



2019-20
Annual Report

An abstract graphic in the top left corner consisting of a network of white and grey dots connected by thin white lines, resembling a molecular or neural network structure.

Welcome to the annual report from the
Huffines Institute for Sports Medicine and
Human Performance and the Texas A&M
Coaching Academy!

FACILITATING RESEARCH, APPLICATION, AND COMMUNICATION

BETWEEN

SPORTS SCIENTISTS, PRACTITIONERS, AND THE WORLD.

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MESSAGE FROM THE DIRECTOR



Welcome to the annual report from the Huffines Institute for Sports Medicine and Human Performance and the Texas A&M Coaching Academy!

It has certainly been an 'interesting' year as we've continued to push forward our missions of facilitating research, promoting application, and outreach.

In the coming pages, you'll see descriptions of our 20th Anniversary, our continued work to support student and faculty researchers, as well as our ongoing and extensive public outreach efforts. However, as I think about the 2019–2020 year in the Institute and Coaching Academy, I will always reflect on how our worlds—both here at A&M and around the globe—were affected by the pandemic and the appropriate refocusing on institutional racism. Indeed, both events have permanently reshaped our expectations of what normal should be. It is interesting that whether I'm talking to my students or colleagues in College Station, or talking to colleagues around the world, we're all having deep conversations about what our world should be like in these times.

These experiences have highlighted to me that our biggest choice daily is how we treat other people. This continuing, daily reminder emphasizes that the emotional, physical, and mental health of the people in our lives should be our biggest priority. Because I do strongly believe that our interpersonal connections are so important, it seems only appropriate that we specifically highlight and salute the Huffines/Coaching Academy staff in this annual report. Usually we have a page in the back of this report dedicated to the staff, but this year, more than any, it is clear that without the dedicated efforts of our staff, we would have stopped functioning in mid-March. As it was, our staff took the various shut-downs, increased regulations, and awareness of what was happening nationally and internationally in stride. Our staff relocated equipment, instruments, and operations into their personal homes so that the Institute could continue to function. While we all miss the daily interactions with each other, our staff have continued to have important interactions and discussions online about the Institute and Coaching Academy and our responsibilities during these times, which has pushed our mission and our operations forward. We highlight these staffers in the following pages and I hope that if you see or meet any of them, please share your thanks for their hard work!

J. TIMOTHY LIGHTFOOT

PhD FACSM RCEP CES

Debbie and Mike Hillard Endowed Professor of Kinesiology

Director, Sydney and JL Huffines Institute for Sports
Medicine and Human Performance

THE STORY

In March 1999, the Texas A&M Board of Regents approved the formation of the Institute for Sports Medicine and Human Performance.

This approval was the result of a two- and half-year effort by Dr. Jack Wilmore to implement an Institute at Texas A&M that would focus on exercise and sport science. With that tremendous effort, what would become known as the Sydney and JL Huffines Institute for Sports Medicine and Human Performance in 2003, was established at Texas A&M. In the intervening 20 years, the Institute has continued to push forward our three-pronged mission: facilitating research, facilitating best practices, and public outreach. The Institute's

impacts have been the results of many efforts by individuals—students, faculty, and the public. For example, in 2015, Debbie and Mike Hilliard gave another capital gift to support the continued efforts of the Institute. In honor of all the efforts that have shaped the Institute over 20 years, the Huffines Institute commissioned Dr. Erika Weidemann to go through all the Institute and Coaching Academy's historical documents and assemble a book highlighting the impact of the first 20 years of the Huffines Institute and the Coaching Academy. This 20th Anniversary book is a tribute to the long-term effects an idea, coupled with individual efforts and donor support, can have on not just Texas A&M, but also on the world.

As noted in the past and outlined in the 20th Anniversary book, Dr. Steve Crouse was one of the founding members of the Texas A&M Institute for Sports Medicine and Human Performance and served as the Director of the Huffines Institute from 2003 until 2010. Dr. Crouse has been a faculty member at Texas A&M since 1984 and has served admirably in a variety of different roles in the University, as well as being the founding lab director of the Applied Exercise Science Laboratory. We want to congratulate Dr. Crouse on his well-deserved retirement and upcoming assumption of Professor Emeritus status and want to thank him profusely for his able leadership and past shepherding of the Huffines Institute.



Dr. Stephen Crouse
*Huffines Institute Director
2003-2010*



To get the full story of the impact of the Huffines Institute during its first 20 years of operation, order your copy of the 20th Anniversary Book by sending a request to Huffines@tamu.edu!



STAFF SPOTLIGHT

In staffing the Huffines Institute and the Coaching Academy, the decision was made in 2012 to primarily hire undergraduate and graduate A&M students as our staff, so we could offer not only a world-class experience as part of their education, but also so those students could be launched with a unique skill set.

We have also been fortunate to have a large cohort of students that volunteer for various Huffines programs, ranging from our Athletic ECG testing program, to camera and sound volunteers for our Hilliard Discussion programs. We are proud that so many of our past staff have gone on to do great things – and if you check out our 20th Anniversary Book, we've got quotes and updates from many of the staff whose names you've seen in previous annual reports. Given the 'uniqueness' of 2020, our current staff and volunteers deserve huge thanks and recognition for their efforts to keep us moving forward!



TROY BRISCOE

We have a solid core of Huffines staffers that will be continuing, headed up by Troy Briscoe ('21), who has been the Executive Producer on all of our outreach efforts this year and will move into the role of Lead Administrative Assist



TATIANA PADOVANI CASTRO

Tatiana Padovani Castro, who volunteered in our lab for three years before becoming a part-time staffer in the Institute and Academy this spring and summer, will be starting the elite Integrated Biomedical Sciences PhD program at the University of Kentucky College of Medicine on a full graduate assistantship in August.



