



TGCA NEWS

APRIL 2024



2023-2024 TGCA OFFICERS



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cover photo courtesy Macy Pruitt

right photo courtesy Brittany Scarafiotti



WHAT ARE THEY AFRAID OF

Kevin Johnson | Abilene Cooper HS | **TGCA Track Committee Chair**

Disclaimer: I am not a sociologist or a psychologist.

District Champion. State Qualifier. State Champion. Conference Champion. National Qualifier. These words look impressive and mean goals were achieved and dreams reached. Many of us know these words require a great deal of hard work, sacrifice, skill, and sometimes a little luck. But even with all that success is always not attained.

I had all those titles and I want them all for my athletes, we all do! But what happens when we have the athletes who possess the factors for success, but fall short time and time again? As coaches, we begin to question ourselves. Is it the training? Is there something I am not doing for them? Why don't they want this? Are they SCARED? Sometimes, our athletes have a "Fear of Failure".

In school, I was taught Fear of Failure is the irrational anxiety about failing to

measure up to the expectations and goals set by oneself or others. This is true for some of our athletes, especially those new to their sports. They want to succeed at something they have never done.

But what about when athletes that have previously had success stop succeeding when the stakes are high? That is when we encounter "Fear of Success".

For athletes encountering a Fear of Success, it is not that they don't believe they can have success, but rather they fear what happens after those successes come, such as:

- The pressure to repeat success.
- Being outside their comfort zone, such as being in the center of attention.
- Friends and peers viewing them differently.
- The possible change in their own personality, such as becoming cocky or arrogant.

I have witnessed some

of the following examples of Fear of Success in athletes I have worked with.

- They have lower expectations for themselves, and they shy away from being pushed.
- They are perfectionists and when the outcome is not what they desire, they stop trying.
- They find ways out of the situations, such as skipping out or hiding.
- They quit the sport when closing in on success.
- They engage in self-destructive behaviors or self-sabotage.

Fear of Success is hard on coaches because we only want the best from our athletes, and we want to see them succeed in our programs.

How do you attack the hurdle that is the Fear of Success?

Based on my own experiences, I have a few tips that might help you and your athletes.



Conversation

Sit down with the athlete and discuss past experiences with success. Have them think about earlier successes and what happened they experienced with those wins.

Control the Stressors

Remember that with their fears comes stress and anxiety. Remind your athletes to eat and eat healthily. Encourage them to relax by identifying places to go and activities to use to unwind when they are overwhelmed. Remind them to socialize and have circles of friends that encourage and support their goals. Many athletes are visual learners, so they can journal their feelings and track their progress.

Visualization (My favorite!)

When they see it, they can believe it. I use visualization training to help my athletes create success. I have them visualize their best race, remembering sounds, smells, feeling of the wind, and different sights. They get away from everyone else and focus on visualizing the race they want to run.

Professional Help

We as coaches try to be everything for our athletes, but if you all cannot get a handle on things consider utilizing a professional who can help your athletes cope with and overcome their Fear of Success.

At the end of the day, whether these tips help, coaching to our athletes' hearts starts creating the success we all (coaches and athletes) desire.



photo courtesy Whitney Bernard

EMPOWERING FEMALE ATHLETES

An Introduction to BSN SPORTS' SURGE Program

Are you passionate about empowering female athletes and promoting their success in sports? Look no further than BSN SPORTS' new initiative, SURGE. This groundbreaking program, which stands for Strength, Unity, Resilience, Growth, and Equity, is designed to empower girls to stay in sports and lead healthy, successful lives. Through free online tools developed for coaches, SURGE aims to build self-esteem, instill confidence, and prioritize mental health in female athletes. Let's delve into the details of this program and explore how it is revolutionizing the landscape of girls' sports.

Understanding the Vision Behind SURGE

At the heart of BSN SPORTS' SURGE initiative lies a commitment to the comprehensive growth and empowerment of female athletes. This program is predicated on the understanding that participation in sports is a pivotal platform for young women, not just in terms of physical health, but also as a critical avenue for personal development, leadership skills, and psychological well-being.

