



TGCA NEWS

MARCH 2023



2022-2023 TGCA OFFICERS



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cover photo courtesy Mary Mauk

right photo courtesy Gary Brown



INVEST IN YOUR COACHING COMMUNITY

Claire Gay | Aledo HS | **TGCA 2nd Vice President**

My parents always told me growing up “don’t judge a book by its cover.” Boy were they right on that piece of advice. I have followed that advice for years, not just as a student athlete myself but as a professional in the coaching world for the past twenty-one years. You have no idea what you could be missing out on; a potential friendship, your future spouse or a coach that might change your life in the best way possible. That moment sparked by just a small conversation across the net, the meeting at the scores table, home plate or even the person sitting in the hospitality room during a long tournament day could be the one person that opens a new door or opportunity for you.

This community of coaches is a small one. But one that has such great power or possibility to open your eyes, answer difficult questions you have been pining over for weeks or just providing a moment of reassurance that we don’t seem to get enough of these days. Our community of coaches is a great one and at the end of the day we are all

doing this and still working hard at providing opportunities for kids and trying to impact their lives for the better. That should be the main goal as a coach in my opinion.

As a coach doing this twenty plus years, I have never relied more heavily on my coaching relationships as I navigate the changes we face daily with athletes and most importantly the parents of student athletes. I make phone calls, send texts, or even drive hours to get in front of a group of other coaches who I know are facing the same challenges as I face. Usually this results in new ideas or methods of fine tuning your practices, off season or summer workouts. Learning new innovative ideas or activities to help unify your program and coaching staff, can revitalize your program and attitude. A bonus is even sharing a few laughs along the way.

In the difficult times we are facing in education, we are losing coaches that truly are amazing at their jobs. How do we survive this crazy world and sustain a balance within our own lives and the

ridiculous coaching schedules we are expected to keep? It takes a village in my opinion. The answer for me has been in the friendships I have made and invested in along the way. I have learned to always make conversation with the coaches of the teams we play who are in my district, the coaches I meet at tournaments and sit next to at the state tournament and those that are just coming into this profession. I always make a point to connect with coaches who are yes, my opponents for the evening, but could be the very person I need to rely on for advice or feedback for future jobs or opportunities. There is no reason not to! There is no reason not to smile and ask how someone is doing or chit chat before the game about the season or a topic so far removed from that moment prior to the game or match starting. You don’t know what that might mean to someone by just asking them how they are doing or smiling and laughing with them just because.

Sadly, I hear far too often that coaches are bad mouth-



ing other coaches, or talking negatively about a coaching style that just might not be the same as yours. It doesn’t make it wrong that someone is different or has different philosophies. You might be enlightened and learn a thing or two if you give that coach an opportunity to explain their reasons or methods. We are seeing our coaching colleagues being drug through the media for outrageous things that have no truth to them, or coaches being accused of incidents that have been blown way out of proportion. This moment is when we as coaches need to stand up for one another, support one another and defend one another.

At the end of the day, we all need one another to lean on and honestly there is room for all of us in this profession. Utilize your community, grow your community, and encourage others to do so as well. I have absolutely loved being a part of this profession and learned so much from my peers. I have grown as a coach, a person, a wife, a mother, and a friend because of the coaches that have inspired me, mentored me, and walked before me. Some of my greatest friends are those that I share the joy of coaching with, and I am beyond grateful to be a part of such an amazing community of people. So, whether your season is winding down, starting up or you are preparing for spring leagues and summer, I challenge you to reach out to your coaching community to make a connection or offer support. Your actions have the power to inspire those you don’t even know are watching.



photo courtesy Kelsie Wagner

GET YOUR GAME ON

BSN SPORTS Launches Basketball Uniform Frenzy

Are you ready to up your basketball game? BSN SPORTS has launched the Basketball Uniform Frenzy, giving you the opportunity to take your team's on-court look to the next level. Now thru 6/30, order your team's basketball uniforms and you'll be automatically entered for a chance to WIN baller prizes! With a wide variety of styles and colors to choose from, you'll be able to find the perfect uniforms for your team. Get ready to get your game on and check out BSN SPORTS for all your basketball uniform needs!

BSN SPORTS is giving your basketball team the chance to score big with their Basketball Uniform Frenzy. Enter for a chance to win a \$10,000 team photo shoot where a professional pho-

tographer and videographer will come to your school to capture every moment from warm-ups to the last-second buzzer beater. The raw footage will be provided so you can create an amazing sizzle reel that everyone will be talking about.

