



# TGCA NEWS

NOVEMBER 2013



## 2013-14 TGCA OFFICERS



**President of TGCA**  
Kari Bensend  
Frisco Centennial HS

**1st Vice President**  
Mitch Williams  
Whitney HS

**2nd Vice President**  
Liana Gombert  
Smithson Valley HS

**Past President**  
Rodney Gee  
Lorena HS

**Executive Director**  
Sam Tipton  
TGCA Office

**Assistant to the Executive Director**  
Lee Grisham  
TGCA Office



# 11.13

## FEATURE ARTICLES

cover photo courtesy Thom Linn



photo courtesy Quintana Photography

### Be That Inspiration

By Zane Mitchell  
Todd  
**PAGE 1**

### Patiently Pursuing Perfection

By Butch Hart  
**PAGE 2**

### McDougald Enjoys Small Town Life but Big Time Wins

By Butch Hart  
**PAGE 6**

### 10 Ways to Increase Your Energy Level

By James A. Peterson, Ph.D.,  
FACSM  
**PAGE 10**

### Basic Nutrition Guide for Athletes

By Amy Goodson,  
MS, RD, CSSD,  
LD  
**PAGE 11**

## ALSO INSIDE

2014-16 R&R Conference  
Cutoff Numbers.....2  
Board of Directors, Chairs  
& Vice Chairs .....3  
Meetings Schedule .....3  
Basketball Committee.....4

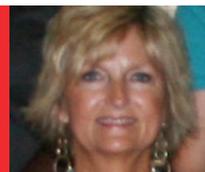
Track & Field Committee ..4  
TGCA Resource Center ....4  
Sub-Varsity Committee.....5  
Softball Committee .....5  
Sub-Varsity Years  
of Service Award.....5

A to Z: Building Better  
Coaches.....6  
Online Nominations.....7  
2014 Summer Clinic .....7  
Regional Map for Red/Blue  
All-Star Selections .....8

Career Victories.....9  
Kay Yow Cancer Fund.....11  
AD&D Benefit .....11  
Important Dates.....12  
Sponsors .....13

# BE THAT INSPIRATION

By Zane Mitchell Todd // TGCA Sub-Varsity Chair // Lincoln MS



**Y**ou've scheduled practice to a T. The drills are all lined up and you are prepared to introduce techniques that are going to improve your athlete's performances. You've even printed off evidence that is sure to motivate and stimulate the untapped talent that's buried beneath the layer of inexperience. The insistence of training is vital, but at a sub varsity level, is it as important as the implementation of life lessons?

When faced with their first big conflict in their college or working life, will our athletes apply the interworking of a motion offense or the effectiveness of perseverance and determination? When they reach the point in their lives where they get to inspire, will they think back to you and all the ways you inspired them?

As a middle school coordinator, I have found that it's not the X's and O's that are the most important part of my job. I work in a Title I school with many At-Risk students. I coach some of the greatest kids, but I have to be the component that equalizes them with the other athletes in town. Providing school workout clothes so that each girl looks the same creates confidence that would not be there

otherwise. What about our obese teenagers? Today's culture is breeding them into society in multitudes. One of my girls this year comes from a home of overweight parents who have little knowledge of nutrition and exercise. The young lady tried to quit athletics after the first week of school. With much encouragement from me and her thankful mother, she tried out for basketball and was amazing. She is now my manager and is on cloud nine. I get emails almost weekly from her mom thanking me for giving her daughter the courage to change her life. I have picked girls up every morning for practice, because the family does not own a car and there are no other girls in their neighborhood with which to catch a ride. Not owning a family car should not be detrimental to an athlete's budding desire to try-out for a team. Our young athletes should not have to pay the price of their family's lack of income. Do we really want them to continue the cycle in which they are trapped? For many of these young ladies, we are the best part of the day. I've been teaching for 30 years and coaching for the majority of that and never once did

I believe the ultimate goal of my job was to teach English or a full court press.

I know I have succeeded as an education professional when I receive graduation invitations from students who were on the road to the self-fulfilling prophecy of their family's tradition of dropping out, until someone went out of their way and altered their own life to change the fate of a student. My two daughters spent the majority of their lives wrapped up in sports and although one continued her love of running into college, they both carried those life lessons into their current vocation.

