



# TGCA NEWS

JANUARY 2022



## 2021-2022 TGCA OFFICERS



**President of TGCA**  
Brad Blalock  
Frisco Centennial HS



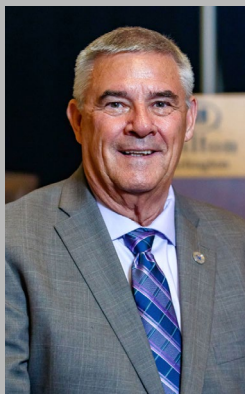
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Colby Davis  
Arlington Martin HS



**2nd Vice President**  
Cully Doyle  
Medina Valley HS



**Past President**  
Jason Roemer  
Fredericksburg HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant  
Executive Director**  
Lee Grisham  
TGCA Office

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cover photo courtesy Alicia Royer

right photo courtesy Jennifer Walterscheid



# COACHING IN THE NOW

**Brad Blalock** Frisco Centennial HS | **TGCA President**

**3 years.**

**156 months.**

**Almost 2000 days since the time that we'll forever think of as the "before."**

*We're finding our way in a different kind of world now, in a place where we've become all too familiar with the signs and symptoms of a modern-day pandemic. And though many aspects of sports continue to feel unhinged, there is much to be said about the timeless traits that bind athletes and coaches together. As we dive into 2022 and face new challenges head-on, I encourage you to reflect on your place in this new version of coaching and how you can continue to be a positive light to your players and to your coaching community.*

For me, serving in an organization like TGCA is one way I can continue to look for positives in an uncertain time. It allows me to network with other coaches who understand the nuances of what I'm going through. In turn, I

feel inspired to encourage other coaches. Though it was never my ultimate goal to become the President of the organization, acting as your TGCA President has offered me the opportunity to serve both coaches and athletes. It's an honor I'm delighted to carry out in this unstable time.

Back when I was the Vice Chair of the Basketball Committee, my goal was to learn the ins and outs of the organization, network with other coaches, and find a community that I could share ideas and strategies with. I was quickly indoctrinated into a system that offered me support and challenged me to grow. I learned that working collaboratively with coaches from across the state to choose All State and All Star teams is a special experience. No other organization offers the same kind of awards or as many as TGCA.

Then, when I served on the Executive Committee, I saw the need to consider viewpoints from other coaches that challenged my way of thinking. I recognized how differences among leaders is an asset to building a

strong, successful organization. When each member's strengths can be relied upon and professional trust is extended, a cohesive unit is formed.

In all, I have served in a leadership position for TGCA for 8 years. I cannot imagine a better opportunity to form the relationships I've made along the way, the experiences I've shared with other members over the years, and the times I've been privileged to honor student athletes. I am indebted to this organization for the positive influence it has had on me. And each year, I look to carry those lessons back to my campus where I can be equally influential to my own assistant coaches and players.

One lesson that I learned from a fellow TGCA coach was to do a team book study. I now use this with my team every season to help build morale and to give my team a common goal to work toward. Generally, I focus on choosing a book that is short enough that no one feels overwhelmed in trying to finish it and that fits our theme for the season. Sometimes when I recognize a weakness in our team, like a weak team chemistry or a lack of vocal leaders, I'll choose a book more aligned with meeting those needs more directly. But for the most part, I like to use it to encourage my athletes and show them how they already have what it takes to overcome adversity and work with the team to be successful.

One of my favorite book studies we've done is *The Obstacle is the Way* by Ryan Holiday, host of the podcast, *The Daily Stoic*. In this book, Holiday jumps right to the heart of what our athletes need to learn from us right now: how to overcome obstacles. He seamlessly applies principles of ancient philosophy to the adversity of modern-day celebrities, leaders, and athletes. His message is clear and timely: there are many things that prevent us from achieving our goals. Most people look for ways to avoid the obstacle or work around it. Instead, success is easier derived from using the obstacle as



a learning foundation.

