



TGCA NEWS

SEPTEMBER 2021



2021-2022 TGCA OFFICERS



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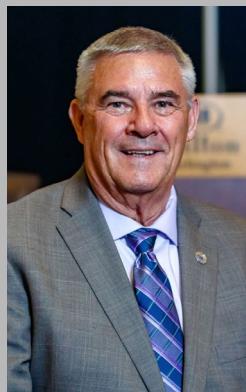
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cover photo courtesy Zach Morgan

right photo courtesy Anthony Branch



WELCOME BACK

Julie Breedlove Port Isabel HS | TGCA Track Committee Vice Chair

Welcome back to what I know has been a very exciting return to fall sports! I know that most of us were able to get an abbreviated season in last year and some of us were able to get in a full season. Early on, a few of us may have been wondering if we would get a season at all! We also knew there was no guarantee that we would make it through the end of our seasons! We made adjustments in our schedules, we changed the way we ran meets and we rearranged our bus seating to keep our athletes safe. But we kept our faith and made the most of it because that's what we do as coaches.

Thankfully, with the UIL leading us and the cooperation of school districts and communities across the state, we were able to watch every sport compete in every post season contest. We were also able to watch with excitement each state meet and state tournament. It's been wonderful to get our students back in the classroom and even more wonderful to see them back out on the course, court and fields! I know that the kids are excited to be back, too! There were still many unknowns as we headed back to school this year, but we were determined to tackle them as they came. One thing I know was on my mind in our return to school were our participation numbers. Would we still see the large participation numbers we were used to, especially in our junior highs/middle schools? Were parents willing to allow our students to participate in our athletic programs, would they worry about the travel and time spent on a bus, would they worry about contact with athletes from the other schools?

Like others, our junior high and sub-varsity programs didn't get the opportunity to participate at all last year and the majority of our students

school to practice, then attend marching band practice at the start of the school day, cheer or dance practice at the end of the school day and then, stay



photo courtesy Ashley Laughlin

were learning from home. Our practices and competitions were delayed for our varsity squad, as well. As head coaches we know that our junior highs/middle schools are the backbone of our programs and our sub-varsities are our lifeline. We also know that we generally see a small drop of numbers in our cross country/track and field athletes as our 8th graders move up to high school. How will missing almost a year of training affect us?

As a 4A school, we share many of our athletes with dance, cheer, marching band, team tennis, volleyball and football. With all of these activities sharing practice times and occasional competition/performance days, we have to work with other coaches and sponsors to make sure that we are putting our athletes in the best possible position to be successful. Some of our high school cross country athletes come in early before

after for volleyball, football and tennis practice. Much of our high school training takes place throughout the summer and requires our sub-varsity athletes to rely on someone else for transportation. What can we do to encourage and motivate our younger runners to stay the course with us?

Our 7th/8th graders need to know who we are so visit your junior high/middle schools as often as you can. Keeping in touch with them throughout the year will go a long way. Often times our young athletes will be involved in other activities during the year so take the time to go watch them cheer, dance or march at football games, go see a basketball game or soccer game, attend a band concert or a science fair.

Parents are a huge asset to a successful program and reaching out to them will help immensely. Keeping parents informed of practice schedules and meet schedules is



one way to insure we have our younger runners at practices. Perhaps our high school parents can help set up a carpool to get the sub-varsity runners to summer practices. Parents may also want to host pasta nights for the runners and special occasion dinners, or serve watermelon or snacks after practice or meets.

Using apps such as Remind, sportsYou and Band can help with team communication. Google Classroom is also a great tool! I think a neat idea for the runners, or any team, is to have a Big Sis/Lil Sis or Big Brother/Lil Brother program where a veteran runner or upperclassmen is paired with a younger runner. This gives the younger runners someone they can bond with and helps the upperclassmen work on their leadership skills. Everyone loves to hear their name once in a while so be sure to include meet results in school announcements and any special awards or recognitions.

Try to create some fun runs throughout the season, like scavenger hunts and relays to vary the training. Little things like goody bags with their favorite snacks, locker tags, name tags for backpacks, and maybe a handwritten note each week pointing out some good qualities and traits that you've noticed are wonderful ways to personalize the experience for them. Reward the younger runners as often as possible, no matter how big or small the accomplishment is! And love! Love coaching, love the sport and love your runners!!



Aaron Locks

- CEO, National Academy of Athletics
- Over three decades of sports coaching, education & management
- Worked with world-renowned coaches, including Dusty Baker, Pat Riley and John Wooden

As kids head back to the classroom, it's important to help student-athletes achieve a positive frame of mind. After all, many haven't played sports or participated in a single group or team activity in a very long time. Here are a few fundamental ways you can help students get in the right back-to-school mindset as they return to the field, court and classroom.

1) Talk to Kids About COVID

Fact: kids will be afraid to return to school, and that fear is real. As leaders, we must try not to project our fears on top of theirs and instead, make it a point to talk with them so we can better understand what their feelings are as they prepare to head back. It's also important to keep students and parents

informed of all changes to their regular school routine, including new COVID protocols designed to help keep everyone safe. Lastly, be aware of and empathize with parents' concerns about the current situation. At the end of the day, communication will be key for a safe return.