We didn't get to where we are today all on our own accord. At some point in our lives, somewhere, someone inspired us. Although we can't always be the best of the best at all that we do, we have to evaluate the most important lessons to be learned. The reason we choose to coach is not just the love of athletic compe-

tion, but the lives that are changed by the lessons only sports can provide. When it comes to sub varsity athletes, it is so vital that the kids learn the importance of hard work, dedication, perseverance, and how to work as a team. These are not only significant fundamentals for sports competitors, but the key components that will encourage and motivate their everyday life.

**B e** that inspiration.



photo courtesy  
Barbara Dewey

## CONFERENCE CUTOFF NUMBERS FOR 2014-16 RECLASSIFICATION & REALIGNMENT

The University Interscholastic League released the conference cutoff numbers for the 2014-2016 reclassification and realignment today. These numbers provide the range of enrollment for each of the six conferences, including the divisional cutoffs for football.

The 2014-16 alignments will be released on Feb. 3 for football and basketball. District alignments for other activities will be released in the order of their seasons. More information about UIL alignments can be found at <http://www.uiltexas.org/alignments>.

### Conference Cutoffs

6A	2100 & above
5A	1060 – 2099
4A	465 – 1059
3A	220 – 464
2A	105 – 219
1A	104.9 & below

### 1A – 4A Football Division I & II Numbers

1A D-I	55 – 104.9
1A D-II	54 & below
2A D-I	158 – 219
2A D-II	105 – 157
3A D-I	315 – 464
3A D-II	220 – 314
4A D-I	686 – 1059
4A D-II	465 – 685

# PATIENTLY PURSUING PERFECTION

By  
**BUTCH  
HART**

Perfection is a lofty goal but the Highlanders of The Woodlands high school in Conroe have accomplished two thirds of that goal. Coached by standout Leslie Madison, the Highlanders are relentless, calm and focused on the balance of the 2013 season.

“As a coach you divide the season into three parts: pre-district, district and playoffs and you work to accomplish your goals in each phase,” said ten year Highlanders coaching veteran Leslie Madison.

The Highlanders are currently not only undefeated at 38-0 but the entire volleyball program raced through pre-district and district without a loss. The program posted a 110-0 season record to date including a combined 42-0 district record.

The Woodlands varsity is 38-0 and posted a 12-0 record while taking the top position in the Texas girls Coaches Association State poll as well as the LoneStarVolleyball.com poll and are number one nationally in at least two national polls.

The highlanders junior varsity posted a 28-0 regular season with a 12-0 record while the freshman red

team was 29-0 and 12-0 in district and the freshmen green team was 16-0, 6-0 in district.

Madison is entering her tenth volleyball season at The Woodlands High School. In that time the Lady Highlanders have gone 257-92. Prior to coming to The Woodlands, Coach Madison was the head coach at Brazoswood High School for one season. Her overall coaching record is 271-109.

In 2012, the Highlanders earned a 36-3 record, went undefeated in district play and ended the season as Regional Semi-finalist. In 2010 the Lady Highlanders finished the season as the Texas 5A state runner ups. The Lady Highlanders have made the playoffs for nine consecutive seasons. Coach Madison has had 30 players from The Woodlands High School go on to play college volleyball.

Madison cited a unique set of circumstances with her current team after pointing out that no two teams are ever really comparable.

“For the first time that I can remember we have no underclassmen on the team, in the past I have had a freshman or sophomore or two and this year we have only juniors

and seniors, they are a veteran team and did not like the way we left last season, they have been playing all year with a finishing goal in mind,” Madison said.

Madison understands the nature of high competition as she was the Cy-Fair graduate was a three time all-state selection and the Houston Chronicle Player of the year before matriculating to SMU where she helped the Mustangs start their volleyball program. Madison was not only a standout at SMU but was a member of the US under 21 national team

Leslie married to the Woodlands High graduate Lonnie who played football at Texas A&M University and is currently the defensive coordinator at magnolia High School. The Madison’s have three children and an eye on the gold in 2013.

