



TGCA NEWS

NOVEMBER 2015



2015-16 TGCA OFFICERS



President of TGCA
Liana Gombert
Smithson Valley HS



1st Vice President
Loyd Morgan
Rogers HS



2nd Vice President
Kriss Ethridge
Coronado HS



Past President
Mitch Williams
Whitney HS



Executive Director
Sam Tipton
TGCA Office



Assistant to the Executive Director
Lee Grisham
TGCA Office



11.15

FEATURE ARTICLES

cover photo courtesy Ryan Mitchell



photo courtesy Jessica Tyler

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Chair
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FACSM
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CATS MAY HAVE NINE LIVES BUT COACHES GET ONE CHANCE

By Randy Hynson // TGCA Sub-Varsity Committee Chair // Snyder JHS



It seems that as adults, we look back and see that we have missed something in our life that we can never get back. It's funny we talk about a cat having nine lives and therefore having no worries about making mistakes. As a coach, I started out trying to be the next Vince Lombardi. After many years of learning from mistakes, I have learned to focus on being a coach who could make a difference in those student-athletes lives. I want to reach them in a way, that what they learn stays with them for life. I have coached for 27 years and all of the kids have taught me many things as I try to coach them. The biggest lesson is that coaching is not just about the wins and losses.

On my journey, I have been the "aloof" coach, the "I know more than you" coach, and even the "I'm the players friend" coach. However, after my many years, I discovered that the kids will forget about what you know and about what you did. They really will only remember how you made them feel. Wow, did this revelation hit me hard! It changed my whole outlook on coaching. Snyder will probably be my last stop before retiring. Every place that I have been has contributed to making me



photo courtesy Lynn Rottman

a better person and a better coach. I am glad to be a part of the Snyder Tiger family. Coach James Polk and Coach Bradley Weese, thank you for letting me be a part of your staff. Your support has meant a lot to me and that "Tiger Pride" is contagious.

The kids are always the reason for the season and as coaches we all strive to put them first. Sometimes you can't help taking the days events and the kids home with

you. I know that before my two feet hit the floor in the morning, I make it my mission to look for and find the best in each and every kid that I coach that day. Every day I challenge them to look for and find the best in themselves and each other. which is important, because this habit rubs off on them in class and in life. The skills learned and the new habits they carry will never equal the lifelong friends they have made in athletics. The benefit of seeing everyone as someone who has other strengths than ourself is a life long benefit. In the end, this makes us a better person and better off for knowing our teammates and fellow coaches. The kids forget about the ME and think about the WE.

When my career will end, I will take pleasure in knowing that these young ladies will be in good hands at Snyder Jr. High. Coach Bailey, Coach Reneau, and Coach Bredemeyer push the kids to be their best every day in every way. Coach Stephanie Roden is a 1st year coach and her passion for the kids and their growth as athletes and people /children helps to make a difference

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BASKETBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Brian Legan	Sundown	2A-1
Christie Parsley	Lubbock Cooper	5A-1
Alex Koulovatos	Burkburnett	4A-2
Ramsey Ghazal	Rider	5A-2
Colby Pastusek*	Bowie	3A-3
Steven Schmidt	Granbury	5A-3
Frederic Griffin	Brownsboro	4A-4
Brad Blalock**	Hallsville	5A-4
Jason Sanders	Silsbee	4A-5
Michelle Trotter	Crosby	5A-5
Rodney Gee	Lorena	4A-6
Ross Barber	Waco	5A-6
Valerie Akpan	Gonzales	4A-7
Rachel Carmona	United	6A-7
Quint Anthony	Greenwood	4A-8
Bric Turner	Central	6A-8

*Chair

**Vice Chair

CATS MAY HAVE NINE LIVES BUT COACHES GET ONE CHANCE (CONT.)

CONTINUED FROM PAGE 1

in their lives. This is the tradition I most want someone to carry on as a coach. It is more important than the wins and losses, and it is the glue that makes coaching worthwhile. I challenge all of you as professionals to encourage our young coaches who will take our place to take time to make a difference. Otherwise, some kids will not have the chance to see the value in themselves or in athletics. In short, we may not have nine lives but we can work together to give other lives meaning and purpose. Coaches thank you for what you do and do not forget you make a difference.



photo courtesy Quintana Photography

TGCA APPAREL SALE SAVE 25% NOW!