BLAKE CRAWFORD

Blake Crawford is the lead Administrative Assistant for both the Institute and Coaching Academy and has been with us for three years. He will start the prestigious Master of Health Administration degree from Cornell University through Cornell's Sloan Leadership Fellowship—only six people in the country were selected for this new program!



BRIANNE BREIDENBACH / NATHAN KELLER

Brianne Breidenbach and Nathan Keller, both doctoral students in our Exercise Physiology program, continue to play key volunteer roles in our various projects.



KRISTINA CROSS

One of our long-time volunteers who always helped with our athlete electrocardiograms, Ms. Kristina Cross, just graduated with her Master's degree and will be starting medical school at Texas Tech in July!



KIM TOPP

Kim Topp is the graphic designer who has been so artful with our past annual reports. She is spearheading the design and production of our 20th Anniversary Book and will be continuing with us on a free-lance basis!



LAURYN HAWKINS

Lauryn Hawkins '22, has been producing content for us this year, primarily in our work with TexAgs Radio, and will move up to become the Executive Producer of all our outreach content.



DR. ERICKA WEIDEMAN

Dr. Ericka Weideman headed up our 20th Anniversary book project and just finished her doctorate in History here at Texas A&M. She started a post-doctoral fellowship in History at Texas A&M in June 2020.



2019/20

ADVISORY BOARD



Jim Fluckey (CHAIR)

Professor, Department of
Health and Kinesiology

JP Bramhall

Director of Sports Medicine,
Orthopedic Surgeon, Head
Team Physician, Texas A&M
Athletics

Tanna Burge

Assistant Athletic Director
Sports Performance

Jody Ford

Texas A&M Foundation

Dr. Shevon Harvey

Professor, Health and
Kinesiology

Justin Moore

Senior Associate Athletic
Director

Melinda Sheffield-Moore

Professor and Department
Head, Health and Kinesiology

John Thornton

Professor and Director, Texas
A&M Coaching Academy

Christopher Woodman

Professor, Health and
Kinesiology

AFFILIATES

Huffines Institute Affiliates are faculty members that are official members of the Institute and have access to the programs and grants of the Institute. These faculty work to move the mission of the Institute forward through research, practice, and outreach.

Texas A&M University

Dottiedee Agnor
Andrea Alvarez
Carisa Armstrong
Adam Barry
Paul Batista
Diane Bedford
Gregg Bennett
Christine Bergeron
Steve Blomstedt
Sue Bloomfield
Tony Boucher
JP Bramhall
Kirstin Brekken Shea
Natasha Brison
John Buchanan
Tanna Burge
AJ Campbell
Robert Chapkin
Denise Chapman
Lei Shih Chen
Heather Clark
Bill Coady
Lorinda Cohen-Gomez
Stephen Crouse
George Cunningham
Joe Dannenbaum
Gayden Darnell
Kerrie Demarco
Mick Deutz
Marlene Dixon
Stuart Dixon
David Earnest
Bob Ellis

Marielle Engelen
Sara Fehr
Jim Fluckey
Jody Ford
Robin Fuchs-Young
Carl Gabbard
Wendy Gapinski
Whitney Garney
Gretchen Gegg
Erin Giles
Tamika Gilreath
Daniel Gomez
Pat Goodson
Melinda Grant
Howard Gray
John Green
Lori Greenwood
Mike Hanik
Shevon Harvey
Cristine Heaps
MaryBeth Henthorne
Harry Hogan
Johanna Hourahan
Shane Hudson
Paul Keiper
Deanna Kennedy
Jorja Kimball
Ernie Kirkham
Danny Kniffin
Rick Kreider
John Lawler
Yuming Lei
Michael Lemke
J. Timothy Lightfoot
Leah Lintz
Jiling Liu

Alyssa Locklear
TJ Marcum
Steve Martin
Mike Massett
Ron McBride
Anne McGowan-Schooler
Lisako McKyer
Beth McNeill
Ranjana Mehta
PJ Miller
Sloane Milstein
Justin Moore
Martha Muckleroy
Chad Nelson
Beth Netherland
Hildi Nicksic
Lizette Ojeda
Janet Parker
Andy Pittman
Alexandra Pooley
Weston Porter
Rhonda Rahn
Steve Riechman
Penny Riggs
Mike Sandlin
David Schakel
Charles Shea
Ledric Sherman
Meagan Shipley
John Singer
Kristin Slagel
Stephen Smith
Michelle Strong
Susanne Talcott
Jonathan Tanguay
Mai Templin

Frank Thomas
John Thornton
Mike Thornton
Christine Tisone
Samuel Towne
Nancy Turner
Lucy Waite
Rosemary Walzem
Terri Wenzel
Sarah White
Lisa Wigfall
Kristen Willingham
Kelly Wilson
Joda Wolfe
Chris Woodman
Jim Woosley
David Wright
Scott Wright
Ping Xiang

Blinn College

Alice Villalobos

Private

Nick Madole
Karl Rehn

FACILITATING RESEARCH

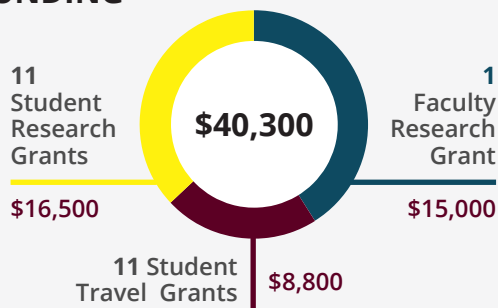


The Huffines Institute helps its affiliates secure funding and expertise for research activities and international collaborations.

