



TGCA NEWS

FEBRUARY 2022



2021-2022 TGCA OFFICERS



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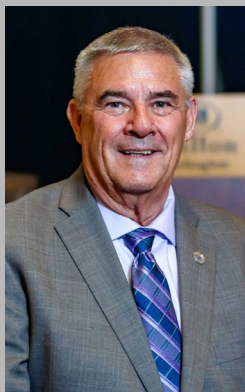
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TABLE OF CONTENTS

FEATURE ARTICLES

Lessons Learned

By Amy Powell, TGCA Basketball Committee Chair

PAGES 1-2

Building Confidence in Female Athletes

By Kara Lynn Joyce, USA Olympic Medalists, BSN Sports

PAGE 3

10 Ought-To-Know Facts About Strokes

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

PAGE 12

Underserved Programs

Kay Yow Cancer Fund

PAGE 13

ALSO INSIDE

Basketball State Championships	4
UIL 100	4
TGCA Spirit Postseason Awards	5
TGCA Swimming & Diving Postseason Awards ...	5
TGCA Membership Renewal	5
2022 TGCA Summer Clinic	6
Summer Clinic Exhibit Information.....	6
TGCA All-Star Program	6
TGCA Summer Satellite Clinics	7
General Nomination Instructions	8
Online Nomination Instructions	9
AD&D Benefit	10
Sport Nomination Deadlines	10
TGCA Career Victories	11
Sub-Varsity Years of Service	11
Important Dates	14
Update Online Profile.....	14
Sub-Varsity COY Nom Deadline	14
Sponsors.....	15

cover photo courtesy Alberto Rodriguez

right photo courtesy Anthony Branch



LESSONS LEARNED

Amy Powell Abilene Wylie HS | **TGCA Basketball Committee Chair**

I've been a coach now for 21 years and 18 of those have been as a head coach. When looking back over those 21 years, I have made numerous mistakes, handled situations poorly and learned many lessons the hard way. So, I thought I would try to impart some knowledge to some young coaches who might be navigating their way through long seasons, difficult times and maybe help you avoid some of the mistakes I made along the way as well as some of the things I did well. This article is basically lessons I've learned in my 21 years of coaching.

Lesson #1: Learn to network.

After receiving a degree from Abilene Christian University in Biology, I took a few years to work, while obtaining my teaching certification from UT Arlington. Recently married, my husband took a job in Temple so I was scrambling to find a job in that area. Basically, a friend of a friend knew the Girls Athletic Coordinator, Kay Bacon, at Temple High School and I landed

my first coaching job at Bonham Middle School at the age of 27. Networking, meeting new people and new coaches in the profession, can get your foot in the door for a new job and can be a tremendous asset down the road.

Lesson #2: Coaching at the junior high level is hard. Treat those coaches well. They are the building blocks of your program.

Like many 27-year-olds, I thought I knew it all. I had always loved sports, especially basketball, but I don't think the thought of being a head coach ever crossed my mind. While at Bonham, the Temple High School head coach made it mandatory for the junior high coaches to attend a few high school practices in the evenings. Honestly, I was not happy about the mandate; you know, I was newly married and I thought I was "busy." I'm glad he set that expectation because I learned so much just from watching. He gave us a practice plan and made us

watch drills that he liked. He showed us offensive and defensive schemes he wanted us to run and I still run some of them to this day. He gave us expectations as junior high coaches and I then began to learn the intricacies of running a "program." Those 3 years were so valuable at the junior high level because I learned to organize my practice time and how to deal with difficult athletes, parents, etc. Although he was demanding, he treated us well and he knew we were laying the foundation for his program.

Lesson #3: Sometimes people see something in you that you don't see in yourself.

In 2000, we moved to a small town in south Texas called Hallettsville. It was in 2001, an athletic director, Coach Pat Henke, approached me about coaching at the local private Catholic school, TAPPS 2A, and serving as their head girls basketball coach. Somehow through the grapevine (there are no secrets in a small town) he found out about my background. "Me?" I said. I almost laughed at him. "I have no head coaching experience!" I hadn't even been an assistant coach at the high school level. "Believe me" he said, "you'll be fine." I coached at this high school for 8 years. 3 of those years, we went to the TAPPS state tournament. Coach Henke saw something in me and today, I'm ever thankful he did.

Lesson #4: Being a mom and a head coach and doing both well is possible.

