



TGCA NEWS

OCTOBER 2016

BREAST CANCER AWARENESS MONTH



2016-2017 TGCA OFFICERS



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cover photo courtesy Courtney Pesterfield

left photo courtesy Carol Moore

SERVING BEYOND THE COURT

Courtney Pesterfield Lubbock Cooper High School | TGCA Volleyball Chair



District Cross Country, the start of Basketball and Volleyball playoffs can only mean one thing, Fall is finally here! As a volleyball coach there are so many things to look forward to in the Fall. District is about to wrap up and playoffs start for the lucky ones. This is my 15th year in education and coaching, and I can say without a doubt that I absolutely love my job! I work for the best district in Texas and the absolute best Administration on the planet. Without the help and support of all involved, we wouldn't be able to "serve" our community and players the way that we do at Lubbock-Cooper ISD.

As part of growing up in a Children's Minister's home, I was given the opportunity to

serve others throughout the year. Whether at Vacation Bible School, summer camps, or in college at the Baptist Student Mission, doors were opened to me to see and re-

spond to those in need. It has made me who I am today, and I am truly thankful. My parents were great models of what serving others looked like. We would serve Thanksgiving

meals at the local mission, as well as being silent angels at Christmas. The biggest blessing I had was being able to experience what serving others did in my own life.

Since being at Lubbock-Cooper, my staff and I have found many different ways to serve our school and community. Over the past 9 years, the volleyball teams have delivered Christmas presents to shut-ins, worked at a soup kitchen, and participated in community awareness walks.

Serving our Community:

The girls love delivering Christmas presents to the clients of Meals on Wheels. The sweet clients get a chance to talk to the girls and show them



photo courtesy Courtney Pesterfield

Continued on Page 2

VOLLEYBALL COMMITTEE

NAME	SCHOOL	CONF-REG
Courtney Pesterfield*	LUBBOCK COOPER HS	5A-1
Kira Satterfield	DALHART HS	4A-1
Alysha Humpert	RIDER HS	5A-2
Laura Carr	CLYDE HS	3A-2
Tammy Clark	GRANBURY HS	5A-3
Jim Wood	MAYPEARL HS	3A-3
Kari Bensend	CENTENNIAL HS	5A-4
Renae Whitaker**	CADDY MILLS HS	4A-4
Amanda McMeans	KLEIN COLLINS HS	6A-5
Denise Johnson	TARKINGTON HS	4A-5
Brandace Boren	LAKE TRAVIS HS	6A-6
Jeff Coker	CRAWFORD HS	2A-6
Danielle Nichols	MARSHALL HS	6A-7
Joella Gallegos	JOURDANTON HS	3A-7
Flo Valdez	FRANKLIN HS	6A-8
Mitzi Bell	EARLY HS	3A-8

*Chair **Vice Chair



SERVING BEYOND THE COURT

Continued from Page 1

how much they appreciate their gifts. Our girls get to see how one blanket, shirt, or pair of warm house shoes can bring a smile to a face and light up a life. We have also developed a great relationship with the local homeless soup kitchen. We have taken the teams on many occasions to serve food, work in the shoe closet, and pass out clothes to families in Lubbock. This day of service is always an eye opening experience for the teams every year. Our freshmen seem to shy away in the corner, while our upperclassmen take ownership of any task that needs to be accomplished. Every season the girls ask when we are going back to serve at the mission. We make this a time for not only our players, but for their families to serve with us. It is great to see families working together for the common good outside of volleyball.

Step Out for Diabetes and Pinktober are also near and dear to our hearts. Since I have been at Lubbock-Cooper we have had someone in the program that has been affected by Diabetes; whether having a relative that has the disease or the player has it themselves. We participate in

the walk for Diabetes in September. It is a national walk to help raise money and awareness for Type 1 Diabetes. This is a great way for our team to come together for a special cause that has a daily impact on our team. To celebrate our accomplishment and to reinforce community and service, we gather back at school for a team breakfast.

