



TGCA NEWS

SEPTEMBER 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 Pastusek
The Colony HS



Past President
Jason Roemer
Lake Dallas HS



Executive Director
Sam Tipton
TGCA Office



Assistant Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

Four Tips for Coaching Female Athletes

By Nancy Lieberman
PAGES 1-2

Nancy Lieberman, BSN Sports Launch Partnership

PAGE 3

Coach the Mind, Body, and Heart

By Lacy Schott, TGCA Track Vice Chair
PAGES 4-5

Voting is a Select Privilege

By Sam Tipton, TGCA Executive Director
PAGE 12

10 Things to Know About Attitude Change

By James A. Peterson, Ph.D., FACSM
PAGE 13

Young Moms Against Cancer

Kay Yow Cancer Fund
PAGES 14-15

ALSO INSIDE

- TGCA Changes & Updates..... 2
- Career Victories..... 6
- 2018-19 Athletes of the Year.....7
- 2018-19 Coaches of the Year..... 8
- Membership Deadline for Nominations 8
- 2018-19 Sub-Varsity Coaches of the Year 9
- Sub-Varsity COY Nom Deadline 9
- Sub-Varsity Years of Service..... 9
- Sport Nomination Deadlines 9
- State Champion Coaches10
- General Nomination Instructions 11
- Online Nomination Instructions 11
- Important Dates16
- Sponsors..... 17

cover photo courtesy TiAndre Sanders
left photo courtesy Keith Pierce

FOUR TIPS FOR COACHING FEMALE ATHLETES



Nancy Lieberman

Nearly 50 years ago, a federal civil rights bill – now known as Title IX – was signed into law as part of the Education Amendments of 1972. Also known as the Patsy T. Mink Equal Opportunity in Education Act, the law stated:

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

It was a revolutionary moment in U.S. history, as it made clear the need to give female students of all ages an equal opportunity to not only participate, but excel in athletics. Today, women’s sports continue to evolve, and much of this evolution is thanks to the selfless dedication of coaches.

Nancy Lieberman

When Nancy Lieberman began her high school sports career, Title IX had just recently been enacted. This proved to be very beneficial for Lieberman, as she went on to excel as one of the greatest college athletes of all time, a star WNBA player, and now, an extremely accomplished coach.

Coaching tips

Lieberman, who has years of coaching experience in the WNBA – along with stints in the NBA, G League, and the newly established BIG3 where she’s the head coach of the Power – offered the



photo courtesy Logan Lawrence

following tips when it comes to coaching female athletes:

1. Confidence Skills and athleticism can only get athletes so far. For this reason, it’s crucial for coaches to help promote confidence in their players.

“Confidence is very important to instill in young girls,” Lieberman says. “It’s a huge quality that makes female athletes excel, both in and outside of their sport.”

Whether it’s constant positive affirmation, smart goal-setting or other psychological techniques, experiment with different ways of support to help your athletes build resilience and succeed.

2. Teamwork and leadership While it’s beneficial to inspire players to focus on their self-growth, Lieberman thinks it’s equally as important to encourage values such as teamwork and leadership.

to achieve greatness, which every young girl should strive for.”

3. Mentorship

As our society continues to progress socially and push for equality, coaches should do their best to be role models and mentors for their female players.

Lieberman finds it especially important to inform the next generation of women of relevant statistics, recent laws and more. This could include talking about the low percentage of female CEOs in comparison to men, and how we’re pushing for continued growth. She also reiterated details of the Equal Pay Act and disappointing wage differences that have been statistically documented between women, people of color, and their peers.

In addition to mentoring their athletes, coaches

Continued on Page 2



DAIRY MAX

Work your athletes hard, help them recover smart. After a workout, encourage athletes to drink chocolate milk for 8 grams of high-quality protein in every 8 ounces. <https://www.dairydiscoveryzone.com/blog/are-your-student-athletes-getting-right-kinds-protein>

FOUR TIPS FOR COACHING FEMALE ATHLETES

Continued from Page 1

should also encourage them to someday inspire the next generation.

“They need to know that it’s OK for them to be strong, confident, healthy female role models,” Lieberman says.

4. Continued participation

Although participation in athletics has dramatically increased since Title IX was established, many women still see sports as something they simply want to try out or experiment with. This is why Lieberman recommends talking with players about continuing their athletic careers, as the benefits can be lifelong.

“Peer pressure is very difficult for girls of all ages,” she says. “Being an athlete can help offset that by encouraging them to participate in sports and healthy active lifestyle.”

Added Lieberman: “Studies have shown that high school female athletes have

more of a positive body image than non-athletes.”

Want more advice from Lieberman? Follow her on Twitter or Instagram.

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 all the BSN SPORTS women’s sports initiatives here. Get the latest features and interact with BSN SPORTS Women on social media on Instagram and Facebook.

TGCA UPDATES & CHANGES

HONORS & NOMINATIONS



The TGCA Board of Directors voted to add honors for Coaches of the Year for Middle School coaches at the June 2nd, 2019, Board meeting. One Middle School coach will be selected as Coach of the Year in 1A-2A-3A-4A and one Middle School coach will be selected as Coach of the Year in 5A-6A in Cross Country, Volleyball, Basketball, Track & Field, and Softball. Nominations will be made in the same way Sub-Varsity Coaches of the Year are nominated, through the TGCA Membership Site. Nominating coaches must be members of TGCA before the November 1st membership for nominations deadline, as does the nominated coach need to be a member before that deadline. Selections will be made by the Sub-Varsity Committee at their annual meeting, when they select the Sub-Varsity Coaches of the Year. Nomination categories for this new honor have been added to the Nominations section of the Membership Site.