I was raising 2 young boys ages 4 and 1 when I was offered my first head coaching job. I needed to get out of the house a bit and this was an opportunity for me to get to know some good people in the community. Having a terrific, understanding, supportive husband helped as well! I am so thankful I took that job. A gym with no air conditioning in south Texas, no assistant coach and coaching both the JV and Varsity



ty teams by myself was a challenge. Then, summer came and I had to organize a basketball camp. Truthfully, I had no idea what I was doing but I had met Jan Lahodny through a mutual friend (again networking), and I enlisted her help with basketball camp. Jan Lahodny was a sports legend in that area, after winning multiple state championships at Victoria High School. So, I asked her to come into my gym and run the summer basketball camps. I made no money off these camps but I just sat there like a sponge trying to soak up every bit of information possible. After watching her organizational skills, her communication skills, her sense of humor, her basketball IQ, her enthusiasm for the game, she became my mentor and I tried to take it all in. During my eight years there, I added another son to the mix, an assistant coach, and battled cancer. My boys rode the bus with me to away games, sat on the bench and had an instant sisterly connection with the girls on my team. They loved every minute of it. Now, they are all 3 grown adults, and will still bring up the memories they made with the girls on my teams. These were some of the best years of my life. I realized I loved what I was doing, and guess what, I wasn't half bad at it either. The relationships with my athletes, the competition... I loved it all!

However in 2009, I decided I needed a change and wanted to watch my oldest, now in junior high, begin participating in his own sporting events. So, I resigned from my first head coaching job.



photo courtesy Brad Blalock

Continued on Page 2

Continued from Page 1

Lesson #5: Don't be afraid of change.

After 3 years of being a full time mom, I missed the game and the public school coach in Hallettsville was retiring. My eyes lit up. This would be ideal. My boys, now three of them, all attended public school. My oldest was at the high school and I would get to coach at the school where they attended. So, I began to coach at the 3A level. A big leap of faith in my mind. Was I good enough to now coach at the 3A public school level? I was terrified. In my second season, we made it to our first state basketball appearance in school history, the last state championships in The Drum in Austin. We fell to eventual state champion Wall. Because I wasn't afraid to change my life's path, I was able to reach a dream of mine of getting to Austin.

Lesson #6: Don't be content.

I still wasn't spending my summers or off time doing camps or learning from others, I had grown stagnant and quite honestly content with where I was. In the meantime, technology had taken off and I had begun watching videos, listening to online chats or anything to help give me an edge. In the back of my mind, I had always wondered if I was good enough to coach at a higher level. I had attended a 5A high school in the DFW area and I knew the type of competition that was there on a night in, night out basis. Then, a job at Abilene Wylie became available and I was lucky enough to get the job. Again, networking was my ally. I was initially overwhelmed and kept thinking, "What have I gotten myself into?" I was now the head coach of a school transitioning into 5A, in Region 1 of Texas, which has some of the best basketball in the state. I realized very quickly the amount of coaching talent in the area and I needed to pick up my game or I was going to be in trouble.



photo courtesy Saija Cleveland

Lesson #7: Use part of your summer/free time to attend camps and learn from other coaches, even for free.

With the new pressure of being a 5A coach, I began attending camps as often as I could to learn from others. I wanted to learn as much as I could from coaches around the state. Please know by this time in my life, I was in my late 40's, 14 years of head coaching experience and all of a sudden, I felt like I knew absolutely nothing. The coaches in this region are very good and the players are really talented. For example, one summer I was asked to work the Texas Preps girls basketball camp, hosted at Hardin Simmons University. Some of the best coaches in the state of Texas were there and every drill they led, I was intently listening. By working this camp, I left a better coach. Being in Abilene, and an ACU alum I asked Coach Goodenough, the head women's basketball coach at ACU if I could attend her practices. Monthly, she would text me the practice plan for her team and I could sneak in and watch. Again, I was learning as much as I could. I began watching game film like never before. I now had two assistants and

many more athletes to deal with in my program. I had to learn to delegate responsibilities, and to learn to not be a control freak. I was hungrier than ever before and still had a passion for this game like no other, but I had to learn to put my ego aside and listen to coaches 20 years my younger. They had newer ideas and philosophies that would only strengthen our program. I had to adapt to an ever changing game.

Lesson #8: Never be afraid to admit your mistakes.

Even with all these years of experience, I have said things to athletes that I've regretted and I've handled situations poorly. I have removed athletes or let athletes leave my program that probably needed basketball much more than I needed them. I have put levels of expectations on my athletes that are sometimes too difficult to achieve. Don't be afraid to apologize to an athlete for things said in the heat of the moment. We are all human and make mistakes. Every occasion that I've had to go back and apologize to an athlete has only made my relationship with that athlete stronger.

Lesson #9: Don't take your losses out on your family.

