



TGCA NEWS

FEBRUARY 2018



2017-2018 TGCA OFFICERS



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Lubbock Coronado HS



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Kerrville Tivy HS



2nd Vice President
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Sam Tipton
TGCA Office



Assistant to the Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

Influence Versus Authority

By Kenzi Kinard, TGCA Basketball Committee Chair

PAGES 1-2

Importance of Educators Voting in the March 6, 2018 Primary

By Sam Tipton, TGCA Executive Director

PAGES 3

Training Table - The Sprained Ankle

Texas Health, Ben Hogan Sports Medicine

PAGES 13

How Do You Keep Your Child Safe While Trying to Gain or Lose Weight for a Sport?

By Jane Chung, M.D., DX3 Athlete

PAGE 14

Kay Yow Cancer Fund & Play4Kay Making a Splash NATIONALLY

Kay Yow Cancer Fund

PAGE 15

10 Engaging Facts About Heart Attacks

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

PAGE 16

ALSO INSIDE

TGCA Resource Center1
 UIL Girls Basketball State Championships4
 TGCA Profile Update 5
 Nomination Deadlines 5
 Sportswriters of the Year Award..... 5
 2018 Summer Clinic: Athletic & Spirit..... 5
 2018 TGCA Summer Clinic6-7
 TGCA Summer Clinic Hotels and Rates 6
 2018 TGCA All-Star Schedule8-9
 2018 TGCA Satellite Sports Clinics.....10
 Membership Renewal & Clinic Registration .11-12
 AD&D Benefit15
 Important Dates17
 Hotel Direct Links17
 Sponsors.....18

cover photo courtesy Brad Blalock

left photo courtesy Cherylyn Morris

INFLUENCE VERSUS AUTHORITY



Kenzi Kinard Whiteface HS | TGCA Basketball Committee Chair

According to Billy Graham, “Coaches will influence more people in one year than the average person does in a lifetime.” It is interesting that Billy Graham used the word “influence” in describing the impact that coaches have. Merriam-Webster defines influence as, “3a: the act or power of producing an effect without apparent exertion of force or direct exercise of command, b: corrupt interference with authority for personal gain, 4: the power or capacity of causing an effect in indirect or intangible ways: sway 5: one that exerts influence.” (3).

It was the fourth quarter against our cross-town rivals, and according to everyone in the media and district, we were not supposed to be up by twenty. The previous year, this same team had pressed us when they were up by thirty-five, and felt the need



photo courtesy Colby Pastusek

to run several trick plays on us down the stretch. I had made a vow to myself that if we were ever able to return the favor, I would make sure our girls knew the exact out of bounds play they ran against us as time ran down. I had the perfect stage set for revenge and called a time out to run that very same out of bounds play that was run against us the previous year. It took me seeing the look

on my players’ faces to understand that my influence, in that moment, wasn’t used for the good that I constantly strived for

I was influenced by two very successful head coaches, and more importantly, great men; my high school coach and my college coach. I have tried to replicate what I have learned from them. Since my staff was assembled, we have consistent-

ly stressed to our girls the importance of becoming a woman of integrity, living with character in everything they did. I constantly try to emphasize how being a basketball team is so much like living life, and stress they couldn’t learn real life-lessons like that in any academic class. Yes, we want to win... but with honor and class. Our kids have totally bought into what we, as coaches, are trying to teach them. We are committed to modeling that to our players, every minute of every day. In that moment I had fallen short of striving to do things the right way, but was transparent enough with my team to apologize and still guide them in the right way of winning.

I proved to my team that striving to live in that manner consistently presents chal-

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.

INFLUENCE VERSUS AUTHORITY

Continued from Page 1

lenges. And all our lives we will have opportunities to experience life-long learning, from anyone at any level. We went into a stall and ran out the clock to end the game.

Whether you are the CEO of a Fortune 500 company, a basketball coach, or a parent, we lead. If there is ever a leader, there are followers. How we choose to lead will determine how followers choose to follow, and ultimately the success or failure of our company, our team, or our family. Not only does that determine immediate results, but since followers are always learning from their leaders, a future is always being affected.

Leaders and followers always make up a team, whether functional or dysfunctional. This is my second year of my first head coaching stop, however, I have learned under some phenomenal leaders. Everything I have ever done depended upon my leaders, my teammates, and teamwork. I have experienced bad leaders and good leaders. The team has always reflected the leader. The good leaders always had teams that enjoyed each

other and focused upon common goals. Conversely, leaders who lead with authority, always standing behind their position and title, resulted in followers who were unmotivated, unhappy, and unproductive.

Upon completion of my master's degree, I realized that I had zero desire to write a dissertation and obtain a doctoral degree. However, if I had decided to go that route, I knew my dissertation would have focused upon leadership: Authoritative versus Influential. I have been intrigued by the art of leading people since middle school when my coach at the time gave me my first John Maxwell book. I do not believe "Leaders are born," they are developed. Socrates spent much time and attention analyzing, "Nature vs. Nurture."

