



# TGCA NEWS

MAY 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



# 5.16

## FEATURE ARTICLES

cover photo courtesy Elizabeth Collier



photo courtesy Anthony Alfaro

### Chances

By Lee Anne Curry,  
TGCA Softball  
Committee Chair  
**PAGE 1**

### Concussion Centers join North Texas Sports Concussion Network Prospective Registry

By Texas Health -  
Ben Hogan Sports  
Medicine  
**PAGE 17**

### Is Your First Step Fast?

By DX3 Athlete  
**PAGE 18**

### 10 Consequential Facts About Measles

By James A.  
Peterson, Ph.D.,  
FACSM  
**PAGE 19**

### Q&A Spotlight on Play4Kay

**Feat. Mitzi Mann**  
By Nancy Walling,  
Kay Yow  
Cancer Fund  
**PAGE 20**

## ALSO INSIDE

TGCA Address Change.....1	Champion Coaches.....3	UIL State Softball .....6	AD&D Benefit .....17
Membership Renewal .....1	2016 TGCA Hall-of-Fame ..4	TSWA Softball All-State.....6	TGCA Resource Center ..18
Athletes of the Year .....2	Margaret McKown Distinguished Service Award.....5	Satellite Clinics.....7	Important Dates.....21
Coaches of the Year .....2	Sportswriters of the Year..5	TGCA Summer Clinic .....8	TGCA Hotel Links .....21
Sub-Varsity COY .....3		Clinic Schedule ..... 9-16	Sponsors .....22

# TGCA MAILING ADDRESS CHANGE

**EFFECTIVE IMMEDIATELY, TGCA HAS A NEW MAILING ADDRESS. PLEASE ADVISE YOUR BUSINESS OFFICE AND CHANGE IT IN YOUR RECORDS:**

**TGCA  
P.O. BOX 2137  
AUSTIN, TX 78768**

## CHANCES

By Lee Anne Curry // TGCA Softball Committee Chair // Greenwood HS

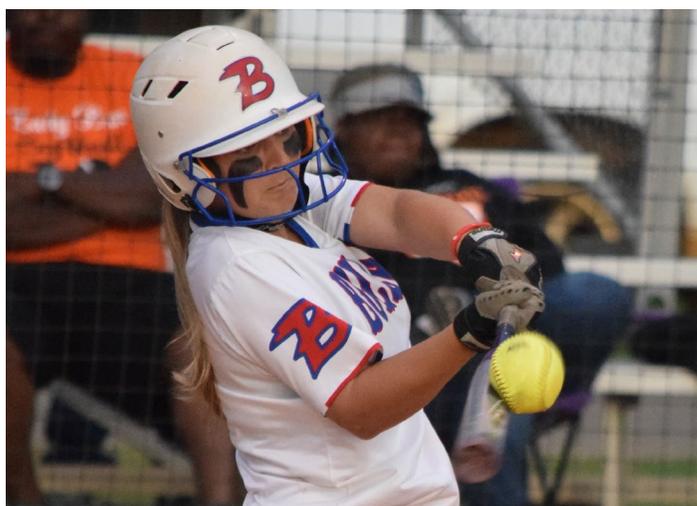


**As** my season was drawing to a close and the realization that we would not be returning to the playoffs set in, I began to ponder the possibilities of chance. This thought process began by one of my teary-eyed players asking, "Is there any chance we can still get in?" I thought to myself "We had plenty of chances, we just didn't get it done."

Having only sophomores and freshmen was a chance all its own, but they were great players, and I didn't mind taking a chance on them.

As softball coaches we see many opportunities for chance. There is the chance of developing a game of softball that requires physical and mental skills, the chance of winning or losing due to our workout design or choices during the game, and the chance of impacting players for a lifetime.

Development of the game comes from all aspects of chance. On the field there is the chance that we did not run enough short hop drills so that our infielders do not misplay a routine ball. Or did we work in enough



*photo courtesy Megan Dobrinski*

movement drills, either grounders or pop fly's, so that when the outfielder gets the chance to make the fundamental catch she is able to do so with confidence. With that being said, has the outfield developed the trust that they may layout for that ground ball to take the chance of a triple away from the offense.

On the offensive end of the game chance is greater. Chance to hit or strike out, the chance to hit, slap or bunt to move the run-

ner over is all a constructed plan to score. Are the right people in place to make this happen? Do we take that chance for a suicide squeeze when our hitter is going for the cycle? How about that given moment when your weakest player is given an opportunity to be amazing - to drive the winning run home and be able to be vaulted among the stars for just that moment all because you gave them that chance.

All the seasoned coaches will

understand what I am about to say as far as the impact we have on our players, more now than ever. The game is changing as well as our youth, and we are blessed to use this game to show our players all the chances they have in life. We show players how sometimes chances are slim, but to not quit and make the most of them. We will help develop work ethic and relationship skills which they will transfer to how they handle being on their own for the first time, a chance at a new job and what chances they will give to someone in their life. We provide strength through failure; excitement and pride when it all comes together. Developing the thought process of believing a chance can be turned into an opportunity is most definitely rewarding yet a challenging aspect of the game.

Learning from your missed chances and looking for it to come around again to change it will forever be in one's life. Like I said to my player, "We have a chance next year, remember how this feels and never go back there again."



## TGCA MEMBERSHIP RENEWAL



**2015-16 MEMBERSHIP YEAR ENDS MAY 31ST. RENEW YOUR MEMBERSHIP AND REGISTER FOR CLINIC TODAY. DON'T FORGET TO MAKE YOUR HOTEL RESERVATIONS FOR SUMMER CLINIC THROUGH THE HOTEL RESERVATION SERVICES ON THE SUMMER CLINIC PAGE OF THE WEBSITE.**



TGCA Executive Director Sam Tipton presenting 2015-16 TGCA Athlete-of-the-Year plaques to (From left to right) Cheyenne Huskey of Columbus HS (1A-4A Volleyball), Mackenzie Martin of Frenship HS (5A-6A Cheerleading), Morgan McCutchen of Levelland HS (1A-4A Cross Country) and Madie Boreman of Rouse HS (5A-6A Cross Country).

## GOLF ATHLETES OF THE YEAR

**1A-2A-3A-4A  
GOLF**

Libby Walinder  
Andrews HS  
**Coach:** Mark Burgen

**5A-6A  
GOLF**

Kristen Gillman  
Lake Travis HS  
**Coach:** Richard Wager

## TRACK & FIELD ATHLETES OF THE YEAR

**1A-2A-3A-4A  
TRACK & FIELD**

Morgan McCutchen  
Levelland HS  
**Coach:** Nelda Munoz

**5A-6A  
TRACK & FIELD**

Alexis Duncan  
DeSoto HS  
**Coach:** June Villers

## GOLF COACHES OF THE YEAR



**1A-2A-3A-4A  
GOLF**

Deborah Ramon  
Sonora HS



**5A-6A  
GOLF**

Richard Wager  
Lake Travis HS

## TRACK & FIELD COACHES OF THE YEAR



**1A-2A-3A-4A  
TRACK & FIELD**

Cecelia Oden  
Shiner HS



**5A-6A  
TRACK & FIELD**

Michelle Womack  
Lake Ridge HS

# 2015-16 SUB-VARSITY COACHES OF THE YEAR

NAME	SCHOOL	AWARD	REGION
Ricky King	Sundown High School	Sub-Varsity Cross Country	1A-2A-3A-4A
Megan Condotta	Griffin Middle School	Sub-Varsity Cross Country	5A-6A
Tabitha Barbee	Big Spring Junior High School	Sub-Varsity Volleyball	1A-2A-3A-4A
Desiree Shahan	Granbury High School	Sub-Varsity Volleyball	5A-6A
Nikki Robinson	Navasota High School	Sub-Varsity Basketball	1A-2A-3A-4A
Achlee McGowen	Crosby High School	Sub-Varsity Basketball	5A-6A
Nicolette Wiesman	Rogers High School	Sub-Varsity Track	1A-2A-3A-4A
Danielle Froggatt	New Caney Middle School	Sub-Varsity Track	5A-6A
Kayla Lindemann	Bellville High School	Sub-Varsity Softball	1A-2A-3A-4A
Caleb Henderson	Lubbock-Cooper High School	Sub-Varsity Softball	5A-6A

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2016 UIL GOLF STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
3A	Deborah Ramon	Sonora High School
4A	Mark Burgen	Andrews High School
5A	Angela Chancellor	Kingwood Park High School
6A	Richard Wager	Lake Travis High School

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2016 UIL TRACK & FIELD STATE CHAMPIONSHIPS!

