



TGCA NEWS

FEBRUARY 2021



2020-2021 TGCA OFFICERS



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cover photo courtesy Tracy Hastings

left photo courtesy Chris Jones

QUALITIES OF SUCCESS



Rocky Ford Stinnett West Texas HS | TGCA Basketball Committee Chair

The athletic world is ever changing, and today's athlete must acquire certain qualities in order to be successful as athletes and also to become successful hard-working adults. Among these qualities or skills are perseverance, self-discipline, determination, and a win everyday mentality. As coaches we should make sure the students are taught these qualities in order for them to compete in their sports as well as compete for jobs post-graduation and beyond.

During the "pandemic" students should have learned perseverance. The student athlete is faced with school cancellations, game cancellations, practices have to be cancelled and we have even seen entire seasons get cancelled. Constant change is annoying at best and we all have to learn to persevere. Perseverance is also important in relationships; relationships with teammates and relationships



photo courtesy Russell Rinn

with coaches. Without positive relationships (experiences) the student athlete becomes tired and weary about the entire athletic program. These relationships are going to be tested and we must

find a way to keep them positive. The art of perseverance isn't a quality everyone possesses, so it must be taught because of the importance in the athletic world. Why perseverance? It is pretty

simple; we all have to learn to stay the course and see tough situations through to the end. When our players are faced with tough situations on the court it feels good to know we have taught how to compete and never ever give up. The late great Jimmy Valvano said it best, "Don't give up, never ever ever give up!"

A second quality the student athlete must have is self-discipline. When student athletes get out into "the real world" they are not going to have someone harping on them to do their job correctly; they must be self-disciplined enough to complete it and complete it correctly. Nowhere else are they going to learn this discipline except through competitive athletics. Prioritizing their lives so that they pay proper attention to their studies, jobs, practice, games and whatever else they may be involved

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photo courtesy Aimee Kilgore



photo courtesy Russell Rinn

QUALITIES OF SUCCESS

Continued from Page 1

in requires a great deal of discipline. When our athletes graduate and go off to college, we as coaches hope we have instilled the discipline in the kids that they can be contributing successful adults. Discipline is the glue that holds all the parts together. We teach our student athletes, no discipline, no success.

Another quality that students need today is determination. Many times throughout my career I have seen student athletes just quit when things didn't go their way. Oftentimes in film sessions we talk about whether the opponent's heads are

dropping and are they giving in. During this time, we talk about determination and not showing the struggle while competing. I loved coaching Cross Country because it taught kids to be determined and how to compete. The runners had to challenge themselves to get up early in the morning and many times work out again after school. Determination must be taught or too many times when it gets hard, our kids will shut down. I think we can teach determination by pushing the athlete through highly competitive drills in practice on a daily basis regardless of the sport.

I talk to my players about "winning every day". This

phrase has been coined by high school athletes, college athletes and even professional athletes. I first heard it in an interview when Carson Wentz was sidelined with a torn ACL. His message to his teammates was to strive to win every day. I hear Chris Beard, Men's basketball Coach at Texas Tech, talking about it to his players. How do students learn this? As coaches we teach them to do their very best in the smallest of tasks and as the day goes on, they will find themselves winning the day. Once we teach that positive outlook on a day-to-day basis, then that idea becomes a way of life. I hear the players telling each other to win this

drill, win this situation, strive to win every day. It is a mindset that is created and can become a life-changing motto.

In today's fast paced society, the debate continues as to what role athletics should play in a child's education. When a careful look at lessons and qualities learned through athletics is taken, one must conclude that not only is athletics important, but it is vital to creating mentally strong, loving, and caring adults that can get along with their peers and work together for a common goal. We have created a responsible adult through athletics when these criteria have been met.

2021 EXHIBITOR INFORMATION TGCA ANNUAL SUMMER CLINIC

The Texas Girls Coaches Association is the only statewide organization composed of coaches of girls' athletics, and governed by coaches of girls' athletics. The TGCA sponsors the only summer clinic for coaches of girls athletics aimed at improving the total school educational program. Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

During our Clinic, Exhibitors are offered an ideal opportunity to visit with coaches and display new products and equipment. Exhibitors are encouraged to reserve booth space now as booths are available on a

first come-first serve basis.

