



# TGCA NEWS

DECEMBER 2022



## 2022-2023 TGCA OFFICERS



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Lee Grisham  
TGCA Office

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cover photo courtesy Amy Ingram  
right photo courtesy Meagan Hodapp

# THANK YOU FOR GIVING ME SOMETHING TO CRY ABOUT

Jason Roemer Fredericksburg HS | TGCA Past President

I am a self-professed crier... although that statement doesn't necessarily refer to me, the adage about the team taking on the personality of the coach, evidently, is true. As we embark on the New Year and our athletic calendar transitions to district basketball, the beginning of soccer, and the beginning of spring sports, I want to share some things that occurred to our team and myself that may help your upcoming seasons.

*greatly, so that his place shall never be with those cold and timid souls who neither know victory or defeat.*

*-Theodore Roosevelt*

**"Each season is a new journey."**

**"Only one team in each classification will win their last match."**

**"Take care of YOU first."**

The list of clichés could go on and on and as our season progressed they grew in stature until a mentor coach

"if he fails, or at least fails while doing greatly, so that his place shall never be with those cold and timid souls who neither know victory or defeat." especially was an extra kick. It changed my outlook and changed the pressure of winning to have an outlook of enjoying the journey, enjoying the processes and reminded me of the blessings I have in my life and career. How blessed we are to be in the arena fighting with our teams, trying to play better, trying to improve ourselves, and trying to win a state championship in our arena.

I wish I could say our season ended with a gold medal or a regional championship and it was because of The Man in the Arena. It did not. Our season ended in the Area round of the play-offs to the Bellville Brahmanettes who went on to the state semifinals. 23-23 in the fourth set, our team was battling, our team was executing beautifully, our team failed while doing greatly. Our team found defeat. But our team was blessed to have been on the journey we had been on. Our young ladies are better for the journeys and processes that their coaches have led them on, even if they fell short of their goals of a gold medal.

Then we cried. As I stated earlier, I'm a self-confessed crier. I cry at the sight of a wedding proposal (gets me every time.) I cry at banquets, I cry at practices when I recognize players for doing well, I cry when telling my own daughters' good job for making an A on a test. I cry in regards to things and people that are extremely important to me. I cry at the end of playoff games when our seasons end, so do our athletes. Crying has taken on a life of its own in our program.

So as this season ended, our team found ourselves crammed in a visitor's locker room at Bastrop Cedar Creek High School. Crying after a 23-25 loss in set 4. The ending happened really fast.



We played great, the Brahmanettes played better. We were still in shock, searching for words to say when a senior says a statement that will change my outlook as a coach forever,

**"Thank you for giving me something to cry about."**

It was the right thing at the right time. We all cried more. It was the right thing because it reminded us all how blessed we are to be in that arena. To be in the arena fighting with our family and not on the outside looking in. "Thank you for being meaningful in my life." It was even more meaningful because of the senior athlete who said it. This athlete was a backup DS her sophomore season who then tore her ACL playing club volleyball in December as a sophomore. She came back her junior season and remained a backup. She went through all the emotions of that injury. Was on the fence whether to continue playing the sport... on the fence whether it was all worth it. Then she committed herself to being the best she could be and was a starter every match of her senior year. So, when she says, "Thank you for giving me something to cry about" we all knew how meaningful it was, how grateful she was to be a part of that team, part of that experience and simply grateful for every person in that room. It again, was a kick in the gut. We, as coaches, often lose sight of what the goal is. Winning gold or a winning experience?

As we all embark on new seasons in January, I hope this article serves as a reminder to be a "Man in the Arena", and to create something for the athletes to cry about.



photo courtesy KO Photo

## The Man in the Arena

*It is not the critic who counts; not the man who points out how strong the man stumbles, or who is the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, or at least fails while doing*

reminded me of The Man in the Arena during district and it changed the outlook of our season and my role within the team's success.

