



# TGCA NEWS

SEPTEMBER 2017



## 2017-2018 TGCA OFFICERS



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**FEATURE ARTICLES**

**Increasing Motivation and Success in Cross Country and Track & Field**

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TGCA Track Committee Vice Chair  
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**The Hidden Epidemic**

Bobby Jean Lee,  
PT, DPT, SCS, CSCS, USAW  
Sports Physical Therapist and  
Certified Concussion Specialist,  
Ben Hogan Sports Medicine  
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*cover photo courtesy Jill Willis*

*left photo courtesy Katy Sims*

# INCREASING MOTIVATION AND SUCCESS IN CROSS COUNTRY AND TRACK AND FIELD



**Stacy Tucker** Barbers Hill HS | TGCA Track Committee Vice Chair

Cross country and track and field offer unique opportunities for athletes, with chances for both individual glory and team recognition. However, kids in these sports often toil in obscurity, with little prospect of widespread appreciation, acclaim, or even awareness. There are no choreographed team run outs/warm-ups accompanied by blasting music, rarely pep rallies or send-offs, and, in many instances, little raucous fan support apart from an athlete's family. Yet, cross country and track and field have some of the highest participation rates in the UIL, the state of Texas, and the entire country. Furthermore, the number of participants continues to increase, with numerous athletes taking part in both disciplines. How can coaches maintain this upward trend of escalating involvement in the two sports, while continuing to increase the quality of performances? While only a microcosm of a much larger picture, these are some strategies implemented into our programs that have yielded success.

## #1-IT'S THE LITTLE THINGS

It is truly surprising how seemingly small gestures can encourage an athlete and boost the morale of a team. Items simply personalized with names induce a big reaction. They can be magnetic plates, to affix on locker doors, or laminated tags to attach onto backpacks or bags for easy identification. Also, a meet day shirt, complete with



photo courtesy Kim Holt

an athlete roster, provides the team the same notoriety within the student body as more traditional team sports have on game days. Providing athletes a role in designing any of these items allows for personal ownership, further amplifying their effects. Finally, assigning a day of the week that permits freedom in practice dress code or occasionally designating a specific clothing item, such as crazy socks or college t-shirts, can supply a change of pace in the monotony of a long year.

## #2-CLEAR GOALS AND DELIBERATE CELEBRATIONS

Work in cooperation with the kids to fill in goal sheets at the beginning of each season, based on performances from previous years (if possible). Be careful to make sure the goals are attainable, yet challenging. Post the goal sheets

in a location where they provide a daily visual reminder to the athlete; locker doors are a good choice for us. As goals are met, recognize those accomplishments directly on the sheet and establish newer,

higher goals. It is amazing how powerful a one-cent sticker and an X through an expectation surpassed can be! Certificates to identify new PRs are also a big hit. These provide motivation by acknowledging new personal bests, even if the end goal has not yet been reached. Many of our girls' lockers are completely covered by May and they could not be prouder of what they have achieved.

Make every effort to hand out awards and medals as quickly as possible AND in front of the whole team. Athletes crave that positive feedback from their coaches and teammates especially, because they realize the people who truly understand the hard work being put in everyday. Along with medals,

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**TGCA**  
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# INCREASING MOTIVATION AND SUCCESS IN CROSS COUNTRY AND TRACK AND FIELD

Continued from Page 1

weekly giveaways for individually strong competition performances are also extremely encouraging. T-shirts, headbands, water bottles, etc. are all good options; abstract goals are important, but kids (particularly teenagers) need something tangible to shoot for, too. Not to mention, these giveaways allow for recognition of athletes of all skill levels, not just the elite kids who always place well. T-shirts are very effective since the kids can wear them to school, sparking conversations with classmates about cross country and track and field, along with the athletes' experiences competing. Submitting meet results for school announcements serves this purpose, as well, making the student body as a whole aware of successes.

### #3-FUN, COMPETITIVE FUN

Cross country and track and field can become a grind, both in season and out. It is imperative to mix in work outs with an element fun sporadically, but they need to breed competition, whether individually or between teams. Pretty much any relay race is

simple to slide into a practice plan; medley relays are always popular and allow for plenty of flexibility as a coach. Obstacle courses or activities, Crossfit competitions, full body circuits



photo courtesy George Edwards

with dice/coins/names/colors can all improve performance while straying from traditional running. The internet is a friend and provides a wealth of ideas that coaches can modify to fit the needs of their programs.

