



TGCA NEWS

MARCH 2022



2021-2022 TGCA OFFICERS



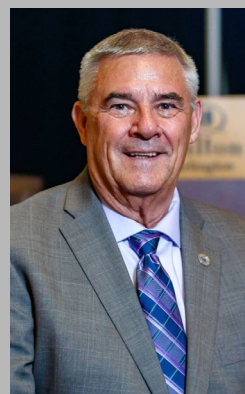
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TGCA 2nd Vice President

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cover photo courtesy Benjamin Jenkins

right photo courtesy Adeline Davis



REMEMBER YOUR WHY

Cully Doyle | Medina HS | TGCA 2nd Vice President

As the school year is winding down and the spring sports are going strong with kids going everywhere I encourage all coaches to take a step back and remember your WHY. Write it down and set your own personal goals for yourself, your family and your programs. Remember we are coaching kids and not just sports. Remember that each day you go to work that we are working with kids and we need to value their time from start to finish and love all kids giving them our best daily. Loving kids (all kids), giving them your best, not wasting kids time, surrounding yourself with a positive support system, administrators letting coaches coach, parents letting coaches coach and teach their kids to not only succeed but fail at times because life will do this to you and kids need to

be prepared for life. Coaches have a huge platform and should never take that for granted.

Great programs are great programs because of consistency, vision, coaches knowing their WHY on a daily basis and always re-evaluating themselves to make themselves better for kids. There are several great coaches out there and I think it's important to be around them, soak up what they do and how they do it. Don't be afraid to ask questions, go to clinics, go visit with coaches that you admire and don't be afraid to learn. Recently a great coach passed away and I had the honor to speak at his memorial service. There were so many great things to speak about and I could have talked all day on his accomplishments, honors, awards, etc but at the end of the day that

is not what he cared about. He simply cared about kids and all the extra time, extra hours, weekends, staying up late writing workouts, etc was simply for kids to be successful. Most parents, administrators and other people don't see the behind the scenes time and effort great coaches put into their programs and that is so unfortunate but I am telling you that you are noticed by kids that are bought into your system. When I spoke at the memorial for this exceptional coach I talked about him being at TGCA clinics on the front row of every lecture. He was at the general meetings, getting on committees, was on the TGCA board and just loved to soak in anything he could just so he could maybe learn one more thing to take back to his program for his kids. Not only did I speak



on but others spoke on the extra time he would take for just one kid and have goals set for everyone. Bottom line is he knew more about the sport he coached than most of us will ever know but he was not afraid to be the one to lead by example for kids. He knew his WHY. His life will be remembered and talked about for years to come because of the memoirs and successes he gave kids that they can carry with them. Great programs also have great leadership and supportive administrations who let coaches do the extra and put in valuable time with kids to see their programs be the best they can. I am encouraging all coaches to not get caught in a rut and remember your WHY and visit with your administrators about the vision of programs and hopefully they see it. Surround yourself with programs that are supportive and understand the daily grind of coaches. Remember kids deserve our best every day they walk in. Be the coach they remember that spent time with them and was prepared every day. I promise they will remember that. I encourage everyone reading this to be the coach that attends the TGCA clinics, has their notepad out and ready to learn for the next kid in your program that might need it. Encourage your staff to be at TGCA summer clinics, satellite clinics and any lecture you can as a staff because it builds a stronger understanding of the WHY within the program and bottom line—Kids deserve it!



photo courtesy Tifnee Reed

THE BENEFITS AND STRUGGLES OF BEING A FEMALE ATHLETE

Jessica Hardy Meichtry Olympic Gold Medalist

Jessica Hardy Meichtry is an Olympic Gold Medalist and multiple World Record holder in swimming. After making her first national team at age 18 in 2005, she continued her streak as one of the best in the world for over a decade.

Jessica won over twenty-eight international medals, including Gold and Bronze at the 2012 London Olympic Games. She competed at UC Berkeley for two years, winning four NCAA titles before going pro and finishing her B.A. in Communications from Arizona State University.

She was elected U.S. National Team Captain in 2013, 2014 and 2015, one of her proudest career accomplishments.

Jessica's last competitive race was at the Olympic Trials in 2016, where she competed with significant injuries and did not make the Olympic team. Afterwards, she was excited to take a step back from the sport to spend more time with her husband, Dominik Meichtry (a fellow Olympian who competed in the 2004, 2008 and 2016 Games), and now, her daughter, Olivia (born in March 2018) and son, Sebastian (born in October 2019).

