



TGCA NEWS



OCTOBER 2019
BREAST CANCER AWARENESS MONTH



2019-2020 TGCA OFFICERS



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FEATURE ARTICLES

Composure, Concentration, Confidence, Commitment

By Susan Brewer

TGCA Volleyball Committee Chair

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cover photo courtesy Jeff Coker

left photo courtesy Melissa Johnson

COMPOSURE, CONCENTRATION, CONFIDENCE, COMMITMENT



Susan Brewer Bellville HS | TGCA Volleyball Committee Chair

We began on August 1st, we played through tournaments in August, had team building experiences, began the academic school year, worked in the weight room, played lots of preseason games, sub varsity tournaments, and all to be ready for the district race. Now it is late October and we are finishing our district competitions, and the 2019 volleyball playoffs are right around the corner. Coaches have taught skills, planned practices, decided on offenses, which defense to play, and have been drilling the skills and systems, giving lots of rep-



photo courtesy Courtney Patton

etitions in practice and our teams have been playing lots of volleyball matches, where we make adjustments, line-

ups and substitutions, hoping to have our teams physically ready.

There are many charac-

teristics that make volleyball a challenging sport: the size of the athlete, ability to jump, dig and set with finesse, to perform with agility, and to be fit and strong. Volleyball is a fun sport that requires not only physical skill; it also requires a lot of MENTAL skill as well. On my point chart results page there are four ways to score positive points. On the flip side, there are eleven ways on my point chart for a player to error. Volleyball presents numerous opportunities for mistakes, and a simple mistake can

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VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Amy Mangum	Shallowater HS	3A	1
Haleigh Burns	Randall HS	5A	1
Mitzi Bell	Sweetwater HS	4A	2
Shay Cox	Wylie HS	5A	2
Yolanda Beasley	Castleberry HS	4A	3
Claire Gay**	Aledo HS	5A	3
Harold Davis	Farmersville HS	4A	4
Jenna Sickels	Greenville HS	5A	4
James Foster	TimpsonHS	2A	5
Terri Wade	The Woodlands HS	6A	5
Susan Brewer*	Bellville HS	4A	6
Brasndace Boren	Lake Travis HS	6A	6
Theresa Reyes	La Vernia HS	4A	7
Raul McCallum	Edinburg North HS	6A	7
Leigh Anne McIver	Devine HS	4A	8
Sylvia Sandoval	Franklin HS	6A	8

*Chair **Vice Chair



COMPOSER, CONCENTRATION, CONFIDENCE, COMMITMENT

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turn the game around in a heartbeat. Will your athletes make the needed adjustments and execute well or will they dwell on their mistake, perhaps setting themselves up for another?

Coaches talk about mental toughness, but since I am a curious coach, I believe that it deserves a little more specific exploring.

In Bellville, we talk about the 4 C's: Composure, Concentration, Confidence, and Commitment.

COMPOSURE is about emotional control. Thoughts lead to emotions and emotions affect performance, so players need to control their thoughts. Great players are not great because they are perfect; they are great because they have the almost perfect reaction to their mistakes. Our players need to be aggressive, but yet show poise. Composure and poise are the foundation for consistent play under pressure. When mistakes are made, you need to FLUSH it (mentally acknowledge your mistake, but be kind to

yourself), FIX IT (make adjustments) and FORGET (have a positive statement the player can go to). Hopefully, you coach your players to have a confident body language through mistakes. Mental routines are great for all players of every level. And we need to remember, doubts are normal, real toughness is how you move forward to the next point.

CONCENTRATION is staying in the present. There are three time zones for all players: past, present, and future. I had shirts printed for practice for a lot of years and on the front was just three letters WIN and it meant "What is Important Now". There are so many triggers that can project your players into the past with a mistake or the future outcome before they finish a match. It is so important to stay in the present. I believe this to be important for coaches as well. We talk about "trusting the process", so staying focused on the "Process Under Pressure" is the true key for all players. The attitude of a player should stay focused more on the 4 C's under pressure and

less on outcome, anxiety and consequences. Players can control poise, hustle, focus, and confidence.

CONFIDENCE is composure plus concentration! The more poised your players feel, it will breed more confidence. We expect our players to believe in themselves unbelievably, but know when to stay humble. I believe the harder you work, the more confident you will feel. Hard work leads to success. Therefore, in volleyball we practice plan for increasing work ethic and improving skills. We also teach our players to have a mental toughness routine for pressure situations. It is difficult but we work the process.

