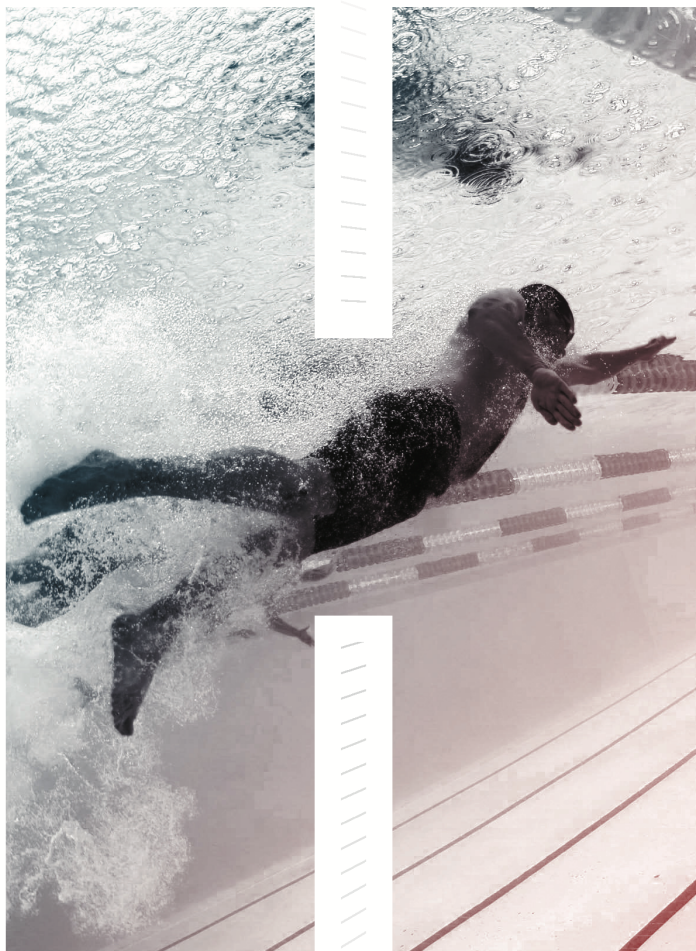


2018-19



ANNUAL
REPORT

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



ON BEHALF OF THE
SYDNEY AND JL HUFFINES
INSTITUTE FOR SPORTS MEDICINE
AND HUMAN PERFORMANCE,
IT IS MY PLEASURE TO ONCE AGAIN
WELCOME YOU TO OUR
ANNUAL REPORT...



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FROM THE director

ON BEHALF OF THE SYDNEY AND JL HUFFINES
INSTITUTE FOR SPORTS MEDICINE AND HUMAN
PERFORMANCE, IT IS MY PLEASURE TO ONCE
AGAIN WELCOME YOU TO OUR ANNUAL REPORT.

Here at the Huffines Institute, every day we work diligently to push forward our three missions: to facilitate research, to encourage better practice, and to support the public understanding of science. I'm pleased to be able to share with you the steps we took this year in fulfilling our three missions and am proud of everyone associated with the Huffines Institute that worked hard to help make these accomplishments realities.

We would accomplish very little if it wasn't for the tireless work of our staff, the oversight provided by our volunteer Advisory Board, the participation of all our Faculty Affiliates, the support of our University administration, the financial support of our donors, and the interest that so many of the public have shown in our work.

To all of you, I send a big "Thank You"!

I never take for granted your support and the efforts of everyone associated with the Institute and I know that we will continue to work to push forward the mission of the Huffines Institute for Sports Medicine and Human Performance!

Gig 'em Ags!



**J. TIMOTHY
LIGHTFOOT**

PhD FACSM RCEP CES

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

THE

huffines story

This year (2019), the Huffines Institute is officially 16 years old! But the efforts that led to the creation of the Institute in 2003, actually began in 1999 when Dr. Jack Wilmore and several faculty members at Texas A&M University began to meet with the intention of connecting the science and practice of sports medicine and human performance more closely. This original effort made such an impression that in 2003, JL and Sydney Huffines, due to their life-long support of exercise and health, became the original naming benefactors of the Institute. Dr. Steve Crouse took over as Interim Director at that time and capably stewarded the Institute until 2010 when Dr. Tim Lightfoot became the Director of the Institute. In 2012, the Huffines Institute founded the Texas A&M Coaching Academy which is now an independent entity led by A&M athletic legend Dr. John Thornton. In 2017, Debbie and Mike ('73) Hilliard made a substantial financial gift that will allow the Institute to continue to grow, expand our educational support efforts, as well as supporting our athletic testing objective.

Since our beginning, the Huffines Institute's mission has evolved to connect exercise scientists, practitioners, and the public to help spread the word that activity and exercise are the cheapest and most efficient forms of disease prevention and symptom alleviation. We believe that the Institute's mission will lead not only to better athletes, but also to better health in the general public. That's one of the reasons that we not only have an extensive mission to help athletes become better performers, but also why our public outreach efforts through our podcasts, Hilliard Discussions, and online text articles continue to be viewed by users around the world.

We invite you to join our community that is dedicated to investigating, applying, and engaging in a dialog about sports medicine and human performance. We invite you to join this dialog by participating as much or as little as you want. You can easily listen or watch any of our podcasts and use our exclusive content. But we hope you won't stop there.

Connect to us through our blogs, or Twitter to stay up with the daily happenings at the Huffines Institute. Better yet, join us as a member and get access to grant programs, travel resources, and early access to events, speakers, and new content. We are working to make access to Sports Medicine and Human Performance easy for you and the World.

mission

Facilitating research, application, and communication between sports scientists, practitioners, and the world.

