



# TGCA NEWS

OCTOBER 2014



## 2014-15 TGCA OFFICERS



**President of TGCA**  
Mitch Williams  
Whitney HS



**1st Vice President**  
Liana Gombert  
Smithson Valley HS



**2nd Vice President**  
Loyd Morgan  
Rogers HS



**Past President**  
Kari Bensed  
Frisco Centennial HS



**Executive Director**  
Sam Tipton  
TGCA Office



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





# 10.14

## FEATURE ARTICLES

cover photo courtesy Lisa Davis



photo courtesy Jennifer Kazmierski

BREAST CANCER AWARENESS MONTH



### Timely, Specific Feedback

By Tammy Clark,  
TGCA Volleyball  
Chair

**PAGE 1**

### UIL Legislative Council Meeting Results

By UIL Press  
Release

**PAGE 3**

### The Dreaded ACL Injury

By A to Z -  
Building Better  
Coaches

**PAGE 7**

### 10 Nice-to-Know Facts About Chocolate

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

**PAGE 8**

### What We Do & Don't Know About ACL Injuries

By Kiley Cohen,  
Texas Health

**PAGE 9**

## ALSO INSIDE

Volleyball Committee .....1	Volleyball State .....4	Meet the TGCA.....6	Important Dates .....10
HOF Nomination Criteria ..2	TGCA Past Presidents ...5	TGCA Resource Center..7	Sponsors ..... 11
Cross Country	Online Nominations.....5	Kay Yow Cancer Fund	
Committee .....2	2015 Summer Clinic .....5	Charity Information .....9	
Cross Country State.....4	Exec. Dir. Announcement.6	AD&D Benefit .....9	

# TIMELY, SPECIFIC FEEDBACK

By Tammy Clark // TGCA Volleyball Committee Chair // Granbury HS



**T**here are many different things we are deliberate about to include our offensive and defensive philosophy, our drill selection, time dedicated to specific skill building, game management, etc. One area that deserves our attention and can greatly impact the development of our athletes throughout the program is our delivery of timely and specific feedback.

Our words are powerful in the development of these young athletes. It is essential to think about what needs to be said, when it needs to be said, and how to say it, all the while be prepared that they may not “fix it” the first few times we attempt to correct deficiencies. Even though this is common at the early stages of an athletes’ development, this apparent selective hearing can be a point of frustration for coaches. Consistent, deliberate, frequent and constructive feedback will ensure that the athletes begin to self correct and improve more rapidly than with repetitive touches alone. To make this easier, keep your feedback short and exact, using repetitive key words and phrases for one physical thing they can fix.

Another positive result of specific feedback is the mind shift for the athlete away from the “I made a mistake”, “I can’t”, “How embarrassing”, “Is the coach going to sub me?” A mindset that is completely personal and not at all team oriented. Our feedback could make them ready to try the next ball, with the new plan of attack, so they can make the next touch better for them (and their team). It is essential to help them make this transition during play so that they do not get stuck in the negative mindset and turn

one mistake into two or three in a row. We must recognize this with them and give that timely feedback making positive, action words become the self talk they will hear when those mis-touches happen again. Over time, their self corrections will become the habit. And then you will move on to correct something else.

With younger players that are just learning the game, the feedback is just as essential but can be overwhelming for the coach. How does a coach of young athletes choose what to provide feedback on? My advice for volleyball coaches (and hopefully there is some carryover for everyone else) is to fix the feet and movement to ball first. More simply, “fix their feet and then move up.” It is important to remain consistent throughout the coaching staff. I try to be very specific with the key words used to correct common skill errors and then model them during summer camp and two-a-days with both the athletes and my sub varsity staff to ensure this consistency at all levels of the program. As we teach the progression of each skill, we repeat the same key words from the feet up for each part of the body. (To use passing for an example, “rebalance” or “front the ball” or “toes not heels” or “get in your hips” or “hands to the ball” or “freeze to target” or “shoulders to target”. You get the idea.) I believe it is easier for the athletes to progress from junior

high to high school when we are deliberate as a staff with our feedback. It also is helpful to our staff, especially if they have limited volleyball experience. They are empowered to look for certain, and very specific, parts of each skill and perfect those with the specific key phrases those athletes will be hearing throughout their progression in the program.

