



TGCA NEWS

OCTOBER 2015



2015-16 TGCA OFFICERS



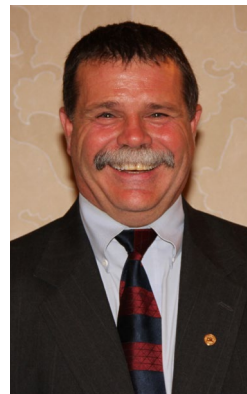
President of TGCA
Liana Gombert
Smithson Valley HS



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



10.15

FEATURE ARTICLES

cover photo courtesy Lisa Brown



photo courtesy Jeff Coker

BREAST CANCER AWARENESS MONTH



The Evolution of Volleyball

By Denise Johnson, TGCA Volleyball Chair

PAGE 1

UIL Legislative Council Meeting Results

By UIL Press Release

PAGE 4

What Do the Experts Say?

By A to Z - Building Better Coaches

PAGE 7

NFL Summit on Concussions Reviews Rest as a Treatment

By Texas Health - Ben Hogan Sports Medicine

PAGE 9

10 Need-to-Know Facts About Alzheimer's

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

PAGE 10

ALSO INSIDE

Volleyball Committee1	Online Profile Update4	Online Nominations.....6	AD&D Benefit.....9
Meet the TGCA.....2	Download TGCA App4	Sub-Varsity COY	Important Dates 11
HOF Nomination Criteria3	Cross Country State.....5	Nomination Deadline.....7	2015 Summer Clinic 11
Cross Country Committee.....3	Volleyball State5	TGCA Updates8	Sponsors12
	TGCA Past Presidents ...6	TGCA Resource Center..8	

THE EVOLUTION OF VOLLEYBALL

By Denise Johnson // TGCA Volleyball Committee Chair // Tarkington HS



There are many highlights of being a part of the Texas Girls Coaches Association Volleyball Committee, including serving as the committee chair, but in all honesty the task of writing the article for the newsletter is not nearly as intriguing as many of the other duties. As I sat down to write this article, I considered the fact that many of the coaches who I have followed in this task seem much more knowledgeable than I do for this. I have spent the good part of my career watching successful coaches and working diligently to follow in their footsteps.

Just to tell you a little bit about where I began, I came to Tarkington HS, in a small 3A (now 4A) community, a community without even their own post office 35 years ago. This school district had never had a volleyball team, so I began with coaching basketball and tennis. I continued coaching those sports for four years until a couple of parents began working to help me begin a volleyball program in our small school. This program became a reality with our charter team in 1986. The inception of the sport was visibly difficult for many years both in our record and ability, but as we continued to grow and work throughout the



photo courtesy Denise Johnson

years, so did our success.

As I look back on the past 24 years of volleyball, I try to discover, what makes a program successful and what can a community help do to make the program work? When we began this adventure, support from the community, parents, and even surrounding school coaches was unbelievable. Activities such as participating in summer camps, traveling to watch the state

championship games, and working hard in off-season help to make the program shine. As volleyball has evolved in those 24 years from a game of side-outs, games to 25 instead of 15, and matches that were 2 out of 3 instead of the present-day 3 out of 5, expectations for off-season involvement have also evolved. Parents and players must now buy into the fact that to be at the top of the game, girls must not only be active in other sports at their school, but also invest time and money in outside help such as club teams, private lessons, and summer camps and clinics. Just as coaches must participate in the outside learning curve of clinics, so must their players. What makes a sport success in a community is only accomplished when the parents, players and community believe in what the coach brings to the sport, and what they are willing to “buy” in to with the program to make it a success.

