



TGCA NEWS

SEPTEMBER 2018



2018-2019 TGCA OFFICERS



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TGCA Track Committee Vice Chair
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cover photo courtesy John Albright
left photo courtesy Wade Floyd

TRUE TRUST AND RELATIONSHIPS WILL LEAD TO WINNING IN DUE TIME



Cully Doyle Gonzales HS | TGCA Track Committee Vice Chair

As the Cross Country season is in full swing and the championship season is upon us it is important to reflect back on all the hard work these kids, coaches and parents put in. Many Coaches are working their kids out over the summer and kids are putting in miles on the road that no one sees. These athletes are training for a purpose and it is fun to see the self-discipline and determination these kids have to get their times down to make the Varsity team or just PR. We are always talking about how most sports get to play 4, 5 or 6 district games and the top 4 teams get out and the Cross Country kids are running all summer, all fall to finally get to race in only one district competition where the top 3 teams get to Regionals and hopefully have a chance to run at the State Meet. These kids deserve to be praised and need to be honored more for their time, patience and commitment to



photo courtesy Keith Pierce

the sport. Coaches ask Cross Country kids to come up over the summer and get their runs in while some can't drive yet they are dependent on their parents or teammates to get them to and from practice. It is always nice to see the real family atmosphere the Cross Country kids have with each other. It should not go un-

noticed how important parents are in supporting the kids, coaches and their schedule. I am always impressed with the true dedication that this sport offers and the commitment that is put in and most of the time unnoticed. I have been very fortunate to be around great cross country coaches and the most successful ones

not only put in the hard work and time it takes to be successful they tend to actually do it with passion and purpose and with the kids in mind when making their practice plan.

The relationships built are long lasting and rewarding. We always talk about consistency and yes it is important to run on a consistent basis, lift weights, do core work and the other details needed but it sometimes goes unnoticed the importance of getting to know the kids and really making them understand the actual purpose of why they are doing their runs and the kind of run they need to get in or whatever the workout is for the day. We have all heard people say it is just running and it is not just running. These kids are some of the most talented, hard-working, self-discipline kids in the school and not only in athletics but academics and

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TGCA RESOURCE CENTER

The agreement between the Texas Girls Coaches Association and Coaches Choice to launch a Resource Center is now a reality.

The Resource Center is designed to allow individuals

access to educational materials at a discounted price. Coaches Choice has designed the Resource Center especially for TGCA and people interested in girls' athletics in all sports.

Everyone is encouraged to go to the Resource Center site. It's as easy as clicking the logo above. Please take the time to walk through the different features offered.

Do not miss the section on

wearables. These wearables are specifically designed to support the Texas Girls Coaches Association.

This site will be continually expanding and will make available an unlimited source of educational materials for you from various outlets in a variety of delivery methods.

The Resource Center is designed to be an economical way to obtain up to date educational material to help you become better in your field.

TRUE TRUST AND RELATIONSHIPS WILL LEAD TO WINNING IN DUE TIME

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other parts of their lives. Most are asked to come up early in the morning and or late in the afternoon and most people don't get to see the purposeful training that goes into a great program. Most don't see the kids running their long run early in the mornings when most kids are not even up for school yet or running on the weekends when most have other plans. I believe these kids deserve our best effort as coaches to put them in position for success and I believe that these kids will run through a wall for you as a coach if you spend time with them outside of practice and really truly get to know them as a person. I watch great coaches each year take their kids to another level in training, workouts and races year end and year out. These Coaches usually are not blessed with the best athletes in the school that are running for them, they are hard-working kids that show up each day over a long period of time and the only way

they will do that is if they truly believe in you as the coach and know that you care about them as a person, as a runner, in their success and in the failure. These coaches are able to reach the kids body, mind and heart and not just the body (3D coaching). The best coaches are coaching these kids in life and all year long whether they are physically with them or not. These coaches are putting in consistent time with these kids, their families and have built the strong relationship that will last. These coaches take the time to go find kids in P.E. class that might be the next best runner for them and you never know that kids might get to State someday. It has happened and will happen again. I encourage you to be that coach who wants to win but wants to put in the long term commitment to the kids of this sport. In our program we talk about being a family and rarely use the word team and we are always preaching the word self-discipline, purpose and having a Why. We

believe in training together as a family and we always start the summer off with a word of the year that we stick with all year long. The word this year is Opportunity and we believe that consistency in training gives us the opportunity to

it as a family.

