



TGCA NEWS

NOVEMBER 2017



2017-2018 TGCA OFFICERS



President of TGCA
Kriss Ethridge
Lubbock Coronado HS



1st Vice President
Jason Roemer
Kerrville Tivy HS



2nd Vice President
Astin Haggerty
Clear Springs HS



Past President
Loyd Morgan
Rogers HS



Executive Director
Sam Tipton
TGCA Office



Assistant to the Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

The Role of a Junior High Coach
By Maureen Marek,
TGCA Sub-Varsity Committee Chair
PAGES 1-3

Female’s Failing Feeding Habits
By DX3 Athlete
PAGE 9

10 Nice-to-Know Facts About the Flu
By James A. Peterson, Ph.D., FACSM
PAGE 10

Thank You!
Kay Yow Cancer Fund
PAGE 11

ALSO INSIDE

TGCA Basketball Committee1
TGCA Resource Center3
2017-18 TGCA Board of Directors4
Board of Directors Meeting Dates4
TGCA Career Victories 5
Sub-Varsity Years of Service..... 5
UIL Spirit State Championships 6
TGCA Spirit Advisory Board 6
Cross Country State Champ Coaches7
Team Tennis Athlete of the Year.....7
Team Tennis Coach of the Year7
Cross Country Athletes of the Year7
Cross Country Coaches of the Year7
Nomination Deadlines 8
TGCA Profile Update 8
AD&D Benefit 8
Important Dates12
Hotel Direct Links12
2018 Summer Clinic: Athletic & Spirit.....12
Sponsors.....13

*cover photo courtesy Ashley Broom
left photo courtesy Lisa Davis*

THE ROLE OF A JUNIOR HIGH COACH



Maureen Marek Bellville HS | TGCA Sub-Varsity Committee Chair

One of the most important parts of an athlete's development is the start that we as coaches give them as they begin competitive sports in Jr. High School. We give them their first impression into UIL athletics! Personally, being a junior high coach now for the past 23 years, I have seen hundreds of young athletes begin an athletic career and it has been rewarding to see the progress through the years. So, how do we as coaches start them on this journey?

Start them off right – Where does player development start? It starts the very first time they pick up a ball; whether it is



photo courtesy Andrew Harrison

at 2 years of age or the first day of 7th grade. The sooner we start to build solid fundamentals, the stronger the player

development will be. Jr. High athletics is the start of the pipeline that will feed our athletes into the bigger playing stages

of high school athletics.

Athletes are beginning to start to play sports at younger and younger ages and it is more imperative than ever for Jr. High coaches to continue to teach them the solid basic fundamentals in order to build upon rather than continue with bad habits, techniques or skills as they grow throughout the volleyball program. We should be knowledgeable about the sport we coach. Although the basic skills of the game have been the same for many years, students learn on so many different levels. Coaches should

Continued on Page 2

BASKETBALL COMMITTEE

*Chair **Vice Chair



COACH	SCHOOL	CONF.-REG.	COACH	SCHOOL	CONF.-REG.
Kenzi Kinard*	Whiteface HS	1A-1	Rachel Tucker	Tarkington HS	4A-5
Kyle Lovorn	Lubbock Cooper HS	5A-1	Michelle Trotter	Crosby HS	5A-5
TLeah Eicke	Snyder HS	4A-2	Anthony Branch	Sealy HS	4A-6
Terri Aston	Abilene HS	6A-2	Vickie Benson	Bowie HS	6A-6
Chance Westmoreland	Argyle HS	4A-3	Kyle Sivadon	La Vernia HS	4A-7
Nikki Hyles	Aledo HS	5A-3	Rachel Carmona	United HS	6A-7
Frederic Griffin	Brownsboro HS	4A-4	Heather Hohertz	Brownwood HS	4A-8
Brad Blalock**	Centennial HS	5A-4	Marlee Webb	Franklin HS	6A-8

THE ROLE OF A JUNIOR HIGH COACH

Continued from Page 1

be knowledgeable about how to get the results by teaching with varied means and terminology and be ready for the player that can pick up the skill right away and for others to struggle. So to do this, we need to practice many repetitions of proper skill for the one opportunity in the game to get it right.