In the days of transfer portals, PAPF's and the parity in girls athletics, one can get wrapped up in the thought processes of win or bust. If you're like me, every day, every minute, every second is wrapped around the thoughts of "How do we get better? How do we improve? What do we do today to ensure we win?" Reading The Man in the Arena was a kick to the gut. The ending...

# SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 12-14, 2023

## Schedule (Tentative)

### Thursday, January 12

3A-D1 & 3A-D2 Prelim ..... 8:30 AM (Hall)  
 1A & 2A Prelim..... 8:30 AM (Arena)  
 Coed Prelim .....1:07 PM (Arena)  
 1A Finals .....3:30 PM (Hall)  
 3A-D1 & 3A-D2 Finals ..... 5:30 PM (Hall)  
 Coed & 2A Finals..... 6:15 PM (Arena)  
 1A Awards .....7:10 PM (Arena)  
 3A-D1 & 3A-D2 Awards... 8:00 PM (Hall)  
 COED & 2A Awards..... 8:40 PM (Arena)

### Friday, January 13

4A-D1 & 4A-D2 Prelim .9:00 AM (Arena)  
 5A-D1 & 5A-D2 Prelim..... 9:00 AM (Hall)  
 4A-D1 & 4A-D2 Final .....5:31 PM (Arena)  
 4A-D1 & 4A-D2 Awards. 8:00 PM (Arena)

### Saturday, January 14

5A-D1 & 5A-D2 Final.....9:00M (Arena)  
 5A-D1 & 5A-D2 Awards .11:35 AM (Arena)  
 6A-D1 & 6A-D2 Prelims..... 9:00 AM (Hall)  
 6A-D2 Prelims ..... 1:30 PM (Arena)  
 6A-D1 & 6A-D2 Finals...5:44 PM (Arena)  
 6A-D1 & 6A-D2 Awards.. 8:15 PM (Arena)

## Game Day Championship Info

Will be released and updated on UIL website: [Click Here](#)

## 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](http://www.nfhs.org).

## School Conference Divisions

1A & 2A – Max of 12 participants (2 or fewer males)  
 3A-D2—Maximum of 20 participants (2 or fewer males) (School enrollment 250-359 students)  
 3A-D1—Maximum of 20 participants (2 or fewer males) (School enrollment 360-544 students)  
 4A-D2—Maximum of 20 participants (2 or fewer males) (School enrollment 545-879 students)  
 4A-D1—Maximum of 20 participants (2 or fewer males) (School enrollment 880-1,299 students)

5A-D2—Maximum of 30 participants (2 or fewer males) (School enrollment 1,300-1,924 students)

5A-D1—Maximum of 30 participants (2 or fewer males) (School enrollment 1,925-2,224 students)

6A-D2—Maximum of 30 participants (2 or fewer males) (School enrollment 2,225-2,779 students)

6A-D1—Maximum of 30 participants (2 or fewer males) (School enrollment 2,780 and above students)

COED—Maximum of 30 participants (3 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.



photo courtesy Logan Lawrence



photo courtesy Logan Lawrence

# SPIRIT ADVISORY BOARD

COACH	SCHOOL	CONF.	REG.
Lacy Brown	Italy	2A	3
Tammy Holder	Tatum	3A	4
Shannon Lindsey	Lampasas	4A	6
Heather Jones	The Colony	5A	3
Pete Ramirez	McAllen Memorial	5A	7
Nicole Duggan	Buda Hays	6A	6
Matthew Escue*	San Angelo Central	6A	8

\*Chair



photo courtesy Logan Lawrence

# TGCA COACHES OF THE YEAR

## WATER POLO

NAME	SCHOOL	CONF.
Kassandra Parker	Richmond Foster HS	6A

## CROSS COUNTRY

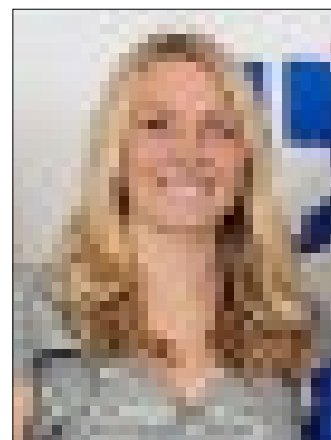
NAME	SCHOOL	CONF.
Edgar Ramirez	Marfa HS	1A-4A
Carly Littlefield	Lucas Lovejoy HS	5A-6A

