



TGCA NEWS

OCTOBER 2020
BREAST CANCER AWARENESS MONTH



2020-2021 TGCA OFFICERS



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Clear Springs HS



1st Vice President
Brad Blalock
Frisco Centennial HS



2nd Vice President
Colby Davis
The Colony HS



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Jason Roemer
Lake Dallas HS



Executive Director
Sam Tipton
TGCA Office



Assistant Executive Director
Lee Grisham
TGCA Office



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*cover photo courtesy Daniel Dunn
 left photo courtesy Jennifer Antar*

VOLLEYBALL 2020.....

Susan Brewer Bellville HS | TGCA Volleyball Committee Chair



Volleyball in 2020 has been the most unique season of my coaching career, but coaches are resilient and we are making the most of the UIL decision to have the opportunity to play! We are so grateful that we are having a volleyball season.

As we approach the end of the regular season, I would like to reflect on why girls play volleyball, the importance of the culture in your program to create winners in life, not just volleyball and a few things every coach needs to consider during their season when facing good times and during times of adversity.

So to begin, why do high school girls play volleyball?

No matter the reason, volleyball participation has always offered the opportunity for social and behavioral growth. It has been revealed that athletes share common motivational reasons for participation in volleyball and in 2020 it is more important than ever.

So take a look at five



photo courtesy Heather Morris

reasons why high school girls play volleyball:

Competence, which includes achieving personal goals, learning and improving volleyball skills, liking the challenges inherent in volleyball, wanting to be competent, and wanting to win.

Fitness motive includes getting in shape, becoming stronger, and being physically active. Physical appearance and overall attractiveness are also characteristics that motivate volleyball participation.

Fun has always rated highly

as a participation motive, but “having fun” can often be generally stated. Which part of fun makes volleyball attractive? Is it the excitement and thrill of movement or action, the achievement of challenges, or simply liking the sport itself? Whatever the reason, defining “why I play” and “who I am” keeps the fun involved in the activity.

Team Atmosphere includes players’ liking the components of being with others, teamwork, team spirit, and feeling part of a group. Al-

though there is much to be learned about the importance of team dynamics, athletes say that this is a prime reason for their continuing to participate in volleyball.

Affiliation includes belonging to and or being associated with a team, group, organization, or friends. Both Team Atmosphere and Affiliation reflect the importance of the social dimension of volleyball participation.

So once your players have decided to play, what are the Essential Characteristics Winners Must Possess? You instill this within your culture of the program and hopefully effect the girls throughout life, not just during their volleyball seasons.

1. Passion-They love to play and have fun playing, some coaches call them gym rats. Playing brings them a lot of joy.
2. Discipline-Winners follow the game plan. They understand that they need to not

Continued on Page 2

VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Amy Mangum	Shallowater HS	3A	1
Haleigh Burns	Randall HS	5A	1
Mitzi Bell	Sweetwater HS	4A	2
Shay Cox	Wylie HS	5A	2
Lynn Larson	Krum HS	4A	3
Claire Gay**	Aledo HS	5A	3
Harold Davis	Farmersville HS	4A	4
Jenna Sickels	Greenville HS	5A	4
Magen Humphreys	Cayuga HS	2A	5

*Chair **Vice Chair

COACH	SCHOOL	CONF.	REG.
Terri Wade	The Woodlands HS	6A	5
Susan Brewer*	Bellville HS	4A	6
Brasndace Boren	Lake Travis HS	6A	6
Theresa Reyes	La Vernia HS	4A	7
Kelly McDaniel	East Central HS	6A	7
Leigh Anne Mclver	Devine HS	4A	8
Sylvia Sandoval	EP Franklin HS	6A	8

VOLLEYBALL 2020.....

Continued from Page 1

only discipline their bodies through practice, but their minds as well.

3. Selflessness-Winners know their role on the team and are inside out happy with it. They put the team first. If they sacrifice personal glory for the good of the team, then you are well on your way to a close-knit team and a team of winners.

4. Respect-These players respect their coaches, teammates, the department staff, and officials. They are students of the game. They enjoy watching video, scouting the next opponent, and working on any weaknesses within their own game.

5. Perspective-Winners know two very important things.

They need to practice...no matter how good they are and they know they need their teammates, no matter how good they are.

6. Courage-Winners have the courage to give 100% for their team, to risk failing or falling short. They play through when their games are "off" because they know that the team is counting on them. Winners are willing to take chances.