2) The "New" Normal Will Be Different

No doubt about it. Life is very different than it was just a couple of years ago and we're all still learning to navigate our "new" normal. As you return to school, check-in with your players and students to see how they're handling these changes. Focus on building a safe and engaging environment and share your plans for your class or season with your players to create excitement, regardless of all the changes they're experiencing.

3) The Importance of Being Physically Fit

Now is the time to teach kids that being in good physical shape is key to having a successful season. To do this, educate them on the benefits of exercise or give them at-home workouts they

can do on their own when they're away from the field/gym. Get them ready today so you can all have a successful season tomorrow.

4) The Importance of Feeling Mentally Strong

After a year of limited sport, the state of your team's mental health is just as important as their physical health. Remember that the last year and a half has been mentally exhausting for student-athletes and returning to school and sports will likely feel somewhat overwhelming. Try to connect with your athletes one-on-one to ensure they're in good standing and ready to get after it this season.

5) Drills to Build Sport-Specific Skills

When it comes to drills, we all have our favorites. This includes both sport-specific and position-specific drills. Begin incorporating your favorite drills prior to the season so athletes become more comfortable/less nervous about performing. Also, focus on putting together both individual and group workouts. One-on-one workouts make it easier to offer targeted feedback while group workouts help create that all-important team chemistry among your players.

6) How To Get Help from The Parents

The number one challenge for coaches today? Parents. In my experience, there is a right way and a wrong way to work with them. The wrong way is to imply you don't need or want them to be involved; to essentially say, "back off, leave me alone." The right way is to encourage open communication on both sides. While you'll need to create some boundaries and expectations, you should also let parents know you're open to hearing what they have to say. After all, a good relationship with them will help ensure a great season for you and your team. To help facilitate this, communicate both your team and individual players' goals to your parents and make sure it aligns with their expectations.

2020-21 STATE CHAMPIONSHIP COACHES

COACH	SCHOOL	SPORT	CONF.
Whitney Bryan	Nazareth	Cross Country	1A
Paul Darden	Sundown HS	Cross Country	2A
Roque Palomino	Lago Vista HS	Cross Country	3A
Ray Baca	Canyon HS	Cross Country	4A
Jonathan Tate	Boerne Champion HS	Cross Country	5A
Andrew Cook	Flower Mound HS	Cross Country	6A
Jenna Jenkins	Neches HS	Volleyball	1A
Jamie McDougal	Iola HS	Volleyball	2A
Jason Culpepper	Bushland HS	Volleyball	3A
Cathrine Foerster	Decatur HS	Volleyball	4A
Ryan Mitchell	Lucas Lovejoy HS	Volleyball	5A
Amy Cataline	Katy Seven Lakes HS	Volleyball	6A
Victoria Butler	Keller Fossil Ridge HS	Cheerleading	Co-Ed
Mary Willison	Munday HS	Cheerleading	1A
Amanda Perry	Munday HS	Cheerleading	1A
Misty Bumpurs	Jewett Leon HS	Cheerleading	2A
Katy Baugh	Lago Vista HS	Cheerleading	3A
Meagan Hogg	Lumberton HS	Cheerleading	4A
Sarah Burk	NRH Birdville HS	Cheerleading	5A-DI
Nicole Mitchell	Crandall HS	Cheerleading	5A-DII
Amy Weaston	Northwest Nelson HS	Cheerleading	6A-DI
Bailey Broadstreet	Schertz Clemens HS	Cheerleading	6A-DII
Trey Hayes	Lubbock HS	Swimming & Diving	5A
Jeremy Wade	Conroe The Woodlands HS	Swimming & Diving	6A
Alex Stephenson	Dodd City HS	Basketball	1A

COACH	SCHOOL	SPORT	CONF.
Amber Branson	Lipan HS	Basketball	2A
Michelle Wyatt	Brownfield HS	Basketball	3A
Tate Lombard	Canyon HS	Basketball	4A
Donny Ott	Cedar Park HS	Basketball	5A
Andrea Robinson	DeSoto HS	Basketball	6A
Gerald Slovacek	Midlothian Heritage HS	Soccer	4A
Bailee Perrine	Dripping Springs HS	Soccer	5A
Misail Tsapos	Flower Mound HS	Soccer	6A
Kerry Gartman	Robert Lee HS	Golf	1A
Cory Horne	Normangee HS	Golf	2A
Rob Londerholm	Wall HS	Golf	3A
Nathan Moses	Argyle HS	Golf	4A
Mercedes Trent	Lewisville Hebron HS	Golf	6A
Ben Connell	Sands HS	Track & Field	1A
Corby Maurer	Panhandle HS	Track & Field	2A
Kayla Janicek	Cameron Yoe HS	Track & Field	3A
Aaron Wingfield	Kennedale HS	Track & Field	4A
Shahira Ehiemua	Fort Bend Marshall HS	Track & Field	5A
Beverly Humphrey	Lancaster HS	Track & Field	5A
Bruce Mauppin	Dodd City HS	Softball	1A
Cynthia Herrera	Stamford HS	Softball	2A
Scott Delozier	Rains HS	Softball	3A
Karen Slack	Liberty HS	Softball	4A
Aaron Fuller	Mont Belvieu Barbers Hill HS	Softball	5A
Amy Vidal-Bush	Deer Park HS	Softball	6A