The Board of Directors also voted to split Athlete of the Year honors in Track and Field, to award one Athlete of the Year in Track and one Athlete of the Year in Field Events in 1A-2A-3A-4A and 5A-6A. The nomination process will not change, but you MUST designate on the nomination form whether you are nominating the athlete for track or for field events. This

can be done in the comments section of the nomination form. All coaches and coaches of nominees must be a member of TGCA before the November 1st deadline to be eligible for honors.

The Board also voted to split Athlete of the Year and Coach of the Year for swimming and diving. One athlete will be selected as Athlete of the Year in swimming and one athlete will be selected as Athlete of the Year in Diving in 4A-5A-6A. One Coach of the Year will be selected in swimming and one Coach of the Year will be selected in diving in 4A-5A-6A. As with Track & Field, the nomination process is the same, but you MUST designate whether you are nominating the athlete or coach for swimming or diving. This can be done on the nomination form under the comments section. All coaches and coaches of nominees must be a member of TGCA before the November 1st deadline to be eligible for honors.

All cheerleading honors updates will be included in the October issue of the Newsletter.



photo courtesy Anthony Laspada



NANCY LIEBERMAN, BSN SPORTS LAUNCH PARTNERSHIP

Texas Girls Coaches Association Join Partnership As Inaugural Member with Access to Exclusive Content, Events and Coaching Clinics

Dallas, TX -- BSN SPORTS, the nation's largest direct marketer and distributor of sporting goods to the school markets and a division of Varsity Brands, today announced that Nancy Lieberman – Basketball Hall of Famer, BIG3 Head Coach of Power, 2018 BIG 3 Champion and Coach of Year – has entered into a partnership with BSN SPORTS to help elevate girls' sports by providing curated coaching resources, content and support. Lieberman and BSN SPORTS are serving as equal and enthusiastic catalysts for this effort, as they both believe in the vital importance of nurturing and sustaining a positive impact in girls' sports in their home state of Texas. With this goal in mind, they are thrilled to be working with the Texas Girls Coaches Association (TGCA) to identify the biggest challenges girls' sports coaches face today and developing solutions through coaching resources, clinics, and an online community.

Ms. Lieberman commented, "The challenge of the female athlete is something that BSN SPORTS has always understood, and they were certainly there for me in the 80's - long before I had 'made it'. Now, I am thrilled to partner with them to give back to a community that shaped me while helping to advance coaches and athletic directors in girls' sports. Working hand-in-glove with BSN SPORTS, I am confident that we will make a lasting and

positive contribution, and I am eager to get to work."

Lieberman, who possesses 25 years of coaching experience in the WNBA, NBA and now in the BIG3 League, will draw on her many years of breaking barriers and dealing with adversity to help address some of the biggest challenges women's sports coaches face today around mental health, increasing support and coaching resources. The partnership includes the following activities:

- Lieberman will speak at the annual Texas Girls Coaches Association (TGCA) Summer Clinic, hosting a Girls' Sports Coaches Summit and publishing coaching tips and resources articles over the next two years. Other events featuring Lieberman will be added over the coming months.

- Lieberman and BSN SPORTS are creating compelling and actionable coaching content – blog posts, live workshops to videos and e-newsletters – centered around helping coaches navigate today's many challenges from managing player mental health, building confidence, fundraising and establishing a strong team vision. This highly-relevant content was developed after BSN SPORTS surveyed 13,000 TGCA coaches to identify the most pressing challenges coaches face today.

Sam Tipton, Executive Director of the Texas Girls Coaches Association, added, "BSN SPORTS has been an incredible advocate for

girls' sports in Texas, and we look forward to cementing a long-term relationship to inspire, elevate and support girls' sports coaches together."

Susan Riley, Director of Marketing at BSN SPORTS, concluded, "Our industry is male-dominated, so the focus and resources can often lean to the men's athletic programs. Today's announcement is yet another proof point in BSN SPORTS' effort to develop partnerships and programs elevate girls' sports coaches so they can positively impact female athletes. Nancy and the TGCA are ideal partners in this respect, and the future for girls' sports will be brighter as a result of their commitment."

To view all programs, partnerships, upcoming events and resources for women's sports at BSN SPORTS visit bsnsports.com/ib/womens-programs. The inaugural Girls' Sports Coaches Summit will be held October 5th at the BSN SPORTS headquarters featuring Nancy Lieberman with coaching workshops around fundraising, building player confidence and team chemistry, mental health and more. If you would like to attend this free Coaches Summit, sign-up at bsnsports.com/ib/wcoachingsummit. For more general girls sports information or to order gear, please contact our Women's Sports Specialist, Kaitlyn Lucy at: klucy@bsnsports.com or 972-499-8227.

About BSN SPORTS
Dallas-based BSN

SPORTS is the leading marketer, manufacturer and distributor of sporting goods apparel and equipment. A division of Varsity Brands, BSN SPORTS markets and distributes its products to over 100,000 institutional and team sports customers in colleges and universities, middle and high schools, and recreational programs throughout the United States via catalog, e-commerce, and direct sales. Focused on providing game changing solutions through local partnerships, multi-brand selection and one-stop shopping for equipment and uniforms, BSN SPORTS' more than 2,000 employees have been helping elevate participation in team sports since 1972. For more information about BSN SPORTS please visit www.bsnsports.com.

About Varsity Brands

With a mission to inspire achievement and create memorable experiences for young people, Varsity Brands elevates the student experience, promotes participation and celebrates achievement through three unique but interrelated businesses: Herff Jones, a Varsity Achievement Brand; BSN SPORTS, a Varsity Sport Brand; and Varsity Spirit. Together, these assets promote personal, school and community pride through their customizable products and programs to elementary and middle schools, high schools, and colleges and universities, as well as church organizations, professional and collegiate sports teams and

corporations. Through its 8,200 dedicated employees and independent representatives, Varsity Brands reaches its individual and institutional customers each year via catalog, telesales, ecommerce sites and direct sales channels.