7. Leadership-Winners get their teammates to truly believe in their team goals. They are usually the

most prepared players...for preseason, for practice, and for matches. They earn the respect of their teammates.... someone their teammates want to follow!

8. Responsibility-These players owe it to their team to complete their off-season workouts, to follow the rules, and to be a friend, not just a teammate. They stay mentally and physically focused at practice.

9. Resilience-In those matches that are lost, winners know how to let those go. The game after a disappointing practice is likely to be one of their best. They bounce back!

10. Imagination-Players that are winners have won in their minds before winning on the court. Winners imagine themselves to be great.

Now, you have worked your magic with character education within the culture of your program....so in your day to day operations of your season, playing matches twice a week and hopefully reaching your COVID 29, here a few considerations that you should be mindful. Remember these firm rules:

1. Avoid getting involved in the HYPE....Do not get caught up in team rankings, social media or standings. That's for spectators, you can do it after the season.

2. Association with negative people and small time thinkers-these people will slow you down, especially in season.

3. Making a particular match "Special"- Every match and practice is important, nothing is special. Special adds pressure. Be consistent in treating everything the same.

4. Believing ANY team you face is unbeatable. Countless examples of the underdog succeeding...."David & Goliath"

5. Getting hung on the past or worrying about the future. Be your best in the moment.

6. Under any circumstance using the word "can't"..... never use this word.

7. Do not dwell on a setback or a loss. Grow from your mistakes and use it to your advantage... Learn, Do Not Lose.

8. Focusing exclusively on winning or titles. Always reach for new milestone achievements.

9. Competing not to lose.... Always expect to win and achieve your goals.

10. Using extreme self-talk that puts extra pressure on you. Do not use words like must, should or need to....instead, say I choose...or I want.

For the final stretch of the 2020 volleyball season, remember to combine great volleyball practices, includ-

ing teaching great skills and technique, add a lot of reps and challenging games and scrimmages and ensure you get physical training! Continue to work on your character education and remember, why they play!

I hope each of you have enjoyed a competitive season in 2020 and that you are looking forward to our adjusted playoff brackets, your team's playoff run and an exciting State Super Saturday in Garland!

And remember – TGCA is one of the best organizations for coaches. Ensure you remain a member as we adapt with changes due to COVID19. Let's help move our organization forward for all of the Texas girl athletes and their coaches!

So to wrap up this article, here are a couple of quotes from people I respect:

"Respect the Coaching Profession and Everyone In it!"
UIL Athletic Director, Susan Elza

"Keep On Smiling!"
TGCA Executive Director, Sam Tipton



photo courtesy Jamie DeShazo



photo courtesy Lisa Johnson

MEET YOUR 2020-21 TGCA 2ND VICE PRESIDENT



Colby Davis The Colony High School | TGCA 2nd Vice President

High School Graduated From: Seymour High School.

College(s) Attended: Clarendon College, Texas Tech University.

Teaching Assignments: Physical Education.

Coaching Assignments: Assistant Athletic Coordinator and Head Girls Basketball Coach

What It Means To Be An Officer In TGCA: I am very humbled and honored to serve our coaches and female athletes in the great state of Texas as your 2nd Vice President. I want to thank the TGCA and its membership for giving me the opportunity to continue to help grow the greatest profession and coaching association in the world. I look forward to the next four years!



photo courtesy Heather Morris



photo courtesy Tracy Gillett

CROSS COUNTRY COMMITTEE

COACH	SCHOOL	CONF.	REG.
Ray Baca	Canyon HS	4A	1
Rebekah James	Randall HS	5A	1
Loy Triana	Burkburnett HS	4A	2
Deborah Gonzales	Wichita Falls HS	5A	2
Allex Hensel	Maypearl HS	3A	3
Greg Swearingen	Eaton HS	6A	3
Dana Carter	Daingerfield HS	3A	4
Clay Davis	McKinney HS	6A	4
Chelsey Garrett	Silsbee HS	4A	5
Stacy Tucker	Barbers Hill HS	5A	5
Sharon Carter	Bellville HS	4A	6
Darcy Haxton-Jackson	Steele HS	6A	6
Susan Walters	East Bernard HS	3A	7
Christina Holland	Judson HS	6A	7
Brooke Ashcraft	Bandera HS	4A	8
Ricky Santiago	Odessa HS	6A	8



photo courtesy Chris Schmidt

COACHING FEMALE ATHLETES IN 2020



By: Nancy Lieberman

Mission:

Kobe Bryant always said he wanted to give back to his community. He once surprised students at Oxford Prep Academy, a tuition-free charter school in Mission Viejo, California, after learning their teacher had incorporated Kobe's podcast for kids into his lesson plans.

