



TGCA NEWS

APRIL 2021



2020-2021 TGCA OFFICERS



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Clear Springs HS



1st Vice President
Brad Blalock
Frisco Centennial HS



2nd Vice President
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TGCA Office



**Assistant
Executive Director**
Lee Grisham
TGCA Office



FEATURE ARTICLES

Being Grateful

By Ray Baca, TGCA Track Committee Chair

PAGE 1

How to Keep Young Athletes Motivated

By Nancy Lieberman, BSN Sports

PAGE 9-10

10 Things to Know About Lymphoma

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

PAGE 11

Charlene Curtis: Paying Attention to the Symptoms

Kay Yow Cancer Fund

PAGE 12

ALSO INSIDE

- 2021 Wrestling State Championship 2
- 2021 Track & Field State Championship 2
- 2021 Golf State Championship3
- 2020-21 Basketball Players & Coaches of the Year ...3
- 2020-21 Spirit Cheerleaders & Coaches of the Year ...3
- 2020-21 Basketball Coaching Champions3
- 2021 TGCA Summer Clinic4
- 2021 TGCA All-Star Information.....4
- 2021 TGCA Summer Clinic Hotels and Rates ...4
- 2021 TGCA Satellite Sports Clinics..... 5
- 2021-22 TGCA Sub-Varsity Committee 5
- 2021 TGCA Summer Clinic Exhibitor Information... 6
- Nomination Deadlines 6
- AD&D Benefit 6
- Membership Renewal & Clinic Registration ...7-8
- Important Dates13
- TGCA Profile Update.....13
- Sponsors.....14

left photo courtesy Christine Cummings

cover photo courtesy Cody Hassell

BEING GRATEFUL



Ray Baca Canyon HS | TGCA Track Committee Chair

Looking back over the past calendar year, so many unusual things/events have happened. So many of our usual activities/events that we took for granted did not happen. The Covid Pandemic caused our lives to change completely. For a while, I wondered if our lives would ever be the same.

Now, a year later, I can honestly say we have so much to be thankful for. We certainly have to be thankful for the medical personnel and scientists that are finding ways to beat this virus. Every day we seem to get closer to normal because of the advances that are being made in the medical field. We have to be thankful for our national and state politicians and lawmakers that are working daily to put in place legislation that not only protects us, but also does not keep us from living as close to normal as safely possible. We have to be thankful for our local community leaders that are doing the same, but are doing so with the knowledge that each community is different and has different circumstances and needs. All of these people may not be perfect in everyone's eyes but they are trying.



photo courtesy Jennifer Hawkins

Because of their efforts, we are better today than we have been in the past year.

As far as public-school activities, Texas has certainly been in the forefront of putting in place protocols to protect our communities and still allow activities such as athletics, music, and academic competitions to take place. I know for a fact the UIL staff has put in much more hours than most know to ensure all activities are as safe as possible. They

have monitored all of these protocols and restrictions and changed or lessened them as the pandemic has been more controlled. For this, we have to be grateful for the best state organization of its kind in the country. Many people did not agree with the early restrictions the UIL made, but look at where we are now. We competed in and finished all of the fall and winter sports and other extra-curricular activities. Now we are looking at

championship season for the spring sports and activities. Thank you UIL for your determination and persistence!

As Texas educators we have to be thankful for the work of our own superintendents, principals, athletic directors, campus coordinators, school nurses, and all the other faculty members. These professionals put plans, protocols, and events together that allowed each of our communities to participate and be involved in the same activities that were taken away from us a year ago. For that we should be very thankful. They did this while still carrying on their normal everyday responsibilities.

Texas has been through an extremely rough year. We have encountered loss of family members, loss of jobs, and loss of memories from the very activities that we as coaches work for. But, everyday we are getting closer to "normal". We have to be thankful for all the people listed above for making efforts to see that this happens.

