



# TGCA NEWS

MARCH 2021



## 2020-2021 TGCA OFFICERS



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Clear Springs HS



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**2nd Vice President**  
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Lee Grisham  
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*cover photo courtesy John Hughes*

*left photo courtesy Karyn Bullock*

# COMPETE EVERY DAY

**Colby Davis** Lewisville The Colony HS | TGCA 2nd Vice President



The top block on Coach John Wooden's Pyramid of Success, Competitive Greatness, is defined as, "Be at your best when your best is needed. Enjoyment of a difficult challenge." I do not associate the greatest competitors I have been around with winning and losing. True competitive greatness is a culmination of a journey from beginning to end. It is a personal voyage to better yourself with each and every race, throw, or jump.

I love watching coaches coach, but I find the most joy in watching kids compete. When an athlete approaches the starting blocks or steps into the ring, they are not consumed with social media. They are not worried about fitting in. They are able to set aside any mental health battles. It is an opportunity to be freed from the weight of the world, and just compete. What a relief to be able to have that freedom and consume yourself with simply being better than yesterday.

Too often society only defines success as a win or a loss. Period. Did you bring home the gold medal or did



*photo courtesy Austin Hohl*

you lose? Society does not account for the experience, relationships, and the bond between a coach and an athlete. They are not concerned with the miler that took a minute off of their last time, or the junior varsity high jumper who finally set a personal record the last meet of the year. Those athletes are the best example of staying the course, and just being a little better every day. It is not always about beating the person next to you. It is about bettering yourself with every opportunity. Could we all not

learn from these athletes?

Track and field is an anomaly. It is both an individual sport and a team sport at the same time. What you do collectively contributes to the greater good of the team. It starts with your effort, attitude, and choices. My good friend and author of the book *Compete Every Day*, Jake Thompson, is quoted as saying: "Your talent doesn't wake you up at five o'clock in the morning to go train. Your effort, attitude, and choices do. Your talent doesn't make you coachable. Your effort, atti-

tude, and choices do. Your talent doesn't determine if you'll reach your full potential. Your effort, attitude, and choices do." When you watch a track meet, you will see the culmination of an athlete's effort, attitude, and the choices they made along the way. Maybe it does not end with a gold medal, and the final scene is not celebrating a team championship. You define accomplishment for yourself. Never let society dictate your definition of success.

Every high school athlete's season comes to an end. You cannot outrun the final chapter. There are no more races, or opportunities to compete. The bus rides are over, and no more coaches to push them beyond their limits. Soon even the memories fade, but the relationships built and the personal strength gained, those can last forever. Encourage your athletes to enjoy the journey, but make sure they are the best version of themselves every single day.



*photo courtesy Sarah Cardona*



*photo courtesy Maranda Hood*

# 2021 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 will be following COVID-19 protocols and regulations; standard booth information and setup subject to change.



photo courtesy Claudia Garza

For more info, please visit our website [www.austintgca.com](http://www.austintgca.com) and click on "Exhibitors".

#### Exhibit Hall Hours

Tuesday: July 13  
Set Up: 7:00AM-11:00AM  
Open: 12:00PM-4:00PM  
Wednesday: July 14  
Setup: 8:00AM-3:00PM  
Breakdown: 3:00PM-5:00PM

#### Contact for More Information

Lisa Rodriguez  
Event Coordinator

P.O. Box 2137  
Austin, Texas 78768

Phone: (512) 708-1333  
Fax: (512) 708-1325  
[Lisa@austintgca.com](mailto:Lisa@austintgca.com)

## AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

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

## 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:

**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

# CELEBRATE WOMEN'S HISTORY MONTH



**Nancy Lieberman | BSN Sports**

## **Nancy Lieberman**

- Basketball Hall of Famer
- BIG3 Head Coach of Team Power
- 2018 BIG3 Champion
- Coach of the Year

Through her partnership with BSN SPORTS, Nancy Lieberman works to elevate girls' sports by providing ongoing coaching resources and content.

Among her many accomplishments, Nancy was the first female head coach to win a championship in a professional men's sports league. On November 5, 2009, she became the first female head coach of a men's professional basketball team, for the NBA's G-League affiliate, the Texas Legends. She led them to the playoffs in her first year. Nancy was the second woman to be named assistant coach in NBA history in 2015 by the Sacramento Kings.