One quote we kept coming back to throughout the season was, "Our perceptions determine, to an incredibly large degree, what we are and are not capable of. When we believe in the obstacle more than in the goal, which will inevitably triumph?" It was easy to apply this idea to many of our team dynamics. We used the lessons in the book to encourage our athletes to change their initial perspective about a flaw they saw in themselves or a specific obstacle they were facing and use it as an opportunity to better themselves. They learned that a simple shift in perspective could allow them to benefit from what they initially assumed would be a defeat. This became crucial in helping them know how to encourage each other and work together.

Another lesson I've learned from serving in TGCA is how many different people and roles must collaborate to make decisions for our athletes. I feel privileged to have witnessed various superintendents, athletic directors, and coaches working together behind the scenes to ensure athletes' and coaches' accomplishments are recognized. Because of this, I understand why decisions are made and I know I can trust the process, as they say, because I've seen it in action.

Needless to say, I consider my time serving in TGCA as one of the most important moves I've made in my coaching career. I've learned invaluable lessons and formed lifelong connections because of it. I would like to encourage you to get involved as well— join an All State Committee, be the Chair of a sport, or even consider joining the Executive Committee.



photo courtesy Paige Rogers

# POSITIVE LEADERSHIP

**Amanda Borden** USA Gymnastics | **Olympic Gold Medalist** | **BSN Sports**

Amanda was captain of the U.S. Olympic Gymnastics Team, The Magnificent Seven, which took home the gold medal at the 1996 Olympic Games in Atlanta.

Along with their gold, the team made history by becoming the first U.S. Women's Gymnastics team ever to win at the Olympic Games. After winning gold, Amanda appeared in numerous national tours and television appearances, and was featured on the Wheaties cereal box. For over 20 years, she has served as a gymnastics and cheerleading commentator for CBS Sports, NBC, ESPN, the Pac-12 Network and Varsity Brands.

Amanda continues to be a motivational speaker to numerous national brands and corporations. Currently, she owns two gymnastics clubs in the Phoenix area and is a member of the U.S. Olympic Hall of Fame and the U.S.A. Gymnastics Hall of Fame. Most recently, Amanda won an Emmy Award for her coverage and color commentary of NCAA gymnastics.

*The following is an excerpt from Amanda Borden's recent webinar.*

Today, I'm going to focus on four specific years of my career (1992–1996.) I was just a 15-year-old gymnast competing to make the Olympic team when I qualified, finishing 7th, which is the final spot for the roster. I was excited; however, three days after this big win, I received a call from the commissioner and all my excitement disappeared when he informed me that they had determined I was not good enough to compete at the Olympics. I was heartbroken, crushed, defeated—and I informed my coach and parents that I was done with gymnastics. They were extremely supportive and told me, "Listen to your heart and you will make the right decision." About three days later, I came to my decision. I realized

I didn't do gymnastics to be an Olympian. I did it because I loved it. Gymnastics were my passion. So, I headed back into the gym and promised myself that no one would ever take my joy away from the sport. When we love what we do, we work hard. And when we work hard, we see success.

Over the next few years, I was determined to let my passion lead me. I graduated high school and then had to decide if I was going to commit to college or make one more go at the Olympic team. Gymnastics was still my passion and I thrived on the experience of accomplishing something, so I committed to trying to make the team one more time. Over the next year I would be challenged with numerous injuries, including a broken foot and later, a broken hand. My hand injury occurred just months away from the trial and I would like to say I stayed positive during this time. However, it was a huge challenge in that moment. I was mad, angry, frustrated and had a lot of doubt. But I was able to flip a switch and remember that my positivity and gymnastics had led me to this point, and it had already gotten me through other tough moments as well. I decided to focus on the things I could control: my attitude, my effort and my energy.

When it comes to attitude, I could have fixated on all the things I wasn't able to do, but instead I focused on the positive and that, in turn, affected my effort. When you're hurt in gymnastics, much like any other sport, you cannot perform repetitions like you previously could. You start to feel like you aren't getting better, but I stayed positive by focusing on the things I could do, like conditioning—cardio, endurance, flexibility and elements without my hand. I also focused on my diet, PT, getting enough sleep and mental training—visualizing my gymnastics and developing my mind to believe in



*photo courtesy Misty Bumpers*

myself. The third thing I could control was my energy. For me, that meant giving 110% to be my best at whatever I could do. It was also about making my teammates better, because when that culture is elevated, it helps everybody.

