

TGCA



Breast Cancer Awareness Month



TGCA NEWS
OCTOBER 2011

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2011-12 TGCA OFFICERS

*Photo submitted by Shannon Hallmark
of Byron Nelson HS*



It's MORE THAN JUST A JOB

By Patti Zenner, TGCA Volleyball Committee Chair - Poth HS

Coaching is so much more than just a job, and it's about more than just the x's and the o's. Granted it takes a certain amount of knowledge about the x's and the o's to survive in this business, but to be truly successful it takes a whole lot more. After all, our job is to help create successful people both on and off the court. In so doing, we often take on numerous roles in our position, from coach to counselor to parental figure and everything in between. Consequently, it can sometimes be overwhelming even to the most seasoned veteran. We all know there are plenty of frustrations, distractions, and setbacks that can eat away at us if we allow them. That's why I think it's important to try to occasionally step back from everything and remember what's so special about this job and why we do what we do. Sharing some of my thoughts on this subject not only is helping me to regain some perspective as we head towards the playoff trail but, hopefully, will help all of us reflect some on just how special this job can be when we choose to focus on those things.

First of all, as I sit here writing this, I wonder how many of our athletes realize the magnitude of what they get to do every day. Earlier today our team had a discussion about what a big deal it is to get the opportunity to do what they do every day as athletes. Each day they get out of bed and go to school knowing that at some point during the day they

are going to get to compete alongside their teammates. I have a large group of seniors on this team who are starting to understand the reality that this doesn't last forever. Our discussion focused on making sure that we understand how fortunate we are to have this time and to make sure that we don't take it for granted because it is a big deal. We also discussed the fact that each one of us has a job and that every one of them is an important job. Consequently, the question arose: Do your teammates know that you think this? We identified the fact that it's important that they communicate to their teammates that what each one of them does is important, that what WE are doing matters. We also set out the challenge to not wait to express this sentiment to each other. We related it to the popular movie *Soul Surfer* and the fact that we never know when this opportunity might be taken away; therefore, we needed to not only love the game but also to show our love for our teammates while we have the opportunity. Unfortunately, I think that we sometimes get so caught up in the winning and losing that we lose sight of some of the even more important things that sports has to offer us and our athletes. Teamwork is about developing and nurturing relationships and trust. When we can do those things, we, and even more importantly, our athletes, are successful no matter what our season record is.



Photo Courtesy **ROBIN WELLS**

Secondly, I wonder how many of us as coaches sit back and realize the magnitude of what we get to do every day. There are a few of my own personal experiences that come to mind when I reflect on this. Several of them have been the little things over the years, such as a simple thank you from an athlete or a parent for all the time that you have spent helping them or their child. Getting a text or an email or an actual face-to-face conversation with a former athlete who now understands, appreciates and/or acknowledges that all (or even some of) the things that you did had a posi-

tive impact on them can be rewarding beyond words. Watching them succeed in bigger and better arenas in their lives after they have left you can bring a great deal of pride and satisfaction much like being lucky enough to see one of them set and reach a goal that stretched them to their limit and possibly beyond while they were with you. These are only some of the small but priceless rewards of this job if we chose to look for them.

A few years ago, I was privileged enough to be the recipient of an award

CONTINUED ON PG. 5

VOLLEYBALL COMMITTEE



TGCA VOLLEYBALL COMMITTEE

NAME	SCHOOL	CONF.	REG.	NAME	SCHOOL	CONF.	REG.
Kira Satterfield	Dalhart HS	3A	1	Denise Johnson	Tarkington HS	3A	5
Erin Bell	Hereford JHS	4A	1	Ashley Earhart	Kingwood HS	5A	5
Stacy Wolf	Windthorst HS	1A	2	Susan Brewer	Bellville HS	3A	6
TiAda Radtke	Rider HS	4A	2	Liana Gombert**	Smithson Valley HS	4A	6
Yolanda Beasley	Castleberry HS	3A	3	Patti Zenner*	Poth HS	2A	7
Tammy Clark	Granbury HS	4A	3	Lori McLaughlin	Dawson HS	5A	7
Renae Whitaker	Caddo Mills HS	2A	4	April McAdams	Junction HS	2A	8
Janie Litchford	Frisco HS	4A	4	Flo Valdez	Franklin HS	5A	8

