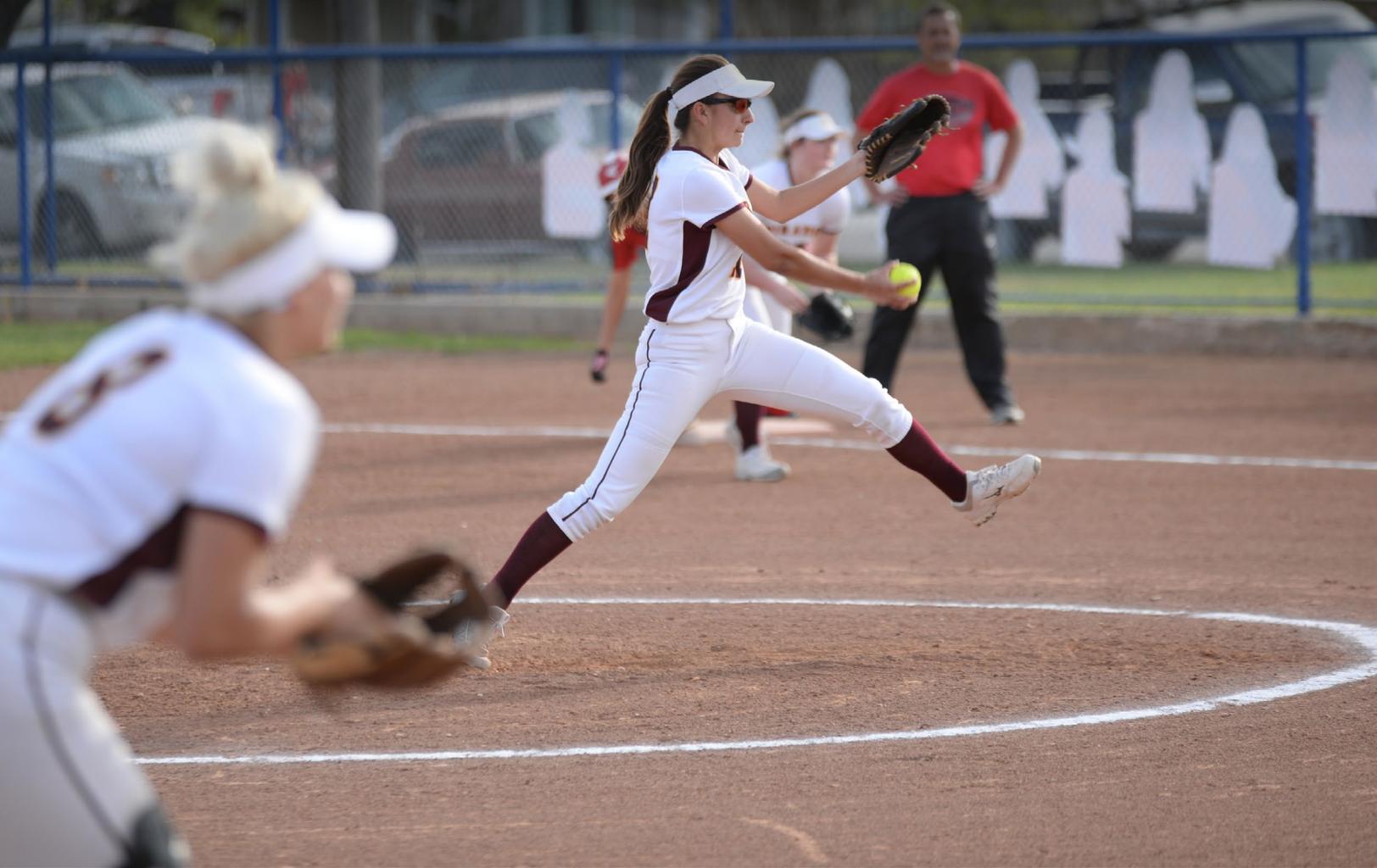




# TGCA NEWS

APRIL 2018



## 2017-2018 TGCA OFFICERS



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Lubbock Coronado HS



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Jason Roemer  
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**2nd Vice President**  
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**Past President**  
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**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant Executive Director**  
Lee Grisham  
TGCA Office



**FEATURE ARTICLES**

**Athletes Deserve Our Best**

By Cully Doyle,  
TGCA Track Chair

**PAGE 1-2**

**Make Summer a Success for Your Program**

By DX3 Athlete

**PAGE 14**

**\$5.63 Million Awarded to Fight ALL Women’s Cancers**

By Kay Yow Cancer Fund

**PAGE 15**

**10 Health Challenges Facing Older Adults**

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

**PAGE 16**

**ALSO INSIDE**

TGCA Resource Center .....1  
 Meet the TGCA Membership Coordinator.....3  
 Coaches Certification Program (CCP).....3  
 UIL Track & Field State Championships .....4-5  
 UIL Tennis State Championships ..... 5  
 UIL Golf State Championships..... 5  
 TGCA Profile Update..... 6  
 Online Nomination Deadlines..... 6  
 UIL Softball State Championships ..... 6  
 State Championship Coaches .....7  
 Coaches of the Year .....7  
 Athletes of the Year .....7  
 2018 Summer Clinic: Athletic & Spirit.....7  
 2018 TGCA Summer Clinic .....8-9  
 TGCA Summer Clinic Hotels and Rates ..... 8  
 2018 TGCA All-Star Schedule .....10-11  
 2018 TGCA Satellite Sports Clinics.....12  
 2018 Hutcherson Flying Queens Golf Tour....13  
 AD&D Benefit .....15  
 Important Dates .....17  
 Hotel Direct Links.....17  
 Sponsors.....18

*cover photo courtesy Melissa Johnson  
 left photo courtesy Michael Scoggin*

# ATHLETES DESERVE OUR BEST



**Cully Doyle Gonzales HS | TGCA Track Chair**

As we finish the spring semester and I reflect back on how fast the Track and Field season once again went by, we are already in the middle of Regionals for some and hopefully State for others. I can't help but look back and remember all the great performances from individual athletes and dual-sport athletes. Dual-sport athletes come out and compete at track meets for different coaches. It still amazes me to see the truly passionate, motivational coaches who get the most out of their kids each and every year.

I believe the athletes we coach deserve our best on a day-to-day basis. We have them for a very short window of time in their lives and they are dependent upon us and the decisions we make in practice or at track meets. Kids understand which coach pays attention to detail when it comes to their training each week. I get more and more



photo courtesy Clint Mears

excited and motivated each year when I watch athletes from our school, or other schools, become successful, and I appreciate the level of detail the coaches put in behind the scenes over a long period of time so that even one kid can shine when the light is on. You have to be amazed at how kids compete in track and field each week. Just when we think they can't run faster, jump higher or farther there is someone, with a great coach behind them,

who always performs when it counts. It is amazing still to watch the details of all 17 events in Track and Field, and to sit back to watch the technique in field events, hurdles, or a great distance runner knowing a coach had something to do with all the teaching over a long period of time to get the athletes to be that great.

I believe athletes deserve our best because we have them for such a short window of time in their lives, and it

is such a crucial and fragile time for these kids. Track and Field is hard. When you see coaches that have been at programs and had consistency and have built long-term trusting relationships, it is amazing what average athletes will do for that coach. If you are lucky to have a special talent with good work ethic, and you have that trusting athlete-coach relationship, the sky is the limit. I believe this all comes from attention to detail and a passion for what you do each day with kids, and understanding we coach kids that need and deserve our best.