COMMITMENT can make or break a program. True commitment is "ALL IN" which is 100% verbal, physical, and emotional commitment. We all put our hands in the huddle, we all talk about our commitment, yet many are afraid of committing emotionally due to the risk. When matches do not go as planned, it hurts. So insure the players are processing goals that are specific, mea-

asurable, attainable, relevant, time bound, exciting, and rewarding. Insure that your team is aware of the variables it takes to WIN: team belief, self-belief, heart and hustle, talent level, and execution. Dare to Dream Big!! Learning and Practicing these 4 C's will help when difficult situations arise. It is like having a map of what to do, what to expect, and how to execute properly in that circumstance.

Volleyball players experience many different mental challenges throughout a game/match. Constant adjustments and problem solving is required. Knowing and practicing composure, concentration, confidence, and commitment can improve the mental fitness of every volleyball player, and reinforce their focus and concentration on factors they can control and help them realize better individual play as well as team cohesion. So along with the physical training, insure you are training those young minds! Good Luck in the District Competitions and the 2019 Playoffs!



photo courtesy Eric Miracle



Dave Sanders

photo courtesy Sydney Gotcher

REVISIONS TO SPIRIT DIVISION NOMINATION INSTRUCTIONS AND GUIDELINES

November 1st is the last date for Spirit Division coaches to become a member of TGCA and be eligible to nominate cheerleaders for Spirit Division Cheer honors and to receive honors themselves.

The Monday at noon before the UIL State Championships is the deadline for on-line nominations:

All-Star, Legacy All-Star, All-Star Coaches, All-State, Academic All-State, Cheerleader of the Year and Spirit Division Cheerleading Coach of the Year (Varsity/Sub-Varsity/Middle School). Varsity is considered the head coach. Sub-Varsity is grades 9-12 and Middle School is grades 7-8. Sub-Varsity and Middle School are new categories this year. All nominations must be made through the "Nominate Coaches" category on the TGCA website under the Spirit Division tab.

Nominations must be submitted on-line through the appropriate links located under the Spirit tab on the TGCA website.

Neither incomplete nominations nor nominations received after the deadline will be considered. In the event a recognition category has not been filled by the deadline, exceptions may be made at the determination of the Spirit Committee. A coach may reserve the right to remove his/her nomination at any time, including after selections have been made.

Academic All-State Guidelines:

1. Academic All-State cheerleaders MUST BE GRADUATING SENIORS.
2. Must have an overall GPA of 94 or above for grades 9 - 11. (Do NOT submit a nomination if your cheerleader does not meet this GPA requirement.) GPAs MUST BE SUBMITTED IN NUMERICAL FORM; i.e., 94 or above, NOT 4.0, 5.0, etc. DO NOT SUBMIT ON A POINT SCALE BASIS.
3. Must be a varsity participant in good standing, and be of good moral character.

All-Star Nomination Guidelines:

Cheerleaders being nominated must have participated in the UIL Spirit State Championships for that school year.

1. IMPORTANT -- Prior to nominating a cheerleader, coaches should confirm that if selected, the cheerleader can be present for the All-Star orientation and all activities. Cheerleaders unable to commit to this policy should not be nominated. The All-Star position is a great honor and cheerleaders should be aware

PRIOR to nomination that they are committed to follow policies of the Texas Girls Coaches Association.

2. All-Stars MUST BE INCOMING SENIORS.

3. Coaches may submit up to five nominations for All-Star, and nominations should be ranked 1-5 with the cheerleader receiving the highest level of recommendation from the coach being listed as #1.

4. No nominations will be accepted by telephone.

5. All-Stars will be selected in two divisions: 1A-2A-3A-4A and 5A-6A.

6. Only two cheerleaders per school can be named to an All-Star team during the initial selection process. Alternates will be ranked by the Spirit Committee and are not limited to the "twin" rule.

7. Cheerleading All-Stars may not also be Volleyball, Cross Country, Basketball, Track and Field or Softball All-Stars. If selected in a sport as well as in cheerleading, the cheerleader will have to choose only one All-Star activity to participate in.

8. Cheerleaders may be nominated for All-Star by any member coach in good standing of the Texas Girls Coaches Association. For an individual to be selected to an All-Star team, the head coach must be a member in good standing. The current head coach must be contacted for approval of the player being selected as an All-Star.

Red/Blue All-Star Selections:

The state is divided into Red and Blue sections for determining the All-Star teams. Refer to your TGCA REGION -- NOT UIL -- to determine which section you are in.

The RED section is composed of schools in TGCA Regions 1, 3, 4 and 6.

The BLUE section is composed of schools in TGCA Regions 2, 5, 7 and 8.

All-State Nomination Guidelines:

Cheerleaders being nominated must have participated in the UIL Spirit State Championships for that school year.

