



# TGCA NEWS

SEPTEMBER 2020



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## FEATURE ARTICLES

### The Power of Words

By Lacey Schott, TGCA Track Vice Chair  
**PAGES 1-2**

### At-Home Coaching Success Stories

By BSN Sports  
**PAGE 3**

### 2020 Austin Metro Cross Country Runners to Watch

By Milesplit  
**PAGES 4-5**

### Try Us Out

By Sam Tipton, TGCA Executive Director  
**PAGE 12**

### 10 Things People Ought to Know About Skin

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

### Kay Yow Cancer Fund

**PAGE 14**

## ALSO INSIDE

- Career Victories..... 6
- 2019-20 Athletes of the Year .....7
- Sport Nomination Deadlines .....7
- 2019-20 Coaches of the Year ..... 8
- Membership Deadline for Nominations ..... 8
- 2019-20 Sub-Varsity Coaches of the Year ..... 9
- Sub-Varsity COY Nom Deadline ..... 9
- Sub-Varsity Years of Service..... 9
- State Champion Coaches .....10
- General Nomination Instructions .....11
- Online Nomination Instructions .....11
- Important Dates .....15
- Sponsors.....16

cover photo courtesy Missy Pump  
left photo courtesy Logan Lawrence

# THE POWER OF WORDS

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



Welcome back. It has been one heck of a 2020 to say the least. As we start school during these tumultuous times I have found myself with the nerves of a first year teacher/coach, one with a couple--too many, preps. I have felt nervous, hesitant, anxious, self-conscious, apprehensive, discombobulated, impatient, uptight, flustered, twitchy, bewildered, etc. It is my eighteenth year as an educator. We started our first day of cross country practice Aug. 3. Coach Shouts-a-lot has become my new moniker. "Mask up!" "Social distance!" "6 feet apart!" "Wash your hands!" I used logic "If you can smack your teammate you are too close to them!" I used cross curricular connections and real world application when shouting: "There should be enough space for 6 chickens or 2 pigs or 1 cow between you and your teammates!" I have seen spots shouting through my mask, I have felt faint shouting through my mask, once I sneezed, blowing my mask off

in the process causing quite the commotion. I have felt overwhelmed with fear that one of our athletes will be COVID-19 positive & we will have to quarantine during our competitive season. Amidst all of this chaos I have come to the realization that our athletes have never needed us more. Last year I wrote about coaching the mind, heart, and body. This year I want to show you how we coach mind, heart, body everyday through the journaling process. Through journaling you develop a bond with your athletes that is of immeasurable worth. Journaling strengthens your teams and provides insight into how to help each individual athlete find success. Journaling uses the simple power of words to reach athletes; mind, heart, and body. I don't really think that there has ever been a more important time to introduce journaling than now.

*"It is during our darkest moments that we must focus to see*

*the light."* -Aristotle

Journal-Ah the power of the journal! Journaling is not limited to distance running or individual sports. Many very successful high school, college, and professional teams journal. Our cross country team at Medina Valley made the commitment to journal with our athletes last year after attending a Paavo clinic. Initially journaling provided us with some challenges. We started the journal process with the marbled composition books. We took daily journals asking our athletes to figure their mileage, PPM, how many days until

district, etc. It was pretty fatiguing with over 70 athletes and just two coaches. We walked away last year with some important insight into the journaling process. We realized quickly that journaling had become the most important thing we have ever done. Journaling has unlocked the doors to many of our coaching dilemmas, provided injury prevention, stress management, a guide on how to strengthen the mentally weak, how to develop the emotionally insecure, and how to gauge our training program-figure out what was working/ what wasn't. Journaling has changed our

philosophy, it made us more thoughtful and prepared. Journaling has been the key to coaching every kid, every day- mind, heart, and body.

## Body

Physical-injury insurance, track those aches and pains that develop into over-use injuries. A very simple preventative measure-communication. As athletes go through the journal process this communication isn't hurried through, or forgotten about, or left for another day. As we are busy through our work day this communication is very hard

**Continued on Page 2**



photo courtesy Anthony Laspada

# THE POWER OF WORDS

Continued from Page 1

to get in. As a part of the journal, it happens as a part of a very purposeful process. Journaling gives us insight into pre-trainer assessment.

We ask our athletes to give themselves a grade everyday for hydration, nutrition, and rest. We want our athletes to be thoughtful about what they eat, how much water they drink everyday. This proves incredibly important-especially now that we are all online. Rest is one of the most important things that we stress. If I notice an online journal has come through really late at night we talk to athletes and potentially parents to get kids to bed

earlier. We see what time they submit their journal entries and are able to help them get the rest they need. So, says Shouts-A-lot, “Yes I will call your mom when you submit your journal at 2:15 am!”

