



TGCA NEWS

FEBRUARY 2016



2015-16 TGCA OFFICERS



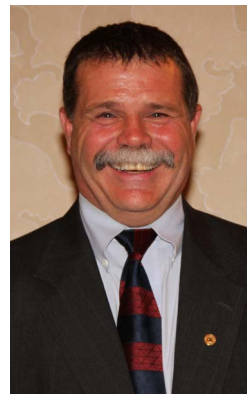
President of TGCA
Liana Gombert
Smithson Valley HS



1st Vice President
Loyd Morgan
Rogers HS



2nd Vice President
Kriss Ethridge
Coronado HS



Past President
Mitch Williams
Whitney HS



Executive Director
Sam Tipton
TGCA Office



Assistant to the Executive Director
Lee Grisham
TGCA Office



2.16

FEATURE ARTICLES

cover photo courtesy Jana Lemons



photo courtesy Brad Blalock

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MORE THAN A GAME

By Colby Pastusek // TGCA Basketball Chair // Bowie HS



Phil Jackson once said, “Like life, basketball is messy and unpredictable. It has its way with you, no matter how hard you try to control it. The trick is to experience each moment with a clear mind and open heart. When you do that, the game -and life- will take care of itself.”

Basketball offers many opportunities to succeed, and many chances to defy the odds. However, it also can cause you to get trapped just inside of half court, and, in a sense, forget what you’re good at.

When you’re in a game, down one with the ball, and you call a time out - staring into the eyes of teenagers anxious and eager to get the play - you find out a lot about yourself. You break out of the huddle; your team walks onto the floor and flawlessly executes the play. You feel smart; you feel vital and indispensable. The same scenario happens, but the ball doesn’t go in the basket. You lose. You feel inept and insufficient. You can think of thou-



photo courtesy Jamie Anderle

sands of reasons that you didn’t win and couldn’t put your players in situations to be successful. Your control is really no different in one scenario or the other.

However, whether or not the ball goes in makes all the difference in the world. Challenges and adversity are what make this profession worthwhile. The

measure of oneself really lies in what you do next. It’s your response that can define your past and determine your future.

In ten years of being a head coach I honestly can’t remember a season when things went exactly according to plan. I’m a planner and a fixer. I’ve learned through the years that this profession is as erratic as they

come. Sometimes you are on top of the mountain, and other days you have to pick yourself up and dust yourself off. Plan A better be good, but plan B needs to be great, and plan C must be impeccable.

We put our livelihood on the line with teenagers. It’s asinine

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TRACK & FIELD COMMITTEE



NAME	SCHOOL	CONF-REG
Traci Read	Farwell HS	2A-1
Stefani Shortes	Frenship HS	6A-1
Loy Triana	Burkburnett HS	4A-2
Phyllis Pappas	Rider HS	5A-2
Melinda Malone	Alvarado HS	4A-3
Shannon Utley	Summit HS	5A-3
Danny Mitchell	Tatum HS	4A-4
Madeleine Harris	Marshall HS	5A-4
Johnathan Snipes	Hamshire-Fannett HS	4A-5
Bren Jones	Goose Creek Memorial HS	5A-5
Patricia Rivers-Taylor	Smithville HS	4A-6
Quandalyn Lee	Manor HS	5A-6
Cully Doyle	Gonzales HS	4A-7
Brandi Bode**	Warren HS	6A-7
Steve Golemon*	Bandera HS	4A-8
Tracey Borchardt	Odessa HS	6A-8

*Chair **Vice Chair

MORE THAN A GAME (CONTINUED)

CONTINUED FROM PAGE 1

at times, and beyond challenging. It's like Vegas. It makes me want to come back for more. Kids can break your heart, but they can also give you hope. They can inspire you to the point that you, at times, wonder who the teacher is.

