



TGCA NEWS

OCTOBER 2022
BREAST CANCER AWARENESS MONTH

2022-2023 TGCA OFFICERS



President of TGCA
Brad Blalock
Frisco Centennial HS



1st Vice President
Cully Doyle
Brock HS



2nd Vice President
Claire Gay
Aledo HS



Past President
Jason Roemer
Fredericksburg HS



Executive Director
Sam Tipton
TGCA Office



**Assistant
Executive Director**
Lee Grisham
TGCA Office

TABLE OF CONTENTS

FEATURE ARTICLES

Mid-Season Doldrums

By Susan Brewer, TGCA Volleyball Committee Vice-Chair

PAGES 1-2

Meet the TGCA 2021-22 2nd Vice President

By Claire Gay

PAGE 3

10 Nice-to-Know Things About Headcahes

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

PAGE 11

Survivor Spotlight

Kay Yow Cancer Fund

PAGE 12

ALSO INSIDE

TGCA Cross Country Committee	3
UIL Legislative Council Meeting Results	4
TGCA Volleyball Committee	4
UIL Cross Country State Meet	5
UIL Volleyball State Tournament	5
TGCA Past Presidents	6
2022 TGCA Summer Clinic	6
TGCA Hall of Fame	7
Margaret McKown Distinguished Service	7
Online Nomination Instructions	8
Membership Deadline for Nominations	9
Accidental Death & Dismemberment	10
Sport Nomination Deadlines	10
Important Dates	13
Sponsors	14

cover photo courtesy Rachel Anglin

right photo courtesy Angel Mauterer



MID-SEASON DOLDRUMS

Susan Brewer BellvilleHS | TGCA Volleyball Committee Chair

We all had our Volleyball Season begin August 1, 2022. Matches started the next week and, if I remember correctly, volleyball is a 15 week season, ending in November the week prior to Thanksgiving, and hopefully your team qualifies for the UIL State Tournament. The beginning of the season seems to be in the distant past, but EVERY coach, player, and parent, was fired up to begin the season! And if you are like most coaches, it was three weeks of tournaments.....we definitely bonded with our travel, time together off the court, and of course the competition! Pre-Season is a fun time, teams and players jockey for position and it is a time for programs to begin the journey of establishing the season and using the competition to get better for what really sets the tone for your Season.....the District Matches! After tournaments, volleyball slows down and of course we make events of our matches to make them as significant as possible, and there is always the District rivalry that exists between some schools, and coaches and parents work together to have team dinners and coaches and their staffs work hard to keep practice exciting and competitive as ever, that is the tough one! So what happens when there is a mid- season slump? And it usually happens in October! It is important for coaches to recognize a slump early and provide the energy in practice to help overcome it as soon as possible, but sometimes there are other factors and it important to combat each and every one. Some of these factors include team chemistry, player attitude, burnout, performance slumps, injuries, and the inability to win. Remember to continue to work with

enthusiasm, and create new challenges, and continue to work toward the ultimate goal. Here are a few things to overcome:

Fall Fatigue:

After the first few weeks of volleyball we add school into the volleyball equation and players are as competitive in the classroom as they are on the court. It seems like the homework along with other school activities and your volleyball practices are fatiguing your players. So, coaches need to consider maximizing their time with teams....quality over quantity....that is a tough one for me. I love to practice! Also, remind and encourage players to focus on our ultimate goal. Sometimes, I catch my players going through the motions, so we pause in our match preparation, and revisit the ultimate goal and how we plan, practice, and play to achieve. Our staff

encourages rest and proper nutrition so our players are recharging. Coaches need to keep in mind that helping players with solutions are of great help rather than creating more problems. In practice, keep things more game like, competitive, and fun is a challenge, while continuing to work on fundamentals and new challenges. I have also recognized coaches getting away from the practice court and doing something fun together, in substitution for that practice.

Now we all understand a lack of team success can lead to low team and or individual morale, and maybe mental fatigue and stress can create interpersonal strain between team members and coaches. So, combat it early and let all players know you care and are supportive. Do this with check in's prior to practice, spend time with players that are injured and help with rehab, and find roles for



these players to continue to contribute. I have found that personal "Appreciation Notes" from the coach go a long way with players. The notes are a pick me up, when a player reads sincere and believable information about being a good teammate, how much you appreciate a quality they bring to the team, making comments about their strengths on the court or whatever they have overcome to be the player they are, it strengthens the relationship and overall culture you are building.