"They have a really, really great teacher, who is completely committed to and passionate about teaching young kids," Kobe said. "He actually built the curriculum around one of the shows Kobe created, and he caught wind of it and decided to pop in for a surprise visit." Oxford Preparatory Academy- South Orange County Chancellor Amy Kernan.

"At the end of the day, the most important people that I've found in my life were family [...] teachers and coaches," he continued. "I think our responsibility [as teachers and role models] is to always inspire—to try to take some of the life lessons that we've learned and share those with the next generation, so that they can start their journey with a leg up, right? ... It's extremely important to teach life lessons to these young kids at an early age, but to do it in an entertaining way."

Nutrition: Strategies to Help Young Athletes Eat Better

Over the years, I've found that poor nutrition habits, often characterized by a failure to eat regularly, are one of the biggest barriers kids face in achieving their athletic potential. When these young



photo courtesy Stephanie Steinhauser

athletes do eat, they don't usually eat enough or consume enough healthy food to support proper recovery and maximize growth.

As coaches, it's imperative we help our athletes realize that the work they do on the court, the field or in the weight room must be supported by what they consume outside of it. Athletes must then turn that knowledge into consistent action and execution. What they put in their bodies fuels them; it's a crucial component of every athlete's performance.

Nutrition Tips for Coaches: How to Help Athletes Understand The Importance of Eating Healthy

The value of knowing what to do must also be under-

stood by an understanding of why it's being done. If an athlete understands that their workout progress or game day performance is tied to their diet, they'll be much more likely to pay attention to the quality and quantity of the food consumed. Sharing this with your athletes can be as simple as having a friendly conversation.

As a mom and coach, when I see a player's performance slipping, my first question is almost always, "What did you eat?" Often, their answer is, "I was in a hurry and didn't have time."

Reinforce Why Athletes Need to Eat Properly

While many coaches may not have a big budget, try to

offer a nutritious option for your athletes' post-workout or game. Things like water and fruit consumed immediately post-workout will provide those much-needed calories.

Remember to Follow-Up

Take a few minutes to check-in with your athletes, especially those you believe might be neglecting their meals. With the scenario mentioned above, it was pretty easy to tell something was off, both physically and cognitively. I followed up with them every morning to ask if they had eaten dinner or breakfast.

I've also asked my players to complete a 3-day food log. Not only did it help strengthen my relationship with them, but it also helped hold them accountable.

Social media, which often features photoshopped selfies, can cause body image issues in both male and female athletes. The images and posts featured on these platforms are often gas on an already out-of-control fire. Know your players and be sensitive when addressing these types of issues with them.

Tips for Student-Athletes

When it comes to proper eating habits, you also share some of the responsibility. After all, it's your body and your athletic career. With 168 hours in a week, you'll likely spend 10–12 hours max. with your coach. With so much time on your own, it's up to you to look out for yourself and eat in a way that supports your goals.

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COACHING FEMALE ATHLETES IN 2020

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Plan to Have Good Food Around

This is a commitment to your discipline. Try not to make it harder on yourself. In my mind, proximity to food has always been a good barometer for gauging an athlete's commitment to their goals. My players love things like PB&J sandwiches, fruit, jerky and water. When you leave home for the day, make sure you've packed yourself an extra sandwich and some healthy snacks. A small amount of prep will yield great results for you down the line.

Make Choices That Support Your Goals

You have heard the saying, "your body is your temple." Treat it that way! As hunger increases, the quality of the calories you consume usually decreases. I've seen this play out

countless times, as starving athletes race to the nearest fast-food restaurant to scarf down thousands of low-quality calories. I'm not saying the occasional cheeseburger or pizza is off the menu, but they shouldn't comprise the bulk of your diet, either. We want quality and quantity!

