



TGCA NEWS

NOVEMBER 2020



2020-2021 TGCA OFFICERS



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Clear Springs HS



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Frisco Centennial HS



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The Colony HS



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*cover photo courtesy Tracey Gillette
left photo courtesy Stephanie Steinhauser*

JUNIOR HIGH SPORTS – THE FIRST EXPERIENCE

Maureen Marek Bellville JHS | TGCA Sub-Varsity Committee Chair



What a wonderful experience junior high sports can be. It is the athlete's first opportunity to participate in Texas University Interscholastic League sports and a start to a possibility of 6 years of competing to ultimately make a varsity squad in high school. An opportunity to compete on a team to ultimately have the opportunity to play for and possibly win a STATE CHAMPIONSHIP!!

For schools that are fortunate enough to begin to train young athletes, there can be definite advantages. Being at Bellville affords us to know who the students are starting from almost kindergarten age. Schools that can create opportunities to interact with the younger athletes give a great beginnings and exposure.

What to begin with

Fundamental Movements

Teaching young athletes proper body movements at an early age will benefit the athlete while not to have "bad" habits. Fundamental movements should include balance, footwork, running, jumping, hopping, skipping, catching, throwing, kicking, and swinging. There can be great benefits by teaching a beginning athlete how to do the footwork in the speed ladders and jump rope routines. Work with the young athletes on proper jumping while doing jump rope; get rid of the skip jump or extra hop while speeding up the jump rope. Teach them



photo courtesy Rachel Adams

the basics of weight lifting with proper technique using only bodyweight or minimal weights. Teaching proper body mechanics of how to throw properly (which leg steps while throwing) and how the body should open and close with trunk rotation instead of using the arm only.

Speed and Endurance Conditioning

Get the young athletes ready for increasing levels of competition by working on speed and endurance conditioning. Sports may vary the need for sprinting, long-endurance, the ability to jump time after time. Young athletes need to learn how to vary their speed and endurance. Teach how to run in a sprint and also the difference between a sprint and a longer endurance run. Teach them that both types of running are important.

Beginning Weight Training

Young athletes can learn the benefits of weight training also. Strength training can build muscle strength

and stamina. It can also reduce knee injuries in girls. Teaching that with proper supervision, benefits can be gained in good balance and posture control.

There will not be a need to build over strong muscles, but to teach proper form and safety protocols. Teaching core lifts such as a bench press, squats with bodyweight or very little weight like medicine balls, calf raises, Barbell squats, dumbbell arm curl, crunches

Sport Exposure

Junior high is an ideal time to experiment and try many different sports. Schools offer the first opportunity for athletes to start participating in daily sports training and daily physical conditioning that can also include weight training if available. As the school year progresses the athlete has the opportunity to participate in several sports such as volleyball, cross country, basketball, track and field, tennis, golf. Some schools are able to offer more sports.

Junior high school athletes should try several different sports and not base their decision to try out on whether "they like it or not". Many times they think they won't like a sport because they never tried it. Junior high is usually the time when they will undergo a "tryout" to earn the opportunity to be selected to a UIL competitive team. Junior high sports are the time as they learn that sports teams have position players and roles that players will have to play. They will learn about how to practice and work together.

Encourage junior high athletes to participate in as many sports as possible. This is the time for them to experiment. This age athlete is still growing and maturing. Even though they may not make a team in one year; does not mean they cannot work outside of the school time to improve their skills and try out again.

Ways to give opportunities

With the athletic period allowing only 60 minutes per day and 8 hours per week of practice outside the school day, some athletes will be interested in other opportunities to improve their sports skills. The schools can offer some opportunities and there are some available from private individuals or businesses.

The UIL has given coaches several means to give

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JUNIOR HIGH SPORTS – THE FIRST EXPERIENCE

Continued from Page 1

young athletes exposure to sports. The coaches of the school can conduct a sports camp for athletes for a fee. School-sponsored camps are permissible once during the school year outside the school day and one after the last day of the school year in May, June, July, and before the second Monday in August.

Create an opportunity for the littles - grades Kindergarten through 5th grade. Offer sessions in your summer camp for the littles to begin volleyball or any sport. Summer camp can begin to expose them to the sport. Create skills and games for the littles group. Play with over-size and softer balls. In the Bellville volleyball camp, we use beach balls and an over-size blowup volleyball like a huge beach ball to play with.

