

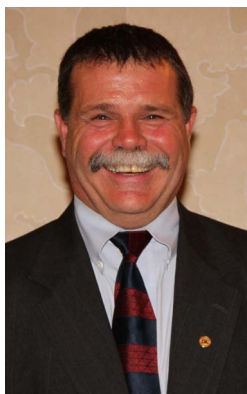


TGCA NEWS

JANUARY 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



FEATURE ARTICLES

cover photo courtesy Shannon Lindsey



photo courtesy Denise Hodges

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FACSM
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NEVER, NEVER, NEVER, NEVER GIVE UP

By Liana Gombert // TGCA President // Smithson Valley HS



“Never,

Never, Never, Never give up”
- Winston Churchill

I have a card that has a special place on my bulletin board that sits on my desk perfectly so that I can see it each and every single day. On the front of the card is a bulldog with a story about the “determination of one little ornery little vicious-looking bulldog” with the above quote from Winston Churchill to Never Give Up.

This card and this story have traveled with me over the years. It’s weathered; beat up and you can tell it’s been around awhile. The same could be true about many of us coaches. We start each season or school year ready to give and share our great determination and persistence to our eager student-athletes. Through the countless hours and obstacles, we could feel weathered and beat up. It goes without saying that in my 25-year career things have changed – some for the



good and some for the worse.

The story on the card has been shared with every team

of mine. At some point in the season, we are going to hit obstacles. Many things happen

throughout the years that are out of our control. It’s our duty to teach our kids to Never Give Up!

Throughout my travels and associations with TGCA, I have witnessed amazing coaches and incredible athletic talent. It also goes without saying that Texas has some incredible high school coaches. However, my question to you is what about you? What do you have as a reminder when times get tough – as they often do – that help you to Never Give Up?

I believe it’s important to seek advice and counsel from coaches you respect and admire. Once you do that, you will find yourself growing and developing through your challenges. I have heard and often said, through challenges comes growth. The challenges can be most difficult and painful because we put so much of ourselves out there. We are passionate and care deeply about what we do. My fellow coach-

CONTINUED ON PAGE 2



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 individ-

uals 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.

NEVER, NEVER, NEVER, NEVER GIVE UP (CONTINUED)

CONTINUED FROM PAGE 1

es, please know WE ALL GO THROUGH THESE TOUGHEST OF TIMES!

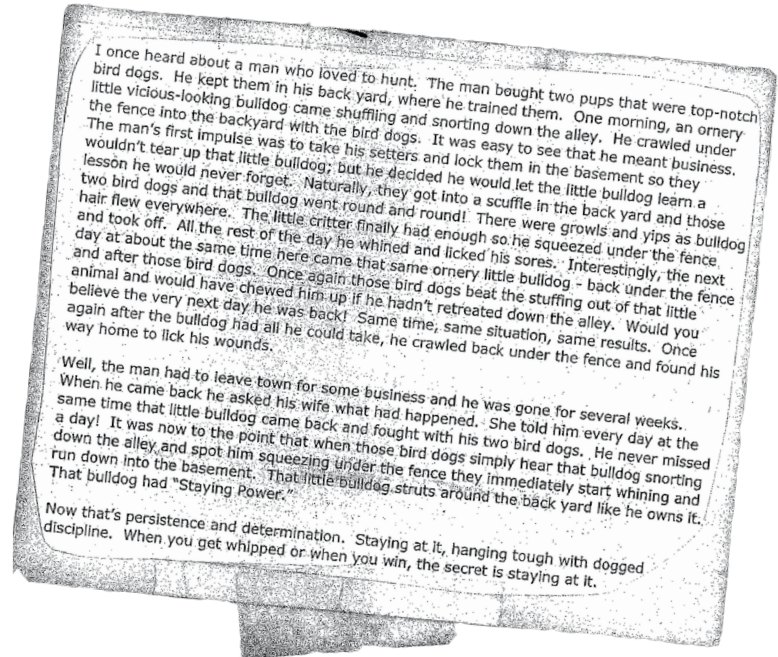
I'm fortunate that through my years in TGCA, I have made some of the best coaching friends anyone could ask for. I cherish the time we have together to share/vent situations that have come across our court/field/track/desk. Allow yourself to be vulnerable enough to reach out and ask others how they have handled a situation. We are under great scrutiny because we are dealing with children and that's alright – because the kids are worth it!