Jessica joined BSN SPORTS in February of 2019 where she is a National Accounts Manager for swimming. She is passionate about the company's mission to help save coaches time by making their lives easier—and is grateful for the opportunity to give back to the sport that helped shape her into the woman she is today.

India Chiles Former Softball All-American University of Tennessee

Former All-American for the Lady Vols (2004–07), India Chiles helped Tennessee reach the Women's College World Series three times (2005, 2006 and 2007) and the NCAA Tournament four times from 2004–07.

The Lady Vols also made the WCWS championship game in 2007 and finished the season as national runners-up.

Chiles is regarded as one of the best slappers in the game. For her efforts, she was named SEC Player of the Year in 2007, the 1st ever for the Lady Vols. The Louisville, Ky., native and KY Gatorade Player of The Year started 176 games over her four seasons, while recording 204 hits and scoring 157 runs.

India's senior season was her most impressive season, in which she finished with a .459 batting average with 57 runs, 89 hits, 44 stolen bases, an on-base percentage of .502 and a slugging percentage of .500. In addition to her SEC Player of the Year honor, Chiles was named Louisville/NFCA First-Team All-American, WCWS All-Tournament Team and All-SEC Tournament Team honors.



BSN SPORTS

Kara Lynn Joyce 3X USA Olympic Swimmer & 4X Medalist

Kara Lynn Joyce is a three-time USA Olympic swimmer who competed in the 2004, 2008 and 2012 Olympics for Team USA, winning 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 a yearly event to an online community and academy. Today, the Lead Sports Academy is home base for teen girl athletes, coaches and parents with comprehensive online courses in Leadership, Confidence, Sports Psychology and more.



THE BENEFITS AND STRUGGLES OF BEING A FEMALE ATHLETE

The following is an excerpt from our recent webinar featuring all three of these elite female athletes.

Q: What do you see coaches struggling with currently when coaching female athletes?

A: (India) Coaching in general is a very male-dominated field, and when you take into account that more men are coaching women's sports, the issues have to do with how we treat these young athletes, both in the household and on the playing field. We don't have to treat these athletes like "daddy's girls" at home. Rather, as women, we want to be coached and pushed and to excel. So, a lot of the struggles come from the mental side of coaching female athletes. Athletes want to feel good about playing, regardless of being male or female, and sometimes, issues pertaining to female athletes may be uncomfortable for male coaches.

Q: Who were your positive role models growing up and how did they shape your life?

A: (India) Outside of sports, I looked up to Oprah Winfrey. For me, she is "girl power" and she's been doing what she does on a huge platform since she was young. Inside sports, I looked up to Natasha Watley. She's an Olympian and former softball player from UCLA. She was a rarity for softball, and she played the same position as me on a huge national platform.

Q: What do you think is the biggest benefit to having females participate in sports?

A: (Jessica) There are so many benefits to being in sports and being an athlete. The initial benefit is that they learn how to be a good teammate, learn communication skills and coordination. That helps elevate you to the club level, high school level, college level and professional level. But at the end of the day, it makes you happy and helps you to enjoy life. No matter how far you take your sport, it's such a small part. But the experiences, lessons and the relationships will be there and help you throughout most of your life. It also teaches you life skills and has many benefits to help you handle the real world, both professionally and personally.

Q: Young female athletes are going through a time in their lives where they are struggling with their identity, per-

sonality, etc. How did you navigate this yourselves and what do you suggest to coaches?

A: (Kara) We are seeing a lot more acceptance of female athletes' bodies now on social media and I hope this continues. The best thing we can do as women is to be our authentic selves and celebrate our great attributes. Helping to change the next generation and train them to see what's real for their mental health. To take that further, as women and coaches, we need to focus on performance and nutrition and health and just leave it there. We need to be cautious of our words, so we are not doing damage. Turn the dial, make an equal training field and outsource to professionals if you have that opportunity.

Q: What is your number one advice for helping athletes begin the recruiting process?

A: (India) If you have an athlete that is in the recruiting process, as coaches, it's important to help them with image and exposure. Especially when those coaches recruiting them are going to be around. Image holds a lot of value when coaches are looking for their incoming group of players. Help them improve in those areas so they are more appealing to college coaches and are exposed in the correct light. Also, I would add be an advocate for them. Social offers a huge audience that can help them.

Q: Is there anything about the recruiting process that you would share with coaches?