## Mind

Coaching the mental side of team/individual sports involves some strategy. Athletes, particularly our elite, can complicate very simple things if their mental game is messed up. Journaling forges a relationship with even the most reluctant athletes. Our athletes are given a journal template every day and expected to fill it out. Coaches read

every athletes’ journal every day then provide feedback. (This is a big part of the commitment part-because it is time consuming.) This strengthens the coach/athlete relationship by providing insight into what athletes are really thinking about. What they are stressed about. One of our questions is “Are you stressed?” “If so why?” We are able to keep a check on the simple to quite complex stresses that our athletes experience and importantly we are able to help them. We are finding this season has had particularly high stress levels, circumstances being what they are.

## Heart

Each day as we journal our template includes a section called motivating words. Our captains are in charge of this page. Each day we try to include motivational words-quotes, motivational stories, good advice, etc. Our captains also provide weekly challenges and positive motivational team building activities. Every day we ask our athletes to share their hopes, dreams, fears, insecurities, and we let them know that we care about those things. We goal set. Each week every athlete has to create a measurable goal as it pertains to our sport. At the beginning of season we have an overall (forest for the trees) goal. The week to week goal set is how we get there.

Become your own Shouts-a-lot and shout it loud and proud, “This is the most important thing we do!” Journal with your athletes. Grow with them. This will be paramount to your program’s success. Develop a way to grow as an athletic program through written words

As coaches we have been using the power of rhetoric on the unsuspecting for years and years, the power of logic, emotion, and credibility. We have used quotes, stories, examples, team building, ice-breaker type engagement activities, testimony, etc., to drive home those coaching philosophies. Coaches know that the power of words is incredibly important to what we do and how we communicate to our athletes. So, whether you decide to implement journaling within your program this year (make that commitment), or not. Please use the power of words in just one very simple way. Ask your athletes to complete this simple sentence, I wish my coach knew..... Do this at the start of your season on a simple 3x5 card. Ask each athlete to participate with only their honesty in check. Promise them their confidentiality. Then as you read through them commit to the power of words! Have safe 2020/2021 seasons and best of luck to all.



photo courtesy Chris Schmidt

For the first time, coaches across the U.S. are experiencing their seasons disrupted. Practices, games, competitions & tournaments have come to a standstill. The phrase “unprecedented” not only describes what is happening to these events we cherish, but also to how our coaching community is rising above the challenge to remain leaders for their student-athletes & communities.

At BSN SPORTS we'd like to recognize coaches that have adapted to these times and continue to motivate and support their teams. Their stories passionately represent The Heart of the Game...even when the official game has been postponed.

**Coach Spotlight #1**  
**Keisha Newell**  
**Women's Basketball Coach**  
**Assistant AD**

**Mother McAuley HS, Chicago, IL**

Coach Newell first priority when school was canceled was to remain connected to her student athletes. She held zoom meetings and challenges to help propel her athletes during their off season. She discusses two major things she has been focusing on during this time. First, while basketball and workouts are important, the kids themselves and staying connected are our first priority. “This is bigger than basketball or the sport you coach, stay in tune with your players because they are dealing with a lot of changes”. Second she discussed on of her favorite quotes “Now is the time to trade in fear of what is uncertain for the freedom to thrive within it” Newell says try to make things positive, how can you be better and utilize this time during quarantine to come out better.

Hear Coach Newell advice on how to make connections & building relationships with your players outside of your sport here

**Coach Spotlight #2**  
**Bob Spahn**  
**Head Coach Boys Basketball**  
**Del Norte HS, San Diego, CA**

Coach Spahn has not let social distancing impact how he leads and coaches his team to be better players on and off the court. These are some of the initiatives he has started to continue to motivate and check-in with his athletes during this challenging time:

- Bought the book “The Energy Bus” and “The Hard Hat” by Jon Gordon for every player on his team, and reads the book weekly with the players and discusses leadership.
- Sets up Zoom meetings 1-2 times per week with all three basketball teams (Varsity, JV, Freshmen) to check-in with each other and continue building the team virtually. Encourages his coaching staff to lead some of the Zoom meetings each week
- Sent digital e-cards to every athlete on his team to show support and uplift them

