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 to the Executive Director**
Lee Grisham
TGCA Office

OCTOBER 2017
BREAST CANCER AWARENESS MONTH
FEATURE ARTICLES

Coaching is More Than Game Day - We are Changing Lives
By Renae Whitaker, TGCA Volleyball Committee Chair
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The Power of Educators, The Power of Purple
By Dr. Jim Vaszauskas, Mansfield ISD Superintendent
PAGE 7

Chaotic Training for Better Performance
By DX3 Athlete
PAGE 9

10 Useful Facts to Know About Allergies
By James A. Peterson, Ph.D., FACSM
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Am I Doing All I Can Do?
Nancy Walling, Kay Yow Cancer Fund
PAGE 11

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cover photo courtesy Cathy Vasquez-Garcia
left photo courtesy Cari Lowery
Writing an article for TGCA is so out of my comfort zone—I can work endless hours, spend time breaking down film, working on stats, helping others...the list goes on, but to write an article is really tough. I have been contemplating on what to write about and I keep coming back to tell ‘em what you do...

A little bit of background, I have been coaching high school volleyball and club since 1986. Things have drastically changed over the years but one thing has remained the same, the players!! My dad coached football for 30-years and much of what I learned about coaching came from him. His first words of advice to me as a coach—“If you want to build a program, then discipline is first; if you want to build a team, focus on that year...”.

Throughout my career, I have strived/worked to continually develop my knowledge as a coach and of all sports. As a coach, each of us can learn and grow. An easy way to grow as a coach is to simply watch and learn from other coaches. I also grow as a coach by reading articles, studying other sports, and studying other coaches. This knowledge and commitment to expanding my base helps make me a better coach and my team a better squad.

Do you ever wonder why some teams will run through the wall for you and others only go through the motions? I feel one of the most important things in coaching is PASSION – the players know

Continued on Page 2

COACH | SCHOOL | CONF. | REG.
--- | --- | --- | ---
Kira Satterfield | Dalhart HS | 4A | 1
Jan Barker | Amarillo HS | 5A | 1
Laura Carr | Clyde HS | 3A | 2
Didi Pierce | Abilene HS | 6A | 2
Jim Wood | Maypearl HS | 3A | 3
Tammy Clark** | Granbury HS | 5A | 3
Renae Whitaker* | Caddo Mills HS | 4A | 4
Jenna Sickels | Greenville HS | 5A | 4
Denise Johnson | Tarkington HS | 4A | 5
Sarah Paulk | Friendswood HS | 6A | 5
Jeff Coker | Crawford HS | 2A | 6
Kate Kennedy | McNeil HS | 6A | 6
Joella Gallegos | Jourdanton HS | 3A | 7
Danielle Nichols | Marshall HS | 6A | 7
Natalie Whitewood | Early HS | 3A | 8
Flo Valdez | Franklin HS | 6A | 8

*Chair **Vice Chair
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.

Photo courtesy Mitzi Bell
Meet your 2017-18 TGCA 2nd Vice President

Astin Haggerty  Clear Springs High School  |  TGCA 2nd Vice President

High School Graduated From: Tatum High School.

College(s) Attended: Undergraduate Studies - Stephen F. Austin State University; Graduate Studies (Education Administration) - Lamar University.

Teaching Assignments: Health/Physical Education Department Chair.

Coaching Assignments: Head Girls’ Track & Field / Cross Country.

What It Means To Be An Officer In TGCA: To be an officer in TGCA is an incredible and humbling honor. Our peers entrust the officers to speak on their behalf in support of girls athletics. The opportunities presented among numerous, impactful sources are countless and a responsibility of the officers to uphold and advocate on behalf of the organization. To be an officer in TGCA, means representing the outstanding coaches in the state of Texas, which is the foundation of this great association.