This is one I still struggle with even today. I'm a very poor loser but I continue to be a work in progress. In 18 years of coaching, I've endured three very long losing seasons as well as seasons with 30+ wins. Every loss still bothers me deeply to a fault. My boys had a running joke, that if mom returned home after a loss, you'd better keep your distance! There will be great seasons and long difficult ones, remember it's the journey that's important.

Lesson #10: TGCA is a great organization to be a part of. Get involved. You won't regret it.

Being a member of TGCA has enabled me to do many things. Networking with other coaches, many of whom I met while working at camps, has allowed me to continue to grow and learn. I am now in my 50's and I am still wanting to learn! I have recently learned all the important things that go on behind the scenes at TGCA to help promote girls' sports in the state of Texas. I have learned that the opinions, voices, and experiences of all these coaches are what make TGCA special.

BUILDING CONFIDENCE IN FEMALE ATHLETES

Kara Lynn Joyce USA Swimming | **Four-time Olympic Medalist** | **BSN Sports**

Kara Lynn Joyce, a three-time USA Olympic swimmer who competed in the 2004, 2008 and 2012 Olympics for Team USA, won a total of four medals. As a swimmer for the University of Georgia, Joyce won 18 NCAA titles and set the American Record in the 50-yard and 50-short-course-meter freestyle.

In 2017, Kara founded the LEAD Sports Summit for teenage girl athletes. The LEAD Company's mission is to empower and educate female athletes and coaches, providing them with skills in leadership, confidence, nutrition, sports psychology and athletic development.

Over the last four years, the Lead Company has grown from not only a yearly event, but an online community and academy. The Lead Sports Academy is the home base for teenage girl athletes, coaches and parents with comprehensive online courses in Leadership, Confidence, Sports Psychology and more.

The following is an excerpt from Kara Lynn Joyce's recent webinar.

Keys to coaching girls: There are several techniques coaches can use to help women and girls approach every game with confidence, drive and competitiveness, even if it doesn't come naturally.

First, let's talk about the difference between men's and women's brains. Men's brains tend to be described as boxes; the boxes don't overlap and never touch. They can only think about one thing at one time and or think about nothing. As women, we would love to turn off our minds, but our brains are described as a ball of wire and everything is connected so when we have a thought, it's like dominos falling. We go deep and we go complex. For example, a softball player during a game will not only be thinking about scoring homer-

uns, but also about her homework and the relationships she has going on at that moment. What makes us more complex is that this ball of wire is connected to emotions. The only way we can keep balanced is to express our emotions. When we express those emotions, we regain balance. So, what can we learn from this? Women are very different but as women, we are so often expected to think like men. We, as women, don't need to be ashamed of how our brains work; we offer a different perspective that guys don't have. Our thoughts, though they are different, are valuable and important. We need to focus less on what others think, even though we, as women, are hardwired to do this. Sometimes, this keeps us from what is best for us. We need to remember to do what is best for us and not to worry about what other people think.

As coaches, we need to focus on building confidence in female athletes. One way we can do this is by building positive, one-on-one relationships. Work on developing relationships with your players on and off the court or field. When there is a need for feedback, focus on giving that feedback in private and not publicly. Confidence is fostered through growth in self-belief and overall relationship growth rather than on outcome or performance. Below, I have included some helpful tips on building confidence within your athletes.

1. Listen.

As women, we love to chat. If you are a head coach and are not very talkative, make sure to focus on loosening up, as most female athletes need communication; they crave advice and are always looking to improve. Create one-on-one sessions with each player where you can set goals and discuss areas of improvement, as well as check in on things they may be dealing with outside of the gym or



field. These don't have to be weekly, but just a few times throughout the season can truly help your players' confidence.

2. Start and end practice with an attainable drill.

Help your athletes get focused with a drill that they can reach so they can finish practice on a high note; this can help improve their confidence.

3. Be specific with your feedback.

When you give feedback to the large group, make sure you are specific with your feedback, using names and specific examples in the play. Blanket feedback can, in some cases, lead all the girls to feel they are to blame.

4. Don't yell; be thoughtful.

Yelling or being animated does not always motivate. In most cases, it makes the athlete feel they have failed and let you down. As women, we hate disappointing. A better approach is to give clear and direct feedback, but not to attack. We crave advice and want to improve. Overall, we want to feel connected to you as our coach; you are the person who believes in our skills and trusts in our abilities.

5. Don't tell your athletes to "not think about it."

As women, it is impossible for us to "think about nothing." As discussed earlier, that is not how our brains are wired. Help your athletes to channel their thinking by focusing on things they can control during their game or envisioning the way they plan to play.