I've been blessed during my tenure at Bowie High School to learn from outstanding players. Players with numbers on their backs, but with so much significance as people: just good-to-the-core people that you want

to be around. All-State players who turned into all-state lawyers, nurses, and businesswomen. This game we play is about relationships. It has blessed me with lifelong friendships and a support system that surpasses all. On the days that I do forget what I am good at and when I question myself down to the right layup drill to do in practice that day, one phone call or text can bring it all back into perspective.

I am thankful for the relationships that God and basketball have blessed me with every



photo courtesy Buzz Cory

day. As I sit here going over the game plan for tonight's playoff game in my mind, my office is full of restless Lady Rabbits awaiting tip-off. My phone is flooding with text messages of support and encouragement.

I glance over at the scouting report sitting on my desk and reflect for a moment on all the hours of preparation that go into this game that we play. It makes me smile, and I can't wait for 7:00 p.m. to get here.

SOFTBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Michael Rose	Bushland HS	4A-1
Thanh Kinder	Caprock HS	5A-1
Lonnie Hise	Windthorst HS	2A-2
Stacey Herring	Abilene Cooper HS	5A-2
Mark Starnes	Brock HS	3A-3
Shannon M. Sullivan	Centennial HS	5A-3
Rheagan Penn	Mineola HS	3A-4
Jeffrey Roberts**	Lovejoy HS	5A-4
Debbie Peltier	Hamshire-Fannett HS	4A-5
Ashley Boyd	Atascocita HS	6A-5
Christopher Sommerfeld	Gatesville HS	4A-6
Wade Womack	Dripping Springs HS	5A-6
Jaime Cano	Woodsboro HS	2A-7
M K Pederson	Warren HS	6A-7
Lee Curry	Greenwood HS	4A-8
Shelley Prather*	J M Hanks H S	5A-8

*Chair **Vice Chair

NAME	SCHOOL	CONF-REG
Ches Tucker	Frenship HS	6A-1
Morgan Wright	Lubbock Cooper HS	5A-1
Randy Hynson*	Snyder HS	4A-2
Audrey Dunn	Big Spring HS	4A-2
Jessica Gray	Tidwell MS	4A-3
Desiree Shahan	Granbury HS	5A-3
Kelley Wilkins	Celina HS	4A-4
Jenny Beagle**	Pioneer Heritage MS	5A-4
Rhonda Burkhart	Crosby MS	5A-5
Sarah Gable	Keefer Crossing MS	5A-5
Amanda Yeager	Bellville HS	4A-6
Kayla Lindemann	Bellville HS	4A-6
Christina Jamerson	Marshall HS	6A-7
Melanie Padilla	Marshall HS	6A-7
Dianna Hester	Franklin HS	6A-8
Brooke Ashcraft	Bandera HS	4A-8

*Chair **Vice Chair

SUB-VARSITY COMMITTEE



TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 12 – 14, 2016

ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, www.austintgca.com, and if you are renewing your membership and registering for clinic, click on “Membership Site” in the menu on the left-hand side of the page. You will be required to log in. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. You may renew your membership and register for Summer Clinic there. **You must be a member of TGCA to attend either division of Summer Clinic.** Membership fee is \$60.00 and Summer Clinic fee is \$60.00, for a total of \$120.00.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled “First Time Member” in the menu on the left-hand side of the home page of the website, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had. If you do not remember your membership number or password, please contact us and we will be happy to assist you with that information.

You will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, www.austintgca.com, under the “Forms” category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, “2016-17 Printable Membership Form”. You can print the form, complete it, and mail it with a check or credit card number, or fax it or scan and email it with a valid credit card number to TGCA at 1603 Manor Road, Austin, TX, 78722-2536, fax (512) 708-1325, email tgca@austintgca.com.

ON-SITE REGISTRATION

On-site registration will begin Tuesday, July 12th, at 10:00 a.m., in the Arlington Convention Center, 1200 Ballpark Way. You may pick up your clinic packet, if you have pre-registered, beginning at those times, also.