Hear more about how Coach Spahn stays present in his athlete's lives here

**Coach Spotlight #3 –**  
**Stephanie Ferri**  
**Head Swim Coach**  
**Archer School for Girls, Los Angeles, CA**

Coach Ferri, has been coaching for 13 years and has a passion for helping student athletes stay active while at home. She understands the positive influence a coach can have on student-athletes, so with the help of Kim Smith, Athletic Director at

Archer and the athletic staff Archer created a 5-week Panther Challenge with a Leaderboard. Over 100 athletes competing - Middle School and High School. Every day the athletes get a measurable workout, music playlist and team challenge which centers on developing new habits -- cooking challenge, etc. They input their scores every day and it populates on our leaderboard. Every week Ferri would celebrate the individual and team frontrunners and her swim team was at the top of the pack four out of the five weeks of competition!

Hear Coach Ferri advice on how to stay connected with your athletes here

**Coach Spotlight #4 –**  
**Adam Gonczy**  
**Head Track & Field Coach**  
**Athens HS, Athens, OH**

Coach Gonczy knew the moment the spring sports season was cancelled he wasn't going to let it stop him from coaching and motivating his team. He immediately figured out a way to plan a virtual track meet for his team to keep them motivated and excited. He also wants to keep spirits high, so he has been sharing daily motivationally quotes and images with them. He's even leveraged social media to get the word out about the virtual track and meet; see it here.

Hear Coach Gonczy's advice on to make connections & keep athlete's engaged despite school closures & season cancellations here

**Coach Spotlight #5 –**  
**Rachel Carroll**  
**Head Men's/Women's Water Polo Coach**  
**Elsinore HS, Lake Elsinore, CA**

Coach Carroll knew the moment the school was cancelled she wasn't going to let it stop her from coaching and motivating her teams. She held a virtual banquet to recognize her student athletes, held weekly zoom calls for both each the Men's and Women's teams, as well as a weekly zoom call with both programs. She also hand delivered exercise equipment for those student athletes that did not have access to necessary at home equipment, and provided her student athletes with weekly strength and conditioning sessions with the schools strength coach. While work outs and water polo are important to Coach Carroll she strives to help her student athletes connect in tasks unrelated to sport to help them stay connected to their peers in their time apart.

Hear Coach Carroll advice on to make connections & keep athlete's engaged despite school closures & season cancellations here



photo courtesy Ray Baca

# MILESPLIT: 2020 CROSS COUNTRY AUSTIN METRO RUNNERS TO WATCH

## Milesplit Staff

Austin is the capital city and home to a very good distance running scene. The runners and teams in the region will host the best UIL runners in the state in December. These runners could play a big part in keeping some of the medals and trophies in the area.

Find out who some of the runners we suggest you look for this season.

RELATED: [DFW CC Runners to Watch](#)

### McKenzie Bailey-Georgetown

Bailey started her freshman season off moderately as usual with most freshmen. However, she finished things off with an exclamation at the UIL 5A state meet when she ran 17:40.92 and finished in fourth place.

The Georgetown sophomore could pick things up this year with a year of experience under her belt along with the All-State honors. The Georgetown program isn't short of talent in their history and we'll see how much impact Bailey can make in that history and this season.

### Deepti Choudhury-RR Westwood

Nobody knew who Choudhury was last year and she had one heck of a championship season. If you're not paying attention, it could happen again this year, so we are telling you so now.

Finishing second at Lampasas Battlin' Badger XC Invitational and then third at her district meet was just the beginning of things for



photo courtesy Milesplit

Choudhury. She would eventually drop her times at the UIL Region 2 XC Championships (18:20.97) for seventh place and then 18:06.45 for 11th at the UIL 6A state meet.

If Choudhury did all of that in such little time, it leaves a lot to the imagination what she can do with an entire senior year.

### Emma Saia-Austin Vandegrift

As Saia enters her senior year, she will assume more of leadership type of a role with her team. She has played a key role in the Vandegrift's dominance in the Austin area and their rise to being recognized as one of the top teams in Texas.

With two big time performances last year at the UIL 6A - District 13 meet (second place) and at the UIL Region 2 XC Championships (sixth place), Saia could be on path to make some major waves in the ATX and in the state. Vandegrift races at some of the biggest meets in the state and if they are able to put together a COVID-19 2020 schedule to resemble their usual schedule Saia will get plenty of opportunities to make an impact.

### Abigail Parra-Buda Hays

Buda Hays junior Abigail Parra is one of Austin area's dangerous distance runners. She qualified for the state cross country meet as a freshman and sophomore with top 20 finishes in both years.

