



TGCA NEWS

APRIL 2020



2019-2020 TGCA OFFICERS



President of TGCA
Astin Haggerty
Clear Springs HS



1st Vice President
Brad Blalock
Frisco Centennial HS



2nd Vice President
Colby Davis
The Colony HS



Past President
Jason Roemer
Lake Dallas HS



Executive Director
Sam Tipton
TGCA Office



Assistant Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

Crossing Over Between Softball Baserunning & Track Sprinting

By Dan Aldrich, TGCA Track Committee Chair

PAGE 1-2

Embracing the Mamba Mentality: Staying Active & Sports-Ready at Home

By Nancy Lieberman, BSN Sports

PAGE 6-7

Through Adversity Ayanna Donwerth Became a Runner at Heart

By Milesplit Staff

PAGE 10-11

10 Assumptions Individuals Trying to Lose Weight Shouldn't Make

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

PAGE 12

#OurMovement

Kay Yow Cancer Fund

PAGE 13

ALSO INSIDE

- 2020 TGCA Summer Clinic3
- 2020 TGCA All-Star Information3
- TGCA Summer Clinic Hotels and Rates3
- 2020 TGCA Satellite Sports Clinics4
- UIL COVID-19 Update4
- 2020 TGCA Summer Clinic Exhibitor Information... 5
- Nomination Deadlines 5
- AD&D Benefit 5
- Membership Renewal & Clinic Registration ...8-9
- Important Dates14
- TGCA Profile Update.....14
- Sponsors.....15

cover and left photo courtesy Allison Baird

CROSSING OVER BETWEEN SOFTBALL BASE RUNNING AND TRACK SPRINTING



Dan Aldrich Fredericksburg HS | TGCA Track Committee Chair

Track speed development and softball base running have more in common than some may think. Softball is a game of speed with its small field and short base running distances. Whether or not you have softball and track kids that crossover, you can use the speed development from track to help improve your softball program's team speed.

In softball, the bases are 60 feet apart, which is around 18 meters. So, a batter who hits the ball and then runs for a single, double, triple, or homerun would be 18, 36, 54, or 72 meters respectively. Most of the base running will be between 18 and 36 meters in length since singles and doubles are normally what you would see during a softball game. The same is true for an outfielder who must sprint to catch a fly ball which is typically between 15 and 25 meters of distance. That means that a large focus in softball conditioning should be spent on speed development. Three aspects we focus on when developing speed in our track program is acceleration work, max velocity work, and strength work. When a softball athlete participates in track sprinting, they are gaining the ability to improve their speed and running technique through acceleration and max velocity work. If the track pro-



photo courtesy Chris Schmidt

gram at your school is consistent in developing speed, then the softball coach should work with the track coach in helping the program gain an advantage in developing speed.

In our track program we focus on acceleration development on Monday's and max velocity development on Thursday's. During the spring season the softball athlete who competes in track will attend their softball practice first, then come to the track for about 45min towards the end of their softball practice for speed work. The athlete is getting the sprint development they need to be successful in softball and they do not have to miss the skill or teamwork drills the softball coach must implement at practice. For the softball sprinter, we then get a third

training day in track when the athlete attends a track meet on a Saturday to compete in her races. Some may say three days is not enough work to develop during a season, but for the dual sport athlete it is better to under train than over train which may cause injury or burnout.

For the softball athlete wanting to work on acceleration development, the focus should be on sprint work between 1 and 4 seconds. What we do in track consists of block accelerations of 20-40m, sled pushes/pulls, hill sprints, and plyometric bounding work. We work on this once a week in season and twice a week out of season for about 300-600m of volume work. The rest period is anywhere from 2 to 3 minutes between reps. An easy rest rule to apply is

around 1 minute per 10 meters of acceleration work between reps. A sample acceleration workout would be six 20 meter resisted sled pulls (add 10% body weight to sled) and three sets of 15-20-25 meter sprints using blocks starts, standing starts, and roll over starts. We start with a block acceleration, then rest 2-3 minutes, followed by a resisted sled pull. We continue until the first block set is complete and rest 6 minutes before the next set.

For max velocity work, the focus should be on sprint work between 4 and 6 seconds. What we do in track consists of Flying 10-20-30 meters and Sprint-Float-Sprint drills. The Fly's always start with a smooth acceleration of 25 meters to reach top end speed finishing through a timed distance of 10, 20, or 30 meters. The focus is on how fast we can run the timed portion while holding a near perfect running technique. The Sprint-Float-Sprint drill starts out as 20-10-20 meters and can be adjusted to varied distances like 30-20-30 or 40-20-40. The athlete first accelerates to top end speed within the first distance. Then they continue to sprint the second distance under a fast and relaxed state. Finally, they attempt to accelerate

Continued on Page 2



photo courtesy Beau Burnett



photo courtesy Kelly Bonehill

CROSSING OVER BETWEEN SOFTBALL BASE RUNNING AND TRACK SPRINTING

Continued from Page 1

again through the final sprint distance at max velocity. You want to make sure the athlete is not jogging the float phase, but rather they are taught to not push as hard as the first and last phase. This drill helps the athlete understand how to relax and run fast at the same time. We work on this once a week for about 400-600 meters of volume work, resting anywhere from 4 to 6 minutes between reps.