Pink Out is close to my heart in so many ways. I have five great aunts that have passed away because of Breast Cancer. My best friend since we were four years old is still battling this horrific disease. My mother-in-law is a three year Breast Cancer survivor. With the history that my family has I want to make Breast Cancer a thing of the past for my own two daughters. I am so grateful that Lubbock-Cooper ISD is all in when it comes to Pink Out! The entire district participates in dress up days, they buy t-shirts, and purchase items from our silent auction that is run in conjunction with our football team. Last year our volleyball team helped raise over \$9,000!!!! What an honor to work with such an AMAZING district.

Serving our District:

Our teams do many things to serve our elementary



photo courtesy Courtney Pesterfield

schools and to build a sense of community inside and outside the walls of the school. They serve as greeters as they open car doors in the morning at many of the schools. The younger kids love seeing the volleyball girls in their uniform, with a smile and a hello early in the morning. They also read to Pre-K and Kindergarten classes throughout the year. We have been able to be mystery readers to many of the Pre-K classes at Lubbock-Cooper. I'm pretty sure the volleyball girls love this more than the four year olds! We take a volleyball too, and let the players show them how to pass, set, and hit. One of our favorite days is helping with the Kindergarten Egg Hunt each year. Our players leave these events knowing they are making a difference in the lives of

little Pirates.

Teacher appreciation is one of the activities that our players LOVE!! They each get to choose a teacher and honor them at one of our home matches. We have them walk out on the court with their favorite teacher and hand them a small gift and a personal note of appreciation.

I challenge you as a coach to make it a priority to help your team serve others in your community and school. It may take a little effort to find an organization that needs your help, but once you do I promise you it will be something you will not regret. I have seen so much growth from my players as they have taken their game outside the court. As a coach, I know that serving others is something we will do EVERY year!!!



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.

MEET YOUR 2016-17 TGCA 2ND VICE PRESIDENT

Jason Roemer Kerrville Tivy High School | **TGCA 2nd Vice President**



High School Graduated From: Brenham High School, 1991.

College(s) Attended: Sam Houston State University (1995, B.B.A. Marketing), Stephen F. Austin State University (1999, Teacher Cert.).

Teaching Assignments: Business Information Management I, II. Accounting. Principals of Business, Marketing, Finance.



photo courtesy TGCA Coaches

Coaching Assignments: Current - Head Volleyball, Assistant Softball. Past – Assistant Basketball, Track, Soccer

What It Means To Be An Officer In TGCA: It's an exciting and humbling responsibility to serve the great coaches in our great girls athletic programs across this vast state of ours. I'm excited to see what changes we can bring forth in the future to help the coaches and our student athletes better themselves on a daily basis.



photo courtesy Ashlee Lingo

CROSS COUNTRY COMMITTEE

NAME	SCHOOL	CONF-REG
Jason Trook	LUBBOCK HS	5A-1
Nelda Munoz	LEVELLAND HS	4A-1
Deborah Gonzales	WICHITA FALLS HS	5A-2
Loy Triana	BURKBURNETT HS	4A-2
Shannon Utley	SUMMIT HS	5A-3
Mandie West	FERRIS HS	4A-3
Braegan Enright	WAKELAND HS	5A-4
Gary Qualls	CADDY MILLS HS	4A-4

NAME	SCHOOL	CONF-REG
Deann Fudge	BARBERS HILL HS	5A-5
Rolando Leal	TARKINGTON HS	4A-5
Brittney Lanehart	SMITHSON VALLEY HS	6A-6
Sharon Carter	BELLVILLE HS	4A-6
Kayla Cross	MADISON HS	6A-7
Cully Doyle	GONZALES HS	4A-7
Tracey Borchardt	ODESSA HS	6A-8
Will Reid	HARPER HS	2A-8



photo courtesy Shannon Lindsey



photo courtesy Christine Elias

UIL LEGISLATIVE COUNCIL MEETING RESULTS

October 17, 2016 UIL Press Release



AUSTIN, TX — The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy. In athletics, the Legislative Council approved a proposal to establish a pitch count limitation in baseball. High school pitchers will be limited to no more than 110 pitches per day, junior high pitchers will be limited to no more than 85 pitches per day. Days of rest between participation will be required based on the number of pitches thrown. If approved by the Commissioner of Education, this rule change will be effective immediately.