About Nancy Lieberman Charities

Nancy Lieberman Charities was established in 2009 with the mission to provide a healthy physical, emotional and mental environment for young girls and boys to build their self-esteem and confidence so they will be able to make the right choices in the future. Nancy Lieberman is dedicated to expanding and ensuring that educational and sports opportunities exist for youth through her Nancy Lieberman & TJ Cline Basketball CampsSM, Dream CourtsSM, Nancy Lieberman Charities Educational College ScholarshipsSM, Back2School BackpacksSM and Laptops for LoveSM. Find us online at nancyliebermancharities.org on Facebook at @NancyLiebermanCharities, on Twitter @NLCharities and on Instagram at @NLCharities.

Media Contact

Jonathan Morgan, Perry Street Communications
jmorgan@perryst.com
214-965-9955

COACH THE MIND, HEART, AND BODY

Lacy Schott **Medina Valley HS** | TGCA Track Vice Chair



As we begin the 2019-2020 school year I want to wish you well. I hope you are returning from the summer months rested and I hope you are enthusiastically anticipating your sports' seasons. This year I will be challenging myself as a coach to reach each and every one of my athletes on three different levels; mind, heart, and body.

Years ago, one of my athletes explained to me pre-spring break that she was not able to make it to practice over the holiday. When I stressed the importance of training over the week break, she promised me that she was going to do everything she could to come to practice. Come Monday she arrived with her 3 younger siblings, her single mother had to work, and she was their only caretaker for the week. They rode the city bus to come to practice, the youngest she pushed in a stroller, the baby was 6 weeks old. As I held that tiny baby, as her sister ran her workout, I began to realize how powerful

my role as a coach was. I realized then that my athletes follow me with blind faith. My athletes will do as I ask of them. My athletes trust me. My athletes believe in me. Was I willing to follow them faithfully? Was I willing to do what they asked of me? Was I willing to do what they needed me to do? Was I willing to trust?

To coach heart, mind, body we have to embark upon a holistic approach with each individual athlete. We have to forge connections. We have to get to know our kids. We have to find out what is going on in their lives. We have to find out what makes them tick. We have to build relationships.

Mind

The science of the mind as it pertains to athletics is a very complicated study. To coach the mind has become the most important skill that I work to refine year after year, and by far the most challenging. The primary sports I've coached throughout my career are track & cross country.

Both are individualized team sports with high emphasis on mind over matter, where high pressure is placed on individual performance. Throughout the years I have struggled as a coach to help my athletes when the mind proves problematic. Those athletes who are on track physically for peak performance at crucial levels of competition can completely choke. I struggled with how to help those athletes when the mind buckled. This was until I discovered the poignant power of journaling. Coaching athletes to journal daily and provide reliable feedback has been the key to

training the brain. Our athletes write every day. If they do not keep up with their journals, we do not allow them to travel to competitive meets, it is that important to our program. Athletes document their stress levels, which has provided invaluable insight into what is going on in their lives. Researchers have proved that the brain, when stressed, struggles to learn. This applies to athletes and their ability to train and perform effectively. When athletes are stressed, performances are hindered. It is easier for most kids to write down their thoughts than to say them out loud. This

process has provided me with invaluable insight into their mental preparation. Students grade their work outs A-F, they grade their mental preparation, they grade overall team performance. We journal about rest, nutrition, hydration, and race strategy. Very powerful moments arrive when athletes are asked to visualize their upcoming performances and they have their journals and all their trials and tribulations to look back on.

Heart

To coach the heart requires a passion that goes beyond just

Continued on Page 5



photo courtesy Chris Schmidt

COACH THE MIND, HEART, AND BODY

Continued from Page 4

showing up every day. Some of the best advice I was ever given as an educator came from an old principal “Every kid, every day.” This was repeated like a mantra, by a man who was a fine instructional leader and tenacious champion for kids. Through this I have learned that you have to make a connection with every kid whose path you cross every day. Don’t let any of your athletes slip through this crack on the day to day. Communicate in a positive, compassionate, caring way; a smile, a wink, a nod, a pat on the back, a handshake, a simple good morning go a long way for students. More often than not,

these are often the single positive interaction that an athlete might encounter on a given day. If you let your athletes know that you care and exemplify this, the possibilities for potential within your program are endless.

Throughout my career I have been brought to tears by my colleagues and the lengths in which they had the heart to go beyond their job description for their athletes. To the coach who kept peanut butter and loaves of bread in office for athletes who went home to supperless nights and breakfastless mornings. To the coach who keeps a cache of training

shoes in his office for those who can’t afford running shoes. For the coach who gives her cell phone number to her athletes, followed by “if you need anything just call, anytime.” Once you, as a coach, have captured and captivated the heart of your athletes they will respond accordingly.

The Body

To coach the body is not meant to be an afterthought, by any means. To condition and physically train athletes at the high school level is the ultimate differentiation in education, particularly for freshman and junior varsity coaches. This challenge is even more evident for mid-

dle school coaches, as they train prepubescent adolescents whose rapid growth and physical change present challenges in coaching the body as it grows and develops.

To train the body is a rigorous demand of logistics, pre-planning, and trouble-shooting. The best coaches understand that you plan to prepare or prepare to fail

We are all professionals here, we go to coaching clinics, we stay abreast of the latest research based data on human physiological and anatomical sports related significance, we belong to TGCA & other professional organizations. We are disciples of our sports. We seek the best strength and conditioning programs, speed, endurance programs, to develop finely trained athletes who are at peak physical performance. We ask them to give us everything they’ve got. Most of us come from athletic backgrounds. We grew up surrounded by people who supported our athleticism and helped us understand the importance

of hard work, consistency, and effort. The body is what coaches are skilled in training to perform.