All work should be completed as quality reps over quantity when developing speed. The Sprint-Float-Sprint drill is great for working on improving base running times for a double or triple. The acceleration and max velocity work we do in track is like a softball runner needing to sprint from one base to the next in the least amount of time as possible. By working on both speed development areas, the softball athlete can improve their base running performance times.

Once you can improve your softball team's speed, you will also want to decide on what base running technique best suits your team. In our offseason, I joined our

off-season track group with the softball group to perform a base running acceleration test to compare the fastest way to run the bases by some stances used in softball. The track group consisted of throwers, distance runners, and sprinters.

We did the performance test on a dirt softball field between first and second base and all girls wore flat running shoes. I used my Track Brower TC Timing System so that the times were as accurate as possible. We had ten off-season softball girls and fifteen off-season track girls complete the test on a calm day around 60 degrees. The softball girls were all familiar with the base running stances, but the track girls were all doing it for the first time. The test consisted of three different base running stances where the girls were timed on how long it took them to travel from first base to second base. I used a foot pressure pad between first base and the athlete's foot so that as soon as the foot pressure was removed from the base the timer was triggered. The timer was stopped once the athlete broke the laser finish gate that was set up on

second base.

The first stance had the athlete's body in front of the bag toward second base with the left foot on the front of the bag (side toward second base) and the right foot in front of their body toward second base. This stance was familiar to our track girls who use it for their standing starts. For the softball girls, the average time was 3.29 seconds, whereas the track girls had an average time of 3.16 seconds. Out of the twenty-five total athletes, one softball girl and two track girls had this method as their fastest base running time. One of the flaws I noticed for the softball girls who did not compete in track was that their push off the bag consisted of a false step, which resulted in slower times. Most softball girls would push off the bag with their left foot and step with their right foot first. The right foot was already in front of their body which led to a short first step. The track girls have been taught to distribute their weight evenly between their feet and push with both feet to drive their back foot forward, resulting in a larger first step than the softball girls and a faster time.

The second stance had the athlete's body to the side of the bag with the left foot on the bag (side facing second base like the first stance) and their right foot behind them (side of the bag facing the outfield). This stance was like a block start for our track girls and like that of the standing start in the first stance. For the softball girls, the average time was 3.24 seconds, whereas the track girls had an average time of 3.15 seconds. The softball girls had better push-off this time for their first step since they pushed with their left foot and drove their right leg forward. The track girls kept their push off like that of the first stance resulting in a very similar average time between the two stances. Out of the twenty-five total athletes, one softball girl and three track girls had this method as their fastest base running time.

The third stance had the athlete's body to the side of the bag with the left foot on the side of the bag (side facing right field) and their right foot behind them (like that of stance two). All athletes could rock back and roll forward into the takeoff, but they had to maintain pressure with the foot pad and first base. This track stance is called a roll over start and is utilized in our jumping field events. For the softball girls, the average time was 3.04 seconds and the track girls had an average time of 3.02 seconds. Out of the twenty-five total athletes, eight softball girls and ten track girls had this method as their fastest base running time. The added momentum through the roll over start for all girls allowed this method to yield the fastest time and gave both groups similar time results.

As a softball coach, if you can practice the timing of the rollover start with the release of the pitcher, then I would suggest considering the third stance method. With a proper speed development program and practice with the base running method of choice, both aspects could help you gain faster running times between the bases. The test results were for our kids and although I would expect the same results through other test groups, I would recommend you always think about what base running technique best fits your program.

Just remember that speed development takes time as there is not a short cut secret to getting fast overnight. Our track girls go through a 14-week season progression to perform their best in the final two to three weeks of our season when we need it most. Whether your focus is in-season or off-season, consider using your track coach to help develop program speed and who knows, you may find out that you can have many kids excel at multiple sports at the same time!



photo courtesy Barry Wilson

2020 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 6 - 9, 2020**

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, with some lectures being held at the Sheraton Arlington, 1500 Convention Center Drive. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Rangers Ballpark, AT&T (Cowboys) Stadium; and many more attractions. Brand new this year will be Texas Live open to TGCA Summer Clinic attendees and you are going to love the new venue! It is definitely family oriented.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in the menu across the top of the page.

The TGCA Honor Awards Banquet will be held Monday, July 6, 7:00 p.m., at the Arlington Hilton Hotel, 2401

East Lamar Boulevard, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open March 16th. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You **MUST** book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", beginning March 16th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA web-

site, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2020-21 Printable Membership Form".

