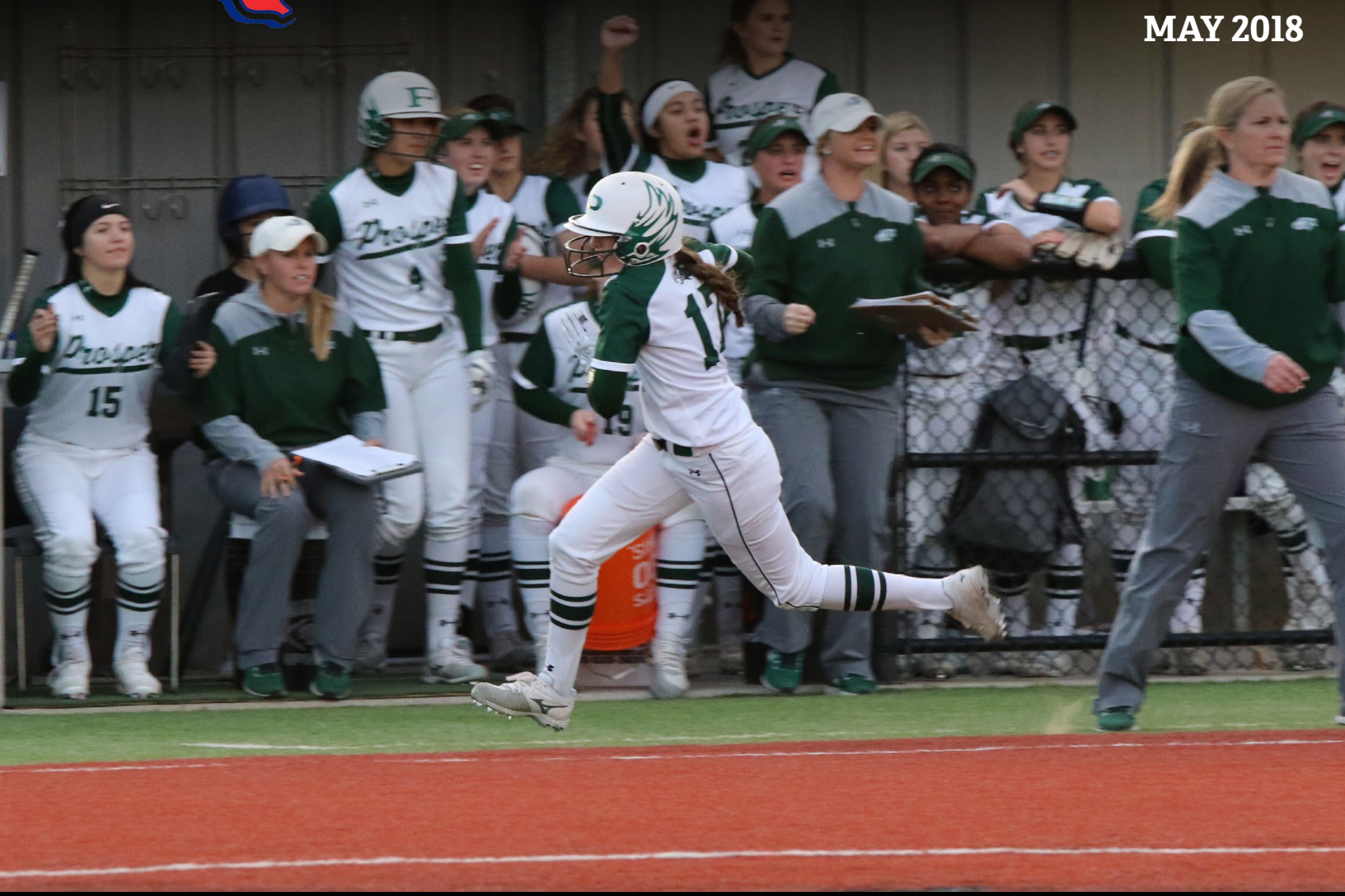




TGCA NEWS

MAY 2018



2017-2018 TGCA OFFICERS



President of TGCA
Kriss Ethridge
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 Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

The True Flex Player

By Alfonso Chavez,
TGCA Softball Committee Chair

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Would You Rather?

By DX3 Athlete

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All in Perspective...

By Kay Yow Cancer Fund

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10 Ways to Age Gracefully

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

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cover photo courtesy Staci Jackson
left photo courtesy Brandon Langston

THE TRUE FLEX PLAYER

Alfonso Chavez Early HS | TGCA Softball Committee Chair

What does it mean to be a softball - or any kind of sport - coach? It means a lot of hard work, a lot of focusing on the sport, and a lot of time away from home. It also means having to rely on the spouse to hold down the fort at home.

Having a supportive family is key in the smooth running of life during softball season. As my wife says, "ah, yes, we are back on our normal schedule," once January rolls around. To be honest, she accepts the fact that my mind becomes focused even before the season's official start. A coach starts thinking opponents, positions, schedules, equipment, and players long before the first practice. It is, in reality, part of what makes the game great for us. What does it mean to have a supportive spouse? It takes a unique individual to understand what a coach's life is like. There are many missed dinners, many missed personal children activities, va-



photo courtesy Valarie Henry

cations, and family activities. My wife realizes that the dinner she cooks might not be eaten because of practice, dealing with parents, or making sure the field is ready for the next game. The family understands this and lessens any guilt a coach might feel.

