



TGCA NEWS

JANUARY 2018



2017-2018 TGCA OFFICERS



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Lubbock Coronado HS



1st Vice President
Jason Roemer
Kerrville Tivy HS



2nd Vice President
Astin Haggerty
Clear Springs HS



Past President
Loyd Morgan
Rogers HS



Executive Director
Sam Tipton
TGCA Office



Assistant to the Executive Director
Lee Grisham
TGCA Office



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*cover photo courtesy Kristin Juarez
 left photo courtesy Christine Elias*

HOLD THE JELLY

Kriss Ethridge Coronado HS | TGCA President



What life lessons through sports are we teaching our kids? What life lessons through sports did we learn? Chances are, they are the same, but do we make adjustments with this millennial generation? Having grown up with two parents who were all state athletes or played college ball, it just gives a background on what my perspective will be.

When I became a head coach, I searched and searched for a motto or saying that would distinguish my philosophy. As I looked back over my life, I realized there was one common theme that prevailed – ALL IN! This does not come from the poker term (although it means the same), but actually from a sermon I heard one Sunday. It goes like this:

There was a homeless man standing outside a church in the middle of a blizzard, so he decided to go inside to warm up for a little while. About the time he sat in the pew, the offering plate was being passed around.



photo courtesy Amy Gillum

He saw those around him drop in their five, ten, twenty dollar bills, and when the plate reached him, he took it, placed it on the ground, and stepped inside it and said, “I am all in!”

Wow! Are you? Am I? Are we being the best moms, dads, brothers, sisters, aunts, uncles, teachers, coaches, and friends that we can be?

I challenge my athletes and parents to focus on this. Yes, we all want to win. Yes, we are all expected to win, but the reality is every time there is a competitive game,

fifty percent of the teams lose, so what is the message? I like to use legendary Coach John Wooden’s Pyramid of Success definition. He states, “Success is peace of mind that is the direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming. Within this framework, each person becomes the only one who can ultimately judge his or her own success.” Is that ultimately all we can give and ask of others?

As a sophomore in high

school, I was selected to the All District team, but I did not start for my high school team. For the next two years, my teammates and I committed to being a team first. We went to state twice and won state my senior year. I was offered a scholarship to play at The University of Texas, where I really learned the meaning of all in. As a freshman, I broke my foot and didn’t play, as a sophomore, I watched better players come in and beat me out of a spot. As a junior, I made the starting line up early in the year then lost it and became a role player again. As a senior, I was done playing but had the opportunity to be a student coach on the first undefeated national championship women’s basketball team. Through all of this, the one thing that stuck in my mind was be your best! Be the best teammate, be the best practice player, be the first off the bench to give a

Continued on Page 2

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

COACH	SCHOOL	DIV.	COACH	SCHOOL	DIV.
Jill Van Klink	Lewisville HS	Co-Ed	Nicole Mitchell	Crandall HS	4A
Leslie Hutchinson & Samantha Blount	Paducah HS	1A	Nadira King	Cedar Park HS	5A-D1
Michea Davis	Junction HS	2A	Marissa Briseno	Sharyland Pioneer HS	5A-D2
Jenna Wilkins	Mount Vernon HS	3A	Shannon McKinley	Johnson HS	6A-D1
			Pedro Ramirez	McAllen Memorial HS	6A-D2

HOLD THE JELLY

Continued from Page 1

teammate water, be the ears of the players to the coaching staff, be all in. As a player I had to learn how to be all in on and off the floor. Then as a coach, I had to ask myself what it looked like from this perspective.

One of the best years as a coach was a year our coaching staff participated in a morning Bible Study about Servant Leadership. The servant leader puts the needs of others first and helps people develop and perform as highly as possible. Throughout the course of this season, our coaching staff made it a point to demonstrate this to our players. We seized small opportunities such as holding open doors for all who went through or making peanut butter and jelly sandwiches in between games at tournaments. Even laughing when there were special orders, such as, extra peanut butter or hold the jelly, and then finding traces of pb&j in our hair during the next game. We had parents who were more than willing to do these things for us, but we wanted to apply what we were learning. It didn't take

long before our kids started demonstrating these same qualities. Often times it was a race to the door or our players were helping the managers with the extra bags or water bottles! The transformation with our coaches and players made a noticeable difference with our team chemistry.

