

Huffines Sports Medicine Podcast

Coach G Guerrieri

- S1 00:11 [music] Welcome to the sports medicine podcast brought to you by the Sydney and J.L Huffines Institute for Sports Medicine and Human Performance in the Department of Health and Kinesiology at Texas A & M University. At the Huffines Institute, we're always working to facilitate, apply and bring you the most up-to-date coverage of the wide world that is sports medicine and human performance all in a language you can understand and share with your friends. Now, here's our host, the director of the Huffines Institute, Dr. Tim Lightfoot.
- S2 00:40 Hello and welcome to the weekly edition of the Huffines Institute for Sports Medicine and Human Performance podcast. On behalf of the coaching academy today, we have a special guest with us. We have coach G Guerrieri, who is the head coach of the women's soccer team here at Texas Stadium. Coach welcome to the podcast today.
- S3 00:57 Thank you, thank you. It's great to be here.
- S2 00:58 We're so glad to have you here. I'm going to tell the audience a little bit about you and about what we're going to talk about. Then, we're just going to dive into the conversation...
- S3 01:04 Sounds good.
- S2 01:04 Here. It really is a true privilege to have Coach Guerrieri here. He's probably one of the most foremost women's soccer coaches in the country. This is his starting 22 year as coach here at Texas A & M. In fact, he was the founder, the initial coach of the program, the only head coach that they've had, at this point. This last year was especially good. The team was co-conference champs and won the conference tournament. Over his tenure here, his team has been the conference champion or conference tournament champion 15 times.
- S3 01:37 14 times.
- S2 01:37 14 times.
- S3 01:38 Getting ahead of ourselves, this year we hope to be 15.
- S2 01:41 [chuckles] Well we're in advance then.
- S3 01:42 That's all right.
- S2 01:44 Matter of fact team has played in every NCAA tournament in the last 19 seasons. He was named the SEC coach of the year, this past year. Congratulation again.
- S3 01:54 Thank you.
- S2 01:54 Great honor. He played at the University of Tulsa. As a goalkeeper. He was the team MVP and made the all-Midwest team, coached at Tulsa, North Texas, Rollins College, Hardin-Simmons University and Richland College. Before he got to Texas A & M, where he's found a home. Originally from Texas, too.
- S3 02:12 Grew up in Texas, originally from Chicago, actually, but we got here as fast as we

could [chuckles].

S2 02:19 Again, thanks for being with us today.

S3 02:21 Thank you.

S2 02:22 This week is a big week, World Cup starts and we'll certainly talk about that. We want to talk about the women's game, though. We will start with the women's game. Number 1, what drew you to coaching?

S3 02:33 Well, you know what--

S2 02:33 Let's start with that.

S3 02:35 I have a lot of colleagues out there who kind of got into coaching late. They went through and they did kind of the traditional route through college and did the things that their parents wanted them to do. They were going to be an accountant or they were going to be an engineer or they were going to be going to sales or something like that. Then, after being out in the big, bad world for a little while, they kind of figured out that, "I don't really enjoy this, I don't like waking up and going to that job every day." I'm on the opposite extreme of that. I always knew what I wanted to do. Probably since my first experience doing any coaching was that I was about a sixth grader. I helped out with my little sister's team. Had a mom as the coach and she didn't really-- She had good intentions but didn't really know anything about the game. I was about three and a half years older than the girls on the team and was playing. She's like, "Would you mind coming out and helping out a little bit?"

S3 03:36 I really enjoyed it. I really enjoyed the impact that coaching can have and that the ability to help people perform better was kind of-- and for them to have a good time because of your input was kind of neat. Then, when I was in high school my first job was at the YMCA. And was teaching after-school activity classes, so taught football, taught baseball, and then obviously taught soccer as well. Did that, and refereed and stuff like that while I was still playing. And even when I would come home in the summertime, I would help out a little bit at the Y. That just kind of reinforced that it was something that I really enjoyed and I really had a passion for. I went to school as a Phys-Ed major and got my degree in education from the University of Tulsa, and have been in it all the way. My advisers were trying to convince me that I needed to go into different parts of education. After my sophomore year in college, I knew that the college levels was really what I wanted to do. I was really intrigued by the levels. I like the challenges of it. I was really good at it, so I felt like it was a good place for me. Even, as I finished my college career and tried to do a little bit of a professional stuff. It was mostly just to gain experience to help me when I was going to start coaching which I knew was going to start pretty soon because I wasn't good enough to be a big professional player.