The initiative recognizes the critical role coaches play in this endeavor, positioning them as pivotal agents of change. Through specialized tools and resources, SURGE empowers coaches to cultivate environments that champion the values of strength, unity, and resilience. This focus extends beyond athletic achievement, aiming to instill young women with the confidence and self-esteem necessary for navigating life's challenges. In essence, the vision of SURGE transcends the boundaries of sports, aspiring to lay the groundwork for a future where female athletes are equally recognized, supported, and celebrated. Through its comprehensive approach, SURGE is not just changing

the game for girls in sports; it is redefining the narrative around female athleticism and empowerment to foster an environment that keeps girls in sports longer.

Studies show that girls who play high school sports have higher GPA's, are 24x less likely to drop out of school and have higher graduation rates. Beyond the field of competition, 94% of C-suite women played youth sports.[1] Yet, by age 14, girls are quitting sports at 2X the rate of boys.[2] In Texas, the gap between girls and boys high school sports participation is +12%, with high school boys' sports participation at 42.2% versus high school girls' sports participation at 29.6%.[3]

At BSN SPORTS, we were both concerned and inspired by this data – as it showcases where sports surge for girls, success isn't far behind.

How SURGE Works: Tools and Resources for Success

SURGE's online tools and resources, such as webinars, specialized monthly curriculum and key developmental resources, were produced by BSN SPORTS and its partners to help coaches address the mental, physical and emotional needs of their athletes while providing girls with the support required to keep them engaged and excited about the sports they love. In addition, these resources promote positive self-image, confidence, and resilience in female athletes.

The Goal of SURGE for Coaches and Athletes

Coaches are not just training athletes; they're mentoring future leaders who are equipped to tackle life's obstacles with resilience and confidence. Through the lens of



BSN SPORTS

SURGE, coaches and athletes alike are redefining what success looks like in female sports. It's not solely about victories on the field, but about cultivating a generation of women who are prepared for life's challenges, empowered to pursue their dreams, and inspired to break barriers. The journey with SURGE is transforming the narrative, making every step forward a leap towards a more inclusive, supportive, and empowering sporting world for young women.

Joining the SURGE Movement: How to Get Involved

Becoming a part of the SURGE initiative is a step towards contributing positively to the advancement of female sports. If you're a coach with a passion for nurturing the next generation of female athletes, or if you're an individual eager to support the empowerment of girls in sports, your journey begins here. To get involved, you can sign up at <https://www.bsnsports.com/surge>.

Upon signing up, you'll gain immediate access to professional development tools, interactive workshops, and educational materials. These resources are crafted to guide coaches in fostering an environment of inclusivity, resilience, and growth among their teams. What sets SURGE apart is its community-focused approach, connecting you with a network of peers and experts in the field.

The Future of Female Sports with SURGE

SURGE is paving a promising future in the realm of women's sports, built on pillars of Strength, Unity, Resilience, Growth, and Equity. This initiative takes strides toward crafting a more inclusive and empowering environment for female athletes. It focuses on holistic growth, ensuring that girls remain active in sports and learn life skills beyond. As SURGE expands, it stands to transform the narrative of girls' sports, cultivating a space where girls are unbounded by limitations, empowered to thrive in both athletics and life.

[1]EY: How can winning on the playing field prepare you for success in the boardroom?

(March 2020) EY x espnW study: Why female athletes make winning entrepreneurs (conducted 2013-2016) Ruling our Experiences: 2017 Girls' Index Report: Girls & Sports

[2]<https://www.womenssportsfoundation.org/advocacy/benefits-sports-participation-girls-women/>

[3]<https://usatodayhss.com/lists/where-does-your-state-rank-data-shows-percentage-of-high-school-students-who-participate-in-sports-across-the-u-s>



photo courtesy Whitney Bernard



TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Track University of Texas at Austin | May 2-4, 2024



photo courtesy Whitney Magness

Ticket Prices & Parking

Ticket and Parking Information for the 2024 UIL Track & Field State Meet is available [HERE](#).