In 1989, Nancy created the Nancy Lieberman Charities, which uses basketball clinics

and camps to teach young girls and boys about drug and alcohol awareness, peer pressure and the advantages of getting a good education. Sports are and have been STEM for years - Science of Sports, Technology for improvement, Engineering of the player's build and Math for development of being a critical thinker. Coach Lieberman is also actively involved with the Special Olympics, the Susan G. Komen Breast Cancer Foundation and the National Multiple Sclerosis Society, Lone Star Chapter.

## **Q&A with Coach Nancy Lieberman**

**Q:** What has the partnership with BSN SPORTS & the TGCA meant to you?

**A:** My partnership with BSN SPORTS goes back decades, since the late 80s when I was an ambassador. BSN SPORTS has always been ahead of its time with regards to equality, opportunity and wanting to help athletes. They realize

they have an opportunity to do some dynamic work, not only through BSN SPORTS, but also by elevating the student experience in spirit and achievement with Varsity Spirit and Herff Jones. I am so grateful to be a part of an organization that can impact every aspect of a coach and student-athlete's experience.

BSN SPORTS knows it has a responsibility to sport. By partnering with myself, the Texas Girls Coaching Association (TGCA) and the greater coaching community, we're able to help coaches on a deeper level than ever before. There's strength in numbers. We can help their coaches who, in turn, can help players and from there, it snowballs into something very powerful. We want to educate, advocate and celebrate coaches and women, and I couldn't think of two better organizations to do that with than BSN SPORTS and the TGCA.

dividual who impacted and helped you throughout your career?

**A:** Muhammad Ali was this person in my life. He was always pushing me to accept challenges and do things that had never been done before. It was always the time to do things people said you couldn't do. He once said, "God made me special" and my response as a 19-year-old was, "Wow, you know everyone." I think in that moment, he realized that I needed him and needed his guidance. He changed and pushed past every boundary put in front of him and helped me to do the same. I am, overall, just very proud to be a part of his legacy and I just want to be all that he wanted me to be.

He taught me that we cannot do it all by ourselves. We have to surround ourselves with people who are going to push us to grow and then,

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**Q:** Who is/was a coach/in-



photo courtesy Chris Schmidt



photo courtesy Sarah Cardona

# CELEBRATE WOMEN'S HISTORY MONTH

Continued from Page 3

in turn, we need to help others in the process to push and help them grow as well. I tell young girls all the time, don't let people tell you what you can be because sometimes, they'll impose their mediocracy on you. Sometimes the beliefs of those who are afraid and think "I can't" or "I won't" can filter into your life. This is what we don't want. Be all that you can be by surrounding yourself with people who can guide you to your full potential.

**Q:** What advice do you have for current women's sports coaches & athletes on how to push past the boundaries?

**A:** The first thing that I would say is work harder, work smarter and lift when you rise—meaning when you do well, bring someone with you, maybe someone that looks different than you or who faces different challenges; just giving someone else a chance, overall. I think that mentorship is very important. Find people who you feel are doing something right and try to mirror or exceed that. A perfect example of this is Kobe Bryant. He said in *The Last Dance*, "I would not be who I am today without Michael Jordan's guidance, mentorship and love." Connect with people and ask them for their opinions. Don't be afraid to push boundaries. Ask for advice and be confident



photo courtesy Sarah Cardona

enough to stand alone. Failure is noble. You tried and you must have this mindset to break boundaries. Without it, you won't accomplish your goals.

Overall, I want everyone to understand that men are not our adversary. I have had many men genuinely impact my life and propel me in my career—in playing, coaching, broadcasting and life. Men, women, coaches, teachers. All can have a positive impact. You must have people in your corner who are advocates for your

growth and are there to assist you in reaching your goals. Remember to communicate your goals. Without communication, people won't know you need them to help you take the right steps to reach your goals. No one is a mind reader. Without believing in yourself and speaking confidently about what you want to accomplish, they won't be able to help, regardless of sex. Once you have this belief and share it with others, you'll see tremendous growth throughout your life and career.