Holiday tie-ins present annual events for new and returning athletes alike to anticipate with excitement. Kids start asking in August about our yearly Halloween candy team scavenger hunt. They love it, even though it is just a high intensity long run in disguise. Upon the conclusion of the state track meet, year-end multi-day/multi-event team

competitions are a great option. There is the opportunity for more fun and craziness during this time of year; plus, by assigning juniors as team captains, leadership skills for

the upcoming seasons are already being developed. We focus less on skills during our "Junior Olympics", with activities like dodge ball and water balloons. However, the tournament leaves a positive feeling about cross country and track and field with the kids, which is valuable in other ways.

### #4-WORK'EM HARD!

While some people probably feel #1-#3 involve a great deal of frivolity and fluff (and maybe they do), we have found these tactics pay great dividends for our programs. They play an important role

in their own right, but are also an integral means to an end. Cross country and track and field are challenging sports that require tons of motivation and hard work for a kid to simply be average; to be great, they really have to bust their tails. We push our kids extremely hard, whether running, at a field event, in the weight room, whatever the situation might be. When it is time to work, we get down to business; we know many of you run your programs the same way.

We ask our kids to accomplish things they have never thought possible of themselves, and when they reach the mark, we expect them to raise the bar again. That is our job as coaches, to teach kids how to push past the limits they believe are imposed on them and achieve great things, but that does not happen effortlessly. We believe the "frivolous and fluffy" strategies we implement work as scaffolding to get our kids where we know they can go. Our participation numbers and positive successes over the past few years have helped to cement those beliefs. Hopefully, you can find something that works for your program and see improvements, as well!

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.



## 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

# CAREER VICTORIES

## Basketball |

COACH	SCHOOL	VICTORIES
Cathy Self-Morgan	Duncanville HS	1,100 wins
Sue Cannon	Trinity HS	1,100 wins
Danny Wrenn	Plainview HS	700 wins
Jeff Guice	Mason HS	500 wins
Mitzi Marquart	Azle HS	500 wins
Jill McDill	Sunnyvale HS	500 wins
Wayne Carter	Elysian Fields HS	300 wins
Patrick Harvey	Antonion College Prep HS	300 wins
Kollyn McWhinney	Marion HS	300 wins
Shawn Rogers	Richland Springs HS	300 wins
Jason Weese	The Woodlands College Park HS	300 wins
Billy Whyburn	Robert Lee HS	300 wins

## Cross Country |

COACH	SCHOOL	POINTS
Loyd Morgan	Rogers HS	700 pts
Ken Jernigan	Shamrock HS	600 pts
Michael Villarreal	Zapata HS	600 pts



photo courtesy Brandi Batchelor

## Golf |

COACH	SCHOOL	POINTS
David Saenz	Zapata HS	700 pts

## Softball |

COACH	SCHOOL	VICTORIES
Guyla Smith	West HS	600 wins
Laneigh Clark	Pearland HS	500 wins
Wes Overton	Midland Lee HS	500 wins
Julie Wyrick	Spring HS	500 wins
Elias Martinez	Harlingen South HS	400 wins
David McCorkle	Alvin HS	400 wins
Kevin Mills	Chapin HS	400 wins
Michael Rose	Bushland HS	300 wins

## Track & Field |

COACH	SCHOOL	POINTS
Renee Gerbich	Judson HS	1,200 pts
Barry Woodruff	Union Grove HS	800 pts
Rosuel Martinez	Clint HS	600 pts
Ken Jernigan	Shamrock HS	600 pts
Billy Whyburn	Robert Lee HS	600 pts
Ashley Broom	Sunnyvale HS	500 pts
Matthew Gafford	Andrews HS	400 pts
Johnathan Snipes	East Chambers HS	400 pts

## Volleyball |

COACH	SCHOOL	VICTORIES
Flo Valdez	Franklin HS	1,000 wins
Mike Carter	Reagan HS	800 wins
John Turner	Pearland HS	800 wins
Cari Lowery	Copperas Cove HS	700 wins
Patti Zenner	Poth HS	700 wins
Denise Johnson	Tarkington HS	600 wins
Rebecca Woods	Los Fresnos HS	600 wins
Leven Barker	Carthage HS	500 wins
Clark Oberle	Argyle HS	500 wins
Rickey Hammontree	Leveretts Chapel HS	400 wins
Doug Jackson	Lamar HS	400 wins
Leslie Madison	Magnolia HS	400 wins
Rickey Phillips	Gatesville HS	400 wins
Scott Simonds	Clear Creek HS	400 wins
Rena Whitaker	Caddo Mills HS	400 wins
Jeff Coker	Crawford HS	300 wins
Ashley Earhart	Kingwood HS	300 wins
Jane Anne Giese	Caldwell HS	300 wins
Jenny Richardson	Georgetown HS	300 wins
Cynthia Viesca	Donna HS	300 wins



photo courtesy Patricia Cardenas

# EXECUTIVE COMMITTEE PROPOSALS TO THE TEXAS GIRLS COACHES ASSOCIATION JUNE 4, 2017

The Board of Directors voted to accept the following proposals at the June meeting:

**EC 1:** A proposal to allow All-Stars in Cross Country, Volleyball, Basketball, Softball, Track and Field, and Cheerleading to be nominated for the honor by any member coach in good standing of the Texas Girls Coaches Association. For an individual to be selected to an All-Star team, the head coach must be a member in good standing. The current head coach must be contacted for approval of the player being selected as an All-Star.

**Rationale:** This will allow more individuals to be nominated to be considered for the All-Star teams. This will put more responsibility on the Committee members to make sure the best in their Region are considered for All-Star status.

**EC 2:** The selected recipient of the outstanding individual (Athlete of the Year) in Cross Country, Volleyball, Team Tennis, Basketball, Soccer, Cheerleader, Tennis, Wrestling, Golf, Swimming & Diving, Softball, and Track & Field may be selected from any grade level from 9-12.

**Rationale:** If it is our desire to pick the best, it is important to look at all grade levels to make the choice.



photo courtesy George Edwards

## REVISIONS TO CROSS COUNTRY ALL-STAR SELECTIONS

TGCA is now selecting 24 All-Stars in conferences 1A-2A-3A-4A and 24 All-Stars in 5A-6A. All-Stars must be juniors, but may be nominated by any member coach in good

standing. The head varsity coach must be a member of TGCA in good standing, and must be contacted before an All-Star may be named to the All-Star team.



photo courtesy Mitzi Bell



photo courtesy Brandi Batchelor

# 2016-17 ATHLETES OF THE YEAR

ATHLETE	SCHOOL	SPORT	CONFERENCE	COACH
Madelaine Johnston	Burkburnett HS	Cross Country	1A-2A-3A-4A	Loy Triana
Ashton Endsley	Abilene HS	Cross Country	5A-6A	Mary Martin
Kaitlyn Robinson	Leon HS	Volleyball	1A-2A-3A-4A	Jason Evans
Emerson Solano	Amarillo HS	Volleyball	5A-6A	Jan Barker
Tuesday Brown	Lampasas HS	Cheerleading	1A-2A-3A-4A	Shannon Lindsey
Gracelyn Doctor	Johnson HS	Cheerleading	5A-6A	Shannon McKinley
Adrienne Holguin	El Paso Hanks HS	Wrestling	4A-5A-6A	Anthony Carter
Vivian Gray	Argyle HS	Basketball	1A-2A-3A-4A	Skip Townsend
Angel Hayden	Canyon HS	Basketball	5A-6A	Joe Lombard
Savannah Alford	Stephenville HS	Soccer	4A-5A-6A	Casey Weil
Steele Priest	Lorena HS	Golf	1A-2A-3A-4A	Herbert Thompson
Kaitlyn Papp	Lake Travis HS	Golf	5A-6A	Richard Wager
Faith Roberson	Wall HS	Track & Field	1A-2A-3A-4A	Tiffany Meek
Jaleesa Giles	Legacy HS	Track & Field	5A-6A	Lacy Beckler
Carrsyn Gregor	Bellville HS	Tennis	1A-2A-3A-4A	Susan Brewer
Bailee Nickerson	North Lamar HS	Softball	1A-2A-3A-4A	Jimmy Fendley
Erin Edmundson	Deer Park HS	Softball	5A-6A	Carrie Austgen

# 2016-17 COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Stephanie Vogel	Dalhart HS	Cross Country	1A-2A-3A-4A
Jason Grennier	Prosper HS	Cross Country	5A-6A
Autumn Threet	Peaster HS	Volleyball	1A-2A-3A-4A
Tommie Sledge	Oak Ridge HS	Volleyball	5A-6A
Nicole Duggan	Canyon Lake HS	Cheerleading	1A-2A-3A-4A
Suzanne Zink	Seguin	Cheerleading	5A-6A
Mark Balsler	Morton Ranch HS	Wrestling	4A-5A-6A
Rob Schmucker	Panhandle HS	Basketball	1A-2A-3A-4A
Kit Kyle Martin	Timberview HS	Basketball	5A-6A
Stewart Brown	Highland Park HS	Soccer	4A-5A-6A
Amanda Dean	Utopia HS	Golf	1A-2A-3A-4A
Richard Wager	Lake Travis HS	Golf	5A-6A
Tiffany Meek	Wall HS	Track & Field	1A-2A-3A-4A
Michelle Womack	Lake Ridge HS	Track & Field	5A-6A
Susan Brewer	Bellville HS	Tennis	1A-2A-3A-4A
William Chaney	Krum HS	Softball	1A-2A-3A-4A
Wade Womack	Dripping Springs HS	Softball	5A-6A