Create a “Big Sister - Little Sister Group”. In Bellville, “The Little Brahmanettes” was created. This group is from the Kindergarten - 5th grades. Registration forms were sent to their grades to

enroll. The littles were paired with a Varsity Brahmanettes. They came on a Saturday morning for a mini-camp to learn volleyball from their “Big Sister Brahmanette”. They learned basic stretches, volleyball skills, given a tour of the locker room. The mini-camp ended with a Pizza Party with their “Big Sister”. Each “Little Brahmanette” was given a specially designed t-shirt and a pass for a game night designated as “Little Brahmanette Night”. On their game night they had the opportunity to run through a banner before the game. This gave these “Little Brahmanettes” a player to connect and watch and hopefully one day participate on the floor to play just like their “Big Sister. In Bellville, this group has had over 75 - 100 participants.

There are organizations where athletes can go to get private or group lessons. These can go to a private individual or business to work to improve sports skills. Athletes are also able to participate on out of school sports teams. There are club and

select teams. But these do incur an out of pocket expense and there is no guarantee for team selection.

Conclusion

As athletes move into UIL competitive sports they must realize it is different than little leagues where teams are added for participation. There is competition in your gym as athletes compete for spots on a team. Athletes must realize that each level of the team brings on an increased level of competition. As athletes move from junior high, to the Freshman, Junior Varsity, and Varsity teams, competition and playtime get very competitive in your school and against other school teams. Athletes begin in the 7th grade and hopefully ultimately make the Varsity team.

What starts in the 7th grade can be a wonderful journey through sports where hopefully in their school athletic career they have the opportunity to play at the highest level, win the ultimate in school sports with a STATE CHAMPIONSHIP.



photo courtesy Tracey Gillette



photo courtesy Ashley Caballero



photo courtesy Rachel Adams

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 13-15, 2021

Schedule (Tentative)

Wednesday, January 13

6A-DI Prelim..... 8:30 AM (Arena)
 5A-DII Prelim..... 8:30 AM (Hall)
 Coed Prelim 12:45 PM (Arena)
 6A-DI & Coed Final 2:20 PM (Arena)
 5A-DII Final.....2:45 PM (Hall)
 5A-DII Awards 5:25 PM (Hall)
 6A-DI & Coed Awards. 5:30 PM (Arena)

Thursday, January 14

2A Prelim 8:30 AM (Arena)
 5A-DI Prelim..... 8:30 AM (Hall)

6A-DII Prelim.....12:20 PM (Arena)
 1A Prelim 2:00 PM (Hall)
 2A Final..... 3:50 PM (Hall)
 1A Final4:10 PM (Hall)
 5ADI & 6ADII Finals4:45 PM (Arena)
 1A & 2A Awards6:45 PM (Hall)
 5ADI & 6ADII Awards ... 8:15 PM (Arena)

Friday, January 15

3A Prelim 8:30 AM (Hall)
 4A Prelim 8:30 AM (Arena)
 3A & 4A Finals.....4:15 PM (Arena)
 3A & 4A Awards.....7:30 PM (Arena)



photo courtesy Logan Lawrence

Game Day Championship Info

Will be released and updated on UIL website: [Click Here](#)

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.

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 1,854-2,219 students)
 5A-D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,230-1,853 students)
 6A-D1—Maximum of 30 participants

(3 or fewer males) (School enrollment 2,780 and above)

6A-D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,220-2,779 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
Lacy Brown	Italy	2A	3
Tammy Holder	Tatum	3A	4
Kari Ring	La Vernia	4A	7
Heather Jones	The Colony	5A	3
Pete Ramirez	McAllen Memorial	5A	7
Nicole Duggan	Buda Hays	6A	6
Matthew Escue*	San Angelo Central	6A	8

*Chair



photo courtesy Logan Lawrence

NEW CHEER NOMINATIONS PROCESS

The Spirit Advisory Board has listened to your concerns and has revamped the nomination process for spirit. You will now nominate through the links provided on the Spirit page of the TGCA website, austingca.com, and not through the TGCA Membership Site. All nominations will now be on one form, which means you only need to fill out one form per nominee. Simply click on “Nominate Athletes” for cheerleader nominations and “Nominate Coaches” for All-Star Coaches and Coaches of the Year in the menu on the left-hand side of the Spirit page.

EXTREMELY IMPORTANT:

If you have already done nominations through the Membership Site, they will need to be redone to fit the new format.