**BSN SPORTS**

# 2021 TGCA SUMMER CLINIC

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; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the All-Stars tab in the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 12th, 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 in March. 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", soon.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, [www.austintgca.com](http://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 **"2021-22 Printable Membership Form"**.

## 2021 SUMMER CLINIC HOTELS AND RATES

### HOTEL INFORMATION

Hotel online reservation services are available now on the TGCA website. Go to the TGCA website, [austintgca.com](http://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.

**This is not a link to the hotel.** These are merely the hotels we will be using and the rates they have guaranteed TGCA. **You must go through the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to make your actual reservation.**

**CROWNE PLAZA**  
700 Avenue H East  
\$135.00

## SATELLITE CLINIC

### 2021 REGION I & II LUBBOCK SPORTS CLINIC

Lubbock High School  
2004 19th St., Lubbock, Texas  
June 11  
[Registration Form](#)



The 2021 TGCA Summer Clinic Agenda has been posted on the TGCA website, [www.austintgca.com](http://www.austintgca.com), and will be updated often as we progress towards 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 "2021 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2021 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

### HILTON ARLINGTON

2401 East Lamar Blvd  
\$139.00

### HILTON GARDEN INN DALLAS/ARLINGTON

2190 E Lamar Blvd  
\$119.00

### HOLIDAY INN ARLINGTON

1311 Wet N' Wild Way  
\$109.00

### SHERATON ARLINGTON

1500 Convention Center Drive  
\$142.00

**HOTEL RESERVATION SERVICES ARE NOW OPEN. IF YOU NEED ASSISTANCE WITH YOUR RESERVATION, CONTACT INFORMATION FOR ORCHID RESERVATION SERVICES CAN BE FOUND UNDER THE HOTEL RESERVATION INSTRUCTIONS LINK RIGHT BELOW THE HOTEL RESERVATION SERVICES LINK.**

We thank you for your continued support of TGCA and look forward to seeing you at the 69th TGCA Annual Summer Clinic in Arlington July 12-15.

# LUEKING VAULTS INTO THE RECORD BOOKS

By: TX MileSplit Staff

Clear Creek senior Olivia Lueking has been putting in some work and it has showed so far this 2021 outdoor track and field season. This afternoon, she jumped a Texas state all-time in season best and US No. 1 mark of 14-1 to win the Clear Lake Invitational.

The University of Oklahoma signee first went 13-10 for a PR and then had the 14-1 all-time best jump to follow that up. The jump was so good, she feels she had the hip height to jump 14-10.

Despite losing most of the 2020 school season and although the 2021 season has been sporadic with weather related meet cancellations, Lueking has been on fire. Prior to today's big performances, she had a 13-1 performance on February 9th at the Pearland Invitational. After a couple of weeks, Lueking backed that up with a 13-0 on February 25-25 at the St. Thomas Eagle Relays.

Lueking's 14-1 performance is the best "in school season" jump ever by a Texas high schooler, but the second best jump all-time. That is the beginning of some confusing record keeping. While, this is the best jump in season ever, it is still not a state record, still the second best jump ever and yet, still even more confusing. To be a UIL state record, marks have to be performed at the UIL state meet. The UIL state record of 13-9 is shared by Desiree



Olivia Lueking competes during the summer of 2020 at the Mac Vault Academy HS Championships (Photo courtesy of Shelton Jolivette)

Freier in 2013 and Nastassja Campbell in 2018.

The all-time best mark is 14-7.25 by Freier at the 2014 US U20 Championships in Eugene, Oregon. That mark was after Freier graduated high school, but before she enrolled in college.

According to Stuart Kantor, Texas Track and Field Coaches Association (TTFCA) Executive Director, "organizations like the SPC, TAPPS, and the UIL only count records performed at their state meet events. Associations like the TTFCA

count records post school season like the summer and post graduation, all of the way prior to enrolling into college. It depends on the organization and what their intent behind the record keeping is."

Lueking said, "you can't PR at every meet, but if you get consistent at your PR bar the next PR will come." As for her coach, the legendary 1980 Olympian and former Canadian pole vault record holder Glenn Colivas, his advice is simple and he says vaulters understand this, "run fast and plant high, stay positive and get negative."

