



TGCA NEWS

DECEMBER 2018



2018-2019 TGCA OFFICERS



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*cover photo courtesy Chelsea Lively
left photo courtesy Russell Rinn*

THANK YOU ASSISTANT COACHES



Kriss Ethridge Lubbock Coronado HS | TGCA Past President

As the Christmas season approaches, and basketball is in full swing, it reminds me of what a great time of year it is right now. I hope all of your holidays are safe and pleasant. This time also reminds me of how fortunate I am to be surrounded by great assistant coaches.

As head coaches, often times we feel overwhelmed. Overwhelmed is a huge understatement to how we would feel without our assistant coaches. This article is a tribute to all varsity assistants, sub-varsity coaches, and middle school coaches. THANK YOU!

We often, as coaches, tell our athletes, "Pay attention to the little things! Details



photo courtesy Dawn Vandygriff

matter!" I often find assistant coaches, most times, do these things instinctively. Maybe it is due to their upbringing, maybe it is how they were as athletes, or maybe they have another assistant who teaches them fol-

low through. The fact that everything gets done is a great relief and help. Often times the jobs that may seem trivial to the assistant coaches are huge life savers for the head coach such as:

1. Driving the bus. The

fact that the head coach can work on game preparation or grade papers and not have to worry about getting the kids safely to the destination is a huge relief.

2. Selling t-shirts. The less a head coach has to handle money, the better!

3. Being the good cop. The girls need to have that balance. They need to know that coaches care about them as people more than they do as players. The assistant coaches are usually who they get this from.

4. Sounding Board. I know there has to be days the assistant coach may ask him/herself, "What have I

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CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2018 UIL VOLLEYBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Morgan Roberson	Neches	1A
Cherry Downs	Beckville	2A
Angela Allen	Callisburg	3A

COACH	SCHOOL	CONF.
Clark Oberle	Decatur	4A
Kelly Miser	Kingwood Park	5A
Jamie Siegel	Flower Mound	6A

VOLLEYBALL ATHLETES OF THE YEAR

Conferences 1A-2A-3A-4A
Anna Gadway,
Needville High School
Coach Amy Schultz

Conferences 5A-6A
Paige Flickinger,
Byron Nelson High School
Coach Brianne Barker Growth

VOLLEYBALL COACHES OF THE YEAR

Conferences 1A-2A-3A-4A
Dusty Crafton,
Boyd High School

Conferences 5A-6A
Jamie Siegel,
Flower Mound High School



THANK YOU ASSISTANT COACHES

Continued from Page 1

gotten myself into?" Coaches are crazy, can get really focused, and yet, somehow we can get frustrated with each other and still remain friends.

These are just a few of the additional duties piled on the assistants, who are also responsible for game scouting, meal planning, and coaching

your own team. Overall, the assistant coach helps bring the team together as a family. Again, I say, "Thank you!" Only with your support, and commitment, and positive attitude, and by the example you set, is the head coach able to instill the value of hard work and loyalty in the players.

Let me express my appre-

ciation to this great organization for the opportunity it has given me to grow professionally and personally. It has also given me the opportunity to enhance my relationships with so many great coaches. Serving on the board of directors has been a great pleasure, and I look forward to supporting this organization in the future.



photo courtesy Caleb Hall

TGCA SPIRIT DIVISION HONORS

A cheerleading coach must be a member of the Texas Girls Coaches Association before November 1st of each school year to be eligible for honors or for their cheerleaders to be eligible for honors. Membership fee is \$60.00. If you have missed the membership deadline for honors of November 1st, you may file an appeal with the Executive Committee, or pay an additional \$60.00 override fee to nominate cheerleaders for honors or to receive honors. Your membership must be current in order to file an appeal or pay the override fee. Member coaches of TGCA will receive state championship rings from Balfour if their squad wins a UIL state championship.

TGCA CHEERLEADER HONORS:

- 1) Academic All-State – Must be a senior with a grade point average of 94 or above for grades 9 through 11. Ten (10) points may be added for weighted classes.
- 2) All-State – A maximum of 40 cheerleaders will be selected for each UIL conference (1A, 2A, 3A, 4A, 5A, 6A).
- 3) All-Stars – There will be 24 cheerleaders selected to represent conferences 1A-2A-3A-4A and 24 cheerleaders selected to represent 5A-6A at the All-Star basketball games at the TGCA Summer Clinic in July. Cheerleaders must be INCOMING

seniors (juniors now) to be selected. Any member in good standing may nominate for honors, but the head varsity coach must be a member of TGCA in good standing for the cheerleader to be eligible to be selected. The head varsity coach of the school must be contacted before the All-Star is selected.