*Chair

**Vice Chair

CC COMMITTEE & MEET THE TGCA

TGCA CROSS COUNTRY COMMITTEE

NAME	SCHOOL	CONF.	REG.	NAME	SCHOOL	CONF.	REG.
Rod Been	Gruver HS	1A	1	Erica Roberson	Timpson HS	1A	5
Ray Baca	Canyon HS	4A	1	Deann Fudge	Barbers Hill HS	4A	5
Loy Triana	Burkburnett HS	3A	2	Dale Keen	Yoe HS	2A	6
Deborah Gonzales	Wichita Falls HS	4A	2	Cully Doyle	Hutto HS	4A	6
Denver Stone	Kaufman HS	3A	3	Don Woods	Woodsboro HS	1A	7
George Lutkenhaus	Northwest HS	5A	3	Hortencia Lancaster	Edinburg HS	5A	7
Bruce Keatts	Gunter HS	2A	4	Don Hood	Brownwood HS	3A	8
Mike Darby	Pine Tree HS	4A	4	Tacey Borchardt	Odessa HS	5A	8

2nd Vice President
 Kari Bensend
 Centennial HS
 (469) 633-5662



MEET YOUR 2011-12 TGCA 2ND VICE PRESIDENT

HIGH SCHOOL GRADUATED FROM: Richardson High School

COLLEGES ATTENDED: Oklahoma University

TEACHING ASSIGNMENTS: Health, Physical Education

COACHING ASSIGNMENTS: Volleyball (at Centennial), coached other sports at the previous school

CHILDREN & AGES: None

WHAT IT MEANS TO BE AN OFFICER IN TGCA: As an officer, I get to see and be a part of the inner workings of not only our own TGCA organization but also the UIL. The UIL Legislative Council session I attended on October 16th was extremely informative and very interesting as far as how decisions are made for the betterment of all involved. If you have never been to a session, you never really know how much thought, planning and brainstorming goes in to the process. Being able to work with Sam Tipton, Lee Grisham, Donna Benotti, Rodney Gee and Wes Overton is a treat. I have learned and continue to learn an immense amount about how our organization works for and helps our coaches and athletes in so many ways. I also get to be involved with different aspects of the process from All-Star games to the state tournament. I hope to continue to meet and get to know more and more of my fellow coaches through my time spent with TGCA. I appreciate the chance to work for this organization.

TGCA HALL OF FAME

TGCA HALL OF FAME INDUCTEES

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb

TEXAS GIRLS COACHES ASSOCIATION HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession.

Hall of Fame nomination forms are located on our website, www.austintgca.com, under "Forms."

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

IT'S MORE THAN JUST A JOB (CONT.)

CONTINUED FROM PG. 2

bestowed on me by the college where I played volleyball and graduated. I didn't truly understand the magnitude of the award that I had been honored with until sitting in the reception the evening of the presentation. They had told me that I could say a few words but to try to keep it brief. I figured that sounded simple enough seeing as how I didn't really have time to prepare anything since it was the middle of volleyball season. In fact, I wasn't even sure that I was going to be able to make the presentation when they had originally told me about it. After the meal as I sat and listened to several of the other recipients being introduced and giving their speeches, I realized that I was

WAY underprepared; I hadn't actually written anything down to say let alone a full blown speech. A slight amount of panic started to set in, realizing that my former coach and athletic director, who was the person that had nominated me for the award, along with my family and a few friends were all here. Much of it still remains a blur, and I don't remember everything that I said when my time came. I probably rambled for a few sentences initially, but I know that I spent some time recognizing and thanking my family and friends for all that they had done in my life to help me get to that point. And as I was saying those things to my family and friends, I also realized that I probably hadn't told them that near as often as I should have for them to truly know how ap-

preciative that I was and still am. There is another part that I also remember speaking about very vividly, probably because I was just speaking from the heart at the time. I chose to talk about my job, fittingly enough since that is a major reason that I had received the award. I reflected on how fortunate that I was in having the job that I have, and it had absolutely nothing to do with the wins and losses, championships or any other awards that have come along during my coaching career. I described my job as a privilege. I am lucky enough to get to do what I love every day and actually get paid for it. In addition, I have the opportunity to make a positive difference and help shape the lives of kids every day. What more could I ask for?