The 2020 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress toward Summer Clinic and dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2020 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2020 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2020 TGCA ALL-STAR INFORMATION

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

- > [All-Star Itinerary](#)
- > [All-Star Game Schedule](#)

FAQ

- > [All-Star Info](#)
- > [HS Coach of All-Star](#)
- > [TGCA All-Star Coach](#)

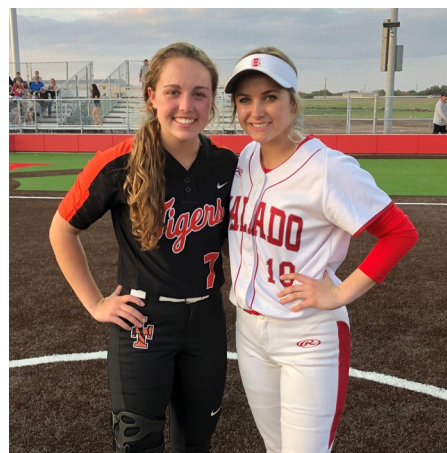


photo courtesy Jodee Preston

2020 SUMMER CLINIC HOTELS AND RATES

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 16th. Go to the TGCA website, austintgca.com, and click on "Summer Clinic" in the menu on the left-hand side of the page, then click on "Hotel Reservation Services" (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington this year with their rates, but please remember that you **cannot** call these hotels directly

and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the hotel registration site.

HOTELS FOR SUMMER CLINIC (OPEN MARCH 16)

*These are the hotels TGCA will be using and the rates they have guaranteed TGCA. **You must go through the Hotel Reservation Services link to make your actual reservation, which will open March 16.***

CROWNE PLAZA ARLINGTON

700 Avenue H East
\$129.00

DOUBLETREE ARLINGTON DFW SOUTH

1507 North Watson Road
\$129.00

HILTON ARLINGTON

2401 East Lamar Blvd
\$147.00

HILTON GARDEN INN DALLAS/ARLINGTON

2190 E Lamar Blvd
\$ 135.00

HOLIDAY INN ARLINGTON NE

1311 Wet N' Wild Way
\$109.00

LAQUINTA INN & SUITES ARLINGTON NORTH

825 North Watson Road
\$125.00

SHERATON ARLINGTON

1500 Convention Center Drive
\$142.00

We thank you for your continued support of TGCA and look forward to seeing you at the 68th TGCA Annual Summer Clinic in Arlington July 6-9.

TGCA 2020 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2020. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other Clinics" category, both located in the menu on

the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to print, complete it and either snail mail with a check, or fax (512-708-1325) or email

(tgca@austintgca.com) with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. If you have changed schools, please contact us. You cannot do that on-line. Agendas for all

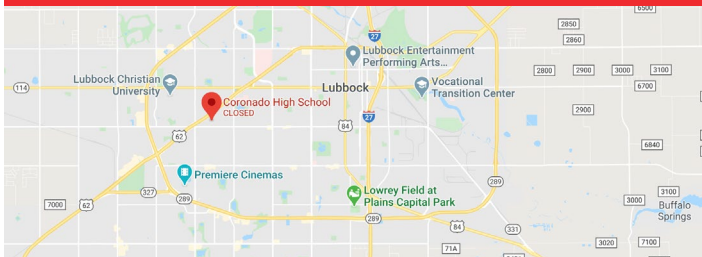
clinics are available on the website, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2020 REGION I & II LUBBOCK SPORTS CLINIC

Coronado High School
4910 29th Dr., Lubbock, Texas
June 12

[Agenda](#)

[Registration Form](#)



2020 HOUSTON SPORTS CLINIC

Madison High School
13719 White Heather Dr., Houston, Texas
June 17

[Agenda](#)

[Athletic Directors Agenda](#)

[Registration Form](#)



2020 EL PASO SPORTS CLINIC

Chapin High School
7000 Dyer St., El Paso, Texas
July 16

[Agenda](#)

[Registration Form](#)



2020 CENTEX SPORTS CLINIC

Location: TBA
Date: TBA

[Agenda](#)

[Registration Form](#)

2020 SAN ANTONIO SPORTS CLINIC

Location: TBA
June 19

[Agenda](#)

[Registration Form](#)

COVID-19: UIL ACTIVITIES UPDATE



April 17, 2020

With the announcement from Governor Greg Abbott that all Texas schools are to remain closed to in-person learning for the remainder of this school year, and in an effort to help protect the health

and safety of Texans, the University Interscholastic League (UIL) is canceling all remaining 2019-2020 spring activities and state championships.

"Our staff had been working hard on plans to resume activities this spring, but without schools in session, interscholastic activities cannot continue," said UIL Executive Director Dr. Charles Breithaupt. "Our highest priority during this challenging time is ensuring the health and safety of our students and commu-

nities and making progress in the containment of COVID-19 in Texas. We are now turning our attention to the 2020-2021 school year."

Practices, rehearsals, and workouts remain suspended until further notice. The previously communicated information allowing remote instruction remains in place. The UIL will continue to follow the direction of state authorities and will work closely with member schools to navigate this unprecedented time.

"I am grateful to the UIL staff for their leadership and dedication to students," said UIL Legislative Council Chair Curtis Rhodes. "Together we will get through this and we look forward to the day students are once again able to participate in education-based interscholastic activities."

Further details will be forthcoming. Please continue to check the [UIL website](#) and social media accounts for updates.

2020 EXHIBITOR INFORMATION TGCA ANNUAL SUMMER CLINIC

The Texas Girls Coaches Association is the only state-wide organization composed of coaches of girls' athletics, and governed by coaches of girls' athletics. The TGCA sponsors the only summer clinic for coaches of girls' athletics aimed at improving the total school educational program. Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

During our Clinic, Exhibitors are offered an ideal opportunity to visit with coaches and display new products and equipment. Exhibitors are encouraged to reserve booth space now as booths are available on a first come-first serve basis.