True it is that we are born with DNA from our parents. Much of what we genetically can do comes from that DNA. DNA dictates our height, body shape, eye color and vision capabilities, whether we can run fast and jump high, and so on. Our parents determine so much of our talent. However, our nurture, or how we are raised, will



photo courtesy Ashley Spradley

determine what we do with what our DNA has afforded us. Talent without training is just talent.

As a coach, I often tell parents, "If your daughter cannot jump high, we can teach her to jump highER, but not jump high. If your daughter does not run fast, we can teach her to run fastER, but she will never be fast. Skills and techniques are always available to increase one's talent. DNA reaches a maximum at some point. Our job as a coach is to attain knowledge, skills, and drills that will develop the child's natural ability. All I ever ask for is an athlete to run as fast as they could from whistle to whistle, to jump as high as they are capable, or simply perform to

their maximum ability. Great coaches, great leaders, get people to want to reach their maximums.

All of the above will depend upon relationships. On a basketball team that means; coaches to coaches, coaches to players, players to players, and yes...players to parents. This is a complex challenge, to say the least, and one we will continuously have to strive for. As I sit here and prepare for our regional quarterfinal game tomorrow night, I am just as honored today to be in the position of influencing young women as I was on day one of my career to hear the words "Coach Kinard." May we never take that phrase, or our influence, for granted.



photo courtesy Cheryl Lack

IMPORTANCE OF EDUCATORS VOTING IN THE MARCH 6, 2018 PRIMARY



Sam Tipton | TGCA Executive Director

Your vote in the Texas Primary Election on March 6 will determine the future of our Texas Public Schools. It has been brought to the attention of the registered voters of our great state the importance of taking the time and effort, especially by public school educators, to vote against any candidate that has, or will, support anti-education elements concerning public schools (vouchers, unfunded mandates for teacher raises, time and money spent on standardized testing, homeschool and private school participation in the UIL, etc.). Educators, let's move Texas out of last place in voter turnout!

Why does a public school educator need to take the time to vote and to vote in the Republican primary? Texas is an open primary state. Anyone that

PRIMARY ELECTION



**EDUCATORS!
EARLY TEXAS
PRIMARY
VOTING IS
FROM FEB. 20
TO MARCH 2.**

IT IS ESSENTIAL EDUCATORS VOTE IN THE TEXAS PRIMARY FOR CANDIDATES THAT SUPPORT PUBLIC EDUCATION. REMEMBER, THE FUTURE OF PUBLIC SCHOOLS DEPENDS ON EDUCATORS USING THEIR VOICE, WHICH IS THEIR VOTE, TO ELIMINATE ANY AND ALL CANDIDATES THAT HAVE NOT IN THE PAST, OR WILL NOT IN THE FUTURE, SUPPORT PUBLIC EDUCATION.

is a registered voter in the state can vote in whichever primary they choose. This will not determine how an individual may desire to vote in the general election. Democrats have not won the statewide election for Governor and Lt. Governor

in Texas since 1994. This means 650,000 Republican primary voters, or just 2.4% of Texans, have decided who would govern our state of 20 million people. In Texas, 90% of the elections have been decided in the March primary. Only 7% of the voting age

population casted ballots in the 2014 Texas primaries. If 100% of the educators voted in the primary, they would decide the elections of Texas. Educators must understand that their vote is their voice. Change will only come for the public schools of Texas when the educators unite and block vote out incumbents and/or candidates that favor anti-education elements. The educators that vote in the Republican primary for candidates that support public education will determine the FUTURE of our Texas Public Schools.

IMPORTANT DATES

Early Voting

**February 20, 2018
– March 2, 2018**

Primary Election Day

March 6, 2018



photo courtesy Deborah Pedraza



photo courtesy Allison Hodges

GIRLS BASKETBALL STATE CHAMPIONSHIPS

Alamodome San Antonio, TX | March 1-3, 2018

THURSDAY, MARCH 1

Session 1

Conference 1A Semifinal 8:30 AM
Dodd City vs. Slocum
Conference 1A Semifinal 10:00 AM
Nazareth vs. Hermleigh

Session 2

Conference 3A Semifinal 1:30 PM
Vanderbilt Industrial vs. Marlin
Conference 3A Semifinal 3:00 PM
Brock vs. Mount Vernon

Session 3

Conference 5A Semifinal 7:00 PM
Mansfield Timberview vs. Kerrville Tivy
Conference 5A Semifinal 8:30 PM
Amarillo vs. Temple

FRIDAY, MARCH 2

Session 4

Conference 2A Semifinal 8:30 AM
Martin's Mill vs. Mason
Conference 2A Semifinal 10:00 AM
LaRue LaPoynor vs. Claude

