



TGCA NEWS

JANUARY 2021



2020-2021 TGCA OFFICERS



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*cover photo courtesy Logan Lawrence
left photo courtesy Shannon Lindsey*

TRIPLE A: ADJUST, ACCOMMODATE, & ACCOUNTABILITY



Astin Haggerty League City Clear Springs HS | TGCA President

HAPPY NEW YEAR!

The pandemic has rocked athletics at every level. No longer do coaches plan to stay ahead, coaches in the great state of Texas are planning to get through the next hour... As planners, how do we navigate these infamous, uncharted waters? We harp on the opportunity to execute our plans. With the 2021 season in full effect, my philosophy to cope with our unique times will stem from the "Triple A"- Adjust, Accommodate, & Accountability.

Adjust is termed as the ability to alter or move (something) slightly in order to achieve the desired fit, appearance, or result. In our case, how do we adjust to the new normal of an ever-changing environment? Having the notion to adjust set plans, rather its training, scheduling, or personnel situations, we must have adjustment strategies to tweak our desired outcomes. For example, the University of Interscholastic League (UIL) sets policies in a responsible time frame for coaches to adjust as needed. When game/meet limitations are set, coaches should plan with the opportunity to adjust their schedules as needed. Currently, allowing "blanket dates" to fulfill a district schedule is imperative. Giving our student athletes as many chances to compete is essential considering "that" game or competition could potentially be their last.

Accommodate is termed



photo courtesy Cynthia Arteaga

as a fit in with the wishes or needs of. Obviously, every coach has different needs for their programs. Pandemic or not, accommodating to your athletes, staff, and numerous aspects of leading your program, is an impactful variant in success. This Fall, I watched our girls' volleyball team experience change after change during their season. Managing to make it through their competitive District schedule, they charged to the Regional semi final game with half of the Varsity team quarantined. Our fearless coach refused to let her team down and moved up Junior Varsity players to represent our school at the one of highest stages in the sport. From scouting countless hours to accommodating their game

plan, she "fit" the pieces she had to give our volleyball athletes the best chance to be successful. Hats off to you all who continue to accommodate!

Accountability is termed as an obligation or willingness to accept responsibility for one's actions. Coaches are not only role models in their respected programs, but in communities across the state. With that, accountability starts with us. Are we doing everything possible to accept all the praise and the criticism? The answer should be a resounding yes! Nowadays, accountability is as simple as socially distancing or wearing a mask. That should be just the beginning... When it comes to being accountable leaders, coaches should in turn ex-

pect the same from their staff and athletes.

Lastly, our actions are indicative of our choices. Let's all do our absolute best to make choices that positively impact our athletes, staff, administration, and community. This new year will bring on more challenges and more uncharted waters. Coaches are built for tough times, to make tough decisions. Adjust to achieve, accommodate to fit what you need, and implement the obligation for accountability for all stakeholders in your program. Ultimately, use what works best for you and add a little "Triple A" to your new year!

Are you ready?

SWIMMING & DIVING STATE CHAMPIONSHIPS

Bill Walker Pool & Josh Davis Natatorium San Antonio, Texas | February 19-20, 2021

Friday, February 19

6A Girls Swimming Prelims..... 10:00 AM
6A Girls Diving Prelims12:00 PM
6A Girls Swimming and Diving Finals 5:00 PM

Saturday, February 20

5A Girls Swimming Prelims..... 10:00 AM
5A Girls Diving Prelims12:00 PM
5A Girls Swimming and Diving Finals 5:00 PM



photo courtesy Logan Lawrence

AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.

KEEP YOUR HEAD IN THE GAME: A POST-HOLIDAY GUIDE TO HELPING KIDS FIND THEIR FOCUS



By: Nancy Lieberman | BSN Sports

We all love the holidays—that end-of-year lull when we finally hit pause and enjoy some much-needed downtime with friends and family. Indulging in rich meals together and more than our share of sweet treats. What could be better? But once the holidays end, it's back to the grind. As we've all experienced, that can be tough—for adults and student-athletes, too.

One of the major struggles we face as educators and coaches is helping to refocus our athletes after an extended holiday or summer break, so they can concentrate on their studies and sports. When athletes concentrate, they're able to tune out what's happening around them. Less distraction means they're more able to become totally involved and engaged in what they're doing. Not only is concentration key to having a successful season after a major holiday break, it's also important for learning, so students can find success beyond athletics. It's a mental and physical discipline and it can be so rewarding on and off the field.

