



# TGCA NEWS

DECEMBER 2019



## 2019-2020 TGCA OFFICERS



**President of TGCA**  
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Clear Springs HS



**1st Vice President**  
Brad Blalock  
Frisco Centennial HS



**2nd Vice President**  
Colby Davis  
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**Past President**  
Jason Roemer  
Lake Dallas HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant Executive Director**  
Lee Grisham  
TGCA Office



## FEATURE ARTICLES

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### 10 “Never/Evers” To Ensure That Your Health Won’t Improve In the New Year

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*cover photo courtesy Lisa Williams  
left photo courtesy Brad Blalock*

# HORSES...

**Jason Roemer** Fredericksburg HS | TGCA Past President



As members of the Executive Committee of the Texas Girls Coaches Association we are blessed to attend every state tournament or state meet of the sports that fall under the umbrella of our association. As I finish my last year on the Executive Committee, I have attended over 20 state tournaments or meets. Over the course of my 20-year coaching career, I have only been blessed a few times to “come close” to coaching in a state tournament. I like to think I’m like most coaches as I am in a never-ending quest to become a better coach every day. I have gained a great deal of valuable knowledge from the coaches and professionals I have had the luxury of meeting and observing over the years at state tournament meets and venues.

The following statement is not a new revelation, “A quality coaching staff helps you win a state championship.” What makes a quality coaching staff? If you don’t have one, how do you hire one or how do you train one?

Last year, a very wise assistant coach of mine, who shall remain nameless (those of you in the Dallas volleyball community may know her as Coach B), shared an analogy that has resonated with me in regards to assistant coaches that I think is worth sharing.

Assistant coaches are like horses and there are five breeds:

1. Thoroughbred – A cham-



photo courtesy John Hughes

pion. Willing to do whatever it takes to win, continuously wins.

2. Quarter Horse – A quality, well-rounded horse, but is not bred for the long haul and cannot compete with a thoroughbred.

3. Mustang – Wild. One-minute running at top speed, the next minute they are in a field rolling around. A mustang cannot be tamed, because they are unwilling to be trained and can be difficult.

4. Shetland Pony – Short, stubborn, and unpredictable. A Shetland will always think they are a thoroughbred.

5. Plow Horse – Dependable, reliable, loyal, a hard-working people-pleaser. They do their job every day, even when no one is watching. They then come back the next day and do it again.

If you are like me, while you read the list of horses, you automatically labeled every coach you have ever worked with. It is my opinion every staff needs a variety of horses in the barn to be successful. Each horse has a place - except the Shetland Pony. As role models of the young athletes we have the privilege to lead in our sports, it is imperative that we have a barn full of different horse breeds. Diversity helps our programs be successful but also sets an example and model of great teamwork. It shows that everyone is of value and that everyone can contribute to the program’s success. Well...all but the Shetland Pony.

If you are a head coach and you have a thoroughbred on staff... enjoy every minute with them. They do not last long as assistant coaches, yet they will have a huge impact on your pro-

gram. If you have a mustang on your staff... hold on for the ride. I think mustangs can be a very valuable member of a coaching staff. True, they cannot be trained, but do you really want a staff full of yes men or women? If you have a plow horse on staff, consider yourself blessed! They are what make our programs valuable on a daily basis and will also have a huge impact on your team. I call plow horses “mistake erasers”. They can make a head coach look good and never seem to get enough praise or compliments. As a head coach are you willing to delegate? Are you willing to let other coaches be the coach that is needed to help the stable be successful?

Which brings me to another point. Over the past four years on the executive committee, one of the big-

**Continued on Page 2**

# HORSES...

Continued from Page 1

gest changes I think we have made to our association has been expanding our Sub-Varsity Coaches of the Year awards. We added another category to include Middle School Coaches of the Year recognition in all our sports. The deadline to nominate Middle School and Sub-Var-

sity Coaches of the Year is May 1 each year. Nominating is a great way to show your horses a little recognition.