Also, when you are watching a lot of film, surprise them with highlights and make their time more beneficial, instead of watching mistakes over and over. If your team is in the doldrums



photo courtesy Tracy Gillett

that is not going to improve their confidence factor. Find key parts of the film and let it be the resource to getting better! Some coaches have even plugged in a real movie clip that will be fun and a surprise. Anything with a message that will get the team on the needed topic of how to fix mistakes or recognizing the scout team's strengths or weakness.

Today there is a lot of education and resources about creating a "culture" for a team and even better for an entire program. The culture is important for players of every level to become a part of and are proud that they are a representative. For sure this goes way beyond the talent in your gym, the drills you run, or the skills you teach. Remember, it is about the investment that you make into your players and hopefully it goes deeper than volleyball. The effort you make that shows each player you care and are concerned with more than how they pass, serve, or spike will give back huge dividends when it comes time to take the court and represent your school and community.

TEAM REACHING THE IDEALS and GOALS that were Identified at the Beginning of the Season:

This is always continuing education in many ways for teams and coaches. If your team is not reaching the goals set, then reevaluate and set goals that can be worked for and the possibility of reaching the goal is attainable. The focus has to be about goals that the team can achieve and it has to be the priority. The work put into practice has to be driven, no matter if it is x times in a row, time driven, or attainable number within a certain amount of reps. Each part of the game has got to be taken apart and then put

back together with goals that your team can achieve in a set and or match. The overall sum of wins is relatable to parts of the sets and matches that has to improve. Always ensure that the practice you plan is for the "fix" you need to improve the scoring to win. Also, consider the character of the players and the team as a whole. The education to address character, sportsmanship, and leadership cannot be forgotten or forsaken to win. There are so many programs, resources, and speakers that can address the needs of coaches and teams. Remember, we are helping shape good teammates and young women. Make the time and include character education with the volleyball IQ.

Now, some teams have wonderful seasons and go beyond any expectations, coaches need to check in so that teams do not become entitled and then believe that it will "just happen". The work has to be done in the gym and needs to be earned every day to keep the teams expectations at a high level, even when they have to be adjusted during the season.

DO NOT LET Failure WIN, ATTACK IT head on!

All of the volleyball programs across the state are in different stages of development. You have the successful programs that are staying true to form and winning, you have some that have declined, and there are the programs that are just coming to the point of being a strong competitor. Coaches have to have more than one season or a one year outlook to make the changes that give the players in their program an opportunity to improve and advance. Be the coach competing for a District Championship, setting your sites on Regional Tournaments and believe in the

dream of winning the State Championship. If things are not going as planned, step out and take a look around, check in with other coaches that you have admired or know to be successful year after year. Check in with your players and decide what is success and start achieving in every aspect of their lives, how to become more successful and work hard at it. Remember, if you do the same thing, you will get the same results! So, investigate and find the problem and then go to work and change it. Find a realistic time table and share it with your players...it has got to be important! And last and not least, your players have to become part of the improvement and become coachable...they have to enjoy the game, the practice, the hard work, and love the competition!

TEAM UNITY!

Coaches have got to foster team unity....in every part of the volleyball season. It has to become the identity of what you want your team to become, and it involves the school, the parents, and the entire community. "All for One and One for ALL" is strong, yet it is tough to coach WE in a ME generation. Oh, I believe it can be done, but it takes all of you and you have to work at it every day! Encourage all of the help you can to find the right direction and then comes the planning and the work. And you cannot do it once, it take repetition and it has to be tended to everyday. It does not happen overnight and it is not easy, but it is so worth it to your players, coaches, and all that are involved. There are several layers of team unity....drive it home as deep as you can into the hearts of your players, their families, the school, and the entire community. In season and in the off season!

Encourage Positive Behavior and Self Worth

Do not let players act entitled and complain about drills or display dishonorable character.... every coach and program must have a system in place to overcome this problem. Every team member has to feel value and sometimes during a season, we have some players that drift off course or believe that they are just waiting till next year....all must feel valued and learn that it is not about playing time or being a starter....the work has to be done in practice every day to be your best and hammer home, it is about the TEAM.