The game of volleyball has evolved into a game of many talented young ladies who pursue competition at a new level. Players who once could pick up a volleyball in

CONTINUED ON PAGE 2

VOLLEYBALL COMMITTEE



NAME	SCHOOL	CONF-REG
Tori Blankenship	Highland Park HS	3A-1
Courtney Pesterfield**	Lubbock Cooper HS	5A-1
Brenda Doyal	Jacksboro HS	3A-2
Alysha Humpert	Rider HS	5A-2
Yolanda Beasley	Castleberry HS	4A-3
Tammy Clark	Granbury HS	5A-3
Renae Whitaker	Caddo Mills HS	3A-4
Kari Bensed	Centennial HS	5A-4
Denise Johnson*	Tarkington HS	4A-5
Amanda McMeans	Klein Collins HS	6A-5
Jeff Coker	Crawford HS	2A-6
Brandace Boren	Lake Travis HS	6A-6
Patti Zenner	Poth HS	3A-7
Danielle Nichols	Marshall HS	6A-7
Dianna Heiner	Bandera HS	4A-8
Flo Valdez	Franklin HS	6A-8

*Chair

**Vice Chair

THE EVOLUTION OF VOLLEYBALL (CONT.)

CONTINUED FROM PAGE 1

August and play into November and then put it away, not to play again until the next August, is a thing of the past for the competitive-minded players and coaches. The competition has grown and players and parents, who hope to be successful at their school and on the next level, realize there is much work to be done both in and out of the school season.

The sports of softball with their select teams and basketball with their AAU teams began years ago with this thought process, but it has only been in the past 10 years that the realization of off-season volleyball has become a huge part of the game and began to make an enormous impact on the volleyball world as well. Please don't think I am saying it is impossible to be a successful player without this outside source of the game, I have myself, within my district, witnessed an outstanding player who has not played during the off-season, but I have also seen and lived what it can do to make success a reality as a team and for a community.

I have come to the realization that, like with anything else, education and knowl-



photo courtesy Quintana Photography

edge are what give us strength, and that applies to coaching. We, as coaches, must attend clinics and become active in searching for new information in the world of volleyball to educate ourselves. The observation, as I said before, of those many successful coaches in our field, can also help us to understand what it takes to be the best and at the top of our game competitively. I feel I have had some pretty successful seasons,

although I never achieved the honor of winning it all, so I will continue to watch and learn from those who have, because I know that is where my coaching strength will come from.

Successful programs are built on the backs of a community's belief in the program and a coach's commitment to continued education.

MEET YOUR 2015-16 TGCA 2nd VICE PRESIDENT

Kriss Ethridge // Lubbock Coronado HS

High School Graduated From: Lubbock Monterey

College(s) Attended: The University of Texas and Ball State University

Teaching Assignments: English III

Coaching Assignments: Head Basketball and Assistant Cross Country

What It Means to Be an Officer in TGCA: It is such a great honor to be selected to serve on the Executive Board of TGCA. I feel this is a way I can not only give back to the coaches and athletes in our great state, but also grow from the knowledge I will gain working with the UIL, Sam, Lee, Mitch, Liana, and Loyd. I look forward to being a part of such a great organization and will do all that I can to assist other coaches and athletes. I truly appreciate this opportunity and look forward to working with you all.





photo courtesy Amy Schultz

TEXAS GIRLS COACHES ASSOCIATION HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession.

Hall of Fame nomination forms are located on our website, www.austintgca.com, under "Forms".

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

YEAR

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods
2014	Sue Cannon Rhonda Farney
2015	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe

CROSS COUNTRY COMMITTEE

NAME	HIGH SCHOOL	CONF-REG
Paul Darden	Sundown HS	2A-1
Jason Trook	Lubbock HS	5A-1
Loy Triana	Burkburnett HS	4A-2
Deborah Gonzales	Wichita Falls HS	5A-2
Chance Westmoreland	Brock HS	3A-3
Shannon Utley	Summit HS	5A-3
J.B. Haggerty, Jr.	Tatum HS	4A-4
Michael Darby	Pine Tree HS	5A-4
Cody Cook	Tarkington HS	4A-5
Deann Fudge	Barbers Hill HS	5A-5
Jason Buie	Crawford HS	2A-6
Brittney Lanehart	Smithson Valley HS	6A-6
Cully Doyle	Gonzales HS	4A-7
Pablo Almaguer	Weslaco HS	6A-7
Will Reid	Harper HS	2A-8
Tracey Borchardt	Odessa HS	6A-8

