



# TGCA NEWS

NOVEMBER 2022

## 2022-2023 TGCA OFFICERS



**President of TGCA**  
Brad Blalock  
Frisco Centennial HS



**1st Vice President**  
Cully Doyle  
Brock HS



**2nd Vice President**  
Claire Gay  
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**Past President**  
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TGCA Office

# TABLE OF CONTENTS

## FEATURE ARTICLES

### Sourround Yourself with Successful People

By Missy Pump, TGCA Sub-Varsity Committee Chair

**PAGE 1**

### Steps for Building Confidence in Your Female Athletes

By Dr. Wendy Borlabi, BSN Sports

**PAGE 2**

### 10 Ways to Increase Brain Power

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

**PAGE 7**

### Survivor Story: Wanda Goins

Kay Yow Cancer Fund

**PAGE 8**

## ALSO INSIDE

Spirit State Championships .....	3
2022-23 TGCA Board of Directors.....	4
Board of Directors Meeting Dates.....	4
General Nomination Instructions .....	5
Online Nomination Instructions.....	5
2023 TGCA Summer Clinic .....	6
AD&D Benefit.....	6
Sport Nomination Deadlines.....	6
TGCA Sportswriter of the Year Nomination.....	6
Important Dates .....	9
Update Online Profile.....	9
Sub-Varsity COY Nom Deadline .....	9
Sponsors.....	10

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# SURROUND YOURSELF WITH SUCCESSFUL PEOPLE

## Missy Pump Christoval HS | TGCA Sub-Varsity Committee Chair



Many of us can look back through the years and say that we wish we could change a thing or two, some less than others, but we have all been there. For me, the biggest thing I would change is the value I placed in those around me.

It took me a few years to really buckle down on what I wanted to be and how to get there. This was all due to where I was mentally and the support I had behind me. Early in my coaching career I was not “on fire”, meaning that I didn’t surround myself with positive people and I was fine with it because I was in my comfort zone! One day my fellow coach, mentor and friend really inspired me to be more than I was. He encouraged me to follow this standard, “Surround yourself with successful people because success breeds success!” Seems simple, but it takes a lot of effort to admit when you aren’t around successful people and to set yourself apart from them. I began looking into every webinar, summer clinic and association I could become a part of and go to to be more successful! TGCA has been that flame starter for me!

Everyone of us has the choice to become better for our ath-

letes. We have to believe that we aren’t ever done learning or that we know too much. Just as fellow coach Steve Goleman always did, I want to be the coach that is on the front row of every seminar and lecture absorbing all that I can so that I can be as successful as he was.

Being successful is an amazing feeling that no one can deny. I mean winning a state championship is great, but finally getting an athlete to trust your system and believe in themselves is just as rewarding and not everyone gets to experience that.

When you are successful you feel on fire and sometimes we let that flame die when the hype is gone or we move on to the next sport. We are not doing ourselves or our athletes any good when we do that. The amount of successful people you will meet and the situations and opportunities that will come are incredible when you venture out of your comfort zone and want to be GREAT. Successful coaches want to help other coaches, that is a fact!

We get to decide which type of coach that we can become and how we are seen in the eyes of our athletes. We have to decide how we respond to

setbacks and adversity to set examples so that our athletes can grow and learn and respond well to it. We can all respond well to success but it is how we respond to adversity that can make or break our success. This takes the support and encouragement from your administration, mentors, fellow teachers/coaches, family and parents that we are around. We all know that we don’t have support from all of those at all times. But as you well know, when you look at the coaches that are successful, they have a positive administration and support system behind them. To have success you will breed success and this is done by expanding our knowledge through clinics, camps, seminars, coaching schools and simply listening to fellow coaches. The more that you listen and take it in instead of having to add something to everything, you become more successful. Always be humble, listen and learn, that is what I have gained by watching and following my fellow coach and mentor!!

This last year I took a leap of faith and moved my family to Christoval, TX with the hopes of finding an amazing success driven team to be a part of. As

some of you know, with a move comes adversity in itself with a change of culture and routine for myself as a coach and our daughters, who are a junior and an 8th grader. From the moment we stepped on campus we have felt supported and a drive to be successful! I have felt “on fire” and that nothing can hold me back from being GREAT!

I would not be the coach that I am today without meeting a coach that saw something in me and didn’t give up till I saw it as well! Now I feel compelled to pass that knowledge on to other coaches to push themselves to be successful even when it is hard and out of their comfort zone!