Also in athletics, the Council approved an amendment to the language for the 6A football home field advantage

pilot program. The change gives home field advantage to the team with the higher district finish in the first round of the football playoffs. The Council voted to place

allowed in team sports would be restored to three and the number of meets in individual sports would be restored to eight. The number of tournaments and meets allowed

referendum ballot. If Conference 5A superintendents vote to create a split conference format, the change will go into effect for the 2018-2020 alignment. The split conference format was previously implemented in Conferences 1A-4A by referendum ballot vote.

In academics, the 32-member rule making body voted to increase the maximum number of One-Act Play directors allowed in a contest from three to four.

The Commissioner of Education must approve amendments passed by the UIL Legislative Council before they may take effect. All rule changes approved during this meeting can be found on the UIL website at http://www.uiltexas.org/files/media/Legislative_Council_10.17.16.pdf.



photo courtesy TGCA Coaches

the restoration of allowable tournaments and meets for all sports except for football on a referendum ballot. If the referendum passes, the number of tournaments al-

was reduced to two and seven, respectively, in 2012.

The Council also voted to place the creation of a split conference format for Conference 5A football on a

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.



photo courtesy Ashlee Lingo



CROSS COUNTRY STATE MEET

Old Settler Park Round Rock, TX | November 12, 2016

Schedule

Girls 4A.....	8:30 AM
Girls 5A.....	9:40 AM
Girls 6A.....	11:00 AM
Girls 1A.....	12:20 PM
Girls 2A	1:30 PM
Girls 3A.....	2:40 PM

Ticket Information

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

Pre-sale tickets are available for purchase [HERE](#)
On-site ticket sales will be CASH ONLY.

Public Parking

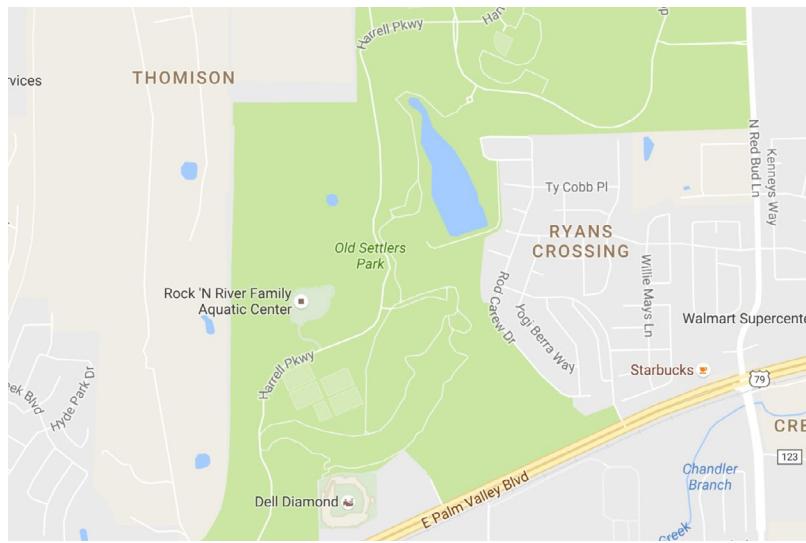
Parking and shuttle service will be available at the Dell Diamond parking area for \$5.00. CASH ONLY

Animals

There will be NO dogs allowed in Old Settler's Park on the day of the Cross Country State meet.

Restrooms

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



VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | November 16-19, 2016

Schedule

Wednesday, November 16	
Conf 1A Semi	1:00 PM
Conf 1A Semi	3:00 PM
Conf 2A Semi	5:00 PM
Conf 2A Semi	7:00 PM

Friday, November 18

Conf 4A Semi	11:00 AM
Conf 5A Semi	1:00 PM
Conf 5A Semi	3:00 PM
Conf 6A Semi	5:00 PM
Conf 6A Semi	7:00 PM

Thursday, November 17

Conf 3A Semi	11:00 AM
Conf 3A Semi	1:00 PM
Conf 1A Final.....	3:00 PM
Conf 2A Final.....	5:30 PM
Conf 4A Semi	7:30 PM

Saturday, November 19

Conf 3A Final.....	11:00 AM
Conf 4A Final.....	1:30 PM
Conf 5A Final.....	4:00 PM
Conf 6A Final.....	6:30 PM

Ticket Information

Student Single Day (ages 2-18).....	\$7.00
Adult Single Day.....	\$12.00
2-Day Pass (Wednesday/Thursday; Thursday/Saturday; Friday/Saturday).....	\$20.00
Coaches/Officials All-Tournament (must show ID).....	\$25.00
All-Tournament.....	\$30.00

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.

photo courtesy Carol Moore



photo courtesy Lore McLaughlin



photo courtesy Brittany Castledine



photo courtesy Leanne Rogers



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. Click [here](#) for more details.

