



TGCA NEWS

OCTOBER 2018

BREAST CANCER AWARENESS MONTH



2018-2019 TGCA OFFICERS



President of TGCA
Jason Roemer
Lake Dallas HS



1st Vice President
Astin Haggerty
Clear Springs HS



2nd Vice President
Brad Blalock
Frisco Centennial HS



Past President
Kriss Ethridge
Lubbock Coronado HS



Executive Director
Sam Tipton
TGCA Office



Assistant Executive Director
Lee Grisham
TGCA Office



FEATURE ARTICLES

Team > Me

By Jason Culpepper,
TGCA Volleyball Committee Chair
PAGES 1-2

Meet the TGCA Staff

By Rose Ruffino, TGCA Office Staff
PAGE 6

What Teams Have Dominated Volleyball the Most?

By Putt Riddle
PAGE 8

10 NOT-TO-BE Overlooked Realities About Celiac Disease

By James A. Peterson, Ph.D., FACSM
PAGE 10

Celebrating Our Wins

Kay Yow Cancer Fund
PAGE 12

ALSO INSIDE

- TGCA Volleyball Committee.....1
- Meet TGCA 2nd Vice President.....3
- TGCA Cross Country Committee.....3
- UIL Team Tennis State Tournament.....4
- UIL Legislative Council Meeting Results.....4
- UIL Cross Country State Meet.....5
- UIL Volleyball State Tournament.....5
- Membership Deadline for Nominations.....6
- TGCA Hall of Fame.....7
- Sub-Varsity Coach of the Year.....7
- Margaret McKown Distinguished Service.....7
- Sports Writers of the Year Award.....8
- Online Nomination Instructions.....9
- 2019 TGCA Summer Clinic.....9
- TGCA Past Presidents.....11
- Sport Nomination Deadlines.....11
- AD&D Benefit.....12
- Important Dates.....13
- Sponsors.....14

*cover photo courtesy Sarah Stolley
left photo courtesy Cari Lowery*

TEAM > ME



Jason Culpepper Randall HS | TGCA Volleyball Committee Chair

As coaches, we always push a family mentality with our teams, thinking if we think alike and know what the other is thinking, our season will be memorable. The question is, how is that taught? How do we instill that desire to give back to our community and give to others who may be in need or show support to those struggling with life's struggles? The funny thing is, many times, it is the athletes that teach us. They act on their instincts to help others on their own. "Coach, we need to help the Crenshaw's. We want to raise money for them and wear shirts for the



photo courtesy Anneke Miller

game against Canyon." All I could do is say, "Ok. Let's do it." The Crenshaw family has endured the worst. These student athletes lost not one, but both parents to cancer

within a short amount of time. It can't fix their hurt or grief, but it can help them know we are behind them and support them in their loss. Or "Coach, We want to honor Heather

Freeman. She was our team mom in club ball. All of us together, us and Amarillo High. And we want to honor her at Amarillo High." Anyone in Panhandle volleyball knows the rivalry between Amarillo High and Randall. It's one for the ages. Again, what could I say but, "Ok."

But when it hits hardest is when it is given back to your own family. When we began 2-a-days last summer, I had no idea how this family mentality would affect me and my family. August 8, my wife received a phone call from our

Continued on Page 2

VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Jason Culpepper*	Randall HS	5A	1
Tori Blankinship	Bushland HS	3A	1
Didi Pierce	Abilene HS	6A	2
Mitzi Bell	Big Spring HS	4A	2
Claire Gay	Aledo HS	5A	3
Yolanda Beasley	Castleberry HS	4A	3
Jenna Sickels	Greenville HS	5A	4
Harold Davis	Farmersville HS	4A	4
Sarah Paulk	Friendswood HS	5A	5
James Foster	Timpson HS	2A	5
Kate Kennedy	McNeil HS	6A	6
Susan Brewer**	Bellville HS	4A	6
Danielle Nichols	Marshall HS	6A	7
Theresa Reyes	La Vernia HS	4A	7
Flo Valdez	Franklin HS	6A	8
Leigh Anne McIver	Devine HS	4A	8

*Chair **Vice Chair



TEAM > ME

Continued from Page 1

son's neurosurgeon stating he needed brain surgery. Not the surgery we expected, for a Chiari Malformation, but more invasive, to fuse his C-1 and C-2 vertebrae at the top of his spine. To say we were shocked was an understatement. I didn't share this with my team until much later, which makes this story even more amazing.

