



TGCA NEWS

NOVEMBER 2018



2018-2019 TGCA OFFICERS



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Jason Roemer
Lake Dallas HS



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Astin Haggerty
Clear Springs HS



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FEATURE ARTICLES

7 Tips for Highly Successful New Coaches

By Morgan Wright,
TGCA Sub-Varsity Committee Chair
PAGES 1-3

Rally Scoring Changes the Dynamic of Volleyball Play in Texas

By Putt Riddle
PAGE 6

10 Consequential Facts About Measles

By James A. Peterson, Ph.D., FACSM
PAGE 8

West Coast to East Coast - \$5.63M Awarded

Kay Yow Cancer Fund
PAGE 9

ALSO INSIDE

- TGCA Basketball Committee1
- Cross Country State Champ Coaches3
- Cross Country Athletes of the Year3
- Cross Country Coaches of the Year3
- UIL Spirit State Championships4
- TGCA Spirit Advisory Board4
- New Cheer Nomination Process4
- 2018-19 TGCA Board of Directors 5
- Board of Directors Meeting Dates 5
- 2019 TGCA Summer Clinic7
- Sub-Varsity Years of Service7
- Nomination Deadlines7
- AD&D Benefit7
- Important Dates10
- Hotel Direct Links10
- TGCA Profile Update10
- Sponsors 11

cover photo courtesy Terry Collins
left photo courtesy Dannie Oliveaux

7 TIPS FOR HIGHLY SUCCESSFUL NEW COACHES



Morgan Wright Lubbock Cooper HS | TGCA Sub-Varsity Committee Chair

I debated for a very long time over what to share with all of you. I wanted to give you something important, something moving, inspiring, life-changing! But as a relatively new coach, I find that I am still learning new things every day about this job, and maybe don't have the ultimate piece of knowledge to share with you.

This year we hired two new assistant coaches for our soccer program and as they go through the year, I have been remembering all of those things you learn as a first-year teacher and coach. There are so many things I didn't know I didn't know! In

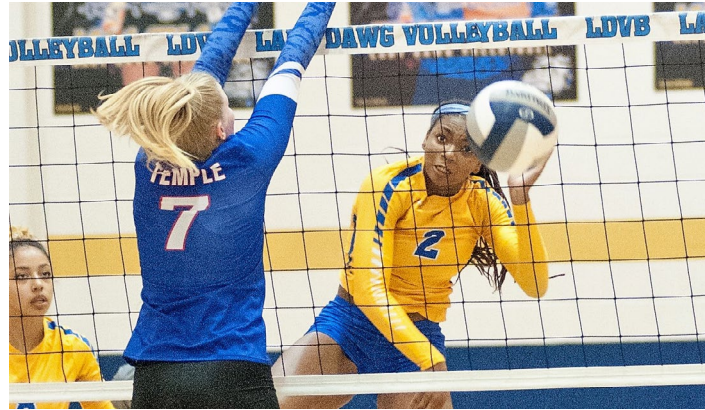


photo courtesy Cari Lowery

helping them, I thought there might be some other fresh new coaches out there that are just wondering how they ever made it to Thanksgiving break! Even if you aren't a new coach, maybe you need

a reminder to take it back to the basics, or you can look back and chuckle about the things you learned your first year coaching. Although there is probably a whole novel I could write about

learning to coach, I narrowed it down to seven quick tips.

1. Character over Winning - Always remember that we are teachers first, and it is our job to teach our athletes to be good people, not just good players. Especially at the JV, Freshman, or Junior High level, the greatest thing you can teach your team is how to be a good teammate, competitor, loser, or equally important, a good winner. Have high expectation for your players and hold them accountable for the team standards. Winning is wonderful, but creating kids (and

