



TGCA NEWS

NOVEMBER 2019



2019-2020 TGCA OFFICERS



President of TGCA
Astin Haggerty
Clear Springs HS



1st Vice President
Brad Blalock
Frisco Centennial HS



2nd Vice President
Colby Davis
The Colony HS



Past President
Jason Roemer
Lake Dallas HS



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TGCA Office



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Lee Grisham
TGCA Office



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TGCA Sub-Varsity Committee Chair

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cover photo courtesy Sydney Gotcher
left photo courtesy Carmen Ortega

HURDLING ADVERSITY

Kevin Johnson Gonzales HS | TGCA Sub-Varsity Committee Chair

I started my collegiate track and field career at the University of Arkansas in the spring of 2007. I walked on in hopes of earning a scholarship, but after circumstances beyond my control made that goal an impossibility, I moved back home and started classes at a local junior college. I was off the track for two years when I decided to try to get back in the game in the summer of 2009. I sent a blast e-mail to several college coaches hoping to find my second chance, but what happened next surprised me. Abe Brown, the hurdles and jumps coach at Abilene Christian University, contacted me to see if I was still interested in running. Coach Brown was not on my



photo courtesy Keith Pierce

e-mail blast. I told him I was interested, and he told me they had a spot open. At the end of August, I showed up to ACU with 10 dollars in my pocket. Ten dollars that was supposed to be gas money for the friend who gave me a ride. Somewhere between

the last time I talked to Coach Brown and the day I showed up on campus there was a total coaching turnover. No one, except Don Garrett, the ACU track announcer, knew I was coming. I walked into head coach Roosevelt Lof-ton's office and he was more



than skeptical that I could still compete after a two-year hiatus. He had no room for me, no money for me. So, I made a deal with him. I told him that if I outperformed his top recruits, his scholarship athletes, he would give me scholarship. With a bit of a scoff and a smirk, Coach Lof-ton agreed.

The first semester at ACU was a whirlwind. I somehow made that 10 dollars stretch a week and a half. I was in and out of dorm rooms as the university tried to find the right place for me. Classes were

Continued on Page 2

BASKETBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Rocky Ford*	West Texas	2A	1
Trent Hilliard	Wolfforth Frenship	6A	1
Laura Lange	Merkel	3A	2
Amy Powell	Wylie	5A	2
Nikki Hyles	Aledo	5A	3
Chance Westmoreland	Argyle	4A	3
Ross Barber**	Tyler Lee	6A	4
Rodney Ross	S&S Consolidated	3A	4
Ryan Hall	Corrigan Camden	3A	5
Michelle Trotter	Crosby	5A	5
Kevin Bussinger	Lake Travis	6A	6
Tommy Gates	Navasota	4A	6
Jenny R. Garcia	Edinburg North	6A	7
Kyle Sivadon	La Vernia	4A	7
Heather Hohertz-Perez	Brownwood	4A	8
Marlee Webb	EP Franklin	6A	8

*Chair **Vice Chair



HURLING ADVERSITY

Continued from Page 1

challenging and I failed one class, meaning I had to sit out my first collegiate meet the next semester. Even so, I had done the seemingly impossible. I knew I had left my heart on the track and outworked most of my teammates. So, I went into Coach Lofton's office and asked for my scholarship. He obliged.

In January 2010, I signed my first collegiate scholarship papers. I had a successful season that spring, taking silver in the 110m hurdles at the Lone Star Conference Championships. I was first-man-out on the NCAA Div. II national championships qualifiers list.

Going into the next year, I was even more determined to make nationals. I worked hard on the track, but not as hard in the classroom. My work on the track paid off. I won the 110m hurdles at conference and ran a personal best. But once again, I was first-man-out on the national qualifiers list. Missing nationals, coupled with my less

than stellar classroom performance, cost me my scholarship. I would yet again have to prove myself.

Starting my third year I was determined to excel not only on the track, but also in the classroom. I pushed myself athletically and academically. Once again, hard work paid off. I made the Lone Star Conference All-Academic list and ACU Athletics honor roll in the fall of 2011. As fate would have it, though, towards the end of the semester I had a training accident and suffered an avulsion fracture in my right ankle.

