



# TGCA NEWS

OCTOBER 2017  
BREAST CANCER AWARENESS MONTH



## 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**

**Coaching is More Than Game Day - We are Changing Lives**

By Renae Whitaker,  
TGCA Volleyball Committee Chair  
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**The Power of Educators, The Power of Purple**

By Dr. Jim Vaszauskas,  
Mansfield ISD Superintendent  
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**Chaotic Training for Better Performance**

By DX3 Athlete  
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**10 Useful Facts to Know About Allergies**

By James A. Peterson, Ph.D., FACSM  
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**Am I Doing All I Can Do?**

Nancy Walling, Kay Yow Cancer Fund  
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*cover photo courtesy Cathy Vasquez-Garcia  
left photo courtesy Cari Lowery*



# COACHING IS MORE THAN GAME DAY - WE ARE CHANGING LIVES



**Renae Whitaker** Caddo Mills HS | **TGCA Volleyball Committee Chair**

**Writing an article for TGCA is so out of my comfort zone-** I can work endless hours, spend time breaking down film, working on stats, helping others...the list goes on, but to write an article is really tough. I have been contemplating on what to write about and I keep coming back to tell 'em what you do...

A little bit of background, I have been coaching high school volleyball and club since 1986. Things have drastically changed over the years but one thing has remained the same, the players!! My dad coached football for 30-years and much of what I learned



photo courtesy Tim Nelson

about coaching came from him. His first words of advice to me as a coach— “If you want to build a program, then discipline is first; if you want to build a team, focus on that

year...”. Throughout my career, I have strived/worked to continually develop my knowledge as a coach and of all sports. As a coach, each of us can learn and grow. An

easy way to grow as a coach is to simply watch and learn from other coaches. I also grow as a coach by reading articles, studying other sports, and studying other coaches. This knowledge and commitment to expanding my base helps make me a better coach and my team a better squad.

Do you ever wonder why some teams will run through the wall for you and others only go through the motions? I feel one of the most important things in coaching is **PASSION** – the players know

**Continued on Page 2**

## VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Kira Satterfield	Dalhart HS	4A	1
Jan Barker	Amarillo HS	5A	1
Laura Carr	Clyde HS	3A	2
Didi Pierce	Abilene HS	6A	2
Jim Wood	Maypearl HS	3A	3
Tammy Clark**	Granbury HS	5A	3
Renae Whitaker*	Caddo Mills HS	4A	4
Jenna Sickels	Greenville HS	5A	4
Denise Johnson	Tarkington HS	4A	5
Sarah Paulk	Friendswood HS	6A	5
Jeff Coker	Crawford HS	2A	6
Kate Kennedy	McNeil HS	6A	6
Joella Gallegos	Jourdanton HS	3A	7
Danielle Nichols	Marshall HS	6A	7
Natalie Whitewood	Early HS	3A	8
Flo Valdez	Franklin HS	6A	8

\*Chair \*\*Vice Chair



# COACHING IS MORE THAN GAME DAY - WE ARE CHANGING LIVES

Continued from Page 1

if you believe in them or not. Student-Athletes cannot be fooled- they must know that you care about them and the program. It is so much more than the court—it's the school, community, the program and the team. We all know that athletes will play harder and with heart if they know you believe in them. We need to invest in our athletes and they will invest in our program.

Some things that we do at Caddo Mills to invest in our program –

1. 2 varsity members go to the Middle School and run the 6 am practice
2. Paint signs and decorate the gym
3. Dig Pink game and all proceeds are donated
4. Theme days for Wednesday practice
5. Big Sis/Little Sis
6. Baskets for Middle School
7. Fanatic Fan award
8. Teacher Appreciation/Middle School Night/Camp of Champion Night etc.

We continue to look for ways to create excitement and ways to add energy to our program (truth be known, I stole these from other coaches!!)

Another aspect I feel is so important to coaching is learning your players. At the beginning of every season we do a personality test so that we know how to “talk” to the different players. Throughout the year we discuss how to react and encourage our players by their personalities. Communication is critical—I am an A-type (Lion) personality that can easily destroy the confidence of a passive player (Golden Retriever). Probably one of my biggest growths as a coach in the psychology in coaching and learning how to get the most mentally out of my athletes. When I was a “new” coach, I would rip into the athlete and then get upset when they did not perform. After studying personality and birth orders (a lot) I realized that each person needed to be dealt with differently. That was an “Ah Ha” moment for me.