SCHEDULE

Thursday.....3A & 4A
 Friday.....2A, 5A, & Wheelchair
 Saturday.....1A & 6A

Field Events 9:00 a.m.
 3200m ONLY 9:00 a.m.
 Running Events 5:00 p.m.

Note: Event schedule is the same for each day

Detailed Schedule posted [HERE](#)



GOLF STATE CHAMPIONSHIPS

Austin Metro | May 6-7, 2024

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
1A	Crystal Falls Golf Club, Leander	No Fee	\$50 per cart
2A	Lions Municipal Golf Course, Austin	No Fee	\$50 per cart (Handicap Only)
3A	ShadowGlen Golf Club, Manor	No Fee	\$75 per cart
4A	Legends Golf Course, Kingsland	No Fee	\$75 per cart
5A	Legacy Hills Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart
6A	White Wing Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart

Ticket Prices

Admission to the golf state tournament (all locations) is FREE.

Food/Drink

Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

Cart Availability

Spectators may bring a personal cart with a \$20 charge at Legends; a \$25 charge at Legacy Hills and White Wing; a \$30 charge at Lions; and a \$40 charge at ShadowGlen and Crystal Falls. Visit the [UIL Website](#) for more information.



photo courtesy Scott Carmichael

SPORT NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2023-24, they are as follows:

Tennis May 13, 2024
Softball May 20, 2024



||| TENNIS STATE CHAMPIONSHIPS

Blossom Tennis Center, Annemarie Tennis Center | San Antonio, Texas
May 16-17, 2024

Thursday, May 16

Blossom Tennis Center (QF & SF)..... 1A-3A
 Annemarie Tennis Center (QF & SF) 4A-6A

Friday May 17

Blossom Tennis Center (F)..... 1A-3A
 Annemarie Tennis Center (F)..... 4A-6A

Tickets

One-Day Pass..... \$15/a day
 Two-Day Tournament Pass.....\$25
 Coaches All-Tournament (Sold onsite, Must show ID).....\$20
 Parking FREE

[BUY HERE](#)



photo courtesy Logan Lawrence

||| 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 6/2014)

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.



photo courtesy Macy Pruitt



photo courtesy Alexander Orosco

TGCA COACHES OF THE YEAR

CHEER

NAME	SCHOOL	CONF.
Jayci Willer	Shallowater HS	1A-4A
Nicole Mitchell	Crandall HS	5A-6A
Stacey Wardrup*	Jacksboro HS	1A-6A

* - Assistant Coach of the Year



Jayci Willer
photo courtesy:
TGCA



Kami Jo Williamson
photo courtesy:
TGCA

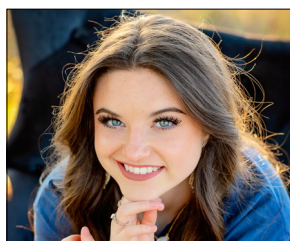
BASKETBALL

NAME	SCHOOL	CONF.
Ryan Dollar	Newcastle HS	1A-4A
Kami Jo Williamson	Cedar Park HS	5A-6A

TGCA ATHLETES OF THE YEAR



Jaylee Moss
photo courtesy:
TGCA



Isabella Lindsey
photo courtesy:
TGCA



Aaliyah Chavez

CHEER

Conferences 1A-4A

Isabella Lindsey
Lampasas HS
Coach: Shannon Lindsey

Conferences 5A-6A

Anabelle Bennett
Wolfforth Frenship HS
Coach: Kayci Smith

BASKETBALL

Conferences 1A-4A

Jaylee Moss
Canyon HS
Coach: Tate Lombard

Conferences 5A-6A

Aaliyah Chavez
Lubbock Monterey HS
Coach: Jill Schneider

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES WHO WILL BE PRESENTED RINGS PROVIDED BY HERFF JONES AND THEIR TEAMS WHO CAPTURED 2024 UIL SOCCER STATE CHAMPIONSHIPS