1 Booth-\$450
Additional Booths-\$400 each

Standard Booth:

-Space consisting of a curtained back wall
-8 feet in height and dividing side rails 3 feet in height
-10' x 10' including a 6-foot skirted table with 2 chairs.

*TGCA is unable to "hold or reserve" spaces.

All contracts should be turned in with FULL payment in order to secure your booth of choice.

For more info, please visit our website www.austintgca.com and click on "Exhibitors"
Exhibit Hall Hours

Tuesday: July 7
Set Up: 7:00AM-11:00AM
Open: 12:00PM-5:00PM
Wednesday: July 8
Open: 8:00AM-4:00PM
Breakdown: 3:30PM-6:00PM

Contact for More Information
Lisa Rodriguez
Administrative Support Staff

P.O. Box 2137
Austin, Texas 78768

Phone: (512) 708-1333
Fax: (512) 708-1325



photo courtesy Logan Lawrence

2019-20 TGCA NOMINATION FOR SPRING SPORTS

Due to the cancellation of spring sports by the UIL, the only honors by TGCA for Soccer, Track & Field, Tennis, Golf and Softball in 2019-20 will be for Academic All-State. All other nomination categories have been turned off in the system. All committee meetings for Track and Field, Softball and Sub-Varsity have been cancelled. Please be sure to get your Academic All-State nominations done. Those nomination deadlines have not changed. We are as unhappy about this as you are. However, without a state tournament, we have no way for our committees to meet to select honors, and without the season being completed, it would not be fair to all athletes and coaches. We WILL get through this. Let us know if you have questions. Stay safe!

DEADLINES

Track & Field May 6, 2019
Tennis May 13, 2019

Golf May 13, 2019
Softball May 27, 2019

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



photo courtesy Allison Baird

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.

EMBRACING THE MAMBA MENTALITY: STAYING ACTIVE & SPORTS-READY AT HOME



Nancy Lieberman | BSN Sports

We know this is a difficult time and there is no place you would rather be than on the court or field with your team. I wanted to provide you and your team with some tips and tricks I've been doing with my son, TJ, to stay healthy, active and sports-ready while at home.

We are going to be back out competing at some point, and I believe we can come out stronger with the right mentality, the "Mamba Mentality." You can watch my video message here (taking from my iPhone at home) https://www.youtube.com/watch?v=jZR_nBMdBX8&feature=youtu.be or read the recap below:

Focus on Nutrition to Build Your Immune System

Obviously home-cooked meals are the focus right now. The key is ensuring your body is getting the right vitamins, nutrition and staying hydrated. Below are simple daily nutrition approaches I've been focused on for myself and my son, TJ, during this time at home:

-Taking daily vitamins: Vitamin C, Zinc, B-12, D-3

-Staying Hydrated: Water, water, water, veggie juices, orange juice

-Cooking smartly with three-balanced meals a day

Daily Physical Activity

Getting out of the house in the fresh air is key to balance right now (with social distancing). You don't need a gym to stay active. My son and I have come up with some fun, innovative activities using what we have around the house to enhance our physical activity:

-"French Open" – Hitting tennis balls or volleyballs over trashcans in your driveway, backyard or street (if it's safe)

-"Tour De France" – Cycle around the neighborhood (with proper social distancing and/or face mask)

-Every day we've been putting in 4-5 sets of 15 reps each:

- oDips
- oLunges
- oStep backs
- oSquats (You can use your body weight, or hold something heavy – I've held my dog)
- oCurl containers of Milk
- oSit-ups (targeting low and high abs)
- oPush-ups
- oBurpees
- oEnd with a 2-minute plank

Fine-tuning Basketball Fundamentals At-Home

Of course, I must leave you with some at-home basketball drills – my specialty! Here are some simple at-home basketball drills that you can share with your athletes to make sure they are game ready when you return to the gym:

Fundamentals of Dribbling: In this drill we are focused on developing strong dribbling fundamentals. In order to improve our dribble, we need to focus on keeping our body and hands low and meeting the ball or going to the ball. Watch the drill here: https://www.youtube.com/watch?v=s8Te8RrV9Xw&feature=youtu.be&a=IS_BKC&c=NancyShootingDrills

3 Ways to Shoot: In this drill we are breaking down the movement of shooting by focusing on each step of our shot to become comfortable and create a nice rhythm in the shot. Watch the drill here: https://www.youtube.com/watch?v=_TjLKL9StAk&feature=youtu.be&a=IS_BKC&c=NancyShootingDrills

Shooting with Motion: In this drill we are focusing on staying low, ensuring we are

Continued on Page 7



photo courtesy Kenneth King



photo courtesy Beau Burnett

EMBRACING THE MAMBA MENTALITY: STAYING ACTIVE & SPORTS-READY AT HOME

Continued from Page 6

balanced and exploding up-high to create a quality shot. Watch the drill here: https://www.youtube.com/watch?v=Dce-qXS1ZWEo&feature=youtu.be&a=IS_BKC&c=NancyShootingDrills

Fundamentals of Rebounding: In this drill we are focusing on exploding to the rim, remaining balanced and being strong with the basketball: https://www.youtube.com/watch?v=eSFJWIRIB7c&feature=youtu.be&a=IS_BKC&c=Nancy-ShootingDrills