Session 5

Conference 4A Semifinal 1:30 PM
Houston Wheatley vs. Argyle
Conference 4A Semifinal 3:00 PM
Denver City vs. SA Veterans Memorial

Session 6

Conference 6A Semifinal 7:00 PM
Cypress Creek vs. Plano
Conference 6A Semifinal 8:30 PM
Converse Judson vs. Garland Sachse

SATURDAY, MARCH 3

Session 7

Conference 1A Final..... 8:30 AM
Conference 3A Final..... 10:00 AM

Session 8

Conference 2A Final 1:30 PM
Conference 5A Final..... 3:00 PM

Session 9

Conference 4A Final..... 7:00 PM
Conference 6A Final 8:30 PM

Tickets

All-Tournament tickets are on sale through the following options:

- www.ticketmaster.com
- Participating Ticketmaster locations
- Calling Ticketmaster by phone at 1-800-745-3000
- Alamodome box office - walk-up ONLY (no personal checks will be accepted)

General Session Tickets will be sold at the Alamodome Box Office beginning the week of the tournament.

Girls State All-Tournament

Ticket.....\$105*
General Session Tickets\$19
Children 2 years of age and younger (not occupying a seat)..... FREE

*Additional fees may apply.

If there are any issues or questions with ticket orders, please contact Ticketmaster at 1-800-745-3000.

All-Tournament Parking Passes

All-tournament parking is available for purchase online through Ticketmaster [here](#).

The deadline to purchase all-tournament parking online through Ticketmaster is 10 days prior to the start of the event to allow time to be mailed. The deadline to purchase all-tournament parking at the Alamodome box office is Wednesday, February 28. When someone purchases an all-tournament parking pass, they will receive one parking card for Thursday, one parking card for Friday and one parking card for Saturday. All-tournament parking passes will have in and out privileges.

Single Day Parking Passes

Single day parking will NOT be sold in advance.

Lot B & C Parking: Parking is available in Alamodome Lots B & C. Parking is \$15/space cash only, no re-entry. View the parking map [here](#).

PLEASE NOTE: During peak traffic times, north bound Cherry Street will be closed at Cesar Chavez Street. To access lot C or B travel south on Cherry Street from Commerce Street or Houston Street.



photo courtesy Mary Pate

Bus Transportation

The Downtown trolley yellow route (which drops off on the north side of the Alamodome) has been replaced by the ONE HUNDRED PRIMO. It travels to Sunset Station, Monday through Sunday, from 4:22am until Midnight. Cut and paste the link below to see a route map on the VIA website.

<http://www.viainfo.net/BusService/StreetcarMap.aspx>

If you are staying downtown, this is an easy way to get to the Alamodome without the hassles of traffic and parking. The regular bus routes on Cesar Chavez Street are 26 and 30 and the hours are Saturday—Sunday from 6:00am to 11:00PM.

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:

| | |
|--------------------------|---------------------|
| Soccer | Apr 9, 2018 |
| Track & Field | May 7, 2018 |
| Golf | May 21, 2018 |
| Tennis | May 14, 2018 |
| Softball | May 28, 2018 |



TGCA Executive Director Sam Tipton presents Haley Vaughn of Crawford High School with her 1A-2A-3A-4A Volleyball Athlete of the Year Award. Pictured with her coach Jeff Coker.

SPORTS WRITERS OF THE YEAR AWARD

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers

by awarding a TGCA Sports Writer of the Year in two divisions.

Division I will honor sports writers with newspapers with circulations of more than 20,000 and Division II will honor sports writers with cir-

culations of less than 20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that

promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the TGCA Board of Directors meeting on March 4, 2018.

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 Feb-

ruary 1st or after, you will be renewing your membership for the 2018-19 membership year.



photo courtesy Tara Castles

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, 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.

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, 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, 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 Teresa Koenig

2018 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 10 – 12



photo courtesy Amy Ingram

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, 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, 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, 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 Colby Pastusek



photo courtesy Jennifer Hughes

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 Russell Rinn

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

| 1-4a Volleyball | July 10 | Time | Location | Address |
|--|-------------------------|---------------|------------------------------|------------------------------|
| Orientation 1-4a | Tuesday, July 10 | 2:00pm | Arlington High School | 818 W. Park Row Drive |
| Volleyball Prep (1-4a Red, 1-4a Blue) | Tuesday, July 10 | 2:30pm | Arlington High School | 818 W. Park Row Drive |
| 1-4a Vball FCA Lunch/Devo (Opt) | Tuesday, July 10 | 4:30pm | Arlington High School | 818 W. Park Row Drive |
| 1-4a Volleyball Photos | Tuesday, July 10 | 5:20pm | Arlington High School | 818 W. Park Row Drive |
| Volleyball Demonstration (1-2-3-4A) | Tuesday, July 10 | 6:00pm | Arlington High School | 818 W. Park Row Drive |
| VOLLEYBALL RED/BLUE ALL-STAR GAMES (1-2-3-4A) | Tuesday, July 10 | 7:00pm | Arlington High School | 818 W. Park Row Drive |