1 Booth-\$450
Additional Booths-\$400 each

Standard Booth:

- Space consisting of a curtained back wall
- 8 feet in height and dividing side rails 3 feet in height
- 10' x 10' including a 6-foot skirted table with 2 chairs.

*TGCA will be following COVID-19 protocols and regulations; standard booth information and setup subject to change.

For more info, please visit our website www.austintgca.com and click on "Exhibitors".



photo courtesy Alberto Rodriguez

Exhibit Hall Hours

Tuesday: July 13
Set Up: 7:00AM-11:00AM
Open: 12:00PM-4:00PM
Wednesday: July 14
Setup: 8:00AM-3:00PM
Breakdown: 3:00PM-5:00PM

Contact for More Information

Lisa Rodriguez
Event Coordinator

P.O. Box 2137
Austin, Texas 78768

Phone: (512) 708-1333
Fax: (512) 708-1325
Lisa@austintgca.com

GIRLS BASKETBALL STATE CHAMPIONSHIPS

Alamodome San Antonio, Texas | March 10 - March 11, 2021

Wednesday, March 10

Session 1

Conference 1A Final..... 10:00 AM

Session 2

Conference 3A Final..... 2:00 PM

Session 3

Conference 5A Final.....7:00 PM

Thursday, March 11

Session 4

Conference 2A Final 10:00 AM

Session 5

Conference 4A Final..... 2:00 PM

Session 6

Conference 6A Final7:00 PM

Alamodome Clear Bag Policy

To provide a safer environment for the public and in order to expedite fan entry into the Alamodome, we have implemented a Clear Bag Policy (similar to the NFL Clear Bag policy) that limits the size and type of bags that may be brought into the Alamodome. The clear bag guidelines can be found [here](#). All spectators will need to comply with the clear bag policy for entry into the stadium.

Tickets and Parking Information

Ticket and Parking information will be released at a later date and can be found [here](#) on the UIL Website.



photos courtesy Chris Jones

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2020-21 UIL STATE CHEERLEADING CHAMPIONSHIPS!

COACH	SCHOOL	CONE.	COACH	SCHOOL	CONE.
Victoria Butler	Keller Fossil Ridge	Co-Ed	Sarah Burk	NRH Birdville	5A-DI
Mandi Perry/Mary Willison	Munday	1A	Nicole Mitchell	Crandall	5A-DII
Misty Bumpurs	Jewett Leon	2A	Amy Weaston	Katy Seven Lakes	6A-DI
Katy Baugh	Lago Vista	3A	Bailey Broadstreet	Northwest Nelson	6A-DII
Meagan Hogg	Lumberton	4A			

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:

Basketball	March 1, 2021	Golf	May 3, 2021
Soccer	April 12, 2021	Tennis	May 17, 2021
Wrestling	April 19, 2021	Softball	May 31, 2021
Track & Field	May 3, 2021		

SOCIAL MEDIA: HOW TO ENGAGE WHEN YOU CAN'T MEET FACE-TO-FACE



Nancy Lieberman | BSN Sports

In the past year, social media has become an increasing part of our everyday lives, especially in school communities. We use it daily to communicate with student-athletes, parents, students and fans. Lately though, we've seen a massive shift. While in the past, social media was used mostly to inform people about travel plans, game schedules or delays, we now use it to produce workouts, provide resources and give athletes a platform to express themselves. This kind of engagement can feel unfamiliar. But the world has changed, and coaches must be willing to change along with it. In fact, when used as a tool for learning and connection, social media can elevate and even help you develop your program, even if you're limited by distance. Focus on these key items as you increase your social presence.

- **Engage in social activities.**

Create social challenges to engage your student-athletes. Work with other coaches to create fun challenges like "Most Steps in a Month" and have your athletes compete against their teams. I would have a small group of students be on my social activities team. Get their input and feedback, learn from them on what is important. Growth goes 2 ways.

- **Engage in live workouts.** Create sports-specific workouts and host an Instagram Live. Hold your athletes accountable by asking them to attend. Then, check the participation list to see if they joined. This not only offers a great workout at a set time, but it also gives them structure while allowing them to see you participating in the workout as well. Make it interactive, have students submit questions.