2018/19 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

John Lawler

Professor, Health and
Kinesiology
Faculty Research
Representative

Justin Moore

Senior Associate Athletic
Director

John Thornton

Professor and Director, Texas
A&M Coaching Academy

Christopher Woodman

Professor, Health and
Kinesiology

Melinda Sheffield-Moore

Professor and Department
Head, 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
Mary Bryk
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 Greenwood
Mike Hanik
Shevon Harvey
Cristine Heaps
MaryBeth Henthorne
Dean Hernandez
Harry Hogan
Johanna Hourahan
Shane Hudson
Paul Keiper
Deanna Kennedy
Jorja Kimball
Ernie Kirkham
Danny Kniffin
Rick Kreider
John Lawler
Michael Lemke
Arnold LeUnes
Cindy Lieben
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

Carl Tong
Samuel Towne
Nancy Turner
Barbara Van Der Meij
Lucy Waite
Dillon Walker
Matt Walker
Scott Waltemyer
Rosemary Walzem
Susan Ward
Terri Wenzel
Sarah White
Lisa Wigfall
Kristen Willingham
Kelly Wilson
Joda Wolfe
Chris Woodman
Jim Woosley
David Wright
Scott Wright
Wayne Wylie
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.

2018/19 travel + research grant awards

PRACTITIONER GRANT (FACULTY)

Carl Gabbard

Health and Kinesiology
*A Program to Address Clumsiness
(Developmental Coordination
Disorder) in College Students*

FACULTY RESEARCH GRANTS

James Fluckey

Health and Kinesiology
*Muscle cross-talk and breast
cancer: Tiny messages with a lot
to say!*

STUDENT RESEARCH GRANTS

Arden Anderson

*Taking Control: Role Management
in College Athletics*

Jessica Cardin

*Isolation and quantification of
proteolytic pathways in breast
cancer*

Will Deaver

*A molecular mechanism for
DEPTOR in the control of cellular
metabolism and disease*

Chelsea Goodenough

*Gene expression of mTOR
proliferative factors in breast
cancer: a pharmacological model of
exercise's impact of breast cancer
growth*

Ming Li

*A survey of family health history
(FHH) use behavior among college
students*

Sarah Little

*Does IGF-1 mediate an anabolic
response of bone to low dose
radiation?*



STUDENT TRAVEL GRANTS

Arden Anderson

Delivering Sport for Health Programs among Refugee Populations. North American Society for Sport Management Conference.

Chelsea Goodenough

mTOR is a mechanistic target of muscle and cancer cross-talk with exercise. Experimental Biology 2019.

Taewon Kim

The role of primary motor cortex when acquiring novel motor sequences. Society for the Neural Control of Movement.

Sarah Little

Can acute galactic cosmic radiation-induced bone loss be mitigated by dietary modulation. American College of Sports Medicine.

Jaekwan Park

Use of oxygen therapy, cognitive dysfunction, and comorbidities are risk factors for COPD. American Thoracic Society Conference.

Song Yi Shin

Integrin-mediated vasoconstrictor function declines with age in skeletal muscle resistance arteries. Experimental Biology 2019.

Yiyu Wang

The effect of non-invasive transcranial direct current stimulation induced cortical dopamine release. Society of Neural Control of Movement.



huffines

student scholars

The Huffines Institute helps Texas A&M University student-researchers advance sports medicine knowledge.



WILL DEAVER

Sponsored Research Summary:

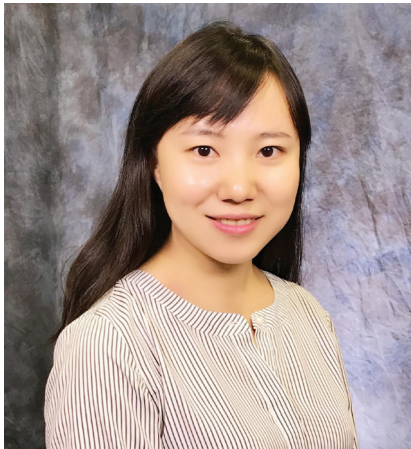
My research revolves around the cellular mechanisms that regulate growth under various conditions. Much of this signaling involves the mechanistic target of rapamycin (mTOR), which plays an enormous role in determining when an individual cell should grow, and when it should not. One of mTOR's binding partners, DEPTOR, serves to inhibit mTOR, which ultimately causes cellular growth to slow drastically. By capitalizing on this relationship, I have used gene editing tools, CRISPR/Cas9, to edit the genome of human breast cancer cells, and rodent skeletal muscle cell lines in an attempt to directly alter their rates of growth.

Findings:

My initial findings are that DEPTOR overexpression has led to significant decreases in the rates of protein synthesis in rodent muscle cell lines. This is consistent with previous findings in our laboratory that found DEPTOR levels to be strongly and inversely proportional to protein synthesis rates. I am currently conducting the same experiments with MCF7 breast cancer cells, and am optimistic that we will find similar, if not stronger results.

Where Will is going next:

Upon completion of this experiment, I will spend the next few weeks/months verifying that the gene edits were done as intended, and that there were no off-target edits made. If all goes well, it should be a pretty exciting couple of manuscripts!



MING LI

Sponsored Research Summary:

My Huffines sponsored research is a quantitative study to assess college students' behavior of family health history (FHH) collection and their educational needs toward FHH.

Findings:

A total of 2,670 college students completed a web-based survey. Most of the participants were females (66.3%) with an average age of 21.1 years. Nearly half of the participants were self-identified as Non-Hispanic White (45.5%). Over half of the participants (50.4%) had never or seldom obtained their FHH from family members. Participants' FHH collection behavior was directly associated with their intention to seek FHH information from family members. Their intention was related to efficacy and outcome expectancy of FHH collection. In terms of the educational needs, more than half of the participants (53.9%) were not interested in FHH education mainly due to low prioritization. Female, older age, having FHH in first-degree relatives, and racial/ethnic minority participants showed greater interests in FHH education. The desired topics for FHH education included the interpretation of FHH information, applications of FHH in disease prevention, and FHH collection methods. Computer-based learning was the most preferred educational strategy. Our findings suggested that computer-based FHH educations focusing on the preferred topics identified in this study should be developed for college students.

Where Ming is going next:

I will be a tenure-track Assistant Professor at the Department of Health Sciences, Towson University, Maryland.