The Institute supports faculty and graduate students in travel to present their scientific results, and provides seed grants to generate pilot data for future grant submissions.

STUDENT RESEARCH GRANT AWARDEES

GRANT FUNDING



Na Young Ahn

Examining the effects of personal and job-related factors on employees' willingness to take precarious leadership positions

Caitlin Ballard

From training to formation: An exploratory study of the socialization into professions

Matthew Bird

Maximal Isometric Belt Squats, an Innovative Technique to Maximize Post Activation Potentiation Potential in Powerlifters and Olympic Weightlifters

Jessica Cardin

Introduction of novel DEPTOR inhibitor to DEPTOR dependent cancer cells

Kristina Cross

Tissue Metabolic fate of amino acids in high and low active mice

Sarah Kirschner

The acute effect of moderate aerobic exercise on plasma short-chain fatty acid concentrations in chronic obstructive pulmonary disease

Agata McNew

Lipid metabolism in morbid obesity, contribution of fat kinetics to weight loss variability

Colleen O'Reilly

Determining anabolic and glucoregulatory potential of muscle

Alex Russell

Establishing best practices for measuring alcohol marketing exposure on social media

Patrick Ryan

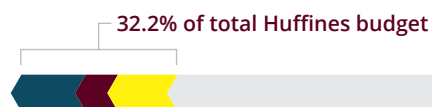
Exercise is chemotherapy: investigating the effect of contraction

Song Yi Shin

Effect of aging on integrin-mediated vasoconstriction

GRANT FUNDING TOTAL

\$40,300



FACILITATING APPLICATION



Our Mission to 'facilitate application' helps develop better professionals in the world of exercise and human performance. Whether these professionals are coaches who work with athletes or personal trainers who work with the public, our goal is to improve the working professionals in sports medicine and human performance.

DEVELOPING BETTER PROFESSIONALS



One of the missions of the Huffines Institute is to facilitate better practice in the field of sports medicine and human performance.



One of the main elements to that mission is to continue to be alongside and in support of the Texas A&M Coaching Academy (see later details in this annual report). However, we also provide support to the Athletics Department to play whatever role we can in producing better Aggie Athletes. This support consists of working closely with the Athletic Department's Sports Medicine and Sports Performance staff—with four of those folks on the Huffines Advisory Board—and the Director of the Huffines Institute as a member of the Athletics Department internal Performance Committee.



BUILDING BETTER PRACTICE



The pier at the 2019 Ironman Championship after bike catching for three hours!

Many people know that what the Ironman Triathlon in Hawaii is, but few have seen behind the scenes at this famous race. Director of the Institute, Tim Lightfoot, has volunteered at the International Ironman Triathlon Championship in Kona, Hawaii for the past two years. Dr. Lightfoot was a guest of Dr. Bob Sallis, the Director of the Ironman Medical Conference, which occurs the week prior to the race. Dr. Sallis is a former Hilliard Discussion Speaker, Aggie class of '87, and current physician with Kaiser Permanente in southern California.

During the Ironman Medical Conference, attendees hear from international experts, such as Dr. Scott Powers, (University of Florida, and author of one of the best-selling Exercise Physiology textbooks). After

the Ironman Medical Conference, the conference attendees provide medical services to the athletes during and after the race.

As a part of his connection, Dr. Lightfoot (and his wife Faith) have represented the Huffines Institute and served as race volunteers for the International Championship for the past two years. In 2018, they served as 'finish line catchers', helping catch athletes as they finished the 140.62-mile race. In 2019, they served as 'bike catchers' where they caught the athletes' bikes as they dismounted to begin the run portion of the race.

This is just another example of how the Huffines Institute is providing leadership in the practice of sports medicine and human performance internationally!



Lucy Charles-Barclay makes sure to pour lots of water over her as she runs through a transition area.

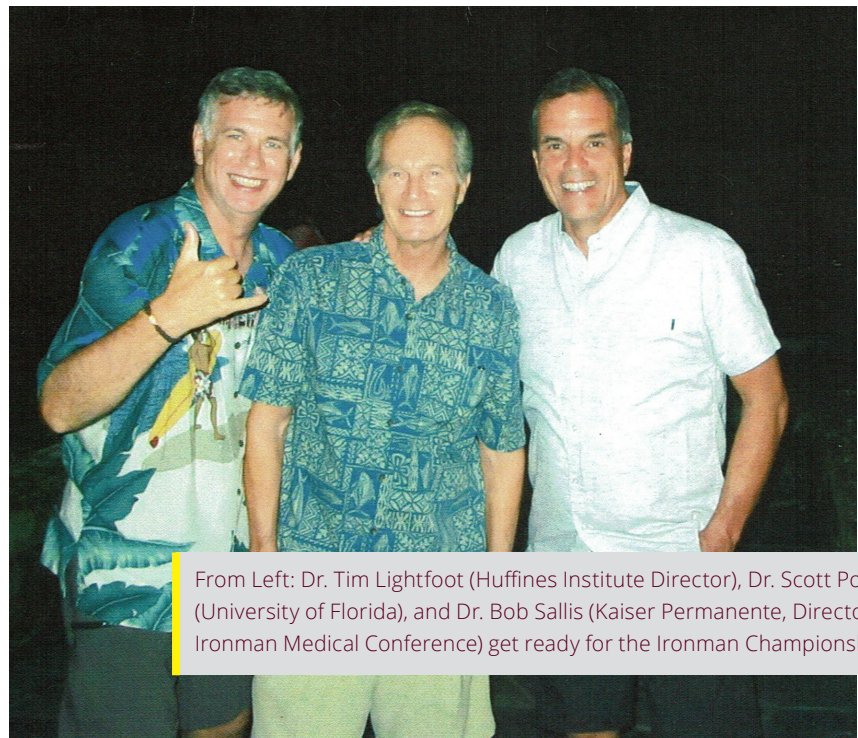
Getting ready to catch a bike from a triathlete transitioning to the run at the 2019 Ironman Championship.