Parra also had a solid race at the Team Championship South Regional with her 36th place finish. Combine that with her ninth place finish at the state track and field meet in the 1600m and she has big meet experience most upperclassman runners don't even have.

She showed more consistency when she ran a 5:07.56 1600m PR before the track season ended. Parra already proved she is on a high level, we'll see what that leads to this cross country season.

### Sophia Munoz-Austin High

Munoz is a two time state meet qualifier in cross country and the junior is looking at a potential breakthrough season.

Both previous state meet races were her season bests and that is for the most part all that will count this year. In 2019, Munoz only had three races that weren't Top-10 finishes - McNeil (29th), Region 4-6A (11th),

and state (26th) proving she has the ability to run with the lead pack.

In the short track season, Munoz dropped a 5:27.82 PR 1600m in her last race on March 7th. Now, she looks to pick up the 2020 cross country season where she left off the 2020 track season.

### Taylor Mathis-Austin Vandegrift

Mathis is another key contributor in the potent Vandegrift train. The Vipers season is riding on the hinges of Mathis' improvement and performance this season as she could be anywhere from the number three to the number one runner.



photo courtesy Milesplit

Last year, she turned in a Top-10 race at the UIL Region 2 XC Championships for a 18:25.64 PR. She also dropped new indoor bests of 5:23.82 in the mile; and 11:36.97 in the 3200m. If she can pick up where she left off in March then Mathis could make a big impact on the 2020 season.

### Kaitlyn Childress-Cedar Park

Childress is another Austin area athlete who has made a career at the state meet. She qualified for both the track and cross country meets over the years and this year should be no different.

Childress had a huge performance at the premiere Woodbridge Cross Country Classic winning the three mile race in 17:19.90.

Her track times are even more evidence of the talent and speed she

possesses. In 2019, she ran 5:02.64 and 10:53.55. This front pack runner could have an epic senior year.

### Sophie Dale-Austin LBJ

Austin LBJ has had some super duper talent come through in the last couple of years. That was on the boys side and now, they have a young lady who can carry the torch.

Dale had a season full of sub 20 minute 5Ks last year and her superb UIL Region 4 XC Championships race earned her and her LBJ team a trip to the state meet. That's where she PRed in 18:36.57 and placed 25th place.

On the track, Dale was able to turn in 5:20.54 and 11:44.40 PRs before the season was shut down. The next chance she will get to compete will be in the 2020 cross country season and Dale could shake things up in the Austin area and possibly in Texas.

### Samantha Pettey-Cedar Park

Pettey is now a senior and it's her turn to help lead Cedar Park back to the top. She has been a part of two state meet teams and looking to be a part of a third with hopes of taking home a trophy.

Her individual improvement will be a big part of that equation and the senior should be up to it. Last year, she finished 33rd overall at the state

**Continued on Page 5**

# 2020 AUSTIN METRO RUNNERS TO WATCH

Continued from Page 4

meet and if she can get a Top-10 finish, that could improve the odds of a Cedar Park podium appearance in 2020.

Petty ran under 20 minutes all year long including into the 18s twice last year. She also had a fast 17:49.30 three mile at Woodbridge in California. Each year, she improved by 30 seconds or more in the 5K and if she can continue that rate, this could be a really good year for her and the team.

### Maddie Livingston-Dripping Springs

Livingston and her Dripping Springs team has been to the state meet all three years of her high school career and I don't think she plans on ending that streak now.

Getting faster with each year is always the goal, but it is sometimes the hardest thing for an athlete to do; Livingston has done just that. In fact, last year, she ran PRs all across the board for just about every event. In cross country she ran 18:46.17 when she ran to a 35th place finish at state. Even in a three meet COVID-19 shortened track season she ran PRs in the 800m (2:26.00), 1600m (5:15.04), and in the 3200m (11:14.84).

If Livingston can continue her development and string together a 2020 cross country season like she did last fall and spring then she could have a major impact in 5A this year.



photo courtesy Milesplit

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## SHOP NOW!