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 14th. Go to the TGCA website, www.austintgca.com, and click on “Summer Clinic” in the menu on the left-hand side of the page, then click on “Hotel Reservation Services” (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington this year with their rates, but please remember that you **cannot** call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the hotel registration site.

HOTELS FOR SUMMER CLINIC

Baymont Inn & Suites

2401 Diplomacy Drive
King, Queen/Queen -- \$83.00

Crown Plaza Suites Arlington

700 Avenue H East
King Suite/Double Suite --
\$119.00

Hilton Arlington

2401 East Lamar Boulevard
Standard King --\$123.00
Standard Double -- \$133.00
Junior Suites -- \$123.00

Holiday Inn

1311 Wet N Wild Way
Standard King/Standard Double
Queens -- \$109.00

La Quinta Arlington North

(Next to Six Flags)
825 North Watson Road
Standard Doubles/Standard
King/King Accessible/King
Deluxe -- \$115.00

Sheraton Arlington

1500 Convention Center Drive
Single/Double/Triple/ Quad
-- \$129.00

2016 TGCA SUMMER CLINIC



photo courtesy Richard Wagner

The 2016 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 12 – 14. The agenda has now been posted to the website under the “Summer Clinic” category. The format has changed quite dramatically for 2016, so be sure and check it out soon. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there.

We are working on finalizing dates, times and places for the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2016 TGCA Clinics.



photo courtesy Heather Mealen

**IMPORTANT
2015-16
MEMBERSHIP
RENEWAL**

If you still need to renew your membership for the 2015-16 year, you will need to print the 2015-16 membership form from the website under the “Forms” category in the menu on the left-hand side of the main page of the website, and mail with a check, or fax or email it with a valid credit card number. You can no longer renew on-line for the 2015-16 year.

TGCA 2016 SATELLITE SPORTS CLINICS

BE SURE TO PUT THESE IMPORTANT DATES ON YOUR CALENDAR AND MAKE PLANS EARLY TO ATTEND.

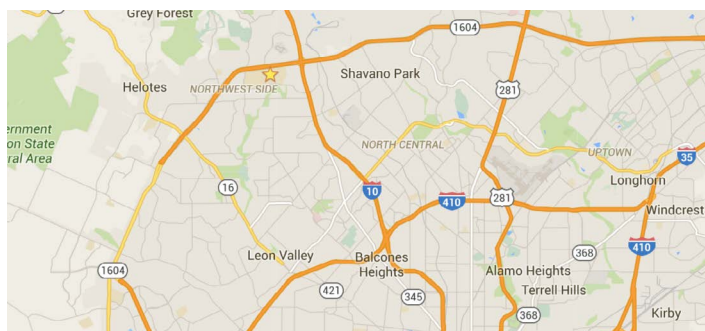
TGCA will be hosting four Satellite Sports Clinics in 2016. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other

Clinics" category, both located in the menu on the left-hand side of the main page. We would encourage you to do your registration and membership renewal online. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form

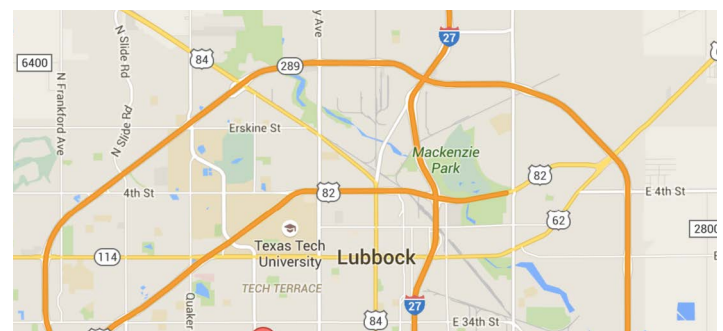
you want to print, complete it and either snail mail with a check or fax with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be happy to assist you.