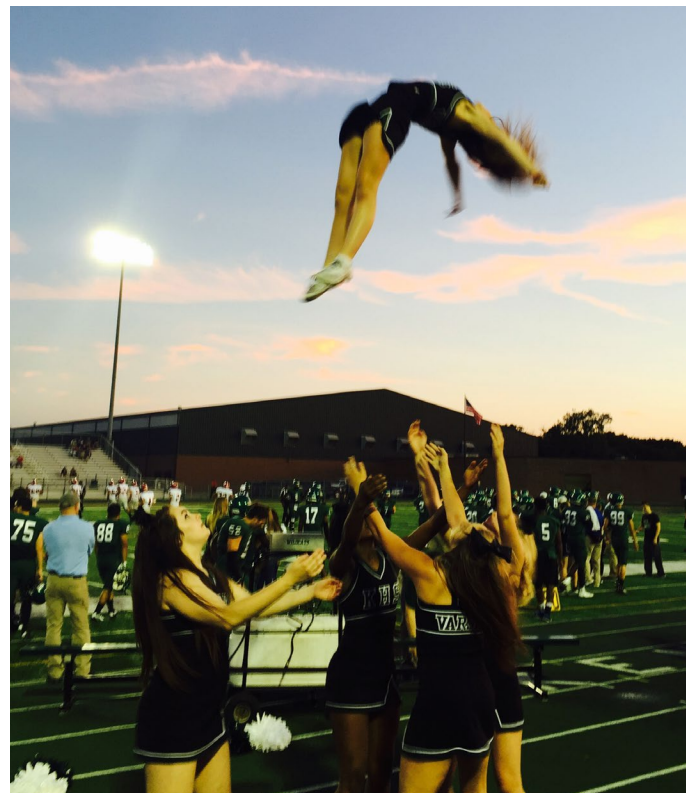


photo courtesy Barbara Johnson

UIL LEGISLATIVE COUNCIL MEETING RESULTS

October 19, 2015 // UIL Press Release

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

The Legislative Council approved a proposal to increase the number of qualifiers to the UIL Swimming & Diving State Meet from 16 to 24 in each event as well as a proposal that allows track athletes to enter three running events without restrictions to the distance of the races. Previously, runners were not allowed to enter more than two races 400-meters or longer. An increase in fees for sports officials was also approved by the Council.

Proposed rule changes to the following sections of the UIL Constitution and Contest Rules will be placed on a referendum ballot with a favorable recommendation from the Legislative Council:

- Sections 443
- Section 25(c)
- Sections 446
- Section 360-361
- Section 403

The results of a referendum ballot are binding, and if superintendents vote to in favor of these rule changes, they will take effect on August 1, 2016.

The council passed changes to the Constitution and

Contest Rules recommended by the Review Advisory Committee in the areas of academics, athletics, music and policy. All amendment passed by the council can be found at www.uiltexas.org.

In other action, the Legislative Council voted to create two ad hoc committees. One committee will study new and emerging activities; the second ad hoc committee will review playoff structures for all athletic activities.

The Commissioner of Education must approve amendments passed by the UIL Legislative Council before they may take effect. If approved by the Commissioner of Education, these rules will take effect on August 1, 2016.



photo courtesy Karie Fletcher

* ATTENTION *

TO ALL COACHES: Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We would also appreciate an update on your e-mail address, as this is our easiest and quickest way to alert you to new developments regarding your sport. Our files are only as accurate as the information you put in them. We appreciate your help in this endeavor.

TGCA

Download our new App!