More than ever – we need strong leaders teaching, coaching and guiding our youth. I urge you to please get out there and get involved! Become more involved in TGCA or other associations so that you can

build strong coaching relations. You will grow just having a brief conversation with a Hall of Fame coach who is going through the same obstacles that you are. More importantly, you will find support from others who will help you, challenge you and believe in you.

Coaches in this great state of Texas – you are doing a great job! Allow me to encourage you to focus on your positives and stay strong in what you believe in. Please continue to grow and develop as a leader and coach – because the kids are worth it!

In closing, I have included that little bulldog and the story I share with my teams. Please feel free to use it with your kids or for yourself. When times get tough, which they often do please remember that little bulldog. Stay at it, hang tough with



dogged discipline and most of all "never, never, never, never, never give up" – because the kids are worth it AND SO ARE YOU!

Thank you to all of you

wonderful coaches who serve as wonderful educators and leaders of our youth. Thank you for allowing me to serve as your president of TGCA, it is a great honor.

2016 TGCA SUMMER CLINIC



photo courtesy Kim Oliphant

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.

2016 TGCA SUMMER CLINIC

Arlington Convention Center // Athletic & Spirit Divisions // July 12 – 14

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Rangers Ballpark, AT&T (Cowboys) Stadium; and many more attractions. It is definitely a family oriented venue.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in the menu on the left-hand side of the page.

The TGCA Honor Awards Luncheon will be held Thursday, July 14, 1:00 p.m., at the Sheraton Hotel, 1500 Convention Center Drive, with a reception beginning at 12:00 p.m.

Beginning February 1st, you will have access to on-line

Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 14th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 14th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand

side of the page. Please be sure you choose the **"2016-17 Printable Membership Form"**.

The 2016 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2015 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2016 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

TGCA
Download our new App!



