

# TGCA



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December 2012

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**President of TGCA**  
Rodney Gee  
Lorena HS  
(254) 857-9587



**1st Vice President**  
Kari Bensed  
Centennial HS  
(469) 633-5662



**2nd Vice President**  
Mitch Williams  
Whitney HS  
(254) 694-3457



**Past President**  
Donna Benotti  
Cy-Fair HS  
(281) 897-4652



**Executive Director**  
Sam Tipton  
TGCA Office  
(512) 708-1333



**Asst. to Exec. Director**  
Lee Grisham  
TGCA Office  
(512) 708-1333

**2012-13 TGCA OFFICERS**

*Photo submitted by James Rich  
of Duncanville High School*

# FEATURED ARTICLE



## BRINGING BACK THE FUN OF THE GAME

By Donna Benotti, TGCA Past President - Cy-Fair High School

After interviewing coaches across the state, many stated they would like information on bringing back the fun of the game. Seems to be perfect for me, as that was a personal goal for my team this season. Ironically enough, as I polled coaches and former players most memories were about the fun aspects of being with their teams. They did not mention that great drill that we have so much pride in running. As I reflect on my playing days, I too recall the fun engaging activities that were team-related, and not to mention the silly “back of the bus” stuff that always happens without coaches’ approval... But is there something to incorporating fun into our programs and practices.

Most coaches would agree that teams with good chemistry are more successful. How do we create that chemistry? Sometimes we allow it to naturally occur or maybe not occur at all. Have you ever heard a coach say, “Our chemistry is off!” I personally, had this experience during my last season (2012). The team chemistry off the court was good, but on the court... Well, we had too many players that were very near equal in talent, which can create diversity. It became my goal to try and abandon traditional drills that created more individual competition against each other in an attempt to create more group-dependent drills, allowing players to depend on one or multiple teammates. Changing up the challenges and the players seemed to help. But we were missing something: LAUGHTER, ENJOYMENT and ENTHUSIASM in every practice. I finally started to figure things out, but it was near the conclusion of the season. I incorporated fun, silly activities/drills at the beginning of each practice that had very little bearing on the sport skill/team development, but my kids were enjoying themselves while laughing and working together. The next thing I knew, they were winning. Wow! I have been coaching over 20 years and just now figured this out. I have been to clinics all over the country, at least four a year, and I have compiled an enormous drill/training book. But this year, I found myself coming up with the simplest concepts—having fun!

I recall a conversation with a coach many years ago. She was at a school that never had a winning season. She explained to me that once a week they



Photo courtesy Julie Hardy

would do fun, silly things that did not pertain to the sport. She said losing takes a toll on you, and with each loss it would not benefit the kids to go in the gym wearing out unsuccessful drills and running like crazy. They had to have enough fun in order to capture a desire. Don’t get me wrong; she works her players hard, but she wanted to “capture” them to keep the desire burning. Within three years, her team became a regular district contender and advanced to the Regional semi-finals. She was on to something. It just took me ten years to listen.

Another coach completely abandons a preseason scrimmage date to have a full day filled with fun activities; she even incorporates the parents and community. I thought the coach was off her rocker, giving up scrimmage dates. But, as I continue to see advancement with her teams year after year, great team chemistry and amazing community support... Is she on to something?

One very seasoned coach discussed with me

ways he incorporates team-bonding activities instead of practice. He has players use their cell phones and travel around campus taking silly pictures with certain campus fixtures. I have used this tactic as well. We have had scavenger hunts in the mall where I divide them in handpicked groups and give them a list of silly pictures they have to take. For instance, each group has to have a picture with their group members dressed in the attire that they pick out. They of course had directives. Examples were: picture wearing clothes for a 60 year HS reunion, picture going to a rock star party, picture of pajama party (rated), Picture with teammate helping a man trying on a red heel matching his red purse, Picture with prom dress attire, Picture as the red hat club. We would finish up in the dining area and have dinner sharing experiences and pictures. But I learned it can’t be a race, because we were kicked out of a mall one year, which was embarrassing. This year we did it a little differently. I borrowed costumes