One thing that is harder to deal with, for me, is missing out on my children's activities. It definitely gets easier as they get older. Family has to make accommodations to ensure the coach does not

miss too much. Videotaping activities is a sure way to keep a coach in the loop. This is important for everyone.

Vacations are harder to schedule. Softball season is in full swing during Spring Break. For most families, this means fun, sun, and relaxation. For a softball family, Spring Break means morning practices and games. There is no down time if winning is the goal. An understanding support system comes in

handy at this time.

Family activities, such as going to the movies, out to dinner, birthday celebrations, or out of town trips, are scheduled for Sundays whenever possible. Sundays are the one day where no practices or games are scheduled. Again, family support is needed. The schedule revolves around softball.

A love for the game is a must. There are sacrifices that must be made by every family member. The family members who are on the outside looking in are just as much part of the games as the coach and players. They, too, are part of the team. They are involved in the emotions associated with the thrill of a win, the heartbreak over a loss, and the worry of an injury. This on its own makes family an honorary member of the team. So, while many consider family to be on the outside looking in, nothing could be farther from the truth.



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.

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

| COACH | SCHOOL | CONF. | COACH | SCHOOL | CONF. |
|------------------|---------|-------|--------------|----------------------|-------|
| Lauren McPherson | Blum | 1A | Lauren Cross | Dallas Carter | 4A |
| Katie Green | Refugio | 2A | Lauren Jones | Mansfield Lake Ridge | 5A |
| Rae Holden | Leonard | 3A | June Villers | DeSoto | 6A |

TRACK & FIELD COACHES OF THE YEAR

Conf. 1A-4A: Keri Slanina, East Bernard HS, pictured left



Conf. 5A-6A: Lauren Jones, Mansfield Lake Ridge HS, not pictured

TRACK & FIELD ATHLETES OF THE YEAR

Conf. 1A-4A: Sandy Clarkin, Bandera HS (Coached by Steve Goleman), not pictured



Conf. 5A-6A: Kynneddy Flannel, Alvin HS (Coached by Toni Acosta), pictured right

SOCCER COACH OF THE YEAR

Conf. 4A-6A: Iseed Khoury, Frisco Wakeland HS, pictured left



SOCCER PLAYER OF THE YEAR

Conf. 4A-6A: Grace Collins, Spring Branch Memorial HS (Coached by Lindley Amarantos), pictured right



CONGRATULATIONS TO THE 2017-18 SUB-VARSITY COACHES OF THE YEAR

| COACH | SCHOOL | SPORT | CONF. |
|-------------------|----------------------|---------------------------|-------|
| Kevin Johnson | Gonzales | Sub-Varsity Cross Country | 1A-4A |
| Danielle Froggatt | New Caney | Sub-Varsity Cross Country | 5A-6A |
| Misty Davis | Bronte | Sub-Varsity Volleyball | 1A-4A |
| Kirk Stokes | Amarillo | Sub-Varsity Volleyball | 5A-6A |
| Jan Kruse | Snyder | Sub-Varsity Basketball | 1A-4A |
| Danny Gillham | Flower Mound | Sub-Varsity Basketball | 5A-6A |
| Brooke Ashcraft | Bandera | Sub-Varsity Track & Field | 1A-4A |
| Roxanne Farris | Dallas Highland Park | Sub-Varsity Track & Field | 5A-6A |
| Rachel Brownlow | Huffman Hargrave | Sub-Varsity Softball | 1A-4A |
| Angela Arebalos | Odessa Permian | Sub-Varsity Softball | 5A-6A |

2018 TGCA HALL OF FAME INDUCTEES

Head Coach Westlake High School. During his 30 year tenure at Westlake, he has guided the Westlake Chaparrals to 9 State tournament appearances, with 4 State Championships, 4 State Finalists and 1 State Semi-Finalist. His teams made 17 trips to the Sweet Sixteen, 30 straight State Playoff appearances, 27 District Championships and a 1011 - 230 record.

Eighty-five of his Westlake athletes have gone on to play in college. His players have received numerous awards including: 11 AVCA High School All Americans, 4 who were 1st teamers and played in the Under Armor All American game, 2 Texas Gatorade Player of the Year, 4 Texas Girls Coaches Association (TGCA) Volleyball Athlete of the Year, 23 chosen to play on the TGCA West All Star team, 39 selected to TGCA All State teams and 82 qualified for TGCA Academic All State. Since the AVCA started the Academic All American Teams, his teams have qualified every year. In 2006, he was named the 4A/5A Texas Coach of the Year and in 2015 the 5A/6A Texas Coach of the Year. He was selected three times to coach the



AL BENNETT
WESTLAKE HS

TGCA All Star game. In 2014, he was selected as one of the AVCA National High School Coaches of the Year and was for-

tunate to coach the West Under Armor All American Team to a win. He also spent 16 years coaching with Austin Juniors from 1984 to 2000.

He has been in education for 40 years. In the classroom he spent 29 years as a Social Studies teacher, including from 2002 – 2015 as an AP U.S. History teacher. In addition to being a teacher and a Head Coach at Westlake, he was an assistant basketball coach for 2 years and assistant track for 16 years. He also served as the Associate and Assistant Athletic Director for the Eanes Independent School District from 2003 – 2015.

He has directed and worked volleyball camps since 1984. He has spoken at countless clinics, state conventions and at the AVCA National Convention.