After about five weeks, I was back at it and I was better than I had ever been before. My body had recovered and my mind believed that my dream would come true. When I went to Olympic trials, I made a couple of big mistakes on the first day, which put me back in 7th place and those thoughts of doubt crept back into my head. By connecting with my family and refocusing my mind, I was strong enough to overcome those thoughts. Controlling what I could, I went into day two with a positive attitude and a belief in myself. Finally, I thought, if this is the last meet of my career, I'm going to have fun.

Well, my dream came true and I made the Olympic team. We went on to win Olympic gold, the first U.S. Gymnastic gold. While thousands saw our huge triumph, most did not see the struggle, the frustration and all the things that happened to get us there. Without these challenges, we would not have accomplished what we did that day.

As coaches, we know that

struggles make us stronger. But it's what we do and how we learn from them that determines our success. Everyone has fears and will deal with uncertainties at some point throughout their lives and/or career. I handle those challenges with what I call the three P's: Passion, Positivity and Perseverance. We will make it! Passion: that is our purpose. Positivity: staying in that positive mindset so we can always move forward. And Perseverance: overcoming the struggles even when that is not the easiest choice. As coaches, you must dig deep. It starts with a passion for why you do what you do. It's also your job to help your athletes find their passions. Passion is what helps coaches and athletes fuel their fire and stay motivated, and it can drive you to be learners if you stay positive and embrace the process. Lead with passion and positivity, and you can persevere through anything. Challenges are what prepare us for much bigger things to come.

Through the challenges I faced and switching to a positive attitude, I was able to become an Olympian. Now let's see what you can do.

**Watch more of our "Positive Leadership" webinar with Amanda Borden now.**

[Click Here](#)

# WRESTLING STATE CHAMPIONSHIPS

**Berry Center Cypress, Texas | February 18-19, 2022**

## Friday, February 18

5A/6A Girls Weigh-in ..... 9:30 AM  
5A/6A Girls Championship Round 1 ..... 11:00 AM  
5A/6A Girls Championship Quarterfinals ..... 3:30 PM  
5A/6A Girls Consolation Round 1 ..... 3:30 PM  
5A/6A Girls Consolation Round 2 ..... 5:00 PM

## Saturday, February 19

5A/6A Girls Weigh-in ..... 9:00 AM  
5A/6A Girls Championship Semifinals ..... 10:30 AM  
5A/6A Girls Consolation Round 3 ..... 10:30 AM  
5A/6A Girls Consolation Semifinals ..... 1:00 PM  
5A/6A Girls 3rd/5th Place Matches ..... 2:30 PM  
5A/6A Girls Championship Matches ..... 4:45 PM

### Tickets & Parking

Spectator Information will be available on the [UIL Website](#) when released.

### Awards

The top three finishers in each weight class will receive medals. The top two teams will receive trophies or plaques.

**Girls' Awards Presentations:** Awards will be presented upon completion of wrestling in the first three weight classes. Girls 95 lb. weight class awards will be presented upon completion of the 110 lb. weight class. Awards for 102 lb. weight class will be presented following the 119 lb. weight class, etc.



photo courtesy Logan Lawrence

# SWIMMING & DIVING STATE CHAMPIONSHIPS

**Lee and Joe Jamail Texas Swimming Center Austin, TX | February 18-19, 2022**

## Friday, February 18

5A Swimming Prelims and Diving Prelims ..... 10:00 AM  
6A Swimming Prelims and Diving Prelims ..... 5:30 PM

## Saturday, February 19

5A Swimming Finals and Diving Finals ..... 9:30 AM  
6A Swimming Finals and Diving Finals ..... 3:30 PM

### Tickets & Parking

Spectator Information will be available on the [UIL Website](#) when released.