If you are a current assistant coach, what breed of horse are you? What breed does your staff need you to be? Can you change as a coach to be the breed that is needed? What is missing on your staff to get the program

over the hump to become one of the teams putting a UIL medal around their neck this year?

It takes a stable full of horses to make a program successful. Best of luck in your quest to build a championship stable and in your pursuit of that gold medal!



photo courtesy Lloyd Vedder

## TGCA SPIRIT DIVISION HONORS

A cheerleading coach must be a member of the Texas Girls Coaches Association before November 1st of each school year to be eligible for honors or for their cheerleaders to be eligible for honors. Membership fee is \$70.00. If you have missed the membership deadline for honors of November 1st, you may file an appeal with the Executive Committee, or pay an additional \$70.00 override fee to nominate cheerleaders for honors or to receive honors. Your membership must be current in order to file an appeal or pay the override fee. Member coaches of TGCA will receive state championship rings furnished by Balfour if their squad wins a UIL state championship.

### TGCA CHEERLEADER HONORS:

- 1) Academic All-State – Must be a senior with a grade point average of 94 or above for grades 9 through 11. Ten (10) points may be added for weighted classes.
- 2) All-State – A maximum of 50 cheerleaders will be selected for each UIL conference (1A, 2A, 3A, 4A, 5A, 6A).
- 3) All-Stars – There will be 24 cheerleaders selected to represent conferences 1A-2A-3A-4A and 24 cheerleaders selected to represent 5A-6A at the All-Star basketball games at the TGCA Summer Clinic in July. Cheerleaders must be INCOMING seniors (juniors now) to be selected. Any member in good standing

may nominate for honors, but the head varsity coach must be a member of TGCA in good standing for the cheerleader to be eligible to be selected. The head varsity coach of the school must be contacted before the All-Star is selected.

- 4) Legacy All-Stars – 20 graduating seniors in conferences 1A-2A-3A-4A and 20 graduating seniors in conferences 5A-6A will be selected as Legacy All-stars and will be recognized with a certificate and recognition on the TGCA website. They will not participate at Summer Clinic.
- 5) Cheerleaders of the Year – One cheerleader will be selected for 1A-2A-3A-4A and one cheerleader will be selected for 5A-6A as Cheer-

leaders of the Year. These cheerleaders may be selected from any grade level 9-12.

- 6) All-Star Coaches – Two All-Star coaches will be selected to represent the Red and Blue teams in 1A-2A-3A-4A and two All-Star coaches will be selected for the Red and Blue teams in 5A-6A.
- 7) Cheerleader Coaches of the Year – A coach will be selected as Cheerleader Coach of the Year in both 1A-2A-3A-4A and 5A-6A. A coach will also be selected as Sub-Varsity Cheer Coach of the Year and a coach selected as Middle School Cheer Coach of the Year in both 1A-2A-3A-4A and 5A-6A.

Nominations for these honors should be done on-line through the TGCA website, [www.austintgca.com](http://www.austintgca.com), under the Spirit Division tab. Detailed nomination instructions can be found on the website under the Spirit Division tab in the menu across the top of the page. Nomination deadline for all honors is **JANUARY 24th** at noon.

Should you have any questions or if we can be of assistance in any way, please don't hesitate to contact us at 512-708-1333, or by email at [tgca@austintgca.com](mailto:tgca@austintgca.com).



photo courtesy Lisa Williams



photo courtesy Matt Garrett



photo courtesy Kelly Fields



photo courtesy Chelsea Lively

# SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 16-18, 2020

## Schedule

### Thursday, January 16

2A Prelim ..... 8:30 AM (Hall)  
 3A Prelim ..... 8:30 AM (Arena)  
 1A Prelim ..... 12:30 PM (Hall)  
 Coed Prelim ..... 12:55 PM (Hall)  
 2A Final ..... 5:15 PM (Arena)  
 3A Final ..... 5:15 PM (Arena)  
 Coed Final ..... 5:20 PM (Hall)  
 1A Final ..... 5:20 PM (Hall)  
 1A & Coed Awards ..... 6:45 PM (Hall)  
 2A & 3A Awards ..... 7:50 PM (Arena)