Agendas for all clinics will be available on the main page of the website as soon as they are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

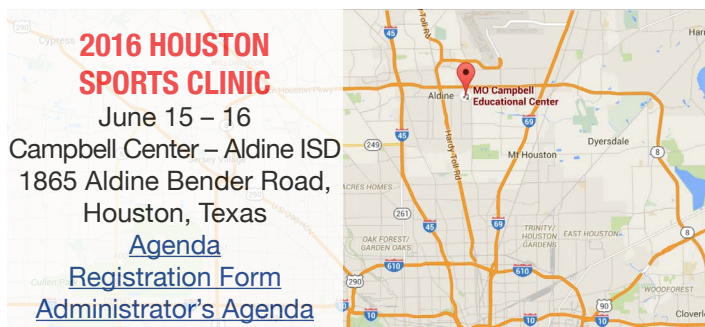
2016 TGCA SATELLITE SPORTS CLINICS LOCATIONS



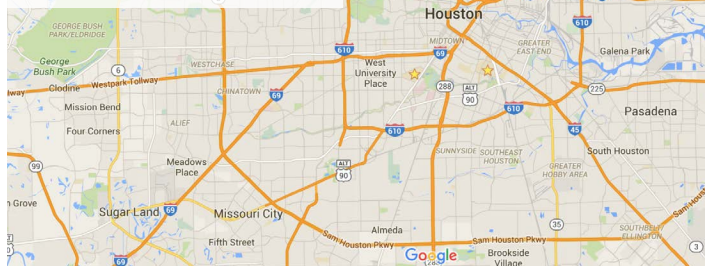

2016 SAN ANTONIO SPORTS CLINIC
 May 20 – 21
 Lanier HS
 1514 W Cesar E. Chavez
 San Antonio, Texas
[Agenda](#)
[Registration Form](#)



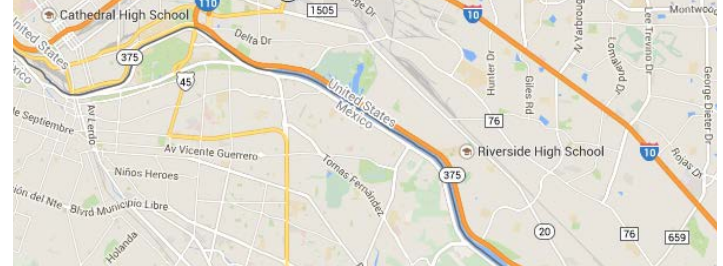
2016 REGION I LUBBOCK SPORTS CLINIC
 June 10 - 11
 Monterey HS
 3211 47th St.
 Lubbock, TX
[Agenda](#)
[Registration Form](#)



2016 HOUSTON SPORTS CLINIC
 June 15 – 16
 Campbell Center – Aldine ISD
 1865 Aldine Bender Road,
 Houston, Texas
[Agenda](#)
[Registration Form](#)
[Administrator's Agenda](#)

2016 EL PASO SPORTS CLINIC
 July 21 – 22
 TBA
 El Paso, Texas
[Agenda](#)
[Registration Form](#)



CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2015-16 UIL STATE CHEERLEADING CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
Small Co-Ed	Marie Renee'Palacios	Hidalgo Early College High School
Large Co-Ed	Melissa McPherson	Azle High School
1A	Carrie Smith and Leslie Hutchinson	Paducah High School
2A	Michea Davis	Junction High School
3A	Jenna Wilkins	Mount Vernon High School
4A	Liz Hadley	Jasper High School
5A	Ashley Johnson	Alamo Heights High School
6A	Shannon McKinley	Johnson High School

SPORTS WRITERS OF THE YEAR AWARD

ONLINE NOMINATION
DEADLINES BY SPORT

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will be for sports

writers with newspapers with circulations of more than 20,000 and Division II will be for sports writers with circulations of less than 20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all

the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the TGCA Board of Directors meeting on March 6, 2016.