1. All-State cheerleaders are NOT required to be SENIORS.
2. Coaches may submit up to five nominations for All-State, and nominations should be ranked 1-5 with the cheerleader receiving the highest level of recommendation from the coach being listed as #1.
3. There shall be no limits on the number of cheerleaders from a school

that can be selected as All-State.

4. Up to 50 cheerleaders per conference may be selected for All-State.

Cheerleader of the Year Guidelines:

Cheerleaders being nominated must have participated in the UIL Spirit State Championships for that school year.

Nominees must fulfill the following requirements:

1. May be selected from any grade level from 9-12;
2. Be an outstanding cheerleader;
3. Demonstrate positive character



photo courtesy Jessica Tyler

traits (honesty, loyalty, leadership, cooperative attitude).

4. Final selection will be made by the Spirit Selection Committee.

Spirit Division Cheer Coach of the Year Guidelines:

With the exception of Middle School (grades 7-8) and Sub-Varsity (9-12 not head coach) Coaches of the Year, coaches being nominated for Varsity Coach of the Year (head coaches) must have coached team at the UIL Spirit State Championships in the year being nominated.

1. Only TGCA member varsity head coaches are eligible to nominate or win Varsity Coach of the Year. The head varsity coach of any cheerleader receiving an award must be a member in good standing by the membership nomination deadline. This also applies to Cheerleader of the Year honors.

2. The final selection will be made by the Spirit Selection Committee.

3. Each school can only nominate

one coach for each category;

4. Two coaches for each category (varsity, sub-varsity, middle school) will be selected: one from a 1A, 2A, 3A, or 4A school; and one from a 5A or 6A school.

TGCA Legacy All-Star Teams Selection Guidelines

The standing committees for cross country, volleyball, cheerleading, basketball, track & field and softball will review submitted nominations from their region and division for the Legacy All-Star team selections. The selections will be made from player nominations submitted to TGCA by their member coaches on or before the Monday

noon prior to the state tournament or meet of the particular sport. Selections will be based on the following criteria:

1. The nominated players must be graduating seniors.
2. The Standing Committee will select the best twenty (20) nominees in the particular sport and cheerleading in 1A, 2A, 3A, 4A and the best twenty (20) nominees in 5A, 6A.
3. The high school head varsity coach must be a member of TGCA in good standing before November 1st of that school year before the school is eligible to have an All-Star(s).
4. A coach may nominate as many graduating senior cheerleaders as desired.
5. The TGCA Legacy All-Star team members in each sport and cheerleading will receive a certificate from the TGCA recognizing their achievement of being named to the team. There will be no All-Star game performance for these teams.

MEET YOUR 2019-20 TGCA 2ND VICE PRESIDENT



Colby Davis *The Colony High School* | **TGCA 2nd Vice President**

High School Graduated From: Seymour High School.

College(s) Attended: Clarendon College, Texas Tech University.

Teaching Assignments: Physical Education.

Coaching Assignments: Assistant Athletic Coordinator and Head Girls Basketball Coach

What It Means To Be An Officer In TGCA: I am very humbled and honored to serve our coaches and female athletes in the great state of Texas as your 2nd Vice President. I want to thank the TGCA and its membership for giving me the opportunity to continue to help grow the greatest profession and coaching association in the world. I look forward to the next four years!



photo courtesy Jessica Tyler



photo courtesy Melissa Johnson

CROSS COUNTRY COMMITTEE

COACH	SCHOOL	CONF.	REG.
Ray Baca	Canyon HS	4A	1
Kevin Ufford	Amarillo HS	5A	1
Loy Triana	Burkburnett HS	4A	2
Deborah Gonzales	Wichita Falls HS	5A	2
Allex Wilson	Maypearl HS	3A	3
Greg Swearingen	Eaton HS	6A	3
Dana Carter	Daingerfield HS	3A	4
Clay Davis	McKinney HS	6A	4
Ryan Kelly	Woodville HS	3A	5
Vicki Bevan	Memorial HS	6A	5
Sharon Carter	Bellville HS	4A	6
Darcy Haxton-Jackson	Steele HS	6A	6
Kevin Johnson	Gonzales HS	4A	7
Vanessa Craft	Wagner HS	5A	7
Brooke Ashcraft	Bandera HS	4A	8
Ricky Santiago	Odessa HS	6A	8



photo courtesy Chris Schmidt

SIX WAYS TO HELP FEMALE ATHLETES BUILD MENTAL STRENGTH

By: Nancy Lieberman

“Sports are 90% mental.”

It's a common phrase heard from coaches across all sports, with people typically referring to the remaining 10% of the equation as “physical.” Although the origin and exact phrasing are unclear, many historians credit the quote to baseball legend Yogi Berra.

Regardless of what the complete percentage breakdown should be, one thing is clear: Mental toughness is one of the keys to success in sports.