photo courtesy Chris Schmidt

2020-21 COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Paul Darden	Sundown HS	Cross Country	1A-2A-3A-4A
Jonathan Tate	Boerne Champion HS	Cross Country	5A-6A
Jason Culpepper	Bushland HS	Volleyball	1A-2A-3A-4A
Amy Cataline	Katy Seven Lakes HS	Volleyball	5A-6A
Morgan Jackson	Ropes HS	Cheerleading	1A-2A-3A-4A
Amy Weaston	Katy Seven Lakes HS	Cheerleading	5A-6A
Alex Stephenson	Dodd City HS	Basketball	1A-2A-3A-4A
Donnie Ott	Cedar Park HS	Basketball	5A-6A
Gerald Slovacek	Midlothian Heritage HS	Soccer	4A-5A-6A
Rob Londerholm	Wall HS	Golf	1A-2A-3A-4A
Mercedes Trent	Lewisville Hebron HS	Golf	5A-6A
Aaron Wingfield	Kennedale HS	Track & Field	1A-2A-3A-4A
Jennifer McHugh	San Antonio Reagan HS	Track & Field	5A-6A
Scott Delozier	Rains HS	Softball	1A-2A-3A-4A
Aaron Fuller	Mont Belvieu Barbers Hill HS	Softball	5A-6A
Danielle Eschenburg	Sealy HS	Sub-Varsity Cross Country	1A-2A-3A-4A
Courtney Rutledge	Monahans HS	Sub-Varsity Volleyball	1A-2A-3A-4A
Jennifer Duffoure	Austin Lake Travis HS	Sub-Varsity Volleyball	5A-6A
Hannah Henderson	Jacksboro HS	Sub-Varsity Cheerleading	1A-2A-3A-4A
Hailey Hann	Katy Seven Lakes HS	Sub-Varsity Cheerleading	5A-6A
Hannah Thompson	Devine HS	Sub-Varsity Basketball	1A-2A-3A-4A
Steve Golemon	Llano HS	Sub-Varsity Track	1A-2A-3A-4A
Whitney Lusk	Wolfforth Frenship HS	Sub-Varsity Track	5A-6A
Katherine Shawver	Coahoma HS	Sub-Varsity Softball	1A-2A-3A-4A
Sharon Schroeder	Bellville JH	Middle School Volleyball	1A-2A-3A-4A
Christie Andrew	Frisco Maus MS	Middle School Volleyball	5A-6A
Caroline Owen	Sealy JH	Middle School Basketball	1A-2A-3A-4A
Misty Williams	Frenship Terra Vista MS	Middle School Basketball	5A-6A
Blair Hodges	Salado JH	Middle School Track	1A-2A-3A-4A

TGCA SUB-VARSITY YEARS OF SERVICE

COACH	SCHOOL	YEARS OF SERVICE
Regina England	Graham JHS	25



photo courtesy Anthony Branch



2020-21 ATHLETES OF THE YEAR

ATHLETE	SCHOOL	SPORT	CONFERENCE	COACH
Taytum Goodman	Earth-Springlake HS	Cross Country	1A-2A-3A-4A	Jeri Goodman
Cameron Fawcett	Dallas Highland Park HS	Cross Country	5A-6A	Susan Bailey
Kinley Rudder	Bushland HS	Volleyball	1A-2A-3A-4A	Jason Culpepper
Cecily Bramshreiber	Lucas Lovejoy HS	Volleyball	5A-6A	Ryan Mitchell
Taylor Cagle	Lago Vista HS	Cheerleading	1A-2A-3A-4A	Katy Baugh
Hailey Smith	San Angelo Central HS	Cheerleading	5A-6A	Matthew Escue
Chloe Callahan	Canyon HS	Basketball	1A-2A-3A-4A	Tate Lombard
Kyndall Hunter	Cy-Creek HS	Basketball	5A-6A	Jennifer Alexander
Caroline Dill	Dripping Springs HS	Soccer	4A-5A-6A	Bailee Perrine
Yierra Flemings	Cameron Yoe HS	Track	1A-2A-3A-4A	Kayla Janicek
Rylee Hennig	Aquilla HS	Field	1A-2A-3A-4A	Amanda Hennig
Brynn Brown	Denton Guyer HS	Track	5A-6A	Megan Sprabeary
Alyssa Thomas	Mont Belvieu Barbers Hill HS	Field	5A-6A	Stacy Tucker
Bohyun Park	Carrollton Ranchview HS	Golf	1A-2A-3A-4A	Kevin Kelson
Mason Lewis	Granbury HS	Golf	5A-6A	Becky Addison
Kaci West	Liberty HS	Softball	1A-2A-3A-4A	Karen Slack
Samantha Landry	Mont Belvieu Barbers Hill HS	Softball	5A-6A	Aaron Fuller



photo courtesy Anthony Branch

2020-21 TGCA NOMINATION DEADLINES BY SPORT

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

**Subject to change*

Team Tennis Oct. 25, 2021
Cross Country Nov. 1, 2021
Volleyball Nov. 15, 2021
Spirit Jan. 31, 2022
Swim/Dive Feb. 14, 2022
Wrestling Feb. 14, 2022