Create Success

Again, not every team will be a winner, but you can create goals and make the team feel like a winner. In time winning coaches incorporate certain elements that will result in success over time. The elements depend on the team, the commitment, school, families, community, time, and of course the coach. When success comes, it is an amazing feeling that is most addictive. It is the best feeling ever and once you get it, you have to work harder than ever to keep producing it! I believe that is how legacy happens.... and we all know the definition of legacy is "something that is transmitted by or received from a predecessor". Create it and use it for the program.

So do not let the month of October bring on the doldrums, push hard to bring your team to a peak and hopefully, enjoy the playoffs or get ready to have an even better season that can endure October in every year! Planning and learning is an everyday thing, in season and out of season.

Good Luck!

TGCA CROSS COUNTRY COMMITTEE

COACH	SCHOOL	CONF.	REG.
Joe Britten	Amarillo River Road HS	3A	1
Jonathan Woodward	Amarillo HS	5A	1
Bob Campbell	Snyder HS	4A	2
Kevin Johnson	Abilene Cooper HS	5A	2
Amanda Hennig	Aquilla HS	1A	3
David Hill	Arlington Houston HS	6A	3
John Chatham	Pittsburg HS	4A	4
Karrie Hargrave	Mount Pleasant HS	5A	4

COACH	SCHOOL	CONF.	REG.
Lindsay Wright	Splendora HS	4A	5
Stacy Tucker	Barbers Hill HS	5A	5
Sharon Carter	Bellville HS	4A	6
Darcy Haxton-Jackson	Cibolo Steele HS	6A	6
Megan Brown	La Vernia HS	4A	7
Christina Holland	Converse Judson HS	6A	7
Machele Pahl	Crane HS	3A	8
Ricky Santiago	Odessa HS	6A	8

MEET THE 2022-23 TGCA 2ND VICE PRESIDENT

Claire Gay Aledo High School | TGCA 2nd Vice President



High School Graduated From: Arlington High School (Class of 1999)

College(s) Attended: Baylor University (B.S. - Family & Consumer Sciences)

Teaching Assignments: Health, Family & Consumer Sciences

Coaching Assignments: Girls Coordinator, Varsity Volleyball

What It Means To Be An Officer

In TGCA: I am very honored to be put in this position by my peers within the coaching community here in Texas. I am excited to be the 2nd Vice President of TGCA so that I can help make a difference and be a voice for coaches and athletes within our public schools. I hope to make coaches feel they are confident in their profession, supported, have a place to go to ask questions, and a resource for continued growth within this profession. I hope to be impactful with my experiences, ability to find answers and leadership qualities and I look forward to serving all the sports within girls athletics.



photo courtesy Eric Persyn



photo courtesy Logan Lawrence

LEGISLATIVE COUNCIL MEETING RESULTS



October 18, 2021 UIL Press Release

AUSTIN, TX— The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council passed an amendment to hold the State Marching Band contest for all conferences every year.

In athletics, the Council approved an amendment to require a best-of-three series in all rounds of the 5A/6A baseball post season leading up to the state tournament as a one-year pilot program. The council also passed an amendment to allow two golf coaches to actively coach

during the course of play for all tournaments.

In policy, the Legislative Council passed an amendment to allow 2A schools the option to play “up” into 4A soccer, as 3A schools can currently do.

All rule changes approved during this meeting can be found on the UIL website:

[Click Here](#)

A video recap can be viewed here:

Public Forum: [Click Here](#)

General Session: [Click here](#)

The Commissioner of Education must approve all rule changes passed by the Legislative Council before they take effect.



photo courtesy Whitney Magness

TGCA VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Amy Mangum	Shallowater HS	3A	1
April Bolen	Amarillo Tascosa HS	5A	1
Laura Carr	Clyde HS	3A	2
Nora Campbell	Abilene Cooper HS	5A	2
Morgan Roberson	Callisburg HS	3A	3
Joshua McKinney**	Colleyville Heritage HS	5A	3
Harold Davis	Farmersville HS	4A	4
Jenna Sickels	Greenville HS	5A	4
Theresa Reyes	Lumberton HS	4A	5
Sarah Paulk	Friendswood HS	5A	5
Susan Brewer*	Bellville HS	4A	6
Michael Kane	Dripping Spring HS	6A	6
Lawayne Siegert	Bay City HS	4A	7
Kelly McDaniel	San Antonio East Central HS	6A	7
Leigh Anne McIver	Devine HS	4A	8
Sylvia Sandoval	El Paso Franklin HS	6A	8