A: (Kara) It's changed so much over the last twenty years. I had my heart set on Auburn and I remember when I was planning my trips, I ended up not taking all of them. Then, when I went to visit Auburn, I got there and thought, "This is not it for me." The next trip I took was to the University of Georgia and I knew it was home. Looking back now, I wish I had planned more trips. That way, if I didn't find one early, I wouldn't have been stressed because I would've known I had more trips coming up, which would've given me more options.

(Jessica) My sport was my thing. It was the only thing I thought about; I didn't think beyond that. I never thought about anything outside of my sport and I wish I had thought, "Does this school have an educational program that I love or do they help you land your job in the future?" Don't pick a school based on a

coach or athletic program. Help guide your players to think big picture.

Q: How do we better involve parents in the recruiting process?

A: (Kara) We know that coaches are busy already and sometimes, leaning on the parents can help in the recruiting process. Tell your parents they should plan on visiting campuses when they go on vacation. Help open your kids' eyes to everything out there. You can start this early, so they see everything.

(India) It's very important to involve the parents. Parents today communicate more with their kids and are more involved. When you're trying to get your kids to the next level, it takes a village. Let them help you off the field or court.

Q: Did you have a coach that impacted or helped influence your life?

A: (India) My high school coach. In a nutshell, he was a huge motivator and inspired me daily. He believed in me more than I believed in myself, and today, I am trying to be that motivating force for other athletes.

Q: What lasting piece of info do you want coaches to remember about coaching females in sport?

A: (India) As coaches, we put so much energy into the athlete. I just want all coaches to take some time and think about what the game is giving you. Don't forget to take some time to reflect on how you have grown and how you are a better person and understand that you are a superhero yourself.

Watch more of "The Benefits and Struggles of Being a Female Athlete" webinar now.

[VIEW WEBINAR](#)



SOCCER STATE CHAMPIONSHIPS

Birkelbach Field Georgetown ISD Athletic Complex | April 13-16, 2022



photo courtesy Chris Schmidt

Wednesday, April 13

Girls Conf. 4A Semifinal 11:00 AM
 Girls Conf. 4A Semifinal 1:30 PM

Thursday, April 14

Girls Conf. 5A Semifinal 9:30 AM
 Girls Conf. 5A Semifinal 12:00 PM
 Girls Conf. 4A Final 2:30 PM

Friday, April 15

Girls Conf. 6A Semifinal 9:30 AM
 Girls Conf. 6A Semifinal 12:00 PM

Saturday, April 16

Girls Conf. 5A Final 11:00 AM
 Girls Conf. 6A Final 4:00 PM

For more information for this tournament when available, please visit the [UIL Soccer State Championship Webpage](#).

TENNIS STATE CHAMPIONSHIPS

Blossom Tennis Center, Annemarie Tennis Center, Northside Tennis Center | San Antonio, Texas

April 26-27, 2022

Tuesday, April 26

Blossom Tennis Center 1A-2A
 Annemarie Tennis Center 3A-4A
 Northside Tennis Center..... 5A-6A

Wednesday, April 27

Blossom Tennis Center 1A-3A
 Northside Tennis Center..... 4A-6A

Tickets

One-Day Pass..... \$15/a day
 Two-Day Tournament Pass \$25
 Coaches All-Tournament..... \$20
 Parking FREE

For more information for this tournament when available, please visit the [UIL Tennis State Championship Webpage](#).



photo courtesy Logan Lawrence

SPORT NOMINATION DEADLINES

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

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

TGCA SOCCER NOMINATION GUIDELINES

Just a quick reminder that the on-line deadline for soccer honors nominations is Monday, April 11, at NOON. Please do ALL of your nominations on-line and on time. The Soccer Advisory Board has been created and you can find their information on the Soccer page of the website, in the menu on the left-hand side of that page. TGCA is increasing honors for soccer. This year, this is what you may nominate for:

Academic All-State - Graduating Seniors ONLY with a GPA of 94 or above for grades 9-11. Senior year does not count in the figuring of grade point average. Don't forget you can nominate any support staff members for Academic All-State Support Staff honors, also. This would include team managers, equipment managers, scorekeepers, trainers, etc.

All-State (NEW) - Athletes may be any grade from 9-11 and each school may nominate as many players as they wish from their school. The Soccer Advisory Board will be selecting up to 50 athletes in each conference 4A, 5A and 6A.

LEGACY All-Star (NEW) - Graduating seniors ONLY. TGCA is not holding a Soccer All-Star game this year, but hopes to implement that in the next year or so, but wishes to honor those graduating seniors with a certificate of achievement. VERY IMPORTANT: You will make your Legacy All-Star nomination using the All-Star tab. There is not a separate nomination form for Legacy. Please remember that only seniors are eligible for Legacy All-Star. Up to 20 athletes per conference, 4A, 5A, 6A, will be selected for Legacy All-Star.