Be grateful everyday for what we have and for the direction we are headed. Best of luck and God bless to each of you and your communities.



photo courtesy Enrique Luna



photo courtesy Harold Jones

WRESTLING STATE CHAMPIONSHIPS

Berry Center Cypress, TX | April 23-24, 2021

Friday, April 23

5A Girls Weigh-in..... 9:30 AM
5A Girls Championship Round 1 & 211:30 AM
5A Girls Championship Semifinals & Consolation 1..... 2:50 PM
5A Girls Consolation Semifinals 4:50 PM
5A Girls Championships Matches 1st, 3rd, 5th5:45 PM

Saturday, April 24

6A Girls Weigh-in..... 9:30 AM
6A Girls Championship Round 1 & 211:30 AM
6A Girls Championship Semifinals & Consolation 1..... 2:50 PM
6A Girls Consolation Semifinals 4:50 PM
6A Girls Championships Matches 1st, 3rd, 5th5:45 PM

Tickets

All Tickets..... \$20.00
Advance tickets can purchased [HERE](#)
Tickets will also be sold on site.

Awards

The top three finishers in each weight class will receive medals. The top two teams will receive trophies or plaques.

Parking

Parking at the Berry Center will be free of charge.

Food and Drinks

No outside food or drink may be brought into the facilities.

Noisemakers/Signs

No artificial noisemakers or large signs/banners are allowed in the facilities.

Girls' Awards Presentations: Awards will be presented upon completion of wrestling in the first three weight classes. Girls 95 lb. weight class awards will be presented upon completion of the 110 lb. weight class. Awards for 102 lb. weight class will be presented following the 119 lb. weight class, etc.



photo courtesy Logan Lawrence

TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Stadium University of Texas at Austin | May 6-8, 2021

Ticket Prices

Spectators will be allowed to attend the 2021 UIL Track & Field State Meet in a limited capacity. Ticket information will be available at a later date. Visit the [UIL Website](#) for up-to-date information.

Parking

UT Parking & Transportation Services administrates all parking rules and fees. Visit their website at <http://www.utexas.edu/parking> for parking options.

SCHEDULE

Thursday: 3A & 4A
Friday: 2A, 5A, WC
Saturday: 1A & 6A

Field Events 9:00 a.m.
3200m ONLY 9:00 a.m.
Running Events 5:00 p.m.

Note: Event schedule is the same for each day

Detailed Schedule will be posted at a later date [HERE](#)



photo courtesy Chris Schmidt

GOLF STATE CHAMPIONSHIPS

Austin, TX | May 10-11, 2021

| CONFERENCE | STATE TOURNAMENT SITE | PARKING | CART RENTAL |
|---------------------|---|------------------------|---------------|
| Girls Conf. 6A..... | Legacy Hills Golf Course, Georgetown..... | \$10 (Cash Only) | \$50 Per Cart |
| Girls Conf. 5A..... | White Wing Golf Club, Georgetown..... | \$10 (Cash Only) | \$50 Per Cart |
| Girls Conf. 4A..... | Plum Creek Golf Course, Kyle | \$10 (Cash Only) | \$50 Per Cart |
| Girls Conf. 3A..... | Sahdow Glen Golf Club, Manor..... | No Fee | \$50 Per Cart |
| Girls Conf. 2A..... | Legends Golf Course, Kingsland | No Fee | \$50 Per Cart |
| Girls Conf. 1A..... | Lighthouse Country Club, Kingsland | \$10 (Cash Only) | \$30 Per Cart |



photo courtesy Logan Lawrence

Ticket Prices

Admission to the golf state tournament (all locations) is free.

Food/Drink

Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

Cart Availability

Spectators may bring a personal cart with a \$25 trail fee at Legacy Hills, White Wing, and Plum Creek. Spectators may bring own cart for \$20 at Legends and Lighthouse. No personal carts allowed at Shadow Glen.



photo courtesy Logan Lawrence



BASKETBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Chloe Callahan, Canyon HS
(Coach Tate Lombard)

Conf. 5A-6A: Kyndall Hunter, Cypress Creek HS
(Coach Jennifer Alexander)



BASKETBALL COACHES OF THE YEAR

Conf. 1A-2A-3A-4A:

Alex Stephenson, Dodd City HS
(Pictured)

Conf. 5A-6A: Donny Ott, Cedar Park HS
(Pictured)