S2 05:12 You're a real testament to this idea about following your passion. We talked to so many people who are very successful on their own fields and they said, 'I just followed my passion. No matter what people told me, I knew what I wanted to do and I did that.' That's a good testament to that.

S3 05:25 Well, my father used to say all the time because he didn't like his job was, "Listen, if you ever find something that you really look forward to waking up and going to, that would be a good career." He goes, "That could be anything." And

so for me, it was pretty easy. That's what I went to bed thinking about it, I woke up in the morning thinking about it. Went through the whole day, just kind of excited about what was around the next corner. Now, coaching at the college level adds a lot more to the circumference all the way around the game from the business side to a promotional side, to a recruiting side, to a little bit of everything, to maintenance and stuff like that. That over time has become very interesting to me. The administration of things has become very interesting to me. But in the purest sense, it was just, "Hey, this is a way for me to help people and really have fun."

S2 06:23 Right, so how come you went into the women's game? There's probably a lot of people that don't appreciate the women's game.

S3 06:29 Right, well I was coaching both. I was coaching - when I came out of college - I was coaching men's soccer at the University of Tulsa and then, at North Texas they didn't have a women's program. When I went to Rollins college, which is a D2 school in Winter Park, Florida, just right next to Orlando. I went kind of on a whim, a last second thing, I decided to go. I knew a guy who was on the team who I was going to coach as a goal keeper. The head coach is like "Yes, well come on over. Here, we can pay you these pittance [chuckles]. When I got there, the athletic director said, "Listen, we have women's club team. I'll pay you an extra \$1,000 to be the coach for the women's team." I was like, "Sure, it's fine with me, I've got nothing else to do." And so, that was my first step into it. I really enjoyed it. The team-- we were not an extraordinary team, but we got better and better and better. I took a lot of pride in that, and I really enjoyed the response of the players.

S3 07:34 Coaching women and coaching men is a-- there are differences to it. Not that I didn't enjoy coaching men, I really did. But I really-- I felt a bigger impact on the information and the-- and just the way that the women would receive the information. That kind of got my feet wet, and then when I went to Hardin-Simmons in '88 to be the head men and women's coach, you know again, success was there. Then, the opportunity kind of kept following as far as being in-- it wasn't until I came to A & M that I went all in on the women's side. I'd always been head coach for both and had always thought, "You know, if I could just coach one team at a time, I think I could do pretty good." Instead of coaching two teams at the same time, the same season was interesting. It was an interesting challenge but it was kind of just where soccer was at the time.

S2 08:32 The women's game certainly has grown exponentially.

S3 08:34 Absolutely.

S2 08:35 We recently talked to Coach Pat Henry and he said, one of the biggest changes for him in track and field has been the [advent?] of the women's side of competition, how training has gotten so much better for this-- for the woman, their skill levels have come up very quickly. Do you see the same thing in soccer?

S3 08:50 For sure, for sure. I've been in it long enough that-- from the mid to late 80's when there were still a lot of dads coaching-- to talk about youth athletes, to now where it's absolutely professional, and it has become a really big business as far as coaching youth sports, and specifically coaching youth soccer. There's a heightened degree of skill coming through. It's funny because, we see the level has risen everywhere. The lower level is incredibly advanced, compared to where it used to be. The highest end still is about the same, it hasn't really gone

up. But the bottom has come up. It's made it to where, across the board the competition is better, the kids are able to do more things technically. Tactically they've been advanced because of a lot of the coaching that's gone into it. It's been revolutionary. Again, that was the early '90's, and I remember our Women's World Cup team in the first world championships in '91 - going and then coming back, and really kind of coming back anonymously. No one really had any knowledge that they'd won the world championship. Seeing video-- and a buddy of mine went over to it. I saw a lot of video afterwards. Honestly, it was a pretty poor tournament.