He has been married 39 years to his wife Cathy, and they have three wonderful children, all Westlake grads, Amy, a civil engineer with America Structure Point, Chris, an Inventory Control Specialist for Yeti and Anna, a mechanical engineer with Georgetown Railroad Company.

Cathy Self-Morgan just completed her 18th season at the helm of the Duncanville Pantherettes. In her 41 years of coaching, she has compiled winning records few ever achieve and has earned national recognition for both her successes and the success of her teams. Self-Morgan's teams boast an 83 percent winning average and have won 1,139 games and have only lost 209 games. Coach Self-Morgan has led her teams to eight State Championships including three titles while coaching at Austin Westlake and five with the Duncanville Pantherettes.

Self-Morgan was inducted to the Texas Sports Hall of Fame April 7, 2018. She will be inducted in to the Texas Girls Coaches Assoc. Hall of Fame July 9th, 2018. In 2017, she was named the 2017 winner of the Gatorade Coaching Excellence Award. Self-Morgan was also invited to attend the ESPYs in Los Angeles.

In 2014, Coach Self-Morgan was named the National High School Girls' Basketball Naismith Coach of the Year and also the Women's Basketball Coaches Association Coach of the Year. In 2013, Coach Self-Morgan was named USA TODAY National Coach of the Year, MAX PREPS



CATHY SELF-MORGAN
DUNCANVILLE

National Coach of the Year, Texas Girls Coaches Association Coach of the Year, and Dallas Morning News Coach of the Year. She was also named National Federation of High Schools Sectional coach

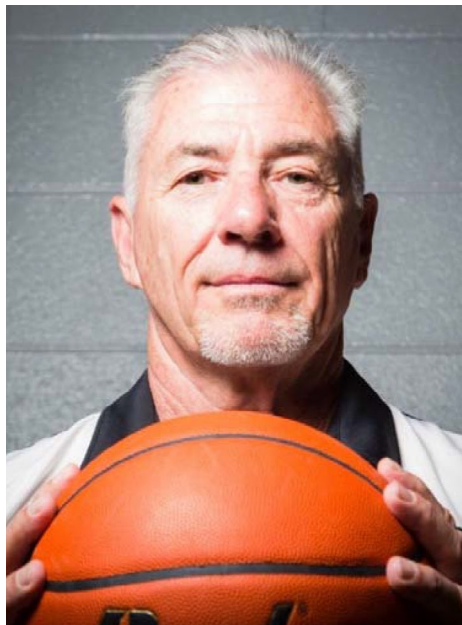
of the Year. In 2012, she was Named Texas High School Girls and Dallas Morning News Coach of the Year. She was also named 'Woman of the Year' in 2012 by the Duncanville Chamber of Commerce. In 2011, Self-Morgan was honored with the UIL Sponsor Excellence Award. In 2010, Coach Self-Morgan was named National High School Girls Basketball Coach of the Year by the National High School Coaches Association. Texas Sportswriters have named Self-Morgan Texas High School Coach Girls Basketball Coach of the Year four times, and while at Westlake she was named Centex Coach of the Year an unprecedented 10 times between 1980 and 1996.

Self-Morgan has had the honor of coaching Texas All Star teams five times and was a floor coach for the USA Junior Olympic Trials in Colorado in 2000. In March 2004, she was selected to coach the McDonald's All American All Star game held in Oklahoma City and was awarded that honor again in March 2010 and in 2017 was selected to be one of the head coaches for the Jordan Brand Classic in New York City.

2018 TGCA HALL OF FAME INDUCTEES

A graduate of Graford High School and East Texas State University, Skip Townsend began his 44-year coaching career at Slidell, Texas. He made stops along the way at Giddings, Gordon, (where he coached, served as Athletic Director and K-12 Principal), Eastland, Waelder, and Merkel. While at Merkel, Skip married Sammye Bowles, a HSU graduate, and together they moved to Copperas Cove, where they coached and taught for 14 years. While at Copperas Cove, Townsend's team made the playoffs 12 times, including 4 regional tournament appearances and a Final Four. From Copperas Cove, Skip moved his family to Brock High School where 9 regional tournaments and six Final Fours resulted in 6 State Titles. His final stop was at Argyle HS, where he spent his last 6 seasons, making 4 State Final appearances, and winning his last 3. After 44 years of coaching and teaching, Townsend's record stands at 1081-395, 19 regionals, 11 Final Fours, and 9 State Championships.

Highlights of Townsend's teams included an appearance at the highly touted Nike Tournament of Champions in 1997. This event attracted many of the preseason top twenty teams in the United States each year and was heralded by the national news media as "unparalleled" and "staggering" by USA Today and ESPN. There his Copperas Cove team took home the title, knocking off four of the nation's top ten teams in the USA Today "Super 25" poll and Townsend was



SKIP TOWNSEND
ARGYLE

awarded Outstanding Coach of the tournament. That tournament win skyrocketed them to the #1 ranking in the USA Today poll. A personal highlight of his career was helping Brock win their first ever state championship in any sport and sharing his first state title with his oldest daughter, Halsey, and wife, Sammye, as assistant coach. Brock went on to win 5 more State titles, and both daughters, Halsey and Lyssa, played roles in helping Brock bring home those titles. In his ten years at Brock High School, Townsend's

program was known as "A Decade of Dynasty". To date, Townsend has had eight teams nationally ranked in the top 20.