*NOTE: Since the writing of this article, The Woodlands completed their goal of an undefeated season finishing the year with a record of 45-0. The Highlanders are the 18th volleyball team in UIL history to finish the year undefeated.*



photo courtesy: Griff Servati

photo courtesy: Heather Hanydzak

# BOARD OF DIRECTORS, CHAIRS & VICE CHAIRS

2013-14 TGCA  
BOARD & COMMITTEE  
MEETINGS



## February 27

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

## February 28

Basketball Committee  
Meeting,  
12:00 Noon

## March 2

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

## May 8

Track Committee Meeting,  
7:00 p.m.

## May 9

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

## May 10

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

## May 29

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

## May 30

Softball 4A and 5A All-State  
Committee Meeting, 8:00 a.m.  
Softball Committee Meeting,  
8:00 a.m.

## June 1

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

## June 10

Legislative Council Meeting  
(TGCA Officers Only)

## July 8

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

NAME	POSITION	SCHOOL
Kari Benseid	President	Centennial
Mitch Williams	1st Vice President	Whitney
Liana Gombert	2nd Vice President	Smithson Valley
Rodney Gee	Past President	Lorena
Kriss Ethridge	Region I Senior Director	Coronado
Terry Lowrey	Region I Junior Director	Frenship
John Sparks	Region II Senior Director	Big Spring
Frances Metzger	Region II Junior Director	Stephenville
Jeff Lemons	Region III Senior Director	Aledo
Katherine Schoettle	Region III Junior Director	Nelson
Renae Whitaker	Region IV Senior Director	Caddo Mills
Janie Litchford	Region IV Junior Director	Frisco
Lyndsay Hodges	Region V Senior Director	Clear Falls
Shorty Decuir	Region V Junior Director	Hamshire Fannett
Loyd Morgan	Region VI Senior Director	Rogers
Jacob Thompson	Region VI Junior Director	Rouse
Nora Zamarripa	Region VII Senior Director	Harlingen
Patti Zenner	Region VII Junior Director	Poth
Jason Roemer	Region VIII Senior Director	Fredericksburg
Flo Valdez	Region VIII Junior Director	Franklin
Susan Brewer	Volleyball Committee Chair	Bellville
Tammy Clark	Volleyball Committee Vice Chair	Granbury
Quint Anthony	Basketball Committee Chair	Greenwood
Brad Blalock	Basketball Committee Vice Chair	Lubbock
Steve Golemon	Track Committee Chair	Bandera
Jason Troom	Track Committee Vice Chair	Lubbock
Lee Anne Curry	Softball Committee Chair	Greenwood
Heather Damron	Softball Committee Vice Chair	Wylie
Zane Todd	Sub-Varsity Committee Chair	Lincoln Middle
Dianna Hester	Sub-Varsity Committee Vice Chair	Franklin

# BASKETBALL COMMITTEE



# TRACK & FIELD COMMITTEE



NAME	SCHOOL	CONF-REG
Lee Bender	Abernathy HS	2A-1
Brad Blalock**	Lubbock HS	4A-1
Mike Warren	Big Spring HS	3A-2
Ramsey Ghazal	Rider HS	4A-2
Colby Pastusek	Bowie HS	2A-3
Darren Wilson	Nelson HS	4A-3
Frederic Griffin	Brownsboro HS	3A-4
Rod Been	Denison HS	4A-4
Jason Sanders	Silsbee HS	3A-5
Kristi Henderson	Santa Fe HS	4A-5
Anthony Branch	Cameron Yoe HS	2A-6
Katrina Hall	Anderson HS	5A-6
Valerie Akpan	Gonzales HS	3A-7
Rachel Carmona	Mission HS	4A-7
Quint Anthony*	Greenwood HS	3A-8
Marlee Webb	Franklin HS	5A-8

\*Chair

\*\*Vice Chair

NAME	SCHOOL	CONF-REG
Traci Read	Farwell HS	1A-1
Jason Trook**	Lubbock HS	4A-1
Bob Campbell	Snyder HS	3A-2
Phyllis Pappas	Rider HS	4A-2
Yolanda Beasley	Castleberry HS	3A-3
George Lutkenhaus	Northwest HS	5A-3
Danny Mitchell	Tatum HS	2A-4
Stefani Langehennig	Lovejoy HS	4A-4
Johnathan Snipes	Hamshire Fannett HS	3A-5
Jennifer Gegogeine	Klein Collins HS	5A-5
Linda Richter	Yoe HS	2A-6
Tamika Fagan	Pflugerville HS	5A-6
Cully Doyle	Gonzales HS	3A-7
Brandi Bode	Warren HS	5A-7
Steve Golemon*	Bandera HS	3A-8
Tammy Coggins	Uvalde HS	4A-8

\*Chair

\*\*Vice Chair

photo courtesy Donna Billmire



# TGCA RESOURCE CENTER

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 easy as clicking the logo above. 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.