DON'T FORGET TO NOMINATE FOR THE FOLLOWING AWARDS ***

TGCA HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the TGCA, 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. Nomination forms can be found on the TGCA website, www.austintgca.com, under "Forms" in the menu on the left-hand side of the page.

The deadline for submission of Hall of Fame nominees will be Monday, March 1st, at 12:00 noon. All nominations must be mailed or faxed to the TGCA office.

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

YEAR INDUCTEE

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

YEAR INDUCTEE

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
2016	Barbara Comeaux Linda Richter Fred Griffin



photo courtesy Laurie Connally



photo courtesy Carrie Powers

SUB-VARSITY COACH OF THE YEAR

Give your Sub-Varsity coach the recognition they deserve and nominate them for Sub-Varsity Coach of the Year. The deadline for Sub-Varsity Coach of the Year nominations is May 1st. Please help the Sub-Varsity

Committee with their selections by providing them information about your assistant coach: In what regard and length of time you have known the nominee; professional activities or organizations they have been in-

volved in; their relationships with students, parents, etc.; how they have helped you and your program; and any other comments or qualifications you feel would be beneficial.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. The candidates need to have made outstanding contributions to girls athletics. Nomination forms may be

found on the TGCA website, www.austintgca.com, under "Forms" in the menu on the left-hand side of the page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, March 1st, at 12:00 noon.

YEAR RECIPIENT

2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. "Butch" Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett



photo courtesy TGCA Coaches

TGCA PAST PRESIDENTS

Velma Harrison1952-53,
.....1953-54
Marvin Williams *1954-55
Mary Beccue *1955-56
Charles Womack *1956-57
Rose Farmer1957-58
J.W. Booker *1958-59
Peggy Hughes1959-60
M.T. Rice *1960-61
Jimmye Phillips1961-62
LeRoy Hoff *1962-63
Ellen Johnson.....1963-64
F.G. Crofford1964-65
Zonelle Cornett*1965-66
Freeman Parish *1966-67
Sandra Meadows * ...1967-68
Mitch LeMoine.....1968-69
Wayne DuBose*1969-70
Shirley Hayworth1970-71
Stanley Whisenhunt.. 1971-72

Leta Andrews1972-73
Bill Farney.....1973-74
Janette Barlow1974-75
Bob Schneider1975-76
Gay Benson1976-77
Buddy Ables1977-78
Sandra Meadows * ...1978-79
Ralph Newton*1979-80
Janie Fitzgerald1980-81
Mark Smith*1981-82
Diana Lewis.....1982-83,
.....1983-84
Michael Adams1984-85
Judy Dunn*.....1985-86
Jim Kirkland1986-87
Sue Cannon1987-88
Don Ford.....1988-89
Donna Grant1989-90
Phil Swenson1990-91
Rhonda Farney.....1991-92

Caylene Caddell1992-93
Barbara Crousen1993-94
Pat Mouser1994-95
Melynn Hunt1995-96
Sam Tipton.....1996-97
Marianne Jones1997-98
Larry Goad.....1998-99
Brenda Kitten.....1999-2000
Rob Young2000-01
Krista Malmstrom.... 2001-02
Ron Mouser.....2002-03
Debbie Jaehne2003-04
Ray Baca2004-05
Leann Johnston2005-06
Alex Koulovatos2006-07
Debra Manley2007-08
Lee Grisham.....2008-09,
.....2009-10
Wes Overton.....2010-11
Donna Benotti2011-12

Rodney Gee2012-13
Kari Bensend2013-14
Mitch Williams.....2014-15
Liana Gombert2015-16

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 Young1974-75
Judy Bugher1975-76
Waynette Dolan1976-77
Norma Pullin1977-78