Despite the confusing record keeping conundrum, one thing is for sure, this is the best jump ever by a Texas girl during the school season and Lueking is no doubt on fire, oh, and the bars appear to be coming. And as Kantor said, "14-1, that's an amazing jump!"

## TEXAS ALL-TIME HS POLE VAULT RECORD

NAME	SCHOOL	HEIGHT	YEAR
Desiree Freier	Northwest	14-7.25	2014
Olivia Lueking	LC Clear Creek	14-1	2021
Shade Weygandt	Mansfield	14-0	2009
Annie Rhodes	Waco Midway	14-0	2013
Natassja Campbell	New Caney	14-0	2018
Mackenzie Hayward	Lewisville Marcus	14-0	2018
Lakan Taylor	Fort Worth Boswell	13-11	2013
Meagan Gray	Buda Hays	13-9	2015
Riley Floerke	Gregory-Portland	13-9	2018
Kaitlin Petrillose	Round Rock McNeil	13-9	2011



# 2021-22 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 2021-2022 year will become active. Please

keep in mind that on February 1st and after that date, if you still need to renew for the 2021-22 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.austingca.com](http://www.austingca.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 on-line 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 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

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*photo courtesy Karyn Bullock*

# 2021-22 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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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 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 Clin-



*photo courtesy Karyn Bullock*

ics 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](http://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 out-

lined 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 2021-22 year, beginning June 1, 2021 and ending May 31st, 2022. Please be sure that is what you intended to do. You may still print a 2020-21 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

# 10

## TOO-GOOD-TO-BE-TRUE COMMONLY HELD ASSUMPTIONS ABOUT HEALTH/FITNESS

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 By exercising, everyone can look like Adonis.** While exercise offers a wide array of benefits, such as firming up the body, it cannot transform everyone into the aesthetically alluring person of their dreams. Health outcomes aside, being physically active will not alter a person's basic genetics. In reality, most of an individual's looks and appearance are genetically determined at birth.

**2 People who don't exercise regularly are inherently lazy.** While being lazy is an attribute frequently put forth as why sedentary people aren't physically active, such an observation is often too simplistic. In fact, an individual's inactivity may be the result of a variety of factors. For example, a person may view exercise as either pointless or too difficult to start at this stage of their life. Furthermore, an individual may perceive exercise as an endeavor only to be undertaken by others—particularly those who are already relatively fit. Irregardless of why someone doesn't exercise, one of the roles of health/fitness professionals is to educate, inspire, and motivate that person into making an appropriate lifestyle change.

**3 The more money someone spends on their health/fitness, the better the results will be.** Perhaps, but not likely. Needlessly spending money may be common among some people, but doing so is simply wasteful. For example, overpriced workout gear won't make exercising more beneficial. Similarly, over-the-market-priced health-care won't necessarily lead to better health-related outcomes. The point to remember is that as the saying goes "money can't buy happiness," it also can't guarantee sound judgment or optimal results.

**4 Time validates long-held beliefs about health/fitness.** Not necessarily so. Some, it may; others, not so much. In reality, there are a number of health/fitness-related myths that have endured since time eternal that simply have no basis in fact. As such, they have been passed down over the years, to a point where they are accepted as gos-



photo courtesy Chris Schmidt

pel by individuals who are either unwilling or incapable of searching for the truth (e.g., think of the exercise-related myth "more is better").

**5 The physical effects of aging are inevitable.** Not true. In reality, aging (as people commonly know it) can be a choice. As such, many of the presumed consequences of living a longer life (e.g., impaired gait, diminished level of fitness, etc.)

are not due to aging, but rather a decision (conscious or not) to be less physically active. Accordingly, the resultant sedentary lifestyle leads to a variety of allegedly age-related physical decrements.

**6 The more complicated the exercise regimen, the better the outcomes.** Not true, as a rule. All factors considered, ex-

otherwise, they wouldn't be regarded as "experts." Some do; many don't. In reality, a number of these self-proclaimed authoritative pundits do not have a knowledge-based command of their subject matter. What they do possess is an innate ability and willingness to con an unsuspecting public.