We have all seen great coaches develop athletes, but it is important to understand how to do that. I am at a smaller school. To get numbers out for Track and Field we have to work around other sports, band, FFA, theater, and other school activities. If

**Continued on Page 2**



## TGCA RESOURCE CENTER

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

The Resource Center is designed to allow 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.

# ATHLETES DESERVE OUR BEST

Continued from Page 1

we want those kids to show up Monday through Friday and perform in different kinds of weather, they have to know we are not wasting their time. Kids are smart and can see whether you pay attention to detail or are passionate in your practice plan. Girls deserve our honesty, love, passion, desire and consistency every day. I was once told there is no magic formula to consistency other than long-term patience and believing what you are preaching at practice every day. If you're consistent and confident and believe in what you are teaching, the winning will come and the kids will buy into you as a coach and a person. I have been fortunate to have great athletes who were really successful and even some who have won at the State Track Meet, but the best story I will never forget is something that happened this year to a kid who six years ago was in 7th grade P.E. So, 6 years ago I went to visit with some kids in 7th grade about coming out for Cross Country and I went to almost every kid and invited them to just come out and join us, and told them we would have fun. One partic-

ular kid was invited, and we never really assumed that he would show up on the first day, but he did. This young man was very slow, chubby, and no one knew his name because he was not in the athletic class period. A few days went by and he was the slowest kid on the team by far, but he just kept coming to practice, showing up on time, staying late, and wanting to do the extra. The kid never won a medal from Cross Country or Track and Field his 7th or 8th grade year. He came to High School and never missed a summer workout, but still did not get out of district in Track and Field his freshman year, sophomore year or his junior year. During that whole time he kept coming to every summer Cross Country workout and continued to want to be better than he was. His senior year he went to a local Cross Country meet in the fall and won his first medal ever. I really never caught on to the fact that was his first medal until I drove him home that day and he told me. He was excited about his small improvement and asked to learn how to do other events. Again, he just never wanted to stop getting better. He went on to have



photo courtesy Dianne Hanson

the best Track and Field season a kid could have, especially considering where he started. Not only did he qualify for Area in in four events, but he ran or jumped his personal best in all four of those events at the Area Meet and qualified to Regionals in all four. This kid has committed to a small university and will have a new adventure in his life. My question is, what if a coach did not invite the 7th grader to practice to simply try a new sport, even when he couldn't run faster than anyone in 7th grade? I believe kids deserve our best and that might just mean to invite a kid out and giving them a chance.

It is rewarding to see a kid develop when they work hard and coaches spend time with them. Sometimes we as coaches get caught up always hoping for the best athlete to show up to practice or move in, but I believe the kids we see daily deserve our best

and you never know who the next best is going to be if we only take the time to develop them. I admire coaches at the smaller school levels who put together all 17 events at track meets when it is harder to have the numbers. Great coaches understand attention to detail and use average athletes in multiple events to pick up points and to help win track meets, and they have planned it out ahead of time.

I encourage you to have a purpose and drive for your kids you coach daily in Track and Field, or any sport. Be consistent and pay attention to detail because the kids we coach deserve our best. It is truly inspiring, and motivational, and I admire the coaches that do this on a daily basis. Usually they are the ones building life-long relationships with kids inside their programs, which usually leads to what we all want, which is to win.



photo courtesy Kim Buie

# MEET THE NEW TGCA MEMBERSHIP COORDINATOR, BROOKE DAILY



## Brooke Daily | TGCA Membership Coordinator

Brooke Daily started her new position of Membership Coordinator with the TGCA in mid-March. She is a proud Texas Ex, graduating from the College of Education in December of 2017 with a degree in Youth and Community Studies and a Minor in Communication. While at UT, Brooke had the unique pleasure of performing as Hook 'Em, Texas' costumed mascot, at all kinds of sporting events for two years. Chances are, if you got photobombed by the mascot

from 2014-2016, it was probably Brooke!

Brooke graduated from Abernathy High School in 2013, where she was involved in basketball, softball, and track, as well as numerous other clubs and organizations. She has a younger sister, Ali, who is a sophomore in the business school at UT and a brother, Bryson, who is a sophomore at Abernathy. On any given day, she's probably bragging about Bryson excelling in sports or how Ali is obvious-

ly the smartest kid. Brooke takes all credit for them turning out so well.

Brooke's family is in the Texas coaching business, with parents Darrell and Christi Daily coaching for a combined number of years that she won't mention here, knowing that a stern call from her mom would inevitably follow. The family coaching tree goes higher, as Brooke has grandfathers on both sides who coached high school football in Texas, and a grandmother- Connie Comer- who

coached basketball in the West Texas area.

Brooke lives in Austin and enjoys spending time outdoors with her year-old puppy Maya, a Mini-Schnauzer. She can't wait for the football seasons to start, and is convinced that Texas will be good again now that she's graduated and will have to pay more for tickets. On any given Friday during the fall, you can find her listening to the broadcast of her dad and brother's football game and yelling at no one in particular.

## COACHES CERTIFICATION PROGRAM (CCP)

### Athletic Directors & Coaches,

With the addition of the new Coaches Certification Program (CCP), coaches will have two options to complete the 2018-19 CCP requirements. The current option to obtain CCP online through the UIL Portal will continue. NOTE: The 2018-2019 Online CCP Courses will not open until July 16th. An additional option for coaches to receive their CCP credit was created through collaboration with the Texas High School Coaches Association (THSCA) and the Texas Girls Coaches Association (TGCA). Coaches that will be attending the THSCA convention or the TGCA convention can receive their CCP credit(s) by

attending lectures that each association has labeled as CCP equivalents. NOTE: In order to receive credit at one of the conventions, coaches will need to go onto the UIL Portal (RMA) and enter their respective coaches association member number. Coaches will be scanned in at the convention when they attend a CCP equivalent course, thus we will need their coaches association member number(s) in the UIL Portal to assign them credit for attending. Below are directions on how a coach can enter his/her coaches association number(s) on the UIL Portal.

1. Go to the Register My Athlete Website and login. [https://www.register-](https://www.register-myathlete.com)

[myathlete.com](https://www.register-myathlete.com)

2. Note: If all of your contact information is not in the RMA System you will be asked to enter your personal information at this point.
3. Once you have entered your personal information, you will hit submit, and then continue on to the UIL Portal. If you already have all of your personal information entered in your account, you will not have to go through steps 2 & 3.
4. Once on the Main Portal Page, click on the "Manage" Tab. \*\*If you are logged in, you can return to the main portal page at any time by clicking the UIL logo in the top left corner of the page.

5. Then click "Add Association" or "Add"
6. Pick the association you wish to enter a member number for and enter your member number
7. If you are a member of THSCA and TGCA you may enter your member number for both associations.

If you have any questions on this process, please email the Athletics Department at [athletics@uiltexas.org](mailto:athletics@uiltexas.org) or call our office at 512-471-5883.

