



TGCA NEWS

DECEMBER 2020



2020-2021 TGCA OFFICERS



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cover photo courtesy Cole McNanna

left photo courtesy Brad Blalock

HAS COVID-19 MADE YOU A BETTER COACH?

Jason Roemer Fredericksburg HS | TGCA Past President



It's December 2020, the lead article in the Texas Girls Coaches Association Newsletter has to be about the pandemic right?

We've all heard the saying, "Coaches are flexible creatures." As we've just recently wrapped up state championships in cross country and volleyball, this fall has done nothing but exemplify that. The volleyball and cross-country coaches across our vast state survived.

Are we better for what we went through? What did we learn? Did it make us better coaches? If so, how?

On the December 16, 2020 episode of "Marty and McGee" on ESPN, the University of Alabama Head Football Coach, Nick Saban, was asked by Marty Smith, "How has this year demanded that you grow and evolve personally in the way you lead and coach?" Yes, I know, Nick Saban is a football coach, but his answer to me was an illustration of what I personally went through during our volleyball season and what I know many others have experienced or are currently going through in basketball and soccer seasons.

Coach Saban's answer, "I'm one of those process-oriented guys that wants the same routine and the same rhythm, everyone doing things the same way every day all the time. In this envi-



photo courtesy Alberto Rodriguez

ronment, that's not possible. So I really had to step back and say, 'You can't let these affect you in any way, shape, or form and you got to look at it like, whoever is here today, whatever we can do today, however we can control today, that's what we are going to focus on and that's what we are going to try and do to get better.' I think that actually may be better, because I was less frustrated than most years when you expect everything to be perfect and when it's not, you're really upset about it. So, I feel like it's made me be more patient and be a better coach."

When I heard him say, "I'm one of those process-oriented guys," he was talking to me. I think he was speaking to most coaches. There is a process to building a winning team, a process to build successful players. We as coaches pride ourselves on

these processes. It's a pride moment when the team or players who trust in our process have success. Then he said, "In this environment, it's not possible." But wait, we just did it! How did it change us? How did we survive that season? And will it change us for the positive going forward?

We as coaches are used to having control... we do not have that control during the pandemic. Our team's story this volleyball season, I think was the same as some others. On Tuesday, Sept. 22, we are getting ready to play district match #1. At 4:00 that afternoon, I was called to the principal's office. We had a freshman player that tested positive. Through contact tracing, our sub-varsity teams were quarantined and a freshman varsity starter was sent home that day as well. It was chaos. We lost

district match #1 in the fifth set 12-15. We had no practice with our kids, we lost control of the process in that environment. The next day a sophomore starter was quarantined for 14 days also. We finished fourth in district and lost our first playoff match. It was unlike any other season in my 21-year career. I've never been so happy to finish a season that our record was 10-17. I felt like we optimized every moment that we had with every player, we tried every situation possible to win matches.

I, like Nick Saban, have forever been changed. I would like to argue that the Nick Sabans of the world have become high school coaches. We don't get to tailor our roster through recruiting. We've always had to tailor our program to the skill of the kids

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HAS COVID-19 MADE YOU A BETTER COACH?

Continued from Page 1

we have in our gym on a year-to-year basis. This year it's a day-to-day basis. I have learned to appreciate every day we get to mold a team. I have learned to appreciate every day we get to compete with a team. I too, like Nick Saban, learned to appreciate the process of trying to build success with whomever was

there that day, to push them to excellence. It reminds me of my favorite coaching quote of all time, "Keep striving for perfection, you may just find excellence along the way."

Jon Gordon lists three ways to stay positive in his book, *The Power of Positive Leadership*:

1. Focus on opportunities and challenges.
2. Focus on solutions, not complaints.
3. Feel blessed, instead of stressed.

That was our focus this season. It changed us forever, and we are better coaches because of Covid-19.