**8 Fad diets promote big results.** As a rule, these dietary regimens promise amazing results, such as quick loss. In reality, with regard to weight-loss diets, most individuals can lose weight on almost any dietary plan. The key is to sustain the loss and to do so without compromising the person's health. These diets utterly fail on both counts.

**9 Exercise-related injuries only affect other people.** Truth be known, no one is invincible. Even hardcore exercise enthusiasts can be injured, if they unduly stress their bodies. The key for exercisers is to be aware of and watch for signs that they may be working out too strenuously, either in the early stages of their exercise regimen or over the long haul. Among the symptoms of possible danger on the exercise front are inordinate levels of lethargy, poor sleep, aching muscles, irritability, and loss of appetite.

**10 Exercise burns a lot of calories.** In reality, most people overestimate the number of calories they expend while exercising. As such, in a 30-minute workout, the average person expends between 240 to 355 calories—about a half dozen chocolate chip cookies or a single serving of potato chips. In other words, while exercise should be an integral part of an individual's efforts to achieve a desirable level of weight, it takes a lot of exercise to burn a lot of calories.

ercise is both straightforward and relatively simple. As such, the human body responds to the stresses imposed on it in a fairly predictable manner. Regrettably, some people insist on making exercise too complicated—either because they don't know any better or because they're trying to massage their own egos, attempting to equate complexity with wisdom.

**7 Experts know what they're talking about,**

# PAYING IT FORWARD

By: Jen Hoverstad

In March 2018, I was diagnosed with an aggressive, stage 3 breast cancer – invasive ductal carcinoma that was HER2+.

I was 34 years old, my kids were 11 months old and 3 years old, my husband and I were supposed to be celebrating our 10-year wedding anniversary in April.

Cancer was the last thing we ever expected.

As a student working in the athletic department at N.C. State from 2002 – 2006 and a post-grad intern for the Wolfpack Club in 2007, I knew about Coach Yow. While I had not followed her journey through breast cancer closely, I knew she had been public about her fight and that inspired me.

Similarly, I chose to share my diagnosis publicly on my social media accounts.

It's amazing what can happen when you choose to share your own story.

Week by week, month by month, women would send me messages about their own cancer diagnoses – some of them were not breast cancer diagnoses, but I found that we shared so many similar experiences and emotions.

It's comforting to know you are not alone in what can be a very isolating diagnosis.

Other friends would also send me notes of encouragement, including Robin Pate, director of event operations for the Kay Yow Cancer Fund. Rob and I had crossed paths during my time at the Wolfpack Club, and we had loosely kept in touch on social media.

The day before I started chemo, Rob sent a note of encouragement on Facebook. I replied that Carl and I were not connected with any organizations and we'd love to learn more about the Fund.

He responded with the following:

“Coach Yow always saw her diagnosis as an opportunity for her to do something for the greater good – I am sure you have that attitude as well. I would love to connect with you and Carl to share more about the Fund and our mission – and see if you see ways to be on our “team”. Will be thinking about you – and your family! Connect when you feel it is the right time for you.”

That last sentence is the one that stuck with me – “Connect when you feel it is the right time for you.”

I thought, “Oh wow, no rush – I thought non-profits were always in a rush?”

A month or so later, Sarah Womack, director of communications for the Fund, reached out to me asking if I was interested in having my name on the upcoming Nike KD11 Aunt Pearl. The shoe is created each year by Kevin Durant to honor the memory of his aunt who passed away from lung cancer. The proceeds from the shoe benefit the Kay Yow Cancer Fund. In 2018, KD had the idea that he wanted the names of female cancer survivors on the shoe, so the Fund was responsible for pulling those names together.

It was an easy yes from me, but I thought to myself “Is this even real?!” (Spoiler: Yes, it was.)

A couple of months later, I had the opportunity to have coffee with Sarah, and, like Rob, she said she wanted to give me a tour of the office whenever our calendars aligned.

I thought “What do they have at their office that everyone wants to give me a tour?”

Finally, in December 2018, I came to the office for a tour, and I quickly realized why they wanted me to see the space. The office is an incredible mix of museum and storybook – telling the story of the life of Coach Yow, complete with framed articles, pictures, autographs, and artifacts.