CHEERLEADERS OF THE YEAR

Conf. 1A-2A-3A-4A: Taylor Cagle
Lago Vista HS
(Coach Katy Baugh)

Conf. 5A-6A: Hailey Smith, San Angelo Central HS
(Coach Matt Escue)

CHEER COACHES OF THE YEAR

Conf. 1A-2A-3A-4A: Morgan Jackson
Ropesville Ropes HS

Conf. 1A-2A-3A-4A Sub-Varsity:
Hannah Henderson,
Jacksboro HS

Conf. 5A-6A: Amy Weaston,
Katy Seven Lakes HS

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2021 UIL BASKETBALL STATE CHAMPIONSHIPS!

| COACH | SCHOOL | CONF. | COACH | SCHOOL | CONF. |
|-----------------|------------|-------|-----------------|------------|-------|
| Alex Stephenson | Dodd City | 1A | Tate Lombard | Canyon | 4A |
| Amber Branson | Lipan | 2A | Donny Ott | Cedar Park | 5A |
| Michelle Wyatt | Brownfield | 3A | Andrea Robinson | DeSoto | 6A |

2021 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER ATHLETIC & SPIRIT DIVISIONS JULY 12-15, 2021

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; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 12th, 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 in March. 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", soon.

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.austintgca.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 "**2021-22 Printable Membership Form**".

The 2021 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress towards 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 "2021 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2021 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2021 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 Jennifer Hawkins

2021 SUMMER CLINIC HOTELS AND RATES

HOTEL INFORMATION

Hotel online reservation services are available now on the TGCA website. Go to the TGCA website, austintgca.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.

This is not a link to the hotel. These are merely the hotels we will be using and the rates they have guaranteed TGCA. **You must go through the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to make your actual reservation.**

CROWNE PLAZA
700 Avenue H East
\$135.00

HILTON ARLINGTON
2401 East Lamar Blvd
\$139.00

**HILTON GARDEN INN
DALLAS/ARLINGTON**
2190 E Lamar Blvd
\$119.00

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

SHERATON ARLINGTON
1500 Convention Center
Drive
\$142.00

Hotel Reservation Services are now open.

If you need assistance with your reservation, contact information for Orchid Reservation Services can be found under the Hotel Reservation Instructions link right below the Hotel Reservation Services link.

We thank you for your continued support of TGCA and look forward to seeing you at the 69th TGCA Annual Summer Clinic in Arlington July 12-15.

TGCA 2021 SATELLITE SPORTS CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2021. 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.

SATELLITE CLINICS

2021 EL PASO SPORTS CLINIC

TBA
El Paso, Texas
July 22

[Agenda](#)

[Registration Form](#)

2021 REGION I & II LUBBOCK SPORTS CLINIC

Lubbock High School
2004 19th St., Lubbock, Texas
June 11

[Agenda](#)

[Registration Form](#)



photo courtesy Brittany Lee



photo courtesy Christine Cummings

SUB-VARSITY COMMITTEE

| COACH | SCHOOL | CONF. | REG. |
|------------------|------------------------|-------|------|
| Amber Parkhurst | Bushland HS | 3A | 1 |
| Brent Morris** | Frenship HS | 6A | 1 |
| Audrey Dunn | Big Spring HS | 4A | 2 |
| Loni Mendez | Sweetwater HS | 4A | 2 |
| Rena Robertson | Dallas Hillcrest HS | 5A | 3 |
| Dena Atzenhoffer | Castleberry HS | 4A | 3 |
| Jana McGoldrick | Daingerfield JHS | 3A | 4 |
| Alex Brownlee | Frisco Independence HS | 5A | 4 |
| Natalie Whitton | West Sabine HS | 2A | 5 |
| Paul Cone | Crosby HS | 5A | 5 |
| Maureen Marek* | Bellville JHS | 4A | 6 |
| Allison Machac | Schulenburg Secondary | 2A | 6 |
| Mike Villarrela | Zapata HS | 4A | 7 |
| Jasimine Harris | San Antonio Johnson HS | 6A | 7 |
| Kristy Danz | Fredericksburg HS | 4A | 8 |
| Melissa Pump | Medina HS | 1A | 8 |

*Chair **Vice Chair

2021 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 will be following COVID-19 protocols and regulations; standard booth information and setup subject to change.

