



TGCA NEWS

FEBRUARY 2019



2018-2019 TGCA OFFICERS



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Kay Yow Cancer Fund

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*cover photo courtesy Chelsea Lively
 left photo courtesy Brad Blalock*

DOES YOUR 'WHY' MAKE YOU CRY?



Ross Barber Tyler Lee HS | TGCA Basketball Committee Chair

Growing up in East Texas I was always thinking of ways to get out of the Piney Woods and into the big cities, make lots of money, and live a great life. Let's be honest, most of us think that to some extent when we are growing up!

Like many others, I also had hoop dreams of playing big time D1 college basketball and playing in the NBA or overseas. I quickly found out there is not much demand for a 6'4" kid that can't jump, has a decent jumper, and oh by the way plays the post. My next thought was I would be like Maverick from Top Gun and fly a fighter jet at mach 2 with my hair on fire.

But then I got the devastating news from a Navy recruiter that there is not much demand for 6'4" guys that can't fit into the cockpit of their fighters. So then I faced the reality that if I wanted to make the big bucks I would have to go to med school. However, 6 or more years of extra school did not sound appetizing to me and I was



photo courtesy Larry McCarty

stuck.

I came home for Christmas during my freshman basketball season at ETBU and played a round of golf with my grandfather. During this time, like many, he gave me some wisdom that I can still hear it to this day, "Ross, if you go to work every day and you do not enjoy it you will be miserable, no matter how much money you make." That stuck with me and made me give some serious thought to what I was going to do with my life.

I simply asked myself, "What is the one thing I enjoy the most and cannot live

without?" That answer was clear. Basketball. My passion was not just the game itself, but teaching and sharing my knowledge of the game.

I had the privilege of traveling to China the summer before my first semester of college and conducted basketball clinics and played games with over 1,000 students in Quijing. After experiencing that and listening to my grandfather I quickly knew where my passion was and that I needed to share that passion with young people

Like most of us, I began my career at the middle school level (all coaches should get

to experience that) and then moved my way up into the Varsity Assistant position at Waco High School. I quickly found myself bonding with and forming relationships with our team. I also began to realize that building those relationships was that catalyst for our kids to playing harder, trusting me, and responding to my coaching.

During my second season in Waco our head coach Azure Love-Davis passed very unexpectedly. I was thrust into the interim role and that's when I noticed an even bigger change. I found myself having a desire to help these kids not with just the game of basketball but also showing them the life lessons playing the game teaches.

My first senior night as a head coach came around very quickly and I was graduating some players that were freshman my first year as an assistant. I had spent four years with these young ladies and watched them grow

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photo courtesy Aimee Kilgore



photo courtesy Denise Dacus

DOES YOUR 'WHY' MAKE YOU CRY?

Continued from Page 1

into mature young women. I didn't really know what to expect other than we will call the players out, give them some flowers, and give them a basket that their teammates made.

But suddenly I became very emotional and might have even shed a few tears. In the moment, I was asking myself "Why are you so emotional? You're not supposed to be this attached." I was dumbfounded.

Soon after that night I was listening to a presentation from another coach and he made the statement: "Does your why make you cry? If what you're doing or who you are

doing it for doesn't make you cry, then you are in it for the wrong reason?" At that moment I realized that being a coach and helping young men and women was what I was placed on this earth for. I realized that I needed to take this approach with everything in life and if I wasn't, then I would be wasting my time and efforts.

My question to you, my fellow coaches, is this: Does your why make you cry? Are you doing this for the right reason? Are you here to receive accolades and collect wins? Or are you using sport to teach life lessons and develop relationships with your players and teach them the valuable tools they need in

order to be successful in life?

Lessons like how to work with others despite differences & how to lead. Lessons like how to show selfless compassion & how to share positive contagious energy. Lessons like how to pursue excellence & that well done is better than well said.

How do you help your team through adversity and failure? Kids will fail and we will fail. But how do you respond to failure and are you teaching your players how to respond and learn from failures? When your players leave your program will they know how to be successful in life or will they just be able to spike a volleyball, come off a screen and hit a jump shot,



photo courtesy Luis Gonzalez

run fast, hit a softball, kick a ball, or shoot under par?