photo courtesy Alicia Royer

# 2016-17 SUB-VARSITY COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Kierstyn Dumont	Bandera MS	Sub-Varsity Cross Country	1A-2A-3A-4A
Chad Coffey	Highland Park HS	Sub-Varsity Cross Country	5A-6A
Tom Bruce	Tarkington HS	Sub-Varsity Volleyball	1A-2A-3A-4A
Amanda Warner	Frisco HS	Sub-Varsity Volleyball	5A-6A
Christopher Schlicke	Wall HS	Sub-Varsity Basketball	1A-2A-3A-4A
Cathy Lee	Franklin HS	Sub-Varsity Basketball	5A-6A
Brooke Ashcraft	Bandera HS	Sub-Varsity Track & Field	1A-2A-3A-4A
Jackie Davis	DeSoto HS	Sub Varsity Track & Field	5A-6A
Leslie Brummett	Rusk HS	Sub-Varsity Softball	1A-2A-3A-4A
Mike Motsney	Lovejoy HS	Sub-Varsity Softball	5A-6A



photo courtesy Mitzi Bell

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport. Sub-varsity coaches may coach multiple sports,

but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year. Nominations should be done online, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.



photo courtesy Kim Holt

## TGCA SUB-VARSITY YEARS OF SERVICE

COACH	SCHOOL	YEARS OF SERVICE
Corey Cermin	College Station MS	35
Mel Hall	College Station MS	35
Nancy Wood	Foster HS	30
Chylle Miles	Barbers Hill HS	25
Christi Daily	Abernathy HS	20
Samantha Montano	Lamar MS	20

COACH	SCHOOL	YEARS OF SERVICE
Renvy Smith	Midlothian HS	20
Caleb Henderson	Lubbock-Cooper HS	15
Sharon Mayo	Nelson HS	15
James Bain, Jr.	Bastrop HS	10
Nicolette Wiesman	Rogers HS	5



photo courtesy Melissa McPherson



photo courtesy Kristin Juarez

# 2016-17 STATE CHAMPION COACHES

COACH	SCHOOL	SPORT	CONFERENCE
Dedra Hill	Hartley HS	Cross Country	1A
Paul Darden	Sundown HS	Cross Country	2A
Susan Walters	East Bernard HS	Cross Country	3A
Steve Golemon	Bandera HS	Cross Country	4A
Rebekah James	Randall HS	Cross Country	5A
Brian Zaring	Keller HS	Cross Country	6A
Mindy Patton	Tioga School	Volleyball	1A
Jamie McDougald	Iola HS	Volleyball	2A
Jess Odem	Goliad HS	Volleyball	3A
Janeen Eudy	Bushland HS	Volleyball	4A
Jan Barker	Amarillo HS	Volleyball	5A
Karin Keeney	Hebron HS	Volleyball	6A
Sawyer Colvin	Commerce HS	Cheerleading	Small Co-Ed
Jill Van Klink	Lewisville HS	Cheerleading	Large Co-Ed
Leslie Hutchinson	Paducah HS	Cheerleading	1A
Michea Davis	Junction HS	Cheerleading	2A
Jenna Wilkins	Mount Vernon HS	Cheerleading	3A
Shera Hopkins	Pleasant Grove HS	Cheerleading	4A
Ashley Johnson	Alamo Heights HS	Cheerleading	5A
Shannon McKinley	Johnson HS	Cheerleading	6A
Anthony Carter	Hanks HS	Wrestling	5A
Mark Balser	Morton Ranch HS	Wrestling	6A
Eric Schilling	Nazareth HS	Basketball	1A
Rob Schmucker	Panhandle HS	Basketball	2A
Kevin Richardson	Canadian HS	Basketball	3A
Skip Townsend	Argyle HS	Basketball	4A
Joe Lombard	Canyon HS	Basketball	5A
Cathy Self-Morgan	Duncanville HS	Basketball	6A
Casey Weil	Stephenville HS	Soccer	4A
Stewart Brown	Highland Park HS	Soccer	5A
Rennie Rebe	Hendrickson HS	Soccer	6A
Mark Burgen	Andrews HS	Golf	4A
Richard Wager	Lake Travis HS	Golf	6A
Lauren McPherson	Blum HS	Track & Field	1A
Barry Woodruff	Union Grove HS	Track & Field	2A
Jessica Richards	McKinney North HS	Track & Field	5A
June Villers	DeSoto HS	Track & Field	6A
David Ives	Slocum HS	Softball	1A
Kristina Stephens	Bells HS	Softball	2A
Gus Beuershausen	Academy HS	Softball	3A
William Chaney	Krum HS	Softball	4A
Deana Coleman	The Colony HS	Softball	5A
Bryan Poehler	Keller HS	Softball	6A