So, are you being very deliberate and specific with your feedback to your athletes? Do you give timely feedback so they can address it on the very next touch and make that next touch better? Are you using key words and phrases your athletes will

hear at the next level as they progress through their program? This is a continuous focus of mine that I believe has a positive impact on our athletes and our program.



photo courtesy Courtney Pesterfield

## VOLLEYBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Courtney Pesterfield	Lubbock Cooper HS	5A-1
Traci Pierce	Plains HS	2A-1
Alysha Humpert	Rider HS	5A-2
Brenda Doyal	Jacksboro HS	3A-2
Tammy Clark*	Granbury HS	5A-3
Yolanda Beasley	Castleberry HS	4A-3
Melissa Lee	Lee HS	6A-4
Renae Whitaker	Caddo Mills HS	3A-4
Amanda McMeans	Klein Collins HS	6A-5
Denise Johnson**	Tarkington HS	4A-5
Robin Gerlich	New Braunfels HS	6A-6
Jeff Coker	Crawford HS	2A-6
Brandace Boren	Warren HS	6A-7
Patti Zenner	Poth HS	3A-7
Flo Valdez	Franklin HS	6A-8
Troy Canaba	Alpine HS	3A-8

\*Chair

\*\*Vice Chair





photo courtesy Katherine Ghant

## 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](http://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.

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
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods
2014	Sue Cannon Rhonda Farney

## CROSS COUNTRY COMMITTEE

NAME	HIGH SCHOOL	CONF-REG
Jason Troom	Lubbock HS	5A-1
Paul Darden	Sundown HS	2A-1
Deborah Gonzales	Wichita Falls HS	5A-2
Loy Triana	Burkburnett HS	4A-2
Shannon Utley	Summit HS	5A-3
Chance Westmoreland	Brock HS	3A-3
Mica Been	Denison HS	5A-4
J. B. Haggerty, Jr.	Tatum HS	4A-4
Deann Fudge	Barbers Hill HS	5A-5
Cody Cook	Tarkington HS	4A-5
Brittney Lanehart	Smithson Valley HS	6A-6
Jason Buie	Crawford HS	2A-6
Kathryn Howell	Veterans Memorial HS	5A-7
Cully Doyle	Gonzales HS	4A-7
Tracey Borchardt	Odessa HS	6A-8
Will Reid	Harper HS	2A-8



photo courtesy Nema House

# UIL LEGISLATIVE COUNCIL MEETING RESULTS

October 20, 2014 // UIL Press Release

AUSTIN— The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council approved proposals to create pilot contests in robotics, copy editing, conference 1A marching band, and computer science for A+ Academics.

In academics, the council voted to place on a referendum ballot a proposal to allow schools in conferences 1A and 2A to utilize students enrolled in grade 8 for One-Act Play. An amendment to eliminate the speaker at the state level for the Feature Writing Contest was also approved by the council.

In athletics, an amendment to create a pilot program providing home field advantage

to the higher seed in the first round of the 2015 6A football playoffs was unanimously approved by the council. The 32-member rule making body also voted to increase the number of teams advancing to the playoffs from each district from three to four for all conference 2A varsity team sports.

A proposal to create a separate championship for Conference 1A volleyball for the 2015-2016 school year was approved. The current alignment will be utilized with 2A and 1A school grouped together for district play. Conference 2A schools would then be divided into a separate playoff bracket and 1A schools would be divided into a separate playoff bracket.

In music, a proposal to create a state mariachi contest pilot was approved by the council.

An amendment to modify the formula used to determine the number of bands advancing from area to state in UIL Marching Band was also passed by the council to account for bands that qualify to compete at area marching band contest but opt not to do so.