*Deceased



Photo courtesy TGCA Coaches

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 online deadline is missed, the coach is re-

sponsible 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. Aca-

demic All-State nominations, if the deadline is missed, should be faxed to the TGCA office. The 2016-17 online sport honors nomination deadlines are as follows:

Cross Country Nov 7, 2016
Volleyball Nov 14, 2016
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

REVISIONS TO ALL-STAR CHEERLEADING NOMINATIONS AND SELECTIONS

The Board of Directors, through a recommendation from the Spirit Committee and Varsity Sports, voted to change the nomination guidelines for cheerleading All-Star nominations that All-Stars must be INCOMING SENIORS (juniors). They also voted to approve creating a Legacy All-Star team for cheerleading, which will be comprised of graduating seniors, with 20 cheerleaders being selected in 1A-2A-3A-4A and 20 cheerleaders being selected in 5A-6A. The Legacy All-Star teams will not participate in Summer Clinic activities, but will be recognized on the TGCA website and will receive a certificate of achievement. Both effective beginning the 2016-17 year. Nominations will be done the exact same way. All-Stars and Legacy All-Stars will be differentiated by the grade classification shown on the nomination.

CULTIVATING ATHLETIC DEVELOPMENT



DX3 Athlete

It is generally understood that the best athletes in the world started their development and sports play at an early age. Furthermore,

growing younger and younger it is so important that these kids are properly developed to meet the demands of their activity. If we fail to address

at a higher level. If a proper athletic development program is put in place that accounts for all stress bouts and seasonal competition you can safely prepare your athletes, increase their performance and maintain their health 50% better than not training.

Over training and under training both look like out of shape so how do coaches remedy this? The usual answer of run and train more typically leads to poor performance and injury due to lack of strategic planning. It's not how hard the workout is, it is how purposeful, strategically planned and consistently and safely executed it is that will make the difference.

It is crucial that kids learn at the start of any formalized sports, regardless of age, the importance of athletic development and the role it plays in sports training. If athletic development training doesn't start until middle school or high school, you are too late.

Your kids are behind and will be playing catchup as they step up in level. Formal athletic development should be in all sports programs, starting early and continuing throughout a person's life.

Additionally, athletes need to be bought in psychologically so there is a committed effort on their part. This in fact will cultivate athletic development and expedite the learning process, development and culture.

Understanding the needs, demands and process of developing and implementing an athletic development program in all levels of youth starting when they start sports if not before is paramount to the proper, safe development of kids.

Excite, Engage, Evolve and your kids will be far ahead of the others and make your job a whole lot easier! For more information visit us at www.GetDX3.com or Contact Ronnie Natali at Ronnie@teamdx3.com



photo courtesy Ashlee Lingo

these same athletes were more physically active in all aspects of their lives from playing outside to wrestling with their peers and siblings. Things such as simply joining parents, friends and siblings in recreational play, riding bikes, skateboarding, and climbing trees at a pre-pubescent age all play a part in developing athletically.

In our current culture, outside recreation is seemingly disappearing due to technology and unsafe or nonexistent play areas. Often kids have to be forced to do anything physical other than their chosen structured sport or activity. With this in mind we are currently faced with the task of mandating or including structured development training in our programs.

With the youth sports and performance population

this we will continue to see an exponential rise in avoidable injury, overuse, and mental and physical exhaustion.

The biggest challenge is getting your coaches, parents and athletes to understand you are conditioning the athlete to perform safely



photo courtesy Carol Moore



Texas Health Ben Hogan Sports Medicine

Removal From Play After Concussion and Recovery Time*

R.J. Elbin, PhD, a Alicia Sufrinko, PhD, b Philip Schatz, PhD, c Jon French, PsyD, b Luke Henry, PhD, b Scott Burkhardt, PsyD, d Michael W. Collins, PhD, b Anthony P. Kontos, PhD

OBJECTIVE: Despite increases in education and awareness, many athletes continue to play with abstract signs and symptoms of a sport-related concussion (SRC). The impact that continuing to play has on recovery is unknown. This study compared recovery time and related outcomes between athletes who were immediately removed from play and athletes who continued to play with an SRC.