Apple



Android

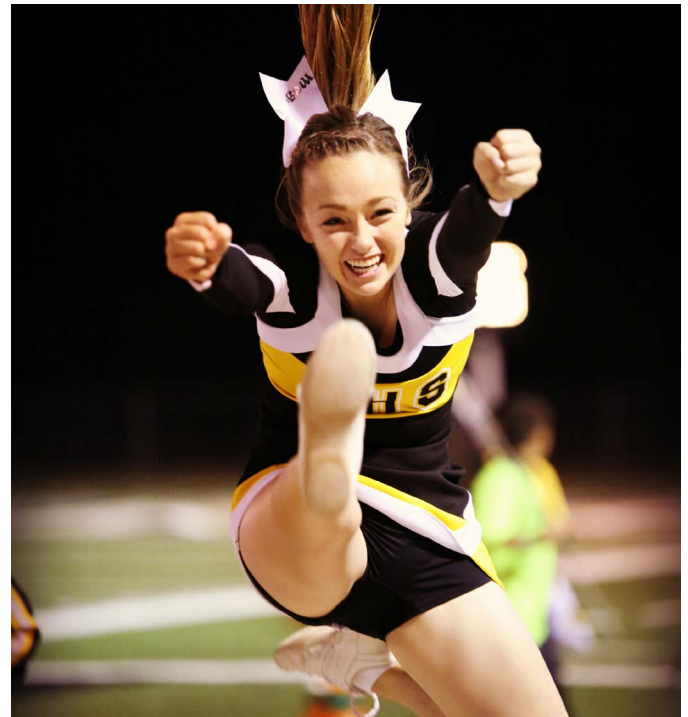


photo courtesy Barbara Leatherwood

2016 TGCA ALL-STAR SCHEDULE

Tuesday, July 12

1-4a Volleyball	July 12	Time	Location	Address
Orientation 1-4a	Tuesday, July 12	2:00pm	Arlington High School	818 W. Park Row Drive
Volleyball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 12	2:30pm	Arlington High School	818 W. Park Row Drive
1-4a Volleyball Box Lunch/Pictures	Tuesday, July 12	4:30pm	Arlington High School	818 W. Park Row Drive
Volleyball Demonstration (1-2-3-4A)	Tuesday, July 12	6:00pm	Arlington High School	818 W. Park Row Drive
TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)	Tuesday, July 12	7:00pm	Arlington High School	818 W. Park Row Drive

1-4a Softball	July 12	Time	Location	Address
Orientation 1-4a	Tuesday, July 12	2:00pm	Workman JH	701 E Arbrook Blvd.
Softball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 12	2:30pm	Workman Softball Complex	701 E Arbrook Blvd.
1-4a Softball Box Lunch/Pictures	Tuesday, July 12	4:30pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Demonstration (1-4A)	Tuesday, July 12	6:00pm	Workman Softball Complex	701 E Arbrook Blvd.
TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (1-4A)	Tuesday, July 12	7:00pm	Workman Softball Complex	701 E Arbrook Blvd.

1-4a Basketball	July 12	Time	Location	Address
Orientation 1-4a	Tuesday, July 12	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 12	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Basketball Box Lunch/Pictures	Tuesday, July 12	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Demonstration (1-4A)	Tuesday, July 12	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (1-4A)	Tuesday, July 12	7:00pm	Arlington Lamar HS	1400 W Lamar Blvd

1-4a Cheer	July 13	Time	Location	Address
Orientation	Tuesday, July 12	3:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Cheer Performance Prep	Tuesday, July 12	3:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Softball Box Lunch/Pictures	Tuesday, July 12	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Cheer Performance	Tuesday, July 12	7:30pm	Arlington Lamar HS	1400 W Lamar Blvd

Wednesday, July 13

1-4a Volleyball	July 13	Time	Location	Address
Orientation 5-6a	Wednesday, July 13	2:00pm	Arlington High School	818 W. Park Row Drive
Volleyball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 13	2:30pm	Arlington High School	818 W. Park Row Drive
5-6a Volleyball Box Lunch/Pictures	Wednesday, July 13	4:30pm	Arlington High School	818 W. Park Row Drive
Volleyball Demonstration (5-6A)	Wednesday, July 13	6:00pm	Arlington High School	818 W. Park Row Drive
TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 13	7:00pm	Arlington High School	818 W. Park Row Drive

5-6a Softball	July 13	Time	Location	Address
Orientation 5-6a	Wednesday, July 13	2:00pm	Workman JH	701 E Arbrook Blvd.
Softball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 13	2:30pm	Workman Softball Complex	701 E Arbrook Blvd.
5-6a Softball Box Lunch/Pictures	Wednesday, July 13	4:30pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Demonstration (5-6A)	Wednesday, July 13	6:00pm	Workman Softball Complex	701 E Arbrook Blvd.
TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 13	7:00pm	Workman Softball Complex	701 E Arbrook Blvd.

5-6a Basketball	July 13	Time	Location	Address
Orientation 5-6a	Wednesday, July 13	2:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 13	3:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Basketball Box Lunch/Pictures	Wednesday, July 13	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Demonstration (5-6A)	Wednesday, July 13	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (5-6A)	Wednesday, July 13	7:00pm	Arlington Lamar HS	1400 W Lamar Blvd

1-6a Track/CC	July 13	Time	Location	Address
Orientation	Wednesday, July 13	3:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Prep	Wednesday, July 13	3:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-6a Track/CC Box Lunch/Pictures	Wednesday, July 13	5:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Demonstration	Wednesday, July 13	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
TGCA TRACK/CC PRESENTATION	Wednesday, July 13	7:30pm	Arlington Lamar HS	1400 W Lamar Blvd