PAST PRESIDENTS

TGCA PAST PRESIDENTS

NAME	YEARS	NAME	YEARS	NAME	YEARS	NAME	YEARS
Velma Harrison	1952-53, 1953-54	Shirley Hayworth	1970-71	Don Ford	1988-89	Alex Koulovatos	2006-07
Marvin Williams *	1954-55	Stanley Whisenhunt	1971-72	Donna Grant	1989-90	Debra Manley	2007-08
Mary Beccue *	1955-56	Leta Andrews	1972-73	Phil Swenson	1990-91	Lee Grisham	2008-09, 2009-10
Charles Womack *	1956-57	Bill Farney	1973-74	Rhonda Farney	1991-92	Wes Overton	2010-11
Rose Farmer	1957-58	Janette Barlow	1974-75	Caylene Caddell	1992-93		
J.W. Booker *	1958-59	Bob Schneider	1975-76	Barbara Crousen	1993-94		
Peggy Hughes	1959-60	Gay Benson	1976-77	Pat Mouser	1994-95		
M.T. Rice *	1960-61	Buddy Ables	1977-78	Melynn Hunt	1995-96		
Jimmye Phillips	1961-62	Sandra Meadows *	1978-79	Sam Tipton	1996-97		
LeRoy Hoff *	1962-63	Ralph Newton	1979-80	Marianne Jones	1997-98		
Ellen Johnson	1963-64	Janie Fitzgerald	1980-81	Larry Goad	1998-99		
F.G. Crofford	1964-65	Mark Smith	1981-82	Brenda Kitten	1999-2000		
Zonelle Cornett*	1965-66	Diana Lewis	1982-83, 1983-84	Rob Young	2000-01		
Freeman Parish *	1966-67	Michael Adams	1984-85	Krista Malmstrom	2001-02		
Sandra Meadows *	1967-68	Judy Dunn*	1985-86	Ron Mouser	2002-03		
Mitch LeMoine	1968-69	Jim Kirkland	1986-87	Debbie Jaehne	2003-04		
Wayne DuBose	1969-70	Sue Cannon	1987-88	Ray Baca	2004-05		
				Leann Johnston	2005-06		

TVCA PAST PRESIDENTS

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

TGCA ON FACEBOOK



Check out the new Texas Girls Coaches Association page on Facebook, become a fan, and tell us what you think. Post remarks, have discussions, give us your feedback on what's happening, and share it with your friends.



Photo Courtesy
**KRISTINA WAL-
DRIP | NEW
BRAUNFELS
HIGH SCHOOL**

UIL LEGISLATIVE COUNCIL MEETING RESULTS

October 17, 2011

AUSTIN — The UIL adopted an amendment to alter the current athletic preseason practice regulations for activities outside the school year, and superintendents will decide whether or not to increase the race distance in girl's cross country after decisions handed down by the UIL Legislative Council on Monday.

Upon recommendation by the UIL Medical Advisory Committee, the Legislative Council unanimously passed an amendment to alter the current UIL Preseason Practice Regulations, Activities Outside the School Year. If approved by the Commissioner of Education, the following rule changes will go into effect August 1, 2012:

- On days when more than one practice is conducted, the rest and recovery time between the end of one practice and the beginning of the next practice will be increased to two hours. Current rules only require one hour of rest and recovery time between practices.
- With the exception of volleyball, schools shall not schedule more than one practice on consecutive days in

sports which begin practice prior to the school year, and student-athletes shall not participate in multiple practices on consecutive days.

- During the four-day acclimatization period in football, if more than one practice is conducted on the same day, the second practice shall be a teaching period or walkthrough practice only with no conditioning, contact activities or equipment permitted.

After previous discussions whether or not to increase the racing distance in girl's cross country from two miles to 3.1 miles, the Legislative Council voted to place the item on a referendum ballot this spring. The results of the referendum ballot are binding, and if superintendents vote to change the racing distance, the 3.1 mile race would begin in the 2012-13 school year.

In other action, the Legislative Council approved a proposal to allow alternates to remain with the company in One-Act Play competition preparation areas. If approved by the Commissioner of Education, the amendment will take effect immediately.

The following items were approved by the Legislative Council on Monday, and will take effect August 1, 2012 if approved by the Commissioner of Education:

- Adding area meets to post-district competition in track and field.
- Adding an additional conference in wrestling.
- Expanding the option for new music programs to enter concert and sight-reading contest as non-varsity.
- Changing the end of game tie-breaking procedure from the 35-yard shootout to penalty kicks in soccer.
- Making the Theatrical Design Contest that has been piloted for six years a sanctioned contest.

