



TGCA NEWS

FEBRUARY 2024



2023-2024 TGCA OFFICERS



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cover photo courtesy Robert Murray
right photo courtesy Whitney Magness



THE PATH LESS TRAVLED COULD BE THE BEST PATH

Arthur Prevost CE King HS | **TGCA Basketball Committee Chair**

Have you ever heard someone say, "This might not be made for me!" Speaking from experience in the world of coaching, I have heard this so many times when coaches get frustrated. There are highs and lows in this great profession of coaching, and one must buckle up and hang on. I want to take a minute and talk to all those coaches out there who have experienced double digit losses, long quiet bus rides homes, and those who have taken jobs where they feel they were let's just say misled. The best saying I have heard in my 4 head coaching stints was, "This is a TOUGH job," -Duff.

That's how I came up with the title "The Path Less Traveled." I took this path, and it has truly worked out

well for me. After 17 years as a head coach, I feel more should have taken this road. Unfortunately, many times within coaching key steps are skipped in the growing process. Those steps are the ones that matter in moments of difficulty and in moments of success. Appreciation of the journey is "sweeter" when you are the sugar to the syrup.

The main thing everyone always wants to talk about is winning. However, everyone will not always win! When you go 2-24 or 5-30 one might say that is not winning. However, I disagree, winning is based upon how far you have moved the needle. That needle could be 1, 2, 5, or 10 things that can't be measured by the column on the left. Those who have

coached long enough definitely understand the left and right column. A good coach will make his or her players see what they can be rather than what they are. -Ana Parseghian

I ask these questions when I think about coaches who are winning; "Did they inherit a program that was already winning? Was it a program that had won in the past? What or where is the program now? Why is that job open? Because most potential candidates do not run towards the 3-27 jobs. They prefer the 18-12 or 12-18 jobs that are easier to walk in on. Yet so much joy can come from the 2-31 job. I think it is important to go through some adversity in your coaching profession. Despite how hard it is to take



the 5 and below jobs, I did it. In fact, I have done it 3 different times. I have learned so much at each stop along the way.

Here are a few steps to consider when looking at the "other path":

1. Be Brave and Take it. Don't take it because it has a ring to it. Take it because the ring fits your finger. Pictures are painted on terrible canvases, but that doesn't mean the picture painted is a bad painting.
2. Do not limit yourself to a classification. I started at a 2A school. This school was on hard times and had gone through several bad years. However, they had previously been a good playoff going team. A few 20 plus win seasons included with depth in the playoffs. I left the 2A school and took that experience to a 4A school called Corsicana and repeated the process.

Some of the best jobs are the 6-27 jobs. You really must believe in yourself, trust your vision, and trust the process. Do not let anyone talk you out of your passion. Figure out your why, lock in on it, and remind yourself of it when things get tough. Look at the "bad jobs" and find a way to make it a god job. If I fast forward to where I am now, I am in year 3 with my current program after going 1-19 to 0-27 I am excited to say we are currently 29-6. See, take the path less traveled and make it yours!



photo courtesy Robert Murray

BOOSTING CONFIDENCE

Key Technics for Female Athletes | BSN Sports

Confidence is the cornerstone of success in sports. For female athletes, especially in an industry traditionally dominated by men, cultivating and maintaining confidence can be a significant challenge. In this blog post, we will delve into the strategies that can help bolster the confidence of female athletes, ultimately enhancing their performance and satisfaction in their chosen sport. Let's dive into this empowering journey!

The Importance of Confidence in Sports

Having confidence in sports transcends merely trusting in one's skills. It paints a broader picture that includes an upbeat outlook, resilience, and a sense of self-assuredness. An athlete exuding confidence doesn't shy away from failure, holds firm belief in her potential, and swiftly bounces back from setbacks. For female athletes, confidence can serve as a power-packed tool to shatter barriers, surpass standards, and shine in their respective sports.