The prizes don't stop there. Second place in the sweepstakes will receive a Signing Day Media Kit including two deluxe double-sided media backdrops and two 6' tablecloths, perfect for any press conference or media event. Third place will receive 24 deluxe sideline chairs, a great addition for any practice or game day. In addition, you could win one of many other prizes, such as Coaches Swag Packs, Monster Basketball Carts, Fanactive Bag Tags & White Board, Basketball Court Packs, or an Indoor Scoreboard.

So don't wait - enter now for your chance to score big with BSN SPORTS' Basketball Uniform Frenzy! For more details and official rules, check out <https://www.bsnsports.com/ib/uniform-frenzy>.

Upcoming Professional Development Opportunity

BSN SPORTS is proud to announce a FREE webinar on Tuesday, April 25th at 12 pm CST hosted by renowned strength and conditioning specialist and founder of Kula Sports Performance, Brian Kula. With 24 years of experience in the athletic development of athletes from youth to professional, Coach Kula has the expertise you need to take your game to the next level. He will be on the platform to discuss how to maximize athletic potential in a speed-based pro-



BSN SPORTS

gram and how he structures their program for the best results. Kula has worked with professional and Division 1 athletes from over 30 universities across the country and has directed all facets of strength, speed, agility, conditioning, testing, recovery and nutrition. In addition to valuable insight from this experienced coach, attendees can receive a certificate of attendance they can use for professional development hours. Don't miss out on this great opportunity - register now at <https://www.bsnsports.com/ib/speedperformanceweb>.



photo courtesy Celine Market



photo courtesy Kelsie Wagner

SOCCER STATE CHAMPIONSHIPS

Birkelbach Field Georgetown ISD Athletic Complex | April 12-15, 2023



photo courtesy Chris Schmidt

Tickets

Single Game (No Re-Entry) \$15
 All-Tournament..... \$35
 (Tickets will go on sale April 7th [Click Here](#))

Parking

\$5/Day (Cash Only)

Wednesday, April 12

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

Thursday, April 13

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

Friday, April 14

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

Saturday, April 15

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

TENNIS STATE CHAMPIONSHIPS

**Blossom Tennis Center, Annemarie Tennis Center, Northside Tennis Center | San Antonio, Texas
 April 25-26, 2023**

Tuesday, April 25

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

Wednesday, April 26

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

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



photo courtesy Logan Lawrence



photo courtesy Logan Lawrence

TGCA POSTSEASON HONORS

TGCA CHEERLEADERS OF THE YEAR



Conf. 1A-2A-3A-4A:
Kamryn Herrmann,
Corpus Christi London HS
(Coach Jennifer Herrmann)



Conf. 5A-6A:
Kyleigh Meuth,
Richmond George Ranch HS
(Coach Kyra Scopel)

TGCA BASKETBALL COACHES OF THE YEAR



Conf. 1A-2A-3A-4A:
Amber Branson,
Lipan HS



Conf. 5A-6A:
Rihana Houy,
Northside Clark HS

TGCA BASKETBALL ATHLETES OF THE YEAR



Conf. 1A-2A-3A-4A:
Jalynn Bristow, Holliday HS
(Coach Derek Winn)



Conf. 5A-6A:
Julianna LaMendola, Coppell HS
(Coach Ryan Murphy)

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2023 UIL BASKETBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Eric Schilling	Nazareth	1A
Amber Branson	Lipan	2A
Derek Winn	Holliday	3A

COACH	SCHOOL	CONF.
Ross Reedy	Frisco Liberty	5A
Rihana Houy	Northside Clark	6A

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

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](#)

**2023 SUMMER CLINIC
EXHIBIT WITH US**
TEXAS GIRLS COACHES ASSOCIATION
SUMMER CLINIC AND EXHIBITOR SHOW
ARLINGTON CONVENTION CENTER
July 10-12, 2023 10'X10' BOOTH: \$450
ADDITIONAL: \$400

ADVERTISE
AD space AVAILABLE!

For questions or additional Exhibitor information please visit our website or contact:
tgca@austintgca.com
(512) 708-1838

www.austintgca.com

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 Annaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.