- 4) Legacy All-Stars – 20 graduating seniors in conferences 1A-2A-3A-4A and 20 graduating seniors in conferences 5A-6A will be selected as Legacy All-stars and will be recognized with a certificate and recognition on the TGCA website. They will not participate at Summer Clinic.

- 5) Cheerleaders of the Year – One cheerleader will be selected for 1A-2A-3A-4A and one cheerleader will be selected for 5A-6A as Cheerleaders of the Year. These cheerleaders may be selected from any grade level 9-12.
- 6) All-Star Coaches – Two All-Star coaches will be selected to represent the Red and Blue teams in 1A-2A-3A-4A and two All-Star coaches will be selected for the Red and Blue teams in 5A-6A.
- 7) Cheerleader Coaches of the Year – A coach will be selected as Cheerleader Coach of the Year in both 1A-2A-3A-4A and 5A-6A.

Nominations for these honors should be done on-line through the TGCA website, austintgca.com. Detailed nomination instructions can be found on the website under the Spirit Division tab in the menu across the top of the page. Nomination deadline for all honors is JANUARY 21st at noon.

Should you have any questions or if we can be of assistance in any way, please don't hesitate to contact us at 512-708-1333, or by email at tgca@austintgca.com.



photo courtesy Darren Driggers



photo courtesy Russell Rinn



photo courtesy Wendy Hines

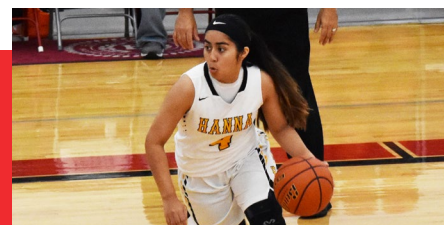


photo courtesy Luis Gonzales

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 17-19, 2019

Schedule

Thursday, January 17

2A Prelim 8:30 AM (Arena)
 3A Prelim 8:30 AM (Hall)
 Coed Prelim 12:45 PM (Arena)
 1A Prelim 1:20 PM (Arena)
 2A Final 5:30 PM (Arena)
 3A Final 5:45 PM (Hall)
 Coed Final 6:00 PM (Arena)
 1A Final 6:15 PM (Hall)
 2A & Coed Awards 8:00 PM (Arena)
 1A & 3A Awards 8:05 PM (Hall)

Friday, January 18

5A-DII Prelim 8:00 AM (Hall)
 4A Prelim 8:30 AM (Arena)
 6A-DI Prelim 2:20 PM (Hall)
 4A & 5A-DII Final 6:00 PM (Arena)
 4A & 5A-DII Awards 8:20 PM (Arena)

Saturday, January 19

5A-DI Prelim 8:30 AM (Hall)
 6A-DII Prelim 8:30 AM (Arena)
 5A-DI & 6A-DI Final 3:00 PM (Hall)
 6A-DII Final 3:15 PM (Arena)
 6A-DII Awards 5:00 PM (Arena)
 5A-DI & 6A-DI Awards 5:20 PM (Hall)



photo courtesy Deborah Pedraza

Game Day Championship Info

Will be released and updated on UIL website: uiltexas.org/spirit

Safety Rules

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at www.nfhs.org.

School Conference Divisions

1A & 2A – Max of 12 participants (3 or fewer males)
 3A & 4A – Max of 20 participants (3 or fewer males)
 5A D1—Maximum of 30 participants (3 or fewer males) (School enrollment 1,781-2,189 students)
 5A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,150-1,780 students)
 6A D1—Maximum of 30 participants

(3 or fewer males) (School enrollment 2,750 and above)
 6A D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,190-2,749 students)
 COED—Maximum of 30 participants (4 or more males)

*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.