METHODS: A prospective, repeated measures design was used to compare neurocognitive performance, symptoms, and recovery time between 35 athletes (mean \pm SD age, 15.61 \pm 1.65 years) immediately removed after an SRC (RE-

MOVED group) compared with 34 athletes (mean \pm SD age, 15.35 \pm 1.73 years) who continued to play (PLAYED group) with SRC. Neurocognitive and symptom data were obtained at baseline and at 1 to 7 days and 8 to 30 days after an SRC.

RESULTS: The PLAYED group took longer to recover than the REMOVED group (44.4 \pm 36.0 vs 22.0 \pm 18.7 days; $P = .003$) and were 8.80 times more likely to demonstrate protracted recovery (≥ 21 days) ($P < .001$). Removal from play status was associated with the greatest risk of protracted recovery (adjusted odds ratio, 14.27; $P = .001$) compared with other predictors (eg, sex). The PLAYED group exhibited significant

ly worse neurocognitive and greater symptoms than the REMOVED group.

CONCLUSIONS: SRC recovery time may be reduced if athletes are removed from participation. Immediate removal from play is the first step in mitigating prolonged SRC recovery, and these data support current consensus statements and management guidelines. NIH

To cite: Elbin R, Sufrinko A, Schatz P, et al. Removal From Play After Concussion and Recovery Time. Pediatrics. 2016;138(3):e20160910

WHAT'S KNOWN ON THIS

SUBJECT: Immediate removal from play is recommended for athletes with suspected con-

cussion. The majority of concussions go unreported, and the catastrophic consequences of continuing to play with concussion are documented. The impact of removal from play on recovery outcomes is unknown.

WHAT THIS STUDY ADDS: Athletes who were not removed from play took longer to recover and demonstrated worse neurocognitive and symptom outcomes after a sport-related concussion. Removal from play status is a new predictor for protracted recovery and supports consensus guidelines.

*PEDIATRICS Volume 1 38, number 3 , September 2016: e2 0160910

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 valua-

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

photo courtesy TGCA Coaches



10

CONSTRUCTIVE WAYS TO HELP FIGHT THE OBESITY EPIDEMIC IN AMERICA

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 Encourage people to be physically active. Help make individuals aware of the numerous positive benefits of exercising on a regular basis. Do whatever you can to help change the habits of the approximately 80% of Americans who engage in little or no physical activity.

2 Try to get individuals to take at least 10,000 steps a day. Moving 10,000 steps a day is roughly the equivalent of engaging in 30 minutes of physical activity (as recommended by the U.S. Surgeon General). A relatively low-cost, clip-on pedometer can be used to calculate the number of steps a person takes in a given day. Because most Americans already take 3,000 - 5,000 steps in a normal day, boosting that total to 10,000 is essentially a painless way of getting people to engage in an appropriate amount of activity.

3 Support expanding state and federal tax breaks for fitness-related programs. Obesity is a serious public health concern. As such, government should take an active role in encouraging programs that promote

good health.

4 Support efforts to require the insurance industry and employers to give their employees who are physically active lower rates on their health insurance. Considerable evidence supports the fact that physically active people suffer fewer health-related problems than their sedentary counterparts. Because their health care costs are substantially lower, it could logically be argued that these individuals deserve to be "rewarded" financially for their efforts, and that such a stipulation would encourage those who are less active to get moving.

5 Support efforts to broaden the curriculum at medical schools to include coursework that will provide them with a basic understanding of the fundamental principles involved in sound exercise and nutrition. Very few medical schools in the United States currently offer such coursework, despite the fact that physicians should know how to help their patients with their weight and fitness issues and yet often aren't

aware of what steps to recommend.

6 Support efforts to encourage (or require) the food industry to "upscale" their efforts to make it easier for individuals to win their struggle against obesity. Among the steps that the food industry can take in this regard are: provide detailed labeling on fast-food packages so that individuals know how many calories they are consuming; offer smaller, reasonably-sized portions; provide healthier alternatives to popular snacks; and alter advertising efforts to have a healthier focus.

7 Support efforts to get healthier food into markets, particularly in lower-income neighborhoods. All Americans need and deserve healthy food choices. Such positive choices are often not available to those individuals who may need them most.