Skip Townsend finished his career at Argyle High School, serving as the Head Girls' Basketball Coach and Athletic Coordinator. On February 3, 2015, Skip recorded his 1000th victory playing rival, Sanger. He was named the 4A Coach of the Year three times and was also selected as a recipient of the UIL Sponsor Excellence Award, awarded to 15 of the best UIL Sponsors in Texas. Townsend was also inducted into the Texas Association of Basketball Coaches Hall of Fame in May of last year.

Skip Townsend has dedicated a total of 44 years to coaching several sports in 9 different schools and all UIL divisions. He also served as a volleyball official for over 15 years as member of the Abilene, Temple, and Fort Worth chapters. He has served as TABC All Star Coach, TGCA All Star Coach, and Texas-Oklahoma All Star Coach. He has been named WBCA Coach of the Year Southern Region, Texas Sportswriters Coach of the Year 6 times, TABC and TGCA Girls Coach of the Year, and awarded the Bobby Fox Outstanding Alumni Award from Texas A&M Commerce. In his 36 years as a girls' basketball coach, he has won 9 State Titles, coached 19 All State players, 4 High School All Americans, and 3 players who went on to become professional athletes.

SPORTSWRITERS OF THE YEAR

BRIAN GOSSET
FORT WORTH STAR-TELEGRAM

DIVISION I

Born and raised in Hawaii. Pearl City High School 2007 grad. Northern Arizona University 2014 grad – major: Journalism. Three month internship at the Star Telegram. Finished fourth year as staff member for Star Telegram. Lead football writer past three years. Received plaques last season from Birdville girls basketball and Saginaw softball teams. This year also voted Sportswriter of the Year for Texas Association of Soccer Coaches. 2017 voted audience all star at Star Telegram awards ceremony.



LARRY McCARTY
SNYDER DAILY NEWS

DIVISION II

An Arkansas native, Larry McCarty attended Heber Springs High School and the University of Arkansas. During his 40-year career as a journalist, McCarty has worked for newspapers in Arkansas, West Virginia, Oklahoma and Texas. He's covered high schools in addition to college and pro sports, and has won numerous awards from the Arkansas Press Association and West Virginia Press Association. McCarty currently serves as the sports editor for the Snyder Daily News.



MARGARET McKOWN DISTINGUISHED SERVICE AWARD

BILLY HICKS HOUSTON



Coach Billy Hicks spent a total of 32 years serving in the public schools of the states of Louisiana and Texas in his career, coaching many sports (24 years as a head softball coach), teaching English, and eventually retired as an assistant principal in 2014. Hicks, a native of Sugar Land, Texas, graduated from LSU in 1986 and coached for 8 years in the Plaquemines Parish School District at Port Sulphur and Boothville-Venice High Schools. He came back to Texas to coach and teach at Snyder HS, Brazosport HS, Sweeny HS, La Grange HS, and College Station A&M Consolidated HS. After 2 years of retirement, he was called back into the coaching profession at his current position as a part-time varsity assistant softball coach at St. Agnes Academy in Houston.

After serving on the Texas Girls Coaches Association Board of Directors as the Softball Committee chairperson in 2003, he saw a need for softball coaches in the state of Texas to find ways to communicate and network with each other better, especially with email and the internet capabilities getting better and accessible to everyone. One day, a random coach emailed Hicks looking for a game because of a cancellation and wanted my help to find a replacement. As the chairperson of the Softball Committee, he emailed everyone on the committee asking for help. Within 15 minutes, Hicks found that coach a replacement game. The word spread and after a year and he was

encouraged by fellow coaches to make this email list a weekly, or even daily email.

As the list grew, Hicks would receive 20-30 emails daily and before he would go his morning bus run, he would cut and paste the list and send it out to over 300 coaches each morning. Finally, when the list was growing to over 800 members, he started the website, Texas Prep Softball (txpreps softball.net), to be able to put all this information in one place. Now, instead of a daily email, the coaches can post, edit, delete their openings directly to the website, making this process more efficient for everyone.

Coach Hicks started researching records and now has a compilation of the years in which every high school in Texas has participated in the playoffs, how many consecutive years in a row, actual playoff games win/loss totals, and playoff brackets. Hicks has continued to expand the website with pages of current season and district standings, coaches' directory, college coach directory, camps/clinics information, playoff host information, turf field database, and even a job board. He has completed all of this to supplement the efforts of the Texas Girls Coaches Association, which he has been a member of since 1994 and supports completely.

His efforts in helping others has expanded into philanthropic endeavors as well. In 2014, after hearing the news of the North Central Texas College softball bus tragedy, Hicks contacted all the high school coaches wanting to help since all the players were from Texas high schools. He started a GoFundMe account and raised over \$6000 to give as a direct donation to the NCTC program and presented a check to the softball program in February 2015.

After the tragedy of Hurricane Harvey

just last year, Hicks again asked coaches for ideas on what they should do to help softball programs and players affected by the storm. It was decided to start an equipment drive for schools to donate new and gently used equipment to deliver to schools in need.