The pier at the 2019 Ironman Championship before the bike catching begins.



From Left: Dr. Tim Lightfoot (Huffines Institute Director), Dr. Scott Powers (University of Florida), and Dr. Bob Sallis (Kaiser Permanente, Director of the Ironman Medical Conference) get ready for the Ironman Championship.



FACILITATING OUTREACH

In a world where communication and accurate information are essential, the Huffines Institute provides a place where reliable and cutting edge information can be found, absolutely free. Over the past eight years, Huffines has established a number of different means for communication to inform and educate the public in sports medicine and human performance.

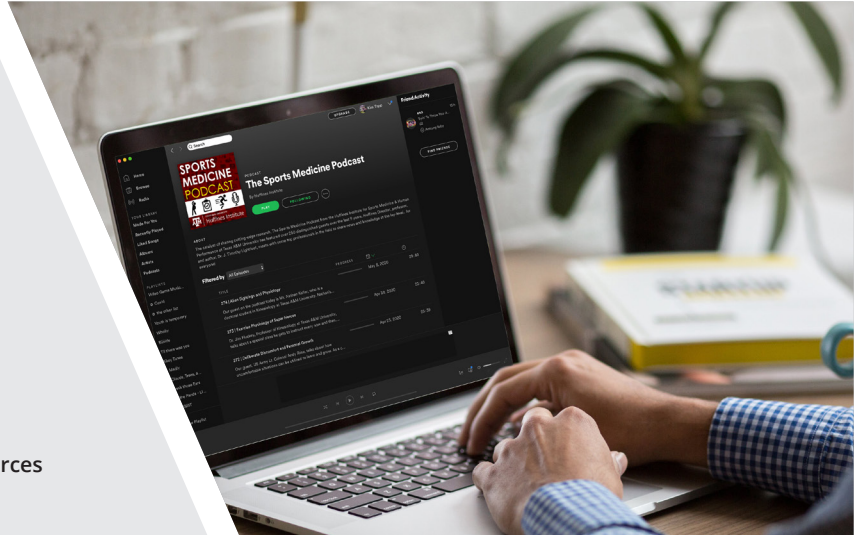


146

Countries accessing
the Huffines website

**15,956**Website
Visitors**43,709**Website
Page Views**15,209**Written text views
blogs | newspaper | articlesTOTAL
DOWNLOADS / VIEWS**71,104**

from all media sources



TexAgs

The Huffines Institute is coming up on 7 years of partnership with TexAgs, giving the public access to what's new in the world of sports medicine and human performance. The Huffines Institute Human Performance Minutes continue to be a hit. These sixty second broadcasts bring some of the most relevant and up-to-date information on sports medicine into the spotlight and can be found both on TexAgs SportsRadio (The Zone 1150AM) or at TexAgs.com with new content each week.

Text Articles

Huffines has continued its publication of several articles for readers of The Eagle Newspaper as well as for those online. Current articles are posted every week to keep readers up to date with new developments in the world of sports medicine and exercise science.

Audio Podcasts

For the last 10 years, the Huffines Institute has been the catalyst of sharing cutting-edge research with 55,895 listeners of over 270 podcasts across 155 countries. These podcasts have featured many distinguished guests from all over the nation and discuss topics ranging from gut microbiome and effect on performance to how to become a sports broadcaster! And we are now on your favorite podcasting hosts: iTunes, Spotify, and Podbean!

huffinesinstitute.org/podcasts

Huffines Insitute Mobile App

Over 1,200 people have downloaded our app and have access to podcasts, videos, and articles covering topics from sports to science and everything in between. As science and sports medicine continue to push limits, users can tune in to what's happening at the forefront of today's research.

Video Podcasts

A brand new collection of videos have been added to the Huffines Video collection this year and have grown in popularity to over 55,000 downloads. All of the video podcasts can be found on the Huffines Institute website, App or YouTube channel.

huffinesinstitute.org/resources/videos

Hilliard Discussions

In 2017, the Huffines Discussion took on a new name, the Hilliard Discussion, which is sponsored by the Huffines Institute.

Unfortunately there was no discussion this year, and due to COVID-19 we are unsure of when the discussion will return, but we are hopeful that it will be in early 2021. The discussion will also be taking on a new format: a debate! The Institute is very excited for this change and we hope you'll join us and keep a lookout for any new information and updates!

PODCAST HIGHLIGHTS



◀ **MONTY GIBSON**

Strength and Conditioning Coach,
Cleveland Browns

A Master Strength and Conditioning Coach by the CSCCa, Monty Gibson has nearly 30 years of coaching experience, with 18 of those years spent on the Texas A&M strength and conditioning staff. Gibson is now an assistant strength and conditioning coach for the Cleveland Browns in the NFL!