Continued on Page 2

BASKETBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Kyle Lovorn	Lubbock Cooper	5A	1
Rocky Ford**	West Texas	2A	1
Terri Aston	Abilene	6A	2
Katie Voss	Big Spring	4A	2
Nikki Hyles	Aledo	5A	3
Chance Westmoreland	Argyle	4A	3
Ross Barber*	Lee	6A	4
Rodney Ross	S&S Consolidated	3A	4
Michelle Trotter	Crosby	5A	5
Ryan Hall	Corrigan Camden	3A	5
Vickie Benson	Bowie	6A	6
Tommy Gates	Navasota	4A	6
Jenny R. Garcia	Edinburg North	6A	7
Kyle Sivadon	La Vernia	4A	7
Marlee Webb	Franklin	6A	8
Heather Hohertz-Perez	Brownwood	4A	8

*Chair **Vice Chair



7 TIPS FOR HIGHLY SUCCESSFUL NEW COACHES

Continued from Page 1

eventual adults) who understand and embody integrity, dedication, compassion, humility, respect, kindness, and reliability is priceless. Our future lawyers, doctors, nurses, teachers, and politicians are our kids. Don't forget to teach them more than a good jump shot.

2. Communicate - Communication is a critical skill for this job. Learn to communicate with your athletes, your co-coaches, your principals, and team parents in appropriate ways. Keep in mind that "communicating" doesn't just mean talking either. Be an active listener. Like the Dalai Lama said, "When you talk you are only repeating what you already know. But, if you listen and you may learn something new."

From listening while working under my first head coach, Courtney Pesterfield, I learned how to talk to my players, parents, and assistants, how to coach a group, and one-on-one. I learned the importance of establish-

ing good relationships with other coaches and teachers and how to deal with a lot of the drama that inevitably happens on a team full of teenage girls.

3. Plan practice ahead of time - As a coach, organization is crucial! You don't go into a class without a lesson plan. The same should be true for practice, especially as you start out. Have a plan ready to go before you get to your practice session. Kids can smell your uncertainty and unpreparedness. My go-to format is a 4-box planning sheet for each session. Each plan has a warm up, a basic skill drill, a similar drill that expands on the skill or adds some defense or game-like scenarios, and ends with a mini-game that uses the skill we practiced. This allows you to build from the simple to the complex, and then tie it together in a realistic game-like setting.

4. Steal everything you can - I don't often condone thievery, but this is an exception. Steal it all. One of my favorite things about going to the state tournaments

is watching other coaches' warm ups. See something you like? Take it! Don't feel like you have to reinvent the wheel or find something brand new for every single practice. With google constantly at our fingertips, thousands of practice ideas are already out there. As Isaac Newton noted, "If I have seen further than others, it is by standing on the backs of giants."

You will find yourself surrounded by more experienced coaches. They've been here, they've tried it all and usually have found something that works! Make life a little easier on yourself and steal away!

5. Variety is the spice of life - I believe repetition is important. In the beginning, we trained the girls to follow a formula for warming up. As you get to the field, take 2 laps, dynamic stretches, partner passes and touches, if you finish before others, practice juggling or chipping. There are drills that we do so often, no one needs any explanation or coaching at all. But if this is your routine all



photo courtesy Sarah Stolley

day, every day, most teams will start a slow decline into sloppiness and lack of drive. Keep practice fresh by adding a new game. You'd be surprised how excited high school kids get to play some of their old elementary PE games for warmups (we like handball and amoeba tag). Make a simple drill like passing lines or serving into a competition. Some days, like us coaches, your players

Continued on Page 3



photo courtesy Kristi Arrington



photo courtesy Tony Corso

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2018 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Sarah Allen	Happy	1A
Brandy Eckermann	San Saba	2A
Kymm LeMaster	Tulia	3A

COACH	SCHOOL	CONF.
Ray Baca	Canyon	4A
Braegen Enright & Marty Tidwell	Frisco Wakeland	5A
Nick Benton	Coppell	6A

CROSS COUNTRY ATHLETES OF THE YEAR



Conferences 1A-2A-3A-4A
Jenna Brazeal,
Academy High School
Coached by Brian Pursche



Conferences 5A-6A
London Culbreath
McKinney North High School
Coach Jessica Richards

CROSS COUNTRY COACHES OF THE YEAR



Conferences 1A-2A-3A-4A
Ray Baca
Canyon High School



Conferences 5A-6A
Kevin Ufford
Amarillo High School
(not pictured)

7 TIPS FOR HIGHLY SUCCESSFUL NEW COACHES

Continued from Page 2

will need a break. One day off of your normal schedule to do a scavenger hunt, play some freeze tag, or do a little Zumba will refresh your team and yourself. A good rule is if you're bored, they probably are too.