from our dance department and had a cell phone picture scavenger’s hunt on campus. Again, we were divided in handpicked groups. We had five teams with matching costumes. Players were to report to the office for their mission envelopes. Each mission was in the military mission-style language. We involved willing campus employees. Surprisingly they were thrilled to be involved and did an outstanding job. Players were to solve their riddles, which would lead them to their next destination for their picture and the next mission envelope. It was after school and in place of practice. You could hear our kids laughing and running all over campus, which is a mile long. Upon their return they were sweating as if we were running lines, but smiling from ear to ear. We shared pictures and experiences and were amazed at the groups’ creativity and humor. Interestingly enough, following that team-building activity, instead of practice we had a major winning streak.

At the state tournament, I was able to get other coaches’ ideas. One has the most creative theme for her banquet each year. Her themes are creative and the teams really excel in the process. One year it is a Cruise ship, then the Oscars, New York -New York, etc.... each year it is a different theme, and the kids are very active and engaged in the creation of their banquet. It becomes a huge ordeal and great memories are made while building relationships.

Like any relationship, it takes work and effort. As I discussed the aforementioned activities, there are many ways to incorporate fun into your program. The more ideas you have for involving your team in developing the relationships and incorporating fun can only enhance your program. I encourage you to find fun activities that match your team’ personality, as well as yours, and bring them to the gym.

I hope this bit of information is helpful to you and your team’s success. It has been such an honor to represent TGCA and develop relationships with coaches across the state. I have gained so much knowledge for our conversations and appreciate each of you. The past four years on executive committee have been such a learning experience. I am so thankful to you for giving me the opportunity to lead our organization. I look forward to continued relationship and growth in TGCA.

# SOFTBALL COMMITTEE



## 2012-13 SOFTBALL COMMITTEE

Name	School	Conf	Reg	Name	School	Conf	Reg
Robby Dickenson	FRENSHIP HS	4A	1	Brook Buchanan	PORT NECHES GROVES HS	4A	5
Landon Winton	LUBBOCK COOPER HS	3A	1	Shorty DeCuir	HAMSHIRE FANNETT HS	3A	5
Shay Cox	ABILENE HS	5A	2	Robin Brady**	VISTA RIDGE HS	4A	6
Amber Riddle	HAWLEY HS	2A	2	Alfonso Chavez	BURNET HS	3A	6
Perry Young	BURLESON HS	4A	3	Jill Barranco	MACARTHUR HS	5A	7
Tommy Tomlinson	BOWIE HS	2A	3	Scott Mann	YOAKUM HS	3A	7
Heather Damron	WYLIE HS	4A	4	Lee Summers	UVALDE HS	4A	8
Lance Cherry*	TOM BEAN HS	2A	4	Lee Ann Curry	GREENWOOD HS	3A	8

\*Chair

\*\*Vice Chair

# SUB-VARSITY COMMITTEE



## 2012-13 SUB-VARSITY COMMITTEE

Name	School	Conf	Reg	Name	School	Conf	Reg
Misty Williams	TERRA VISTA MS	4A	1	Jenny Adcock	MEMORIAL HS	5A	5
Chris Lemmons	LUBBOCK HS	4A	1	Dorothy Nelson	STERLING HS	5A	5
Sunni Strickland	BIG SPRING HS	3A	2	Maureen Marek	BELLVILLE HS	3A	6
Christie Derzapf	RIDER HS	4A	2	Wanda White	YOE HS	2A	6
Melanie Green	NORTHWEST HS	5A	3	Judy Scheffler	JOURDANTON JHS	2A	7
Mallory Smith**	GRANBURY HS	4A	3	Clara Duelm	LA VERNIA JHS	3A	7
Gayle Bigelow	MCDANIEL MS	4A	4	Dianna Hester*	FRANKLIN HS	5A	8
Frank DePaolo	FRISCO HS	4A	4	Zane Todd	LINCOLN MS	4A	8