These young ladies took my son, Canon, as a little brother, not knowing what was coming. They took turns helping him with his homework, and he read to almost everyone on the team daily. To know Canon is to love him. Everyone knows Canon, and he has the tendency to bring out the best in those around him. The girls understood he struggled with school and helped him regardless of how long it took him to read or do his math. They created a sense of community among themselves because they took him as the little brother. What they didn't see is this character carried over into their classrooms, their jobs,

and their own families as well as those of others in their community. And they did all of this BEFORE they knew about Canon's surgery. Their character and strong sense of family led them to put others before themselves.

About three weeks before his surgery, in a random conversation, I learned my Libero also had surgery for Chiari Malformation. What are the odds? Canon let the cat out of the bag so very Canon-esque, "Ya, I'm having brain surgery next week." I think they hardly believed him, but when I confirmed it was true, the love poured out to him was that only a family can feel. The day before his surgery, the team presented Canon with a care basket complete with robe and slippers, books, "Coach Canon" shirts and hoodie, and plenty of volleyball coloring pages for him to color during his recovery. Every gift was heartfelt and specifically for him.

Those girls carried on with their mission even on the day of surgery, and I didn't have to worry about practice or their commitment to one

another. The leadership of that group made sure everyone was focused and held accountable, even on a diffi-

Although our season ended short of our goal to be at state, I saw goodness, character, and a sense of family



photo courtesy Maddie Smith

cult day. Three of these girls even gave up their Saturday to visit Canon in the Pediatric ICU in Lubbock. It was important to them that Canon knew they were there checking on him.

They made a place for him on bus rides, even with his neck brace and limitations. They protected him the way they protected each other on and off the court. He was their focus in and among the playoffs and their run to the Regional Tournament.

engulf my son and family, and I believe his incredible recovery was largely those girls loving him and showing him kindness and how everyone deserves to be treated.

TEAM > ME is sometimes considered cliché, but that was more than team, and they created a year I can celebrate because of the incredible young women I had the chance to coach, and how they gave so much to their community and me and my family.



photo courtesy Rick Bailey



photo courtesy Melissa Johnson

MEET YOUR 2018-19 TGCA 2ND VICE PRESIDENT



Brad Blalock Frisco Centennial High School | TGCA 2nd Vice President

High School Graduated From: Lubbock High School.

College(s) Attended: Hardin-Simmons University.

Teaching Assignments: I currently teach Intro to Physical Education and Individual and Team Sports and have also taught Health, and US History.

Coaching Assignments: Head Girls Basketball Coach at Frisco Centennial. Year # 16.

What It Means To Be An Officer In TGCA: I consider it to be a privilege to be part of such an upstanding organization that truly represents all sports and has a passion for helping coaches get better and to grow their game.



photo courtesy Ashley Broom



photo courtesy Deborah Haynes

CROSS COUNTRY COMMITTEE

COACH	SCHOOL	CONF.	REG.
Tim Torres	Coronado HS	5A	1
Ray Baca	Canyon HS	4A	1
Deborah Gonzales	Wichita Falls HS	5A	2
Loy Triana	Burkburnett HS	4A	2
Mike Pinkerton	Aledo HS	5A	3
Alle Wilson	Maypearl HS	3A	3
Mica Been	Denison HS	5A	4
Dana Carter	Daingerfield HS	3A	4
Linda Lindsey	Sterling HS	5A	5
Ryan Kelly	Woodville HS	3A	5
Peter Martin, II	Lake Travis HS	6A	6
Sharon Carter	Bellville HS	4A	6
Gary Fletcher	Harlan HS	5A	7
Cully Doyle	Gonzales HS	4A	7
Tracey Borchardt	Odessa HS	6A	8
Brooke Ashcraft	Bandera HS	4A	8



photo courtesy Stephen Heers

UIL LEGISLATIVE COUNCIL MEETING RESULTS



October 22, 2018 UIL Press Release

AUSTIN, TX — The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council approved a rule to require participants in marching band to complete a Medical History/Pre-participation Physical Examination form prior to participation. The pre-participation physical would be required prior to the first and third years of high school marching band participation, with the medical history form being completed annually. This would mirror the requirements for student-athletes who participate in UIL athletics.