CONF.	COACH	SCHOOL
2A	Bobby Campbell	Italy High School
2A	Cecelia Oden	Shiner High School
3A	Ashley Broom	Sunnyvale High School
4A	Brittany Granger	Hardin Jefferson High School
5A	Jessica Richards	McKinney North High School
6A	June Villers	DeSoto High School



photo courtesy Brian Sanders

# 2016 TGCA HALL-OF-FAME INDUCTEES



## LINDA RICHTER

Cameron Yoe HS  
(Retired)

Linda Richter coached for 40 years at C. H Yoe HS in Cameron, TX. She was head coach of volleyball, basketball and track for 10 years, and spent the last 30 years as head coach of volleyball and track and was the Girls Coordinator. With 821 career victories in volleyball, Richter ranks in the Top 10 all-time in all classifications in Texas. In

track & field, she has earned 1,432 career victory points.

Richter was a member of TGCA all 40 years of her coaching career and served numerous terms on the TGCA Track Committee, including serving as chair. She was a TGCA All-Star Coach in 2000, 2005 and 2011. In 2016, she received the National Girls Track Coach of the Year Award from the National Federation of High School Associations.

**Track Accomplishments:**  
25 District champion teams, 4 Regional champion teams, State 3rd place team in 1996 & 2006,

State runner-up team in 2005, State 2A champion team in 2011, 31 of last 33 years at least one athlete has qualified for the State Track Meet (1986-2015), coached 10 individual State champions & 2 State champion relay teams, coached numerous All-State and Academic All-State track athletes who received college scholarships.

**Volleyball Accomplishments:**  
23 Playoff appearances, 5 Regional tournament appearances, coached numerous All-State and Academic All-State players that received college scholarships.



## FRED GRIFFIN

Brownsboro HS

### Coaching History (41 yrs)

Brownsboro HS, Brownsboro, TX  
33 yrs (855-255)  
Hicks HS, Hicks, LA  
3 yrs (100-32)  
Stranahan HS, Ft. Lauderdale, FL  
2 yrs (Boys Assistant)  
West End Academy, Franklin, LA  
3 yrs (46-51)

Head Girls Basketball Coach (39 yrs), Head Girls Track Coach (32 yrs), Football Coach (22 yrs), Head Baseball Coach (3 yrs).

### Girls Basketball History

Overall Record:  
1001-338 (74.75%),  
Winning seasons 36 of 39 yrs,  
20 District Championships  
(7 in-a-row at Brownsboro),  
12 District Runner-Up,  
20-Time District Coach of the Year,  
Playoffs 32 of 39 yrs,  
Playoffs at Brownsboro 28 of 33 yrs.

### State Tournament Appearances

Texas (4 State Semi-Finalists:  
87-88, 93-94, 02-03, 05-06),  
Louisiana (2 State Semi-Finalists:  
81-82, 82-83).

### Girls Track History

District Championships (4),  
Regional Qualifiers (31 yrs),  
State Qualifiers (15 yrs).

### Texas Girls Coaches Association

33-year member: All-State Comm. (12 yrs), All-Star Basketball Comm. (26 yrs), All-Star Coach (2 yrs), TABC All-Region/All-State Comm. (2 yrs).



## BARBARA COMEAUX

Port Neches-Groves HS

Under Coach Barbara Comeaux, Port Neches-Groves High School's girls volleyball team, known as The Rock-A-Noos, won the UIL 4A State Championships in 1972, 1979, and 1981, were State Semi-Finalists in 1978, and were State Runners Up in 1980.

A native of Port Arthur, Texas, Coach Comeaux is a 1964 graduate of Thomas Jefferson High

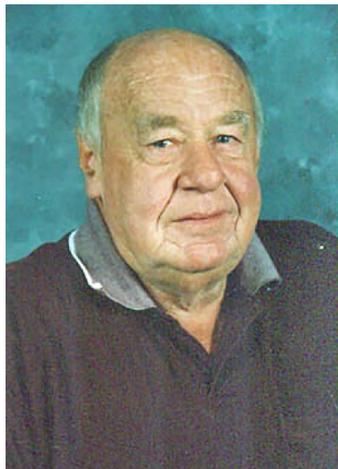
School. She was graduated from Lamar University with a B.S. in Health and Physical Education in 1970 and earned a M.S. in Physical Education in 1974. She began her career in 1970 as a physical education teacher at Beaumont French High School.

In 1971 she joined Port Neches-Groves High School as a physical education teacher and Head Volleyball Coach. For forty-five consecutive years she has successfully coached PN-G volleyball, and her teams have qualified for the state playoffs in forty-two of those

seasons and won twenty-nine District Championships.

During the 2012 season, Coach Comeaux posted her 1100th win. Her accomplishments include being selected three times by the Texas Girls Coaches Association to coach the East All-Star Volleyball Teams. Coach Comeaux was inducted into Lamar University's Cardinal Hall of Fame in 2000 and was inducted into the Southeast Texas Coaches Association Hall of Honor in 2012. With 1179 wins, Coach Comeaux is ranked number one for total wins in Texas.

# MARGARET McKOWN DISTINGUISHED SERVICE AWARD



(1938-2014)

## HARLEY DOGGETT Rogers ISD (Posthumously)

Harley Doggett was born near Temple, TX in Bell County, July 20, 1938 and lived in that area all his life except his college years at Tarleton and A&M. Although he was a Vocational Agriculture/Biology major, he never was employed as such and began his teaching career in Troy TX in 1963, teaching a variety of subjects and driving the bus twice a day and for basketball games. Gradually he became a junior high coach, then JV, and finally the Troy girls basketball

varsity coach in 1968.

He moved to Rogers High School in 1969 where he amassed 837 varsity wins and 356 losses until his retirement in 2005. Totals for junior high, JV, and varsity/JV/JH games combined was 2,237-829 with his most wins in 1978-79 with a win loss record of 90-16.

He coached his teams to the playoffs 24 of his 38 years, was at the regional tournament 7 times and the state tournament 4 times, making it to the finals in 1986. District championships numbered 19.

Coach Doggett led 18 undefeated junior high teams in his career, had 6 girls playing in a THSGCA All-Star Game, 3 girls in the TABC All-Star

Game, and coached the All-Star Game 4 times. He was a member of the All-Star Selection Committee, had 6 girls in the THSGCA All-Star track team along with 10 in the All-State Academic Team. He was elected Coach of the Year in 1975, 1986, 1992, 1993 and 2000.

Never playing a day of varsity ball himself, Coach Doggett built his strategies from notes and information gathered at his annual trips to the Girls Coaching Clinic. At one time, he counted 14 ex-players who followed in his footsteps in coaching. Known for his gruffness and humble spirit, he was never one to enjoy personal praise, publicity, and attention. He only wanted it for his girls.

# SPORTSWRITERS OF THE YEAR AWARD

## DIVISION 1



**TERRENCE THOMAS**  
San Antonio  
Express-News

San Antonio Express-News sportswriter Terrence Thomas has spent more than a quarter-century covering sports, with the bulk concentrated largely on high school athletics.

He has worked 13 years during two stints at the Express-News and also spent 14 years at the San Angelo Standard-Times, including nearly five years as assistant sports editor.