# CAREER VICTORIES

## Basketball |

COACH	SCHOOL	VICTORIES
Tommy Gates	Navasota HS	800 wins
Roy Williams	Robstown Early College HS	800 wins
Jeff Guice	Mason HS	600 wins
Jill Schneider	Lubbock Monterey HS	600 wins
Troy Carrell	Woodville HS	300 wins
Tina DeMichele	Keller Timber Creek HS	300 wins
Clayton Harris	Sonora HS	300 wins



photo courtesy Anthony Laspada

## Cheerleading |

COACH	SCHOOL	VICTORIES
Melissa McPherson	Azle HS	500 pts
Pedro Ramirez	McAllen Memorial HS	500 pts
Misty Bumpers	Jewett Leon HS	300 pts
Nicole Mitchell	Crandall HS	300 pts
Jenna Wilkins	Mount Vernon HS	300 pts
Jill Van Klink	Lewisville HS	300 pts

## Cross Country |

COACH	SCHOOL	POINTS
Susan Walters	East Bernard HS	700 pts

## Golf |

COACH	SCHOOL	POINTS
Chuck Nowland	Austin Westlake HS	700 pts

## Softball |

COACH	SCHOOL	VICTORIES
John Gallagher	Comal Canyon Lake HS	400 wins

## Track & Field |

COACH	SCHOOL	POINTS
Keri Slanina	East Bernard HS	1,300 pts

## Volleyball |

COACH	SCHOOL	VICTORIES
Connie Bozarth	San Angelo Central HS	800 wins
Rebecca Woods	Los Fresnos HS	700 wins
Clark Oberle	Decatur HS	600 wins
Ashley Caballero	Cypress Woods HS	500 wins
Gary Lamar	King Cove HS (Alaska)	500 wins
Rickey Phillips	Gatesville HS	500 wins
Jane Anne Giese	Caldwell HS	400 wins
Jason Roemer	Fredericksburg HS	400 wins
Shain Sackett	Midlothian HS	300 wins
Jeremy Stewart	Diboll HS	300 wins

### The Research

Study after study has shown that chocolate milk improves performance better than traditional sports drinks. Some athletes even decreased performance with traditional sports drinks.

#### How Chocolate Milk Works

**Rehydrate:** Milk contains natural electrolytes like potassium to help prevent muscle cramping and is 90% water to rehydrate your body after you break a sweat.

**Repair:** Dairy offers high-quality protein to aid in muscle recovery and repair. Just one serving of milk post-exercise offers 8 grams of protein to help reduce muscle damage and improve muscle recovery – which in turn may help your body perform better during your next workout.

**Replenish:** When you exercise, you use energy in the form of stored carbohydrates called glucose. If you don't put more carbs back into the muscle after prolonged exercise, you might not have the energy to push harder during your next workout. The small amount of added sugar in chocolate milk achieves the golden ratio of carbs to protein to accomplish this.

**PLUS:** Chocolate milk has calcium and vitamin D for strong bones and B vitamins to help convert food to energy – and it's ready to grab and go from your local grocery or convenience store.

For a video on this [click here](#)





# 2019-20 ATHLETES OF THE YEAR

ATHLETE	SCHOOL	GRADE	SPORT	CONFERENCE	COACH
Ashlyn Peralta	Sundown HS	Sr.	Cross Country	1A-2A-3A-4A	Paul Darden
Aubrey O'Connell	Prosper HS	So.	Cross Country	5A-6A	Jennifer Gegogaine
Anushka Dania	Austin Lake Travis HS	Sr.	Team Tennis	4A-5A-6A	Carol Creel
Megha Dania	Austin Lake Travis HS	Sr.	Team Tennis	4A-5A-6A	Carol Creel
Kylann Griffith	Vanderbilt Industrial HS	Sr.	Volleyball	1A-2A-3A-4A	Kelsey Vasquez
Shelby O'Neal	Schertz Clemens HS	Sr.	Volleyball	5A-6A	Robyn Wunderlich
Brynn Pardue	Jacksboro HS	So.	Cheerleading	1A-2A-3A-4A	Jaci Pippin
Paige Robinette	Wolfforth Frenship HS	Sr.	Cheerleading	5A-6A	Kayci Smith
Lillie Nordmann	Conroe The Woodlands HS	Sr.	Swimming/Diving	4A-5A-6A	Jeremy Wade
Payton Props	Lubbock HS	Sr.	Swimming/Diving	4A-5A-6A	David Hayes
Rhyle McKinney	Argyle HS	Sr.	Basketball	1A-2A-3A-4A	Chance Westmoreland
Zayla Tinner	Amarillo HS	Sr.	Basketball	4A-5A-6A	Jeff Williams



photo courtesy Logan Lawrence

## 2020-21 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2020-21, they are as follows:

*\*Subject to change*

**Team Tennis** Nov. 9, 2020  
**Cross Country** Nov. 16, 2020  
**Volleyball 1A-4A** Nov. 16, 2020  
**Volleyball 5A-6A** Dec. 7, 2020  
**Spirit** Jan. 29, 2021  
**Swim/Dive** Feb. 15, 2021  
**Basketball** Mar. 1, 2021

