



# TGCA NEWS

MAY 2021



## 2020-2021 TGCA OFFICERS



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**FEATURE ARTICLES**

**Mental Aspect of Hitting**

By Scott Mann, TGCA Softball Committee Chair

**PAGES 1-2**

**Tips For Prepping Your Athletes For Success**

By Nancy Lieberman, BSN Sports

**PAGE 11**

**10 Mistakes to Avoid When Compiling a Resume**

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

**PAGE 14**

**Stragic Plan: 2020-2024**

Kay Yow Cancer Fund

**PAGE 15**

**ALSO INSIDE**

- State Championship Coaches .....3
- Track and Golf Coaches of the Year.....3
- Track and Golf Athletes of the Year.....3
- TGCA Hall of Fame Inductees .....4-5
- Margaret McKown Award..... 6
- Sportswriters of the Year ..... 6
- Sub-Varsity Coaches of the Year..... 6
- UIL Softball State Championships .....7
- Soccer Coaches & Athletes of the Year .....7
- 2021 TGCA Summer Clinic ..... 8
- 2021 TGCA All-Star Information..... 8
- TGCA Summer Clinic Hotels and Rates ..... 8
- 2021 TGCA Satellite Sports Clinics..... 9
- 2021 TGCA Summer Clinic Exhibitor Information...10
- Nomination Deadlines ..... 10
- AD&D Benefit ..... 10
- Membership Renewal & Clinic Registration 12-13
- Important Dates ..... 16
- TGCA Profile Update ..... 16
- Sponsors..... 17

*cover photo courtesy Chris Schmidt*

*left photo courtesy Jason Soliz*

# MENTAL ASPECT OF HITTING

Scott Mann Springtown HS | TGCA Softball Committee Chair



Hitting is adjusting—adjusting to the pitch, the type of pitcher, the count, the umpire, and the situation. The mental part of hitting begins in practice. In a game, it begins on the bench, continues in the on-deck circle and on the approach to the plate, and reaches its greatest intensity when the batter steps into the batter's box. Batters must be in control of themselves before they can control their at-bat. Self-control leads to body and skill control.

Success requires discipline, concentration, and quickness. Hitters should focus on one pitch at a time and on the process of the at-bat—not the result. They learn from every swing as they obtain immediate feedback and make the adjustments necessary for success. Instead of making excuses on a missed opportunity, good hitters figure out what they learned from the situation (too late, too fast, under the ball, and so on) and make mental notes on how to use that knowledge to succeed the next time. They also take note of what they were doing well when successful.

Hitting is an attitude. It is confidence, feeling and emotion. Players should believe that they are always going to hit the ball solidly “on the money!” Focus on the number of “quality at-bats” and not the batting average (because a hitter may hit the ball well but at someone). Players should also understand that the difference between a .200 hitter and a .300 hitter



photo courtesy Eric Rodgers

is only 1 hit in 10 at-bats. Hitters must let the pitcher know that they are “the best” and that the pitcher has her hands full. Great hitters never let up. If they are 4 for 4, they strive to go 5 for 5. Successful hitters visualize success. They see themselves getting the winning hit. They live for the moment when the bases are loaded and they step to the plate with the game on the line. Good hitters have high standards, high expectations, and a high level of commitment.

Good hitters are aggressive, prepared to hit every pitch. The batter should stride to every pitch with the intention of hitting the ball. She should hold up on the swing only when she recognizes that the pitch location makes it a poor pitch to hit. The adjustment to hold up the swing

should be made at the last moment. The approach to the pitch is “Yes, yes, yes, no” or “Yes, yes, yes, yes.” If the batter does not prepare to swing at every pitch, she will not be able to pull the trigger when she really wants to swing. A checked swing is a pitcher's best friend. The batter should go hard to every ball; a swing and a miss is better than a checked swing.

Hitters should focus only on the ball, not its location over the plate. If the ball is around home plate and the hitter is confident that she can hit it, then she should go after it! Players should focus on their strengths and jump on any mistakes made by the pitcher. Hitters should know their best pitches to hit and their hitting zone. Good hitters consistently hit balls within their hitting zone,

whereas weak hitters hit too many pitches in their weak area. The batter must never be emotional and show this. The pitcher will read her reactions. If the hitter is emotional, the pitcher will think she owns the batter and will gain the upper hand. The batter must not react to the umpire because that will never work to her advantage. And she must always separate offense from defense.

## The Count

Batters should try to think like a pitcher as they look for a pitch to hit. On the first pitch, the pitcher usually tries to get ahead in the count by throwing a strike. If she gets the strike, the next pitch will not be as good. The pitcher hopes the batter will chase the ball or that the umpire will call a strike if the pitch is close to the plate. The best pitch batters will likely see is that first pitch! Yet how many hitters take the first pitch with the justification that they want to see what the pitcher throws or that they want to get comfortable?

The hitter should not take a pitch to see what the pitcher is throwing. The next pitch will not be the same, and the hitter gets no feedback from taking a pitch. The batter has the opportunity to see the pitcher's delivery during the warm-up pitches.

Hitting sometimes seems as difficult as winning the lottery. The odds of hitting safely

Continued on Page 2

# MENTAL ASPECT OF HITTING

## Continued from Page 1

improve with three attempts, or chances, compared to with one or two, so batters should get their money's worth by using all three opportunities. If they swing and miss, at least they can gather information to adjust on the next swing (Was the swing too slow? Too early? Was I under the ball?). Hitters can learn nothing by taking a good pitch, and doing so only decreases the odds of success.