To develop mental toughness on and off the court or field of play, athletes should know what their strengths and weaknesses are.

For younger athletes, this can be a good thinking exercise to start – have them pick five things they do well, and five things they think they need to improve. Encourage them to be honest and specific.

BSN SPORTS & TGCA Coaches Survey

When it comes to coaches of female athletes, the mental side of the game is a common focus.

According to a recent survey of more than 13,000 women's sports coaches conducted by BSN SPORTS and the Texas Girls Coaches Association (TGCA), “Psychological and Emotional Issues Among Players” was the second most significant challenge, ranked just behind “Funding and Budget.”

The question asked coaches to rate how challenging various issues are for them



photo courtesy Trinity Hennigan

on a least-to-most scale with varying options. The voting breakdown for “Psychological and Emotional Issues Among Players” was as follows:

- Not Challenging at All: 9%
- Somewhat Challenging: 52%
- Fairly Challenging: 28%
- Extremely Challenging: 11%

The results show a clear need to not only focus on the psychological side, but to make it a priority. This is why coaches should consistently try to help their players build mental toughness.

Here are some ways to help:

1. Deal with problems head-on

The longer you let problems linger, the harder it can be to figure out the solutions. Do your best to deal with issues as soon as they arise, and take pride once you're able to overcome them.

2. Guard your thoughts

You don't have to be an

open book and a compulsive confessor – sometimes it's best to keep some of your thoughts to yourself.

3. Use mental imagery; visualize

Whether it's the night before the game before bed or sitting on the bench during a timeout before the game-winning play, try to use your mind to visualize success.

Additionally, try to keep your mental imagery positive. I don't talk negative, so I don't have my monsters in my head. “See it, Say it, Be it” - you must see yourself being successful.

4. Take responsibility

Accountability is a common trait among successful teams.

Players who are honest and accountable with each other – and themselves – are often able to build trust with each other. Trust often leads to success, and success often leads to confidence. A confident team is a mentally tough team. No excuses, No explanations - if you are explaining your excuse you then you do



not want accountability.

5. Control your emotions

It's important that athletes' moods don't get too high or too low. Sports are typically a roller coaster with several lead changes and momentum shifts, but it can help players to keep their emotions balanced during the ups and downs of competition.

6. Don't be afraid of failure

I respect everyone and fear no one. We are always going to experience failure – and we're going to experience it often – but if we choose to accept it and learn from it, we can continue to grow and evolve, not only in our sport, but also in life.

A coach's greatest trait is to make players believe in themselves. If players feel diminished mentally, they can bring themselves down, and others on the team down with them.

Want more advice? Follow me on Twitter or Instagram @nancyliberman.

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. 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 our other women's sports initiatives [here](#).

UIL LEGISLATIVE COUNCIL MEETING RESULTS



October 21, 2019 UIL Press Release

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

The Legislative Council passed amendments to add pilot programs for the following activities:

- Water Polo Begins 2021-22
- Military Marching Band Begins 2020-21
- Instrumental Chamber Ensemble Begins 2020-21

In addition, the Council also passed an amendment to add Unified Activities as a pilot program beginning in 2020-21. Unified Activities is an inclusive sports program that provides student-athletes with and without intellectual disabilities

opportunities to participate in activities alongside one another.

The Legislative Council also approved an amendment to require area track meets starting next year, with a possible exception for districts with schools located more than 150 miles apart.

In music, the Council passed an amendment to hold area marching band contests annually starting in the 2020-21 school year for all conferences.

All rule changes approved during this meeting can be found on the UIL website: [Click Here](#)

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



photo courtesy Logan Lawrence

TEAM TENNIS STATE TOURNAMENT

Texas A&M University College Station, TX | October 30 - 31, 2019

Ticket Information

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

*must show membership card

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

Parking

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

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

[Spectator Parking Map](#)

Clear Bag Policy

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



CROSS COUNTRY STATE MEET

Old Settlers Park Round Rock, TX | **November 9, 2019**

Schedule

Girls 1A..... 8:30 AM
 Girls 2A 9:40 AM
 Girls 3A..... 10:50 AM
 Girls 4A.....12:00 PM
 Girls 5A.....1:10 PM
 Girls 6A..... 2:30 PM

Ticket Information

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

On-site ticket sales will be CASH ONLY.