## VOLLEYBALL

NAME	SCHOOL	CONF.
Katelyn Gill	Gunter HS	1A-4A
Josh McKinney	Colleyville Heritage HS	5A-6A



Carly Littlefield  
photo courtesy:  
UIL



Katelyn Gill  
photo courtesy:  
UIL

# TGCA ATHLETES OF THE YEAR



Mackenzie Plante  
photo courtesy:  
UIL



Taylor Goodman  
photo courtesy:  
UIL



Lola Trujillo  
photo courtesy:  
UIL

## WATER POLO ATHLETE OF THE YEAR

**All Conferences**  
Lola Trujillo  
Richmond Foster HS  
Coach: Kassandra Parker

## TEAM TENNIS ATHLETE OF THE YEAR

**All Conferences**  
Chloe O'Connor  
Boerne HS  
Coach: Tyson Stewart

## CROSS COUNTRY ATHLETES OF THE YEAR

**Conferences 1A-4A**  
Taylor Goodman  
Earth-Springlake HS  
Coach: Jeri Paige Goodman

**Conferences 5A-6A**  
Allie Love  
Colleyville Heritage HS  
Coach: Nick Taylor

## VOLLEYBALL ATHLETES OF THE YEAR

**Conferences 1A-4A**  
Rayanna Mauldin  
Gunter HS  
Coach: Katelyn Gill

**Conferences 5A-6A**  
Mackenzie Plante  
Dripping Springs HS  
Coach: Michael Kane

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES WHO WILL BE PRESENTED RINGS PROVIDED BY HERFF JONES AND THEIR TEAMS WHO CAPTURED 2022 UIL FALL STATE CHAMPIONSHIPS

NAME	SCHOOL	CONF.
Kassandra Parker	Richmond Foster HS	Water Polo-6A
Dalton Herndon	Cumby Miller Grove HS	Cross Country-1A
Brandun Massingill	Hamilton HS	Cross Country-2A
Rheanna Fagan	Whitesboro HS	Cross Country-3A
Eric Krepps	Celina HS	Cross Country-4A
Carly Littlefield	Lucas Lovejoy HS	Cross Country-5A

NAME	SCHOOL	CONF.
Lauren McPherson	Blum HS	Volleyball-1A
Allison Bussey	Windthorst HS	Volleyball-2A
Katelyn Gill	Gunter HS	Volleyball-3A
Haleigh Burns	Canyon Randall HS	Volleyball-4A
Josh McKinney	Colleyville Heritage HS	Volleyball-5A
Michael Kane	Dripping Springs HS	Volleyball-6A

# GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at [www.austintgca.com](http://www.austintgca.com), under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All other nominations should be submitted through the Membership Site once you have logged in.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your

nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AFTER YOU HAVE COMPLETED ALL NOMINATIONS.**

**PLEASE NOTE:** The TGCA sys-

tem does not interact well with Internet Explorer. We recommend you use Chrome or Firefox as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line nomination deadline for your sport or cheerleading, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative for the committees is listed on the

website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

## INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

**PLEASE NOTE:** The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

**1** Access the TGCA website at [austintgca.com](http://austintgca.com).

**2** Click on the "Membership Site" category in the menu on the left-hand side of the page.

**3** You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number. We do not recommend using the "Forgot Password" link, as you will more than likely never see the response email. It is more often than not blocked by a security measure in place by your

school.

**4** Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

**5** Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

**6** Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

**7** Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

**8** Complete the form by typing in the information requested in the "Update" field.

**9** When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just

start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For

for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.