Balance Academics and Athletics - As being one of their first coaches, you are also an important asset in teaching these young athletics how to balance academics and athletics. This is a time that we are teaching them that they are now student-athletes and need to learn to manage their time. Unlike like other students, they will have to learn the amount of time that will be added on

growth of the student-athletes for both their academic success and athletic success, so we need to go above and beyond the athletic arena and take an active role of monitoring their classroom activities. Encourage them to keep academics, as well as athletics, on their calendars. Teach them take responsibility of tracking when their practices and games are, as well as, their academic commitments and check off when their commitments have been met. This will allow them to be more aware of what and how they are doing with the things they are involved in and ultimately make them proud of themselves in which they can build on in years to come knowing that they are taking care of the small things that will lead to overall success.

Feeder program for your



photo courtesy Cathy Vasquez-Garcia

school. This leads to a direct line of skills and fundamentals that are being taught. The philosophy for the game and the program, the style of the sport and teaching competitive play should be the same across all levels- Jr High through High School. In order to do this, Jr. High coaches should be in constant direct contact with the varsity coach throughout the year. Attend camps and clinics to strengthen your knowledge of the skills to teach. Doing these little things will benefit, not only your Jr High athletes, but also the overall program.

We should also encourage junior high athletes to attend high school games. This allows us to teach them what to watch for in the skills and techniques that are of a higher quality. It exposes them to how the game will progress into the Freshman, Junior Varsity and Varsity levels where they will be competing against different age groups now on the same team. As soon as players begin to develop into roles; players should watch players that play the same position. By watching those players in their same position, this will allow them a better perspective into what they are trying to grow into as a player in the years to come. Also, while watching the older teams, teach them

that roles will change as they progress throughout the program and to never be satisfied. Go out there each day and be a competitive teammate as it will benefit you first, but ultimately contribute to the team's success.

Traditions and History – Hopefully there are traditions and history to the sport at your school? If not, it is good to start sharing this information of the high school programs with the Jr High athletes. Let them know what has come before them and what they would like to try and accomplish going forward in order to keep the traditions and history going—or even better to start a traditions and history for the program!

In Bellville our traditions and history are very rich and deep. A volleyball program with 9 State Championships, 15 appearances at the State Tournament, and a coach with 41 years of building this program has brought together a rich in traditions program that our kids look forward to being a part of one day. Our players are brought through the early years of school and then through the athletic program with knowledge of what our program is about and how they can be a continued part of



photo courtesy Christine Elias

a daily basis for completing school work, meeting assignment due dates, all while also making the time commitment of practices and competition.

We, along with their parents, are an integral part in this time

high school – Junior highs are the feeder system to the high school programs. A benefit for smaller districts is that they are fortunate enough that there is only one junior high that will feed into their high

Continued on Page 3

THE ROLE OF A JUNIOR HIGH COACH

Continued from Page 2

the traditions and history. They are constantly reminded of the traditions and success of the program as they see the team photos and State Trophies as they enter the high school gym or hear the stories of the teams and players that have played here before—some that have only played throughout their high school years and some players who have continued beyond and have played in college and how those years in Jr High and High School have helped them get to the next level. Most of the times, these players are their own mothers, aunts, sisters, or someone else they know or are close to, but others are players they just look up to since they were little... role models!

Other traditions besides success on the court can be as simple as cheers, school song, or anything that is a part of the program that they can take pride in their school and sport. Traditions have to be taught and encouraged in order for them to be continued.

Expose the players to the many levels of the game – In today's day and age of technology; it is readily available for players to be exposed to all levels of the game. Encourage the players to get out to the

local high school games and college games and watch how much more the skills and team play grows. Expose players to how they can elevate their level of play to the possibility of playing in college. Teach about the different divisions and how it can impact advancing their college education. College sports are more prevalent and readily available on TV and the internet now, so encourage athletes to watch anytime the sports are on and use it as a learning experience.

Encourage them to explore different avenues that they can continue to play the game outside of the school setting—throughout the year. Many areas have club programs that are nearby to tryout and allow for more play on the court. If they cannot play on a club team, many places offer player skill clinics and lessons that they can take advantage of in order to continue improving on their skills.

LOVE the game – As coaches we should be in it for the long haul. Why did I decide to be a coach – it was for the love of the game, first as a player and now as a coach. I have a passion for it and your athletes will see that in you if you share it with them. Teaching someone to love a sport has no X's and O's. It is the



photo courtesy Samantha Montano

intangible factor.