6. KISS - Keep It Simple, Sweetie! While some of our athletes are very advanced, you have to always remember that they are still kids! When planning drills, think about how long it's going to take you to explain it. If you explained it to a student not in the sport, would they understand it? Will it take you longer to explain the drill

and its rules than to actually do it? Use your precious practice time for action. If you have a drill or game that seems complex, think about your end goal, break it down into its basic components and build up.

7. (This is a big one!) Take some down time - Maybe one of the most important things you can do is take care of yourself. The schedule of a coach is demanding. Long hours aside, it takes a toll on you mentally and emotionally, as well. Don't neglect yourself. Make time to read a book, go out on a date, get a massage, go for a run, play with your dogs. When you are happy and whole, you

have more energy to share with your athletes. Hard work and dedication to your sport are important, but you won't be able to be all-in if you let yourself get run down or swallowed whole by your work.

There are a thousand other things you'll need and learn, but hopefully this is a good start. I remember being the new coach, full of ideas and ready to set the world on fire! I remember being exhausted and overwhelmed with after-school practices, 2 games a week, and still needing to get lessons and grading done. I remember thinking I had the greatest practice idea of all time, just

to watch it crash and burn in front of my eyes, wishing I had all the answers to making a perfect team, winning perfect games because of our awesome, perfect practices. If you have the answer to achieving this, let me know. Until then, learn from your mistakes, listen to other, more experienced people around you, and always remember your clichés. As Kevin Costner tell us in the classic Bull Durham, you just have to play 'em one day at a time. Give it your best shot and, the Good Lord willing, things will work out. And my all-time favorite, "Sometimes you win, sometimes you lose, sometimes it rains."

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 17-19, 2019

Schedule

Thursday, January 17

2A Prelim 8:30 AM (Arena)
 3A Prelim 8:30 AM (Hall)
 Coed Prelim 12:45 PM (Arena)
 1A Prelim 1:20 PM (Arena)
 2A Final 5:30 PM (Arena)
 3A Final 5:45 PM (Hall)
 Coed Final 6:00 PM (Arena)
 1A Final 6:15 PM (Hall)
 2A & Coed Awards 8:00 PM (Arena)
 1A & 3A Awards 8:05 PM (Hall)

Friday, January 18

5A-DII Prelim 8:00 AM (Hall)
 4A Prelim 8:30 AM (Arena)
 6A-DI Prelim 2:20 PM (Hall)
 4A & 5A-DII Final 6:00 PM (Arena)
 4A & 5A-DII Awards 8:20 PM (Arena)

Saturday, January 19

5A-DI Prelim 8:30 AM (Hall)
 6A-DII Prelim 8:30 AM (Arena)
 5A-DI & 6A-DI Final 3:00 PM (Hall)
 6A-DII Final 3:15 PM (Arena)
 6A-DII Awards 5:00 PM (Arena)
 5A-DI & 6A-DI Awards 5:20 PM (Hall)



photo courtesy Sarah Ellison

Game Day Championship Info

Will be released and updated on UIL website: uiltexas.org/spirit

Safety Rules

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at www.nfhs.org.

School Conference Divisions

1A & 2A – Max of 12 participants (3 or fewer males)
 3A & 4A – Max of 20 participants (3 or fewer males)
 5A D1—Maximum of 30 participants (3 or fewer males) (School enrollment 1,781-2,189 students)
 5A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,150-1,780 students)
 6A D1—Maximum of 30 participants

(3 or fewer males) (School enrollment 2,750 and above)
 6A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,190-2,749 students)
 COED—Maximum of 30 participants (4 or more males)

*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.