SPIRIT ADVISORY BOARD

COACH	SCHOOL	CONF.	REG.
Carrie Powers	Blackwell	1A	2
Heather Jones	The Colony	5A	3
Nicole Duggan	Canyon Lake	4A	6
Kari Ring	La Vernia	4A	7
Shannon Wylie*	Johnson	6A	7
Pete Ramirez	Memorial	6A	7
Matthew Escue*	Central	6A	8

*Co-Chairs

NEW CHEER NOMINATIONS PROCESS

The Spirit Advisory Board has listened to your concerns and has revamped the nomination process for spirit. You will now nominate through the links provided on the Spirit page of the TGCA website, austintgca.com, and not through the TGCA Membership Site. All nominations will now be on one form, which means you only need to fill out one form per nominee. Simply click on “Nominate Athletes” for cheerleader nominations and “Nominate Coaches” for All-Star Coaches and Coaches of the Year in the menu on the left-hand side of the Spirit page.

EXTREMELY IMPORTANT:

If you have already done nominations through the Membership Site, they will need to be redone to fit the new format.

If you have any questions, please contact the Spirit Advisory Board members. Their contact information can be found on the Spirit page of the website.

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, and softball.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports 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.



photo courtesy Brad Blalock

VOLLEYBALL

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 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.

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.

TRACK & FIELD AND 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

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



photo courtesy Denise Dacus

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 the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 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 Banquet 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 Tex-

as 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-Var-

sity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year in a Word, Excel or email document. Schools and years coached there must be listed.

2019 TGCA SUMMER CLINIC

The 2019 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center July 8 – 11. The agenda is being revised and will be posted to the website under the “Summer Clinic”

category as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will open in

March. Membership renewal and Summer Clinic registration 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 2019 TGCA Clinics.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field and softball are encouraged to nominate their deserving sub-varsity coaches for TGCA Sub-Varsity Coach of the Year in their respective sport.

Sub-varsity 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.

Nominations should be done online, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

2018-19 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2018-19, they are as follows:

Spirit Jan 21, 2019
Swim/Dive Feb 11, 2019
Wrestling Feb 18, 2019
Basketball Feb 25, 2019
Soccer Apr 15, 2019

Track & Field May 6, 2019
Tennis May 13, 2019
Golf May 13, 2019
Softball May 27, 2019



photo courtesy Aimee Kilgore

AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

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

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FACTS ABOUT CANCER THAT FITNESS PROFESSIONALS SHOULD KNOW

James A. Peterson, Ph.D., FACSM

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

1 Get moving. Research has found that engaging in physical activity may play a significant role in preventing certain types of cancer. To date, research indicates that exercise appears to have the most positive impact against colon cancer and cancers of the breast and the female reproductive organs.

2 Don't overdo it. Individuals who over-exercise may have an increased level of susceptibility to cancer. Evidence exists that people who exercise to exhaustion may temporarily depress their immune function. This factor is important because the immune system plays a critical role in defending the body against cancer.

3 Don't shoot yourself in the foot. To a large extent, cancer is a self-inflicted disease. For example, almost two thirds of all cancer cases emanate from either tobacco use or a poor diet. Other factors that have been found to affect your risk of cancer include how much alcohol you drink, how much direct sunlight you get, where you live, and where you work.

4 Keep excess weight off. Fight fat in order to fight cancer. The fatter you are, the greater your risk of contracting several types of cancer, including endometrial, gallbladder, breast, and possibly colon. Furthermore, the American Cancer Society reports that obese individuals who contract cancer have a higher mortality rate than nonobese individuals with cancer.

5 Protect yourself. The concept of eating for good health can also involve eating foods that contain natural substances that many experts

feel may help prevent certain types of cancers. Although no foodstuffs have been found to prevent any disease 100%, the following food substances are believed to lower a person's risk of the listed forms of cancer: fiber (colon, gastrointestinal, rectal), antioxidants (breast, cervical, gastrointestinal, lung, prostate, stomach), nonnutritive (breast, colon, gastrointestinal, lung, prostate, stomach), and folic acid (cervical, colon, rectal).

6 Don't play smoker's roulette. One of the most meaningful steps you can take to prevent cancer is to avoid smoking. On average, a person who smokes cigarettes is 10 to 15 times more likely to develop lung cancer than an individual who does not smoke. Furthermore, as the number of cigarettes smoked per day increases, the risk of developing lung cancer also increases substantially. Fortunately, the corollary is also true. Even long-term smokers can significantly reduce their risk of lung cancer over time if they stop smoking.

7 Be happy. Research shows that individuals who are chronically anxious, depressed, or emotionally distressed often have a deteriorating level of health. In that regard, people who exhibit the various symptoms of poor psychological health tend to suffer from an increased incidence of contracting cancer and have a greater mortality rate if they get cancer.