- **Engage in sharing professional athletes' and coaches'**



photo courtesy David Norris

- **workouts, posts and articles.**

Provide kids with resources to help them stay motivated—even when they're not able to hit the gym—like inspirational quotes, "tips of the week" and articles. Post professional athletes working out themselves; your student-athletes may be more inclined to participate if the workout comes from someone they look up to or know has excelled in their sport. For even greater engagement, showcase athletes that are generationally relevant. You can post "Looking for a rebounder and player for 1 hour,

3 days a week."

- **Provide professional resources to increase awareness of mental health.** The middle school, high school and college years can all be tough on student-athletes. On top of all the normal changes they undergo during this transitional time, they're also facing the challenges that come with COVID. These include a decrease in social interactions, changes to school-life overall and disrupted sports seasons, with game schedules, practices and training all being affected. It's no wonder kids feel over-

whelmed. It's our job to educate our students and provide the resources necessary to help them not just survive but thrive during these difficult times. Make it fun and enjoyable. If you are helping others it takes the focus off your problems.

- **Connect with your student-athletes on social platforms.** Highlight athletes, provide spotlights and engage in anything sports-related they might share. Celebrate them with "Player of the Week" and "Workout Athlete of the Week" Awards that let them know you're their biggest supporter, you believe in them and that you're here for them, no matter what. If you can do this, your student athlete will think you are cool empathizing with them and it will make you different in their eyes. Trust Bonding.

- **Check In.** Always make yourself available. Reach out and make sure your athletes know you care about them as people, not just players. Whether in-person or from a distance, checking in can help your players feel cared for and understood. Checking in can also help hold them accountable—to exercising, completing their workouts or simply staying on track for the season. Ask questions - how's mom/dad, what are you currently watching on Hulu or Netflix?

If the countless challenges and changes we've faced in 2020 have taught us anything, it's that we all need to be ready and willing to adapt. There's no doubt social media and its role in our lives will continue to evolve. As coaches, it's up to us to use it as a tool to help our

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SOCIAL MEDIA: HOW TO ENGAGE WHEN YOU CAN'T MEET FACE-TO-FACE

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players achieve their own personal growth in the year ahead. Make social media non-political. Keep your views to yourself.

About Nancy Lieberman and Nancy Lieberman Charities
Nancy "Lady Magic" Lieber-

man 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 TX 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 edu-

cational 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.nancyliebermancharities.org.

SWIMMING & DIVING STATE CHAMPIONSHIPS

Bill Walker Pool & Josh Davis Natatorium San Antonio, Texas | March 1-2, 2021

Monday, March 1

6A Girls Swimming Prelims.....	10:00 AM
6A Girls Diving Prelims & Finals	2:00 PM
6A Girls Swimming and Diving Finals	5:00 PM

Tuesday, March 2

5A Girls Swimming Prelims.....	10:00 AM
5A Girls Diving Prelims & Finals	2:00 PM
5A Girls Swimming and Diving Finals	5:00 PM

Tickets

Due to state and local county restrictions, seating capacity will be limited to 300 spectators for each of the two swim sessions (prelims and finals), and 150 for the diving session. The diving session will include prelims, straight through to finals. Once all tickets have been sold, no further tickets will be sold for that session.

NO tickets will be sold on site. All tickets must be purchased in advance, online.

Spectator tickets for PRELIMS and DIVING will go on sale Monday, February 8th @ 10:00AM CST. Doors will open for spectators at 9:00 am for swimming and 12:30pm for diving.

Spectator tickets for the swimming FINALS will go on sale at 2:00pm, after the prelims are finished the day of the meet. Doors will open at 4:00pm for the finals session.

ONLY 2 TICKETS PER TRANSACTION WILL BE PERMITTED.

SESSION TICKETS (must have a separate ticket to attend each session):

Swimming Prelims.....	\$15.00
Diving (Prelims & Finals)	\$15.00
Swimming Finals.....	\$15.00

*Children 2 years and under will not need a ticket

Face Coverings

For the health and safety of all attendees, masks and social distancing will be required at all times while inside the North East ISD swim & dive facilities.