| 1-4a Softball | July 10 | Time | Location | Address |
|--|-------------------------|---------------|---------------------------------|----------------------------|
| Orientation 1-4a | Tuesday, July 10 | 2:00pm | Workman Softball Complex | 701 E Arbrook Blvd. |
| 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. |
| 1-4a Softball Photos | Tuesday, July 10 | 4:50pm | Workman Softball Complex | 701 E Arbrook Blvd. |
| Softball Demonstration (1-4A) | Tuesday, July 10 | 6:00pm | Workman Softball Complex | 701 E Arbrook Blvd. |
| SOFTBALL RED/BLUE ALL-STAR GAMES (1-4A) | Tuesday, July 10 | 7:00pm | Workman Softball Complex | 701 E Arbrook Blvd. |

| 1-4a Basketball | July 10 | Time | Location | Address |
|--|-------------------------|---------------|---------------------------|--------------------------|
| Orientation 1-4a | Tuesday, July 10 | 2:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| 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 |
| 1-4a Basketball Photos | Tuesday, July 10 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| Basketball Demonstration (1-4A) | Tuesday, July 10 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| BASKETBALL RED/BLUE ALL-STAR GAMES (1-4A) | Tuesday, July 10 | 7:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |

Continued on Page 9

2018 TGCA ALL-STAR SCHEDULE - ARLINGTON, TEXAS

| 1-4a Track/CC | July 10 | Time | Location | Address |
|-----------------------------------|-------------------------|---------------|---------------------------|--------------------------|
| Orientation | Tuesday, July 10 | 2:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| 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 |
| 1-4a Track Photos | Tuesday, July 10 | 4:50pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| Track/CC Demonstration | Tuesday, July 10 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| TGCA TRACK/CC PRESENTATION | Tuesday, July 10 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |

| 1-4a Cheer | July 10 | Time | Location | Address |
|---------------------------------|-------------------------|---------------|---------------------------|--------------------------|
| Orientation | Tuesday, July 10 | 2:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| 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 |
| 1-4a Cheer Photos | Tuesday, July 10 | 5:50pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| CHEER PERFORMANCE | Tuesday, July 10 | 7:30pm | Arlington Lamar HS | 1400 W Lamar Blvd |

Wednesday, July 11

5-6A

| 5-6a Volleyball | July 11 | Time | Location | Address |
|--|---------------------------|---------------|------------------------------|------------------------------|
| Orientation 5-6a | Wednesday, July 11 | 2:00pm | Arlington High School | 818 W. Park Row Drive |
| Volleyball Prep (4-5a Red, 5-6A Blue) | Wednesday, July 11 | 2:30pm | Arlington High School | 818 W. Park Row Drive |
| 5-6a Vball FCA Lunch/Devo (Opt) | Wednesday, July 11 | 4:30pm | Arlington High School | 818 W. Park Row Drive |
| 5-6a Volleyball Photos | Wednesday, July 11 | 5:20pm | Arlington High School | 818 W. Park Row Drive |
| Volleyball Demonstration (5-6A) | Wednesday, July 11 | 6:00pm | Arlington High School | 818 W. Park Row Drive |
| VOLLEYBALL RED/BLUE ALL-STAR GAMES (5-6A) | Wednesday, July 11 | 7:00pm | Arlington High School | 818 W. Park Row Drive |

TRUE

| 5-6a Softball | July 11 | Time | Location | Address |
|--|---------------------------|---------------|---------------------------------|----------------------------|
| Orientation 5-6a | Wednesday, July 11 | 2:00pm | Workman Softball Complex | 701 E Arbrook Blvd. |
| 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. |
| 5-6a Softball Photos | Wednesday, July 11 | 4:50pm | Workman Softball Complex | 701 E Arbrook Blvd. |
| Softball Demonstration (5-6A) | Wednesday, July 11 | 6:00pm | Workman Softball Complex | 701 E Arbrook Blvd. |
| SOFTBALL RED/BLUE ALL-STAR GAMES (5-6A) | Wednesday, July 11 | 7:00pm | Workman Softball Complex | 701 E Arbrook Blvd. |

| 5-6a Basketball | July 11 | Time | Location | Address |
|--|---------------------------|---------------|---------------------------|--------------------------|
| Orientation 5-6a | Wednesday, July 11 | 2:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| 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 |
| 5-6a Basketball Photos | Wednesday, July 11 | 5:20pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| Basketball Demonstration (5-6A) | Wednesday, July 11 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| BASKETBALL RED/BLUE ALL-STAR GAMES (5-6A) | Wednesday, July 11 | 7:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |

| 5-6a Track/CC | July 11 | Time | Location | Address |
|---------------------------------|---------------------------|---------------|---------------------------|--------------------------|
| Orientation | Wednesday, July 11 | 2:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| 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 |
| 5-6a Track Photos | Wednesday, July 11 | 4:50pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| Track/CC Demonstration | Wednesday, July 11 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| TRACK/CC PRESENTATION | Wednesday, July 11 | 7:30pm | Arlington Lamar HS | 1400 W Lamar Blvd |

| 5-6a Cheer | July 11 | Time | Location | Address |
|---------------------------------|---------------------------|---------------|---------------------------|--------------------------|
| Orientation | Wednesday, July 11 | 2:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| 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 |
| 5-6a Cheer Photos | Wednesday, July 11 | 5:50pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| CHEER PERFORMANCE | Wednesday, July 11 | 7:30pm | Arlington Lamar HS | 1400 W Lamar Blvd |

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, 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) 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

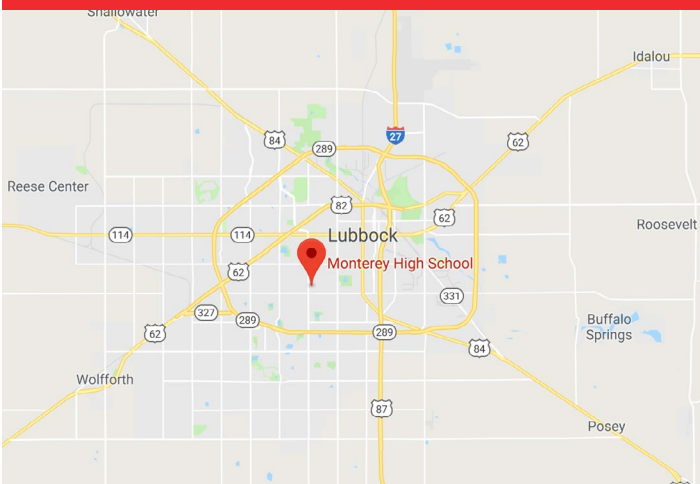
to assist you. Agendas for all clinics will be available on the on the website as soon as they are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2018 LUBBOCK REGION I SPORTS CLINIC

Monterey High School
3211 47th Street, 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](#)

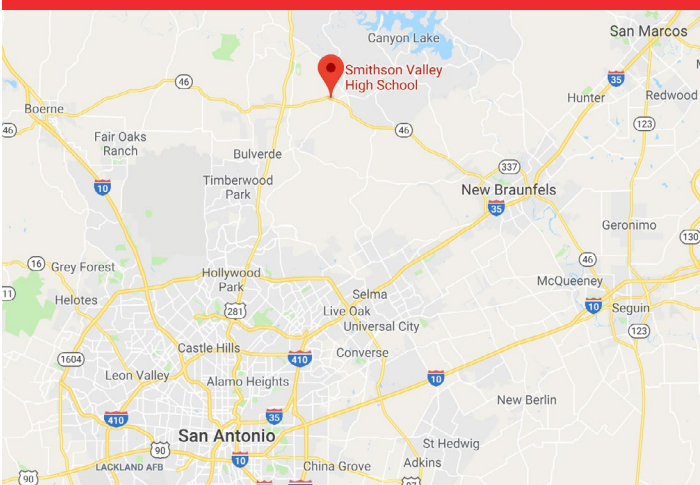


2018 SAN ANTONIO SPORTS CLINIC

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](#)



2018-19 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2018-19 year will become

active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2017-18 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-

hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. The Silver Package is Summer Clinic registration only and does not include membership renewal. Both of these packages are

\$60.00. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$120.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please



photo courtesy Elyse Hernandez

remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. **You MUST be a member of TGCA to attend any TGCA clinic.**

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the

Continued on Page 9

TGCA
Download our new App!



Apple



Android



2018-19 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 8

payment information page. Simply fill in the information requested. In the “Security Code” portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) “I cannot read the code, please provide a new one” and right below the words (in black) “Please enter the security code above”. You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the “Submit” button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school’s filtering system may have sent it there. If you don’t get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2018 in San

Antonio, Houston, Lubbock (Region I), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$70.00. This includes your 2018-19 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$35.00 if you have already paid the \$60.00 renewal fee for your 2018-19 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category “Membership Only”. You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you **DO NOT** set

up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu

on the left-hand side of the page entitled “First Time Member”, and follow the process outlined for “New to TGCA for the First Time”. Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy Brad Blalock



Texas Health

Ben Hogan Sports Medicine

Training Table - The Sprained Ankle

A sprained ankle is a common seen in both athletes and non-athletes. However, the injury is seen most commonly in sports such as basketball, soccer, tennis and football. The ankle is a collection of bones held in place by their surrounding ligaments. The ligaments are elastic structures which help

stabilize joints both statically and in dynamic movements. Due to their elastic nature, the ankle ligaments have a natural stretch and recoil component. When the ligaments are stretched beyond their natural capacity, the ligaments are not capable of returning to original length which results in an injury, also known as a sprain. Depending on the severity of the ankle sprain, there is a possibility for injury to the surrounding structures and tissues of the ankle joint, including the foot and leg bones. If the ankle is repeatedly sprained over a long period of time, typically over 6 weeks, chronic symptoms may occur. These symptoms may include feeling unstable, lacking strength, poor balance, and the easily giving away with normal daily activities.