SARAH LITTLE

Sponsored research summary:

The goal of my Huffines sponsored research was to assess the role of Insulin-like Growth Factor 1 (IGF-1), an anabolic factor, as a mediator between the positive effect of exposure to low dose radiation on bone integrity. Space-relevant radiation exposure, characterized by low doses, typically leads to rapid and dramatic bone loss via increased inflammation. However, preliminary analyses of our irradiated bones show a positive effect 8 weeks post-irradiation at the highest doses used in our study, but only in a diet shown to reduce inflammation. We are examining these bones to determine if this positive effect is occurring via increases in levels of IGF-1 or decreases in levels of Sclerostin, a protein that inhibits bone formation.

Findings:

Preliminary data analysis of the number of master bone regulating cells communicating with IGF-1 appear to be highest in the same groups exhibiting a positive effect from radiation. These data suggest there may be a role for IGF-1, but more analysis is needed!

Where Sarah is going next:

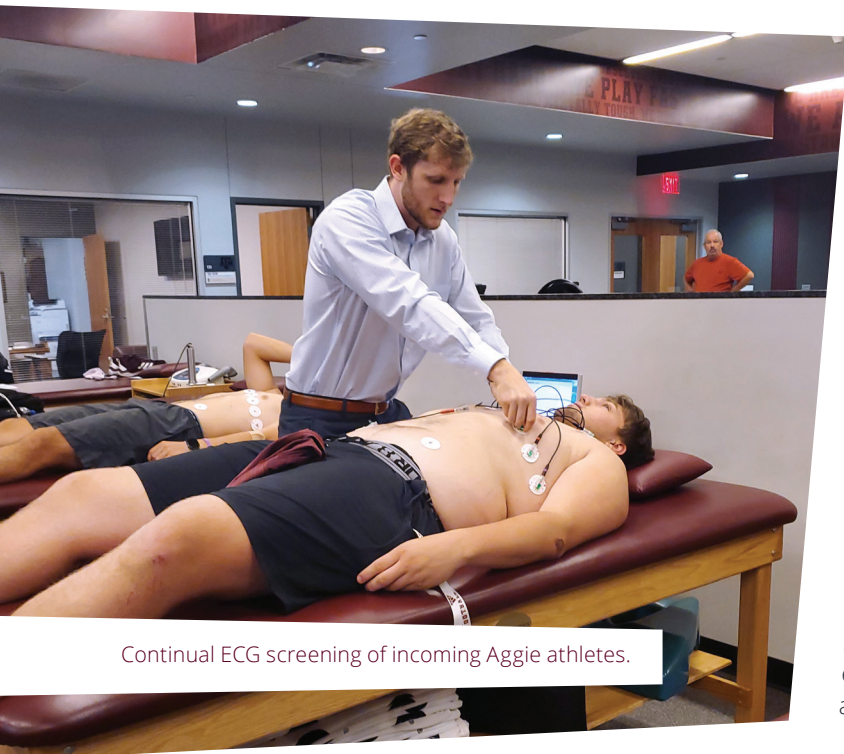
I am beginning the final year of the PhD program this fall. In 2020, I will be relocating to the Raleigh-Durham area in North Carolina and will be a Visiting Researcher at UNC-Chapel Hill.

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



Continual ECG screening of incoming Aggie athletes.

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. An example of this support is pre-participation electrocardiogram screening on incoming freshmen athletes (~150 per year).



Chaz and Jorge teaching a kickboxing demo at the Health Expo on behalf of the Huffines Institute.

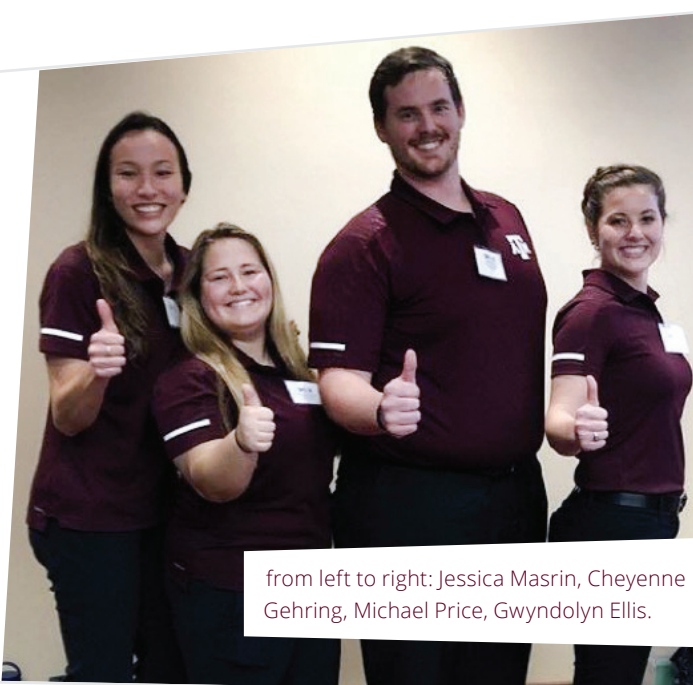
COMMUNITY HEALTH EXPO

In June 2019, Health Ambassador students from Mercedes High and Med High in the McAllen, Texas area sponsored a community Health Expo to benefit the McAllen region's health efforts. These health ambassador students were trained as part of a National Institutes of Health grant spearheaded by Dr. Robin Fuchs-Young (TAMU College of Medicine). The Huffines Institute's Director, Dr. Tim Lightfoot, is part of the Investigator team on that grant and was involved in the planning and training of the students to run the Health Expo. The Huffines Institute also financially

supported a free vaccination program at the Expo that resulted in over 50 children receiving vaccinations. Also, Institute volunteers, Mr. Jorge Granados and Mr. Chaz Nagel provided kick-boxing demonstrations for the attendees at the Health Expo. In all, almost 200 community members attended the student-led Expo! This is just another example of how the Huffines Institute is facilitating better health care practice in communities across the state of Texas!

