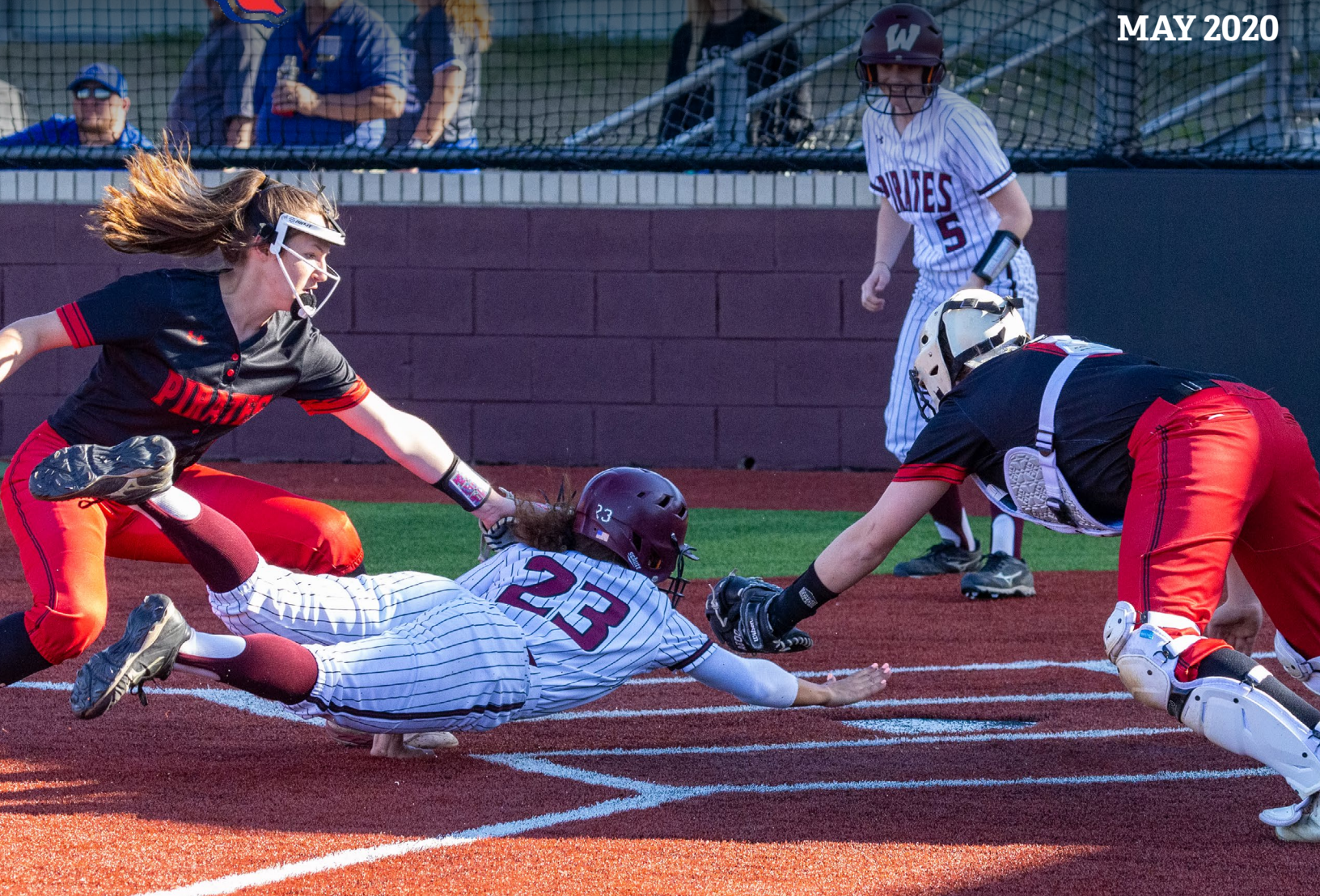




TGCA NEWS

MAY 2020



2019-2020 TGCA OFFICERS



President of TGCA
Astin Haggerty
Clear Springs HS



1st Vice President
Brad Blalock
Frisco Centennial HS



2nd Vice President
Colby Davis
The Colony HS



Past President
Jason Roemer
Lake Dallas HS



Executive Director
Sam Tipton
TGCA Office



Assistant Executive Director
Lee Grisham
TGCA Office



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Sam Tipton, TGCA

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By Nancy Lieberman, BSN Sports

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10 Tips for Building Strong Relationships in the Workplace

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

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*cover photo courtesy Heather Damron
left photo courtesy Brittany Lee*

LETTER FROM THE EXECUTIVE DIRECTOR



Sam Tipton | TGCA Executive Director

It is with great thought, planning and collaboration with the athletic administrators in Lubbock, Houston, and San Antonio that the Texas Girls Coaches Association announces these satellite clinics will not be held this year. This will allow all concentration to be devoted on the 2020 TGCA Summer Clinic to be held at the Arlington Convention Center in Arlington, Texas, on July 6 – 9. The office will be contacting any coach that has already registered for one of these satellite clinics in the near future. At this time, the El Paso Satellite Clinic in July and the CenTex Satellite Clinic in Austin in September are still being planned.

The Arlington CVB, Arlington Convention Center, and the Arlington hotels feel confident the TGCA will be able to conduct coaching school as planned. The Honors Awards Banquet

will be held at the Hilton on Monday, July 6. The All-Star games featuring Cross Country, Volleyball, Basketball, and Cheerleading will have 1A-4A on Tuesday, July 7, and 5A-6A on Wednesday, July 8. TGCA will be the first clinic of the summer to offer UIL CCP Certification, along with lectures designed for coaches of girls' athletics and cheer. In the event mandates are changed, and TGCA is not allowed to have an in-person convention, we are in the planning stage to offer a 2020 TGCA Summer Clinic virtually.