COACH	SCHOOL	CONFERENCE
Alexander Adams	Celina HS	4A
Jimmie Lankford	Frisco Wakeland HS	5A
Matt Dickinson	Prosper HS	6A

2024 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER - ATHLETIC & SPIRIT DIVISIONS | JUNE 24-27



photo courtesy Macy Pruitt

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

All-Star activity schedules and venues can be found on the website, www.austingca.com, under the All-Stars tab in the menu across the top of the page. These will be updated regu-

larly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, June 24th, 7:00 p.m., at the Arlington Sheraton Hotel, 1500 Convention Center Drive, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open in March. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line reservation

service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations" when it opens.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austingca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2024-25 Printable Membership Form".

The 2024 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austingca.com, and will be updated often as we progress towards Summer Clinic and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2024 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2024 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2024 SUMMER CLINIC ARLINGTON HOTELS AND RATES

(You MUST use the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to get the TGCA rates shown below)

This is not a link to the hotel.

These are merely the hotels we will be using and the rates they have guaranteed TGCA. You must go through the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to make your actual reservation.

CROWNE PLAZA
700 Avenue H East
\$145.00

DOUBLE TREE BY HILTON
1507 N Watson Road
\$129.00

HILTON ARLINGTON
2401 East Lamar Blvd
\$155.00

HILTON GARDEN INN DALLAS/ARLINGTON
2190 E Lamar Blvd
\$149.00

HOLIDAY INN ARLINGTON
1311 Wet N' Wild Way
\$129.00

SHERATON ARLINGTON
1500 Convention Center Drive
\$145.00

Hotel Reservation Services are now open.

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

TGCA SOFTBALL COMMITTEE

COACH	SCHOOL	CONF-REG.
David Smirl	Amarillo River Road	3A-1
Brian Cronk	Lubbock Monterey	5A-1
Reagan Sewell	Clyde	3A-2
Stacey Herring	Abilene Cooper	5A-2
Keith Medford	Denton Guyer	6A-3
Mitchell Davis	Krum	4A-3
Donald Gray	Longview Spring Hill	4A-4
Justin Kniffen	Tyler Legacy	6A-4
Justin Long	Onalaska	3A-5
Candi Weige	Bridgeland	6A-5
Roger Maupin	Weimar	2A-6
Melissa Hall %	Georgetown	5A-6
Teresa Lentz &	CC Calallen	4A-7
Marilie Duran	SA Roosevelt	6A-7
Beau Burnett	Llano	3A-8
Arlynda Buentello	Medina Valley	5A-8



% - Chair & - Vice Chair

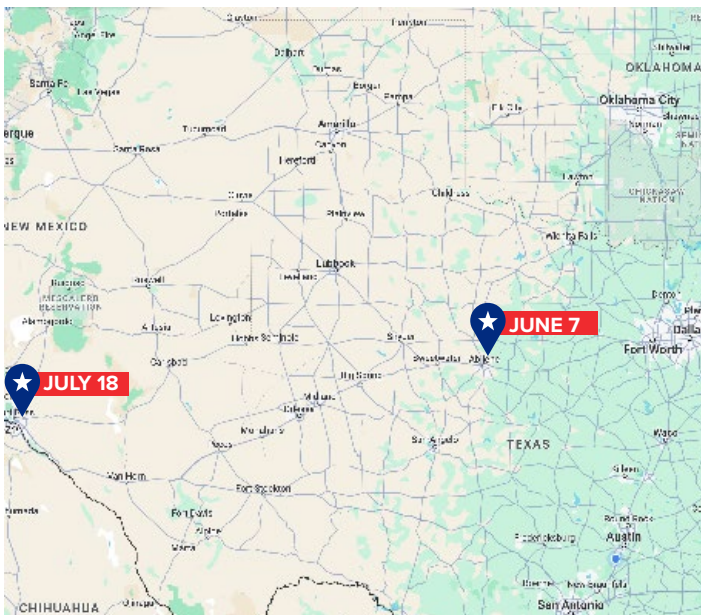
TGCA SATELLITE SPORTS CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2024. 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.



