



# TGCA NEWS

DECEMBER 2017



## 2017-2018 TGCA OFFICERS



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TGCA Past President

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

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*cover photo courtesy Amy Ingram  
left photo courtesy Cheryln Morris*

# POSSESSION vs HOOP-N-HOLLER

Loyd Morgan Rogers HS | TGCA Past President



Well, basketball season has been up and running for nearly two months now. Are you happy with the decisions you have made so far? One of the biggest decisions you have made was formulated months or even years ago. That decision is what style of play is best for me and my team. It seems this is a topic that comes up lately when I get with a group of coaches, especially with the words “shot clock” appearing ever so often. There are basically two styles of play: contemporary (possession) and system (hoop-n-holler) basketball. One of the biggest things



photo courtesy Brad Blalock

you will notice is that each style wants to control tempo. One will be controlled while the other will be up-tempo.

Now let me get one thing straight, I am no expert with either style. I am just going to make a few quick com-

parisons between the two styles, then let you make the decision for yourself which one fits you the best.

First let us examine contemporary basketball. I like to refer to it as possession basketball. This style places emphasis on each and every possession. Skill levels must be high for each and every player. Fundamentals, ball control offense and a stingy defense centered on getting stops are key. Coaches attempt to shorten the game by controlling the clock hopefully with limited

**Continued on Page 2**

## TRACK & FIELD COMMITTEE

\*Chair \*\*Vice Chair



COACH	SCHOOL	CONF.-REG.	COACH	SCHOOL	CONF.-REG.
Kenzi Kinard	Whiteface HS	1A-1	Brittany Castledine	Central Heights HS	3A-5
Stefani Shortes	Frenship HS	6A-1	Stacy Tucker**	Barbers Hills HS	5A-5
Laura Lange	Jim Ned HS	3A-2	Donald Zapalac	Schulenburg SS	3A-6
Phyllis Pappas	Rider HS	5A-2	Peter Martin II	Lake Travis HS	6A-6
Yolanda Beasley	Castleberry HS	4A-3	Cully Doyle*	Gonzales HS	4A-7
Miranda Wilson	Nelson HS	6A-3	Brandi Bode	Warren HS	6A-7
Brandi Batchelor	Pittsburg HS	4A-4	Steve Golemon	Bandera HS	4A-8
Stacey Shope	Frisco HS	5A-4	Tracey Borchardt	Odessa HS	6A-8

# POSSESSION vs HOOP-N-HOLLER

Continued from Page 1

clock stoppage. The offense is looking for a high percentage shot, normally in the paint. Possession basketball uses fewer players in their rotation patterns, normally utilizing between six to eight players. Possession style in my opinion is the most used style in the game of basketball.

The second style is the system style (hoop-n-holler) basketball. This style is a very fast-paced, chaotic, and sometimes appears to be out of control. The primary premise of hoop-n-holler is more possessions or shots than your opponent. This plus a few other key ingredients (offensive rebounds, opponent turnovers and fatigue) will hopefully lead to a win. Coaches playing hoop-n-holler like to pressure their opponent by forcing the tempo on offense and defense. Offensively they like to run the break and take the first good shot available, normally a paint shot or a

three pointer, while everyone crashes the offensive glass for a second scoring opportunity. Defensively they like to press and force the action, making their opponents feel uncomfortable with the pace of the game. As for rotation, coaches use a much deeper bench. They approach the game with the attitude that depth of bench will trump skill. They may use up to twelve players in the course of a game.

The points I have made are only generalization for each style. Both styles have their pluses and difficulties. Both styles have led to much success for coaches across the state. What you have to decide is which style best fits your personality and the athletes you have playing. Truthfully there is no best style; it comes down to what you believe in and what you believe fits your program. Then you have to become a salesman, making your team believe it is the best thing ever.

As for me, I have utilized both styles in the course



photo courtesy Allison Hodges

of my career. Currently, we play the hoop-n-holler style. We try to attempt 80 shots per game with a plus 15 shot differential over our opponents. After our offensive possession is completed, we go directly into a pressure defense. Our players love this style and believe it is the best for our team. Whichever

style you have chosen for this season, make your players believe in it.

In closing, never be afraid to change style or try something new, no matter how far-fetched an idea it seems to be. Remember much great success failed many times before success appeared. Best of luck.