## SUB-VARSITY COMMITTEE



NAME	SCHOOL	CONF-REG
Kaycee Tabor	Shallowater HS	3A-1
Nikki Garcia	Plains HS	1A-1
Christie Derzapf	Rider HS	4A-2
Sunni Strickland	Big Spring HS	3A-2
Sharon Mayo	Nelson HS	4A-3
Dawn Mailloux-Smith	Summit HS	4A-3
Jana Milner	McDaniel MS	4A-4
Lauren Taylor	Caddo Mills MS	2A-4
Dorothy Nelson	Sterling HS	5A-5
Audra Troutman	Klein Collins HS	5A-5
Wanda White	Yoe HS	2A-6
Jordan Blair	Smithson Valley HS	5A-6
Clara Duelm	La Vernia JHS	3A-7
Jenna Philips	Gonzales HS	3A-7
Zane Todd*	Lincoln MS	4A-8
Dianna Hester**	Franklin HS	5A-8

\*Chair

\*\*Vice Chair

## SOFTBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Landon Winton	Lubbock Cooper HS	3A-1
Brent Morris	Amarillo HS	4A-1
Amber Cottingham	Hawley HS	2A-2
Shay Cox	Abilene HS	5A-2
Tommy Tomlinson	Bowie HS	2A-3
Perry Young	Burleson HS	4A-3
Lance Cherry	Tom Bean HS	2A-4
Heather Damron**	Wylie HS	4A-4
Amy McLaughlin	Orangefield HS	3A-5
Katrina Thornton	Livingston HS	4A-5
Arthur Behrend	La Grange HS	3A-6
Haley Gaddis	Westlake HS	5A-6
Scott Mann	Yoakum HS	3A-7
M K Pederson	Warren HS	5A-7
Lee Anne Curry*	Greenwood HS	3A-8
John Beltran	Medina Valley HS	4A-8

\*Chair

\*\*Vice Chair

## 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.



photo courtesy Laconya Bagley

# SPEED EXPOSES FLAWS

We've shared before how mechanics produce efficiency, and efficiency produces speed. There is a caveat to this: Speed exposes flaws. Recall one of the most fundamental training formulas:

$$\text{Speed} \times \text{Strength} = \text{Power}$$

This article addresses the first factor, speed. In our experiences, we have observed that speed without control is inefficient and subsequently not productive. The challenge in training is to maintain proper mechanics at the highest rate of speed possible. In sports terms, the challenge is to do everything at game speed.

*NOTE: Speed training begins the moment you first say "go." When your girls are warming up, watch to see that they have good mechanics. Some athletes get lazy during the warm-up, but we value the development of good habits throughout training. If athletes flop their arms or stay on their heels while jogging, these bad habits may carry over into sprinting.*

Two places to start exposing flaws are the hurdles and ladder. With proper correction these flaws can be minimized or eliminated from an athlete's form, which leads



photo courtesy Wayland Clark

to greater speed on the court or field.

**Hurdles:** *Start here and keep it linear.*

From a logistical standpoint, observe your athletes from near the first hurdle. This gives you a good look at their start and their finish from behind. Keep it simple and instruct your girls to do "1 Step" with a sprint off the end. Their start should be from a set position with an explosive first move, this trains them to be explosive on the court or field as well. Never let them jog into a drill or start slow, this trains their body to start slow. Since we are talking about speed exposing flaws, look for two things as they

go through and off the end of the hurdles.

1. Watch for arm position. Are they wild? Arms should be down at their side, with elbows bent near 90 degrees and "thumbs through the belt loops" as the arms pump.
2. Watch body posture. Are they upright? Athletes should maintain the fall-tall position not bending at the waist. They should be tall with a forward lean.

**Ladder:** *Move here for more lateral movements as well as a greater demand in cognitive skills.* From a logistical standpoint, ob-

serve from next to the middle of the ladder. Keep it only as simple as necessary, mixing up straight-ahead and lateral drills.