CROSS COUNTRY COMMITTEE

<table>
<thead>
<tr>
<th>COACH</th>
<th>SCHOOL</th>
<th>CONF.</th>
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<tbody>
<tr>
<td>Nelda Munoz</td>
<td>Levelland HS</td>
<td>4A</td>
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<tr>
<td>Tim Torres</td>
<td>Coronado HS</td>
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<td>Loy Triana</td>
<td>Burkburnett HS</td>
<td>4A</td>
<td>2</td>
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<tr>
<td>Deborah Gonzales</td>
<td>Wichita Falls HS</td>
<td>5A</td>
<td>2</td>
</tr>
<tr>
<td>Mandie West</td>
<td>Ferris HS</td>
<td>4A</td>
<td>3</td>
</tr>
<tr>
<td>Amber Ward</td>
<td>Granbury HS</td>
<td>5A</td>
<td>3</td>
</tr>
<tr>
<td>Gary Qualls</td>
<td>Caddo Mills HS</td>
<td>4A</td>
<td>4</td>
</tr>
<tr>
<td>Mica Been</td>
<td>Denison HS</td>
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<thead>
<tr>
<th>COACH</th>
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<tr>
<td>Rolando Leal</td>
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<tr>
<td>Deann Fudge</td>
<td>Barbers Hill HS</td>
<td>5A</td>
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<tr>
<td>Sharon Carter</td>
<td>Bellville HS</td>
<td>4A</td>
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<tr>
<td>Patrick Lantzy</td>
<td>Westlake HS</td>
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<td>Cully Doyle</td>
<td>Gonzales HS</td>
<td>4A</td>
<td>7</td>
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<tr>
<td>Gary Fletcher</td>
<td>Harlan HS</td>
<td>6A</td>
<td>7</td>
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<tr>
<td>Will Reid</td>
<td>Harper HS</td>
<td>2A</td>
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<tr>
<td>Tracey Borchardt</td>
<td>Odessa HS</td>
<td>6A</td>
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</table>
CROSS COUNTRY STATE MEET

Old Settler Park  Round Rock, TX  |  November 4, 2017

Schedule
Girls 5A................. 8:30 AM
Girls 6A............... 9:50 AM
Girls 1A...............11:10 AM
Girls 2A ............12:20 PM
Girls 3A...........1:30 PM
Girls 4A........... 2:40 PM

Ticket Information
Student.............................$7.00
Adult............................... $10.00

Public Parking
Parking and shuttle service will be available at the Dell Diamond parking area for $5.00. CASH ONLY

Animals
There will be NO dogs allowed in Old Settler’s Park on the day of the Cross Country State meet.

Restrooms
There will be no dressing facilities. Portable toilets will be available to the public and athletes.

VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center  Garland, TX  |  November 15-18, 2017

Schedule
Wednesday, November 15
Conf 1A Semi ............1:00 PM
Conf 1A Semi ............ 3:00 PM
Conf 2A Semi ............ 5:00 PM
Conf 2A Semi ............ 7:00 PM

Thursday, November 16
Conf 3A Semi ............ 11:00 AM
Conf 3A Semi ............  1:00 PM
Conf 1A Final ............ 3:00 PM
Conf 2A Final ............ 5:30 PM
Conf 4A Semi ............ 7:30 PM

Friday, November 17
Conf 4A Semi ............11:00 AM
Conf 5A Semi ............ 1:00 PM
Conf 5A Semi ............ 3:00 PM
Conf 6A Semi ............ 5:00 PM
Conf 6A Semi ............ 7:00 PM

Ticket Information (Click for links to purchase pre-sale)
Student Single Day (ages 2-18)..............................................$7.00
Adult Single Day...............................................................$12.00
2-Day Pass (Wednesday/Thursday; Thursday/Saturday; Friday/Saturday).................................................$20.00
Coaches/Officials All-Tournament (must show ID)...........$25.00
All-Tournament......................................................................$30.00

Cash and credit cards will be accepted. Ticket sales begin 2 hours prior to the scheduled match time. Doors will open one hour prior to the first match.

UncontrolledPDF

Parking
Parking at the Curtis Culwell Center is $15.

Clear Bag Policy
To ensure guest safety and a quicker entry into the facility, the Curtis Culwell Center has implemented a bag policy limiting the size and type allowed at all events. Click HERE for more details.
UIL Legislative Council Meeting Results

October 16, 2017  UIL Press Release

AUSTIN, TX — The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council approved adding Copy Editing, Mariachi, Robotics and Spirit as sanctioned UIL contests. These activities were added as pilot contests over the last three years.