In conclusion reaching athletes on an individual level will take a concerted effort in training, not just the body, but the heart and mind. I want to wish you all the best of luck in your respective sports. You will have mentally, emotionally, and physically draining days. Be there for your athletes. Let them be there for you. Have faith in them, they will have faith in you. Trust in the mind, the heart, and the body.



photo courtesy Chris Schmidt

CAREER VICTORIES

Basketball |

COACH	SCHOOL	VICTORIES
Andy Zihlman	Bishop Lynch HS	1,000 wins
Suzie Oelschlegel	Irving MacArthur HS	800 wins
Joe Crabb	Garden City HS	600 wins
Matt Garrett	Chapel Hill HS	600 wins
Tracy Hastings	Madison HS	500 wins
AJ Johnson	Palo Duro HS	500 wins
Don Neu	Era HS	400 wins
DaJuanna Denton	Somerset HS	300 wins
Colby Pastusek	The Colony HS	300 wins

Cross Country |

COACH	SCHOOL	POINTS
Mark Elms	Pampa HS	700 pts
Valton Acree	Yorktown HS	300 pts



photo courtesy Misty Swift

Golf |

COACH	SCHOOL	POINTS
Matt Garrett	Chapel Hill HS	400 pts

Softball |

COACH	SCHOOL	VICTORIES
Christy Tumilty	Marcus HS	500 wins
Lenny Thorson	Burges HS	300 wins

Track & Field |

COACH	SCHOOL	POINTS
Doris Grooms	Arlington Bowie HS	1,200 pts
Bob Campbell	Snyder HS	700 pts
Johnathan Snipes	East Chambers HS	600 pts
Matthew Gafford	Andrews HS	600 pts
Gary Fletcher	Harlan HS	500 pts
Jason Trook	Lubbock HS	500 pts
Keith Bloskas	Post HS	300 pts
Mark Elms	Pampa HS	300 pts

Volleyball |

COACH	SCHOOL	VICTORIES
Susan Brewer	Bellville HS	1,000 wins
Donna Benotti	Cy-Fair HS	700 wins
Leven Barker	Tatum HS	600 wins
Lisa Lisewsky	Poteet HS	600 wins
Harold Davis	Farmersville HS	500 wins
Beth Gammill	Houston Memorial HS	500 wins
Shannon Wolfe	Madison HS	400 wins
Cheyenne Forshee	George Ranch HS	400 wins
Michelle Moreno	San Marcos HS	300 wins

2018-19 ATHLETES OF THE YEAR

ATHLETE	SCHOOL	GRADE	SPORT	CONFERENCE	COACH
Jenna Brazeal	Academy HS	Sr.	Cross Country	1A-2A-3A-4A	Brian Pursche
London Culbreath	McKinney North HS	Jr.	Cross Country	5A-6A	Jessica Richards
Anna Gadway	Needville HS	Sr.	Volleyball	1A-2A-3A-4A	Amy Schultz
Paige Flickinger	Byron Nelson HS	Jr.	Volleyball	5A-6A	Brianne Barker-Groth
Megan Gruber	Hondo HS	Sr.	Cheerleading	1A-2A-3A-4A	Laura Graff
Reagan Snuggs	Frenship HS	Jr.	Cheerleading	5A-6A	Kayci Smith
Isabella Gonzalez	El Paso Hanks HS	Sr.	Wrestling	5A-6A	Anthony Carter
Lindsay Looney	Denison HS	Sr.	Swimming/Diving	5A-6A	Michael Garcia
Rhyle McKinney	Argyle HS	Sr.	Basketball	1A-2A-3A-4A	Chance Westmoreland
Nyah Green	Allen HS	Sr.	Basketball	5A-6A	Teresa Durham
Madison Drenowatz	Southlake Carroll HS	Sr.	Soccer	4A-5A-6A	Matthew Colvin
Bohyun Park	Carrollton Ranchview HS	So.	Golf	1A-2A-3A-4A	Kevin Kelson
Zoe Slaughter	Houston Memorial HS	Jr.	Golf	5A-6A	Holly Paulk
Audrey Hughes	Canyon HS	Sr.	Track & Field	1A-2A-3A-4A	Ray Baca
Jasmine Moore	Mansfield Lake Ridge HS	Sr.	Track & Field	5A-6A	Lauren Jones
Ellie Bailey	Tom Bean HS	Sr.	Softball	1A-2A-3A-4A	Lance Cherry
Camille Corona	Dripping Springs HS	Sr.	Softball	5A-6A	Wade Womack



photo courtesy Rayford Sweats

TGCA
Download our new App!

Apple  Android 

2018-19 COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Ray Baca	Canyon HS	Cross Country	1A-2A-3A-4A
Kevin Ufford	Amarillo HS	Cross Country	5A-6A
Dusty Crafton	Boyd HS	Volleyball	1A-2A-3A-4A
Jamie Siegel	Flower Mound HS	Volleyball	5A-6A
Tammy Holder	Tatum HS	Cheerleading	1A-2A-3A-4A
Pedro Ramirez	McAllen Memorial HS	Cheerleading	5A-6A
Anthony Carter	El Paso Hanks HS	Wrestling	4A-5A-6A
Daniel Snow	Flower Mound HS	Swimming/Diving	4A-5A-6A
Chance Westmoreland	Argyle HS	Basketball	1A-2A-3A-4A
Triva Corrales	Converse Judson HS	Basketball	5A-6A
Casey Weil	Stephenville HS	Soccer	4A-5A-6A
Jeffrey Williamson	Andrews HS	Golf	1A-2A-3A-4A
Ashley Patterson	Austin Westlake HS	Golf	5A-6A
Ray Baca	Canyon HS	Track & Field	1A-2A-3A-4A
Bekah Morrison	Mansfield Timberview HS	Track & Field	5A-6A
Lindsey Gage	Anna HS	Softball	1A-2A-3A-4A
Kevin Randle	Comal Canyon HS	Softball	5A-6A

MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1st** to nominate athletes for honors or receive honors yourself as a coach. If you miss this deadline, you may file an appeal with the Executive Committee by paying your membership fee and then filing the on-line appeals form. If the appeal is granted, your membership date will be overridden and you will be allowed to nominate and receive honors. Should you wish to forego the appeals process, you may pay your membership fee and then pay an additional \$70.00 override fee, which will automatically override the membership renewal date. This process must be done by completing a printable membership form, which can be found on the website un-

der the "Forms" category in the menu on the left-hand side of the page, being sure to check the box marked "Override Fee" and selecting the "Membership Only" option. The override fee is in addition to your membership fee. The total cost would be \$140.00. You cannot do this on-line. You must send in the paper form by fax or email with credit card information.