In fact, the ability to focus is one of the most important mental skills a person can have—in both sports and school. Negative thoughts, mistakes or other factors, like parents, fans or coaches yelling during games, can cause kids to lose focus. By following these three simple tips, you'll not only help them find their focus, but improve it. Often, athletes are asked “Did you hear the crowd or see the fans waving sticks or bricks as a distraction when shooting free throws?” The focused say “nope!”.

Tip #1: Identify the Cues Relevant to Your Sport

In basketball, players should

focus on their free throw form and mechanics, learning different aspects of a play or moving their feet on defense. When we help athletes focus more on the basic aspects of their sport, they'll focus less on what's going on around them. So players called it “locked in”, I'm in the zone and everything seems to slow down.

Put It into Practice

As you develop your practice plans, focus on showing and communicating the fundamentals. This constant communication will enable players to focus on those aspects as well. Try not to put 10 things on your development list. Find 3-5 areas that you really want to get better at - be disciplined!

Tip #2: Recognize When and Where Athletes Are Losing Focus

Think about past games. How and when did your athletes become distracted? Try to remember what was going on around them. Perhaps a parent was yelling. Maybe the other team's fans were talking to your players. Or a mistake was made. Now teach your players to do the same. Help them learn to be more aware of potential distractions, so they can tune them out and focus on the game instead. I love parents and family coming to cheer you on, but if they distract you it's a problem. It's you who has to be focused on the game, not fans in the stands.

Put It into Practice

Create drills or scenarios that mimic the kinds of distractions they might experience during games. This can be especially important when playoffs are approaching. I always like loud music when lifting weights, working out or in practice. It makes me used to outside stimulation.



photo courtesy Brad Blalock

Tip #3: Create Strategies to Refocus

First, you need to help your players identify the triggers causing them to lose focus. Once you pinpoint those, you can figure out the best way to help them ignore distractions so they can get back on task. I recommend coming up with a trigger word or phrase to help them refocus. Some players wear a rubber band on their wrist and snap it. Some put messaging on their shoes or hand with a few focus thoughts.

Put It into Practice

Start adding this word or phrase during scrimmages or when playing against one another in practice to determine what works best for your players. Then, start working them into games. Phrases like “let it go” or “next play.” Have amnesia, forget that play and move on. Anything that will help them refocus and reconnect with you and the team.

In the end, players that are focused will get more out of every day and every game. And that's a winning strategy we can all get behind.

About Nancy Lieberman and Nancy Lieberman Charities

Nancy “Lady Magic” Lieberman is a true pioneer in women's sports. Nancy is a Basketball Hall of Famer, two-time Olympian, former Asst. Coach with the Sacramento Kings and the 1st Female Head Coach in a Men's Professional League NBA G League TX Legends (Dallas Mavericks affiliate) BIG3 HC Team Power, 2018 Champions and Coach of the Year. In 2009 Nancy Lieberman Charities was established with the mission to provide a healthy physical, emotional and mental environment for young girls and boys to build their self-esteem and confidence so they will be able to make the right choices in the future. Nancy Lieberman is dedicated to expanding and ensuring that educational and mentorship opportunities exist for youth through Educational College Scholarships, Financial Literacy, Dream Court programs with STEM and Civic Engagement, backpack and laptop programs. Find out more online at www.nancyliebermancharities.org.

HAVE FUN

By: Jack Stallard | Longview News-Journal

Good luck to the thousands of young ladies starting high school softball practice today, and especially to my East Texas kiddos.

Looking forward to watching as many of your games as possible and writing about you and your teammates this season.

I'll put in countless hours between now and June covering your games, compiling your stats and writing game stories and features so folks who read my newspaper - either in print or online- can follow your accomplishments. And, maybe someday, you'll have a scrapbook full of material to show your kids and grandkids.

Know what I want in return? Glad you asked.

Have fun. That's all. Just have fun.

If your coach yells at you for doing or not doing something you've worked on in practice a hundred times, have fun. If he or she is still yelling (coaching), that means they still think you can do it. Be worried when they quit yelling (coaching).

If you strike out three times in a game, have fun. Play the game long enough, and you'll strike out. The alternative is to never even step up to the plate and try. Some folks go through their entire lives that way. You don't even have to ask if they are having fun. It shows in their faces and body language all day, every day.

If you drop a fly ball and super fan in the stands asks if you actually eat with those same hands, have fun. Super fan probably couldn't catch a cold in a class full of snot-nosed

third graders. He might, however, catch your daddy's hands if he keeps running his mouth.