In athletics, the Council approved altering the practice start date for 9th grade football. Practice may begin the first Monday in August for all conferences. Previously, 9th grade football players began practice the second Monday in August.

All rule changes approved during this meeting can be found on the UIL website at http://www.uiltexas.org/files/policy/Oct2017_ProposalsFull_LC.pdf.

The Commissioner of Education must approve amendments passed by the Legislative Council before they may take effect.

You must be a member of TGCA by November 1st to nominate athletes for honors or receive honors yourself as a coach. If you miss this deadline, you may file an appeal with the Executive Committee by paying your membership fee and then filing the online appeals form. If the appeal is granted, your membership date will be overridden and you will be allowed to nominate and receive honors. Should you wish to forego the appeals process, you may pay your membership fee and then pay an additional $60.00 override fee, which will automatically override the membership renewal date. This process must be done by completing a printable membership form, which can be found on the website under the “Forms” category in the menu on the left-hand side of the page, being sure to check the box marked “Override Fee” and selecting the “Membership Only” option. The override fee is in addition to your membership fee. The total cost would be $120.00.

You can renew your membership online at austintgca.com through the Membership Site with a valid credit card, or you can print a form from the “Forms” category in the menu on the left-hand side of the home page of the website and fax (512-708-1325) or mail that with credit card information, or mail the form with a check to the TGCA offices, P.O. Box 2137, Austin, TX, 78768.

DON’T FORGET!! If you need help with the renewal process, please call the office at 512-708-1333, and we will be happy to help you, including your log in information.

Please DO NOT make yourself a new member if you have EVER been a member in the past and just need to renew. The system will give you a new membership number, and we need you to always have the same membership number, so please contact us if you can’t remember your information.

Also, if you have had a school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us. You can, however, update any other profile information, such as contact information and coaching information, by logging in to the Membership Site, located on the main page of the website, and then clicking on “Update Profile” in the menu across the top of the page.

We appreciate your continued support of TGCA. Please let us know if we can be of assistance in any way.
TGCA HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession.

Hall of Fame nomination forms are located on our website, www.austintgca.com, under “Forms” on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

The deadline for submission of Hall of Fame nominees will be Monday, February 26th, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed (tgca@austintgca.com) to the TGCA office.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>INDUCTEE</th>
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<tbody>
<tr>
<td>1993</td>
<td>Natalie Gunter</td>
</tr>
<tr>
<td>1994</td>
<td>Jane McCutcheon</td>
</tr>
<tr>
<td>1995</td>
<td>Nora Geron</td>
</tr>
<tr>
<td>1996</td>
<td>Wanda Bender</td>
</tr>
<tr>
<td>1997</td>
<td>Jan Briggs</td>
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<tr>
<td>1998</td>
<td>Norma Pullin</td>
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<tr>
<td>1999</td>
<td>Donna Grant</td>
</tr>
<tr>
<td>2000</td>
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</tr>
<tr>
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<td>Billy McKown</td>
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<td>2002</td>
<td>Jim Kirkland</td>
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<td>2003</td>
<td>Bill Farney</td>
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<td>2004</td>
<td>Marion Young</td>
</tr>
<tr>
<td>2005</td>
<td>Claudia Eckel</td>
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<tr>
<td>2006</td>
<td>Diane Conrady</td>
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<tr>
<td>2007</td>
<td>Terri Plagens</td>
</tr>
<tr>
<td>2008</td>
<td>Flo Valdez</td>
</tr>
<tr>
<td>2009</td>
<td>Melynn Hunt</td>
</tr>
<tr>
<td>2010</td>
<td>Krista Malmstrom</td>
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<tr>
<td>2011</td>
<td>Leta Andrews</td>
</tr>
<tr>
<td>2012</td>
<td>Lynn Davis Pool</td>
</tr>
<tr>
<td>2013</td>
<td>Donna Boehle</td>
</tr>
<tr>
<td>2014</td>
<td>Sue Cannon</td>
</tr>
<tr>
<td>2015</td>
<td>Jerry Sutterfield</td>
</tr>
<tr>
<td>2016</td>
<td>E. J. “Butch” Hart</td>
</tr>
<tr>
<td>2017</td>
<td>Mike Szymarek</td>
</tr>
</tbody>
</table>

SUB-VARSITY COACH OF THE YEAR

Give your Sub-Varsity coach the recognition they deserve and nominate them for Sub-Varsity Coach of the Year. The deadline for Sub-Varsity Coach of the Year nominations is May 1st. Please help the Sub-Varsity Committee with their selections by providing them information about your assistant coach: In what regard and length of time you have known the nominee; professional activities or organizations they have been involved in; their relationships with students, parents, etc.; how they have helped you and your program; and any other comments or qualifications you feel would be beneficial.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls’ athletics.