**Soccer** Apr. 12, 2021  
**Wrestling** Apr. 19, 2021  
**Track & Field** May 3, 2021  
**Golf** May 3, 2021  
**Tennis** May 17, 2021  
**Softball** May 31, 2021

# 2019-20 COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Randall King	Fredericksburg HS	Team Tennis	4A-5A-6A
Brandy Eckermann	San Saba HS	Cross Country	1A-2A-3A-4A
Jennifer Gegogaine	Prosper HS	Cross Country	5A-6A
Catherine Foerster	Hereford HS	Volleyball	1A-2A-3A-4A
Robyn Wunderlich	Schertz Clemens HS	Volleyball	5A-6A
Jaci Phippen	Jacksboro HS	Cheerleading	1A-2A-3A-4A
Ashley Johnson	San Antonio Alamo Heights HS	Cheerleading	5A-6A
David Hayes	Lubbock HS	Swimming/Diving	4A-5A-6A
Chuck Darden	Shallowater HS	Basketball	1A-2A-3A-4A
Megan Symank	College Station HS	Basketball	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](http://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.

# 2019-20 SUB-VARSITY COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Missy Pump	Castroville Medina HS	Sub-Varsity Cross Country	1A-2A-3A-4A
Chad Coffey	Dallas Highland Park HS	Sub-Varsity Cross Country	5A-6A
Kristy Bradford	Needville HS	Sub-Varsity Volleyball	1A-2A-3A-4A
Phyllis Brahinsky	Lake Dallas HS	Sub-Varsity Volleyball	5A-6A
Amanda Chambers	San Angelo Central HS	Sub-Varsity Cheerleading	5A-6A
Carol Hargadine	Schulenburg Secondary	Sub-Varsity Basketball	1A-2A-3A-4A
Chelsey Montanez	Joshua HS	Sub-Varsity Basketball	5A-6A

COACH	SCHOOL	SPORT	CONFERENCE
Candra Crittenden	Springtown MS	Middle School Cross Country	1A-2A-3A-4A
Jillian Gonzales	Gonzales Junior High	Middle School Volleyball	1A-2A-3A-4A
Clara Duelm	LaVernia MS	Middle School Cheerleading	1A-2A-3A-4A
William Daughtery	Smithson Valley MS	Middle School Cheerleading	5A-6A
Ellyn Avery	Ponder Junior High	Middle School Basketball	1A-2A-3A-4A
Douglas Hampton	Craig MS	Middle School Basketball	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
Samantha Montano	Lamar MS	25
Enrique Flores	El Paso Coronado HS	10



photo courtesy Chris Schmidt

# 2019-20 STATE CHAMPION COACHES

COACH	SCHOOL	SPORT	CONF.
Randall King	Fredericksburg HS	Team Tennis	4A
Gary Billingsley	Cumby Miller Grove HS	Cross Country	1A
Terry Davis	Gruver HS	Cross Country	2A
Glenn Griffin	Holliday HS	Cross Country	3A
Ray Baca	Canyon HS	Cross Country	4A
Jonathan Tate	Boerne Champion HS	Cross Country	5A
Justin Leonard	Southlake Carroll HS	Cross Country	6A
Morgan Roberson	Neches HS	Volleyball	1A
Jeff Coker	Crawford HS	Volleyball	2A
Kelsey Vasquez	Vanderbilt Industrial HS	Volleyball	3A
Sydney Gotcher	Lamar Fulshear HS	Volleyball	4A
Ryan Mitchell	Lucas Lovejoy HS	Volleyball	5A
Brianne Barker-Groth	Northwest Nelson HS	Volleyball	6A
Victoria Butler	Keller Fossil Ridge HS	Cheerleading	Co-Ed

COACH	SCHOOL	SPORT	CONF.
Sophie Garibaldi	Paducah HS	Cheerleading	1A
Misty Bumpurs	Jewett Leon HS	Cheerleading	2A
Jaci Phippen	Jacksboro HS	Cheerleading	3A
Nicole Mitchell	Crandall HS	Cheerleading	4A
Courtney Riddell	Magnolia HS	Cheerleading	5A-DI
Ashley Johnson	SA Alamo Heights HS	Cheerleading	5A-DII
Loren Williamson	Katy Cinco Ranch HS	Cheerleading	6A-DI
Heather Alonso	Schertz Clemens HS	Cheerleading	6A-DII
David Hayes	Lubbock HS	Swimming & Diving	5A
Kevin Murphy	Southlake Carroll HS	Swimming & Diving	6A
Eric Schilling	Nazareth HS	Basketball	1A
Shannon Fisher	Gruver HS	Basketball	2A
Chuck Darden	Shallowater HS	Basketball	3A
Sally Whitaker	Fairfield HS	Basketball	4A
Ross Reedy	Frisco Liberty HS	Basketball	5A
LaJeanna Howard	Duncanville HS	Basketball	6A



photo courtesy Chris Schmidt

# GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at [www.austintgca.com](http://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](http://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 Missy Pump

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](mailto:tgca@austintgca.com), or call our office at 512-708-1333, and we will be happy to assist you.

