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
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TGCA Sub-Varsity Committee Chair
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HURDLING ADVERSITY

Kevin Johnson Gonzales HS | TGCA Sub-Varsity Committee Chair

I started my collegiate track and field career at the University of Arkansas in the spring of 2007. I walked on in hopes of earning a scholarship, but after circumstances beyond my control made that goal an impossibility, I moved back home and started classes at a local junior college. I was off the track for two years when I decided to try to get back in the game in the summer of 2009. I sent a blast e-mail to several college coaches hoping to find my second chance, but what happened next surprised me. Abe Brown, the hurdles and jumps coach at Abilene Christian University, contacted me to see if I was still interested in running. Coach Brown was not on my e-mail blast. I told him I was interested, and he told me they had a spot open. At the end of August, I showed up to ACU with 10 dollars in my pocket. Ten dollars that was supposed to be gas money for the friend who gave me a ride. Somewhere between the last time I talked to Coach Brown and the day I showed up on campus there was a total coaching turnover. No one, except Don Garrett, the ACU track announcer, knew I was coming. I walked into head coach Roosevelt Lofton’s office and he was more than skeptical that I could still compete after a two-year hiatus. He had no room for me, no money for me. So, I made a deal with him. I told him that if I outperformed his top recruits, his scholarship athletes, he would give me scholarship. With a bit of a scoff and a smirk, Coach Lofton agreed. The first semester at ACU was a whirlwind. I somehow made that 10 dollars stretch a week and a half. I was in and out of dorm rooms as the university tried to find the right place for me. Classes were

Continued on Page 2

BASKETBALL COMMITTEE

<table>
<thead>
<tr>
<th>COACH</th>
<th>SCHOOL</th>
<th>CONF.</th>
<th>REG.</th>
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<tr>
<td>Rocky Ford*</td>
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<td>2A</td>
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<tr>
<td>Trent Hilliard</td>
<td>Wolfforth Frenship</td>
<td>6A</td>
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<tr>
<td>Laura Lange</td>
<td>Merkel</td>
<td>3A</td>
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<tr>
<td>Amy Powell</td>
<td>Wylie</td>
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<td>2</td>
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<td>Nikki Hyles</td>
<td>Aledo</td>
<td>5A</td>
<td>3</td>
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<td>Chance Westmoreland</td>
<td>Argyle</td>
<td>4A</td>
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<td>Ross Barber**</td>
<td>Tyler Lee</td>
<td>6A</td>
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<tr>
<td>Rodney Ross</td>
<td>S&amp;S Consolidated</td>
<td>3A</td>
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<tr>
<td>Ryan Hall</td>
<td>Corrigan Camden</td>
<td>3A</td>
<td>5</td>
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<tr>
<td>Michelle Trotter</td>
<td>Crosby</td>
<td>5A</td>
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<tr>
<td>Kevin Bussinger</td>
<td>Lake Travis</td>
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<td>Tommy Gates</td>
<td>Navasota</td>
<td>4A</td>
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<td>Jenny R. Garcia</td>
<td>Edinburg North</td>
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<td>Marlee Webb</td>
<td>EP Franklin</td>
<td>6A</td>
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Continued from Page 1

challenging and I failed one class, meaning I had to sit out my first collegiate meet the next semester. Even so, I had done the seemingly impossible. I knew I had left my heart on the track and outworked most of my teammates. So, I went into Coach Lofton’s office and asked for my scholarship. He obliged.

In January 2010, I signed my first collegiate scholarship papers. I had a successful season that spring, taking silver in the 110m hurdles at the Lone Star Conference Championships. I was first-man-out on the NCAA Div. II national championships qualifiers list.

Going into the next year, I was even more determined to make nationals. I worked hard on the track, but not as hard in the classroom. My work on the track paid off. I won the 110m hurdles at conference and ran a personal best. But once again, I was first-man-out on the national qualifiers list. Missing nationals, coupled with my less than stellar classroom performance, cost me my scholarship. I would yet again have to prove myself.

Starting my third year I was determined to excel not only on the track, but also in the classroom. I pushed myself athletically and academically. Once again, hard work paid off. I made the Lone Star Conference All-Academic list and ACU Athletics honor roll in the fall of 2011. As fate would have it, though, towards the end of the semester I had a training accident and suffered an avulsion fracture in my right ankle.