### Friday, January 17

5A-DI Prelim ..... 8:30 AM (Arena)  
 4A Prelim ..... 8:30 AM (Hall)  
 6A-DII Prelim ..... 2:40 PM (Arena)  
 4A & 5A-DI Final ..... 5:35 PM (Hall)  
 4A & 5A-DI Awards ..... 8:10 PM (Hall)

### Saturday, January 18

5A-DII Prelim ..... 8:30 AM (Hall)  
 6A-DI Prelim ..... 8:30 AM (Arena)  
 5A-DII Final ..... 3:35 PM (Hall)  
 6A-DI & 6A-DII Final ..... 4:45 PM (Arena)  
 5A-DII Awards ..... 5:25 PM (Hall)  
 6A-DI & 6A-DII Awards ..... 7:20 PM (Arena)

## Game Day Championship Info

Will be released and updated on UIL website: [uiltexas.org/spirit](http://uiltexas.org/spirit)



photo courtesy Logan Lawrence

## Safety Rules

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at [www.nfhs.org](http://www.nfhs.org).

## 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 1,781-2,189 students)

5A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,150-1,780 students)

6A D1—Maximum of 30 participants (3 or fewer males) (School enrollment 2,750 and above)

6A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,190-2,749 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.

# SPIRIT ADVISORY BOARD

COACH	SCHOOL	CONF.	REG.
Carrie Powers	Blackwell	1A	2
Heather Jones	The Colony	5A	3
Nicole Duggan	Canyon Lake	4A	6
Kari Ring	La Vernia	4A	7
Shannon Wylie*	SA Johnson	6A	7
Pete Ramirez	McAllen Memorial	6A	7
Matthew Escue*	San Angelo Central	6A	8

\*Co-Chairs

## NEW CHEER

## NOMINATIONS DEADLINE

Your Spirit Advisory Board has decided to make the honors nomination deadline for TGCA honors for cheer January 24th at 5:00. They have decided no late nominations will be accepted this year, so be sure you get your nominations done by Friday, January 24th, at 5:00 p.m. All nominations for all honors need to be done on-line through the Spirit Division tab, and then through the links on the left-hand side of the page which designate where the nomination forms are for both cheerleaders and coaches. Please be sure you get ALL of your nominations done by then, including Academic All-State. Let us know if we can be of assistance.

# REVISIONS TO SPIRIT DIVISION NOMINATION INSTRUCTIONS AND GUIDELINES

November 1st is the last date for Spirit Division coaches to become a member of TGCA and be eligible to nominate cheerleaders for Spirit Division Cheer honors and to receive honors themselves.

The Monday at noon before the UIL State Championships is the deadline for on-line nominations:

All-Star, Legacy All-Star, All-Star Coaches, All-State, Academic All-State, Cheerleader of the Year and Spirit Division Cheerleading Coach of the Year (Varsity/Sub-Varsity/Middle School). Varsity is considered the head coach. Sub-Varsity is grades 9-12 and Middle School is grades 7-8. Sub-Varsity and Middle School are new categories this year. All nominations must be made through the "Nominate Coaches" category on the TGCA website under the Spirit Division tab.

Nominations must be submitted on-line through the appropriate links located under the Spirit tab on the TGCA website.

Neither incomplete nominations nor nominations received after the deadline will be considered. In the event a recognition category has not been filled by the deadline, exceptions may be made at the determination of the Spirit Committee. A coach may reserve the right to remove his/her nomination at any time, including after selections have been made.