In other action, the council passed a proposed committee structure and process for implementation of the review and rewrite of the UIL Constitution and Contest Rules, as required by the Sunset Commission.

The Commissioner of Education must approve amendments passed by the UIL Legislative Council before they may take effect. If approved by the Commissioner of Education, these rules will take effect on August 1, 2015.



photo courtesy Linda Kinna



photo courtesy Ashley Itemen

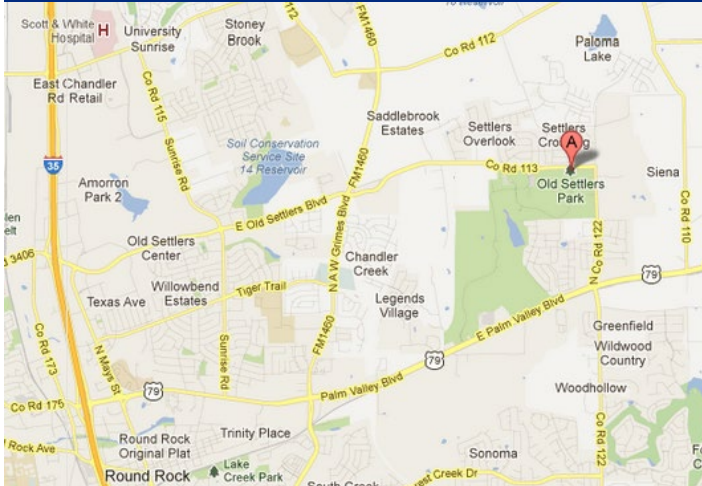
## \* ATTENTION \*

**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.



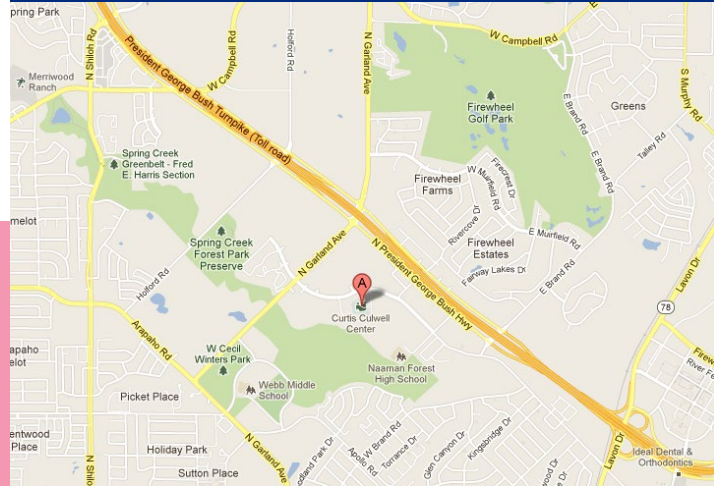
# CROSS COUNTRY STATE MEET

OLD SETTLERS PARK | ROUND ROCK, TX  
NOVEMBER 8, 2014



# VOLLEYBALL STATE TOURNAMENT

CURTIS CULWELL CENTER | GARLAND, TX  
NOVEMBER 20-22, 2014



## SCHEDULE

Girls 2A - 9 AM  
Girls 3A - 9:50 AM  
Girls 4A - 10:40 AM  
Girls 5A - 11:30 AM  
Girls 6A - 12:30 PM  
Girls 1A - 1:30 PM

## TICKET INFORMATION

Student ... \$5.00  
Adult ... \$5.00

## PUBLIC PARKING

Parking and shuttle service will be available at the Dell Diamond parking area for \$5.00 per day.

## RESTROOMS

There will be no dressing facilities. Portable toilets will be available to the public and athletes.

## PROGRAMS, T-SHIRTS, CONCESSIONS

Programs will be available for \$5.00. T-shirts and other items will be available for purchase. Concessions will be available from 8:00 am - 2:30 pm. Hamburgers, hot dogs, chips, drinks, etc. will be available.