If a player on the other team is embarrassing herself, her teammates, her parents and the game itself with her words or actions on the field or in the dugout, have fun. Little girls are watching you and "attitude girl," and when your playing days are done, they'll take over. You love the game too much to leave its future to a bunch of brats.

If the local sportswriter spells your name wrong in the newspaper, have fun. He's human. He types up around 30 or 40 game reports each night. He wants to get them all correct, but occasionally he strikes out or drops the ball. Write him a note and spell his name wrong, or next time you see him at the ballpark punch him

(lightly) in the arm and tell him to get his crap together. Even after three decades in the business, he doesn't mind a little coaching.

And, finally, remember this.

You probably started playing this game as soon as you were big enough to pick up a bat and glove. Doesn't matter if you are a senior finishing up a spectacular high school career or a freshman with wide eyes and even bigger dreams, the season is going to go by faster than a Cat Osterman rise ball.

When you step on that field each day, relize how fortunate you are. Have fun, and don't forget to tingle.

Good luck this year, knuckleheads.



photo courtesy Heather Damron

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, softball, and cheerleading.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports and cheerleading will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation, and should be emailed or mailed to the TGCA office.



photo courtesy Courtney Riddle

VOLLEYBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

BASKETBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOCCER

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOFTBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

TRACK & FIELD AND CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. **Note:** Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

GOLF

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each Finals appearance
- 15 points for Best of Category win
- 30 Third Place Finish
- 40 Second Place Finish
- 50 State Champion

Deadline for submitting accomplishments is May 30

Revised by vote of the Board of Directors March 2, 2014

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented with a

plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Tex-

as Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball.

Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

2021 TGCA SUMMER CLINIC

The 2021 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 12 – 15. 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, as well as all Satellite Clinics, 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 2021 TGCA Clinics.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball and cheerleading are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School 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 or Middle School Coach of the Year. Nominations should be done online, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

2020-21 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2020-21, they are as follows:

Spirit Jan. 29, 2021
Swim/Dive Feb. 15, 2021
Basketball March 1, 2021
Soccer April 12, 2021
Wrestling April 19, 2021

Track & Field May 3, 2021
Golf May 3, 2021
Tennis May 17, 2021
Softball May 31, 2021



photo courtesy Alisa Taylor

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

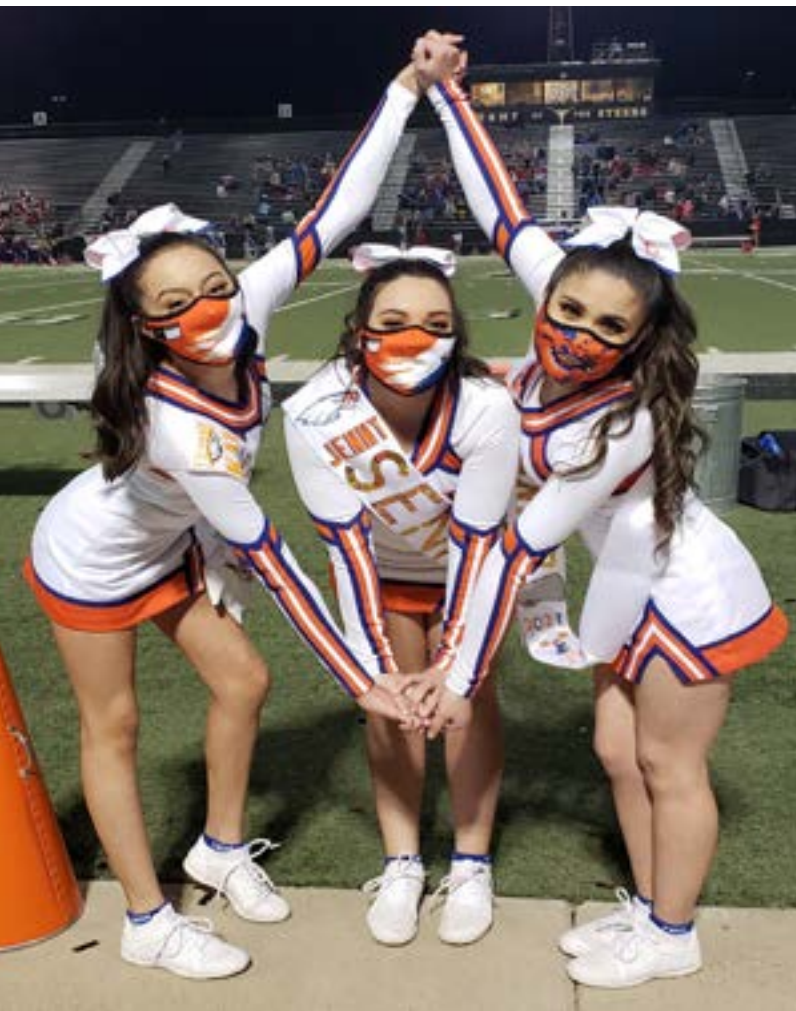
Once you have updated any information that needs to be updated and added your current coaching experience,