I recently read a post about "Signs that Coaches Know when you Aren't All In"

- Always have excuses
- Doesn't listen with ears and eyes
- Shut down when coached
- Doesn't communicate
- Bad body language
- Only does required work
- Pouts when subbed/benched
- Doesn't know the system
- Doesn't cheer for teammates

When our kids buy in to the servant attitude, we see players who are more open to coaching or criticism because they know we only want them and our team to get better. They communicate better by speaking from the heart, and the players hear a positive intent which improves overall body language and personal de-



photo courtesy Hannah Henderson

meanor. Many teams have established an all in mentality, but without the aspect of servitude, they never develop the chemistry necessary to maximize the team's potential.

So considering life les-

sons learned over our years, what better lesson can this millennial generation gain than one of servant leadership.

Thank you for allowing me to serve you through TGCA. I wish you the best.

SPIRIT ADVISORY BOARD

COACH	SCHOOL	CONF.-REG.
Carrie Powers	Blackwell HS	1A-2
Heather Jones	The Colony HS	5A-3
Nicole Duggan	Canyon Lake HS	4A-6
Kari Ring	La Vernia HS	4A-7
Shannon McKinley*	Johnson HS	6A-7
Pete Ramirez	Memorial HS	6A-7
Matthew Escue*	Central HS	6A-8

*Co-Chairs



photo courtesy Carrie Powers

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 is a registered voter in the

A purple graphic with a white outline of the state of Texas on the left. The text reads: "REPUBLICAN PRIMARY MARCH 6, 2018" in large white letters. Below that, a quote: "Your vote in the Republican Primary for candidates that support public education will determine the future of our Texas Public Schools." attributed to Sam Tipton, TGCA Executive Director. At the bottom, it says "Vote early Feb. 20-March 2" and "Register to vote today: VoteTexas.gov" and "Find where to vote: VoteTexas.gov" with a small white outline of Texas in the center.

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
Voter Registration Deadline
February 5, 2018

Early Voting
February 20, 2018
– March 2, 2018

Primary Election Day
March 6, 2018



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.

SOFTBALL COMMITTEE

*Chair **Vice Chair

COACH	SCHOOL	CONF.-REG.
Michael Rose	Bushland HS	4A-1
Liz White	Lubbock Cooper HS	5A-1
Chelsey Jordan	Big Spring HS	4A-2
Stacey Herring	Abilene Cooper HS	5A-2
James Ramsey	Pilot Point HS	3A-3
Amber Cottingham	Creekview HS	5A-3
Gary Qualls	Caddo Mills HS	4A-4
Jeffrey Roberts	Lovejoy HS	5A-4
Dena Adkins	Little Cypress-Mauriceville HS	4A-5
Audra Troutman	Klein Collins HS	6A-5
Kirk Allen	Crawford HS	2A-6
Billy Coleman**	Lake Travis HS	6A-6
Carilee Bordovsky	Poth HS	3A-7
Melanie Morales	Warren HS	6A-7

COACH	SCHOOL	CONF.-REG.
Alfonso Chavez*	Early HS	3A-8
Roxanne Luna	Americas HS	6A-8



SUB-VARSITY COMMITTEE

*Chair **Vice Chair

COACH	SCHOOL	CONF.-REG.
Kirk Stokes	Amarillo HS	5A-1
Morgan Wright**	Lubbock Cooper HS	5A-1
Lauren Reynolds	Seminole HS	4A-2
Mindi Bredemeyer	Snyder HS	4A-2
Maci Brickhouse	Griffin MS	5A-3
Elisha Woodson	Maypearl HS	3A-3
Erica Delley	Greenville HS	5A-4
Edgar Bustillos	Greenville HS	5A-4
Rhonda Burkhart	Crosby MS	5A-5
Kristin Goodman	Friendswood HS	6A-5
Maureen Marek*	Bellville JHS	4A-6
Teresa Sitton	Leon HS	3A-6
Kevin Johnson	Gonzales HS	4A-7
Christina Phillips	Marshall hs	6A-7

COACH	SCHOOL	CONF.-REG.
Dianna Hester	Franklin HS	6A-8
Brooke Ashcraft	Bandera HS	4A-8



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:

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

photo courtesy Colby Pastusek



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 Teresa Koenig

VOLLEYBALL

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

BASKETBALL

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

SOCCER

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

SOFTBALL

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

TRACK & FIELD AND CROSS COUNTRY

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

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

GOLF

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

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



photo courtesy Ashley Spradley

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.