◀ **DR. DAVID NIEMAN**

Professor, Health and Exercise Science,
Director, Human Performance Lab,
Appalachian State University

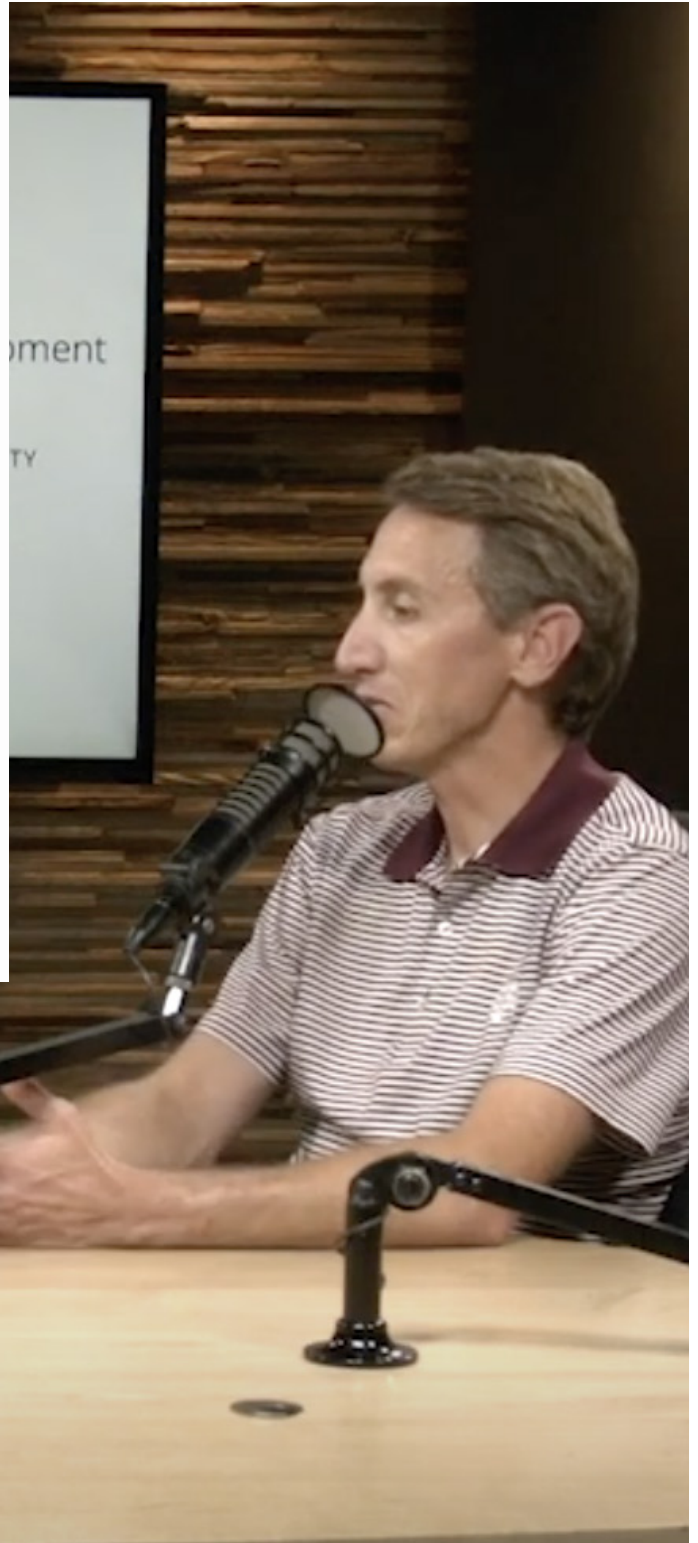
In the podcast, he gave great insight on how to exercise during the COVID-19 pandemic. Dr. Nieman also dove into how exercise can improve immune function, as well as situations in which exercise can actually have harmful effects.

DR. RYAN PITTSINGER

Director of Counseling & Sports Psychology,
Texas A&M University

Dr. Ryan Pittsinger, has experience from all over the country studying counseling and sports psychology to focus on working with collegiate athletes to improve their quality of life and athletic performance.

In the podcast, Dr. Pittsinger shared his field expertise over mental health topics that are more frequent among students. Topics include performance stress and anxiety created by expectations from the athlete, coaches, and peers; balancing school and sport; the pressures student-athletes face from social media; and how to relieve stress.



HUFFINES VISION

In a world where communication and accurate information are essential, the Huffines Institute provides a place where reliable and cutting edge information can be found, absolutely free. Over the past eight years, Huffines has established a number of different means for communication to inform and educate the public in sports medicine and human performance.



Institute Outreach

With a team as passionate about human performance as ours, we strive to reach out to and educate the public on a wide range of sports medicine and health topics. We achieve this through our continuing series of audio/video podcasts, blogs, text articles, and so much more!

Institute Laboratory

As you can imagine, as Aggie athletes step up, we, as the 12th man, must also step up our support, testing, and training capabilities. Thus, this giving opportunity would entail either giving a one-time gift or a long-running endowment to support the purchase and maintenance of equipment for the Huffines Athletic Performance Lab.

Friend of the Huffines

A "Friend of the Huffines" is anyone who has decided to financially support the Institute. Friends receive exclusive early access to all of our web content as well as preferential tickets to institute events.

Institute Doctoral Fellows and Huffines Testing Specialists

We have naming opportunities to establish perpetual endowments to support Doctoral Student education. These scholars would be free to pursue new and cutting-edge performance questions and would focus on providing assistance and testing for our Aggie athletes through the Institute's Lab.

Interested in Helping or Becoming Part of the Huffines Institute?

We enthusiastically welcome new affiliates or individuals wanting to help us accomplish our vision of bridging science and sport. Please contact Dr. Tim Lightfoot, Director of the Huffines Institute (huffines@tamu.edu) if you would like to find out more about how to help us accomplish our vision!





Preparing and supporting 21st century coaches



COACHING

ACADEMY



MESSAGE FROM THE DIRECTOR

Every year the Coaching Academy reflects upon its accomplishments and impacts. From the beginning, it has been exciting to witness growing relationships and opportunities.

It is always rewarding to see individuals leave our program equipped, employed, and excited to coach and teach in their communities. Here are a few sentiments shared by those that have gone through our program.

Good Morning Coach!! It's National Coaches Day & I just wanted to take some time to thank you for what you did for me and what you've done for others! I truly appreciate you helping me grow one way or another into the individual I am today!