The last part that I would like to cover is organization and expectations. We feel as a coaching staff that high expectations must be a priority. Again, I am fortunate to see my junior high coaches on a daily basis so after each match we discuss the decisions made and if anything needs to be



photo courtesy Mitzi Bell

changed. We feel we all need to grow as a coach, and constructive discussions are vital to improve on our program. At the beginning of every year we meet as a staff and go over the expectations of each grade level. Our athletes know that all coaches are on the same page and each one deserves their respect. One organizational part that I like to do is use a calendar to see the big picture of my practice organization. Each day I try to focus on 3 main skills while of course hitting the others. I write those skills down on the calendar and I can quickly see what I have covered and what I need to cover. This helps me to work on all of the aspects of our game. Finally, I know we all get busy and planning practice may not be a priority for some coaches—it is crucial to plan out your practices and take time doing this so that you are getting the most out of your athletes.

The last item I feel is very important for a successful volleyball program is developing

the culture you, as a program, want. Players must understand that young girls are looking up to them and what they say or do is very influential. As a coach, decide what you want your program to represent, for me it's not all about winning—being strong, successful young ladies is my ultimate goal. I hope that when an athlete comes through the program, they will gain attributes that will carry them through life—overcoming adversity, conflict and pushing through to reach a goal. Finally, we talk to each team about their legacy—what do they want to be remembered for...

Finally, just keep the main thing the main thing—Always remember it's not about you, your win/loss record, how many D1 athletes you coach. It's about the players and focus on the development of young ladies and the memories you will make over your lifetime.

Good luck as we enter playoff season and come to the state volleyball tournament!

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



# MEET YOUR 2017-18 TGCA 2ND VICE PRESIDENT



**Astin Haggerty** Clear Springs High School | TGCA 2nd Vice President

**High School Graduated From:** Tatum High School.

**College(s) Attended:** Undergraduate Studies - Stephen F. Austin State University; Graduate Studies (Education Administration) - Lamar University.

**Teaching Assignments:** Health/Physical Education Department Chair.

**Coaching Assignments:** Head Girls' Track & Field / Cross Country.

**What It Means To Be An Officer In TGCA:** To be an officer in TGCA is an incredible and humbling honor. Our peers entrust the officers to speak on their behalf in support of girls athletics. The opportunities presented among numerous, impactful sources are countless and a responsibility of the officers to uphold and advocate on behalf of the organization. To be an officer in TGCA, means representing the outstanding coaches in the state of Texas, which is the foundation of this great association.



photo courtesy Cari Lowery



photo courtesy Christine Elias

## CROSS COUNTRY COMMITTEE

COACH	SCHOOL	CONF.	REG.
Nelda Munoz	Levelland HS	4A	1
Tim Torres	Coronado HS	5A	1
Loy Triana	Burkburnett HS	4A	2
Deborah Gonzales	Wichita Falls HS	5A	2
Mandie West	Ferris HS	4A	3
Amber Ward	Granbury HS	5A	3
Gary Qualls	Caddo Mills HS	4A	4
Mica Been	Denison HS	5A	4

COACH	SCHOOL	CONF.	REG.
Rolando Leal	Tarkington HS	4A	5
Deann Fudge	Barbers Hill HS	5A	5
Sharon Carter	Bellville HS	4A	6
Patrick Lantzy	Westlake HS	6A	6
Cully Doyle	Gonzales HS	4A	7
Gary Fletcher	Harlan HS	6A	7
Will Reid	Harper HS	2A	8
Tracey Borchardt	Odessa HS	6A	8

# CROSS COUNTRY STATE MEET

**Old Settler Park Round Rock, TX | November 4, 2017**

## Schedule

Girls 5A..... 8:30 AM  
 Girls 6A..... 9:50 AM  
 Girls 1A..... 11:10 AM  
 Girls 2A ..... 12:20 PM  
 Girls 3A..... 1:30 PM  
 Girls 4A..... 2:40 PM

## Ticket Information

Student.....\$7.00  
 Adult..... \$10.00

On-site ticket sales will be CASH ONLY.