photos courtesy Candince Cox, Sara Sheppard & Kristin Juarez

## MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1<sup>st</sup>** 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.



photo courtesy Rocky Ford

You can renew your membership online at [austintgca.com](http://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.

## 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:

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<b>Team Tennis</b>	<b>Oct 30, 2017</b>
<b>Cross Country</b>	<b>Oct 30, 2017</b>
<b>Volleyball</b>	<b>Nov 13, 2017</b>
<b>Spirit</b>	<b>Jan 8, 2018</b>
<b>Swim/Dive</b>	<b>Feb 12, 2018</b>
<b>Wrestling</b>	<b>Feb 19, 2018</b>
<b>Basketball</b>	<b>Feb 26, 2018</b>
<b>Soccer</b>	<b>Apr 9, 2018</b>
<b>Track &amp; Field</b>	<b>May 7, 2018</b>
<b>Golf</b>	<b>May 21, 2018</b>
<b>Tennis</b>	<b>May 14, 2018</b>
<b>Softball</b>	<b>May 28, 2018</b>

## TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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



photo courtesy Christine Elias

# GENERAL NOMINATION INSTRUCTIONS

All nominations should be made online at [austintgca.com](http://austintgca.com), under the sport tab for which a particular nomination is made. Please do all nominations online and before the deadline.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then

clicking number five "Member Nominations Info." This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AFTER YOU HAVE COMPLETED ALL NOMINATIONS.**

**PLEASE NOTE:** The TGCA system does not interact well with Internet Explorer. We recommend you

use Chrome as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the online deadline, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative for the committees is listed on the website under the sport category they

pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the online honors nomination deadline is missed. Instructions for nominating online, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

## TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations online. Please read these instructions and follow them precisely and your nomination should go through with no problems.

**PLEASE NOTE:** The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

**1** Access the TGCA website at [austintgca.com](http://austintgca.com).

**2** Click on the "Membership Site" category in the menu on the left-hand side of the page.

**3** You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number

**4** Once you've completed the log-in process, you will access the home page of the Membership

Site. In the tabs menu at the top of that page, click on "Nominations."

**5** Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

**6** Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

**7** Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step."

**8** Complete the form by typing in the information requested in the "Update" field.

**9** When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your

ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.

clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info." If you do not see your nominations listed there, please contact us.



photo courtesy Jennifer Hughes

**10** Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

**11** When you have completed the form, please click the "Submit" button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after

**12** You will need to follow these steps for each nomination of each athlete in each category that you wish to make. **For Academic All-State, you only need to list the GPA.** You do not need to list the other honors, just the GPA in a numeric format (94 or above).

If you need assistance with any of this process, please contact us at [tgca@austintgca.com](mailto:tgca@austintgca.com), or call our office at 512-708-1333, and we will be happy to assist you.



# Texas Health

## Ben Hogan Sports Medicine

### The Hidden Epidemic

Bobby Jean Lee, PT, DPT, SCS, CSCS, USAW

Sports Physical Therapist and Certified Concussion Specialist, Ben Hogan Sports Medicine

Over the past 20 years the incidence of Sport-Related Concussion (SRC) has doubled. This increase may be due in part to improved methods of detection as well as higher participation in youth sports. A concussion is defined as a mild traumatic brain injury that is induced by biomechanical forces on the brain, such as a collision with another player, the ground, or ball. Concussions often result in physical, cognitive, emotional, and somatic symptoms that effect daily life and sports participation.

#### Common Symptoms

##### Include:

- Headache = #1 symptom
- Dizziness = increased risk for prolonged recovery
- Blurry vision
- Sensitivity to light and sound
- Difficulty concentrating
- Fatigue
- Balance problems
- Nausea/vomiting
- Neck pain

Detection of a concussion is of utmost importance for the athlete's safety and proper treatment. Returning to play with a concussion, or prior to

full recovery, increases an athlete's risk for Second Impact Syndrome (SIS). SIS occurs when a subsequent concussive episode closely follows a first episode that has not yet resolved. This rarely occurs but can lead to swelling of the brain, paralysis, and even death.