NATIONAL ATHLETIC TRAINING ASSOCIATION QUIZ BOWL COMPETITION

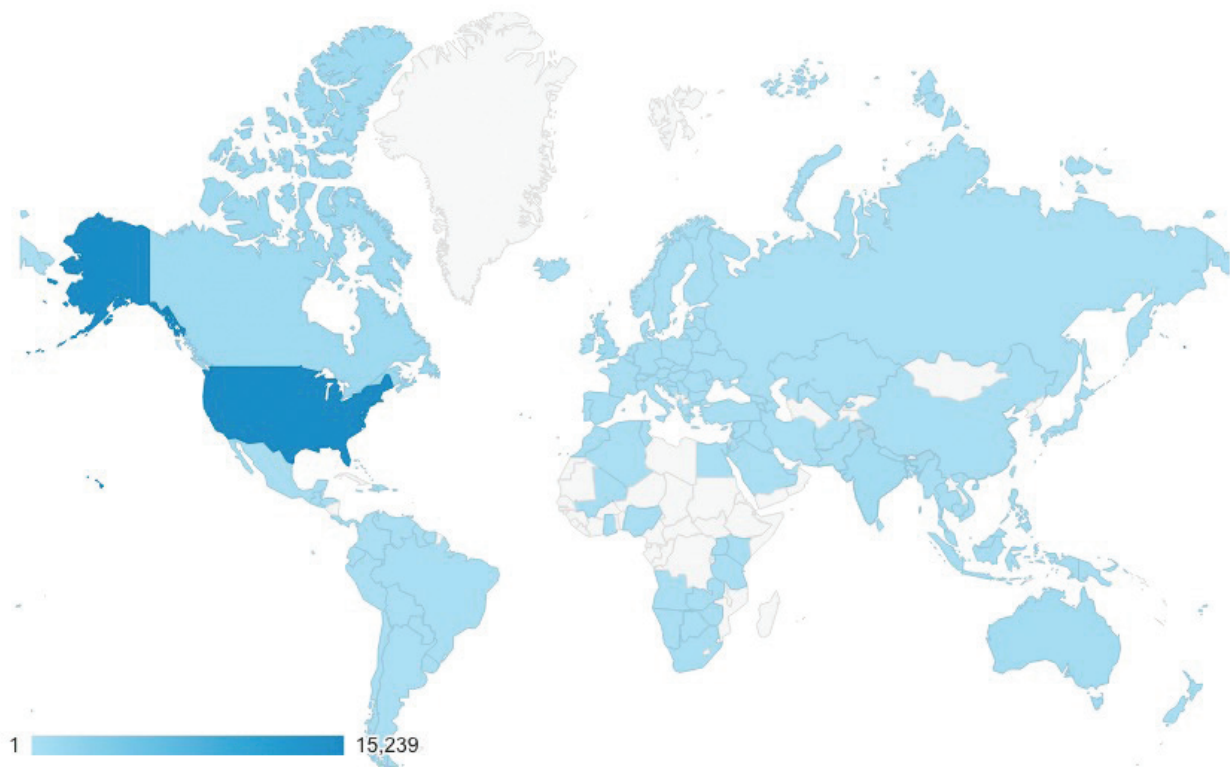
Huffines Institute funding allowed Jessica Masrin, Cheyenne Gehring, Michael Price, Gwyndolyn Ellis to attend the 2019 National Athletic Trainers' Association (NATA) Conference. They were awarded 3rd place in the national quiz bowl, as well as \$250 to our Athletic Training Program, which they decided to donate to the Billy Pickard '56 Memorial Scholarship Foundation.



from left to right: Jessica Masrin, Cheyenne Gehring, Michael Price, Gwyndolyn Ellis.

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 nine years, Huffines has established a number of different means for communication to inform and educate the public in sports medicine and human performance.



communicating WITH THE masses

VIEWS OVER THE PAST

9 YEARS

- Podcasts: 135,253
- Videos: 47,086
- Blogs: 17,418
- Articles: 114,569

WEB DOWNLOADS JULY 1, 2018-JUNE 30, 2019

- 48,498 pageviews
- 17,745 users
- Users were from 138 countries
(see location map figure)

Total views/downloads:

- Articles – 16,748
- Videos – 12,147
- Blog – 274
- Podcasts – 12,086

TEXAGS

The Huffines Institute is coming up on 6 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 9 years, the Huffines Institute has been the catalyst of sharing cutting-edge research with 135,253 listeners of over 260 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!

huffinesinstitute.org/podcasts

HUFFINES INSTITUTE 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 45,000 downloads. All of the video podcasts can be found on the Huffines Institute website, App or YouTube channel. These video podcasts have even been recognized as a recipient of 3 Telly Awards.

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

Over 1,800 people attended or tuned in to presentations given by leaders and experts in sports medicine and human performance presented at this year's Hilliard Discussion, also known as HD8.

HD8

Hilliard

DISCUSSIONS

NOVEMBER
09 2018

OVER 1200 PEOPLE ATTENDED OR WATCHED VIA SIMULCAST AS EIGHT LEADERS IN SPORTS MEDICINE AND HUMAN PERFORMANCE PRESENTED AT THIS YEAR'S HILLIARD DISCUSSION.

The HD series has yet again made a name for itself in the world of sports medicine. The event featured eight spectacular speakers. Hundreds were in attendance on campus at Texas A&M while even more watched from 23 satellite sites at Universities across the country. Viewers from all destinations participated via text-message questions throughout the event.

The HD9 will take place again in 2019 and you're invited! We will return to the Annenberg Center on the Texas A&M campus on November 8th, 2019, from 1-4:00 p.m. This year we will host six new speakers, each with fascinating topics to discuss. You can check out the speaker listing on our website. See you there!



From left to right: Dr. Jeff Woods, Dr. Susan Kleiner, Dr. Michael Roberts, Dr. Lisa Langston, Dr. Jeff Beeler, Dr. T. Bettina Cornwell, Mr. Dan Acheson, and Dr. David Bassett

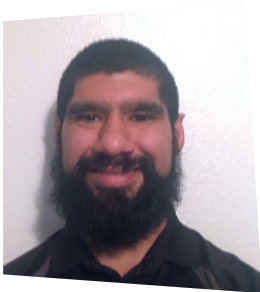
staff



ALEXIS
APPELQUIST



AYLAND
LETSINGER



BEN
NEVARES



BLAKE
CRAWFORD



BRI
BREIDENBACH



CARLOS
GUEVARA



CHAZ
NAGEL



JORGE
GRANADOS



NATHAN
KELLER



TATIANA
CASTRO



TROY
BRISCOE



VERTIKA SHARMA
(Coaching Academy)

not shown:

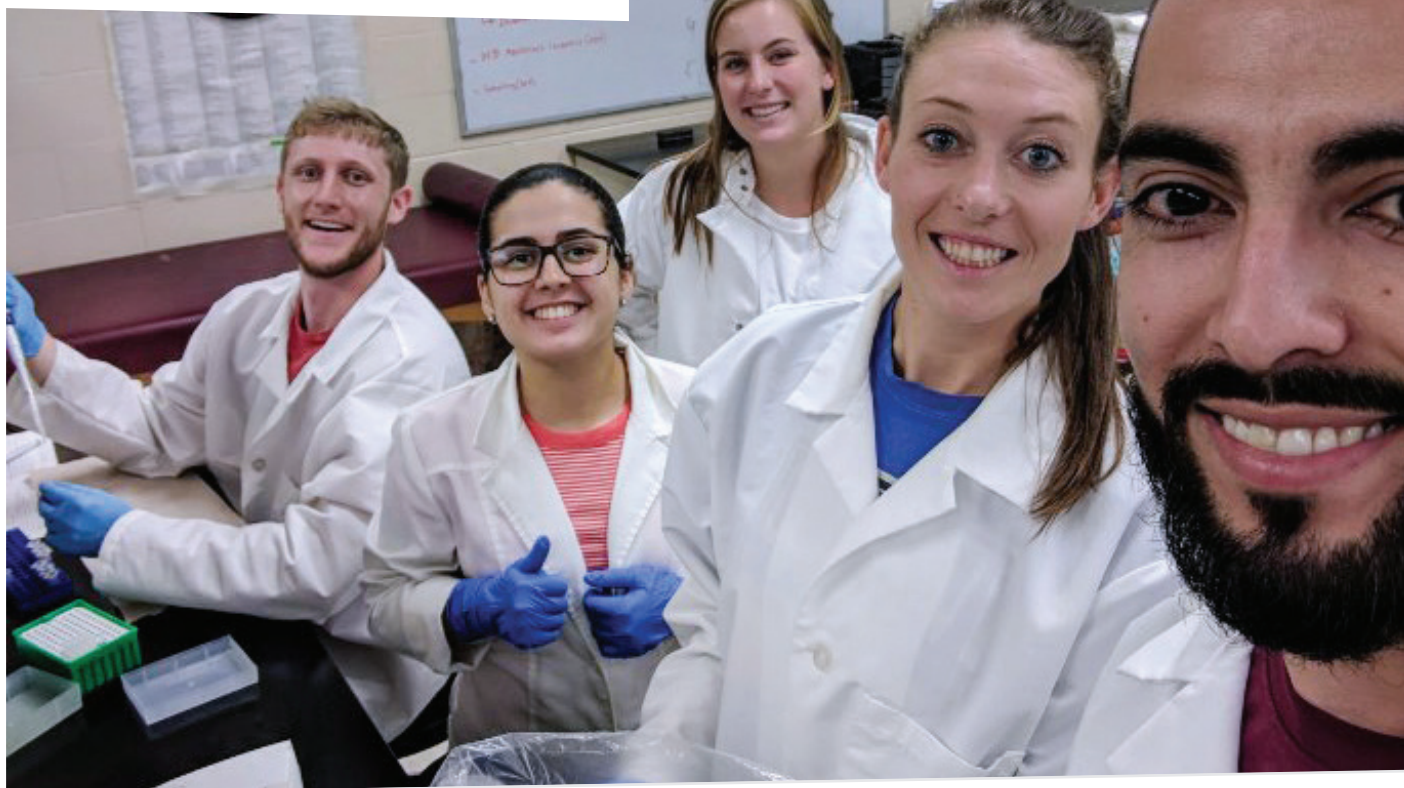
BRITTANY
ELLISON

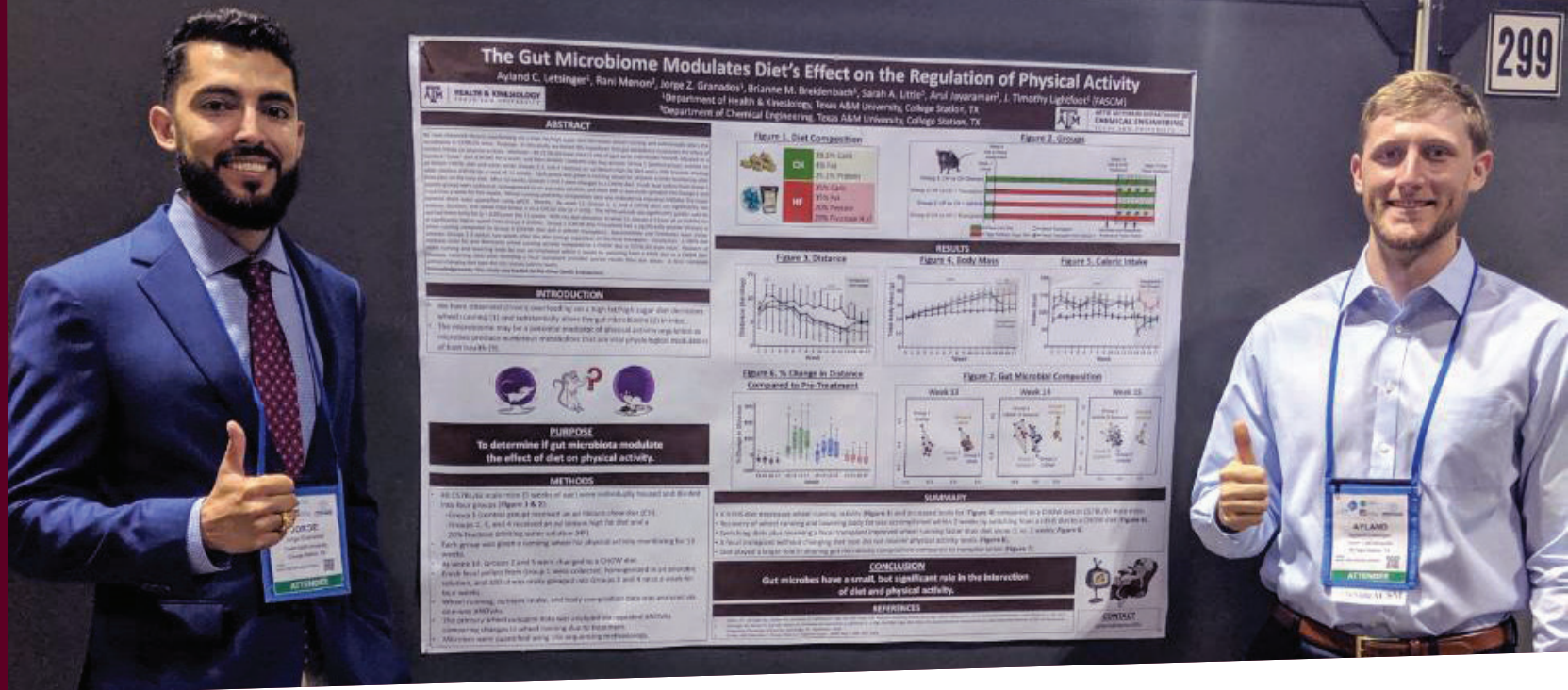
huffines vision

While we look forward to 2019-20 and work to continually push forward our mission areas, we are also thinking about the future. In order to build an innovative Institute, we need energy, vision, dedication, and financial support.

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.





INTERESTED IN HELPING OR BECOMING PART OF THE HUFFINES INSTITUTE?

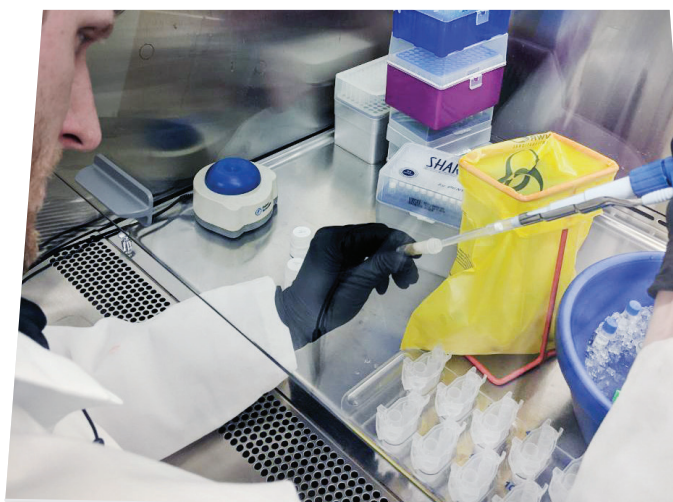
We enthusiastically welcome new affiliates or individuals wanting to help us accomplish our vision of bridging science and sport. Please contact Dr. Tim Lightfoot, Director of the Huffines Institute (huffines@tamu.edu) if you would like to find out more about how to help us accomplish our vision!

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.



texas a & m



coaching

PREPARING AND
SUPPORTING 21ST
CENTURY COACHES



academy

THE coaching academy | story

Established in 2012, the Texas A&M Coaching Academy is a collaborative effort between the Huffines Institute, the Department of Health & Kinesiology (HLKN), and the College of Education & Human Development.

Under the direction of Dr. John Thornton, the Coaching Academy is committed to elevate the stature of Texas A&M in both the academic and athletic world. This is being accomplished by further developing the coaching discipline and by assisting students and student-athletes who are becoming increasingly interested in the various opportunities related to the coaching profession and youth development.

The Academy collaborates with the following partners:

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

In a short period of time the Coaching Academy has established itself as an impactful and one-of-a-kind educational opportunity for existing and future coaches. The Academy has led or helped facilitate many academic opportunities:

- The college has opened the sports conditioning major for undergraduates. This combines aspects of physical fitness, sports, and coaching. This is currently the largest undergraduate studies degree in the college.
- 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.

mission

To help prepare, support, and promote individuals interested or currently engaged in the coaching profession or related areas of youth development.