\*Chair

\*\*Vice Chair

# CROSS COUNTRY AWARDS

## CROSS COUNTRY ATHLETES OF THE YEAR

**Macey Siegart**

Conference 1A-2A-3A  
Seymour HS, Coached by Brandie Rucker

**Karis Jochen**

Conference 4A-5A  
A&M Consolidated HS, Coached by Shawn Schroeder



## CROSS COUNTRY COACHES OF THE YEAR

**Bekah Morrison**

Conference 1A-2A-3A  
Gruver High School

**Jim Pat Darcey**

Conference 4A-5A  
Katy High School

**Congratulations to the following TGCA member coaches and their teams who captured 2012-13 UIL Cross Country State Championships!**

Name	School	Conf
Kelly Jeffrey	Hamlin High School	1A
Kevin Ufford	Bushland High School	2A
Clint Davidson	Sanger High School	3A
Jerry Sutterfield	Dallas Highland Park High School	4A
Justin Leonard	Southlake Carroll High School	5A

# VOLLEYBALL AWARDS

## VOLLEYBALL ATHLETES OF THE YEAR

**Rachel Sharp**  
Conference 1A-2A-3A  
Tarkington HS, Coached by Denise Johnson

**Chiaka Ogbogu**  
Conference 4A-5A  
Coppell HS, Coached by Julie Green

## VOLLEYBALL COACHES OF THE YEAR

**Tanya Nygrin**  
Conference 1A-2A-3A  
Round Top Carmine High School

**Kathy Goings**  
Conference 4A-5A  
Aledo High School

## CONGRATULATIONS TO THE 2012-13 TGCA ALL-STAR COACHES

Conference 1A-2A-3A RED  
**Head Coach:** Tanya Nygrin, Roundtop Carmine High School  
**Assistant Coach:** Ann Rigen, La Grange High School

Conference 1A-2A-3A BLUE  
**Head Coach:** Frances Metzger, Stephenville High School  
**Assistant Coach:** Andrea Hutchins, Water Valley High School

Conference 4A-5A RED  
**Head Coach:** Kathy Goings, Aledo High School  
**Assistant Coach:** Rebekah Almanza, Cedar Park High School

Conference 4A-5A BLUE  
**Head Coach:** Kelly Beck, Friendswood High School  
**Assistant Coach:** Chanda Eagers, Clear Lake High School

**Congratulations to the following TGCA member coaches and their teams who captured  
2012-13 UIL Volleyball State Championships!**

Name	School	Conf
Jason Evans	Jewitt Leon High School	1A
Keith Guyon	Brock High School	2A
Maggie Hunt	Abilene Wylie High School	3A
Ryan Mitchell	Lucas Lovejoy High School	4A
Julie Green	Coppell High School	5A

# NOMINATION DEADLINES

## MEMBERSHIP DEADLINE FOR NOMINATIONS

You had to be a member of TGCA by **NOVEMBER 1st** to nominate athletes for honors or receive honors yourself as a coach. If you missed this deadline, you will have to file an appeal with the Executive Committee. The appeal form can be found on-line through the Membership Site. You can renew your membership on-line through the Membership Site with a valid credit card, or you can print a form from the “Forms” category in the menu on the left-hand side of the page and fax or mail that with credit card information, or mail the form with a check to the TGCA office. If you need help with the renewal process, or the appeals process, please call the office and we will be happy to help you, including giving you your log in information. Please **DO NOT** make yourself a new member if you are already a member and just need to renew.

## TGCA NOMINATION DEADLINE APPEALS PROCESS

The Board of Directors of the Texas Girls Coaches Association has established a membership deadline for nominations of athletes or fellow coaches for honors of November 1. Any member coach who misses the nomination deadline for membership of November 1 has the right to appeal to the Executive Committee of the Texas Girls Coaches Association.

Once you have completed the necessary form and submitted it, your appeal will be sent to the Executive Committee for their determination. A copy will also be sent to your athletic director and superintendent.

