



TGCA NEWS

DECEMBER 2016



2016-2017 TGCA OFFICERS



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FEATURE ARTICLES

Care - Risk - Dream - Expect

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TGCA Past President

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left photo courtesy Hale Hughes

photography
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CARE - RISK - DREAM - EXPECT



Liana Gombert Smithson Valley HS | TGCA Past President

“Excellence can be attained if we care more than others think is wise, Risk more than others think is safe, Dream more than others think is practical, and Expect more than others think is possible.” ~Anonymous

The above quote is one of my favorite quotes of all-time. This probably describes me to a ‘T’. Through my 26-year career as a head volleyball coach, I worked to strive for excellence, willing to risk countless time and energy to achieve a dream that many never expected me to achieve.

I always believed my teams could be the best if we would just put our nose down, get to work and build the dream together as a team. As the nature of many of us, we remember a

lot of the hard times. From disgruntled parents to tough decisions that had to be made – I’d like to encourage you to focus on the positive things. I just recently finished my 26-year coaching career to embark upon a new career as athletic director. While I packed up my office and looked through 26-years of notebooks of practices, coaching clinics, newspaper clippings, thank you notes and pictures it made me appreciate all that I have been blessed with.

I have been blessed to coach some of the most amazing young ladies that any coach could ask for. The heart, the passion the willingness to dream the dream with me makes me so proud and grateful. As I looked through memo-

ries, I saw many young ladies who are now highly successful coaches themselves, mothers, nurses, lawyers and the list goes on and on.

To my former players, I say thank you for all of the hard work, dedication and effort that you gave to Boerne, Katy and Smithson Valley volleyball programs. I hope you know just how proud of you I am. And how can I thank all of the assistant and middle school coaches who worked tireless hours along side me? Many of them are lifelong friends that we consider family. You are truly amazing and I appreciate you being a part of my team.

Lastly I want to publicly thank my high school coach, Donna Boehle. Mrs. Boehle is THE reason I coach. When I

graduated high school, it was then I realized just how much of an impact she had on my life and I knew what I was called to do. She always believed in me. Mrs. Boehle continues to be my mentor even today – what a special gift she is in my life.

If I can offer any advice to you, it would be to continue to put yourself out there. CARE-RISK-DREAM-EXPECT. Yes, there will be tough days that make you question. But remember why you were called to serve in the first place. One day when you look back, you will be flooded with amazing memories. To all of you who have been part of my career – please know you hold a special place in my heart and for that I will always be grateful to be called.....Coach.

VOLLEYBALL ATHLETES OF THE YEAR



Conferences 1A-2A-3A-4A
Kaitlyn Robinson
Leon High School
Coach Jason Evans



Conferences 5A-6A
Emerson Solano
Amarillo High School
Coach Jan Barker

VOLLEYBALL COACHES OF THE YEAR



Conferences 1A-2A-3A-4A
Autumn Threet
Peaster High School



Conferences 5A-6A
Tommie Lynne Sledge
Oak Ridge High School

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 10-12, 2017

Schedule

Tuesday, January 10

6A Prelim 9:00 AM
5A Prelim 9:15 AM

Wednesday, January 11

2A Prelim 9:00 AM
Small Coed Prelim 9:00 AM
Large Coed Prelim 9:00 AM
5A Final 12:25 PM
6A Final 12:25 PM
4A Prelim 12:45 PM
5A Awards 3:00 PM
6A Awards 3:00 PM
Small Coed Final 3:40 PM
Large Coed Final 3:40 PM
2A Final 4:45 PM
2A Awards 6:45 PM
Small Coed Awards 6:45 PM
Large Coed Awards 6:45 PM

Thursday, January 12

3A Prelim 8:30 AM
1A Prelim 9:30 AM
4A Final 12:10 PM
1A Final 1:50 PM
1A Awards 3:00 PM
4A Awards 3:00 PM
3A Final 4:10 PM
3A Awards 6:15 PM

Game Day Championship Info

Will be released and updated on UIL website: uiltexas.org/spirit

Safety Rules

UIL rules require cheer and spirit performances be in accordance with safety standards prescribed by the National Federation on High School Spirit Rules. NFHS rules may be purchased in electronic or print form at www.nfhs.org.