Jon Gordon said "You haven't failed until you stop trying." Are we teaching our student athletes that?

My belief is that if you are doing those things, then your "why" makes you cry!

2019-20 DUES AND FEES INCREASE

The TGCA Board of Directors has approved a fees and dues increase beginning February 1, 2019. This will be effective for the 2019-20 membership year, beginning June 1. Membership renewal and all clinics registration will open online and by mail for the 2019-20

year on February 1st. If you still need to renew your membership for the 2018-19 year, which expires May 31, 2019, after February 1st, you will need to send in a paper form, which can be found on the website under the "Forms" category in the menu on the left-hand side of the

main page of the website. Be sure you select the 2018-19 form. Prices will remain the same for the remainder of the 2018-19 year, but you must send in the paper form.

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2019-20 year, beginning June 1, 2019, and ending May 31st, 2020. Please be sure that is what you intended to do.

The fees and dues increase, effective February 1, are as follows:

Membership only - \$70.00

Summer Clinic before June 15 - \$65.00

Summer Clinic on or after June 15 - \$80.00 (\$15.00 late fee on or after June 15)

All Satellite Sports Clinics - \$80.00, which includes membership card for 2019-20

There is a \$2.50 processing fee when renewing online. This is charged to us by the online credit card company for each transaction that goes through, and is a pass-through from TGCA to the credit card company.

Please be sure to inform your business office of the increases.

GIRLS BASKETBALL STATE CHAMPIONSHIPS

Alamodome San Antonio, TX | February 28 - March 2, 2019

Thursday, February 28

Session 1

Conference 1A Semifinal 8:30 AM
Dodd City vs. Moulton
Conference 1A Semifinal 10:00 AM
Hermleigh vs. Nazareth

Session 2

Conference 3A Semifinal1:30 PM
Mount Pleasant Chapel Hill vs. Wall
Conference 3A Semifinal 3:00 PM
Woodville vs. Poth

Session 3

Conference 5A Semifinal7:00 PM
Kerrville Tivy vs. Frisco Liberty
Conference 5A Semifinal8:30 PM
Fort Bend Hightower vs. Amarillo

Friday, March 1

Session 4

Conference 2A Semifinal 8:30 AM
Martin's Mill vs. Panhandle
Conference 2A Semifinal 10:00 AM
Mason vs. Grapeland

Session 5

Conference 4A Semifinal1:30 PM
Hardin-Jefferson vs. Burnet
Conference 4A Semifinal 3:00 PM
Dallas Lincoln vs. Argyle

Session 6

Conference 6A Semifinal7:00 PM
Converse Judson vs. Allen
Conference 6A Semifinal8:30 PM
Humble Summer Creek vs. DeSoto

Saturday, March 2

Session 7

Conference 1A Final..... 8:30 AM
Conference 3A Final..... 10:00 AM

Session 8

Conference 2A Final1:30 PM
Conference 5A Final..... 3:00 PM

Session 9

Conference 4A Final.....7:00 PM
Conference 6A Final8:30 PM

Tickets

All-Tournament tickets are on sale through the following options:

- ticketmaster.com
- Participating Ticketmaster locations
- Calling Ticketmaster by phone at 1-800-745-3000
- Alamodome box office - walk-up ONLY (no personal checks will be accepted)

General Session Tickets will be sold at the Alamodome Box Office beginning the week of the tournament.

Girls State All-Tournament Ticket.....\$105*
General Session Tickets.....\$19
Children 2 years of age & younger
(not occupying a seat)..... FREE

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

All-Tournament Parking Passes

All-tournament parking is available for purchase online through Ticketmaster [here](#).

For information on single day parking, patron drop off areas, and public transportation options, visit the UIL website at uilitexas.org.

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.

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 court map below for more information.