Strength and Conditioning

Strength and Conditioning Coaches face challenges at every level. While many of these are similar across the board, from the professional ranks all the way down to high school and middle school, there are also challenges many of us don't share. Collective bargaining agreements in pro sports and strict "hours" rules in the NCAA can limit a strength coach's contact time with athletes, while a high school strength coach may have 30–40 beginner-level athletes training at one time, year 'round.

Every Strength and Conditioning Coach has a different reality that shapes their views on training and organization. I believe small group training and working one-on-one with athletes is a different animal than working with 30+ athletes in a strictly limited amount of time and space. The latter requires a strict adherence to basic training exercises and progressions. The basics can be boring with repeated low-level progressions. But, I ask, what is the goal?

I am a fan of Prehab, not Rehab. Prehab gets you strong and ready for the work in front of you, and rehab is after the fact when you get injured. Do your work early and often.

In many sports where weight training has not been traditionally accepted, you run into kids who are only in the weight room because a coach told them to be there. There is no intent on their part to physically improve. The

sports where this is prevalent are the same sports where the head coach needs to talk to the Training Staff along with Strength and Conditioning Coaches. You are a TEAM!

Strength training should never be about entertainment. Time is limited, and high school athletes don't train six days per week. If coaches run out of things to do, then it's necessary for them to re-examine their training process. Athletes need to sprint, jump, throw, push, pull, squat, stretch and hinge. Basic training options are endless if you focus on those areas.

Reflection

Move from FEAR to DARE

"First say to yourself what you would be, and then do what you have to do."—Epictetus

Training your mind requires moving from avoidance to acceptance. To overcome your fears and be courageous to live the life you want.

Realistic goals: Do you have the skills needed to achieve your goals? Can you reach them or should you adjust your goals to your current abilities? Sometimes setting micro-goals is smarter. The more you achieve, the more you can achieve.

Embracing Values: Are your actions aligned with your values? This is one of the most common reasons why people get stuck. Lack of motivation is typically correlated to lack of clarity or doing things that don't matter to oneself.

Your mind is your most valuable asset, training it not only takes a lifetime—it's the most critical priority in your life.



photo courtesy Ashley Caballero

UIL LEGISLATIVE COUNCIL MEETING RESULTS



October 19, 2020 UIL Press Release

AUSTIN, Texas — The University Interscholastic League Legislative Council met via teleconference Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

In music, the Council passed an amendment to add a ranking process to 1A State Marching Band advancement. They also passed an amendment to add judges at Regional Mariachi Competitions, consolidate regions, and allow only groups competing in the traditional category to advance to state.

In academics, the Council passed an amendment to combine A+ Science I and II tests for grades 6-8, and an amendment to add points

for Top Presiding Officer in State Congress.

Additionally, the Legislative Council passed a resolution to temporarily expand the authority of the UIL Executive Director until August 1, 2021 due to COVID-19.

The Legislative Council also passed amendments to temporarily delay the following activities due to the current situation with COVID-19:

1. Water Polo (Previously scheduled to begin 2021-22 School Year)
2. State Chamber Music Contest (Previously scheduled to begin 2020-21 School Year)
3. Sight Reading (Previously scheduled to begin 2020-21 School Year)

All rule changes ap-

proved during this meeting can be found on the UIL website at <https://www.uil-texas.org/files/policy/Oct-2020LegCouncilPacket.pdf>

The Commissioner of Education must approve all rule changes passed by the Legislative Council before they take effect.



2019 photo courtesy Logan Lawrence

TEAM TENNIS STATE TOURNAMENT

Texas A&M University College Station, TX | November 17, 2020

Ticket Information

TBA

[Click here](#)

Parking

TBA

[Click here](#)

Spectator Parking Map

Face Coverings

All employees, parents, visitors and students 10 years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are

being conducted and when not actively practicing or playing in the contest.

[Full Policy](#)

Clear Bag Policy

Texas A&M Athletics is committed to providing the 12th Man with the safest environment possible at its athletic venues. Be prepared on game day by reviewing the 12-1-1 Gig 'Em Rule. Visit 12thman.com/beclear for all information regarding the clear bag policy.



CROSS COUNTRY STATE MEET

Old Settlers Park Round Rock, TX | November 23-24, 2020

Schedule

Nov. 23
Girls 1A.....9:00 AM
Girls 3A.....11:45 AM
Girls 5A.....2:30 PM
Nov. 24
Girls 2A9:00 AM
Girls 4A.....11:45 AM
Girls 6A.....2:30 PM

Ticket Information (Sold by Car)

Vehicle up to 2 persons
\$25.00
Vehicle more than 2 persons
\$40.00
[Purchase Online](#)
On-site sales will be
CREDIT/DEBIT CARD ONLY.