When a love for a sport starts to develop, it will enhance the player's experience and they will seek out more opportunities. Learn to develop a professional relationship with the player as you coach and find out what makes them tick. You will see it in a player's eyes, when they desire for more and when a love for the game develops in them. A love for the game will be the biggest factor in wanting to be the best at what you do and this love will stay in you for a life time! So, give them the means, opportunity and experience to develop this! Loving the game comes from the skills, team, and competition they get to be a part of. Show the players how to be competitive while also having fun playing the sport. Teach them to be winners while win-

ning, how to learn from defeat and many times, errors are your greatest teaching moments.

As a junior high coach, you will be the first of many coaches they will have in their athletic careers. You might be the first coach, but probably won't be their last. What love did you bring to start a love of the game in them? What will you bring to them to give them a strong fundamental start? What did you teach them about the skills and team play? What knowledge will you give to them about where they come from and where can they go? At the end of the day or at the end of their career; can you look back on the success of that athlete--look at where they started and where they finished and be proud of the athletes for what they have accomplished?

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.



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

2017-18 TGCA BOARD OF DIRECTORS

2017-18 TGCA BOARD & COMMITTEE MEETINGS



NAME	POSITION	SCHOOL
Kriss Ethridge	President	Lubbock Coronado
Jason Roemer	1st Vice President	Kerrville Tivy
Astin Haggerty	2nd Vice President	Clear Springs
Loyd Morgan	Past President	Rogers
Jason Trook	Region I Senior Director	Lubbock
Brooke Walthall	Region I Junior Director	Canyon Randall
Bob Campbell	Region II Senior Director	Snyder
Sunni Strickland	Region II Junior Director	Forsan
Colby Pastusek	Region III Senior Director	The Colony
Jim Wood	Region III Junior Director	Maypearl
Heather Damron	Region IV Senior Director	Wylie
Renae Whitaker	Region IV Junior Director	Caddo Mills
Jennifer Knight	Region V Senior Director	Clear Springs
Denise Johnson	Region V Junior Director	Tarkington
Susan Brewer	Region VI Senior Director	Bellville
Brandace Boren	Region VI Junior Director	Lake Travis
Bernice Voigt	Region VII Senior Director	Gonzales
Patti Zenner	Region VII Junior Director	Poth
Gillian Herrera	Region VIII Senior Director	Permian
Flo Valdez	Region VIII Junior Director	Franklin
Joella Gallegos	Volleyball Committee Chair	Jourdanton
Tammy Clark	Volleyball Committee Vice Chair	Granbury
Kenzi Kinard	Basketball Committee Chair	Whiteface
Brad Blalock	Basketball Committee Vice Chair	Frisco Centennial
Cully Doyle	Track Committee Chair	Gonzales
Stacy Tucker	Track Committee Vice Chair	Barbers Hill
Vacant	Softball Committee Chair	
Billy Coleman	Softball Committee Vice Chair	Lake Travis
Maureen Marek	Sub-Varsity Committee Chair	Bellville Junior
Morgan Wright	Sub-Varsity Committee Vice Chair	Lubbock-Cooper

MARCH 1

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

MARCH 2

Basketball Committee Meeting, 12:00 Noon, San Antonio

MARCH 4

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

MAY 10

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

MAY 11

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

MAY 12

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

MAY 31

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

JUNE 1

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

JUNE 3

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

JUNE 12

Legislative Council Meeting (TGCA Officers Only)
Round Rock

JULY 10

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

JULY 11

Spirit Committee Meeting, 8:00 a.m., Arlington

TEXAS GIRLS COACHES ASSOCIATION 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.



photo courtesy Harold Davis

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 game. 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 game. Scrimmages do not count.

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 game. Scrimmages do not count.

TRACK & FIELD AND CROSS COUNTRY

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. **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

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



photo courtesy Marcy Claxton

Deadline for submitting accomplishments is May 30

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

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 Tex-

as 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-Var-

sity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year in a Word, Excel or email document. Schools and years coached there must be listed.