Coach of the Year - TGCA selects one coach from conferences 4A-6A as the Soccer Coach of the Year. Please be sure you nominate your fellow coaches for this honor.

Sub-Varsity Coach of the Year (NEW) - TGCA selects one Sub-Varsity Coach of the Year in conferences 4A-6A. This coach cannot be a head coach in volleyball, basketball or softball. Don't leave those very important assistant coaches out of honors! This includes grades 9 - 12 ONLY.

Middle School Coach of the Year (NEW) - TGCA selects one coach from conferences 4A-6A as Middle School Coach of the Year. This would be coaches who coach in grades 7 and 8 only.

Athlete of the Year - TGCA selects one Athlete of the Year in conferences 4A-6A. Athletes may be any grade from 9 - 12 for this honor.

REMEMBER: The HEAD VARSITY coach must be a member of TGCA for any athlete to be eligible for honors. This year, and this year ONLY, TGCA is waiving the November 1st membership deadline for any soccer coach who wishes to join TGCA. After this year, you will have to have renewed your membership in TGCA by November 1st every school year in order to be eligible to nominate or receive honors. This year, there is a printable 2021-22 membership form on the website under the Forms section in the menu on the left-hand side of the page. Just fill that out and be sure to circle your sport as soccer varsity, complete payment information and we will automatically override your membership date, again, THIS YEAR ONLY.

Please let us know if you have questions or need assistance with the nomination process. We look forward to expanding our soccer base in the future and are very excited to be able to add honors this year, and even more next year. Thank you for your continued support of TGCA.

TELL YOUR SOCCER FRIENDS, just in case they aren't members of TGCA yet.



photo courtesy Christopher Schmidt

TGCA TRACK & FIELD COMMITTEE % - Chair & - Vice Chair

COACH	SCHOOL	CONF-REG.	COACH	SCHOOL	CONF-REG.
Stefani Shortes	Wolfforth Frenship	6A-1	Stacy Tucker	Barbers Hill	5A-5
David Jeffrey	Guthrie	1A-1	Ryan Kelly	Woodville	3A-5
Rosemary Martin	Abilene	6A-2	Shamaya Jones	Manor	5A-6
Audrey Dunn	Big Spring	4A-2	Donald Zapalac	Schulenburg	2A-6
Shannon Utley	Mansfield Summit	5A-3	Haley Perry	Lamar Fulshear	5A-7
Melinda Malone	Alvarado	4A-3	Julie Breedlove &	Port Isabel	4A-7
J.B. Haggerty, Jr.	Marshall	5A-4	Lacy Schott %	Medina Valley	5A-8
Dee Lewis	White Oak	3A-4	Brooke Ashcraft	Bandera	4A-8

AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which

provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

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

in one place.

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

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available. American Income Life is an international company licensed in 49 states, the District of Columbia,

Canada 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/sqM9W.

TGCA SUMMER CLINIC

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



photo courtesy Madeleine Harris

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

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in

the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 11th, 7:00 p.m., at the Arlington Sheraton Hotel, 1500 Convention Center Drive, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations are now open. Be sure to register for Clinic, renew your membership,

and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations".

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2022-23 Printable Membership Form".

The 2022 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress towards Summer Clinic and dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2022 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2022 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2022 SUMMER CLINIC ARLINGTON HOTELS AND RATES
(You MUST use the Hotel Res-

ervation Services link on the TGCA website under the Summer Clinic tab to get the TGCA rates shown below)

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

CROWNE PLAZA
700 Avenue H East
\$135.00

DOUBLE TREE BY HILTON
1507 N Watson Road
\$129.00

HILTON ARLINGTON
2401 East Lamar Blvd
\$144.00

HILTON GARDEN INN DALLAS/ARLINGTON
2190 E Lamar Blvd
\$129.00

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

SHERATON ARLINGTON
1500 Convention Center Drive
\$145.00

Hotel Reservation Services are now open.