## Public Parking

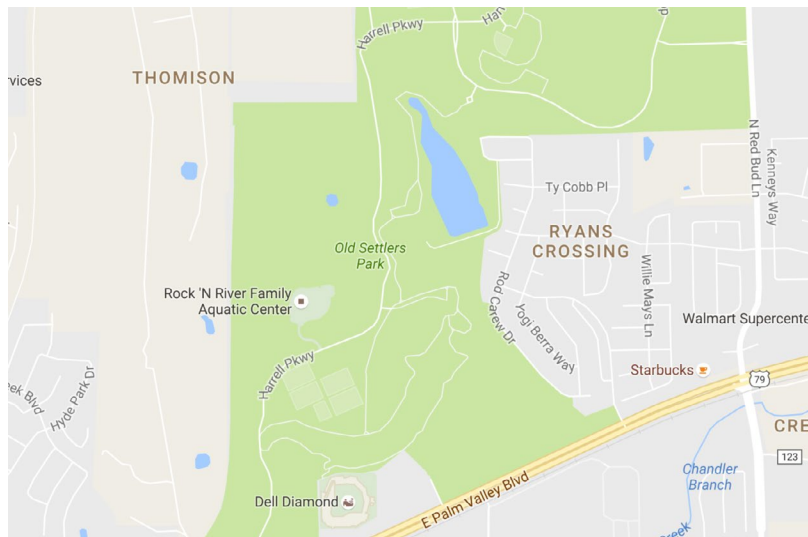
Parking and shuttle service will be available at the Dell Diamond parking area for \$5.00. CASH ONLY

## Animals

There will be NO dogs allowed in Old Settler's Park on the day of the Cross Country State meet.

## Restrooms

There will be no dressing facilities. Portable toilets will be available to the public and athletes.



# VOLLEYBALL STATE TOURNAMENT

**Curtis Culwell Center Garland, TX | November 15-18, 2017**

## Schedule

Wednesday, November 15	Friday, November 17
Conf 1A Semi ..... 1:00 PM	Conf 4A Semi ..... 11:00 AM
Conf 1A Semi ..... 3:00 PM	Conf 5A Semi ..... 1:00 PM
Conf 2A Semi ..... 5:00 PM	Conf 5A Semi ..... 3:00 PM
Conf 2A Semi ..... 7:00 PM	Conf 6A Semi ..... 5:00 PM
	Conf 6A Semi ..... 7:00 PM

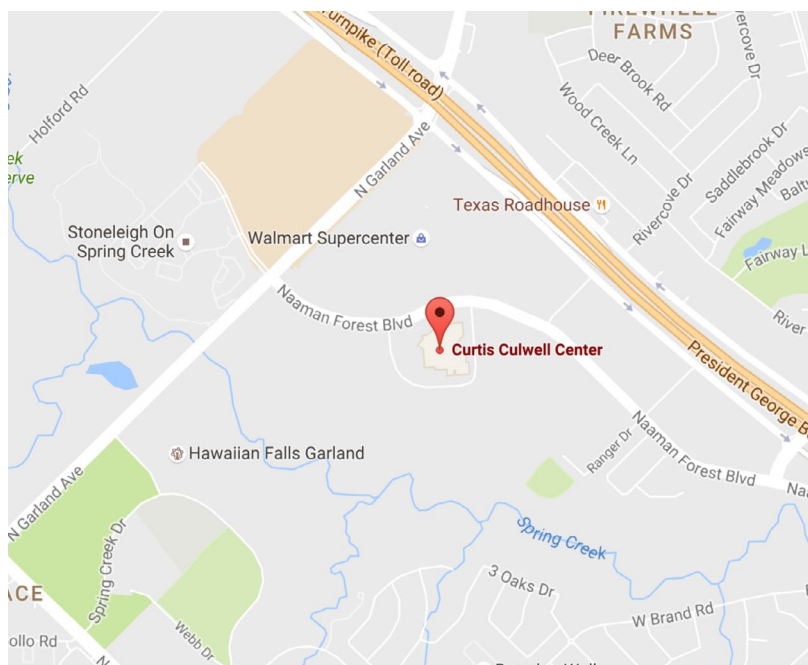
Thursday, November 16	Saturday, November 18
Conf 3A Semi ..... 11:00 AM	Conf 3A Final ..... 11:00 AM
Conf 3A Semi ..... 1:00 PM	Conf 4A Final ..... 1:30 PM
Conf 1A Final ..... 3:00 PM	Conf 5A Final ..... 4:00 PM
Conf 2A Final ..... 5:30 PM	Conf 6A Final ..... 6:30 PM
Conf 4A Semi ..... 7:30 PM	

## Ticket Information (Click for links to purchase pre-sale)

Student Single Day (ages 2-18).....\$7.00  
 Adult Single Day ..... \$12.00  
 2-Day Pass (Wednesday/Thursday; Thursday/Saturday; Friday/Saturday)..... \$20.00  
 Coaches/Officials All-Tournament (must show ID)..... \$25.00  
 All-Tournament..... \$30.00

Cash and credit cards will be accepted. Ticket sales begin 2 hours prior to the scheduled match time. Doors will open one hour prior to the first match.