I still asked Coach Lofton for my scholarship back, and again he obliged. Having earned back my scholarship I was determined to not let my injury slow me down. I finished second at conference, but my performance was not enough to get me on the national qualifiers list. I truly had one last chance and made it onto the qualifiers list for the 2012 NCAA Div. II Outdoor Track and Field Championships in Pueblo, Colo.

Adversity is a word we often use to encourage our athletes after defeat in competition. In our coaching vocabulary, adversity tends to be synonymous with losing – losing a game, losing a race, losing a meet. But adversity runs deeper in our own lives and in our athletes’ lives. As we often encounter, the real adversity is not in the wins and losses columns. Rather, adversity is baked into our stories. Adversity can be deeply personal – the loss of a parent or child, a debilitating injury or illness, teenage parenthood, arrests, natural disasters, and the list of possibilities goes on.

The challenge then is how we deal with that adversity. Do we let it weigh us down or do we adapt and overcome? I am willing to bet we all entered this profession because in some form or fashion we have learned to adapt and overcome. Sports gives us a unique venue to pass on those skills to our athletes and fellow coaches. We just have to be willing to let each other in on our stories.

I never liked talking about myself. Doing so is out of my wheelhouse and uncomfortable for me. I have found, though, that sharing my story with my athletes has built bridges. On some level, we relate to each other amid our adversities. I want my athletes to know that I have struggled, and I have overcome, and in knowing that I want them to be encouraged that they, too, can overcome the adversities in their lives.
TEN TEAM-BONDING ACTIVITIES TO HELP BUILD CHEMISTRY

By: Nancy Lieberman

Sometimes, the outcome of a game or match simply comes down to which team has more talent and skill. Often, however, the team with better chemistry and cohesion ends up victorious.

Because of this, it's important to do more than just practice from a physical standpoint. Team-bonding activities can matter just as much.

It doesn't matter if you're a pro or amateur athlete – if teammates don't trust and believe in each other, the common belief is that accomplishing goals, achieving greatness or even just becoming a successful team is much more difficult.

As someone who's played and coached at all levels – high school, collegiately and professionally (WNBA, NBA, BIG3) – I strongly agree.

Successful teams

Successful teams share several traits – three that I've seen consistently are commitment, trust and communication.

Successful teams also have a clear vision. To help build this vision, coaches should take an inventory of where their team is today, and ask the following questions:

• What is our purpose?
• What do we stand for?
• What are our strategies and focus areas?
• What is working?
• What is not working?
• What are our goals?
• Where do we want to go?

To no surprise, I've consistently seen that it becomes much easier to obtain those vital traits, ask those questions, and build a vision when your team has a tight bond and strong chemistry.

TGCA Women’s Coaches Survey

In an effort to learn more about the growing world of women’s athletics and bring more attention to female athletes and coaches, BSN SPORTS and the Texas Girls Coaches Association (TGCA) surveyed nearly 500 coaches of female sports teams on a variety of topics.

One of the questions asked coaches to share their favorite team-bonding activities, and it yielded the following results:

1. Team meals – 79%
   Whether it’s ordering a few pies from the local pizza joint or getting some team parents together to cook up some pasta or fire up the grills for a barbecue, the top vote getter was team meals. There’s a reason millions of families across the world do this almost nightly – few things in life are more intimate than breaking bread with one another.

2. Practice/workouts – 68%
   No need to overthink or overdo things – sometimes the everyday practice or summer workout is the best way to help your team bond. If things are feeling monotonous, try mixing in something fun or out of the ordinary to spice things up, whether it’s a bet that potentially involves the coach joining in on conditioning, or an unusual drill that adds some unexpected entertainment to practice.

3. Community service – 52%
   One of the best ways to build a sense of community with your team is to give back to the local community together.

4. Holiday gift exchanges – 35%
   Keeping the holiday theme in mind, try setting up a white elephant gift exchange, a gingerbread house contest, or something else festive. Bringing the team together during holiday seasons can be especially memorable and enjoyable for all involved.