SPIRIT ADVISORY BOARD

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

*Co-Chairs

NEW CHEER NOMINATIONS PROCESS

The Spirit Advisory Board has listened to your concerns and has revamped the nomination process for spirit. You will now nominate through the links provided on the Spirit page of the TGCA website, austintgca.com, and not through the TGCA Membership Site. All nominations will now be on one form, which means you only need to fill out one form per nominee. Simply click on “Nominate Athletes” for cheerleader nominations and “Nominate Coaches” for All-Star Coaches and Coaches of the Year in the menu on the left-hand side of the Spirit page.

EXTREMELY IMPORTANT:

If you have already done nominations through the Membership Site, they will need to be redone to fit the new format.

If you have any questions, please contact the Spirit Advisory Board members. Their contact information can be found on the Spirit page of the website.

2018-19 TGCA BOARD OF DIRECTORS

2018-19 TGCA BOARD & COMMITTEE MEETINGS



NAME	POSITION	SCHOOL
Jason Roemer	President	Lake Dallas
Astin Haggerty	1st Vice President	Clear Springs
Brad Blalock	2nd Vice President	Frisco Centennial
Kriss Ethridge	Past President	Lubbock Coronado
Jason Trook	Region I Senior Director	Lubbock
Brooke Walthall	Region I Junior Director	Canyon Randall
Sunni Strickland	Region II Senior Director	Forsan
Mitzi Bell	Region II Junior Director	Big Spring
Colby Pastusek	Region III Senior Director	The Colony
Jim Wood	Region III Junior Director	Maypearl
Kari Bensed	Region IV Senior Director	Frisco Centennial
Lindsey Gage	Region IV Junior Director	Anna
Jennifer Knight	Region V Senior Director	Clear Springs
Reagan Smith	Region V Junior Director	Cypress Creek
Brandace Boren	Region VI Senior Director	Lake Travis
Anthony Branch	Region VI Junior Director	Sealy
Bernice Voigt	Region VII Senior Director	Wagner
Patti Zenner	Region VII Junior Director	Poth
Flo Valdez	Region VIII Senior Director	Franklin
Gillian Herrera	Region VIII Junior Director	Permian
Jason Culpepper	Volleyball Committee Chair	Canyon Randall
Susan Brewer	Volleyball Committee Vice Chair	Bellville
Ross Barber	Basketball Committee Chair	Tyler Lee
Rocky Ford	Basketball Committee Vice Chair	West Texas
Stacy Tucker	Track Committee Chair	Barbers Hill
Cully Doyle	Track Committee Vice Chair	Gonzales
Billy Coleman	Softball Committee Chair	Lake Travis
Scott Mann	Softball Committee Vice Chair	Springtown
Morgan Wright	Sub-Varsity Committee Chair	Lubbock-Cooper
Kevin Johnson	Sub-Varsity Committee Vice Chair	Gonzales

FEBRUARY 28

Basketball All-State Committee Meeting, 5:00 p.m., San Antonio

MARCH 1

Basketball Committee Meeting, 12:00 Noon, San Antonio

MARCH 3

Board of Directors Meeting, 11:00 a.m., San Antonio

MAY 9

Track Committee Meeting, 7:00 p.m., Austin

MAY 10

Sub-Varsity Committee Meeting, 1:00 p.m., Austin

MAY 11

Track All-State Committee Meeting, 8:00 a.m., Austin

MAY 30

Softball 1A, 2A, 3A and 4A All-State Committee Meeting, 8:00 a.m., Austin

MAY 31

Softball 5A and 6A All-State Committee Meeting, 8:00 a.m., Austin
Softball Committee Meeting, 8:00 a.m., Austin