Additionally, the Council approved the expansion of A+ Music Memory to include

grades two, seven and eight. Currently, Music Memory is available to students in grades three through six.

In athletics, the Council passed an amendment that allows schools the ability to expand the summer strength and conditioning program from six weeks to the entire summer following a schedule set forth by the UIL. The amendment allows for schools to conduct two hours of skill instruction per week with a one-hour limit in one given day.

To enhance health and safety measures, the Legislative Council approves rules that require schools to create venue-specific Emergency Action Plans, report catastrophic injuries that occur during UIL practices and competitions, report any time an Automated External



photo courtesy Callie Kresta

Defibrillator (AED) is utilized, and to require all 6A schools to report concussion incidents to the ConTex quality improvement project.

All rule changes approved during this meeting can be found on the UIL website at uiltexas.org/files/media/2018OctUILLegCouncil-

Results.pdf

A video of today's meeting can be viewed here: nfhsnetwork.com/events/uil/evt91ba696512

The Commissioner of Education must approve all rule changes passed by the Legislative Council before they take effect.

TEAM TENNIS STATE TOURNAMENT

Texas A&M University College Station, TX | October 31 - November 1, 2018

Ticket Information

Student..... \$7/day
 Adult.....\$12/day
 All-Tournament.....\$20
 Coach All-Tournament\$17*
 Children 2 years of age and younger FREE

*must show membership card

Fans may purchase tickets [HERE](#). Additional fees may apply.

Parking

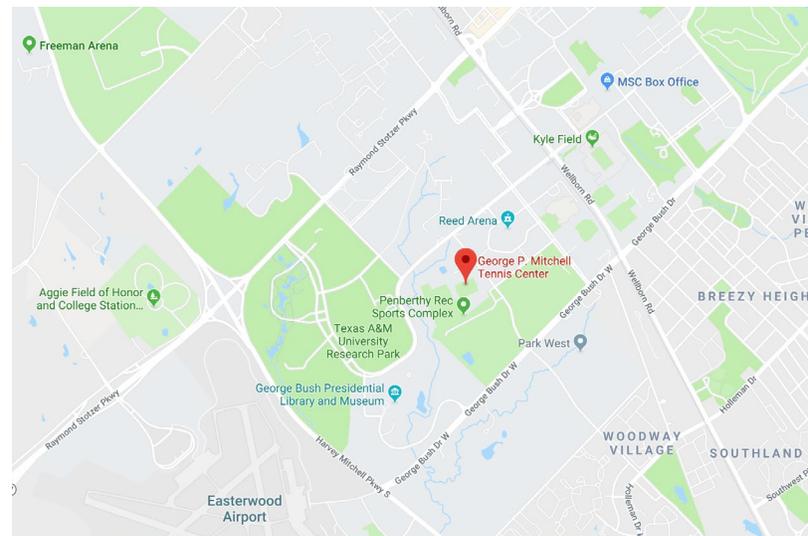
Parking is \$5 per entry. Cash only at the lot

entrance. Lot 100d is reserved for participants and officials only. Lot 100m for spectators.

Spectator Parking Map

Clear Bag Policy

Texas A&M Athletics is committed to providing the 12th Man with the safest environment possible at its athletic venues. Be prepared on game day by reviewing the 12-1-1 Gig 'Em Rule. Visit 12thman.com/beclear for all information regarding the clear bag policy.