School Conference Divisions

1A & 2A – Max of 12 participants (2 or fewer males)
3A & 4A – Max of 20 participants (2 or fewer males)
5A & 6A – Max of 30 participants (3 or fewer males)

Coed Divisions

Small Coed (teams 1A-4A) – Max of 20 participants (3 or more males)
Large Coed (teams 5A-6A) – Max of 30 participants (4 or more males)

*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.

TGCA SPIRIT DIVISION HONORS

A cheerleading coach must be a member of the Texas Girls Coaches Association before November 1st of each school year to be eligible for honors or for their cheerleaders to be eligible for honors. Membership fee is \$60.00, but since the deadline of November 1st has passed, an additional \$60.00 override fee may be submitted to allow coaches to nominate cheerleaders for honors or to receive honors themselves. Member coaches of TGCA will receive state championship rings from Balfour if their squad wins a UIL state championship.

TGCA CHEERLEADER HONORS:

- 1) Academic All-State – Must be a senior with a grade point average of 94 or above for grades 9 through 11.
- 2) All-State – A maximum of 40 cheerleaders will be selected for each UIL conference (1A, 2A, 3A, 4A, 5A, 6A).
- 3) All-Stars – There will be 24 cheerleaders selected to represent conferences 1A-2A-3A-4A and 24 cheerleaders selected to represent 5A-6A at the All-Star basketball games at the 2017 TGCA Summer Clinic in July

- in Austin. Cheerleaders must be INCOMING seniors (juniors now) to be selected.
- 4) Legacy All-Stars – 20 graduating seniors in conferences 1A-2A-3A-4A and 20 graduating seniors in conferences 5A-6A will be selected as Legacy All-stars and will be recognized with a certificate and recognition on the TGCA website. They will not participate at Summer Clinic.
 - 5) Cheerleaders of the Year – One cheerleader will be selected for 1A-2A-3A-4A and one cheerleader

- will be selected for 5A-6A as Cheerleaders of the Year. These cheerleaders must be graduating seniors to be eligible.
- 6) All-Star Coaches – Two All-Star coaches will be selected to represent the Red and Blue teams in 1A-2A-3A-4A and two All-Star coaches will be selected for the Red and Blue teams in 5A-6A.
 - 7) Cheerleader Coaches of the Year – A coach will be selected as Cheerleader Coach of the Year in both 1A-2A-3A-4A and 5A-6A.

Nominations for these honors should be done online through the TGCA website, www.austintgca.com. Detailed nomination instructions can be found on the website under the Spirit Division tab in the menu across the top of the page. Nomination deadline for all honors is JANUARY 20th at NOON.

For your convenience, we have included a membership form on the back of this page. Please remember that you will need to pay the additional \$60.00 override fee before you will be allowed to nominate or receive honors. Please handwrite on the form we have your permission to charge your credit card the additional \$60.00 fee. You may complete that and fax or email to the TGCA office.

Should you have any questions or if we can be of assistance in any way, please don't hesitate to contact us at 512-708-1333, or by email at tgca@austintgca.com.

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation. It may be sent in Word, Excel or flat on an email and should be emailed, faxed or mailed by regular mail.



photo courtesy Robert Tejada

VOLLEYBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

BASKETBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOCCER

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOFTBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

TRACK & FIELD AND CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. **Note:** Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

GOLF

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship



photo courtesy Bethany Richardson

Deadline for submitting accomplishments is May 30

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

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Banquet at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Tex-

as Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball. Sub-Var-

sity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year in a Word, Excel or email document. Schools and years coached there must be listed.

2017 TGCA SUMMER CLINIC

The 2017 TGCA Summer Clinic will be held in Austin at the Austin Convention Center July 10 – 13. The agenda has now been posted to the website under the “Summer Clinic” category. Speaker names will be filled in as we secure

them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will open in March. Membership renewal and Summer Clinic registration will open February 1st.

We are working on finaliz-

ing 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 2017 TGCA Clinics.

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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.