As you are in your season I encourage you to take the opportunity to watch, learn, and ask questions from the coaches that are not great just once in a while but the coaches who are able to put together



photo courtesy John Albright

be prepared when it comes to the championship season whether we win or lose a race we are doing it as a family. We believe that actions speak louder than words and when we are leaning on each other in critical moments whether it be a situation at school, on the weekend, practice or a race we have the opportunity to do

er successful programs each and every year. Our athletes deserve our best and coaches work hard enough so let's all do it with a purpose and a passion. Don't waste a day with the kids you coach. Reward them with your time and dedication and the winning will come.



photo courtesy Stephen Heers



photo courtesy Maranda Hood

CAREER VICTORIES

Basketball |

COACH	SCHOOL	VICTORIES
Tri Danley	Barbers Hill HS	600 wins
Loyd Morgan	Rogers HS	600 wins
Mark Chauveaux	Godley HS	500 wins
Stephen Heers	Hamilton HS	500 wins
Keith Smith	Robinson HS	500 wins
Gary Watkins	Franklin HS	500 wins
Randy Henderson	Vega HS	400 wins
Jason Blankenship	Jayton HS	300 wins
Don Neu	Era HS	300 wins

Cross Country |

COACH	SCHOOL	POINTS
Denver Stone	Kaufman HS	600 pts
Rebekah James	Canyon Randall HS	400 pts



photo courtesy Kevin Johnson



photo courtesy Lindsay Wright

Golf |

COACH	SCHOOL	POINTS
Candee Collins	Pine Tree HS	500 pts
Mike Campbell	Wylie HS	400 pts
Matt Garrett	Chapel Hill HS	300 pts

Softball |

COACH	SCHOOL	VICTORIES
Carrie Austgen	Deer Park HS - South	700 wins
Robby Dickenson	Frenship HS	500 wins
Elias Martinez	Harlingen South HS	500 wins
G.E. Banker	Ennis HS	400 wins
Jimmy Eby	Magnolia West HS	400 wins
Richard Tressler	Edinburg North HS	400 wins
Wade Womack	Dripping Springs HS	400 wins
Billy Coleman	Lake Travis HS	300 wins
Jeff Roberts	Lovejoy HS	300 wins
Tracy Tadlock	Azle HS	300 wins

Track & Field |

COACH	SCHOOL	POINTS
Doris Grooms	Arlington Bowie HS	1,100 pts
Reginald Bell	Dallas Lincoln HS	900 pts
Barry Woodruff	Union Grove HS	900 pts
Jeff Blackburn	May HS	800 pts
Denver Stone	Kaufman HS	800 pts
Lauren McPherson	Blum HS	700 pts
Billy Nabours	Comfort HS	700 pts
Dan Aldrich	Fredericksburg HS	600 pts
Ashley Broom	Sunnyvale HS	600 pts
Lacey Lambert	Wimberley HS	500 pts
Jesus Limon	Del Rio HS	500 pts
Johnathan Snipes	East Chambers HS	500 pts
Jeff Dunn	Stanton HS	400 pts
Gary Fletcher	Harlan HS	400 pts

Volleyball |

COACH	SCHOOL	VICTORIES
Susan Brewer	Bellville HS	900 wins
Charles Powers	Eustace HS	800 wins
Kelley Gregoriew	Allen HS	700 wins
Jo Anne Hultgren	Churchill HS	700 wins
Angie Cruse	West Hardin HS	600 wins
Jason Evans	Jewett Leon HS	600 wins
Richard Guerra	Rivera HS	500 wins
Diana Lerma	Mission Veterans Memorial HS	500 wins
Bryan Masse	Friona HS	500 wins
Rena Whitaker	Caddo Mills HS	500 wins
Brittany Bridge-Rodriguez	Plano West HS	400 wins
Adrian Cavazos	Edinburg North HS	400 wins
Paula Dodge	McAllen HS	400 wins
Tami Dean	Normangee HS	300 wins
Jayson Langman	Cedar Creek HS	300 wins
Cheyenne Forshee	George Ranch HS	300 wins
Hope Porter	Red Oak HS	300 wins
Lynn Larson	Krum HS	300 wins
Dawn Sexton	Dobie HS	300 wins