Liz Oyervides, Bridgeland HS

Howdy, I was officially offered and named Head Baseball Coach at Jefferson ISD, my alma mater. This is huge for me being that I just graduated and my school trusts me enough to lead their program. Everything y'all have done for me has prepared me for this moment and I could not be more thankful for this! Thank you so much!

Tyler Foster, Jefferson ISD

*Howdy Dr. Thornton, I just accepted a job at Midlothian High School as a football coach. I have been in the coaching academy for a few years, and now that I have graduated I wanted to contact you and talk about ways to stay involved with the Coaching Academy. I really enjoyed being a part of the organization as a student and I know it is going to continue to do big things for coaches in our state. Sincerely, **Joshua Hawkins**, MHISD*

(Coach Thornton) I am simply reaching out to update you on my life and thank you for being a big reason in why I do what I do. Coaching has always been a passion of mine and with the advice you have given me, I feel confident that I can share my passion for sports with young athletes and impact their lives in a similar way you have impacted mine. I hope all is well and I hope to stay in touch with you. You two are some of my biggest coaching and life inspirations. Thank you for all your guidance and well wishes. God bless!

*Best wishes, **Rebekah Perez** '19*

In this eighth year, our staff of individuals and partners share the vision that good coaches are great community and campus leaders make a lasting difference in the lives of their athletes. Preparing, supporting, and promoting coaches and the coaching profession is what guides us. We have an incredible opportunity ahead and look forward to our continued impact.

We have come a long way. The Academy continues to make a difference while developing interactions with future and current coaches, the Texas High School Coaches Association, and Texas Girls Coaches Association.

Coaches at every level of athletics, can have a positive, far-reaching influence on individuals, teams, and communities. As leaders and teachers, coaches play a key role in teaching athletes how to learn about themselves, build meaningful relationships, work with teammates towards common goals, and overcome obstacles. There is a critical need to cultivate and assist aspiring and current coaches to find their passion and purpose in continuously evolving, demanding, and competitive environments. To meet this need, the Texas A&M Coaching Academy develops the lifelong physical, mental, emotional, and social attributes that characterize high performing athletic teams, programs, and communities.



Dr. John Thornton

Executive Professor, Department of Health and Kinesiology

Director, Texas A&M Coaching Academy

THE STORY



In a short period of time, the Texas A&M Coaching Academy has established itself as an impactful and one-of-a-kind educational opportunity for existing and future coaches.

Now in its eighth year, the Texas A&M Coaching Academy continues to expand its influence and programming both academically and athletically. It continues to lead and coordinate a collaborative effort as it shapes future coaches and the coaching profession.

MISSION



The Texas A&M Coaching Academy is dedicated to equipping future and current coaches with the tools, knowledge, skills, and resources needed to provide leadership in the individual and team athletic environment. The educational and motivating opportunities that are offered are grounded in cutting edge information and time tested principles of truth and fundamentals.

The Academy collaborates with the following partners:

- Health and Kinesiology
- Sport Management Program
- Undergraduate Programs
- Texas High School Coaches Association Texas High School Coaches Association
- Recreation Parks and Tourism Sciences
- University Studies
- Texas A&M Athletics
- Lettermen's Association
- Secondary Education Partners (public and private)
- UIL
- Deerfoot Youth Camp
- Accelerate Online
- iTeachTexas

The Academy has led or helped facilitate many academic opportunities:

- An online graduate degree in sports management with a coaching minor is now offered for existing coaches.
- The Coaching Academy works in conjunction with the University to offer a coaching minor to students of any major.

2019/20

ADVISORY BOARD

Cathy Capps

Executive Director, Texas A&M
Lettermen's Association

Dan Childs

Assistant Athletic Director,
Academic Services, Center for
Student-Athlete Services, Texas
A&M

Bill Coady

Coordinator Coaching Minor,
Health and Kinesiology, Texas
A&M

Jody Ford

Director of Development, CEHD,
Texas A&M

Tim Lightfoot

Director, Huffines Institute for
Sports Medicine and Human
Performance

TJ Marcum

Instructor Physical Education
Activity Program, HLKN, Texas A&M

Terry Price

Defensive End Coach, Texas A&M
Football

Jane Rankin

Assistant Director, Teaching,
Learning and Culture, Education
and Human Development, Texas
A&M coaches

Robin Ryan

Grapevine-Colleyville ISD

Judy Sandlin

Clinical Associate Professor,
Education Administration and
Human Resource Development,
Texas A&M; True Sport Education
Ambassador, USADA

Mike Thornton

Director, Deerfoot Youth
Camp; Clinical Assistant
Professor, HLKN, Director,
Sport Conditioning Program,
Texas A&M

Rodney Wellman

College Station High School Head
Cross Country and Assistant
Soccer and Track



PREPARING COACHES:

The Coaching academy prepares coaches by identifying opportunities available through Texas A&M University and equipping them with the skill-set and knowledge necessary for an impactful career.

COACHING CERTIFICATION

Knowing that there are many opportunities and routes to coaching and youth development, the Academy works to prepare future coaches for success.

The Coaching Academy is developing a certification process that creates the foundation to help coaches be better prepared to meet the challenges they will face on the court and on the field.

Certification requirements include, but are not limited to:

- Capstone Class (3-hours) - KINE 324
- Related Undergraduate Degree (including first aid, strength/conditioning and athletic training component)
- Membership in Coaching or Professional Organization
- Internship/Experience/Observation – 40 hours (Observation of sports related program, coaching experience in summer camp, youth program, after school sport program, Boys and Girls Club, recreational youth sport coaching, and sport specific summer camp experience)
- Certificate Fee
- Verification of Personal Coaching Portfolio/Master Notebook
- True Sport Certification
- Youth development or coaching related community service event or related experience
- Participation/Attendance in Campus Coaching Clinic

PAST SPONSORED EVENTS



Coaching Conversations

APRIL 2018

The Coaching Conversations provided current and future coaches with insight regarding professionals in the leadership industry.