I still asked Coach Lofton for my scholarship back, and again he obliged. Having earned back my scholarship I was determined to not let my injury slow me down. I finished second at conference, but my performance was not enough to get me on the national qualifiers list. I truly had one last chance to make nationals at our last-chance meet. Running another personal best, I saved my last chance and made it onto the qualifiers list for the 2012

NCAA Div. II Outdoor Track and Field Championships in Pueblo, Colo.

Adversity is a word we often use to encourage our athletes after defeat in competition. In our coaching vocabulary, adversity tends to be synonymous with losing – losing a game, losing a race, losing a meet. But adversity runs deeper in our own lives and in our athletes' lives. As we often encounter, the real adversity is not in the wins and losses columns. Rather, adversity is baked into our stories. Adversity can be deeply personal – the loss of a parent or child, a debilitating injury or illness, teenage parenthood, arrests, natural disasters, and the list of possibilities goes on.

The challenge then is how we deal with that adversity. Do we let it weigh us down or do we adapt and overcome? I am willing to bet we all entered this profession because in some form or fashion we have learned to adapt and overcome. Sports gives us a unique venue to pass on those skills to our athletes



photo courtesy Kristin Goodman

and fellow coaches. We just have to be willing to let each other in on our stories.

I never liked talking about myself. Doing so is out of my wheelhouse and uncomfortable for me. I have found, though, that sharing my story with my athletes has built bridges. On some level, we relate to each other amid our adversities. I want my athletes to know that I have struggled, and I have overcome, and in knowing that I want them to be encouraged that they, too, can overcome the adversities in their lives.



photo courtesy Sydney Gotcher



photo courtesy Adrian Smith

TEN TEAM-BONDING ACTIVITIES TO HELP BUILD CHEMISTRY

By: Nancy Lieberman

Sometimes, the outcome of a game or match simply comes down to which team has more talent and skill. Often, however, the team with better chemistry and cohesiveness ends up victorious.

Because of this, it's important to do more than just practice from a physical standpoint. Team-bonding activities can matter just as much.

It doesn't matter if you're a pro or amateur athlete – if teammates don't trust and believe in each other, the common belief is that accomplishing goals, achieving greatness or even just becoming a successful team is much more difficult.

As someone who's played and coached at all levels – high school, collegiately and professionally (WNBA, NBA, BIG3) – I strongly agree.

Successful teams

Successful teams share several traits – three that I've seen consistently are commitment, trust and communication.

Successful teams also have a clear vision. To help build this vision, coaches should take an inventory of where their team is today, and ask the following questions:

- What is our purpose?
- What do we stand for?
- What are our strategies and focus areas?
- What is working?
- What is not working?
- What are our goals?
- Where do we want to go?



photo courtesy Anthony Lapasda

To no surprise, I've consistently seen that it becomes much easier to obtain those vital traits, ask those questions, and build a vision when your team has a tight bond and strong chemistry.

TGCA Women's Coaches Survey

In an effort to learn more about the growing world of women's athletics and bring more attention to female athletes and coaches, BSN SPORTS and the Texas Girls Coaches Association (TGCA) surveyed nearly 500 coaches of female sports teams on a variety of topics.

One of the questions asked coaches to share their favorite team-bonding activities, and it yielded the following results:

1. Team meals – 79%

Whether it's ordering a few pies from the local pizza joint or getting some team parents together to cook up some pasta or fire up the grills for a

barbecue, the top vote getter was team meals.

There's a reason millions of families across the world do this almost nightly – few things in life are more intimate than breaking bread with one another.

2. Practice/workouts – 68%

No need to overthink or overdo things – sometimes the everyday practice or summer workout is the best way to help your team bond.

If things are feeling monotonous, try mixing in something fun or out of the ordinary to spice things up, whether it's a bet that potentially involves the coach joining in on conditioning, or an unusual drill that adds some unexpected entertainment to practice.

3. Community service – 52%

One of the best ways to build a sense of community with your team is to give back to the local community together.



Need some ideas? Your players could do trash pickup at local art fair, help cook at a nearby pasta feed or soup kitchen for people in need, or join a holiday service event.

4. Holiday gift exchanges – 35%

Keeping the holiday theme in mind, try setting up a white elephant gift exchange, a gingerbread house contest, or something else festive. Bringing the team together during holiday seasons can be especially memorable and enjoyable for all involved.