Encourage Positive Self-Talk and Visualization

Imagine being on the court, the field, the track, and seeing yourself triumph. That's visualization. Now, complement it with positive affirmations about your strength, capability, and determination. That's positive self-talk. These mental techniques are often overlooked, yet they're essential elements of building confidence in female athletes. They shift your focus from apprehension to aspiration, reducing performance-related anxiety and enhancing concentration. So, go ahead, picture your victory and affirm your prowess. It's a winning combination!

Cultivating a Strong Support Network

A robust support network can be a game-changer for female athletes on their confidence-building journey. This network can encompass everyone from teammates and coaches to family members and friends who stand by their side, offering unwavering belief in their abilities. This supportive circle is not just about praise but also constructive feedback and emotional backing during tough times. By enveloping themselves with positive, uplifting figures, female athletes can propel their self-confidence to new heights, enabling them to perform at their peak and enjoy their sports journey.

Emphasize the Importance of Effort Over Outcome

In the world of sports, focusing on the journey rather than the destination can be a game-changer. Champions aren't just made in the victory lane; they're also forged in sweat-soaked training sessions, perseverance during trying times, and a relentless pursuit of personal growth. It's important to reiterate that effort holds as much weight as the outcome, if not more. This shift in perspective can lighten the weight of defeat, cultivating a space where athletes relish the process of becoming better. Acknowledging and celebrating effort, irrespective of the result, paves the way for burgeoning self-assurance and resilience among female athletes.

Implementing Goal Setting Techniques

Crafting a clear set of realistic goals can be a confidence booster for female athletes. These goals serve as guideposts, creating a sense of purpose and di-



photo courtesy Robert Murray

rection. When these achievable targets are met, it's like crossing mini finish lines, each success fueling self-assurance. But remember, the key here is balance. Setting overly lofty goals can backfire, leading to frustration instead of fulfillment. So, aim for goals that stretch you, but remain within your reach. As you smash through these goals, you'll notice a burgeoning sense of confidence ready to tackle the next challenge!

Provide Opportunities for Leadership

Elevating female athletes into leadership roles can be a real confidence game-changer. Being at the helm not only encourages independence but also strengthens their self-belief. Leadership tasks such as decision-making, team coordination, and problem-solving are potent confidence builders. It's thus vital for coaches and sports organizations to regularly offer leadership

opportunities. Seeing themselves as leaders can inspire female athletes to own their potential and rise to the occasion. It's a step toward both personal growth and team success.

Encourage Resilience and Persistence

Challenges and obstacles are part and parcel of any athletic journey. That's why nurturing resilience and persistence in female athletes is so crucial. Rather than seeing hurdles as failures, we should promote viewing them as valuable lessons, helping cultivate a growth mindset, which is a significant confidence amplifier. Tenacity, in the face of adversity, acts as a motivational springboard, pushing athletes to forge ahead, thereby bolstering their self-assurance. So, let's encourage our female athletes to embrace their struggles as stepping stones to success and growth, reinforcing their belief in their abilities.



GIRLS BASKETBALL STATE CHAMPIONSHIPS

The Alamodome San Antonio, TX | February 29-March 2, 2024

Thursday, February 29		Conference 4A Semifinal #2		3:00 PM	
Conference 1A Semifinal #1	8:30 AM	Conference 6A Semifinal #1		7:00 PM	
Conference 1A Semifinal #2	10:00 AM	Conference 6A Semifinal #2		8:30 PM	
Conference 3A Semifinal #1	1:30 PM				
Conference 3A Semifinal #2	3:00 PM				
Conference 5A Semifinal #1	7:00 PM				
Conference 5A Semifinal #2	8:30 PM				
Friday, March 1		Saturday, March 2			
Conference 2A Semifinal #1	8:30 AM	Conference 1A Final		8:30 AM	
Conference 2A Semifinal #2	10:00 AM	Conference 3A Final		10:00 AM	
Conference 4A Semifinal #1	1:30 PM	Conference 2A Final		1:30 PM	
		Conference 5A Final		3:00 PM	
		Conference 4A Final		7:00 PM	
		Conference 6A Final		8:30 PM	

Tickets

Girls State All-Tournament Ticket.....
\$129*

General Session Tickets.....
TBA

*Additional fees may apply.

*All tickets sales will be sold online only.