**TGCA**  
Download our new App!



Apple



Android



**REPUBLICAN  
✓ PRIMARY  
MARCH 6, 2018**

“Your vote in the Republican Primary for candidates that support public education will determine the future of our Texas Public Schools.”

- Sam Tipton, TGCA Executive Director

**Vote early Feb. 20-March 2**

Register to vote today:  
[VoteTexas.gov](http://VoteTexas.gov)



Find where to vote:  
[VoteTexas.gov](http://VoteTexas.gov)

# SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 11-13, 2018

## Schedule

### Thursday, January 11

3A Prelim .....	8:30 AM
2A Prelim .....	9:00 AM
1A Prelim .....	1:15 PM
Coed Prelim .....	1:38 PM
2A Final .....	5:30 PM
3A Final .....	5:30 PM
1A Final .....	6:12 PM
1A Awards .....	8:45 PM
2A Awards .....	8:45 PM
3A Awards .....	8:45 PM

## Game Day Championship Info

Will be released and updated on UIL website: [uiltexas.org/spirit](http://uiltexas.org/spirit)

## Safety Rules

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

### Friday, January 12

4A Prelim .....	8:30 AM
5A-DII Prelim .....	8:30 AM
Coed Final .....	3:20 PM
Coed Awards .....	5:00 PM
6A-DII Prelim (Group 1) .....	5:20 PM
4A Final .....	6:00 PM
5A-DII Final .....	6:00 PM
4A Awards .....	8:20 PM
5A-DII Awards .....	8:20 PM

## School Conference Divisions

- 1A & 2A – Max of 12 participants (3 or fewer males)
- 3A & 4A – Max of 20 participants (3 or fewer males)
- 5A D1—Maximum of 30 participants (3 or fewer males) (School enrollment 1,730 to 2,149 students)
- 5A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,100 to 1,729 students)
- 6A D1—Maximum of 30 participants

### Saturday, January 13

6A-DII Prelim (Group 2) .....	8:00 AM
5A-DI Prelim .....	8:30 AM
6A-DI Prelim .....	10:50 AM
6A-DII Final .....	4:00 PM
6A-DII Awards .....	5:45 PM
5A-DI Final .....	6:30 PM
6A-DI Final .....	6:30 PM
5A-DI Awards .....	9:00 PM
6A-DI Awards .....	9:00 PM

- (3 or fewer males) (School enrollment 2,725 and above)
- 6A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,150 to 2,724 students)
- COED—Maximum of 30 participants (4 or more males)

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

## TGCA SPIRIT DIVISION HONORS

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

### TGCA CHEERLEADER HONORS:

- 1) Academic All-State – Must be a senior with a grade point average of 94 or above for grades 9 through 11. Ten (10) points may be added for weighted classes.
- 2) All-State – A maximum of 40 cheerleaders will be selected for each UIL conference (1A, 2A, 3A, 4A, 5A, 6A).
- 3) All-Stars – There will be 24 cheerleaders selected to represent conferences 1A-2A-3A-4A and 24 cheerleaders selected to represent 5A-6A at the All-Star basketball games at the TGCA Summer Clinic in July. Cheerleaders must be INCOMING

- seniors (juniors now) to be selected. Any member in good standing may nominate for honors, but the head varsity coach must be a member of TGCA in good standing for the cheerleader to be eligible to be selected. The head varsity coach of the school must be contacted before the All-Star is selected.
- 4) Legacy All-Stars – 20 graduating seniors in conferences 1A-2A-3A-4A and 20 graduating seniors in conferences 5A-6A will be selected as Legacy All-stars and will be recognized with a certificate and recognition on the TGCA website. They will not participate at Summer Clinic.

- 5) Cheerleaders of the Year – One cheerleader will be selected for 1A-2A-3A-4A and one cheerleader will be selected for 5A-6A as Cheerleaders of the Year. These cheerleaders may be selected from any grade level 9-12.
- 6) All-Star Coaches – Two All-Star coaches will be selected to represent the Red and Blue teams in 1A-2A-3A-4A and two All-Star coaches will be selected for the Red and Blue teams in 5A-6A.
- 7) Cheerleader Coaches of the Year – A coach will be selected as Cheerleader Coach of the Year in both 1A-2A-3A-4A and 5A-6A.