Public Parking

Parking has changed from in years past.
[Parking Instructions/Map](#)

Face Coverings

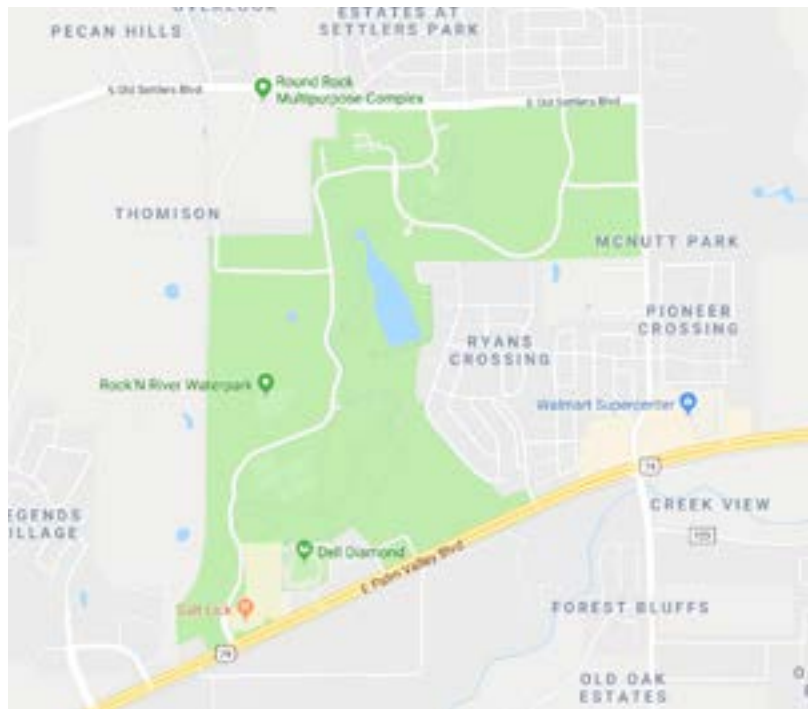
All employees, parents, visitors and students 10 years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest.
[Full Policy](#)

Animals

There will be NO dogs allowed in Old Settler's Park on the day of the Cross Country State meet.

Restrooms

There will be no dressing facilities. Portable toilets will be available to the public and athletes.



VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | November 21, 2020 (1A-4A); December 12, 2020 (5A-6A)

Schedule

FINALS ONLY
Saturday, November 21
Conf 1A Final.....10:00 AM
Conf 2A Final.....1:00 PM
Conf 3A Final.....4:00 PM
Conf 4A Final.....7:00 PM
Saturday, December 12
Conf 5A Final.....12:00 PM
Conf 6A Final.....3:00 PM

Ticket Information

Student Single Match (ages 2-18) ... \$10.00
Adult Single Match..... \$15.00
All tickets must be purchased in advance. They will go on sale online Thursday, Nov. 19 at 9 AM.
No Coaches Tournament Passes will be sold.

Parking

TBA
[Click here](#)

Face Coverings

For the health and safety of all attendees, appropriate cloth or surgical-style masks that cover the

nose completely will be required at all times while inside the Curtis Culwell Center.

Other face coverings including clear face shields, gaiters/buffs, bandanas or masks with valves are not permitted. Masks may only be removed temporarily for eating and drinking while in the Culwell Center.

Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Curtis Culwell Center has implemented a bag policy limiting the size and type allowed at all events. Click [HERE](#) for more details.



SPORTSWRITERS OF THE YEAR AWARD

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspa-

pers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than 20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote

girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the TGCA Board of Directors meeting on March 7, 2021.



photo courtesy Cari Lowery



Keep pushing and then push some more. The 3:1 carb to protein ratio in #ChocolateMilk helps you refuel, rehydrate, and recover!

<https://www.dairydiscoveryzone.com/blog/are-you-built-w-chocolate-milk>

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 under 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 contact 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.

TGCA HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and

the coaching profession.

Hall of Fame nomination forms are located on our website, www.austintgca.com, under "Forms" on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made up

of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

The deadline for submission of Hall of Fame nominees will be Monday, March 1st, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed (tgca@austintgca.com) to the TGCA office.