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

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

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

Seating Information

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

Parking

Car: \$15

Bus: \$30

All Tournament: \$60

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

Alamodome Clear Bag Policy

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



photo courtesy Whitney Magness



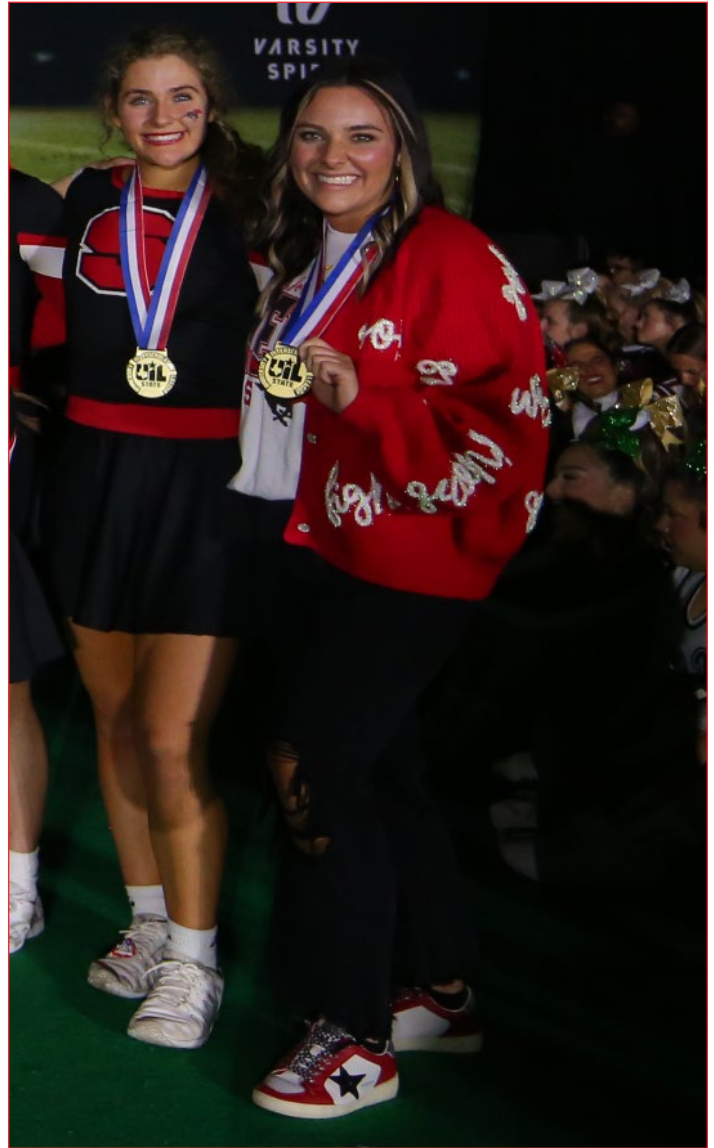
photo courtesy Whitney Magness



TGCA POSTSEASON SPIRIT HONORS

Congratulations to the following TGCA member coaches and their teams who will be presented State Championship rings from Herff Jones for capturing 2023-24 UIL State Championships!

COACH	SCHOOL	CONF.
Janel Jackson	Conroe Caney Creek	Co-Ed
Allison White	Vernon Northside	1A
Tammy Kirchoff	Falls City	2A
Jaycie Willer	Shallowater	3A-D1
Jaci Pippen	Jacksboro	3A-D2
Julie Hall	Celina	4A-D1
Katy Baugh	Lago Vista	4A-D2
Tara Smith	Lamar Fulshesar	5A-D1
Nicole Mitchell	Crandall	5A-D2
Jennifer Edwards	Northwest Eaton	6A-D1
Amie Tennyson	Northwest Nelson	6A-D2



Jaycie Willer - Shallowater



Tammy Kirchoff - Falls City

TGCA BASKETBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Chris Sumrall	Amarillo Tascosa	5A	1
Joseph Britten	Amarillo River Road	3A	1
Brandon Hudson	Abilene Cooper	5A	2
T'Leah Eicke	Snyder	4A	2
Derrick Osborne	Dallas Wilson	5A	3
Denise Lincoln#	Kerens	2A	3
Tina Carrillo	Mount Pleasant	5A	4
Rae Holden	Leonard	3A	4