GIRLS BASKETBALL STATE CHAMPIONSHIPS

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

Thursday, March 1

Session 1

Conference 1A Semifinal 8:30 AM
Conference 1A Semifinal 10:00 AM

Session 2

Conference 3A Semifinal1:30 PM
Conference 3A Semifinal 3:00 PM

Session 3

Conference 5A Semifinal7:00 PM
Conference 5A Semifinal8:30 PM

Friday, March 2

Session 4

Conference 2A Semifinal 8:30 AM
Conference 2A Semifinal 10:00 AM

Session 5

Conference 4A Semifinal1:30 PM
Conference 4A Semifinal 3:00 PM

Session 6

Conference 6A Semifinal7:00 PM
Conference 6A Semifinal8:30 PM

Saturday, March 3

Session 7

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

Session 8

Conference 2A Final1:30 PM
Conference 5A Final..... 3:00 PM

Session 9

Conference 4A Final.....7:00 PM
Conference 6A Final8:30 PM

photo courtesy Brad Blalock



photo courtesy Colby Pastuszek



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.

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.

UIL TO HONOR TGCA PAST PRESIDENTS

The University Interscholastic League will honor the Past Presidents of the Texas Girls Coaches Association at the UIL state girls' basketball tournament in March of this year. The group will be given a special presentation by the UIL at halftime of the 7:00 PM 6A semi-final game on Friday, March 2, at the Alamodome in San Antonio.

"I feel this is such a great gesture by Dr. Charles Breithaupt and the UIL to take the effort to spotlight the individuals that dedicated a portion of their lives to the Texas Girls Coaches Association to help make the organization what it is today. TGCA cherishes the continued relationship with the UIL. Many battles have been fought to establish girls'

athletics as we know it today. I thank the UIL for all they have done for girls' athletics, and the opportunity they are presenting to showcase the leadership of the TGCA in such a prestigious setting," according to Sam Tipton, Executive Director and Past President (1996-97) of the Texas Girls Coaches Association.

TGCA PAST PRESIDENTS

NAME	YEAR
Velma Harrison	1952-53
Velma Harrison	1953-54
Marvin Williams *	1954-55
Mary Beccue *	1955-56
Charles Womack *	1956-57
Rose Farmer	1957-58
J.W. Booker *	1958-59
Peggy Hughes	1959-60
M.T. Rice *	1960-61
Jimmye Phillips *	1961-62
LeRoy Hoff *	1962-63
Ellen Johnson	1963-64
F.G. Crofford	1964-65
Zonelle Cornett*	1965-66
Freeman Parish *	1966-67
Sandra Meadows *	1967-68
Mitch LeMoine	1968-69
Wayne DuBose*	1969-70
Shirley Hayworth	1970-71
Stanley Whisenhunt	1971-72
Leta Andrews	1972-73
Bill Farney	1973-74
Janette Barlow	1974-75
Bob Schneider	1975-76
Gay Benson	1976-77
Buddy Ables	1977-78

NAME	YEAR
Sandra Meadows *	1978-79
Ralph Newton*	1979-80
Janie Fitzgerald	1980-81
Mark Smith*	1981-82
Diana Lewis	1982-83
Diana Lewis	1983-84
Michael Adams	1984-85
Judy Dunn*	1985-86
Jim Kirkland	1986-87
Sue Cannon	1987-88
Don Ford	1988-89
Donna Grant	1989-90
Phil Swenson	1990-91
Rhonda Farney	1991-92
Caylene Caddell	1992-93
Barbara Crousen	1993-94
Pat Mouser	1994-95
Melynn Hunt	1995-96
Sam Tipton	1996-97
Marianne Jones	1997-98
Larry Goad	1998-99
Brenda Kitten	1999-2000
Rob Young	2000-01
Krista Malmstrom	2001-02
Ron Mouser	2002-03
Debbie Jaehne	2003-04