If the pitcher is behind on the count, the batter should expect to see the pitcher's best control pitch, usually a fastball, right over the plate. The batter should be ready to jump all over this pitch! With a runner on third and less than two outs, batters should look for a drop ball. The pitcher does not want to throw an "up" ball that can easily be hit in the air. The pitch selection charts in chapter 14 offer valuable information about what the pitcher and catcher are thinking and how they plan to set up the hitter. Pitchers generally establish a pattern during a game. By looking for this pattern, batters can know what pitch to expect. If they know what pitch is likely to be coming, they can more easily recognize and adjust to it.

### Two-Strike Adjustment

With two strikes, the goal is to put the ball in play. Hitters should recognize that the pitcher will throw a marginal or waste pitch and that they have to make some adjustments. But they should not drastically alter their swing

Count	Action
0-0	Be selective and aggressive. Swing if the pitch is a strike when facing an overpowering pitcher. In a sacrifice situation, bunt the first strike.
2-0	Hitter's Pitch, the pitcher does not want to go 3-0
3-0	Typically, a take, but the hitter should be ready if given the green light
1-1, 2-1	Be selective but aggressive
3-1	Hitter's Pitch
0-2, 3-2	With two strikes, widen the strike zone and choke up. Try and make contact and put the ball in play.

and stance. The goal is to avoid striking out and to put the ball in play so that the defense must make the out. Batters should expect no sympathy on taking a called third strike. Players can practice these two-strike adjustments in the batting cage:

- Move closer to the plate to protect the outside corner and to be able to reach outside pitches that can be driven to the opposite field.
- Enlarge the strike zone and swing at anything close to a strike. Don't let the umpire call you out.
- Focus on just meeting the ball and using a compact swing to put the ball in play. Don't swing for the fence.

### Conclusion

Hitters should learn to make adjustments each game, each at bat, each pitch, and to different pitchers. The mental approach is just as important or sometimes more important than the swing itself. If the batter is mentally beat before stepping into the box, they are certain they will fail. Having a clear, positive approach prior to stepping

into the box will allow them to have the success to get the job done. Hitting is a feeling, it's oftentimes an emotion as well. Whether it's moving the runner(s) over, hitting behind

the runner, or driving the ball in the gap and scoring the run(s). A good mental approach is key to a successful AB.



photo courtesy Eric Rodgers

## DREAMS CAN COME TRUE IF YOU WANT THEM COMING TRUE BAD ENOUGH

It has been a dream of the Texas Girls Coaches Association since last July to conduct an in-person clinic with All-Star games. This will become a reality in Arlington, Texas on July 12-15, 2021. Hall of Honor Banquet, Lectures, UIL Coaches Education, Welcome to Arlington at Texas Live, 1A-4A & 5A-6A All-Star demos, presentations, and games, peer elections for committees and 2nd Vice-President at the Regional meetings and general session. Access all the information at [www.austintgca.com](http://www.austintgca.com) Please register on-line and set-up

your hotel with the discounted rate. If I am a coach of girls' athletics or cheer, I want to belong to an organization that is composed of coaches like me, is designed for coaches like me, and governed by coaches like me. Coaches of girls' athletics and cheer live the everyday life of being a coach of girls' athletics and cheer and understand the needs of these activities. TGCA is the only organization that offers this type unity for this special group of coaches in Texas.

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2020-21 UIL GOLF STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.	COACH	SCHOOL	CONF.
Kerry Graham	Robert Lee	1A	Nathan Moses	Argyle	4A
Cory Horne	Normangee	2A	Mercedes Trent	Lewisville Hebron	6A
Rob Londerholm	Wall	3A			



photo courtesy UIL



photo courtesy Chris Schmidt

### GOLF ATHLETES OF THE YEAR

**Conf. 1A-2A-3A-4A:**  
Bohyun Park, Carrollton Ranchview  
(Coach Kevin Kelson)  
\*Pictured Top Left

**Conf. 5A-6A:**  
Mason Lewis, Granbury HS  
(Coach Becky Addison)

### GOLF COACHES OF THE YEAR

**Conf. 1A-2A-3A-4A:**  
Rob Londerholm, Wall HS

**Conf. 5A-6A:**  
Mercedes Trent, Lewisville Hebron HS

### TRACK ATHLETES OF THE YEAR

**Conf. 1A-2A-3A-4A:** Yierra Flemings  
Cameron Yoe HS  
(Coach Kayla Janicek)

**Conf. 5A-6A:** Brynn Brown  
Denton Guyer HS \*Pictured Bottom Left  
(Coach Megan Spraberry)

### FIELD ATHLETES OF THE YEAR

**Conf. 1A-2A-3A-4A:** Rylee Hennig  
Aquila HS  
(Coach Amanda Hennig)

**Conf. 5A-6A:** Alyssa Thomas  
Mont Belvieu Barbers Hill HS  
(Coach Stacy Tucker)

### TRACK & FIELD COACHES OF THE YEAR

**Conf. 1A-2A-3A-4A:**  
Aaron Wingfield, Kennedale HS

**Conf. 5A-6A:**  
Jennifer McHugh, SA Reagan HS

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2020-21 UIL TRACK & FIELD STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.	COACH	SCHOOL	CONF.
Ben Connell	Sands	1A	Aaron Wingfield	Kennedale	4A
Corby Maurer	Panhandle	2A	Shahira Ehiemua	Fort Bend Marshall	5A
Kayla Janicek	Cameron Yoe	3A	Beverly Humphrey	Lancaster	5A

# 2021 TGCA HALL OF FAME INDUCTEES



**NANCY WALLING**  
PFLUGERVILLE HS (RETIRED)  
KAY YOW FOUNDATION

With 30 years of award-winning coaching (27 as a head girls basketball coach) in the Texas high school coaching ranks, Nancy Walling (Texas '83) served as Athletic Coordinator and head basketball coach at Class 6A Pflugerville High School in Pflugerville, Texas, located outside of Austin from 1989-2014.