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 online security code and NOT 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

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photo courtesy Cynthia Arteaga



2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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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 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 Sat-



photo courtesy Shannon Lindsey

ellite 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.



The image is a promotional graphic for the TGCA mobile app. At the top, the letters 'TGCA' are written in large, bold, red font. Below this, the text 'Download our new App!' is written in a blue, cursive font. In the center, there is a logo for the Texas Girls Coaches Association, which features a red outline of the state of Texas with the words 'TEXAS GIRLS COACHES ASSOCIATION' inside. Below the logo, there are two QR codes. The QR code on the left is labeled 'Apple' and the one on the right is labeled 'Android'.

10

THINGS TO KNOW ABOUT GERMS

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 SMALLER THAN A BREAD BOX. The term “germ” refers to the tiny organisms that can cause disease or infection. Invisible to the human eye, they literally are found everywhere. Different types of germs have different environments in which they live, different ways to spread, and different, unique ways to cause disease or infection. For example, some germs need to be inside the human

3 VIRTUALLY INCONCEIVABLE. The human body contains trillions of germs. In fact, they outnumber the number of cells in the body by 10 to 1. On the other hand, because of their microscopic size, they only make up 1-3 percent of the body’s mass. They play a vital role in human health, however—sometimes positive, other times not so much.

can occur when germs enter the body, increase in number, and damage the cells in the body, leading to infection and on occasion, ultimately to disease.

6 SHARING THE GOODIES. Germs are nasty little critters that are passed from one person to another in a variety of ways. Arguably, the two most common are through the air or by touch. For example, germs are spread when someone sneezes or coughs. When airborne, the germs are in infected droplets propelled through the air by the actions of an infected person. Germs also pass to a person who comes into contact with something or someone that is contaminated.

7 ADVANCE WARNING. A number of germ-related organisms live in and on the human body. While they’re normally harmless or even helpful in some instances, they can cause infectious disease under certain conditions. The signs and symptoms of these diseases vary, depending on the organism causing the infection. Although each infectious disease has its own specific signs and symptoms, several general indicators tend to be common to a number of infectious diseases, including coughing, diarrhea, fatigue, fever, shortness of breath, and achy muscles.

8 MORE THAN A COURTESY. Arguably, one of the most germ-prone settings in a person’s life is the commercial exercise arena or the private workout area. Moving the body elicits exercisers to perspire. If exercisers are infected, their sweat becomes a carrier of bacteria and viruses, which can affect anyone who comes into contact with these microbes. A similar scenario applies when an infected person simply leaves a

trail of germs when they touch the exercise equipment or machines. This factor is why exercisers should wipe down the equipment with disinfectant after they’re done using it.

9 METAL MATTERS. One particular metal—copper—has a property that makes it especially attractive to exercisers who are concerned by the findings that typical free weights have 362 times more germs than the average toilet seat or that the typical exercise cycle is purported to have 39 times more bacteria than the standard cafeteria tray...it kills bacteria. In response, health/fitness facility owners are giving increased consideration to providing exercise equipment that incorporates materials with antimicrobial properties, which are designed to either kill most microorganisms (bacteria or fungi) or impede their growth.

10 IN THE FIRST PLACE. Infection and disease are not the same thing. As a rule, in the first step, an infection occurs when germs (bacteria, viruses, or other microbes) that cause disease enter the body and begin to multiply. Disease, on the other hand, ensues when the infection damages the cells in the body. Subsequently, signs and symptoms of an illness appear. All factors considered, the best way to stay disease-free is to prevent infections in the first place (e.g., regularly washing the hands, being vaccinated, taking appropriate medications, and being careful with food and water).chance. Use your experience and ability to think creatively to guide you. Embrace the opportunity to be more productive.



photo courtesy Logan Lawrence

body to survive while others thrive on the skin or just inside a person’s mouth.