If you have any questions, please contact the Spirit Advisory Board members. Their contact information can be found on the Spirit page of the website.

2020-21 TGCA BOARD OF DIRECTORS

NAME	POSITION	SCHOOL
Astin Haggerty	President	Clear Springs
Brad Blalock	1st Vice President	Frisco Centennial
Colby Davis	2nd Vice President	Lewisville The Colony
Jason Roemer	Past President	Fredericksburg
Brooke Walthall	Region I Senior Director	Canyon Randall
Jason Culpepper	Region I Junior Director	Bushland
Sunni Strickland	Region II Senior Director	Forsan
Mitzi Bell	Region II Junior Director	Sweetwater
Jim Wood	Region III Senior Director	Maypearl
Yolanda Beasley	Region III Junior Director	Little Elm
Kari Benseid	Region IV Senior Director	Frisco Centennial
Frank DePaolo	Region IV Junior Director	Melissa
Reagan Smith	Region V Senior Director	Cypress Creek
Stacy Tucker	Region V Junior Director	Barbers Hill
Brandace Boren	Region VI Senior Director	Lake Travis
Anthony Branch	Region VI Junior Director	Sealy
Patti Zenner	Region VII Senior Director	Poth
Kelly McDaniel	Region VII Junior Director	East Central
Cully Doyle	Region VIII Senior Director	Medina
Dan Aldrich	Region VIII Junior Director	Fredericksburg
Susan Brewer	Volleyball Committee Chair	Bellville
Claire Gay	Volleyball Committee Vice Chair	Aledo
Rocky Ford	Basketball Committee Chair	West Texas
Ross Barber	Basketball Committee Vice Chair	Tyler Lee
Ray Baca	Track Committee Chair	Canyon
Lacy Schott	Track Committee Vice Chair	Medina Valley
Scott Mann	Softball Committee Chair	Springtown
Billy Coleman	Softball Committee Vice Chair	Lake Travis
Maureen Marek	Sub-Varsity Committee Chair	Bellville
Brent Morris	Sub-Varsity Committee Vice Chair	Frenship

TSWA ALL-STATE VOLLEYBALL NOMINATIONS

Volleyball Coaches: If your school has finished its season, please take a few minutes to nominate players for the Texas Sports Writers Association All-State Volleyball Teams. Email nominations to: jstallard@news-journal.com

Players do not have to be seniors, and there is no limit to the number of players you can nominate but PLEASE remember this is an all-state team and only nominate worthy

candidates.

Deadlines to nominate are:

CLASS 1A-4A: Monday, Nov. 30
CLASS 5A-6A: Monday, Dec. 21

(This is not the same as TGCA All-State)

2020-21 TGCA BOARD & COMMITTEE MEETINGS

DECEMBER 13

Volleyball All-State (5A-6A) Committee Meeting, Volleyball Committee Meeting
7:00 p.m.

DECEMBER 13

Board of Directors Meeting,
1:00 p.m.

MARCH 4

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

MARCH 5

Basketball Committee Meeting, 12:00 Noon,
San Antonio

MARCH 7

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

MAY 6

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

MAY 7

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

MAY 8

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

JUNE 3

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

JUNE 4

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

JUNE 6

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

JUNE 15

Legislative Council Meeting (TGCA Executive Committee Only)

JULY 5

Board of Directors Meeting,
1:00 p.m., Arlington

JULY 7

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

WHY WOMEN COACHES MATTER



By: Nancy Lieberman, BSN Sports

Coach Nancy Lieberman has 22 years of coaching experience in the WNBA, NBA, NBA G League and the newly established BIG3 League where she is the Head Coach of Team Power. In 2018, she led Power to the Championship and she became the first female in a Men's Professional League to be named Coach of Year.

Reason #1

Sports are one of the most visible and powerful social institutions there is, with numerous games and events being broadcast around the world every day. Giving women coaches that kind of platform is extremely important, especially when their teams' strength and ability has the potential to be seen by millions of people worldwide.

Reason #2

Girls and young women need strong female role models; women whose accomplishments they can aspire to, whether it's becoming a better athlete or, one day, a coach. As things stand now, most girls never have the opportunity to train under a woman, making female representation in coaching all the more critical.

Reason #3

When men experience women as leaders, they usually respect them more. It's important to continue this trend not only for today's female coaches, but for the next generation as well.