Additional results and tips Here are some additional results that rounded out the Top 10, as voted on by coaches:

- Bowling
- Road trips/overnight trips
- Movies
- Hikes
- Escape rooms/rope courses
- Scavenger hunts

BSN SPORTS Women

At BSN SPORTS, we realized there was a clear need to elevate women's sports at all levels – from providing more support to coaches of female athletes, to connecting women working in the sports industry. Because of this, we've made it a priority to uplift and empower women in sports through our key partnerships, programs and content.

Learn more about the other BSN SPORTS women's initiatives here.

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2019 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Gary Billingsley	Cumby Miller Grove	1A
Terry Davis	Gruver	2A
Glenn Griffin	Holliday	3A

COACH	SCHOOL	CONF.
Ray Baca	Canyon	4A
Jonathan Tate	Boerne Champion	5A
Justin Leonard	Southlake Carroll	6A

CROSS COUNTRY ATHLETES OF THE YEAR



Conferences 1A-2A-3A-4A
Ashlyn Peralta
Sundown High School
Coach: Paul Darden



Conferences 5A-6A
Aubrey O'Connell
Prosper High School
Coach: Jennifer Gegogeine

CROSS COUNTRY COACHES OF THE YEAR



Conferences 1A-2A-3A-4A
Brandy Eckermann
San Saba High School



Conferences 5A-6A
Jennifer Gegogeine
Prosper High School



HAPPY THANKSGIVING FROM THE TGCA STAFF



White Milk vs. Chocolate Milk: Can both be part of your athlete's post-workout #nutrition plan? The low-down:
<https://www.dairydiscoveryzone.com/blog/white-vs-chocolate-milk-can-both-be-part-your-post-exercise-game-plan>

TEXAS SPORTS WRITERS ASSOCIATION ALL-STATE VOLLEYBALL

Nominations for Texas Sports Writers Association All-State Volleyball are due by Monday, Dec. 2.

To nominate players (they do not have to be seniors), please send information to Jack Stallard at the Longview News-Journal via email at jstallard@news-journal.com

Nominations must include:
 Player(s):
 School:
 Classification of school:
 (PLEASE INCLUDE THIS)
 Position: (Outside hitter, middle blocker, setter, libero)
 Final season stats:

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 16-18, 2020

Schedule

Thursday, January 16.....	Coed
.....	Conference 1A
.....	Conference 2A
.....	Conference 3A
Friday, January 17.....	Conference 4A
.....	Conference 5A-D1
Saturday, January 18.....	Conference 5A-D2
.....	Conference 6A-D1
.....	Conference 6A-D2

Game Day Championship Info

Will be released and updated on UIL website: uiltexas.org/spirit

Safety Rules

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at www.nfhs.org.

School Conference Divisions

- 1A & 2A – Max of 12 participants (3 or fewer males)
- 3A & 4A – Max of 20 participants (3 or fewer males)
- 5A D1—Maximum of 30 participants (3 or fewer males)



photo courtesy Logan Lawrence

- (School enrollment 1,781-2,189 students)
- 5A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,150-1,780 students)
- 6A D1—Maximum of 30 participants (3 or fewer males) (School enrollment 2,750 and above)
- 6A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,190-2,749 students)
- COED—Maximum of 30 participants (4 or more males)

*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.

CAREER RECOGNITION FOR SPIRIT COACHES

Points

300	Certificate
400	Certificate
500	Plaque Recognition (Every 100, 500-900)
1,000	Hall of Fame Eligibility

Scoring

Years of Service at Varsity Level	10 points per year
Finals Appearances	10 points
Best of Category Wins	15 points
Third Place	30 points
Second Place	40 points
State Champion	50 points

Send info to tgca@austintgca.com. Deadline is May 31st.