CROSS COUNTRY STATE MEET

Old Settler Park Round Rock, TX | November 3, 2018

Schedule

Girls 6A..... 8:30 AM
 Girls 1A..... 9:50 AM
 Girls 2A 11:00 AM
 Girls 3A..... 12:10 PM
 Girls 4A..... 1:20 PM
 Girls 5A..... 2:30 PM

Ticket Information

Student.....\$7.00
 Adult..... \$10.00

On-site ticket sales will be CASH ONLY.

**** NO ATM WILL BE AVAILABLE ONSITE.**

Public Parking

Parking and shuttle service will be available at the Dell Diamond parking area for \$5.00. CASH ONLY

Animals

There will be NO dogs allowed in Old Settler's Park on the day of the Cross Country State meet.

Restrooms

There will be no dressing facilities. Portable toilets will be available to the public and athletes.



VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | November 14-17, 2018

Schedule

Wednesday, November 14	Friday, November 16
Conf 1A Semi 1:00 PM	Conf 4A Semi 11:00 AM
Conf 1A Semi 3:00 PM	Conf 5A Semi 1:00 PM
Conf 2A Semi 5:00 PM	Conf 5A Semi 3:00 PM
Conf 2A Semi 7:00 PM	Conf 6A Semi 5:00 PM
	Conf 6A Semi 7:00 PM

Thursday, November 15	Saturday, November 17
Conf 3A Semi 11:00 AM	Conf 3A Final 11:00 AM
Conf 3A Semi 1:00 PM	Conf 4A Final 1:00 PM
Conf 1A Final 3:00 PM	Conf 5A Final 3:00 PM
Conf 2A Final 5:00 PM	Conf 6A Final 5:00 PM
Conf 4A Semi 7:00 PM	

Ticket Information

Student Single Day (ages 2-18).....\$7.00
 Adult Single Day \$12.00
 2-Day Tournament Pass (Wednesday/Thursday;
 Thursday/Saturday; Friday/Saturday)..... \$20.00
 Coaches All-Tournament Pass (must show ID) \$25.00
 All-Tournament Pass..... \$30.00

Cash and credit cards will be accepted. Ticket sales begin 2 hours prior to the scheduled match time. Doors will open one hour prior to the first match.

Online tickets are available for purchase [HERE](#).

Coaches Tournament Passes will only be available for purchase at the box office with proper ID.



Parking

Pre-purchased parking passes are available online by day for \$9.00/day. (See links below)

**WEDNESDAY
 THURSDAY
 FRIDAY
 SATURDAY**

Parking passes purchased the day of will be \$15.

Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Curtis Culwell Center has implemented a bag policy limiting the size and type allowed at all events. Click [HERE](#) for more details.

MEET THE TGCA STAFF



Rose Ruffino | TGCA Office Staff

Hello, my name is Rose Ruffino. I am so excited to be a member the TGCA staff. I am a retired teacher and coach. I have been a member of this great organization for as long as I can remember. I have nominated many athletes who have received awards. I too have been honored with a Coach of the Year award as well as a Sub-Varsity Coach of the Year award.

I have taught PE and coached for 30 years. My career started at Texas A&M where I am proud to be a part of the Fightin Texas Aggie '82 AIAW National Championship team under Bill Galloway and the '83 NCAA National Championship team under Bob Brock. From that great experience I went on to be a graduate assistant coach at Sam

Houston State University under Brenda Marshall. All three of these coaches helped groom me to want to continue a career in the coaching world.

My coaching career included time as Head Coach at McNeese State University. From there I had the privilege of working for a great Athletic Director Sonny Jackson. This was about the time when softball was starting up in Texas as a UIL sport. I followed Coach Jackson to Rosenberg, TX and started my 1st high school job and began the program at Terry High School. Each year I learned and continued to grow in my coaching experience by attending the TCGA Summer Clinics. From there I got a call from David Denny to start the

program at Marble Falls High School. I built a program and a field in Marble Falls with the help of that fine community. In four years, we went all the way to Regional Semi Finals. After that I took a year off to pursue a different career, but Softball kept calling me back. I got a call from St. Edward's University, and I became the interim head coach for a year. Shortly after that, I got the job I was waiting for. I was hired at James Bowie High School in Austin where I worked with so many fine coaches. Cathie Johnson-Landers and I took 3 teams to the state tournament and just fell short of the state title.