We have to want to grow our knowledge and be a strong enough coach to admit that we don’t know something and go learn about it. In other words, get on fire, stay on fire and always continue to fuel flame!!

What are you waiting for — the sun to shine?

GO BE SUCCESSFUL!!



photo courtesy Donovan Martin

Congratulations to all teams that made it to the state tournaments and meets so far this year! With a few of the fall sports coming to a close I would like to remind everyone to begin making notes of nominees for Sub-Varsity and Middle School coach of the year awards. Nominations need to be done online through the membership site under the sport you are nominating for. Help us honor these amazing coaches for their hard work and dedication! Sub-Varsity is grades 9-12 and Middle School in grades 7-8. The Sub-Varsity Committee will select one sub varsity and one middle school coach as Coach of the Year in 1A-2A-3A-4A and 5A-6A! Thank you,  
Melissa Pump  
Sub-Varsity Committee Chair

# STEPS FOR BUILDING CONFIDENCE IN YOUR FEMALE ATHLETES

The following is an excerpt from our recent “Steps for Building Confidence in Your Female Athletes” webinar.

First, I want to lay some groundwork. I want us to understand why we need to build confidence in our female athletes. What it will do for them currently, as well as for their future. In doing some research, I learned that by the age of fourteen, the number of girls who have stopped playing sports doubled compared to boys’ sports. A couple reasons why they stopped playing: 1) they feel sports is not something they were welcomed into and 2) puberty hit and they felt they didn’t belong as their bodies began to change. So, we need to understand why this is important, so we have that base. We want to figure out what is happening to them and then build them up.

In terms of menstrual cycles or puberty, they are being made fun of because of things that come with this change. As coaches, we need to cultivate an environment in which girls want to play so we need to understand that they are trying to navigate this change and help them understand this isn’t an inconvenience. I challenge coaches to think back to when you were their age and remember how challenging that period in your life was. We can help them have a better understanding when we relate to them. For male coaches, remember that these young girls are just as confused by what is going on with their bodies and emotions as you are.

We have some assumptions and barriers that affect girls and playing sports:

- Title IX is hurting male sports. I hope we get to a point where we just say Title IX helps sports, overall.
- Women’s sports would be more popular if they dressed in more provocative clothing.
- Cost can be a barrier. Playing sports can be expensive in terms of equipment, clothing, travel, etc.
- Decreased quality of experience. The bulk of money is going to boys’ teams, and this can affect the experience for girls.
- Lack of access. if you must travel

to find a center or a place to play, this could affect their playing sports.

- Social stigma. Today, it’s still seen as not “in” for girls to be athletes.

Sports have a positive impact on us as women. Sports build confidence and leadership. The things we learn through sports help us grow, to be leaders, to communicate and be on a team. So we want to encourage girls to be in sports because it does help outside of sports as well.

So now let’s focus on the topic at hand: confidence. How do we build confidence in our girls? There are a lot of different techniques that have been out there that I’ve learned, but I wanted to hit on these four. When I say confidence, I don’t mean the belief that they can do anything. Confidence comes and goes. We just want the flow to be less dramatic up and downs. Confidence is the feeling that you felt you could, so you took the shot. I want our young girls to think they can accomplish anything, and moving forward, we want them to try, regardless of if they fall. The fact that you attempt it builds confidence.

- Listen. We teach each other how to treat one another. Ask your athletes what they need and then listen to what they tell you. The more you ask and listen, the more they’re going to learn. With your help, they will learn how to express themselves.
- Give specific feedback. When you help someone learn, you need to break it up into pieces. We don’t want to break down the whole attempt because then they won’t try to do it again. But if we are specific in our feedback, they can try to fix that portion of the task.
- Start and end practice with something easy. Every team has a drill they love, so start practice with that drill and it will help to build confidence.
- Repetition, repetition, repetition. The more your athletes do a drill, the more confident they will be with that task or drill. Encourage them to spend five minutes before or after practice on one task they need to work on. Encourage them to have their “flair” on this task so they can build confidence in

their skills.

The last thing I want to talk about in building confidence is goal setting. I just want to talk about this a little bit, because I want you to go to the Coaches Armoury to learn more.

Goal setting is something very clear and concrete; something the athlete dictates and then they own it, so it becomes part of their process. You don’t have to monitor this, but you can check in and see if they hit their goal for the week. The goal should be completing a task correctly, like lay-ups 3x/week. Keep it simple so it builds confidence, and then you can make the goal a little bit harder and say you want them to have correct form e.g., complete five right-handed lay-ups on the right side.

Watch our “Steps for Building Confidence in Your Female Athletes” webinar now.