Thank you,  
Susan Elza, Ed.D.  
UIL Director of Athletics

# TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Stadium University of Texas at Austin | May 11-12, 2018

**FRIDAY, MAY 11, 2018**

**SESSION #1 FIELD EVENTS**

8:00am - FIELD EVENTS				
Time	Event	Location	Conference	Division
8:00am	Discus	R-1	5A	G
10:00am	Discus	R-1	3A	G
12:30pm	Discus	R-1	5A	B
2:30pm	Discus	R-1	3A	B
4:30pm	Discus	R-1	4A	B
6:00pm	Discus	R-1	1A	G
8:00am	Shot Put	R-2	5A	B
9:30am	Shot Put	R-1	3A	B
10:30am	Shot Put	R-2	2A	G
1:30pm	Shot Put	R-1	5A	G
2:00pm	Shot Put	R-2	3A	G
4:00pm	Shot Put	R-1	1A	B
6:00pm	Shot Put	R-2	4A	G
8:00am	Pole Vault	P-1	3A	B
8:00am	Pole Vault	P-2	2A	G
10:30am	Pole Vault	P-2	2A	B
10:30am	Pole Vault	P-1	3A	G
1:00pm	Pole Vault	P-2	1A	G
1:00pm	Pole Vault	P-1	5A	G
3:30pm	Pole Vault	P-1	5A	B
8:00am	High Jump	P-1	5A	B
8:00am	High Jump	P-2	5A	G
10:00am	High Jump	P-1	3A	B
10:00am	High Jump	P-2	3A	G
12:30pm	High Jump	P-1	2A	B
12:30pm	High Jump	P-2	2A	G
2:30pm	High Jump	P-1	1A	B
2:30pm	High Jump	P-2	1A	G
4:30pm	High Jump	P-1	4A	B
4:30pm	High Jump	P-2	4A	G
12 Noon	Triple Jump	P-1	3A	B
12 Noon	Triple Jump	P-2	3A	G
2:00pm	Triple Jump	P-1	5A	B
2:00pm	Triple Jump	P-2	5A	G
8:00am	Long Jump	P-2	3A	B
8:00am	Long Jump	P-1	3A	G
10:00am	Long Jump	P-2	5A	B
10:00am	Long Jump	P-1	5A	G
4:00pm	Long Jump	P-2	4A	B
4:00pm	Long Jump	P-1	4A	G
6:00pm	Long Jump	P-2	1A	B
6:00pm	Long Jump	P-1	1A	G

**FRIDAY, MAY 11, 2018**

**SESSION #1 - 3200m**

8:00am - TRACK EVENTS - 3200m only			
Time	Event	Conference	Division
8:00am	3200m	3A	G
8:20am	3200m	3A	B
8:40am	3200m	5A	G
9:00am	3200m	5A	B
9:20am	3200m	1A	G
9:40am	3200m	1A	B
10:00am	3200m	4A	G
10:20am	3200m	4A	B

**FRIDAY, MAY 11, 2018**

**SESSION #2 - CONFERENCES 3A & 5A TRACK EVENTS**

5:00pm - TRACK EVENTS - Conferences 3A & 5A	
Time	Event
5:00pm	400m Relay
5:20pm	800m Run
5:45pm	100m Girls Hurdles & 110m Boys Hurdles
6:05pm	100m Dash
6:25pm	800m Relay
6:45pm	400m Dash
7:05pm	300m Hurdles
7:25pm	200m Dash
7:45pm	1600m Run
8:05pm	1600m Relay

**SATURDAY, MAY 12, 2018**

**SESSION #3 - FIELD EVENTS**

8:00am - FIELD EVENTS				
Time	Event	Place	Conference	Gender
10:00am	Discus	R-1	6A	B
11:30am	Discus	R-1	1A	B
1:00pm	Discus	R-1	4A	G
2:30pm	Discus	R-1	2A	G
5:00pm	Discus	R-1	2A	B
7:00pm	Discus	R-1	6A	G
8:00am	Shot Put	R-1	1A	G
10:00am	Shot Put	R-2	4A	B
11:00am	Shot Put	R-3	WC	G
1:00pm	Shot Put	R-1	2A	B
1:00pm	Shot Put	R-3	WC	B
3:00pm	Shot Put	R-2	6A	G
5:30pm	Shot Put	R-1	6A	B
9:00am	Pole Vault	P-1	1A	B
9:00am	Pole Vault	P-2	4A	G
11:00am	Pole Vault	P-1	4A	B
2:00pm	Pole Vault	P-1	6A	G
4:00pm	Pole Vault	P-1	6A	B
11:00am	High Jump	P-1	6A	G
1:00pm	High Jump	P-1	6A	B
8:00am	Triple Jump	P-1	1A	G
10:00am	Triple Jump	P-1	1A	B
12 Noon	Triple Jump	P-1	4A	B
2:00pm	Triple Jump	P-1	4A	G
4:00pm	Triple Jump	P-1	2A	B
4:00pm	Triple Jump	P-2	2A	G
6:00pm	Triple Jump	P-1	6A	B
6:00pm	Triple Jump	P-2	6A	G
8:00am	Long Jump	P-2	2A	B
10:00am	Long Jump	P-2	2A	G
12 Noon	Long Jump	P-2	6A	B
2:00pm	Long Jump	P-2	6A	G

**SATURDAY, MAY 12, 2018**

**SESSION #3 - 3200m**

8:00am - TRACK EVENTS - 3200m only			
Time	Event	Conference	Division
8:00am	3200m	2A	G
8:20am	3200m	2A	B
8:40am	3200m	6A	G
9:00am	3200m	6A	B

**SESSION #3 - CONFERENCES 1A & 4A TRACK EVENTS**

12:00 Noon - TRACK EVENTS - Conferences 1A & 4A	
Time	Event
12 Noon	400m Relay
12:20pm	800m Run
12:45pm	100m Girls Hurdles & 110m Boys Hurdles
1:05pm	100m Dash
1:25pm	800m Relay
1:45pm	400m Dash
2:05pm	300m Hurdles
2:25pm	200m Dash
2:45pm	1600m Run
3:05pm	1600m Relay

**SESSION #4 - CONFERENCES 2A, 6A & WC TRACK EVENTS**

5:00pm - TRACK EVENTS - Conferences 2A, 6A & WC	
Time	Event
5:00pm	400m Relay
5:20pm	800m Run
5:45pm	100m Girls Hurdles & 110m Boys Hurdles
6:05pm	100m Dash
6:25pm	100m Wheelchair
6:35pm	800m Relay
6:55pm	400m Dash
7:15pm	400m Wheelchair
7:25pm	300m Hurdles
7:45pm	200m Dash
8:05pm	1600m Run
8:25pm	1600m Relay

# TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Stadium University of Texas at Austin | May 11-12, 2018

## Ticket Prices

All Meet Ticket .....	\$30.00
Friday Day Pass .....	\$20.00
Saturday Day Pass .....	\$20.00
Individual Sessions- Adult (NO RE-ENTRY) .....	\$12.00
Individual Sessions- Student, ages 2+ (NO RE-ENTRY) .....	\$7.00
Coaches Ticket- All Meet (w/ identification) .....	\$20.00

## Ticket Prices

Online ticket sales are available. To purchase tickets online, please [click here](#). Gates will open an hour before the first event each day. Ticket sales onsite will be cash or credit card.

## Parking

UT Parking & Transportation Services administrates all parking rules and fees. Discounted Event Parking Manor Garage Only (Click & Park) [utparking.clickandpark.com](http://utparking.clickandpark.com)

# TENNIS STATE CHAMPIONSHIPS

George P. Mitchell Tennis Center & Omar Smith Intramural Tennis Center

Texas A&M University | May 17-18, 2018

## Ticket Prices

Student.....	\$7.00 per day
Adult.....	\$12.00 per day
All-Tournament.....	\$20.00
Coaches All-Tournament.....	\$17.00

## Parking

\$5/entry cash only. For RV reservations, please call Texas A&M Parking and Transportation at (979)862-2551. RVs will not be allowed to park in Lot 100d as this is a participant and official lot only.