1. Watch for arm position and usage. Are the arms used? Are they wild? Arms should still be down to the sides with elbows bent near 90 degrees, but they tend to vibrate in place instead of actually swinging like on a run. If the arms are under control the feet will be better controlled and faster.
2. Watch the feet. Is the drill executed correctly? Are boxes skipped or repeated? Make sure the pattern is being completed properly and that steps outside the ladder stay close to the ladder.

The best way to correct these errors is to have your athletes "Slow Down to Speed Up." All training should be done as fast as you can with the qualifier "under control." If there was ever such a thing as too fast, it is when an athlete is wrecking an apparatus. Athletes should start slower and speed up as they master the mechanics and movement pattern. Teaching athletes the proper technique and attentively correcting flaws in a controlled environment will lead to faster, more agile play and greater success.

## \* ATTENTION \*

**TO ALL COACHES:** 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. If you have changed schools, please contact us and we will be happy to change that for you. 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.

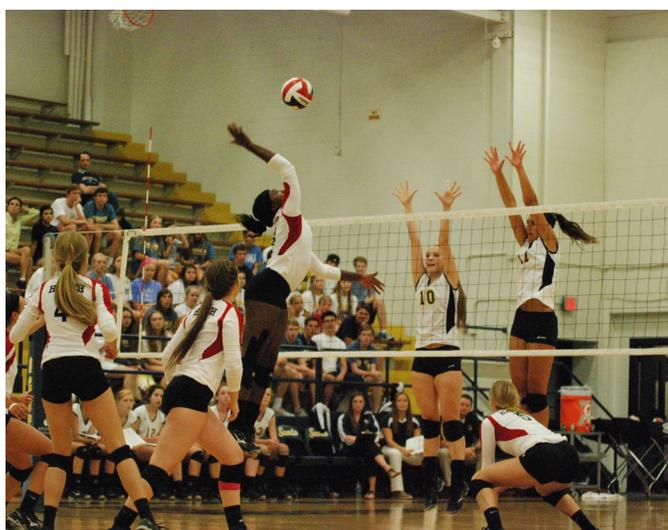


photo courtesy Jennifer Lamberth

BY BUTCH HART

# McDOUGALD ENJOYS SMALL TOWN LIFE BUT BIG TIME WINS

Almost 20 years ago, Jamie McDougald came to Iola, like the town, married a local young man and 19 years of winning volleyball has followed.

"I love the small town, I came here as a graduate student, met David, have a third grade son, and have never considered leaving," McDougald said.

McDougald leaving is not in the cards for the Bulldog faithful who would have no part of her absence. Under McDougald the bulldogs have never had a losing season (19 years and counting and have made six trips to the state tournament. Records and memories are a bit sketchy but by best accounts; Iola has won at least 20 matches in each of the past 14 season, although it

really might be up to 19 seasons.

McDougald loves her small town roots and has a refreshing attitude for her players.

"In this environment, I have the opportunity to get to know the girls starting in sixth grade, we grow up together, really get to know each other and it is a much better bond, it's not like they just flash through here a year and gone," McDougald said.

Iola has won over 30 matches this season (currently 33-2) despite playing a tough schedule stacked with larger schools. The Bulldogs are ranked second in state TGCA polls behind defending state champion Jewett Leon (37-1) which is ok with McDougald.

"Leon is very good and until

they lose, they are where they belong," McDougald said.

The 2013 Bulldogs have some fresh faces and some veterans are playing well as Iola moves into the final district matches and heads off to playoffs.

"We have two freshmen that have really developed nicely and we have two upperclassmen that are peaking at the right time," McDougald said.

When asked of her thoughts of small town versus big town advice to new coaches: "I think small town is the way to go, I understand the bright lights but it is really nice to feel at home where you coach," McDougald said.

## ONLINE NOMINATION DEADLINES BY SPORT

All online nominations for all sports in all categories will close the Monday at noon before the state tournament or meet. Please be sure to have your nominations done on time and online. Nomination deadlines by sport for 2013-14 are as follows:

### BASKETBALL

February 24

### SOCCER

April 14

### GOLF

April 28

### TRACK & FIELD

May 5

### SOFTBALL

May 26

## 2014 SUMMER CLINIC

The 2014 Summer Clinic will be held in Arlington, Texas, July 8-11, 2014.