Links to advance ticket sales can be found online at <http://www.uilTEXAS.org/volleyball/state/volleyball-state-tournament-spectator-information>. Coaches Tournament Passes will only be available for purchase at the box office with proper ID.



## Parking

Parking at the Curtis Culwell Center is \$15.

Pre-sale parking is also available online for \$9. Please click on the links below for parking each day.

## Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Curtis Culwell Center has implemented a bag policy limiting the size and type allowed at all events. Click [HERE](#) for more details.

# UIL LEGISLATIVE COUNCIL MEETING RESULTS



**October 16, 2017** UIL Press Release

**AUSTIN, TX** — The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council approved adding Copy Editing, Mariachi, Robotics and Spirit as sanctioned UIL contests. These activities were added as pilot contests over the last three years.

In athletics, the Council approved altering the practice start date for 9th grade

football. Practice may begin the first Monday in August for all conferences. Previously, 9th grade football players began practice the second Monday in August.

All rule changes approved during this meeting can be found on the UIL website at [http://www.uil-texas.org/files/policy/Oct2017\\_ProposalsFull\\_LC.pdf](http://www.uil-texas.org/files/policy/Oct2017_ProposalsFull_LC.pdf).

The Commissioner of Education must approve amendments passed by the Legislative Council before they may take effect.



*photo courtesy Melissa McPherson*

## DON'T FORGET TO RENEW YOUR MEMBERSHIP FOR 2017-18. MEMBERSHIP DEADLINE FOR NOMINATIONS IS NOVEMBER 1ST.

You must be a member of TGCA by **November 1<sup>st</sup>** to nominate athletes for honors or receive honors yourself as a coach. If you miss this deadline, you may file an appeal with the Executive Committee by paying your membership fee and then filing the online appeals form. If the appeal is granted, your membership date will be overridden and you will be allowed to nominate and receive honors. Should you wish to forego the appeals process, you may pay your membership fee and then pay an additional \$60.00 override fee, which will automatically override the membership renewal date. This process must be done

by completing a printable membership form, which can be found on the website under the "Forms" category in the menu on the left-hand side of the page, being sure to check the box marked "Override Fee" and selecting the "Membership Only" option. The override fee is in addition to your membership fee. The total cost would be \$120.00.

You can renew your membership online at [austintgca.com](http://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 (512-708-1325) or mail that with cred-

it card information, or mail the form with a check to the TGCA offices, P.O. Box 2137, Austin, TX, 78768.

**DON'T FORGET!!** If you need help with the renewal process, please call the office at 512-708-1333, 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. The system will give you a new membership number, and we need 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. You can, however, update any other profile information, such as contact information and coaching information, by logging in to the Membership Site, located on the main page of the website, and then clicking on "Update Profile" in the menu across the top of the page.

We appreciate your continued support of TGCA. Please let us know if we can be of assistance in any way.



# DON'T FORGET TO NOMINATE FOR THE FOLLOWING AWARDS ❀❀❀

## TGCA HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, 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. Hall of Fame nomination forms are located on our website, [www.austintgca.com](http://www.austintgca.com), under "Forms" on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by

a Selection Committee made up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the

Committee.

The deadline for submission of Hall of Fame nominees will be Monday, February 26th, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed ([tgca@austintgca.com](mailto:tgca@austintgca.com)) to the TGCA office.

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown

YEAR	INDUCTEE
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson

YEAR	INDUCTEE
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods

YEAR	INDUCTEE
2014	Sue Cannon Rhonda Farney
2015	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe
2016	Barbara Comeaux Linda Richter Fred Griffin
2017	Jan Barker Rick Reedy Mike Martin

## 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 in-

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.