Reason #4

Girls who see women in



photo courtesy Tracy Gillette

coaching roles are more likely to envision coaching as a career path for themselves. Seeing someone in that role helps them rationalize their desires, so they can achieve their dream of becoming a female coach and ultimately, normalize women in coaching as a career.

Reason #5

Sports organizations with more female coaches on staff bring different perspectives to the decision-making table. Not only do women coaches' opinions matter, but they also can have a positive impact in the workplace.

Reason #6

It's important for women coaches to interact with other women coaches to foster friendships, increase networking opportunities and offer support; in other words, to find

your "tribe." People you can rely on to listen without judgment and offer advice. This type of support system can help you feel secure as you grow in your career. It can also be helpful in terms of mentorship and navigating what is traditionally a male-dominated field.

Reason #7

The tokenism of women in the workplace is harmful to both their mental and physical health. A majority of women feel they must overperform in order to gain credibility. They often feel pressure to conform to workplace "norms" and that there are limited opportunities for growth within their field. Over time, this takes its toll and leads many women coaches to burnout and leave the profession altogether.

Overall, women who coach

love what they do, and either are or will be amazing coaches. However, due to the culture of sports, many lose their passion for it. Fortunately, many positive changes have occurred and we are beginning to see an uptick in women in coaching. Now more than ever, we must remember women matter and the actions and successes of today's women coaches have a direct impact on the future generation.

About Nancy Lieberman and Nancy Lieberman Charities Nancy "Lady Magic" Lieberman is a true pioneer in women's sports. Nancy is a Basketball Hall of Famer, two-time Olympian, former Asst. Coach with the Sacramento Kings and the 1st Female Head Coach in a Men's Professional League NBA G League Texas Legends (Dallas Mavericks affiliate) BIG3 HC Team Power, 2018 Champions and Coach of the Year. In 2009 Nancy Lieberman Charities was established with the mission to provide a healthy physical, emotional and mental environment for young girls and boys to build their self-esteem and confidence so they will be able to make the right choices in the future. Nancy Lieberman is dedicated to expanding and ensuring that educational and mentorship opportunities exist for youth through Educational College Scholarships, Financial Literacy, Dream Court programs with STEM and Civic Engagement, backpack and laptop programs. Find out more online at www.nancylibermancharities.org.

2021 TGCA SUMMER CLINIC

The 2021 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 12 – 15. 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, as well as all Satellite Clinics, 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 2021 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.

2020-21 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2020-21, they are as follows:

Volleyball 5A-6A Dec. 7, 2020
Spirit Jan. 29, 2021
Swim/Dive Feb. 15, 2021
Basketball March 1, 2021
Soccer April 12, 2021

Wrestling April 19, 2021
Track & Field May 3, 2021
Golf May 3, 2021
Tennis May 17, 2021
Softball May 31, 2021



photo courtesy Cari Lowery

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. To view the letter online, visit ailife.com/benefits/sgM9W.

By: Brenda Beust Smith, Fellowship of Retired Coaches

In August of 2017, a call went out that one of the homes flooded beyond repair by Hurricane Harvey was the 52-year residence of retired Aldine High School Head Coach Bill Smith, who had just recently suffered a stroke.

Word spread and former students and staff volunteered to help Bill and Brenda clean-up and move. With school about to start, most of those who repeatedly kept showing up were retired coaches. Not that other coaches or students didn't want to help, they had to go back to work.

Out of that opportunity to help their coach and lifelong friend, the volunteers discussed how to keep their feelings of good will and accomplishment going. Many retired coaches probably need help, but there was no communication route to find them.

What started as "Coaches Helping Coaches" has developed into Fellowship of Retired Coaches – a statewide (and perhaps beyond), 501(c)(3) non-profit service organization of retired men and women from the greatest profession in the world, ready willing and able to help their fellow coaches.

The website fellowcoaches.com allows Fellowship of Retired Coaches to accomplish several goals:

- develop a line of communication between all Texas retired coaches
- offer assistance to those who are dealing with a hardship
- be a willing, knowledgeable, and readily available resource for current coaches and athletic directors (i.e., event volunteers, mentorships, guest speakers, etc.)
- reach out to students interested in, or already, pursuing the coaching profession

Retired or former coaches will pay no sign up fee and no membership fee. They simply go to fellowcoaches.com and login. Members will get notice of monthly fellowship gatherings as well as volunteer opportunities. They will also have the opportunity to serve on the Board or a committee. As sponsors come on board, members will be to take advantage of available discounts.