The Summer Clinic schedule is currently posted to the website under the "Summer Clinic" category in the menu on the left-hand side of the homepage.

We will be using the same format as the 2013 Summer Clinic.

Be sure and mark your calendars! We will be posting all clinic dates to the website as soon as they are firmed up.

Please be sure to make plans to attend one or all of the TGCA clinics!

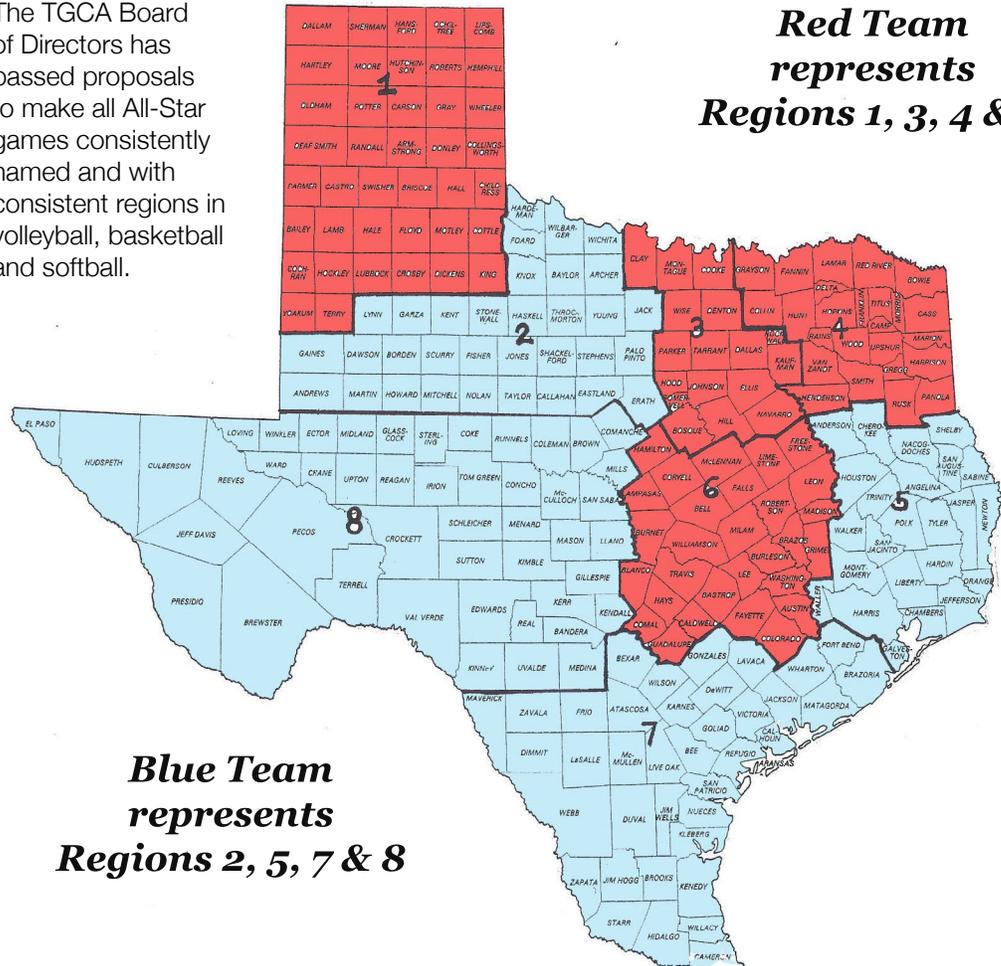


photo courtesy: Janeen Eudy

# TGCA REGIONAL MAP FOR RED/ BLUE ALL-STAR SELECTIONS

The TGCA Board of Directors has passed proposals to make all All-Star games consistently named and with consistent regions in volleyball, basketball and softball.

**Red Team  
represents  
Regions 1, 3, 4 & 6**



**Blue Team  
represents  
Regions 2, 5, 7 & 8**



photo courtesy: Jennifer Lambent



photo courtesy Brooke Plemons

# TGCA 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 indiv. points)
- 30 points for team state championship (no indiv. 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 indiv. points)
- 30 points for team state championship (no indiv. 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

# 10

## WAYS TO INCREASE YOUR ENERGY LEVEL

By James A. Peterson, Ph.D., FACSM

**1** Shake a leg. Get moving. Research indicates that being more physically active will boost an individual's energy level, just as engaging in a sedentary lifestyle will often lead to fatigue in a person. In this regard, exercising on a regular basis can be particularly beneficial. Not only can a workout trigger the release of feel-good endorphins, it can also lower an individual's level of elevated stress hormones.