Additional results and tips

Here are some additional results that rounded out the Top 10, as voted on by coaches:

• Bowling
• Road trips/overnight trips
• Movies
• Hikes
• Escape rooms/rope courses
• Scavenger hunts

BSN SPORTS Women

At BSN SPORTS, we realized there 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. 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.
Congratulations to the following TGCA member coaches and their teams who captured 2019 UIL Cross Country State Championships!

<table>
<thead>
<tr>
<th>COACH</th>
<th>SCHOOL</th>
<th>CONE.</th>
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<tbody>
<tr>
<td>Gary Billingsley</td>
<td>Cumby Miller Grove</td>
<td>1A</td>
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<tr>
<td>Terry Davis</td>
<td>Gruver</td>
<td>2A</td>
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<tr>
<td>Glenn Griffin</td>
<td>Holliday</td>
<td>3A</td>
</tr>
<tr>
<td>Ray Baca</td>
<td>Canyon</td>
<td>4A</td>
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<tr>
<td>Jonathan Tate</td>
<td>Boerne Champion</td>
<td>5A</td>
</tr>
<tr>
<td>Justin Leonard</td>
<td>Southlake Carroll</td>
<td>6A</td>
</tr>
</tbody>
</table>

CROSS COUNTRY ATHLETES OF THE YEAR

Conferences 1A-2A-3A-4A
Ashlyn Peralta
Sundown High School
Coach: Paul Darden

Conferences 5A-6A
Aubrey O’Connell
Prosper High School
Coach: Jennifer Gegogeine

CROSS COUNTRY COACHES OF THE YEAR

Conferences 1A-2A-3A-4A
Brandy Eckermann
San Saba High School

Conferences 5A-6A
Jennifer Gegogeine
Prosper High School

CROSS COUNTRY ATHLETES OF THE YEAR

White Milk vs. Chocolate Milk: Can both be part of your athlete’s post-workout #nutrition plan? The low-down:
https://www.dairydiscoveryzone.com/blog/white-vs-chocolate-milk-can-both-be-part-your-post-exercise-game-plan

TEXAS SPORTS WRITERS ASSOCIATION ALL-STATE VOLLEYBALL

Nominations for Texas Sports Writers Association All-State Volleyball are due by Monday, Dec. 2.

To nominate players (they do not have to be seniors), please send information to Jack Stallard at the Longview News-Journal via email at jstallard@news-journal.com

Nominations must include:
Player(s):
School:
Classification of school: (PLEASE INCLUDE THIS)
Position: (Outside hitter, middle blocker, setter, libero)
Final season stats:

HAPPY THANKSGIVING FROM THE TGCA STAFF
SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center  Fort Worth, TX  |  January 16-18, 2020

Schedule
Thursday, January 16  .............................................................Coed
................................................................................... Conference 1A
.................................................................................. Conference 2A
...................................................................................Conference 3A

Friday, January 17 ................................................Conference 4A
.............................................................................Conference 5A-D1

Saturday, January 18 ....................................Conference 5A-D2
.............................................................................Conference 6A-D1
........................................................................... Conference 6A-D2

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.

CAREER RECOGNITION FOR SPIRIT COACHES

<table>
<thead>
<tr>
<th>Points</th>
<th>Certificate/Plaque Recognition/Hall of Fame Recognition</th>
</tr>
</thead>
<tbody>
<tr>
<td>300</td>
<td>Certificate</td>
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<tr>
<td>400</td>
<td>Certificate</td>
</tr>
<tr>
<td>500</td>
<td>Plaque Recognition (Every 100, 500-900)</td>
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<tr>
<td>1,000</td>
<td>Hall of Fame Eligibility</td>
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</table>

Scoring
- Years of Service at Varsity Level: 10 points per year
- Finals Appearances: 10 points
- Best of Category Wins: 15 points
- Third Place: 30 points
- Second Place: 40 points
- State Champion: 50 points

Send info to tgca@austintgca.com. Deadline is May 31st.