We encourage every coach of girls athletics and cheer to pre-register for the 2020 TGCA Summer Clinic. We have learned one major thing in these trying times; Loyalty to our profession, our student/athletes, and our association has helped us not only to survive, but to prosper for the future.



photo courtesy Alexandra Sanchez

Please go online and register for membership, 2020 TGCA Summer Clinic, and hotel reservations at www.austintgca.com. We have created a new payment option for you through the online system where you can register for Summer Clinic and renew your membership

now and print a PDF invoice to turn in to your business office for payment later if your school is going to pay those fees. You also still have the option of paying at the time with a credit card. We truly hope to see you at Summer Clinic this year.

TGCA STUDENT-ATHLETE RECOGNITION

The Texas Girls Coaches Association, along with our coaches and their athletes, were devastated when our schools were forced to close for the rest of the 2019-20 school year due to COVID-19. This action resulted in the elimination of the spring sports' seasons. TGCA is offering a template online for our coaches to be able to

print a Certificate of Senior Achievement for all senior athletes and senior support staff members that were unable to finish their seasons. We feel this is a way TGCA and our coaches can show our appreciation and recognition for these very deserving individuals. The certificate template can be found at this link:

http://www.austintgca.com/pdf/Cert_of_Senior_Achievement.pdf

It can also be found on the TGCA website under the Forms category in the menu on the left-hand side of the main page. It will also be located on each of the following individual sports pages: soccer, track, tennis, golf and softball. It is

in an editable PDF format, so that you can fill in the athlete's name, the school and the sport. This is for you to print and distribute, if you wish, to your senior athletes in these spring sports.

Sam Tipton
TGCA Executive Director

EMBRACE THE MOMENT AND PERFORM UNDER PRESSURE

Scott Mann Springtown HS | TGCA Softball Committee Chair



A champion is unflappable under pressure, they retain the ability to make good decisions, think clearly and attack the task in front of them with confidence, enthusiasm and tenacity. We face pressure in our daily lives at work, in school, from family members and friends, but it's in competition that athletes can experience incredibly high amounts of pressure. When performing under pressure some athletes are crushed, while others crush the competition, why is that? Every athlete feels some pressure when performing, the less prepared you are, the more pressure you're going to feel. No athlete is immune to pressure. Their heart rate rises, they breathe quicker, and depending on how well prepared and confident they are, pressure can make them perform better or worse. When we're under pressure we can make poor judgement calls, make mistakes and the game plan gets thrown out the window. Very few athletes think about how they're going to handle high pressure situations until it's too late and they're in the thick of it. Most will simply model what they've noticed others doing and hope it works, sometimes it does, most often it doesn't. The more important the outcome is to you, or the more uncertain of the outcome you are, the more pressure you'll feel. The pressure we feel is somewhat equal to our chances of winning, so the more thoroughly we prepare, the



photo courtesy Chris Schmidt

less anxious we should feel about competing. Sporting events fill athletes with anxiety for these reasons, winning is important to them, they want to avoid failure, and they can never truly know who is going to win. Pressure affects coordination, focus and judgement, increases your heart-rate, speeds up breathing and creates unwanted tension. Some of the best athletes in the world perform best when they compete like they have nothing to lose. Knowing how to manage pressure in the moment helps you to play closer to your potential, increasing your chances of success. Your goal in high pressure situations should be to reduce feelings of anxiety, embarrassment, fear and stress. Avoid becoming distracted, stay in the moment, and stay mindful of your behavior and deci-

sions, focusing on what helps you stay calm.

Here are some of the ways that athletes can reduce and better handle the pressure that accompanies competing and performing.

Embrace the Moment

Walk through the fire and embrace the moment, think of high pressure situations as challenges, opportunities to test yourself and have fun. Pressure can be a positive force, or an evil villain, depending on whether you view pressure as a challenge or a threat. A champion looks at a tough competition as a challenge to be met rather than a threat to back down from. Quitters use a tough break as an excuse to give up, champions use a tough break as a reason to drive themselves to work harder and achieve

more.

Remember You'll Have Multiple Opportunities

When you're feeling the pressure, remember that this is one of many opportunities that you'll have, you'll have plenty of chances to get it right and show what you're made of. When you know that you'll get another shot, you tend to feel less pressure. Think about it, it's reasonable and realistic to think that another opportunity will come your way, right? Thinking about a competition like it is your only opportunity to win, like it's do or die, isn't going to help you perform well. You'll just feel more pressure and make more mistakes, if you act like this is the only opportunity you're ever going to get.

Let Go of Winning & Don't Overtry

A useful tool in sport psychology is to let go of the need to achieve the outcome. Realize that all of the hard work is already done, all of your training will pay off and it is time to enjoy performing in competition. This works very well for some athletes when practiced mindfully, not so much for others, the tools you use will depend on you as an individual. If you are nervous about an upcoming competition or event, learn to let go of the pressure of winning. Do your best, if it doesn't work out accept it, learn from it and move on. But

Continued on Page 3

EMBRACE THE MOMENT AND PERFORM UNDER PRESSURE

Continued from Page 2

don't complain, don't dwell on it, champions don't complain, they work. The ability to take ownership of your shortcomings and admit that you made a mistake, is one of the simplest ways to take pressure off of yourself.