Apple

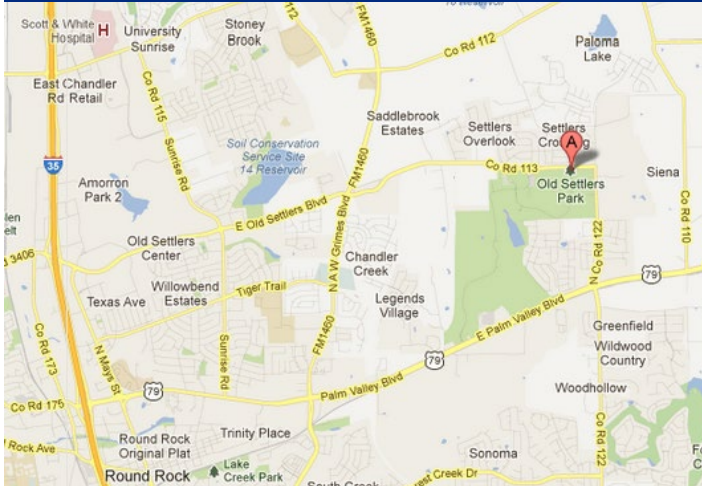


Android



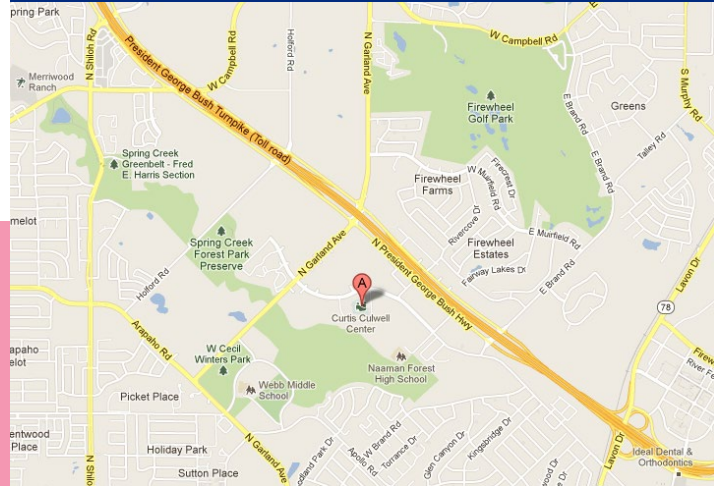
CROSS COUNTRY STATE MEET

OLD SETTLERS PARK | ROUND ROCK, TX
NOVEMBER 7, 2015



VOLLEYBALL STATE TOURNAMENT

CURTIS CULWELL CENTER | GARLAND, TX
NOVEMBER 18-21, 2015



SCHEDULE

Girls 3A - 8:30 AM
Girls 4A - 9:40 AM
Girls 5A - 10:50 AM
Girls 6A - 12:10 PM
Girls 1A - 1:30 PM
Girls 2A - 2:40 PM

PUBLIC PARKING

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

RESTROOMS

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

PROGRAMS, T-SHIRTS, CONCESSIONS

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

RESULTS

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

SPECTATORS

Spectators will be charged an admission fee (\$7.00 for students/\$10.00 for adults). Spectators must stay off the course as marked, away from the starting line and finish line, and in roped areas to avoid interfering with any aspect of the race.

TICKET INFORMATION

Student ... \$7.00
Adult ... \$10.00

SCHEDULE

Nov. 18	Nov. 20
1A Semi - 1 PM	5A Semi - 12 PM
1A Semi - 3 PM	5A Semi - 2 PM
2A Semi - 5 PM	6A Semi - 4 PM
2A Semi - 7 PM	6A Semi - 6 PM

Nov. 19	Nov. 21
3A Semi - 9 AM	5A Semi - 11 AM
3A Semi - 11 AM	5A Semi - 1:30 PM
1A Final - 1 PM	6A Semi - 3:30 PM
2A Final - 3:30 PM	6A Semi - 6 PM
4A Semi - 6 PM	
4A Semi - 8 PM	

TICKET INFORMATION

Student ... \$7.00
Adult ... \$12.00
Coaches/Officials All-Tournament ... \$25.00
All-Tournament 3-day ... \$30.00
All-Tournament 2-day ... \$20.00

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

PUBLIC PARKING

Parking at the Curtis Culwell Center is \$10.

NEW CLEAR BAG POLICY

To ensure guest safety and a quicker entry into the facility, the Curtis Culwell Center has implemented a bag policy limiting the size and type allowed at all events.