After 30 years of coaching and 28 years in the public school system, I retired in 2015 to spend more time with

my sweet daughter Ryn Ruffino-Tenford who was 5 at the time. She loves the outdoors and has played softball, basketball and continues to play soccer. But I think her talents lie in writing and drawing.

This job at TGCA is yet another outstanding opportunity that I am blessed to have. I have come across so many names and faces that I have not been in contact with in years. I have run across many ex-players who are now coaches themselves. I hope that I have been able to be a positive influence in their coaching careers just as all my coaches were for me.

I would like to say thank you to Sam and Audree for giving me this opportunity to continue to stay in contact with my coaching family.

MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1st** to nominate athletes for honors or receive honors yourself as a coach. If you miss this deadline, you may file an appeal with the Executive Committee by paying your membership fee and then filing the online appeals form. If the appeal is granted, your membership date will be overridden and you will be allowed to nominate and receive honors. Should you wish to forego the appeals process, you may pay your membership fee and then pay an additional \$60.00 override fee, which will automatically override the membership renewal date. This process

must be done by completing a printable membership form, which can be found on the website under the "Forms" category in the menu on the left-hand side of the page, being sure to check the box marked "Override Fee" and selecting the "Membership Only" option. The override fee is in addition to your membership fee. The total cost would be \$120.00.

You can renew your membership online at austingca.com through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the home page of the website and fax (512-708-1325) or mail that

with credit card information, or mail the form with a check to the TGCA offices, P.O. Box 2137, Austin, TX, 78768.

DON'T FORGET!! If you need help with the renewal process, please call the office at 512-708-1333, and we will be happy to help you, including your log in information.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. The system will give you a new membership number, and we need you to always have the same membership number, so please contact us if you can't remember your information.

Also, if you have had a

school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us. You can, however, update any other profile information, such as contact information and coaching information, by logging in to the Membership Site, located on the main page of the website, and then clicking on "Update Profile" in the menu across the top of the page.

We appreciate your continued support of TGCA. Please let us know if we can be of assistance in any way.

TGCA HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA

and the coaching profession.

Hall of Fame nomination forms are located on our website, austintgca.com, under "Forms" on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made

up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

The deadline for submission of Hall of Fame nominees will be Monday, February 26th, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed (tgca@austintgca.com) to the TGCA office.

YEAR	INDUCTEE
1993	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland

YEAR	INDUCTEE
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson

YEAR	INDUCTEE
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods
2014	Sue Cannon Rhonda Farney

YEAR	INDUCTEE
2015	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe
2016	Barbara Comeaux Linda Richter Fred Griffin
2017	Jan Barker Rick Reedy Mike Martin
2018	Skip Townsend Cathy Self-Morgan Al Bennett

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 on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls' athletics.

Nomination forms may be found on the TGCA website, austintgca.com, under "Forms" in the menu on the

left-hand side of the home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, February 25th, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email (tgca@austintgca.com).

YEAR	RECIPIENT
2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. "Butch" Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett
2017	Mike Szymarek
2017	Lynn Davis Pool
2018	Billy Hicks



photo courtesy Tony Corso



WHAT TEAMS HAVE DOMINATED VOLLEYBALL THE MOST?

Putt Riddle |

Domination was the buzzword as I wrote ABOVE THE NET:50 YEARS OF THE BEST VOLLEYBALL IN TEXAS, about the 22 teams with the most state championships in volleyball. But which of these teams was the most dominant? Using giving up the fewest points per set and the fewest sets played as a guideline I throw out some teams for your musing and debate that might fit earning that title. I begin with teams in the side out era which ran from 1967 through 2002. Here are six possible choices from me which make for a good debate.

I begin with the 1987 AA state champion Leon Lady Cougars. Coached by Billy Evans, they closed the year with a 38-0 record. There were only two matches in which the match went to three sets. In 13 of the matches, the Lady Cougars' opponents scored five points or less combined in both sets they lost to Leon.