# TRY US OUT

WE WILL NOT ONLY SURVIVE, BUT WE WILL PROSPER



## Sam Tipton | TGCA Executive Director

Year 2020 has been a very trying and unusual year for the member coaches of the Texas Girls Coaches Association. Normal became abnormal in all facets of life, especially in the field of education and athletics. TGCA lost all in-person satellite clinics (Lubbock, Houston, San Antonio, El Paso & Central Texas) along with our annual TGCA Summer Clinic in Arlington. Our athletes and coaches of girls' athletics saw all spring sports (Soccer, Golf, Tennis, Track & Field, & Softball) not being allowed to finish their seasons along with the play-offs and state championships when our schools and athletic facilities were closed by the Governor in the spring of 2020.

TGCA saw nothing but gloom and doom on the horizon with the loss of the revenue from the clinics and possible loss of membership from the coaches. A virtual clinic was rapidly generated to help in the sports specific training, health and safety, and UIL Coaches Certification Program (CCP). We are very appreciative to our coaches, school administrators, and athletic directors for standing with us in very trying and uncertain times. We were very shocked when we saw the UIL CCP course hits during our two month virtual clinic to be 16,642. Have we taken a financial hit? Yes, but nothing like the devastation to the coaches of spring sports, and their

athletes. We witnessed young ladies that were seniors in high school lose their entire athletic dreams. Something we can never replace for them.

What have we all learned from the trials and tribulations of the year 2020? Number one, we need to get to the year 2021. We learned to never take anything for granted, good or bad. Through the consorted effort of the UIL, with the help and input of the Texas Girls Coaches Association, there were plans generated to help move the dreams our coaches and athletes had to have weight and strength conditioning and skills training as soon as possible. This became reality on

June 8 with the hope for our schools to open all fall sports seasons on August 3, 2020. Plan B had to be originated, so 1A-4A schools were allowed to start on August 3, but the 5A-6A schools were delayed to September 7, 2020. Adjustments have had to be made by all our fall sports, but we are in high hopes the spring sports will not have to adjust as much. Our coaches, athletes, parents and fans of the most pure competitions, high school and middle school sports, have done a tremendous job in finding a way to be successful in fulfilling the dream to compete in the safest manner possible using the UIL rules and guidelines..

Pandemic, have you challenged us enough to say we give? TGCA was established in 1954 because there was no association representing coaches of girls' athletes, and, yes, the year of 2020 has taken a toll on the finances of TGCA, but I can promise you, you have not and will not break the desire and spirit of our member coaches. TGCA is standing and will stand in the future, because our coaches get to work with the most precious commodity the United States and the state of Texas possess, our youth. Try us out, we will not only survive, but we will prosper.



*photo courtesy Karen Greenhaw*

# 10

## THINGS PEOPLE OUGHT TO KNOW ABOUT SKIN

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 BIGGER THAN A BREAD BOX.** The skin is the largest organ of the body. When it's stretched out, the skin of a typical person encompasses approximately 2 square meters. On average, skin accounts for approximately 15% of an individual's body weight (approximately 8–9 lbs). Commonly, an adult has more than 300 million skin cells, which collectively contain more than 11 miles of blood vessels.

**2 A VITAL ROLE.** Skin does more than help make people look presentable. For example, it plays a key role in the body's ability to detect hot and cold. It also helps individuals regulate their body temperature. In addition, it helps protect the muscles, bones, and internal organs from outside infection and disease by exuding antibacterial substances. Furthermore, it acts as a waterproof, insulating shield that guards the body against damaging sunlight and harmful chemicals.

**3 SIMILAR, BUT DIFFERENT.** Not all skin is alike. For example, depending on where it is located on the body, skin varies in thickness. The thinnest skin is found on the eyelids, whereas the thickest skin is found on the bottom of the feet. Skin also differs in color. Skin color is the result of a protein called melanin, a pigment the body produces in the epidermis (the outer layer of the skin) to protect individuals from the potentially cancer-causing ultraviolet rays of the sun. Dark-skinned people produce more numerous and deeper colored melanin particles. Vice versa for lighter skinned individuals.