## More Information

For more information on the 2018 UIL Tennis State Tournament, visit the UIL website at [www.uiltexas.org/tennis/state](http://www.uiltexas.org/tennis/state)



photo courtesy George Edwards

# GOLF STATE CHAMPIONSHIPS

Austin, TX | May 21-22, 2018

## CONFERENCE STATE TOURNAMENT SITE

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
Girls Conf. 6A.....	Legacy Hills Golf Club, Georgetown.....	\$10 (Cash Only) .....	\$40 Per Cart
Girls Conf. 5A.....	White Wing Golf Club, Georgetown.....	Check UIL Website .....	Check UIL Website
Girls Conf. 4A.....	Slick Rock Golf Course at Horseshoe Bay, Marble Falls .....	No Fee .....	\$40 Per Cart
Girls Conf. 3A.....	Grey Rock Golf Course, Austin.....	\$5 Per Day.....	\$30 Handicap Only w/ Placard
Girls Conf. 2A.....	Roy Kizer Golf Course, Austin.....	\$5 Per Day.....	\$30 Handicap Only w/ Placard
Girls Conf. 1A.....	Lions Municipal Golf Course, Austin .....	\$5 Per Day.....	\$30 Handicap Only w/ Placard

## Ticket Prices

Admission to the golf state tournament (all locations) is free.

## Food/Drink

Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

## Cart Availability

Spectators may bring a personal cart with a \$25 trail fee at Legacy Hills. Spectators may bring own cart for \$30 at Grey Rock, Roy Kizer and Lions Municipal. No personal carts allowed at Horseshoe Bay.

## 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 appreciate your help in this endeavor.

## 2017-18 TGCA SPORTS HONORS ONLINE NOMINATION DEADLINES

All online nominations are due by NOON on the Monday before any UIL state competition. If this deadline is missed, any nominations submitted must be delivered to your regional representative for that sport on the appropriate committee for hand delivery to the committee. The 2017-18 online sport honors nomination deadlines are as follows:

<b>Track &amp; Field</b>	<b>May 7, 2018</b>
<b>Golf</b>	<b>May 21, 2018</b>
<b>Tennis</b>	<b>May 14, 2018</b>
<b>Softball</b>	<b>May 28, 2018</b>



TGCA Executive Director Sam Tipton presents Alia Henderson of Bandera High School and London Culbreath of McKinney North with their Cross Country Athlete of the Year Awards.

# SOFTBALL STATE CHAMPIONSHIPS

**Red & Charline McCombs Field University of Texas at Austin | May 30 - June 2, 2018**  
**Dillon Softball Field University of Mary Hardin-Baylor | June 1, 2018**

### Ticket Prices

Student.....	\$7.00 per session
Adult.....	\$12.00 per session
All-Tournament.....	\$85.00
Coaches All-Tournament.....	\$45.00

Ticket sales for each session will begin one hour before the allotted session is scheduled to begin. Each ticket will allow admittance for ONE SESSION. There are 13 Sessions Wednesday through Saturday of the state tournament at McCombs (UT) and 1 session on Friday at Dillon Field (UMHB). Session breakdown is denoted on the Tournament Schedule. Each 5A & 6A semifinal game and all final games will be its own session.

For more information on public parking for the 2017 UIL Softball State Tournament, visit the UIL website at [www.uiltexas.org/softball/state](http://www.uiltexas.org/softball/state)

**NOTE:** All games may not start at their scheduled times due to issues like weather, extra innings from previous games, etc.



photo courtesy Sloane Swearingen

# CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2017-18 UIL SOCCER STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.	COACH	SCHOOL	CONF.	COACH	SCHOOL	CONF.
Gerald Slovacek	Midlothian Heritage	4A	Iseed Khoury	Frisco Wakeland	5A	Lindley Amarantos	Spring Branch Memorial	6A



## BASKETBALL COACHES OF THE YEAR

Conf. 1A-2A-3A-4A Coach of the Year: Chief Bridgforth, Denver City HS, pictured above left

Conf. 5A-6A Coach of the Year: Jeff Williams, Amarillo HS, pictured above right

## BASKETBALL AWARDS

Conf. 1A-2A-3A-4A Athlete of the Year: Sedona Price, Liberty Hill HS (Coach Chris Lange), not pictured

Conf. 5A-6A Athlete of the Year: Zay Green, Duncanville HS (Coach Cathy Self-Morgan), pictured above left

## WRESTLING AWARDS

Conf. 5A-6A Coach of the Year: Christopher Potter, Cy Ranch HS, pictured left

Conf. 5A-6A Athlete of the Year: Isabella Gonzalez, El Paso Hanks HS, (Coach Anthony Carter), not pictured



## SWIMMING & DIVING AWARDS

Conf. 5A-6A Coach of the Year: Andrea McCarthy, Dripping Springs HS, not pictured

Conf. 5A-6A Athlete of the Year: Lindsay Looney, Denison HS, (Coach Allison Looney), pictured right

# 2018 TGCA SUMMER CLINIC - ATHLETIC AND SPIRIT DIVISIONS

The 2018 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Arlington at the Arlington Convention Center July 10-12. Clinic registration and 2018-19 membership renewal are now open on-line, as well as all

Satellite Clinics registration. Printed forms are available under the "Forms" category in the menu on the left-hand side of the page. Summer Clinic agenda has now been posted under the "Summer Clinic" category also on the left-hand side of this page.

Badges will be required at all CCP (Coaches Certification Program) lectures, as badges MUST BE scanned for those lectures. Registration will open Monday, July 9, from 2:00 p.m. to 5:00 p.m.

If you have not renewed your 2017-18 membership,

you can no longer do that on-line and must print a form from the Forms category and fax or email to us. If you use the on-line function on February 1st or after, you will be renewing your membership for the 2018-19 membership year.

# 2018 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER  
ATHLETIC & SPIRIT DIVISIONS  
JULY 9 – 12, 2018**

## REGISTRATION FORMS

**Printable** registration forms for Summer Clinic and Membership renewal are located online at our website, [www.austintgca.com](http://www.austintgca.com), under the “Forms” category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, “**2018-19 Printable Membership Form**”. You can print the form, complete it, and mail it with a check or credit card number, or fax it or scan and email it with a valid credit card number to TGCA at P.O. Box 2137, Austin, TX, 78768, fax (512) 708-1325, email [tgca@austintgca.com](mailto:tgca@austintgca.com).

## ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and if you

are renewing your membership and registering for clinic, click on “Membership Site” in the menu on the left-hand side of the page. You will be required to log in. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. You may renew your membership and register for Summer Clinic there. **You must be a member of TGCA to attend either division of Summer Clinic.** Membership fee is \$60.00 and Summer Clinic fee is \$60.00, for a total of \$120.00.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled “First Time Member” in the menu on the left-hand side of the home page of the website, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give

yourself a new membership number and we need you to keep the one you have always had. If you do not remember your membership number or password, please contact us and we will be happy to assist you with that information.