The nomination deadline for online nominations for all sports and spirit is the Monday before the state meet or tournament of that sport at 12:00 noon. If that online date is missed, the coach is responsible for submitting paper copies of nominations to their regional representative for the respective committee to be hand-delivered at the committee meeting. The 2015-16 online nomination deadlines are as follows:

SOCCER

April 11

GOLF

April 25

TRACK & FIELD

May 9

TENNIS

May 16

SOFTBALL

May 30

You must be a member of TGCA before November 1st in order to be eligible to nominate athletes or receive honors.

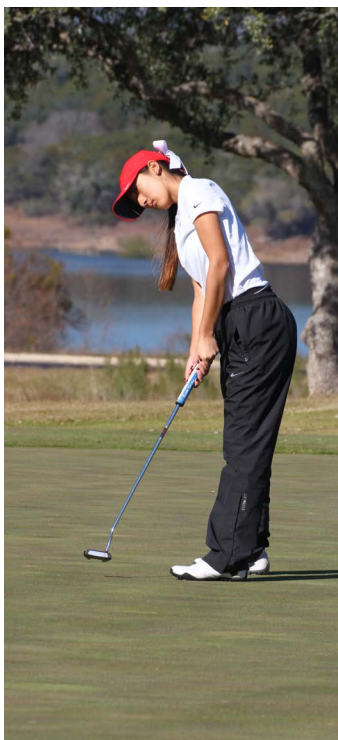


photo courtesy: Chuck Nowland

IMPORTANT REMINDER FOR GOLF, SOCCER AND TENNIS HONORS

Just a reminder to all of our golf, soccer and tennis coaches that TGCA will be selecting an Athlete of the Year in 1A-2A-3A-4A and 5A-6A in golf and tennis, and one Athlete of the Year for 4A-5A-6A in soccer, and a Coach of the Year in 1A-2A-3A-4A and 5A-6A in golf and tennis, and one Coach of the Year for 4A-5A-6A in soccer. Don't forget to do your nominations for these honors when you do your nominations for Academic All-State. Ath-

lete of the Year recipients must be seniors. Coach of the Year recipients must be a member in good standing of TGCA, and must have been a member before the November 1st membership deadline for honors. All head coaches of all sports must have been members of TGCA by the November 1st membership deadline for honors to be eligible to nominate for honors or to receive honors themselves.

2016 UIL GIRLS BASKETBALL STATE TOURNAMENT

ALAMODOME: MARCH 3 - 5, 2016

THURSDAY, MARCH 3

SESSION 1

8:30 AM - Conference 1A Semifinal
Chireno vs. Nazareth
10 AM - Conference 1A Semifinal
Roby vs. Lipan

SESSION 2

1:30 PM - Conference 3A Semifinal
Brock vs. Little River Academy
3 PM - Conference 3A Semifinal
San Antonio Cole vs. Wall

SESSION 3

7 PM - Conference 5A Semifinal
Canyon vs. Crosby
8:30 PM - Conference 5A Semifinal
Cedar Park Vista Ridge vs. Frisco Liberty

FRIDAY, MARCH 4

SESSION 4

8:30 AM - Conference 2A Semifinal
Panhandle vs. Martin's Mill
10 AM - Conference 2A Semifinal
Weimar vs. La Rue La Poynor

SESSION 5

1:30 PM - Conference 4A Semifinal
Waco La Vega vs. Abilene Wylie
3 PM - Conference 4A Semifinal
Argyle vs. Liberty Hill

SESSION 6

7 PM - Conference 6A Semifinal
GP North Shore vs. Spring Dekaney
8:30 PM - Conference 6A Semifinal
Duncanville vs. Cibolo Steele

SATURDAY, MARCH 5

SESSION 7

8:30 AM
Conference 1A Final
10 AM
Conference 3A Final

SESSION 8

1:30 PM
Conference 2A Final
3 PM
Conference 5A Final

SESSION 9

7 PM
Conference 4A Final
8:30 PM
Conference 6A Final

PARKING AND HOTEL INFORMATION

Parking is available in Alamodome Lots B & C. Parking is \$15/space cash only, no re-entry. View the parking map [here](#).