[Watch Webinar](#)



**Dr. Wendy Borlabi**

Director of Performance & Mental Health for the Chicago Bulls

Founder of Borlabi Consulting

Worked for the United States Olympic Committee

# ||| 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.

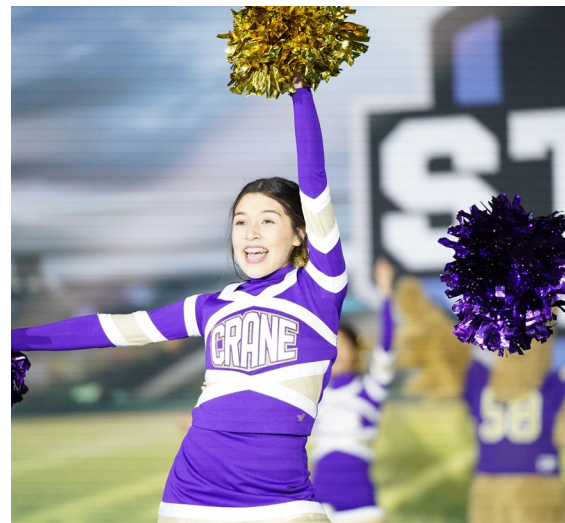


photo courtesy Logan Lawrence

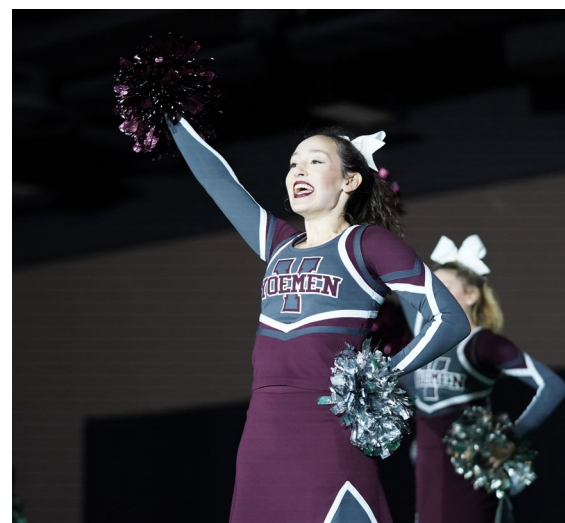


photo courtesy Logan Lawrence

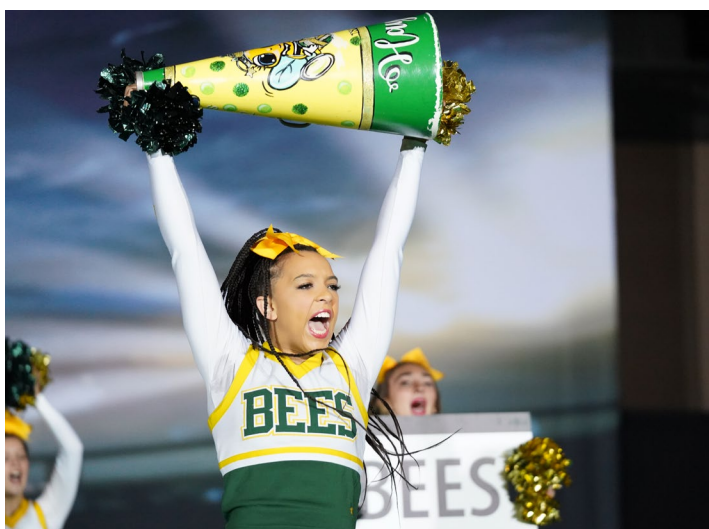


photo courtesy Logan Lawrence



photo courtesy Logan Lawrence



# 2022-23 TGCA BOARD OF DIRECTORS

NAME	POSITION	SCHOOL
Brad Blalock	President	Frisco Centennial HS
Cully Doyle	1st Vice President	Brock HS
Claire Gay	2nd Vice President	Aledo HS
Jason Roemer	Past President	Fredericksburg HS
Jason Culpepper	Region I Senior Director	Bushland HS
Dana Hill	Region I Junior Director	Lubbock Cooper HS
Mitzi Bell	Region II Senior Director	Merkel HS
Sunni Strickland	Region II Junior Director	Forsan HS
Nicole Franklin	Region III Senior Director	Navo MS
Nikki Hyles	Region III Junior Director	Aledo HS
Ross Barber	Region IV Senior Director	Tyler Legacy HS
UiLani Womble	Region IV Junior Director	Frisco Wakeland HS
Stacy Tucker	Region V Senior Director	Mont Belvieu Barbers Hill HS
Terri Wade	Region V Junior Director	Conroe The Woodlands HS
Anthony Branch	Region VI Senior Director	Sealy HS
Wade Womack	Region VI Junior Director	Dripping Springs HS
Kelly McDaniel	Region VII Senior Director	San Antonio East Central HS
Patti Zenner	Region VII Junior Director	Poth HS
Dan Aldrich	Region VIII Senior Director	Fredericksburg HS
Cecilia Kellar	Region VIII Junior Director	Odessa HS
Susan Brewer	Volleyball Committee Chair	Bellville HS
Josh McKinney	Volleyball Committee Vice Chair	Colleyville Heritage HS
Dee Lewis	Basketball Committee Chair	White Oak HS
Arthur Prevost	Basketball Committee Vice Chair	Sheldon King HS
Julie Breedlove	Track Committee Chair	Rio Hondo HS
Kevin Johnson	Track Committee Vice Chair	Abilene Cooper HS
Scott Mann	Softball Committee Chair	Springtown HS
Melissa Hall	Softball Committee Vice Chair	Georgetown HS
Missy Pump	Sub-Varsity Committee Chair	Christoval HS
Jordan Ruiz	Sub-Varsity Committee Vice Chair	San Antonio East Central HS

## 2022-23 TGCA BOARD & COMMITTEE MEETINGS

### MARCH 5

Board of Directors Meeting,  
11:00 a.m., San Antonio

### MARCH 6

Basketball All-State  
Committee Meeting,  
Basketball Committee  
Meeting,  
6:00 p.m., Zoom

### APRIL 17

Soccer Advisory Board  
Meeting, 6:00 p.m., Zoom

### MAY 14

Track All-State Committee  
Meeting, Track Committee  
Meeting, 6:00 p.m., Zoom

### MAY 15

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

### JUNE 4

Board of Directors Meeting,  
11:00 a.m., Austin

### JUNE 5

Softball All-State Committee  