Walling served as head coach at Pflugerville for 25 years and led the Panthers to 18 state playoff appearances. Pflugerville advanced to the state tournament final four semifinals four times: 1993, 2005, 2009, 2013.

Walling was a finalist for Women's Basketball Coaches Association (WBCA) National Coach of the Year honors in 2009, and finished third in the national voting. She led Pflugerville to six national high school Top 25 year-end rankings.

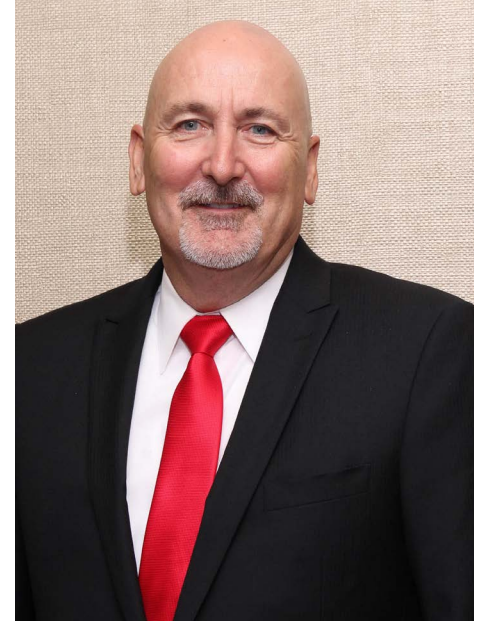
Under Walling, Pflugerville won its district championship 13 times in her tenure, including eight out of the final 11 years she led the program. In her last eight years at Pflugerville, Walling led the Panthers to a 268-36 record (an impressive 88.2 winning percentage).



**LANEIGH CLARK**  
PEARLAND HS

Coach Laneigh Clark is a native of Houston who graduated from J. Frank Dobie High School in Pasadena. Clark earned her B.S. degree in Education from Louisiana Tech University. At Louisiana Tech, she played softball for the Lady Techsters, participating in three College World Series and four Regional Tournaments. Clark played on a team that was ranked as high as No. 2 in the nation and played every position except pitcher.

Clark, who has been coaching for 34 years, began her career coaching softball and basketball at Haughton High School in Louisiana. She was then the head softball coach at both Centenary College and Sam Houston State University. Coach Clark became the head coach at Pearland High School in 1998. In her 23 years at Pearland, the Lady Oilers have won nine district Championships and been runner up another eight times. She has been named the District Coach of the Year nine times, and Texas Girls Coaches Association Coach of the Year in 2009, 2011 and 2016. During Clark's tenure, the Pearland Lady Oilers have reached the state tournament



**LEE GRISHAM**  
WIMBERLEY HS (RETIRED)

Lee Grisham retired from public education in 2011 and compiled an overall record of 559-183. A graduate of Southwest Texas State, he coached a variety of age groups, during his 30 year coaching career. This includes middle school and high school, at the 2A, 3A and 4A classifications. His first job was at New Braunfels Middle School in 1981, where he coached 7th grade football, 8th grade basketball and 7th/8th boys and girls tennis. The next five years, he was the head volleyball, JV girls basketball coach and the high school tennis coach at San Antonio Cole HS. In 1996, he moved to Wimberley, where he was named the head volleyball coach and head tennis coach. He coached at Wimberley for 15 years (1996-2010) and compiled an overall record of 495-111, with 6 State Championships in 9 State Tournament appearances. His teams won District Champs 14 straight years and were at least Regional Qualifiers 13 times out of 15. While at Wimberley, he created No Shortcuts Volleyball. During this time, he traveled Texas in the summer where he did over 175 camps and hosted a dozen coaches clinics. In

**Continued on Page 5**

# 2021 TGCA HALL OF FAME INDUCTEES

Continued from Page 4

## WALLING

with two state tournament semifinal showings, five national high school Top 25 rankings, and seven regional tournament appearances. In this span, Walling's Panthers averaged 33.6 victories per season.

Her overall varsity coaching record is 647-255 (902 games), for a winning percentage of 72 percent. Under Walling, Pflugerville dominated its district competition as she led the Panthers to an overall record of 234-76 in all-time district play.

Prior to coaching at Pflugerville, Walling was women's athletic coordinator and head girls basketball coach at Belton (Tx.) H.S. from 1987-89; she began her coaching career as a three-year assistant coach at Pflugerville H.S. (1984-87).

## GRISHAM

2004, he was named Coach of the Year by the National High School Coaches Association. In 2006 he was named CenTex Coach of the Year by the Austin American Statesman and the Texas Sports Writers Association. In 2003, he was named the Mizuno Texas Coach of the Year and LoneStarVolleyball.Com, Coach of the Year and Cen-Tex Coach of the Year by Austin American Statesman. In 2002 and 2001, the Texas Sports Writers Association selected him as the 3A Coach of the Year. In 2001 and 1999 he was selected by Texas Girls Coaches Association as an All-Star Coach. He completed two terms as the President of Texas Girls Coaches Association (2008-09, 2009-10). He currently serves as the Assistant Executive Director of the Texas Girls Coaches Association. He has been married to his wife, Lauri for 23 years. They have 3 children, Jesi, Jacob and Daneen, and 7 grandkids.