## RESULTS

Final results will be posted at the meet site. Official results will be posted on the UIL website.

## SPECTATORS

Spectators will be charged an admission fee of \$5.00 (per person). Spectators must stay off the course as marked, away from the starting line and finish line, and in roped areas to avoid interfering with any aspect of the race.

## SCHEDULE

Nov. 21	Nov. 22	Nov. 23
3A Semi - 1 PM	2A Semi - 9 AM	2A Final - 9 AM
3A Semi - 3 PM	2A Semi - 11 AM	3A Final - 11:30 AM
5A Semi - 5 PM	4A Semi - 1 PM	4A Final - 2 PM
5A Semi - 7 PM	4A Semi - 3 PM	5A Final - 4:30 PM
	6A Semi - 5 PM	6A Final - 7 PM
	6A Semi - 7 PM	

## TICKET INFORMATION

Student ... \$5.00  
Adult ... \$10.00  
Coaches/Officials All-Tournament ... \$20.00  
All-Tournament 3-day ... \$25.00  
All-Tournament 2-day ... \$18.00

Cash and credit cards will be accepted. Ticket sales begin 2 hours prior to the scheduled match time (no pre-sale). Doors will open one hour prior to the first match.

## PUBLIC PARKING

Parking at the Curtis Culwell Center is \$5.



photo courtesy: Mark Lebard

# TGCA PAST PRESIDENTS

Velma Harrison	1952-53	Ralph Newton	1979-80	Alex Koulovatos	2006-07
	1953-54	Janie Fitzgerald	1980-81	Debra Manley	2007-08
Marvin Williams *	1954-55	Mark Smith	1981-82	Lee Grisham	2008-09
Mary Beccue *	1955-56	Diana Lewis	1982-83		2009-10
Charles Womack *	1956-57			Wes Overton	2010-11
Rose Farmer	1957-58	Michael Adams	1984-85	Donna Benotti	2011-12
J.W. Booker *	1958-59	Judy Dunn*	1985-86	Rodney Gee	2012-13
Peggy Hughes	1959-60	Jim Kirkland	1986-87	Kari Bensed	2013-14
M.T. Rice *	1960-61	Sue Cannon	1987-88		
Jimmye Phillips	1961-62	Don Ford	1988-89		
LeRoy Hoff *	1962-63	Donna Grant	1989-90		
Ellen Johnson	1963-64	Phil Swenson	1990-91		
F.G. Crofford	1964-65	Rhonda Farney	1991-92		
Zonelle Cornett*	1965-66	Caylene Caddell	1992-93		
Freeman Parish *	1966-67	Barbara Crousen	1993-94	Dr. Margie Austin	1970-71
Sandra Meadows *	1967-68	Pat Mouser	1994-95	Jan Briggs	1971-72
Mitch LeMoine	1968-69	Melynn Hunt	1995-96	Jane Arnett	1972-73
Wayne DuBose*	1969-70	Sam Tipton	1996-97	Arline Basye	1973-74
Shirley Hayworth	1970-71	Marianne Jones	1997-98	Marion Young	1974-75
Stanley Whisenhunt	1971-72	Larry Goad	1998-99	Judy Bugher	1975-76
Leta Andrews	1972-73	Brenda Kitten	1999-2000	Waynette Dolan	1976-77
Bill Farney	1973-74	Rob Young	2000-01	Norma Pullin	1977-78
Janette Barlow	1974-75	Krista Malmstrom	2001-02		
Bob Schneider	1975-76	Ron Mouser	2002-03		
Gay Benson	1976-77	Debbie Jaehne	2003-04		
Buddy Ables	1977-78	Ray Baca	2004-05		
Sandra Meadows *	1978-79	Leann Johnston	2005-06		