2024 REGION I & II ALL-SPORTS CLINIC
 Abilene Cooper High School
 3639 Sayles Blvd.
 Abilene, Texas 79605
 June 7
[Agenda](#)
[Registration Form](#)

2024 EL PASO ALL-SPORTS CLINIC
 High School-TBA (Ysleta ISD)
 El Paso, Texas
 Date-July 18
[Agenda](#)
[Registration Form](#)

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](#)

2024 SUMMER CLINIC
EXHIBIT WITH US
 TEXAS GIRLS COACHES ASSOCIATION
 SUMMER CLINIC AND EXHIBITOR SHOW
 ARLINGTON CONVENTION CENTER
June 25-26, 2024 10'X 8' BOOTH: \$450
 ADDITIONAL: \$400

ADVERTISE
 AD space AVAILABLE!

For questions or additional Exhibitor information please visit our website or contact:
tgca@austintgca.com
 (512) 708-1383

www.austintgca.com

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

Coaches,
 As soon as possible when your season concludes, please take a few minutes to nominate players for the Texas Sports Writers Association All-State Softball Team.
 Players do not have to be seniors, and I don't set a limit

on the number of nominations from a team. Just nominate kids you feel are legitimate all-state players.
 To nominate, I need:
 -Player(s)
 -School
 -Classification of school (1A-6A)...

PLEASE INCLUDE THIS
 -Position: Please be specific on infield positions (first base, second base, shortstop, third base) and if a player saw time at multiple spots, list her main position or maybe consider her for the Utility spot
 -Final season stats:

Deadline to nominate is Monday, June 10.
 Please send nominations to:
jstallard@news-journal.com

2024-25 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 2024-2025 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2023-24 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 \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is \$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 compa-

ny. 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 are using a school credit card with a different mailing address, your renewal may not go through.

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 2024 in Abilene (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

2024-25 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 2024-25 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 Dottie Hawthorne

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2024-25 year, beginning June 1, 2024 and ending May 31st, 2025. Please be sure that is what you intended to do. You may still print a 2023-24 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 Macy Pruitt

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

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

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

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

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

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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

VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Macy Pruitt

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.

RAMONA GAVIN & LAURA GERALD-SIMMS



SISTERS. SURVIVORS. THRIVERS.

This month, we spoke to Ramona and Laura – sisters from Lumberton, NC who embody the words “survivor” and “thrivers” and are living their lives to the fullest despite tragedy and cancer diagnoses.

Ramona and Laura come from a family of six who lost their father early in life, making their mother their sole caregiver. So, you can imagine the fear and uncertainty they faced when their mom was diagnosed with cancer almost 30 years ago

Growing up in the under-resourced town of Lumberton, access to cancer education, screenings, and treatment was limited. People didn’t talk about it or know a lot about it. And their mother was the first person in their family touched by the disease. Ramona recalls her mother saying, “Oh my gosh, I have the big C” when she received the news.

Thankfully, her mother would undergo a mastectomy and respond

positively to treatment, ultimately kicking cancer to the curb.

Fast forward a few decades.

Before their mother’s diagnosis, and even after, the sisters didn’t think much about cancer. They didn’t think of themselves as high-risk. Laura remembers thinking, “Young people don’t get cancer”. But at age 45, when Laura noticed changes in her body, she decided to get a diagnostic mammogram. And after multiple biopsies, she was diagnosed with stage four HER2+ breast cancer.

When Laura heard the news from the doctor, her first thought was “I’m not going to see my son graduate.” After her diagnosis, she said, “I really took my life down to the studs – which was work, my children, and staying alive.” Those three things became her priority.

Laura underwent a lumpectomy, radiation, daily oral medication, and has been getting infusions every three

weeks for nine years now. She said, “I’m not defined by my illness. I share my story to inspire other people. I am thriving with stage four breast cancer. It’s a significant part of my life, but not the only part.”