Once the Executive Committee has made their determination of the appeal, you will be given written notice of their decision. Your athletic director and superintendent will also be given written notice of the decision. The decision of the Executive Committee is final.

Neither the Executive Director nor the staff of the office of the Texas Girls Coaches Association participate in the decision of the Executive Committee. Staff merely handles the details of submitting your appeal to the Executive Committee, and then forwarding their decision to you.



## Don't forget to nominate for the following awards

### Sub-Varsity Coach of the Year

Give your Sub-Varsity coach the recognition they deserve and nominate them for Sub-Varsity Coach of the Year. The deadline for Sub-Varsity Coach of the Year nominations is May 1st. Please help the Sub-Varsity Committee with their selections by providing them information about your assistant coach: In what regard and length of time you have known the nominee; professional activities or organizations they have been involved in; their relationships with students, parents, etc.; how they have helped you and your program; and any other comments or qualifications you feel would be beneficial.

### Hall of Fame

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the TGCA, 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. Nomination forms can be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under “Forms” in the menu on the left-hand side of the page. The deadline for submission of Hall of Fame nominees will be Monday, February 25th, at 12:00 noon. All nominations must be mailed or faxed to the TGCA office, 1603 Manor Road, Austin, TX, 78722-2536, (512) 708-1325.

### Margaret McKown Distinguished Service Award

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. The candidates need to have made outstanding contributions to girls athletics. Nomination forms may be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under “Forms” in the menu on the left-hand side of the page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, February 25th, at 12:00 noon.

# AWARD INFORMATION

## TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record. Information may be e-mailed in Word format.

**Volleyball:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

**Basketball:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

**Soccer:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

**Golf:** Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level.

Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier (team: 6 points)
- 3 points for each state qualifier (team: 12 points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (no individual points)

**Track & Field and Cross Country:** Coaches will receive certificates when they reach 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Points will be awarded on winning a track meet. Dual or triangular meets do not count. **Note: Cross Country and Track & Field points must be totaled separately.**

Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier (relays: 2 points)
- 3 points for each state qualifier (relays: 6 points)
- 20 points for team regional championship (no individual points)
- 30 points for team state championship (no individual points)

**Softball:** Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

Deadline for submitting accomplishments is May 30

### Sub-Varsity Years of Service Recognition Award

(Adopted by the TGCA Board of Directors at the July 7, 2008, Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented with a plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

# PHOTOS OF THE MONTH



# NEWS & UPDATES

## TGCA WEEKLY E-MAIL NEWS BLAST NOTICE

In conjunction with Grace Media, TGCA will be sending weekly e-mail blasts, during the school year, containing sports news from across the state and important news items.

If you signed up for the TGCA weekly e-mail news blast last school year, there's no need to rejoin, but please be sure your school is not blocking our e-mails. We had some returned last year and it's because some schools have us filtered out as spam. Please double check and be sure your school is aware that you are wanting this to go through to you.

If you've not signed up yet, it's not too late. Don't miss out. These weekly e-mails deliver happening news directly to your inbox. Just click on the following link to register:

<https://app.e2ma.net/app/view:Join/signupId:60463/acctId:35572>

These e-mail blasts not only contain information directly from TGCA, but sports news across the state and nation. Please be sure your e-mail address is current and up to date.

## \* ATTENTION \*

## TGCA RESOURCE CENTER NOW OPEN

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality. The Resource Center is designed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and people interested in girls' athletics in all sports. Everyone is encouraged to go to the Resource Center site. It's as simple as clicking on the logo shown on the website, [www.austintgca.com](http://www.austintgca.com). Please take the time to walk through the different features offered. Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Association. This site will be continually expanding and will make available an unlimited source of educational materials for you from various outlets in a variety of delivery methods. The Resource Center is designed to be an economical way to obtain up to date educational material to help you become better in your field.