You will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

## ON-SITE REGISTRATION

On-site registration will begin Monday, July 9th, at 2:00 p.m., in the Arlington Convention Center, 1200 Ballpark Way. You may pick up your clinic packet, if you have pre-registered, beginning at those times, also. You will need your clinic badge if attending the UIL Coaches Certification Program lectures,

as badges will have to be scanned for credit for those courses. They begin Tuesday morning. Check the agenda on the website for times of all lectures. It is under the Summer Clinic tab on the left-hand side of the main menu of the website.

## HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 12th. Go to the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on “Summer Clinic” in the menu on the left-hand side of the page, then click on “Hotel Reservation Services” (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington this year with their rates, but please remember that you cannot call these hotels directly and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the hotel registration site.

## 2018 SUMMER CLINIC HOTELS AND RATES

*(You MUST use the Hotel Reservation Services link to get the TGCA rates shown below)*

### **This is not a link to the hotel.**

These are merely the hotels we will be using and the rates they have guaranteed TGCA.

**You must go through the Hotel Reservation Services link to make your actual reservation.**

**CROWNE PLAZA**  
700 Avenue H East  
\$129.00

**DOUBLETREE ARLINGTON DFW SOUTH**  
1507 North Watson Road  
\$129.00 (With Breakfast – 4 per room)

**HILTON ARLINGTON**  
2401 East Lamar Blvd  
Standard King – Junior Suites - \$131.00  
Standard Double - \$141.00

**HILTON GARDEN INN DALLAS/ARLINGTON**  
2190 E Lamar Blvd  
\$ 129.00

**HOLIDAY INN ARLINGTON**  
1311 Wet N' Wild Way  
\$109.00

**LAQUINTA INN & SUITES DALLAS ARLINGTON NORTH**  
825 North Watson Road  
\$119.00

**SHERATON ARLINGTON**  
1500 Convention Center Drive  
\$135.00



*photo courtesy Drew Cleavinger*

# 2018 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER  
ATHLETIC & SPIRIT DIVISIONS  
JULY 10 – 12



photo courtesy Fernando Fernandez, Jr.

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

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

The TGCA Honor Awards Luncheon will be held Mon-

day, July 9, 7:00 p.m., at the Arlington Hilton Hotel, 2402 East Lamar Boulevard, with a social beginning at 6:00 p.m.

Beginning February 1st, you will have access to online Summer Clinic registration and Membership renewal. Online hotel reservations will open March 12th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew online early. It's easy, time-saving and convenient. You **MUST** book your hotel rooms through the online reservation service to get the

TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 12th.

If you wish to renew your membership using a printable form rather than online, those forms can be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2018-19 Printable Membership Form".

The 2018 TGCA Summer Clinic Agenda has been posted on the TGCA website,

[www.austintgca.com](http://www.austintgca.com), and will be updated often as we progress toward Summer Clinic dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2018 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2018 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



photo courtesy Kim Buie



photo courtesy Todd Rutledge

# TGCA ALL-STAR GAMES AND RECOGNITION

**Sam Tipton** Texas Girls Coaches Association | Executive Director

One of the biggest honors a coach can receive is for one of their athletes to be named to one of the TGCA All-Star teams. This symbolizes one of their athletes or cheerleaders rank as one of the top incoming seniors in that sport or cheerleading in Texas. This is the end result of the young lady excelling in her field to bring pride to the school, coach, community, and her parents.

Texas Girls Coaches Association, through the diligent work of the Board of Directors, has dedicated itself to maintaining All-Star contests. During the annual Summer Clinic, TGCA will hold (6)



photo courtesy Valarie Henry

All-Star contests, recognize Track & Cross Country All-Stars with a demonstration, and honor Cheerleaders with half-time performances. This means the TGCA will highlight over 200 individuals as All-Stars – the best of the best in Texas. This is no small

undertaking with the volunteer help of many member coaches of the association. TGCA encumbers a great deal of expense to ensure the All-Stars are treated with tender loving care. The cost is helped by corporate sponsorships, but it is imperative

for coaches with All-Stars to place an ad in the game program. These game program ads are instrumental in offsetting the cost of the TGCA All-Star games. These ads are usually funded by school booster clubs, school athletic departments, or parents. If you have an All-Star, please ensure there is an ad in the program for your All-Star. This will help in keeping our All-Star recognition a reality.

I sincerely thank all the member coaches of the Texas Girls Coaches Association for what you do, and I admire the way you do it on a daily basis. Pride in our organization is a must.

## 2018 TGCA ALL-STAR SCHEDULE - ARLINGTON, TEXAS

Tuesday, July 10

1-2-3-4A

1-4a Volleyball	July 10	Time	Location	Address
<b>Orientation 1-4a</b>	<b>Tuesday, July 10</b>	<b>2:00pm</b>	<b>Arlington Martin HS</b>	<b>4501 W. Pleasant Ridge</b>
Volleyball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 10	2:30pm	Arlington Martin HS	4501 W. Pleasant Ridge
1-4a Vball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington Martin HS	4501 W. Pleasant Ridge
Volleyball Demonstration (1-2-3-4A)	Tuesday, July 10	6:00pm	Arlington Martin HS	4501 W. Pleasant Ridge
<b>TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A)</b>	<b>Tuesday, July 10</b>	<b>7:00pm</b>	<b>Arlington Martin HS</b>	<b>4501 W. Pleasant Ridge</b>
<b>1-4a Softball</b>	<b>July 10</b>	<b>Time</b>	<b>Location</b>	<b>Address</b>
<b>Orientation 1-4a</b>	<b>Tuesday, July 10</b>	<b>2:00pm</b>	<b>Workman Softball Complex</b>	<b>701 E Arbrook Blvd.</b>
Softball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 10	2:30pm	Workman Softball Complex	701 E Arbrook Blvd.
1-4a Sball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Demonstration (1-4A)	Tuesday, July 10	6:00pm	Workman Softball Complex	701 E Arbrook Blvd.
<b>TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (1-4A)</b>	<b>Tuesday, July 10</b>	<b>7:00pm</b>	<b>Workman Softball Complex</b>	<b>701 E Arbrook Blvd.</b>
<b>1-4a Basketball</b>	<b>July 10</b>	<b>Time</b>	<b>Location</b>	<b>Address</b>
<b>Orientation 1-4a</b>	<b>Tuesday, July 10</b>	<b>2:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>
Basketball Prep (1-4a Red, 1-4a Blue)	Tuesday, July 10	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Bball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Demonstration (1-4A)	Tuesday, July 10	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
<b>TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (1-4A)</b>	<b>Tuesday, July 10</b>	<b>7:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>
<b>1-4a Track/CC</b>	<b>July 10</b>	<b>Time</b>	<b>Location</b>	<b>Address</b>
<b>Orientation</b>	<b>Tuesday, July 10</b>	<b>2:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>
Track/CC Prep	Tuesday, July 10	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Track FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Demonstration	Tuesday, July 10	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
<b>TGCA TRACK/CC PRESENTATION</b>	<b>Tuesday, July 10</b>	<b>6:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>

Continued on Page 11

# 2018 TGCA ALL-STAR SCHEDULE - ARLINGTON, TEXAS

1-4a Cheer	July 10	Time	Location	Address
<b>Orientation</b>	<b>Tuesday, July 10</b>	<b>2:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>
Cheer Performance Prep	Tuesday, July 10	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
1-4a Sball FCA Lunch/Devo (Opt)	Tuesday, July 10	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
<b>Cheer Performance</b>	<b>Tuesday, July 10</b>	<b>7:30pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>