- S3 10:24 The United States just ran roughshod over everybody [chuckles]. Compare that to the end of '99 when it exploded with Mia Hamm, and Kristine Lilly, and obviously Brandi Chastain - and her taking her shirt off after the penalty kick - and all that stuff. Then, people kind of discovered, 'Hey, these are some really neat people who are playing this sport.' Then, from that point on, like I said, I was at a game this past weekend in Portland, in the NWSL. And there was over 10,000 people at the game for Women's Professional League match. It's been neat to see. There's been a lot of progress in it. Now, it's a point where it's kind of embraced as a real opportunity for competitors, young women to take on.
- S2 11:13 It was interesting that whereas the US men's program has tried to play catch up on the world scene. The US women's program has led the world scene [for the last?] 20 years.
- S3 11:22 Because they started at the top. Again, a lot of that you can look at the best nations initially where the nations that had the most freedom for women and the most opportunities for women.
- S2 11:34 Excellent point, yes.
- S3 11:34 You look at Northern Europe. You look at Western Europe. You look at North America. And then again they were, I think, forced into it in China. It was a deal where those were the main programs. And now as the 2015 World Cup for women comes up next year, you'll see a lot of parity. Europe has really embraced it. Asia has done very well. The Japanese are fantastic. The next things are the African nations and the South American nations, which again, can be a cultural thing, as well as, how opportunities for women progress in that part of the world.
- S2 12:12 Now you just mentioned the World Cup for women. We'll come back to that in a little bit, but certainly the big media event that's starting this week is the World Cup.
- S3 12:20 It's not just a media event [chuckles], yes it's...
- S2 12:21 Well, that's my question. For Americans that don't-- not pay as much attention to soccer as most of us do, or many of us do, what's the big deal? What's the big deal about the World Cup?
- S3 12:31 Well, it's an opportunity for a lot of places around the world to raise their flag and to really have a lot of pride in what their nationality does in a game that crosses all borders, and as a game without borders. So--
- S2 12:51 You do see teams like from Uruguay and Portugal, and teams that you don't normally hear of as from being sports-related countries...

- S3 12:56 Correct. Netherlands , unless you're talking about speed skating.
- S2 13:01 Yes, that's right.
- S3 13:01 The Netherlands this is what they do. Again, the African nations are outstanding. Belgium is one of the teams that people are talking about the most going into this World Cup. Because there's a lot of money in the game now but even back before there was astronomical figures in there, it was a chance to kind of show, 'Hey, this is what we do in this field in world football.' Whether you're talking about the South American football with the Argentinians and the Brazilians and Uruguayans. Or, you're talking about Asian football and what was happening in Korea or you're talking about the different parts of Europe and the dominance in those. Then, with us obviously, with Concacaf in North America coming through with Mexico, United States and Canada being the leading ones. Canada's kind of falling off lately. But it's a real chance for people to say, 'Hey, this is what identifies our country, and we're going to go for that.' For Americans, you ask someone, 'What are you?' Obviously, we're Americans, but no, I'm Italian, I'm a German, I'm [?]'.
- S3 14:14 For Americans, it's a chance to even kind of root for our heritage a little bit as we go forward. It's been really cool to see as far as an American. In 1978, I was in middle school, and coming through and getting ready for high school when the World Cup was in Argentina, and playing in a police state in those days. There was no television of the World Cup. Some friends of mine went down to watch the final on close-circuit TV in Dallas. I remember them coming back, and I was mad because I didn't get an invitation to go. Then in '82, for me was the 'Aha' moment for me, and that was, I was a sophomore in college then. It was the first time that it was on of more on in college then and so it was-- it was the first time that it was on television all the time. It was only on Spanish speaking television. Then, I think--
- S2 15:11 Amazing how quickly you pick up Spanish that way though.
- S3 15:13 Oh, yes, [laughter] yes. [Sucked them in?]. After all this stuff, I had no idea what it was. Now I knew what a [Equipo?] and all these things were. Anyway, in the final I think was a part of wide world of sports. They carried it as one of their broadcast of the World Cup final from Spain. Again, for me and for my peers, we were up every morning for the 10 AM game then there's was I think a 1:00 or 2:00 in the afternoon game. We would specifically meet to watch it and learn our Spanish for the day [chuckles]. It was awesome and that was-- and then '86, it kind of crept in again a little bit more with it being in Mexico. I went as a-- just gotten out of college in '86 and we went down with ten guys so, me and nine other guys. There's a lot of experiences in there that were just over the moon and things that will always be with us and the guys who were part of it, it's something that we share. We always wanted to get back and go to more World Cups, but life happened for a lot of guys and they never really got a chance to do it. But that for us was-- I remember walking into Azteca stadium for the--
- S2 16:39 Big stadium. For people that aren't familiar with [that place?].
- S3 16:42 114,000 and it's vertical. And so, I remember walking in and it was for a Mexico game and we didn't have tickets and so, here are nine of us don't speak English. We're just kind of trying to haggle for tickets-- to try to get a ticket. We all get tickets independently of each other so we kind of walk in and then we have to

go to different parts of the stadium. I remember coming through the portal into the stadium where you're kind of back in the bowels of the stadium and you kind of step out. All this color and there was a buzz from [?] we call them now, but a buzz to it. And I remember literally having to kind of step back against a wall because it had really took my breath away. That was a moment for me, at that time as a soccer player, that I was like, "This is bigger than anything I've ever imagined." I remember, I was actually interviewed by USA Today, ironically, while we were there and one of quotes was, "It was phenomenal". The stadium was two Texas stadiums on top of each other, which, it pretty much was. That was it for me, hooked, hooked me absolutely. I was already all-in, and this [?] okay. This is something that-- I've been inspired. I want to make this be a part of what I'm going to do forever.