## 2013 SUMMER CLINIC

The 2013 TGCA Summer Clinic will be held in Austin, Texas, July 9-12. We are revising the Summer Clinic schedule for 2013. The new agenda has now been posted under the "Summer Clinic" category in the menu on the left-hand side of the page. Be sure you take a look at it, as all lecture times and dates have changed and all of the All-Star games are moving to different days and times. It will be updated regularly, so be sure to check it often.

## 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](http://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](mailto:sarah.reese@kayyow.com) or [info@kayyow.com](mailto:info@kayyow.com)

**Office** – (919) 460-6407

**Fax** – (919) 380-0025

[www.kayyow.com](http://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.

# SUB-VARSITY NEWS

## GENETICS AND NUTRITION

There are 3 body types each with unique differences and demands, though slight variations may exist due to genetic inheritance. It is our genes that determine our body type, and it is important for athletes to know the three body types so when they compare themselves to others they have a realistic perspective. We want athletes to compare “apples to apples” not to oranges. An Endo morph will never be an Ecto morph, and the opposite holds true as well.

### Type 1: Ecto Morph

*Long and lean; difficulty gaining weight; generally need a tremendous surplus of calories to gain weight and train moderate to heavy with maximal rest periods (distance runners)*

This body type is more prone to needing to consume more complex foods and higher quantities of proteins and fats (scale up calories). These people have a naturally high metabolism and face the opposite problems of the Endo morph, though both should avoid sugars. The Ecto morph is fueled by sugar and desensitized to it, making sugar speed up metabolism as empty calories losing the body’s ability to recognize a positive glycemic response. Glycemic response is responsible for weight gain thus making it difficult for the Ecto morph to gain weight.

### Type 2: Meso Morph

*Optimal athlete; muscular; gains muscle easily; stays lean; X frame; maximum control over composition with slight adjustments in food and activity (sprinters)*

Meso morphs are the most efficient and usually only need to make slight adjustments in consumption and activity to make immediate changes in either direction (direct control of calories). Their bodies metabolize food more efficiently and utilize it to maximum benefit.

### Type 3: Endo Morph

*Thick girdles; big bones; broad; gains weight easy; difficulty losing weight; naturally strong (power lifters, linemen)*

Endo morphs generally struggle with excess weight gain and must maintain a regimen of reduced fat and carbohydrates with regular cardiovascular activity to manage weight (scale down calories). Endo morphs are highly sensitive to sugar with big insulin responses, which are responsible for weight gain and fat storage. They have to watch high GI foods and overconsumption of carbohydrates.

With an understanding of the body types an athlete can better apply the following standards:

**Foods to Eat:** (80-85 percent good = balance; 20 percent bad = 7 bad meals per week; based on 5-6 meals per day)

• **Keep it clean** — Consume natural foods as much as possible; prepare your own foods and/or be specific when ordering out. The cleaner the fuel, the more efficient the burn.

- **Substitutions** — Make simple substitutions, such as whole grains for white products; low- and no-fat products for full fat; lean sources of proteins (fish, chicken, eggs, etc.) for high-fat proteins; and reduced sugar or sugar-free products (Stevia or Splenda) for full sugar products.
- **Key nutrients** — Eat quality foods with abundant sources of nutrients including: vitamins, minerals, amino acids and antioxidants
- **Limit processed foods** — Limit or avoid foods in a box, bag, can, etc. and stick to natural foods, including fruits, vegetables, whole grains, nuts, lean dairy and meats/poultry/fish.
- **Antioxidants** — Protect the body against disease, infection, illness, free radicals and toxins; help bodily functions, immune system and sensory organs.
- **Foods to avoid** — Sodas and most sports drinks (contain 3 evils: sugar/aspartame, caffeine, carbonation), processed foods (have a high glycemic index, contain fillers and preservatives), fast food, fried food, sweets, poor ratio foods (imbalance of fats, carbs, proteins)