5-6a Cheer	July 13	Time	Location	Address
Orientation	Wednesday, July 13	3:00pm	Arlington Lamar HS	1400 W Lamar Blvd
Cheer Performance Prep	Wednesday, July 13	3:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Cheer Box Lunch/Pictures	Wednesday, July 13	5:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Cheer Performance	Wednesday, July 13	7:30pm	Arlington Lamar HS	1400 W Lamar Blvd

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 on-line 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.

SAN ANTONIO SPORTS CLINIC

SITE TO BE DETERMINED // SAN ANTONIO, TX

MAY 20-21

HOUSTON SPORTS CLINIC

CAMPBELL CENTER – ALDINE ISD
1865 ALDINE BENDER ROAD, HOUSTON, TX

JUNE 15-16

LUBBOCK REGION I SPORTS CLINIC

SITE TO BE DETERMINED // LUBBOCK, TX

JUNE 10-11

EL PASO SPORTS CLINIC

SITE TO BE DETERMINED // EL PASO, TX

JULY 21-22



photo courtesy: Denise Hodges

2016-17 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

ONLINE NOMINATION
DEADLINES BY SPORT

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2016-17 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2015-16 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check or fax with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add

your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. The Silver Package is Summer Clinic registration only and does not include membership renewal. Both of these packages are \$60.00. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$120.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased

to announce we will be hosting Satellite Sports Clinics for 2016 in San Antonio, Houston, Lubbock (Region I), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$70.00. This includes your 2016-17 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$35.00 if you have already paid the \$60.00 renewal fee for your 2016-17 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you **DO NOT** set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

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 on-line 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:

WRESTLING

February 15

SWIMMING/DIVING

February 15

BASKETBALL

February 29

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 Buzz Corp

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 or point accumulation.

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
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

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. **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 area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

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

Revised by vote of the Board of Directors March 2, 2014



WHAT IS CTE AND DO I HAVE IT?

www.texashealth.org/benhogan

CTE symptoms were first documented in 1928 Journal of the American Medical Association as “Dementia Pugilistica” or “punch drunk” in boxers. It is a progressive Neurodegenerative brain disease similar to Alzheimer’s (but not Alzheimers)

CTE is a Subset of ALS in that the symptoms are similar. Believed to be from repeated trauma to brain including sub concussive blows (called bell ringers) but not prolonged post-concussion syndrome.

Clinical features of CTE Early stages are psychiatric including depression and mood changes. Late stages involve more cognitive and motor that can progress to full blown dementia.

Dementia is NOT an illness or disease; refers to a new loss of memory/cognitive function that are significant enough to alter routine daily living.

What are we to make of this? The recent movie “Concussion

”told of the struggles to get the NFL to recognize this was a problem in ex-players. They site examination of over 80 ex-NFL players who had it. (Which can only be determined after you die)? We know that CTE is real based on the studies that are on-going. However, there are several NFL players who retired from NFL because of concussions and seem to be functioning very well. So what is the difference between the two? What about soccer players? Boxers? Skiers? The kid who falls off the skateboard multiple times?

Since the data is not research based, and we don’t know what it all means today, I may have CTE and so might you. in the meantime, we should be treating every concussion based on current literature at hand. This means treating it as it really is: a brain injury. This is serious. As coach, you should not be deciding the fate of your players who have brain injuries.

Also, be kind to yourself and

those you love. Depression is treatable; see a physician. Some day we may know what this all means. Until then, be an educated consumer and an active participant in the safety of your players.