Free Coaching Clinic Webinars

BSN SPORTS has turned their coaching clinics into virtual webinars, so coaches can attend from the comfort and safety of their homes. These coaching clinic webinars are hosted by Olympic Gold Medalists, former professional players and coaches. The webinar topics range from speed and strength, softball, volleyball, soccer, swimming, basketball, track and lacrosse and wrestling. Check out the schedule and RSVP to upcoming webinars here: <https://www.bsnsports.com/ib/bsnclinics>

BSN SPORTS Women

At BSN SPORTS, we realized there

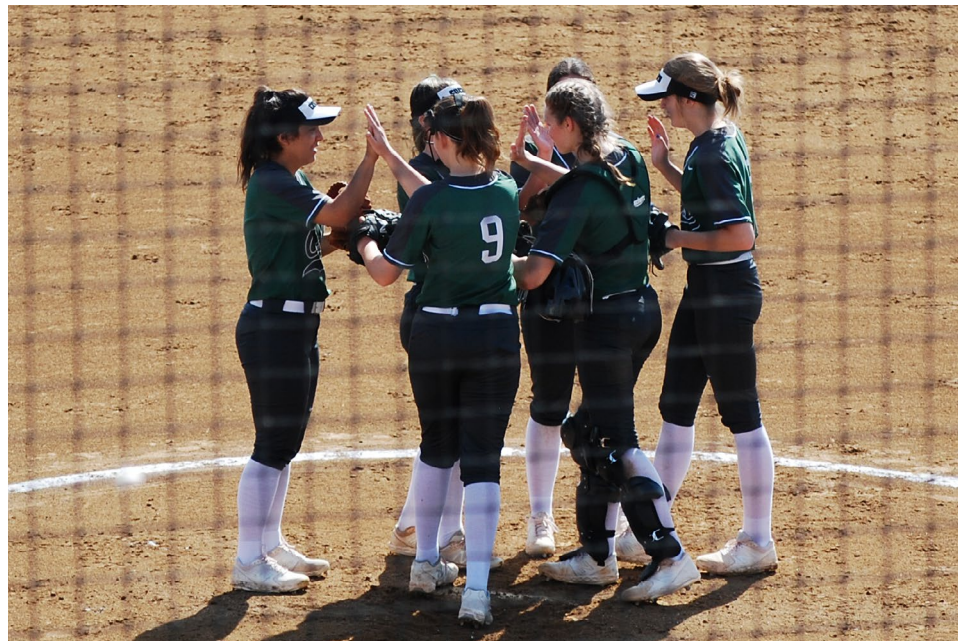


photo courtesy Valerie Henry

was a clear need to elevate women's sports at all levels.

From providing more support to coaches of female athletes, to connecting women working in the sports industry, we're committed to doing our part. Because of this, we've made it a priority to uplift and empower women in sports through our key partnerships, programs and content.

Learn more about the other BSN SPORTS women's initiatives here.

BSN SPORTS Customer Service Hotline
If we can help you in any way during this difficult time, please don't hesitate to reach out to your local Sales Pro, or our Customer Service hotline, 1-800-856-3488.

Stay Safe.



photo courtesy Jennifer Fox

2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is

YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2020-2021 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2019-2020 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or

email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experi-

ence. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT

Continued on Page 9

photo courtesy Recca Huntsman



2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 8

the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) “I cannot read the code, please provide a new one” and right below the words (in black) “Please enter the security code above”. You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the “Submit” button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school’s filtering system may have sent it there. If you don’t get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2020 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new CenTex Sports Clinic in Austin. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost



photo courtesy Alexandra Sanchez

of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2020-21 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2020-21 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category “Membership Only”. You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled “First Time Member”, and follow the process outlined for “New to TGCA for the First Time”. Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2020-21 year, beginning June 1, 2020 and ending May 31st, 2021. Please be sure that is what you intended to do. You may still print a 2019-20 membership form from the “Forms” category in the menu on the left-hand side of the main page of the website.

THROUGH ADVERSITY

AYANNA DANSWORTH BECAME A RUNNER AT HEART

By: Milesplit Staff

By now, everyone has seen her run. She has competed at many of the top indoor and outdoor track and field and cross country meets in Texas, including the state cross country meet. It could be that you've asked yourself why she just has one arm or what her story is. Ayanna Donwerth is just your typical high school runner, but she just went through a lot to get there.

Ayanna's life began very differently than most of us, as she was born in a different country and adopted. She was born in New Delhi, India and mom Mayla said she knew about her immediately after the birth mom left her at the orphanage in New Delhi. At four months of age, the Indian government granted Mayla legal guardianship and she went to India for 10 days to pick Ayanna up and bond with her. "I took her with me to the Taj Mahal by bus, that was interesting to say the least," Mom said. She was able to bring her home to the US when Ayanna was eight months old. Once back in the US and granted citizenship, they completed the adoption process by the time she was eighteen months old.