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney

YEAR	INDUCTEE
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza

YEAR	INDUCTEE
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods
2014	Sue Cannon Rhonda Farney
2015	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe

YEAR	INDUCTEE
2016	Barbara Comeaux Linda Richter Fred Griffin
2017	Jan Barker Rick Reedy Mike Martin
2018	Skip Townsend Cathy Self-Morgan Al Bennett
2019	Beverly Humphrey Susan Brewer Guyla Smith

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball and cheerleading are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle

school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School coaches

may coach multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year or Middle School 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.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls' athletics.

Nomination forms may be found on the TGCA website under "Forms" in the menu on the left-hand side of the

home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, March 1st, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email (tgca@austintgca.com).

YEAR	RECIPIENT
2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. "Butch" Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett
2017	Mike Szymarek
2017	Lynn Davis Pool
2018	Billy Hicks
2019	Maria Kennedy

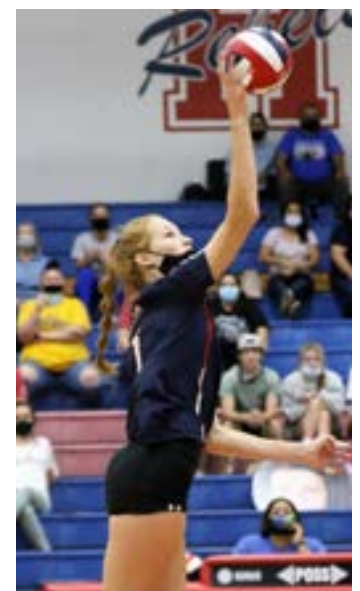


photo courtesy Tracy Gillett

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](#)
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.



photo courtesy Daniel Dunn

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 after 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, 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.

11

THINGS PEOPLE SHOULD KNOW ABOUT BODY ODOR

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 THE NOSE KNOWS. Having mild body odor, on occasion, is normal. Excessive body odor, however, can lead to several negative outcomes. For example, not only can it be a source of considerable discomfort for others, it also can be very embarrassing for the person who is experiencing this unpleasant occurrence.

2 NOT THE WHOLE STORY. Although poor personal hygiene typically is the primary contributor to body odor, there can be other causes as well, including a nutrient deficiency, gastrointestinal problems, medical conditions, and the presence of certain toxins in the body. Individuals who do not change their clothes regularly or who smoke also are very likely to have a disagreeable body odor.

3 UNWARRANTED BLAME. An unpleasant body odor and sweat seem to go hand-in-hand. Sweating does not cause body odor, however. In reality, sweat is almost totally odorless. Rather, the pungent smell is a byproduct of bacteria that are growing in and on the body—bacteria that thrive in a warm, moist environment, such as in the presence of sweat.

4 MALODOROUS BREATH. In an attempt to neutralize any evidence of unwanted odors, people often brush their teeth or reach for a mint after eating well-known pungent foods, such as garlic, onions, and coffee. These efforts, unfortunately, often are in vain. In reality, aromatic foods can permeate the skin and subsequently trigger unwanted odors, which can persist for up to 24 hours.

5 JUST LIKE A FINGER-PRINT. Everyone has a distinct odor. Some scientists refer to it as a person's odor-print. This odor type is determined, in part, by an individual's genes. Odor type information is transmitted through body fluids, such as sweat and urine. This factor is why dogs can track fugitives on the run and why perfume may smell slightly different on one person than it does on another.

6 THE SMELL OF AGE. It's not clear why body odor may change as people age, but often it does. One plausible explanation for such an occurrence involves the fact that body odors originate from an interaction between the secretions of the body's skin glands and bacteria that are present on the skin. As a person ages, the activity of different types of skin glands changes, thereby contributing to the possible existence of "old people's smell."

7 UNDERARM UPHEAVAL. Certain areas of the body, including the underarms, contain a specific type of sweat gland (i.e., apocrine) that is responsible for a person having a problem with body odor. These glands, also known as scent glands, expel a secretion that subsequently breaks down, leading to the production of several substances, such as ammonia, which can cause offensive underarm odor.

8 FLUSHING THE SYSTEM. The world is full of toxins. When toxins accumulate in the body over a long time, unwanted body odor can result. One of the best ways to remove these toxins is to exercise on a regular basis. When people exercise, they sweat, which helps to detoxify the body by



photo courtesy Daniel Dunn

expelling toxins through perspiration.