** AN ATM WILL BE AVAILABLE ONSITE.

Public Parking

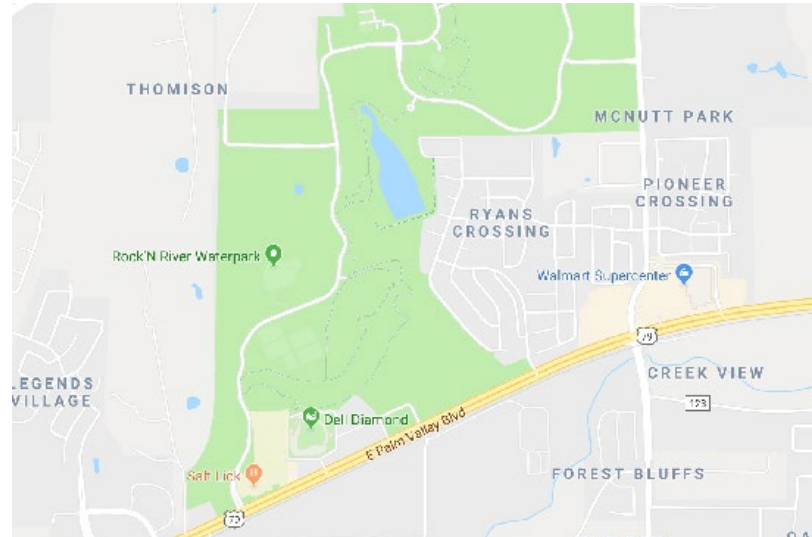
Parking and shuttle service will be available at the Dell Diamond parking area for \$5.00. CASH ONLY

Animals

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

Restrooms

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



VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | **November 20-23, 2019**

Schedule

Wednesday, November 20	Friday, November 22
Conf 1A Semi11:00 AM	Conf 5A Semi11:00 AM
Conf 1A Semi 1:00 PM	Conf 5A Semi 1:00 PM
Conf 2A Semi 3:00 PM	Conf 2A Final..... 3:00 PM
Conf 2A Semi 5:00 PM	Conf 6A Semi 5:00 PM
	Conf 6A Semi7:00 PM

Thursday, November 21	Saturday, November 23
Conf 3A Semi11:00 AM	Conf 3A Final.....11:00 AM
Conf 3A Semi 1:00 PM	Conf 4A Final..... 1:00 PM
Conf 1A Final..... 3:00 PM	Conf 5A Final..... 3:00 PM
Conf 4A Semi 5:00 PM	Conf 6A Final..... 5:00 PM
Conf 4A Semi7:00 PM	

Ticket Information

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

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

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



Parking

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

[WEDNESDAY](#)
[THURSDAY](#)
[FRIDAY](#)
[SATURDAY](#)

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

Clear Bag Policy

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

SPORTSWRITERS OF THE YEAR AWARD

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspa-

pers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than 20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote

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



photo courtesy Robyn Wunderlich



DAIRY MAX

Rehydrate, Repair, and Replenish with #ChocolateMilk
<https://youtu.be/1GIVSn-NMHA8>

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 on-line 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 \$70.00 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 \$140.00. You cannot do this on-line. You must send in the paper form by fax or email with credit card information.

You can renew your membership online at www.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 credit card information,

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

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

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

with Register My Athlete.

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

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

TGCA HALL OF FAME NOMINATION CRITERIA

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

the coaching profession.

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

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

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

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

YEAR INDUCTEE

1993	Natalie Gunter Sandra Meadows Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney

YEAR INDUCTEE

2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans
2009	Joe Lombard Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza

YEAR INDUCTEE

2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods
2014	Sue Cannon Rhonda Farney
2015	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe

YEAR INDUCTEE

2016	Barbara Comeaux Linda Richter Fred Griffin
2017	Jan Barker Rick Reedy Mike Martin
2018	Skip Townsend Cathy Self-Morgan Al Bennett
2019	Beverly Humphrey Susan Brewer Guyla Smith

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball and cheerleading are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle

school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School 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 or Middle School 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.

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

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

Nomination forms may be found on the TGCA website under "Forms" in the menu on the left-hand side of the

home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, February 26th, at noon.

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

YEAR RECIPIENT

2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. "Butch" Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett
2017	Mike Szymarek
2017	Lynn Davis Pool
2018	Billy Hicks
2019	Maria Kennedy



photo courtesy Tomika Crosby

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](#)
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.



photo courtesy Jeff Coker

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 after someone, or there are multiple schools with the same name, just start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the 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.

11

THINGS PEOPLE SHOULD KNOW ABOUT BLOOD CLOTS

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 A MIXED MESSAGE. Blood clots are gel-like clumps of blood. Sometimes, they serve a useful purpose; other times, not so much. When they prevent someone from bleeding too much when they hurt (cut or injure) themselves, they are helpful. On the other hand, when they form inside a vein or artery when a person hasn't been injured, they can be dangerous because they can result in a life-threatening blockage.