Enter promo code **WEAR25** at checkout.*

for more information click **HERE**

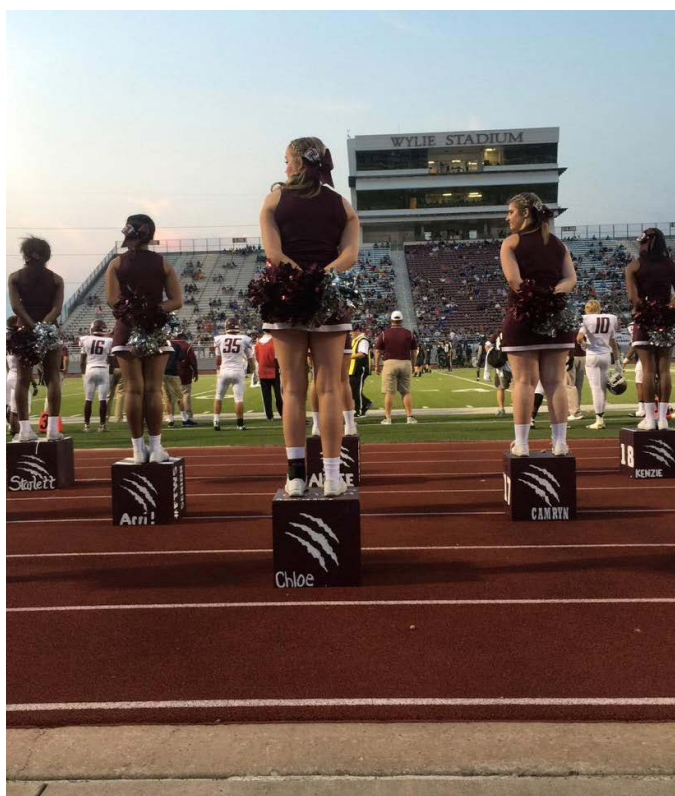


photo courtesy Haylie Grammar



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.

BOARD OF DIRECTORS, CHAIRS & VICE CHAIRS

2015-16 TGCA
BOARD & COMMITTEE
MEETINGS



NAME	POSITION	SCHOOL
Liana Gombert	President	Smithson Valley
Loyd Morgan	1st Vice President	Rogers
Kriss Ethridge	2nd Vice President	Coronado
Mitch Williams	Past President	Whitney
Trent Hilliard	Region I Senior Director	Frenship
Jason Trook	Region I Junior Director	Lubbock
Frances Metzger	Region II Senior Director	Stephenville
Bob Campbell	Region II Junior Director	Snyder
Katherine Schoettle	Region III Senior Director	Nelson
Darren Wilson	Region III Junior Director	Nelson
Janie Litchford	Region IV Senior Director	Frisco
Heather Damron	Region IV Junior Director	Wylie
Astin Haggerty	Region V Senior Director	Clear Springs
Jennifer Knight	Region V Junior Director	Clear Springs
Jacob Thompson	Region VI Senior Director	Rouse
Susan Brewer	Region VI Junior Director	Bellville
Patti Zenner	Region VII Senior Director	Poth
Bernice Voigt	Region VII Junior Director	Gonzales
Flo Valdez	Region VIII Senior Director	Franklin
Jason Roemer	Region VIII Junior Director	Fredericksburg
Denise Johnson	Volleyball Committee Chair	Tarkington
Courtney Pesterfield	Volleyball Committee Vice Chair	Lubbock-Cooper
Colby Pastusek	Basketball Committee Chair	Bowie
Brad Blalock	Basketball Committee Vice Chair	Hallsville
Steve Golemon	Track Committee Chair	Bandera
Brandi Bode	Track Committee Vice Chair	Warren
Lee Anne Curry	Softball Committee Chair	Greenwood
Jeffrey Roberts	Softball Committee Vice Chair	Lovejoy
Randy Hynson	Sub-Varsity Committee Chair	Snyder
Jenny Beagle	Sub-Varsity Committee Vice Chair	Pioneer Heritage MS

March 3

Basketball All-State Committee Meeting, 5:00 p.m., San Antonio

March 4

Basketball Committee Meeting, 12:00 Noon, San Antonio

March 6

Board of Directors Meeting, 11:00 a.m., San Antonio

May 12

Track Committee Meeting, 7:00 p.m., Austin

May 13

Sub-Varsity Committee Meeting, 1:00 p.m., Austin

May 14

Track All-State Committee Meeting, 8:00 a.m., Austin

June 2

Softball 1A, 2A, 3A and 4A All-State Committee Meeting, 8:00 a.m., Austin

June 3

Softball 5A and 6A All-State Committee Meeting, 8:00 a.m. Softball Committee Meeting, 8:00 a.m. Austin

June 5

Board of Directors Meeting, 11:00 a.m., Austin

June 14-15

Legislative Council Meeting (TGCA Officers Only) Round Rock

July 12

Board of Directors Meeting, 10:00 a.m., Arlington



photo courtesy Brant Hoffmann

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

UIL SPIRIT STATE CHAMPIONSHIP LINKS

November 13, 2015 is the deadline for school cheerleading teams to register for the pilot program **UIL Spirit – State Championships**. The conference competition dates and participation schedule will be confirmed shortly after the close of registration.