In the past, athletes who sustained a concussion were told to rest, often times in a dark, quiet room, until symptoms resolved. However, new research recommends only 1-2 days of rest followed by integration into activities that are sub-symptomatic under guidance of a medical profession-

al. Physical therapy has been shown to be effective in helping with symptom resolution. It can help address visual, vestibular, exertional, and physical symptoms of a concussion. Physical therapy intervention can begin within 1-2 days following a concussion.

It is critical that all members of the sports team are educated on the detection and proper management of SRC for each individual athlete's success and safety. It is up to the medical staff, coaches, family, athletes, and YOU to properly identify the signs and symptoms of a concussion and to take the appropriate action.

#### References:

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2. Centers for Disease Control and Prevention (CDC). Concussion in sports. <http://www.cdc.gov/concussion/sports/recognize.html>. (Accessed 1 January 2015)
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## AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount

Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by

having all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available. American Income Life is an international company

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

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or [ajalridge@aillife.com](mailto:ajalridge@aillife.com). To view the letter online, visit <http://www.aillife.com/benefits/sgM9W>.

# STRENGTH TRAINING FOR SPEED GAINS



## DX3 Athlete

**When evaluating strength in speed** and the necessary mechanical requirements, there are a number of factors to consider. The exercises we are addressing should be used in conjunction to a regular strength and conditioning program and must be defined by their specific purpose and emphasis.

There are three primary movements all working in unison that play a significant role in a “turnover series” which can be overlooked when incorporating strength exercises.

1. **Knee Lift:** When the athlete pulls their knee up to take the step in order to load the knee drive
2. **Knee Drive:** Driving the foot down to apply strike to the ground starting the propulsion
3. **Foot Strike:** Scraping the ground to induce the propulsion and forward motion creating the stride

Each of these movements require unique strengthening exercises that can immensely improve an athletes speed when implemented correctly.

The two most overlooked movements are #1 Knee Lift and #2 Foot Strike. The Knee drive is addressed in most all compound and primary leg exercises. However, the Knee lift and Foot strike require some special attention.

### Addressing Knee Lift

In the Knee lift phase which is triggered by the foot strike, we really need to address hip flexors and transverse

abdominals. This can be achieved with hip flexor exercises using resistive bands, leg weights or a Hip flexion machine if available. Whether straight leg raises, marching steps, or another of a variety or hip flexor specific motions. Additionally, we recommend doing the majority of your core strengthening exercises with the legs lifted in a static or dynamic modality engaging the hip flexors.

Another great exercise for hip flexion is a seated dumbbell leg lift. A dumbbell is held between the feet while raising and extending the legs. Simply sit on the edge of a bench, stand a dumbbell on end and hold between the feet, lean back slightly and hold the bench behind with your hands, then lift the weight up and extend your legs. Return to the starting position and repeat.

Hip speed/flexion exercises both forward (jumping and Olympics) and backwards (slams, change of direction and depth jumps) are always great for increased speed yet should be carefully and strategically allotted in training as they are also very taxing from a stress perspective.

### Addressing Foot strike

This is the graceful yet powerful motion of striking the ground completing the knee drive phase of propulsion which highly engages the posterior of the body. Post-chain exercises are highly neglected especially by females leading to weak hamstrings, gluteal and backs. These are the other half of the muscles

needed to run fast and they are the largest muscles used while running.

We strongly recommend the dead lift and all variations thereof, from the standard deadlift to the Romanian aka straight leg (RDL) to the sumo and even the single leg. Deadlifts have been proven by some of the top speed researchers such as Dr. Weyand

tension while incorporating a push and a pull just like running mechanics.

These of course can always supplement or alternate with your traditional compound lifts such as squats in all forms but they are best suited with diversity and frequency varying load and intensity.

In the process of “everything is connected” we must



photo courtesy Jill Willis

at SMU who has been doing in-depth research on Usain Bolts stride. (<https://www.smu.edu/News/Experts/Peter-Weyand> and <https://www.smu.edu/News/2011/peter-weyand-ThePost-Game-08aug2011>). The deadlift was found to unanimously be a primary lift in all of the top collegiate track programs in the US according to Dr. Weyand.

The primary focus on the deadlift is due to the impact on the entire post-chain and the result it has on creating strength in the strike. The strike is now being determined as a key factor in the extreme increases we have seen over the past few years. The deadlift provides both concentric and eccentric movements with a high post-chain activation and controlled time under

not forget about our arms and ensuring they are strong, agile, and fast. The arms ultimately control the legs so it is crucial they are continuously addressed from a mechanical efficiency standpoint.

