TGCA  
Charity of Choice

**RAISE \$\$\$**

Donate to the Kay Yow Cancer Fund

**\$5.18 Million ...**  
And COUNTING  
Grants Awarded to Date for ALL Women's Cancer Research

**Goal:**  
Extend Lives.  
CURE CANCER.

## 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.

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 Jay Bentley at 254-855-1341 or [jbentley@allife.com](mailto:jbentley@allife.com). To view the letter online, visit <http://www.allife.com/benefits/sgM9W>.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 Soccer: First Day for Games	8	9
10	11	12	13	14	15	16
			UIL SPIRIT STATE CHAMPIONSHIPS			
					Athletics: Deadline to Accept Plans for Next School Year	
17	18	19	20	21	22 Softball: First Day for Practice	23
24	25	26	27	28	29 Swimming & Diving: District Certification Deadline	30
31						

### 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!

### TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport. Sub-varsity coaches may coach multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

### SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented with a plaque at the Honor Awards Banquet at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

# THANKS TO OUR SPONSORS

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**VARSITY**



The power to do more



Guy in the Yellow Tie



Tom Rogers  
403(b) Annuities  
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## 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);

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### 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.



@AustinTGCA



photo courtesy Amy Ingram