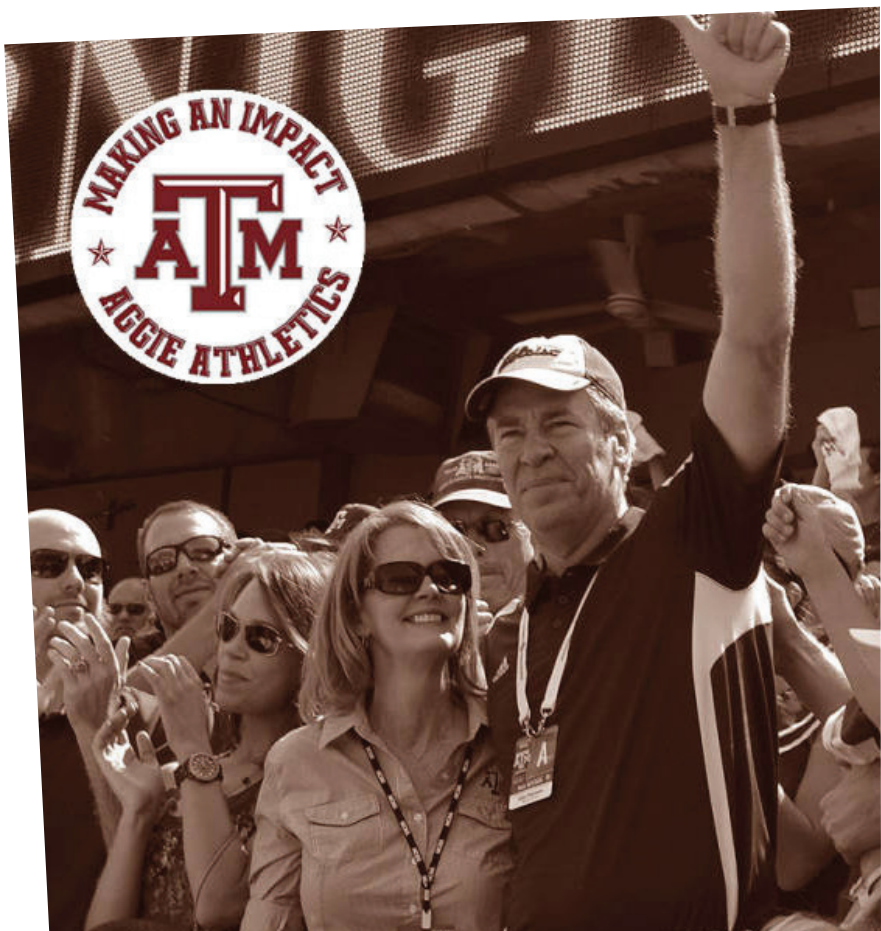
FROM THE director

DR. JOHN THORNTON

Executive Professor, Department
of Health and Kinesiology

Director,
Texas A&M Coaching Academy

It's hard to believe we are experiencing the seventh year of the Coaching Academy "ripple effect." It has been rewarding and exciting to see the relationships and opportunities accumulate. Rewarding, to see individuals leave our program better prepared, have a job, and be excited about entering communities to coach and teach. Exciting, to see the results of collaboration on and off campus as we prepare and promote those that want to coach or are coaching. We have come a long way and continue to make a difference while projecting the Academy and Texas A&M University as we continue to develop interaction with future coaches, current coaches, Texas High School Coaches Association and Texas Girls Coaches Association. We are extremely proud of the fact we are sponsoring three presentations at both Coaches Association summer meetings in 2019. While we are proud of that exposure and potential to further prepare and update coaches we have not lost our original focus of impacting undergrads at A&M who have a desire to coach.



This note from a member of our cohort pretty much tells the story. --- "I believe the coaching academy can help me in many ways. It will help me network with many individuals who have the ability to enhance my career opportunities. it will also teach me how to become an effective coach. Becoming a coach is very important to me and I truly believe the Coaching Academy is helping me pursue my dream."

Preparing, supporting, and promoting coaches and the coaching profession is still guiding us. We have an incredible opportunity ahead and look forward to our continued impact.

John Thornton

2018/19 advisory board

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

Dan Childs

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

Rodney Wellman

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

Cathy Capps

Executive Director, Texas A&M
Lettermen's Association

Jody Ford

Director of Development,
CEHD, Texas A&M

Jane Rankin

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

Bill Coady

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

TJ Marcum

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

Tim Lightfoot

Director, Huffines Institute for
Sports Medicine and Human
Performance

Robin Ryan

Grapevine-Colleyville ISD

Terry Price

Defensive End Coach,
Texas A&M Football

preparing coaches

Preparing someone to coach can take many forms. The Coaching academy accomplishes this by identifying opportunities available through Texas A&M University and working with individuals interested in joining the profession to equip them with the skillset 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 to add to coaching preparation. This certification process creates a background to help coaches be better prepared to meet the challenges they will face on the court and on the field.

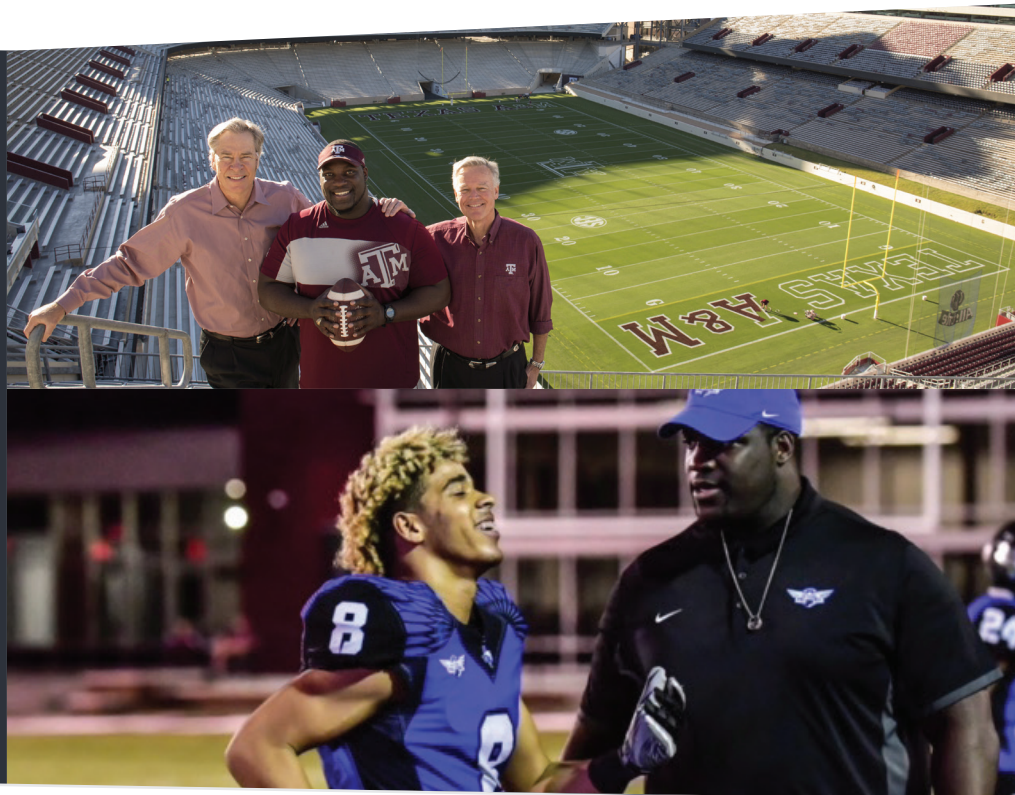
Certification requirements include, but are not limited to:

- 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, afterschool 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

"The coaching academy definitely helped me with making the transition from playing to coaching football. It provided me with insight on what it takes to be a great mentor/coach, while also showing me how to market and build my own brand."

Kirby Ennis

*Defensive Line coach at
North Forney High School*



COACHING ACADEMY

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 cohort

"The more that I learn about the profession, I notice more and more coaches are "hungry" and interested in learning the proper way to do things in this field. You guys are doing a superb job and I am blessed to have you guys in my corner."