Floor Diagram



photos courtesy Chelsea Lively

TEXAS GIRLS COACHES ASSOCIATION THE ONE STOP SHOP FOR COACHES OF GIRLS ATHLETICS & CHEERLEADING IN TEXAS



Sam Tipton | TGCA Executive Director

The Texas Girls Coaches Association was started in 1954 because there was not an organization to support, promote, and honor the coaches and individuals participating in sports or cheerleading for women in the state of Texas. The major purpose of TGCA is to treat each sport under its umbrella and cheerleading with the same degree of promotion, honors, and representation. TGCA has evolved, through the hard fought efforts of influential past leaders, into being the central voice of the coaches of girls' athletics and cheerleading to the University Interscholastic League, school administrators, athletic directors, media, legislators, and the general public. TGCA strives in its everyday operations to maintain what the past leaders established when they molded TGCA into an influential professional organization (Composed of coaches of girls' athletics & cheerleading, Designed for coaches of girls' athletics & cheerleading, and Governed by coaches of girls' athletics & cheerleading).



photo courtesy Mark Balsem

TGCA sponsors the only summer clinic for coaches of girls' athletics and cheerleading aimed at improving the total school program. Lectures are not only offered in specific sports and cheerleading, but special lectures are presented to keep the attending coaches current on issues concerning the health and safety of all participants. The UIL gives updates in all the sports and cheerleading offered for fe-

males in their program. Professional Staff Development cards are distributed certifying coaches registered and attended lectures and activities in the TGCA Coaches Education Program (CEP) at the annual summer clinic. TGCA also offers all the courses needed to fulfill the UIL Coaches Certification Program (CCP) required of all coaches to be able to coach UIL sports and cheerleading in our great state.

The annual summer clinic is highlighted by two all-star games in basketball, softball, and volleyball featuring 175 of the most talented girls in the state in their respective sport and cheerleading. Special recognition is given to all-star cross country and track & field teams composed of the best athletes in Texas. Twenty-eight members of TGCA are selected by their peers to serve as coaches for the all-star activities.

In addition to all-star honors for student/athletes of member coaches, TGCA also recognizes all-state and/or academic all-state in cross country, volleyball, basketball, softball, track & field, soccer, wrestling, tennis, team tennis, golf, swimming & diving, and cheerleading. There is a Coach of the Year, Athlete of the Year, and Sub-Varsity Coach of the Year selected for 1A-2A-3A-4A, 5A-6A in each sport and cheerleading.

Balfour provides rings to UIL state championship coaches in

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

COACH	SCHOOL	CONE.	COACH	SCHOOL	CONE.
Melissa McPherson	Azle	Co-Ed	Nadira King	Cedar Park	5A-DI
Leslie Hutchinson	Paducah	1A	Ashley Johnson	Alamo Heights	5A-DII
Misty Bumpurs	Leon	2A	Shannon McKinley-Wylie	Johnson	6A-DI
Katy Baugh	Lago Vista	3A	Pedro Ramirez	McAllen Memorial	6A-DII
Nikki Duggan	Canyon Lake	4A			

TEXAS GIRLS COACHES ASSOCIATION THE ONE STOP SHOP FOR COACHES OF GIRLS ATHLETICS & CHEERLEADING IN TEXAS

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all girls' sports and cheerleading if the recipient is a member of TGCA prior to November 1 of that school year. Rings are also given to Hall of Fame inductees, outgoing Board of Directors, along with standing committee chairs.

TGCA also conducts annual satellite clinics in San Antonio, Houston, Lubbock, El Paso, and Austin. These clinics are designed to cater to the needs of the middle school and sub-varsity coach. These coaches are not usually funded by their local districts to attend the annual summer clinic in Arlington. The TGCA, as a membership benefit to these important coaches in the success of all athletic and cheerleading programs, brings in some of the top coaches from across the state, along with successful local coaches, to conduct a clinic based on lectures and a hands-on approach to furnish valuable instruction to the coaches of that area. The UIL is on site to present a coaches' education program and to give sports updates for the administrators, athletic directors, and coaches.