Here's to 2021!



photo courtesy David Norris

TGCA SPIRIT DIVISION HONORS

A cheerleading coach must be a member of the Texas Girls Coaches Association before November 1st of each school year to be eligible for honors or for their cheerleaders to be eligible for honors. Membership fee is \$70.00. If you have missed the membership deadline for honors of November 1st, you may file an appeal with the Executive Committee, or pay an additional \$70.00 override fee to nominate cheerleaders for honors or to receive honors. Your membership must be current in order to file an appeal or pay the override fee. Member coaches of TGCA will receive state championship rings furnished by Balfour if their squad wins a UIL state championship.

TGCA CHEERLEADER HONORS:

- 1) Academic All-State – Must be a senior with a grade point average of 94 or above for grades 9 through 11. Ten (10) points may be added for weighted classes.
- 2) All-State – A maximum of 50 cheerleaders will be selected for each UIL conference (1A, 2A, 3A, 4A, 5A, 6A).
- 3) All-Stars – There will be 24 cheerleaders selected to represent conferences 1A-2A-3A-4A and 24 cheerleaders selected to represent 5A-6A at the All-Star basketball games at the TGCA Summer Clinic in July. Cheerleaders must be INCOMING seniors (juniors now) to be selected. Any member in good standing

- may nominate for honors, but the head varsity coach must be a member of TGCA in good standing for the cheerleader to be eligible to be selected. The head varsity coach of the school must be contacted before the All-Star is selected.
- 4) Legacy All-Stars – 20 graduating seniors in conferences 1A-2A-3A-4A and 20 graduating seniors in conferences 5A-6A will be selected as Legacy All-stars and will be recognized with a certificate and recognition on the TGCA website. They will not participate at Summer Clinic.
- 5) Cheerleaders of the Year – One cheerleader will be selected for 1A-2A-3A-4A and one cheerleader will be selected for 5A-6A as Cheer-

leaders of the Year. These cheerleaders may be selected from any grade level 9-12.

- 6) All-Star Coaches – Two All-Star coaches will be selected to represent the Red and Blue teams in 1A-2A-3A-4A and two All-Star coaches will be selected for the Red and Blue teams in 5A-6A.
- 7) Cheerleader Coaches of the Year – A coach will be selected as Cheerleader Coach of the Year in both 1A-2A-3A-4A and 5A-6A. A coach will also be selected as Sub-Varsity Cheer Coach of the Year and a coach selected as Middle School Cheer Coach of the Year in both 1A-2A-3A-4A and 5A-6A.

Nominations for these honors should be done on-line through the TGCA website, www.austintgca.com, under the Spirit Division tab. Detailed nomination instructions can be found on the website under the Spirit Division tab in the menu across the top of the page. Nomination deadline for all honors is **JANUARY 29th** at 5 p.m..

Should you have any questions or if we can be of assistance in any way, please don't hesitate to contact us at 512-708-1333, or by email at tgca@austintgca.com.

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 13-15, 2021

Schedule (Tentative)	
Wednesday, January 13	
6A-DI Prelim.....	8:30 AM (Arena)
5A-DII Prelim.....	8:30 AM (Hall)
Coed Prelim.....	1:00 PM (Arena)
6A-DI & Coed Final.....	2:30 PM (Arena)
5A-DII Final.....	2:30 PM (Hall)
5A-DII Awards.....	5:10 PM (Hall)
6A-DI & Coed Awards.....	5:25 PM (Arena)
Thursday, January 14	
2A Prelim.....	8:30 AM (Arena)
5A-DI Prelim.....	8:30 AM (Hall)
Friday, January 15	
3A Prelim.....	8:30 AM (Hall)
4A Prelim.....	8:30 AM (Arena)
3A & 4A Finals.....	4:00 PM (Arena)
3A & 4A Awards.....	7:10 PM (Arena)
6A-DII Prelim.....	12:20 PM (Arena)
1A Prelim.....	2:30 PM (Hall)
2A Final.....	4:10 PM (Hall)
1A Final.....	4:40 PM (Hall)
5ADI & 6ADII Finals.....	4:45 PM (Arena)
1A & 2A Awards.....	7:00 PM (Hall)
5ADI & 6ADII Awards.....	8:05 PM (Arena)



photo courtesy Logan Lawrence

Game Day Championship Info

Will be released and updated on UIL website: [Click Here](#)

Safety Rules

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at www.nfhs.org.