There is no fee for current coaches and athletic directors to use the website. Simply click on the tab for current coaches and:

- ask for knowledgeable vol-



photo courtesy Daniel Dunn

unteers to help with hosting an athletic event

- get experienced help with clinics
- arrange for mentorships for students, or a young and inexperienced coach
- schedule a guest speaker

What may become one of the website's most popular aspects will be the coaching histories which they can add. At this point, no route exists for retired coaches to look up fellow coaches from their past, especially the distant past. The coaching histories and "What's New" sections will help members reconnect.

Fellowship of Retired Coaches is looking for volun-

teer donations and business sponsors to help keep the ball rolling! The webpage is set up to accept donations, and will happily publicize business sponsors' webpages. All members will be encouraged to patronize sponsors.

Heading up the Fellowship of Retired Coaches are Mitch Reed, President; Cathy Frago-roach, Vice President; Mary Alice Justice Horne; Secretary, and Dwaine Wyman, Treasure.

CONTACT INFO:

- info@fellowcoaches.com
- 950 Elkins Lake, Huntsville, Texas 77340

CAREER RECOGNITION FOR SPIRIT COACHES

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 responsi-

ble 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 point accumulation, and should be emailed, faxed or mailed to the TGCA office.

Points: 300 is first level of recognition (certificate), then 400 (certificate).

Plaque recognition begins at

500 points. Hall of Fame eligibility at 1,000 points.

- Years of Service at Varsity Level** - 10 points per year
- Finals Appearances** - 10
- Best of Category Wins** - 15
- Third Place** - 30
- Second Place** - 40
- State Champion** - 50

Information may be submitted to TGCA in Word or Excel format. There is no form to complete. It is up to the coach to submit their career

victory recognition points. Information may be emailed to tgca@austintgca.com, or faxed to 512-708-1325. Information submitted must contain a chronological list of each school where you have coached varsity and the corresponding point accumulation for each year. Deadline is May 1 of each year.

10

HEALTH RELATED CONDITIONS NO ONE WANTS TO HAVE OVER THE HOLIDAYS

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 A reluctance to contact.

Haphephobia is an anxiety disorder characterized by an intense fear of being touched without consent. Among the symptoms of this condition are an immediate anxiety after being touched or when contemplating being touched, an avoidance of situations where the person may be touched, and panic attacks. The most common strategy for dealing with this aversion to being touched entails a variety of types of behavioral therapy, as well as coping mechanisms, such as relaxation techniques.

2 Passing through.

Excessive flatulence is generally an indication that a person either has a digestive system disorder or is experiencing an insensitivity to a particular food. As a rule, flatulence occurs for a number of reasons. One possibility involves the fact that individuals tend to swallow a bit of air as they eat or drink. Then, as the air makes its way to the intestines, it is released as a burp or leaves the body as gas. Gas is also a by-product of natural activity in the digestive system. The bacteria that live in the gut create different gases as they break down food, which are subsequently expelled as flatulence.

3 Hair today, gone tomorrow.

Alopecia areata is an autoimmune disorder that typically results in an unpredictable hair loss. This condition leads to the loss of hair in patches, approximately the size of a quarter. The attendant loss can range from a few patches to a more extreme level of total baldness. While no cure currently exists for the disorder, some forms of treatment can help individuals re-grow their hair more quickly, such as corticosteroids—anti-inflammatory drugs.

4 Pumping up.

Edema is the abdominal buildup of fluids in the ankles, feet, and legs,

which leads to swelling. This condition is a common problem, especially among older adults. There are a number of factors that can cause edema, including problems with the body's lymphatic system, a long-term protein deficiency, a weakness in the veins, kidney complications, cirrhosis of the liver, and congestive heart failure. Among the treatment options for this condition are wearing compression socks, elevating the legs whenever possible, losing weight, soaking the feet and ankles in Epsom salts, and taking magnesium supplements.

5 Only the nose knows.

Non-allergic rhinitis entails chronic sneezing or a congested, drippy nose with no apparent cause. The exact triggers that cause the blood vessels in the nose to expand, filling the nasal lining with blood and fluid, are unknown. There are however, several possible catalysts, including environmental irritants, a reaction to particular medicines, infections, food and beverages, and sleep-related issues. Avoiding the potential irritants, using antihistamine or steroid nasal sprays, and taking antihistamine tablets are among the common treatments for the condition.