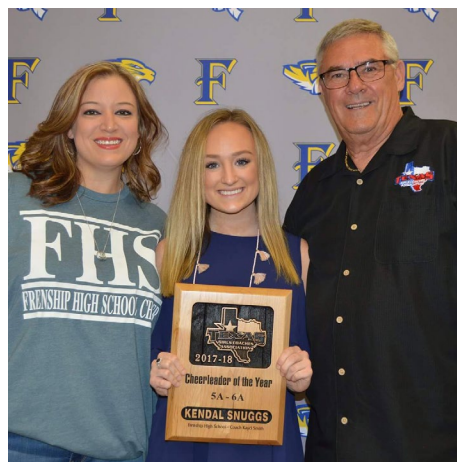
Due to numerous donations of money to help fund this trip, Hicks flew out to El Paso and picked up a 26-foot Penske truck and started crossing the state, picking up equipment from schools wanting to donate. After 4 days of picking up equipment in West Texas to the DFW area, it was obvious that one truck wasn't going to be large enough. He was able to secure a 2nd truck in Dallas and continued picking up donations for 3 more days in central Texas, finally ending the 1st part of this trip in Bryan.

With help from local coaches, players, and parents from the Bryan area, Hicks was able to go back to Dallas to get the 1st truck, bring it back to Bryan, and spent a day and ½ sorting out equipment, clothing, etc. to deliver. He spent one full day delivering to the Golden Triangle and the northeast side of the Houston area and then two days delivering to the Coastal Bend. The equipment left over that was usable was donated to Houston area inner-city youth.

In total, the trip covered over 3000 miles, stopped at 51 schools picking up donations from over 100 schools and delivered to 19. In every location, Coach Hicks was so impressed at the generosity of those players who helped donate and load the truck and even more with the appreciation of those receiving the donations. He heard stories from many student-athletes on how they survived the storm and how their families were recovering and moving forward.

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.



TGCA Executive Director Sam Tipton presents Kendal Snuggs of Wolfforth Frenship High School with her TGCA Cheerleader of the Year Award. Pictured with cheer coach Kaci Smith.

SOFTBALL STATE CHAMPIONSHIPS

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

Ticket Prices

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

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

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

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



photo courtesy Michael Scoggin

COACHES CERTIFICATION PROGRAM (CCP)

Athletic Directors & Coaches,

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

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

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

myathlete.com

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

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

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

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

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.

CLICK [HERE](#) FOR 2018 TGCA SUMMER CLINIC AGENDA

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 DAL-
LAS/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 Ashton Brey

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 Kevin Sheppard

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

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

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

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

2018 TGCA ALL-STAR SCHEDULE - ARLINGTON, TEXAS

Tuesday, July 10

1-2-3-4A

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

Continued on Page 11

2018 TGCA ALL-STAR SCHEDULE - ARLINGTON, TEXAS

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

| 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. |
| Softball Demonstration (5-6A) | Wednesday, July 11 | 6:00pm | Workman Softball Complex | 701 E Arbrook Blvd. |
| TGCA 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 |
| Basketball Demonstration (5-6A) | Wednesday, July 11 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| TGCA 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 |
| Track/CC Demonstration | Wednesday, July 11 | 6:00pm | Arlington Lamar HS | 1400 W Lamar Blvd |
| TGCA 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 |
| Cheer Performance | Wednesday, July 11 | 7:30pm | Arlington Lamar HS | 1400 W Lamar Blvd |



photo courtesy Brandy Courville

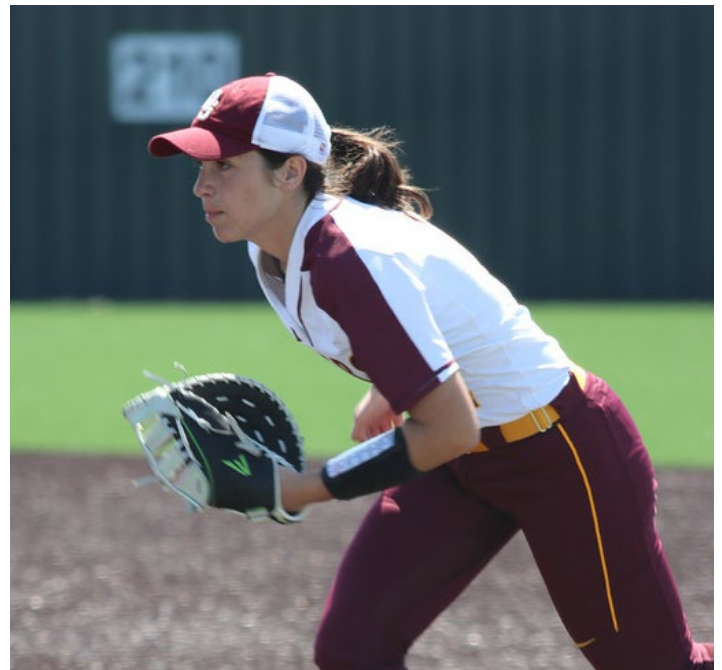


photo courtesy Wade Womack

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

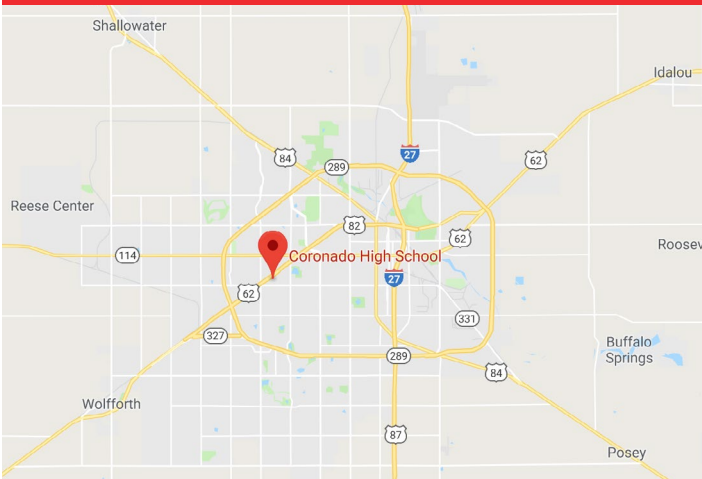
print, complete it and either snail mail with a check, or fax (512-708-1325) or email (tgca@austintgca.com) with a valid credit card number. If you need assistance with the online process, or need your membership number or password, please just contact us and we will be