[REGISTER HERE](#)

Registration for the UIL Spirit State Championships requires a Varsity Spirit login.

Don't have an account? Contact your Varsity Spirit [State Director](#) through their website, who will assign you login information right away! All questions regarding your Varsity Spirit login should be directed to [Varsity Spirit](#).

Dates: January 13-16, 2016

Venue: University of Texas at Arlington, Arlington, TX 76019
Texas Hall - 701 S Nedderman Drive
College Park Center - 600 Center St.

Registration Fees:

1A Game Day: \$275 per Squad/Team
2A Game Day: \$350 per Squad/Team
3A Game Day: \$425 per Squad/Team
4A Game Day: \$500 per Squad/Team
5A Game Day: \$575 per Squad/Team
6A Game Day: \$625 per Squad/Team



photo courtesy Veronica Almodovar

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.

ALL-STAR TEAMS NOMINATIONS AND SELECTIONS UPDATE

At the general business meeting during the 2015 Summer Clinic in Austin, the TGCA membership passed a proposal extended by the Board of Directors to change the classification of the All-Star teams in cross country, volleyball, basketball, track and field and softball to **incoming** seniors (juniors), and to add Legacy All-Star teams in those sports that will consist of senior athletes only. The Legacy All-Star teams will receive a certificate of recognition, but will not play in any All-Star game. Nominations for both will be done the same way as always, but be sure to designate your athletes as juniors or seniors, as that will determine which category the nomination will be placed in. All selections will be made by the standing committee of each particular sport at their annual committee meeting. Selection guidelines are posted in the Bylaws under each sport. Coaches may nominate as many players in each category as they wish.

TGCA IS ADDING SPORTS FOR HONORS RECOGNITION

Beginning this year (2015-16), TGCA will be offering Academic All-State, Coach of the Year, and Athlete of the Year honors, as well as state championship rings furnished by Balfour, to the sports of team tennis, wrestling, swimming and diving, and tennis. Coaches of these sports must be members of TGCA before the November 1st membership deadline for nominations to be eligible to nominate their athletes for honors or to receive honors themselves. Please help us spread the word by informing your coaches of these sports at your school and encouraging them to become a member so that their athletes may receive recognition for their achievements.



photo courtesy Margaret Bonnet

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 8-9

TENTATIVE

REGION I LUBBOCK
SPORTS CLINIC

JUNE 10-11

EL PASO SPORTS CLINIC

JULY 21-22

SUMMER CLINIC (ARLINGTON)

JULY 12-14

UIL VOLLEYBALL SCHEDULE START DATE 2016-17

As part of the Sunset Review process initiated by the Texas Legislature, the UIL convened a Review Advisory Committee as well as Contest Rules Committees for each of our competition divisions in Academics, Athletics and Music.

One of the proposals recommended by the Athletic Contest Rules Committee, and approved by the UIL Legislative Council in October, relates to adjusting seasons of volleyball, basketball and soccer to allow school administrators to determine whether to conduct Regional Tournaments in those activities (volleyball, basketball and soccer).

As the effective date for this rule change is August 1, 2016, this change will



photo courtesy Lori Camillo

not impact the volleyball season for the 2016-17 school year as the calen-

dar for 2016 would put the start date of volleyball in July (prior to the effective

date). As such, even if the rule is approved by the Commissioner of Education as required by law, it would not have any impact on the dates currently listed in the tentative UIL calendar for the 2016-17 school year for volleyball.

Practice for volleyball will still begin on the first Monday in August (August 1, 2016); scrimmages could begin on August 5; and matches could begin August 8, 2016.

If approved by the Commissioner as mentioned above, the rule change will have an impact on both basketball and soccer schedules for the 2016-17 school year. UIL will release more information related to this rule change upon approval by the Commissioner of Education.



Winter Training Tips

Winter is coming and it provides its own set of unique challenges. Cold weather, holiday meals, and vacation time disrupt our schedules, workouts, and typical calorie intake. We all have to take steps to make the disruption as minimal as possible. As coaches we have extremely busy schedules and these tips will help you not tank yourself over the winter.