## TVCA PAST PRESIDENTS

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

## 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 2014-15 are as follows:

### CROSS COUNTRY

November 3

### VOLLEYBALL

November 17

### CHEERLEADING

January 19

### BASKETBALL

March 2

### SOCCER

April 13

### GOLF

April 27

### TRACK & FIELD

May 11

### SOFTBALL

June 1

## 2015 SUMMER CLINIC

The 2015 TGCA Summer Clinic will be held in Austin at the Austin Convention Center July 14-17, for both the Athletic Division and the Spirit Division. The agenda will be posted to the website soon under the "Summer Clinic" category. We are changing the format this year, so be sure and check out the agenda once we get it online. Make your plans early to attend. We look forward to seeing you there!

All satellite Sports Clinics agendas and dates will be posted as soon as the dates are confirmed. We hope you'll make plans to attend one or all of the TGCA clinics in 2015.



photo courtesy: Eric Miracle



# TGCA BECOMES A CONTINUING PROFESSIONAL EDUCATIONAL PROVIDER FOR TEA – (CPE#) 902285

by Sam Tipton // TGCA Executive Director

The Texas Girls Coaches Association was notified by the Texas Education Agency (TEA) on October 13, 2014, that TGCA was awarded a continuing professional educational provider number.

Lee Grisham, Assistant to the Executive Director, prepared the paperwork and was the TGCA liaison to the TEA on the project. Being a CPE provider will enhance the importance of the health, safety, and technique training offered at the TGCA satellite clinics and the annual TGCA Summer Clinic for athletic and cheer coaches. The TGCA satellite clinics are designed for intermediate and sub-varsity coaches, and are currently being held in San Antonio, Lubbock, Houston,



photo courtesy Carl Lowery

and El Paso. There is a demand to extend the satellite clinics to East Texas, Austin, and The Valley.

The TGCA Summer Clinic will be held at the Austin Convention Center, in conjunction with the All-Star games and Honor Awards Banquet, on July 14-17. The CPE number will give our athletic and cheer coaches the opportunity to receive professional and staff development credit hours at the discretion of their local districts. This will enable the Texas Girls Coaches Association to take to a higher level the desire to educate and train the member coaches to be an integral part of the educational process.

Please go to [www.austintgca.com](http://www.austintgca.com) to obtain valuable information concerning the Texas Girls Coaches Association.

## MEET YOUR 2014-15 TGCA 2nd VICE PRESIDENT

**Lloyd Morgan** // Rogers HS

**High School Graduated From:** Rogers High School

**College(s) Attended:** University of Mary-Hardin Baylor

**Teaching Assignments:** Anatomy and Physiology , Aquatic Science

**Coaching Assignments:** Girls Athletic Coordinator, Head Basketball and Head Track

**Children & Ages:** Jessica (24) Marine Scientist in Ontario, Canada and Katelyn Morgan (22) Biology Teacher, Plainview High School, Plainview , Texas

**What It Means to Be an Officer in TGCA:** It is an honor to be chosen by my peers to serve on the TGCA Executive Committee. I look forward to working with the UIL, Sam, Lee, Kari, Mitch and Liana as we strive to help coaches and female athletes across the state. It is a great opportunity to give back to a profession that has given so much to me. Student athletes are the leaders of our future and I'm humbled to have the opportunity to impact their lives.





# The Dreaded ACL Injury

What is your gut reaction to the letters ACL? Fear, pain, worry, all of the above? It seems all coaches have a level of uneasiness when thinking about the anterior cruciate ligament. Will you lose a player to an ACL tear this season?

As one of the main central stabilizer of the knee, an ACL injury can end a season or even a career. It is an injury many people diagnose from the sidelines when they see a player on the ground in the classic fetal position after changing direction, often with no contact.

Nobody wants to get hurt, but few injuries are feared as much as an ACL tear. Maybe it's because the recovery process is long and demanding, both physically and mentally. Maybe it's because it sticks out as a red flag on a resume to recruiters.