Deerfoot Youth Camp

The Deerfoot Youth Camp is an independently owned and operated camp created by Tom and Joan Read to provide disadvantaged youth an opportunity to attend a sports-related camp in the summer to improve self-esteem, learn discipline and respect, and encourage them to strive for excellence as students so they can attend college. Assistant Director Dr. Mike Thornton supervises and coordinates Coaching

Academy involvement.

Leadership Summit

NOVEMBER 2018

On November 26th, the Texas A&M Coaching Academy presented the first ever Leadership Summit in Aggieland! The Coaching Academy hosted the following presentations:

- The Serious Business of Texas Educator Ethics: What Every Coach and Teacher Needs to Know - Dr. David Thompson, professor of Educational Leadership and Policy Studies at UTSA. Serves as the president of the Texas Council of Professors of Educational Administration and Editorial Advisory Committee member of the Texas School Administrators Legal Digest.
- Women and Leadership in a Competitive Environment - Opportunities, Challenges, and Best Practice for Women Coaches and Athletics Administrators - Dr. Susan Elza- Director of UIL Athletics, Marisa Tuzzi - Assistant Athletic Director, Head Cross Country and Track Coach at Dripping Springs High School, Letter Winner Track and Field at Texas A&M University and Brandy Belk - Assistant Athletic Director and coordinator of athletic department programs for the UIL.
- Go Over the Edge - Coach Ruqaya Gibson Head Track Coach at Cy-Fair ISD, 2014 Texas Track Coach of The Year, a Brooks Inspiring Coach, and 2018 Vype Magazine Coach of The Year.
- Leadership Laboratories: Developing #CharacterReps- Col. Craig Flowers Director of Athletic Consulting & Development for Horizon Performance, Assists with the selection and development of NASA astronauts, Navy SEALs, Green Berets, NCAA Athletes, and Athletic Department.

2019–20 SPONSORED EVENTS:

Texas High School Coaches Association Convention

JULY 2020 | San Antonio

The Coaching Academy participated in the first virtual Texas High School Coaches Association Convention. The Academy sponsored a booth and promoted networking programming on the convention floor to over 10,000 coaches who visited virtually.

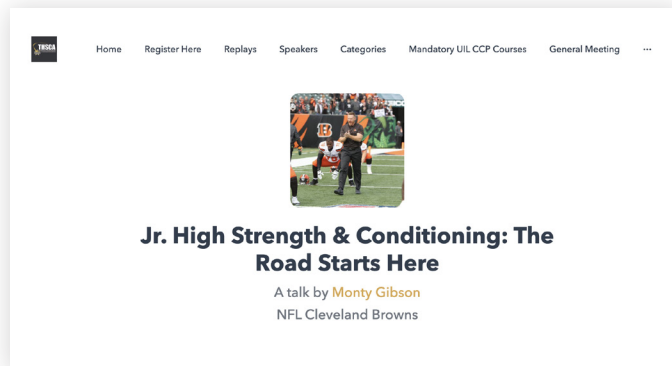
For the second consecutive year sponsored speakers represented the Coaching Academy, these included:

Monty Gibson, Strength Coach Cleveland Browns

- “Junior High Strength Conditioning, The Road Starts Here”
- “Transfer Weight Room to the Field”

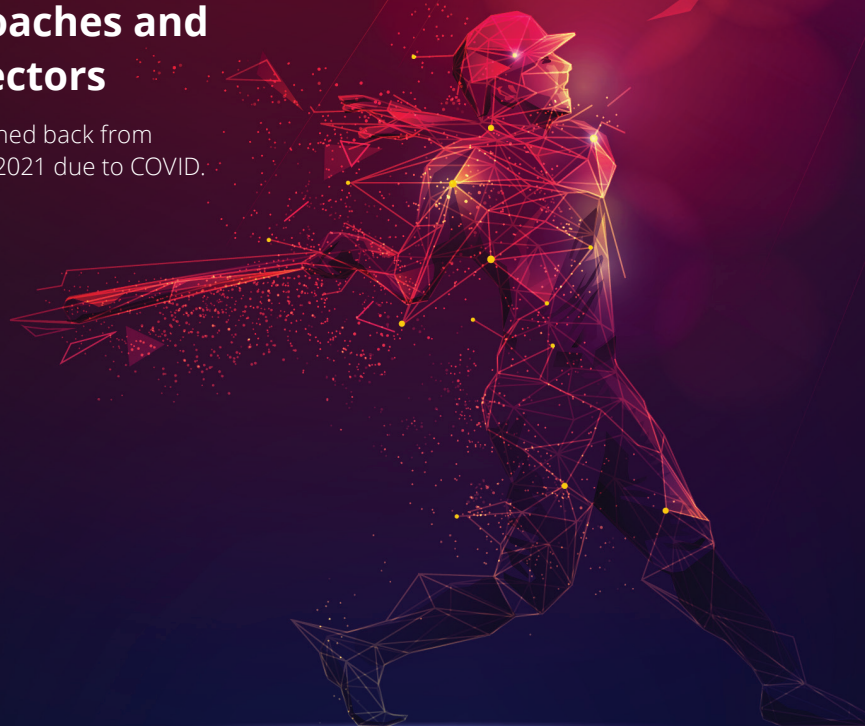
Dr. Ryan Pittsinger, Director and Director of Counseling and Sport Psychology

- “Mental Health in Athletes”



ROCK Mentoring Program for Urban Coaches and Athletic Directors

This program was pushed back from
March 2020 to March 2021 due to COVID.