## 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. This candidate needs 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 home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, February 26th, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email ([tgca@austintgca.com](mailto:tgca@austintgca.com)).

YEAR	RECIPIENT
2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. "Butch" Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett
2017	Mike Szymarek
2017	Lynn Davis Pool



photo courtesy Harper Taylor

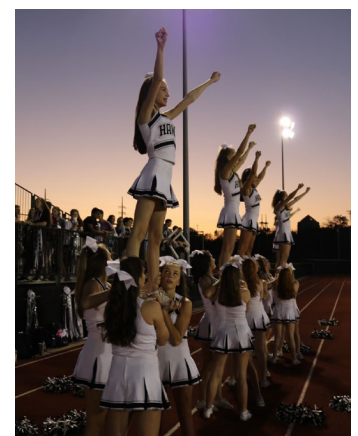


photo courtesy Christine Elias



# THE POWER OF EDUCATORS, THE POWER OF PURPLE



**Dr. Jim Vaszauskas** Mansfield ISD | Superintendent

**As a young coach,** I vividly remember our athletic director, Toby Wood, standing in front of the BISD coaches leading staff development, and I noticed he had a blue dot on his Texas High School Coaches Association watch. Curious, I thought, “Why blue?” None of our schools had that shade of blue as school colors.

After the meeting, I asked my head coach about the blue dot, and his exact words were, “We are voting Governor Mark White out of office, and the blue dot is a reminder to all educators that we will vote.”

Earlier the year before, I joined every educator in the state of Texas as we were all required to take the TECAT test. The Texas Examination of Current Administrators and Teachers was a competency test that all educators were required to pass in order to maintain their teaching certificates, and it made us angry. We all had college degrees and lifetime certificates, and we were all in good standing in our districts.

In 1987, Mark White lost the governor’s election to Bill Clements, and educators often get credit for turning out in high numbers to vote against Mark White.

The blue dot worked!

Kent Grusendorf was a powerful state representative for District 94, primarily in Arlington. He eventually rose to the ranks of Chair of the House Education Com-



*photo courtesy Jessica Tyler*

mittee, where he strongly supported vouchers for private schools. Closely aligned with powerful lobbyists and the Speaker of the House (Tom Craddick), Mr. Grusendorf’s immense campaign fund made him almost invincible in the District 94 primary election.

Diane Patrick, a public-school advocate, challenged Mr. Grusendorf in the primary. Heavily out financed, Ms. Patrick ran an anti-voucher, grass-roots campaign that relied heavily on teachers and PTA moms.

Since the election was on Saint Patrick’s Day, the call to arms was voting for Patrick on Saint Patrick, and green became her color. Diane’s supporters worn green ribbons, green t-shirts, green nametags, and committed to voting in the primary election.

In the 2006 District 94 Republican primary election, Arlington educators voted in record numbers, and Diane

Patrick won a stunning victory, defeating the chairman of the House Education Committee.

The color of green worked!

Public education is under attack again and this year’s primary elections are critical

lieve in public education, and history shows we can make a difference.

I challenge all educators who believe in public education to wear purple ribbons on their clothes or purple dots on their ID cards, just wear purple.

Purple indicates you are making the following commitments:

- Regardless of party affiliation, we are voting for candidates who will support public education
- We will register to vote
- We will vote in the primary election
- We will vote again in the general election

For more information, please go to [teachthevote.org](http://teachthevote.org) or to [texaseducatorsvote.com](http://texaseducatorsvote.com) and take the pledge.

We must advocate for our



*photo courtesy Elyse Hernandez*

to our profession. We have an obligation to vote, not just for ourselves, but for our students and children. We be-

profession, and we have tremendous power to influence elections.

The purple color will work!

# TGCA PAST PRESIDENTS

Velma Harrison .....1952-53,  
.....1953-54  
Marvin Williams \* .....1954-55  
Mary Beccue \* .....1955-56  
Charles Womack \* ....1956-57  
Rose Farmer .....1957-58  
J.W. Booker \* .....1958-59  
Peggy Hughes .....1959-60  
M.T. Rice \* .....1960-61  
Jimmye Phillips .....1961-62  
LeRoy Hoff \* .....1962-63  
Ellen Johnson .....1963-64  
F.G. Crofford .....1964-65  
Zonelle Cornett\* .....1965-66  
Freeman Parish \* .....1966-67  
Sandra Meadows \* ...1967-68  
Mitch LeMoine.....1968-69  
Wayne DuBose\* .....1969-70  
Shirley Hayworth .....1970-71  
Stanley Whisenhunt.. 1971-72