As coaches know, females are more susceptible to this injury than their male counterparts. There are many theories on why, including Q-angle differences, higher estrogen levels, and underdeveloped posterior-chain muscles, specifically the hamstrings.



photo courtesy Richelle Gonelli

We know we can't control everything but we must train to the best of our ability to control what we can.

The information available on ACL injury prevention isn't lacking. The trick is knowing what information is actually going to help your athletes. To be clear, there is no such thing as injury prevention or injury mitigation. No matter how good your training program, injuries do still happen.

So how do you reduce the risk of an ACL injury? Allow us to offer some suggestions:

- Strength train with a focus on balancing out the quads and hamstrings. Females tend to be

quad dominate, and this imbalance leaves the knee unstable and more susceptible to injury.

- Spend quality time teaching proper change of direction mechanics. Don't settle for lazy, sloppy turns. What athletes do in training they will most likely do in the game. Practicing changing direction with cone drills is an excellent way to instill proper mechanics and increase agility.
- Do single leg exercises to work on balance and stability. For example, try single leg lateral hops. Start easy, jumping side-to-side over a line, then gradually increase the height to a speed hurdle. Be sure to encourage your athletes to start

slowly so they become proficient at shifting their center of gravity without getting off balance.

- Incorporate more band work with high reps. A good exercise is putting a mini-band around your feet (over the shoelaces and under the arches), sitting with your knees together and bent at 90 degrees, then moving one foot to the side. Return the foot to the starting position and repeat until athletes "feel the burn."

As coaches we have an obligation to prepare our athletes. This includes equipping them with the proper skills and game plan, but also includes preparing them for the rigor of the game. Are your players properly prepared to change direction safely? Is their strength balanced? Do you address balance and stability? As coaches we can only do so much, but we have to make what we do count!

For more information on change of direction mechanics and cone drills visit [www.DX-3Athlete.com/coaches.php](http://www.DX-3Athlete.com/coaches.php).



## 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 de-

signed 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.

# 10

## NICE-TO-KNOW FACTS ABOUT CHOCOLATE

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

**1** *A ravenous love affair.* Flavorful seduction. For many people, chocolate has the power to captivate like no other foodstuff. Not surprisingly, a whole lot of chocolate is produced and consumed worldwide annually. In fact, chocolate accounts for almost twice as much in sales each year than all other non-chocolate candy items combined.

**2** *Leading from behind.* Not all countries in the world enjoy the sweet taste of chocolate equally. Despite the fact that Americans consume over 3 billion pounds of theobroma cocoa (the scientific name for chocolate) annually, the United States is only tenth in the annual consumption of chocolate. On average, Americans eat about a pound of chocolate a month—a figure that pales in comparison to each resident of Switzerland (consumption-wise the leading country) who partakes of almost twice that amount over the same period.

**3** *A healthy alternative.* Chocolate can be a healthy addition to a person's diet. In fact, several recent studies suggest that cocoa, the base of chocolate, can provide noteworthy health benefits for individuals. In its natural form, cocoa has been shown to lower blood pressure and improve circulation, as well as reduce the risk for diabetes and coronary heart disease.

**4** *The darker the better.* Because chocolate is made from plants, it contains many of the benefits of dark vegetables. The genesis of these benefits is the existence of plant-based antioxidant compounds, known as flavonoids, that are

found in chocolate which help protect the body against the various problems caused by free radicals. As such, the darker the chocolate, the higher it's likely to be in flavonoids. In turn, the higher the level of flavonoids, the greater the level of potential health benefits.

**5** *No free lunch.* In reality, dark chocolate not only can offer health benefits that other types of chocolate can't, it also has some health-related side effects that neither milk chocolate nor white chocolate has. For example, dark chocolate has a higher level of caffeine which can lead to several potentially problematic issues, such as an increased heart rate and an elevated level of anxiety and irritability. The chemical makeup of chocolate can also increase a person's chances of having kidney stones or experiencing migraine headaches.