TGCA PAST PRESIDENTS

Velma Harrison	1952-53	Ralph Newton	1979-80	Alex Koulovatos	2006-07
	1953-54	Janie Fitzgerald	1980-81	Debra Manley	2007-08
Marvin Williams *	1954-55	Mark Smith	1981-82	Lee Grisham	2008-09
Mary Beccue *	1955-56	Diana Lewis	1982-83		2009-10
Charles Womack *	1956-57		1983-84	Wes Overton	2010-11
Rose Farmer	1957-58	Michael Adams	1984-85	Donna Benotti	2011-12
J.W. Booker *	1958-59	Judy Dunn*	1985-86	Rodney Gee	2012-13
Peggy Hughes	1959-60	Jim Kirkland	1986-87	Kari Bensed	2013-14
M.T. Rice *	1960-61	Sue Cannon	1987-88	Mitch Williams	2014-15
Jimmye Phillips	1961-62	Don Ford	1988-89		
LeRoy Hoff *	1962-63	Donna Grant	1989-90		
Ellen Johnson	1963-64	Phil Swenson	1990-91		
F.G. Crofford	1964-65	Rhonda Farney	1991-92		
Zonelle Cornett*	1965-66	Caylene Caddell	1992-93		
Freeman Parish *	1966-67	Barbara Crousen	1993-94		
Sandra Meadows *	1967-68	Pat Mouser	1994-95		
Mitch LeMoine	1968-69	Melynn Hunt	1995-96		
Wayne DuBose*	1969-70	Sam Tipton	1996-97		
Shirley Hayworth	1970-71	Marianne Jones	1997-98		
Stanley Whisenhunt	1971-72	Larry Goad	1998-99		
Leta Andrews	1972-73	Brenda Kitten	1999-2000		
Bill Farney	1973-74	Rob Young	2000-01		
Janette Barlow	1974-75	Krista Malmstrom	2001-02		
Bob Schneider	1975-76	Ron Mouser	2002-03		
Gay Benson	1976-77	Debbie Jaehne	2003-04		
Buddy Ables	1977-78	Ray Baca	2004-05		
Sandra Meadows *	1978-79	Leann Johnston	2005-06		

TVCA PAST PRESIDENTS

Lenora Abston	1968-69
	1969-70
Dr. Margie Austin	1970-71
Jan Briggs	1971-72
Jane Arnett	1972-73
Arline Basye	1973-74
Marion Young	1974-75
Judy Bugher	1975-76
Waynette Dolan	1976-77
Norma Pullin	1977-78

ONLINE NOMINATION DEADLINES BY SPORT

The nomination deadline for on-line 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:

CROSS COUNTRY

November 2

TEAM TENNIS

November 9

VOLLEYBALL

November 16

CHEERLEADING

January 11

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: Ryan Mitchell

What do the Experts Say?

You can trust DX3 Athlete for all of your Athletic Development needs. The other experts agree with our methodology. The following resources are a few of the other trusted sources for information on properly developing youth. Take a minute and see why what you do is so important.

NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

“Practical Application for Long-Term Athletic Development”

<http://www.nscs.com/education/articles/practical-application-for-long-term-athletic-development/>

Developing a comprehensive long-term athletic development program in the United States is critical. The program must start at the youth level. This article will focus on ages 3–14 years. The following information is for coaches, parents, and sport organization directors.

To date, little has been done to provide youth coaches with knowledge of how to teach and develop proper movement tech-



photo courtesy Heather VanNoy

niques. Coaches are left often with an excessive number of competitions, incomplete athlete development, and an emphasis on sports-specific skills only. Many athletes suffer systemic overuse injuries caused by improper training and repeated sub-maximal repetition stress, followed by inadequate recovery.

This article will offer a framework for practical, functional, and sequential skill development to assist coaches with a “best practices” model to develop a movement vocabulary, physical literacy, and movement skills that improve athleticism.

THE MAYO CLINIC

“Strength training: OK for kids?”

<http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/strength-training/art-20047758>

Strength training offers kids many benefits, but there are important caveats to keep in mind. Here’s what you need to know about youth strength training.

Strength training for kids? You bet! Done properly, strength training offers many benefits to young athletes. Strength training is even a good idea for kids who simply want to look and feel better. In fact, strength training might put your child on a lifetime path to better

health and fitness.

AMERICAN MEDICAL SOCIETY

“Overuse Injuries and Burnout in Youth Sports: A Position Statement from the American Medical Society for Sports Medicine”

http://www.amssm.org/Content/pdf%20files/2014_Over-Use_Injuries-Burnout.pdf

This article provides a systematic, evidenced-based review that will:

- Assist clinicians in recognizing young athletes at risk for overuse injuries and burnout.
- Delineate the risk factors and injuries that are unique to the skeletally immature young athlete.
- Describe specific high-risk overuse injuries that present management challenges and/or can lead to long-term health consequences.
- Summarize the risk factors and symptoms associated with burnout in young athletes.
- Provide recommendations on overuse injury prevention.