During his career, he has covered the National Football League (NFL), Major League Baseball (MLB), Women's National Basketball Association (WNBA), Major League Soccer (MLS), professional tennis, international soccer, cycling, duathlons and wakeboarding, college football, volleyball, cross country, track and field, softball and soccer, and high school basketball, volleyball, cross country, swimming, track and field, football, tennis, golf, gymnastics, soccer, and softball.

## DIVISION 2



**JAMES LACOMBE**  
Galveston Daily News

James LaCombe has been the sports editor at the Galveston County Daily News since May 2014. Prior to that, LaCombe was the sports editor at the Kerrville Daily Times from April 2013 to April 2014, and before that he was the news editor for the Castroville News Bulletin, Medina Valley Times and Lytle Leader News from February 2011 to April 2013 and was a general assignment reporter for those weekly newspapers from August 2008 to February 2011. LaCombe studied journalism at Texas Tech University before transferring to Sam Houston State University to finish his degree in 2006. LaCombe's home town is Alvin, Texas, where he graduated Alvin High School in 2002.

# UIL SOFTBALL STATE TOURNAMENT

Wednesday, June 1 - Saturday, June 4, 2016  
Red & Charline McCombs Field - The University of Texas at Austin

Ticket Prices for the UIL State Softball Tournament:

Adult Ticket: \$12 per session

Student Ticket: \$7 per session

Coaches All-Tournament Ticket: \$45

All-Tournament Ticket: \$85

Student and adult tickets may be purchased at the gate.  
The ticket window (on Comal St.) will open one hour prior to the first game.  
Pre-sale tickets are not available.

For information on public parking for the  
2016 UIL Softball State Tournament, please visit the following website:  
[www.uil-texas.org/softball/state/softball-state-tournament-spectator-information](http://www.uil-texas.org/softball/state/softball-state-tournament-spectator-information)

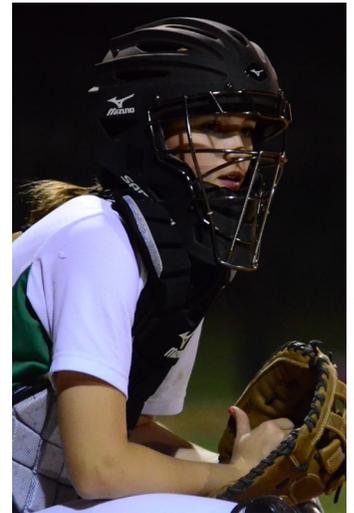


photo courtesy Amber Trapp

## TEXAS SPORTS WRITERS ASSOCIATION ALL-STATE SOFTBALL TEAM NOMINATIONS

Coaches are asked to submit nominations for the Texas Sports Writers Association All-State Softball Team ASAP when their seasons are complete.

**Nominations must include:** Player(s), School and Conference, Position: (if a player played more than one position, nominate for their best position. If a player played multiple positions, you might want to consider nominating for Utility),

Grade (players do not have to be seniors), Any available Stats and Honors.

Please email to Jack Stallard at [jstallard@news-journal.com](mailto:jstallard@news-journal.com).  
Deadline is the Tuesday after the UIL State Tournament,

but PLEASE nominate ASAP when your season concludes.

**PLEASE NOTE THIS IS NOT THE SAME AS TGCA ALL-STATE HONORS.**



photo courtesy Jennifer Knight

# TGCA 2016 SATELLITE SPORTS CLINICS

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

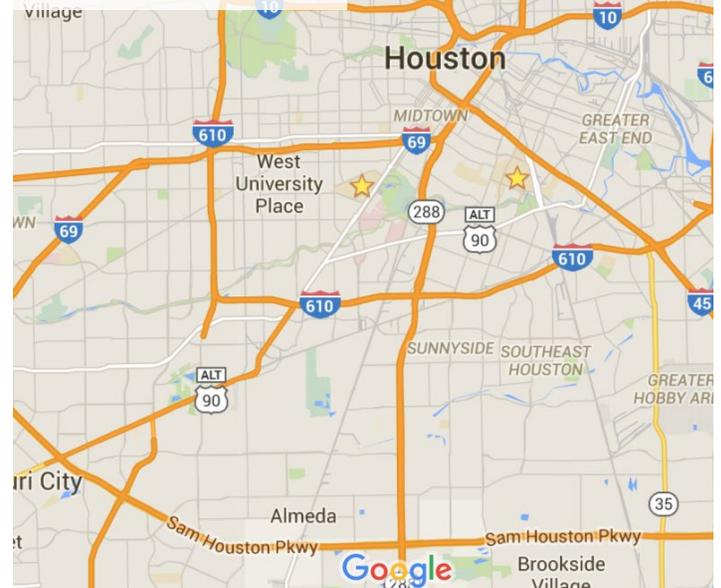
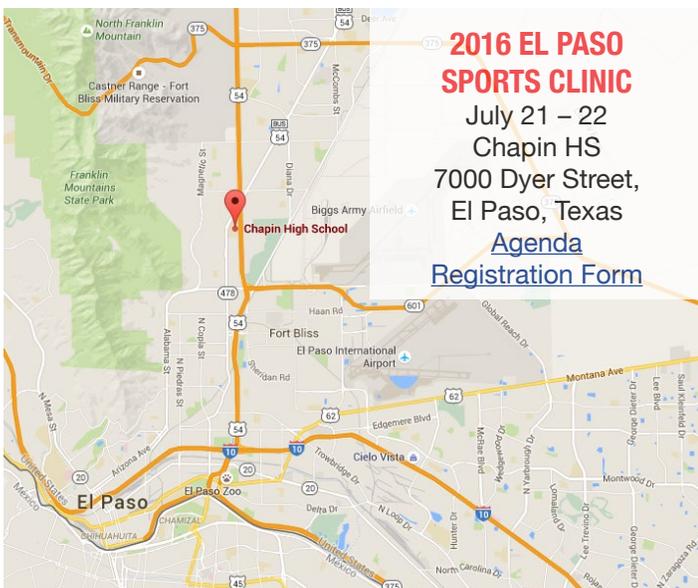
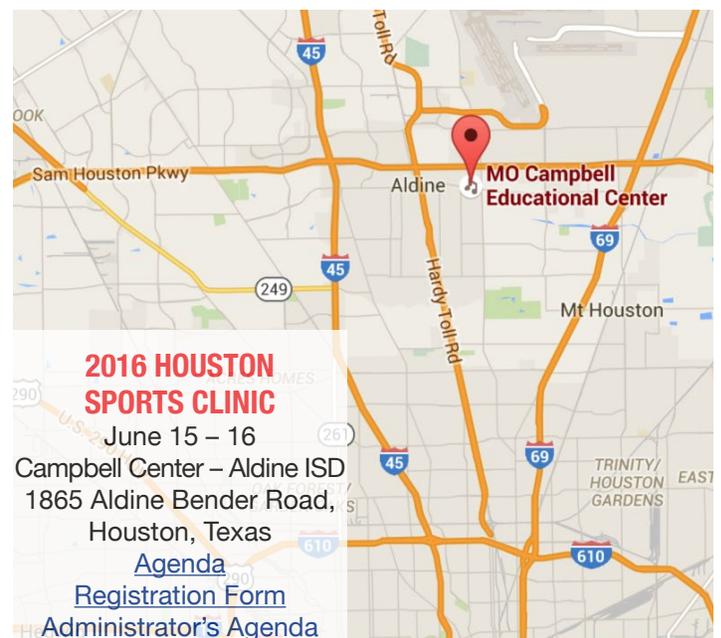
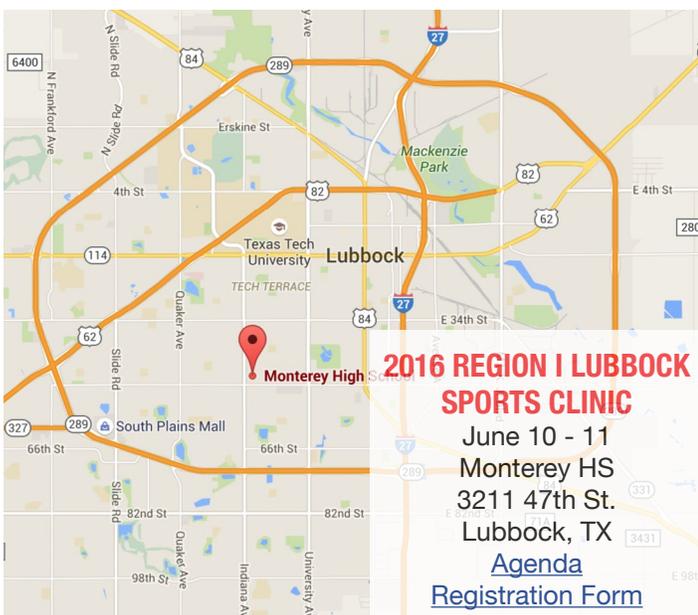
TGCA will be hosting four Satellite Sports Clinics in 2016. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category and under the "Other

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



# 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](http://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](http://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](mailto: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.