COACH	SCHOOL	CONF.	REG.
Arthur Prevost*	Sheldon King	6A	5
Andy Snider	Neches	1A	5
Kenny Mann	Leander Glenn	5A	6
Tommy Gates	Navasota	4A	6
Michelle Trotter	Richmond George Ranch	6A	7
Valerie Ruiz	Jourdanton	3A	7
Jason Sanders	Boerne Champion	5A	8
Aimee Kilgore	Midland Greenwood	4A	8

* - Chair # - Vice Chair

2024 TGCA SUMMER CLINIC

The 2024 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel June 24-27. **NOTE THE NEW DATES.** The agenda is being revised and will be posted to the website under the

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

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

for all of the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2024 TGCA Clinics.

AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/2014)

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



photo courtesy Rachel Goddard

2023-24 TGCA NOMINATION DEADLINES BY SPORT

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

Soccer	April 8, 2024
Track & Field	April 29, 2024
Golf	April 29, 2024
Tennis	May 13, 2024
Softball	May 20, 2024



photo courtesy Whitney Magness

TGCA SATELLITE 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

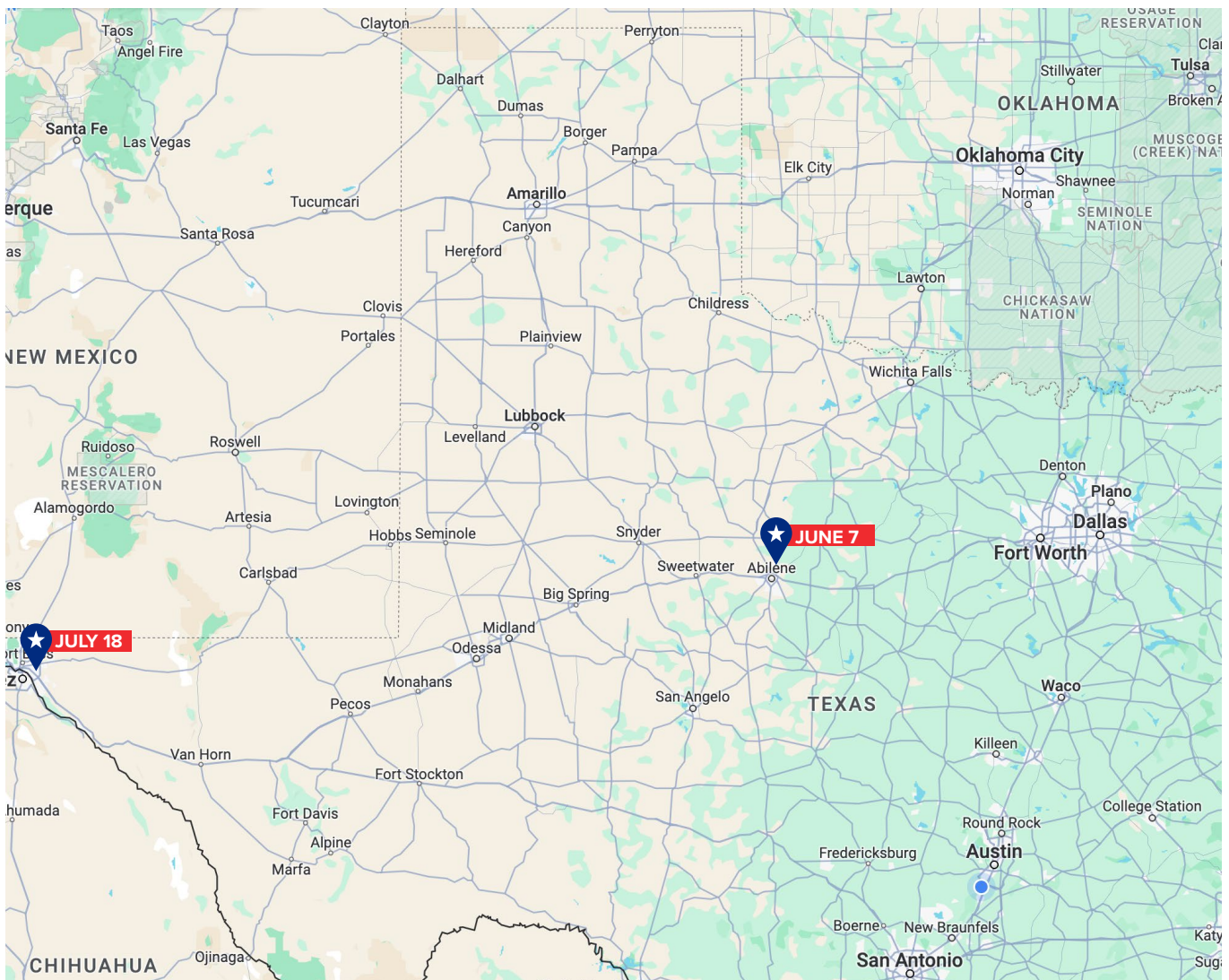
clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2024 REGION I & II ALL-SPORTS CLINIC