The Texas Girls Coaches Association is appreciative to the school administrators, athletic directors, and the University Interscholastic League for their continued support. It is the desire of the TGCA to be an instrumental part in helping to maintain the highest possible standards in athletics, cheerleading, and the coaching profession. It is the desire of the TGCA to work together with all parties and other coaches' associations for the improvement of the conditions for girls' athletics and cheer-

leading in the schools of Texas. We strive to secure a better understanding of the problems of coaching and provide sources of information pertaining to girls' athletics and cheerleading to the member coaches. It is essential for TGCA to provide a representative group of coaches to whom athletic and cheerleading problems of general concern may be referred in the hopes of improving relationships among schools, athletes, cheerleaders, fans and officials. TGCA will always attempt to cater to the promo-

tional and educational needs of its member coaches in a professional manner. Register for membership in the Texas Girls Coaches Association for the 2019-20 school year at austintgca.com.

EVERY COACH THAT IS A MEMBER OF TEXAS GIRLS COACHES ASSOCIATION IS THE MOST IMPORTANT MEMBER OF TGCA - NO MATTER WHAT YOU COACH. YOUR VOICE & MEMBERSHIP ARE NEEDED TO FURTHER THE CAUSE.



Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

Exhibitors are encouraged to reserve booth space now as booths are available on a first come-first serve basis.

Exhibit with us!

The only statewide organization in Texas composed of girl's athletics, designed for coaches of girls athletics, and governed by coaches of girls' athletics.

TEXAS GIRLS COACHES ASSOCIATION
SUMMER CLINIC AND EXHIBITION
JULY 9 & 10, 2019
ARLINGTON CONVENTION CENTER

10'X10' BOOTH: \$450
ANY ADDITIONAL: \$400

A standard booth comes with a space consisting of a curtained back wall, 8 feet in height and dividing side rails 3 feet in height. The standard booth will be 10' x 10' including a 6 foot skirted table with 2 chairs.

Questions? Need more info?
Contact Exhibitor Coordinator
Lisa Rodriguez

lisa@austintgca.com

(512) 708-1333 Ext 221

www.austintgca.com

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:

Soccer Apr 15, 2019
Track & Field May 6, 2019
Tennis May 13, 2019

Golf May 13, 2019
Softball May 27, 2019

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.

2019 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 8 – 11, 2019**

ONLINE REGISTRATION

Online registration for Summer Clinic and Membership renewal is now available. Online registration is quick and simple. Just go to the TGCA website, austintgca.com, and if you are renewing your membership and registering for clinic, click on “Membership Site” in the menu on the left-hand side of the page. You will be required to log in. Click on the “Summer Clinic” link in the menu on the left-hand side of the page. You may renew your membership and register for Summer Clinic there. **You must be a member of TGCA to attend either division of Summer Clinic.** Membership fee is \$70.00 and Summer Clinic fee is \$65.00, for a total of \$135.00, if you do it before June 15th. Beginning June 15th, clinic late fee applies at

the cost of an extra \$15.00, making Summer Clinic fee \$80.00, and the total of both \$150.00. Be sure you get your registration in BEFORE June 15th to avoid the Summer Clinic late fee.

If you are joining TGCA for the first time, we welcome you to the Association, and you will just need to click on the category entitled “First Time Member” in the menu on the left-hand side of the home page of the website, and follow the instructions from there. If you are already a member, **DO NOT USE** this category. You will make yourself a new member and give yourself a new membership number and we need you to keep the one you have always had. If you do not remember your membership number or password, please contact us and we will be happy to

assist you with that information.

You will need a credit card to complete the transaction, and please be sure you click on the appropriate box(es) at the very bottom of the page as to what you are paying for. Your transaction will not go completely through if you do not check the appropriate box(es). Your credit card will be charged a processing fee of \$2.50.

REGISTRATION FORMS

Printable registration forms for Summer Clinic and Membership renewal are located online at our website, austintgca.com, under the “Forms” category in the menu on the left-hand side of the page, and also on the Summer Clinic page. Please be sure you select the correct form, “**2019-20** Printable Membership Form”. You can print the form, complete it, and mail it with a check or credit card number, or fax

it or scan and email it with a valid credit card number to TGCA at P.O. Box 2137, Austin, TX, 78768, fax (512) 708-1325, email tgca@austintgca.com.