Understand the Situation

Sometimes in order to perform well, your best bet is to downsize the importance of the situation. A fighter who views the final round of a close fight as 'just another round' rather than a life and death proposition, is on their way to performing at their best. A fighter who sees that final round as do or die, the last round of their life, might not rise to the occasion and perform as well. The more important we believe an event to be, the more pressure we feel, sometimes the best way to rise to the occasion is to do our best but not make a big deal out of it. It may feel counter intuitive, but shrinking the importance of an event and minimizing its significance, can help take the pressure off. The thing to remember is, the worst that can happen is that you'll lose the competition. That's it, no big deal. And you can bounce back from that, no problem, you're strong enough.

Control your Breathing

Mindfully bring your focus back to your breathing whenever you feel your anxiety building, try to breathe naturally, evenly and deeply. In a competition when you're in a high-pressure situation, your

breathing will likely become short and labored, something that will negatively impact your performance. To quickly reduce feelings of anxiety, focus on your breathing and depressurize the situation. I talk a lot about focusing on the things in your control with my athletes, your breathing is one of those controllable things, it can help bring you back from the edge of panic and back to the present moment.

Focus on the Task not the Outcome

Most athletes who perform well aren't thinking about the outcome, they're immersed in the process, focusing on their activity in the moment. Maintaining focus on the process helps to depressurize things by preventing distracting thoughts from diluting your concentration and it cues you to do the things that you have to do to perform well. Stay in the moment and understand the situation that you are facing, focus on what is happening now, rather than what has, will, might, or should be.

Control the Controllables

We often feel pressure because we focus on things that we can't control, focusing on uncontrollable fills us with anxiety and increase the pressure that we feel. Champions have an intense focus on what they can control, the things that matter most to ensuring they perform at their very best. Their breath, their thoughts, their visualization and self-talk, their strategy, their game plan and their effort. Think about the eye of the hurri-

cane, the calm center in the eye of a storm. No matter how intense the storm is around it, that calm center is always there. We all have that calm and tranquil place inside of us, the champion within us helps us keep our composure no matter what happens. In that place, we can choose how we respond, rather than reacting with emotional knee jerk reactions. Sports in flow are about finding that calm place within us and staying there throughout your performance, focusing on the process no matter what is thrown your way.

Remember That You Belong Here

You've got to trust your game. Even very talented athletes can become hesitant and indecisive when under pressure, they stop trusting their game. Turn off your analytical mind, stop thinking so much and start trusting your game. Athletes who hesitate make mistakes, you must fully commit to every action, and if you doubt yourself then your body will freeze up, stop thinking so much and trust yourself. Remind yourself that you deserve to succeed, you deserve

to be here. The past does not equal the future unless you live there, just because you've screwed up or slipped up in the past doesn't mean that you can't succeed right now. Just because you failed yesterday, last week, last month or last year means nothing today, all that matters is what are you going to do right here, right now?

Accepting the Role of the Hero and Perform Under Pressure

True heroes display humility, they are leaders. I think every one of us from coaches to athletes struggle from time to time on displaying humility. Humility is knowing the difference between those things that we have the power to change and those things we do not. Humble people know the only things they really have control over are their own attitudes, intents and actions. Humility is also the grace and willingness to admit that we are not always right. Be humble if you are the hero, be compassionate, fearless, selfless and persistent and remember confidence lies on the inside!

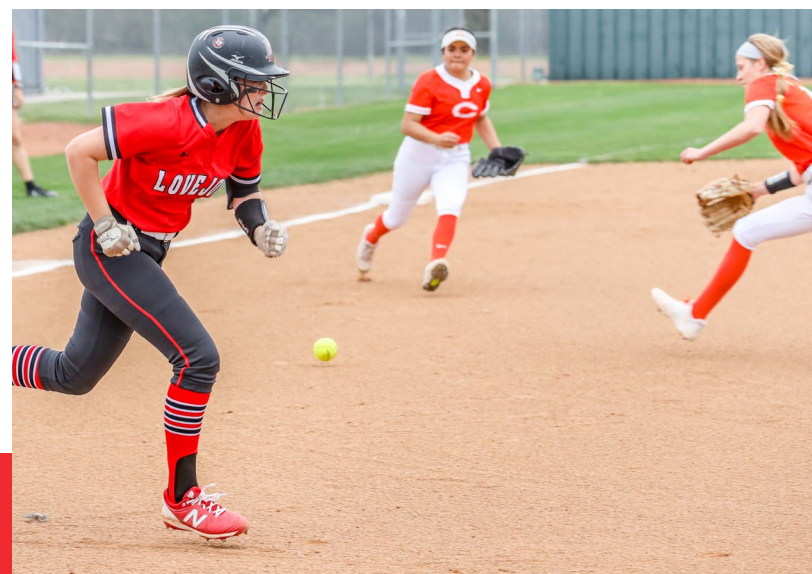


photo courtesy Brittany Lee

2020 TGCA HALL OF FAME INDUCTEES



NANCY WALLING
PFLUGERVILLE HS (RETIRED)
KAY YOW FOUNDATION

With 30 years of award-winning coaching (27 as a head girls basketball coach) in the Texas high school coaching ranks, Nancy Walling (Texas '83) served as Athletic Coordinator and head basketball coach at Class 6A Pflugerville High School in Pflugerville, Texas, located outside of Austin from 1989-2014.