### Live Streaming

Using live streaming sites including Facebook Live, Instagram Live, Twitter Live and YouTube Live to stream the game is strictly prohibited and in direct violation of the UIL's agreement with its broadcast partners. Please notify media, fans and parents of this policy.

### Signs

Signs and banners may not be attached to the walls or railings anywhere in the Jamail Texas Swimming Center.

### Food and Beverages

Food and beverages are restricted to the concession area. Teams may bring in one cooler each. Glassware may not be brought into the Texas Swimming Center at any time.



photo courtesy Julia Zachary

# 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

Spectator Information will be available on the [UIL Website](#) when released.

## Parking

Parking is only available for purchase on event day, not in advance.  
 Vehicle Price: \$15  
 Bus Price: \$30  
 There will be no all-tournament parking passes sold.  
 There is no in or out privileges in the parking lot.  
 Paid parking will be available in Lot A, C and D. Lot B will not be available for parking during this event.

## 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.



photo courtesy Chris Schmidt

# TGCA SOCCER ADVISORY BOARD

COACH	SCHOOL	CONF.
Logan Minshew	Fredericksburg HS	4A
Kristy Bradford*	Giddings HS	4A
Todd BonDurant	Kilgore HS	4A
Michael Goos	Salado HS	4A
Bonnie Landry	Mt. Belvieu Barbers Hill	5A
Whitney Bernard	Canyon Randall HS	5A
Winston Pool	Cedar Park HS	5A
Lauren McMillan	Keller Central HS	6A
Rebecca Christ	McKinney HS	6A
Chris Bryant#	Midland Legacy HS	6A
Evelyn Torres	FB Ridge Point HS	6A
J.J. Lopez	Sharyland Pioneer HS	6A

\* - Chair # - Vice Chair

## TGCA to Add All-State Soccer Honors for 2021-22

TGCA is adding All-State honors for soccer this year, 2021-22. Nomination deadline for all honors for soccer is April 11 at Noon. For this year ONLY, any soccer coach who is not yet a member of TGCA can join the association for the membership fee of \$70.00 without having to file an appeal or pay an additional override fee for missing the November 1st membership deadline for honors. TGCA wishes to honor all deserving athletes for their athletic and academic achievements. Don't let your athletes be left out of consideration for honors because you have not yet joined TGCA. If you have renewed your membership and know someone who is not yet a member, please encourage them to join TGCA. Good luck on your season!

# 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](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 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](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 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 Paige Rogers

# GENERAL NOMINATION INSTRUCTIONS

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

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

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

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



# 2022 TGCA SUMMER CLINIC

The 2022 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 11-14. The agenda is being revised and will be posted to the website under

the "Summer Clinic" category as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation

Services will open in March. Membership renewal and Summer Clinic registration, as well as all Satellite Clinics, will open February 1st. We are working on finalizing times, venues, and agendas

for all of the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2022 TGCA Clinics.

## AD&D BENEFIT (ACCIDENT 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 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](mailto:ajalridge@aillife.com). To view the letter online, visit [aillife.com/benefits/sgM9W](http://aillife.com/benefits/sgM9W).



photo courtesy Victoria Butler

## 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:

<b>Spirit</b>	<b>Jan. 31, 2022</b>
<b>Swim/Dive</b>	<b>Feb. 14, 2022</b>
<b>Wrestling</b>	<b>Feb. 14, 2022</b>
<b>Basketball</b>	<b>Feb. 28, 2022</b>
<b>Soccer</b>	<b>Apr. 11, 2022</b>
<b>Tennis</b>	<b>Apr. 25, 2022</b>
<b>Track &amp; Field</b>	<b>May 9, 2022</b>
<b>Golf</b>	<b>May 9, 2022</b>
<b>Softball</b>	<b>May 30, 2022</b>



photo courtesy Haley Hopkins

# 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: Sarah Ellison

## **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

## NICE-TO-KNOW FACTS ABOUT THE SHOULDER

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 CURIOUS DESIGN.** The human shoulder is made up of three bones: the clavicle (collarbone), the scapula (shoulder blade), and the humerus (upper arm bone), as well as asso-

ciated muscles, ligaments, and tendons. Unlike many of the other joints in the body that support movement (e.g., the hip, which has a deep socket), the shoulder has no socket. As such, the ball of the arm bone moves against an essentially flat surface on the shoulder blade.



photo courtesy Haley Hopkins

**2 A BARE CONNECTION.** The entire shoulder joint barely has any bony connection to the rest of the skeleton. In fact, the only bony connection is where the shoulder connects to the collarbone via the acromioclavicular joint, which is at the tip of the shoulder, and the ster-

noclavicular joint, which is at the base of the neck. In essence, the shoulder girdle is designed for very freemovement of the arm and shoulder.