ON-SITE REGISTRATION

On-site registration will begin Monday, July 8th, at 2:00 p.m., in the Arlington Convention Center, 1200 Ballpark Way. Registration is moving into Room E-3, which is adjacent to the Exhibit Hall. You may pick up your clinic packet, if you have pre-registered, beginning at that time, also. You will need your clinic badge if attending the UIL Coaches Certification Program lectures, as badges will have to be scanned for UIL credit for those courses. They begin Tuesday morning. Check the agenda on the website for times of all lectures. It is under the Summer Clinic tab on the left-hand side of the main menu of the website.

2019 SUMMER CLINIC HOTELS AND RATES

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 11th. Go to the TGCA website, austintgca.com, and click on “Summer Clinic” in the menu on the left-hand side of the page, then click on “Hotel Reservation Services” (in blue) and follow the instructions. Following is a list of hotels we will be using for Summer Clinic in Arlington this year with their rates, but please remember that you **cannot** call these hotels directly

and get the TGCA rates. You must go through the hotel reservations service. If you need assistance, contact information can be found on the hotel registration site.

HOTELS FOR SUMMER CLINIC (OPEN MARCH 11)

*These are the hotels TGCA will be using and the rates they have guaranteed TGCA. **You must go through the Hotel Reservation Services link to make your actual reservation, which will open March 11.***

CROWNE PLAZA

700 Avenue H East
\$129.00

DOUBLETREE ARLINGTON DFW SOUTH

1507 North Watson Road
\$129.00 (Double/Double)

HILTON ARLINGTON

2401 East Lamar Blvd
Standard King – Junior Suites - \$135.00
Standard Double - \$145.00

HILTON GARDEN INN DALLAS/ARLINGTON

2190 E Lamar Blvd
\$132.00

HOLIDAY INN ARLINGTON

1311 Wet N' Wild Way
\$109.00

LAQUINTA INN & SUITES DALLAS ARLINGTON NORTH

825 North Watson Road
\$122.00

SHERATON ARLINGTON

1500 Convention Center Drive
\$135.00

We thank you for your continued support of TGCA and look forward to seeing you at the 67th TGCA Annual Summer Clinic in Arlington July 8-11.

2019 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 8 – 11



photo courtesy Denise Dacus

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, with some lectures 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; Rangers Ballpark, AT&T (Cowboys) Stadium; and many more attractions. Brand new this year will be Texas Live open to TGCA Summer Clinic attendees and you are going to love the new venue! It is definitely family oriented.

All-Star activity schedules and venues can be found

on the website, austintgca.com, under the All-Stars tab in the menu across the top of the page.

The TGCA Honor Awards Banquet will be held Monday, July 8, 7:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard, 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 March 11th. 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", beginning March 11th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, austintgca.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 **"2019-20 Printable Membership Form"**.

The 2019 TGCA Summer

Clinic Agenda has been posted on the TGCA website, austintgca.com, and will be updated often as we progress toward Summer Clinic and dates 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 "2019 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2019 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.



photo courtesy Shannon Lindsey

2019 TGCA ALL-STAR INFORMATION

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](#)

TGCA 2019 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2019. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, 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. Agendas

for all clinics will be available on the website as soon as they 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.

2019 REGION I & II LUBBOCK SPORTS CLINIC

Location TBD
Lubbock, Texas
June 6

2019 HOUSTON SPORTS CLINIC

Location TBD
Houston, Texas
June 12 – 13

2019 SAN ANTONIO SPORTS CLINIC

Pieper Ranch Middle School
1435 Borgfeld Dr.
San Antonio, Texas
June 14

2019 SUMMER CLINIC

Athletic & Spirit Divisions
Arlington Convention Center
Arlington, Texas
July 8 – 11

2019 EL PASO SPORTS CLINIC

TBD
El Paso, Texas
July 17

2019 CENTEX SPORTS CLINIC

Akins High School
10701 S 1st Street
Austin, Texas
September 21



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.



photo courtesy Joe Daniel

American Income Life is an international company licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from

A.M. Best Company. (as of 6/14)

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

2019-20 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, online membership renewal and clinic registration for the 2019-20 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2018-19 year (this year), you will no longer be able to do that online, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

Online membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, 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 online resume for the job board.