Walling served as head coach at Pflugerville for 25 years and led the Panthers to 18 state playoff appearances. Pflugerville advanced to the state tournament final four semifinals four times: 1993, 2005, 2009, 2013.

Walling was a finalist for Women's Basketball Coaches Association (WBCA) National Coach of the Year honors in 2009, and finished third in the national voting. She led Pflugerville to six national high school Top 25 year-end rankings.

Under Walling, Pflugerville won its district championship 13 times in her tenure, including eight out of the final 11 years she led the program. In her last eight years at Pflugerville, Walling led the Panthers to a 268-36 record (an impressive 88.2 winning percentage).



LANEIGH CLARK
PEARLAND HS

Coach Laneigh Clark is a native of Houston who graduated from J. Frank Dobie High School in Pasadena. Clark earned her B.S. degree in Education from Louisiana Tech University. At Louisiana Tech, she played softball for the Lady Techsters, participating in three College World Series and four Regional Tournaments. Clark played on a team that was ranked as high as No. 2 in the nation and played every position except pitcher.

Clark, who has been coaching for 33 years, began her career coaching softball and basketball at Haughton High School in Louisiana. She was then the head softball coach at both Centenary College and Sam Houston State University. Coach Clark became the head coach at Pearland High School in 1998. In her 22 years at Pearland, the Lady Oilers have won nine district Championships and been runner up another eight times. She has been named the District Coach of the Year nine times, and Texas Girls Coaches Association Coach of the Year in 2009, 2011 and 2016. During Clark's tenure, the Pearland Lady Oilers have reached the state tournament



LEE GRISHAM
WIMBERLEY HS (RETIRED)

Lee Grisham retired from public education in 2011 and compiled an overall record of 559-183. A graduate of Southwest Texas State, he coached a variety of age groups, during his 30 year coaching career. This includes middle school and high school, at the 2A, 3A and 4A classifications. His first job was at New Braunfels Middle School in 1981, where he coached 7th grade football, 8th grade basketball and 7th/8th boys and girls tennis. The next five years, he was the head volleyball, JV girls basketball coach and the high school tennis coach at San Antonio Cole HS. In 1996, he moved to Wimberley, where he was named the head volleyball coach and head tennis coach. He coached at Wimberley for 15 years (1996-2010) and compiled an overall record of 495-111, with 6 State Championships in 9 State Tournament appearances. His teams won District Champs 14 straight years and were at least Regional Qualifiers 13 times out of 15. While at Wimberley, he created No Shortcuts Volleyball. During this time, he traveled Texas in the summer where he did over 175 camps and hosted a dozen coaches clinics. In

Continued on Page 5

2020 TGCA HALL OF FAME INDUCTEES

Continued from Page 4

WALLING

with two state tournament semifinal showings, five national high school Top 25 rankings, and seven regional tournament appearances. In this span, Walling's Panthers averaged 33.6 victories per season.

Her overall varsity coaching record is 647-255 (902 games), for a winning percentage of 72 percent. Under Walling, Pflugerville dominated its district competition as she led the Panthers to an overall record of 234-76 in all-time district play.

Prior to coaching at Pflugerville, Walling was women's athletic coordinator and head girls basketball coach at Belton (Tx.) H.S. from 1987-89; she began her coaching career as a three-year assistant coach at Pflugerville H.S. (1984-87).

GRISHAM

2004, he was named Coach of the Year by the National High School Coaches Association. In 2006 he was named CenTex Coach of the Year by the Austin American Statesman and the Texas Sports Writers Association. In 2003, he was named the Mizuno Texas Coach of the Year and LoneStarVolleyball.Com, Coach of the Year and Cen-Tex Coach of the Year by Austin American Statesman. In 2002 and 2001, the Texas Sports Writers Association selected him as the 3A Coach of the Year. In 2001 and 1999 he was selected by Texas Girls Coaches Association as an All-Star Coach. He completed two terms as the President of Texas Girls Coaches Association (2008-09, 2009-10). He currently serves as the Assistant Executive Director of the Texas Girls Coaches Association. He has been married to his wife, Lauri for 23 years. They have 3 children, Jesi, Jacob and Daneen, and 7 grandkids.

CLARK

on four occasions (2009, 2010, 2011, 2016). The 2009 and 2016 runs both ended in runner-up finishes. In 2010, the Pearland Lady Oilers captured the 5A State Championship, not allowing a run in either the semifinal or the final. Coach Clark also received the Pearland Chamber of Commerce Citizen of the Year award in 2010. In 2011, she was honored with the Citizen of the Year Congressional Award. In addition to her individual honors, the coaching staff at Pearland High School has received the National Fastpitch Association Regional Coaching Staff of the Year award in 2009, 2010, and 2016.

The veteran coach has served on many different committees for the National Fastpitch Coaches Association, including serving as the organization's High School representative. Clark has coached NFCA All-Americans and Academic All-Americans, as well as NCAA Academic All-Americans. In addition to receiving awards at the national level, players at Pearland HS have been honored with 100+ state awards, including TGCA All-State, TGCA Academic All-State, TSWA All-State and TGCA All-Stars in her tenure at Pearland. Coach Clark was recently selected as Teacher

of the Month at PHS, and has earned the Coach of the Year from PISD administration. In 2008, she received the Charlie Maiorana Award by the Houston RBI Foundation. In 2016, Coach Clark received an NFCA 600 Career Victory Award; and, in 2017, she was honored by the TGCA for 500 victories while coaching at Pearland High School. Perennially, the Pearland Lady Oilers see the majority of their graduating senior student-athletes sign to play collegiate softball. Former Pearland Lady Oilers have played across the nation in conferences including the Southland, Big 12, Big East, SEC, Ivy league, and PAC 12. In addition to her coaching duties, Coach Clark is the Girls Athletic Coordinator at PHS. She has also been an integral part of organizing multiple successful fundraisers for members of the PHS family and the Pearland community at large.