2016-17 TGCA SPORTS HONORS ONLINE NOMINATION DEADLINES

The online nomination deadline 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 deadline is missed, the coach is responsible for submitting paper copies of nominations to their regional representative to the respective committee for that sport to be hand-delivered at the committee meeting. Academic All-State nominations, if the deadline is missed, should be faxed to the TGCA office. The 2016-17 on-line sport honors nomination deadlines are as follows:

Cheerleading Jan 9, 2017

Swim/Dive Feb 13, 2017

Wrestling Feb 20, 2017

Basketball Feb 27, 2017

Soccer Apr 10, 2017

Track & Field May 8, 2017

Golf May 15, 2017

Tennis May 15, 2017

Softball May 29, 2017



photo courtesy Deena Byrd



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 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.

ATHLETIC DEVELOPMENT FAQs



DX3 Athlete

There are 3 questions we frequently get from coaches:

1. When do we incorporate speed and strength training?
2. How much should we do?
3. How do I make it happen with the space I have?

Glad you asked. At DX3 our desire is to help coaches and athletes be the best they can be and we know that incorporating speed and strength training is essential in making that happen.

them better can make them sore, but it doesn't have to.

We believe in a wave periodization with an overall positive slope. Athletes should never be regressing. Kids who don't strength train during season will inevitably regress, in-season training may not make them progress like an off-season program but it should keep them from losing strength. Find the program that works best for you and make sure you stick with it.

The key to in-season athletic development is incorpo-

rating it into what you are already doing. Have your girls go through a ladder drill or cone drill before they enter the sport specific drill, spend 5 minutes doing bodyweight strength exercises on the field in the middle of practice to break up the routine and keep them on their toes, or simply add 15 minutes of athletic development training to your everyday routine.

your practice must be worth it because it has an associated cost; it costs time and energy. But if it is worth it, your athletes will invest in it, your job is to make it worth it. Even 10 minutes a day can make a marked difference in an athlete's performance. Can you spare 10 minutes for the outcome of better athletes? If your answer is no, take a minute to rethink that. Stronger, faster athletes...yes please.

Make sure your athletes understand the goal of the training. Why are you spending 5 minutes doing bodyweight exercises in the middle of soccer practice? Because speed is generated through the hips and if the hips are stronger then the athlete is faster. Do your athletes want to be faster? I thought so. When athletes understand the benefit they tend to work harder and you get more done in even less time, a Win-Win!

How do you make space work?

Plain and simple you only have so much space. So you have to work with what you have to work with. Don't look at what you are lacking, look at what you have and better utilize it. Take advantage of the existing space and be creative with neighboring space. When needed speed and strength training can happen in a hallway, cafeteria, parking lot, or even a classroom. Bodyweight and band exercises take limited space but can have great effect.

Win the numbers game.

This starts with the lineup, go wider not deeper (10 lines of 2 kids, not 2 lines of 10 kids). This makes the equipment work if you have as little of it as you have space. Just like strength drills, speed drills can be modified. If you want to do a pro agility shuttle, aka the 5-10-5, but your space only allows for a 4-8-4 then so be it. What matters is the technique.

The important thing is to train smart. Speed training should be done fast, we don't want to train our bodies to perform slowly. Rest intervals should be incorporated so each rep is done at a high level of effort. And the reps you do should make sense for the sport you are training for. My basketball players don't need to perfect their 800-meter time. When will they use that in a game? You might have them do longer distances for conditioning but remember "You can get in shape trying to get fast, but you aren't guaranteed to get fast trying to get in shape." Mimic game like scenarios in speed training and your athletes will better imagine doing it in a game and thus put forth more effort.

As a coach you face many obstacles, overcoming them makes you a great coach. DX3 wishes you all the best as you positively affect the lives of so many youth. If there is anything we can do please let us know. For more information on athletic development check out www.DX3Athlete.com or contact Ronnie Natali at Ronnie@teamDX3.com.



photo courtesy Val Acree

When?

Training must be year-round, regardless of sport. With the majority of youth playing more than one sport, some kids are perpetually in season. Even one-sport athletes can play practically year-round. Waiting for them to be in an "off-season" doesn't work. Train kids now!