### ALL-STAR INFORMATION

All-Star information can be found on the All-Star page at this link: <http://www.austintgca.com/allstars/index.html>

### HOTEL INFORMATION

Hotel Reservation Services are now open for Summer Clinic, as is on-line registration for all clinics. Click on the Summer Clinic category in the menu on the left-hand side of the page of the TGCA website, [www.austintgca.com](http://www.austintgca.com), and Hotel Reservation Services are right at the top. Please be sure and read the info entitled “Hotel Reservations General Information and Contact Info for Orchid”. Orchid is the reservations service we are using this year, and if you have any problems making your reservations or need to change a reservation, they are who you will need to contact. Their contact information is in that link. The Summer Clinic agenda is also posted on this page. You can find the order form for tickets to the Honor Awards Banquet on the Summer Clinic page. Should you wish to do your registration for Summer Clinic and renew your membership by paper form, there is a downloadable 2016-17 membership form there, also.

### 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

# TGCA SUMMER CLINIC SCHEDULE

<b>Texas Girls Coaches Association</b>			
<b>2016 Summer Clinic</b>			
Arlington, Texas			
Time	Event	No.	Site
<b>Tuesday, July 12</b>			
8:00 - 12:00	<b>Exhibitors Set Up</b> <i>(Exhibitors only allowed in Exhibit Hall)</i>		Convention Center 1200 Ballpark Way
8:00	<b>TGCA Golf Tournament</b>		TBA
10:00 - 4:00	<b>Registration</b>		Convention Center 1200 Ballpark Way
10:00	<b>TGCA Board of Directors Meeting &amp; Brunch</b>	#1	Globe Life Park Hyundai Club
12:00 - 4:00	<b>Exhibit Hall Open to the Public</b>		Convention Center 1200 Ballpark Way
12:00 - 4:00	<b>Job Placement Services Center</b>		Convention Center M 1-4
1:00 - 2:00	Basketball Lecture <i>Scott Richardson - Christoval High School</i> <i>"Pressure Defense"</i>	#2	Convention Center Ballroom A
1:00 - 2:00	Softball Lecture <i>Guyla Smith - West High School</i> <i>"Drills, Drills and More Drills"</i>	#3	Convention Center Ballroom B
1:00 - 2:00	Volleyball Lecture <i>Ryan Mitchell - Southlake Carroll High School</i> <i>"Building Confidence While Demanding Excellence"</i>	#4	Convention Center Ballroom C
1:00 - 2:00	Track/Cross Country Lecture <i>June Villers - DeSoto High School</i> <i>"Relay"</i>	#5	Convention Center E-4
1:00 - 2:00	Cheer Lecture	#6	Convention Center E-2
1:00 - 4:00	<b>NIAAA CAA Exam</b>		Convention Center M 9-12
2:00 - 2:30	<b>1A thru 4A All-Stars Orientation</b>		
	<b>Volleyball</b>		Arlington High School 818 W Park Row Dr
	<b>Basketball</b>		Lamar High School 1400 W Lamar Blvd
	<b>Softball</b>		Workman Jr. High 701 E Arbrook Blvd

# TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
<b>Tuesday, July 12</b>			
2:15 - 3:15	Basketball Lecture	#7	Convention Center
	<i>Tate Lombard - Wall High School</i>		<i>Ballroom A</i>
	<i>"Essentials of Lady Hawk Basketball"</i>		
2:15 - 3:15	Softball Lecture	#8	Convention Center
	<i>Latonya Dorsey - Huffman Hargrave High School</i>		<i>Ballroom B</i>
	<i>"Drills and Skills for the All Around Softball Player"</i>		
2:15 - 3:15	Volleyball Lecture	#9	Convention Center
	<i>Robin Gerlich - New Braunfels High School</i>		<i>Ballroom C</i>
	<i>"Middle Blockers Fundamental Training"</i>		
2:15 - 3:15	Track/Cross Country Lecture	#10	Convention Center
	<i>Kristina Dube - Oak Ridge High School</i>		<i>E-4</i>
	<i>"Throws - Thinking Outside the Sector"</i>		
2:15 - 3:15	Cheer Lecture	#11	Convention Center
			<i>E-2</i>
2:30 - 4:30	<b>1A thru 4A All-Stars Game Prep</b>		
	<b>Volleyball</b>		Arlington High School
			<i>818 W Park Row Dr</i>
	<b>Basketball</b>		Lamar High School
			<i>1400 W Lamar Blvd</i>
	<b>Softball</b>		Workman SB Complex
			<i>701 E Arbrook Blvd</i>
3:00 - 3:30	<b>1A thru 4A Cheer All-Stars Orientation</b>		Lamar High School
			<i>1400 W Lamar Blvd</i>
3:00 - 3:30	<b>1A thru 4A Track/CC All-Stars Orientation</b>		Lamar High School
			<i>1400 W Lamar Blvd</i>
3:30 - 4:30	Basketball Lecture	#12	Convention Center
	<i>Bill Avey - Southwest High School</i>		<i>Ballroom A</i>
	<i>"Transition Offense Drill"</i>		
3:30 - 4:30	Softball Lecture	#13	Convention Center
	<i>Laneigh Clark - Pearland High School</i>		<i>Ballroom B</i>
	<i>"Details That Make a Difference"</i>		
3:30 - 4:30	Volleyball Lecture	#14	Convention Center
	<i>Lyndsay Hodges - Clear Falls High School</i>		<i>Ballroom C</i>
	<i>"Defense That Works For You"</i>		
3:30 - 4:30	Track/Cross Country Lecture	#15	Convention Center
	<i>Billy Nabours - Comfort High School</i>		<i>E-4</i>
	<i>"Keeping Your XC Program Relevant"</i>		
3:30 - 4:30	Cheer Lecture	#16	Convention Center
			<i>E-2</i>
3:30 - 5:30	<b>1A thru 4A Track/CC All-Stars Prep</b>		Lamar High School
			<i>1400 W Lamar Blvd</i>

# TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
<b>Tuesday, July 12</b>			
3:30 - 6:00	<b>1A thru 4A Cheer All-Stars Prep</b>		Lamar High School 1400 W Lamar Blvd
6:00 - 7:00	<b>1A thru 4A Basketball Demonstration</b>	#17	Lamar High School 1400 W Lamar Blvd
6:00 - 7:00	<b>1A thru 4A Softball Demonstration</b>	#18	Workman SB Complex 701 E Arbrook Blvd
6:00 - 7:00	<b>1A thru 4A Volleyball Demonstration</b>	#19	Arlington High School 818 W Park Row Dr
6:00 - 7:00	<b>1A thru 4A Track/CC Demonstration</b>		Lamar High School 1400 W Lamar Blvd
7:00 - 9:00	<b>1A thru 4A Basketball All-Stars Game</b>		Lamar High School
	<b>1A thru 4A Cheer All-Stars Game/Half-Time Performance</b>		1400 W Lamar Blvd
	<b>1A thru 4A Track/CC All-Stars Half-Time Recognition</b>		
7:00 - 9:00	<b>1A thru 4A Softball All-Stars Game</b>		Workman SB Complex 701 E Arbrook Blvd
7:00 - 9:00	<b>1A thru 4A Volleyball All-Stars Game</b>		Arlington High School 818 W Park Row Dr
9:00	<b>Welcome Social</b>		TBA
<b>Wednesday, July 13</b>			
8:00 - 4:00	<b>Registration</b>		Convention Center 1200 Ballpark Way
8:00 - 4:00	<b>Exhibit Hall Open to the Public</b>		Convention Center 1200 Ballpark Way
8:00 - 4:00	<b>Job Placement Services Center</b>		Convention Center M 1-4
8:00 - 9:00	<b>Spirit Committee Meeting</b>	#20	Convention Center Arlington Suite
8:30 - 9:30	<b>Track &amp; Cross Country Update - UIL</b>	#21	Convention Center E-4
8:30 - 9:30	Basketball Lecture <i>Colby Pastusek - Bowie High School</i> <i>"Lady Rabbit Basketball"</i>	#22	Convention Center Ballroom A
8:30 - 9:30	Softball Lecture <i>Roger Maupin - Weimar High School</i> <i>"Winning the Mental Game"</i>	#23	Convention Center Ballroom B
8:30 - 9:30	Volleyball Lecture <i>Jeff Coker - Crawford High School</i> <i>"Culture Wins: The 3 Greatest Success Strategies of All"</i>	#24	Convention Center Ballroom C

# TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
<b>Wednesday, July 13</b>			
8:30 - 9:30	Special Lecture <i>John Crawford - Assistant Director of Athletics</i> <i>Midlothian ISD - THSADA President Elect</i> <i>"Steps to Take to Become an Athletic Administrator in the State of Texas"</i>	#25	Convention Center M 5-8
8:30 - 9:30	Cheer Lecture	#26	Convention Center E-2
8:30 - 9:30	Soccer Lecture <i>Fred Kaiser - Frisco Liberty High School</i> <i>"Choosing the Best Formation to Fit Your Program"</i>	#27	Convention Center M 9-12
9:45 - 11:00	<b>Regional Meetings</b> Region I Region II Region III Region IV Region V Region VI Region VII Region VIII	#28	Convention Center M 9-12 M 7 Ballroom C Ballroom A E 4 Ballroom B M 5 M 8
10:00 - 11:00	<b>Cheerleading Update - UIL</b>	#29	Convention Center E-2
11:00 - 12:00	Basketball Sub-Varsity Lecture <i>Brandon Lindsay - Waco Midway High School</i> <i>"Middle School Offense"</i>	#30	Convention Center Ballroom A
11:00 - 12:00	Softball Sub-Varsity Lecture <i>Kathy Schoettle - Byron Nelson High School</i> <i>"Essentials for Your Program's Future"</i>	#31	Convention Center Ballroom B
11:00 - 12:00	<b>Volleyball Update - UIL</b>	#32	Convention Center Ballroom C
11:00 - 12:00	Track/Cross Country Sub-Varsity Lecture <i>Brooke Ashcraft - Bandera High School</i> <i>"How Cross Country at All Levels Impacts Other Sports in a Positive Manner"</i>	#33	Convention Center E-4
11:00 - 12:00	Tennis Lecture <i>Josh Geer - Burlleson Centennial High School</i>	#34	Convention Center M 9-12
11:00 - 12:00	Cheer Lecture	#35	Convention Center E-2
11:00 - 12:00	Special Lecture <i>Kenneth Locker - Tx Health Ben Hogan Sports Med</i> <i>"Concussion Training"</i>	#36	Convention Center M 5-8
12:15 - 1:15	<b>Basketball Update - UIL</b>	#37	Convention Center Ballroom A

# TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
<b>Wednesday, July 13</b>			
12:15 - 1:15	Softball Lecture (Major)	#38	Convention Center Ballroom B
12:15 - 1:15	Volleyball Lecture (Major) <i>Jill Kramer - Texas Christian University</i> <i>(Sponsored by Baden)</i>	#39	Convention Center Ballroom C
12:15 - 1:15	Track/Cross Country Lecture <i>Keri Slanina - East Bernard High School</i> <i>"Fundamentals of Hurdles"</i>	#40	Convention Center E-4
12:15 - 1:15	Tennis Lecture <i>Josh Geer - Burluson Centennial High School</i>	#41	Convention Center M 9-12
12:15 - 1:15	Special Lecture <i>Ronnie Natali - DX3</i>	#42	Convention Center M 5-8
1:00 - 2:30	Cheer Lecture	#43	Convention Center E-2
1:30 - 2:30	Basketball Lecture (Major)	#44	Convention Center Ballroom A
1:30 - 2:30	Softball Lecture (Major)	#45	Convention Center Ballroom B
1:30 - 2:30	Volleyball Lecture (Major) <i>Jill Kramer - Texas Christian University</i> <i>(Sponsored by Baden)</i>	#46	Convention Center Ballroom C
1:30 - 2:30	Track/Cross Country Lecture <i>Danny Mitchell - Tatum High School</i> <i>"300 Meters"</i>	#47	Convention Center E-4
1:30 - 2:30	Special Lecture	#48	Convention Center M 5-8
2:00 - 2:30	<b>5A-6A All-Stars Orientation</b>		
	<b>Volleyball</b>		Arlington High School 818 W Park Row Drive
	<b>Basketball</b>		Lamar High School 1400 W Lamar Blvd
	<b>Softball</b>		Workman Jr. High 701 E Arbrook Blvd
2:30 - 4:30	<b>5A-6A All-Stars Game Prep</b>		
	<b>Volleyball</b>		Arlington High School 818 W Park Row Drive
	<b>Basketball</b>		Lamar High School 1400 W Lamar Blvd
	<b>Softball</b>		Workman SB Complex 701 E Arbrook Blvd
2:45 - 3:45	Basketball Lecture (Major)	#49	Convention Center Ballroom A

# TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
<b>Wednesday, July 13</b>			
2:45 - 3:45	<b>Softball Update - UIL</b>	<b>#50</b>	Convention Center <i>Ballroom B</i>
2:45 - 3:45	Volleyball Sub-Varsity Lecture <i>Lauren Beville - Hereford Preparatory Academy</i>	<b>#51</b>	Convention Center <i>Ballroom C</i>
2:45 - 3:45	Track/Cross Country Lecture <i>Kevin Pope - Tivy High School</i>	<b>#52</b>	Convention Center <i>E-4</i>
2:45 - 3:45	Cheer Lecture <i>"Levels to the Game: Experience Strategy"</i>	<b>#53</b>	Convention Center <i>E-2</i>
2:45 - 3:45	Soccer Lecture <i>Austin Guest - Midlothian High School</i>	<b>#54</b>	Convention Center <i>M 9-12</i>
2:45 - 3:45	Special Lecture <i>"Maintaining a Program: Development Top to Bottom"</i> <i>Dr. James A. Peterson - Coaches Choice</i>	<b>#55</b>	Convention Center <i>M 5-8</i>
3:00 - 3:30	<b>5A-6A Cheer All-Stars Orientation</b>		Lamar High School <i>1400 W Lamar Blvd</i>
3:00 - 3:30	<b>5A-6A Track/Cross Country All-Stars Orientation</b>		Lamar High School <i>1400 W Lamar Blvd</i>
3:30 - 4:30	<b>5A-6A Track/Cross Country All-Stars Prep</b>		Lamar High School <i>1400 W Lamar Blvd</i>
3:30 - 6:00	<b>5A-6A Cheer All-Stars Prep</b>		Lamar High School <i>1400 W Lamar Blvd</i>
4:00 - 5:00	<b>TGCA General Business Meeting</b>	<b>#56</b>	Convention Center <i>Ballroom B</i>
6:00 - 7:00	<b>5A-6A Basketball Demonstration</b>	<b>#57</b>	Lamar High School <i>1400 W Lamar Blvd</i>
6:00 - 7:00	<b>5A-6A Softball Demonstration</b>	<b>#58</b>	Workman SB Complex <i>701 E Arbroom Blvd</i>
6:00 - 7:00	<b>5A-6A Volleyball Demonstration</b>	<b>#59</b>	Arlington High School <i>818 W Park Row Drive</i>
6:00 - 7:00	<b>5A-6A Track/Cross Country Demonstration</b>	<b>#60</b>	Lamar High School <i>1400 W Lamar Blvd</i>
7:00 - 9:00	<b>5A-6A Basketball All-Stars Game</b>		Lamar High School
	<b>5A-6A Cheer All-Stars Game/Half-Time Performance</b>		<i>1400 W Lamar Blvd</i>
	<b>5A-6A Track/Cross Country All-Stars Half-Time Recognition</b>		
7:00 - 9:00	<b>5A-6A Softball All-Stars Game</b>		Workman SB Complex <i>701 E Arbroom Blvd</i>

# TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
<b>Wednesday, July 13</b>			
7:00 - 9:00	<b>5A-6A Volleyball All-Stars Game</b>		Arlington High School 818 W Park Row Drive
<b>Thursday, July 14</b>			
8:00 - 10:00	<b>Registration</b>		Convention Center 1200 Ballpark Way
8:00 - 9:00	<b>TGCA Committee Meetings</b>	<b>#61</b>	Sheraton Arlington
	Volleyball Committee		Super Bowl 2
	Basketball Committee		Triple Crown
	Track Committee		World Series I
	Softball Committee		World Series II
	Sub-Varsity Committee		Super Bowl 1
8:30 - 9:30	Basketball Lecture Marlena Brown - Jarrell High School "The 2-2-1 Press & Transition Drills"	<b>#62</b>	Convention Center Ballroom A
8:30 - 9:30	Softball Lecture Mike Saucke - Hubbard High School "Keeping Them in the Program and Developing Their Skills"	<b>#63</b>	Convention Center Ballroom B
8:30 - 9:30	Volleyball Lecture Karin Keeney - Hebron High School "Competing All The Time!"	<b>#64</b>	Convention Center Ballroom C
8:30 - 9:30	Track/Cross Country Lecture Burke Binning - Warren High School "Establishing A Cross Country Culture"	<b>#65</b>	Convention Center E-4
9:00 - 9:30	<b>TGCA Board of Directors Meeting</b>	<b>#66</b>	Sheraton Arlington Wimbledon Room
9:45 - 10:45	Basketball Lecture (Major) Steve Gomez - Lubbock Christian University	<b>#67</b>	Convention Center Ballroom A
9:45 - 10:45	Softball Lecture (Major)	<b>#68</b>	Convention Center Ballroom B
9:45 - 10:45	Volleyball Lecture (Major) Penny Lucas-White - Alabama State University (Sponsored by Baden)	<b>#69</b>	Convention Center Ballroom C
9:45 - 10:45	Track/Cross Country Lecture (Major)	<b>#70</b>	Convention Center E-4
11:00 - 12:00	Basketball Lecture (Major) Steve Gomez - Lubbock Christian University	<b>#71</b>	Convention Center Ballroom A
11:00 - 12:00	Softball Lecture (Major)	<b>#72</b>	Convention Center Ballroom B
11:00 - 12:00	Volleyball Lecture (Major) Penny Lucas-White - Alabama State University (Sponsored by Baden)	<b>#73</b>	Convention Center Ballroom C

# TGCA SUMMER CLINIC SCHEDULE

Time	Event	No.	Site
<b>Thursday, July 14</b>			
11:00 - 12:00	Track/Cross Country Lecture (Major)	#74	Convention Center E-4
12:00 - 1:00	<b>Honor Awards Banquet Reception</b>		Sheraton Arlington Champions Ballroom
1:00 - 4:00	<b>Honor Awards Banquet</b>		Sheraton Arlington Champions Ballroom

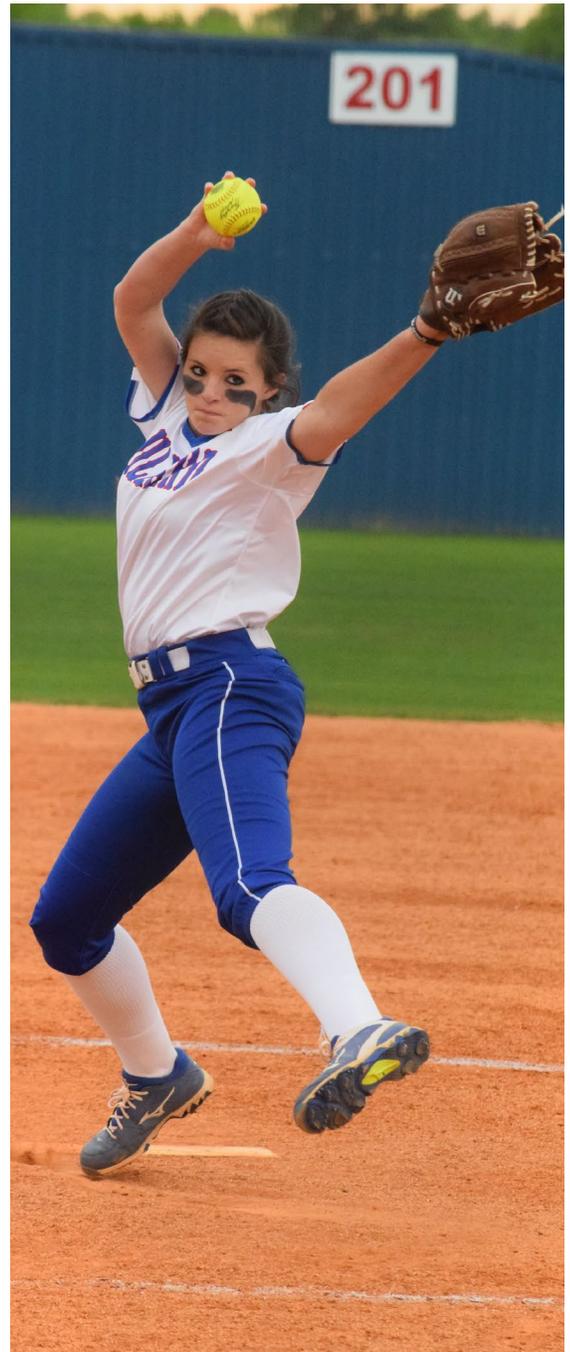


photo courtesy: Wendy Weiss, Lynn Rotman, Megan Dobrinski, Anthony Alfaro, Shannon Sullivan and Jessica Lemoine

## TEXAS HEALTH BEN HOGAN CONCUSSION CENTERS JOIN THE NORTH TEXAS SPORTS CONCUSSION NETWORK (CON-TEX) PROSPECTIVE REGISTRY

[www.texashealth.org/benhogan](http://www.texashealth.org/benhogan)

Prominent media attention has been given to the CON-TEX study. Our longitudinal concussion registry in North Texas. CON-TEX is a collaborative effort among UT Southwestern, Children's Health, Texas Scottish Rite Hospital for Children, and Texas Health Resources Ben Hogan Concussion Clinics. Recruitment began in stages approximately 4 months ago, and is now active across all sites. Reported here are preliminary data of the initial demographic and injury-related factors of participants enrolled.

Currently there are 211 participants, of which 56.5% are female, with a mean age of 14.97 (SD = 4.84), the youngest being 6 and the oldest 67 years of age. The current

population is predominately Caucasian (76.0%), non-Hispanic or Latino (84.6%), with the second most represented race being Black or African American (14.9%), and most are full-time students (97.1%). 45.6% of the population reported that an emergency department visit or hospitalization was necessary for the concussion, 19.9% reported having been diagnosed with one previous concussion, and 5.7% report 2 previous concussions. The range of time since injury to the first research visit is 0 to 169 days (M = 23.2, SD = 29.4).