*Chair **Vice Chair



photo courtesy Tracy Gillett

CROSS COUNTRY STATE MEET

Old Settlers Park Round Rock, TX | **November 4-5, 2022**

Schedule

Nov. 4

Girls 4A..... 8:30 AM
 Girls 6A..... 10:00 AM
 Girls 2A 11:40 AM

Nov. 5

Girls 3A..... 8:30 AM
 Girls 5A..... 10:00 AM
 Girls 1A..... 11:40 AM

Ticket Information (Sold by Car)

Vehicle up to 2 persons
 \$25.00
 Vehicle more than 2 persons
 \$40.00

[Purchase Online](#)

On-site sales will be
 CREDIT/DEBIT CARD ONLY.

Public Parking

Parking has changed from in
 years past.

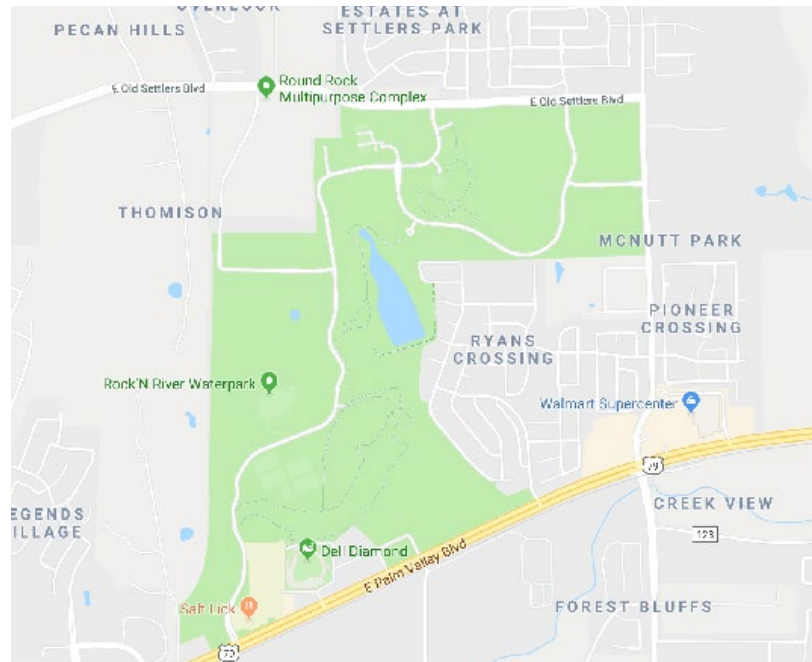
[Parking Instructions/Map](#)

Animals

There will be NO dogs
 allowed in Old Settler's Park
 on the day of the Cross
 Country State meet.

Restrooms

There will be no dressing
 facilities. Portable toilets will
 be available to the public
 and athletes.



VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | **November 16-19, 2022**

Schedule

Wednesday, November 16

1A Semifinal..... 11:00 AM
 1A Semifinal..... 1:00 PM
 2A Semifinal..... 3:00 PM
 2A Semifinal..... 5:00 PM

Thursday, November 17

3A Semifinal..... 11:00 AM
 3A Semifinal..... 1:00 PM
 1A Final 3:00 PM
 4A Semifinal..... 5:00 PM
 4A Semifinal..... 7:00 PM

Friday, November 18

5A Semifinal..... 11:00 AM
 5A Semifinal..... 1:00 PM
 2A Final 3:00 PM
 6A Semifinal..... 5:00 PM
 6A Semifinal..... 7:00 PM

Saturday, November 19

3A Final 11:00 AM
 4A Final 1:00 PM
 5A Final 3:00 PM
 6A Final 5:00 PM

Ticket Information

Single Day \$15.00
 Two-Day \$25.00
 All-Tournament..... \$35.00
 Coaches All-Tourney \$30.00

More Information: [Click Here](#)
 Coaches Tournament Passes
 will be sold onsite only.

Parking

TBA
[Click here](#)

Clear Bag Policy

To ensure guest safety and a
 quicker entry into the facility,
 the Curtis Culwell Center
 has implemented a bag
 policy limiting the size and
 type allowed at all events.
 Click [HERE](#) for more details.