6. Inspire the next generation.

If something looks interesting and fun, you will get buy-in. If you can create an environment that is inviting, brings happiness, encourages hard work and competitiveness, you'll inspire them.

Overall, as coaches of female athletes, it is imperative to understand that they will not ever be men. Instead of asking them to think like a man, let's focus on shifting how we coach and play to their many strengths. Once we learn what is needed for our female athletes to be successful and confident, we will become successful coaches.

Watch more of our "Building Confidence" webinar with Kara Lynn Joyce now.

[VIEW WEBINAR >>](#)

GIRLS BASKETBALL STATE CHAMPIONSHIPS

The Alamodome San Antonio, TX | March 3-5, 2022

Thursday, March 3		Conference 4A Semifinal #2		3:00 PM
Conference 1A Semifinal #1	8:30 AM	Conference 6A Semifinal #1		7:00 PM
Conference 1A Semifinal #2	10:00 AM	Conference 6A Semifinal #2		8:30 PM
Conference 3A Semifinal #1	1:30 PM			
Conference 3A Semifinal #2	3:00 PM			
Conference 5A Semifinal #1	7:00 PM			
Conference 5A Semifinal #2	8:30 PM			
Friday, March 4		Saturday, March 5		
Conference 2A Semifinal #1	8:30 AM	Conference 1A Final		8:30 AM
Conference 2A Semifinal #2	10:00 AM	Conference 3A Final		10:00 AM
Conference 4A Semifinal #1	1:30 PM	Conference 2A Final		1:30 PM
		Conference 5A Final		3:00 PM
		Conference 4A Final		7:00 PM
		Conference 6A Final		8:30 PM

Tickets

Girls State All-Tournament Ticket.....\$133*
 General Session Tickets..... TBA

*Additional fees may apply.

*All tickets sales will be sold online only.

If there are any issues or questions with ticket orders, please contact Ticketmaster at 1-800-745-3000.

All-tournament ticket purchases are available: [Click Here](#)

General Session Tickets will be sold online beginning Feb. 28th. [Click Here](#)

Seating Information

All tickets are general admission for the girls tournament, however, the home team side will be the north side of the court, the visitor team side will be on the south side of the

court. Please reference the Floor Diagram below for more information.

Floor Diagram

Parking

Parking information will be posted on the [UIL Website](#) when available.

Alamodome Clear Bag Policy

To provide a safer environment for the public and in order to expedite fan entry into the Alamodome, we have implemented a Clear Bag Policy (similar to the NFL Clear Bag policy) that limits the size and type of bags that may be brought into the Alamodome. The clear bag guidelines can be found [here](#). All spectators will need to comply with the clear bag policy for entry into the stadium.

100 YEARS OF TEXAS HIGH SCHOOL BASKETBALL

In celebration of 100 years of UIL Texas high school basketball, the UIL will honor the best, the brightest and the most unforgettable icons and legends in the sport's illustrious history. With the help of some of the state's foremost experts and historians, the UIL will honor 100 of the greatest players to ever suit up in Texas, 100 of the finest teams to grace the hardwood, and 100 of the top coaches to walk the sidelines in UIL History.

[Visit UIL 100 Here](#)



Britney Griner



photo courtesy Henry Huey

TGCA POSTSEASON HONORS

Congratulations to the following TGCA member coaches and their teams who will be presented State Championship rings from Herff Jones for capturing 2021-22 UIL State Championships!

SPIRIT

COACH	SCHOOL	CONF.	COACH	SCHOOL	CONF.
Victoria Butler	Keller Fossil Ridge	Co-Ed	Catherine Henry	Grapevine	5A-D1
Melissa Everson	Benjamin	1A	Nicole Mitchell	Crandall	5A-D2
Misty Bumpurs	Jewett Leon	2A	Amy Weaston	Katy Seven Lakes	6A-D1
Katy Baugh	Lago Vista	3A-D1	Bailey Broadstreet	Northwest Nelson	6A-D2
Jaci Phippen	Jacksboro	3A-D2			
Melanie Bodiford	Lumberton	4A-D1			
Julie Hall	Celina	4A-D2			

CHEERLEADERS OF THE YEAR

Conf. 1A-4A: Kutter Partington
Ropes HS

(Coach Morgan Jackson)

Conf. 5A-6A: Taylor Merchant
Northwest Nelson HS
(Coach Bailey Broadstreet)