9 THE THINKING-STINKING CONNECTION. Body odor can be more than a purely physical problem. In fact, mental factors can contribute to this issue, as well. Stress, anxiety, and depression, for example, can lead to unwanted body odor. In that regard, trying to achieve moments of peace and serenity can be a viable

antidote for such a situation.

10 HEALTH ALERT. Everyone has their own unique smell. Some types of body odor, however, may be an indication of the presence of certain health problems. For example, sweat that smells like bleach may be a sign of a liver or kidney disease. In turn, body odor that has a fruity smell may point to diabetes. Furthermore, fish-like body odor may be an

TGCA PAST PRESIDENTS

Velma Harrison1952-53
1953-54
 Marvin Williams *1954-55
 Mary Beccue *1955-56
 Charles Womack *1956-57
 Rose Farmer1957-58
 J.W. Booker *1958-59
 Peggy Hughes1959-60
 M.T. Rice *1960-61
 Jimmie Phillips1961-62
 LeRoy Hoff *1962-63
 Ellen Johnson1963-64
 F.G. Crofford1964-65
 Zonelle Cornett*1965-66
 Freeman Parish *1966-67
 Sandra Meadows * ...1967-68
 Mitch LeMoine.....1968-69
 Wayne DuBose*1969-70
 Shirley Hayworth1970-71
 Stanley Whisenhunt.. 1971-72
 Leta Andrews1972-73

Bill Farney.....1973-74
 Janette Barlow1974-75
 Bob Schneider1975-76
 Gay Benson1976-77
 Buddy Ables1977-78
 Sandra Meadows * ...1978-79
 Ralph Newton*1979-80
 Janie Fitzgerald1980-81
 Mark Smith*1981-82
 Diana Lewis.....1982-83
1983-84
 Michael Adams1984-85
 Judy Dunn*.....1985-86
 Jim Kirkland1986-87
 Sue Cannon1987-88
 Don Ford.....1988-89
 Donna Grant1989-90
 Phil Swenson1990-91
 Rhonda Farney.....1991-92
 Caylene Caddell1992-93
 Barbara Crousen1993-94

Pat Mouser1994-95
 Melynn Hunt1995-96
 Sam Tipton.....1996-97
 Marianne Jones1997-98
 Larry Goad.....1998-99
 Brenda Kitten.....1999-2000
 Rob Young.....2000-01
 Krista Malmstrom.....2001-02
 Ron Mouser.....2002-03
 Debbie Jaehne2003-04
 Ray Baca2004-05
 Leann Johnston2005-06
 Alex Koulovatos2006-07
 Debra Manley.....2007-08
 Lee Grisham.....2008-09
2009-10
 Wes Overton.....2010-11
 Donna Benotti2011-12
 Rodney Gee2012-13
 Kari Benseid2013-14
 Mitch Williams.....2014-15

Liana Gombert2015-16
 Loyd Morgan.....2016-17
 Kriss Ethridge2017-18
 Jason Roemer2018-19
 Astin Haggerty2019-20

TVCA PAST PRESIDENTS

Lenora Abston*1968-69
1969-70
 Dr. Margie Austin*.....1970-71
 Jan Briggs.....1971-72
 Jane Arnett.....1972-73
 Arline Basye.....1973-74
 Marion Young1974-75
 Judy Bugher1975-76
 Waynette Dolan1976-77
 Norma Pullin1977-78

**Deceased*



photo courtesy Stephanie Steinhauser

2021 TGCA SUMMER CLINIC

The 2021 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 12-15. 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, as well as all Satellite Clinics, 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 2021 TGCA Clinics.

CAREER RECOGNITION FOR SPIRIT COACHES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, softball and cheerleading.

Coaches must be members of the Texas Girls Coaches Association in order to be honored.

Only victories compiled in varsity girls' sports and cheerleading will be counted.

Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding point accumulation, and should be emailed, faxed or mailed to the TGCA office.

Points: 300 is first level of recognition (certificate), then 400 (certificate). Plaque recognition begins at 500 points. Hall of Fame eligibility at 1,000 points.