**Deceased*

NAME	YEAR
Ray Baca	2004-05
Leann Johnston	2005-06
Alex Koulovatos	2006-07
Debra Manley	2007-08
Lee Grisham	2008-09
Lee Grisham	2009-10
Wes Overton	2010-11
Donna Benotti	2011-12
Rodney Gee	2012-13
Kari Bensed	2013-14
Mitch Williams	2014-15
Liana Gombert	2015-16
Loyd Morgan	2016-17

TVCA PAST PRESIDENTS

NAME	YEAR
Lenora Abston*	1968-69
Lenora Abston*	1969-70
Dr. Margie Austin*	1970-71
Jan Briggs	1971-72
Jane Arnett	1972-73
Arline Basye	1973-74
Marion Young	1974-75
Judy Bugher	1975-76
Waynette Dolan	1976-77
Norma Pullin	1977-78



photo courtesy Patrice Ford



photo courtesy Jennifer Hughes



photo courtesy Kymberly Chapa

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 Candice Cox

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

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TGCA
Download our new App!



Apple



Android



2018-19 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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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.

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.



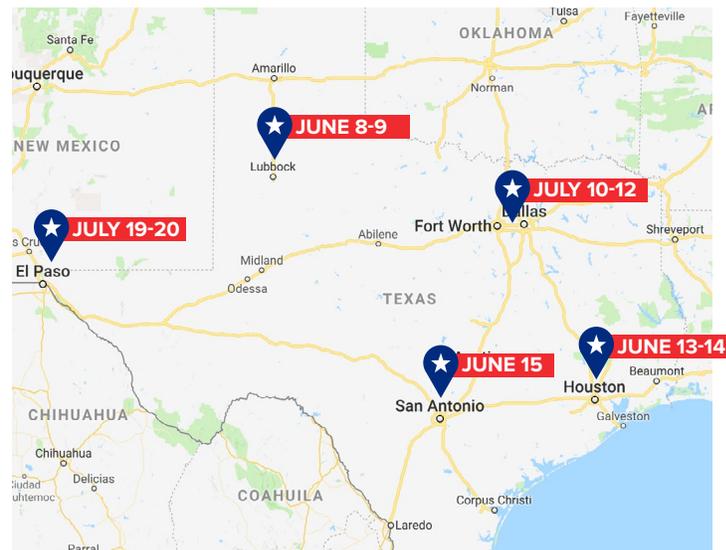
photo courtesy Mary Pate

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

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 11

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



Texas Health Ben Hogan Sports Medicine

Sports Nutrition 101 - Nutrition Tips for Injury Recovery

It's that time of year again!

Athletes of all ages are training, competing and going non-stop. With hard competition unfortunately comes tired muscles, strains and injuries. If you train hard, whether you are a pro, collegiate or high school athlete, you understand that from time to time you will get slowed down by small nagging pains and sometimes larger injuries that require a longer time for healing. It's not fair, but it is reality.

Though not all injuries require surgery, they do all require rest and proper nutrition to rebuild, repair and get you back to your best. Focusing on eating nutrient-rich foods is essential to get the healing "ingredients" your body needs to come back stronger. Here are five things to consume when you or your child is out of play suffering from an injury:

1. Power up with protein:

Protein is essential for rebuilding muscle and other tissues. For many athletes, protein needs double after a major sports injury or surgery for two reasons. First, protein is needed in the diet to help spare lean muscle mass and ideally limit the amount burned as energy after an injury. Second, protein is needed to help rebuild and repair. Focus on lean proteins like baked and grilled meats, poultry and fish,



photo courtesy Christine Elias

eggs and low fat dairy. Animal proteins contain all of the essential amino acids required to build muscle and tissue.

