



TGCA NEWS

FEBRUARY 2023



2022-2023 TGCA OFFICERS



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TABLE OF CONTENTS

FEATURE ARTICLES

The Culture of a Basketball Team

By Dee Lewis, TGCA Basketball
Committee Chair

PAGE 1

Women of Will Program

BSN Sports

PAGE 2

10 Nice-To-Know Facts About Being in the Sun

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

PAGE 10

Kay Yow Cancer Fund

PAGE 11

ALSO INSIDE

Basketball State Championships	3
TGCA Winter Postseason Awards	4
2023 TGCA Summer Clinic	5
AD&D Benefit	5
TGCA All-Star Program	5
Sport Nomination Deadlines	5
TGCA Satellite Clinics	6
TGCA Membership Renewal	7
General Nomination Instructions	8
Online Nomination Instructions	8
TGCA Career Victories	9
Sub-Varsity Years of Service	9
Important Dates	12
Update Online Profile	12
Sub-Varsity COY Nom Deadline	12
Sponsors	13

cover photo courtesy Brad Blalock

right photo courtesy Desiree Stewart Thomas



THE CULTURE OF A BASKETBALL PROGRAM

Dee Lewis White Oak HS | **TGCA Basketball Committee Chair**

Basketball has been a part of the sports culture worldwide for over a century, and its influence on society is undeniable. “Basketball Has Changed the World, and It Can Do Even More,” it is not just physical prowess that sets a successful basketball team apart from its competition but also its culture. Culture is an essential factor in a basketball team’s success and profoundly affects their performance on the court. A team’s culture is more than the skills displayed on the court; it includes the collective values and beliefs shared among the players. A basketball team’s culture encompasses how they interact with each other, perform,

and approach the challenges they face on and off the court.

A strong team culture encourages players to grow together as a unit, which can positively influence their on-court performance. This unity can lead to more excellent team chemistry, better communication, and improved collaboration among the players, making it easier for them to work together to reach their goals. A team’s culture also plays a significant role in handling adversity. A team with a culture of connectedness is better equipped to handle the highs and lows of the competitive world; when victories turn to losses, the bond between players will

be what sees them through. This connectedness helps to create a sense of resilience that enables players to keep pushing forward, even in the face of adversity.

With a strong culture in place, players can draw on their shared beliefs and values to get through difficult times and maintain their focus on achieving their goals. In addition, basketball teams that have a positive culture and team chemistry often perform better on the court. A team’s culture can motivate them to work hard and strive for success. Furthermore, a solid culture can encourage players to foster relationships, build trust, and learn from each other, lead-



ing to improved performance during games.

Positive team culture can also have a powerful impact on the players themselves. Creating an environment that encourages respect, communication, and collaboration can help to improve morale and foster a sense of belonging and camaraderie. By forming strong relationships with each other and embracing the values of togetherness and cooperation, players can become more confident in their abilities, creating an environment that allows them to reach their fullest potential both as individuals and as a team.

Basketball is an integral part of the world’s sports culture, and a basketball team’s culture can significantly influence its performance on the court. A strong team culture based on shared values and beliefs can create a sense of connectedness, provide motivation and resilience, and encourage the development of relationships that can lead to improved performance.

In conclusion, basketball teams that focus on building a solid culture and instilling the values of respect and collaboration among their players often have better performance levels on and off the court. By cultivating a culture of excellence, teams can continue to succeed both on the court and in the broader community, bringing pride to the sport and the people who share in its successes.



photo courtesy Jamie Galvan



WOMEN OF WILL PROGRAM

BSN Sports

March is Women's History Month, a time to celebrate and recognize the many accomplishments of women throughout history. To commemorate this special month, BSN SPORTS is shining a spotlight on its Women of Will (WOW) program, an exclusive women's high school sports sponsorship powered by BSN SPORTS and Under Armour®. This inspiring initiative works to empower female athletes and coaches while providing them with the resources they need to succeed both on and off the playing field. From providing opportunities for professional growth to creating a supportive and encouraging environment, the Women of Will program is helping to foster the next generation of female leaders.



photo courtesy Desiree Stewart Thomas

What is the Women of Will Program?

The Women of Will Program is an exclusive sponsorship for women's high school sports that celebrates overcoming any obstacle, be it mental, physical or societal. WOW strives to empower coaches with performance solutions and a comprehensive female athletics support system so that they can focus on what truly matters - helping the next generation of female athletes reach their full potential. Through the WOW program, teams are provided with unparalleled resources and support from two of the leading brands in sports - BSN SPORTS and Under Armour®.

Why is this program important?