REFERENCES

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3. Martland HS. Punch drunk. JAMA. 91(15): 1103–7, 1928.
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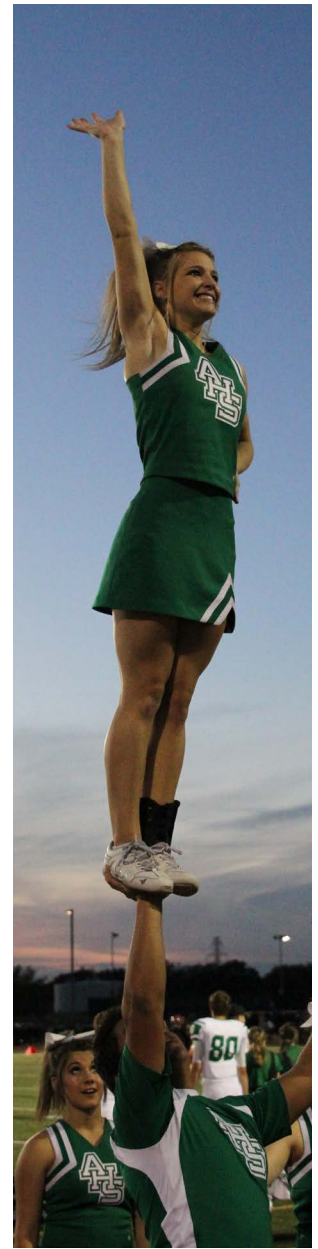


photo courtesy: Melissa McPherson

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>.



Get in Shape or Get Faster

What is the goal of your training? Does what you're having your athletes do actually accomplish that goal?

YOU CAN GET IN SHAPE TRYING TO GET FAST, BUT YOU DON'T GET FAST TRYING TO GET IN SHAPE.

The science of it deals with the anaerobic energy systems versus the aerobic energy system. Speed requires a high functioning anaerobic system while endurance relies on the aerobic system. The anaerobic system functions when oxygen is not in enough supply to provide your muscles with the energy they need. In speed training the goal is to increase the anaerobic threshold allowing the muscles to stay anaerobic longer. The higher the threshold the longer you can go fast. The aerobic system is used when you're working at a level that your body can keep up with sufficient oxygen delivery. This includes longer, slower efforts. Think about the difference between running 2 miles (aerobic) and running a 30 yard sprint (anaerobic).

We must train both systems, but in that training we have to ensure we are training specifically for each. We have observed over the years that many



photo courtesy Meg Garrett

coaches confuse speed training with conditioning. They run their athletes up and down and all around and they expect them to get faster. Conditioning trains the aerobic system and can inadvertently make athletes slower in the absences of separate speed training.

Soccer players are a great case study. We all know that soccer players have to be in great shape. Unfortunately being in great shape doesn't mean you are fast. Soccer players are often instructed to "jog back" in speed training. A result of this is a training mentality to pace oneself when you know you aren't going to get time to rest.

Regardless of sport, athletes who go into survival mode just

to make it to the end of a speed workout are not usually going game-speed, which compromises the integrity of speed training. Are your athletes really giving maximum effort when you are doing speed training? Are they holding something back hoping to make it to the end? Do you give them adequate rest to allow them to give you optimal effort?

So how do you speed train? At DX3 we encourage walking back instead of jogging back and we want our athletes to recover from previous bouts before continuing. Athletes love this and tend to give more effort each bout if they know they have time to recover. Coaches HATE this because it is hard to be patient and wait. We want

go, go, go. However, by allowing for rest time your athletes will perform better and get more out of the bouts of effort.

There are times when you work on conditioning, work on speed, or do a combo of both. Make sure your training matches your goal. Does running a mile really make your basketball players faster in a 15 meter space? Does running eight 400 meter sprints really prepare your softball player to run the bases?

KNOW YOUR GOAL AND TRAIN FOR IT!

Speed can most definitely be taught and improved with proper mechanics instruction and training. The caveat to speed will always and forever be control. Be sure to take time to teach. Communicate to your athletes to train fast so they can play fast and that you're giving them time to recover so that they go game-speed for all reps.