SPIRIT ADVISORY BOARD

COACH	SCHOOL	CONF.	REG.
Carrie Powers	Blackwell	1A	2
Heather Jones	The Colony	5A	3
Nicole Duggan	Canyon Lake	4A	6
Kari Ring	La Vernia	4A	7
Shannon Wylie*	SA Johnson	6A	7
Pete Ramirez	McAllen Memorial	6A	7
Matthew Escue*	San Angelo Central	6A	8

*Co-Chairs

NEW CHEER

NOMINATIONS DEADLINE

Your Spirit Advisory Board has decided to make the honors nomination deadline for TGCA honors for cheer January 24th at 5:00. They have decided no late nominations will be accepted this year, so be sure you get your nominations done by Friday, January 24th, at 5:00 p.m. All nominations for all honors need to be done on-line through the Spirit Division tab, and then through the links on the left-hand side of the page which designate where the nomination forms are for both cheerleaders and coaches. Please be sure you get ALL of your nominations done by then, including Academic All-State. Let us know if we can be of assistance.

2019-20 TGCA BOARD OF DIRECTORS

2019-20 TGCA BOARD & COMMITTEE MEETINGS



NAME	POSITION	SCHOOL
Astin Haggerty	President	Clear Springs
Brad Blalock	1st Vice President	Frisco Centennial
Colby Davis	2nd Vice President	The Colony
Jason Roemer	Past President	Fredericksburg
Brooke Walthall	Region I Senior Director	Canyon Randall
Jason Culpepper	Region I Junior Director	Bushland
Sunni Strickland	Region II Senior Director	Forsan
Mitzi Bell	Region II Junior Director	Sweetwater
Jim Wood	Region III Senior Director	Maypearl
Yolanda Beasley	Region III Junior Director	FW Castleberry
Kari Bensed	Region IV Senior Director	Frisco Centennial
Frank DePaolo	Region IV Junior Director	Melissa
Reagan Smith	Region V Senior Director	Cypress Creek
Stacy Tucker	Region V Junior Director	Barbers Hill
Brandace Boren	Region VI Senior Director	Austin Lake Travis
Anthony Branch	Region VI Junior Director	Sealy
Patti Zenner	Region VII Senior Director	Poth
Bernice Voigt	Region VII Junior Director	SA Wagner
Cully Doyle	Region VIII Senior Director	Medina
Marlee Webb	Region VIII Junior Director	Franklin
Susan Brewer	Volleyball Committee Chair	Bellville
Claire Gay	Volleyball Committee Vice Chair	Aledo
Rocky Ford	Basketball Committee Chair	West Texas
Ross Barber	Basketball Committee Vice Chair	Tyler Lee
Dan Aldrich	Track Committee Chair	Fredericksburg
Lacy Schott	Track Committee Vice Chair	Medina Valley
Scott Mann	Softball Committee Chair	Springtown
Billy Coleman	Softball Committee Vice Chair	Austin Lake Travis
Kevin Johnson	Sub-Varsity Committee Chair	Gonzales
Brent Morris	Sub-Varsity Committee Vice Chair	Wolfforth Frenship

MARCH 5

Basketball All-State Committee Meeting, 5:00 p.m., San Antonio

MARCH 6

Basketball Committee Meeting, 12:00 Noon, San Antonio

MARCH 8

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

MAY 7

Track Committee Meeting, 7:00 p.m., Austin

MAY 8

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

MAY 9

Track All-State Committee Meeting, 8:00 a.m., Austin

JUNE 4

Softball 1A, 2A, 3A and 4A All-State Committee Meeting, 8:00 a.m., Austin

JUNE 5

Softball 5A and 6A All-State Committee Meeting, 8:00 a.m., Austin
Softball Committee Meeting, 8:00 a.m., Austin

JUNE 7

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

JUNE 16

Legislative Council Meeting (TGCA Executive Committee Only) Pflugerville

JULY 6

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

JULY 8

Spirit Committee Meeting, 8:00 a.m., Arlington

2020 TGCA SUMMER CLINIC

The 2020 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 6-9. The agenda is being revised and will be posted to the website under the "Summer Clinic" category

as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will open in March.

Membership renewal and Summer Clinic registration will open February 1st.

We are working on finalizing times, venues, and agendas for all of the satellite sports clinics, and we will

have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2019-20 TGCA Clinics.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport. Sub-varsity coaches may coach multiple sports, but they cannot be the var-

sity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

2019-20 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2019-20, they are as follows:

Spirit Jan 24, 2020
Swim/Dive Feb 10, 2020
Wrestling Feb 17, 2020
Basketball Mar. 2, 2020
Soccer Apr 13, 2020

Track & Field May 4, 2020
Tennis May 18, 2020
Golf May 18, 2020
Softball June 1, 2020



photo courtesy Eric Miracle

AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount

Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having

all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@ailife.com. To view the letter online, visit ailife.com/benefits/sgM9W.