JUNE 2

Board of Directors Meeting, 11:00 a.m., Austin

JUNE 11

Legislative Council Meeting (TGCA Officers Only)
Round Rock

JULY 8

Board of Directors Meeting, 1:00 p.m., Arlington

JULY 10

Spirit Committee Meeting, 8:00 a.m., Arlington

RALLY SCORING CHANGES THE DYNAMIC OF VOLLEYBALL PLAY IN TEXAS

Putt Riddle |

With the beginning of the 2003 volleyball season in UIL schools, a new way of scoring made for big changes in the way that dominant teams came forth to exert their dominance. The new minimum was winning in three sets instead of two. A serve into the net no longer meant just a turnover of the ball to the other side with no point consequences. Every serve would now result in one team or another getting a point.

In 5A, the 2004 Westlake Chaps won state handily with a 43-1 record. Coach Al Bennett's squad had only one match which went four sets and one which went five sets during this special year.

Over in Windthorst, the Class A Trojanettes put together a 47-0 record in 2004. Their win streak included a warm up win over Monahans before they both went to the state tournament



photo courtesy Ashley Broom

in San Marcos. Monahans went on to win the Class 3A state title. Coach Stacy Wolf got them back to the state title in 2006 again with a 41-2 record. Only three matches that year went to four sets, none to five sets.

Two schools that hadn't won enough state titles to be in ABOVE THE NET:50 YEARS OF THE BEST VOLLEYBALL IN TEXAS had

strong enough individual seasons ending in them winning state championships. And it also put them in the middle of the debate; who was the most dominant team ever? The first team was the 4A Lake Travis Cavaliers in 2011. They finished the season 50-0, the most matches won by any team in one season in UIL history. Furthermore, nobody played them

more than three sets the entire season.

Two years later, the 2013 Woodlands Highlanders took the 5A championship with a 45-0 record. The Highlanders also won all their matches in just three sets.

In both side out scoring play and in rally scoring play, there were other teams which came so close to being in the debate. Perhaps one of them is one that you would make the case for inclusion. They include the 1995 Round Top-Carmine, 1999 Wimberley Lady Texans, 2007 Windthorst Trojanettes, 1998, 2006 and 2007 Amarillo Sandies, 1991 Dumas Demonettes, 1996 and 2001 Hereford Lady Whitefaces, 1986, 2010, 2011 and 2013 Leon Lady Cougars and the 1981 and 1989 Kountze Lionettes. Let the debates and arguments begin! See you at the state tournament.



photo courtesy Ryleigh Valladarez



photo courtesy Rick Bailey

2019 TGCA SUMMER CLINIC

The 2019 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 8 – 11. The agenda is being revised and will be posted to the website under the “Summer Clinic”

category as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will open in

March. Membership renewal and Summer Clinic registration will open February 1st.

We are working on finalizing times, venues, and agendas for all of the satellite sports clinics, and we will

have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2019 TGCA Clinics.

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.

2018-19 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2018-19, they are as follows:

Spirit Jan 14, 2019
Swim/Dive Feb 11, 2019
Wrestling Feb 18, 2019
Basketball Feb 25, 2019
Soccer Apr 15, 2019

Track & Field May 6, 2019
Tennis May 13, 2019
Golf May 13, 2019
Softball May 27, 2019



photo courtesy Casi Theford

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 ailife.com/benefits/sgM9W.

10

CONSEQUENTIAL FACTS ABOUT MEASLES

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 Really scary. Measles, which is caused by a virus, is one of the most infectious diseases known to mankind. Two types of measles exist, each caused by a different virus. The most common type of measles (typically referred to as either “red measles” or just “measles”) is caused by the rubeola virus. The other type of measles (also referred to as “German measles”) is caused by the rubella virus. Although this form of measles usually is somewhat milder than red measles, it can give rise to birth defects if a pregnant woman with the disease passes the virus to her unborn child.