REMEMBER, THE ONLY ANSWER FOR SPEED IS MORE SPEED.

Visit www.DX3Athlete.com to see more about properly preparing athletes.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving

sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport. Sub-varsity coaches may coach multiple sports,

but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year. Nominations should

be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

10

WAYS TO AGE GRACEFULLY

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

1 *The sweet spot.* Individuals who age gracefully are able to find a balance between the inevitability that every day brings them one day closer to death and the value of doing whatever they can to remain healthy and vital as long as they can. While a person's mortality is a fact of life, so is the fact many of the perceived age-related problems are likely the consequence of a lifetime of poor lifestyle habits, which, fortunately can be modified.

2 *Conventional nonsense.* Too many older adults believe that aches and pains are a normal part of growing older. They're not. While a certain amount of wear and tear on the body as it ages can be expected, stiff joints and other body aches are not typical by-products of the aging process. More often than not, they're the upshot of disuse. In most instances, such conditions can be avoided if the individuals simply take care of themselves by putting their bodies through a full range of motion on a regular basis.

3 *A sense of well-being.* Emotional vitality can play a critical role in the ability to age gracefully. All factors considered, individuals who feel good about themselves, as well as connected to others, tend to experience more enriched lives. In that regard, since a person's physical state impacts how that individual feels and thinks, one of the primary keys is to remain physically active. Another way for individuals to enhance their emotional health is to be socially active, e.g., interact with friends and family, volunteer in the community, etc.

4 *Stimulate the brain.* Being cognitively active in old age has been found to help protect or improve a person's men-

tal sharpness. Research has also shown that engaging in mentally stimulating activities substantially reduces the likelihood that an individual will develop either dementia or Alzheimer's disease. The key for individuals, in this regard, is to challenge their intellect every day (e.g., read, do a crossword puzzle, etc.)

5 *Shut-eye matters.* In reality, the sleep needs of individuals don't change as they age. All adults, including older adults, require between seven and nine hours daily. On the other hand, older adults undergo a number of changes (e.g., their bodies secrete less of two critical sleep hormones) that can impact how long and how well they sleep. Among the steps that older adults can take to help ensure that they get sufficient rest are to exercise daily, spend time outdoors, reduce the intake of alcohol and caffeine, etc.

6 *Smart choices.* It can be argued that for a number of health-related reasons, the need to make sound decisions concerning what and how much to eat does not diminish as people age. In reality, because excess body fat (a condition that many older adults experience) can have a significant impact on whether an individual is predisposed to certain diseases, particularly, coronary heart disease. As such, a systematic plan for aging gracefully should encompass eating a healthy diet that includes fruits and vegetables, whole grains, and an appropriate amount of healthy fats.

7 *A strong resolve.* Considerable research indicates that as people age, most individuals begin to lose muscle mass and function. This age-related reduction, also known as sarcopenia, occurs in both people who

are inactive and individuals who are physically active, although it is much more pronounced in people who are physically inactive. The key point, however, is that older adults can slow down and, in some cases, preclude such a decline in their level of muscular fitness by engaging in a strength training regimen on a regular basis.

8 *A sense of purpose.* From head to toe, every part of the human body tends to be affected by the aging process. To one degree or another, most older adults experience these age-related changes, particularly as they impact the five human senses—hearing, sight, smell, taste, and touch. The key is to not to ignore the natural changes that aging brings. Rather, older adults need to be aware of these changes (when/if they occur) and to be proactive in mitigating their possible impact.

9 *Attitude, attitude, attitude.* Growing older can be rife with emotional landmines. The best way to deal with such obstacles is to have a positive attitude—about life, about aging, about everything else. In fact, having a positive outlook can have a desirable impact on several health-related factors, not the least of which is a lower level of stress, as well as a longer life expectancy.

10 *Peace of mind.* All factors considered, the dictates of the "Serenity Prayer" are the guideposts for aging gracefully: "God, grant me the serenity to accept the things we cannot change; the courage to change the things we can; and the wisdom to know the difference." Embracing this precept can be a viable pathway for life becoming even better for people as they age.