## CLARK

on four occasions (2009, 2010, 2011, 2016). The 2009 and 2016 runs both ended in runner-up finishes. In 2010, the Pearland Lady Oilers captured the 5A State Championship, not allowing a run in either the semifinal or the final. Coach Clark also received the Pearland Chamber of Commerce Citizen of the Year award in 2010. In 2011, she was honored with the Citizen of the Year Congressional Award. In addition to her individual honors, the coaching staff at Pearland High School has received the National Fastpitch Association Regional Coaching Staff of the Year award in 2009, 2010, and 2016.

The veteran coach has served on many different committees for the National Fastpitch Coaches Association, including serving as the organization's High School representative. Clark has coached NFCA All-Americans and Academic All-Americans, as well as NCAA Academic All-Americans. In addition to receiving awards at the national level, players at Pearland HS have been honored with 100+ state awards, including TGCA All-State, TGCA Academic All-State, TSWA All-State and TGCA All-Stars in her tenure at Pearland. Coach Clark was recently selected as Teacher

of the Month at PHS, and has earned the Coach of the Year from PISD administration. In 2008, she received the Charlie Maiorana Award by the Houston RBI Foundation. In 2016, Coach Clark received an NFCA 600 Career Victory Award; and, in 2017, she was honored by the TGCA for 500 victories while coaching at Pearland High School. Perennially, the Pearland Lady Oilers see the majority of their graduating senior student-athletes sign to play collegiate softball. Former Pearland Lady Oilers have played across the nation in conferences including the Southland, Big 12, Big East, SEC, Ivy league, and PAC 12. In addition to her coaching duties, Coach Clark is the Girls Athletic Coordinator at PHS. She has also been an integral part of organizing multiple successful fundraisers for members of the PHS family and the Pearland community at large.

Coach Clark is married to husband, James, who is a Karate Instructor in Pearland. Coach Clark enjoys spending time with her three dogs, Champ, Lucky, and Max, watching sports, and socializing with friends.



photo courtesy Chris Schmidt

# MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

## TEXAS PRESS ASSOCIATION

Texas Press Association is the voice of the state's newspaper industry.

The association promotes the welfare of Texas newspapers, encourages higher standards of journalism, and plays an important role in protecting the public's right to know as an advocate of First Amendment liberties.

More than 135 years ago, 77 Texas newspaper publishers made the long journey across Texas to the fledgling town of Houston to establish a state press organization. On May 19, 1880, the association was founded, and J.W. Fishburn of the Mexia Ledger was elected the first president. Today, TPA continues to be the trusted source that Tex-



as publishers turn to for information on editorial, advertising, postal, legal and legislative issues.

TPA is a non-profit trade association with two affiliates: Texas Press Service Inc., the for-profit advertising and sales arm of TPA; and the Texas Newspaper Foundation, a 501(c)(3) nonprofit corporation. TNF supports education and training opportunities for working journalists.

Texas Press Association is governed by a 30-member board of directors. This diverse group is composed of five elected officers, the executive director, six elected directors, eight appointed directors and 10 officers from the state's five regional press associations. With the assistance of volunteer committees, the support of its officers and directors and strong cooperation from members, TPA staff provide a comprehensive service program that fosters strong newspapers.

## SPORTSWRITERS OF THE YEAR

### STEVE GAMEL

DENTON RECORD CHRONICLE  
DIVISION I

Steve Gamel has been dedicated to covering high school sports for the past 24 years. He got his big break while in college when he was offered a job with the Lewisville News, and his first assignment was to be the beat reporter for the Flower Mound Marcus football team. The Marauders proceeded to go on a magical run to win a Class 5A state title at the Houston Astrodome, and Steve was forever hooked on what he believed was the greatest job in the world. More than two decades later, he still feels that way and has had the good fortune of covering some of the best teams and athletes in the state across all sports in boys and girls athletics.

His career includes stints at the Dallas Morning News, Allen Publishing, and, currently, the Denton Record-Chronicle. He has worked for the Denton Record-Chronicle as both a freelance and full-time sportswriter since 2013 and has been recognized by the Associated Press Sports Editors and Texas Associated Press Managing Editors for articles he's written.



### JACK STALLARD

LONGVIEW NEWS JOURNAL  
DIVISION II

Jack Stallard is currently in the middle of his 36th year covering sports in East Texas, the last 35 as sports editor at three newspapers – the Kilgore News Herald, Lufkin Daily News and Longview News-Journal

He has been president of the Texas Sports Writers Association, and for the past 14 years has been All-State Chairman for the Texas Sports Writers Association All-State softball and volleyball teams.

Stallard is also a contributing writer for Dave Campbell's Texas Football Magazine.

He was named Texas Girls Coaches Association Sportswriter of the year in 2004 and garnered the American Southwest Conference Outstanding Media Service Award in 2014.

Stallard was recently inducted into the East Texas Coaches Association Hall of Fame as the 2020 Distinguished Service Award honoree.