Wednesday, July 11

5-6A

5-6a Volleyball	July 11	Time	Location	Address
<b>Orientation 5-6a</b>	<b>Wednesday, July 11</b>	<b>2:00pm</b>	<b>Arlington Martin HS</b>	<b>4501 W. Pleasant Ridge</b>
Volleyball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 11	2:30pm	Arlington Martin HS	4501 W. Pleasant Ridge
5-6a Vball FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington Martin HS	4501 W. Pleasant Ridge
Volleyball Demonstration (5-6A)	Wednesday, July 11	6:00pm	Arlington Martin HS	4501 W. Pleasant Ridge
<b>TGCA VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A)</b>	<b>Wednesday, July 11</b>	<b>7:00pm</b>	<b>Arlington Martin HS</b>	<b>4501 W. Pleasant Ridge</b>

5-6a Softball	July 11	Time	Location	Address
<b>Orientation 5-6a</b>	<b>Wednesday, July 11</b>	<b>2:00pm</b>	<b>Workman Softball Complex</b>	<b>701 E Arbrook Blvd.</b>
Softball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 11	2:30pm	Workman Softball Complex	701 E Arbrook Blvd.
5-6a Sball FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Workman Softball Complex	701 E Arbrook Blvd.
Softball Demonstration (5-6A)	Wednesday, July 11	6:00pm	Workman Softball Complex	701 E Arbrook Blvd.
<b>TGCA SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A)</b>	<b>Wednesday, July 11</b>	<b>7:00pm</b>	<b>Workman Softball Complex</b>	<b>701 E Arbrook Blvd.</b>

5-6a Basketball	July 11	Time	Location	Address
<b>Orientation 5-6a</b>	<b>Wednesday, July 11</b>	<b>2:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>
Basketball Prep (4-5a Red, 5-6A Blue)	Wednesday, July 11	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Bball FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Basketball Demonstration (5-6A)	Wednesday, July 11	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
<b>TGCA BASKETBALL RED/BLUE ALL-STAR GAMES (5-6A)</b>	<b>Wednesday, July 11</b>	<b>7:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>

5-6a Track/CC	July 11	Time	Location	Address
<b>Orientation</b>	<b>Wednesday, July 11</b>	<b>2:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>
Track/CC Prep	Wednesday, July 11	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Track FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
Track/CC Demonstration	Wednesday, July 11	6:00pm	Arlington Lamar HS	1400 W Lamar Blvd
<b>TGCA TRACK/CC PRESENTATION</b>	<b>Wednesday, July 11</b>	<b>7:30pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>

5-6a Cheer	July 11	Time	Location	Address
<b>Orientation</b>	<b>Wednesday, July 11</b>	<b>2:00pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>
Cheer Performance Prep	Wednesday, July 11	2:30pm	Arlington Lamar HS	1400 W Lamar Blvd
5-6a Cheer FCA Lunch/Devo (Opt)	Wednesday, July 11	4:30pm	Arlington Lamar HS	1400 W Lamar Blvd
<b>Cheer Performance</b>	<b>Wednesday, July 11</b>	<b>7:30pm</b>	<b>Arlington Lamar HS</b>	<b>1400 W Lamar Blvd</b>



photo courtesy Mary Pisaro



photo courtesy Alex Koulovatos

# TGCA 2018 SATELLITE SPORTS CLINICS

TGCA will be hosting four Satellite Sports Clinics in 2018. Registration for all clinics will open February 1st, both online and by mail or fax. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category and under the "Other Clinics" category,

both located in the menu on the left-hand side of the main page.

We would encourage you to do your registration and membership renewal online. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to

print, complete it and either snail mail with a check, or fax (512-708-1325) or email ([tgca@austintgca.com](mailto:tgca@austintgca.com)) with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be

happy to assist you. Agendas for all clinics will be available on the website as soon as they are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

## 2018 LUBBOCK REGION I & II ALL SPORTS CLINIC

Coronado High School  
4910 29th Drive, Lubbock, Texas  
June 8 - 9

[Agenda](#)      [Registration Form](#)



## 2018 HOUSTON SPORTS CLINIC

Hall Stadium/Hopson Field House  
3335 Hurricane Lane, Missouri City, Texas  
June 13 - 14

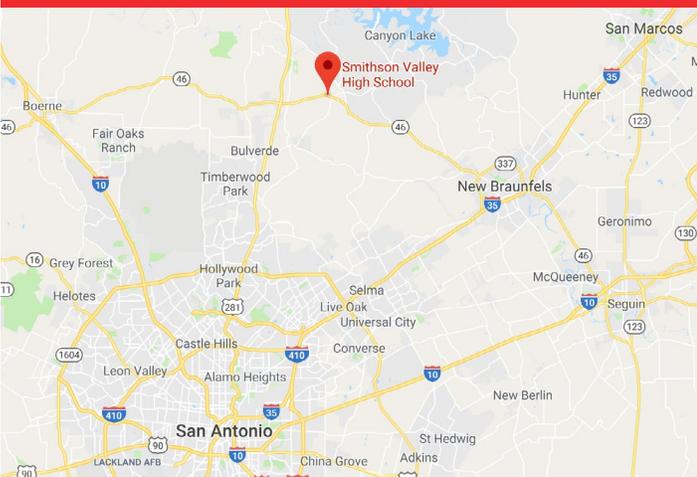
[Agenda](#)    [Athletic Directors Agenda](#)    [Registration Form](#)



## 2018 SAN ANTONIO SPORTS CLINIC

Smithson Valley High School  
14001 Texas 46, Spring Branch, Texas  
June 15

[Agenda](#)      [Registration Form](#)



## 2018 EL PASO SPORTS CLINIC

TBD  
July 19 - 20

[Agenda](#)      [Registration Form](#)



TGCA NO LONGER HOLDS A GOLF TOURNAMENT DURING SUMMER CLINIC. HOWEVER, THE FLYING QUEENS FOUNDATION WILL BE HOSTING A TOURNAMENT ON MONDAY, JULY 9TH, BEFORE SUMMER CLINIC. TGCA IS IN NO WAY A SPONSOR OF THE TOURNAMENT BUT FULLY ENDORSES IT. SEE INFORMATION BELOW.



## 2018 Hutcherson Flying Queens Golf Tournament

***Texas Star Golf Club***

**Monday Morning July 9, 2018**

**7:30 am registration - 4 Person Scramble**

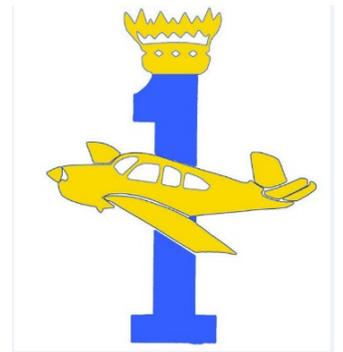
**Shotgun Start -9 am**

**Lunch Included –Awards Afterwards**

**1400 Texas Star Parkway**

**Euess, TX 76040**

**817-685-7888**



For More Information call Linda Tucker - 228-671-9900 or Cherri Rapp 512-736-9488

Website - [tinyurl.com/hutcherson-flying-queens](http://tinyurl.com/hutcherson-flying-queens)

**Golf per Person - \$85**

- Green Fees, Cart, Range Balls, Lunch
- Prizes for winning teams
- Longest drive, Closest to hole

100% of net proceeds go to the Hutcherson Flying Queens Foundation

# MAKE SUMMER A SUCCESS FOR YOUR PROGRAM



**More athletic gains can be made in the summer than in an entire school year.** It is important to capitalize on the opportunity to take your athletes to the next level during the summer months which are technically “off-season” and “pre-season.” Summertime presents a unique opportunity for student athletes to engage in learning, developing, and training with a dedicated focus on improvement.