PLEASE NOTE: During peak traffic times, north bound Cherry Street will be closed at Cesar Chavez Street. To access lot C or B travel south on Cherry Street from Commerce Street

or Houston Street.

For more information on parking, visit:

<http://www.uiltexas.org/basketball/state-girls/girls-basketball-state-tournament-spectator-information>

Explore San Antonio (hotel information included - please note, rates listed are subject to change based on dates):

<http://visitsanantonio.com/2016UIL>

NIKE COACHES PARTY

In conjunction with the UIL State Basketball Championships you are invited to join us for:



THE NIKE COACHES PARTY

HARDWOOD TEXAS PAVILLION

At Sunset Station – North Alamo Dome Entrance

FRIDAY MARCH 4, 2016

12 Noon - 6:00 PM

Preview New Nike Basketball Gear
Mingle with Nike and Team Representatives
Meet with your Nike Team Dealer
Watch Streamed UIL Playoff Games
Nike Head Coach Raffle (held every Hour)
Earn Free Drink Ticket (if wearing nike shirt/shoes)
Free Food Ticket for Nike Coaches

(MUST RSVP PRIOR TO EVENT)

CLICK [HERE](#) TO RSVP



photo courtesy: Brooke Robinson

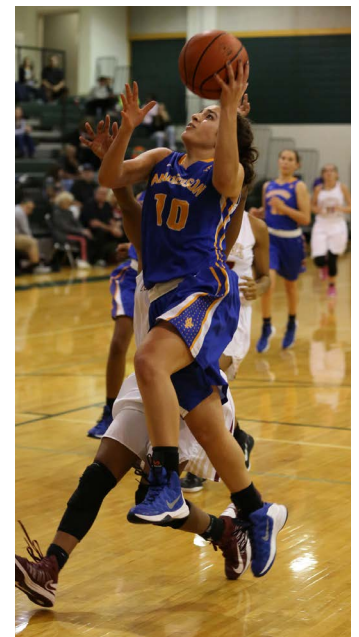


photo courtesy: Philip Hauslein

2017 UIL STATE BASKETBALL TOURNAMENT TICKET ORDER FORM

Click [HERE](#) to find the 2017 UIL Basketball State Tournament Member School Order Form for the Girls Tournament, March 2-4, 2017 and the Boys Tournament, March 9-11, 2017.

UIL Girls and Boys Basketball State All-Tournament tickets will go on sale by mail order only, Monday, March 14, 2016 to UIL Member high schools administrators, athletic directors and basketball coaches. Orders will be filled

in the order in which they are received by the Alamodome Box Office. Postmarks prior to March 14th will be penalized.

Each ticket order request must be accompanied by a letter signed by the high school principal or school district superintendent on school letterhead including the following:

- Specific school name being represented on ticket application
- Employee's name responsible

for tickets

Ticket quantity for the specific tournament

The Alamodome will accept credit cards and school checks only. Tickets will be mailed to the address listed on the form beginning April 15, 2016.

Please note, tickets will go on sale to the general public at 10:00 a.m. on April 15, 2016 through Ticketmaster.



photo courtesy Brad Blalock



photo courtesy Bizz Copy

AD&D Benefit (Accidental Death and Dismemberment)

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at **NO COST** to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all

members.)

- Health Services Discount Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!
- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild

should ever go missing!

- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Jay Bentley at 254-855-1341 or jbentley@allife.com. To view the letter online, visit <http://www.allife.com/benefits/sgM9W>.



Connecting Power, Speed and Strength

We hear it all the time: “our girls don’t want to bulk up.” However, resistance training for female athletes shouldn’t be designed for adding bulk. Then there’s: “we just need more skill work.” Yet the speed and strength with which skill is delivered is what determines the level of play. There is a major connection between power, speed and strength, and strength training should not be neglected.