Nominations for these honors should be done on-line through the TGCA website, [www.austintgca.com](http://www.austintgca.com). Detailed nomination instructions can be found on the website under the Spirit Division tab in the menu across the top of the page. Nomination deadline for all honors is JANUARY 29th at noon.

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

COACH	SCHOOL	CONF.
Carol Moore	Bronte HS	1A
Jeff Coker	Crawford HS	2A
Jess Odem	Goliad HS	3A

COACH	SCHOOL	CONF.
Amy Schultz	Needville HS	4A
Erin Kauffman	Prosper HS	5A
Karin Keeney	Hebron HS	6A

## VOLLEYBALL ATHLETES OF THE YEAR



Conferences 1A-2A-3A-4A  
Haley Vaughn  
Crawford HS  
Coach Jeff Coker



Conferences 5A-6A  
e'Lan McCall  
Rouse HS  
Coach Jacob Thompson

## VOLLEYBALL COACHES OF THE YEAR



Conferences 1A-2A-3A-4A  
Jeff Coker  
Crawford HS  
(Photo Above)

Conferences 5A-6A  
Mike Carter  
San Antonio Reagan HS  
(Photo Not Available)

## 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:

**Spirit** Jan 29, 2018  
**Swim/Dive** Feb 12, 2018  
**Wrestling** Feb 19, 2018

**Basketball** Feb 26, 2018  
**Soccer** Apr 9, 2018  
**Track & Field** May 7, 2018

**Golf** May 21, 2018  
**Tennis** May 14, 2018  
**Softball** May 28, 2018

## 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.

*photo courtesy Candice Cox*



# TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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



photo courtesy Mary Pate

## VOLLEYBALL

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

## BASKETBALL

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

## SOCCER

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

## SOFTBALL

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

## TRACK & FIELD AND CROSS COUNTRY

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

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

## GOLF

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

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



photo courtesy Teresa Koenig

Deadline for submitting accomplishments is May 30

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

## SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

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

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

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

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

# 2018 TGCA SUMMER CLINIC

The 2018 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 10 – 12. The agenda is being revised and will be posted to the website under the “Summer Clinic” category, as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will

open in March. Membership renewal and Summer Clinic registration will open February 1st.

We are working on finalizing times, venues, and agendas for all of the satel-

lite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2018 TGCA Clinics.

## 2018 TGCA CLINIC DATES

Membership renewal and all clinics registration online will open February 1st. Agendas will be posted as soon as they are completed.

- Region I Lubbock Sports Clinic - June 8 & 9**
- Houston Sports Clinic - June 13 & 14**
- San Antonio Sports Clinic - June 15**
- SUMMER CLINIC - July 10 - 12**
- El Paso Sports Clinic - July 19 & 20**

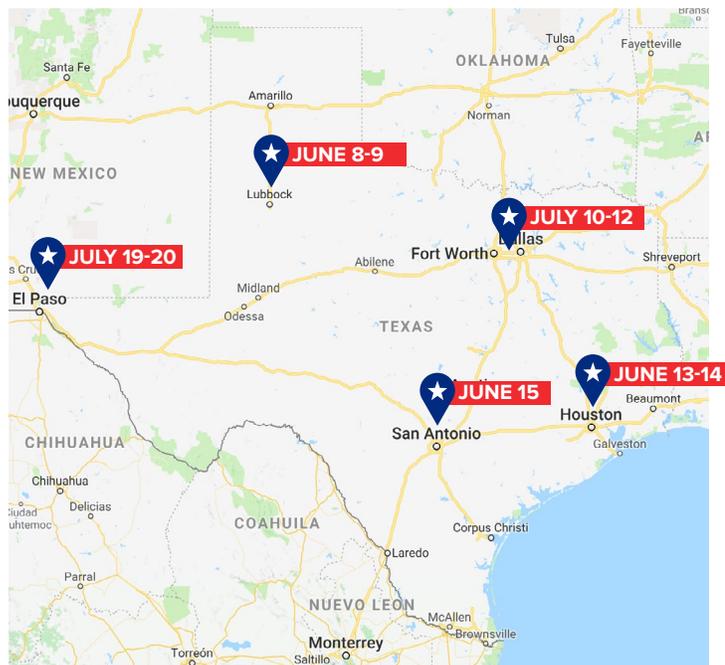


photo courtesy Ashley Spradley



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.