- Better morale and positive state of mind
- Longer hours of daylight to enjoy more leisure activities

Average or below-average athletes can return from a solid summer training regimen as great athletes. You can always tell the athletes who worked hard over the summer as they return to practice much better prepared, and with a greater sense of confidence.

- Time: Be efficient with planning and structure, make the most of what you’ve got
- Staffing: Training staff to teach the same way is imperative
- Compliance: Encourage your kids with positive motivation and educate parents for support
- Logistics (transportation, cost, availability): Coordinate with your team to identify the best time and cost scenario to achieve the highest probability of participation
- Volume of kids: Learn to effectively “train the masses” not “herd cattle”
- Programming: Incorporate Progression and Wave-loading to get the most out of your athletes

just run them and work them hard so the crème rises to the top.” Strategically, this one-dimensional approach results in overstress, taxation, and excessive training of specific energy, nerve, and muscular systems without safely and effectively developing athletes. Always ask yourself and your staff, “Is it HARD, or is it GOOD?” Anyone can implement HARD, but a smart coach attains GOOD!

Keep your focus on improving your athletes’ overall athletic ability by ensuring they are learning, developing, and mastering training as they physically perform it. Make sure you instill proper mechanics and techniques while you have more focused time. Be passionate about your role as a great leader to our youth and be proud of your efforts to teach life lessons through sports and fitness! Whether you “have to be” or “choose to be” on campus during the summer, make it really count!

*This article was originally published in the TGCA Newsletter in the spring of 2014. Check the TGCA archives for more great articles on speed, strength, coaching, programming and more. DX3 hopes you had a wonderful summer. For more information visit us at [www.GetDX3.com](http://www.GetDX3.com) or contact Ronnie Natali at [Ronnie@teamd3.com](mailto:Ronnie@teamd3.com). Come see us at the TGCA Summer Clinic in Arlington this July.*

Keep the following sayings in mind as they pertain to summer: “Do the best you can with what you’ve got,” “Some is better than none” and “Take what you can get.” We have found that if summer training is made effective, challenging and competitively fun, most of the kids you need to be there will be there. However, healthy participation also requires building confidence through testimony, success, and leadership. Getting a few influential teammates to sign on will increase overall participation.

Many programs we have evaluated as consultants too often use the “herd the cattle theory... lots of kids so

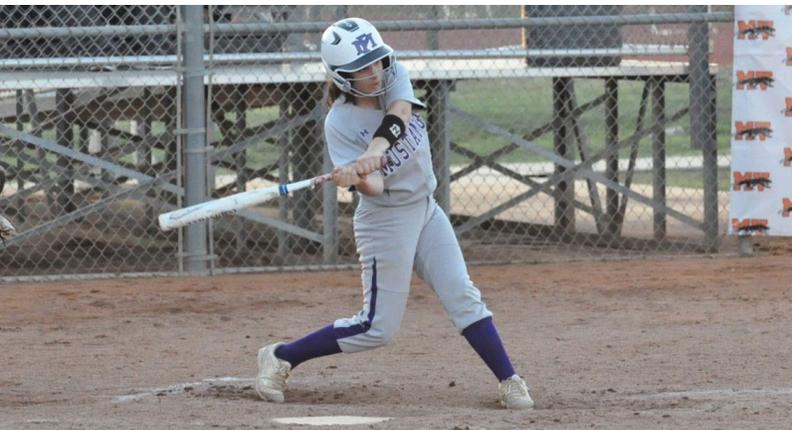


photo courtesy Kathleen Riley

## Benefits of Summer Training:

- You can train harder – training is the primary, rather than secondary, stress to be calculated
- The best opportunity to teach = “Take Time To Teach”
- No or reduced school = No or less academic stress
- Less social and peer pressure = More focus on self-improvement
- No or less sport practice/play = Athletic Development as the primary sport

One great summer training program can make a huge difference in a season for any sport. Don’t wait till the end of May to start encouraging participation. Make it an expectation early and let kids know how beneficial it can be.

Of course with any training, there are advantages and challenges, and summer training is no exception.

## Challenges of Summer Training:

- Heat: Teach your kids to hydrate non-stop every



# \$5.63 Million

Awarded to fight ALL women's cancers.

## \$1 Million Grants:

Johns Hopkins (2010) Breast Cancer  
 MD Anderson (2012) Ovarian Cancer  
 UNC Lineberger (2014) Cancer in Aging Women  
 Moffitt Cancer Center (2015) Ovarian Cancer



2 Mobile Mammography Units funded by the Kay Yow Cancer Fund are annually providing over 4,600 mammograms per year to underserved women.

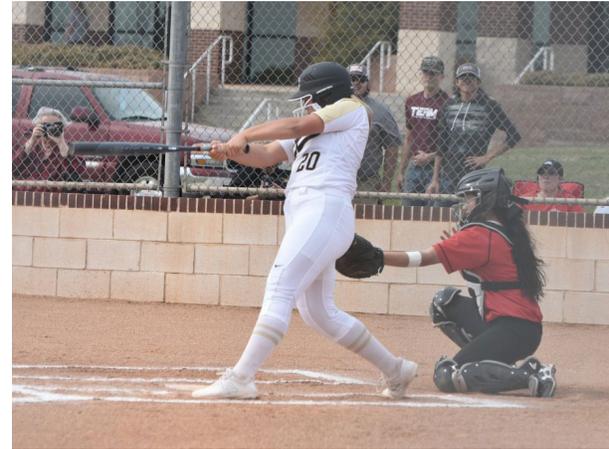


photo courtesy Reagan Sewell

## Women's Final Four Grants:

Washington University (2009) Breast Cancer - \$100,000  
 University of Texas Health Science Center (2010) Breast Cancer - \$100,000  
 IU Simon Cancer Center (2011 & 2016) Women's Cancers - \$100,000 each  
 University of Colorado Cancer Center (2012) Breast Cancer - \$100,000  
 Tulane Cancer Center (2013) Lung Cancer - \$100,000  
 Vanderbilt Ingram Cancer Center (2014) Ovarian Cancer - \$100,000  
 Oregon Health Science University (2014 - Non Final Four) Breast Cancer - \$100,000  
 Moffitt Cancer Center (2015) Ovarian Cancer - \$250,000  
 UT Southwestern Simmons Comprehensive Cancer Center (2017) Breast Cancer - \$100,000  
 BRCA Grant (2018 - Non Final Four) - \$150,000  
 The James Cancer Hospital & Solove Research Institute (2018) - Endometrial Cancer - \$100,000

## Underserved Grants:

UNC Rex Healthcare Mobile Mammography Units (2012 & 2014)



To Donate, Visit [KayYow.com](http://KayYow.com).



photo courtesy Holly Paulk

## AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

**The Texas Girls Coaches Association** in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount

Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical

information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or [ajalridge@ailife.com](mailto:ajalridge@ailife.com). To view the letter online, visit <http://www.ailife.com/benefits/sgM9W>.