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

**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!

www.austintgca.com

For questions or additional Exhibitor information please visit our website or contact:
tgca@austintgca.com
(512) 708-1833

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](#)

TGCA SOCCER ADVISORY BOARD

% - Chair & - Vice Chair

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

TGCA SUB-VARSITY COMMITTEE

% - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.	COACH	SCHOOL	CONF.-REG.
Kayla Overton	Lubbock HS	5A-1	Morgan Anderson	Corrigan-Camden HS	3A-5
Shelbie Watson	Canyon Randall HS	5A-1	Haelee Horne	Cy-Fair HS	6A-5
Kerri Whitehead	Big Spring JH	4A-2	Allison Machac	Schulenburg HS	2A-6
Peyton Little	Abilene Wylie HS	5A-2	Maureen Marek	Bellville JH	4A-6
Dena Atzenhoffer	RO Castleberry HS	4A-3	Jay Tope	Lytle HS	3A-7
Madison Martin	Aledo HS	5A-3	Jordan Ruiz %	SA East Central HS	6A-7
Alex Brownlee	Frisco Ind. HS	5A-4	Melissa Pump &	Medina HS	1A-8
Ashlie Curtis	Princeton HS	5A-4	Hannah Thompson	Devine HS	4A-8

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 membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the

categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

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

Once you have updated any information that needs to be updated and added

your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remem-

ber 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 Clin-

ics 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 Lacy Schott

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2022-23 year, beginning June 1, 2022 and ending May 31st, 2023. Please be sure that is what you intended to do. You may still print a 2021-22 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

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 Madeleine Harris

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.

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: Adeline Davis

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

THINGS TO KNOW ABOUT SEASONAL AFFECTIVE DISORDER

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 WINTER FUNK. Seasonal affective disorder, also referred to as SAD, is an extreme form of the winter blues. It is a depression-related condition that occurs approximately the same time each year, entailing lethargy and diminished normal functioning. Although certain individuals may experience the

increasing as a person ages. Gender also matters, with the condition diagnosed four times more often in women than men. In addition, genetics matter, given that SAD sometimes runs in families. Furthermore, geography matters. The risk of SAD rises the farther a person lives from the equator.

dian rhythm), leading to feelings of depression. A reduced level of sunlight also can cause a drop in serotonin (a brain chemical that affects mood) that may trigger depression. The change in season also can spark the body's level of melatonin to fall, which can affect an individual's sleep patterns and mood.

son's mood. While outdoors, the individual should not wear sunglasses or stare directly at the sun.

7 EAT WISELY. What a person eats can affect the degree to which a person can deal with the peaks and valleys attendant to SAD. For example, sweets and simple carbs, like white bread, can lead to a rapid rise in an individual's blood sugar and insulin levels. Then, when they are all used up, the person spirals down to experiencing the symptoms associated with SAD.

8 BE SOCIAL. Having relatively close relationships is crucial in reducing isolation and helping a person manage their SAD. As such, individuals with SAD need to consciously enhance their level of human connection, for example, by making an effort to reconnect or start new relationships, reaching out to family for help, and participating in social activities.

9 GETMOVING. Adopt healthy behaviors. When a person feels healthy, they feel good. As such, exercising on a regular basis, especially outside in natural daylight, can boost serotonin and endorphins, as well as other feel-good brain chemicals.

10 HOW DO I KNOW? SAD can be relatively difficult to distinguish from other psychological problems. As a rule, to be diagnosed with SAD, a person must have experienced depression, as well as some of its other symptoms, for at least two consecutive years during the same time frame. In addition, the bouts of depression have subsequently been followed by periods without depression, without other acceptable explanations for the changes in mood or behaviors.

4 MORE THAN A CASE OF THE BLAHS. Winter depression (SAD) can have extremely serious consequences in some instances. Not only can an individual feel very sedentary or sluggish, the symptoms can be severe enough to substantially affect a person in other negative ways, for example, mood changes (irritability, anxiety, and grief), alterations in appetite (cravings for alcohol and/or foods high in sugars and starches), social withdrawal, weight gain, oversleeping (hypersomnia), and low energy.

5 LET THERE BE LIGHT. One of the most common treatments for SAD is light therapy. This modality, which has been found to be effective in many instances, entails having an individual sit near a special light that emits bright light for a certain amount of time every day, usually early in the morning. The underlying premise is that the light affects a person's internal clock (circadian rhythm), thereby enhancing the production of the hormones melatonin and serotonin.

6 LET THE SUN SHINE IN. Individuals who have SAD can help treat their condition by getting outside during the day and taking advantage of any available sunlight, for example, going for a short walk. Not only can sunlight, even in the small doses that winter provides, help boost serotonin levels, it can also improve a per-



photo courtesy Daisy Santos

symptoms of SAD during the summer, rather than the winter, the most common form of SAD begins gradually in late August or early September and continues until March or April.