SPIRIT COACHES OF THE YEAR

Conf. 1A-4A: Jenna Wilkins
Mount Vernon HS

Conf. 5A-6A: Matthew Escue
McAllen Memorial HS

SUB-VARSITY

SPIRIT COACHES OF THE YEAR

Conf. 1A-6A: Mary Jo Hall
Katy Seven Lakes HS



SWIMMING & DIVING ATHLETES OF THE YEAR

Conf. 5A-6A Swimming: Camille Murray
McKinney North HS
(Coach Brenda Files)

Conf. 5A-6A Diving: Kyleigh Kidd
Southlake Carroll HS
(Coach Kevin Murphy)

SWIMMING & DIVING COACHES OF THE YEAR

Conf. 5A-6A: Trey Hayes
Lubbock HS

SWIMMING & DIVING

Congratulations to the following TGCA member coaches and their teams who will be presented State Championship rings from Herff Jones for capturing 2021-22 UIL State Championships!

COACH	SCHOOL	CONF.	COACH	SCHOOL	CONF.
Trey Hayes	Lubbock	5A	Kevin Murphy	Southlake Carroll	6A

TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER - ATHLETIC & SPIRIT DIVISIONS
JULY 11 - 14



photo courtesy Aniyah Sanford

On-line registration for Summer Clinic and Membership renewal is now available. On-line registration is quick and simple. Just go to the TGCA website, www.austintgca.com, and if you are renewing your membership and registering for clinic, click on "Membership Site" in the menu on the left-hand side of the page. You will be required to log in. Click on the "Summer Clinic" link in the menu on the left-hand side of the page. You may renew your membership and register for Summer Clinic there. You must be a member of TGCA to attend either division of Summer Clinic. Membership fee is \$70.00 and Summer Clinic fee is \$65.00, for a total of \$135.00, if you do it before June 15th. Beginning June 15th, clinic late fee applies at the cost of an extra \$15.00, making Summer Clinic fee \$80.00, and the total of both \$150.00. Be sure you get your registration in BEFORE June 15th to avoid the Summer Clinic

late fee.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled "First Time Member" in the menu on the left-hand side of the home page of the website, and follow the instructions from there. If you are already a member, DO NOT USE this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had. If you do not remember your membership number or password, or have changed schools, please contact us and we will be happy to assist you with that information.

You will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the

appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located on-line at our website, www.austintgca.com, under the "Forms" category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, "2022-23 Printable Membership Form". You can print the form, complete it, and mail it with a check or credit card number, or fax it or scan and email it with a valid credit card number to TGCA at P.O. Box 2137, Austin, TX, 78768, fax (512) 708-1325, email tgca@austintgca.com.

ON-SITE REGISTRATION

On-site registration will begin Monday, July 11th, at 2:00 p.m., in the Arlington Convention Center, 1200 Ballpark Way. Registration is in Room E-3, which is adjacent to the Exhibit Hall. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also. You will need your clinic badge if attending the UIL Coaches Certification Program lectures, as badges will have to be scanned for UIL credit for those courses. They begin Tuesday morning. Check the agenda on the website for times of all lectures. It is under the Summer Clinic tab in the menu on the left-hand side of the home page of the website.

HOTEL INFORMATION

Hotel on-line reservation services will be available on the

TGCA website in March. Go to the TGCA website, www.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.

HOTELS FOR SUMMER CLINIC

Crowne Plaza
700 Avenue H E
\$135.00

Double Tree by Hilton
1507 N Watson Rd
\$129.00

Hilton Arlington
2401 E Lamar Blvd
\$144.00

Hilton Garden Inn
2190 E Lamar Blvd
\$129.00

Holiday Inn
1311 Wet N' Wild Way
\$109.00

Sheraton Arlington
1500 Convention Center Dr
\$145.00

We thank you for your continued support of TGCA and look forward to seeing you at the 70th TGCA Annual Summer Clinic in Arlington July 11-14.

2022 SUMMER CLINIC EXHIBIT WITH US

TEXAS GIRLS COACHES ASSOCIATION

SUMMER CLINIC AND EXHIBITOR SHOW

ARLINGTON CONVENTION CENTER

July 12-13, 2022 10'X10' BOOTH: \$450
ADDITIONAL: \$400

ADVERTISE

AD space AVAILABLE!

For questions or additional
Exhibitor information please visit
our website or contact:

tgca@austintgca.com
(512) 708-1838

www.austintgca.com

TGCA ALL-STAR PROGRAM

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](#)

TGCA SATELLITE CLINICS

TGCA will be hosting three Satellite Sports Clinics in 2022. 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, 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) 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.