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

renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the online 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 online 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

Continued on Page 10

photo courtesy Anthony Carter



2018-19 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 9

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 online credit card company uses.

If you click on the category entitled “Satellite Clinics”, you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2019 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new CenTex Sports Clinic in Austin. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2019-20 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you



photo courtesy Russell Rinn

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 online. 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 2019-20 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 as-

signed 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, 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.

TGCA
Download our new App!



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10

NICE-TO-KNOW FACTS ABOUT OSTEOPOROSIS

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 Reaching a point of diminished capacity. An estimated 10 million men and women have osteoporosis, a condition in which the amount of bone tissue has diminished to a point where their bones can easily fracture. Another 34 million have low bone mass levels, to a point where they are at increased risk for this debilitating disease.

2 Breaking news. Osteoporosis is responsible for more than 1.5 million bone fractures annually, usually of the vertebrae, hips, and wrists. The economic impact of osteoporosis is estimated

3 Identifying an underrecognized problem. A misconception exists that osteoporosis is a women's disease. In reality, men make up 20% of all cases of osteoporosis, although the number may be much higher because most men are never screened for the condition, and the fact that few men bother to discuss their osteoporosis-related symptoms with their physician. In fact, men are more likely to suffer from a hip fracture than prostate cancer.

4 Realizing that it's in the genes. While scientists haven't been able to determine why some men have osteoporosis and some don't, they do understand more about how the disease affects women. The following risk factors—which can't be modified—make women more susceptible to osteoporosis: being a Caucasian or an Asian (although Latinos and Black-Americans are not immune from the disease); having a family history of osteoporosis; having light skin; having a relatively delicate frame; and experiencing early menopause.

5 Lowering the risk. Some of the known risk factors that women have for osteoporosis can be modified, including: sedentary lifestyle; inadequate calcium intake; smoking; consuming more than two alcoholic drinks daily; being underweight; a vitamin D deficiency; and surgically removing the ovaries before menopause.



photo courtesy Dawn Vandygriff

6 Doing the right thing. Similar to muscles, bones benefit from exercise and shrink from inactivity. While the precise role of exercise in helping to treat and prevent osteoporosis is not completely understood, it is known that the strength of a bone is affected by the physical stress to which it is subjected. All factors considered, the greater the level of physical

stress and compression on the bone, the greater the rate of bone deposition.

7 Selecting the right exercise. Because of its ability to exert pressure on the bones, weightbearing exercise (e.g., walking, running, cross-country skiing, racquet sports, etc.) is recommended for individuals who are concerned with their

building bones. The National Institutes of Health recommends that premenopausal and postmenopausal women should have a minimum daily intake of 1000-1500 and 1200-1500 milligrams of calcium, respectively. Individuals also should eat foodstuffs that contain those nutrients (vitamin D, manganese, fluoride, and protein) that help the body build bone and absorb calcium. By the same token, substances that interfere with calcium absorption (e.g., sodium, phosphorus, caffeine, and alcohol) should be avoided.

9 Getting an early start. Once bone is lost, it can't be restored with tissue of equal strength. One of the keys to ensuring adequate bone health is to maximize efforts to build strong bones in a person's twenties and thirties. Collectively, those efforts will help enhance the likelihood that the body's bone stores will be sufficient when bone density starts to decline.

10 Dealing with athletic amenorrhea. Strenuous exercise causes some women to stop menstruating—a condition commonly known as athletic amenorrhea. One of the primary concerns involving this condition is the fact that it may predispose female athletes to early-onset osteoporosis and fractures. Individuals with athletic amenorrhea should consult with their physician to make sure that their condition is not caused by any serious medical problems and to identify an appropriate strategy (e.g., estrogen replacement therapy, weight gain, diet modification, reduced level of training, etc.) to promote the resumption of menses.

bone health. On the other hand, individuals with osteoporosis may need to avoid engaging in exercise that places undue force on the body's skeletal system, including high-impact activities, abducting or adducting their legs against resistance, crunches, spinal flexion, etc.