School Conference Divisions

- 1A & 2A – Max of 12 participants (3 or fewer males)
- 3A & 4A – Max of 20 participants (3 or fewer males)
- 5A-D1—Maximum of 30 participants (3 or fewer males) (School enrollment 1,854-2,219 students)
- 5A-D2—Maximum of 30 participants (3 or fewer males) (School enrollment 1,230-1,853 students)
- 6A-D1—Maximum of 30 participants

- (3 or fewer males) (School enrollment 2,780 and above)
- 6A-D2—Maximum of 30 participants (3 or fewer males) (School enrollment 2,220-2,779 students)
- COED—Maximum of 30 participants (4 or more males)

*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.

SPIRIT ADVISORY BOARD

COACH	SCHOOL	CONF.	REG.
Carrie Powers	Blackwell	1A	2
Lacy Brown	Italy	2A	3
Tammy Holder	Tatum	3A	4
Kari Ring	La Vernia	4A	7
Heather Jones	The Colony	5A	3
Pete Ramirez	McAllen Memorial	5A	7
Nicole Duggan	Buda Hays	6A	6
Matthew Escue*	San Angelo Central	6A	8

*Chair



photo courtesy Logan Lawrence

NEW CHEER NOMINATIONS PROCESS

The Spirit Advisory Board has listened to your concerns and has revamped the nomination process for spirit. You will now nominate through the links provided on the Spirit page of the TGCA website, austintgca.com, and not through the TGCA Membership Site. All nominations will now be on one form, which means you only need to fill out one form per nominee. Simply click on “Nominate Athletes” for cheerleader nominations and “Nominate Coaches” for All-Star Coaches and Coaches of the Year in the menu on the left-hand side of the Spirit page.

EXTREMELY IMPORTANT:

If you have already done nominations through the Membership Site, they will need to be redone to fit the new format.

If you have any questions, please contact the Spirit Advisory Board members. Their contact information can be found on the Spirit page of the website.

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2020 UIL CROSS COUNTRY STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Whitney Bryan	Nazareth	1A
Paul Darden	Sundown	2A
Roque Palomino	Lago Vista	3A

COACH	SCHOOL	CONF.
Ray Baca	Canyon	4A
Jonathan Tate	Boerne Champion	5A
Andrew Cook	Flower Mound	6A

CROSS COUNTRY ATHLETES OF THE YEAR

Conferences 1A-2A-3A-4A
Tatum Goodman
Earth-Springlake High School
Coach: Jeri Goodman

Conferences 5A-6A
Cameron Fawcett
Highland Park High School
Coach: Susan Bailey

CROSS COUNTRY COACHES OF THE YEAR

Conferences 1A-2A-3A-4A
Paul Darden
Sundown High School

Conferences 5A-6A
Jonathan Tate
Boerne Champion High School



Hosting a track meet? Help TX MileSplit cover your kids more effectively by having us setup your meet for registration. The best part is that it's absolutely FREE! Contact registration@milesplit.com today! You can use the logo you have for them for the back cover with this if you want.



photo courtesy Chris Schmidt

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 responsi-

ble 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 (c ertificate).

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
- Best of Category Wins** - 15
- Third Place** - 30
- Second Place** - 40
- State Champion** - 50

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.

BUILDING CONFIDENCE IN FEMALE ATHLETES IS KEY TO COACHING



By: Nancy Lieberman, BSN Sports

Much like our male counterparts, women are competitive, hard-working and driven to succeed, both on and off the court or field. However, there's one very big difference: women lack confidence.