2. Fill up on fruits and veggies:

Fruits and vegetables provide the "ingredients", or vitamins and minerals, necessary to help the body heal. To name a few, vitamin C helps repair cartilage while copper assists in the formation of red blood cells and helps vitamin C build connective tissue. Zinc plays a role in over 300 enzymatic reactions and is required for DNA synthesis and cell division. Vitamin A helps strengthen the immune system after injury. All of these nutrients, plus tons more, exist in abundance in colorful fruits and veggies. Increasing your intake to ten servings a day can help your body recover faster!

3. Get your fill of healthy fat:

Omega-3 fatty acids found in nuts, seeds, healthy oils (Canola, olive, grapeseed and flax) and fatty fish (salmon, trout, tuna and mackerel) have anti-inflammatory properties that can help your body heal after injury or surgery. Including these in the diet is key to decreasing inflammation at the cellular level. Fat yields more calories per gram, so sprinkle it in meals and snacks throughout the day and consider taking an omega-3 fatty acid supplement. Note: Do not

take omega-3s before a surgery; after surgery is the appropriate time.

4. Build with calcium: Bone fractures and breaks need calcium and vitamin D to help rebuild them and make them strong. Consuming three to four servings of low-fat dairy foods will help meet your calcium needs to build strong bones. In addition, dairy foods are a rich source of high quality protein, with milk providing one gram of protein an ounce, making it a power house of nutrients!

5. Skip the drive-through:

When your body is recovering from an injury, do your best to skip fried foods, processed snacks and foods with lots of added sugars. These foods contribute to inflammation in the body which is the opposite of what you want for healing. Though you might crave comfort foods, try to discipline yourself to consume the nutrition needed to help your body recover faster and stronger!

photo courtesy Teresa Koenig



PROMOTING LIFETIME SPORTS AND GENERAL FITNESS



DX3 Athlete

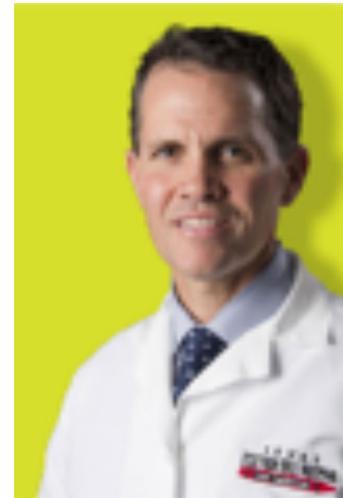


DX3 Athlete is teaming up with the Sports Medicine experts at Texas Scottish Rite Hospital for Children to share the latest in youth sports safety and injury prevention.

There are more and more studies showing risks of specializing in one sport too early. In addition to a higher risk for injuries, athletes who specialize too early are more likely to burnout and completely quit sports. This is a serious concern for long term health as we know physical fitness and activity are important for wellness.

We would like to introduce you to sports medicine expert Philip Wilson, M.D.,

pediatric orthopedic surgeon at Texas Scottish Rite Hospital for Children. He has dedicated his career to caring for young athletes, studying conditions that affect them and teaching future health care professionals about their unique needs and treatments. Read his thoughts on lifetime sports to learn how coaches and parents can keep young athletes engaged by diversifying their activities.



1. WHAT IS A LIFETIME SPORT?

It's an activity or sport that is enjoyable throughout your life. You can do these activities with a variety of people without being dependent on a team. It fits within any lifestyle, and you're not forced to schedule around it.

2. HOW IS THIS DIFFERENT FROM CROSS-TRAINING?

It really depends on the motivating factor. If you're focused on cross-training to get better for your primary sport, you may not stick with the activity for a long time. If you're participating in a wide variety of activities

to promote general health and well-being, I think you're more likely to continue.

3. WHAT ARE SOME EXAMPLES OF LIFETIME SPORTS?

Hiking, tennis, golf, swimming, jogging, walking, and bicycling

4. WHAT CAN PARENTS DO TO ENCOURAGE THESE ACTIVITIES?

Leave time in the schedule for physical activities, ask your kids what they would like to do, and lead by example. Show them that being active is a way of life.

5. WHAT DO YOU THINK WILL HELP TO MOTIVATE KIDS TO BE LIFETIME

ATHLETES?