2022 EAST TEXAS ALL-SPORTS CLINIC

Marshall High School
1900 Maverick Dr.
Marshall, Texas
May 21

[Agenda](#) [Registration](#)

2022 SUMMER CLINIC

Athletic & Spirit Divisions
Arlington Convention Center
Arlington, Texas
July 11 - 14

[Agenda](#)

2022 REGION I & II LUBBOCK ALL-SPORTS CLINIC

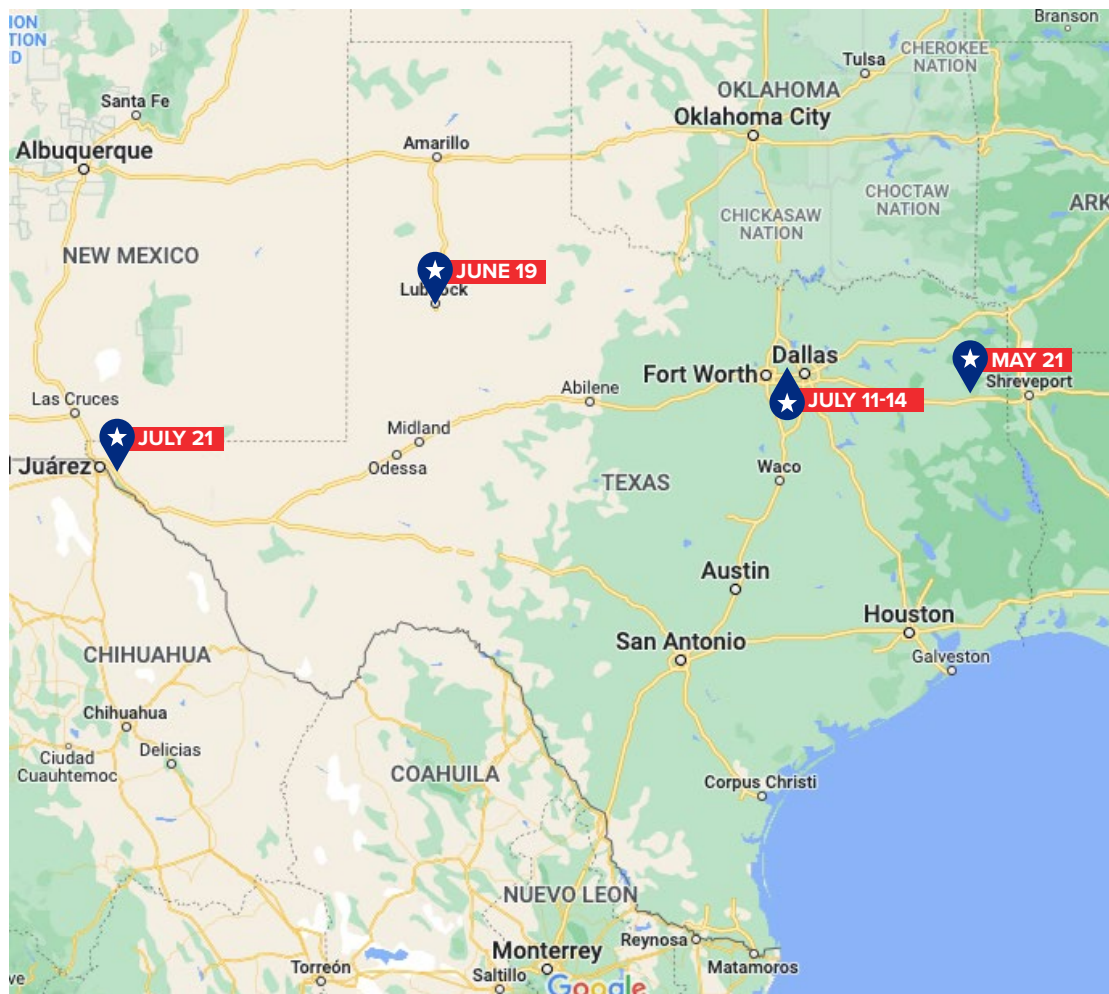
Monterey High School
3211 47th St.
Lubbock, Texas
June 9

[Agenda](#) [Registration](#)

2022 EL PASO ALL-SPORTS CLINIC

TBA
El Paso, Texas
July 21

[Agenda](#) [Registration](#)



2022-23 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 2022-2023 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.

Online membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, 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 member-

ship 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 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 2022 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new Cen-Tex 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 2022-23 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 2022-23 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics 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, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined 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.



photo courtesy Anthony Branch

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All other nominations should be submitted through the Membership Site once you have logged in.

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 sys-

tem does not interact well with Internet Explorer. We recommend you use Chrome or Firefox as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line nomination deadline for your sport or cheerleading, 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.