**4 MOVE TO IMPROVE.** Exercising on a regular basis can help individuals have healthy skin. By increasing blood flow, exercise can help nourish skin cells and keep them vital. Not only does blood carry oxygen and nutrients to working cells throughout the body, including the skin, it also helps carry away waste products.

**5 DON'T BLAME CHOCOLATE.** Very little evidence exists to suggest that chocolate causes acne. In reality, the two primary foods that cause acne are dairy and sugar. Both alter the body's hormonal levels and blood sugar balance. This situation leads to oily skin and plugged pores, resulting in inflammation and pimples.

**6 WORSE THAN SMOKING.** Somewhat shocking, more people develop skin cancer because of tanning than develop lung cancer because of smoking. In fact, more than 90% of skin cancer is caused by exposure to the sun. Skin cancer is the number one cancer diagnosis in the United States — more common than all breast, lung, and prostate cancers combined. As such, every hour, one person dies from this insidious disease.

**7 A NATURAL PROCESS.** A number of factors cause a person's skin to age. Some of these factors are beyond the control of an individual; others aren't. Among the things that a person can't do anything about is the natural aging process. For example, most people, in time, will get visible lines on their faces. Over time, their skin also will become thinner and drier. On the other hand, individuals can make certain environmental

and lifestyle choices that can help slow the premature aging of their skin, e.g., exercise; eat a healthy, well-balanced diet; avoid smoking; protect the skin from the sun; etc.

may (but not necessarily) be early signs of more serious, underlying health problems. For example, a yellowing of the skin may be a sign of liver failure. A darkening of the skin could be



photo courtesy Chris Schmidt

**8 JUST LIKE THE REAL THING.** During the late 1970s, medical researchers developed a substitute for human skin that was designed to save the lives of severely burned patients and individuals who experienced extreme cases of skin disease. Although the first choice may be to use a graft of a person's skin if the necessary amount of skin is available from another place on the person's body, such an option does not always exist and is not always the most appropriate path forward.

**9 EARLY WARNING SIGN.** When a person experiences changes in their skin, ranging from discoloration to new growth, these changes

are a signal of hormonal disease, such as Addison disease. New growths on the skin could be an indication of skin cancer. Changes in the coloration or shape of nails could be a sign of organ system issues.

**10 EARLY WARNING SIGN.** Every minute, a person's body sheds more than 30,000 to 40,000 dead skin cells. In fact, every 27 to 28 days, the skin renews itself. Some estimates suggest that more than half of the dust in a person's home is actually dead skin. The earth's atmosphere also is unscathed by the onslaught of dust comprised of dead skin, with over a billion tons of such dust in the world's ecosystem.

# KAY YOW CANCER FUND



Friends,

We are thinking about you!! We hope you are safe and healthy! We would love to hear from you and how you have adjusted to staying home. Share with us by responding to this email or emailing Sarah.Womack@KayYow.com.

Here is some good news from the Kay Yow Cancer Fund! As you know, one part of the mission of the Fund has always been to “serve the underserved.” In 2018, we launched a pilot program in an effort to increase funding to underserved populations battling cancer. For many underserved populations, the barriers to quality healthcare are very real and can have a generational impact on families. Thanks to YOUR efforts, we are changing the lives of so many women and their families.

The testimony below came from a woman who was diagnosed with cancer through the mobile mammography program at UNC Rex Healthcare:


“It was the difference in me having the care that I needed and not having it. It is as simple as that.”



We are excited and encouraged by the wins we are seeing in our underserved program. These wins equal lives changed. We celebrate the opportunity to unite with you to be a part of the solution in the fight against cancer!


Stephanie Glance, CEO  
Kay Yow Cancer Fund

#CancerCantWait

**YOUR IMPACT**

 *Grant provided funding for housing for women undergoing active cancer treatment (many of whom lived over 100 miles away from their treatment facilities)*

 *Grants provided funding for patient navigator programs* 

 *Grant provided funding for 3D imaging technology on 2 mobile mammography units and additional funding for an Angel Fund to provide financial assistance to women undergoing treatment for cancer.*



# OCTOBER 2020

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

## 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 Elliot Kelley

# THANKS TO OUR SPONSORS

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Guy in the Yellow Tie



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## TGCA NEWS

TGCA News is the official newsletter of the  
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### TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: [austingca.com](http://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