

# Texas Girls Coaches Association

## Guidelines for All-Star Athletes

IMPORTANT: \*\*Please follow these directions to make the process easier for everyone.

\*\*Also, do this immediately to advise the TGCA of your decision

*\*\*\*Before you begin, you need a copy of your current physical and headshot photo on your computer. This will make everything much easier to complete at once.*

*If you are ACCEPTING the ALTERNATE ALL-STAR honor*

*1. Click appropriate sport*

*Cross Country*

*Volleyball*

*Basketball*

*Cheer*

*Track*

*Softball*

*2. Follow the instructions*

*3. Submit*