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:

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



photo courtesy JEnna Jesko

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
[Registration Form](#)

2023 EL PASO ALL-SPORTS CLINIC

Exact Location-TBA
El Paso, Texas
Date-TBA
[Registration Form](#)

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

COACH	SCHOOL	CONF.-REG.	COACH	SCHOOL	CONF.-REG.
Kylee Valenzuela	Brownfield	3A-1	Ryan Kelly	Woodville	3A-5
Kolista Garcia	Lubbock Coronado	5A-1	Stacy Tucker	Barbers Hill	5A-5
Audrey Dunn	Big Spring	4A-2	Donald Zapalac	Schulenburg	2A-6
Kevin Johnson &	Abilene Cooper	5A-2	Shamaya Jones	Manor	6A-6
Morgan Roberson	Callisburg	3A-3	Julie Breedlove %	Rio Hondo	3A-7
Mike Pinkerton	Aledo	5A-3	Ychlindra Dolce	SA MacArthur	5A-7
Dee Lewis	White Oak	3A-4	Brooke Ashcraft	Bandera	4A-8
J.B. Haggerty, Jr.	Marshall	5A-4	Ricky Santiago	Odessa	6A-8

TGCA SUB-VARSITY COMMITTEE % - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.	COACH	SCHOOL	CONF.-REG.
Amber Parkhurst	Bushland HS	3A-1	Jolie Basye	Hamshire Fannett MS	4A-5
Shelbie Watson	Canyon Randall HS	4A-1	Haelee Horne	Cy-Fair HS	6A-5
Haley Ruiz	Merkel HS	3A-2	Lee Essman	Navasota HS	4A-6
Sarah Valdez	Sweetwater HS	4A-2	Maureen Marek	Bellville JH	4A-6
Kimberly Hargrove	Brock HS	3A-3	BreAnna Brock	SA MacArthur HS	5A-7
Jessica Serjeant	Mans. Lake Ridge HS	6A-3	Jordan Ruiz &	SA East Central HS	6A-7
Kendyl Waller	Ector HS	1A-4	Melissa Pump %	Christoval JHS	2A-8
Arian May	Farmersville HS	4A-4	Barbara Burnett	Llano HS	3A-8

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

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

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

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

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

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2023-24 year, beginning June 1, 2023 and ending May 31st, 2024. Please be sure that is what you intended to do. You may still print a 2022-23 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

GENERAL NOMINATION INSTRUCTIONS

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

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your

nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AFTER YOU HAVE COMPLETED ALL NOMINATIONS.**

PLEASE NOTE: The TGCA sys-

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

If you miss the on-line nomination deadline for your sport or cheerleading, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative for the committees is listed on the

website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

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

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

1 Access the TGCA website at austintgca.com.

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

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

school.

4 Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

5 Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6 Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

8 Complete the form by typing in the information requested in the "Update" field.

9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just

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

for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.

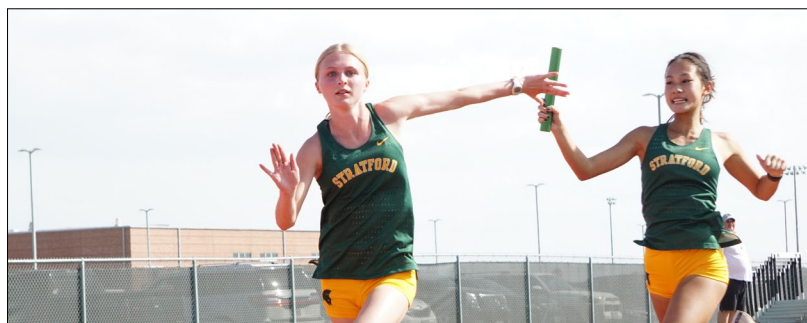


photo courtesy Celine Market

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

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

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

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

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

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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

VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Celine Market

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

WAYS FOR HEALTH/FITNESS PROFESSIONALS TO THINK OUTSIDE THE BOX

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 Determine what the box is. Your “box” is your normal way of doing and looking at things. Far too often, a person’s usual way of approaching life is to simply accept the status quo. Such an attitude can lead to falling into a rut, which in turn can stifle any interest you might otherwise have in changing your routine or how you handle your life. This choke point can be particularly devastating intellectually. One effective way to avoid such a mentally suffocating situation is to adopt a mind-set to always look for a better way in everything and to believe that one exists.

2 Challenge the assumptions that underlie your life. One of the best ways to start thinking outside of the box is to first identify and then challenge the assumptions that encompass your way of thinking inside the box that is your life. To consciously guide yourself down new pathways of looking at things, it is imperative to have a reasonable starting place for change. One such point is being aware of what you take for granted and being open to new ideas.

3 Avoid being in a routine. An active open mind is similar to a muscle it needs to be exercised every day. You can exercise your mind sporadically or you can exercise it on a regular basis. To a major degree, the critical issue is your level of commitment. Either you have the personal discipline to make thinking outside the box an integral part of your life or you don’t.