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

2018 LUBBOCK REGION I & II ALL SPORTS CLINIC

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

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



2018 HOUSTON SPORTS CLINIC

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

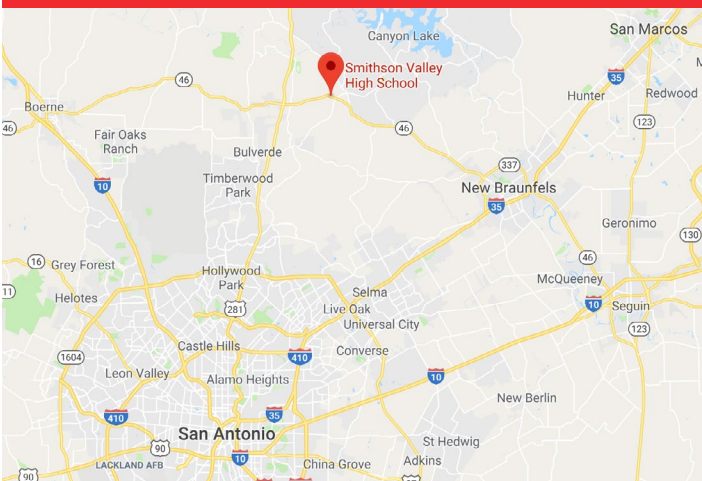
[Agenda](#) [Athletic Directors Agenda](#) [Registration Form](#)



2018 SAN ANTONIO SPORTS CLINIC

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

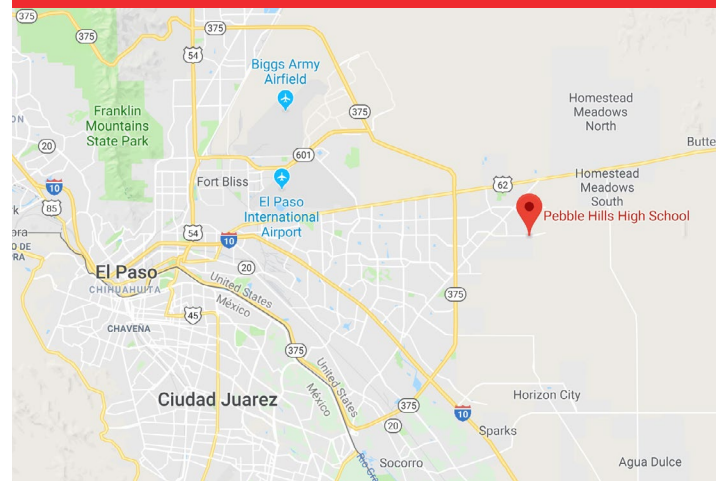
[Agenda](#) [Registration Form](#)



2018 EL PASO SPORTS CLINIC

Pebble Hills High School – Socorro ISD
14400 Pebble Hills Blvd., El Paso, Texas
July 19 - 20

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



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



2018 Hutcherson Flying Queens Golf Tournament

Texas Star Golf Club

Monday Morning July 9, 2018

7:30 am registration - 4 Person Scramble

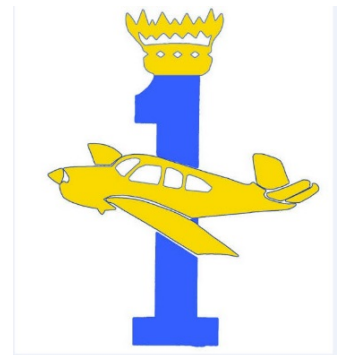
Shotgun Start -9 am

Lunch Included –Awards Afterwards

1400 Texas Star Parkway

Euess, TX 76040

817-685-7888



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

Website - tinyurl.com/hutcherson-flying-queens

Golf per Person - \$85

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

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

WOULD YOU RATHER?



Too often coaches have to make hard decisions in-season and out of season.

How much to train? Who starts? When to sub? What to focus on in practice? How to handle the discipline issues? How to get that parent off your back without losing your job? Here are a few more for you to contemplate:

1. Would you rather: have a kid who is a great athlete with okay skill or a kid who has the skill but is just an okay athlete? By great athlete we mean a kid who has great speed, agility, conditioning, and strength. We need kids on the field or court who can keep up, make the move, and do the work to use the skills they have. If you have the best shooter in the league but they can't get themselves open on the court what good are they? Is it easier to teach a kid to shoot a basket in a short amount of time or train them to be faster in a short amount of

time? Correct mechanics can be a game changer, don't underestimate the difference having more athletic kids can have on your season. Running form and proper change of direction technique can put your athletes a step ahead of the competition.