Ayanna has always known the entire adoption story. Back then, in India, to be adopted internationally there had to be a four month waiting period in case the birth mother changed her mind, then the baby had to be rejected three times by Indian couples in the country and only then could she be offered to Mayla. In India, Ayanna was labeled "untouchable" because her birth mother was an unwed Hindu woman, Ayanna was a girl, she was handicapped, and her skin was darker than was preferred in Northern India. Because of all this mom said, "I knew she would be offered to me immediately after the four month waiting period, which was exactly what happened."

Mayla was correct, she was

able to adopt Ayanna because no one stepped up to adopt her. She came into this world with everything going for her being against her, except for Mayla. "I was able to see photos of her with the women at the orphanage that cared for her while I waited for the Indian government to grant my legal guardianship and for travel arrangements to be made."

In the photos, Mayla was able to see the factors that deterred Ayanna from being adopted in India. She was born with Amniotic Band Syndrome/Constriction Ring Syndrome commonly referred to as Streeter Dysplasia. It is a complex, congenital disorder characterized by constricting rings to an extremity that likely results in amputation. This occurs in utero early on after the affected parts of the body have formed normally. The arms and legs are most often affected with this disorder and there is no known cause. The occurrence of this is rare; it occurs approximately 1 in 15,000 live births and no two cases are alike.

Related: [Amniotic Band Syndrome](#)

BECOMING A RUNNER

Having one arm partially amputated did not stop her from becoming a runner. When she was younger and running sprints, she found using the blocks put her at an unfair disadvantage, so they made her special blocks to put her on an even playing field. Even with the accommodation, Ayanna decided to discontinue competing in sprints and focus on distance events.

In the 3rd and 4th grades, Ayanna did a couple of fun runs, but mom decided when she was a 7th grader in Palo Alto, California to really get her in to running. It was in the 8th grade when she she fell in love with track while she was running the 4x800 Relay at

the USATF Junior Olympics in California. Upon moving to Texas, she started high school, and as a freshman and sophomore was part of the Leander High School track team which further fueled her love of running. Freshman year in cross country, Donwerth got down to a 18:58 in the 5K. The family then moved to Liberty Hill when she was a junior due to her mom really wanting land for animals and the place they found was not zoned for Leander, so new adventures awaited her.

This past fall, during her first cross country season at Liberty Hill, Donwerth finished third individually at the UIL Region 4 XC Championships, qualifying for the state meet. Along with her teammate Zaila Smith, who was second individually, Donwerth helped Liberty Hill win the team championships at Regionals and qualified the entire team for the state meet.

Dealing With Adversity

When Ayanna was a year old, they started going to the Shriners Hospital to teach her how to use prosthetics. She started with the basic non-functioning arm and

worked her way up to using one with a "claw" hand and shoulder strap. She had many physical therapy classes to learn how to use the prosthetics even though she was less than two years old. Mom said, "she would often pull the arm off and just go without." Ayanna eventually stopped using it altogether because she did everything just fine without it. She was able to button her clothes and play on the monkey bars. She had her own way of accommodating herself.

Shriner's recommended coming back at age five to be fit with a version of an arm that was a military grade myoelectric version, which means that the arm would be externally powered and controlled with electrical signals generated naturally by her own muscles. Mom said they went back at age five, but she was still too small and the new arm would be too heavy, make her off balance, and that they should try again when she was older. As Ayanna got older, she decided she didn't want or need the prosthetic arm. The toughest

Continued on Page 11



photo courtesy Asher Lauderdale, Milesplit

THROUGH ADVERSITY

Continued from Page 10

part now for her is driving. It's hard for her to reach over and turn the key. However according to mom, "she has already adjusted her own way and you'd never know she was any different."

Running, even though it is her passion is another challenge that she has conquered.

wondering what happened to her. She said she gets compared a lot to "Soul Surfer" and that gets on her nerves, but she doesn't let it bother her. "Yeah, I have one arm, but like honestly it helps me. It's a part of who I am and others say I inspire them by having one arm and running," she said.

She's learned over the years to become more confident in herself and not let

really put in the work or not. She commented, "you really see who has the heart for the sport when they are going out racing each other, who really wants it."

Young Runner at Heart

Ayanna is one of the ones who as she said, "really wants it;" she puts in the work to be as good as she can be. As a family, they work around Ayanna's running schedule. Mom has enlisted a private coach that helps with her exercise/workout plans, nutrition advice, and injury prevention. They pair that with whatever her current school team is doing daily as well. Mom feels they support Ayanna best by being her biggest cheerleader and helping her to follow her dreams. Last year, Ayanna wanted to try marathons but was too young so she entered all the 10K and half marathons she could find. In all those races, she placed first in her division with only a couple of second place finishes. She also recently ran the Austin Marathon and came in first in her division earning a spot in the Boston Marathon, but due to age restrictions will not be able to compete.

Mom feels her biggest strength is her competitive nature. She said, "she goes out there with the intention of winning. She doesn't always get first place in all her races for UIL sanctioned events, but she nearly always medals." Ayanna understands there will always be someone better and faster. She has also begun to understand that she is often the one that others look at to try to beat. This drives her to train harder and smarter.

Scholastically she has come a long way as well and now almost posting a 4.0 GPA, in her junior year. But, mom still feels she struggles finding something outside of running to do. "She is so focused on training and running that sometimes she forgets to take time to be a kid," according to Mayla. Outside of track, her interests lie in criminal justice and watching crime shows.