# Texas Health

## Ben Hogan Sports Medicine

### Sports Nutrition 101 - Combat the Common Cold

**Nothing can ruin your training and athletic performance like a case of the flu or a bad cold.** Colder weather during the fall and winter months brings an increased risk of catching a cold or virus. While it's important to have a healthy diet all year round, doing so during the cold and flu season will help keep your immune system strong to fight off sickness. Along with diet, lifestyle habits like sleeping 7-8 hours a night, exercising regularly, maintaining proper hydration and washing your hands regularly all help to prevent catching a cold. Here are five nutrient-packed foods to

include in your diet to keep your immune system strong:

**Red Bell Peppers:** Red bell peppers are a rich source of Vitamin C, containing approximately 2 times the amount of an orange. Incorporate red bell peppers into snacks by dipping slices in hummus or guacamole. At meals include red bell peppers in a salad, stir-fry or make stuffed bell peppers.

**Chicken Soup:** The salty broth helps lessen cold symptoms by hydrating and stimulating nasal mucus clearance. Vegetables like carrots, onions, and celery often found in chicken soup provide additional vitamin

and minerals to aid in recovery.

**Almonds:** Full of healthy omega-3 fats, vitamin E, magnesium, and manganese, almonds are a great snack or salad topping. Vitamin E is an antioxidant that helps protect the body against oxidative stress and just a 1-ounce serving of almonds provides 37% of the recommended daily intake.

**Yogurt:** Probiotics or "live active cultures" found in yogurt and other naturally fermented foods help feed the digestive tract with healthy bacteria. A healthy digestive system increases immunity, as the majority of the im-

mune system is located in the digestive tract. Greek yogurt is a great snack not only for the probiotic content, but also supplies muscle-building protein.

**Sweet Potatoes:** The skin is the largest organ in the body and plays a protective role in the immune system. Vitamin A aids in the production of connective tissue, which is an important component of skin. Sweet potatoes are full of beta-carotene, which the body converts to Vitamin A. Bake sweet potatoes whole or thinly slice and drizzle with olive oil and seasonings for homemade sweet potato fries.

### 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@aillife.com](mailto:ajalridge@aillife.com). To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.



photo courtesy Amy Ingram

# ACTIVE, ENJOYABLE HOLIDAY BREAKS



## DX3 Athlete

**We strongly advocate our kids enjoying the holidays, taking time off, and enjoying family.** The best way to handle a two-week break is to plan for it. Encourage your athletes to be recreationally physical activity, the alternative training activity can help keep their bodies active and refresh their minds. We want them active and yet we want them to have a break from the norm.

Leveraging time off is a great way to allow some de-loading to take place if you have worked up to that periodization strategically. During in-season you may still have some limited practices and even games. In either case it is a great way to give your kids a mental and

physical redundancy break.

It's challenging to truly take a break if you are hard pressing your kids to maintain the same schedule rather than simply using these times as a planned break. If you allow this time to be enjoyed and filled with alternative activities it allows creativity, ownership, and fun for your kids. It can give them the freedom to challenge themselves differently while having fun, leading to a renewed sense of passion and drive.

Regardless of the physical activity they choose, the point is to keep active, elevate heart rate, and use their body. If you are training, practicing, and playing over holidays we encourage you

to do very different types of training and practice drills to make it fun, creating excitement and reward through simple differentiation.

### Here are a few examples:

- Playing fun games in practice
- Setting up obstacle courses
- Utilizing Small group competitions
- Incorporating new apparatus
- Combining different elements for variation
- Changing practice timelines and drills
- Doing some crazy fad workout just for fun

The last thing you want is your kids to be completely

bummed out about having to train or practice over the holidays when they feel like they are missing out on fun elsewhere. The key is to change the perception and make it fun, rewarding, and special just for the holidays.

All of these ideas can truly encourage your players to be more in tune, work hard, and still enjoy the holidays. Just remind them to be safe as the last thing we want is injury.

We hope this helps you keep your athletes progressing and their psychology positive.

*Happy Holidays from Team DX3*

*Thank You, Ronnie Natali: Founder*

# OUR STORIES OF STRENGTH



**We draw our strength from many places.** Our supporters. Our partners. Players and their families. Courageous individuals like Kay Yow.

Cancer is something that has affected us all whether it's personally or through a loved one. Share your story to let others know they're

not alone in this fight. In doing so, you're providing hope and inspiration to others, and for that we sincerely thank you.