**3 EVEN MORE IMPORTANT.** The shoulder is more dependent on muscles than any other joint in the body. Given the relative lack of a bony connection between the shoulder and the rest of the body, the lack of a bony socket, and the numerous directions in which the shoulder can move, the eight muscles that control the stability and movement of the shoulder and the arm play a critical role in the process.

**4 CAUSE AND EFFECT.** Issues with any part of the architecture of the shoulder can

cause a person to experience pain in the shoulder. In reality, there are numerous potential causes of shoulder pain. All factors considered, one of the easiest and most effective ways to best understand such pain is to zero in on exactly what part of the shoulder hurts. In that regard, specific areas suggest particular possible causes.

**5 ALL TOO COMMON.** Almost eightmillion people visit a doctor's office every year for a shoulder-related problem. More than half of these visits are for problems with the rotator cuff. The rotator cuff is composed of a group of muscles and tendons that act as a common stabilizer for the bones of the shoulder. The rotator cuff muscles enable an individual to lift their arm and reach overhead. If they pull an object too fast, rotate objects at awkward angles, or simply overuse their rotator cuff, they can injure it.

**6 MOST FLEXIBLE.** The shoulder is the most mobile joint in the body. It moves up and down, as well as rotates in and out in all planes. Given that it is more mobile, it is also less stable, which makes it more susceptible to injury. It also means that rehabilitating a shoulder injury can be somewhat challenging, because the attendant motion must be restored to have a properly functioning shoulder without experiencing pain.

**7 THE CATALYST FOR PAIN.** Shoulder pain is a common issue in the United States. In fact, according to some estimates, as many as 67% of individuals experience discomfort in their shoulder over the course of their lives. As such, there are a number of factors that might be the underlying cause of shoulder pain, including tendonitis (the most

common reason), frozen shoulder, rotator cuff tears, bursitis, osteoarthritis, and dislocation/subluxation.

**8 A BETTER OPTION.** A number of people erroneously believe that they need surgery to fix their shoulder pain/injury. As a rule, they don't. Rather, they should engage in a plan of action of conservative treatment, including rest, ice, anti-inflammatory drugs, and a gradual return to activity, as well as a well-designed program of stretching and strengthening exercises, which can improve function and decrease pain in the affected area.

**9 THE REALITY OF AGING.** As individuals age, their likelihood of developing osteoarthritis of the shoulder significantly increases. In fact, osteoarthritis, which is a degenerative condition that affects the smooth cartilage on the end of a bone, is the most frequent cause of disability in the United States. It is not considered as a normal part of the aging process. It can, however, be quite debilitating and impact a person's ability to perform routine activities of daily living, including the ability to sleep.

**10 BY THE NUMBERS.** The impact of shoulder pain entails a substantial socioeconomic burden in the United States, given the attendant health care costs and the loss of workplace productivity. Not only are 25 of 1,000 visits to family physicians related to shoulder pain, but the condition also is responsible for 13% of the sick leaves taken annually in America.

# UNDERSERVED PROGRAMS



## Kay Yow Cancer Fund

### SERVING ALL WOMEN

Since 2007, the Fund has been committed to fulfilling Kay Yow's vision of providing access to quality cancer healthcare for underserved women. This year, the program is focusing on Triple Negative Breast Cancer (TNBC) and its disproportionate effects on Black women.