# 10

# HEALTH CHALLENGES FACING OLDER ADULTS

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 Lousy odds.** Four of five American adults, aged 50 years and older, suffer from at least one chronic health condition. A number of factors contribute to the growing prevalence of chronic illnesses (e.g., diabetes, arthritis, congestive heart failure, chronic obstructive pulmonary disease, etc.), including lifestyle factors (e.g., smoking, a sedentary way of life, obesity, etc.), a longer life expectancy, and so on.

**2 The brain drain.** As people age, they tend to undergo certain changes, which are normal, in their level of cognition. For example, they incur a reduction in the speed at which they can process information. They also have a greater tendency to be distracted. In addition, they sustain a reduced level of working memory (i.e., the capacity to handle and remember new information). With regard to the functioning of their brain, the major concern of older adults is experiencing dementia, the most common form of which is Alzheimer's disease.

**3 Diminishing vision.** A number of eye-related problems become more common among individuals as they age, for example, dry eyes; presbyopia (the loss of the ability to clearly see close objects or small print); floaters (tiny spots or specks that float across a person's field of vision); an increased sensitivity to light, wind, or temperature changes; cataracts; glaucoma; retinal disorders; and so on. These visual challenges are not only prevalent among older adults (two thirds of adults with vision problems are at least 65 years old) but also are quite costly (direct medical outlays by older adults for vision-related is-

ssues exceed \$8.3 billion dollars annually).

**4 Say what?** One of the most common conditions affecting older adults is loss of hearing. In fact, approximately one in three individuals older than 65 years experiences hearing loss, a number that only increases as people age. Such a loss can affect a person's life in a number of negative ways, for example, make it more difficult to understand and adhere to the advice of their physician, and to hear as well as respond to warnings, and to interact with others.

**5 Over the gums, here it comes.** Unfortunately, the seemingly vast array of health-related challenges that confront older adults includes an increase in the number of digestive health disorders, such as sluggish metabolism, constipation, diverticulosis, ulcers, problems with the mouth and esophagus, polyps in the colon, gastroesophageal reflux disease, and so on. On the other hand, the digestive tract of an individual does not have to become a victim of the aging process. Like the rest of a person's body, it can, to a degree, be protected with a healthy lifestyle, for example, regular exercise, adequate hydration, high-fiber diet, a health body weight, and so on.

**6 Oops!** The loss of bladder control, a condition that is typically referred to as urinary incontinence, can happen to anyone but is relatively common in older adults. Incontinence can occur for a number of reasons, including urinary tract infection, weak or overactive bladder muscles, nerve damage, and so on. Fortunately, the condi-

tion can be treated. Two of the more common steps, in this regard, are to perform exercises to strengthen the pelvic muscles and to make appropriate lifestyle changes (e.g., lose weight, drink less caffeine, etc.).

**7 Oral health.** Oral health is not just a problem for children. In fact, oral diseases and conditions affect older adults, particularly those individuals who grew up in communities without the benefit of community-wide water fluoridation. Poor oral health can manifest itself in a number of ways as people age, including dental decay, gum disease, oral and pharyngeal cancers, and facial nerve conditions. The extent of the problem is reflected in the fact that approximately 25% of the adults who are 60 years or older

the most common form of cancer in the United States, the likelihood of its occurrence can be diminished by adhering to certain lifestyle choices, for example, minimizing the time spent in the sun, avoiding smoking, and so on.

**9 Best foot forward.** Foot pain and foot disorders are common problems among older adults. Those problems, which include bunions, calluses, corns, hammertoes, toenail issues, fungal infections, and heel pain, affect approximately one third of individuals older than the age of 65 years. Like other parts of their body, the foot health of older adults is best maintained by engaging in appropriate care, undertaken on a regular basis, particularly, good foot hygiene.



photo courtesy Sharon Mayo

no longer have any of their natural teeth.

**8 Body covering.** The average adult's human body is covered with approximately 22 ft<sup>2</sup> of skin, making it the largest organ in the body. The skin changes as people age. These changes reduce the ability of the skin to perform its barrier function. Although it is often overlooked, skin health is one of the basic cornerstones of the well-being of an adult. For example, although skin cancer is

**10 On steady footing.** As people age, they often face an increased risk of being injured because of falling. More often than not, these falls occur as a result of changes in their body. Their functional abilities (collectively, a by-product of their muscular fitness, coordination, reflexes, kinesthetic awareness, vision, etc.), which just are not what they used to be. Research indicates that engaging in a program of regular physical activity is one of the most effective ways to prevent falls.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 <b>Softball:</b> Area Deadline
6	7 <b>TGCA:</b> Track & Field Nomination deadline, NOON	8	9	10 <b>TGCA:</b> Track & Field Committee Meeting, 7:00 p.m.	11 <b>TRACK &amp; FIELD STATE MEET</b> <b>TGCA:</b> Sub-Varsity Committee Meeting, 1:00 p.m.	12 <b>TGCA:</b> Track & Field All-State Committee Meeting, 8:00 a.m.
13	14 <b>TGCA:</b> Tennis Nomination Deadline, NOON	15	16	17 <b>TENNIS: STATE TOURNAMENT</b>	18	19 <b>Softball:</b> Regional Semifinal Deadline
20	21 <b>GOLF: GIRLS STATE TOURNAMENT</b> <b>TGCA:</b> Golf Nomination Deadline, NOON	22	23	24	25	26 <b>Softball:</b> Regional Deadline
27	28 <b>TGCA:</b> Softball Nomination Deadline, NOON	29	30	31 <b>SOFTBALL: STATE TOURNAMENT</b> <b>TGCA:</b> Softball All-State Committee 1A-4A, 8:00 a.m.	<b>TGCA:</b> Softball All-State Committee 5A-6A, 8:00 a.m. <b>TGCA:</b> Softball Committee Meeting, 8:00 a.m.	

## 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!

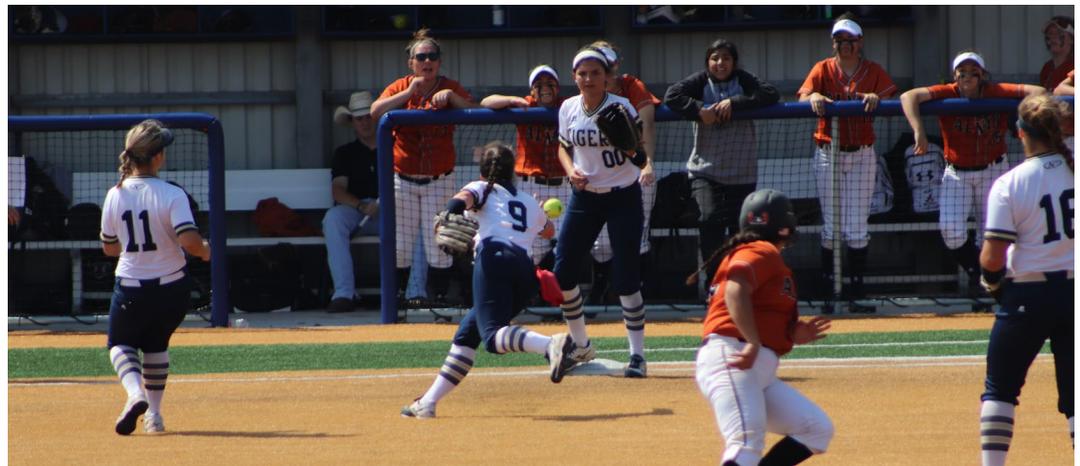


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## TGCA NEWS

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**TGCA on the Web**  
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**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.