2 A NATURAL NECESSITY. Blood clots—good and bad—occur for a reason. The good clots form when blood cells, called platelets, rapidly move to an area of the body that has been cut deep enough to pierce the wall of a blood vessel. The proteins in the blood (i.e., the liquid part referred to as plasma) make platelets that stick to the hole in the skin resulting from the cut and form a sticky plug that prevents the blood from further flowing out.

3 BUMMER. The bad blood clots form when damage occurs to the lining of a blood vessel, either a vein or an artery. Blood also will start to clot either if it stops moving and becomes stagnant or if the person experiences a disease that causes the blood to clot abnormally. In addition, blood clots can form in the upper chamber of the heart (atrium) if the heart does not beat in a normal (regular) manner.

4 OMINOUS SIGNS. The symptoms of a blood clot depend on where the clot is located in an individual's body. For example, a clot in the leg is typically characterized by pain, redness, swelling, tenderness in the calf, and warmth. In the lung, the indicators are an ac-

celerated heart rate and chest pain that is exacerbated by breathing, coughing, and shortness of breath. In the abdomen, the cues are severe pain, vomiting, and diarrhea. In the brain (i.e., a stroke) symptoms include dizziness, loss of vision, sudden and severe headache, trouble speaking, and weakness in the face or limbs. In the heart (i.e., a heart attack), the common symptoms are chest pain, left arm numbness, lightheadedness, nausea, and sweating.

5 CONSIDERING THE ODDS. Individuals have an increased likelihood of getting a blood clot if they have one of the following conditions: atherosclerosis (the plaque that builds up in the arteries can break off), diabetes (plaque buildup), heart failure (the blood does not pump as efficiently as it should), obesity/overweight (plaque buildup), vasculitis (blood vessels swell and become damaged), and irregular heartbeat (blood pools).

6 LIFESTYLE MATTERS. How people conduct their lives can impact whether they suffer a blood clot. Among the lifestyle factors that can increase the risk of clotting are having an excessive level of body fat, smoking tobacco, being pregnant, sitting for prolonged periods, laying in bed for prolonged periods, and using therapies that modify body hormones.

7 AVOIDING TROUBLE. Prevention is key in clot formation. Although not all blood clots can be prevented, a number of them can. Two essential steps in that regard are for individuals to minimize their risk by giving lifelong attention to the factors that lead to plaque buildup (e.g.,

smoking, elevated blood pressure, high cholesterol, diabetes, etc.) and to be particularly vigilant if they have a family history of heart attack or stroke.

8 NOT TO BE TAKEN LIGHTLY. Once a blood clot forms in any blood vessel in the body,

9 HELPING NATURE TAKE ITS COURSE. Individuals who experience a blood clot typically are given anticoagulant medicine (aka, blood thinners). These medicines don't actually dissolve the clot. They do, however, stop the blood clots from forming or growing. Over time,



photo courtesy Jessica Tyler

it can break away and travel to other areas of the body. This turn of events can lead to serious health-related complications once the flow of blood is disrupted to vital organs. In addition to a heart attack and a stroke, among the other potential complications are pulmonary embolism (a blood clot lodges in a pulmonary artery in one of the lungs, resulting in low oxygen levels in the blood), kidney failure (fluids and waste buildup), and deep vein thrombosis (a clot that can break away forms in a deep vein in an arm or leg).

the body naturally absorbs the clot.

10 GRAVE NUMBERS. Statistics indicate that as many as 900,000 people are affected by deep vein thrombosis/pulmonary embolism annually — killing up to 100,000. Approximately 10% to 30% of these individuals will die within the first month of their diagnosis. In fact, sudden death will be the first symptom that approximately one fourth of the people who experience this relatively obscure condition will experience.

TGCA PAST PRESIDENTS

Velma Harrison1952-53,
1953-54
 Marvin Williams *1954-55
 Mary Beccue *1955-56
 Charles Womack *1956-57
 Rose Farmer1957-58
 J.W. Booker *1958-59
 Peggy Hughes1959-60
 M.T. Rice *1960-61
 Jimmie Phillips1961-62
 LeRoy Hoff *1962-63
 Ellen Johnson1963-64
 F.G. Crofford1964-65
 Zonelle Cornett*1965-66
 Freeman Parish *1966-67
 Sandra Meadows * ...1967-68
 Mitch LeMoine.....1968-69
 Wayne DuBose*1969-70
 Shirley Hayworth 1970-71
 Stanley Whisenhunt.. 1971-72
 Leta Andrews1972-73