4 Focus on the value of finding new ideas. One of the first steps in understanding the value of discovering new ways of looking at things is dismissing the idea that “there’s really nothing new under the

sun.” On the contrary, the world changes daily. Looking for and finding new ideas are not a waste of time. Rather, it can serve as the creative catalyst to enhance your life with new possibilities, new explorations, and new solutions.

5 Don’t be afraid. Fear, apathy, and indifference can turn a creative person into an in-the-box thinker. There factors also can serve as insurmountable barriers to testing your assumptions and applying your imagination to expand how you look at things.

6 Explore the absurd. One of the most effective ways to break up the rigidity that characterizes in-the-box thinking is to explore the highly unusual. Such a creative-thinking technique can dismantle conventional thinking patterns and stimulate new ways of looking at things. It also can lead to new ideas and concepts that otherwise might not occur if you were thinking about things in your usual way.

7 Listen to others. The ability to listen is one of the most important attributes that a person can possess. Contrary to the old saying, Bwhat you don’t know can’t hurt you,^ what you don’t know can hurt you particularly when it comes to thinking outside the box. At a minimum, your ability to tap into the feedback, ideas, suggestions, and possible solutions from others is compromised when you don’t listen well.

8 Accept more than one solution. In reality, most situations and problems can have more than one solution. Too many people believe that THEIR solution is THE only solution to a particular set of circumstances. Most situations,

however, involve a multiplicity of issues, rather than a single problem and, likewise, entail a multiplicity of potential solutions. Having an open mind, being creative, and recasting a specific problem in a variety of

it. Rather, you should apply critical-thinking means to help you solve problems, consider new information, or process new ideas. Truth be known, using your brain is the underlying basis for being creative.



photo courtesy Gary Brown

ways can lead to a number of possible solutions - all of which can be helpful.

9 Use your brain. To think outside the box, you must be a critical thinker. You shouldn’t do something in a particular way just because that’s the way you’ve always done it or the way everybody else does

10 Make time to be creative. Although everyday creative people tend to create as a matter of course, most individuals who opt to be creative need to make a conscious effort to see the world in new ways and need to be open to do things differently. Such an effort requires a commitment of both energy and time.

KAY YOW CANCER FUND



Kay Yow Cancer Fund awards \$100,000 grant at NCAA Women's Basketball Final Four in Dallas, TX

Dallas, TX (March 31, 2023) — The Kay Yow Cancer Fund® is proud to, once again, partner with Dr. Angeli-que Whitehurst of UT Southwestern Simmons Comprehensive Cancer Center in support of Triple-Negative Breast Cancer research. The Kay Yow Cancer Fund first awarded Dr. Whitehurst a grant in 2017. She plans to use this grant to further that research specifically around “Genetic Dissection of Therapeutic intervention targets in Triple Nega-

tive Breast Cancer”.

Triple-Negative Breast Cancer accounts for 15 percent of all breast cancer. It is a more aggressive form of cancer, has a higher rate of recurrence, and is most commonly found in women under 40.

As the charity of choice for women's basketball and powered by the Coaches, the Kay Yow Cancer Fund has a long history in the sport. Coach Yow's vision of awarding a \$100,000 grant in the host city of every Women's Final Four has become an annual event and in

total, the Kay Yow Cancer Fund has awarded over \$8 million in support of the fight against all cancers affecting women.

“Coach Yow truly believed in the power of the women's basketball community; coaches, players, officials, and fans, and knew what could be accomplished if we all came together for a common cause,” said Jenny Palmateer, Kay Yow Cancer Fund CEO. “Together, we are supporting people like Dr. Whitehurst and making sure she can continue the great work she is doing.”

About the Kay Yow Cancer Fund

The Kay Yow Cancer Fund was officially founded on December 3, 2007, from the vision of the organization's namesake, Kay Yow, former NC State University head women's basketball coach. Coach Yow was first diagnosed with breast cancer in 1987 before succumbing to the disease on January 24, 2009. The Kay Yow Cancer Fund is a 501(c)(3) charitable organization committed to raising money for life-saving cancer research, and underserved programs that provide access to quality cancer health-care, and unite people in the fight against all cancers affecting women. To date, the Kay Yow Cancer Fund has awarded \$8.18 million in the fight against ALL cancers affecting women. For more information on the Kay Yow Cancer Fund, or to donate, please visit KayYow.com.



photo courtesy Celine Market

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

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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