Leta Andrews .....1972-73  
Bill Farney.....1973-74  
Janette Barlow .....1974-75  
Bob Schneider .....1975-76  
Gay Benson .....1976-77  
Buddy Ables .....1977-78  
Sandra Meadows \* ...1978-79  
Ralph Newton\* .....1979-80  
Janie Fitzgerald .....1980-81  
Mark Smith\* .....1981-82  
Diana Lewis.....1982-83,  
.....1983-84  
Michael Adams .....1984-85  
Judy Dunn\* .....1985-86  
Jim Kirkland .....1986-87  
Sue Cannon .....1987-88  
Don Ford.....1988-89  
Donna Grant .....1989-90  
Phil Swenson .....1990-91  
Rhonda Farney.....1991-92

Caylene Caddell .....1992-93  
Barbara Crousen .....1993-94  
Pat Mouser .....1994-95  
Melynn Hunt .....1995-96  
Sam Tipton.....1996-97  
Marianne Jones .....1997-98  
Larry Goad.....1998-99  
Brenda Kitten.....1999-2000  
Rob Young .....2000-01  
Krista Malmstrom.....2001-02  
Ron Mouser.....2002-03  
Debbie Jaehne .....2003-04  
Ray Baca .....2004-05  
Leann Johnston .....2005-06  
Alex Koulovatos .....2006-07  
Debra Manley .....2007-08  
Lee Grisham.....2008-09,  
.....2009-10  
Wes Overton.....2010-11  
Donna Benotti .....2011-12

Rodney Gee .....2012-13  
Kari Bensend .....2013-14  
Mitch Williams.....2014-15  
Liana Gombert .....2015-16  
Loyd Morgan.....2016-17

## TVCA PAST PRESIDENTS

Lenora Abston\* .....1968-69,  
.....1969-70  
Dr. Margie Austin\* .....1970-71  
Jan Briggs.....1971-72  
Jane Arnett.....1972-73  
Arline Basye.....1973-74  
Marion Young .....1974-75  
Judy Bugher .....1975-76  
Waynette Dolan .....1976-77  
Norma Pullin .....1977-78

\*Deceased



photo courtesy Lisa Davis

## 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.

## 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 com-

mittee for hand delivery to the committee. The 2017-18 online sport honors nomination deadlines are as follows:

**Volleyball** Nov 13, 2017  
**Spirit** Jan 8, 2018  
**Swim/Dive** Feb 12, 2018  
**Wrestling** Feb 19, 2018

**Basketball** Feb 26, 2018  
**Soccer** Apr 9, 2018  
**Track & Field** May 7, 2018  
**Golf** May 21, 2018

**Tennis** May 14, 2018  
**Softball** May 28, 2018



# CHAOTIC TRAINING FOR BETTER PERFORMANCE



## DX3 Athlete

Anyone who has ever played, watched, or coached a sport knows that play can be unpredictable and chaotic. Athletes who are most accustomed to being agile, making quick decisions, and adapting on the go, are the athletes who seemingly stand out.

Knowing that sports are chaotic with continuous change, unknown variables, and sometimes random motion, why would you not train your athletes to be more adaptive?

### Minimize the Surprise Factor and Increase Adaptability

Yes, there are certain patterns repeated, particular movements that remain constant, and even some predictability yet the plays that are often most effective are the ones that are unpredictable and involve some level of chaos. We can do our normal drills until the cows come home yet they don't really prepare you for the chaos players experi-

ence in a game.

DX3 believes in occasionally adding chaos into training and practice drills, nor forsaking repetition and skills, but adding variables that force players to adapt. A great ex-



photo courtesy Richard Spraggens

ample of this would be using different versions of commands such as visual only, verbal only, objects, numbers, or combinations of all four. Creating obstacle courses in your drills, combining drill elements, and even adding such variables as barrel rolls, summersaults, bunny hops or whatever crazy things you

can think of can create chaos forcing your athletes to adapt and then recover.

Being creative in modality yet remaining consistent in your methodology is always a great training practice.

Practice makes permanent so adding random chaos to any drill with the emphasis of maintaining composure, posture, and mechanics forces your players to be adaptive. One of the best attributes a player can have is being agile while maintaining the ability to react and respond to change under chaotic circumstances.