We should create a variety of opportunities for them to develop an interest in being active. I think of activities like taking a walk in a nature preserve, taking advantage of your city's jogging trails, trying out different playgrounds, or checking out the local climbing gym. The options are endless when combining activities and the outdoors.

6. WHY IS THIS SO IMPORTANT TO YOU?

In my career, I've seen some athletes continue in their primary sport for a long time; I've also seen many give up for one reason or

another. It's a tough transition from being a dedicated athlete to "real life" activities. I believe that those who are well-rounded and have learned the long-term values of sport and fitness will be healthy adults. They will understand the values of maintaining an active lifestyle.

For information about injury prevention and pediatric sports medicine, please visit the TSRHC website at scotishritehospital.org/sports. For more information on youth fitness and sports performance please visit www.DX3Athlete.com.

photo courtesy Cheryl Fillmore

photo courtesy John Rogers



30 YEARS LATER...



Sarah Womack Kay Yow Cancer Fund | **Operations Coordinator**

This weekend marks 30 years since Kay Yow’s initial cancer diagnosis. While Coach Yow is no longer here, she is always with us. Her story lives on. She continues to give.

On August 5, 1987, Coach Yow was diagnosed with breast cancer. For those who are not as familiar with Coach Yow’s story, a quick Wikipedia search would tell you that she passed away on January 24, 2009, after a 22-year journey with breast cancer. But there is more. Much more.

The important thing about Coach Yow’s story is not the final day, but each and every one of the 7,843 days in between August 1987 and January 2009. Days

Coach Yow used to make a difference in the lives of her players. Days she used to make a difference in the sport of women’s basketball. Days she used to make a difference in the lives of future generations of women who would eventually find themselves in a fight against cancer.

She used these days to give.

In a time when many are questioning the effectiveness of cancer research, Coach Yow’s last 7,843 days on Earth are a testament to how far we have come.

Cancer research gave Coach Yow time. We wish it had given her more time, but we are thankful that it gave her enough time.

Enough time to lead the United States to an Olympic Gold medal in 1988. 421 days after her initial diagnosis.

Enough time to lead NC State to the 1998 Women’s Final Four – 3,889 days after her initial diagnosis.

Enough time have a career worthy of induction into the Naismith Memorial Basketball Hall of Fame – 5,534 days after her initial diagnosis.

Enough time to be awarded the 2007 ESPY, the JimmyV Award for Perseverance – 7,280 days after her initial diagnosis.

And 7,426 days after that fateful day in 1987, Kay Yow started the Kay Yow Cancer Fund – her final gift to us all. A gift that will continue to

give strength and hope to others.

For Coach Yow, every day mattered. A lot of living took place after August 5, 1987. These days represented an opportunity to give. An opportunity to make a contribution. An opportunity to change lives.

It has now been 10, 960 days since Coach Yow learned she had breast cancer. All of those days matter. All of those days are leading to better days. Days when cancer may not have such a hold over us.

We miss Coach Yow, but we give thanks for all the days that cancer research gave her. Days she gave us.

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

photo courtesy Richard Spraggens



10

ESSENTIAL THINGS TO KNOW ABOUT MENTAL HEALTH

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 Major milestone. Collectively, the term mental illness refers to all diagnosable mental disorders. The economic burden of mental illness in the United States is substantial (more than \$300 billion annually) as is the number of Americans who experience it (25%). In fact, approximately half of all U.S. adults will develop at least one mental disorder during their lifetime.

2 One bat, many belfries. Mental health disorders occur in a variety of forms. Four of the more common disorders that affect individuals of all ages are anxiety/panic disorder, bipolar disorder, depression, and schizophrenia. One common characteristic among these illnesses is that they all have an impact on at least one or more aspects of the affected person's personality, cognitive processes, and social interactions.

3 More than meets the eye. Good mental health entails more than the mere absence of mental illness. Rather, it is a state of mental health that enables an individual to flourish and enjoy life. Whether people enjoy their lives is influenced to a large degree by their ability to cope with the down times in their life. In reality, everyone faces a negative experience from time to time.