## Academic All-State Guidelines:

1. Academic All-State cheerleaders **MUST BE GRADUATING SENIORS.**
2. Must have an overall GPA of 94 or above for grades 9 - 11. (Do NOT submit a nomination if your cheerleader does not meet this GPA requirement.) GPAs **MUST BE SUBMITTED IN NUMERICAL FORM**; i.e., 94 or above, NOT 4.0, 5.0, etc. **DO NOT SUBMIT ON A POINT SCALE BASIS.**

3. Must be a varsity participant in good standing, and be of good moral character.

## All-Star Nomination Guidelines:

Cheerleaders being nominated must have participated in the UIL Spirit State Championships for that school year.

1. **IMPORTANT** -- Prior to nominating a cheerleader, coaches should confirm that if selected, the cheerleader can be present for the All-Star orientation and all activities. Cheerleaders unable to commit to this policy should not be nominated. The All-Star position is a great honor and cheerleaders should be aware

PRIOR to nomination that they are committed to follow policies of the Texas Girls Coaches Association.

2. All-Stars **MUST BE INCOMING SENIORS.**

3. Coaches may submit up to five nominations for All-Star, and nominations should be ranked 1-5 with the cheerleader receiving the highest level of recommendation from the coach being listed as #1.

4. No nominations will be accepted by telephone.

5. All-Stars will be selected in two divisions: 1A-2A-3A-4A and 5A-6A.

6. Only two cheerleaders per school can be named to an All-Star team during the initial selection process. Alternates will be ranked by the Spirit Committee and are not limited to the "twin" rule.

7. Cheerleading All-Stars may not also be Volleyball, Cross Country, Basketball, Track and Field or Softball All-Stars. If selected in a sport as well as in cheerleading, the cheerleader will have to choose only one All-Star activity to participate in.

8. Cheerleaders may be nominated for All-Star by any member coach in good standing of the Texas Girls Coaches Association. For an individual to be selected to an All-Star team, the head coach must be a member in good standing. The current head coach must be contacted for approval of the player being selected as an All-Star.

## Red/Blue All-Star Selections:

The state is divided into Red and Blue sections for determining the All-Star teams. Refer to your TGCA REGION -- NOT UIL -- to determine which section you are in.

The RED section is composed of schools in TGCA Regions 1, 3, 4 and 6.

The BLUE section is composed of schools in TGCA Regions 2, 5, 7 and 8.

## All-State Nomination Guidelines:

Cheerleaders being nominated must have participated in the UIL Spirit State Championships for that school year.

1. All-State cheerleaders are **NOT** required to be SENIORS.

2. Coaches may submit up to five nominations for All-State, and nominations should be ranked 1-5 with the cheerleader receiving the highest level of recommendation from the coach being listed as #1. 3. There shall be no limits on the number of cheerleaders from a school

that can be selected as All-State.

4. Up to 50 cheerleaders per conference may be selected for All-State.

## Cheerleader of the Year Guidelines:

Cheerleaders being nominated must have participated in the UIL Spirit State Championships for that school year.

Nominees must fulfill the following requirements:

1. May be selected from any grade level from 9-12;
2. Be an outstanding cheerleader;
3. Demonstrate positive character

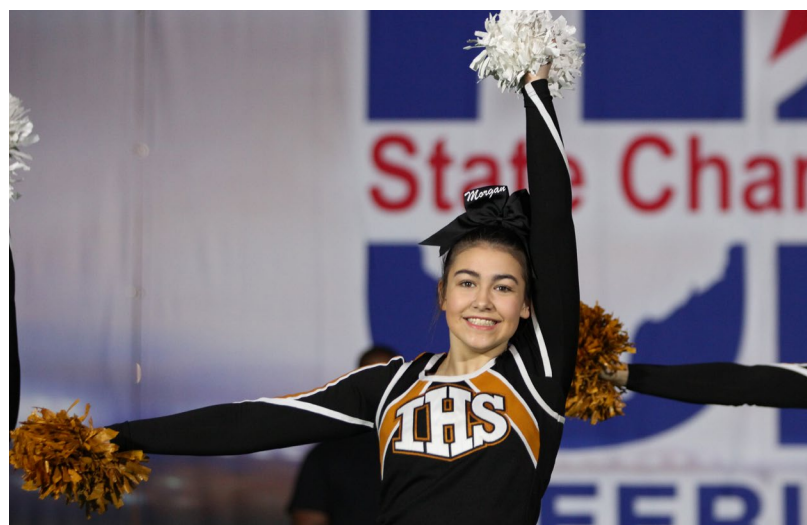


photo courtesy Logan Lawrence

traits (honesty, loyalty, leadership, cooperative attitude).