Coach Clark is married to husband, James, who is a Karate Instructor in Pearland. Coach Clark enjoys spending time with her three dogs, Champ, Lucky, and Max, watching sports, and socializing with friends.



photo courtesy Chris Schmidt

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

TEXAS PRESS ASSOCIATION

Texas Press Association is the voice of the state's newspaper industry.

The association promotes the welfare of Texas newspapers, encourages higher standards of journalism, and plays an important role in protecting the public's right to know as an advocate of First Amendment liberties.

More than 135 years ago, 77 Texas newspaper publishers made the long journey across Texas to the fledgling town of Houston to establish a statepress organization. On May 19, 1880, the association was founded, and J.W. Fishburn of the Mexia Ledger was elected the first president. Today, TPA continues to be the trusted source that Tex-



as publishers turn to for information on editorial, advertising, postal, legal and legislative issues.

TPA is a non-profit trade association with two affiliates: Texas Press Service Inc., the for-profit advertising and sales arm of TPA; and the Texas Newspaper Foundation, a 501(c)(3) nonprofit corporation. TNF supports education and training opportunities for working journalists.

Texas Press Association is governed by a 30-member board of directors. This diverse group is composed of five elected officers, the executive director, six elected directors, eight appointed directors and 10 officers from the state's five regional press associations. With the assistance of volunteer committees, the support of its officers and directors and strong cooperation from members, TPA staff provide a comprehensive service program that fosters strong newspapers.

SPORTSWRITERS OF THE YEAR

FELIX CHAVEZ EL PASO TIMES DIVISION I

Chavez has been covering West Texas sports since joining the El Paso Times in 2009.

He started his career in 1996 as a stringer for his hometown newspaper, the Albuquerque Journal, where he covered high school and college sports.

His first full-time job came in Hobbs, NM before moving to Las Cruces, NM. There he spent almost a decade covering boxing, horse racing, college athletics, and of course high school sports. He covered many a high school state tournament in various sports, NCAA Tournaments, NIT Tournaments and plenty of big boxing matches and horse races.

"I have covered so many great people in El Paso and around Texas in various sports," Chavez said. "The people I have met, the relationships I have developed, mean so much to me. I hope to continue to be blessed by working in El Paso and Texas."



CHUCK GRAFE HALLETTVILLE TRIBUNE-HERALD DIVISION II

A four-sport athlete in high school, Grafe got his start in journalism writing for the school newspaper.

Graef attending Victoria JC and graduated from Southwest Texas State before serving two years in the U.S. Army.

He started writing part-time for the Hallettsville Times-Herald in 1974 as a hobby, before moving to full-time in 1987. He covers both Hallettsville HS and Sacred Heart Catholic HS, along with city council and school board meetings. Grafe is also a photographer for the newspaper and prefers old black and white photos compared to digital.

"The thing I like most about my job is getting to know the kids," Grafe said. "Just like coaches, I'm in it for them and there are some great ones out there."

Grafe is a member of the VFW, American Legion, and Vietnam Veterans of America. He also serves on the Hallettsville Golf Association Board of Directors.



2019-20 SUB-VARSITY/MIDDLE SCHOOL COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Missy Pump	Medina HS	Sub-Varsity Cross Country	1A-4A
Chad Coffey	Dallas Highland Park HS	Sub-Varsity Cross Country	5A-6A
Kristy Bradford	Needville HS	Sub-Varsity Volleyball	1A-4A
Phyllis Brahinsky	Lake Dallas HS	Sub-Varsity Volleyball	5A-6A
Amanda Chambers	San Angelo Central HS	Sub-Varsity Cheerleading	5A-6A
Carol Hargadine	Schulenburg HS	Sub-Varsity Basketball	1A-4A
Chelsey Montanez	Joshua HS	Sub-Varsity Basketball	5A-6A
Candra Crittenden	Springtown MS	Middle School Cross Country	1A-4A
Jillian Gonzales	Gonzales JHS	Middle School Volleyball	1A-4A
Clara Duelm	La Vernia JHS	Middle School Cheerleading	1A-4A
William Daughtery	Smithson Valley MS	Middle School Cheerleading	5A-6A
Elynn Avery	Ponder MS	Middle School Basketball	1A-4A
Douglas Hampton	Craig MS	Middle School Basketball	5A-6A

2020 TGCA SUMMER CLINIC

**ARLINGTON CONVENTION CENTER
ATHLETIC & SPIRIT DIVISIONS
JULY 6 - 9, 2020**

Itinerary

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, www.austingca.com, under the All-Stars tab in the menu across the top of the page.

The TGCA Honor Awards Banquet will be held Mon-

day, July 6, 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 16th. 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 16th.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found

on the TGCA website, www.austingca.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 "2020-21 Printable Membership Form".