But, for a cancer warrior, the office is a space of hope



and inspiration. It was during that 2018 visit that I learned a majority, if not all, of Coach Yow's accomplishments occurred after her first breast cancer diagnosis in the 80's.

That's what cancer warriors need to hear – a cancer diagnosis can change a lot of things, but you can go on to do incredible things, things you never dreamed of, after a diagnosis.

At the end of tour, Stephanie Gance, CEO of the Fund, and I sat talking in her office.

I enjoyed our conversation, but I was just waiting for some kind of ask.

It's a non-profit – there's always an ask, right?

Then, it came.

She looked at me and said “Jen, before you go, what can we be doing for you right now?”

For me?

I knew right then this was a special group, and I wanted to figure out how we could continue working together in the future.

As my treatment plan continued in 2019, I stayed in touch with the Fund. I partnered with a few local

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# PAYING IT FORWARD



## Continued from Page 10

friends and fellow cancer warriors who came together to raise more than \$50,000 for the 2019 Celebration Run Walk. We volunteered for the North Hills Wine Walk, and we brought more women into the cause.

As 2019 wrapped up, I had my reconstruction surgery, and, after the new year, I went back to work as an attorney for a statewide law firm. My husband and I thought – 2020 is our year! All treatment and surgeries are done, we can move forward in our lives and our careers with our girls by our side.

And then on January 28, 2020, my mother-in-law was diagnosed with Stage IV cervical cancer.

Here we go again.

That's when I realized that the work of the Fund is needed now, more than ever before – for my mother-in-law, for my daughters, for my friends, and for the women I have yet to meet.

The Fund is a place where both my mother-in-law and I belong, despite our different diagnoses. There is no other organization in the United

States that intentionally brings female cancer warriors together and fights on their behalf.

As luck (or divine intervention) would have it, Stephanie reached out in February to run the idea of my role, director of community engagement, by me to see if I would be interested in a career shift. It was an easy yes.

I have realized that my purpose in life is to find a cure for all cancers that affect women. Women are strong, individually and collectively. When we look at the life of Coach Yow, she embraced and made the most of an opportunity that was right in front of her. She did not back down, she did not give up.

And that's my hope for myself: from my diagnosis, from this role with the Fund, I will make the most of the opportunity right in front of me. I will support other women with cancer diagnoses, and I will fight for a cure on their behalf.

As we celebrate National Cancer Survivors Day, I'm encouraged by the women in our [Kay Yow Cancer Fund Cancer Warrior Network](#). It's a growing group that includes women from all over the

United States who have a variety of cancer diagnoses and experiences.

If you're a cancer warrior and not yet part of our team, I hope you will join us.

And if you just need to

connect one-on-one with a fellow cancer warrior – that's exactly what I'm here for. Shoot me an email at

[jen.hoverstad@kayyowfund.com](mailto:jen.hoverstad@kayyowfund.com)



**The Kay Yow Cancer Fund Cancer Warrior Network is a FREE, private group filled with encouragement and inspiration for any woman who has received a cancer diagnosis, at any point in her life!**

**[Join the Cancer Warrior Network!](#)**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				SOCCER: REGIONAL QUARTERFINALS		
4	5	6	7	8	9	10
	SOCCER: REGIONAL SEMIFINALS				SOCCER: REGIONAL FINALS	
						Golf, Track & Field, Wrestling: District Certification Deadline
11	12	13	14	15	16	17
	SOCCER: STATE SEMIFINALS				SOCCER: STATE TOURNAMENT	
	TGCA: Soccer Nominations Deadline, 12:00 p.m.				WRESTLING: REGIONAL MEETS	
						Tennis: District Certification Deadline Track & Field: Area Meets
18	19	20	21	22	23	24
	GOLF: REGIONAL MEETS				TRACK & FIELD: REGIONAL MEETS	
	TGCA: Wrestling Nominations Deadline, 12:00 p.m.				WRESTLING: STATE MEET	
25	26	27	28	29	30	
	TENNIS: REGIONAL MEETS					
		Softball: District Certification Deadline				

## TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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

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## TGCA NEWS

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