2 BY ANY OTHER NAME. Prior to the 19th century, the term “germ” had a relatively positive connotation (e.g., germ of an idea; wheat germ, etc.). Around the 19th century, due to the efforts of scientists, such as Louis Pasteur, the germ theory of disease started to become fashionable. In the process, the usage of the term “germ” fell out of favor in formal science. Instead, these microscopic, disease-causing organisms are referred to by the type of germ they are—bacteria, viruses, fungi, protists, and prions. In turn, they’re differentiated by the different kinds of health-related problems they cause.

4 THE GOOD, THE BAD, AND THE UGLY. Assigning a label concerning the impact of bacteria on a person’s health is not a cut-and-dried issue. For example, the body contains good bacteria, which helps it digest food and absorb nutrients. It also has bad bacteria that helps to create an environment that is ripe for disease. Furthermore, it has bacteria that disrupts the body’s alarm system (i.e., the immune system becomes out of balance), leading to an ugly situation of experiencing constant inflammation.

5 HERE, THERE, AND EVERYWHERE. Germs are part of everyday life. Although only a small portion of germs are known to compromise a person’s health, such a scenario

BEING THEIR PEACE...



NOVEMBER 18, 2020

As a society, our focal point is where it should be – on the person with cancer.

But, as so many cancer warriors know, cancer is not a one person fight. It takes a community.

As a community, we struggle to know how to help and what to say. We know we need to do better.

We WANT to do better.

At 27 years old, Cryshaunda was told her she had pancreatic cancer. As a new mother to a six-month old daughter, she immediately went into denial. After a few “second opinions,” reality set in and, with reality, came fear.

Fear that she would not make it.

Fear that she would not see her daughter grow up.

A month into her treatment, Cryshaunda became determined. Leveling with herself, she promised she would do all she could. This meant she would do all the things that she had done before cancer – the things that brought her joy and made her feel full of life.

She was a dancer, so she danced.

She loved volunteer work, so she continued to look for ways to give, ways to serve.

It may have been hard to see at the time, but Cryshaunda was on her way to being cancer-free.

Cryshaunda’s support network

We often overlook the role of “our people” – our people that love us, support us, comfort us, and care for us in hard times.

Our hard times can be their hardest times. The mental debate for our people can be agonizing. They search for the right things to say or do, not sure what is best, or how to help. They are scared, too, but censor their fears.

For Cryshaunda, her family had not

come face-to-face with cancer before her diagnosis. There was no other experience to reference.

They knew the facts: Pancreatic cancer. 27 years old. New mother. They were devastated.

There’s no fix for such emotions. Not even chemotherapy, surgery, or radiation can help the family members struggling to know how to help a cancer patient.

As Cryshaunda’s family realized, they fixed their eye on their faith and, with that, came hope and peace.

“Keep the faith. Look for God. Bet at peace and help your loved one be at peace,” Cryshaunda advises families who are facing cancer.

Moving forward

The Kay Yow Cancer Fund is changing the narrative on cancer. Cryshaunda is a pancreatic cancer survivor or, as we prefer to say, she’s a cancer warrior. Re-

search is making a difference for Cryshaunda and the many other women who share in her experience of receiving a cancer diagnosis.

Perhaps our support systems, our people, are the bridge between where we start when diagnosed and where science can take us – they help us see our path out, our path beyond cancer. One day science will prevail and cancer will no longer have power in our lives.

Until then, one cancer warrior’s advice to those who want to help: Be their peace.

This post was originally published as part of our Kay Yow Cancer Fund Survivor Stories on June 10, 2018.

If you’re a woman who has been diagnosed with any type of cancer, at any point in your life, we invite you to join our free Cancer Warrior Network – a private group filled with hope and inspiration just for women who have received a cancer diagnosis.



FEBRUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
					SWIMMING & DIVING: REGIONAL MEETS	
7	8	9	10	11	12	13
		Girls Basketball: District Certification Deadline		GIRLS BASKETBALL: BI-DISTRICT		
14	15	16	17	18	19	20
	GIRLS BASKETBALL: AREA				SWIMMING & DIVING: STATE MEET	
	TGCA: Swimming & Diving Nominations Deadline, 12 Noon				GIRLS BASKETBALL: REGIONAL QUARTERFINALS	
	Softball: 1st Day for Interschool Games					
21	22	23	24	25	26	27
	GIRLS BASKETBALL: REGIONAL SEMIFINALS			GIRLS BASKETBALL: REGIONAL FINALS		
28						

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on

your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.



photo courtesy Danielle Torres

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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: austingca.com.

Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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