Next comes the 1990 Class A state champion Plains Cowgirls. They were by themselves out in far west Texas with only one district opponent, Three Way to get by. Coach Cha-

res Cain scheduled the bigger schools for them to play during the season, 3A, 4A and 5A schools from Midland, Lubbock and many other schools from around west Texas. The Cowgirls lost only to 5A Midland and 3A Sweetwater that year. They won 37 matches. Only six times out of the 39 matches did they reach three sets in duration. In four of the matches, their opponents totaled five or less points combined in both sets.

The AA 1990 East Bernard Brahmarettes coached by Norma Pullin had the distinction of shutting out more opponents than any other of the schools. In compiling a 38-1 record in route to their fourth straight state title, the Brahmarettes literally zeroed out the opposition in four matches, zero, zip, nada for the team on the other side of the net. There were five more matches in which the Brahmarettes held the opponents to only two points in both sets combined. Only three matches had as many as three sets played in them. The only loss was to Cypress Fairbanks, a 5A school.

The 1991 Leon Lady Cougars went 40-0. Coach Ev-

ans' third team to go undefeated for the season played only three matches that went to three sets. Their opponents managed only five or less points combined in two sets in seven of the matches. There were six sets in which

the 3A crown with a 38-2 record. They had only eight matches to go to three sets. They had eight matches in which their opponent scored five or less points in two sets including the state semi-final against Kountze,



photo courtesy Cari Lowery

the other team didn't score.

Jan Barker's 1994 Amarillo Sandie team was undefeated with a 37-0 record. They played only two matches that went to three sets. Out of 76 total sets played by the Sandies in '94, there were only 14 sets in which the opponents got to double figures in the scoring.

In 2002, Lee Grisham's Wimberley Lady Texans cap-

tured the 3A crown with a 38-2 record. The only losses were to San Antonio Churchill and Boerne.

The dynamic of holding the other team scoreless nearly totally went out the window with the advent of rally scoring in 2003. Read in the next article about which teams might have been the most dominant as rally scoring became the new norm.

SPORTS WRITERS OF THE YEAR AWARD

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers

by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspapers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than

20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote

girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the TGCA Board of Directors meeting on March 3, 2019.

TGCA INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations online. 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.

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.

gin 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

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



photo courtesy Tammy Helms

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 be-

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 your nomination to appear correctly, it must have the name of the school, rather than your title.

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.

"Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.

12 You will need to follow these steps for each nomination of each athlete in each category that you wish to make. **For Academic All-State, you only need to list the GPA.**

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.

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.

10

NOT-TO-BE-OVERLOOKED REALITIES ABOUT CELIAC DISEASE

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 Not all that well known. Celiac disease is a chronic condition that occurs in genetically predisposed individuals when they consume gluten (a protein found in wheat, rye, and barley). The consumption of gluten triggers an abnormal response by the body's immune system that damages the small intestine. As a result, nutrients cannot be absorbed into the body properly. The impact of this response can vary, ranging from somewhat mild (e.g., fatigue) to very serious (e.g., stunted growth).

2 Not inconsequential. Approximately 1% of people worldwide have celiac disease, including individuals in the United States. Even more disturbing is the estimate that 83% of Americans with the disorder are either undiagnosed or misdiagnosed with having other conditions. Some evidence exists that each of the individuals with undiagnosed celiac disease annually spends almost \$1,000 additional on their health costs.

3 Not discriminating. Celiac disease has been found to affect men and women across all ages and races. In large part because women are more likely to seek a diagnosis for any health problem that they may be experiencing, a majority of the adults currently diagnosed with celiac disease are women. Children, like adults, can develop celiac disease at any time.

4 Not clear and absolute. According to some experts, approximately 300 possible symptoms exist for celiac disease. As such, it is virtually impossible for individuals to know if they have the disorder based solely on their symptoms. In reality, different people experience

the disease in different ways, given that the symptoms tend to vary a lot from one individual to another.

5 Not without a solution. The only surefire way to diagnose the disorder involves a two-step process. First, undergo a set of blood tests to assess the level of certain autoantibodies in the body, followed by a small bowel biopsy. Once the likely presence of celiac disease has been established by the two-step process, the next (and final) measure to confirm the existence of the disorder is whether the health of the person improves with a gluten-free diet.