TGCA PAST PRESIDENTS

Velma Harrison1952-53	Bill Farney.....1973-74	Pat Mouser1994-95	Liana Gombert2015-16
.....1953-54	Janette Barlow1974-75	Melynn Hunt1995-96	Loyd Morgan..... 2016-17
Marvin Williams *1954-55	Bob Schneider 1975-76	Sam Tipton 1996-97	Kriss Ethridge 2017-18
Mary Beccue *1955-56	Gay Benson1976-77	Marianne Jones 1997-98	Jason Roemer2018-19
Charles Womack * ... 1956-57	Buddy Ables1977-78	Larry Goad.....1998-99	Astin Haggerty2019-20
Rose Farmer 1957-58	Sandra Meadows * ... 1978-79	Brenda Kitten..... 1999-20002020-21
J.W. Booker *1958-59	Ralph Newton* 1979-80	Rob Young 2000-01	Brad Blalock.....2021-22
Peggy Hughes1959-60	Janie Fitzgerald1980-81	Krista Malmstrom.... 2001-02	
M.T. Rice *1960-61	Mark Smith*1981-82	Ron Mouser2002-03	
Jimmye Phillips1961-62	Diana Lewis.....1982-83	Debbie Jaehne2003-04	
LeRoy Hoff *1962-631983-84	Ray Baca 2004-05	
Ellen Johnson 1963-64	Michael Adams 1984-85	Leann Johnston 2005-06	
F.G. Crofford1964-65	Judy Dunn*1985-86	Alex Koulovatos2006-07	
Zonelle Cornett*1965-66	Jim Kirkland 1986-87	Debra Manley2007-08	
Freeman Parish * 1966-67	Sue Cannon 1987-88	Lee Grisham..... 2008-09	
Sandra Meadows * ... 1967-68	Don Ford.....1988-89 2009-10	
Mitch LeMoine.....1968-69	Donna Grant1989-90	Wes Overton.....2010-11	
Wayne DuBose* 1969-70	Phil Swenson1990-91	Donna Benotti2011-12	
Shirley Hayworth 1970-71	Rhonda Farney.....1991-92	Rodney Gee2012-13	
Stanley Whisenhunt.. 1971-72	Caylene Caddell 1992-93	Kari Bensend2013-14	
Leta Andrews1972-73	Barbara Crousen 1993-94	Mitch Williams.....2014-15	

TVCA PAST PRESIDENTS

Lenora Abston*1968-69
.....1969-70
Dr. Margie Austin*..... 1970-71
Jan Briggs..... 1971-72
Jane Arnett.....1972-73
Arline Basye.....1973-74
Marion Young1974-75
Judy Bugher 1975-76
Waynette Dolan1976-77
Norma Pullin1977-78

*Deceased

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 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.



photo courtesy Tracy Gillett



TGCA HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA

and the coaching profession.

Hall of Fame nomination forms are located on our website, austintgca.com, under “Forms” on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made

up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

The deadline for submission of Hall of Fame nominees will be Monday, February 26th, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed (tgca@austintgca.com) to the TGCA office.

YEAR	INDUCTEE(S)	YEAR	INDUCTEE(S)	YEAR	INDUCTEE(S)	YEAR	INDUCTEE(S)
1993	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese	2007	Sandra Mader	2013	Ellie Woods	2019	Susan Brewer
1994	Jane McCutcheon	2008	Terri Plagens Billy Evans Joe Lombard	2014	Sue Cannon Rhonda Farney		Guyla Smith
1996	Nora Geron	2009	Flo Valdez Melynn Hunt Phil Swenson	2015	Jerry Sutterfield Patty & Tippy Browning	2020	None
1997	Wanda Bender	2010	Krista Malmstrom Brenda Kitten Rene G. Garza	2016	Shirley Rowe Barbara Comeaux Linda Richter Fred Griffin	2021	Laneigh Clark Lee Grisham Nancy Walling
1998	Jan Briggs	2011	Leta Andrews Sherry Rogers E. J. “Jeep” Webb	2017	Jan Barker Rick Reedy Mike Martin	2022	Chuck Dardin Steve Golemon Tanya Nygrin
1999	Norma Pullin	2012	Lynn Davis Pool Barbara Crousen Joni McCoy	2018	Skip Townsend Cathy Self-Morgan Al Bennett		
2000	Donna Grant	2013	Donna Boehle	2019	Beverly Humphrey		

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls’ athletics.