4 The root of the problem. No single cause

for mental health disorders exists. At the present, mental health professionals believe that they are caused by a combination of one or more of the following elements: biological (family history of such disorders), environmental (changes in brain chemistry resulting from either substance abuse or an inadequate diet), and psychological (upbringing and social exposure) factors.

5 Signs, symptoms, signals. Because the symptoms of the various mental health issues can overlap, the disorders can be difficult to diagnose. Among the signals that a person may be experiencing a mental health disorder are the following: erratic thought patterns, an inability to tell the difference between reality and fantasy, a lack of empathy, a lack of interest in socializing, a seeming lack of control, and unexplained changes in mood.

6 Two choices. An individual's mental health status is typically evaluated in two ways: psychological testing and neuropsychological assessment. The first tool provides a structured way to measure the abilities, beliefs, feelings, and traits of a person that can collectively indicate the existence of or lead to mental health-related problems. The second technique is based on the fact that the brain is the key player in the nervous system

of the body. The focus of this well-accepted method entails measuring how well the brain is functioning via one or more scanning techniques (e.g., computerized tomography, magnetic resonance imaging, electroencephalogram).

7 Ignominious stigma. Misunderstanding, misconception, and misapprehension attendant to poor mental health are relatively widespread. As such, the existence of a mental health problem often is perceived by some individuals as a sign of weakness. Furthermore, a number of people erroneously believe that mental health issues are untreatable and that individuals with mental disorders lack basic intelligence and are incapable of making decisions. The resulting stigma is often manifested in abuse, rejection, and isolation. In turn, not only do affected people not receive the care that they need, the cycle of the prejudicial behavior that often is directed at them is perpetuated.

8 Don't mess with stress. On occasion, when individuals are under an undue level of stress, they may not handle it in an appropriate manner. For example, they may internalize their stress. Ultimately, they can become overwhelmed. Given that the effects of stress tend to build up, the continued strain on the body from such stress

can lead to serious health problems — both physical and mental.

9 Not a factor. Mental illness affects individuals at all ages — young and old alike. With regard to older adults, one misplaced assumption commonly suggests that mental health problems are a normal aspect of aging. They are not. Most older people do not develop mental health problems, and if they do, they can be helped. As for mental health issues and much younger people, researchers have discovered that changes in the body leading to illness actually may start relatively early in life.



photo courtesy Brad Blalock

10 Appreciate the moment. The voluminous amount of information that exists on mental health suggests that one of the most effective things a person can do to achieve mental wellness is to invest in self-care. Live for the moment. Be happy. Interact with others. Make sound lifestyle choices. Embrace life!

FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					SWIMMING & DIVING: REGIONAL MEETS	
4	5	6	7	8	9	10
						Girls Basketball: District Certification Deadline Wrestling: District Certification Deadline
11	12	13	14	15	16	17
	GIRLS BASKETBALL: BI-DISTRICT			GIRLS BASKETBALL: AREA		
	TGCA: Swimming & Diving Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games				SWIMMING & DIVING: STATE MEET	
					WRESTLING: REGIONAL MEETS	
18	19	20	21	22	23	24
	GIRLS BASKETBALL: REGIONAL QUARTERFINALS				GIRLS BASKETBALL: REGIONALS	
	TGCA: Wrestling Nominations Deadline, 12 Noon				WRESTLING: STATE MEET	
25	26	27	28			
	TGCA: Basketball Nominations Deadline, 12 Noon					

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 Amy Ingram

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TGCA NEWS

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Mailing Address:
P.O. Box 2137
Austin, TX, 78768

Physical Address:
1011 San Jacinto Blvd, Suite 405A,
Austin, TX 78701

P: (512) 708-1333
F: (512) 708-1325
E: tgca@austingca.com

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Executive Director:
Sam Tipton,
Sam@austingca.com

Assistant to the Executive Director:
Lee Grisham,
Lee@austingca.com

Administrative Assistant:
Audree Tipton,
Audree@austingca.com

**Exhibitor Coordinator /
Social Media Director:**
Jesi Grisham-Perez,
Jesi@austingca.com

Membership Coordinator:
Audra Rice,
audra.rice@austingca.com

Newsletter Editor: Chris Schmidt

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.