6 Not true. Celiac disease is not a digestive disease, as many people mistakenly believe. Rather, it is an autoimmune disorder with gastrointestinal symptoms that occur when the individual consumes gluten. That person's immune system responds to the ingestion of gluten by damaging the lining of the same intestines.

7 Not consistent with reality. Celiac disease and gluten intolerance (also referred to as gluten sensitivity) are not one and the same. Because the symptoms of both conditions are virtually identical, it can be very difficult for individuals to determine which disorder they might have without the data obtained from specific medical tests. The key point is that gluten intolerance involves a different immune system reaction than celiac disease. In the former, the body views the gluten as an invader and combats it without damaging the body. In the latter, the body's own tissue is attacked.

8 Not a slam dunk. A number of people erroneously believe that adopting a gluten-free diet can help them shed a number of unwanted pounds. In reality, consuming gluten does not make individuals gain weight. Similarly, people who avoid gluten don't necessarily

benefits that are found in their gluten-containing counterparts (e.g., they may be low in certain essential vitamins and minerals). Furthermore, gluten-free foods often are higher in calories, given the fact that they may include extra sugar to compensate for an otherwise problematic is-



photo courtesy Mark Edwards

lose weight. People who gain weight are on the wrong side of the energy in/energy out equation. Simply put, they consume more calories than they expend. In fact, much of the burgeoning market (\$4.2 billion annually and rising) for gluten-free foodstuff is for products that most individuals don't need.

9 Not what it seems. It is important to note that the term "gluten-free" doesn't automatically mean "healthy." In fact, gluten-free foods often lack many of the nutritional

sue with taste and texture. Gluten-free foods also tend to have less fiber than their gluten-laden equivalents.

10 Not going away. No cure exists for celiac disease. Individuals with the condition will not "grow out of it." The only treatment for the disorder is lifelong adherence to an absolute gluten-free diet. In that regard, it is essential that people with celiac disease identify and follow a well-planned gluten-free diet — one that promotes their own good health and well-being.

TGCA PAST PRESIDENTS

Velma Harrison1952-53,
1953-54
 Marvin Williams *1954-55
 Mary Beccue *1955-56
 Charles Womack *1956-57
 Rose Farmer1957-58
 J.W. Booker *1958-59
 Peggy Hughes1959-60
 M.T. Rice *1960-61
 Jimmie Phillips1961-62
 LeRoy Hoff *1962-63
 Ellen Johnson1963-64
 F.G. Crofford1964-65
 Zonelle Cornett*1965-66
 Freeman Parish *1966-67
 Sandra Meadows * ...1967-68
 Mitch LeMoine.....1968-69
 Wayne DuBose*1969-70
 Shirley Hayworth1970-71
 Stanley Whisenhunt.. 1971-72

Leta Andrews1972-73
 Bill Farney.....1973-74
 Janette Barlow1974-75
 Bob Schneider1975-76
 Gay Benson1976-77
 Buddy Ables1977-78
 Sandra Meadows * ...1978-79
 Ralph Newton*1979-80
 Janie Fitzgerald1980-81
 Mark Smith*1981-82
 Diana Lewis.....1982-83,
1983-84
 Michael Adams1984-85
 Judy Dunn*1985-86
 Jim Kirkland1986-87
 Sue Cannon1987-88
 Don Ford.....1988-89
 Donna Grant1989-90
 Phil Swenson1990-91
 Rhonda Farney.....1991-92

Caylene Caddell1992-93
 Barbara Crousen1993-94
 Pat Mouser1994-95
 Melynn Hunt1995-96
 Sam Tipton1996-97
 Marianne Jones1997-98
 Larry Goad.....1998-99
 Brenda Kitten..... 1999-2000
 Rob Young2000-01
 Krista Malmstrom..... 2001-02
 Ron Mouser.....2002-03
 Debbie Jaehne2003-04
 Ray Baca2004-05
 Leann Johnston2005-06
 Alex Koulovatos2006-07
 Debra Manley2007-08
 Lee Grisham.....2008-09,
2009-10
 Wes Overton.....2010-11
 Donna Benotti2011-12