2017-18 ATHLETES OF THE YEAR

ATHLETE	SCHOOL	GRADE	SPORT	CONFERENCE	COACH
Alia Henderson	Bandera HS	Sr.	Cross Country	1A-2A-3A-4A	Steve Golemon
London Culbreath	McKinney North HS	So.	Cross Country	5A-6A	Jessica Richards
Steffi Pitts	Lake Travis HS	Sr.	Team Tennis	4A-5A-6A	Carol Creel
Haley Vaughn	Crawford HS	Sr.	Volleyball	1A-2A-3A-4A	Jeff Coker
e'Lan McCall	Rouse HS	Sr.	Volleyball	5A-6A	Jacob Thompson
Kentleigh Nichols	Cisco HS	Sr.	Cheerleading	1A-2A-3A-4A	Amy Dodson
Kendal Snuggs	Frenship HS	Sr.	Cheerleading	5A-6A	Kayci Smith
Isabella Gonzalez	El Paso Hanks HS	Jr.	Wrestling	5A-6A	Anthony Carter
Lindsay Looney	Denison HS	Jr.	Swimming/Diving	5A-6A	Allison Looney
Sedona Prince	Liberty Hill HS	Sr.	Basketball	1A-2A-3A-4A	Chris Lange
Zay Green	Duncanville HS	Sr.	Basketball	5A-6A	Cathy Self-Morgan
Grace Collins	Spring Branch Memorial HS	Jr.	Soccer	4A-5A-6A	Lindley Amarantos
Maddie Olson	Abilene Wylie HS	So.	Golf	1A-2A-3A-4A	Mike Campbell
Laura Rodriguez	Mission Sharyland HS	Sr.	Golf	5A-6A	Ashley Garza
Sandy Clarkin	Bandera HS	Sr.	Track & Field	1A-2A-3A-4A	Steve Goleman
Kynnedi Flannel	Alvin HS	Sr.	Track & Field	5A-6A	Toni Acosta
Reagan Doyle	Industrial HS	Sr.	Tennis	1A-2A-3A-4A	Jenna Treybig
Kylann Griffith	Industrial HS	So.	Tennis	1A-2A-3A-4A	Jenna Treybig
Saidi Castillo	Santa Gertrudis Academy HS	Sr.	Softball	1A-2A-3A-4A	Thomas De Los Santos
Brooke Vestal	New Braunfels Canyon HS	Sr.	Softball	5A-6A	Kevin Randle

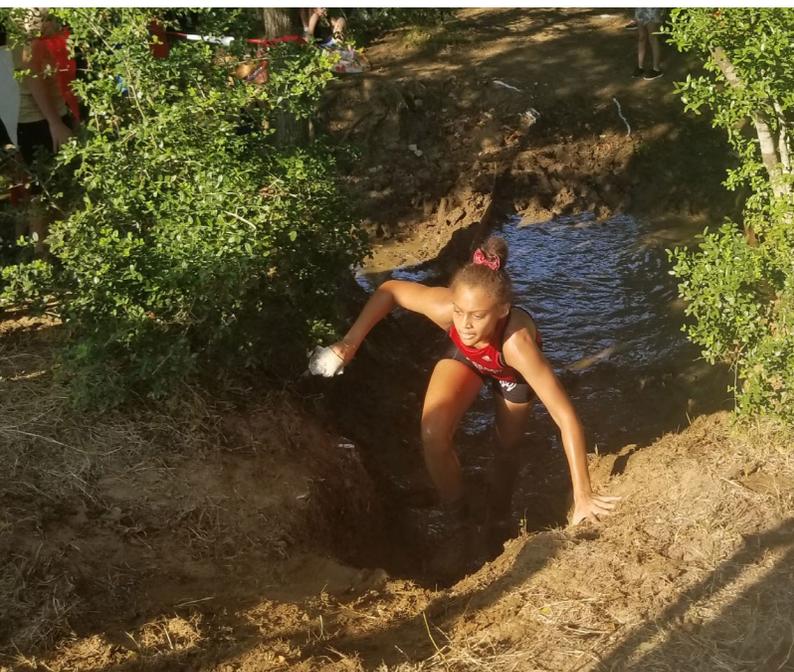


photo courtesy TiAndre' Sanders

TGCA
Download our new App!