SUPPORTING COACHES:

We look forward to 2021-22 and advancing our mission areas. In order to build an innovative Institute, we need energy, vision, dedication, and financial support.

PARTNERSHIPS



Texas Girls Coaching Association (TGCA)

The TGCA is the largest association for coaches of girls athletics in the United States. TGCA honors athletes and coaches in all sports sanctioned by the UIL.

Texas High School Coaching Association (THSCA)

The THSCA is the principal advocate and leadership organization for Texas high school coaches. The THSCA provides the highest quality representation, education, and services to Texas high school coaches and affiliate members, and enhances the professionalism of coaches and the schools they represent. The Coaching Academy and the THSCA will collaborate to create a Mentor Program in order to help support and educate young coaches.

Lettermen's Association

The Lettermen's Association provides support and recognition for athletics at Texas A&M and its lettermen and women. The Coaching Academy is now partnering with the Texas A&M Lettermen's Association for the promotion and networking of the Academy. Both organizations will be able to provide a means through which lettermen at Texas A&M can stay associated with the fellow coaches, athletic directors, and administrators. Also, through this partnership the Lettermen's Association can encourage and promote networking among future and existing Aggie coaches. Texas A&M student-athletes that will be lettermen will also be introduced to fellow Aggies already in the coaching field.



PROMOTING COACHES

In conjunction with the Huffines Institute, the Coaching Academy works to ‘promote coaches’ by educating the public on the positive influence coaches have in society and by promoting and organizing on and off campus-related programming through seminars, podcasts, radio broadcasting, and presentations.

Podcasts

The Coaching Academy also provides and promotes existing and innovative educational opportunities for future coaches and those already in the profession. Through association with the Huffines Institute, the Academy has released 48 audio and video podcasts that contain conversations with experts in coaching, sports, athletic administration, and youth development. Our guests have been local, regional, national, and international in scope, with a wide array of interests.

Website

The Coaching Academy website has now been released to the public. The goal of the website is to communicate, interact, promote, and serve as a resource for those interested in coaching and youth development. The Coaching Academy’s past, present, and future is profiled.

coachingacademy.tamu.edu

YouTube

The Texas A&M College of Education and Human Development produced a video to promote the Coaching Academy this year. It highlights Internal advisory board member Robin Ryan, three of our cohort members, Cedric Collins, Carlos Guevara, and Treasure Jackson, along with one of our graduates from the Coaching Academy Alonzo Williams. The current cohort members gave highlights of their journey pursuing a career in coaching, along with the effect the Academy has had on Alonzo Williams post Texas A&M.

youtu.be/n0Gu4fVs37s

PROGRAM PROFILES

ROCK Mentoring Program

Rare. Outstanding. Compelled. Knowledgeable.

This program provides young, inexperienced coaches a space to share knowledge and receive advice and emotional support. Coaches will grow as individuals and strengthen their profession collectively. It is a collaborative effort focused on building relationships to achieve individual and collective goals.

BACKGROUND

When the Texas High School Coaches Association (THSCA) became aware of the staggering number of coaches leaving the profession every year (7,000 coaches leaving the profession out of 35,000 total), it sparked the vision for the ROCK Mentoring Program. With help from the Texas A&M Coaching Academy, this vision came to life. In its inaugural year, 2020, the program will invite 20 mentees and 20 mentors to work together to enhance the coaching profession. We hope 2020 is the start of a impactful and long-lasting mentoring program.

STRATEGY

The program occurs in two phases. Phase 1 is the mentorship conference for mentors and mentees. Phase 2 builds upon the conference by providing resources online such as literature, videos, podcasts, and other materials aimed at creating and encouraging open dialogue between mentors and mentees. The program will provide mentorship in the following core areas:

1. Personal Growth & Personal Philosophy
2. Cultivating Relationships
3. Building Authenticity
4. Creating Balance & Boundaries
5. Dealing with Ethical Situations

Mentors will be expected to give guidance and support in four major areas of development: personal, professional, educational, and career. They will be given guidelines and resources by the THSCA to help them in the process.

Mentorees will participate in seminar settings, be assigned workbooks, and asked to chart their progress. The program will include evaluation, self examination, and participation in a supervised coach mentor relationship with THSCA, Coaching Academy, and assigned coach mentors.

FORGING CONNECTIONS


The Texas High School Coaches Education Foundation and the Texas A&M Coaches Academy welcome new partners who share our passion to strengthen the coaching profession by supporting the ROCK Mentoring Program. With financial and moral support from our partners, this program will successfully help retain quality coaches in the profession.



Veterans to Coach Program

The Veterans to Coach (VTC) Program is a new project at the Coaching Academy in keeping with Texas A&M's tradition of providing world-class education and support to the US military and veterans. According to Syracuse University's Institute for Veteran's and Military Families, 65% of the 200K service members who transition from the military every year will change jobs within their first two years. These pivots are due to several reported problems such as low job satisfaction and limited opportunities for advancement. We believe these veterans are an untapped resource for careers in coaching.

VISION



The Texas A&M Coaching Academy's vision is to use its collective of individuals and programming to raise student awareness of coaching and youth development opportunities. We will put structures and funding in place to engage students while supporting, coordinating, and developing programs that lead to employment.



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COACHINGACADEMY.TAMU.EDU

**Sydney and J.L. Huffines Institute
for Sports Medicine and Human Performance
and Texas A&M Coaching Academy**

Department of Health and Kinesiology
College of Education and Human Development
Texas A&M University
138 Gilchrist Bldg.
4243 TAMU
College Station, TX 77843