Female athletes have a delicate relationship with more than just the knees, shoulders are also a common location of injury. There is no such thing as injury prevention, there is only injury reduction. We may not be able to address certain factors such as Q angle, hormonal influences or playing conditions, however proper strength training can help mitigate injuries and better prepare athletes for competition. For example, rotator cuff exercises may seem trivial but using bands can strengthen the stabilizer muscles like the supraspinatus, which is the most commonly torn muscle in the rotator cuff. If these issues are addressed with strength training then athletes will be safer and will per-



photo courtesy John Tuggle

form better. Two things we all want!

Aside from the injury management element, developing the skeletal muscle to reinforce the joints and endure the stresses of physical competition, resistance training is essential to improving a female athlete’s power and speed.

Power is the rate at which energy is transferred, used or transformed. It is derived from the hips and core, and is delivered through the limbs. One’s power determines the speed of delivery, so if the hips and core are weak an athlete will lack in speed and power.

Speed is stride length times

stride frequency. Since stride length depends greatly on leg length, stride frequency development becomes a major focus. Turnover and rapid, controlled acceleration and deceleration require muscular strength.

Muscles like the iliopsoas, the most powerful hip flexor in the body, need attention. The quad itself is comprised of four muscles and the hamstring is comprised of three muscles. All of the quad, hamstring and hip flexor muscles are responsible for getting things up, down and around. A lack of strength in these muscles directly translates to a lack of speed and explosiveness. To run faster and

jump higher, make sure to focus on strengthening these muscle groups.

Strength programs should be designed to create a strength balance throughout the entire body. Dexterity is crucial for female athletes, as the non-dominant side must be as thoroughly developed as the dominant side. Oftentimes the anterior side gets too much focus, so in general the posterior is left needing to be addressed.

Female athletes should pay particularly close attention to strengthening the muscles involved in two critical athletic movements:

- 1. Deceleration** – specifically the braking mechanics of the athlete.
- 2. Landing** – as from a jump.

The quads and hamstrings need to be able to withstand a high volume of eccentric load. They must be strong enough to absorb the impact and keep the joints from being overextended.

Understanding the importance of strength training for the benefit of speed and power is a step toward comprehensive athletic development. Visit www.DX3Athlete.com for more on properly preparing athletes.



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 Associ-

ation.

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

USEFUL FACTS TO KNOW ABOUT ALLERGIES

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

1 *Hypersensitivity.* Allergies are abnormal reactions by the body's immune system to foreign substances (e.g., pollen, foods, pet dander, insect bites and stings, medicines, chemicals, etc.) that usually are not harmful to most people. When an individual has allergies, that person's immune system produces antibodies that identify a particular allergy-inducing substance (i.e., an allergen) as potentially noxious, even though it isn't. Subsequently, when the individual comes into contact with that allergen, the reaction of the immune system can inflame the person's airways, digestive system, sinuses, or skin.

2 *Cause and effect.* In general, the risk factors for allergies tend to fall into one of two groups—host or environmental. The list of host factors includes heredity, age, gender, and race. In turn, among the primary environmental factors that can result in a person being allergenic are allergen levels, dietary changes, and environmental pollution.

3 *More than a lucky guess.* Making an accurate diagnosis is the key to the effective management of allergic conditions. The underlying goal of allergy testing is to help confirm or rule out specific allergies. Once such testing has been completed, counseling concerning what to do to reduce the incidence of symptoms, determine the need for medications, and improve the person's quality of life can be offered. The two most commonly employed measures to assess the presence of allergen-specific antibodies are the skin-prick test and blood testing.

4 *Finessing the situation.* Individuals who have an allergy cannot dodge reality. There is nothing they can do

to make their allergy go away. If they're extremely fortunate, they may inexplicably grow out of their allergy in time. Typically, allergy sufferers are advised to avoid whatever triggers their condition. On occasion, some allergies are treated with either medications or allergy shots.