4. Final selection will be made by the Spirit Selection Committee.

## Spirit Division Cheer Coach of the Year Guidelines:

With the exception of Middle School (grades 7-8) and Sub-Varsity (9-12 not head coach) Coaches of the Year, coaches being nominated for Varsity Coach of the Year (head coaches) must have coached team at the UIL Spirit State Championships in the year being nominated.

1. Only TGCA member varsity head coaches are eligible to nominate or win Varsity Coach of the Year. The head varsity coach of any cheerleader receiving an award must be a member in good standing by the membership nomination deadline. This also applies to Cheerleader of the Year honors.

2. The final selection will be made by the Spirit Selection Committee.

3. Each school can only nominate one coach for each category;

4. Two coaches for each category (varsity, sub-varsity, middle school) will be selected: one from a 1A, 2A, 3A, or 4A school; and one from a 5A or 6A school.

## TGCA Legacy All-Star Teams Selection Guidelines

The standing committees for cross country, volleyball, cheerleading, basketball, track & field and softball will review submitted nominations from their region and division for the Legacy All-Star team selections. The selections will be made from player nominations submitted to TGCA by their member

coaches on or before the Monday noon prior to the state tournament or meet of the particular sport. Selections will be based on the following criteria:

1. The nominated players must be graduating seniors.
2. The Standing Committee will select the best twenty (20) nominees in the particular sport and cheerleading in 1A, 2A, 3A, 4A and the best twenty (20) nominees in 5A, 6A.
3. The high school head varsity coach must be a member of TGCA in good standing before November 1st of that school year before the school is eligible to have an All-Star(s).
4. A coach may nominate as many graduating senior cheerleaders as desired.
5. The TGCA Legacy All-Star team members in each sport and cheerleading will receive a certificate from the TGCA recognizing their achievement of being named to the team. There will be no All-Star game performance for these teams.

# CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2019 UIL VOLLEYBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Morgan Roberson	Neches	1A
Jeff Coker	Crawford	2A
Kelsey Vasquez	Vanderbilt Industrial	3A

COACH	SCHOOL	CONF.
Sydney Gotcher	Lamar Fulshear	4A
Ryan Mitchell	Lucas Lovejoy	5A
Brianna Barker-Groth	Byron Nelson	6A