The Women of Will Program is an important initiative as it focuses on inspiring, motivating and educating female athletes to reach their full potential in the world of athletics. Through the program, female athletes are provided with resources and tools to develop both athletic and social skills to help them succeed on and off the field. The initiative seeks to empower female athletes and create a culture of inclusion and respect for female athletes while supporting the programs they are involved with. Through Women of Will, female athletic programs are given access to CTU money, fundraising tools, exclusive Women of Will apparel, branding pack-

ages, annual achievement awards, a full-service team dedicated to supporting them, free curriculum and webinars to help cultivate life and leadership skills, a strong community of teams and schools, and a platform to celebrate both team and individual successes.

What have been some successes of the program?

WOW experts Emmy Walton and Tisha Hill, along with BSN SPORTS' dedicated sales force, have helped over 300 schools join the WOW program. The Women of Will program continues to grow because it services a need that still exists: Empowering high school girls while focusing on increasing participation and attendance.

How can schools get involved?

Schools that are interested in participating in this program must meet the requirements for high school eligibility, including minimum participation from four women's sports teams, a minimum three-year commitment, all WOW teams outfitted head-to-ankle in Under Armour®, and mandatory Under Armour® online operating team stores. Once these requirements have been met, schools can fill out an application form on the BSN SPORTS website at <https://www.bsnsports.com/ib/women-of-will>.





GIRLS BASKETBALL STATE CHAMPIONSHIPS

The Alamodome San Antonio, TX | March 2-4, 2023

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

Tickets

Girls State All-Tournament Ticket.....\$129*
 General Session Tickets..... TBA

*Additional fees may apply.

*All tickets sales will be sold online only.

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

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

General Session Tickets will be sold online beginning Feb. 27th. [Click Here](#)

Seating Information

All tickets are general admission for the girls tournament, however, the home team side will be the north side of the court, the visitor team side will be on the south side of the court. Please reference the Floor Diagram below for more information.

[Floor Diagram](#)

Parking

Car: \$15

Bus: \$30

All Tournament: \$60

Advance Girls Tournament Three-Day Parking Pass can be purchased [here](#).



photo courtesy Chris Schmidt

Alamodome Clear Bag Policy

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



photo courtesy Desiree Stewart Thomas





TGCA POSTSEASON WINTER HONORS

Congratulations to the following TGCA member coaches and their teams who will be presented State Championship rings from Herff Jones for capturing 2022-23 UIL State Championships!

COACH	SCHOOL	CONF.
Victoria Butler &	Keller Fossil Ridge	Co-Ed
Tiffany Evans &	Munday	1A
Tammy Kirchoff &	Falls City	2A
Shawn Moy &	Falls City	2A
Sawyer Cunningham &	Mount Vernon	3A-D1
Jaci Phippen &	Jacksboro	3A-D2
Leslie Jedlicka &	Mabank	4A-D1
Lindsay Maynard &	Mabank	4A-D1
Katy Baugh &	Lago Vista	4A-D2

COACH	SCHOOL	CONF.
Kerri Yee &	Friendswood	5A-D1
Taylor Bailey &	SA Alamo Heights	5A-D2
Sarah Ellison &	Tomball Memorial	6A-D1
Alex Saenz &	FW Paschal	6A-D2
Jeremy Wade\$	The Woodlands	6A
Jessica Fresh@	Northwest	5A

&-Spirit \$-Swim & Dive @-Wrestling



Jessica Fresh - Northwest HS



Alex Saenz - Fort Worth Paschal



Katy Baugh - Lago Vista



2023 TGCA SUMMER CLINIC

The 2023 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 10 – 13. The agenda is being revised and will be posted to the website under the “Summer Clinic” category

in the menu on the left-hand side of the page as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will

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

clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2023 TGCA Clinics.

AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

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

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](#)

photo courtesy Paige Rogers

2022-23 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2022-23, they are as follows:

Basketball	February 27, 2023
Soccer	April 10, 2023
Tennis	April 24, 2023
Track & Field	May 8, 2023
Golf	May 8, 2023
Softball	May 29, 2023



photo courtesy Kelli Anne Goble

TGCA SATELLITE CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2023. 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