SPIRIT ADVISORY BOARD

<table>
<thead>
<tr>
<th>COACH</th>
<th>SCHOOL</th>
<th>CONE</th>
<th>REG.</th>
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<tr>
<td>Carrie Powers</td>
<td>Blackwell</td>
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<td>Heather Jones</td>
<td>The Colony</td>
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<td>Nicole Duggan</td>
<td>Canyon Lake</td>
<td>4A</td>
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<tr>
<td>Kari Ring</td>
<td>La Vernia</td>
<td>4A</td>
<td>7</td>
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<tr>
<td>Shannon Wylie*</td>
<td>SA Johnson</td>
<td>6A</td>
<td>7</td>
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<tr>
<td>Pete Ramirez</td>
<td>McAllen Memorial</td>
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<tr>
<td>Matthew Escue*</td>
<td>San Angelo Central</td>
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*Co-Chairs

NEW CHEER NOMINATIONS DEADLINE

Your Spirit Advisory Board has decided to make the honors nomination deadline for TGCA honors for cheer January 24th at 5:00. They have decided no late nominations will be accepted this year, so be sure you get your nominations done by Friday, January 24th, at 5:00 p.m. All nominations for all honors need to be done on-line through the Spirit Division tab, and then through the links on the left-hand side of the page which designate where the nomination forms are for both cheerleaders and coaches. Please be sure you get ALL of your nominations done by then, including Academic All-State. Let us know if we can be of assistance.
## 2019-20 TGCA Board of Directors

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astin Haggerty</td>
<td>President</td>
<td>Clear Springs</td>
</tr>
<tr>
<td>Brad Blalock</td>
<td>1st Vice President</td>
<td>Frisco Centennial</td>
</tr>
<tr>
<td>Colby Davis</td>
<td>2nd Vice President</td>
<td>The Colony</td>
</tr>
<tr>
<td>Jason Roemer</td>
<td>Past President</td>
<td>Fredericksburg</td>
</tr>
<tr>
<td>Brooke Walthall</td>
<td>Region I Senior Director</td>
<td>Canyon Randall</td>
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<tr>
<td>Jason Culpepper</td>
<td>Region I Junior Director</td>
<td>Bushland</td>
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<tr>
<td>Sunni Strickland</td>
<td>Region II Senior Director</td>
<td>Forsan</td>
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<tr>
<td>Mitzi Bell</td>
<td>Region II Junior Director</td>
<td>Sweetwater</td>
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<td>Jim Wood</td>
<td>Region III Senior Director</td>
<td>Maypearl</td>
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<tr>
<td>Yolanda Beasley</td>
<td>Region III Junior Director</td>
<td>FW Castleberry</td>
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<td>Kari Bensend</td>
<td>Region IV Senior Director</td>
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<td>Frank DePaolo</td>
<td>Region IV Junior Director</td>
<td>Melissa</td>
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<td>Reagan Smith</td>
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<td>Cypress Creek</td>
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<td>Stacy Tucker</td>
<td>Region V Junior Director</td>
<td>Barbers Hill</td>
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<td>Brandace Boren</td>
<td>Region VI Senior Director</td>
<td>Austin Lake Travis</td>
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<tr>
<td>Anthony Branch</td>
<td>Region VI Junior Director</td>
<td>Sealy</td>
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<tr>
<td>Patti Zenner</td>
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<td>Bernice Voigt</td>
<td>Region VII Junior Director</td>
<td>SA Wagner</td>
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<td>Cully Doyle</td>
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<td>Marlee Webb</td>
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<tr>
<td>Susan Brewer</td>
<td>Volleyball Committee Chair</td>
<td>Bellville</td>
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<td>Claire Gay</td>
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<td>Rocky Ford</td>
<td>Basketball Committee Chair</td>
<td>West Texas</td>
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<td>Ross Barber</td>
<td>Basketball Committee Chair</td>
<td>Tyler Lee</td>
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<tr>
<td>Dan Aldrich</td>
<td>Track Committee Chair</td>
<td>Fredericksburg</td>
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<td>Lacy Schott</td>
<td>Track Committee Vice Chair</td>
<td>Medina Valley</td>
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<tr>
<td>Scott Mann</td>
<td>Softball Committee Chair</td>
<td>Springtown</td>
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<td>Billy Coleman</td>
<td>Softball Committee Vice Chair</td>
<td>Austin Lake Travis</td>
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<td>Kevin Johnson</td>
<td>Sub-Varsity Committee Chair</td>
<td>Gonzales</td>
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<tr>
<td>Brent Morris</td>
<td>Sub-Varsity Committee Vice Chair</td>
<td>Wolfworth Frenship</td>
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### 2019-20 TGCA Board & Committee Meetings