- Masks must completely cover the nose at all times.
- Masks may be removed temporarily for eating or drinking while in one of the North East ISD aquatics facility.



photo courtesy Logan Lawrence

2021 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 12 - 15, 2021**

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, with some lectures being held at the Sheraton Arlington, 1500 Convention Center Drive. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in the menu across the top of the page. These will be updated regularly, so be

sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 12th, 7:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open in March. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel

rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", soon.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "**2021-22 Printable Membership Form**".

The 2021 TGCA Summer Clinic Agenda has been posted on the TGCA web-

site, www.austintgca.com, and will be updated often as we progress towards Summer Clinic and dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2021 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2021 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

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.



photo courtesy Brad Blalock

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

2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2020-2021 year will become

active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2019-20 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the

Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00

on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check

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photo courtesy Sara Luce

2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2020 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new CenTex Sports Clinic in Austin. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2020-21 membership card. You CANNOT just renew your



photo courtesy Kari Bailey

membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2020-21 membership.

If you are not planning to

attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be

happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

TRACK & FIELD COMMITTEE

COACH	SCHOOL	CONF.	REG.
Ray Baca (Chair)	Canyon	4A	1
Stefani Shortes	Wolfforth Frenship	6A	1
Sunni Strickland	Forsan	2A	2
RoseMary Martin	Abilene	6A	2
Melinda Malone	Alvarado	4A	3
Shannon Utley	Mansfield Summitt	6A	3
Rae Holden	Leonard	3A	4
Joel Luper	Denison	5A	4
Rayford Sweats	Corrigan-Camden	3A	5
Stacy Tucker	Barbers Hill	5A	5
Sharon Carter	Bellville	4A	6
Blake Janek	Lake Travis	6A	6

COACH	SCHOOL	CONF.	REG.
Keri Slanina	East Bernard	3A	7
Trevor Taylor	SA Wagner	6A	7
Dan Aldrich	Fredericksburg	4A	8
Lacy Schott (Vice Chair)	Medina Valley	5A	8



photo courtesy Keith Pierce

10

THINGS TO KNOW ABOUT BODY FAT

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 BUNCHIE WUNCHEE.

The number of fat cells a person has in their body (on average 10-30 billion) is basically genetically determined. During childhood and adolescence, the number of fat cells can increase or decrease. After the teen years, however, the body tends to settle on its preferred number of fat cells.

2 FOREVER AND EVER.

Once the fat cells in the body have been developed, they never go away. On the other hand, they can get smaller (by shrinking) with dieting. As such, the number stays constant, except for individuals who gain a lot of weight, who dramatically increase the number of fat cells they have. Obese people, for example, can have up to 100 billion fat cells.

3 NOT THE SAME.

The body has several types of fats, each of which has different chemical structures and different nutritional/health implications. For example, visceral fat, which wraps around the organs of the body, can be harmful, given that it is linked to metabolic disease and insulin resistance. Subcutaneous fat, in contrast, which lies directly under skin, is not harmful. As such, it serves a variety of positive functions, including stores energy, provides padding for the muscles and bones, insulates the body, etc. The third type of body fat is brown fat, which stores calories, burns energy, and produces heat.

4 SETTING THE BAR.

How much body fat a person has depends on several factors, some of which can't be changed (e.g., genes, gender, age, and bone structure) and some of which can (e.g., active versus sedentary lifestyle). Ideally, the body

needs a certain level of body fat. Too much body fat is associated with chronic disease, such as type 2 diabetes, cardiovascular disease, and some cancers. In contrast, too little body fat poses a different set of health-related issues.

5 A HEALTHY SPECTRUM.

A desirable range of body



photo courtesy Chris Jones

fat levels for average health adults, regardless of age, is 20-25 percent for women and 15-20 percent for men. More than 32 percent and 25 percent for women and men, respectively, is considered to present an increased risk of disease. In turn, having less than 14 percent and eight percent of body fat for women and men, respectively, also carries a variety of health-related risks.