S2 18:10 For the folks listening, of course, as we said, World Cup's starting. And if you don't know that's the 32 teams that have qualified, plus the host nation. They're in groups of four, eight groups of four. And the US has drawn what they call, "the group of death", because we have Ghana, Portugal, and Germany in there all big powerhouses in and of themselves.

S3 18:30 And teams that we have traditionally struggled against. We had a huge win over Portugal in '02, which I'm sure that they've been reminded of ten or 11,000 times. But yes it's a really tough draw for the US. But you know what, the US team is as good, as we get better, and better, and better. On the men's side, soccer has gone head-and-shoulders. I remember seeing a match on television about a year ago. It was a replay of our men's national team playing against England at Wembley and I think it must have been post-World Cup in '94 and we were bad. We just-- Alexi Lalas, as much as he talks, he was a terrible player [chuckles] compared to what we have now. But, at the time he was the--

S2 19:18 Best we had.

S3 19:18 Best we had. He and Babel in the middle of the park that was what we had and they did a great job at getting [it?].

S2 19:24 [It was a yolo on the go?].

S3 19:25 To compare that stuff to now, we've come a long way, unfortunately we were stuck in a pretty difficult group.

S2 19:36 Of the three games that we're going to be playing, which one are you looking forward to watching the most? We play Ghana first and then, I think we play Portugal and Germany third.

S3 19:46 I really don't put any of them-- I'm 100% on all of them. I want to see-- I've got to tell you I'm worried about all of the too because I'm worried about-- we've struggled against the Ghanaians because of their physical prowess and their ability to thwart us, and some of the power that they have in different places. The Germans, same thing. They've dominated us, particularly in the air. People talk about how technical they are. But what I've seen of our last six games against the Germans is we've struggled with them, when it's become an aerial battle. When the ball leaves the ground, which is I think-- I don't think enough people take into account. Now, we beat one of their B teams up a couple of years ago. But-- and then the Portuguese, you've got the best player in the world with Cristiano Ronaldo. And in all of these games, I would be shocked if our best player was in the top five.

S2 20:47 [Of their team?]

S3 20:47 On the field. That's-- I don't mean anything against our players, but, just saying how good the other teams are. Again, it'll be interesting the people who are just kind of [fly-by-night?] aren't really paying attention. Well, if it goes as planned, and we don't get through the group, which we shouldn't get through the group based on what we have, the response will be "Oh, well soccer will never make it in this country", and the rest of us will be like, smile "Okay, you guys go back over there [laughter] and we'll carry on". If Klinsmann can get them through, and I think he's an excellent coach, then it'll be another big step forward for the game.

S2 21:26 Of the players that we have - that we know that are going to be starting - which one would you tell our audience to probably watch the most, that their performance probably will be the bellwether for the team?

S3 21:34 Michael Bradley is our best player. He's number four. He's easy to find because he has a shaved head [laughter]. He's in the middle of the park. He's a coach's son, and he's a really, really special player. He's very, very good. He's our can-opener. He's the one that will kind of unlock a lot of tight defenses because of his ability to spray balls around distribution-wise, but he's also got great range, great physical capacity to be able to get all around the park and he works his tail off. He's a great role-model player for a lot of aspiring best players on their teams, he's a great kid to watch.

S2 22:14 Now, as Americans, though, we have to give a shout-out to the goal-keepers.

S3 22:16 Well, Tim Howard is awesome.

S2 22:17 We've got excellent goal-keepers.

S3 22:19 And we always have. Personally, I take-- again, it goes back into our culture, we are a eye-hand coordinated culture growing up, where our dad's took us out to the park to throw a baseball and those things, those are often the first things that most of our people have done. In the past 40 years, it's become a little bit more okay to go out and kick the ball around a little bit, but we have that base of eye-hand coordination and, especially through our other sports, which are predominantly that way. You go back, Tim Howard is fantastic, Casey Keller before him, Brad Freedle, Tony Meola those are all--

S2 23:02 See, I go back to Shep Messing [laughter].