## VOLLEYBALL ATHLETES OF THE YEAR

**Conferences 1A-2A-3A-4A**  
 Kylann Griffith,  
 Vanderbilt Industrial HS  
 Coach Kelsey Vasquez

**Conferences 5A-6A**  
 Shelby O'Neal,  
 Schertz Clemens HS  
 Coach Robyn Wunderlich

## VOLLEYBALL COACHES OF THE YEAR

**Conferences 1A-2A-3A-4A**  
 Catherine Foerster,  
 Hereford HS

**Conferences 5A-6A**  
 Robyn Wunderlich,  
 Schertz Clemens HS

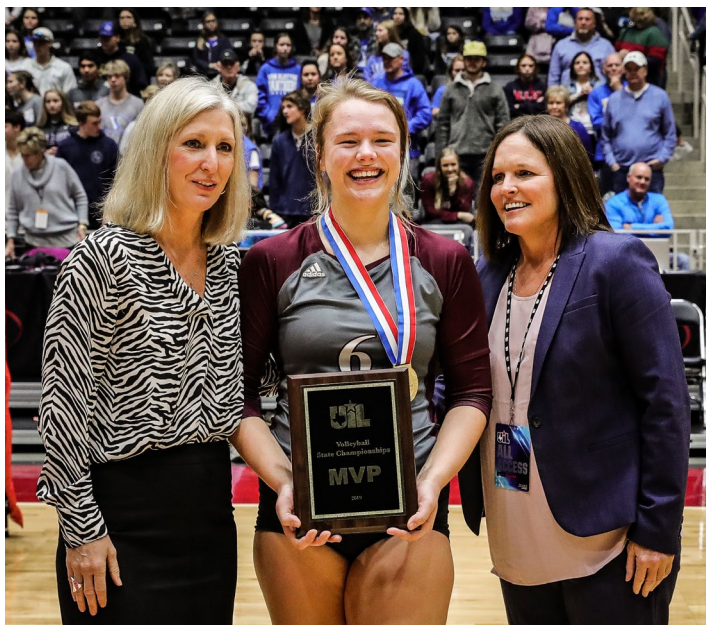


photo courtesy Chris Schmidt



photo courtesy Shelby O'Neal



The TGCA staff wishes you all the happiest of holidays. Our office will be closed beginning at noon on Friday, December 20th, until 8:30 a.m. on Monday, January 6th. We wish you all a Merry Christmas and happy and prosperous New Year.

# 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, softball, and cheerleading.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports and cheerleading 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, and should be emailed or mailed to the TGCA office.



photo courtesy Aimee Kilgore

## VOLLEYBALL

Coaches will receive certificates when they reach their 300<sup>th</sup> and 400<sup>th</sup> 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 300<sup>th</sup> and 400<sup>th</sup> 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 300<sup>th</sup> and 400<sup>th</sup> 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 300<sup>th</sup> and 400<sup>th</sup> 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

## SPIRIT

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. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each Finals appearance
- 15 points for Best of Category win
- 30 Third Place Finish
- 40 Second Place Finish
- 50 State Champion

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 Luncheon 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-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.



## 2020 TGCA SUMMER CLINIC

The 2020 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 6-9. The agenda is being revised and will be posted to the website under the "Summer Clinic" category as soon as it is finalized.

Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will open in March.

Membership renewal and Summer Clinic registration will open February 1st.

We are working on finalizing times, venues, and agendas for all of 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 2019-20 TGCA Clinics.

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

All varsity coaches in cross country, volleyball, basketball, track and field, softball and cheerleading are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School coaches

may coach multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year or Middle School Coach of the Year. Nominations should be done online, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.

## 2019-20 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2019-20, they are as follows:

**Spirit** Jan 13, 2020  
**Swim/Dive** Feb 10, 2020  
**Wrestling** Feb 17, 2020  
**Basketball** Mar. 2, 2020  
**Soccer** Apr 13, 2020