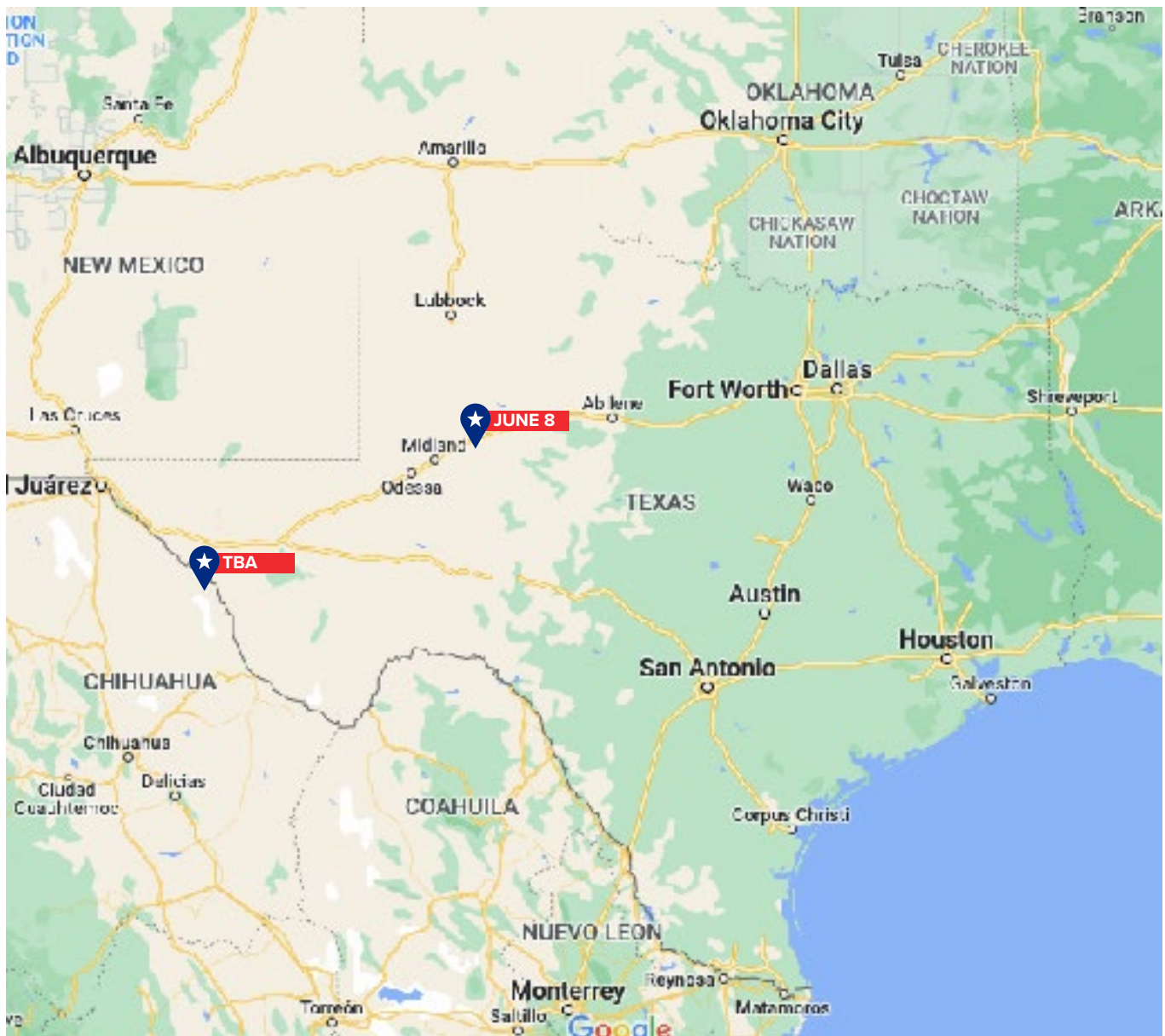
clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2023 REGION I & II LUBBOCK ALL-SPORTS CLINIC

Coronado High School
4910 29th St.
Lubbock, Texas
June 8

2023 EL PASO ALL-SPORTS CLINIC

Exact Location-TBA
El Paso, Texas
Date-TBA



2023-24 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 2023-2024 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2022-23 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your member-

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

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

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

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic.

You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. **YOU MUST BE A MEMBER OF TGCA TO ATTEND ANY TGCA CLINIC.**

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2023 in Lubbock (Re-

gions I & II), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2023-24 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 2023-24 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 Tori Coulter

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 Tori Coulter

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

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the "Submit" button at the bottom of the page. If,

12 You will need to follow these steps for each nomination of each athlete in each category you wish to make. **For Academic All-State, you only need to list the GPA.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

If you need assistance with any of this process, please contact us at tgca@austintgca.com, 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.

VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy: Jamie Galvan

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.

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

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

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.

SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaque recognition begins at 500. 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

WRESTLING

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. Wrestling 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 regional qualifier
- 1 point for each dual victory
- 4 points for each state qualifier
- 20 points for team regional championship
- 30 points for team state championship

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

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

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

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

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

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

10

NICE-TO-KNOW FACTS ABOUT BEING IN THE SUN

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 Sun sense. Although most people enjoy being in the sun, it's important to remember that excessive exposure to the ultraviolet rays (UVA and UVB) of the sun can be harmful in several ways. For example, UVA rays can bring about premature wrinkling, whereas UVB rays are the primary cause of sunburn. Collectively, UVA and UVB rays can give rise to skin cancer.

or around sand, snow, or water, or are in an area of high altitude.