Abilene High School
2800 N. 6th St.
Abilene, Texas
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](#)



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 member-

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

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

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

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

Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is \$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 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 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 Whitney Magness

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 Whitney Magness

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 Whitney Magness

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.

KAY YOW CANCER FUND



Jennifer King Chooses Kay Yow Cancer Fund for NFL's Annual My Cause My Cleats Campaign

Raleigh, NC (December 2, 2023)

Started in 2016, the NFL's My Cause My Cleats campaign provides players and coaches the opportunity to bring awareness to causes that are most important in their lives off the field.

Jennifer King represents a new generation in sports as the first Black female assistant coach in the NFL. The Kay Yow Cancer Fund is excited to announce that this Sunday, December 3, 2023, King will wear custom-designed sneakers in support of the Kay Yow Cancer Fund as a public display of her dedication to serving under-resourced communities.

The Washington Commanders' My Cause My Cleats auction opens online on Friday, December 1, and runs through Friday, December 15th at 5 pm EST. All proceeds from the custom-designed sneakers will go directly to the Kay Yow Cancer Fund. To bid, please visit <https://bit.ly/JenniferKing-MyCauseMyCleats>.

"For this year's My Cause My Cleats, I've chosen the Kay Yow Cancer Fund for their continued work in supporting all cancers affecting women and [serving] underserved communities," said King. "I'm excited to auction off my game-worn shoes in support of the Fund."

"Jennifer is using her platform to galvanize the football community in the fight against all cancers affecting women, much like Coach Yow used her platform to galvanize the women's basketball community," said CEO, Jenny Palmateer.

"King is making an impact both on and off the field and we are thrilled to have her on the Kay Yow Cancer Fund team."

Visit the Washington Commanders' My Cause My Cleats auction website at <https://bit.ly/JenniferKingMyCauseMyCleats> to bid on Jennifer's sneakers today. The auction will close on Friday, December 15th at 5 pm EST.

YES, the NFL season is over but this needed to be shared and FYI, the shoes sold for \$400!

About the Kay Yow Cancer Fund

The Kay Yow Cancer Fund was officially founded on December 3, 2007, from the vision of the organization's namesake, Kay Yow, former NC State University head women's basketball coach. Coach Yow was first diagnosed with breast cancer in 1987 before succumbing to the disease on January 24, 2009. The Kay Yow Cancer Fund is a 501(c)(3) charitable organization committed to raising money for life-saving cancer research, underserved programs that provide access to quality cancer healthcare, and unite people in the fight against all cancers affecting women. The Kay Yow Cancer Fund has awarded \$8.28 million in the fight against ALL cancers affecting women. For more information on the Kay Yow Cancer Fund, please visit KayYow.com.



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

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

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

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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

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The power to do more



TGCA NEWS

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TGCA on the Web
Polls, as well as other current information, can be found on the TGCA website at: austingca.com.

Did you move?
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions
If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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