TIP 1: DON'T TAKE A VACATION ON YOUR DIET!

There are plenty of occasions to use as excuses to over-consume. However, you need to maintain healthy eating habits because food is fuel, and if you put bad in you'll get bad out. Eating properly will allow your body to regulate itself. The inevitable "cheat meals" should involve consuming a moderate portion of your favorite indulgence, not over-eating. Most importantly, the right diet gives you the fuel to optimize any training.

TIP 2: WATER ISN'T JUST FOR THE SUMMER!

Just because the weather isn't triple digits you should still be consuming a large amount of water. Dehydration can creep up on you in the winter when it's so cold you can't sweat if you tried.

TIP 3: THE PRINCIPLE OF ACCUMULATION: ANYTHING IS BIGGER THAN ZERO!

Be encouraged by the fact that not every workout has to be epic. Aim to break a sweat then go from there. If you're not feeling it, then focus on less intensive sessions on what we call Cuff and Stuff. This consists of core work and joint work like strengthening the secondary yet important stabilizer muscles in the knees and shoulders. Light band and abdominal work does more benefit than you may realize. Worst case scenario, just jump on a piece of cardio equipment, start going light and see what happens.

TIP 4: ACCLIMATE...ADAPT...PREPARE

Do not avoid the weather, just prepare for it. As temperatures drop, spend time in the cold, breathe the air and let your body acclimate. If you avoid the cold your body will not be prepared to do the work you ask it to do. The more active you are in any climate the more normal it will seem to your body. If you've committed to getting exercise, then be smart doing it. Dress appropriately and prepare your body for physical activity.

TIP 5: TAKE MORE TIME TO WARM UP AND WARM DOWN IN THE WINTER.

As temperatures drop, so does your core, muscle and oxygen temperature. Cold muscles are at greater risk of injury due to their tension and lack of blood flow. Dynamic stretches before and static stretches after is always a good rule of thumb. You should be breaking a sweat and your heart rate should be up before engaging in your actual activity.

TIP 6: COLD WEATHER TRAINING BURNS MORE CALORIES.

If you are maintaining relatively the same activity level in the winter as other months, you are burning more calories in the colder months. You burn more fuel just keeping your body warm (calories are a unit of heat). Popular belief says that we lose more weight in the summer. This is only true because we are more active in the summer, we tend to eat less when it is hot and we lose more water in the heat. Watch what you eat and maintain your activity level and the winter months can be just as beneficial to weight management.

TIP 7: DON'T TAKE A VACATION ON YOUR SLEEP!

Rest and recovery will forever and always be a crucial. When you get quality sleep, it facilitates your day, your work, your play and most everything in between.

Enjoy the holidays and visit www.DX3Athlete.com to see more about properly preparing athletes.

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.

TGCA
Download our new App!



Apple



Android



THE KAY YOW CANCER FUND

During the final stages of her battle with cancer, Coach Kay Yow had a vision to unite a nation of coaches, players, and the women's basketball community to do something for the greater good that far exceeds wins and losses on the court.

The Kay Yow Cancer Fund was born in December, 2007 and is a charitable organization committed to being a part of finding an answer in the fight against women's cancers by raising funds for scientific research, assisting the underserved, and unifying people for a common cause. To date, the Fund has allocated more than \$5 million in support of women's cancer research.

Coach Yow envisioned the women's athletic community doing it's part by funding research at a level that will create significant results – and lead to a cure. We can only do this with your help.



photo courtesy Lisa Brown



WHAT IS PLAY FOR KAY

Play 4Kay is the grassroots fundraising initiative of the Kay Yow Cancer Fund. It was originally called Think Pink, later became Pink Zone and most recently and finally, Play 4Kay. **Any sport, group or organization** can host a Play 4Kay fundraiser, which allows for unique and creative ways to fundraise that will resonate with your fans and communities.

THE HISTORY

The entire "pink phenomenon" in women's athletics actually began during the 2004-05 season when Coach Yow's cancer recurred, after being in remission for 17 years. An email was sent to coaches encouraging them to have their teams wear pink in honor of Coach Yow and all those battling cancer.

Several years later, this movement resulted in the establishment of the Kay Yow Cancer Fund and the fundraising initiative known as Play 4Kay.

THE GOAL

Coach Yow wanted to be a part of finding an answer in the fight against women's cancers and she believed we would make a greater impact as a collective team, working together to accomplish one goal. Her goal was for Play 4Kay events to benefit the Kay Yow Cancer Fund to support advanced research, extend the quality of life for those battling cancer, and provide hope - so that one day, we can put an end to this formidable disease.