Around the time Laura was diagnosed, Ramona was due for her annual mammogram, but went a step further and had a diagnostic exam instead of just a regular screening. She didn’t think much would come of it. After all, what were the odds that sisters would have cancer at the same time?

Ramona got a call a few days later and was in disbelief. She too had cancer. Upon receiving the news, she told the doctor, “That can’t be right – my sister has cancer, not me. You must be talking about her.”

Ramona would undergo a lumpectomy and fifteen weeks of radiation. She and her sister would be fighting cancer together.

On top of that, during Ramona and



RAMONA GAVIN & LAURA GERALD-SIMMS



Laura's treatments, they tragically lost their mother and two brothers all within six months. They had to endure chemo, radiation, and surgeries while also dealing with the loss of three family members. It's hard to even imagine the kind of loss and pain they must have experienced.

Ten years later, the two are surviving and thriving.

Laura is thriving with her cancer treatments. She will see her oldest son graduate high school this June, and she's over the moon with excitement to see him play football at NC State next year.

As someone who grew up in an under-resourced town, not having exposure or access to quality healthcare, she has dedicated her life to being a servant for those living in under-resourced communities. She serves as the Chair for **Grant Makers in Health**. Laura stated, "We're all human and we all deserve access to healthcare." This was and still is a key part of Coach Yow's mission and vision for the Fund.

Ramona got the all-clear and rang her bell in 2015. She retired and moved closer to Laura so they could spend as much time together as possible.

This experience has strengthened Ramona & Laura's bond beyond measure and they truly appreciate how precious life is. Ramona said, "Take advantage of every moment that you have. Slow down. You never know what will happen next. Even through all the tragedy, we found something beautiful."

Laura and Ramona plan on visiting Italy this summer and Laura has a goal to visit all 50 states and 7 continents, with only a few left to check off the list.

Let their story be a reminder that annual screenings and checkups are vital in the fight against all cancers affecting women. Early detection is the best weapon we have against cancer, and a diagnosis is not a death sentence. Ramona and Laura are living proof!



FROM BARRIERS TO BREAKTHROUGHS

While significant progress has been made in the fight against cancer, disparities persist, disproportionately impacting communities of color.

This April, as we recognize National Minority Health Month, we reaffirm our commitment to advancing health equity by breaking down barriers to quality cancer care for all women—regardless of age, race, or socio-economic status. By partnering with healthcare providers, community organizations, and advocates, we are empowering individuals with the knowledge, resources, and support they need to battle this disease.

Join us in our mission to ensure that every individual, regardless of race or ethnicity has access to the resources and support they need, when they need it most.

Make your gift today. Because cancer doesn't discriminate, and neither should its care.



NATIONAL
MINORITY
HEALTH
MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 TGCA: Golf Nominations Deadline, 12:00 p.m.	30	1	2 TRACK & FIELD: STATE MEET SOFTBALL: AREA	3	4
5 TGCA: Track & Field Committee, All-State Committee Meeting, 6 PM	6 GIRLS GOLF: STATE MEET TGCA: Sub-Varsity Committee Meeting, 6 PM	7	8	9 SOFTBALL: REGIONAL QUARTERFINALS	10	11
12	13 TGCA: Tennis Nominations Deadline, 12:00 p.m.	14	15	16 TENNIS STATE MEET SOFTBALL: REGIONAL SEMIFINALS	17	18
19	20 TGCA: Softball Nominations Deadline, 12:00 p.m.	21	22	23 SOFTBALL: REGIONAL FINALS	24	25
26 TGCA: Softball Committee, All-State Committee Meeting, 6 PM	27 TGCA OFFICE CLOSED	28	29	30	31	SOFTBALL: STATE TOURNAMENT

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.



THANKS TO OUR SPONSORS

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 -Locker Room Sportswear
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BSN SPORTS

VARSITY

TGCA NEWS

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

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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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