**2** In the mood for food. Watch what you eat. Adhering to sound nutritional guidelines is integral to experiencing an enhanced level of get-up-and-go. In fact, poor eating habits can elicit feelings of fatigue. As such, the age-old caveats of "eat a healthy diet" (i.e., one that features an appropriate amount of vegetables, fruit, wholegrain foodstuffs, and low-fat dairy products, as opposed to foodstuffs that have elevated levels of fat, sugar, or salt) and "don't skip meals" (particularly breakfast) remain as relevant and applicable as ever.

**3** Rest in peace. Get enough sleep. As a rule, most adults function best on about seven-to-eight hours of sleep. In fact, not getting enough sleep or not experiencing quality sleep (i.e., relaxed restorative, undisturbed) is a common cause of fatigue during the day. It is also important to note that it can take up to two hours for an individual's brain to become fully alert once a person wakes up.

**4** Find inner peace. Learn to relax. Individuals should identify and address issues/problems in their life that may be causing them to experience prolonged bouts of anxiety. Studies show that constant anx-

ety can zap the body of energy. One viable strategy in this regard is to learn and practice specific relaxation techniques (e.g., yoga or meditation) to help minimize the release of adrenaline. Another possible step to counter any potential energy drain is to try to carve out some time each day to simply relax (i.e., do nothing).

**5** Too much stimulation. Don't overdose on caffeine. Too much caffeine, particularly in the evening, can lead to insomnia, which in turn can result in fatigue during a person's waking hours. As a general rule, caffeinated drinks should be limited to no more than five per day. In fact, as a pick-me-up, coffee tends to work in the short-run. On the other hand, ingesting an excessive amount of caffeine (i.e., the exact amount is dependent on a number of factors and tends to vary from person to person) can cause a number of problematic side-effects, including an upset stomach, irritability, accelerated heartbeat, and muscle tremors.

**6** Enough already. Don't over-or under- eat. Eating too much can drain an individual's energy. On the other hand, not eating enough can lower a person's metabolism level and cause them to feel lethargic. The key for individuals is to consume enough foodstuffs to meet their daily caloric needs (Note: crash dieting is highly discouraged for anyone who wants to fire on all cylinders energy-wise), but not too much. Furthermore, snacking can also be an effective tool in an effort to maintain and/or boost energy. Eating the right snacks at the right time over the course of the day can help prevent significant changes in a person's energy level.

**7** It's just a job. Reduce stress in the workplace. More often than not, problems occur at work that lead to fatigue. The key for individuals is to manage these situations so that these matters don't have a negative impact on their level of energy. The first step in that regard is to put any problems into perspective. In fact, no one's life is problem-free. Every problem has a solution. Every situation can be dealt with rationally, even if it eventually means finding a new job.

**8** Lighten up on lighting up. Don't smoke. In addition to being bad for a person's health, smoking also tends to be counterproductive to any attempt to have more energy. For example, the body makes energy by combining glucose with oxygen. On the other hand, cigarette smoke contains carbon monoxide, a substance that reduces the amount of oxygen available in the blood. Not surprisingly, smokers typically have lower energy levels than non-smokers.

**9** Laughter as medicine. Incorporate fun in your life. Individuals should do whatever they can to make sure that they have enough time for fun. In fact, laughter has been found to be a very effective energy booster. Not only does it lift a person's mood and immune system, it also can elicit the release of beneficial hormones in the body.

**10** A cautionary note. See a physician if it appears that nothing can be done to boost your energy level. It is important to make sure that your persistent fatigue is not the result of an underlying medical problem.

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.

# BASIC NUTRITION GUIDE FOR ATHLETES

By Amy Goodson, MS, RD, CSSD, LD

With the holidays in full swing,, it's time to brush up on your Sports Nutrition! We're taking it back to the basics with the United States Department of Agriculture's MyPlate. MyPlate is a visual representation of how much to eat of the different food groups in the form of a plate. We're going to break down each of the food groups to show why including foods from each group are necessary for your body to function and perform at optimal potential.