Apple  Android 

2017-18 COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Cully Doyle	Gonzales HS	Cross Country	1A-2A-3A-4A
Rebekah James	Randall HS	Cross Country	5A-6A
Carol Creel	Lake Travis HS	Team Tennis	4A-5A-6A
Jeff Coker	Crawford HS	Volleyball	1A-2A-3A-4A
Mike Carter	San Antonio Reagan HS	Volleyball	5A-6A
Shannon Lindsey	Lampasas HS	Cheerleading	1A-2A-3A-4A
Melissa McPherson	Azle HS	Cheerleading	5A-6A
Christopher Potter	Cy Ranch HS	Wrestling	4A-5A-6A
Andrea McCarthy	Dripping Springs HS	Swimming/Diving	4A-5A-6A
Chief Bridgforth	Denver City HS	Basketball	1A-2A-3A-4A
Jeff Williams	Amarillo HS	Basketball	5A-6A
Iseed Khoury	Frisco Wakeland HS	Soccer	4A-5A-6A
Keith Guyon	Brock HS	Golf	1A-2A-3A-4A
Chuck Nowland	Austin Westlake HS	Golf	5A-6A
Keri Slanina	East Bernard HS	Track & Field	1A-2A-3A-4A
Lauren Jones	Lake Ridge HS	Track & Field	5A-6A
Jenna Treybig	Industrial HS	Tennis	1A-2A-3A-4A
Thomas De Los Santos	Santa Gertrudis Academy HS	Softball	1A-2A-3A-4A
Pat Eitel	Forney HS	Softball	5A-6A

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 austintgca.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 cred-

it 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.

2017-18 SUB-VARSITY COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONFERENCE
Kevin Johnson	Gonzales HS	Sub-Varsity Cross Country	1A-2A-3A-4A
Danielle Froggatt	New Caney HS	Sub-Varsity Cross Country	5A-6A
Misty Davis	Bronte HS	Sub-Varsity Volleyball	1A-2A-3A-4A
Kirk Stokes	Amarillo HS	Sub-Varsity Volleyball	5A-6A
Jan Kruse	Snyder	Sub-Varsity Basketball	1A-2A-3A-4A
Danny Gillham	Flower Mound HS	Sub-Varsity Basketball	5A-6A
Brooke Ashcraft	Bandera HS	Sub-Varsity Track & Field	1A-2A-3A-4A
Roxanne Farris	Dallas Highland Park HS	Sub Varsity Track & Field	5A-6A
Rachel Brownlow	Huffman-Hargrave HS	Sub-Varsity Softball	1A-2A-3A-4A
Angela Arebalos	Odessa Permian HS	Sub-Varsity Softball	5A-6A

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.

TGCA SUB-VARSITY YEARS OF SERVICE

COACH	SCHOOL	YEARS OF SERVICE
Shauna Hazlewood	Montgomery HS	10
Kathryn Campbell	Oak Ridge HS	5
Ashley Drake	Caldwell HS	5
Dorman Pryor	South Grand Prairie HS	5



photo courtesy Keith Pierce

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:

Team Tennis Oct 29, 2018
Cross Country Oct 29, 2018
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