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

- **MARCH 6**
  Basketball Committee Meeting, 12:00 Noon, San Antonio

- **MARCH 8**
  Board of Directors Meeting, 11:00 a.m., San Antonio

- **MAY 7**
  Track Committee Meeting, 7:00 p.m., Austin

- **MAY 8**
  Sub-Varsity Committee Meeting, 1:00 p.m., Austin

- **MAY 9**
  Track All-State Committee Meeting, 8:00 a.m., Austin

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

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

- **JUNE 7**
  Board of Directors Meeting, 11:00 a.m., Austin

- **JUNE 16**
  Legislative Council Meeting (TGCA Executive Committee Only), Pflugerville

- **JULY 6**
  Board of Directors Meeting, 1:00 p.m., Arlington

- **JULY 8**
  Spirit Committee Meeting, 8:00 a.m., Arlington
2020 TGCA SUMMER CLINIC

The 2020 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 6-9. 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 2019-20 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 on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

2019-20 TGCA NOMINATION DEADLINES BY SPORT

<table>
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<tr>
<th>Sport</th>
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<td>Spirit</td>
<td>Jan 24, 2020</td>
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<tr>
<td>Swim/Dive</td>
<td>Feb 10, 2020</td>
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<tr>
<td>Wrestling</td>
<td>Feb 17, 2020</td>
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<tr>
<td>Basketball</td>
<td>Mar 2, 2020</td>
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<td>Soccer</td>
<td>Apr 13, 2020</td>
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<tr>
<td>Track &amp; Field</td>
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<td>Tennis</td>
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<td>Golf</td>
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<tr>
<td>Softball</td>
<td>June 1, 2020</td>
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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 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 Arnacicia Alridge at 281-857-9325 or ajalridge@ailife.com. To view the letter online, visit ailife.com/benefits/sgM9W.
WHAT IS IT? Laughter, typically, the response to humor, is a physical reaction in humans, consisting, as a rule, of rhythmic, often audible, contractions of the diaphragm and other parts of the respiratory system. As such, laughter is part of human behavior regulated by the brain, helping individuals clarify their intentions in social situations, as well as providing emotional context to their circumstances.

THE BEST MEDICINE. Although laughter makes people feel better in the moment, there appear to be long-term health (both physical and mental) benefits as well. Accordingly, some experts recommend that individuals get 15 to 20 minutes of laughter a day.

OH, TO BE A KID AGAIN. All in all, it goes without saying that happy people have more fun. In fact, individuals who choose to be happy and exemplify positivity tend to look for more opportunities to laugh. It’s been written (though never documented) that the average 4-year-old laughs 300 times a day, whereas the average 40-year-old only laughs four times a day. The importance of such an observation is reinforced by the oft-cited quote, “You don’t stop laughing because you grow old. You grow old because you stop laughing.”

HEART HEALTHY. Research has shown that laughter has an anti-inflammatory effect that helps protect blood vessels and heart muscle from the damaging effects of cardiovascular disease. In fact, one study found that people with cardiac disease laughed approximately 40% less at life-related situations than those individuals without cardiac disease.

IT’S NO JOKE. Laughter can have a positive impact on a person’s stress level. Not only does it decrease the release of stress hormones, but it also triggers the release of endorphins, the body’s natural feel-good hormones, which promote an overall sense of well-being, as well as, in some circumstances, temporarily relieve pain.

STRETCHES THE IMAGINATION. Laughter allows people to entertain the absurd and imagine alternative possibilities. It enables individuals to see things from various angles and from a different perspective. All factors considered, by creating psychological distance, it allows people to have a sense of safety when they’re confronted by anxiety-provoking life situations.

EVERY LITTLE BIT HELPS. Scientists have calculated that just 15 minutes of laughter a day will burn approximately 10 to 40 calories a day, depending on how much a person weighs and how hard that individual laughs. Such a caloric expenditure can result in a loss of 1 to 4 lbs a year. In that regard, it is important to note that tickling, which makes a person laugh, has a similar caloric burn.

NOT A LEARNED BEHAVIOR. Humans are hardwired for laughter. Everyone has the capacity to laugh, including blind and deaf people. Arguably, laughing could be considered the universal language. Greetings may entail different meanings in various regions and areas of the world, but laughter is a sign of happiness everywhere on the planet. In fact, laughter is a sound that does not have any language.