The Commissioner of Education must approve amendments passed by the UIL Legislative Council before they may take effect. Upon approval by the Commissioner of Education, all approved amendments will be published on the UIL website at www.uiltexas.org.

NEWS & UPDATES

* NEW MEMBERSHIP BENEFIT *

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$3,000 Accidental Death & Dismemberment (AD&D) benefit through your membership. This benefit is NO cost to you.

Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family 20%-60% on vision care, hearing care and prescriptions. In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren.

Please keep an eye out in the coming weeks for a notification letter of these benefits with full details.

* ATTENTION *

TO ALL COACHES: Please go on-line 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 would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.

KAY YOW CANCER FUND™ Charity of Choice for TGCA



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against cancer. The new website is now up and running: www.kayyow.com. We encourage you to go to the website for more information, and for any and all questions concerning Kay Yow charitable events, please contact:

SARAH REESE

Administrative Assistant
Kay Yow Cancer Fund™
PO Box 3369

Cary, NC 27519-3369

E-mail – sarah.reese@kayyow.com or info@kayyow.com

Office – (919) 460-6407

Fax – (919) 380-0025

www.kayyow.com

Should you wish to use the Kay Yow Cancer Fund™ logo, please contact Sarah regarding the guidelines for usage.

The term Kay Yow Cancer Fund™, the Kay Yow Cancer Fund™ logo and the image of Coach Kay Yow are trademarks of the Kay Yow Cancer Foundation, Inc. The Kay Yow Cancer Foundation, Inc. is a partner of the Women's Basketball Coaches Association and The V Foundation for Cancer Research.

PHOTOS OF THE MONTH



NOMINATION DEADLINES

TGCA NOMINATION MEMBERSHIP DEADLINE IS NOVEMBER 1

CROSS COUNTRY NOMINATIONS

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 7th. Cross Country Sub-Varsity Coach of the Year nominations may be submitted at this time as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Tuesday, May 1st.

VOLLEYBALL NOMINATIONS

All-Star, All-State, Academic All-State, Athlete of the Year, and Coach of the Year nomination forms must be submitted to the TGCA office by 12:00 noon on Monday, November 14th. Volleyball Sub-Varsity Coach of the Year nominations may be submitted at this time, as well, but the deadline for Sub-Varsity Coach of the Year is 12:00 noon on Tuesday, May 1st.

ALL NOMINATIONS CAN BE MADE ON-LINE AT WWW.AUSTINTGCA.COM

VOLLEYBALL DVDS DUE BY MONDAY, NOVEMBER 14, AT 4:00 P.M.

All nominations should be made online at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations online and before the deadline.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on 'Nominations' from the menu at the top of the page, and then clicking number five "Member Nominations Info." This will show you what nominations you have submitted.

If you miss the online deadline, you **MUST** print a form off of the website, under the Bylaws category, and submit that form to your regional representative for submission to the appropriate committee. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form from the website if the online honors nomination deadline is missed. Instructions for nominating online, along with nomination guidelines, may be found under each specific sport tab.

INSIGHTS ON HEALTH, WELLNESS AND EXERCISE

10 REASONS ALL EXERCISE EQUIPMENT IS NOT EQUAL

By Dr. Jim Peterson, Coaches Choice

1. Safety. Some exercise equipment is much safer than other equipment. One of the primary selection criteria is that equipment does not place undue load force on the joints of your body. Another criterion is that the equipment has instructions for use that are both clearly defined and easy to follow.

2. Functional effectiveness. Some exercise equipment enables users to achieve more meaningful results (i.e., improvements that enhance your ability to perform activities of daily living.) All other factors being equal, the more productive your exercise efforts, the more well spent your time and the more likely you will stick to your exercise program.

3. Size. With regard to size, exercise equipment has two dimensions. On the one hand, the actual physical size of the equipment (i.e., its foot print) may give rise to a space issue. On the other hand, some equipment may be better designed to accommodate exercisers of different sizes. To exercise without compromising your possible results, you should use equipment that is relatively compatible with your body type and size. A key factor is to what degree the equipment is adjustable if you're smaller or larger than an "average" person.

4. Time efficiency. Some exercise equipment is engineered so as to enable the users to achieve their exercise goals in less time. To a point, the time-efficiency level of a particular machine is a by-product of several factors, including at what intensity level the machine allows you to exercise and how many components of fitness are being developed simultane-

ously by the exercise session.