Nomination forms may be found on the TGCA website, www.austintgca.com, under “Forms” in the menu on the left-hand side of the home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, February 26th, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email (tgca@austintgca.com).
As a young coach, I vividly remember our athletic director, Toby Wood, standing in front of the BISD coaches leading staff development, and I noticed he had a blue dot on his Texas High School Coaches Association watch. Curious, I thought, “Why blue?” None of our schools had that shade of blue as school colors.

After the meeting, I asked my head coach about the blue dot, and his exact words were, “We are voting Governor Mark White out of office, and the blue dot is a reminder to all educators that we will vote.”

Earlier the year before, I joined every educator in the state of Texas as we were all required to take the TECAT test. The Texas Examination of Current Administrators and Teachers was a competency test that all educators were required to pass in order to maintain their teaching certificates, and it made us angry. We all had college degrees and lifetime certificates, and we were all in good standing in our districts.

In 1987, Mark White lost the governor’s election to Bill Clements, and educators often get credit for turning out in high numbers to vote against Mark White.

The blue dot worked!

Kent Grusendorf was a powerful state representative for District 94, primarily in Arlington. He eventually rose to the ranks of Chair of the House Education Committee, where he strongly supported vouchers for private schools. Closely aligned with powerful lobbyists and the Speaker of the House (Tom Craddick), Mr. Grusendorf’s immense campaign fund made him almost invincible in the District 94 primary election.

Diane Patrick, a public-school advocate, challenged Mr. Grusendorf in the primary. Heavily out financed, Ms. Patrick ran an anti-voucher, grass-roots campaign that relied heavily on teachers and PTA moms.

Since the election was on Saint Patrick’s Day, the call to arms was voting for Patrick on Saint Patrick, and green became her color. Diane’s supporters wore green ribbons, green t-shirts, green nametags, and committed to voting in the primary election.

In the 2006 District 94 Republican primary election, Arlington educators voted in record numbers, and Diane Patrick won a stunning victory, defeating the chairman of the House Education Committee.

The color of green worked!

Public education is under attack again and this year’s primary elections are critical to our profession. We have an obligation to vote, not just for ourselves, but for our students and children. We believe in public education, and history shows we can make a difference.

I challenge all educators who believe in public education to wear purple ribbons on their clothes or purple dots on their ID cards, just wear purple.

Purple indicates you are making the following commitments:

- Regardless of party affiliation, we are voting for candidates who will support public education
- We will register to vote
- We will vote in the primary election
- We will vote again in the general election

For more information, please go to teachthevote.org or to texaseducatorsvote.com and take the pledge.

We must advocate for our profession, and we have tremendous power to influence elections. The purple color will work!
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. We appreciate your help in this endeavor.

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.

2017-18 TGCA SPORTS HONORS ONLINE NOMINATION DEADLINES

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

<table>
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<th>Sport</th>
<th>Deadline</th>
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<tr>
<td>Volleyball</td>
<td>Nov 13, 2017</td>
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<tr>
<td>Spirit</td>
<td>Jan 8, 2018</td>
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<tr>
<td>Swim/Dive</td>
<td>Feb 12, 2018</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Feb 19, 2018</td>
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<tr>
<td>Basketball</td>
<td>Feb 26, 2018</td>
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<tr>
<td>Soccer</td>
<td>Apr 9, 2018</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>May 7, 2018</td>
</tr>
<tr>
<td>Golf</td>
<td>May 21, 2018</td>
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<tr>
<td>Tennis</td>
<td>May 14, 2018</td>
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<tr>
<td>Softball</td>
<td>May 28, 2018</td>
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*Deceased*
Anyone who has ever played, watched, or coached a sport knows that play can be unpredictable and chaotic. Athletes who are most accustomed to being agile, making quick decisions, and adapting on the go, are the athletes who seemingly stand out.