5 *Nothing to sneeze at.* The numbers attendant to allergies are compelling, to say the least. In the developed world, for example, approximately one out of every five people is affected by an allergy (i.e., at least 50 million Americans are allergic to something). More than 16 million visits to some type of medically related office occur every year for just one particular allergenic condition—hay fever. In fact, Americans with hay fever annually spend over 17.5 billion dollars on health-related costs and lose more than 6 million work and school days.

6 *Kid's stuff.* Allergic conditions are the third most prevalent chronic disease in children. While any child can develop allergies, the kids most likely to suffer from allergies are those from families with a history of such conditions. As such, the level of incidence of allergies among American children is alarming. For example, the number of kids with food allergies, respiratory allergies, and skin allergies is an estimated six million, 8.3 million, and 9.5 million, respectively.

7 *No protection.* Eating natural (i.e., "organic") foods is no guarantee that an individual will avoid being affected by food allergies. In reality, some of the most allergenic foods (e.g., cow's milk, eggs, fish and shellfish, peanuts, soybeans, wheat, etc.) are natural, unprocessed foods. The key point to remember is that al-

lergies are not caused by chemicals involved in growing the foodstuff, but rather by the proteins found in the food.

8 *No safe haven.* Allergies are everywhere. As such, while moving away from maple trees and ragweed may seem like a viable strategy for dealing with allergens, it is important to note that every region of the United States (including the Southwestern states) has plants that produce pollen. More likely than not, before long, the allergy sufferer who moved to a new locale will develop a fresh crop of allergies to local plants.

9 *Not the same.* While colds and seasonal allergies may exhibit some of the same symptoms, they are very different diseases. Understanding how they are different is essential, because the prevention options and treatment methods for these two conditions is quite different. A cold results from a viral infection, which is typically transferred through human contact. In contrast, allergies are caused by a response by the body's immune system.

10 *Grave danger.* The worst-case scenario for allergy sufferers is to have a potentially life-threatening reaction to exposure to a particular allergen, e.g., bees, shellfish, peanuts, etc. Referred to as anaphylaxis, this reaction can occur very quickly—in fact, within a few minutes of exposure to the allergen that prompted the reaction. Because anaphylaxis is unpredictable (it can happen anytime, anywhere), it is critical that a person who has such life-threatening allergies has a well-thought-out action plan in place to deal with any untoward situation.

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.



2016 PLAY 4KAY

BENEFITTING THE KAY YOW CANCER FUND



WHY PLAY 4KAY?

- Play 4Kay is the grassroots fundraising initiative for the KAY YOW CANCER FUND. Any sport, group organization can host a Play 4Kay event.
- The Kay Yow Cancer Fund is the Charity of Choice of the TEXAS GIRLS COACHES ASSOCIATION.
- The Play 4Kay initiative provides funding for ALL WOMEN'S CANCERS—to date, over \$5 MILLION has been awarded for scientific research through the Kay Yow Cancer Fund.
- 92% of all Kay Yow Cancer Fund expenses directly support the MISSION of the Fund.

A TEXAS-SIZED CHALLENGE

- The Kay Yow Cancer Fund has challenged each TEAM to raise \$1,200.
- If the state of Texas raises

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THE KAY YOW CANCER FUND

Hall of Fame and Olympic Gold Medal Coach Kay Yow was diagnosed with breast cancer in 1987. Before passing away on January 24, 2009, Coach Yow envisioned that the Play 4Kay initiative would unite a nation in the battle against cancer.

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The Kay Yow Cancer Fund is a 501c3 charitable organization committed to being a part of the fight against ALL WOMEN'S CANCERS through raising money for scientific research, assisting the underserved and unifying people for a common cause.

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				GIRLS BASKETBALL: STATE TOURNAMENT		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
		Soccer: District Certification Deadline		SOCCER: BI-DISTRICT		
27	28	29	30	31	SOCCER: AREA	

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