You can renew your membership online at www.austintgca.com through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the home page of the website and fax (512-708-1325) or mail that with credit card information, or mail the form with a check to the TGCA offices, P.O. Box

2137, Austin, TX, 78768.

DON'T FORGET!! If you need help with the renewal process, please call the office at 512-708-1333, and we will be happy to help you, including your log in information.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. The system will give you a new membership number, and we need you to always have the same membership number, so please contact us if you can't remember your information. This is especially important if you have already registered your TGCA membership number on the UIL portal with Register My Athlete.

Also, if you have had a school change, please con-

tact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us. You can, however, update any other profile information, such as contact information and coaching information, by logging in to the Membership Site, located on the main page of the website, and then clicking on "Update Profile" in the menu across the top of the page.

We appreciate your continued support of TGCA. Please let us know if we can be of assistance in any way.

2018-19 SUB-VARSITY COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Larry Jackson III	Gonzales HS	Sub-Varsity Cross Country	1A-2A-3A-4A
Marcos Guerra	Bailey MS	Sub-Varsity Cross Country	5A-6A
Kristi Hager	Bellville HS	Sub-Varsity Volleyball	1A-2A-3A-4A
Amy Wagner	Northside Clark HS	Sub-Varsity Volleyball	5A-6A
Kristy Danz	Fredericksburg HS	Sub-Varsity Basketball	1A-2A-3A-4A
Alexandra Brownlee	Wester MS	Sub-Varsity Basketball	5A-6A
Audrey Dunn	Big Spring HS	Sub-Varsity Track & Field	1A-2A-3A-4A
Angela Krajca	Carrollton Turner HS	Sub Varsity Track & Field	5A-6A
Mark Jeffery	Rockport-Fulton MS	Sub-Varsity Softball	1A-2A-3A-4A
Leigh Vickery	Dallas Highland Park HS	Sub-Varsity Softball	5A-6A

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.

TGCA SUB-VARSITY YEARS OF SERVICE

COACH	SCHOOL	YEARS OF SERVICE
Phyllis Brahinsky	Lake Dallas HS	25
Dianna Hester	El Paso Franklin HS	20
Shane McBride	Mineola HS	5
Cory Fothergill	Maud HS	5



photo courtesy Chris Schmidt

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:

Team Tennis Oct 28, 2019
Cross Country Nov. 4, 2019
Volleyball Nov. 18, 2019
Spirit Jan 13, 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

2018-19 STATE CHAMPION COACHES

COACH	SCHOOL	SPORT	CONF.
Sarah Allen	Happy HS	Cross Country	1A
Brandy Eckermann	San Saba HS	Cross Country	2A
Kymm LeMaster	Tulia HS	Cross Country	3A
Ray Baca	Canyon HS	Cross Country	4A
Braegan Enright	Frisco Wakeland HS	Cross Country	5A
Marty Tidwell	Frisco Wakeland HS	Cross Country	5A
Nick Benton	Coppell HS	Cross Country	6A
Morgan Roberson	Neches HS	Volleyball	1A
Cherry Downs	Beckville HS	Volleyball	2A
Angela Allen	Callisburg HS	Volleyball	3A
Clark Oberle	Decatur HS	Volleyball	4A
Kelly Miser	Kingwood Park HS	Volleyball	5A
Jamie Siegel	Flower Mound HS	Volleyball	6A
Melissa McPherson	Azle HS	Cheerleading	Co-Ed
Leslie Hutchinson	Paducah HS	Cheerleading	1A
Misty Bumpurs	Leon HS	Cheerleading	2A
Katy Baugh	Lago Vista HS	Cheerleading	3A
Nicole Duggan	Canyon Lake HS	Cheerleading	4A
Nadira King	Cedar Park HS	Cheerleading	5A-DI
Ashley Johnson	Alamo Heights HS	Cheerleading	5A-DII
Shannon Wylie	San Antonio Johnson HS	Cheerleading	6A-DI
Pedro Ramirez	McAllen Memorial HS	Cheerleading	6A-DII
Anthony Carter	El Paso Hanks HS	Wrestling	5A
Eric Schilling	Nazareth HS	Basketball	1A
Tommy Cross	Martin's Mill HS	Basketball	2A
Matt Garrett	Chapel Hill HS	Basketball	3A
Chance Westmoreland	Argyle HS	Basketball	4A
Jeff Williams	Amarillo HS	Basketball	5A
Triva Corrales	Converse Judson HS	Basketball	6A
Casey Weil	Stephenville HS	Soccer	4A
Stewart Brown	Dallas Highland Park HS	Soccer	5A
Matthew Colvin	Southlake Carroll HS	Soccer	6A
Kerry Gartman	Robert Lee HS	Golf	1A
Jeffrey Williamson	Andrews HS	Golf	4A

COACH	SCHOOL	SPORT	CONF.
Ashley Patterson	Austin Westlake HS	Golf	6A
Jimmy Moore	Happy HS	Track & Field	1A
Cody McDowell	Sunray HS	Track & Field	2A
Jarrick Farmer	Atlanta HS	Track & Field	3A
Ray Baca	Canyon HS	Track & Field	4A
Beverly Humphrey	Lancaster HS	Track & Field	5A
June Villers	DeSoto HS	Track & Field	6A
Kirk Allen	Crawford HS	Softball	2A
Scott Delozier	Rains HS	Softball	3A
Garrett Gates	Hargrave HS	Softball	4A
Cindy Rubio	Angleton HS	Softball	5A
Kalum Haack	Katy HS	Softball	6A



photo courtesy Kevin Johnson

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then

clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AFTER YOU HAVE COMPLETED ALL NOMINATIONS.**

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend you use Chrome as your web browser,

or something other than Internet Explorer, to make your nominations.