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 11-13, 2018

Schedule

Thursday, January 11

3A Prelim 8:30 AM
 2A Prelim 9:00 AM
 1A Prelim 1:15 PM
 Coed Prelim 1:38 PM
 2A Final 5:30 PM
 3A Final 5:30 PM
 1A Final 6:12 PM
 1A Awards 8:45 PM
 2A Awards 8:45 PM
 3A Awards 8:45 PM

Game Day Championship Info

Will be released and updated on UIL website: uiltexas.org/spirit

Safety Rules

UIL rules require cheer and spirit performances be in accordance with safety standards prescribed by the National Federation on High School Spirit Rules. NFHS rules may be purchased in electronic or print form at www.nfhs.org.

Friday, January 12

4A Prelim 8:30 AM
 5A-DII Prelim 8:30 AM
 Coed Final 3:20 PM
 Coed Awards 5:00 PM
 6A-DII Prelim (Group 1) 5:20 PM
 4A Final 6:00 PM
 5A-DII Final 6:00 PM
 4A Awards 8:20 PM
 5A-DII Awards 8:20 PM

School Conference Divisions

1A & 2A – Max of 12 participants (3 or fewer males)
 3A & 4A – Max of 20 participants (3 or fewer males)
 5A D1—Maximum of 30 participants (3 or fewer males) (School enrollment 1,730 to 2,149 students)
 5A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,100 to 1,729 students)
 6A D1—Maximum of 30 participants

Saturday, January 13

6A-DII Prelim (Group 2) 8:00 AM
 5A-DI Prelim 8:30 AM
 6A-DI Prelim 10:50 AM
 6A-DII Final 4:00 PM
 6A-DII Awards 5:45 PM
 5A-DI Final 6:30 PM
 6A-DI Final 6:30 PM
 5A-DI Awards 9:00 PM
 6A-DI Awards 9:00 PM

(3 or fewer males) (School enrollment 2,725 and above)
 6A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,150 to 2,724 students)
 COED—Maximum of 30 participants (4 or more males)

*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.



photo courtesy Richard Spraggens



photo courtesy Candice Cox

SPIRIT ADVISORY BOARD

*Co-Chairs

COACH	SCHOOL	CONF-REG.
Carrie Powers	Blackwell HS	1A-2
Heather Jones	The Colony HS	5A-3
Nicole Duggan	Canyon Lake HS	4A-6
Kari Ring	La Vernia HS	4A-7

COACH	SCHOOL	CONF-REG.
Shannon McKinley*	Johnson HS	6A-7
Pete Ramirez	Memorial HS	6A-7
Matthew Escue*	Central HS	6A-8

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2017-18 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Mandy Makeever	Nazareth HS	1A
Paul Darden	Sundown HS	2A
Susan Walters	East Bernard HS	3A

COACH	SCHOOL	CONF.
Steve Golemon	Bandera HS	4A
Amanda Zambiasi	Frisco Liberty HS	5A
Brian Zaring	Keller HS	6A

TEAM TENNIS ATHLETE OF THE YEAR



Conferences 4A-5A-6A
Steffi Pitts
Lake Travis High School
Coached by Carol Creel

TEAM TENNIS COACH OF THE YEAR



Conferences 4A-5A-6A
Carol Creel
Lake Travis High School

CROSS COUNTRY ATHLETES OF THE YEAR



Conferences 1A-2A-3A-4A
Alia Henderson – Sr.
Bandera High School
Coached by Steve Golemon

CROSS COUNTRY COACHES OF THE YEAR



Conferences 1A-2A-3A-4A
Cully Doyle
Gonzales High School

TGCA
Download our new App!

Apple  Android 



Conferences 5A-6A
London Culbreath – So.
McKinney North High School
Coach Jessica Richards



Conferences 5A-6A
Rebekah James
Canyon Randall High School

2017-18 TGCA SPORTS HONORS ONLINE NOMINATION DEADLINES

All online nominations are due by NOON on the Monday before any UIL state competition. If this deadline is missed, any nominations submitted must be delivered to your regional representative for that sport on the appropriate committee for hand delivery to the committee. The 2017-18 online sport honors nomination deadlines are as follows:

Spirit Jan 8, 2018	Basketball Feb 26, 2018	Golf May 21, 2018
Swim/Dive Feb 12, 2018	Soccer Apr 9, 2018	Tennis May 14, 2018
Wrestling Feb 19, 2018	Track & Field May 7, 2018	Softball May 28, 2018

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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 appreciate your help in this endeavor.