10

THINGS YOU MAY NOT KNOW ABOUT LAUGHTER

James A. Peterson, Ph.D., FACSM

James Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.

1 WHAT IS IT? Laughter, typically, the response to humor, is a physical reaction in humans, consisting, as a rule, of rhythmic, often audible, contractions of the diaphragm and other parts of the respiratory system. As such, laughter is part of human behavior regulated by the brain, helping individuals clarify their intentions in social situations, as well as providing emotional context to their circumstances.

2 THE BEST MEDICINE. Although laughter makes people feel better in the moment, there appear to be long-term health (both physical and mental) benefits as well. Accordingly, some experts recommend that individuals get 15 to 20 minutes of laughter a day.

3 OH, TO BE A KID AGAIN. All in all, it goes without saying that happy people have more fun. In fact, individuals who choose to be happy and exemplify positivity tend to look for more opportunities to laugh. It's been written (though never documented) that the average 4-year-old laughs 300 times a day, whereas the average 40-year-old only laughs four times a day. The importance of such an observation is reinforced by the oft-cited quote, "You don't stop laughing because you grow old. You grow old because you stop laughing."

4 HEART HEALTHY. Research has shown that laughter has an anti-inflammatory effect that helps protect blood vessels and heart muscle from the damaging effects of cardiovascular disease. In fact, one study found that people with cardiac disease laughed approximately 40% less at life-related situations than those individuals without cardiac disease.

5 IT'S NO JOKE. Laughter can have a positive impact on a person's stress level. Not only does it decrease the release of stress hormones, but it also triggers the release of endorphins, the body's natural feel-good hormones, which promote an overall sense of well-being, as well as, in some circumstances, temporarily relieve pain.

6 STRETCHES THE IMAGINATION. Laughter allows people to entertain

the absurd and imagine alternative possibilities. It enables individuals to see things from various angles and from a different perspective. All factors considered, by creating psychological distance, it allows people to have a sense of safety when they're confronted by anxiety-provoking life situations.

7 EVERY LITTLE BIT HELPS. Scientists have calculated that just 15 minutes of laughter a day will burn approximately 10 to 40 calories a day, depending on how much a person weighs and how hard that individual laughs. Such a caloric expenditure can result in a loss of 1 to 4 lbs a year. In that regard, it is important to note that tickling, which makes a person laugh, has a similar caloric burn.

8 NOT A LEARNED BEHAVIOR. Humans are hardwired for laughter. Everyone has the capacity to laugh, including blind and deaf people. Arguably, laughing could be considered the universal language. Greetings may entail different meanings in various regions and areas of the world, but

laughter is a sign of happiness everywhere on the planet. In fact, laughter is a sound that does not have any language.

9 LAUGH AND THE WORLD LAUGHS WITH YOU. Researchers have found that laughing really is contagious. When someone sees someone smiling and laughing, their natural response is to do the same. As such, the brain responds to the sound of laughter and preps the muscles in the face to join in the mirth. Furthermore, the setting also matters. For example, a person is 30 times more likely to laugh when in a group, versus being alone.

10 APLOMB. Laughter has been shown to increase a person's level of self-esteem. Not only can laughing and smiling make a person feel better about themselves, they are appealing attributes that help boost a sense of confidence in social



photo courtesy Leah Flores

WHAT IS PLAY4KAY?



Uniting players, coaches, and fans to do something for the greater good that far exceeds wins and losses on the court, the Play4Kay initiative is our largest fundraiser and plays a major role in our success.

The “pink phenomenon” in women’s basketball began during the 2004-2005 basketball season, when Coach Yow’s cancer recurred after being in remission for 17 years. Play4Kay is the grassroots fundraising initiative of the Kay Yow Cancer Fund. It was originally called Think Pink, later Pink Zone, and most recently and finally, Play4Kay. Women’s basketball teams wore pink in honor of Coach Yow and those battling cancer. In 2007, this movement resulted in the establishment of the Kay Yow Cancer Fund and its Play4Kay initiative.