An ankle sprain may occur in sport and fitness activities which include running, twisting, cutting, rolling, and quick landing of the foot. As previously stated, spraining your ankle may happen even in daily activities such as walking, climbing stairs, and stepping on uneven surfaces such as curbs or sidewalks. The severity of the sprain is based off a grading scale. A grade 1 sprain has minimal stretching and tearing of the ankle ligaments. Usually, there is minimal tenderness and swelling of the joint. A grade 2 sprain will have partial tearing of the ankle ligaments with a bit of looseness to the joint. A person with a grade 2 sprain will have moderate tenderness, swelling, and pain to the ankle joint. The person may feel like they cannot move their ankle as well, sense that it is unstable, and may not be able to put full weight on their injured foot. A grade 3 sprain is a complete tear of the ligament with significant swelling and pain. The person will feel that their ankle is highly unstable, extreme difficulty moving their

ankle, and will have difficulty placing weight through the injured ankle. In addition, significant bruising may occur to the ankle.

If an ankle sprain is suspected, it is recommended to see a physician specializing in orthopedic injuries. The physician will evaluate and treat the injured ankle as is needed at that point in time. The evaluation may include an X-ray and/or an MRI depending on the severity of the suspected injury. If the injury requires immediate immobilization, the physician may provide a type of boot and/or crutches in order to alleviate pressure on the ankle with walking.

Treatment for a sprained ankle depends on the grade of sprain and the involvement of any surrounding structures. Usually, the sprained ankle will benefit from a period of rest from excessive activity. The physician may provide basic exercises for early motion and strengthening. In addition, the physician may or may not prescribe pain medication as they feel it is needed. Initially, most cases of a sprained ankle will benefit from rest, icing, compression, and elevation. Icing should be limited to 20 minutes per session, 2-4 times a day. Compression should be enough to prevent further swelling but not promote increased pain. The ankle should be elevated to any level comfortably above your heart. After the initial evaluation, your orthopedic specialist will pro-

vide you with the appropriate diagnosis, treatment options, and estimated prognosis for the injury in order to get you back to normal life.

For individuals needing further attention, physical therapy may be beneficial and prescribed by the physician. Physical therapy will benefit an ankle injury by working to restore motion, improving strength, balance, and returning the individual back to their recreational activity, and daily life. Individuals suffering from both an acute and chronic ankle sprain will benefit from physical therapy to improve any problems that may be occurring.

For those individuals that do not experience relief with rest and proper rehabilitation, the physician may find it necessary to perform surgery. This is usually an option for extreme cases and injuries that do not respond well with weeks of rehabilitation. The orthopedic surgeon will evaluate each injury on a case by case basis, the cause of the symptoms, and what surgical technique is needed in order to create stability to the ankle joint.

Ankle sprains can be recurrent if not taken care of properly after the initial injury. In order to treat the injured ankle, all appropriate treatment options should be discussed and followed through by the individual and their doctor. By doing so, a proper treatment plan will be tailored to what is needed for the person to get back to playing sports and their normal life.



photo courtesy John Rogers

stabilize joints both statically and in dynamic movements. Due to their elastic nature, the ankle ligaments have a natural stretch and recoil component. When the ligaments are stretched beyond their natural capacity, the ligaments are not capable of returning to original length which results in an injury, also known as a sprain. Depending on the severity of the

HOW DO YOU KEEP YOUR CHILD SAFE WHILE TRYING TO GAIN OR LOSE WEIGHT FOR A SPORT?



Jane Chung, M.D. DX3 Athlete |



Young athletes face pressure daily regarding body image whether it be from social media or other external social stressors. There are also certain sports in particular that place emphasis on a certain body type. Some emphasize a lean physique such as gymnastics, figure skating

or ballet. Where others emphasize a more muscular physique such as football, powerlifting and basketball.