2017-18 STATE CHAMPION COACHES

COACH	SCHOOL	SPORT	CONF.
Mandy Makeever	Nazareth HS	Cross Country	1A
Paul Darden	Sundown HS	Cross Country	2A
Susan Walters	East Bernard HS	Cross Country	3A
Steve Golemon	Bandera HS	Cross Country	4A
Amanda Zambiasi	Frisco Liberty HS	Cross Country	5A
Brian Zaring	Keller HS	Cross Country	6A
Carol Moore	Bronte HS	Volleyball	1A
Jeff Coker	Crawford HS	Volleyball	2A
Jess Odem	Goliad HS	Volleyball	3A
Amy Schultz	Needville HS	Volleyball	4A
Erin Kauffman	Prosper HS	Volleyball	5A
Karin Keeney	Hebron HS	Volleyball	6A
Jill Van Klink	Lewisville HS	Cheerleading	Co-Ed
Leslie Hutchinson	Paducah HS	Cheerleading	1A
Samantha Blount	Paducah HS	Cheerleading	1A
Michea Davis	Junction HS	Cheerleading	2A
Jenna Wilkins	Mount Vernon HS	Cheerleading	3A
Nicole Mitchell	Crandall HS	Cheerleading	4A
Nadira King	Cedar Park HS	Cheerleading	5A-DI
Marissa Briseno	Sharyland Pioneer HS	Cheerleading	5A-DII
Shannon McKinley	Johnson HS	Cheerleading	6A-DI
Pedro Ramirez	Memorial HS	Cheerleading	6A-DII
Andrea McCarthy	Dripping Springs HS	Swimming/ Diving	5A
Anthony Carter	Hanks HS	Wrestling	5A
Christopher Potter	Cy Ranch HS	Wrestling	6A
Eric Schilling	Nazareth HS	Basketball	1A

COACH	SCHOOL	SPORT	CONF.
Tommy Cross	Martin's Mill HS	Basketball	2A
Brad Floyd	Mount Vernon HS	Basketball	3A
Chance Westmoreland	Argyle HS	Basketball	4A
Jeff Williams	Amarillo HS	Basketball	5A
Rodney Belcher	Plano HS	Basketball	6A
Gerald Slovacek	Midlothian Heritage HS	Soccer	4A
Iseed Khoury	Frisco Wakeland HS	Soccer	5A
Lindley Amarantos	Spring Branch Memorial HS	Soccer	6A
Jeff Williamson	Andrews HS	Golf	4A
Chuck Nowland	Austin Westlake HS	Golf	6A
Lauren McPherson	Blum HS	Track & Field	1A
Katie Green	Refugio HS	Track & Field	2A
Rae Holden	Leonard HS	Track & Field	3A
Lauren Cross	Dallas Carter HS	Track & Field	4A
Lauren Jones	Mansfield Lake Ridge HS	Track & Field	5A
June Villers	DeSoto HS	Track & Field	6A
David Ives	Slocum HS	Softball	1A
Kristina Stephens	Bells HS	Softball	2A
Thomas De Los Santos	Santa Gertrudis Academy HS	Softball	3A
Karen Slack	Liberty HS	Softball	4A
Pat Eitel	Forney HS	Softball	5A
Ashley Boyd	Atascocita HS	Softball	6A



photo courtesy Belinda Castaneda



photo courtesy Rayford Sweats

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made online at austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations online and before the deadline. You must be a current member of TGCA before November 1st to be eligible to nominate athletes or receive honors.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by

logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AFTER YOU HAVE COMPLETED ALL NOMINATIONS.**

PLEASE NOTE: The TGCA sys-

tem does not interact well with Internet Explorer. We recommend you use Chrome as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the online deadline, you MUST print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative for the committees is listed on the

website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the online honors nomination deadline is missed. Instructions for nominating online, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

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.

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

8 Complete the form by typing in the information requested in the "Update" field.

9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named af-

ter 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,



photo courtesy Maranda Hood

a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For 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.

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 "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.

VOTING IS A SELECT PRIVILEGE



Sam Tipton | TGCA Executive Director

WHO CAN VOTE IN TEXAS

- A United States Citizen;
- A resident of the Texas county in which application for registration is made;
- At least 18 years old on Election Day;
- Not finally convicted of a felony, or if so convicted must have (1) fully discharged the sentence, including any term of incarceration, parole, or supervision, or completed a period of probation ordered by the court; or (2) been pardoned or otherwise released from the resulting disability to vote;

- and;
- Not determined by a final judgment of a court exercising probate jurisdiction to be (1) totally mentally incapacitated; or (2) partially mentally incapacitated without the right to vote.