Another great way to integrate chaos is random breaks in training and practice that are completely impromptu with the use of various commands and completely off-course from the normal drill or activity. This forces your athletes to adapt yet maintain performance during a time of unknown. The more comfortable they get with change, chaos, and the unknown, the less it will alarm them during play.

Big plays usually involve chaos or the unexpected, so make it a point to add chaos, the unknown, and unexpected to your training and practice as a regular irregular training modality.

We hope this is helpful in making your training more fun and interesting while improving the performance of your athletes. For more information visit us at [www.GetDX3.com](http://www.GetDX3.com) or Contact Ronnie Natali at [Ronnie@teamd3.com](mailto:Ronnie@teamd3.com).

## 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 Arnaecia Alridge at 281-857-9325 or [ajalridge@ailife.com](mailto:ajalridge@ailife.com). To view the letter online, visit <http://www.ailife.com/benefits/sgM9W>.

# 10

## USEFUL FACTS TO KNOW ABOUT ALLERGIES

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 Hypersensitivity.** Allergies are abnormal reactions by the body's immune system to foreign substances (e.g., pollen, food, pet dander, insect bites and stings, medicines, chemicals, etc.) that usually are not harmful to most people. When an individual has allergies, that person's immune system produces antibodies that identify a particular allergy-inducing substance (i.e., an allergen) as potentially noxious, even though it is not. Subsequently, when the individual comes into contact with that allergen, the reaction of the immune system can inflame the person's airways, digestive system, sinuses, or skin.

**2 Cause and effect.** In general, the risk factors for allergies tend to fall into one of two groups—host or environmental. The list of host factors includes heredity, age, sex, and race. In turn, among the primary environmental factors that can result in a person being allergenic are allergen levels, dietary changes, and environmental pollution.

**3 More than a lucky guess.** Making an accurate diagnosis is the key to the effective management of allergic conditions. The underlying goal of allergy testing is to help confirm or rule out specific allergies. Once such testing has been

completed, counseling concerning what to do to reduce the incidence of symptoms, determine the need for medications, and improve the person's quality of life can be offered. The two most commonly used measures to assess the presence of allergen-specific antibodies are the skin-prick test and blood testing.

**4 Finessing the situation.** Individuals who have an allergy cannot dodge reality. There is nothing they can do to make their allergy go away. If they are extremely fortunate, they may inexplicably grow out of their allergy in time. Typically, allergy sufferers are advised to avoid whatever triggers their condition. On occasion, some allergies are treated with either medications or allergy shots.

**5 Nothing to sneeze at.** The numbers attendant to allergies are compelling, to say the least. In the developed world, for example, approximately one of every five people is affected by an allergy (i.e., at least 50 million Americans are allergic to something). More than 16 million visits to some type of medically related office occur every year for just one particular allergenic condition—hay fever. In fact, Americans with hay fever annually spend more than 17.5 billion dollars on health-related

costs and lose more than 6 million work and school days.

**6 Kid's stuff.** Allergic conditions are the thirdmost prevalent chronic disease in children. Although any child can develop allergies, the kids most likely to suffer from allergies are those from families with a history of such conditions. As such, the level of incidence of allergies among American children is alarming. For example, the number of kids with food allergies, respiratory allergies, and skin allergies is an estimated 6 million, 8.3 million, and 9.5 million, respectively.

**7 No protection.** Eating natural (i.e., "organic") food is no guarantee that an individual will avoid being affected by food allergies. In reality, some of the most allergenic foods (e.g., cow's milk, eggs, fish and shellfish, peanuts, soybeans, wheat, etc.) are natural unprocessed foods. The key point to remember is that allergies are not caused by chemicals involved in growing the foodstuff, but rather by the proteins found in the food.

**8 No safe haven.** Allergies are everywhere. As such, although moving away from maple trees and ragweed may seem like a viable strategy for dealing with allergens, it is important to note that every region of the United States (including

the Southwestern states) has plants that produce pollen. More likely than not, before long, the allergy sufferer who moved to a new locale will develop a fresh crop of allergies to local plants.

**9 Not the same.** Although colds and seasonal allergies may exhibit some of the same symptoms, they are very different diseases. Understanding how they are different is essential because the prevention options and treatment methods for these two conditions are quite different. A cold results from a viral infection, which is transferred typically through human contact. In contrast, allergies are caused by a response by the body's immune system.