Nomination forms may be found on the TGCA website, austintgca.com, under “Forms” in the menu on the

left-hand side of the home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Tuesday, February 28th, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email (tgca@austintgca.com).

YEAR	RECIPIENT
2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. “Butch” Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett
2017	Mike Szymarek
2017	Lynn Davis Pool
2018	Billy Hicks
2019	Maria Kennedy
2020	None
2021	Texas Press Association
2022	Trippy Saxon



photo courtesy Tracy Gillett

2022-23 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 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.

Online membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

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

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

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

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

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

ber there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

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

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2022 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new Cen-Tex Sports Clinic in Austin. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clin-

ics is \$80.00. This includes your 2022-23 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2022-23 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy Logan Lawrence

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 Angel Mauterer

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.

ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

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.

SPORT NOMINATION DEADLINES

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

Cross Country	October 31, 2022
Volleyball	November 14, 2022
Spirit	January 31, 2023
Swim & Dive	February 13
Wrestling	February 13
Basketball	February 27
Soccer	April 10
Tennis	April 24
Track & Field	May 8, 2023
Golf	May 8, 2023
Softball	May 29, 2023



photo courtesy Tracy Gillett



photo courtesy Rachel Anglin



photo courtesy Savanah DeLuna

10

NICE-TO-KNOW FACTS ABOUT HEADACHES

James A. Peterson, Ph.D., FACSM

James Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.

1 A pain by any other name. Most headaches tend to be grouped by their symptoms into three common categories—tension, migraine, and cluster. Unfortunately, the misery of headache pain will affect three of four people at least once a year. Even more troubling is the fact that headaches are a chronic problem for more than 45 million Americans.

debilitating and painful occurrences. What is known is that specific factors (including exercise) may create the conditions that lead to headaches in individuals who have a propensity for having such maladies.

3 Villain or hero? Exercise can be either a trigger or a treatment for headaches, depending on the type of headache and whether the exercise is properly prescribed. In this regard, avoiding the kind of

4 Exercise is medicine. Engaging in aerobic exercise on a regular basis has been found to decrease the number of headaches that people experience and the severity of the episodes by as much as 50% because of its effect on the body's release of endorphins and serotonin into the blood stream. In this regard, it is essential that individuals who are prone to headaches increase their activity levels gradually over time, adequately warm up, and cool down before and after exercising.

5 Stress and strain may lead to pain. Individuals who have tension-type headaches often report the onset of such headaches after strength training. It is important that these individuals, while lifting weights, should always exercise through a full range of motion, avoid holding their breath, and overexerting themselves while exercising.

6 Exercise-induced migraines. Although the root causes of a migraine headache remain a mystery, migraine pain seems to come from an inflammation and a dilation of the blood vessels. Conventional wisdom dictates that migraine-prone individuals should consider taking an anti-inflammatory medication before working out and take particular care to ease into their exercise bout.

7 Safety first. On very rare occasions, headaches are symptomatic of a more serious problem. As such, individuals should make sure that no underlying cause for their headaches exists that should be addressed. In that regard,

individuals should be alert for signs that their headaches may be more than merely a painful condition (e.g., their headaches are accompanied by numbness, blurred vision, dizziness, or memory loss; their headaches are getting stronger or are occurring more frequently).

8 Know thyself and thy triggers. Individuals should keep a lifestyle/activity diary on which they record information that could possibly help determine their personal triggers for their headaches. As such, they can try to identify any relationship between a specific factor and the onset of their headaches.

9 Age matters. Those who frequently have headaches are more likely to be younger (i.e., aged 34 years or younger) than older. In fact, children can have the same types of headaches as adults, including migraine and tension-induced headaches. However, once individuals reach the age of 65 years, they only have a 50% likelihood of having a single headache during the year compared with younger individuals.

10 Cold facts. Suffering a sudden headache after eating something very cold, such as ice cream, is fairly common—particularly among people who have a history of migraines. The best way to avoid “ice cream headaches” is to eat the ice cream slowly to minimize the cold shock on the body.



photo courtesy Caroline Owen

2 Cause and effect. In reality, the physiological causes of the most common types of headaches are not fully understood. At this time, no known cures exist for these

physical activity regimen (e.g., acute, intense bouts) that can lead to headaches is essential. The key is for individuals to only engage in exercise that is appropriate for them.