She also enjoys Netflix, watching documentaries about running or things that are going on in the world. Ayanna always seems to return to running when she is bored or has free time. She runs for the fun of it.

Speaking of fun, Ayanna thought she'd try her hand at Steeplechase at the Lovejoy Invitational and the end result surprised even her. During the first lap, she was in last place because she had never jumped a barrier before and had no idea what she was doing. By the end of the race, she was in the lead and began to adjust to the barriers and the water jump. She finished the race in second place by one stride, but you'd have thought she won it all. Mom said, "I've never seen her so smiley after not winning a race." She still talks about that race, how much fun she had and can't wait for the opportunity to do it all again. She has now decided it's an event she'd like to add to her repertoire in college along with distance races and cross country.

With bedroom walls full of medals, trophies and photos to commemorate her running experiences, Ayanna is making her family very proud of all she has accomplished. She would like to continue her running career in college at a Division 1 school commenting that her dream school is the University of Texas and possibly the University of Colorado as a close second. She lightly touched on running pro. Smiling very brightly she said, "it would be cool to go pro but I don't want to think about that right now, I just want to think about my season."

With the 2020 track and field season currently suspended, Ayanna continues to train. This summer, she will spend six weeks in Colorado training at higher altitude with Team Prep USA.

Even though she has experienced a lot and persevered through more than most, she is still just a young runner at heart.



photo courtesy Jessie McCabe, Milesplit

She has to regularly see a special chiropractor to help her with her alignment while competing and training. Mom said, "when she is tired, she will compensate by letting her shoulder drop because of the weight and balance difference of only having one full arm and it sometimes affects her form and posture." Ayanna always tries to remain aware of this so she can adjust mid-race before it slows her down too much. The regular visits to the chiropractor help her with that sort of muscle memory.

Mom and dad raised her to always know her truth and they supported her in all things that others often assumed she couldn't do. They have always treated her like their other kids, no different.

Ayanna used to be self-conscious of her size, appearance, and arm. She got made fun of a lot in school for having one arm when she was younger and says that even today she has a lot of people that look at her and comment

people's words tear her down. She now understands how to be a good friend, how to be loyal and honest, and how to stay focused on her end goal. When others have told her it must be hard to run with one arm having your body tilted, she said she does things to make it where her body isn't tilted where her form is better than her competitors. It just makes her more determined to prove them wrong.

It doesn't take long for her competitors to see that having one arm doesn't prevent her from being fast. At first they feel sorry for her and underestimate her until she beats them, but very quickly they realize she's a force to be reckoned with. It even baffles her when people look at her different or treat her different, laughing she said, "you run with your legs." She feels with two arms or one and a half arms that she is on an even playing field on the track. She doesn't focus on that though, she said it's all about if you

10

ASSUMPTIONS THAT INDIVIDUALS TRYING TO LOSE WEIGHT SHOULDN'T MAKE

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 THAT CARBOHYDRATES ARE THE ENEMY.

Individuals who want to eat a healthy diet should not forego consuming carbs. In fact, quality carbohydrate-rich foods, e.g., fruits, whole grains, and vegetables (such as beans and peas), are a critical fuel source and the foundation of healthy eating patterns.

2 THAT EATING FAT WILL MAKE A PERSON FAT.

Avoiding fat will not necessarily result in weight loss. Rather, it can actually lead to weight gain if the individuals who cut fat from their diet replace those calories with added sugar and refined grains (which they often do). Instead, they should focus on smaller portions of healthy fats that have been shown to have anti-inflammatory properties.

3 THAT EATING LESS AND EXERCISING MORE IS THE ONLY STRATEGY NEEDED TO LOSE WEIGHT.

Although individuals who lose weight tend to successfully change their eating habits, as well as increase their level of exercise, there are other issues that can contribute to a person's weight that also should be considered. For example, attention should be paid to the overall composition and eating patterns of an individual's diet. As such, a person should focus on eating healthier foods while avoiding highly processed foods that often have lots of added sugar.

4 THAT SNACKING SHOULD BE AVOIDED.

On the contrary, snacking can actually be good. Paying attention to what the body is telling someone (for example, a sense of hunger) can be helpful in preventing a person from overeat-

ing at a later meal. In reality, individuals don't have to get used to feeling hungry. What matters is what a person snacks on. In that regard, the focus should be on consuming a healthy, portion-controlled snack, e.g., an ounce of nuts, carrots with hummus, etc.

5 THAT ALL CALORIES ARE EQUAL.

As such, there are high-quality calories (i.e., those with nutrients and fiber) and low-quality calories (i.e., processed foods, sugary snacks, and refined starches). In other words, what a person eats can be just as important as how much they eat. The focus should be on eating whole foods of high quality (e.g., fruits, vegetables, lean minimally processed protein) and avoiding processed foods (e.g., crackers, cookies, white bread, and fast-food meats).

6 THAT CONSUMING LOW-FAT FOODS CAN LEAD TO WEIGHT LOSS.

Maybe, maybe not. In reality, a number of low-fat foods (as well as reduced-fat and fat-free foods) have just as many calories as the full-fat versions, given that they often contain more sugar and taste-enhancing additives. As such, consuming fat in certain forms (e.g., olive oil, avocados, nuts, seeds, etc.) can provide a person with a variety of health-related benefits, such as reducing appetite, reducing inflammation, and helping absorb essential nutrients from the diet.