2. Would you rather: have 10 extra minutes to work on a specific skill (free throws, batting, or maybe serving) or better athletes? 10 minutes a day can make a world of difference in a kid's footwork, speed, and fitness. Yep, just 10 minutes. Spending 10 minutes working on ladder drills or hurdle drills or core strength can help kids develop better agility, more efficient running form, or greater balance. Can you make those gains in 10 minutes of skill? Probably not. Is 10 minutes worth it? That's your call, but we adamantly say YES. Spend 10 minutes of your practice

working on a specific athletic development piece (change of direction, speed, lower body/upper body/core strength) and your kids will develop more athleticism than they will skill in the same 10 minutes. It isn't a waste of time, it can make your good team great.

3. Would you rather: make your athletes even more exhausted because they aren't working hard enough or build in rest to your practice schedule. We all know that after a long tournament our kids need rest, that's a no brainer. But what about during mid-season when kids are getting worn out? Do you keep pushing them to "build character" or do you give them time to rest? Rest could look like extended water breaks, cutting practice 30 minutes short, doing less sprints, or maybe even a day off practice. Again that's your

call, but we can tell you that fresher athletes are better performing athletes. And if athletes know that rest is coming they will work harder for you. They tend to conserve energy when they can't see the end. Let them know what is coming and when it's coming. They will tend to give more when you ask knowing they can recuperate on planned rest times.

As coaches we don't always answer the myriad of questions correctly but some are easier than others. Including athletic development and rest in your practice schedule will help you grow better athletes, and we all could use that.

DX3 hopes you had a wonderful summer. For more information visit us at www.GetDX3.com or contact Ronnie Natali at Ronnie@teamd3.com. Come see us at the TGCA Summer Clinic in Arlington this July.

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>.

ALL IN PERSPECTIVE...



Coach Yow, who experienced the highs of being an Olympic gold medal basketball coach and the lows of fighting two bouts with breast cancer, always advised against “getting too high with the highs or too low with the lows.” Shannon Miller calls it “keeping things in perspective.”

As a U.S. Olympic gold medalist in gymnastics, Shannon has also experienced some of the grandest moments life and athletics can offer. As a survivor of a rare form of ovarian cancer—germ cell cancer—she has also experienced some of the most difficult moments life and cancer can offer.

How did Shannon develop the ability to keep things in perspective and how has that ability helped her through the ups and downs of her life?

She gives great credit to her parents who always reminded her that gymnastics was not life. Life was life. They were adamant that faith, family and education were the things that would carry her through.

And carry her through they did, especially when she faced one of the lowest points in her life.

Just 14 months earlier, Shannon had experienced one of her greatest highs ever, the birth of her precious son. Looking back, she was experiencing symptoms but brushed them off as normal female issues or post pregnancy issues.

I was very fortunate to have gone into my doctor when I did. In fact, I was calling up to postpone my appointment. However, as an advocate for women's health, I was feeling completely guilty as I waited on hold, so I ended up taking the first available appointment—that morning. That was when my doctor found a baseball-sized, cyst on my left ovary. This would eventually be diagnosed as a rare form of ovarian cancer.

At that initial appointment, I told my doctor I felt fine. It wasn't until later that I realized I had 3 of the primary symptoms of ovarian cancer including

1. *sudden weight loss (thought I was losing baby*

- weight),*
2. *stomach aches (brushed them off as body changes after having a baby) and*
3. *bloating (chalked that up to regular women's issues).*

It still scares me to think how easily I dismissed these health issues without a second thought.

Once the diagnosis was made, Shannon's perspective on many things changed.

Being tired no longer meant having a day with a little less energy. It meant a 15-minute internal pep talk to gather enough energy to move her legs to the side of the bed. It meant taking a break to sit down three times during a shower.

Perhaps subconsciously, Shannon thought of being bald as a sign of sickness. A friend helped change her perspective on that by reminding her that this baldness was a sign that she was fighting back. It became a sign of strength and resilience.

Still, she worried that their young son would be scared of his mommy once she lost her hair. How would it affect

him? What would he think of bald mommy? She worked to ease his mind, but in the end, in the eyes of a 14 month old, “Mommy is Mommy.” He was unshaken.

Even as Shannon was going through cancer, she could look to her mother, herself a cancer survivor, as a role model of overcoming adversity through faith and sheer will. Having gotten down to 87 pounds at one time due to the ravages of surgery, chemo and radiation, her mother not only survived, but, just a few years after treatment, at age 65, ran her first marathon!

Early on, Shannon's parents made sure she understood that there would be life beyond gymnastics and that neither a great nor a dismal performance could affect who she was or how much effort she would give the next time out.

That turned out to be a great lesson for all the highs and lows in life. Enjoy and be thankful for the highs. Endure the lows. Learn from both. Neither is permanent. Keep it all in perspective.

photo courtesy Mary Pisaro

PLAN YOUR PLAY4KAY EVENT SUPPORTING THE KAY YOW CANCER FUND

Uniting players, coaches, and fans to do something for the greater good that far exceeds wins and losses on the court, the Play4Kay initiative is our largest fundraiser and plays a major role in our success.

Elements of a Play4Kay game:

- Choose a regular season game and call it Play4Kay.
- Fundraise and donate it to the Kay Yow Cancer Fund.
- Honor cancer survivors on-court during your game.
- Educate students and community about the Kay Yow Cancer Fund.
- Purchase generic T-shirts from the Kay Yow Cancer Fund to promote uniform branding of the Kay Yow Cancer Fund.