For the past eleven years, communities in all 50 states have hosted Play4Kay fundraisers. Play4Kay events are about uniting the community, honoring survivors, and raising money for the Kay Yow Cancer Fund by doing something they love. Coach Yow

wouldn’t have it any other way.

Elements of a Play4Kay game:

- Host a Play4Kay game and call it Play4Kay.
- Raise money and donate it to the Kay Yow Cancer Fund/ participate in the Play4Kay National Free Throw Challenge.
- Honor cancer survivors on court during your game.
- Participate in the coaches’ campaign by making a meaningful contribution to the Kay Yow Cancer Fund in honor of survivors.
- Show in-venue videos/ PA announcements about the Kay Yow Cancer Fund during the game.
- Purchase generic T-shirts from the Kay Yow Cancer Fund to promote uniform branding of the Kay Yow Cancer Fund.

Play 4

Every minute, one woman is diagnosed with cancer. One mother. One daughter. One wife.

We are working to put an end to this disease.

One dollar. One drug. One

life.

Help us raise money in support of scientific research and programs that serve the underserved.

Who do you Play4?

LEARN MORE ABOUT OUR GLOBAL PARTNERS

The Kay Yow Cancer Fund is proud to partner with the companies and organizations below in the fight against ALL women’s cancers. If you would like to learn more about becoming a partner, contact Robin Pate at (919) 659-3303 or Robin.Pate@KayYow.com



Nike

Nike partnered with the Kay Yow Cancer Fund in the spring of 2008. Nike offers a special collection of footwear, apparel, and equipment to contribute to the Kay Yow Cancer Fund while bringing awareness to the fight against cancer. Nike is also the presenting sponsor of the annual Golf Classic.



Women’s Basketball Coach Association

The Kay Yow Cancer Fund is the charity of choice of the WBCA. As the official professional organization for girls’ and women’s basketball coaches, the WBCA recognizes the significant contributions that Coach Kay Yow made to the sport of women’s basketball. The Kay Yow Cancer Fund provides a philanthropic cause for the WBCA. As a result, the Play4Kay games annually provide some of the highest attended games in women’s basketball



V FOUNDATION® Victory Over Cancer

V Foundation

The Kay Yow Cancer Fund works with the V Foundation



photo courtesy Adrian Smith



photo courtesy Carmen Oertega

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR 5 CONSECUTIVE DAYS TO INCLUDE DECEMBER 24-26						
TGCA OFFICE CLOSED						
29	30	31				
TGCA OFFICE CLOSED						

to solicit grant applications from the top NCI accredited cancer centers in the country. The V Foundation's Scientific Advisory Committee re-views, grades, and evaluates all grant proposals and makes recommendations to the Kay Yow Cancer Fund Board of Directors, enabling the Fund to award grants to the top research projects in the country.



ESPN
ESPN partners with the Kay Yow Cancer Fund to produce quality programming surrounding the Play4Kay

initiative in women's basketball each year. The Kay Yow Cancer Fund appreciates ESPN's commitment to the fight against all women's cancers through its continued coverage of Play4Kay games nationwide.



NCAA
The NCAA and the Kay Yow Cancer Fund work collaboratively to elevate the sport

of women's basketball on all levels. The NCAA has been an ally in the fight against ALL women's cancers since the Fund's inception in 2007.

NATIONAL PARTNERS

The Kay Yow Cancer Fund is proud to partner with the following national companies in the fight against ALL cancers affecting women!



TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information

on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.

THANKS TO OUR SPONSORS

American Income Life
Athletic Supply
Baden
Balfour
BSN Sports

Coaches Choice
Dairy Max
Dell
Eastbay
Gandy Ink

Gulf Coast Specialties
MaxPreps
Mizuno
Nike
Sideline Interactive

Varsity
Guy in the Yellow Tie -
Tom Rogers Financial
& Insurance Associates



VARSITY



The power to do more



SERIOUS PERFORMANCE

Guy in the Yellow Tie



Tom Rogers
403(b) Annuities
rtom@mesh.net



TGCA NEWS

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TGCA on the Web
Polls, as well as other current information, can be found on the TGCA website at: austingca.com.

Did you move?
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions
If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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