The most common mechanism of concussion injury is sports-related (71.9%), followed by hits or non-fall accidents (14.1%), falls

(13.5%), and other (.54%). The sports played at the time of injury were soccer (28.2%), basketball (20.1%), football (15.4%), other sports i.e., drill team, dodgeball, equestrianism (9.4%), wrestling (3.4%), softball (3.4%), lacrosse (4.0%), ice hockey (2.7%), cheerleading (2.0%), skiing or snowboarding (0.7%), and ice skating (0.7%).

Of the 71 participants eligible for 3 month follow-up, 84.5% of those completed their follow-up, which will soon provide us with preliminary longitudinal data for analysis. A formal request and review process is being developed for research ideas and proposals. All investigators are encouraged to begin developing and submitting ideas.



photo courtesy Shannon Sullivan

## CONCUSSION TRAINING - ONLINE CERTIFICATION

### H.B. 2038 Requirements - New Courses

The Texas Girls Coaches Association, in partnership with Texas Health Ben Hogan Sports Medicine, is offering, FREE OF CHARGE, the training required by H.B. 2038. Coaches were required by state law to complete two (2) hours of concussion training no later than September 1, 2012. In addition, coaches are required to complete two (2) hours of additional concussion training every two years. The Texas Health Ben Hogan Sports Medicine group is certified through the TEA and approved by the UIL to offer the concussion training course. Through the website of the Texas Girls Coaches Association, this course is being offered online at no cost to all coaches. A test must be passed at the completion of the course. If the test is passed, the coach will then be able to print a certificate of completion that can be filed with their school. Please proceed to the following link to begin the training. Once you have accessed the link, click on "Texas Coaches Concussion Training".

<https://www.texashealth.org/sports-medicine/Pages/Sports-Injuries/Concussion/Concussion-Training.aspx>

## 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 Arnaecia Alridge at 281-857-9325 or [ajalridge@allife.com](mailto:ajalridge@allife.com). To view the letter online, visit <http://www.allife.com/benefits/sgM9W>.



# IS YOUR FIRST STEP **FAST?**

A legendary strength and conditioning coach asked an aging professional basketball player how she would know when it was time to retire. Her immediate response was, “when I lose my first step.”

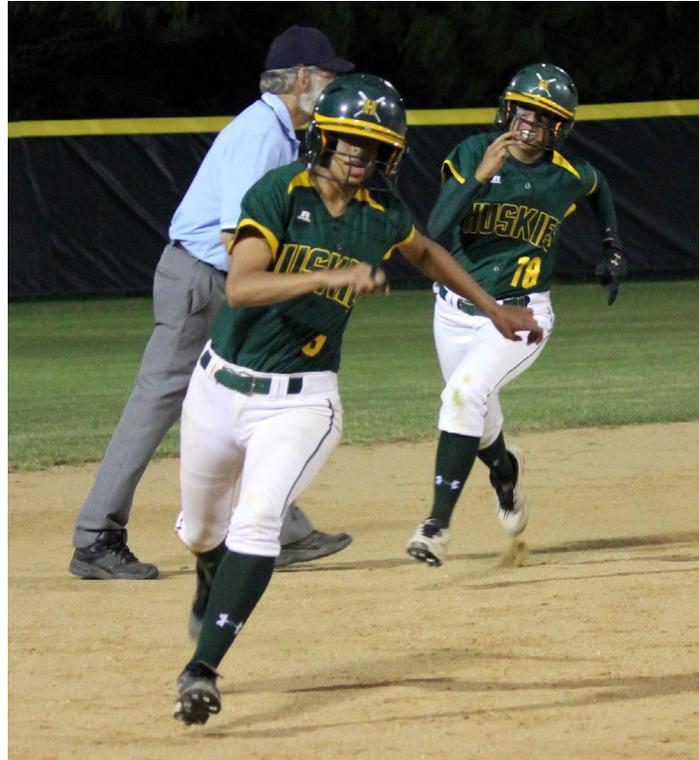
Speed starts with the start. Like drinking plenty of water, focusing on the start is essential.

Training first step acceleration must not be neglected. In most sports if your first step is too slow you may not have enough time to recover. A mis-step too often translates into a missed opportunity.

A couple things to consider:

- Do you let your athletes walk or jog into it drills, hurdles, ladders, etc.? Or do you require them to get set before they start?
- Are your athletes always on the whistle or do they sometimes start themselves?
- Do your athletes have adequate time to get set before they take off?
- Do you focus on and insist their first step is fast?

The way athletes train de-



*photo courtesy Brian Sanders*

termines how they play. If they practice with a slow first step, they will play with one as well.

We often don't start our athletes with a whistle. We like to put the onus on them to start when they are ready. Not only do we teach them how to set up and load their body from a static position, we lay out training principles that nurture a culture

of patience. Most kids want to rush the technique and they end up neglecting details. Encourage your athletes to take the time to do it right.

A fun way from a dynamic position is hopping and landing on two feet then transitioning directly into a sprint. This can be done off a box, over equipment like a speed hurdle, or just

in space. Take it up a notch by going into sprints from a vibration which brings in the element of reaction where the transition happens on the coach's command. Whether forward, backward or lateral, put your athletes in a position to be athletic where they must get out fast.

In the weight room, consider the benefits of Olympic lifts like hang cleans, power cleans, and split jerks. Remember, focus on the speed of the rep, not the speed of the set. Quality always trumps quantity with Olympic lifts. Millions and millions of reps aren't necessary. Explosive strength training correlates directly to the use of fast twitch muscle fibers for a quick start on the court or field of play.

We have alluded time and again to the general consensus that the most significant change from one level of play to the next is the speed of the game. This leads to a simple conclusion: the speed of the training changes too. You have to train fast to get fast. So if you want to train fast, start fast.

Visit [www.DX3Athlete.com](http://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

## CONSEQUENTIAL FACTS ABOUT MEASLES

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

**1** *Really scary.* Measles, which is caused by a virus, is one of the most infectious diseases known to mankind. Two types of measles exist—each caused by a different virus. The most common type of measles (typically referred to as either “red measles” or just “measles”) is caused by the rubeola virus. The other type of measles (also referred to as “German measles”) is caused by the rubella virus. Although this form of measles is usually somewhat milder than red measles, it can give rise to birth defects if a pregnant woman with the disease passes the virus to her unborn child.

**2** *Big numbers.* About 20 million people a year globally (mostly children) get measles annually, primarily in the developing areas of Africa and Asia. With few exceptions, the disease seldom occurs in the United States. With a fatality rate of 2-3 per 1000, over 145,000 measles-related deaths happen every year around the world—a number that translates to approximately 400 deaths daily or 16 deaths every hour.

**3** *No favoritism.* An airborne disease, measles spreads relatively easily either through the coughs and sneezes of someone who is infected or by close personal or direct contact with infected throat or nasal secretions. In fact, the virus remains contagious for as long as two hours on infected surfaces.

**4** *Trouble ahead.* The red rash that is normally associated with measles is not the initial sign the disease has victimized yet another person. As a rule, the first symptom of measles (fever) will occur about 10-12 days after a person’s initial exposure to the virus. Concurrently, the individual infected with measles can experience a runny nose, a cough, small

white spots inside the cheeks, loss of appetite, malaise, and red and watery eyes. A few days later, a rash erupts, which will typically spread over the entire body and last for 5-6 days, before fading.

**5** *More than a rash.* Having measles is not without complications. In that regard, the drawbacks can range from the very common (e.g., diarrhea) to the serious (e.g., pneumonia, mouth ulcers, bronchitis, and ear infections). In relatively rare instances, some children with measles develop swelling on their brain, which can lead to convulsions, loss of hearing, and mental retardation.

**6** *No recourse.* No specific treatment for measles exists. Fortunately, most individuals with measles will recover within a few days or weeks. In the event that a person experiences certain virus-related complications, such as an eye or ear infection, bronchitis, sinusitis, or bacterial pneumonia, antibiotics can be prescribed for that individual. If the measles patient appears to be becoming even sicker (which may be an indication that the person is developing complications), it is important that they seek medical advice.