It is not just about doing traditional exercises but more so emphasizing specific exercises that cater to the mechanics of mobility with improved strength and efficiency through range of motion.

DX3 hopes you had a wonderful summer. For more information visit us at [www.GetDX3.com](http://www.GetDX3.com) or Contact Ronnie Natali at [Ronnie@teamd3.com](mailto:Ronnie@teamd3.com) for exercise descriptions or questions.

**“Mechanics produce Efficiency and Efficiency produces SPEED!”**

# 10

## HELPFUL STEPS FOR BREAKING A BAD HABIT

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 Reality check.** Every person has habits—acquired behaviors or thought processes that are repeated so frequently and automatically that they figuratively become hardwired into the brain of the individual. Some of these habits are good, whereas others are not so good. To break a bad habit that may be affecting their health negatively (e.g., unhealthy snacking, excessive drinking, etc.), individuals need to be aware of the behavior they would like to stop. Once that particular conduct is determined, they can develop and implement a strategy for changing those actions that may be compromising their health, for example.

**2 All in.** Above all, breaking a bad habit requires a resolute commitment to change. As such, individuals who are not committed fully to altering their life in a way that enables them to overcome their negative behavior(s) are doomed to fail. Breaking a bad habit mandates a rigorous investment of time, energy, and perseverance — elements that go hand in hand with a person's buy-in to the requisite change.

**3 One size does not fit all.** In reality, no single viable way exists to break bad habits. An approach that may be effective for one person may not work for another. The key for individuals is to identify their bad habit(s)

and then to address, to the degree possible, those factors that are contributing to their behavior. In that regard, it can be very helpful to identify cues or triggers that lead to the undesirable habit and then eliminate as many of those elements as possible.

**4 Targeted plan.** Once individuals understand their situation, they should develop a plan that entails detailed goals for changing their behavior and strategies for minimizing the triggers for their habit(s). In general, they should focus on achieving relatively smaller steps initially and then expanding their goals going forward. The underlying concept is to avoid establishing a solution to changing their behavior that may seem unduly daunting to them.

**5 Change the scenery.** Research indicates that, to a degree, breaking a bad habit entails that individuals reduce their situational triggers until they can identify and implement new ways of dealing with them. In other words, one of the most effective steps for changing behavior is to avoid the people and the places with whom and in which the bad habit(s) occurred. As such, if an individual's set of circumstances cues a person to engage in unwanted behaviors, it is time to change that individual's environment.

**6 Constructive thinking.** Individuals who want to break a bad habit should focus on acquiring a new alternative behavior, as opposed to setting a negative goal of not doing something. All factors considered, an individual's internal system for learning habits does not really learn anything by not doing. The basic goal, in this instance, should be to create and ingrain new positive behavior-related habits. Arguably, one of the easiest ways to break a bad habit is to replace it with a new one (e.g., instead of consuming a bowl of ice cream in the evening, eat a bowl of strawberries).

**7 Celebrate success.** Individuals should reward themselves for any positive accomplishments they achieve, big or small, with regard to their efforts to break a bad habit. Although heartfelt praise, whether from others or themselves, often is a very powerful payback for undertaking a desired behavioral change, a material reward also can be appropriate, as well as quite motivating.

**8 Mental matters.** One step that can help individuals break their bad habits is to imagine scenarios in which they engage in the desired behavior — as opposed to the bad habit. Such visualization can reinforce their positive actions. Another mind-related step that can affect a person's ability to break a bad habit is men-

tal preparation and practice, which can help individuals decide, in advance, how they will handle tempting situations, should they arise.

**9 Ride it out.** Individuals should always remember that they are human. As such, they occasionally may slip back into an old habit (or two) now and then. When that situation occurs, they should not beat themselves up (i.e., "if they slip up, they should not give up!"). In reality, success is not an absolute end point. The overriding goal is to change the unwanted behavior. If they get off track (for whatever reason), they need to return as soon as possible to whatever has worked for them. Being harsh on themselves is not helpful.

**10 No rush.** Research indicates that as much as 40% of a person's actions are habits, as opposed to conscious decisions. On occasion, some of those habits have a negative impact on a person's life. Breaking one of those habits can take time, however, regardless of how obvious the need for behavioral change is or how much an individual may want to alter what they do. More often than not, the process of such change is arguably long, ranging (according to recent studies) from as few as 18 days to more than 8 months. In this situation, patience is more than a virtue — it is paramount.