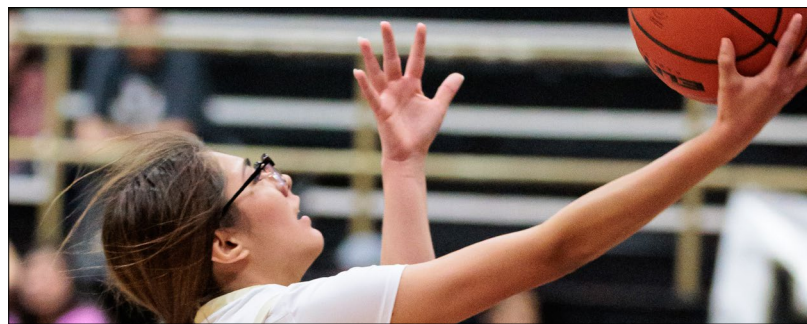


photo courtesy Eric Tuttle

your nomination to appear correctly, it must have the name of the school, rather than your title. You may need to type the complete name of the school, including "High School" for it to populate. There are many, many schools with the same name, including junior highs and middle schools.

**10** Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

**11** When you have completed the form, please click the "Submit" button at the bottom of the page. If,

**12** You will need to follow these steps for each nomination of each athlete in each category you wish to make. **For Academic All-State, you only need to list the GPA.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

If you need assistance with any of this process, please contact us at [tgca@austintgca.com](mailto:tgca@austintgca.com), or call our office at 512-708-1333, and we will be happy to assist you.

# 2023 TGCA SUMMER CLINIC

The 2023 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 10 – 13. The agenda is being revised and will be posted to the website under the “Summer Clinic” category

in the menu on the left-hand side of the page 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 2023 TGCA Clinics.

## AD&D BENEFIT (ACCIDENT 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).



photo courtesy Jack Elson



photo courtesy Meagan Hodapp

## 2022-23 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2022-23, they are as follows:

- Spirit** January 31, 2023
- Swim & Dive** February 13, 2023
- Wrestling** February 13, 2023
- Basketball** February 27, 2023
- Soccer** April 10, 2023
- Tennis** April 24, 2023
- Track & Field** May 8, 2023
- Golf** May 8, 2023
- Softball** May 29, 2023



Happy Holidays from the TGCA Staff. The office will be closed from December 16 through January 3. If you need to contact us, please contact Executive Director Sam Tipton at 512-417-8422, or email us at [tgca@austintgca.com](mailto:tgca@austintgca.com). You will get a much faster response if you email us. All the best!

# 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: Meagan Hodapp

## **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.

## **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 qual-

ifier

- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

## **TRACK & FIELD, 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

## **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.

## **SPIRIT**

Coaches will receive certificates when they reach the 300 or 400 point level. Plaque recognition begins at 500. 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

## **WRESTLING**

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. Wrestling 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 regional qualifier
- 1 point for each dual victory
- 4 points for each state qualifier
- 20 points for team regional championship
- 30 points for team state championship

*Deadline for submitting accomplishments is May 30  
Revised by vote of the Board of Directors March 2, 2014  
Revised by vote of the Spirit Committee July 10, 2019  
Revised April 22, 2022*

## **SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD**

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

Sub-Varsity coaches with five 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 Texas 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.



# 10

## LAME HEALTH-RELATED NEW YEAR'S RESOLUTIONS THAT SHOULDN'T BE MADE

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 I resolve not to count calories in the upcoming year.** Off-target. In reality, calories do count. All calories. As such, 1,000 calories of a particular foodstuff is 1,000 calories, regardless of whether it's celery or cherry pie. The key to maintaining your weight is to consume a nutritionally balanced diet (i.e., adhere to the guidelines underlying the U.S. Department of Agriculture's food pyramid) and to expend at least as many calories as you consume (more if you want to lose unwanted pounds).

other hand, is a systematic process that is designed to discover and document the truth.