7 THAT EXERCISE IS MORE IMPORTANT THAN WATCHING WHAT THEY EAT.

In reality, the amount of calories a person can burn from exercise is often modest, particularly when compared with the number of calories that can be

eliminated by changing their diet. The key factor is to develop healthy habits that involve both nutrition and exercise.

8 THAT WEIGHT LOSS WILL BE QUICK AND EASY.

The truth is that the human body is complicated. Every person has a different set of hormones, encounters different environmental factors, potentially has different underlying health

cates that little difference exists in the resting energy expenditure level between overweight people and lean people. What is normally different between the two groups is their lifestyle. One tends to be stationary and have poor eating habits, whereas the other typically has good eating practices and is physically active on a regular basis.



photo courtesy Kelly Bonehill

issues, and has different genetics—all of which can impact how much and how fast weight is lost. As such, over and over adhering to a healthy lifestyle, the key is to have patience. The weight wasn't gained in a day, and won't be lost in a day either.

9 THAT INDIVIDUALS WHO ARE OVERWEIGHT HAVE SLOWER METABOLIC RATES.

Research shows that individuals can successfully lose weight using a variety of methods. In that regard, the concept of one perfect diet that works for everyone is a myth. In reality, a person's diet should conform to the individual's specific set of needs and circumstances, not the other way around.

#OURMOVEMENT



Over the past 12 years, a nation of coaches has united in the fight against ALL cancers affecting women. #Play4Kay stories give hope, courage, and strength.

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 at Akin Elementary 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 it 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.



We recently added this section to our website to enable us to share the stories of Play4Kay. Since 2007, communities have been rallying together in support of the fight against ALL cancers affecting women.

Share your Play4Kay story with us at <https://kayyow.com/our-stories/play4kay-stories/>

Stories of communities UNITING in the fight against cancer...

This story symbolizes that small gestures of caring and hope can be amplified. These stories gain even more importance as we all struggle through these uncharted times in the COVID-19 crisis.

AKIN ELEMENTARY

(Hale Center, Texas)

2019 PLAY4KAY

K-12 NATIONAL WINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 TGCA: Track & Field Nomination deadline, NOON	5	6	7	8	9
10	11 TGCA: Golf & Tennis Nomination Deadlines, NOON	12	13	14	15	16
17	18	19	20	21	22	23
24	25 TGCA: Softball Nomination Deadline, NOON	26	27	28	29	30
31						

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.



Whely protein packs a nutritional punch. #DairyAmazing

<https://www.facebook.com/DairyMAXinc/videos/301045887478079/>

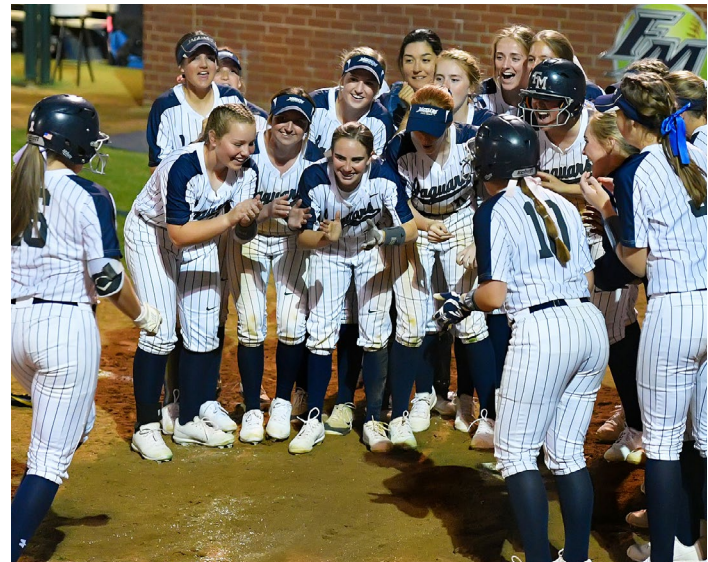


photo courtesy Allison Baird

THANKS TO OUR SPONSORS

**American Income Life
Athletic Supply
Baden
Balfour
BSN Sports**

**Coaches Choice
Dairy Max
Dell
Eastbay
Gandy Ink**

**Gulf Coast Specialties
MaxPreps
Milesplit
Mizuno
Nike**

**Sideline Interactive
Varsity
Guy in the Yellow Tie -
Tom Rogers Financial
& Insurance Associates**



The power to do more



VARSITY
Guy in the Yellow Tie



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



TGCA NEWS

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

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

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

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

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

Executive Director:
Sam Tipton,
sam@austingca.com

Assistant Executive Director:
Lee Grisham,
lee@austingca.com

Administrative Assistant:
Audree Tipton,
audree@austingca.com

Administrative Support Assistant:
Oma Garmon,
oma@austingca.com

Administrative Support Staff:
Lisa Rodriguez,
Lisa@austingca.com

Newsletter Editor: Logan Lawrence

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.



@AUSTINGCA