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



||| CAREER VICTORIES

Basketball |||

COACH	SCHOOL	VICTORIES
Rhonda Farney	Georgetown HS	1200
Chuck Darden	Shallowater HS	1000
Leland Bearden	Ropesville Ropes HS	700
Jill McDill	Sunnyvale HS	600
Gary Watkins	Franklin HS	600
Darrell Harborth	Geronimo Navarro HS	500
Randy Henderson	Vega HS	400
Brian Legan	Sundown HS	400
Troy Carrell	Woodville HS	300
Jeremy Durham	Brownsboro HS	300
NeKisha Durham	Waller HS	300
Thaddeus Dydalewicz Jr.	Bruceville-Eddy HS	300
Patrick Harvey	Antonian College Prep.	300
Chance Westmoreland	Argyle HS	300



photo courtesy Rebekah James

Cheerleading |||

COACH	SCHOOL	VICTORIES
Katy Baugh	Lago Vista HS	400 pts
Nicole Duggan	Buda Hays HS	300 pts

Softball |||

COACH	SCHOOL	VICTORIES
Guyla Smith	West HS	700 wins
Kevin Mills	El Paso Chapin HS	500 wins
Kevin Randle	Comal Canyon HS	500 wins
Laura Moore	Keller Timber Creek HS	400 wins
Paul Salinas	CC Veterans Memorial HS	400 wins
Jose Ramos	El Paso Andress HS	300 wins
Jeremy Tarrant	Mount Pleasant HS	300 wins



photo courtesy Anthony Branch

Track & Field |||

COACH	SCHOOL	POINTS
Lacey Lambert	Wimberley HS	600 points
Lyle Linscomb	Waxahachie Life HS	600 points

Volleyball |||

COACH	SCHOOL	VICTORIES
Cari Lowery	Copperas Cove HS	800 wins
Patti Zenner	Poth HS	800 wins
Jim Wood	Maypearl HS	500 wins
Kate Zora	Klein HS	500 wins
Regina Snell	Hardin HS	500 wins
Becca Peveto	Bridge City HS	300 wins

WOODBIDGE: COOK AND CONDE DE FRANKENBERG GO SUB 16:00

William Grundy MileSplit

It has become a tradition for some of the best Texas individuals and teams to head out to California and compete in one of the most competitive races on the West Coast.

The Woodbridge Cross Country Classic has been known as the place to run fast. It's a two night event of all out 3 mile sprinting in sorts.

Texas has had it's fair share of success in recent pasts, but this year was definitely a fun and fast night for the state representatives who went out west.

In the fastest girls race of the event, the sweepstakes race, Mira Costa (SS) senior Dalia Frias held off a rally by Newbury Park senior Samantha McDonnell for the win and a new course record of 15:43.5, formerly held by Grandview (CO) Brie Oakley's 15:53.6 in 2016.

Although known to be a course, only three other girls since 2016 have gone sub-16, four girls achieved it Saturday night including two Texans.

The aforementioned McDonnell was second in 15:54.6 in leading her Newbury Park girls to the team title.

Flower Mound senior Natalie Cook, had not raced on a cross country course all season long until last night. This was quite the way to open up her 2021 season; she was third in 15:56.3. Cook had run a two mile run on the track back in August that resulted in a 10:12.74 PR, which is the TX No. 5 all-time at that distance on a track.

Cedar Park sophomore Isabel Conde de Frankenberg was fourth in 15:59.5. The 2020 UIL 5A cross country state champion

had a tune-up last weekend at the Cedar Park Invitational in 17:31.20. This weekend, she was able to use the competition and some of her 2:09.16 800m speed to combine for a very elite time.

Cook and Conde de Frankenberg ran the top two three mile performances by a Texas girls according to the MileSplit database (see below).

Southlake Carroll senior Kaylie Cox and Flower Mound sophomore Nicole Humphries also finished in the top 20. Cox was 15th overall with a time of 16:42.10 and Humphries was 19th in 16:48.80.

In the girls team race, Newbury Park was barely better than Flower Mound, getting a six point margin victory. Flower Mound ran a fantastic race in their first full squad meet. The had a whopping 16:59 team average while having a 1:40 1-5 split. The split looks discouraging, but it actually isn't when you factor Cook's PR run. The 2-5 split was only 48 second, which makes them pretty solid factoring Humphries' time was a still very solid in sub-17.

Carroll and Vandegrift finished fifth and sixth overall in the team standings. Carroll ran a 17:38 average and a 1:17 split. Similar to Flower Mound, Carroll's split was inflated due to their number one runner's super fast finish. Cox going 16:42 created a big 1-5 disparity; her elite time makes the split look bigger than it is when you consider the 2-5 runners pack running. The Lady Dragons only had 16 seconds between them.

The Lady Vipers from Austin Vandegrift represented team wise as they held their own against the West Coast's best. They got out-



Natalie Cook (1358) and Isabel Conde de Frankenberg (6551) run Texas all-time leading 3 mile times at Woodbridge Cross Country Classic

standing results from their top three runners when Caitlin Garrett (17:17.20), Taylor Mathis (17:21.50), and Annie Burton (17:25.70) only had an eight second variation. Overall, the team averaged 17:41 with a 57 second split.

In the latest Cross Country Coaches Association of Texas (CCCAT) team poll (you can view here), Southlake Carroll jumped Flower Mound for the top spot and Vandegrift was voted as the No. 4 UIL 6A team in Texas.