**3 I resolve to develop big muscles.** Off-target. Unless you're in the relatively small minority of individuals who have the genetic makeup to noticeably increase the size of their muscles, you have very little chance of developing large muscles. In fact, most people cannot achieve a substantial degree of muscular hypertrophy, absent the ill-advised consumption of pills, powders, or potions designed to otherwise

too often, their seemingly intemperate efforts to pitch various exercise products and diets on television are grounded in their celebrity-driven ability to influence and exploit a public that is looking for the next "miracle" health-related fad or gimmick.

**5 I resolve to accept the fact that I may be too old to start exercising.** Off-target. With rare exceptions, no one is ever too old to engage in an exercise regimen. In fact, the bountiful benefits of purposeful physical activity can and should be enjoyed by individuals of all ages.

**6 I resolve to find a quick, easy way to get fit.** Off-target. As a point of fact, the principles of exercise prescription that underline a sound physical activity program are very straightforward. Relatively speaking, most people will discover that getting in shape is neither quick nor easy. More often than not, it takes both time and a resolute commitment to do whatever it takes to form new healthy habits and reverse the effects of a sedentary lifestyle.

**7 I resolve not to make strength training an integral part of my exercise regimen.** Off-target. It is human nature for individuals to focus on those aspects of physical fitness in which they do well. This tendency often encourages individuals to avoid engaging in strength training, given that this particular mode of exercise is often somewhat intimidating to many people. In reality, your muscles are critical to optimal physical function and should be addressed by your exercise efforts.

**8 I resolve to adopt a competitive attitude when comparing my exercise efforts with those of other people.** Off-target. Exercise is not a contest. No demonstrable benefit is achieved when you compare your workout efforts with those of other individuals. Because the primary focus of your exercise endeavors should be to "make you a better you," your underlying objective in this regard should be to see how your current efforts measure up to your ongoing level of performance and your ultimate exercise goals.

**9 I resolve to put off starting an exercise program until the time is more convenient. Perhaps, the day after who knows when.** Off-target. When it comes to initiating an exercise regimen, the most important time-related consideration is how soon you can translate your plans into concrete action. With regard to your health, now is the most important time in your life. Unfortunately, it is far too easy for individuals to rationalize putting off starting to exercise until later. Their health, however, deserves better.

**10 I resolve to ignore the counsel of those individuals who proclaim that "exercise is medicine."** Off-target. Considerable evidence indicates that exercising on a regular basis not only improves the function of virtually every physiological system in the human body, it also lowers the risk of contracting many diseases. Given this situation, exercise enables individuals to place their focus on health and wellness, rather than on sickness. As such, your mantra in the New Year should be "more exercise, less meds."



photo courtesy Meagan Hodapp

**2 I resolve to follow my intuitive sense concerning what to do exercise-wise rather than adhere to sound science.** Off-target. Although people often have a sixth sense concerning what is best for them, such feelings are typically nothing more than hunches. The underlying basis of science, on the

circumvent natural physiological capabilities.

**4 I resolve to listen to the exercise-related advice of celebrities.** Off-target. Truth be known, most celebrities are not particularly knowledgeable about health and fitness. Far

## Cancer Facts

Did you know there are over **18 million** cancer survivors in the US? Nearly **10 million** of them are women.



One-third of female breast cancer survivors are **younger than 65 years of age.**

69% of survivors have lived **5 or more years** since their diagnosis.



The number of cancer survivors is projected to grow to **26.0 million** by 2040.



# #GiveHope

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 TGCA OFFICE CLOSED	3	4	5	6	7
8	9	10	11	12 SPIRIT STATE CHAMPIONSHIPS	13 Softball: First day of practice	14
15	16 TGCA OFFICE CLOSED	17	18	19	20	21
22	23	24	25	26	27 4A SWIMMING & DIVING REGIONALS	28 5A/6A Swimming & Diving: District Certification
29	30	31				

## TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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.

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball cheerleading, soccer, golf and tennis 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 on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.



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## TGCA NEWS

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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](http://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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