For more info, please visit our website www.austintgca.com and click on "Exhibitors".

Exhibit Hall Hours

Tuesday: July 13
Set Up: 7:00AM-11:00AM
Open: 12:00PM-4:00PM
Wednesday: July 14
Setup: 8:00AM-3:00PM
Breakdown: 3:00PM-5:00PM

Contact for More Information

Lisa Rodriguez
Event Coordinator

P.O. Box 2137
Austin, Texas 78768

Phone: (512) 708-1333
Fax: (512) 708-1325
Lisa@austintgca.com



photo courtesy Misty Bumpers

2020-21 TGCA NOMINATION FOR SPRING SPORTS

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

DEADLINES

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

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 Rudy Rivera

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.

2021-22 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 2021-2022 year will become active. Please

keep in mind that on February 1st and after that date, if you still need to renew for the 2021-22 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 experience. 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 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

Continued on Page 8



photo courtesy Eric Rodgers

2021-22 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

Continued from Page 7

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 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 Clin-



photo courtesy Tye Wilkerson

ics 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 out-

lined 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 2021-22 year, beginning June 1, 2021 and ending May 31st, 2022. Please be sure that is what you intended to do. You may still print a 2020-21 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

HOW TO KEEP YOUNG ATHLETES MOTIVATED



Nancy Lieberman | BSN Sports

Achieving a goal, whether short- or long-term, can be a tremendous motivator. Shoot for goals that are attainable and share them with your young players. Setting a combination of individual and team goals can be particularly effective for motivating athletes. In addition to goal-setting, I also use other strategies to motivate. Here are my top 5:

1. Create Effective Communication with Your Players

One of the best ways to open the lines of communication is to hold a series of open meetings. This type of setting makes it easy to communicate your passion and feelings to your team—and vice versa. Some additional ways to get the conversation started:

- Send emails/text/social media
- Schedule one-on-one meetings
- Create a receptive atmosphere
- Communicate while training
- Display confidence and seriousness
- Use simple words and corresponding

visuals

2. Teach Athletes How to Breathe and De-stress

We all breathe without thinking, but deliberate, balanced breathing is a learned behavior—and one that can have great results for decreased stress and increased sense of calm and wellbeing. To practice, inhale through your nose deep into your diaphragm, count to four, and then slowly blow out through your mouth to the same count. If you're unsure of whether you're breathing deeply enough, place your palm against your abdomen. You should feel it push out as you slowly inhale, filling your diaphragm with air. Additional ways to relieve stress:

- Share anything that may be bothering you with friends, family and colleagues
- Give your goals a one-day break
- Reflect on the path you've taken
- Write down your successes and re-read them every day
- Sleep/mentally rest your mind
- Thank everyone who has supported

you

- Tweet/share your thoughts with close friends and family

3. Celebrate Your Failures

Reviewing perceived failures on the field or court will help your players be more invested in making things work next time. When failure is reframed as a learning opportunity, you can learn and grow together.

4. Recognize When and Why You Lose Focus

There are lots of reasons why athletes lose focus. One of them is pain, which many of us tend to see as a negative experience—avoiding it as much as possible, and understandably so. Unfortunately, pain is an inevitable consequence of life and competition. We have to deal with it, whether we like it or not. When pain eventually does befall you, it's helpful to try turning it into a positive experience. As they say, what