Rodney Gee2012-13
 Kari Benseid2013-14
 Mitch Williams.....2014-15
 Liana Gombert2015-16
 Loyd Morgan.....2016-17
 Kriss Ethridge2017-18

TVCA PAST PRESIDENTS

Lenora Abston*1968-69,
1969-70
 Dr. Margie Austin*1970-71
 Jan Briggs.....1971-72
 Jane Arnett.....1972-73
 Arline Basye.....1973-74
 Marion Young1974-75
 Judy Bugher1975-76
 Waynette Dolan1976-77
 Norma Pullin1977-78

*Deceased



photo courtesy Ryleigh Valladarez

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.

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:

Volleyball Nov 12, 2018
Spirit Jan 14, 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



October 2018 Newsletter

#POWERofONE



CELEBRATING OUR WINS

In a year that celebrated a decade of wins, it is important to thank all of our donors for your support. Because of you, the Kay Yow Cancer Fund has awarded \$5.63 million in the fight against ALL women’s cancers.

What does “winning” look like?

- Grants awarded in support of breast, ovarian, lung, and

uterine cancer research.

- Funding a \$1M research grant to examine the effects of exercise on aging women undergoing cancer treatment.
- Over 30,000 mammograms provided to un-insured or under-insured women.
- Play4Kay games in ALL 50 states, uniting communities in the fight against ALL women’s cancers.

Kay Yow Cancer Fund Impact

\$5.63M
Awarded in the fight against ALL women’s cancers

50
Events in all 50 states

18
Grants awarded since 2007

#POWERofONE

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@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.



photo courtesy Sarah Stolley



photo courtesy Robin Mauer

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				VOLLEYBALL: AREA		
			TEAM TENNIS: STATE TOURNAMENT		Girls Basketball: First Day for Interschool Games TGCA: Cross Country Committee Meeting (7 PM)	CROSS COUNTRY: STATE MEET
4	5	6	7	8	9	10
	VOLLEYBALL: REGIONAL QUARTERFINAL				VOLLEYBALL: REGIONAL	
11	12	13	14	15	16	17
	TGCA OFFICE CLOSED FOR VETERANS DAY Wrestling: First Day for Meets & Tournaments TGCA: Volleyball Nomination Deadline (12 PM)		VOLLEYBALL: STATE TOURNAMENT			
				TGCA: Volleyball All-State Committee Meeting (8 AM)	TGCA: Volleyball Committee Meeting (8 AM)	
18	19	20	21	22	23	24
TGCA: Board of Directors Meeting (10 AM)	TGCA OFFICE CLOSED FOR THANKSGIVING					
25	26	27	28	29	30	
	Soccer: First Day for Practice					

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!

MEETING DATES & LOCATIONS

Cross Country Committee – Friday, November 2nd, 7:00 p.m. Kelly Reeves ISD Athletic Complex Conference Room, 10211 West Palmer Lane, Austin, TX.

Volleyball All-State Committee Conferences 1A, 2A, 3A and 4A – Thursday, November 15, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX.



photo courtesy Stacy Parker

Volleyball Committee – Friday, November 16, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX

Volleyball All-State Committee Conferences 5A and 6A – Friday, November 16, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX

THANKS TO OUR SPONSORS

American Income Life
Athletic Supply
Baden
Balfour
BSN Sports

Coaches Choice
Dell
Eastbay
Gandy Ink
Gulf Coast Specialties

MaxPreps
Mizuno
Nike
Russell
Sideline Interactive

Varsity
Guy in the Yellow Tie -
Tom Rogers Financial
& Insurance Associates



The power to do more

SERIOUS PERFORMANCE®

VARSITY



Guy in the Yellow Tie



Tom Rogers
403(b) Annuities
rtom@mesh.net



TGCA NEWS

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

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

TGCA News is published nine times per year, September through May.

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:
Oma Garmon,
oma@austingca.com

Office Staff:
Rose Ruffino,
rose@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.