Texas boys also had a good night in Cali.

Vandegrift junior and TX No. 1 runner Kevin Sanchez finished fifth overall with an outstanding time of 14:06. That's the second fastest three mile time by a Texas boy in the MileSplit database. That places him behind Craig Lutz' 14:02.10 in 2011 and just ahead of Reed Brown 14:11.70 in 2017, and his former Vandegrift teammate, Anthony Montes' 14:14.50 in 2020.

Two of the top Texas boys teams, Southlake Carroll and El Paso Eastwood finished fourth and fifth in the team standings.

Southlake Carroll doesn't have low stick runner who is going to get single digit points in a huge invitational like this, but what they do have is the capability to throw a barrage of green jerseys at you all at once.

They displayed that last night by getting Hunter Hill (14:52.10) to cross the line in 45th place and the team's number one scorer. They followed that up with rest of their scorers crossing the line 26 second behind Hill and with a 15:04.98 team average.

Eastwood, who is also known for their pack running, was able to exhibit some of that themselves. They went for a 15:06 team average for the three mile distance while still able to go for a 44 second split.

ALL-TIME TOP TIMES GIRLS THREE-MILE RUN

RK	TIME	ATHLETE, GRAD. YR.	SCHOOL	MEET	DATE
1	15:56.30	Natalie Cook, 22	Flower Mound	Woodbridge XC Classic	Sept. 18, 2021
2	15:59.50	Isabel Conde De Frankenberg, 24	Cedar Park	Woodbridge XC Classic	Sept. 18, 2021
3	16:01.00	Sarah Andrews, 07	Conroe The Woodlands	Woodbridge Invitational	Sept. 19, 2009
4	16:14.90	Elizabeth Reneau, 18	Argyle Liberty Christian	Woodbridge XC Classic	Sept. 16, 2017
5	16:19.10	Sophie Atkinson, 21	Katy Cinco Ranch	Klein ISD XC Invitational	Sept. 19, 2020
6	16:22.90	London Culbreath, 20	McKinney North	Woodbridge XC Classic	Sept. 21, 2019
7	16:28.00	Madi McLellan, 14	Conroe The Woodlands	Woodbridge XC Classic	Sept. 17, 2011
8	16:29.10	Julia Heymach, 17	Houston Lamar	Woodbridge XC Classic	Sept. 17, 2016

Continued on Page 8

TOP TIMES GIRLS THREE-MILE RUN [ALL-TIME]

RK	TIME	ATHLETE, GRAD. YR.	SCHOOL	MEET	DATE
9	16:38.10	Halena Rahmann, 19	Montgomery	Woodbridge XC Classic	Sept. 15, 2018
10	16:38.21	Ashlyn Hillyard, 19	Plano	UIL 6A Region II Championship	Oct. 22, 2018
11	16:39.10	Allison Wilson, 19	Montgomery	Woodbridge XC Classic	Sept. 15, 2018
12	16:41.80	Abby Gray, 16	SA Alamo Heights	SA Southwest Meet	Aug. 29, 2015
13	16:42.10	Kaylie Cox, 22	Southlake Carroll	Woodbridge XC Classic	Sept. 18, 2021
14	16:42.20	Paige Hofstad, 16	New Braunfels	Westlake Chapparral Invite	Oct. 11, 2013
15	16:43.30	Catherine Tracht, 18	Southlake Carroll	Woodbridge XC Classic	Sept. 16, 2017
16	16:45.20	Devin Clark, 15	Smithson Valley	Westlake Chapparral Invite	Oct. 11, 2013
17	16:45.80	Karis Jochen, 13	A&M Consolidated	UIL 5A Region II Championship	Nov. 3, 2012
18	16:48.80	Nicole Humphries, 24	Flower Mound	Woodbridge XC Classic	Sept. 18, 2021
19	16:49.70	Gillian Mortimer, 17	Southlake Carroll	Woodbridge XC Classic	Sept. 17, 2016
20	16:50.50	Khayla Patel, 16	Houston Memorial	Texas A&M Invitational	Sept. 26, 2015
21	16:51.20	Madeleine Reed, 16	Lewisville Marcus	UIL 6A Region I Championship	Oct. 31, 2014
22	16:51.89	Gracie Morris, 20	Aledo	Marcus Invitational	Aug. 31, 2019
23	16:51.90	Katie Jensen, 13	Woodlands College Park	UIL 6A Region II Championship	Nov. 3, 2012
24	16:51.91	Brynn Brown, 21	Denton Guyer	UIL 6A Region I Championship	Oct. 22, 2018
25	16:56.10	Quinn Owen, 18	Lewisville Marcus	UIL 6A Region I Championship	Oct. 23, 2017
26	16:56.30	Sandie Raines, 13	Kingwood	UIL 6A Region II Championship	Nov. 3, 2012
27	16:56.80	Eva Jess, 21	El Paso Franklin	UIL 6A Region I Championship	Oct. 28, 2019
28	16:57.00	Brittany Innis, 14	Cedar Park	Woodbridge XC Classic	Sept. 17, 2011
29	16:59.00	Miranda Walker, 06	Southlake Carroll	Texas A&M Invitational	Sept. 10, 2005
30	16:59.80	Safiya-Hana Belbina, 15	Flower Mound	UIL 6A Region I Championship	Oct. 31, 2014
31	17:00.62	Aubrey O'Connell, 22	Prosper	UIL 6A Region II Championship	Oct. 22, 2018
32	17:00.75	Annie Dunlap, 14	Crawford	Waco Midway Invitational	Sept. 6, 2013
33	17:00.95	Isabel Van Camp, 19	Keller	UIL 6A Region I Championship	Oct. 23, 2017
34	17:01.34	Jordan Mathis, 20	Austin Vandegriff	UIL 6A Region II Championship	Oct. 22, 2018
35	17:01.80	Heidi Nielson, 21	Katy Cinco Ranch	Klein ISD XC Invitational	Sept. 19, 2020
36	17:02.60	Ashton Endsley, 17	Abilene	Lubbock Invitational	Sept. 19, 2015
37	17:03.24	Jenna Holland, 20	Southlake Carroll	Marcus Invitational	Aug. 31, 2019
38	17:04.40	Julia Black, 18	Keller	UIL 6A Region I Championship	Oct. 23, 2017
39	17:04.50	Lydia Lo, 20	Southlake Carroll	Woodbridge XC Classic	Sept. 21, 2019
40	17:06.21	Ava Peeples, 19	Lake Highlands	UIL 6A Region I Championship	Oct. 22, 2018
41	17:06.80	Samantha Humphries, 24	Flower Mound	Woodbridge XC Classic	Sept. 18, 2021
42	17:09.00	Emma Heslop, 21	San Antonio FEAST	Southside ISD Invitational	Oct. 6, 2018
43	17:09.30	Tatum Foreman, 20	Southlake Carroll	Woodbridge XC Classic	Sept. 21, 2019
44	17:10.75	Alexa Rodriguez, 19	Laredo Nixon	TAMUCC Islander Splash	Sept. 22, 2018
45	17:10.80	Anna Mora, 15	El Paso Eastwood	UIL 6A Region I Championship	Oct. 31, 2014
46	17:11.40	Shelby Spoor, 20	Coppell	Woodbridge XC Classic	Sept. 21, 2019
47	17:12.50	Austin Owen, 22	Lewisville Marcus	UIL 6A Region I Championship	Oct. 28, 2019
48	17:13.20	Sofia Santamaria, 19	Southlake Carroll	Woodbridge XC Classic	Sept. 16, 2017
49	17:14.11	Sydney Brown, 14	Lewisville Marcus	Birdville Flying Hawks Invite	Oct. 13, 2012
50	17:14.91	Madison Boreman, 16	Leander Rouse	UIL 6A Region II Championship	Oct. 26, 2015