8 Be smart. With regard to reducing your risk of cancer, your exercise regimen should adhere to the basic principles that elicit the proper dose-response relationship (e.g., progression, overload, fre-

quency, intensity, time, etc.). In other words, the proper "exercise prescription" for preventing cancer is to exercise in a sensible, sound manner on a regular basis.

10 Don't underestimate the gravity of the situation. Every minute of every hour, every day of the year, a person dies of cancer. In fact, approximately one of every five deaths in the United States is



photo courtesy Dawn Vandygriff

9 Rehab with exercise. In addition to the significant role that exercise can play in preventing cancer, exercise can also help those individuals who get cancer. For example, a properly designed exercise program can help cancer patients regain their stamina and strength, thereby enabling them to enhance their ability to perform the essential activities of daily living.

attributed to cancer, making this dreaded disease the second leading cause of death in America. Equally frightening is the fact that statistics suggest that approximately 76 million Americans who are currently alive will eventually encounter cancer. As such, fitness professionals have a solemn responsibility to help make exercising on a regular basis an integral part of every American's life.

LIVING THROUGH CANCER...



JULY 15, 2018 | SWOMACK13

As an organization, we try to avoid speaking on behalf of Kay Yow. Perhaps it is because we lack adequate words. Perhaps it is because her life, more than her words, spoke for itself.

And then there are amazing women, like Dawn Calhoun, with whom Coach Yow would be so very happy to share her platform, her voice. Women like Dawn are the reason the Kay Yow Cancer Fund exists. Their stories let us know we are winning the fight against cancer.

Dawn was first diagnosed in 2004 with stage 1 breast cancer. Eleven years later, her cancer returned, this time as stage 4 metastatic. Her immediate response was not to allow herself to be paralyzed by fear or worry, but to focus on others.

For those who knew Coach Yow, this singular focus sounds very familiar.

Dawn's mission became simple: Help others find the strength to live through cancer.

Like Coach Yow, Dawn gives hope through her own example. Kay Yow lived 22-years after her initial diagnosis. The year after she was diagnosed, she led the United States to an Olympic gold-medal at the 1988 Olympics.

In like manner, in 2016, a year after receiving her stage 4 diagnosis, Dawn would complete her "epic" year: a half ironman and two full marathons.

The half ironman is a 1.2 mile swim, 56 mile bike ride, followed by a 13.1 mile run. It is an elite event. Completing

it is an achievement; completing it while battling cancer is Herculean.

One of the blessings of the Fund is meeting women like Dawn, who, by their example, put cancer on notice. Their examples inspire equal parts courage and grace, strength and hope. Dawn is redefining life with cancer. Her measuring stick of health is not vital signs or lab reports, but bike rides. How does her strength and energy vary from one ride to the next? The assumption is, as the rides go, so goes the race with cancer.

Is cancer a race?

In many ways, yes.

Dawn is racing cancer, outlasting cancer. The goal is to see the milestones of her daughters' lives. Graduations, weddings, children.

More broadly, we are in a collective race with cancer. Each advancement in research inches us closer to the finish line, closer to our greatest win. The fight against cancer, like an ironman, has proven to be a long race. Endurance is a factor, perseverance is paramount.

On the most molecular level, science is winning. Even more importantly, it is the spirit of women like Dawn that is truly prevailing in this fight. While we do not know how far away the finish line in the fight against cancer is, we know the outcome. This is the win we have all been waiting for – the final win against cancer.

For more information on the Kay Yow Cancer Fund, visit KayYow.com



photo courtesy Brad Blalock



photo courtesy Chelsea Lively

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1	2	3	4	5	
		TGCA OFFICE CLOSED					
				Soccer: 1st day for games			
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
		Athletics: Deadline to accept plans for next school year	SPIRIT: STATE CHAMPIONSHIPS				
					Softball: 1st day for practice		
20	21	22	23	24	25	26	
	TGCA OFFICE CLOSED TGCA: Spirit Nominations Deadline, 12 Noon					Softball: 1st day for scrimmages Swimming & Diving: District Certification Deadline	
27	28	29	30	31			

TGCA HOTEL RESERVATION DIRECT LINK

LaQuinta - Up to 20% off within Texas; up to 15% off outside of Texas Use code TGCA to obtain the TGCA rate (Subject to Availability)

These are year-round rates. (Cannot be used during Summer Clinic.) Enjoy your stay!

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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

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



photo courtesy Casi Thedford

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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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