HOW DO YOU REGISTER?

- Information on how to register may be obtained by going to: sos.state.tx.us/elections

It is imperative, for the future of Public Education, that every educator and retired teacher in the state of Texas that meet the guidelines of

being eligible to vote makes sure they are registered to vote in the upcoming November 6 election.

What will be the consequences of you not registering to vote, or not doing your civic duty and going to polls if you are registered to vote in the November 6 election? Either one of aforementioned decisions will result in you automatically endorsing what has happened in Public Education in the past years.

It will also be casting a silent vote and endorsing those individuals holding office that have proven to not be friends of Public Educa-

tion. Our current educators, along with our expansive and growing number of retired teachers, will have the opportunity to help decide the future of Public Education on November 6.

This will give the educators and retired teachers, along with their many allies, the opportunity to elect people to office, no matter of party affiliation, that are true friends of Public Education. Voter apathy by educators and retired teachers could put the final dagger in Public Education as it was originally designed by the Texas Constitution.



photo courtesy Wade Floyd

MEET THE TGCA STAFF



Oma Garmon | TGCA Administrative Support Assistant

My name is Oma Garmon. I am a graduate of Concordia University at Austin, where I met my wonderful husband of 9 years Joseph Garmon. We have two daughters Janyssa 8 and Joydyn 5, whom we love spending time at the park and SeaWorld with, it is

always an adventure.

I have been in the teaching and coaching profession for the past 13 years. My last four years coaching were spent at Jourdanton High School in Jourdanton, Texas, were I had the privilege of becoming the head girls'

basketball coach for the past 2 years.

I am excited about joining the Texas Girls Coaches Association team and being able to help out coaches and players through a different perspective.

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KEY POINTS CONCERNING HAVING A VALUES-BASED PROFESSIONAL PHILOSOPHY

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 Colossal clarity. Values are priorities that serve as a person's filter concerning how he or she will act and react to the circumstances he or she confronts in life. In essence, they tell individuals how to spend their time V right here, right now. Priorities are important in the lives of professionals for two reasons. First, they enable people to focus on spending their time appropriately. Time is a person's most limited resource. It does not renew itself. Once a moment has passed, it's gone forever. Second, values help individuals stick to a clear and consistent course of action in their lives. In that regard, they serve as a compass that helps keep people on the proper path in life.

2 What's in a word? A variety of terms (e.g., values, morals, principles, ethics, virtues, etc.) can be used to express what an individual feels is important in life with regard to personal conduct. Although some distinction exists between each word, in general, they often are considered synonyms for each other. The key point is that each descriptor is a relative parameter of a person's behavior.

3 Moral bearing. Values provide the moral authority for who an individual is as a person. As such, the presence of ethically grounded principles can help instill a sense of legitimacy in a professional for a number of reasons, including the fact that it reinforces why that individual's opinions and efforts matter. All other factors being equal, a values-centered professional is more capable of inspiring confidence and rallying others to achieve a specific purpose.

4 A lasting impression. Values are like fingerprints V unique and personal. Individuals leave them all over everything they do. As a rule, the words and actions of a professional that are grounded in values-driven principles can leave a profound positive impression. In turn, behavior that is not rooted in a strong moral code is much less likely to be perceived by others in a favorable light.

5 The bright side. Research indicates that, in all likelihood, positive people will be more effective in what they do than negative individuals. Given the consequential impact that values can have on a person's professional destiny, it can be argued that individuals should make a concerted effort to keep their values positive. To a degree, the odds are that people with the right mental attitude are more predisposed to achieving their professional goals. All factors considered, the converse also is true.

6 A difference maker. As a rule, the essence of decision making is to decide among several possible choices. More often than not, every decision can present its own inherent challenges. As such, the more individuals know what their values are, the easier it is for them to reach a decision and address whatever problematic issues might exist in arriving at a particular course of action.