SURVIVOR SPOTLIGHT



Kim Lowery

October is Breast Cancer Awareness Month, an annual health campaign designated for raising awareness about breast cancer and its impact on women. This month gives communities, charity organizations, and individuals a chance to connect, share their journeys, and advocate their causes. In honor of Breast Cancer Awareness Month, The Kay Yow Cancer Fund had the privilege of speaking with Kim Lowery, a woman who has an incredibly unique perspective on this matter as a Mammographer and a breast cancer survivor herself.

Never did Kim Lowery imagine being in the same position as her patients at Atrium Health Wake Forest Baptist, where she assisted the radiologist with biopsies and diagnostics as well as screening mammograms as a member of the breast care team. However, after her own yearly mammogram was done she was called back for additional images. Thinking the reason for her call back stemmed only from a bruise she suffered during a Spartan Race, Kim could have easily shrugged off the need for more follow-up. It became quite apparent that Kim completely understood the reality that breast cancer could truly affect anyone. With multiple connections in the mammography department, her friend and coworkers conducted the additional imaging on her and were able to analyze the results rather quickly. She knew something had shown up. Within an hour, Kim found herself lying across a biopsy table.

After officially being diagnosed with breast cancer in January of 2021, Kim knew exactly what she had to do. As a skilled expert in the cancer screening field, she had witnessed a variety of these situations from her patients and made the informed decision to undergo a double mastectomy. Only 17 days had passed between the time Kim learned of her diagnosis to the time she entered the operation room.

While this was certainly a time of challenge and uncertainty in Kim's life, it only proved the power of her profession. Not only did her own experience make her believe more strongly in mammograms, but it has also allowed her to become a more passionate and relatable healthcare worker. Kim's story has put her in a special position to relate to her patients and walk in their shoes, giving her the perspective and point of view she never had before.

Breast Cancer Awareness Month holds an essential meaning to Kim, both professionally and personally. Now more

than ever, she believes that the campaign can remind women everywhere to get an annual mammogram as it can make the greatest difference. She also encourages women to share their stories and participate in local organizations that champion women's breast cancer, which will grow and strengthen the cancer community as a whole. It's people like Kim that have the ability to spread awareness and generate real change in our world, and she is truly the epitome of wisdom, courage, and hope.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31 VOLLEYBALL: BI-DISTRICT TGCA: Cross Country Nomination Deadline, 12:00 p.m.	1	2	3	4 CROSS COUNTRY: STATE	5
				VOLLEYBALL: AREA		
					Girls Basketball: First Day for Interschool Games	
6	7 VOLLEYBALL: REGIONAL QF Wrestling: First Day for Meets & Tournaments TGCA: Cross Country Committee Meeting (7 PM)	8	9	10	11 VOLLEYBALL: REGIONAL TGCA OFFICE CLOSED FOR VETERANS DAY	12
13	14 TGCA: Volleyball Nomination Deadline, 12:00 p.m.	15	16	17	18	19
			VOLLEYBALL: STATE TOURNAMENT			
20 TGCA: Board of Directors Meeting (10 AM)	21	22	23	24	25	26
	TGCA OFFICE CLOSED FOR THANKSGIVING					
	TGCA: Volleyball All-State Committee Meeting (6 PM) Volleyball Committee Meeting (6 PM)					
27	28 Soccer: First Day of Practice	29	30			

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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.



photo courtesy Traci Gillett



THANKS TO OUR SPONSORS

American Income Life
Baden
BSN Sports
Coaches Choice

Dell
Fellowship of Christian Athletes
Gandy Ink
Gulf Coast Specialties

Herff Jones
Locker Room Sportswear
MaxPreps
MileSplit

Nike
Sport-Tek
Varsity



The power to do more



TGCA NEWS

TGCA News is the official newsletter of the
Texas Girls Coaches Association

Mailing Address:
P.O. Box 2137
Austin, TX, 78768

Physical Address:
1011 San Jacinto Blvd, Suite 405A,
Austin, TX 78701

P: (512) 708-1333
F: (512) 708-1325
E: tgca@austingca.com

TGCA News is published nine times per year, September through May.

Executive Director:
Sam Tipton,
sam@austingca.com

Assistant Executive Director:
Lee Grisham,
lee@austingca.com

Administrative Assistant:
Audree Tipton,
audree@austingca.com

Administrative Support Assistant:
Oma Garmon,
oma@austingca.com

Newsletter Editor: Logan Lawrence

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.



@AUSTINTGCA