Continued on Page 10

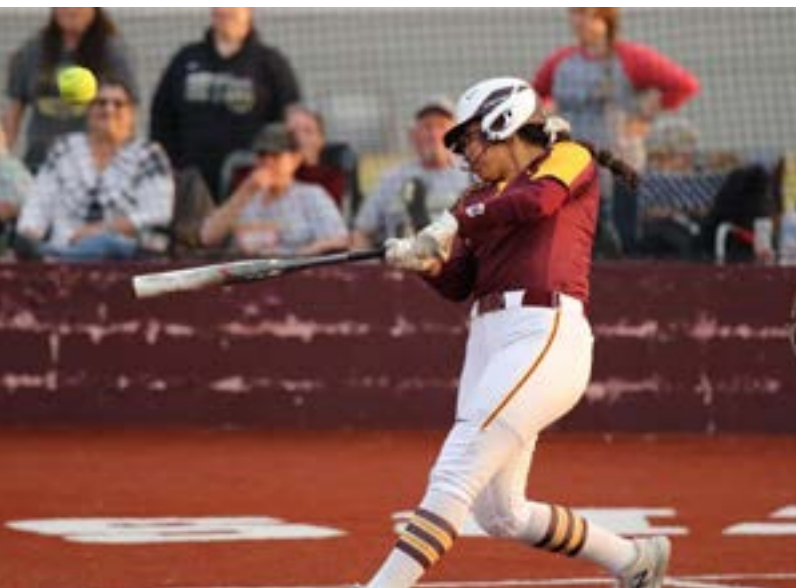


photo courtesy Lisa Johnson

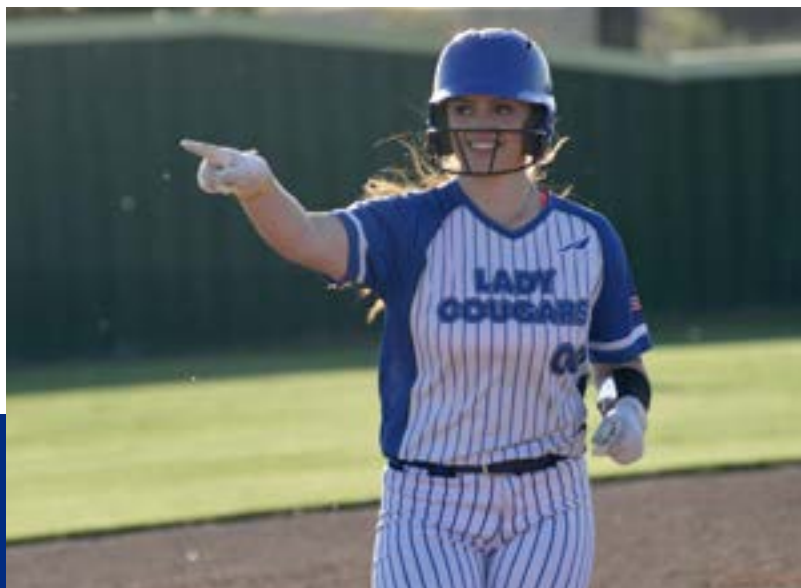


photo courtesy Misty Bumpers

HOW TO KEEP YOUNG ATHLETES MOTIVATED

Continued from Page 9

doesn't kill you makes you stronger.

Another reason why your players may lose focus is a lack of confidence. As a coach, you can apply focus skills to help improve confidence and composure. Some of the best athletes in the world say that focus is the single most important mental skill an athlete can possess to achieve desired results. Practice is the best time to work on focus and concentration. Coaches can figure out what's going wrong and make the proper adjustments.

5. Make Things Fun

Keeping practice fun is extremely important. Coaches often erroneously feel that learning sport skills is incompatible with fun, and that's when problems arise. We simply need to rethink our definition of "fun".

The truth is focus and fun are not at all incompatible. You can't have one without the other. Ideally, players will feel deeply involved and uplifted by an experience. While it's true you can be deeply involved because of fear, your athletes probably won't find the experience uplifting. They also won't find all aspects of an activity pleasurable. In the end, you'll get more out of your team if you make practice difficult yet rewarding for your team. A true marriage of fun



photo courtesy Barbara Burnett

and focus.

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 laptop programs. Find out more online at www.nancyliebermancharities.org.



10

THINGS TO KNOW ABOUT LYMPHOMA

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 Knowing what it be.

Lymphoma is a cancer of the lymphatic system, which is an essential part of the body's germ-fighting network. The disease develops in lymphocytes, which are a type of white blood cells. Lymphocytes are made in bone marrow, and are found in the blood and lymph tissue, as well as scattered all over the body in various areas (e.g., intestines, spleen, tonsils, and the lining of the airways).