If you miss the on-line deadline, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative for the committees is listed on the website under the sport category they pertain to. This should be done in all categories except Academic All-

State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations online. Please read these instructions and follow them precisely and your nomination should go through with no problems.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

1 Access the TGCA website at austintgca.com.

2 Click on the "Membership Site" category in the menu on the left-hand side of the page.

3 You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number.

4 Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

5 Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6 Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

8 Complete the form by typing in the information requested in the "Update" field.

9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named af-

ter someone, or there are multiple schools with the same name, just start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type,



photo courtesy Keith Pierce

a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For your nomination to appear correctly, it must have the name of the school, rather than your title.

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the

"Submit" button at the bottom of the page. If, for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to

receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.

12 You will need to follow these steps for each nomination of each athlete in each category that you wish to make. **For Academic All-State, you only need to list the GPA.**

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

JOIN TGCA TODAY



Sam Tipton | TGCA Executive Director

The Texas Girls Coaches Association is the central voice of the coaches of girls' athletics and cheer to the University Interscholastic League (UIL), Athletic Directors (THSADA), sports officials, superintendents, other coaches associations, the media and the legislators. Please encourage all the coaches of girls' athletics and cheer in your school system to be a member of this influential professional organization made up of their peers. TGCA is composed of coaches of girls' athletics, designed for coaches of girls' athletics, and governed by coaches of girls' athletics. Interested coaches may become members by going online and registering at www.austintgca.com or calling the TGCA office at (512) 708-1333 and requesting a membership form to be faxed or mailed. Registration deadline is NOVEMBER 1st of each school year with regards to qualifying your athletes (and yourself) for any TGCA state honor.

*******EVERY MEMBER TRY AND SIGN UP ONE NEW MEMBER*******

This is a reminder we run in our newsletter and online on our webpage encouraging coaches to register for membership to the Texas Girls Coaches Association prior to November 1 for

every school year. We encourage our officers, board of directors, and committee members to encourage all coaches of girls' athletics and cheer to make sure their membership is up to date.

One of the greatest ways to promote girls' athletics and cheer is to recognize and honor the athletes, cheerleaders and member coaches of TGCA for their dedication and hardwork in the field of athletics and cheer. Every year we see deserving athletes and cheerleaders not honored because their coach was not a member of TGCA by the November 1 deadline or the member coach did not take the time to nominate a deserving individual or individ-

uals for honors. We witness, every year in more than one instance, coaches not receiving recognition for their accomplishments or state championship rings because they were not members of TGCA by the November 1 deadline. We encourage current member coaches to make sure coaches in your area are members of TGCA by the November 1 deadline. Seventy dollars (\$70) a year is a small price to pay for services rendered by the Texas Girls Coaches Association in the promotion and betterment of girls' athletics and cheer in Texas. TGCA is the only statewide organization composed of coaches of girls' athletics, designed for coaches of

girls' athletics, and governed by coaches of girls' athletics. All the officers and committee members of the Texas Girls Coaches Association are selected by coaches of girls' athletics and cheer, and must be a coach of girls' athletics or cheer to be selected.

IN TEXAS, GIRLS' COACHES NEED TO BE GOVERNED BY GIRLS' COACHES !!!!!



photo courtesy Anthony Laspada

10

THINGS TO KNOW ABOUT ATTITUDE CHANGE

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 Not set in stone. A person's attitude toward something (i.e., a tendency to evaluate things in a certain way) tends to be a byproduct of a variety of complex forces. On the other hand, it is learned. In reality, what is learned can be unlearned and changed. Although it may be difficult to change attitudes, it is possible with a targeted, concerted effort.

2 Getting started. When it comes to individuals changing their attitudes, one of the first steps toward change is clearly determining what needs to be changed. Not only do they need to identify and understand what they want to change, but they also have to believe that they are able to change. If they don't have faith in themselves or accept the premise that they or their life can change, it simply won't happen. Either they will never get started or they will give up too quickly.

3 A process, not an event. Although several models of behavior change exist, the most widely accepted paradigm in health settings is the transtheoretical model (TTM), which prescribes that at any given point in time, a person is in one of five stages of change (precontemplation, contemplation, preparation, action, or maintenance). In reality, the TTM model, which can be applied to a variety of health-related behaviors, including exercising, dieting, smoking cessation, and dealing with drug abuse, can be used by health/fitness professionals when assessing a client's situation to help strategize accordingly.

4 Easier said than done. Despite the extensive evidence documenting the benefits of a healthy lifestyle, chang-

ing a person's attitude about exercise, for example, can be very challenging. In that regard, research indicates that such a change is easier to achieve if the underlying focal point of the change is specific (e.g., "walk 20 minutes a day," rather than "get more exercise").

5 Less is more. People who want to change their attitude about a specific matter need to limit the number of goals they may have concerning it. Having too many goals may restrict the amount of attention and willpower that an individual can devote to achieving any single goal. As a rule, a person's attitude doesn't change overnight. Rather, it usually entails taking one small step—in the right direction, in the right way, right now.

6 First and foremost. Having a positive attitude in their attitude tool kit is absolutely essential for individuals who want to get the most out of their lives. All factors considered, life seems to be particularly rewarding to those people who approach the world with a positive attitude. In contrast, a negative outlook on life can have serious consequences on a number of factors in a person's life, including their health and their overall feelings of satisfaction concerning who they are and where they are in life.