## 2020-21 SUB-VARSITY/MIDDLE SCHOOL COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Danielle Eschenburg	Sealy HS	Sub-Varsity Cross Country	1A-4A
Hannah Thompson	Devine HS	Sub-Varsity Basketball	1A-4A
Courtney Rutledge	Monahans HS	Sub-Varsity Volleyball	1A-4A
Jennifer Duffourc	Lake Travis HS	Sub-Varsity Volleyball	5A-6A
Steve Golemon	Llano HS	Sub-Varsity Track & Field	1A-4A
Whitney Lusk	Wolfforth Frenship HS	Sub-Varsity Track & Field	5A-6A
Katherine Shawver	Coahoma HS	Sub-Varsity Softball	1A-4A
Caroline Owen	Sealy JHS	Middle School Basketball	1A-4A
Misty Williams	Frenship Terra Vista MS	Middle School Basketball	5A-6A
Sharon Schroeder	Bellville JHS	Middle School Volleyball	1A-4A
Christie Andrew	Frisco Maus MS	Middle School Volleyball	5A-6A
Blair Hodges	Salado JHS	Middle School Basketball	1A-4A



# SOFTBALL STATE CHAMPIONSHIPS

Red & Charline McCombs Field University of Texas at Austin | June 1-5, 2021

## Schedule

### Tuesday, June 1

10:00 a.m. .... 1A Semifinal  
1:00 p.m. .... 1A Semifinal  
4:00 p.m. .... 2A Semifinal  
7:00 p.m. .... 2A Semifinal

### Wednesday, June 2

10:00 a.m. .... 3A Semifinal  
1:00 p.m. .... 3A Semifinal  
4:00 p.m. .... 1A Final  
7:00 p.m. .... 2A Final

### Thursday, June 3

1:00 p.m. .... 3A Final  
4:00 p.m. .... 4A Semifinal  
7:00 p.m. .... 4A Semifinal

### Friday, June 4

10:00 a.m. .... 5A Semifinal  
1:00 p.m. .... 5A Semifinal  
4:00 p.m. .... 6A Semifinal  
7:00 p.m. .... 6A Semifinal

### Saturday, June 5

1:00 p.m. .... 4A Final  
4:00 p.m. .... 5A Final  
7:00 p.m. .... 6A Final

When available, more information can be found on tickets and public parking for the 2021 UIL Softball State Tournament on the UIL website at [uilitexas.org/softball/state](http://uilitexas.org/softball/state)



photo courtesy Cynthia Herrera



photo courtesy Barbara Burnett



photo courtesy Chris Schmidt

## SOCCER ATHLETE OF THE YEAR

Conf. 4A-6A:  
Caroline Dill, Dripping Springs HS  
(Coach Bailee Perrine)  
(Pictured)

## SOCCER COACH OF THE YEAR

Conf. 4A-6A:  
Gerald Slovacek  
Midlothian Heritage HS

# 2021 TGCA SUMMER CLINIC

## ARLINGTON CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 12-15, 2021

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, with some lectures being held at the Sheraton Arlington, 1500 Convention Center Drive. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the All-Stars tab in the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 12th, 7:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard, with a social hour beginning

at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open in March. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You **MUST** book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations", soon.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under "Summer Clinic" and

"Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "**2021-22 Printable Membership Form**".

The 2021 TGCA Summer Clinic Agenda has been posted on the TGCA website, [www.austintgca.com](http://www.austintgca.com), and will be updated often as we progress towards Summer Clinic and dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2021 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2021 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

## 2021 TGCA ALL-STAR INFORMATION

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

- > [All-Star Itinerary](#)
- > [All-Star Game Schedule](#)

### FAQ

- > [All-Star Info](#)
- > [HS Coach of All-Star](#)
- > [TGCA All-Star Coach](#)



photo courtesy Theresa Urbanovsky

## 2021 SUMMER CLINIC HOTELS AND RATES

### HOTEL INFORMATION

Hotel online reservation services are available now on the TGCA website. Go to the TGCA website, [austintgca.com](http://austintgca.com), and click on "Summer Clinic" in the menu on the left-hand side of the page, then click on "Hotel Reservation Services" (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington this year with their rates, but please remember that you **cannot** call these hotels directly and get the TGCA rates. You

must go through the hotel reservations service. If you need assistance, contact information can be found on the hotel registration site.

**This is not a link to the hotel.** These are merely the hotels we will be using and the rates they have guaranteed TGCA. **You must go through the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to make your actual reservation.**

**CROWNE PLAZA**  
700 Avenue H East  
\$135.00

**HILTON ARLINGTON**  
2401 East Lamar Blvd  
\$139.00

**HILTON GARDEN INN DALLAS/ARLINGTON**  
2190 E Lamar Blvd  
\$119.00

**HOLIDAY INN ARLINGTON**  
1311 Wet N' Wild Way  
\$109.00

**SHERATON ARLINGTON**  
1500 Convention Center Drive  
\$142.00

Hotel Reservation Services are now open.

If you need assistance with your reservation, contact information for Orchid Reservation Services can be found under the Hotel Reservation Instructions link right below the Hotel Reservation Services link.

We thank you for your continued support of TGCA and look forward to seeing you at the 69th TGCA Annual Summer Clinic in Arlington July 12-15.