8 Eating the right stuff. Consuming an adequate amount of calcium is critical for

KAY YOW CANCER FUND ANNOUNCES \$1 MILLION GRANT TO DUKE CANCER INSTITUTE, HONORS KEVIN DURANT'S LATE AUNT PEARL



Raleigh, NC (February 18, 2019) |

The Kay Yow Cancer Fund® announced a \$1 million grant to be applied to research in the area of women's cancer to Duke Cancer Institute. The grant is given in honor of NBA All-Star, Kevin Durant's late Aunt Pearl, who battled lung cancer.

The Kay Yow Cancer Fund and Kevin Durant work collaboratively with NIKE each year to create a signature shoe, benefiting the Fund and honoring Durant's late Aunt Pearl. At Durant's request, the 2019 shoe, which launched this month, showcases the names of 59 women who are currently surviving cancer. The research grant is being given to honor Durant's Aunt Pearl and to thank Durant for his continued support of the Kay Yow Cancer Fund.

"The Kay Yow Cancer

Fund is excited to award a \$1 million grant in honor of Kevin Durant's Aunt Pearl to a world-renowned research facility such as Duke Cancer Institute," said Kay Yow Cancer Fund CEO, Stephanie Glance. "We are grateful for our partnership with KD and appreciate his willingness to use his platform, through NIKE, to make a difference for women and their families as they courageously face cancer."

"My Aunt Pearl and Kay Yow shared a common opponent in cancer. On behalf of my Aunt, I am honored to be a part of this project with the Kay Yow Cancer Fund which will advance cancer research and impact many women and their families," said Durant.

"Coach Yow understood the value of cancer research, not just in the advancements

that are being made but by the hope that it gives women and their families," said Glance. "We celebrate the opportunity to continue to fund projects that are changing the course of cancer treatment in women. We applaud KD's work, in partnership with NIKE and the Kay Yow Cancer Fund, to honor his late Aunt Pearl and make an impact in the lives of so many."

"We all have a platform to help others. I am proud to use mine in support of the Kay Yow Cancer Fund and the fight against ALL women's cancers," said Durant.

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, Naismith Hall of Fame and former NC State University head women's basketball coach. Coach Yow was first diagnosed with breast cancer in 1987 and battled the disease over the next 22 years before passing away on January 24, 2009. The Kay Yow Cancer Fund is a 501 (c)(3) non-profit organization committed to being a part of finding an answer in the fight against women's cancers through raising money for scientific research, assisting the underserved, and unifying people for a common cause. To date, the Kay Yow Cancer Fund has awarded \$7.53 million in support of the fight against all women's cancers. For more information on the Kay Yow Cancer Fund or to make a donation, please visit KayYow.com.



photo courtesy Amie Tennyson



photo courtesy Darren Driggers / Tony Adams

MARCH 2019

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

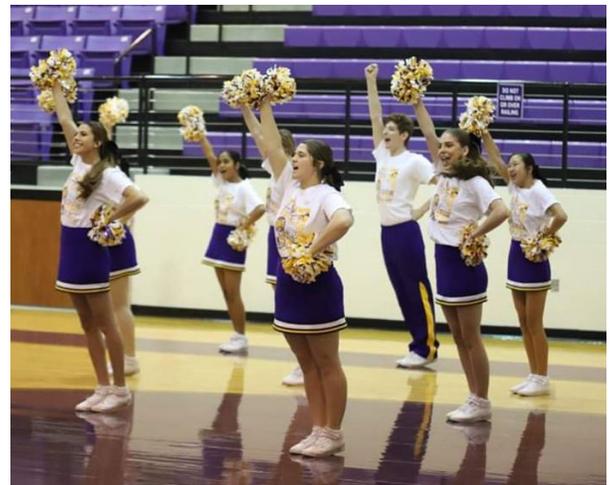


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Mailing Address:
P.O. Box 2137
Austin, TX, 78768

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

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

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Executive Director:
Sam Tipton,
sam@austingca.com

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

Administrative Assistant:
Audree Tipton,
audree@austingca.com

Administrative Support Assistant:
Lisa Rodriguez,
Lisa@austingca.com

Newsletter Editor: Chris Schmidt

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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