**Track & Field** May 4, 2020  
**Tennis** May 18, 2020  
**Golf** May 18, 2020  
**Softball** June 1, 2020



photo courtesy Lloyd Vedder

## 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 [ailife.com/benefits/sgM9W](http://ailife.com/benefits/sgM9W).

# 10

## 'NEVER/EVERS' TO HELP ENSURE THAT YOUR HEALTH WON'T IMPROVE IN THE NEW YEAR

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 NEVER/EVER DOUBT INFORMATION THAT IS AVAILABLE ON THE INTERNET.** Why rely on principles and guidelines that are based on science, when it's always much easier to find someone who agrees with you on the Internet? After all, surely every piece of information and advice on the Internet is screened for accuracy and reliability by someone qualified to do so.
- 2 NEVER/EVER QUESTION THE PURPORTED BENEFITS OF A HEALTH-RELATED SUPPLEMENT.** Because it's a tacitly accepted assumption that companies that produce and sell supplements operate within the confines of U.S. law, it follows that every supplement on the market does exactly what it claims to do. Furthermore, the U.S. government assuredly wouldn't let bare-faced greed in the marketplace triumph over the public good.
- 3 NEVER/EVER NOT BE VERY CONCERNED ABOUT HOW YOU LOOK WHILE YOU EXERCISE, AS OPPOSED TO WHAT YOU DO.** Everyone knows that the key to achieving the desired results from your workout efforts is to always look your best when you exercise. Although your heart may not be fully aware of how long and how hard you work out, it undoubtedly will notice if you are wearing the latest and greatest (and often most expensive) exercise attire.
- 4 NEVER/EVER FOREGO A LIFESTYLE-RELATED BAD HABIT.** You're an adult. You have every right to live your life as you wish. You've lived your life to this point by smoking whenever you wanted, drinking as much alcohol as you'd like, and carrying more

than a few extra pounds in your midsection. Why change your life when you've got a good thing going?

- 5 NEVER/EVER FAIL TO TAKE THE HEALTH-RELATED ADVICE OF A HOLLYWOOD ACTOR/ACTRESS WHO IS PROMOTING A PARTICULAR PRODUCT OR SERVICE.** Everyone knows that a direct connection exists between being physically attractive and being knowledgeable about wellness. As such, advertising a product is not about the capacity to memorize and recite specific lines or the greed-based willingness to separate all-too-ready-to-be gullible individuals from their hard-earned cash. Rather, it's all about serving the little people.

- 6 NEVER/EVER OVERLOOK THE OPPORTUNITY TO PURCHASE THE LATEST EXERCISE-RELATED GIZMO OR ENGAGE IN THE LATEST EXERCISE FAD.** Although most workout gizmos and inexplicable exercise routines have long been assigned to the "what-could-I-have-possibly-been-thinking" scrapheap, this crop is different. Someone has finally developed a commodity that, in fact, enables you to get fit without actually having to work too hard to accomplish such a goal. In other words, these artifacts offer you all the joy involved in eating a piece of chocolate cake, with none of the calories. Who says that there's no such thing as a free lunch? Bon appetit!

- 7 NEVER/EVER LISTEN TO YOUR BODY.** What does your body know? You're the expert on you. A pain here or there while you're exercising doesn't actually signal that you need to be cautious about

overextending yourself and suffering an injury. You're a warrior, and warriors can handle anything thrown at them. Who needs or wants common sense?

- 8 NEVER/EVER ACCEPT THE FACT THAT BECAUSE YOU'RE GETTING OLDER, YOU MAY NOT BE ABLE TO DO EXACTLY AS MUCH AS YOU DID WHILE EXERCISING WHEN YOU WERE A TEENAGER.** Despite what Thomas Wolfe once proclaimed, you can go

What's happening in your life right now is what's really important. You can worry about your health later, when you have the time to think about it and actually do something about it. Your health can wait. It's never too late to get started. Tomorrow is another day. What's the urgency?

- 10 NEVER/EVER SEEK ADVICE FROM A TRAINED HEALTH/FITNESS**



photo courtesy Tony Adams

back. Unlike every other person on the planet whose body cells tend to function less well as they age (which subsequently has a negative impact on their ability to perform physical tasks), that reality doesn't apply to you. You're an exception to the rules of human existence.

- 9 NEVER/EVER STOP LIVING IN THE MOMENT.**

PROFESSIONAL. What good is all of their education, training, and experience to you—particularly if your intuition is telling you something different? Who needs book learning when you're the master of your domain? Indeed, when in doubt, go with your gut feelings. Your gut wouldn't lie... would it?