Meeting,  
Softball Committee Meeting,  
6:00 p.m., Zoom

### JUNE 13

Legislative Council Meeting  
(TGCA Executive Committee Only)

### JULY 10

Board of Directors Meeting,  
1:00 p.m., Arlington

### JULY 12

Spirit Advisory Board Meeting,  
8:00 a.m., Arlington



photo courtesy Claire Gay



# 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 Donovan Martin

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 Claire Gay



photo courtesy Donovan Martin

## 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:

<b>Spirit</b>	<b>January 31, 2023</b>
<b>Swim &amp; Dive</b>	<b>February 13, 2023</b>
<b>Wrestling</b>	<b>February 13, 2023</b>
<b>Basketball</b>	<b>February 27, 2023</b>
<b>Soccer</b>	<b>April 10, 2023</b>
<b>Tennis</b>	<b>April 24, 2023</b>
<b>Track &amp; Field</b>	<b>May 8, 2023</b>
<b>Golf</b>	<b>May 8, 2023</b>
<b>Softball</b>	<b>May 29, 2023</b>

## TGCA SPORTSWRITER OF THE YEAR

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspapers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than

20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the March TGCA Board of Directors meeting.



# 10

# WAYS TO INCREASE BRAINPOWER

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 Get moving.** Research suggests that exercising on a regular basis can play an essential role in improving brainpower across the life span, beginning in childhood. All factors considered, older adults tend to benefit more than their younger counterparts in this regard, possibly because older adults have more to gain with respect to cognitive function as age-related declines become more prevalent. Exercise bouts that last at least 30 minutes have been shown to have the greatest benefit.

**2 Use your brain.** Not only do you need to exercise your body to enhance

your brainpower, you also need to exercise your mind. To a point, the more you do to keep your mind sharp, the better your level of memory and creativity will be. In this regard, you have a number of options for exercising your mind, including brainstorming, working word puzzles, playing games like chess or bridge, and performing mathematical tasks (e.g., adding, subtracting, and multiplying), instead of using a calculator and the like.

**3 Engage your inner child.** Allow yourself to be full of wonder, curiosity, and playfulness. All of which can spur your sense of creativity. Be a kid again. Daydream. Permit

yourself to see things that are invisible to stimulate a stream of mental activity.

**4 Associate with positive individuals.** Avoid naysayers. Being with people who encourage, rather than discourage, you, will enhance your level of creativity. Negativity tends to stifle brainpower. Fortunately, the converse also holds true.