Bill Farney.....1973-74
 Janette Barlow1974-75
 Bob Schneider 1975-76
 Gay Benson1976-77
 Buddy Ables1977-78
 Sandra Meadows * ... 1978-79
 Ralph Newton* 1979-80
 Janie Fitzgerald1980-81
 Mark Smith*1981-82
 Diana Lewis.....1982-83,
1983-84
 Michael Adams1984-85
 Judy Dunn*1985-86
 Jim Kirkland 1986-87
 Sue Cannon 1987-88
 Don Ford.....1988-89
 Donna Grant1989-90
 Phil Swenson1990-91
 Rhonda Farney.....1991-92
 Caylene Caddell1992-93
 Barbara Crousen1993-94

Pat Mouser1994-95
 Melynn Hunt1995-96
 Sam Tipton.....1996-97
 Marianne Jones 1997-98
 Larry Goad.....1998-99
 Brenda Kitten..... 1999-2000
 Rob Young 2000-01
 Krista Malmstrom..... 2001-02
 Ron Mouser.....2002-03
 Debbie Jaehne2003-04
 Ray Baca 2004-05
 Leann Johnston 2005-06
 Alex Koulovatos2006-07
 Debra Manley2007-08
 Lee Grisham.....2008-09,
 2009-10
 Wes Overton.....2010-11
 Donna Benotti2011-12
 Rodney Gee2012-13
 Kari Benseid 2013-14
 Mitch Williams.....2014-15

Liana Gombert2015-16
 Loyd Morgan..... 2016-17
 Kriss Ethridge 2017-18
 Jason Roemer2018-19

TVCA PAST PRESIDENTS

Lenora Abston*1968-69,
1969-70
 Dr. Margie Austin* 1970-71
 Jan Briggs..... 1971-72
 Jane Arnett.....1972-73
 Arline Basye.....1973-74
 Marion Young1974-75
 Judy Bugher 1975-76
 Waynette Dolan1976-77
 Norma Pullin1977-78

**Deceased*

2020 TGCA SUMMER CLINIC

The 2020 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 6 – 9. The agenda is being revised and will be posted to the website under the “Summer Clinic” category as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation Services will open in March. Membership renewal and Summer Clinic registration, as well as all Satellite Clinics, will open February 1st.

We are working on finalizing times, venues, and agendas for all of the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2020 TGCA Clinics.



photo courtesy Krystal Ellis

CAREER RECOGNITION FOR SPIRIT COACHES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, softball and cheerleading.

Coaches must be members of the Texas Girls Coaches Association in order to be honored.

Only victories compiled in varsity girls' sports and cheerleading will be counted.

Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding point accumulation, and should be emailed, faxed or mailed to the TGCA office.

Points: 300 is first level of recognition (certificate), then 400 (certificate). Plaque recognition begins at 500 points. Hall of Fame eligibility at 1,000 points.

Years of Service at Varsity Level - 10 points per year

Finals Appearances - 10 points

Best of Category Wins - 15 points

Third Place - 30 points

Second Place - 40 points

State Champion - 50 points

Information may be submitted to TGCA in Word or Excel format. There is no form to complete. It is up to the coach to submit their career victory recognition points. Information may be emailed to tgca@austintgca.com, or faxed to 512-708-1325. Information submitted must contain a chronological list of each school where you have coached varsity and the corresponding point accumulation for each year. Deadline is May 1 of each year.

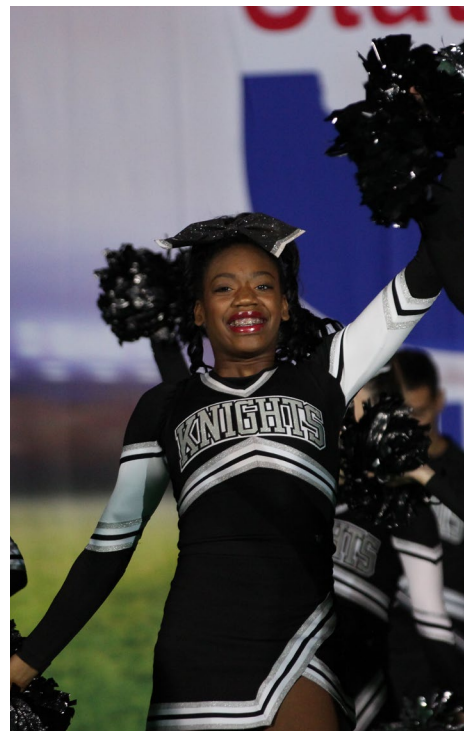


photo courtesy Logan Lawrence

2019-20 TGCA NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2019-20, they are as follows:

Cross Country Nov. 4, 2019
Volleyball Nov. 18, 2019
Spirit Jan 13, 2020
Swim/Dive Feb 10, 2020

Wrestling Feb 17, 2020
Basketball Mar. 2, 2020
Soccer Apr 13, 2020
Track & Field May 4, 2020

Tennis May 18, 2020
Golf May 18, 2020
Softball June 1, 2020



photo courtesy Robyn Wunderlich

ALL IN PERSPECTIVE...