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



photo courtesy Naomi McNeely



photo courtesy Julie Green



photo courtesy Jennifer Hughes

FEMALE'S FAILING FEEDING HABITS



DX3 Athlete

Unfortunately, when it comes to food, females operate heavily on aesthetic perception rather than health and fuel needs for performance. This creates a number of short and long-term problems for

psychological well-being. All of these can lead to greater issues long-term such as eating disorders, gastrointestinal problems, menstrual irregularities, and hormonal dysfunction. As we all know from

be too much, too little, or simply poor quality. These examples can consist of anything from obesity to anorexia and even hormonal imbalances or adrenal failure. It is important to have an emphasis on consequences as these girls are lost in social media and all the lies it provides them.

Allocating a specific time prior to, or at the beginning of, season to teach them about nutrition is extremely important. Make it personal, keep it real, and use great resources to have an impact so they truly understand the necessary balance for sustained health and performance.

Here are a few important factors:

- Proper and continuous hydration
- Healthy foods including quality complexed carbs
- Eating regularly every 2-3 hours
- Fun food is ok when bal-

- Starvation and deprivation harm the body
- Eating breakfast daily
- Avoiding eating dinner too late which hinders good sleep
- Eating appropriate portions on all accounts

Let them be a teenager, enjoy fun foods, really enjoy the holidays, and eat pizza, burgers, and chocolate, but in moderation. Emphasize eating quality, nutritious food regularly. Endorse and encourage what to eat rather than what not to eat as they are constantly told what not to do.

The best gift you can give your athletes is the gift of education. Sports will end but nutrition will always remain a way of life. Make it a priority and always make time to help your athletes better understand and pursue healthy eating habits. You will truly impact the rest of their lives!

Visit the TGCA Newsletter archives for more from DX3 on Nutrition or visit the DX3 Blog

What determines Overall Performance?



Performance

1. Attitude
2. Practice
3. Team Unity
4. Game Time
5. IQ

Personal Health

1. Nutrition
2. Sleep
3. Hydration
4. Mental Health
5. Training

What is your personal health on a scale of 1 to 10? Your performance is a direct reflection of your health. Sustaining health sustains performance.

females during and after their athletic career. The biggest challenge remains in the battle of what society says a female should look like versus the reality of what a healthy female athlete actually looks like.

Whether it be a trend, an insecurity, or a fear of judgement, females continuously struggle with healthy eating habits. The bigger issues lie within the systemic and emotional damage that occurs as result of these poor eating habits learned early in life that can adversely affect their self-image and long-term health.

Through poor eating habits females are adversely affecting their perception of consumption, their developmental process, and more so their

being young, kids don't think about long-term circumstances, they can barely see past the upcoming weekend.

It is up to us as coaches, mentors, and leaders to make this a priority in our athletes, especially females. We have to be a positive influence, an accountability authority, and a support system to properly educate these young ladies on reality. The two best examples we can provide are:

1. Nutrition based performance charts showing sleep, nutrition, and training, and how each of them effect overall performance, look, and feel.
2. Real-life examples of the long-term effects of poor eating habits whether it



photo courtesy Michael Fisher

anced with healthy food

- Pre- and post-training foods for preparation and recovery

at www.GetDX3.com. Contact Ronnie Natali at Ronnie@teamdx3.com with any questions.

10

NICE-TO-KNOW FACTS ABOUT THE FLU

James A. Peterson, Ph.D., FACSM

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.

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 eighth 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 generally is 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. Although 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, and so on. 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

6 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 V sometimes suddenly and in other instances across time. Because these changes occur frequently enough, an individual's immune system often cannot 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 also can 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 anti-

histamine can help relieve such symptoms as sneezing, nasal discharge, watery eyes, and itching.



photo courtesy Brenda Henderson

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.

THANK YOU!