# PLAY4KAY



Wishing everyone a Happy New Year and Thank You to those who participated in 2019

## Participating Teams (nationwide)

### HIGH SCHOOL AND BELOW

- Allen Jay Middle School
- Apex Friendship High School
- Apex High School
- Ardmore School District I-19
- Arroyo High School
- Ashbrook High School
- Ashe County High School
- Athens Drive High School
- Beaufort Academy
- BHS Lady Seaters Basketballs
- Bishop Kenny High School
- Brookfield Academy
- Broughton High School Caps Club
- C. E. Byrd High School
- Cardinal Ritter High School
- Cary Christian School, Inc.
- Cary High School
- Chapel Hill High School
- Charles E. Jordan High School
- Chetopa High School
- Cinco Ranch High School
- Cleveland High School
- Clinton High School
- Corinth Holders High School
- Dundee Crown High School
- E. E. Smith High School
- East Bladen High School Booster Club
- East Chapel Hill High School
- East Davidson High School
- Eastern Guilford High School
- Enloe Eagle Athletic Booster Club
- Eugene Ashley High School
- Fairfax County Stars
- Farmington Public Schools
- Fuquay-Varina High School Football
- General George S. Patton School
- Grace Christian School
- Gray's Creek High School
- Green Hope High School
- Hale Center ISD
- Harrells Christian Academy
- Hoke County High School
- Holly Springs High School
- Holy Innocents' Episcopal School
- Howard Middle School
- Jack Britt High School
- Jacksonville High School
- James Bowie High School Lady Vols
- Joyce Kilmer Elementary School
- Knightdale High School
- La Jolla Country Day School
- Lake Ridge High School
- Lee County High School
- Lufkin Road Middle School
- Lupton High School
- Millbrook High School
- Mount Airy High School
- Myers Park High School
- N.W. Classen High School
- New Hanover High School
- New Holstein Activity Account Fund
- New Holstein High School
- North High School
- Northwood High School
- Oak Ridge High School
- Oklahoma City Board of Education
- Overhills High School
- Panther Creek High School
- Paola High School
- Peabody High School
- Pflugerville High School
- Pflugerville High School Girls Basketball
- Pine Forest High School
- Pomperaug High School
- Providence Day School, Inc.
- Reidsville High School
- Richmond Senior High School
- Roseboro Elementary School
- Sallie B Howard High School
- Seton Catholic Preparatory High School
- Seventy First High School
- Smyrna High School
- South Elementary School
- South Granville High School
- South View High School
- Southington High School
- St. Agnes Academy
- Stratford High School
- Suffolk County Women's BKB Association
- Sulphur High School
- Tarboro High School
- Terry Sanford High School
- Union High School
- Ursuline Academy
- Vista Ridge High School
- Wake Forest High School
- Wakefield High School
- Wauwatosa East High School
- Wesleyan Christian Academy
- West Forsyth High School
- West Lee Middle School
- Woodcreek High School Girls Basketball
- Alleghany-Steuben Board of Girls & Womens Sports
- Cape Fear Academy
- Cleveland HS Girls Basketball Boosters
- John Griffin Middle School
- Mooresville Middle School
- Primrose School of North Raleigh
- Rabun Gap-Nacoochee School
- Shelby Whippet Athletic Boosters
- The Derryfield School
- Woods School PTA



photo courtesy Brad Blalock




photo courtesy John Hughes

# JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			TGCA OFFICE CLOSED			
				Soccer: 1st day for games		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	TGCA: Spirit Nominations Deadline, 12 Noon		SPIRIT: STATE CHAMPIONSHIPS			
			Athletics: Deadline to accept plans for next school year			
19	20	21	22	23	24	25
	TGCA OFFICE CLOSED				Softball: 1st day for practice	Swimming & Diving: District Certification Deadline
26	27	28	29	30	31	

## 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.



**BUILT**  
w/CHOCOLATE MILK  
**DAIRY MAX**

Chocolate Milk vs. Regular Sports Drink. See which beverage outperformed the other.

<https://www.dairydiscovery-zone.com/blog/new-research-chocolate-milk-vs-regular-sports-drink>



photo courtesy Kelly Fields

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*Guy in the Yellow Tie*



**Tom Rogers  
403(b) Annuities  
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## TGCA NEWS

TGCA News is the official newsletter of the **Texas Girls Coaches Association**

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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.



@AUSTINGCA