6 Earsplitting.

Hyperacusis is a condition that occurs when a person's hearing becomes oversensitive to certain sounds, making them seem louder than they really are. The disorder, which is caused by changes in how the brain processes sound, is usually centered on certain sound frequencies. Among the factors that can lead to these changes are damage to the cochlea (from exposure to loud noise), a head injury, Lyme disease, Bell's palsy, PTSD, and systemic lupus erythematosus. The most common treatment for the condition is to wear a special hearing aid.

7 To pee or not to pee?

Urinary incontinence is the loss of bladder control, a relatively common and often embarrassing problem. The severity of the condition ranges from a person leaking urine when they cough or sneeze to experiencing an urge to urinate, which is so strong that the individual doesn't get to the toilet in time. Urinary incontinence is not a disease, but rather a symptom of a wide range of both short-term (e.g., urinary tract infection, constipation, and medicine) and long-term (e.g., diabetes, stroke, multiple sclerosis, enlarged prostate for men, and

disposition to the condition. Both medication and cognitive behavioral therapy have been found to possibly reduce the symptoms of the disorder.

9 The eye of the beholder.

Body dysmorphic disorder is a mental illness characterized by a person being persistently preoccupied with at least one perceived flaw in their appearance. Individuals with this condition may frequently examine their appearance in the mirror, constantly compare how they look to others, and regularly try to avoid social situations or hav-



photo courtesy Stephanie Steinhauser

childbirth for women) health issues. Among the treatments that can help a person take control over their bladder are making lifestyle changes, taking medication, and undergoing surgery.

8 Impulsive personified.

Excoriation disorder is repetitive, compulsive picking and scratching at the skin, to the point where serious tissue damage occurs. The condition is usually chronic, with periods of remission alternating with periods of greater symptom intensity. While no specific cause has been identified for the disorder, evidence exists suggesting a genetic pre-

ing their photo taken. As a rule, treatment includes undergoing counseling and taking antidepressant medicine.

10 Sweets be damned.

A sugar intolerance is a condition in which an individual either has difficulty digesting or processing sugar. This nutritional state, which is relatively common, causes a range of digestive issues that tend to vary from person to person. As a rule, the basic way to treat sugar intolerance is to identify the triggers that are causing the condition and to eliminate those foods from the diet.

JOIN THE MOVEMENT



Get creative and host a virtual event during this pandemic, because Cancer doesn't wait!

Unite with high school campuses nationwide by hosting your Play4Kay game or event! Use a sporting event, or fundraise through clubs or classes. There are many ways to Play4Kay!

Elements of a Play4Kay event:

- Call your game/event PLAY4KAY
- Donate money raised to the Kay Yow Cancer Fund
- Honor SURVIVORS

TEAM FUNDRAISING

DONATE & BE A PART OF THE POWER OF ONE...MILLION

Interested in incorporating Play4Kay into your club, a school project, or class? Contact us for ideas and ways YOU can make an impact! Contact Jenny Palmateer at Jenny.Palmateer@KayYow.com

Participating Teams (add your school to this list)

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 Basketball

- 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 Basketball 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 Jamie DeShazo



photo courtesy Lisa Johnson

DECEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
				VOLLEYBALL 5A-6A: REGIONAL FINALS		
6	7	8	9	10	11	12
	VOLLEYBALL 5A-6A: STATE SEMIFINALS					VOLLEYBALL 5A-6A: STATE FINALS
13	14	15	16	17	18	19
TGCA: Board of Directors Meeting (1 PM) ZOOM TGCA: Volleyball All-State Committee 5A-6A Meeting (7 PM) ZOOM TGCA: Volleyball Committee 5A-6A Meeting (7 PM) ZOOM						
20	21	22	23	24	25	26
	ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR 5 CONSECUTIVE DAYS TO INCLUDE DECEMBER 24-26					
	TGCA OFFICE CLOSED					
27	28	29	30	31		
TGCA OFFICE CLOSED						

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.



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

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



photo courtesy Daniel Dunn

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Varsity
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Tom Rogers Financial
& Insurance Associates



The power to do more



Varsity
Guy in the Yellow Tie



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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: austintgca.com.

Did you move?
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions
If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



@AUSTINTGCA