Periodization is the timing of training themes throughout a year. Competition schedules primarily dictate this, however your goal to have better athletes should play the ultimate dictator of training. We aren't training to make kids sore, it's to make them better. Yes, making

rating it into what you are already doing. Have your girls go through a ladder drill or cone drill before they enter the sport specific drill, spend 5 minutes doing bodyweight strength exercises on the field in the middle of practice to break up the routine and keep them on their toes, or simply add 15 minutes of athletic development training to your everyday routine.

We all want athletes with more skill, we all NEED better athletes.

How Much?

Time is crucial and usually limited. Every element of



Texas Health Ben Hogan Sports Medicine

Ben Hogan Sports Medicine to participate with CON-TEX concussion study

By Jim Vertuno,
Associated Press

AUSTIN — This week, Texas will launch what state officials say is the nation's largest effort to track brain injuries among young athletes.

The University Interscholastic League, Texas' governing body for public high school sports, is partnering with the O'Donnell Brain Institute at UT Southwestern Medical Center for the project, from which they hope to gauge whether rules or equipment changes are improving player safety and what more can be done to protect athletes.

A state as large as Texas, which has more than 800,000 public high school athletes, would be a key step in developing a national database of

brain injuries in youths, officials say. Already, the federal Centers for Disease Control and Prevention is seeking federal funding for such a database.

"Until we understand what the frequency of concussions is across the state, or a region of the state, we can't determine when rule changes, equipment changes or things like recovery programs are really being effective," said Dr. Munro Cullum, a professor of psychiatry, neurology and neurotherapeutics who will lead the study.

All 50 states in recent years have passed rules or laws to address concussions in youth athletics, from research to protocols for identifying concussions and setting rules for return to play. The CDC

has estimated that up to 3.8 million concussions occur in sports and recreational activities each year, but some experts wonder if those numbers underestimate total brain injuries, as some individuals may not seek treatment for mild or moderate symptoms.

The Texas program will track about two dozen sports, from football to girls' soccer, recording what caused an injury, recovery time and other data.

Other states have researched head injuries, too.

In Michigan, which requires schools to report concussions, a recent concussion study showed 755 schools reported 4,452 head injuries in the 2015-16 school year. Football had the most — 1,907 — and girls' basketball ranked No. 2 with 454.

It tracked details such as whether the injury occurred in practice or a game, whether the athlete had to miss class and how long it took the player to return to competition. That research is being shared with Michigan State University's Institute for the Study of Youth Sports.

The Texas study will collect more concussion data than has been gathered before, UIL deputy director Jamey Harrison said. Currently, only one school from each district is required to report concussions as part of a weekly injury reporting system, though each school in the football playoffs is required to report concussions. "Right now, it's a sample that is just a snapshot. It's not scientific," Harrison said. "We need to move beyond that."

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 valu-

able 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@aillife.com. To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.

photo courtesy Carrie Grona



THE ELEMENTS OF A PLAY4KAY GAME



KayYow.com | #Play4Kay @KayYowFund

1. Host a Play4Kay game & Call it PLAY4KAY.
2. Raise Money & Donate it to the KAY YOW CANCER FUND/Participate in the Play4Kay National Free Throw Challenge.
3. Honor SURVIVORS on court during your game.
4. Head coach makes a personal contribution to the Kay Yow Cancer Fund in honor of survivors. A check presentation will be held during the semi-final/National Championship game on behalf of the coaches to the Kay Yow Cancer Fund.
5. Show in-venue videos/PA announcements about the Kay Yow Cancer Fund during your game.
6. Purchase generic t-shirts from the Kay Yow Cancer Fund to promote uniform branding of the Kay Yow Cancer Fund.



photos courtesy Miyoshi Oliver & Sue Cannon

Give /giv/ *Verb* meaning: to cause or allow [someone or something] to have
Strength /streNG[k]TH *Noun* meaning: the quality or state of being strong

Through your PLAY4KAY game,
YOU #GIVESTRENGTH...

FUNDraising Ideas:

Donate money from ticket sales

Secure sponsorships

Purchase shirts from the Kay Yow Cancer Fund to sell at your game

Head Coach makes a pledge for every fan or student that attends

Silent Auction [Memorabilia, dinner with the coach, gear, tickets, etc.]