7 When attitudes conflict. According to research, individuals are fully capable of holding two contradictory beliefs as long as they are not made aware of them. Once they become aware of them, cognitive dissonance occurs. Dissonance is the uncomfortable feeling that arises when a person becomes aware of the fact that something

they believe to be true] may not be. For example, an individual may feel that exercise may not be worth the effort. On the other hand, by being exposed to new information, presented in a convincing manner, this person can literally be talked into changing his or her attitude about exercise.

9 Focus on the present. People who want to develop a different attitude need not only to keep their attention on the present, but they also need to focus on one thing at a time. It is counterproductive to dwell on the past or dream about the future. Furthermore, having a greater amount of control over



photo courtesy Chris Schmidt

8 The art of persuasion. Substantial evidence exists that individuals, to a degree, can be persuaded to change their attitudes. As in any undertaking, for health/fitness professionals to be effective persuaders, they must initially get the attention of those with whom they are working. Then, they must convey an effective message, while concurrently making sure that the recipients of the message are processing the message in the intended way. Among the factors that enhance a person's ability to communicate persuasively are being very knowledgeable about the subject matter and speaking confidently, quickly, and in a straightforward manner.

their attention can have a positive impact over a person's feeling of well-being, as well as his or her ability to change.

10 Trust the journey. The path to attitude change is rarely easy and often is replete with setbacks. The key is to be aware that such mishaps are common, even inevitable, as a rule. Individuals who want to change their attitudes should not allow themselves to be derailed by these events. Rather, they should think of them as a natural, integral part of the change process—learn from them, adjust their strategy, and continue to press forward on the pathway to change.

YOUNG MOMS AGAINST CANCER



KYCF Newest Ambassadors

There is something about being under 40 when you first hear the words nobody wants to hear—"You have cancer." Being told that you're part of the 5% of women under 40 who receive the diagnosis. Having toddlers and kids who can't grasp why you can't get off the couch. Debating on how and when you work (aka attempt to lead a normal life) while your spouse makes up the difference in every other aspect of life. There's a bond that forms around women in these kind of circumstances. We like to think of it as the club none of us wanted to join, but we are so happy we've found each other and we're all here to cheer each other on.

Here are our stories. This is why we partnered with the Kay Yow Cancer Fund:



BRITTANY MOYE

Last May, I felt a bump on my left outer chest while lathering up soap in the shower.

I was hesitant to go to the doctor. I didn't want to be that nurse that freaks out about something that was so unlikely at my age. After encouragement from two friends I went in to see my ob/gyn who re-ferred me to the radiologist. The radiologist found three tumors

in my left breast and DCIS spanning the whole upper outer quadrant of my breast. I had one tumor biopsied that day. I was diagnosed with breast cancer on May 21, my parents 35th wedding anniversary, but waited until the next day to tell family. I was 32 years old, mother to Lawson (4) and Miller (2). I chose to get treated right here in Raleigh, at Rex, where I've been a Nurse for eight years. I had a left mastectomy in June and recon-struction in November. I will be on the hormone suppressant medicine, Tamoxifen, for 10 years to suppress the likelihood of reoccurrence.

My Alma Mater is NC State and it's on the brick walkway outside Bostian Hall that I met my perfect match, Larry. I can't wait to return to NC State's campus with my family in tote to join in Kay Yow Celebration Race. I'm happy to be celebrating the good health of our team, and to remember a coach who believed that spirits can be lifted together!



CLAREN ENGLEBRETH

At age 39, I was pregnant with my fourth boy in 2018.

This was my fourth healthy

pregnancy, and I felt great. The best I had felt pregnant and was in better shape this time. I was exercising regularly, eating healthy food, working full time, volunteering and so happy to be carrying another baby. Life was busy with three boys already, I did self checks regularly, was going to the doctor regularly, and just had a mammogram two years prior where I was told "You are good to go for five years." My friend Neal and I happened to be chatting about a mutual friend that had just been diagnosed. I was praying for her and thought, I should check myself again. I felt something small, and asked at my next appointment. The spot I felt was of no concern, but the OB felt something else. She thought it probably was a clogged milk duct, but wanted to make sure. After several appointments, ultrasounds and mammograms, I was diagnosed with stage 2B triple positive breast cancer. I was 34 weeks pregnant. We decided to wait for treatment until after the baby was born. I delivered a healthy baby boy on July 2, 2018, 3 weeks early so we could start treatment. I went home July 4, and came back to Rex July 5 for my first chemo treatment.

I have completed 6 rounds of intense chemo, a double mastectomy, and recently started 28 rounds of radiation. At surgery, all 4 tumors were gone. This was huge news for us. I am cancer free now. I will continue to receive two targeted ther-

apy chemo until July 2019. Through all of this, my boys and husband have been amazing. Wes is my husband and my rock. Matthew (13), James (11), Blake (3) and Sam (6 months) are our children and best distraction that keep life somewhat normal for us. I thank God for my wonderful parents that have given up everything to help us through this time. Their unconditional love for all of us is unparalleled.



ALLISON ECKSTEIN

In April 2018 I noticed a lump in my right breast. I shook it off thinking it was probably something left over from nursing. My youngest was 16 months old at the time and I had nursed him for 10 months. The thought of it kept popping up in my head and it took me four days to get the courage to call my doctor; I had only just turned 40 and not yet had my first mammogram. My doctor ordered a mammogram and ultrasound. The ultrasound showed the area of concern and a biopsy a few days later confirmed IDC (invasive ductal carcinoma). My cancer was ER+PR+ HER2-. I had a double mastectomy on May 22, 2018. I have two cousins on my mother's side who had also been diagnosed with breast cancer, and sadly

YOUNG MOMS AGAINST CANCER

my cousin Connie passed away six months prior to my diagnosis. I will always remember her positivity during the 15+ years she fought this disease. I have been so blessed to have a family who was able to drop everything to take care of us, and I am thankful for our family and friends who have prayed for us and held us up. I am married to my best friend Will, and we are parents to three sweet boys ages 9, 7 and 2.