By: Sarah Womack



SHANNON MILLER

Seven-time Olympic medalist and ovarian cancer survivor, Shannon Miller, joined the Fund as a National Brand Ambassador in November 2018. Miller, who was diagnosed with ovarian cancer in 2011, has been an advocate for increasing funding and awareness for all cancers affecting women.

Coach Yow, who experienced the highs of being an Olympic gold medal basketball coach and the lows of fighting two bouts with breast cancer, always advised against “getting too high with the highs or too low with the lows.” Shannon Miller calls it “keeping things in perspective.”

As a U.S. Olympic gold medalist in gymnastics, Shannon has also experienced some of the grandest moments life and athletics can offer. As a survivor of a rare form of ovarian cancer—germ cell cancer—she has also experienced some of the most difficult moments life and cancer can offer.

How did Shannon develop the ability to keep things in perspective and how has that ability helped her through the ups and downs of her life?

She gives great credit to her parents who always reminded her that gymnastics

was not life. Life was life. They were adamant that faith, family and education were the things that would carry her through.

And carry her through they did, especially when she faced one of the lowest points in her life.

Just 14 months earlier, Shannon had experienced one of her greatest highs ever, the birth of her precious son. Looking back, she was experiencing symptoms but brushed them off as normal female issues or post pregnancy issues.

“I was very fortunate to have gone into my doctor when I did. In fact, I was calling up to postpone my appointment. However, as an advocate for women’s health, I was feeling completely guilty as I waited on hold, so I ended up taking the first available appointment—that morning. That was when my doctor found a baseball-sized, cyst on my left ovary. This would eventually be diagnosed as a rare form of ovarian cancer.”

“At that initial appoint-



ment, I told my doctor I felt fine. It wasn’t until later that I realized I had 3 of the primary symptoms of ovarian cancer including:

1. sudden weight loss (thought I was losing baby weight),
 2. stomach aches (brushed them off as body changes after having a baby) and
 3. bloating (chalked that up to regular women’s issues).
- It still scares me to think how easily I dismissed these health issues without a second thought.”

Once the diagnosis was made, Shannon’s perspective on many things changed.

Being tired no longer meant having a day with a little less energy. It meant a 15-minute internal pep talk to gather enough energy to move her legs to the side of the bed. It meant taking a break to sit down three times during a shower.

Perhaps subconsciously, Shannon thought of being bald as a sign of sickness. A friend helped change her perspective on that by reminding her that this baldness was a sign that she was fighting back. It became a sign of strength and resilience.

Still, she worried that their young son would be scared of his mommy once she lost her hair. How would it affect him? What would he think of bald mommy? She worked to ease his mind, but in the end, in the eyes of a 14 month old, “Mommy is Mommy.” He was unshaken.

Even as Shannon was going through cancer, she could look to her mother, herself a cancer survivor, as a role

model of overcoming adversity through faith and sheer will. Having dropped to 87 pounds at one time due to the ravages of surgery, chemo and radiation, her mother not only survived, but, just a few years after treatment, at age 67, ran her first marathon!

Early on, Shannon’s parents made sure she understood that there would be life beyond gymnastics and that neither a great nor a dismal performance could affect who she was or how much effort she would give the next time out.

That turned out to be a great lesson for all the highs and lows in life. Enjoy and be thankful for the highs. Endure the lows. Learn from both. Neither is permanent. Keep it all in perspective.

To donate to the Kay Yow Cancer Fund, [click here](#).



“As a cancer survivor and as a mother, it is so important to me that we do all we can to ensure that future generations do not have to face the harsh realities of cancer. The Kay Yow Cancer Fund is making a difference in the fight against cancer for all women and I am excited to be a part of funding life changing research and helping those facing this battle,” — Shannon Miller.

NOVEMBER 2019

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

MEETING DATES & LOCATIONS

Cross Country Committee – Friday, November 8th, 7:00 p.m.
Kelly Reeves ISD Athletic Complex Conference Room, 10211
West Parmer Lane, Austin, TX.

Volleyball All-State Committee Conferences 1A, 2A, 3A and 4A – Thursday, November 21, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX.

Volleyball Committee – Friday, November 22, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX

Volleyball All-State Committee Conferences 5A and 6A – Friday, November 22, 8:00 a.m., Hyatt Place Dallas/Garland, 5101 George Bush Hwy, Garland, TX



photo courtesy Krystal Ellis

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TGCA NEWS

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

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

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



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