### When to Eat:

- **Frequency** — Approximately every 3 hours, 5-6 times per day, starting first thing in the morning and concluding approximately 2 hours before sleep
- **Never full/never hungry** — Never allow the body to get too hungry or too full, which causes binging, unstable blood sugar levels and metabolic slowdown.
- **Ratios/composition** — Follow ‘Eat It When You Need It.’ Higher amounts of carbs should be consumed before activity to provide fuel, and a well-balanced meal should follow, including low GI simple carbs, such as a piece of fruit and lean protein or protein shake.
- **Portions** — Consume larger portion of calories early in the day and smaller portions with fewer calories later.
- **Timing** — Follow ‘Eat It When You Need It.’ Consume in accordance with demand and output. Do not eat carbohydrates before relaxing on the couch, watching TV or sleeping unless blood sugar levels are a problem or stores were depleted just prior.
- **Activity based** — Proper fuel and recovery are essential to obtain a safe and effective performance at every level, including day-to-day activity.
- **Breakfast** — Most important meal of the day to get metabolism started, blood sugar stable and fuel for the day; should be well balanced and proportioned in accordance with agenda.
- **Fix food with food** — Do not justify or correct poor eating with more exercise. Doing so creates an ineffective dependency cycle of acceptability. Correct poor eating with quality eating; make caloric and nutrient adjustments to compensate and balance previous poor choices.
- **Calories (too many/not enough)** — Over-eating creates a surplus of stored calories, and under-eating slows down metabolism, creating a “starvation mode” storage of calories and decreasing energy levels.
- **Insulin Response** — Insulin is responsible for shuttling nutri-



ents and plays a big role in body composition and determining food destination (store it or burn it). Insulin responds primarily to sugar, as most food is converted to fuel. The glycemic index (GI) determines the rate at which food turns to sugar and how fast insulin responds. Higher = Faster. Insulin also plays a role in determining fat storage, hypertrophy (muscle growth) and metabolic rate. Over-eating causes over-excretion, and under-eating causes low excretion. Balance is key.

### Conclusion

Athletes tend to be all over the map when it comes to eating habits and food selection. The fuel we give our bodies helps determine our play. We can’t expect a car to run without proper fuel, just like we can’t expect our bodies to perform well without the proper food. The more balanced and regulated an athlete’s diet the better prepared they will be and the better they will feel and perform.

Coaches have the opportunity to help their athletes become not only better athletes, but also better, healthier individuals. Taking the time to talk to your athletes about nutrition is crucial. It affects not only their mental state but also the amount of effort and work you get out of them on the court or field. A properly fueled athlete is one of the keys to success.

We hope you have gathered important information from our three part series on nutrition, and that sharing this information with your athletes proves beneficial.

We wish you all the best and thank you for all you do for the betterment of your athletes.

*Note: Participants should always consult their physician or certified/licensed specialist before beginning any nutritional program. The previous information is not a prescription or intended to cure, treat or relieve any problematic symptoms and/or health-related issues. The information was written by a weight management consultant and wellness expert and was influenced and co-written by dietitians and nutritionists.*

## 10 HEALTH-RELATED NEW YEAR'S RESOLUTIONS

By Dr. Jim Peterson, Coaches Choice

**1. Get moving.** Given the innumerable benefits of sound exercise, resolve to engage in a variety of physical activities on a regular basis that collectively will develop each of the specific components of health-related physical fitness in a safe, effective, time-efficient manner.

**2. Prime the pump.** In lieu of the essential role that a properly functioning heart-lung system has regarding how well you feel and how much energy you can expend at any particular moment in time, resolve to participate in physical activities that are rhythmic in nature and involve the large muscle groups of the body.

**3. Let your muscles do the work.** Because muscles of the body are integrally involved in every physical activity in which an individual engages, resolve to perform activities that systematically place a demand on your muscles. Keep in mind that health-wise, your muscles do matter ... a lot.

**4. Loosen up.** Given the negative impact that excessively tight muscles can have on your ability to perform tasks and your likelihood to suffer from specific types of musculoskeletal problems (e.g., lower back pain), resolve to stretch regularly - particularly before and after exercising. The point to remember is to move your muscles through their full range of motion on a regular basis.