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 login 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 Zach Snow

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.

MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1st** to nominate athletes for honors or receive honors yourself as a coach. If you miss this deadline, you may file an appeal with the Executive Committee by paying your membership fee and then filing the on-line appeals form. If the appeal is granted, your membership date will be overridden and you will be allowed to nominate and receive honors. Should you wish to forego the appeals process, you may pay your membership fee and then pay an additional \$70.00 override fee, which will automatically override the membership renewal date. This process must be done by completing a printable membership form, which can be found on the website under the

“Forms” category in the menu on the left-hand side of the page, being sure to check the box marked “Override Fee” and selecting the “Membership Only” option. The override fee is in addition to your membership fee. The total cost would be \$140.00. You cannot do this on-line. You must send in the paper form by fax or email with credit card information.

You can renew your membership online at www.austintgca.com through the Membership Site with a valid credit card, or you can print a form from the “Forms” category in the menu on the left-hand side of the home page of the website and fax (512-708-1325) or mail that with credit card information, or mail the form with a check to the TGCA offices, P.O.

Box 2137, Austin, TX, 78768.

DON'T FORGET!! If you need help with the renewal process, please call the office at 512-708-1333, and we will be happy to help you, including your log in information and any change of school.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. The system will give you a new membership number, and we need you to always have the same membership number, so please contact us if you can't remember your information. This is especially important if you have already registered your TGCA membership number on the UIL portal with Register My Athlete.

Also, if you have had a school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us. You can, however, update any other profile information, such as contact information and coaching information, by logging in to the Membership Site, located on the main page of the website, and then clicking on “Update Profile” in the menu across the top of the page.

We appreciate your continued support of TGCA. Please let us know if we can be of assistance in any way.