The 2020 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austingca.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 "2020 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2020 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2020 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](#)

FAQ

- > [All-Star Info](#)
- > [HS Coach of All-Star](#)
- > [TGCA All-Star Coach](#)



photo courtesy Heather Damron

2020 SUMMER CLINIC HOTELS AND RATES

HOTEL INFORMATION

Hotel online reservation services will be available on the TGCA website March 16th. Go to the TGCA website, austingca.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 16)

*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 16.***

CROWNE PLAZA ARLINGTON
700 Avenue H East
\$129.00

DOUBLETREE ARLINGTON DFW SOUTH
1507 North Watson Road
\$129.00

HILTON ARLINGTON
2401 East Lamar Blvd
\$147.00

HILTON GARDEN INN DALLAS/ARLINGTON
2190 E Lamar Blvd
\$ 135.00

HOLIDAY INN ARLINGTON NE
1311 Wet N' Wild Way
\$109.00

LAQUINTA INN & SUITES ARLINGTON NORTH
825 North Watson Road
\$125.00

SHERATON ARLINGTON
1500 Convention Center Drive
\$142.00

We thank you for your continued support of TGCA and look forward to seeing you at the 68th TGCA Annual Summer Clinic in Arlington July 6-9.

TGCA 2020 SATELLITE SPORTS CLINICS

TGCA will be hosting five Satellite Sports Clinics in 2020. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.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. If you have changed schools, please contact us. You cannot do that on-line. Agendas for all

clinics are available on the website, and will be updated as speakers 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.

2020 EL PASO SPORTS CLINIC

Chapin High School
7000 Dyer St., El Paso, Texas
July 16

[Agenda](#)

[Registration Form](#)



2020 CENTEX SPORTS CLINIC

Location: TBA
Date: TBA

[Agenda](#)

[Registration Form](#)

DUE TO CIRCUMSTANCES BEYOND OUR CONTROL WITH COVID-19, TGCA HAS CANCELLED THE REGION I & II LUBBOCK SPORTS, CLINIC, THE HOUSTON SPORTS CLINIC AND THE SAN ANTONIO SPORTS CLINIC.

2019-20 MEMBERSHIP YEAR ENDS MAY 31ST, 2020. RENEW YOUR MEMBERSHIP TODAY SO THERE'S NO LAPSE. IF YOU DO IT TODAY, YOU DON'T HAVE TO WORRY ABOUT THAT NOVEMBER 1ST MEMBERSHIP DEADLINE FOR HONORS FOR NEXT YEAR.

COVID-19: UIL ACTIVITIES UPDATE



UIL schools may, but are not required to, begin Summer Strength and Conditioning, Skills Instruction and Marching Band Practices and Rehearsals on June 8, 2020. The requirements can be found in the Athletics and Music COVID Informa-

tion pages listed below. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

[COVID-19 Athletics Information](#)



photo courtesy Logan Lawrence

2020 EXHIBITOR INFORMATION TGCA ANNUAL SUMMER CLINIC

The Texas Girls Coaches Association is the only state-wide organization composed of coaches of girls' athletics, and governed by coaches of girls' athletics. The TGCA sponsors the only summer clinic for coaches of girls athletics aimed at improving the total school educational program. Organized in 1953, the TGCA has seen consistent growth with Summer Clinic attendance exceeding over 5,000 coaches in many of our years.

During our Clinic, Exhibitors are offered an ideal opportunity to visit with coaches and display new products and equipment. Exhibitors are encouraged to reserve booth space now as booths are available on a first come-first serve basis.

1 Booth-\$450
Additional Booths-\$400 each

Standard Booth:

-Space consisting of a curtained back wall
-8 feet in height and dividing side rails 3 feet in height
-10' x 10' including a 6-foot skirted table with 2 chairs.

*TGCA is unable to "hold or reserve" spaces.

All contracts should be turned in with FULL payment in order to secure your booth of choice.

For more info, please visit our website

www.austintgca.com and

click on "Exhibitors"

Exhibit Hall Hours

Tuesday: July 7

Set Up: 7:00AM-11:00AM

Open: 12:00PM-5:00PM

Wednesday: July 8

Open: 8:00AM-4:00PM

Breakdown: 3:30PM-6:00PM

Contact for More Information

Lisa Rodriguez

Administrative Support Staff

P.O. Box 2137

Austin, Texas 78768

Phone: (512) 708-1333

Fax: (512) 708-1325



photo courtesy Chris Schmidt

2019-20 TGCA NOMINATION FOR SPRING SPORTS

Due to the cancellation of spring sports by the UIL, the only honors by TGCA for Soccer, Track & Field, Tennis, Golf and Softball in 2019-20 will be for Academic All-State. All other nomination categories have been turned off in the system. All committee meetings for Track and Field, Softball and Sub-Varsity have been cancelled. Please be sure to get your Academic All-State nominations done. Those nomination deadlines have not changed. We are as unhappy about this as you are. However, without a state tournament, we have no way for our committees to meet to select honors, and without the season being completed, it would not be fair to all athletes and coaches. We WILL get through this. Let us know if you have questions. Stay Safe!

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



photo courtesy Kelly Bonehill

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/sqM9W.

HOW TO CONTINUE TO IMPACT YOUR STUDENT-ATHLETES DURING COVID-19



Nancy Lieberman | BSN Sports

I know this is a challenging moment in time and there is no place you would rather be than on the court or field with your team celebrating a victory or the end of the school year. There is still a way for you to impact the success and motivate your student-athletes, so they will come out of this stronger and ready to compete.

You can check out my previous article on embracing the “mamba mentality” during this time to help stay active and sports ready at-home here. It is also just as important to be focused on how you can continue to guide and influence your athletes when you are not in the same room together.