**5. Win the losing game.** Resolve to maintain your weight at an appropriate level. As such, achieve a suitable balance between your caloric intake and your caloric expenditure. If you need to lose weight, a general rule to follow is to eat less and exercise more (both in moderation). When in doubt, adhere to the action precept that should guide all of your weight control efforts - "common sense."

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

**6. Watch what you eat.** Resolve to eat a healthy diet. Keep in mind that good nutrition is a cornerstone of good health. Good nutrition involves providing your body with the required nutrients in appropriate amounts. The core guideline is to consume a minimum number of servings from each of the six basic food categories daily as outlined by the USDA food pyramid.

**7. Chill out.** Resolve to keep matters in your life in proper perspective. Know that factors you can and cannot control in your life. Don't "stress out" over those things beyond your control. See change as an opportunity, not a threat. To the

extent possible, keep an even keel emotionally.

**8. Rest assured.** Resolve to get enough sleep. The basic guideline concerning how much sleep you need is whatever enables you to feel refreshed, alert, and in relative good spirits the next day. Keep in mind that sleep helps to rest and restore your body - both physically and mentally.

**9. Keep your focus on the task at hand.** Resolve to make time to exercise on a regular basis. In this regard, how well and how long you live will be affected by your ability to manage your time wisely.

**10. Keep in mind that "There's no free lunch."** Resolve to make and abide by sound lifestyle choices. For example, don't smoke. Drink alcohol in moderation (if at all). Maintain an appropriate level of body fat. Avoid the latest fitness and diet fads, magic potions and foodstuffs, and exercise gadgets that seem to be too good to be true (they almost always are).

*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 StairMaster. 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](http://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

\$119.00 without breakfast, check TGCA website for link to reserve online, or \$129.00 with breakfast. To make reservations for breakfast rate, please call 1-800-THE-OMNI.

Radisson  
111 Cesar Chavez at Congress  
Austin, TX 78701  
(512) 478-9611

Year-round rate of \$112.00 includes complimentary self-parking. To make reservations, call 1-800-395-7046 or use the direct link available on the TGCA website.

## JANUARY 2013

- 10 Soccer: First day of games
- 15 Athletics: Deadline to accept plans for next school year
- 18 Softball: First day for practice
- 28 Softball: First day for interschool scrimmages

## FEBRUARY

- 2 Swimming & Diving: District certification deadline
- 8-9 Swimming & Diving: Regional meets
- 9 Girls Basketball: District certification deadline
- 11 Softball: First day for interschool games
- 11-12 Girls Basketball: Bi-district
- 14-16 Girls Basketball: Area
- 18-19 Girls Basketball: Regional quarterfinals
- 22-23 Girls Basketball: Regional
- 22-23 Swimming & Diving: State Meet
- 25 TGCA: Basketball nomination deadline
- 28 TGCA Basketball All-State Committee Meeting; 5 PM
- 28-Mar 2 Girls Basketball: State Tournament

## MARCH

- 1 TGCA Basketball Committee Meeting; 12 PM

## \* 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.,  
Austin, TX 78722-2536;  
(512) 708-1333,  
(512) 708-1325 (fax),  
[tgca@austintgca.com](mailto:tgca@austintgca.com) (e-mail);

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Executive Director: Sam Tipton, [Sam@austintgca.com](mailto:Sam@austintgca.com)

Assistant to the Executive Director: Lee Grisham, [Lee@austintgca.com](mailto:Lee@austintgca.com)

Administrative Assistant: Audree Tipton, [Audree@austintgca.com](mailto:Audree@austintgca.com)

Membership & Exhibitor Coordinator: Jesi Grisham, [Jesi@austintgca.com](mailto:Jesi@austintgca.com)

Newsletter 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](http://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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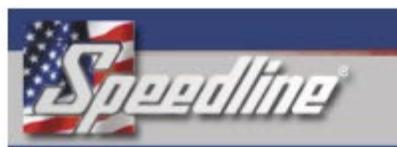
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