2 Big numbers. About 20 million people globally (mostly children) get measles annually, primarily in the developing areas of Africa and Asia. With few exceptions, the disease seldom occurs in the United States. With a fatality rate of 2 to 3 per 1,000, more than 145,000 measles-related deaths happen every year around the world, a number that translates to approximately 400 deaths daily or 16 deaths every hour.

3 No favoritism. An airborne disease, measles spreads relatively easily either through the coughs and sneezes of someone who is infected or by close personal or direct contact with infected throat or nasal secretions. In fact, the virus remains contagious for as long as 2 hours on infected surfaces.

4 Trouble ahead. The red rash that normally is associated with measles is not the initial sign the disease has victimized yet another person. As a rule, the first symptom of measles (fever) will occur about 10 to 12 days after a person’s initial

exposure to the virus. Concurrently, the individual infected with measles can experience a runny nose, a cough, small white spots inside the cheeks, loss of appetite, malaise, and red and watery eyes. A few days later, a rash erupts, which typically will spread over the entire body and lasts for 5 to 6 days before fading.

5 More than a rash. Having measles is not without complications. In that regard, the drawbacks can range from the very common (e.g., diarrhea) to the serious (e.g., pneumonia, mouth ulcers, bronchitis, and ear infections). In relatively rare instances, some children with measles develop swelling on their brain, which can lead to convulsions, loss of hearing, and mental retardation.

6 No recourse. No specific treatment for measles exists. Fortunately, most individuals with measles will recover within a few days or weeks. In the event that a person experiences certain virus-related complications, such as an eye or ear infection, bronchitis, sinusitis, or bacterial pneumonia, antibiotics can be prescribed for that individual. If the measles patient appears to become even sicker (which may be an indication that the person is developing complications), it is important that they seek medical advice.

7 Improving the odds. The single most important step that an individual can take to be protected from measles is to be vaccinated. Contrary to the ungrounded hysteria that often accompanies the issue of whether to vaccinate someone for measles, the MMR vaccine is safe, effective, and inexpensive

(i.e., less than a dollar to immunize a child). The MMR vaccine contains live weakened strains of the measles, mumps, and rubella viruses. These live viruses stimulate the production of antibodies in the body that subsequently preclude full-blown viruses from taking hold going forward.

8 A double dose of reality. Considerable evidence exists that supports the protective value of children, adolescents, and adults born after 1956 receiving two doses of the MMR

is relatively high, measles is extremely rare in the United States. Unfortunately, some parents refuse to allow their children to be vaccinated. In 2015, such antivaccination sentiment played a definitive role in a measles outbreak that erupted, with Disneyland as the attributed ground zero. Initially, more than 40 unvaccinated children were exposed to measles in the “happiest place on earth.” In turn, these individuals returned home, spreading the measles virus to other unvaccinated children in the process.



photo courtesy Deborah Haynes

vaccine. For children, the recommended range for the first dose (which produces immunity to measles and rubella in 90% to 95% of recipients) is from 12 to 15 months. The second dose, which is usually given before the child enters kindergarten or first grade, is intended to help produce immunity in those recipients who did not respond to the first dose.

9 Don’t blame Mickey. Because the number of children who receive the MMR vaccine in the United States

10 Wipeout. In theory, the measles virus could be eliminated from the face of the earth entirely. An effective vaccine against the disease exists. Furthermore, accurate diagnostic tests to identify the disease are available readily. In addition, because animals do not carry the virus, an entire animal species would not have to be eradicated. Unfortunately, however, if people do not take the vaccine, for whatever reason, getting rid of the disease for good will never become a reality.