S3 23:04 Shep Messing yes, who's flamboyant--

S2 23:07 For sure [laughter].

S3 23:07 Most days. But absolutely, as matter of fact one of those books I read in soccer was Shep Messing's autobiography, which is pretty cool. Remember one thing where he was saying, 'Only Shep scores goes on Shep.' He went through one season where no one scored, he always wanted to turn around and volley the ball into the back of the goal to show that he was the only one that could score himself [laughter]. I like that cockiness of the American bravado in sport, but from a goal keeper side of things, Tim Howard is special. He's really, really good. He's a neat story. He's a guy, he has Tourette syndrome. He's always had to kind of accommodate for a lot of things outside of his control and he's done a great job. He's become a very, very good professional. He'll come on a broadcast now

on NBC's sports with-- because he plays for Everton in Liverpool. A lot of times you'll hear him on a Sunday match. If he played on Saturday, he'll be on a Sunday match. If United are playing, which is 30 miles away or where ever Liverpool's playing or one of the other teams in that area of the country. And he does a great job. He comes across incredibly intelligent. Obviously, well connected in what's going on. He's a guy that can not correct, he can erase a lot of our mistakes. The eyes of the world literally will be on our players and as someone who helped to coached and helped to try to development a lot of the game, we take a lot of pride in that. But I'm holding my breath [chuckles] as we go through it.

S2 24:48 Now, Coach Klinsmann, the national team coach has gone on record in media saying that there's-- we don't have any chance to win the cup. And saying that in the media, is he planning on like a Lou Holtz thing and--

S3 25:01 Sounds like Lou Holtz said. [Navy's?] going to kill us [laughter].

S2 25:05 Yes and-- but behind the scenes the guys are going to be fired up by that or-- as a coach what do you think by that kind of strategy?

S3 25:13 Perhaps I think-- again to each his own. As far as, he's always been a very honest guy. He's kind of beyond reproach in what he has done in his credibility. He's clearly earned his credibility as I would say as a great player but also as a high level coach. Part of what he has said over and over going into this is that, "The United States is going to be the most fit team in the tournament."

S2 25:43 And it's going to be hot [down there?].

S3 25:45 It is and what-- not only do we have the worst or the toughest group, for a lot of people. But we also have the worst travel. It's not like we're going to-- but our training site is in Sao Paulo, or just outside Sao Paulo. We're playing in the equivalent of being based in Houston. and we're going to play games in Minneapolis, Philadelphia, and in Denver--

S2 26:12 I think I read that we're going to travel 9,000 miles or something...

S3 26:13 It's crazy, it's really, really crazy. He has to deal with all that. Like we said, we're not going to have the best player on the field. Michael Bradley is a special kid, but he's not Cristiano Ronaldo, he's not [Pick of German?], he's not Schweinsteiger. He's not those guys. As a coach, you got to pick what you can do. You got to figure out what that's going to be. As Americans, our athletes are developed and we have speed, often we have size, and so we have control over our fitness. We have control over the things that we can put into our effort. I think that's a lot of what his preparation has been about. I don't question that at all, that's the way it should be. The tactics of how he's going to have our chess pieces set up that would be under him. He had a good results against Nigeria going in, which I rate Nigeria as a good side. If you listen to the pundits on television and radio we don't have a chance. For someone who's come through the game the fact that we have people talking about it is exciting.

S3 27:24 The fact that Sirius have a full-time soccer channel, fantastic. All the soccer that's on TV, it's come so, so far. Let the talking heads make their money and do what they want. Again, I don't predict anything on it other than the fact that Brazil will win the tournament as the host nation and arguably the most talented soccer country year after year after year, but man, there's going to be a lot of

great games. There'll be a lot of great games, there will be a lot of tight games. Again, I look forward to seeing what the South Americans are going to do and what the Africans are going to do. Those are the unknown qualities because we see a lot of these players who are based in Europe play, so I feel like I have a pretty good working knowledge of a lot of those countries. But man, I just don't know much about the African teams. Other than every year-- again I go back to 1982 when Cameroon got a great result on the first match against Argentina. These teams are talented and athletic just like we talk about. And--

S2 28:33 Everyone sat up and said, 'Hey, wait. Something's going on over there.'

S3 28:38 Obviously, it's a great example of economies that are challenged economically, but great human resources that can really perform on a big stage.