### WE KNOW

- Triple Negative Breast Cancer is a more aggressive form of cancer. It grows more quickly, spreads faster, and is more likely to come back than any other kind of breast cancer.
- Because TNBC does not respond to hormonal therapy medicines or medicines that target HER2 protein receptors, there are fewer treatment options available.
- Black women are diagnosed at an earlier age and have a higher mortality rate.
- Clinical trials lack diversity and equal access.

### WE WILL

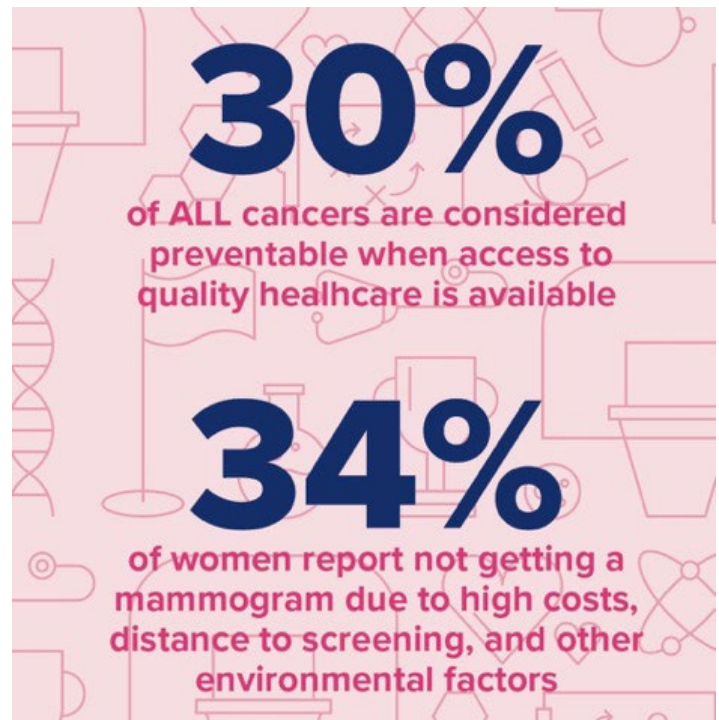
- Award fifteen \$50,000 grants to help underserved women gain access to quality cancer healthcare.
- Leverage Play4Kay, our national grassroots movement, as well as media and corporate partners to amplify the need for increased resources for underserved women facing cancer.
- Permeate, educate, and empower the family unit resulting in a ripple effect that will improve survival rates and enhance cancer outcomes throughout underserved communities nationwide.
- Provide a vehicle to break down internal, interpersonal, and environmental barriers to quality cancer healthcare for underserved women with a specific focus on TNBC.

*Awareness, education, activation...the time is NOW!*



### UNDERSERVED GRANTS TO DATE:

- 2012 – UNC REX Healthcare – Digital imaging equipment for mobile mammography unit
- 2014 – UNC REX Healthcare – Digital imaging equipment for 2nd mobile mammography unit
- 2019 – Hope Lodge/Lubbock – Housing for patients actively undergoing cancer treatment
- 2019 – Mount Nittany Health – Patient navigator services for rural Pennsylvania
- 2019 – Stephenson Cancer Center – Patient navigator services for rural Oklahoma
- 2019 – UNC REX Healthcare – 3D imaging equipment for 2 mobile mammography units
- 2020 – Tulane Cancer Center – access to clinical trials for minority patients



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
					SWIMMING & DIVING: REGIONAL MEETS	
						wrestling: District Certification Deadline
6	7	8	9	10	11	12
					WRESTLING: REGIONAL MEETS	
						Girls Basketball: District Certification Deadline
13	14	15	16	17	18	19
	GIRLS BASKETBALL: BI-DISTRICT			GIRLS BASKETBALL: AREA		
	TGCA: Swimming & Diving and Wrestling Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games				SWIMMING & DIVING: STATE MEET	
					WRESTLING: STATE MEET	
20	21	22	23	24	25	26
	GIRLS BASKETBALL: REGIONAL QUARTERFINALS				GIRLS BASKETBALL: REGIONALS	
27	28					
	TGCA: Basketball Nominations Deadline, 12 Noon					

## 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.



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## 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.



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