Host a Clinic [Father/Daughter, Faculty/Staff/Community, Kids' Only]

Host a Run-A-Thon and/or Bike-A-Thon [During your Play4Kay Game]

Host a Greek Challenge

Create a Memory Wall

50/50 Raffle

10

HEALTH MISTAKES THAT EVEN SMART PEOPLE OCCASIONALLY MAKE

James A. Peterson, Ph.D., FACSM

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.

1 They don't drink enough water on a daily basis.

You should consume at least eight glasses of liquids (beer and diet soda don't count because they act as diuretics) every day to replenish what you lose through urine, bowel movements, sweat, and the moisture you expel into the atmosphere when you breathe out. If you exercise, you should drink even more water.

2 They haven't had a physical recently.

A regular checkup gives you your best opportunity to detect certain potentially deadly illnesses (from cancer to heart disease) early. Although a complete annual physical exam is no longer considered necessary for everyone, you should see your physician for a checkup as often as she/he recommends. Furthermore, some screening procedures (e.g., protein specific antigen tests or mammograms) should be scheduled on a regular basis.

3 They don't get enough sleep.

People who skimp on sleep have been found to suffer from a variety of impairments, including daytime fatigue, cognitive dysfunction, diminished reaction time, and heightened mortality rate.

4 They attempt to exercise through pain.

Pain is the body's signal that something is seriously amiss. Unlike discomfort, when you experience pain, you must stop exercising and address the cause(s) of the pain. Attempting to work through the pain will subject you to the very real possibility of either aggravating your existing condition or suffering an injury.

5 They don't wash their hands during the day.

Good hygiene helps to prevent infections and the transmission of germs. At a minimum, you should always wash your hands after you've used the restroom and before you prepare food.

6 They don't eat breakfast.

Research shows

that learning, decision making, and memory can be impaired when you restrict your food intake. Furthermore, if you miss breakfast, you may jump start your appetite in such a way that you overeat later in the day.

7 They don't get enough calcium in their diet.

Your bones are approximately 25% calcium by weight, an amount that represents about 99% of your body's calcium reserves. Accordingly, if you don't consume enough calcium, you can suffer from a reduced level of bone density, which can result in fractures. The best dietary sources of calcium are low-fat or nonfat dairy products and dark-green vegetables.

8 They're too busy to relax.

Making time to relax is a positive step you can take to reduce your level of stress and improve your health. Studies show that as your level of stress grows, you become increasingly susceptible to physical illness and mental and emo-

tional problems. Relaxing is an effective way to control your level of stress.

9 They don't wear their seat belts.

Wearing lap and shoulder belts while traveling in a car can substantially lower your risk of being injured in the event of an accident. For example, studies show that a passenger who is ejected during an accident is more than five times as likely to suffer a serious injury or die than an individual who remains strapped inside the vehicle.

10 They don't know the medical history of their relatives.

Knowing your family's medical history and responding in an appropriate, proactive way can substantially help reduce your risk of developing serious diseases. For example, if your family medical history indicates that you are at a heightened risk for a particular disorder, you can pursue early detection screening and prevention strategies for that disease.

photo courtesy Anthony Branch



photo courtesy Brad Blalock



JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Soccer: 1st Day for Games	6	7
8	9 TGCA: Cheer Nominations Deadline, 12 Noon	10-11 UIL SPIRIT STATE CHAMPIONSHIPS		12	13	14
15 Athletics: Deadline to accept plans for next school year	16	17	18	19	20 Softball: 1st Day for Practice	21
22	23	24	25	26	27	28 Swimming & Diving: District Deadline
29	30 Softball: 1st Day for Scrimmages	31				

TGCA HOTEL RESERVATION DIRECT LINK

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)

These are year-round rates. (Cannot be used during Summer Clinic.) Enjoy your stay!

2017 TGCA SUMMER CLINIC ATHLETIC AND SPIRIT DIVISIONS

The 2017 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Austin at the Austin Convention Center July 11-13. Make your plans early to attend. We look forward to seeing you there. All Satellite Sports Clinic information will be posted to the website as soon as it is verified with dates, times and places.



photo courtesy Nicole Villarreal

THANKS TO OUR SPONSORS

American Income Life
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VAR SITY



Guy in the Yellow Tie



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TGCA NEWS

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