To share your story go to: <https://kayyow.com/our-strength/our-community/>

Hope you had a wonderful Holiday Season!

*photo courtesy Russell Rinn*



# 11

## BEHAVIORAL FACTORS AFFECTING OBESITY THAT COACHES NEED TO CONSIDER

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 Puzzling predicament.

Weight is not a behavior. Rather, it almost always is a by-product of a series of behavioral choices. As such, when working with obese students, the focus should be their behavior—not their weight. Change their behavior; change their weight.

### 2 The trappings of success.

One of the first tasks when dealing with obese people is to redefine success. Too many individuals (obese or not) view success, with regard to obesity, as a consequence of reaching an “external” goal, for example, losing a predetermined number of pounds or sculpting the body to attain a particular shape. In reality, being successful could be perceived more appropriately as achieving an enhanced level of health or sense of well-being.

### 3 Good for the goose, good for the gander.

Like everyone else in life, obese athletes tend to be motivated by different things. What may be an effective motivating strategy for one person may not work as well for another. Competition, for example, may cause one person to make positive lifestyle-related changes in their behavior and lead to a counterproductive level of pressure in another.

### 4 The right “F” word.

Arguably, too many coaches, when working with

obese individuals, are often unduly concerned with the failure of their players to attain one or more of the expectations that have been set for them. Such a focus is misplaced. For whatever reason, the approach that they are taking with their students is virtually devoid of any emphasis on fun. The fact that the degree to which a person finds a particular undertaking to be enjoyable can impact that individual’s commitment to it should not be ignored.

### 5 Joining forces.

Coaches should view their role of working with their obese students as one that is grounded in active collaboration. The center of attention should be on the athlete’s interests, needs, and goals. The focus on any exercise regimen should be on the individual, not on complying with the numerical aspects of a workout.

### 6 Outside the box.

The potential value of being creative with respect to increasing an obese student’s level of daily physical activity should not be underestimated. In reality, the underlying goal should be to ascertain how an individual could feel and actually be successful and then be as resourceful as possible in making those opportunities become a reality. In that regard, the most effective tool is often an inventive open mind.

### 7 Changing approaches.

Despite the fact that the obesity epidemic is a full-blown crisis that has been growing exponentially over the past three decades, the efforts to address it share at least one thing in common—they don’t work. In reality, any attempt to provide a viable solution to it will require a new approach, based on new insights. All factors considered, coming to grips with the behavioral basis of obesity offers a very promising way forward.

### 8 Fad fascination.

If obese students are to make informed choices about their behavior, they need to receive advice and guidance that are based on science. Whatever assistance they are given should never be rooted in some “flavor-of-the-month” trend or craze. Not only will the empty promises attendant to such gimmicks waste their time and drain their wallets, it also can siphon off their resolve.

### 9 One of a kind.

Just as two obese individuals are never exactly the same, the most effective way to treat an obese person successfully also is not precisely the same from individual to individual. As such, each intervention should be tailored to meet the unique needs, interests, and goals of a particular person. As such, it is the responsibility of coaches to ascertain what factors distin-

guish each of their players as an individual and to respond accordingly.



photo courtesy John Rogers

### 10 Unspoken messages.

Depending on the circumstances, bias, in any form, can have dire consequences. At a minimum, it can affect the prism through which a person sees the world. The sphere of obesity is no exception. Arguably, a number of coaches convey a degree of obesity-related bias (e.g., thin is beautiful, fat is not; it is shameful that obese students don’t try harder to lose weight; etc.). Such narrow-mindedness can compromise their efforts to be part of the solution, rather than the problem, when working with obese athletes.

# JANUARY 2018

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

## TGCA HOTEL RESERVATION DIRECT LINK

**LaQuinta** - Up to 20% off within Texas; up to 15% off outside of Texas Use code TGCA to obtain the TGCA rate (Subject to Availability)

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

## 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. Mark your calendars and make your plans early to attend. We look forward to seeing you there. All Satellite Sports Clinic information will be posted to the website once all dates, times, and places are verified. Thank you for your continued support of TGCA.



photo courtesy Elyse Hernandez

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## TGCA NEWS

TGCA News is the official newsletter of the  
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**TGCA on the Web**  
Polls, as well as other current information, can be found on the TGCA website at: austingca.com.

**Did you move?**  
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

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