**6** *Peace of mind.* Research suggests that eating a moderate amount of dark chocolate on a daily basis can significantly reduce an individual's level of stress hormones, as well as mitigate the metabolic effects of stress. Furthermore, not only does dark chocolate contain serotonin, which acts as an anti-depressant, it also stimulates the body's production of endorphins, which can enhance a person's feeling of pleasure.

**7** *Brain power boost.* One major study found that consuming foods rich in flavonoids (e.g., dark chocolate) can boost blood flow to key parts of the brain for several hours, which can enhance both alertness and performance in the short term. Other researchers who studied

the diets of individuals over the age of 70 determined that consuming flavonol-rich chocolate can improve cognition levels.

**8** *Avoid the nougat.* Individuals who want to maximize the health-related benefits of eating dark chocolate should shun consuming any chocolate with nougat, caramel, or other fillings. These substances add sugar and fat to the chocolate, which may expunge many of the benefits otherwise provided by eating the chocolate.

**9** *Old wife's tales.* In a number of instances, chocolate has gotten a bum rap. For example, chocolate does not cause acne. No link exists between eating chocolate and skin breakouts. In addition, no definitive correlation has been found worldwide to date between chocolate consumption and obesity rates. Some countries with a high prevalence of obesity and coronary heart disease have a relatively low level of chocolate consumption (and vice versa). Furthermore, chocolate does not cause tooth decay as much as some other foods high in sugar do.

**10** *Moderation, moderation, moderation.* No reason exists for individuals not to eat chocolate in moderation (e.g., a piece or two a month). On the other hand, the purported health-related benefits of chocolate do not increase in a linear fashion with consumption. What does increase when people eat more chocolate is the number of calories consumed. Comparatively speaking, chocolate is a calorie-rich food, with a relatively high level of saturated fat.

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.



The Kay Yow Cancer Fund™ is TGCA's charity of choice. We encourage you to get involved and join the fight against women's cancers. For information on the Fund, visit [www.KayYow.com](http://www.KayYow.com), or to register your Play 4Kay event, go to [www.Play4Kay.org](http://www.Play4Kay.org). For questions please contact:

### 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  
 Fax: 919-659-3309

To purchase merchandise from the Nike Kay Yow Collection, please contact Robin Pate at [Robin.Pate@KayYow.com](mailto:Robin.Pate@KayYow.com), or call his direct line, 919-659-3303.

## WHAT WE DO AND DON'T KNOW ABOUT ACL INJURIES

By Kiley Cohen, PT, DPT, MPT, SCS, CSCS  
[www.texashealth.org/benhogan](http://www.texashealth.org/benhogan)

It is well documented that female athletes are 4 to 6 times more likely to injure their anterior cruciate ligament (ACL) than male athletes in similar sports. Multiple biomechanical, neuromuscular, structural, and hormonal factors help explain this gender difference. Researchers agree that there are many causes of female ACL injury; however, attempts are being made to isolate the most important and modifiable factors. As a result, 'ACL prevention' programs focusing on combinations of plyometric, balance, strength, core stability, speed/agility training, and athlete education have been developed. Research regarding these programs has been inconclusive but does suggest that some of these individual training and educational components may help reduce ACL injury risk in female athletes. The following information addresses each of the components of ACL prevention programs and concludes with recommendations based on re-

search findings.

#### What we do know:

Neuromuscular training programs may lower ACL injury risk in female athletes if:

- o The intervention programs incorporate balance exercise, plyometrics, threshold training, athlete education, and strength training.
- o The program is performed at least two times per week and the duration of the program is at least six weeks.
- o ACL intervention programs are most cost-effective and efficient when performed during pre-season or in-season training.

These training programs may reduce gender-related differences in variables thought to contribute to ACL injury, including:

- o Poor force absorption

- o Inadequate joint stiffness or joint stabilization
- o Muscle imbalances (quadriceps dominance and leg dominance)
- o Dysfunctional biomechanics

Neuromuscular training programs may also improve athletic performance in female athletes.