See more about properly preparing athletes at www.DX-3Athlete.com.

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



photo courtesy Cindy Gambill

* TGCA UPDATES: 2015-2016 *

TGCA is happy to announce the passage of a proposal by the Executive Committee of the Board of Directors to extend honors for Academic All-State, Coach of the Year and Athlete of the Year, as well as state championship rings provided by Balfour, for the UIL sanctioned sports of team tennis, wrestling, swimming and diving, and tennis beginning this school year. Guidelines and nomination instructions will be posted under the appropriate sports tabs on the website and in the Bylaws. We're still working on those pages, but they will be up and running before nominations are due. Be sure and inform the coaches of these sports at your school and encourage them to join TGCA so that their athletes may be recognized.

TGCA will be adding the honors of All-State and All-Star, as well as state championship rings provided by Balfour, to accompany the honors of Academic All-State, Coach of the Year and Athlete of the Year, in cheerleading beginning this school year. Guidelines for these honor nominations can be found under the Spirit tab on the website, and also under the Bylaws.

The TGCA membership, at the general business meeting during Summer Clinic, passed an update to the Bylaws regarding retired coaches who are members of TGCA. Retired coaches were incorporated into the allied membership section of the



photo courtesy Kelly McCarter

Bylaws, to entitle them to keep their membership current and receive a membership card. Retired coaches need to be sure and let TGCA know you are retired and are not assigned to a school before we can change your membership affiliation.

Also at the general business meeting during Summer Clinic, the TGCA membership passed a proposal extended by the Board of Directors to change the classification of the All-Star teams in cross country, volleyball, basketball, track and field and softball to **incoming** seniors, and add Leg-

acy All-Star teams in those sports that will consist of senior athletes only. The Legacy All-Star teams will receive a certificate of recognition, but will not play in any All-Star game. Nominations for both will be done the same way as always, but be sure to designate your athlete as a junior or senior, as that will determine which category the nomination is placed in. All selections will be made by the standing committee of each particular sport at the annual committee meetings.



TGCA RESOURCE CENTER

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality.

The Resource Center is de-

signed to allow individuals access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and people interested

in girls' athletics in all sports.

Everyone is encouraged to go to the Resource Center site. It's as easy as clicking the logo above. Please take the time to walk through the

different features offered.

Do not miss the section on wearables. These wearables are specifically designed to support the Texas Girls Coaches Association.

This site will be continually expanding and will make available an unlimited source of educational materials for you from various outlets in a variety of delivery methods.

The Resource Center is designed to be an economical way to obtain up to date educational material to help you become better in your field.

NFL SUMMIT ON CONCUSSIONS REVIEWS REST AS A TREATMENT

www.texashealth.org/benhogan

The science surrounding how to diagnose and treat concussions is as complex as the injury itself.

No two concussions are alike. And while those heavily involved in dealing with them - from researchers to clinicians to scientists - know the road ahead will constantly evolve, this much appears to be certain: the days when doctors told concussion patients to sit in a dark room until their symptoms abate are over.

A two-day symposium of over three dozen experts came to a unanimous agreement that the options for treatment are wide-ranging and that inactivity is no longer the best - or only - option.

“Historically, management for concussion is to rest,” said Dr. Javier Cardenas, director of Barrow Concussion and Brain Injury Center at Barrow Neurological Institute in Phoenix. “We believe that is an incorrect assumption.”

The symposium, underwritten by the NFL Foundation,



photo courtesy Jeff Allenworth

focused on finding a starting point for putting together standard guidelines on everything from concussion protocol to active treatment options.

Dr. Mickey Collins, executive director UPMC Sports Medicine Concussion Program, said while coming up with a consensus on treatment will take time, it’s important to get the message out that concussions are manageable and patients have choices on how to recover.

One that moves away from the traditional prescription of keeping the body idle to allow the brain to recover. Cardenas said restricting athletes during the recovery period can cause unwanted complications like depression.

“For those involved in athletics, they view this as a punishment,” Cardenas said.