We often doubt if we're good enough and stop ourselves from reaching our full potential. It's up to us as coaches to structure practice and games with strategies that encourage self-belief—so we can help the women and young girls on our teams be successful in athletics and beyond. We can't be derailed by what I call "Mind Monsters", things that can go wrong.

As a former athlete myself, here's my take on why girls lack self-confidence.



photo courtesy Aimee Kilgore

Self-Consciousness

Women and young girls go through many changes, especially during middle and high school. These physical and mental changes can frequently lead to thoughts of embarrassment. Girls often worry about the way they look on the court and about feeling judged by onlookers. Their hair, uniform, weight, acne, talent level, fitness and more can all affect their self-perception and cause them to feel self-conscious. Whether you're a male or female coach, it's important to be aware that any of these thoughts could be going on in your athletes' heads because in most cases, they won't tell you themselves. Or, they just feel that they are not as good as some others and it can take you to a dark place of embarrassment, fear and loss of confidence.

Fear of Failing

Most people choose to stay in their comfort zone rather than stepping out of it. Why? Because we fear failure and don't want to risk being laughed at or ridiculed. As coaches of female athletes, we have to encourage girls to leave their bubbles, even if they're afraid to take the shot or that they might fail. It's up to us to offer the support they need, to assure them they'll be ok and to teach them that failing at something doesn't define who they are. Only through failure can we learn and develop, and we cannot move forward in life without occasionally experiencing it. Failure is noble, it means you tried.

Feeling Like an Imposter

Many women often experience a sense of "being in the wrong place" because they

don't feel like they belong. This feeling can be extremely detrimental. We may realize we're talented in certain areas, but it's difficult for us to understand that we have the potential to be the best. As coaches, we need to push women and young girls to see their full potential.

Below are a few strategies to help increase women's confidence in sports:

Mindset

First and foremost, this must be taught and shared daily with female athletes. The only difference between a good day and a bad day is our "Attitude and Belief". We must teach that our internal drive, our determination and resilience will help us rise to levels we have never thought possible. Developing a mindset skill will ignite the greatness within

a person.

Listen

Women crave advice and attention, particularly when they're looking to improve. Organize one-on-one sessions with each player and talk through your expectations, help them set realistic goals and discuss areas of improvement. Remember to make it a conversation and not an interview. Talk about life outside your sport and be sure to have these dialogues frequently.

Start and End Practice with Positive Reinforcement

Start each practice session with "Facts of the Day" or let them discuss what happened in their day. This will help get their heads in the right place and build up their confidence

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BUILDING CONFIDENCE IN FEMALE ATHLETES IS KEY TO COACHING

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going into practice.

Repetition and Persistence

Everything is hard the first time we do it. As women, we tend to practice something over and over so we can feel more confident about our skills. But as coaches, we need to be patient and realize that repetition is imperative to our players' self-assurance. Eventually, their hard work and persistent training will lead to greater self-confidence overall. Self-confidence is a belief in you. If you have worked hard you will see improvement. You will love and believe and you before others do!

Be Tactful

Fact: most girls don't like to be yelled at and are more inclined to feel like they failed

their team and let you down as a coach when you do. Instead, try to speak clearly and directly, offering them the advice and connection they crave. While showing passion is important, try to communicate in a way that builds confidence in your players, even when offering constructive criticism. Women/Guys have to let stuff go. People talk and communicate in difference ways. Everyone's tone is not going to be the same. "Let it go!"

Be Positive

Remember to talk to your players about the areas where they're succeeding. As coaches, it's necessary to correct players when they're doing something wrong, but we also have to show our athletes what they're doing right. Try playing back video so they can see themselves performing proper movements. This

alone is powerful enough to help build your team's confidence. Positivity is a lot of work. Hi Five, Chest Bump. Be the team person with the most physical touches. It makes people around you happy and confident.