# TGCA 2021 SATELLITE SPORTS CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2021. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category and under the "Other Clinics" category, both located in the menu on

the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to print, complete it and either snail mail with a check, or fax (512-708-1325) or email

([tgca@austintgca.com](mailto:tgca@austintgca.com)) with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. If you have changed schools, please contact us. You cannot do that on-line. Agendas for all

clinics are available on the website, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

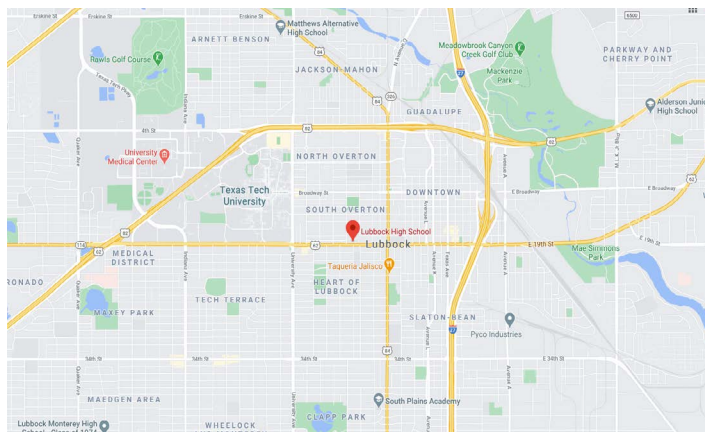
## SATELLITE CLINICS

### 2021 REGION I & II LUBBOCK SPORTS CLINIC

Lubbock High School  
2004 19th St., Lubbock, Texas  
June 11

[Agenda](#)

[Registration Form](#)



### 2021 EL PASO SPORTS CLINIC

Chapin High School  
7000 Dyer St., El Paso, Texas  
July 22

[Agenda](#)

[Registration Form](#)

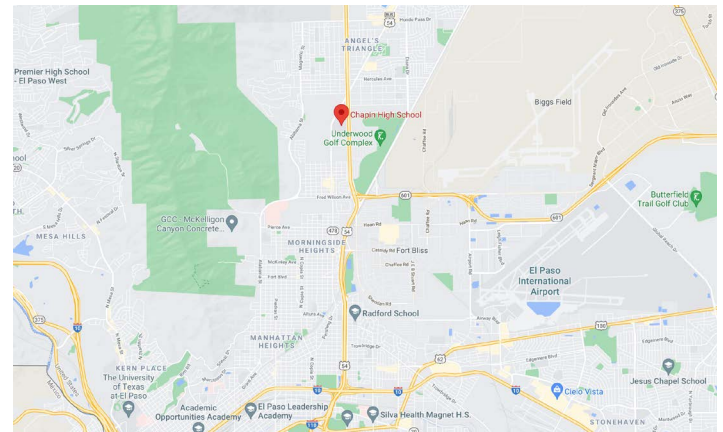


photo courtesy Barbara Burnett



photo courtesy Cynthia Herrera

**2020-21 MEMBERSHIP YEAR ENDS MAY 31ST, 2021. RENEW YOUR MEMBERSHIP TODAY SO THERE'S NO LAPSE. IF YOU DO IT TODAY, YOU DON'T HAVE TO WORRY ABOUT THAT NOVEMBER 1ST MEMBERSHIP DEADLINE FOR HONORS FOR NEXT YEAR.**

# 2021 EXHIBITOR INFORMATION TGCA ANNUAL SUMMER CLINIC

The Texas Girls Coaches Association is the only state-wide organization composed of coaches of girls' athletics, and governed by coaches of girls' athletics. The TGCA sponsors the only summer clinic for coaches of girls athletics aimed at improving the total school educational program. Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

During our Clinic, Exhibitors are offered an ideal opportunity to visit with coaches and display new products and equipment. Exhibitors are encouraged to reserve booth space now as booths are available on a first come-first serve basis.

1 Booth-\$450  
Additional Booths-\$400 each

#### Standard Booth:

-Space consisting of a curtained back wall  
-8 feet in height and dividing side rails 3 feet in height  
-10' x 10' including a 6-foot skirted table with 2 chairs.

\*TGCA will be following COVID-19 protocols and regulations; standard booth information and setup subject to change.

For more info, please visit our website [www.austintgca.com](http://www.austintgca.com) and click on "Exhibitors".

#### Exhibit Hall Hours

Tuesday: July 13  
Set Up: 7:00AM-11:00AM  
Open: 12:00PM-4:00PM  
Wednesday: July 14  
Setup: 8:00AM-4:00PM  
Breakdown: 4:00PM-5:00PM

#### Contact for More Information

P.O. Box 2137  
Austin, Texas 78768

Phone: (512) 708-1333

Fax: (512) 708-1325

[tgca@austintgca.com](mailto:tgca@austintgca.com)



photo courtesy Kerry Gabel

## 2020-21 TGCA NOMINATION FOR SPRING SPORTS

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

### DEADLINES

Softball

May 31, 2021

## AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!
- Child Safe Kits – this valuable tool can provide information to the authorities

if your child or grandchild should ever go missing!

• Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized in one place.

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

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

American Income Life is an international company licensed in 49 states, the District of Columbia, Canada



photo courtesy Logan Lawrence

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

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

# TIPS FOR PREPPING YOUR ATHLETES FOR SUCCESS



**Nancy Lieberman | BSN Sports**

Prepping for the season doesn't stop at uniforms and equipment. You've also got to make sure your student-athletes are prepared. Here are five things you can start doing today to ensure your team is ready to go when it's time to hit the court, field or course this season.

## **1. Focus on Health: Eat Healthy, Hydrate and Sleep Well**

As your body expends energy from exercise, you need to replenish those lost nutrients with foods that contain compounds to help your players perform at their best and improve rest. Some of the best include salmon, berries, beans or legumes, bananas, pasta, nuts, vegetables, whey protein, sweet potatoes, oatmeal and hydrating foods like watermelon.