Knowing that sports are chaotic with continuous change, unknown variables, and sometimes random motion, why would you not train your athletes to be more adaptive?

Minimize the Surprise Factor and Increase Adaptability

Yes, there are certain patterns repeated, particular movements that remain constant, and even some predictability yet the plays that are often most effective are the ones that are unpredictable and involve some level of chaos. We can do our normal drills until the cows come home yet they don’t really prepare you for the chaos players experience in a game.

DX3 believes in occasionally adding chaos into training and practice drills, not forsaking repetition and skills, but adding variables that force players to adapt. A great example of this would be using different versions of commands such as visual only, verbal only, objects, numbers, or combinations of all four. Creating obstacle courses in your drills, combining drill elements, and even adding such variables as barrel rolls, summersaults, bunny hops or whatever crazy things you can think of can create chaos forcing your athletes to adapt and then recover.

Being creative in modality yet remaining consistent in your methodology is always a great training practice. Practice makes permanent so adding random chaos to any drill with the emphasis of maintaining composure, posture, and mechanics forces your players to be adaptive. One of the best attributes a player can have is being agile while maintaining the ability to react and respond to change under chaotic circumstances.

Another great way to integrate chaos is random breaks in training and practice that are completely impromptu with the use of various commands and completely off-course from the normal drill or activity. This forces your athletes to adapt yet maintain performance during a time of unknown. The more comfortable they get with change, chaos, and the unknown, the less it will alarm them during play.

Big plays usually involve chaos or the unexpected, so make it a point to add chaos, the unknown, and unexpected to your training and practice as a regular irregular training modality.

We hope this is helpful in making your training more fun and interesting while improving the performance of your athletes. For more information visit us at www.GetDX3.com or Contact Ronnie Natali at Ronnie@teamdx3.com.

AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

• $4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
• Health Services Discount Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!
• Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
• Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits! Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

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

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@ailife.com. To view the letter online, visit http://www.ailife.com/benefits/sgM9W.
Once such testing has been used to rule out specific allergies. Testing is to help confirm or deny the underlying goal of allergy diagnosis: the effective management of allergic conditions. The most widely used measures to assess the presence of allergen-specific antibodies are the skin-prick test and blood testing.

1 Hypersensitivity. Allergies are abnormal reactions by the body’s immune system to foreign substances (e.g., pollen, food, pet dander, insect bites and stings, medicines, chemicals, etc.) that usually are not harmful to most people. When an individual has allergies, that person’s immune system produces antibodies that identify a particular allergy-inducing substance (i.e., an allergen) as potentially noxious, even though it is not. Subsequently, when the individual comes into contact with that allergen, the reaction of the immune system can inflame the person’s airways, digestive system, skin, or eye.

2 Cause and effect. In general, the risk factors for allergies tend to fall into one of two groups—host or environmental. The list of host factors includes heredity, age, sex, and race. In turn, among the primary environmental factors that can result in a person being allergic are allergen levels, dietary changes, and environmental pollution.

3 More than a lucky guess. Making an accurate diagnosis is the key to the effective management of allergic conditions. The underlying goal of allergy testing is to help confirm or rule out specific allergies. Once such testing has been completed, counseling concerning what to do to reduce the incidence of symptoms, determine the need for medications, and improve the person’s quality of life can be offered. The two most commonly used measures to assess the presence of allergen-specific antibodies are the skin-prick test and blood testing.

4 Finessing the situation. Individuals who have an allergy cannot dodge reality. There is nothing they can do to make their allergy go away. If they are extremely fortunate, they may inexplicably grow out of their allergy in time. Typically, allergy sufferers are advised to avoid whatever triggers their condition. On occasion, some allergies are treated with either medications or allergy shots.

5 Nothing to sneeze at. The number of allergies is compelling, to say the least. In the developed world, for example, approximately one of every five people is affected by an allergy (i.e., at least 50 million Americans are allergic to something). More than 16 million visits to some type of medically related office occur every year for just one particular allergic condition—hay fever. In fact, Americans with hay fever annually spendmore than 17.5 billion dollars on health-related costs and lose more than 6 million work and school days.