Inspire Them

Young girls and women will stick with something that's fun and interesting without being stressful. If you can create a good experience that makes them happy while also encouraging hard work and competitiveness, you're ahead of the game! Find some happiness while playing and training. You are doing something that others would love to do. Be grateful and share your joy!

About Nancy Lieberman and Nancy Lieberman Charities

Nancy "Lady Magic" Lieberman is a true pioneer in

women's sports. Nancy is a Basketball Hall of Famer, two-time Olympian, former Asst. Coach with the Sacramento Kings and the 1st Female Head Coach in a Men's Professional League NBA G League TX Legends (Dallas Mavericks affiliate) BIG3 HC Team Power, 2018 Champions and Coach of the Year. In 2009 Nancy Lieberman Charities was established with the mission to provide a healthy physical, emotional and mental environment for young girls and boys to build their self-esteem and confidence so they will be able to make the right choices in the future. Nancy Lieberman is dedicated to expanding and ensuring that educational and mentorship opportunities exist for youth through Educational College Scholarships, Financial Literacy, Dream Court programs with STEM and Civic Engagement, backpack and

BASKETBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Rocky Ford (Chair)	West Texas	2A	1
Trent Hilliard	Wolfforth Frenship	6A	1
Laura Lange	Merkel	3A	2
Amy Powell	Wylie	5A	2
Nikki Hyles	Aledo	5A	3
Chance Westmoreland	Argyle	4A	3
Ross Barber (Vice Chair)	Tyler Legacy	6A	4
Rodney Ross	S&S Consolidated	3A	4
Ryan Hall	Corrigan Camden	3A	5
Michelle Trotter	Crosby	5A	5
Kevin Bussinger	Lake Travis	6A	6
Tommy Gates	Navasota	4A	6
Jenny R. Garcia	Edinburg North	6A	7
Kyle Sivadon	La Vernia	4A	7
Heather Hohertz-Perez	Brownwood	4A	8
Eric Weaver	EP Coronado	6A	8



TGCA welcomes a new addition to the family! Omari Antwaune Garmon arrived November 20 at 8 lbs 10 oz and 20 1/2 inches long. Parents are Joseph and Oma Garmon. Oma is the TGCA Administrative Support Assistant and Membership Coordinator. We are so excited to have our first official TGCA baby! Mom and baby are doing great, and Oma will be back to work February 1st.

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2020 UIL VOLLEYBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Jenna Jenkins	Neches	1A
Jamie McDougald	Iola	2A
Jason Culpepper	Bushland	3A

COACH	SCHOOL	CONF.
Catherine Foster	Decatur	4A
Ryan Mitchell	Lucas Lovejoy	5A
Amy Cataline	Katy Seven Lakes	6A

VOLLEYBALL ATHLETES OF THE YEAR

Conferences 1A-2A-3A-4A

Kinley Rudder,
Bushland HS
Coach Jason Culpepper

Conferences 5A-6A

Cecily Bramshreiber,
Lucas Lovejoy HS
Coach Ryan Mitchell

VOLLEYBALL COACHES OF THE YEAR

Conferences 1A-2A-3A-4A

Jason Culpepper,
Bushland HS

Conferences 5A-6A

Amy Cataline,
Katy Seven Lakes HS



photo courtesy Chris Schmidt



photo courtesy Chris Schmidt



The TGCA staff wishes you all the happiest of holidays. Our office will be closed December 18th through January 4th. We wish you all a Merry Christmas and happy and prosperous New Year. If you have an emergency or need immediate assistance, please contact Executive Director Sam Tipton at 512-417-8422.