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.



HOW DO I PLAY FOR KAY?



Moms. Dads. Daughters. Sons. Teachers. Students. Teammates. Coaches. Women. Men. Anybody, from any sport, at any time can host a Play 4Kay event—and each year, thousands of people do.

If you want to join the movement, but are not sure where to begin, here is a helpful checklist. In 2016, we will Play 4Kay. Who will you play for?

Set a Date. The official window for the 2016 Play 4Kay is February 12-22, but we encourage you to pick a date that you feel gives your event the best marketing advantage. (i.e., a weekend, rivalry game, etc.)

Recruit Teammates. Get others involved in the effort. Identify those who can help you make the event a success. They are your Play 4Kay teammates. Just like in sports, great players are the components of great teams. Think about who can help you recruit participants, raise funds or organize event logistics. Sometimes the best people to ask to join the effort are the ones right around you. (i.e., teammates, boosters, marketing staff, parents, opposing team, etc.)

Register Online. You came to the right place. Registering your “team” on www.Play4Kay.org will enable you to spread the word about your event through social

media and e-blasts to your friends, fans and families. The website is a tool for you to use to help elevate your event.

Take Ownership. Now you are ready to start creating your event. Brainstorm with your Play 4Kay teammates. How will the event look? Who needs to be involved? Do we want to order NIKE Kay Yow apparel for our team? What is our goal? How do we generate donations? How do we increase awareness? (Hint: See “Play 4Kay Fundraising Ideas” to help you get started).

Raise the Bar. There are al-

ways businesses and organizations that want to support a great cause. Let them Play 4Kay, too. Create a list of potential sponsors and then work with your teammates to ask for donations. Every little bit makes a big difference.

Make a Game Plan. You have ideas. You have sponsors. Now plan your event and walk through the details. Maybe you need some volunteer support? Identify where

and how, then ask for help.

Execute. This is the fun part. You have planned well and everyone knows their responsibilities... now make it happen.

We encourage you to use this website and our staff as resources in your effort. The best events we have seen have been those where passionate people come together in creative support of a cause that impacts all. Now, go Play 4Kay!

Nancy Walling
 Kay Yow Cancer Fund Board of Directors
 Former Pflugerville Athletic Coordinator & Basketball Coach
nlwalling@gmail.com
 512-657-6755

History: First...Think Pink
 Then...Pink Zone
 Now...PLAY 4Kay

Why Play 4Kays?

The Kay Yow Cancer Fund was born in 2007 and is a charitable organization committed to being a part of finding an answer in the fight against women's cancers through raising funds for **SCIENTIFIC RESEARCH**, assisting the **UNDERSERVED** and **UNIFYING PEOPLE** for a common cause.

TGCA
 Charity of Choice

RAISE \$\$\$

Donate to the Kay Yow Cancer Fund

\$5.18 Million ...
 And COUNTING
 Grants Awarded to Date for ALL Women's Cancer Research

Goal:
 Extend Lives.
 CURE CANCER.

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 Banquet 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Softball: First Day for Interschool Scrimmages	2	3	4	5 SWIMMING & DIVING: REGIONAL MEETS	6
7	8	9	10	11	12	13 Girls Basketball: District Certification Deadline
14	15 GIRLS BASKETBALL: BI-DISTRICT Softball: First Day for Interschool Games	16	17	18 GIRLS BASKETBALL: AREA	19 SWIMMING & DIVING: STATE MEET	20
21	22 GIRLS BASKETBALL: REGIONAL QUARTERFINALS	23	24	25	26 GIRLS BASKETBALL: REGIONAL	27
28	29					

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: Shannon Lindsey

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SERIOUS PERFORMANCE®



TGCA NEWS

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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: www.austintgca.com.

Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



@AustinTGCA



photo courtesy: Melissa McPherson