6 WINNING THE BATTLE OF THE BULGE.

Research has shown that the best strategy for losing abdominal fat is to limit the number of calories consumed and to burn calories by exercising on a regular basis. With regard to physical activity, combining strength training with cardio exercise is the recommended regimen for achieving the desired

decrease by being proactive in their efforts to stave off any such fat gain by exercising on a regular basis and consuming fewer calories.

8 A BIG FAT LIE.

Eating fat does not make a person fat. Consuming more calories than expended does. In reality, some fats—monounsaturated and polyunsaturated—are good for an individual, lowering both cholesterol and the risk of heart disease. In contrast, some fats—saturated and trans—are bad for a person, raising cholesterol and the risk of heart disease.

9 YUCK.

The unsightly dimpled skin that, on occasion, develops around a person's thighs and fanny, as well as sometimes their knees and hips, is cellulite. As such, it's really nothing more than fat that has been deposited beneath the skin. It is not caused by either toxins or impurities. Rather, the up to 90 percent of women and the approximately 10 percent of men who are affected by it can primarily attribute it to their genetic predisposition. No known cure for it exists.

10 POINTLESS.

Trying to lose body fat from a specific area of the body—a process commonly referred to as spot reducing—is without merit. For example, performing sit-ups or crunches will not reduce belly fat. Instead, they simply strengthen the abdominal muscles, although calories are still being burned. The fat is still there. In reality, the only way to reduce body fat in any part of the body is to lose weight everywhere on the body.

waistline, as opposed to focusing simply on one or the other.

7 AGE-RELATED FAT GAIN IS A CHOICE.

As people age, their level of metabolism slows and the amount of body fat they tend to have (particularly around their midsection) increases. Such a weight gain, however, is not inevitable. Rather, older adults need to combat this ten-

WAYS TO ENGAGE



In the fight against cancer, everyone can make a difference. Through our signature events and numerous “Do It Your-self (DIY) and grassroots fundraisers, there is a place for everyone to make a difference! Find your passion and get started!

There are events benefitting the Kay Yow Cancer Fund being held year-round. Maybe you participate in one of our signature events, such as the Celebration Run/Walk or the national Golf Classic. Maybe you attend the North Hills Wine Walk. There are a number of groups that host golf, tennis, fishing, cycling, and other events to benefit the Kay Yow Cancer Fund. Come join us in support of the fight against ALL cancers affecting women.

CREATE A FUNDRAISER

DO IT YOURSELF

Use your creativity! What do you love to do? Maybe it is fishing, jumping rope, or cooking...

PLEDGING CAMPAIGN

Create your performance-based fundraiser and ask your friends and family to support you! Utilize our online platforms to manage donations. Your supporters can support your fundraiser with their pledges (i.e, a dollar for every minute you jump rope, a quarter for every trip to the top of the rock wall in an hour, etc.) or with a one-time donation.

[CREATE PLEDGING CAMPAIGN](#)

PEER GIVING CAMPAIGN

Invite your supporters to join your fundraising team and help share your story via social media! Maybe you are turning your birthday party into a fundraiser or having an ugly Christmas sweater contest...peer fundraising is the perfect way to turn your fun into a FUNdraiser for the Kay Yow Cancer Fund! This platform maximizes donations and is NOT performance-based.

[CREATE PEER GIVING CAMPAIGN](#)

BRAND GUIDELINES

We provide our logos and brand guidelines (appropriate ways to use our logos) so that you can create customized promotional material as needed.

[VIEW OUR BRAND GUIDELINES](#)



MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 TGCA: Basketball Nomination Deadline	2	3	4	5	6
7 TGCA: Board of Directors Meeting	8	9	10 GIRLS BASKETBALL: STATE TOURNAMENT	11	12	13
14 TGCA: Basketball Committee Meeting TGCA: Basketball All-State Committee Meeting	15	16	17	18	19	20
	TGCA CLOSED FOR SPRING BREAK					
21	22	23 Soccer: District Certification Deadline	24	25	26	27
	SOCCER: AREA		30	31		
28						

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.

TX MILESPLIT

“Hosting a track meet? Help TX MileSplit cover your kids more effectively by having us setup your meet for registration. The best part is that it’s absolutely FREE! Contact registration@milesplit.com today!”



photo courtesy Kathy Turner

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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.



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