<https://youtu.be/algJhdv4AwY>

Stay in Touch with Your Athletes

First and foremost, make sure your student-athletes know that you are there for them. Whether it's texts, phone calls, social media, virtual meetings there are so many ways to reach out. BSN SPORTS has developed free digital e-cards online tool for coaches to send to their athletes to let them know they are here for

them, celebrate a great season, or just provide some words of encouragement. Everyone is in a different situation at-home and it is so important to let them know that they still have a support network outside their home.

Break Down Film

We all have a bit of extra time right now, and likely are spending more time behind a screen. Take this chance to continue to provide positive reinforcement and teachable moments to your athletes. If you have film from old games or practice break it down for each player on your team. A simple way to do this is to provide two “positive” clips reinforcing their best skills to help build their confidence and lean-in to their strengths; and two “teachable” clips to highlight areas of their game that they can improve. While you may not have your team for in-person practice and games this is a great way to continue to coach from the sidelines at home.

Encourage Healthy Eating Habits

Obviously home-cooked meals are the focus right now. The key is ensuring

your body is getting the right vitamins, nutrition and staying hydrated. Below are simple daily nutrition approaches I've been focused on for myself and my son, TJ, during this time at home:

- Take daily vitamins: Vitamin C, Zinc, B-12, D-3
- Stay Hydrated: Water, water, water, veggie juices, orange juice
- Cook smartly with three-balanced meals a day

If you know of food shortages, or issues at your athletes' homes, many schools and food programs are providing access to bagged lunches. Get involved and help provide those resources if you know your athletes may be struggling at home with food access.

Encourage Staying Active

Getting out of the house in the fresh air is key to balance right now (with social distancing). You don't need a gym to stay active. My son and I have come up with some fun, innovative activities using what we have around the house to enhance our physical activity. Every day

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photo courtesy CeCe Oden



photo courtesy Alison Baird

HOW TO CONTINUE TO IMPACT YOUR STUDENT-ATHLETES DURING COVID-19

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we've been putting in 4-5 sets of 15 reps each of these simple exercises:

- Dips
- Lunges
- Step backs
- Squats (You can use your body weight, or hold something heavy – I've held my dog)
- Curl containers of Milk
- Sit-ups (targeting low and high abs)
- Push-ups
- Burpees
- End with a 2-minute plank

There are many free online resources to at-home workouts that require minimal to no fitness equipment. Encourage your athletes to do something active every day, even if it is just getting outside to go for a walk. It will not only help with the obvious benefits of staying in shape, but it will also help their mental health and get those endorphins pumping.

Accountability

No excuses. No explanations. I firmly believe in accountability and reiterate this with my team. I am accountable to them to be there as their coach and leader. My athletes are accountable to me whether it's giving 100% at practice or executing the right plays during games. You can set that tone of accountability even while your athletes are at home. Staying in touch, breaking down film, encouraging healthy eating and staying active are all ways to help your athletes stay accountable and game ready.



photo courtesy Chris Schmidt

We have a new norm. We all need to shift and flex. This downtime at home can give you and your team an opportunity to prepare to get back out there stronger than ever before. There is a lot we can't control, but you can continue to be a resource and guide your athletes during this time.

Free Coaching Clinic Webinars

BSN SPORTS has turned their coaching clinics into virtual webinars, so coaches can attend from the comfort and safety of their homes. These coaching clinic webinars are hosted by Olympic Gold Medalists, former professional players and coaches. The webinar topics range from speed and strength, softball, volleyball, soccer, swimming, basketball, track and lacrosse and wrestling. Check out the schedule and RSVP to upcoming webinars here.

BSN SPORTS Women

At BSN SPORTS, we realized there was a clear need to elevate women's sports at all levels. From providing more support to coaches of female athletes, to connecting women working in the sports industry, we're committed to doing our part. Because of this, we've made it a priority to uplift and empower women in sports through our key partnerships, programs and content.

Learn more about the other BSN SPORTS women's initiatives here.

BSN SPORTS Customer Service Hotline

If we can help you in any way during this difficult time, please don't hesitate to reach out to your local Sales Pro, or our Customer Service hotline, 1-800-856-3488.

Stay Safe.



BSN SPORTS

2020-21 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, on-line membership renewal and clinic registration for the 2020-2021 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2019-2020 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or

email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.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 experi-

ence. You need to be sure and keep that up to date to build your on-line 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 on-line 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 on-line security code and NOT

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photo courtesy Chris Schmidt

2020-21 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 12

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 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 on-line 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 2020 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



photo courtesy Chris Schmidt

of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2020-21 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you 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 on-line. 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 2020-21 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 assigned 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, www.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.

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2020-21 year, beginning June 1, 2020 and ending May 31st, 2021. Please be sure that is what you intended to do. You may still print a 2019-20 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

11

TIPS FOR BUILDING STRONG RELATIONSHIPS IN THE WORKPLACE

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 BE CAPABLE AND CULTURAL. Enhance your ability to establish a connection with someone at work by being a person who can be counted on to do what you say you will do and to take responsibility if everything does not turn out exactly as planned. No one truly likes someone who is not dependable.

tion of the classic Otis Redding song, “Respect,” nailed it — people want and need to be held in righteous regard.

3 BE A GOOD LISTENER. Lend an ear. Hear what your coworkers are trying to say to you. Arguably, successfully interacting with someone entails both listening and discerning what they are trying to commu-

nicate to you. A nonverbal form of flattery, listening can help those to whom you are speaking feel valued and supported.