WE NEED YOU TO

1. Support the Kay Yow Cancer Fund as the TGCA's Charity of Choice.
2. Find ways to raise and donate money to the Kay Yow Cancer Fund.
3. Make a significant difference in the fight against women's cancers!

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. To view the letter online, visit <http://www.allife.com/benefits/sgM9W>.

10

NICE-TO-KNOW FACTS ABOUT THE FLU

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

1 *Sobering Statistics.* Between 5% and 20% of Americans (of all ages) will get the flu during a particular year. Of those individuals, approximately 200,000 on average, will be hospitalized. As such, up to 49,000 people will die each year from flu-related causes, which makes influenza (along with pneumonia) the eight leading cause of death in American men.

2 *Not the same.* A cold and the flu, while having a few similar symptoms, are quite different conditions. Knowing these differences can lead to more appropriate, as well as more effective, treatment. The main characteristic they share is the fact that they're both respiratory illnesses. Unlike the common cold (which is called "common" for a reason), the flu can develop into something more serious (such as pneumonia, for example). Another key difference is the fact that the flu is generally seasonal (i.e., transpiring from the fall to the spring, peaking during the winter months). In contrast, a cold can occur at any time.

3 *Cause and effect.* Seasonal flu is caused by the active strains of a variety of flu viruses. While most health-care experts believe that at least three different flu viruses currently exist in America, all types of flu tend to have similar symptoms, including a fever, a dry, hacking cough, a sore throat, aching muscles, a running or stuffy nose, chills, fatigue, etc. As a rule, most typical cases of the flu run their course in a week or less.

4 *A risky situation.* The flu is a highly contagious viral infection of the respiratory

tract that affects individuals of all ages, some more than others. Among the groups that are more likely to experience complications from the seasonal flu are children, pregnant women, older adults, and people who are suffering from one or more chronic health conditions.

5 *Sensible safeguards.* The flu is spread by virus-infected droplets that are coughed or sneezed into the air. Individuals get the flu by either having these germs land in their mouth or nose or by touching a surface or object on which these droplets have landed and then touching their mouth, nose, or eyes. As such, people can take certain steps to help protect themselves, including washing their hands frequently with soap and water, avoiding touching their eyes, nose and mouth, and practicing sound health habits.

6 *Improving the odds.* Overwhelmingly, most experts believe that the best way for individuals to protect themselves from the flu is to be vaccinated. In that regard, the common recommendation is that everyone who is six months or older should get vaccinated annually (preferably in September) against the flu.

7 *Mimicking the real thing.* Vaccines help individuals develop immunity to the flu by imitating a particular infection in their body. This infection causes the person's immune system to produce "memory" antibodies. In turn, this supply of antibodies, which typically is produced within a few weeks after the individual is vaccinated, remembers how to fight the flu in the future.

8 *Nothing worthwhile is ever easy.* Developing flu vaccines can be challenging for several reasons. First and foremost, flu viruses are constantly changing and mutating—sometimes suddenly and in other instances over time. Because these changes occur frequently enough, an individual's immune system often can't recognize a particular flu virus from year to year. Accordingly, a new flu vaccine must be developed every year.

9 *The best medicine.* As a rule, fluids and rest are the most effective means for treating the flu. Individuals can also take certain over-the-counter medicines to help provide relatively immediate relief for their symptoms. For example, a decongestant can be helpful in controlling nasal or sinus congestion. In turn, an antihistamine can help relieve such symptoms as sneezing, nasal discharge, watery eyes, and itching.

10 *Myths and madness.* Like many subjects, considerable misinformation exists concerning the flu. One of the biggest whoppers involving the flu is the claim that "the flu vaccine can give a person the flu." In fact, it is an impossibility, given the fact that injected flu vaccines only contain dead viruses, which are incapable of infecting anyone. Another folk tale involving the flu is that "the flu is annoying, but harmless." The underlying falsehood of this particular myth is illustrated by the fact that the flu kills more than twice the number of Americans who die annually from AIDS.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26.

Soccer: First Day for Scrimmages

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!



THANKS TO OUR SPONSORS

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Athletic Supply
Baden
Balfour
Coaches Choice
Dell
Gandy Ink

Gulf Coast Specialties
Jerry's Sporting Goods
MaxPreps
Mizuno
Nike
Russell
Sideline Interactive

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TGCA NEWS

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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.

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.



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