#### What we don't know:

What elements of an injury prevention program are most effective and efficient in preventing ACL injuries?

What is the ideal frequency, intensity, and duration of a prevention program?

How long do the effects of these programs last?

At what age should athletes begin prevention programs?

How do we best tailor the program to the athlete's sport, age, or other individual variables?

photo courtesy: Jeff Johnson



## AD&D Benefit

### (Accidental Death and Dismemberment)

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

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. Contact Michelle Baker for more information, [msbaker@allife.com](mailto:msbaker@allife.com) or (866) 797-6455.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>CROSS COUNTRY: REGIONAL MEETS</b>  <b>TEAM TENNIS: REGIONAL TOURNAMENTS</b>	<b>1</b> TGCA: Nomination Membership Deadline Volleyball: District Certification Deadline Girls Basketball: First Day for Scrimmages
<b>2</b>	<b>3</b> <b>VOLLEYBALL: BI-DISTRICT</b>  TGCA: Cross Country Nomination Deadline, 12 Noon	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
			<b>TEAM TENNIS: STATE TOURNAMENT</b>		<b>VOLLEYBALL: AREA</b>	<b>CROSS COUNTRY: STATE MEET</b>
<b>9</b>	<b>10</b> <b>VOLLEYBALL: REGIONAL QUARTERFINALS</b>  Girls Basketball: First Day for Interschool Games Wrestling: First Day for Meets & Tournaments	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
					<b>VOLLEYBALL: REGIONAL</b>	
<b>16</b>	<b>17</b> TGCA: Volleyball Nomination Deadline, 12 Noon	<b>18</b>	<b>19</b> TGCA: Volleyball Committee Meeting, 5 PM	<b>20</b>	<b>21</b>	<b>22</b>
				<b>VOLLEYBALL: STATE TOURNAMENT</b>		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
TGCA Board of Directors Meeting		<b>THANKSGIVING HOLIDAY: TGCA OFFICE CLOSED BEGINNING NOV. 25 @ 12 NOON</b>				
<b>30</b>						

## TGCA HOTEL RESERVATIONS DIRECT LINKS

**Orangewood Suites** - \$85.00 (King Suite w/ Couch) \$105.00 (King w/ Queen Loft, 2 bathrooms) Group Code: **TGCA** Free Breakfast (Subject to Availability)

**Crowne Plaza** - \$109.00 (Subject to Availability)

**LaQuinta** - Up to 20% off within Texas; up to 15% off outside of Texas Use code **TGCA** to obtain the TGCA rate (Subject to Availability)

**Austin Omni Southpark** - \$119.00 If you call the hotel directly at 512-448-2222, please use the code **UIL**. \$129.00 with breakfast, but you must call the hotel directly to make reservations for the breakfast rate and use the code **UIL Plus**, 1-800-THE-OMNI. (Subject to Availability)

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!



photo courtesy: Monica Schallenberger



# THANKS TO OUR SPONSORS



The power to do more



- American Income Life
- Athletic Supply
- Baden
- Balfour
- Coaches Choice
- Dell
- Gandy Ink
- Gulf Coast Specialties
- Jerry's Sporting Goods
- MaxPreps
- Mizuno
- Nike
- Russell
- Speedline
- Stromgren Supports
- Varsity
- Guy in the Yellow Tie - Tom Rogers Financial & Insurance Associates



**VARSITY**  
Guy in the Yellow Tie



**Tom Rogers**  
403(b) Annuities  
rtom@mesh.net



## 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 (e-mail);

It is published nine times per year, September through May.

**Executive Director:** Sam Tipton, Sam@austintgca.com

**Assistant to the Executive Director:** Lee Grisham, Lee@austintgca.com

**Administrative Assistant:** Audree Tipton, Audree@austintgca.com

**Membership & Exhibitor Coordinator:** Jesi Grisham-Perez, 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.



@AustinTGCA



photo courtesy: Ronnie Zamora