S2 28:50 Now, you mentioned something a few minutes ago and this will be our last topic here before we start to wrap up. That I think it's really important to understand in this. We talk about the exposure now. You and I been around the game long enough that we can remember when no one ever talked about soccer. One of the things that happened has been the explosion in youth programs, over the last 30 years in particular. And, so the last thing I want to ask you, I know you're going to spend most of your summer starting this next Saturday doing youth soccer camps. Why should parents encourage their children to play soccer? If they're going to play any sport.

S3 29:22 Well, I'm a big component of it's a fact that kids who participate in sports, in athletics develop great leadership skills. They develop great social skills, sometimes through trial and error. That you look around at the leaders of our societies, they have backgrounds in sports, in one way, or another. It might have been only when they were in the third grade, but those types of experiences are helpful to them. And it's something to-- it's healthy, it's exciting.

S2 29:58 It's a lot of running [laughter].

S3 29:59 It's a lot running but it's--

S2 30:02 Which is good.

S3 30:03 I grew up as a baseball fan. My first sports activities were playing baseball, going to cub games as a little kid. My kids never really got into baseball because there's too much standing in line and waiting. You look at now at soccer and you look at how lacrosse is going, the same ideas, lot of movement, it allows kids to get out and do things. It's funny too because the other part that people talk about as a negative of the current culture with our kids is all these video games the kids are playing. My youngest son really gets into a lot of video games and he enjoys it, but he's also a soccer player. He does plays basketball. I have a part of my house where basically it's my cave where I can watch games. On Saturday and Sunday mornings that's where I'll be often times early on watching the premiere league match and [Conor?] will come in. He and his brother play a lot of FIFA on Xbox. He's like going, "[?] Who's playing Dad?" I go, "Well, this is Arsenal against the Manchester United." And he'll start clicking off names of guys on both teams. I'm looking at him going, [chuckles] "Well, how do you know these--?" And he goes, "I played this game yesterday [chuckles]." And I was like, "Oh, okay" [chuckles]. And he goes, "Yes, so you've got to watch out because Rooney's very good at doing--" I'm like, "Fair enough." It's another way of learning the game.

- S3 31:36 And so there's a lot of people who don't even associate with our particular game as players, but they play it on a video game. I met Jeffries, a basketball player. Played at Indiana, played in the NBA. He came and spoke to our team once, pre-season. And he goes, "I don't really follow soccer that much but I play the FIFA on the computer." We're like going, "Fair enough, [you're in?]n man." You can sort of speak our language. I get a lot of people I think have come to kind of respect the game itself, but you can't help but respect the passion that people have for the game. As a coach here at Texas A & M, it's one of the things that we've been able to really-- it's fit into our culture well of the 12th man of what the students do at football games, and baseball games to come and do the same thing at soccer games. It's been a lot of fun. As a guy in the other side of the line it's been neat to see the effect that that can have on our players, and the way that our players can inspire other people.
- S2 32:43 Shout out to our students because we've led the league in student attendance at most of the games. [I think we have?].
- S3 32:48 Absolutely, absolutely, and have been in the national top two, top three for well over a decade.
- S2 32:55 Coach thank you so much for being here with us today.
- S3 32:57 Thank you.
- S2 32:58 We've really enjoyed it, and regular listeners of our podcast will know that this is the time we give our guest an opportunity to give us their take home message. What do you want people to remember?
- S3 33:07 Well again, I think that the biggest thing is to understand that sports build leaders and to encourage your kids, and encourage people in your family to be active participants in sport. Obviously, if you can get out there and play, it's a great thing but even if you can't and you can get out there, and you can coach and you can help out with youth sports. You're really helping the next generation and you'll help yourself at the same time. You'll find that there's a lot of enjoyment in helping other people and helping them to find their passion.
- S2 33:44 Great take home message. Thanks again and for those of you that are listening, we'll put on the show notes Coach G. He has a blog @coachg.com. He has a weekly radio show on the season that I think you can pick up online as well. It's always fun to listen to. Again, we like to thank you, Coach, for being here with us.
- S3 34:02 Thank you.
- S2 34:02 And thank you all for listening. Again, regular listeners know that this is the time of the podcast that we usually ask the podcast question of the week. Here with the podcast question of the week is Cheryl.
- S4 34:13 How many teams qualify for the World Cup?
- S2 34:16 Be the first one to send us the answer to that question at Huffines Podcast at H-L-K-N.T-A-M-U.E-D-U and you'll win one of those nifty podcast t-shirts that we have. And so until next week we're going to sign off. We hope that you'll join us next week for another interesting person in the world of sports medicine, and human performance and until then we hope you stay active and healthy.

S1 34:38

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