# BEYOND THE GAME...



*Disclaimer: The first paragraph of this blog is written somewhat tongue-in-cheek. But only somewhat. You will understand.*

**For those who may not be familiar with the seriousness of collegiate rivalries,** to say that the greater Raleigh-Durham-Chapel Hill area of North Carolina is “war-torn” is to put it somewhat mildly. Weddings are planned with football schedules in mind. College students camp for weeks in the winter for a chance to see their favorite teams do battle with their fiercest rival. Things are serious. Very serious.

And yet, amid such seriousness, there are things that seem to transcend the divide. One of them is friendship. Another is cancer.

Sylvia Hatchell and Kay Yow were united by both.

On October 11, 2013, UNC Women’s Basketball Head Coach, Sylvia Hatchell, was diagnosed with acute myeloid leukemia. In the days and months ahead, her thoughts often went to her friend and former rival, the late NC State Women’s Basketball Coach, Kay Yow. Coach Yow had passed away 4 years earlier after a 22-year journey with breast cancer.

Not by chance, but by grace, both women were accustomed to beating the odds. They were both a part of making women’s basketball what it is today – a far cry from the days when they drove their teams in vans and made peanut butter



*photo courtesy Rocky Ford*

sandwiches for their players in lieu of a pre-game meal.

For Sylvia, beating the odds would now mean beating a type of cancer that has less than a 30% survival rate over five years. For Coach Yow, beating the odds meant keeping cancer at bay long enough to be a part of elevating women’s basketball over the course another two decades, starting the Kay Yow Cancer Fund, and giving hope to others.

Both women beat the odds. Coach Hatchell likes to say “you don’t know how strong you can be until strong is all you have.” Sounds like something to which Coach Yow would have given an approving nod.

When cancer knocks, it seems the things that divide us, usually silly things, like rivalries, fade away. All that remains is a mutual support and admiration of courage

in the face of great adversity. The desire to see a friend through, to give hope.

Sylvia Hatchell is now four years removed from the moment she felt what she describes as “tremendous fear” – the moment she learned of her diagnosis. In Coach Hatchell’s mind, can-



*photo courtesy Elyse Hernandez*

cer is behind her. Another win in her column. She now looks for ways to help other women get wins of their own.

She tries to help women along the winding road of their own journeys. She visits UNC Lineberger Comprehensive Cancer Center – a 2014 recipient of a \$1 million research grant from the Kay Yow Cancer Fund – where she herself received great care. She visits women undergoing treatment at Lineberger to encourage and support them in any way she can, in every way she can.

Giving to others is a big motivator for Coach Hatchell and is one of the reasons she is so passionate about supporting the work of the Kay Yow Cancer Fund. She knows, as did her dear friend, Kay Yow, that through the Kay Yow Cancer Fund coaches, players, fans, and communities can rally together to help others win. It is, as she says, “a win-win.” Unlike all of those NC State vs. UNC games, everyone wins. There are no rivals, only people wearing the same jersey, giving everything they

have for their team to win all the little wins along the way and hopefully, one day, the biggest win of all – the win against cancer.

# OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <b>Cross Country:</b> District Certification Deadline <b>Team Tennis:</b> District Certification Deadline
15 UIL LEGISLATIVE COUNCIL MEETING, AUSTIN	16	17 <b>Team Tennis:</b> Bi-District Certification Deadline	18 <b>Girls Basketball:</b> First Day for Practice	19	20	21 <b>Team Tennis:</b> Area Certification Deadline
22	23 <b>Cross Country:</b> Regional Meet	24 <b>Team Tennis:</b> Regional Quarterfinals Certification Deadline	25	26 TEAM TENNIS: REGIONAL TOURNAMENT	27	28 <b>Girls Basketball:</b> First day for Scrimmages <b>Volleyball:</b> District Certification Deadline
29	30 VOLLEYBALL: BI-DISTRICT, ALL CONFERENCES <b>TGCA:</b> Team Tennis Nomination Deadline <b>TGCA:</b> Cross Country Nomination Deadline	31				

## TGCA HOTEL RESERVATION DIRECT LINK

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

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

## 2018 TGCA SUMMER CLINIC - ATHLETIC AND SPIRIT DIVISIONS

The 2018 TGCA Summer Clinic for both the Spirit Division and Athletic Division will be held in Arlington at the Arlington Convention Center July 10-12. Mark your calendars and make your plans early to attend. We look forward to seeing you there. All Satellite Sports Clinic information will be posted to the website once all dates, times, and places are verified. Thank you for your continued support of TGCA.



photo courtesy Hannah Henderson

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## TGCA NEWS

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

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TGCA News is published nine times per year, September through May.

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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.