While reviewing independent studies conducted by several of the experts in attendance, the group discovered that in some cases extended rest actually worsened the recovery time.

Cardenas said some of the stigma surrounding concussions is starting to ebb as athletes become more educated on the dangers of hiding concussion-like symptoms.

“It’s clearly shifting,” Cardenas said. “Some athletes are self-reporting. More athletes are reporting their teammates. We are seeing more people just come forward in general and being open about this.

Source: Associated Press

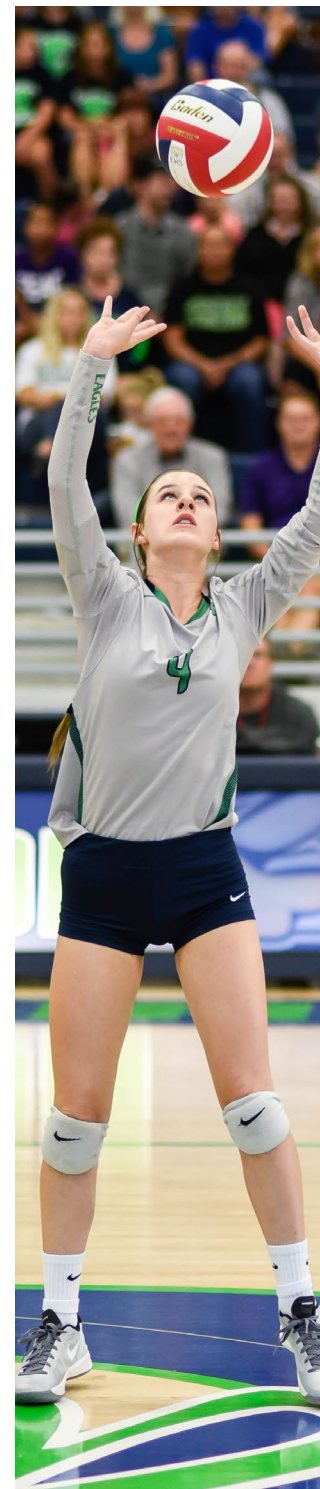


photo courtesy Lynn Kottman

AD&D Benefit (Accidental Death and Dismemberment)

TGCA has jointly sponsored with American Income Life to now supply all of its members a \$4,000.00 Accidental Death & Dismemberment (AD&D) benefit through

your membership.

This benefit is NO cost to you. Also, you are eligible to receive a NO cost Health Services Discount Card which can save your family

20%-60% on vision care, hearing care and prescriptions.

In addition, again at NO cost, you can receive Child Safe Kits for your children and grandchildren. Contact Jay Bentley for more information, (254) 855-1341, jbentley@allife.com.

10

NEED-TO-KNOW FACTS ABOUT ALZHEIMER'S

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

1 *Say What?* Dementia is a general term for a condition in which individuals experience a loss of their memory and other intellectual abilities (e.g., behavior and thinking) to a degree that interferes with their capacity to engage in activities of daily life. The most common form of dementia is Alzheimer's, a disease that accounts for up to 80 percent of dementia cases.

2 *A sleeping giant.* While the number of deaths attributed to some of the other leading causes of death seems to be falling, as a result of better treatment and prevention efforts, the number of people suffering from Alzheimer's is rising. This tragic trend is particularly troubling, since the disease is always fatal. In fact, the CDC estimates close to over 80,000 deaths occur annually because of Alzheimer's.

3 *A breakdown in the system.* The human brain has approximately 100 billion nerve cells, which are interconnected into various groups of nerve cells to perform certain tasks (e.g., thinking, learning, remembering, seeing, smelling, etc.). In order to function properly, these groups of brain cells operate like tiny units—processing and storing information and communicating with other cells. The general hypothesis in the scientific community is that Alzheimer's disease somehow precludes the various units from operating as they should. Furthermore, a breakdown in one unit (system) leads to problems in other areas. Subsequently, as the damage spreads, irreversible changes in the brain occur, as the cells lose their ability to perform their jobs.