8 Work to change public attitudes concerning exercise. Encourage individuals to remember that the primary focal point of engaging in physical activity on a regular basis should be

their health - not achieving a "perfect" body. Furthermore, exercise can and should be enjoyable, rather than arduous. In that regard, individuals should engage in a physical activity program that is compatible with their needs, interests, and time constraints.

9 Encourage public and private agencies to devote more resources to research involving health-promotion efforts to combat obesity. Too little is known about what specific steps work and which don't in the battle against obesity. A large-scale effort to determine how to best promote a healthy lifestyle needs to be undertaken.

10 Encourage efforts to support physical education programs at all levels of the school system. Communities should value (and fund as needed) having comprehensive physical education programs in their schools. The number of obese children strongly suggests that the need to increase the activity levels of American children has never been greater.

photo courtesy Ashley Brown



photo courtesy Christine Elias



SPOTLIGHT ON RAY YOW

with Gabriell Mattox, Kountze MS

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

I chose to help Kay Yow Cancer Fund for multiple of reasons. When I first received the email regarding Play4kay, I knew I wanted to be a part of it. I have a large amount of family and friends who are fighting cancer and some that have beat it. Once I read the information to my girls, they were locked in from the start and were eager to work. I knew this would be a great experience for them, because it was for me when I played in my first "Pink Out" game. So, I knew we had to do!

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

I coordinated the event along with the girls I coach. Once we decided to host our game, we also came up with other ideas to raise money.

How did you promote your event? Flyers, FB, Twitter, Instagram, PA announcements at school, etc?

We did a lot of our promoting through our School newsletter, our principal was very helpful with getting the word to parents and the community. Facebook, Fly-

We hosted a basketball clinic, sold hot chocolate, popcorn, and cotton candy. At our event we had a cake auction and T-shirt auction, along with a raffle for a



sentation, we recognized survivors and supporters.

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

Incentives are a great motivator, but the motivation to help and support a good cause was enough for my girls . It's always the perks that help the workers get recognized.

How about the 50/50 state goal, where if the state goal of 50% participation of schools was met than 50% of the money would stay in Texas?

Cancer effects everybody, everywhere. The distribution of funds isn't important. Simply helping one another is the best goal.

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

I would definitely start earlier with raising money, and join with the other coach and have a counter competitive team fundraising goal to exceed the funds raised from the previous year!



ers, and Instagram was also some of our main outlets to the community.

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

signed basketball from both participating teams.

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

During our halftime pre-

photo courtesy Laurie Connally



photo courtesy Michelle Gilgan

NOVEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	VOLLEYBALL: BI-DISTRICT				VOLLEYBALL: AREA Girls Basketball: First Day for interschool games	5
6	7	8	9	10	11	12
	VOLLEYBALL: REGIONAL QUARTERFINALS Wrestling: 1st Day for Meets & Tournaments TGCA: Cross Country Nomination Deadline (12 PM)				VOLLEYBALL: REGIONAL FINALS TGCA: Cross Country Committee Meeting (7 PM)	CROSS COUNTRY: STATE MEET
13	14	15	16	17	18	19
	TGCA: Volleyball Nomination Deadline (12 PM)			VOLLEYBALL: STATE TOURNAMENT TGCA: Volleyball All-State 1A-4A (8 AM)	TGCA: Volleyball Committee (8 AM) TGCA: Volleyball All-State 5A-6A (8 AM)	
20	21	22	23	24	25	26
TGCA: New Board Member & Standing Committee Orientation (10 AM) TGCA: Board of Directors Meeting (11 AM)			TGCA OFFICE CLOSED			
27	28	29	30			
	Soccer: 1st Day for Practice					

TGCA HOTEL RESERVATION DIRECT LINK

LaQuinta - Up to 20% off within Texas; up to 15% off outside of Texas as 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.

November 11 - Cross Country Committee meeting is at Kelly Reeves ISD Athletic Complex Conference Room, 10211 W Palmer Lane, Austin, TX.

November 17 - Volleyball All-State 1A-4A is at the Hyatt Place, 5101 N President George Bush Hwy, Garland, TX.

November 18 - Volleyball Committee meeting & Volleyball All-State 5A-6A is at the Hyatt Place, 5101 N President George Bush Hwy, Garland, TX.



photo courtesy Brittany Castedine

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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.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.