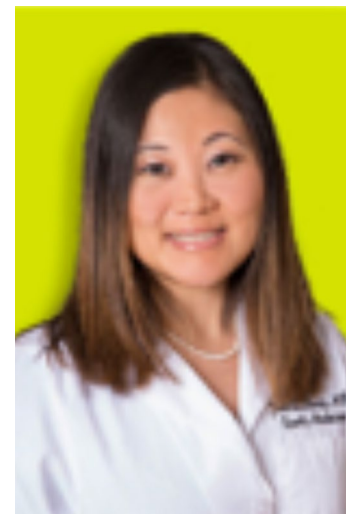
Many athletes in an attempt to “lose or gain” weight to fit the prototype of their particular sport participate in unsafe and unhealthy weight gain/loss practices such as fad diets or supplements which are not FDA approved. They are not aware of the possible adverse effects and consequences it may have on their health and even performance. Sudden weight gain or sudden weight loss is not recommended for the young athlete and most importantly,

a well-balanced diet is key for these growing athletes.

Athletes should be counseled by physicians and dietitians to come up with an individualized plan to safely help an athlete attain a weight goal appropriate for them using healthy weight control practices.

It’s important how medical providers, coaches and parents speak to young athletes about nutrition and weight. Sports medicine physicians and registered dietitians are trained in how to counsel children and parents on this topic.

Here are some tips for



young athletes from our sports medicine dietitian, Taylor Fisher, M.S., R.D., L.D.:

1. SET APPROPRIATE GOALS:

For some, losing one to two pounds per week might be a reasonable goal. More than this would be a concern for a young and growing

athlete.

2. FOCUS ON HOW AND NOT HOW MUCH:

Choose healthy foods and not junk foods with “empty calories.”

3. GET ENOUGH SLEEP:

This is often forgotten for meeting goals to gain or lose weight.

4. WATCH FOR REALISTIC PROGRESS:

Young pre-pubertal athletes will not gain muscle mass like

an adult.

5. COMMUNICATE WITH COACHES TO ALIGN GOALS:

Optimal performance is the goal. Focusing on a number on a scale can be misleading.

DX3 Athlete is teaming up with the Sports Medicine experts at Texas Scottish Rite Hospital for Children to share the latest in youth

sports safety and injury prevention. Together, we can keep young athletes on the courts, fields, and rinks. For information about injury pre-

vention and pediatric sports medicine, please visit the TSRHC website at scottish-ritehospital.org/sports. For more information on youth

fitness and sports performance please visit www.DX3Athlete.com.



photo courtesy Sarah Ellison



photo courtesy Kymberly Chapa

KAY YOW CANCER FUND & PLAY4KAY MAKING A SPLASH NATIONALLY



Kay Yow Cancer Fund |

NYC & TIMES SQUARE

Were you on Times Square, or watching on TV, when the ball dropped in NYC this year? Maybe you visited NYC Nov. 21st-Feb. 28th, if so I hope that you saw the ad on an LED billboard for the Kay Yow Cancer Fund. The ad was at 43rd & Broadway for 3 plus months. It ran for 10 seconds every 20 minutes, 20 hours a day. An estimated 1 million people saw the ad every day. What a special "coup" for the Fund!

ESPN & NIKE

Feb. 14-20th ESPN televised

some of the top women's basketball teams competing in their PLAY4KAY games. ESPN created, produced and aired videos about Kay Yow and the Fund, along with having the Play4Kay & KYCF logos displayed during the games. Nike came out with KD (Kevin Durant) warm-up shirts for the participating teams which all had the KYCF "Y" on the sleeves.

NCAA WOMEN'S FINAL FOUR AND THE KAY YOW FOUNDATION

The Women's Final Four is dedicated to supporting

the Kay Yow Cancer Fund. Each year they find new ways to raise awareness and increase donations, to do their part in finding a cure for women's cancers. This year the Women's Final Four stepped up its game by partnering with the Kay Yow Cancer Fund to promote the #FT4Kay Challenge, a text-to-donate campaign and by hosting our very own Play4Kay game in Tourney Town. Plus, a special donor will be making a donation for every free throw made during the Women's Basketball Championship!

The support of ESPN, Nike, NCAA, WBCA and the V Foundation, of the Kay Yow Cancer Fund has been absolutely amazing. We would love for you to get on board, host a Play4Kay event and help Beat Cancer.

Coaches and Sponsors it's not too early to start planning your Play4Kay event next year, and it's not too late to host one this spring!

Visit <https://kayow.com> to register your team.

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



photo courtesy Cheryl Fillmore

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>.

10

ENGAGING FACTS ABOUT HEART ATTACKS

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 Starved for oxygen. Approximately every 43 seconds, someone in the United States has a heart attack. Of the 735,000 Americans who experience one annually, approximately 15% will die. Truth be known, the onset of a heart attack is a fairly straightforward event. A heart attack occurs when the blood supply to the heart is lost or unduly restricted, typically because one of the coronary arteries that supplies blood to the heart muscle is blocked. Such a blockage usually is the result of the buildup of plaque within the wall of the artery.