6 Kid’s stuff. Allergic conditions are the third most prevalent chronic disease in children. Although any child can develop allergies, the kids most likely to suffer from allergies are those from families with a history of such conditions. As such, the level of incidence of allergies among American children is alarming. For example, the number of kids with food allergies, respiratory allergies, and skin allergies is estimated to be 6 million, 8.3 million, and 9.5 million, respectively.

7 No protection. Eating natural (i.e., “organic”) food is no guarantee that an individual will avoid being affected by food allergies. In reality, some of the most allergenic foods (e.g., cow’s milk, eggs, fish and shellfish, peanuts, soybeans, wheat, etc.) are natural unprocessed foods. The key point to remember is that allergies are not caused by chemicals involved in growing the food, but rather by the proteins found in the food.

8 No safe haven. Allergies are everywhere. As such, although moving away from maple trees and ragweed may seem like a viable strategy for dealing with allergens, it is important to note that every region of the United States (including the Southwestern states) has plants that produce pollen. More likely than not, before long, the allergy sufferer who moved to a new locale will develop a fresh crop of allergies to local plants.

9 Not the same. Although colds and seasonal allergies may exhibit some of the same symptoms, they are very different diseases. Understanding how they are different is essential because the prevention options and treatment methods for these two conditions are quite different. A cold results from a viral infection, which is transferred typically through human contact. In contrast, allergies are caused by a response by the body’s immune system.

10 Grave danger. The worst-case scenario for allergy sufferers is to have a potentially life-threatening reaction to exposure to a particular allergen, for example, bees, shellfish, peanuts, and so on. Referred to as anaphylaxis, this reaction can occur very quickly—in fact, within a few minutes of exposure to the allergen that prompted the reaction. Because anaphylaxis is unpredictable (it can happen anytime, anywhere), it is critical that a person who has such life-threatening allergies has a well-thought-out action plan in place to deal with any untoward situation.
When you hear of a child donating six cents to the fight against ALL women's cancers, it cuts deep. Immediately you ask yourself, “Am I doing all I can do?” In February of 2017, a child in West Texas donated $.06 to the Kay Yow Cancer Fund as a part of her school’s Play4Kay fundraising effort. It was more than enough—it was all she could do.

Play4Kay events were the vision of Naismith Hall of Fame coach, Kay Yow. It was her vision, but it was never about her. It was always about uniting coaches, players, and fans across the country in the fight against ALL women’s cancers—using their game to raise funding for cancer research.

Uniting is a word that we use often and, too often, we don’t consider the intended meaning. Coach Yow meant for people to come together in the fight, yes. But when Coach Yow used the word “unite” she also meant it in the sense that everyone should do their part, carry their weight.

Maybe that is why when we hear of a child donating $.06 to the cause, we question our own contribution. It is not a question of “am I doing enough?” It is more like, “Am I doing ALL I CAN DO?”

Play4Kay events are about each of us doing all we can do, each of us coming together for a cause much greater, much larger than our own efforts could conquer.

As Coach Yow would have wanted, Play4Kay is now uniting beyond the boundaries of courts or fields, it is uniting a nation and calling on each coach, player, and fan to do their part to end cancer—the greatest win of all.

If Coach Yow were here, she would likely issue a challenge. She might say, “When life kicks you, let it kick you forward” or “Never let the urgent get in the way of the important.” One thing we know for sure, she would thank each person for their efforts, but she would also encourage us that we can do more. We must do more. Together, we will do more.

Together we will continue this fight, united in the battle against cancer.
HOTEL RESERVATION DIRECT LINK

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

MEETING DATES & LOCATIONS

Cross Country Committee – Friday, November 3rd, 7:00 p.m., Kelly Reeves ISD Athletic Complex Conference Room, 10211 West Palmer Lane, Austin, TX.

Volleyball All-State Committee Conferences 1A, 2A, 3A and 4A – Thursday, November 16th, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX, Salon III

Volleyball Committee – Friday, November 17th, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX, Salons III & IV

Volleyball All-State Committee Conferences 5A and 6A – Friday, November 17th, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX, Salons III & IV