The Kay Yow Cancer Fund wants to recognize and thank the following list of schools for participating in a Play4Kay event and donating to the Kay Yow Cancer Fund. Together you are uniting people for a common cause, assisting the underserved and funding research to help find a cure for all women's cancers. THANK YOU for all you do!



photo courtesy Tommy Linn

- Stockdale Volleyball
- Angelo State University
- Christ the King High School
- Roundrock
- Dawson High School
- Santo Jr. High School
- University of Texas at Arlington
- Baylor University
- St. Edwards University
- McMurry University
- Ridge Point High School
- Midwestern State University
- Richland High School
- Texas Wesleyan
- South Grand Prairie
- Sac High School
- Centennial High School
- Akin Elementary
- Jarrell High School
- Abilene High School
- Barbers Hill ISD
- Kountze Middle School
- Holliday ISD
- Pearland High School
- Southern Methodist University
- Carroll High School
- Southwestern University
- Hill College
- Tidwell Middle School
- Texas A & M International University
- Bishop Lynch High School
- Hamlin High School
- Westwood High School
- Rice University
- Angleton High School
- Onalaska ISD
- University of Mary Hardin-Baylor
- Odessa College
- Trinity University
- Lovejoy High School
- Cisco College
- University of Texas at San Antonio
- Brownwood High School
- Monahans Volleyball Booster Club
- Stephen F. Austin State University
- Pflugerville High School
- Bowie Elementary
- El Paso Gridley Middle School
- Spring Woods High School
- Episcopal School of Texas
- Gruver ISD
- John B. Connally High School
- Bowie High School Grand Prairie
- Texas Woman's University
- Poth High School
- Frankston ISD
- Panola College
- University of Texas
- San Jacinto College
- Tarleton State University
- Ranger ISD
- Temple College
- Giddings Middle School
- New Caney ISD
- Jacksonville College
- Nimitz High School
- El Paso ISD
- Western Texas College
- Huffman ISD
- Weatherford School
- Giddings High School
- James Bowie High School
- Bryan ISD
- St. Agnes Academy
- Midland Lee High School
- Santo Junior High School
- Coronado High School
- Wink Varsity Volleyball
- Magnolia ISD
- Trinity Valley Community College
- Westlake High School
- Park Crest Middle School
- Texas A&M University
- TWCP Lady Cavalier Tip-Off Club
- Timberview High School
- Summit High School
- South Plains College
- Bland High School
- LeTourneau University
- West Texas A&M University
- Texas Tech University
- Bellevue High School
- Hubbard Middle School
- Carrollton-Farmers ISD

DECEMBER 2017

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
TGCA OFFICE CLOSED						
24	25	26	27	28	29	30
ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR 5 CONSECUTIVE DAYS TO INCLUDE DECEMBER 24-26			Soccer: 1st day for scrimmages			
TGCA OFFICE CLOSED						
31						
TGCA OFFICE CLOSED						

TGCA HOTEL RESERVATION DIRECT LINK

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)

These are year-round rates. (Cannot be used during Summer Clinic.) Enjoy your stay!

2018 TGCA SUMMER CLINIC - ATHLETIC AND SPIRIT DIVISIONS

The 2018 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Arlington at the Arlington Convention Center July 10-12. Mark your calendars and make your plans early to attend. We look forward to seeing you there. All Satellite Sports Clinic information will be posted to the website once all dates, times, and places are verified. Thank you for your continued support of TGCA.



photo courtesy Hale Hughes

THANKS TO OUR SPONSORS

American Income Life
Athletic Supply
Baden
Balfour
BSN Sports

Coaches Choice
Dell
Gandy Ink
Gulf Coast Specialties
MaxPreps

Mizuno
Nike
Russell
Sideline Interactive
SSR

Varsity
Guy in the Yellow Tie -
Tom Rogers Financial
& Insurance Associates



The power to do more



SERIOUS PERFORMANCE®



BSN SPORTS



School Spirit Experts
800-999-8137 GandyInk.com

Gulf Coast
Specialties.com
Awards & more!



VAR SITY



www.coacheschoice.com



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

Mailing Address:
P.O. Box 2137
Austin, TX, 78768

Physical Address:
1011 San Jacinto Blvd, Suite 405A,
Austin, TX 78701

P: (512) 708-1333
F: (512) 708-1325
E: tgca@austingca.com

TGCA News is published nine times per year, September through May.

Executive Director:
Sam Tipton,
Sam@austingca.com

Assistant to the Executive Director:
Lee Grisham,
Lee@austingca.com

Administrative Assistant:
Audree Tipton,
Audree@austingca.com

**Exhibitor Coordinator /
Social Media Director:**
Jesi Grisham-Perez,
Jesi@austingca.com

Membership Coordinator:
Audra Rice,
audra.rice@austingca.com

Newsletter Editor: Chris Schmidt

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