Edgar De Luna
2018 Graduate

THE 2018 COACHING ACADEMY COHORT CURRENTLY CONSISTS OF 60 UNDERGRUATES

The Coaching Academy will continue to prepare coaches by providing course work and experiential programming. It will also continue to identify and develop avenues to coaching available through Texas A&M University and alternative education options

CAPSTONE CLASS

The required KINE 324 Capstone class for the certification program is taught by the Director of the Academy, Dr. John Thornton. The course, titled *Themes, Pathways, and Preparation for Careers in Coaching and Youth Development*, was designed to create an awareness of opportunities in coaching and youth development while exploring strategies and considerations that can contribute to successfully beginning a career in coaching. The class addresses principles of coaching, athletic administration, compliance, communication, and program management.

COHORT MEMBERS GETTING JOBS

- Carlos Guevara: Brenham High School/Middle School
- Joshua Hawkins: Midlothian High School, football coach
- Edgar De Luna: College Station High School, Spanish/Physical Education
- Liz Oyervides: Cypress ISD, Spanish/Physical Education
- David Romay: Houston Dynamo Soccer Cavalry FC PDL
- Hannah Zuhn: East Chambers Middle School, Basketball/Soccer
- Will Bruns: Franklin ISD, Baseball



Carlos Guevara with the College Station Middle School football team.

supporting coaches

While we look forward to 2020-21 and work to continually push forward our mission areas, we are also thinking about the future. 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)

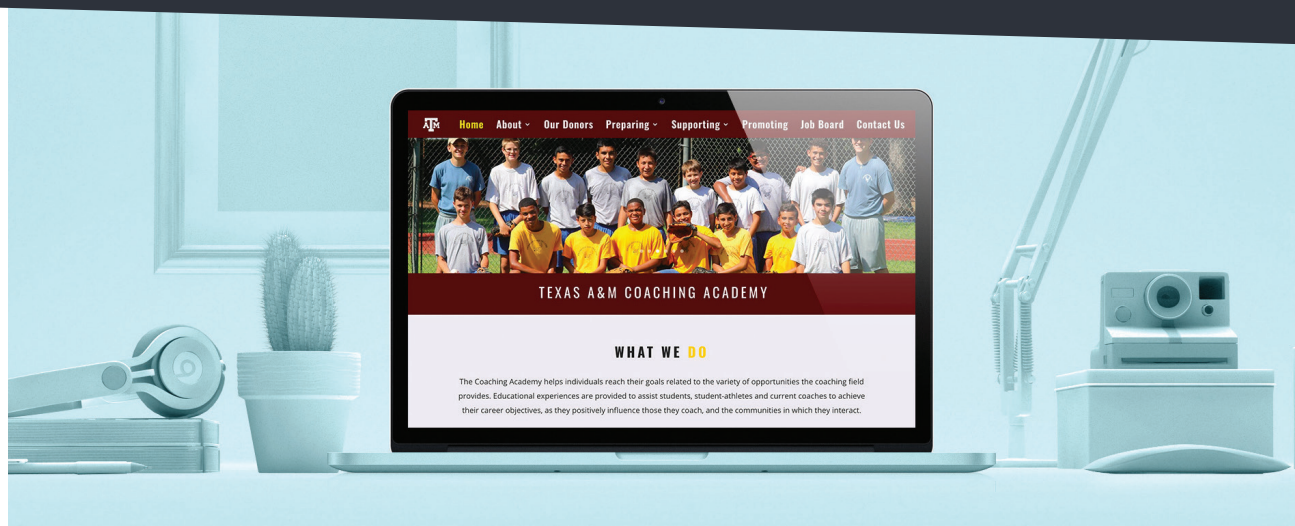
The THSCA is the principle advocate and leadership organization for Texas high school coaches. The THSCA provides the highest quality representation, education, and services to Texas high school coaches and affiliate members, and enhances the professionalism of coaches and the schools they represent. The Coaching Academy and the THSCA will collaborate to create a Mentor Program in order to help support and educate young coaches. (See page 29)

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, radiobroadcasting, 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 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 emphasize their journey pursuing a career in coaching, along with the effect it has had on Alonzo Williams post Texas A&M.

youtu.be/n0Gu4fVs37s

coaching academy vision

We envision an academy dedicated to creating awareness of coaching and youth development opportunities for our students and our community. Through financial and academic support, we hope to pave the path to meaningful employment for our students.

THE future is now

Time is flying and things are popping for the Coaching Academy! Your support has allowed us to make an impact in multiple areas and also gain exposure and momentum in others. I wanted to update you on our accomplishments and give you some insight into the future. With that goal in mind I have listed below things accomplished or in the works.

CONTINUED EDUCATION

Coaching Academy will sponsor and present two* subjects at the annual Texas High School Coaches Association in Houston.

- Strength Training - Training for the Ages: Movement mechanics and lifting technique from middle school to the pros
- Officiating - Officials: That Other Team. Expectations & Perceptions

*Both are also TEA accredited courses and will be available online this fall

ON CAMPUS

- Undergraduates
- Coaching Academy Cohort consists of 60 students
- Sponsored the first two Leadership Summit and Coaching Conversations seminars for undergrad and local coaches

EXPOSURE

- An Article by one of our undergraduate Coaching Academy leaders was profiled in the *THSCA Magazine* – "To the Coach I Want to Be," Rebekah Perez, January 2019
- Sponsored a Coaching Academy booth at the Annual THSCA Coaching School in Houston this summer.
- Sponsored a booth and Presentation at Texas Girls Coaching Summer Clinic, Arlington Coaching School on July 11th
- April 11th meeting with Texas Athletic Directors Association Executive Staff and THSCA Leadership to discuss the development and partnership of Mentor and Best Practice Program for Current Coaches.

TEXA HIGH SCHOOL COACHES ASSOCIATION

mentoring program

MENTORING PROGRAM OBJECTIVE

The objective of the THSCA/Coaching Academy Mentoring Program is to provide young, inexperienced coaches a structured program where they can share knowledge and receive advice and emotional support which in turn will strengthen the profession. It will be a collaborative effort focused on relationship-based activity with several specific but wide-ranging goals.

ABOUT THE PROGRAM

Mentors will be expected to give guidance and support in the four major areas of Personal Development and Growth, Professional Development, Educational Development, and Career Development. They will be given guidelines and resources by the THSCA to help them in the process.

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



Kirby Ennis with the Forney High School football team.

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

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