**5 Chill out.** Don't let the small stuff bother you, which can prevent you from fully concentrating. Learn to relax to think more clearly, have better focus, and be better able to recall things. Don't let stress and tension put a choke hold on

your brainpower.

**6 Avoid "bad" fats.** Don't let what you eat take a toll on your memory and your ability to learn. Research suggests that a diet high in saturated fats can have a negative effect on cognition and neural function. In contrast, consuming omega-3 fats has been associated with improved brain function, reduced memory loss, and less cognitive decline.

**7 Don't let the bottle bring you down.** Consuming too much alcohol can impair brainpower by contributing to brain atrophy, which has been linked to memory loss and impaired cognition. If you choose to consume alcohol, do so in moderation.

**8 Take control of your life.** Make as many of your own decisions about your life as is both possible and appropriate. Having no control over your surroundings can lead to a heightened state of depression (particularly among elderly people), which, in turn, can result in a loss of memory.

**9 Don't be afraid to make mistakes.** Trying new things can enhance your ability and willingness to think inventively. Although such an approach also can expose you to failure on occasion, instead of allowing yourself to be discouraged by such a negative possibility, think of mistakes as simply being an opportunity to learn.

**10 Expand your envelope.** Don't limit yourself to a narrow channel of seeing and thinking about things in a singular way. Try to think in other ways. Consider other viewpoints. Develop other interests. Read, read, read, and read.



photo courtesy Claire Gay

# SURVIVOR STORY



## Wanda Goins



• As a former transcriptionist in the medical field, Wanda Goins understood the importance of going for her annual mammogram. Although there was a lack of history with cancer in her family, working in women's health taught Wanda that you should never pass up the chance of early diagnosis if something alarming shows up. In 2014, Wanda's professional knowledge

could have been the thing that saved her life. Two weeks post-scan, she was driving home from a beach trip to discover that her mammogram identified abnormal cells.

• Upon returning home, Wanda attended her follow-up appointment where it was revealed she had in fact caught her breast cancer early. Her official diagnosis was determined to be stage zero "ductal carcinoma in situ," which is considered to be the earliest stage of breast cancer normally presenting itself as unusual cells within the milk ducts of the breasts. While she caught the cancer at a rather premature stage of development, Wanda wanted the threat of any reoccurrence to be eliminated entirely. She believed that the best decision moving forward would be to opt for a double mastectomy.

• Unlike multiple cases, Wanda's additional experience in the field of plastic surgery allowed her to make an educated decision about whether or not she would choose to undergo reconstructive surgery. Due to what she had witnessed from other patients, she desired to go with the prosthesis route as opposed to receiving implants. Wanda fully recognizes how fortunate she was to discover her cancer at an early stage and does not take her luck for granted.

• Wanda retired four years ago to care for her husband who was diagnosed with Parkinson's disease, and claims that her professional positions put her in the perfect place to know how to care for herself and her husband. Life in remission has been one filled with adventure, as she is now able to cherish the gift of

travel. Marilyn, her dear travel companion, coincidentally was diagnosed with the same condition as Wanda five years prior. Furthermore, Marilyn's husband also endures Parkinson's. Their ability to relate to one another has created a powerful bond that not only offers each of them support when hurdling challenges but also a friendship focused on celebrating life together.

• While Wanda's diagnosis was identified at a low stage, her story sends a powerful message about early detection and its capacity to send you down the path of life.

### WORDS TO LIVE BY

We have little or no control over what happens to us in life, but we have 100% control over how we will respond."

- Kay Yow



## MAKING AN IMPACT

November kicks off the official start of the season for all things Play4Kay! Whether you're a part of a basketball team or volleyball team – there are plenty of ways to get involved to join the fight against cancer. You can host a Play4Kay game at any level and sport, or if you're at the collegiate level, join the Free Throw Challenge – sponsored by women's basketball's greatest fans, John & Sue Gibbs – get creative and make your fundraising efforts your own! Visit our newly redesigned Play4Kay page to learn more and get the materials you need to make getting involved in Play4Kay easier than ever.

<https://kayyow.com/play4kay/>

Senior Director of Play4Kay, Jennifer Sullivan ([jennifer.sullivan@kayyow.com](mailto:jennifer.sullivan@kayyow.com)), is more than happy to help you for the first time or the 100th!

We would love to hear how being a part of the Kay Yow Cancer Fund has impacted you or your community. Share your story with us! [Share](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
TGCA OFFICE CLOSED						
25	26	27	28	29	30	31
TGCA OFFICE CLOSED						

**ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26**

## 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

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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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