7 Don't settle for less. If individuals feel like they have to start compromising who they are as people and what is most important to them as human beings because of others, it is probably time for them to change the people around

them. While striking a balance between one set of circumstances and another possible option can be a suitable course of action, depending on the situation, it is never appropriate for a person to make accommodations for their values.

they may offer great opportunities for an individual to grow and learn. Arguably, life's ups and downs can provide windows of opportunity for professionals to engage their values, particularly in the context of addressing problematic matters.



photo courtesy Lisa Stephens

8 A test of character. If professionals don't stick to their values when they're being challenged or tested, they're not values V they're illusions of convenience. A willingness to overlook an occasional detour in their values means that a person's principles weren't grounded in the first place.

9 A blessing, not a land mine. In reality, challenging circumstances occasionally are part of a person's life. Far too often, however, many people view difficult times in an entirely negative perspective. In fact,

10 A bucket list for the soul. In essence, leading a values-based life is a choice. Although the core principles and values that guide a person's behaviors can be impacted by a myriad of factors (e.g., upbringing, peer influences, culture, etc.), individuals have the capacity to determine what values they hold dear and what governing principles (if any) may somehow be lacking in their lives. In the latter case, professionals probably need to recalibrate their priorities with regard to their values and conduct.

NEVER GIVE UP...



Three months after she won her battle with triple negative breast cancer, Catherine Edmonds was diagnosed with cervical cancer.

Thankfully, Catherine is an overachiever who is accustomed to raising above, one upping the challenge, and moving forward.

As an eighth grader, she flunked math. Thanks to a teacher who saw her potential in high school and invested in her, she went on to get her degree in math, then launch a career as an educator, first teaching math, the subject she once failed, and now leading a school system as superintendent of schools.

The focus of her life? To give back, to reinvest in children.

Having been the Cinderella in her own story many times before, cancer would provide several unique challenges and new perspec-

tives:

As a single mother, she worried about her son's journey as he went into his senior year of high school.

As an educator, passionately advocating for children, how would she continue to give tirelessly to the children she had devoted her life to serving?

Catherine is a strong woman, strong for herself, always strong for others. Learning to be the recipient of the strength of her family became therapeutic for all.

There were times during her chemotherapy when she wanted to give up. There were times hope was hard to see. Ultimately, it was the very thought of giving up that pushed her to a place of empowerment, a place of courage and grace. She found her determination in her hardest thoughts and darkest moments.

She would go in for chemotherapy and from one

treatment to the next, some women would no longer be there. It was a startling reminder that her own journey could end in similar fashion. "When you realize you may not have as much life ahead of you as you have behind you, you realize you need to prioritize," Catherine says. It is a thought that is never far from her mind.

Her story is one that shows us that in so many ways we are beating cancer.

She could have given up. It would have been understandable. But she did not give up. She pressed forward. And her example?

Now her son, a young man, serving in the United States Coast Guard, draws strength from knowing that "the woman [he] came from is strong; therefore, he must be too."

The children she impacts, the young educators she mentors? They see a relentless example that defines

both giving and strength.

This is the way we beat cancer, one woman at a time who is tempted to give up, but in the end—no matter when the end comes—refuses to give up. Together, we will never give up.



photo courtesy TiAndre' Sanders

To learn more about the Kay Yow Cancer Fund, visit KayYow.com.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13 Cross Country: District Certification Deadline Team Tennis: District Certification Deadline
14	15 TEAM TENNIS: BI-DISTRICT	16	17 Girls Basketball: First Day for Practice	18 TEAM TENNIS: AREA	19	20
21 UIL LEGISLATIVE COUNCIL MEETING, AUSTIN	22 TEAM TENNIS: REGIONAL QUARTERFINALS Cross Country: Regional Meet	23	24	25 TEAM TENNIS: REGIONAL TOURNAMENT	26	27 Girls Basketball: First day for Scrimmages Volleyball: District Certification Deadline
28	29 VOLLEYBALL: BI-DISTRICT, ALL CONFERENCES TGCA: Team Tennis Nomination Deadline TGCA: Cross Country Nomination Deadline	30	31 TEAM TENNIS: STATE TOURNAMENT			

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 Keith Pierce

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TGCA NEWS

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

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

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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.