BRITNI PRYBOL

I was diagnosed with colorectal cancer in October of 2017. I had some stomach symptoms on and off for a year, but attributed it to the stress of law school. I finally went in for a colonoscopy and my Dr discovered a tumor. It was early stage, and I had two surgeries to remove that. During this time, I had this awful feeling like something was wrong. My Doctors kept telling me that the cancer was confined, and that it was a random event. After about two weeks of meeting with doctors, I decided to message my OBGYN and ask for a mammogram. I have no family history of breast cancer, but I could not shake

the bad feeling I had. Luckily, my OB ordered a mammogram. I went the very next day, and was called back in a few hours later where the radiologist told me, "If this isn't breast cancer, I don't know what it is." I was officially diagnosed by a biopsy a few days later, which put it at about 3 weeks after my colorectal cancer diagnosis, both at age 30. I went on to have a double mastectomy December 26th, 2017. I've been married to my husband, Kevin, for almost 8 years. He fortunately works from home and was my nurse day and night during my recovery. I am also mom to Sebastian (6). After taking a leave of absence for one semester in Spring 2018, I'm back in law school and will graduate this May! I look forward to practicing Patent Law.



JEN HOVERSTAD

In March 2018, I noticed an odd vein in my chest a couple of weeks before I found the mass. It was just a vein I had never seen before. I assumed maybe it was something from working out. I made a mental note of it and that was it.

On Sunday, March 25, after a hot yoga class, I noticed discoloration on my left breast. It was a blue-ish purple and slightly raised – kind



of like it was a scar that was healing (although I had no reason to have a scar). After noticing the discoloration, I did a self exam and immediately noticed the mass. It was dense and distinct. It wasn't on the right side.

Saw my OB Monday. He had me into a specialist Tuesday. I was diagnosed Wednesday with stage 3 invasive ductal carcinoma, HER2+. It was considered an aggressive breast cancer, so I faced the full gamut of treatment: six rounds of chemotherapy, a bilateral double mastectomy, 28 rounds of radiation, and a yearlong targeted therapy consisting of Herceptin and Perjeta. I knew from the moment I was diagnosed that I wanted to partner with Kay Yow Cancer Fund to end women's cancers. As an NC State University alumna, and someone who worked within the athletic department, Kay Yow served as a role model for the woman I wanted to become in my own career. I'm honored to play a part in continuing her legacy.

If you want to join our network of Young Moms Against Cancer and/or are looking for a support group, please contact us via email at info@KayYow.com



BSN SPORTS

GIRLS' SPORTS COACHES SUMMIT

WHEN: Saturday, October 5th from 10:00am-1:00pm

WHERE: BSN SPORTS Headquarters, 14460 Varsity Brands Way, Farmers Branch, TX 75244

FREE

Please join BSN SPORTS for the inaugural Girls' Sports Coaches Summit with Nancy Lieberman (Naismith Basketball Hall of Famer), Kevin Atlas, Juliann Faucette Johnson (Former Team USA Volleyball), and other elite Coaches and former Professional Athletes. We will be hosting workshops around team fundraising and community support, building player confidence, competitive edge and team chemistry, as well as a sneak peek at 2020 girls' sports apparel trends. This event is completely FREE with lunch, drinks, notepad, welcome bag, and earn Continued Education hours! View more details here and RSVP now: <https://www.bsnsports.com/ib/wcoachingsummit>

Coaching Workshop Topics:

1. Fundraising & Building Community Support
2. Building Player Confidence: Female Athlete Mental Health + Strength
3. Establishing Team Chemistry + Vision
4. Competitive Edge: How to get your athletes to not be afraid for failure and really compete!

RSVP – Limited Attendance:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12 Team Tennis: District Certification Deadline
13	14 TEAM TENNIS: BI-DISTRICT	15	16	17 TEAM TENNIS: AREA	18	19 Cross Country: District Certification Deadline
20 UIL LEGISLATIVE COUNCIL MEETING, AUSTIN	21 TEAM TENNIS: REGIONAL QUARTERFINALS	22	23 Girls Basketball: First Day for Practice	24 TEAM TENNIS: REGIONAL TOURNAMENT	25	26
27	28 Cross Country: Regional Meet TGCA: Team Tennis Nomination Deadline	29	30 TEAM TENNIS: STATE TOURNAMENT	31		

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor. You can change all information on



photo courtesy Rayford Sweats

THANKS TO OUR SPONSORS

American Income Life
Athletic Supply
Baden
Balfour
BSN Sports

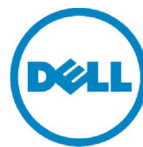
Coaches Choice
Dairy Max
Dell
Eastbay
Gandy Ink

Gulf Coast Specialties
MaxPreps
Mizuno
Nike
Sideline Interactive

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



VAR SITY



The power to do more



SERIOUS PERFORMANCE

Guy in the Yellow Tie



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



TGCA NEWS

TGCA News is the official newsletter of the
Texas Girls Coaches Association

Mailing Address:
P.O. Box 2137
Austin, TX, 78768

Physical Address:
1011 San Jacinto Blvd, Suite 405A,
Austin, TX 78701

P: (512) 708-1333
F: (512) 708-1325
E: tgca@austingca.com

TGCA News is published nine times per year, September through May.

Executive Director:
Sam Tipton,
sam@austingca.com

Assistant Executive Director:
Lee Grisham,
lee@austingca.com

Administrative Assistant:
Audree Tipton,
audree@austingca.com

Administrative Support Assistant:
Oma Garmon,
oma@austingca.com

Administrative Support Staff:
Lisa Rodriguez,
Lisa@austingca.com

Newsletter Editor: Logan Lawrence

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.



@AUSTINGCA