Fruits and vegetables should cover most of your plate at lunch and dinner and can be included in snacks throughout the day. This food group provides important vitamins and minerals that are essential to your body's daily functions and training needs. The different colors of fruits and vegetables contain different properties called antioxidants and phytochemicals which can help fight off disease and keep you healthy around the clock, and especially during your season. Incorporating multiple colors of fruits and vegetables at meals and snacks is a great way to make sure you are getting all the benefits of all the colors. Fruits and vegetables also have a high water content that can aid in hydration, particularly in the hot months.

The grain food group is what your body uses the most for energy throughout the day and to fuel your workouts. Grains include foods like breads, rolls, wraps, cereals, pasta, rice, crackers, oatmeal, and



potatoes. Whole grain varieties are the best options to choose as they have more fiber and nutrients than refined grain products and give you sustained energy to keep you working hard. It's important to have a whole grain product (or another type of carbohydrate like fruit) with your meal before a work out to give you that sustained energy to get you through practice.

Protein is the food group that influences muscle recovery and repair after exercise. Protein foods can be animal proteins (meat, poultry, seafood, eggs), vegetable proteins (beans, pea, nuts, seeds) and soy products. Dairy products also have some protein. Lean proteins, such as 93% lean ground beef, top loin, tenderloin, skinless chicken breasts, and fish, are the best options as they are lower in saturated fat. Protein should be included at all meals and snacks, but especially post-exercise, with adequate carbohydrate, to jump start the recovery process when your muscles are most sensitive and in need of repair.

All fluid milk products, as well as foods made from milk are found

in the dairy group. Low fat or fat free options of milk, yogurt, and cheeses are the preferred choices when selecting dairy products. Dairy foods can be used as a part of snacks or included in meals. Dairy products have essential nutrients for bone health, such as calcium, vitamin D, and phosphorus, which help to build and maintain strong bones. Because dairy foods contain carbohydrate, protein, and some fat, they are great to include in a pre- or post-workout snack. Low fat chocolate milk is an ideal post-workout snack as it has carbohydrate and a little fat for energy, protein for muscle repair, and vitamins and minerals for rehydration and recovery.

The final group is oil or fat. Although it is not depicted in the MyPlate visual, fat and oils are a part of every athlete's diet. Fat has the most calories per gram and can be used as fuel during exercise. However, fat slows down digestion more than any other nutrient so you want to make sure to eat small amounts of fat during the day and around workouts as to not slow you down. In your diet, you want to include more of the "good fats" such as nuts, seeds, flaxseed, peanut butter, olive oil, avocado, and omega-3 rich fish and limit the "bad fats" such as fried foods, pastries, creamy sauces and dressings, full-fat sour cream, cream cheese, and mayonnaise.

**Contributing Author:** Jennifer Gavia, RD, LD



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## Sarah Reese Womack

Operations Coordinator  
Kay Yow Cancer Fund™  
5121 Kingdom Way,  
Suite 305  
Raleigh, NC 27607  
E-Mail: [sarah.womack@kayyow.com](mailto:sarah.womack@kayyow.com)  
Office: 919-659-3301  
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TGCA has jointly sponsored with American Income Life to now supply all of its members a \$4,000.00 Accidental Death & Dismemberment (AD&D) benefit through

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Soccer: First Day for Practice	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26.			Soccer: First Day for Scrimmages	
TGCA OFFICE CLOSED						
29	30	31				
TGCA OFFICE CLOSED						

**TGCA HOTEL RESERVATIONS DIRECT LINKS**

Radisson Austin - \$112.00

Crowne Plaza - \$109.00

LaQuinta - Use code TGCA to obtain the TGCA rate (Subject to Availability)

Austin Omni Southpark - \$119.00 or \$129.00 with breakfast, but you must call the hotel direct to make reservations for the breakfast rate, 1-800-THE-OMNI

These are year-round rates. (Cannot be used during Summer Clinic). Just click on the link and the code is automatically entered. Enjoy your stay!



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## TGCA NEWS

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1603 Manor Rd.,  
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(512) 708-1333,  
(512) 708-1325 (fax),  
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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 website 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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photo courtesy Jennifer Fennell