**10 Grave danger.** The worst-case scenario for allergy sufferers is to have a potentially life-threatening reaction to exposure to a particular allergen, for example, bees, shellfish, peanuts, and so on. Referred to as anaphylaxis, this reaction can occur very quickly—in fact, within a few minutes of exposure to the allergen that prompted the reaction. Because anaphylaxis is unpredictable (it can happen anytime, anywhere), it is critical that a person who has such life-threatening allergies has a well-thought-out action plan in place to deal with any untoward situation.



# AM I DOING ALL I CAN DO?



## Nancy Walling Kay Yow Cancer Fund | Board of Directors

When you hear of a child donating six cents to the fight against ALL women's cancers, it cuts deep. Immediately you ask yourself, "Am I doing all I can do?" In February of 2017, a child in West Texas donated \$.06 to the Kay Yow Cancer Fund as a part of her school's Play4Kay fundraising effort. It was more than enough—it was all she could do.

Play4Kay events were the vision of Naismith Hall of Fame coach, Kay Yow. It was her vision, but it was never about her. It was always about uniting coaches, players, and fans across the country in the fight against ALL women's cancers—using their game to raise funding for cancer research.

Uniting is a word that we use often and, too often, we don't consider the intended



photo courtesy Naomi McNeely

meaning. Coach Yow meant for people to come together in the fight, yes. But when Coach Yow used the word "unite" she also meant it in the sense that everyone should do their part, carry their weight.

Maybe that is why when we hear of a child donating

\$.06 to the cause, we question our own contribution. It is not a question of "am I doing enough?" it is more like, "Am I doing ALL I CAN DO?"

Play4Kay events are about each of us doing all we can do, each of us coming together for a cause much greater, much larger than our

own efforts could conquer.

As Coach Yow would have wanted, Play4Kay is now uniting beyond the boundaries of courts or fields, it is uniting a nation and calling on each coach, player, and fan to do their part to end cancer--the greatest win of all.

If Coach Yow were here, she would likely issue a challenge. She might say, "When life kicks you, let it kick you forward" or "Never let the urgent get in the way of the important." One thing we know for sure, she would thank each person for their efforts, but she would also encourage us that we can do more. We must do more. Together, we will do more.

Together we will continue this fight, united in the battle against cancer.



photo courtesy Jaci Phippen

A promotional graphic for the Texas Girls Coaches Association (TGCA). It features the acronym "TGCA" in large red letters, the text "Download our new App!" in blue script, and the TGCA logo which includes a map of Texas and the text "TEXAS GIRLS COACHES ASSOCIATION". Below the logo are two QR codes, one labeled "Apple" and one labeled "Android".

# NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				VOLLEYBALL: AREA		
					Girls Basketball: First Day for Interschool Games TGCA: Cross Country Committee Meeting (7 PM)	CROSS COUNTRY: STATE MEET
5	6	7	8	9	10	11
	VOLLEYBALL: REGIONAL QUARTERFINAL				VOLLEYBALL: REGIONAL	
12	13	14	15	16	17	18
	Wrestling: First Day for Meets & Tournaments TGCA: Volleyball Nomination Deadline (12 PM)		VOLLEYBALL: STATE TOURNAMENT			
				TGCA: Volleyball All-State 1A-4A (8 AM)	TGCA: Volleyball Committee (8 AM) TGCA: Volleyball All-State 5A-6A (8 AM)	
19	20	21	22	23	24	25
TGCA: New Board Member Orientation (10 AM) TGCA: Board of Directors Meeting (11 AM)	TGCA OFFICE CLOSED FOR THANKSGIVING					
26	27	28	29	30		
	Soccer: First Day for Practice					

## 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!

## MEETING DATES & LOCATIONS

**Cross Country Committee** – Friday, November 3rd, 7:00 p.m., Kelly Reeves ISD Athletic Complex Conference Room, 10211 West Palmer Lane, Austin, TX.

**Volleyball All-State Committee Conferences 1A, 2A, 3A and 4A** – Thursday, November 16th, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX, Salon III



photo courtesy Candice Cox

**Volleyball Committee** – Friday, November 17th, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX, Salons III & IV

**Volleyball All-State Committee Conferences 5A and 6A** – Friday, November 17th, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX, Salons III & IV



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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: 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.