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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 annual win/loss record, or point accumulation, and should be emailed or mailed to the TGCA office.



photo courtesy Tracy Hastings

VOLLEYBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

BASKETBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOCCER

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOFTBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

TRACK & FIELD AND CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. **Note:** Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

GOLF

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each Finals appearance
- 15 points for Best of Category win
- 30 Third Place Finish
- 40 Second Place Finish
- 50 State Champion

Deadline for submitting accomplishments is May 30
Revised by vote of the Board of Directors March 2, 2014

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

(Adopted by the TGCA Board of Directors at the July 7, 2008 Meeting)

Sub-Varsity coaches with 5 and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented with a

plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing of the Tex-

as Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or softball.

Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

2021 TGCA SUMMER CLINIC

The 2021 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 12 – 15. 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 2021 TGCA Clinics.

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.

2020-21 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2020-21, they are as follows:

Spirit Jan. 29, 2021
Swim/Dive Feb. 15, 2021
Basketball March 1, 2021
Soccer April 12, 2021
Wrestling April 19, 2021

Track & Field May 3, 2021
Golf May 3, 2021
Tennis May 17, 2021
Softball May 31, 2021



photo courtesy Kari Bailey

AD&D BENEFIT (ACCIDENTAL DEATH AND DISMEMBERMENT)

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount

Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having

all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

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

10

THINGS TO KNOW ABOUT LIFE EXPECTANCY

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 Erroneous assumption.

It seems that quite a few people expect to live a certain number of years, based on the often-shared data in the media concerning life span. For example, the combined (both men and women) life span of the average American is almost 79 years. On the other hand, no one really knows how many years they will live. A person could easily live much more or less than the average.

2 Not fixed in stone.

While a certain percentage (i.e., 20-30%) of a person's overall life expectancy can be attributed to genetics, the choices an individual makes every day can have an even greater impact on the number of years they're likely to live. In other words, making sound lifestyle decisions concerning such issues as diet, exercise, stress management, and avoiding addictive substances can increase how long someone lives.

3 Not #1.

Of the 195 countries in the world, the United States is #38 with regard to life expectancy. In reality, the inhabitants of Hong Kong live the longest and healthiest lives, on average, followed by the residents of Japan, Macao, Switzerland, and Singapore. On the other end of the life expectancy continuum are five countries in Africa—Central African Republic, Lesotho, Chad, Sierra Leone, and Nigeria.

4 A positive trend.

Since 1990, global life expectancy has risen

by more than seven years. Much of this shift is due to improved healthcare, better sanitation, and advances in medical treatment. In fact, thanks to a drop in deaths from drug overdoses and cancer, in 2018, life expectancy in the U.S. rose for the first time in four years. At the present time, U.S. life span is expected to grow by approximately 10 additional weeks annually.

5 The infant metric.

Discussions about life expectancy often point out how it has improved over time. In that regard, many people mistakenly believe that earlier generations tended to die at a younger age. According to considerable research, however, maximum human life span (a concept frequently confused with life expectancy) has remained relatively constant for thousands of years. What changed were infancy mortality rates. In the process, as those rates dropped dramatically, concurrent increases in life expectancy occurred.

6 Aging is a choice.

A sound argument can be made that a difference exists between a person's "chronological age" and their "functional age." Chronological age is simply a by-product of the calendar. In contrast, functional age is the result of assuming a proactive approach to life—engaging in a sound, physically active lifestyle. In that regard, aging is a self-fulfilling prophecy. Feel young, act young, be young.

7 Stacked deck.

Research indicates that in the U.S., better-educated and better-paid individuals, on average, live longer than those with less education and less income. Not only do better-educated people tend to live healthier lifestyles and reside in more environmentally friendly locales, individuals with more money tend to have better access to healthcare, as well as parent healthier children, who subsequently become healthier adults.

ated with such key variables as access to healthcare, income, occupation, and health behaviors.