WEST COAST TO EAST COAST - \$5.63M AWARDED



\$100,000

Oregon Health & Science University, Portland, OR
BREAST CANCER, 2014

The \$100,000 grant was awarded to the Knight Cancer Institute to continue research on the potential effectiveness of non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen or aspirin, in the prevention of metastasis of breast cancer in young women

\$100,000

University Of Colorado Cancer Center, Denver, CO
BREAST CANCER, 2012

Prevention of postpartum, pregnancy-associated breast cancer

\$100,000

University Of Texas Health Science Center At San Antonio, San Antonio, TX
BREAST CANCER, 2010

Novel therapeutic approach to overcome resistance to endocrine therapies of breast cancer

\$100,000

University Of Texas Southwestern Simmons Comprehensive Cancer Center
BREAST CANCER, 2017

This grant specifically addresses triple negative breast cancer

\$1 million

The University Of Texas MD Anderson Cancer Center, Houston, TX

OVARIAN CANCER, 2012
SPORE in ovarian cancer

\$100,000

Tulane Cancer Center, New Orleans, LA

LUNG CANCER, 2013
Contributing to lung cancer

\$100,000

Siteman Cancer Center At Washington University School Of Medicine, St. Louis, MO

BREAST CANCER, 2009
Targeted nanoparticles optimized for breast cancer diagnosis and therapy

\$100,000

Vanderbilt-Ingram Cancer Center, Nashville, TN
OVARIAN CANCER, 2014

\$100,000

Melvin And Bren Simon Cancer Center At Indiana University, Indianapolis, IN

WOMEN'S CANCER RESEARCH, 2016

Personalizing care for the aging women's population
BREAST CANCER, 2011

Genetic variants, microRNA expression, and breast cancer

\$1.25 million

Moffitt Cancer Center, Tampa, FL

OVARIAN CANCER, 2015
Personalizing care for the aging women's population

\$230,000

Rex Healthcare Foundation, Raleigh, NC

SERVING THE UNDERSERVED, 2014 and 2012

Digital mammography equipment on Rex Healthcare's new mobile mammography unit

\$1 million

UNC Lineberger Comprehensive Cancer Center, Chapel Hill, NC

BREAST CANCER, 2014

The \$1 million research grant was awarded to UNC Lineberger Comprehensive Cancer Center to conduct a Phase II, four-year controlled trial to evaluate the impact of a physical activity intervention program on biomarkers of aging and body composition among breast cancer survivors, age 65 and older, who are receiving adjuvant or neoadjuvant chemotherapy. The research project will be conducted as a national, multi-site collaboration with the Cancer and Aging Research Group, UNC Hospitals, affiliated community clinics, and the Alliance for Clinical Trials and Oncology.

\$1 million

Sidney Kimmel Comprehensive Cancer Center At Johns Hopkins, Baltimore, MD

BREAST CANCER, 2010

Facilitating potent breast tumor immunity by antibody-enhanced vaccination



photo courtesy Mark Edwards



photo courtesy Robin Mauer

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
<p style="text-align: center;">ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR 5 CONSECUTIVE DAYS TO INCLUDE DECEMBER 24-26</p> <p style="text-align: center;">TGCA OFFICE CLOSED</p>						
30	31					
<p style="text-align: center;">TGCA OFFICE CLOSED</p>						

Soccer: 1st day for scrimmages

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!

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.

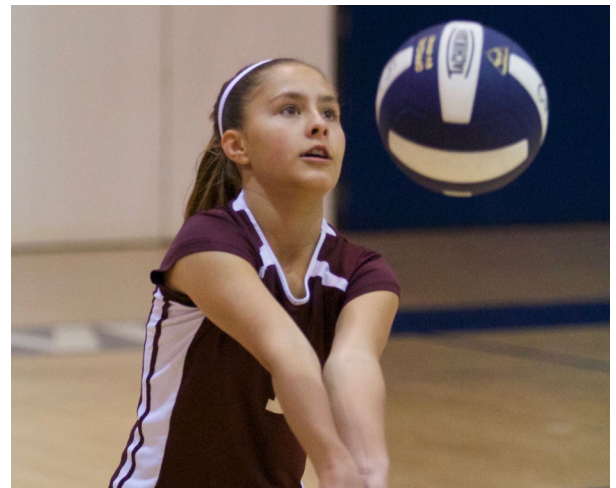


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TGCA NEWS

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TGCA on the Web
Polls, as well as other current
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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.