2 What is in a name? Arguably, the number and variety of diseases that involve the heart or the blood vessels sometimes leads to a degree of confusion with regard to which is which. Among the many forms that these cardiovascular diseases can take are high blood pressure (hypertension), valvular heart disease (damage to or a defect in one of the heart's four valves), arrhythmias (irregular heartbeat), stroke (damage to the brain from the interruption of its blood supply), peripheral vascular disease, myocardial infarction (i.e., a heart attack resulting from damage to the heart from the interruption of its blood supply), angina (chest pain), and atherosclerosis (i.e., the buildup of fatty deposits in the coronary arteries, which can result in a condition that can interchangeably be referred to as coronary artery disease, coronary heart disease, and ischemic heart disease).

3 Perilous prospects. Certain risk factors can play an important role in the likelihood that an individual will experience a heart attack. Some of these risk

factors are modifiable, for example, blood cholesterol level, diabetes, diet, sedentary lifestyle, smoking, stress, high blood pressure, etc. Others are not, for example, age, previous heart attack, and genetics. With regard to age, the risk of having a heart attack starts to rise significantly for men at 45 years and for women at 55 years.

4 Warning signs. As a rule, the onset of the symptoms indicating the pending arrival of a heart attack usually is gradual, appearing for several minutes. Rarely does a myocardial infarction occur instantaneously. Among the more common symptoms of a possible heart attack are chest pain, radiating pain in the left arm, excessive sweating, shortness of breath, muscular weakness, lightheadedness, nausea, and heart palpitations.

5 Silence is not always golden. Not every heart attack has obvious symptoms. In fact, an individual can experience a heart attack without actually knowing it. When this situation occurs, it involves a cardiac event referred to as silent ischemia to the heart muscle (i.e., a silent heart attack). As such, research suggests that at least one fourth of all myocardial infarctions that annually occur are silent. Although the health impact of these silent attacks has yet to be precisely defined, they do lead to scar tissue in any damaged area of the heart muscle.

6 An equal opportunity disease. As such, a number of people erroneously believe that having a heart attack mostly is a problem for men. It is not, as the approximately half million wom-

en who experience a myocardial infarction each year might readily attest to as their personal reality. On the other hand, when it comes to heart disease and heart attacks, men and women are not always equal. First and foremost among the differences, in this regard, is that women are more likely to die than men when they experience a heart attack. For one thing, women have been shown to likely be less aware that they actually are having a heart attack. For another, they tend to take too long (compared with their male counterparts) to seek assistance once a heart attack occurs.

7 Time sensitive. A heart attack requires immediate attention. In fact, early treatment of this medical emergency not only could save a person's life, it also could prevent or limit damage to the victim's heart muscle. It should be noted that a heart attack is not the same as sudden cardiac arrest (SCA). Whereas a heart attack is serious and may lead to SCA, unlike SCA, someone who experiences a heart attack typically (but not every time) will experience chest pain and remain conscious.

8 Smart choices. With regard to preventing a heart attack, the key step for an individual is to make sound decisions that can reduce that person's risk factors for this medical event. Among the lifestyle-related measures that can be particularly helpful in this area are to consume a heart-healthy diet, exercise regularly, minimize stress, do not smoke at all or drink excessively, and keep the conditions that could contribute to having a heart attack in check, such as high blood pressure, diabetes, and a high level

of cholesterol.

9 Race, place, and dinero. With regard to ethnicity, whites are the Americans least likely to experience a heart attack. A similar finding exists for individuals who live in the northwestern part of the United States as opposed to the southeast. In turn, the odds are that individuals who earn at least \$35,000 a year are less likely to experience a heart attack, compared with those people who make less money.



photo courtesy Patrice Ford

10 Returning to life. For most people, having a heart attack is neither a death warrant nor a sentence to a lifetime of frailty. In fact, making every effort to return to having a normal life (including sexual relations) is not only possible, it is recommended. On the other hand, depending on how badly a person's heart was damaged or to what degree that individual has heart disease, heart attack victims will most certainly have to make changes in their lives, as prescribed by their physician.

MARCH 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|--------|---|-----------|--|------------------------------------|----------|
| | | | | 1 | 2 | 3 |
| | | | | GIRLS BASKETBALL: STATE TOURNAMENT | | |
| | | | | TGCA: Basketball All-State Committee Meeting | TGCA: Basketball Committee Meeting | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| TGCA: Board of Directors Meeting | | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | Soccer: District Certification Deadline | | SOCCER: BI-DISTRICT | | |

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!



photo courtesy Allison Hodges

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Mizuno
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Russell
Sideline Interactive

SSR
Varsity
Guy in the Yellow Tie -
Tom Rogers Financial
& Insurance Associates



The power to do more

SERIOUS PERFORMANCE



Guy in the Yellow Tie



Tom Rogers
403(b) Annuities
rtom@mesh.net



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: 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.