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

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

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

1 Access the TGCA website at austintgca.com.

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

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

school.

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 after someone, or there are multiple schools with the same name, just

start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For

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.



photo courtesy Amy Ingram

your nomination to appear correctly, it must have the name of the school, rather than your title. You may need to type the complete name of the school, including "High School" for it to populate. There are many, many schools with the same name, including junior highs and middle schools.

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,

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.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

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

AD&D BENEFIT (ACCIDENT DEATH & DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

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



photo courtesy Chelsea Lively



photo courtesy Henry Huey

2021-22 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2021-22, they are as follows:

Basketball	Feb. 28, 2022
Soccer	Apr. 11, 2022
Tennis	Apr. 25, 2022
Track & Field	May 9, 2022
Golf	May 9, 2022
Softball	May 30, 2022

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports and cheerleading will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation, and should be emailed or mailed to the TGCA office.



photo courtesy: Ashton Phillips

VOLLEYBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

BASKETBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOCCER

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOFTBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

TRACK & FIELD, CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Note: Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

GOLF

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each Finals appearance
- 15 points for Best of Category win
- 30 Third Place Finish
- 40 Second Place Finish
- 50 State Champion

Deadline for submitting accomplishments is May 30
Revised by vote of the Board of Directors March 2, 2014

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

Adopted by the TGCA Board of Directors at July 7, 2008 Meeting

Sub-Varsity coaches with five and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing

of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or

softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

10

10 MIGHT-TO-KNOW FACTS ABOUT STROKES

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 A BRAIN ATTACK. A stroke occurs when the flow of blood to the brain is interrupted. If the blood supply to the cells of the brain is cut off, either because of a blood clot or because of a disease of the blood vessels, those cells die, which is what a stroke is.

ment can significantly improve a stroke victim's chances of recovery.

3 SUBTLE, BUT DANGEROUS. Pain is not a sign of a stroke. As opposed to the telltale crushing pain typically associated with a heart attack,

4 TWO PEAS IN A POD. There are two kinds of strokes—ischemic and hemorrhagic. Of the two, the former is the most common, comprising nearly 90% of all strokes that occur in the United States. An ischemic stroke results from a blockage (typically a clot) in a blood vessel that supplies blood to the brain. By contrast, a hemorrhagic stroke happens when a weakened blood vessel ruptures.

5 PERILS AND PITFALLS. The first step in preventing a stroke is knowing about the risk factors. At that point, the next step is doing something about them. In reality, some risk factors can be changed, whereas others cannot. In the former category are high blood pressure, smoking, diabetes, high cholesterol, a sedentary lifestyle, artery disease, heart disease, blood disorders, and excessive alcohol intake. In the latter group are gender, heredity, race, increasing age, and prior stroke. Interestingly, the risk of having a stroke more than doubles each decade after the age of 55 years.

6 OUT OF THE ORDINARY. According to statistics provided by the U.S. Centers for Disease Control and Prevention, strokes are quite common. The fifth leading cause of death and disability in the U.S., strokes affect an estimated 750,000 Americans each year.

7 NOT JUST AN OLDIES' ISSUE. Contrary to common misconception, a stroke can happen to anyone at any time. In fact, an increase in the number of strokes in individuals between the ages of 18 and 65 years has been occurring in recent years—a factor linked to the growing incidence of obesity and high blood pressure in

this age group. As such, nearly one-fourth of all strokes occur in people under the age of 65 years.

8 PINPOINTING THE SITUATION. As a rule, the initial step in diagnosing a stroke entails the physician asking the individual what symptoms they have been having, when they started, what the person was doing at the time, etc. Confirming the stroke condition typically entails conducting a head CT or a head MRI, or possibly one or more of a battery of tests, including blood tests, carotid ultrasound, cerebral angiography, electrocardiogram, or echocardiography.

9 REGIMENS AND REMEDIES. The type of treatment for a stroke depends on the type of stroke. For an ischemic stroke, the treatment focus is to bust or remove the clot. As a rule, this step involves either medication (i.e., alteplase) or mechanical treatment (endovascular procedure or mechanical thrombectomy). For a hemorrhagic stroke, the immediate treatment is to zero in on the bleeding and reduce pressure in the brain, which, on occasion, may involve surgery.