2 THE SAD TRUTH. With regard to suffering from this disorder, everyone is not equal. For example, age matters. As such, the most common age of the onset of SAD is 20 to 30 years old, with the risk

3 A MIXED BAG. The specific cause of SAD, which affects more than 10 million Americans annually (which is more than five times the number of new cases of cancer in the United States each year), is unknown. Certain factors, however, have been found to come into play with regard to its level of incidence. For example, the diminished level of sunlight in the fall and winter may disrupt a person's biological clock (circa-

CHERYL LEONE: FINDING THE JOY



Kay Yow Cancer Fund



Every single day Cheryl Leone defies the odds. Science says she should not be here. Statistics say she should have left us 16-17 years ago. A decade and a half later, she is still here – still living with joy, still inspiring.

Cheryl was diagnosed with stage IV vulvar cancer in 2005. She was given 2 months to a year to live. At the end of the year, she wasn't just alive – she was thriving.

Fast forward – it's 2020 and to add another ripple to the COVID crisis, Cheryl had been diagnosed with colon cancer in June 2019. Cheryl responded with the same positive attitude she credits for getting her through round one with

cancer.

Her family developed the "Team Cheryl Approach" – an all-in response that created a pod of safe support around Cheryl.

Cheryl watched as her two grown children stepped up and made significant sacrifices to be there in every way imaginable for their mom. Perhaps the grandest gift was the opportunity to realize her greatest delight – her two children are amazing humans.

Cheryl is truly thankful for her family and worries more about her caregivers than herself.

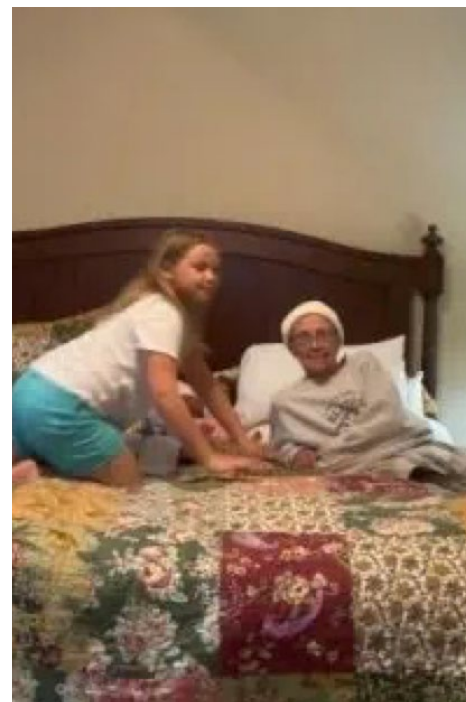
Her daughter saw a need for Cheryl to downsize, something Cheryl "would do in a second, if

I didn't have to move" and three days later her daughter had sold the house and purchased a smaller, more accessible home—and made the move. Her son changed her ileostomy bag every day for 9 months. Cheryl's granddaughter (pictured) became a daily infusion of joy. Her partner, Dave, a constant reminder that she is loved.

The story is incredible, but Cheryl is more incredible. She is a motivator, someone who challenges each of us to be better, to do better, just because of her example.

In talking with Cheryl, one gets that sense that the "Cheryl-isms," much like "Yow-isms" are not just words, they are blueprints for good living. A favorite is, "You have to live with joy, not happiness."

Joy. It is a word that is not often connected to cancer, yet there they are – the fingerprints of joy, evidence of a life lived in a battle Cheryl long since won.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				31	1	2
				SOCCER: REGIONAL QUARTERFINALS		
3	4	5	6 Tennis: District Certification Deadline	7	8	9 SOCCER: REGIONAL TOURNAMENT Golf: District Certification Deadline
10	11	12	13	14	15	16
	TENNIS: REGIONAL MEETS			SOCCER: STATE TOURNAMENT		
	TGCA: Soccer Nominations Deadline, 12:00 p.m.					Track & Field: District Certification Deadline
17	18	19	20	21	22	23
	GOLF: REGIONAL MEETS					Track & Field: Area Meets
	TGCA: Soccer Advisory Board Meeting, 6:00 p.m. Via Zoom					
24	25	26	27	28	29	30
	TGCA: Tennis Nominations Deadline, 12:00 p.m.	TENNIS: STATE MEET		SOFTBALL: BI-DISTRICT		
		Softball: District Certification Deadline			TRACK & FIELD: REGIONAL MEETS	

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

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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.

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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