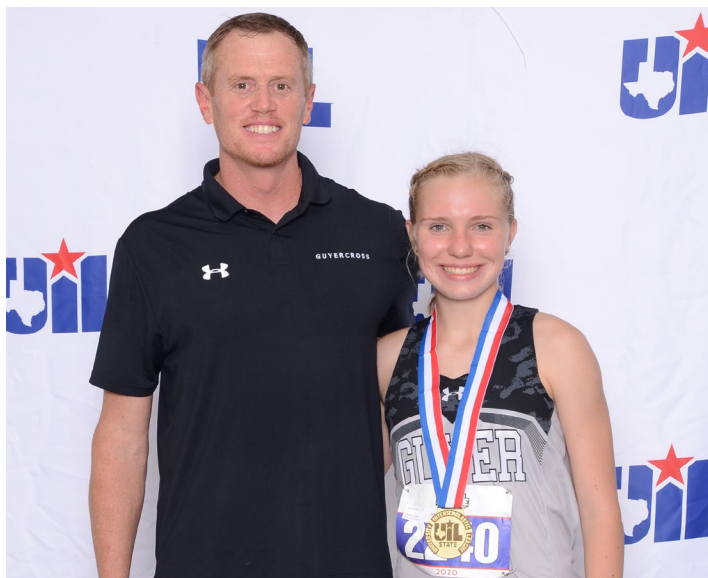


photo courtesy Chris Schmidt



photo courtesy Denver Stone

ADDITIONAL SUBVARSITY & MIDDLE SCHOOL HONORS

The Sub-Varsity Committee of the Texas Girls Coaches Association proposed to the Board of Directors to honor deserving coaches in the sports of tennis, golf and soccer with Coach of the Year recognition on the Sub-Varsity and Middle School levels. This was passed by a unanimous vote by the Board and will go into effect for the 2021-22 school year. To receive this

honor, a coach must be nominated by a member coach and they must be a member in good standing with the Texas Girls Coaches Association. The Sub-Varsity Committee will do the selection process, and the award winners will be announced during the spring and recognized at the Honor Awards Banquet during the annual TGCA Summer Clinic in Arlington, Texas in July.

TGCA GIVES SOCCER SOME XTRA LOVE

The Texas Girls Coaches Association Board of Directors has agreed to expand honors and establish an advisory board for soccer to go into effect during the 2021-22 school year. Soccer is a growing sport under the TGCA umbrella with an increase of soccer coaches becoming members of the association. The Soccer Advisory Board will be appointed by Brad Blalock, TGCA President, during the Fall of 2021.

The TGCA Board felt it has become time to add All-State honors to 4A, 5A, and 6A soccer. There will be a maximum of a 50 athletes named in each of the three UIL conferences for All-State honors. All soccer honors will be selected by the newly formed TGCA Soccer Advisory Board. TGCA already has honors for the fol-

lowing in soccer: Academic All-State, Soccer Coach of the Year, and Soccer Athlete of the Year. State Championship rings will continue to be given to winning member coaches in all three conferences.

The Texas Girls Coaches Association will also add additional soccer lectures at the 2022 TGCA Summer Clinic in Arlington, Texas in July. There are plans, in the near future, to add a Soccer All-Star game to go along with Cross Country, Volleyball, Basketball, Cheer, Track & Field, and Softball.

Please pass this information to all the soccer coaches throughout the state. There is a membership deadline of November 1 for member coaches or their athletes to be eligible to receive any honors given by TGCA.

11

THINGS TO KNOW ABOUT SUNBURN

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 To a degree. A sunburn is damage to the body's outermost layers of skin caused by exposure to the ultraviolet (UV) rays of the sun. Depending on the severity of the damage to the skin, sunburns are classified into three primary categories of burns—first-, second-, and third-degree. First-degree is the most minor,

can remain. Not only can exposure to the sun accelerate the aging of the body's skin, it is also the leading cause in the majority of instances of three types of skin cancer—basal carcinoma, squamous cell carcinoma, and melanoma, the deadliest form of skin cancer.

on sunscreen (and moisturizer) every day before venturing outdoors, as well as not smoking, can make a significant difference. For example, a heavy smoker who is exposed to the sun at least two hours a day has an increased likelihood of developing a face full of wrinkles by a factor of 11.

can manifest itself in unwanted ways on the skin later in life.

8 Steering clear. The best way to avoid sun damage is to simply stay out of the sun. Two of the most commonly recommended steps to practice sun safety are to use sunscreen and to wear protective clothing. In the former instance, a sunscreen with a sun protection factor (SPF) of at least 30 should be applied on all exposed areas of the body approximately 30 minutes before the person goes outside. With regard to protective clothing, wearing a broad-brimmed hat, a long-sleeved shirt, full-length pants, and UV-blocking sunglasses is suggested.

9 Out, but not all out, of the ordinary. When it comes to sunburn, all people are not created equal. For example, dark-skinned people have higher pigment levels that help protect against sunlight. Their pigment, however, does not block 100 percent of the light. As a result, even though the incidence of sunburns in individuals with dark skin is less than what light-skinned people experience, their rates are not zero.

10 Two peas in a pod. Two four-letter words—"dumb" and "risk" are aptly associated with people who simply choose to ignore the connection between exposure to the sun and skin cancer. The number of individuals who develop skin cancer are staggering. For example, almost 10,000 Americans are diagnosed with skin cancer every day, with the vast majority of cases attributed to ultraviolet radiation from the sun. In fact, more than two people die of this insidious disease every hour of every day. Like many health-related conditions, prevention is the key.

5 Window of exposure. Even though the sun's rays are at their most dangerous levels during mid-day hours when extra attention to sun safety is warranted, e.g., between 10 a.m. and 4 p.m., the sun can be a powerful source of ultraviolet radiation even when it's cooler out. In fact, a person needs adequate protection from the sun no matter how warm it is outside. The early morning and early evening sun can still cause a sunburn.

6 Less than 100 percent. While shade can reduce a person's exposure to the ultraviolet light of the sun, it doesn't entirely protect an individual. In fact, the segment of light most harmful to skin (i.e., UVB rays) can strike the body indirectly by bouncing off UV-reflective surfaces, such as concrete, sand, and water. Similarly, a person can get a sunburn on a cloudy day. While cloud cover can block some of the sun's UV rays, it doesn't stop all of them.