In addition, staying *hydrated*, exercising regularly and eating their last meal of the day at least 2–3 hours before bedtime is the key to success for every athlete. Being as healthy as they can be before practice or competition will help them perform at their best for a longer period of time. Remind your players it takes discipline before you get to Game Day fun!

## **2. Lower Body Strength, Stability and Flexibility Workout**

Exercises like squats, leg extensions, leg curls, step-ups, lunges, reverse lunges, box jumps and bike sprints help to improve strength, flexibility and balance by focusing primarily on the lower body. Having a strong, stable lower body can help you feel more comfortable as you

move throughout the day and make simple movements easier, which is important at all stages of one's career and especially as we age. Simply put: the greater your athletes' flexibility and balance now, the less likely they'll suffer from injuries in the future.

## **3. Cross Training**

Cross training is a fun way to train. It allows your athletes to accomplish their training goals while preventing overtraining and boredom, which can happen when you perform the same workouts repeatedly. Cross training is typically defined as an exercise regimen that uses several modes of training to develop a specific component of fitness. The fundamentals of cross training are the same whether you're exercising for improved health and fitness or for competition. Try varying your players' exercise program by engaging in different types of activities, or simply add a new form of exercise to their existing workout routine, such as resistance training, Pilates or a boot-camp class.

## **4. Strength Training**

Strength (or resistance) training involves the performance of physical exercises designed to improve strength and endurance. Most athletes use weights, but you can also incorporate other training techniques, like calisthenics, isometrics and plyometrics. I call it PRE-HAB; getting strong and working your body hard before the point of injury so you can avoid REHAB!

## **5. Sport-Specific Training**

Sport-specific training is a constant

topic of discussion among athletes, parents and coaches. While some performance coaches scoff at the idea of sport-specific training, I love it. You have to put time into the actual sport and movements that it requires. This should be your #1 priority. Conditioning, weights and additional training is important, but not as much as actually playing your sport.

## **About Nancy Lieberman and Nancy Lieberman Charities**

Nancy "Lady Magic" Lieberman is a true pioneer in women's sports. Nancy is a Basketball Hall of Famer, two-time Olympian, former Asst. Coach with the Sacramento Kings and the 1st Female Head Coach in a Men's Professional League NBA G League TX Legends (Dallas Mavericks affiliate) BIG3 HC Team Power, 2018 Champions and Coach of the Year. In 2009, Nancy Lieberman Charities was established with the mission to provide a healthy physical, emotional and mental environment for young girls and boys to build their self-esteem and confidence so they will be able to make the right choices in the future. Nancy Lieberman is dedicated to expanding and ensuring that educational and mentorship opportunities exist for youth through Educational College Scholarships, Financial Literacy, Dream Court programs with STEM and Civic Engagement, backpack and laptop programs. Find out more online at [www.nancyliebermancharities.org](http://www.nancyliebermancharities.org)



photo courtesy Julia Best



photo courtesy Logan Lawrence

# 2021-22 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2021-2022 year will become active. Please

keep in mind that on February 1st and after that date, if you still need to renew for the 2021-22 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, [www.austintgca.com](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the

Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00

on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check

**Continued on Page 13**

*photo courtesy Cynthia Herrera*



# 2021-22 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 12

your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2020 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new CenTex Sports Clinic in Austin. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above.

The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2020-21 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2020-21 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clin-



photo courtesy Cynthia Herrera

ics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do

that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, [www.austintgca.com](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process out-

lined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

## EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2021-22 year, beginning June 1, 2021 and ending May 31st, 2022. Please be sure that is what you intended to do. You may still print a 2020-21 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

# 10

## MISTAKES TO AVOID WHEN COMPILING A RESUME

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 Costly indifference.** One seemingly small resume mistake that can mean the difference between landing a job interview and a missed opportunity is having spelling and grammatical errors in the resume. No excuse exists for such sloppiness, misused words, incorrect spelling, or punctuation overuse on a resume. These kinds of blunders will get a resume quickly tossed into the reject pile.

dividual left their previous job(s) are also considered irrelevant inclusions.

**3 More is not better.** A resume should not include too much information. Unless a person is applying for a position in academia (in which case, a CV is typically required in lieu of a resume), a resume should be kept to one or two pages. A resume does not have to address

sity and a health/fitness club certainly don't hire the same way, arguably an individual shouldn't apply to them the same way. As such, it may be advisable for a person to tailor (craft) their resume for each position for which they are applying.

**5 Excessively elaborate.** With regard to resume format, less is typically more. As such, a simple, clean resume design—one that favors white space and makes the information relatively easy to read and understand—is preferred. Someone who is reading a resume should not be forced to hunt for pertinent information. Fancy graphs and bells-and-whistles should be saved for an individual's personal website, not used on their resume.

**6 No keywords = no calls.** Given the fact that almost all (i.e., 90%) of employers use software to search resume databases for specific keywords that relate to their job openings, it is essential that a resume include keywords that match the job description. Fortunately, information is available online concerning standard descriptors specific to an occupation.

**7 Social media matters.** Social media can be an incredibly valuable tool professionally or it can derail a person's job-seeking efforts by giving a potential employer the wrong impression of an individual. The key is to remember that social media has the possibility of lasting forever. Included in a list of social media no-no's is using a less-than-professional

email address (e.g., cutechick-4life@gmail.com; IMAHOT-GUY@yahoo.com).