Register your team or group at kayyow.com/play4kay/high-school/



10

WAYS TO AGE GRACEFULLY

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 The sweet spot. Individuals who age gracefully are able to find a balance between the inevitability that every day brings them one day closer to death and the value of doing whatever they can to remain healthy and vital as long as they can. Although a person's mortality is a fact of life, so is the fact that many of the perceived age-related problems are likely the consequence of a lifetime of poor lifestyle habits which, fortunately, can be modified.

ies through a full range of motion on a regular basis.

3 A sense of well-being. Emotional vitality can play a critical role in the ability to age gracefully. All factors considered, individuals who feel good about themselves, as well as connected to others, tend to experience more enriched lives. In that regard, because a person's physical state impacts how that individual feels and thinks, one of the primary keys is to remain physically active. Another way

ease. The key for individuals, in this regard, is to challenge their intellect every day (e.g., read, do a crossword puzzle, etc.)

5 Shut-eye matters. In reality, the sleep needs of individuals don't change as they age. All adults, including older adults, require between 7 and 9 hours daily. On the other hand, older adults undergo a number of changes (e.g., their bodies secrete less of two critical sleep hormones) that can impact how long and how well they sleep. Among the steps that older adults can take to help ensure that they get sufficient rest are to exercise daily, spend time outdoors, and reduce the intake of alcohol and caffeine.

6 Smart choices. In can be argued that, for a number of health-related reasons, the need to make sound decisions concerning what and how much to eat does not diminish as people age. In reality, excess body fat (a condition that many older adults experience) can have a significant impact on whether an individual is predisposed to certain diseases, particularly, coronary heart disease. As such, a systematic plan for aging gracefully should encompass eating a healthy diet that includes fruits and vegetables, whole grains, and an appropriate amount of healthy fats.

7 A strong resolve. Considerable research indicates that as people age, most individuals begin to lose muscle mass and function. This age-related reduction, also known as sarcopenia, occurs in both people who are inactive and individuals who are physically active, although it is much more pronounced in people who are physically inac-

tive. The key point, however, is that older adults can slow down and, in some cases, preclude such a decline in their level of muscular fitness by engaging in a strength training regimen on a regular basis.

8 A sense of purpose. From head to toe, every part of the human body tends to be affected by the aging process. To one degree or another, most older adults experience these age-related changes, particularly as they impact the five human senses — hearing, sight, smell, taste, and touch. The key is to not ignore the natural changes that aging brings. Rather, older adults need to be aware of these changes (when/if they occur) and to be proactive in mitigating their possible impact.

9 Attitude, attitude, attitude. Growing older can be rife with emotional land mines. The best way to deal with such obstacles is to have a positive attitude — about life, about aging, about everything else. In fact, having a positive outlook can have a desirable impact on several health-related factors, not the least of which is a lower level of stress, as well as a longer life expectancy.

10 Peace of mind. All factors considered, the dictates of the "Serenity Prayer" are the guideposts for aging gracefully: "God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference." Embracing this precept can be a viable pathway for life becoming even better for people as they age.



photo courtesy Reagan Sewell

2 Conventional nonsense. Too many older adults believe that aches and pains are a normal part of growing older. They're not. Although a certain amount of wear and tear on the body as it ages can be expected, stiff joints and other body aches are not typical by-products of the aging process. More often than not, they're the upshot of disuse. In most instances, such conditions can be avoided if the individuals simply take care of themselves by putting their bod-

ies for individuals to enhance their emotional health is to be socially active, for example, interact with friends and family, volunteer in the community, and so on.

4 Stimulate the brain. Being cognitively active in old age has been found to help protect or improve a person's mental sharpness. Research also has shown that engaging in mentally stimulating activities substantially reduces the likelihood that an individual will develop either dementia or Alzheimer's dis-

JUNE / JULY 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|---------------------------------------|--|----------------------------------|---|--|--|----|
| | | | | | June 1 | 2 | |
| | | | SOFTBALL: STATE TOURNAMENT | | | | |
| | | | | TGCA: Softball 1A-4A All-State Committee Meeting. | TGCA: Softball 5A-6A All-State Committee Meeting. TGCA: Softball Committee Meeting. | | |
| 3 TGCA: Board of Directors Meeting. | 4 | 5 | 6 | 7 | 8 | 9 TGCA REGION I LUBBOCK SPORTS CLINIC | |
| 10 | 11 | 12 UIL: Legislative Council Athletic and Policy Committee meetings, Austin. | 13 TGCA HOUSTON SPORTS CLINIC | | 14 | 15 TGCA SAN ANTONIO SPORTS CLINIC | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| July 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 8 | 9 TGCA: 2018 Honor Awards Banquet. | 10 TGCA SUMMER CLINIC - ARLINGTON | | | 12 | 13 | 14 |
| | | TGCA: Board of Directors Meeting. | TGCA: Spirit Committee Meeting. | TGCA: Board of Directors Meeting. | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 TGCA EL PASO SPORTS CLINIC | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| 29 | 30 | 31 | | | | | |

TGCA HOTEL RESERVATION DIRECT LINK

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

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



photo courtesy Kathleen Riley

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SERIOUS PERFORMANCE



Varsity



Guy in the Yellow Tie



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



TGCA NEWS

TGCA News is the official newsletter of the
Texas Girls Coaches Association

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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.