4 *The heart-head connection.* The risk of developing Alzheimer's seems to be linked to many of the conditions that are related to the heart or blood vessels (e.g., high blood pressure, heart disease, stroke, diabetes, and high cholesterol). In fact, some studies indicate that up to 80 percent of individuals with Alzheimer's disease also suffer from cardiovascular disease. Not surprisingly, a number of experts believe that controlling cardiovascular risk factors may be the single most helpful and cost-effective way to protect brain health.

5 *A prescription for health.* Many experts believe that exercising on a regular basis can be a beneficial strategy for lowering a person's risk of getting Alzheimer's, given that brain cells appear to directly benefit from the increase in the flow of blood and oxygen that occurs when a person is physically active.

6 *Change is inevitable.* Similar to the rest of an individual's body, a person's brain changes with age. At some point in their lives, people will eventually, on occasion, experience a degree of slowed thinking and difficulties with remembering certain things. It is important to note that having problems with memory does not mean that the individual has Alzheimer's. Memory loss can be due to a number of reasons.

7 *Troubling signs.* Because Alzheimer's changes typically begin in the part of the brain that affects learning, having difficulty recalling newly learned information is the most common early symptom of Alzheimer's. As the disease progresses through the brain, the individual will experience ever-increasing severe symp-

toms, including disorientation, changes in mood and behavior, unfounded suspicions about other people, and, eventually, difficulties with speaking, swallowing and walking.

8 *Chances are.* Every person is at risk for contracting Alzheimer's. The primary risk factor for the disease is aging. Once a person reaches 65, that individual's risk of Alzheimer's doubles every five years, eventually reaching a point at age 85 where the risk is nearly 50 percent. Another risk factor for Alzheimer's is family history. As such, individuals with a close relative with Alzheimer's are more likely to develop the disease.

9 *Mirror image.* Although Alzheimer's primarily affects older adults, it can also affect individuals as young as in their 30s. When the disease affects a person who is under the age of 65, it is referred to as early-onset Alzheimer's. The symptoms, treatment options, and long-term prognosis for early-onset Alzheimer's tend to closely mirror those of other forms of Alzheimer's.

10 *One step at a time.* At the present time, no known cure exists for Alzheimer's. Furthermore, treatments for Alzheimer's have not been developed that can stop the disease from spreading. In some cases, however, ways to slow down the worsening of the symptoms of the disease and improve the quality of life for those individuals with Alzheimer's have been found. Even more promising is the fact that scientists have recently developed a blood test that may be able to predict the likelihood of Alzheimer's in a particular person.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TGCA: Nomination Membership Deadline	2 VOLLEYBALL: BI-DISTRICT TGCA: Cross Country Nomination Deadline, 12 Noon	3	4	5	6 VOLLEYBALL: AREA	7 CROSS COUNTRY: STATE MEET
8	9 VOLLEYBALL: REGIONAL QUARTERFINALS Girls Basketball: First Day for Interschool Games Wrestling: First Day for Meets & Tournaments TGCA: Team Tennis Nomination Deadline, 12 Noon	10	11 TEAM TENNIS: STATE TOURNAMENT	12	13 VOLLEYBALL: REGIONAL	14
15	16 TGCA: Volleyball Nomination Deadline, 12 Noon	17	18	19	20	21 VOLLEYBALL: STATE TOURNAMENT
22	23	24	25	26	27	28
29	30 Soccer: First Day for Practice					

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 Haylie Grammar

2016 SUMMER CLINIC

The 2016 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 11 – 14. The agenda will be posted to the website soon under the “Summer Clinic” category. We are again changing the format somewhat, so be sure and check it out once we get it finalized and on line. 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.

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!



403(b) Annuities
rtom@mesh.net



SERIOUS PERFORMANCE®



TGCA NEWS

TGCA News is the official newsletter of the Texas Girls Coaches Association, 1603 Manor Rd., Austin, TX 78722-2536; (512) 708-1333, (512) 708-1325 (fax), tgca@austintgca.com (e-mail);

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

Executive Director: Sam Tipton, Sam@austintgca.com

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

Administrative Assistant: Audree Tipton, Audree@austintgca.com

Membership & Exhibitor Coordinator: Jesi Grisham-Perez, Jesi@austintgca.com

Newsletter Editor: Chris Schmidt

TGCA on the Web

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

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: Lori Canillo