**8 Jargon for stupid.** The use of common buzzwords (e.g., think outside the box, go-getter, people pleaser, etc.) should be eschewed, as should somewhat nebulous cliches, such as proactive, hardworking, thought leader, and team player. Rather, words should be utilized that help convey the value an individual can bring to a prospective employer.

**9 Stuffing the box.** Padding is a no-no when developing a resume. For example, every piece of technology a person has ever used, touched, seen, or heard about should not be listed. The basic guideline is that unless a person can hold their own on a subject listed in their resume, it should be left out. Furthermore, while most job candidates feel the need to include the phrase "proficient in Microsoft Word, Excel, and PowerPoint" in their resume, such a skill is already commonly assumed for college graduates.

**10 No substitute for integrity.** Honesty is the best policy in all things, including writing a resume. In that regard, being misleading won't end well for a person either. Either the individual will be caught in the equivocation and have to deal with the attendant embarrassment or the resume writer may end up in a position that they don't have the skill set to fulfill.



photo courtesy Barbara Burnett

**2 Not germane.** A resume should not include information that is outdated or is not relevant to the job. Examples of information that is not consistent with commonly accepted resume-writing standards are the individual's age, hobbies, and marital status. A person's headshot, GPA, and why that in-

every detail about each job a person may have held at some point during their career.

**4 One size doesn't always fit all.** The mindset that one type of resume is appropriate for a variety of different kinds of jobs is often unjustified. For example, because a univer-



# KAY YOW CANCER FUND



## Strategic Plan: 2020 - 2024

### INTRODUCTION

Battling stage IV cancer, Hall of Fame coach, Kay Yow gave her final and lasting gift -- the Kay Yow Cancer Fund. On December 3, 2007, Kay Yow's vision became a reality. Every day for the past 12 years, the Kay Yow Cancer Fund has been a uniting force, providing strength, courage, and hope in the fight against ALL cancers affecting women.

Kay Yow's vision was vast. She wanted to impact lives and through the Kay Yow Cancer Fund, she continues to serve and give to others. Coach Yow realized that there was a great opportunity to give HOPE to women and their families who were battling cancer by providing funding for life extending and enhance research and to give STRENGTH to underserved women by addressing more immediate and perhaps tangible needs.

As a Hall of Fame women's basketball coach, Kay Yow envisioned the women's basketball community of coaches, players, officials, and fans coming together to fight a common opponent: CANCER.

Kay Yow's vision instantly galvanized a nation and Play4Kay, the largest fundraiser of the Kay Yow Cancer Fund was born in all 50 states.

A nation united and to date, the Kay Yow Cancer Fund,

thanks to the generosity of many corporate and individual donors, has awarded \$7.78 million in the fight against ALL cancers affecting women.

**This is OUR MOVEMENT.**

### OUR MISSION

The Kay Yow Cancer Fund is a 501 (c) (3) charitable organization committed to the fight against ALL cancer affecting women. Our mission is to raise money for scientific research for the devel-

opment of life-enhancing drugs and clinical studies; assist the underserved; and unify people for a common cause.

### OUR VISION

The vision for the Kay Yow Cancer Fund is to be the premier non-profit organization dedicated to supporting innovative ways of fighting **ALL cancers affecting women** and providing support through giving strength, courage and hope.

### 2020-2024 Strategic Plan - 3 Goals: Sustainability, Brand, Impact

#### **Sustainability - Become a five million dollar, fiscally sustainable non-profit organization**

- Employ Board of Directors
- PLAY4KAY
- Grassroots/ Third Party Events
- Corporations, mission partners and small businesses
- Individual Giving
- Utilize proof-of- concept business models
- Signature Events

#### **Brand - Elevate the Kay Yow Cancer Fund Brand**

- Expand the brand of the Kay Yow Cancer Fund by strategically positioning and leveraging Kay Yow's influence
- Educate people on the impact of Kay Yow Cancer Fund grants
- Leverage the Kay Yow Cancer Fund events and partnerships to unite people and expand brand.
- Build the Kay Yow Cancer Fund sphere of influence through connecting various cancer survivor groups

#### **Impact - Impact the fight against ALL cancers affecting women**

- Align the grant distribution between the Underserved Programs and research
- Determine annual grant cash-out to align with organization's growth and fiscal responsibility.

# JUNE / JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		June 1	2	3	4	5
			SOFTBALL: STATE TOURNAMENT			
6 TGCA: Board of Directors Meeting. TGCA: Softball All-State Committee Meeting TGCA: Softball Committee Meeting (Zoom)	7	8	9	10	11 TGCA LUBBOCK SPORTS CLINIC	12
13	14	15 UIL: Legislative Council Athletic and Policy Committee meetings	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	July 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	TGCA SUMMER CLINIC - ARLINGTON					
	TGCA: Board of Directors Meeting.		TGCA: Spirit Committee Meeting.			
18	19	20	21	22 TGCA EL PASO SPORTS CLINIC	23	24
25	26	27	28	29	30	31

## TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.



photo courtesy Jason Soliz

# THANKS TO OUR SPONSORS

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Tom Rogers Financial  
& Insurance Associates**



**Baden**



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Awards & more!



**balfour**



**MileSplit**

**VARSITY**

The power to do more

*Guy in the Yellow Tie*



**BSN SPORTS**



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



## TGCA NEWS

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

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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.



@AUSTINTGCA