3 Protect yourself. One of the most effective ways to combat the possible damage that the sun can do to your skin is to use a sunscreen or a sunblock. Although sunscreens and sunblocks are usually either lotions or sprays, they work in vastly different ways. Sunscreens, for example, contain

In this regard, clothes with thick tight weaves tend to provide the best coverage. It is important to keep in mind when you're around water that t-shirts will typically lose a substantial portion of their ability to protect you from the sun when they become wet.

5 Skin's best friend. The sun protection factor (SPF) number details the degree to which a particular sunscreen or sunblock will protect an individual from burning. The higher the SPF number, the greater the level of protection. As a rule of thumb, an SPF of 15 or greater is recommended for use by all skin types, except those who have a very fair or fair complexion. These individuals should use an SPF of 30 or more.

6 Especially vulnerable. Children are particularly susceptible to exposure to the sun. Children who have sunburns can face a greater risk of incurring skin cancer later in life, including melanoma. As such, parents should closely monitor the amount of time their children spend in the sun and ensure that they avoid being outdoors when the sun's rays are especially intense. They also should encourage their children to use sunscreen or sunblock when they play outside. Sunscreen should not be used on babies or toddlers under the age of one year. Rather, because these children have very sensitive skin, they should simply be kept out of the sun.

7 False sense of security. Even if you use sunscreen to protect yourself, you should not stay in the sun for an extended period. The ingredients in sunscreens do not offer unlimited protection against all of the potential negative effects of excessive exposure to

the sun. For example, evidence shows that sunscreens do not entirely preclude the interference of sunlight with the body's immune system.

8 Unseen danger. It is important to be aware of the fact that most of the sun's UV rays penetrate clouds. As such, because your skin is at risk even on hazy overcast days, you should wear sunscreen or sunblock if you plan on being outdoors for more than a few minutes.

9 Drenched in reality. Individuals who spend time in the water are not immune from sun damage. In reality, the UV rays of the sun can penetrate at least 3 ft of water. As such, swimmers should put on sunscreen before they go into the water, and then reapply it after they're done swimming. They also can further protect themselves by wearing a white or pastel swimming suit, which will help to reflect rather than absorb the sunlight.

10 A searing experience. One of the more common consequences of too much sun or sun-equivalent exposure is sunburn. Sunburn literally involves a burn to living tissue that results from overexposure to the UV rays of the sun. Mild sunburn (e.g., redness of the skin) is usually treated with a combination of taking a cool bath or shower, applying a hydrocortisone cream, and taking aspirin or ibuprofen. More serious cases of sunburn (e.g., chills, fever, nausea, etc.) should be referred to a physician.



photo courtesy Brad Blalock

2 Time and place matter. When and where you're at when you're exposed to the sun can impact the extent of your exposure to the sun's rays. For example, the sun's rays are most intense from 10 a.m. to 2 p.m. As such, you should schedule your outdoor activities before or after that period. In addition, the effect of the sun's rays is heightened when you are on

chemicals that specifically prevent sun rays from penetrating to your skin. Sunblocks, on the other hand, serve as a physical barrier to reflect and scatter the rays of the sun.

4 Dress for the occasion. You can shield yourself from most of the sun's harmful rays by dressing appropriately.

KAY YOW CANCER FUND



Coach Yow saw Play4Kay as a way to unite communities, give hope to survivors and thrivers, and raise money in the fight against ALL cancers affecting women. It is an opportunity for players, coaches, officials, and fans to do something for the greater good that far exceeds wins and losses in competition. It is a way for us to unite to positively impact the lives of women nationwide.

To date, with Play4Kay, the Fund's national grassroots movement as the catalyst, \$8.18 million has been awarded to fund life-saving cancer research and underserved programs that provide access to quality cancer healthcare.

It doesn't matter the sport or skill level; it doesn't matter if you're a part of a team or competing individually; you can host a Play4Kay game and take part in the vision of Coach Yow—ending can-

cer.

When Coach Yow established the Fund, she wanted nothing more than survivors to be honored, lifted up, encouraged and given hope. She believed that united together, we could do amazing things.

"We have little or no control over what happens to us, but we have 100% control over how we will respond." – **Coach Kay Yow**

Senior Director of Play4Kay, Jennifer Sullivan (jennifer.sullivan@kayyow.com), is more than happy to help you for the first time or the 100th!



**CANCER
WARRIOR
NETWORK**



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

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information

on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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

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The power to do more



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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