7 Not all the same. Not all sunburn looks the same. For many people, prolonged unprotected exposure to the sun can cause the cells of the skin to become red, swollen, and painful. For others, however, the damage to their skin from the rays of the sun isn't always visible. Seen or not, this damage (e.g., alterations to DNA, suppression of the body's immune system, etc.) can be consequential and can add up over time and



photo courtesy Ashley Laughlin

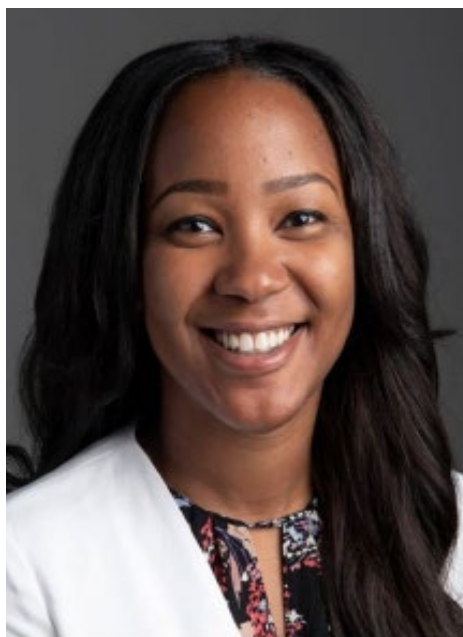
and third-degree is the most severe. First-degree burns, which affect only the outer layer of skin, are characterized by localized redness. In contrast, second-degree burns, which involve the outer and middle layers of skin, cause blisters. Finally, third-degree burns entail damage to all layers of the skin, with the burnt skin subsequently turning white or looking charred.

2 Good, bad, and badder news. The good news about sunburn is that it's totally preventable. The bad news is that it typically leads to experiencing an uncomfortable degree of pain and redness. The badder news is that after the sunburn fades, lasting damage

3 Doubling-up. Research has found that experiencing a single case of severe sunburn or five or more times of a non-severe instance of sunburn can double a person's risk of developing potentially deadly melanoma. Although it is less common than practically every other form of skin cancer, melanoma is particularly dangerous because of its ability to rapidly spread to other organs of the body if it's not treated at an early stage.

4 No time like the present. Even if an individual has spent an undue amount of time in the sun, it's never too late to prevent further skin damage. In that regard, slathering

KAY YOW CANCER FUND



Jericka Jenkins

If you were lucky, life when you were 14-years old was relatively uncomplicated. Relatively ordinary.

Sure, there was the occasional crazed cram session for the upcoming algebra test. Maybe there was a big game on the horizon or a recital where the final note would spell relief. Even so, life was good — if you were lucky.

When Jericka Jenkins was 14-years old, she was not unlike most high school freshmen. The transition from middle school to high

school can be rocky, but being an athlete, she had found her place, her sense of belonging. Freshman season of basketball was just wrapping up and track was beginning.

The days seemed too ordinary for anything extraordinary.

She remembers competing in a Saturday track meet and then waking up on Sunday morning with a lump near her collar bone. Jericka did the first thing anyone in her situation would—she went to the athletic trainer. When the lump did not go away after a couple of weeks, she went to her doctor. The doctor echoed the trainer's thoughts — probably just an infected lymph node.

Nothing to be concerned out. Nothing out of the ordinary.

Four weeks after the appearance of the lump, she went back to the doctor. After performing chest x-rays and finding a “cloudiness” on her lungs, the doctor suggested that it would be something to keep an eye on, no cause for true alarm, just something to watch.

Shortly thereafter, the second lump appeared.

At this point, doctors performed a biopsy and gave the 14-year old the news no person should ever have

to hear much less at 14 — “You have cancer.”

Jericka was in disbelief. She felt good. She was a two-sport athlete. This seemed improbable.

When treatments began, she lost her hair. Even losing her hair, her friends did not believe she had cancer. She seemed too healthy. Too athletic. Too young.

Basketball was the thing that kept her focus on the ordinary. In between rounds of chemotherapy and radiation, in the middle of the extraordinary, there was basketball. A constant.

That November, she was pronounced “cancer free” and in 2007 she went into remission.

Jericka went on to play basketball at Hampton University where her teams won three conference championships while she was there. Extraordinary.

It is the mix of ordinary and extraordinary that gives us hope. Every day people, facing monumental challenges. Ordinary people, doing extraordinary things.

This is the work of the Kay Yow Cancer Fund — to unite the ordinary to do the extraordinary. Together, we are giving hope.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9 Team Tennis: District Certification Deadline
10	11 TEAM TENNIS: BI-DISTRICT		13	14 TEAM TENNIS: AREA		16 Cross Country: District Certification Deadline
17	18	19	20 Girls Basketball: First Day for Practice	21 TEAM TENNIS: REGIONAL		23
	18 TEAM TENNIS: REGIONAL QF					
24	25 TGCA: Team Tennis Nomination Deadline, 12:00 p.m.	26	27	28 TEAM TENNIS: STATE		29 Volleyball: District Certification Deadline
31						

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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The power to do more



VARSITY
Guy in the Yellow Tie



Tom Rogers
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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: austingtca.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.



@AUSTINGTCA