5 BE MINDFUL. Practice a deeper level of awareness with regard to your words and your actions. In other words, always consider your words before you actually say them or what you plan to do before really doing it. Always keep in mind that you can’t “unring a bell once you ring it” (i.e., “can’t put the genie back in the bottle”). If you say or do something that damages your relationship with a coworker, the effect can be long lasting if not permanent.

6 BE A PROPONENT OF THE “GOLDEN RULE.” Treat your coworkers as you would like them to treat you. In that regard, emphasize and practice a values-orientation approach to what you do at work and how you interact with others. Be honest, trustworthy, and ethical at all times. Be known as a person of resolute integrity.

7 BE GENEROUS WITH YOUR TIME. Never forget that giving your time to someone is one of the most valuable (and thoughtful) gifts you can bestow on another person. You only have so much time in your life. As such, you are giving them a part of your life that you can never get back. As a rule, individuals who are on the receiving end of your time will recognize it for what it is — a measure of goodness on your part.

8 BE AWARE OF YOUR BODY LANGUAGE. Know that your body can speak volumes when interacting with someone else. Smiling and maintaining eye contact can be effective ways to enhance how other people perceive that you feel about being around them. In turn, rolling your eyes, shaking hands weakly, crossing your arms or legs, constantly checking your watch, and touching your face during conversation are examples of gestures that you should avoid if you’re trying to connect with someone.

9 BE OPEN TO GIVING (AND RECEIVING) CONSTRUCTIVE FEEDBACK. Be cognizant of the fact that offering a person meaningful feedback is a demonstrable way of trying to help and support that individual. All factors considered, it is an act of “caring and sharing” — caring enough about the coworker to give that person information that can assist him or her personally or professionally (e.g., in his or her career). Accordingly, it should be perceived as an act of trying to boost that person, rather than to tear him or her down.

10 BE POSITIVE. Never forget that, as a rule, no one likes to be around negativity. Life, including the workplace, can be challenging enough without being unduly exposed to someone who displays an ongoing negative attitude. All factors considered, a positive person focuses on the bright side of life — health, happiness, and success. Most individuals tend to ascribe to the belief that if you expect the best, your chances of getting the best are enhanced... and vice versa.



photo courtesy Kevin Mills

2 BE RESPECTFUL. Treat your coworkers with courtesy and deference to your opinion that they have value in the workplace. The underlying goal is to establish mutual respect. You exhibit respect toward them, and they reciprocate. Aretha Franklin’s ver-

nicate to you. A nonverbal form of flattery, listening can help those to whom you are speaking feel valued and supported.

4 BE OPEN MINDED ABOUT INDIVIDUAL DIFFERENCES. Never forget that every person is different. As such, each individual has a



MAY 2020

At a time when so much has changed in our world, we are taking this opportunity to reflect on what remains constant...YOU! We are incredibly thankful for your support and involvement in the Kay Yow Cancer Fund.

Over the past few months, together we have made an incredible impact:

- The Kay Yow Cancer Fund awarded a \$100,000 grant to Tulane Cancer Center in support of a program to help minority populations overcome barriers to participate in clinical trials.
- The Kay Yow Cancer Fund Cancer Warrior Network launched, providing an online community for cancer warriors to connect and encourage one another.
- The Fund launched the HOPE4ALL digital platform in an effort to give hope and encouragement to all through a series of Facebook LIVE broadcasts.
- The 4th annual Celebration Run/Walk in Raleigh, honored cancer warriors, their families, and caregivers.
- Our Play4Kay movement occurred in all 50 states, raising money in support of the fight against cancer on behalf of the sports community and beyond.

We look forward, with great anticipation, to future celebrations. In the meantime, one thing is clear: **#CancerCantWait.**

NEW WAYS TO ENGAGE



**CANCER
WARRIOR
NETWORK**

JOIN TODAY!

Welcome to the Kay Yow Cancer Fund Cancer Warrior Network, a community for women who have received a cancer diagnosis at any time in their life.

Benefits of joining the Cancer Warrior Network include:

- Access to a private Facebook community that allows you to meet Cancer Warriors from across the United States
- Live, member-only weekly Zoom calls, featuring interviews with inspiring women like ovarian cancer warrior and Olympic gymnast, Shannon Miller, and breast cancer warrior and Syracuse student athlete, Tiana Mangakahia
- VIP invitations to Play4Kay games and other Kay Yow Cancer Fund events around the country
- Exclusive Kay Yow Cancer Fund Nike Head-Tie

Questions?

Contact Jen Hoverstad

Director of Community Engagement

jen.hoverstad@kayyow.com

(919) 412-3420

JUNE / JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	June 1	2	3	4	5	6
7 TGCA: Board of Directors Meeting.	8	9	10	11	12	13
14	15	16 UIL: Legislative Council Athletic and Policy Committee meetings	17	18	19	20
21	22	23	24	25	26	27
28	29	30	July 1	2	3	4
5 TGCA: Board of Directors Meeting.	6	7	8	9	10	11
TGCA SUMMER CLINIC - ARLINGTON						
		TGCA: Spirit Committee Meeting.	TGCA: General Business Meeting.			
12	13	14	15	16 TGCA EL PASO SPORTS CLINIC	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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.



Whey protein packs a nutritional punch.
#DairyAmazing

<https://www.facebook.com/DairyMAXinc/videos/301045887478079/>



photo courtesy Logan Lawrence

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The power to do more



Varsity
Guy in the Yellow Tie



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TGCA NEWS

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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: austingca.com.

Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



@AUSTINTGCA