LAUGH AND THE WORLD LAUGHS WITH YOU. Researchers have found that laughing really is contagious. When someone sees someone smiling and laughing, their natural response is to do the same. As such, the brain responds to the sound of laughter and preps the muscles in the face to join in the mirth. Furthermore, the setting also matters. For example, a person is 30 times more likely to laugh when in a group, versus being alone.

APLOMB. Laughter has been shown to increase a person’s level of self-esteem. Not only can laughing and smiling make a person feel better about themselves, they are appealing attributes that help boost a sense of confidence in social situations.
WHAT IS PLAY4KAY?

Uniting players, coaches, and fans to do something for the greater good that far exceeds wins and losses on the court, the Play4Kay initiative is our largest fundraiser and plays a major role in our success. The “pink phenomenon” in women’s basketball began during the 2004-2005 basketball season, when Coach Yow’s cancer recurred after being in remission for 17 years. Play4Kay is the grassroots fundraising initiative of the Kay Yow Cancer Fund. It was originally called Think Pink, later Pink Zone, and most recently and finally, Play4Kay. Women’s basketball teams wore pink in honor of Coach Yow and those battling cancer. In 2007, this movement resulted in the establishment of the Kay Yow Cancer Fund and its Play4Kay initiative.

For the past eleven years, communities in all 50 states have hosted Play4Kay fundraisers. Play4Kay events are about uniting the community, honoring survivors, and raising money for the Kay Yow Cancer Fund by doing something they love. Coach Yow wouldn’t have it any other way.

Elements of a Play4Kay game:
• Host a Play4Kay game and call it Play4Kay.
• Raise money and donate it to the Kay Yow Cancer Fund/participate in the Play4Kay National Free Throw Challenge.
• Honor cancer survivors on court during your game.
• Participate in the coaches’ campaign by making a meaningful contribution to the Kay Yow Cancer Fund in honor of survivors.
• Show in-venue videos/PA announcements about the Kay Yow Cancer Fund during the game.
• Purchase generic T-shirts from the Kay Yow Cancer Fund to promote uniform branding of the Kay Yow Cancer Fund.

I Play 4

Every minute, one woman is diagnosed with cancer. One mother. One daughter. One wife.
We are working to put an end to this disease.
One dollar. One drug. One life.
Help us raise money in support of scientific research and programs that serve the underserved.
Who do you Play4?

LEARN MORE ABOUT OUR GLOBAL PARTNERS

Women’s Basketball Coach Association

The Kay Yow Cancer Fund is proud to partner with the companies and organizations below in the fight against ALL women’s cancers. If you would like to learn more about becoming a partner, contact Robin Pate at (919) 659-3303 or Robin.Pate@KayYow.com

Nike
Nike partnered with the Kay Yow Cancer Fund in the spring of 2008. Nike offers a special collection of footwear, apparel, and equipment to contribute to the Kay Yow Cancer Fund while bringing awareness to the fight against cancer. Nike is also the present-ing sponsor of the annual Golf Classic.

V Foundation
The Kay Yow Cancer Fund works with the V Foundation

photo courtesy Carmen Oertega

photo courtesy Adrian Smith
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.

ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR 5 CONSECUTIVE DAYS TO INCLUDE DECEMBER 24-26

TGCA OFFICE CLOSED

TGCA OFFICE CLOSED

ESPN
ESPN partners with the Kay Yow Cancer Fund to produce quality programming surrounding the Play4Kay initiative in women's basketball each year. The Kay Yow Cancer Fund appreciates ESPN's commitment to the fight against all women's cancers through its continued coverage of Play4Kay games nationwide.

NCAA
The NCAA and the Kay Yow Cancer Fund work collaboratively to elevate the sport of women's basketball on all levels. The NCAA has been an ally in the fight against ALL women’s cancers since the Fund's inception in 2007.

NATIONAL PARTNERS
The Kay Yow Cancer Fund is proud to partner with the following national companies in the fight against ALL cancers affecting women!

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

TGCA NEWS
TGCA NEWS

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

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TGCA on the Web
Polis, as well as other current information, can be found on the TGCA website at: austintgca.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.

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