**7** *Improving the odds.* The single most important step that an individual can take to be protected from measles is to be vaccinated. Contrary to the ungrounded hysteria that often accompanies the issue of whether to vaccinate someone for measles, the MMR vaccine is safe, effective, and inexpensive (i.e., less than a dollar to immunize a child). The MMR vaccine contains live, weakened strains of the measles, mumps, and rubella viruses. These live viruses stimulate the production of antibodies in the body which subsequently preclude full-blown viruses from taking hold going forward.

**8** *A double-dose of reality.* Considerable evidence exists that supports the protective value of children, adolescents, and adults born after 1956 receiving two doses of the MMR vaccine. For children, the recommended range for the first dose (which produces immunity to measles and rubella in 90-95% of recipients) is from 12-15 months. The second dose, which is usually given before the child enters kindergarten or first grade, is intended to help produce immunity in those recipients who did not respond to the first dose.

**9** *Don’t blame Mickey.* Because the number of children who receive the MMR vaccine in the United States is relatively high, measles is extremely rare in the US. Unfortunately, some parents refuse to allow their children to be vaccinated. In 2015, such anti-vaccination sentiment played a definitive role in a measles outbreak that erupted, with Disneyland as the attributed ground zero. Initially, more than 40 unvaccinated children were exposed to measles in the “happiest place on earth.” In turn, these individuals returned home, spreading the measles virus to other unvaccinated children in the process.

**10** *Wipe out.* In theory, the measles virus could be eliminated from the face of the earth entirely. An effective vaccine against the disease exists. Furthermore, accurate diagnostic tests to identify the disease are readily available. In addition, because animals do not carry the virus, an entire animal species would not have to be eradicated. Unfortunately, however, if people do not take the vaccine, for whatever reason, getting rid of the disease for good will never become a reality.

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.

**Submitted by Nancy Walling, Kay Yow Cancer Fund Board of Directors/former Pflugerville HS girls basketball coach**

**Contact me for more information: [nlwalling@gmail.com](mailto:nlwalling@gmail.com)**

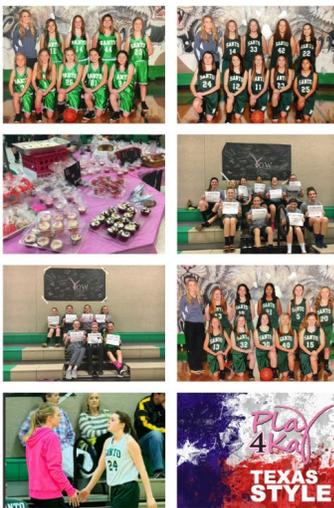
Our 1st year of Play4Kay Texas Style, benefiting the Kay Yow Cancer Fund, is coming to a close at the end of this school year ... and what a great year we had! We want to take the next few months to publicly recognize some of the coaches & teams that hosted a Play4Kay game, and thank all of the teams that participated. I have asked coaches for feedback from their event and hopefully this will create interest and excitement for others of you to become involved in Play4Kay next year.

**Why did you choose to help benefit the Kay Yow Cancer Fund by hosting a Play 4Kay game?**

**Mann:** I believe in showing my players that there are bigger things in life than winning and losing. As a college player, I participated in Kay Yow events; and I knew that is was a great opportunity for my players to play for and support something bigger than themselves.

**Did you coordinate the event or did other individuals/groups help? If yes, who were they and why did they choose to get involved?**

**Mann:** I personally took the lead on coordinating the events, but I included the opinions and ideas of my players. I also had my husband (who is also a teacher and coach at Santo) very involved by making announcements and keeping things organized while I coached my



photos courtesy Mitzi Mann

teams during our event. Parents also contributed by cooking and baking for our fundraisers.

**How did you promote your event? (using flyers, Facebook, Twitter, Instagram, PA announcements at school, etc?)**

**Mann:** We promoted our event through announcements at the school; we posted flyers around the school and community, and used Facebook to advertise the event to a larger audience.

**What were your fundraising ideas/activities and how were these decided upon?**

**Mann:** We hosted a Play4Kay game which included half-time free throw shooting contests where everyone was able to purchase chances to compete and win a prize. During this event we also had a bake sale, and players walked around accepting donations. We held a fundraiser during Valentine's Day where we took orders for chocolate covered strawberries and pretzel rods. As a group, we purchased all of the food and boxes for the orders, and met up

at the school and made over 200 strawberries and about 80 pretzels! It was a fun experience, and this fundraiser allowed us to surpass our monetary goal for the Kay Yow Cancer Fund. These ideas were decided on by all of my 7th and 8th grade players.

**Did you include a survivor component and if so how did you recognize them?**

**Mann:** Our players made signs, dedicating their game to their survivor/s or "winners" (which is what we say in reference to the ones who have passed away). Before each game we made an announcement and each player held up their sign as we dedicated the game to all of the survivors/ winners. Some players were able to invite their survivor to our event and gift them with their sign.

**Do you feel like the incentive program of individual hair ties for teams reaching the \$1200 goal helped with motivation in fundraising?**

**Mann:** It is a great incentive for this program, but to be honest I

kept it a secret from my players. They had no idea about the hair ties during the time we collected money. Far too many times with gifts or fundraisers, kids work for all the wrong reasons! Instead of working for a greater purpose or the understanding of the idea of giving without intentions of receiving something in return; kids and even some adults work for selfish intentions. I wanted to totally avoid this mindset, which is why I choose to keep the hair ties a secret! The girls were so excited about their hair ties when I gave them out, and they wear them all of the time.

**Can you speak about the Play4Kay 50/50 state goal, where if a state goal of 50% participation of schools was met, than 50% of the money would stay in Texas?**

**Mann:** This aspect of the program was very meaningful. I explained to the players that this was a chance for them to specifically impact and benefit their home state. It made the experience that much more meaningful for them.

**What would you do different the next time you host a play 4kay game?**

**Mann:** We just held one event at a junior high basketball game, and next time I will try to include our high school teams as well; we will not only host a junior high event but also a high school event as well. I thought we did well for a small 2A junior high program, but I know we can do better by involving the high school as well! I would also want to make the survivor component of our event bigger and give them more recognition.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			JUNE 1	2	3	4
			SOFTBALL: STATE TOURNAMENT			
5	6	7	8	9	10	11
					TGCA REGION I LUBBOCK SPORTS CLINIC	
12	13	UIL Legislative Council Athletic Committee Meeting (Austin)	14	15	16	17
			TGCA HOUSTON SPORTS CLINIC			18
19	20	21	22	23	24	25
26	27	28	29	30	JULY 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		TGCA SUMMER CLINIC - ARLINGTON				
17	18	19	20	21	22	23
				TGCA EL PASO SPORTS CLINIC		
24	25	26	27	28	29	30
31						

### 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!

### \*\*\*\*\* 2015-16 MEMBERSHIP RENEWAL FORMS \*\*\*\*\*

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**  
Download our new App!



Apple



Android



# THANKS TO OUR SPONSORS

American Income Life  
Athletic Supply  
Baden  
Balfour  
Coaches Choice  
Dell  
Gandy Ink

Gulf Coast Specialties  
Jerry's Sporting Goods  
MaxPreps  
Mizuno  
Nike  
Russell  
Sideline Interactive

Speedline  
SSR  
Stromgren Supports  
Varsity  
Guy in the Yellow Tie -  
Tom Rogers Financial  
& Insurance Associates



**VARSITY**

*Guy in the Yellow Tie*



The power to do more



Gulf Coast Specialties.com  
Awards & more!



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



SERIOUS PERFORMANCE®



## TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association,  
P.O. BOX 2137  
AUSTIN, TX 78768  
(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](mailto:Sam@austintgca.com)

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

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

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

**Newsletter Editor:** Chris Schmidt

### TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: [www.austintgca.com](http://www.austintgca.com).

### Did you move?

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

### UIL eligibility / Sport rule questions

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



@AustinTGCA



photo courtesy Kayla Yancey