9 Gender matters.

In most countries, including the U.S., women live longer than men. Among the social factors that are often attributed to this state of affairs is the fact that men are more likely to engage in risky unhealthy behaviors, are more likely to be employed in a relatively hazardous



photo courtesy Katherine Johnson

8 An alarming disparity.

Significant differences in life span exist among racial groups in America. In other words, a person's racial or ethnic background is a factor that is often linked to how long a person lives. For example, in the U.S., Asian-Americans live the longest (87.1 years), followed by Latinos (83.3 years), Caucasians (78.9 years), African-Americans (75.4 years), and Native Americans (73.0 years). This link is either directly or indirectly associ-

occupation, and are more prone to suffer from certain types of man-made diseases.

10 Roll of the dice.

Longevity is not about luck. While luck can help, other factors can be more important. To the extent possible, the key is for individuals to make their own luck. Behave responsibly. Create their own road map for living a long and healthy life. Embrace the wonders of living life to its fullest.

314 MARATHONS...ONE STEP AT A TIME



They say the first step of any journey is the hardest. In marathon running, each step, each mile builds on the one before. The marathon is one of the most grueling of competitions, and among the most revered.

To say Carol Dellinger is a marathon runner is an understatement. She has completed 314 marathons, and the journey continues. How did she do it? The steadiness of a distance runner, the ability to persevere — one mile at a time, one foot in front of the other, repeat.

When she crossed her most recent finish line on marathon number 314, completed mile 8,226, not including training runs. That is more than twice the length of the Amazon River.

So, which mile was the hardest? As is often the case, the hardest, most challenging times are also the most rewarding. Mile number 6,131 was her first mile back after battling stage 2, DCIS breast cancer. She completed her 235th marathon only 9 weeks after having a mastectomy—she was determined not to let a cancer diagnosis alter her identity as a runner. She committed herself to putting as many miles as possible between



herself and cancer — if cancer represented a competitor, Carol wanted to be as many miles ahead of that as possible.

Carol's story would be inspirational if cancer had never been a part of it. Carol's story takes a new direction as a survivor, as she finds ways to share of the importance of early detection and uses her platform to encourage others. It could be said that her 315th marathon was the fight against cancer.

For the past month, Carol has been traveling to Play4Kay games nationwide, sharing her incredible story of

hope, courage, and strength with women's basketball teams as they prepare to play a game that has an impact beyond the boundaries of the basketball court. Inspired, these young women then play for a greater cause. Perhaps there is a name and an image of a mother, a grandmother, and aunt or a sister in their minds. Perhaps, Carol is their inspiration. Either way, they proceed to inspire many others.

Marathon running is about consistency, a commitment to perseverance. The fight against cancer has many parallels. Carol Dellinger has been running marathons for the past 30 years. Over the past 30 years, the fight against cancer has come a long way. There are women who are surviving today the same diagnosis that was not as favorable 30 years ago — this is the power of research.

There are many parallels, but these things we know — this is a race we are winning and this race will only end on our terms. The fight against cancer has been a marathon that has gone on far too long, but as a team, we will cross the finish line together.



photo courtesy Brad Blalock



photo courtesy Aimee Kilgore

JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 TGCA OFFICE CLOSED	2
3	4 TGCA OFFICE CLOSED	5	6	7	8	9
10	11	12	13 SPIRIT: STATE CHAMPIONSHIPS		15 Athletics: Deadline to accept plans for next school year Softball: 1st day for practice	16
17	18 TGCA OFFICE CLOSED	19	20	21	22	23
24	25	26	27	28	29 TGCA: Spirit Nominations Deadline, 12 Noon	30 Swimming & Diving: District Certification Deadline
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.



Dehydration and muscle fatigue can really limit your performance. See how chocolate milk can help keep you hydrated.

<https://www.dairydiscoveryzone.com/blog/staying-hydrated-athlete>



photo courtesy Tracy Hastings

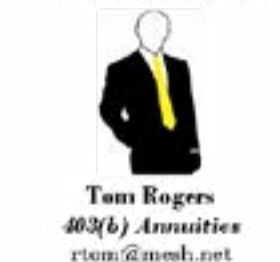
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TGCA on the Web

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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