5. Performance feedback. The format and extent of performance-related feedback tends to vary from one exercise machine type and manufacturer to another. To provide maximum benefit to the user, such feedback should be both meaningful (i.e., relevant to the exerciser's needs and interests) and accurate (i.e., it is precisely what it says).

“Live like you're going to die tomorrow; learn like you're going to live forever”

6. Sweet spot. Exercise machines, similar to sports equipment such as golf clubs and tennis racquets, have a "sweet spot." The sweet spot of some machines is larger than that of others. The larger a machine's sweet spot, the greater the likelihood that you will be able to exercise in your comfort zone – the area of mechanical efficiency that allows you to challenge yourself safely. Exercise machines with a relatively large sweet spot have an enhanced capability to accommodate the needs and interests of a wide range of individuals.

7. User-friendliness. Some exercise equipment has a greater level of ease-of-use than others. The user-friendliness of a machine can have an impact on an individual's exercise experience in several positive ways, particularly the degree to which the exercise session is

perceived as enjoyable. Of course, it is also true that unduly complicated-to-use machines can have an adverse impact on a person's exercise experience.

8. Serviceability. Some exercise devices require more attention and effort to properly maintain than others. Not surprisingly, in our time-constrained society, most individuals who are considering purchasing their own exercise equipment would prefer to own exercise machines that place the fewest demands on their time for service and maintenance.

9. Cost. Exercise machines vary in cost. Unfortunately, efforts to decrease the cost of a product often result in a substantial loss of quality. Although not a hard-and-fast rule, the general guideline is that if something seems too good to be true (i.e., an exceptionally low price), it probably is.

10. Total fitness-orientation. Some exercise equipment is designed to develop more than one basic component of fitness at a time. For example, much of the popularity of mechanical stair climbing machines is due to the fact that not only does exercising on these machines develop the user's level of aerobic fitness, it also greatly enhances lower body muscular fitness.

Jim 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 Stair-Master. Until that time, he was professor of physical education at the United States Military Academy.

IMPORTANT DATES

HOTEL INFORMATION

Crowne Plaza Austin North Central
6121 North IH - 35
Austin, TX. 78752

For reservations:
1-877-2CROWNE (1-877-227-6963)
Please refer to TGCA to get your discounted rate of \$109.00 for single or double occupancy. Or you may reserve your rooms online by going to the home page of our website. Crowne Plaza will offer this rate year around for business or pleasure.

La Quinta Inn



Coaches, teams and fans can receive preferred rates through the LaQuinta toll-free central reservations number 1-800-531-5900. This rate will also apply to reservations made directly with LaQuinta Hotels, as well as, via the internet at www.lq.com using the corporate/promotional code of TGCA. These rates are good for both business and leisure travel, seven days a week, for standard and king bedded room types coast to coast.

Omni Southpark:
4140 Governor's Row
Austin, TX. 78744
(512) 448-2222

\$107.00 year round subject to availability using the code of TGCA. There will be room blocks for all state tournament venues at the Omni Southpark at the \$107.00 rate.

OCTOBER 2011

31-1 Volleyball: Bi-district, all conferences

NOVEMBER

3-5 Volleyball: Area, all conferences
4-5 Team Tennis: State Tournament
5 Cross Country: Regional meets
7 TGCA - 12:00 noon deadline for Cross Country Nominations
7 Girls Basketball: First day for interschool games
7 Wrestling: First day for meets & tournaments
7-8 Volleyball: Regional quarterfinals, all conferences
11-12 Volleyball: Regional, all conferences
12 Cross Country: State Meet
14 TGCA - 12:00 noon deadline for Volleyball Nominations
17-19 Volleyball: State Tournament
28 Soccer: First day for practice

DECEMBER

24-26 Athletics: no school facilities, personnel or equipment shall be used for athletic purposes for five consecutive days to include December 24-26
27 Soccer: First day for scrimmages

* TGCA * CALENDAR OF EVENTS

TGCA has added a calendar of events as a new feature to the website. The calendar contains nomination deadlines, committee meeting and Board of Director meeting dates and times, and many other events. It is also linked to the UIL calendar for easy reference. Just click on the Calendar tab in the menu at the top of the page to access the calendar.

TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,
1603 Manor Rd.,
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tgca@austintgca.com (e-mail);

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Editor: Chris Schmidt

TGCA on the Web

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

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