10 SILENCE IS NOT ALWAYS GOLDEN. Some individuals have strokes without realizing it. Called silent strokes, these conditions have no easy-to-recognize symptoms. Furthermore, the person may not even remember them. They do, however, cause permanent damage in the brain. Not only can people who have experienced more than one silent stroke encounter thinking and memory problems, they also are at considerable risk for having more severe strokes.



photo courtesy Saija Cleveland

2 IGNORANCE KILLS. Too many people are unaware either of what a stroke is (e.g., its symptoms, how serious it is, etc.) or the fact that they have actually experienced one, and they do not seek immediate help. All factors considered, immediate emergency treat-

ment can significantly improve a stroke victim's chances of recovery. subtler neurological sensations tend to signal the onset of a stroke, such as recurring numbness or weakness on one side of the body, difficulty speaking, visual difficulties, and balance issues.

FINDING JOY AND GIVING HOPE



Kay Yow Cancer Fund



Kay Yow said, "We have little or no control over what happens to us in life, but we have 100% control over how we will respond." Kay Yow didn't just say this, she lived it. DeAlva Carraway lives it too.

DeAlva is now six and a half years post-cancer. She talks about her journey and the decisions made along the way, emphasizing the need to control the "controllables" – which, in the fight against cancer, are few and far between – except for attitude. Attitude is

always up to us.

She is very positive.

At the time she was diagnosed and went through cancer treatment, she was a single mom with kids in college. Having been an only child herself, she has a strong independent streak – which played to her advantage during the 9-month battle from diagnosis to the end of treatment. She had great support from friends and encourages others to seek the help they need – be that the love and support of family, friends, or a combination.

AND...capital AND.

AND never doubt your own ability. You are stronger than you realize. Much stronger. You can get through difficult things that you never thought you would be faced with much less overcome.

Cancer aside, DeAlva's story took a devastating turn when, in 2017, her daughter died by suicide after a long struggle with her mental health. For any parent, the loss of a child is unthinkable. Four years later, DeAlva chooses to look for the positive – a daily, sometimes moment by moment, decision that is not easy. Not easy at all. In retrospect, her chapter with cancer revealed a strength she didn't know she had and couldn't have imagined needing, but it was that strength

that got her through being her daughter's advocate and caretaker and, subsequently, the dark days of grief after her passing.

This is the unintended, unexpected impact of cancer. No one would ask for a cancer diagnosis, but, once cancer becomes a part of the story, we must decide how to move through it and through life's other challenges with a positive attitude. As a bonus, she realized she had discovered an empathy that helps her see other people who may be struggling and offer a word of support and kindness. The smallest gesture or word may help someone else find a spot of joy in a difficult situation. DeAlva realized early on in treatment that the illness teaches you to find a bit of joy in each day, however small, to stay positive on some of the hardest days.

Like Kay Yow, DeAlva made a choice, not to let cancer control her, but to take every "controllable aspect" around cancer and use it for good. She is finding ways to give and to serve, to manage grief, to find hope – to overcome and is proud to be part of the many survivors that stay strong and help others that come after realize that they can find their own strength and resilience to overcome.

CANCER WARRIOR NETWORK JOIN TODAY!

Welcome to the Kay Yow Cancer Fund Cancer Warrior Network, a community for women who have received a cancer diagnosis at any time in their life.

Benefits of joining the Cancer Warrior Network include:

- Access to a private Facebook community that allows you to meet Cancer Warriors from across the United States
- Live, member-only virtual conversations featuring interviews with inspiring women like ovarian cancer warrior and Olympic gymnast, Shannon Miller, and breast cancer warrior and Syracuse student athlete, Tiana Mangakahia
- VIP invitations to Play4Kay games and other Kay Yow Cancer Fund events around the country

Questions? Contact sarah.womack@kayow.com

Director of Brand Activation

<https://kayow.com/get-involved/cancer-warrior-network/>



**CANCER
WARRIOR
NETWORK**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 GIRLS BASKETBALL: STATE TOURNAMENT	4	5
6 TGCA: Board of Directors Meeting	7 TGCA: Basketball Committee Meeting TGCA: Basketball All-State Committee Meeting	8	9	10	11	12
13	14	15	16	17	18	19
TGCA CLOSED FOR SPRING BREAK						
20	21	22 Soccer: District Certification Deadline	23	24	25	26
				SOCCER: BI-DISTRICT		
27	28	29	30	31		
	SOCCER: AREA			SOCCER: REGIONAL QUARTERFINALS		

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball cheerleading, soccer, golf and tennis are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School coaches may coach

multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year or Middle School Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.



THANKS TO OUR SPONSORS

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The power to do more



Guy in the Yellow Tie



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



TGCA NEWS

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

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

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

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Executive Director:
Sam Tipton,
sam@austingca.com

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

Administrative Assistant:
Audree Tipton,
audree@austingca.com

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

Newsletter Editor: Logan Lawrence

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

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

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



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