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

Information may be submitted to TGCA in Word or Excel format. There is no form to complete. It is up to the coach to submit their career victory recognition points. Information may be emailed to tgca@austintgca.com, or faxed to 512-708-1325. Information submitted must contain a chronological list of each school where you have coached varsity and the corresponding point accumulation for each year. Deadline is May 1 of each year.



photo courtesy Logan Lawrence

2020-21 TGCA NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2020-2021, they are as follows:

Team Tennis Nov. 9, 2020
Cross Country Nov. 16, 2020
Volleyball 1A-4A Nov. 16, 2020
Volleyball 4A-6A Dec. 7, 2020
Spirit Jan. 29, 2021

Swim/Dive Feb. 15, 2021
Basketball March 1, 2021
Soccer April 12, 2021
Wrestling April 19, 2021
Track & Field May 3, 2021

Golf May 3, 2021
Tennis May 17, 2021
Softball May 31, 2021



photo courtesy Jamie DeShazo

WHAT IS PLAY4KAY?



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

Play4Kay is a movement.

It's a simple idea — take a game in your schedule and use it to fundraise for the Kay Yow Cancer Fund. The vision of Play4Kay came directly from Coach Kay Yow. Through Play4Kay, she saw a way to bring communities together and honor cancer warriors in the fight against

ALL cancers affecting women. As Play4Kay evolved, the mechanisms for fundraising have expanded and so have the initiatives. Schools nationwide are finding ways to “Play4Kay” on and off the court/field.

Elements of a Play4Kay game:

- Call your game Play4Kay
- Donate money raised to the Kay Yow Cancer Fund
- Honor female cancer SURVIVORS and THRIVERS (cancer warriors)

Ways to enhance your efforts:

- Galvanize your community through the Power of One...Million virtual photo booth
- Connect female cancer survivors in your

community to the Kay Yow Cancer Fund Cancer Warrior Network

- Participate in the February Play4Kay National Free Throw Challenge

POWER of ONE...MILLION

Play4Kay is about **UNITY**.
On our team, there is **ONE** goal: End **ALL** cancers affecting women.
Join us in uniting one million people to beat cancer – **YOU** are the **POWER** of **ONE**.

JOIN US!



NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 TEAM TENNIS REGIONAL QUARTERFINALS VOLLEYBALL 1A-4A: AREA	3	4	5	6 TEAM TENNIS REGIONAL SEMIFINALS	7
8	9 TEAM TENNIS: REGIONAL FINAL CROSS COUNTRY: REGIONAL MEETS VOLLEYBALL 1A-4A: REGIONAL SEMIFINALS TGCA: Team Tennis Nomination Deadline (12 PM)	10	11 TGCA OFFICE CLOSED FOR VETERANS DAY	12	13 VOLLEYBALL 1A-4A: REGIONAL QUARTERFINALS Girls Basketball: First Day for Interschool Games	14
15	16 TGCA: Cross Country - Volleyball (1A-4A) Nomination Deadline (12 PM) VOLLEYBALL 1A-4A: STATE SEMIFINALS	17 TEAM TENNIS STATE CHAMPIONSHIP	18	19 VOLLEYBALL 5A-6A: BI-DISTRICT	20	21 VOLLEYBALL 1A-4A: STATE FINALS
22 TGCA: Volleyball All-State Committee 1A-4A Meeting (7 PM) ZOOM TGCA: Volleyball Committee 1A-4A Meeting (7 PM) ZOOM	23 CROSS COUNTRY: STATE MEET VOLLEYBALL 5A-6A: AREA	24	25 TGCA: Cross Country Committee Meeting (8 AM) ZOOM	26	27 VOLLEYBALL 5A-6A: REGIONAL QUARTERFINALS	28
29	30 VOLLEYBALL 5A-6A: REGIONAL SEMIFINALS Soccer: First Day for Practice					

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 Tracy Gillett

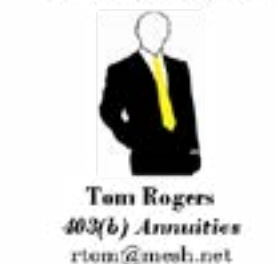
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Mizuno
Nike

Sideline Interactive
Varsity
Guy in the Yellow Tie -
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& Insurance Associates



TGCA NEWS

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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@austingtca.com

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Executive Director:
Sam Tipton,
sam@austingtca.com

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

Administrative Assistant:
Audree Tipton,
audree@austingtca.com

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

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

Newsletter Editor: Logan Lawrence

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