2 Sorting it out.

More than 70 different specific types of lymphoma exist, ranging from indolent (slow growing) to highly aggressive. Lymphomas are categorized into two main groups—Hodgkin's lymphoma, which spreads in an orderly manner from one group of lymph nodes to another, and non-Hodgkin's lymphoma, which spreads throughout the body's lymphatic system in a non-orderly fashion. There are also numerous subtypes within each of the two primary classes of the disease.

3 Speaking of statistics.

With regard to lymphoma, the numbers don't lie—lymphoma is a very serious disease, affecting a substantial number of Americans. In fact, every five minutes, someone in the U.S. is diagnosed with lymphoma. Furthermore, more than 100,000 Americans are initially diagnosed to have a type of lymphoma each year. As such, almost one million individuals are currently living with or are in remission from this insidious form of cancer.

4 Understanding probabilities.

A number of factors have been identified as increasing the risk of lymphoma, including age, gender, having an impaired immune system, and the presence of certain infections. For example, some types of lymphoma are more common

in younger individuals, while others tend to occur in people over 55. In addition, not only are men more likely to develop lymphoma than women, but individuals who either have a weakened immune system or are suffering from infections are also more prone to contracting the disease.

5 Pinpointing the level of progression.

After an individual is diagnosed with lymphoma, physicians, before coming up with a treatment plan, determine the stage of the disease, i.e., how widespread the cancer is. As with most forms of cancer, lymphoma can generally be categorized as being in four different stages, using Roman numerals,

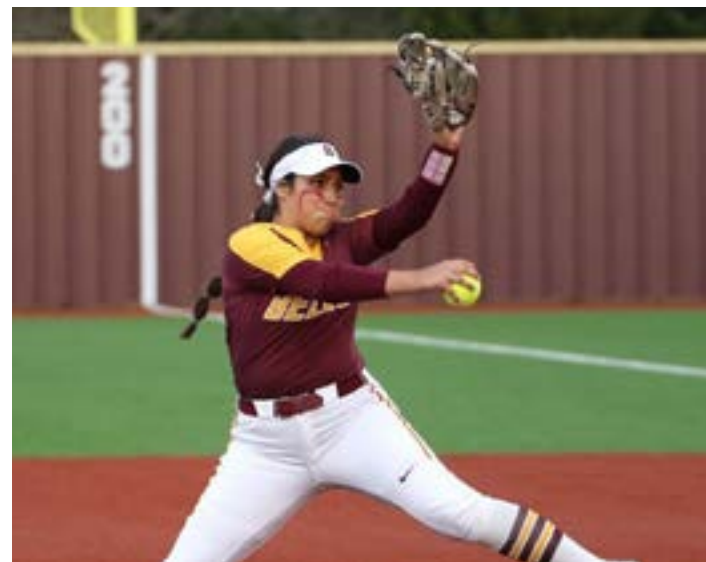


photo courtesy Lisa Johnson

I, II, III, and IV. In stage I, cancer has been found in one lymphatic area. In stage II, the cancer has been discovered in two or more lymph node groups on the same side of the diaphragm. In stage III, cancer has been located in lymph node areas on both sides of the diaphragm. In the most serious diagnosis, stage IV, the cancer has spread throughout the body beyond the lymph nodes.

6 Detecting the problem.

Early diagnosis improves lymphoma outcomes by providing care at the earliest possible moment. As such, the best way to find lymphoma early is to pay attention to the possible signs and symptoms of the disease. Of the various indicators, one of the most common is an enlargement of one or more lymph nodes. Other symptoms can include chills, feeling tired, fever, night sweats, swelling in the abdomen or limbs, and weight loss. While these telltale measures are typically caused by something other than lymphoma, it is essential to have them checked out by a physician, especially if they persist or get worse.

7 Taking the next step.

If individuals have signs or symptoms that suggest that they might have lymphoma, exams and tests will be performed to ascertain for sure, as well as determine the exact type of lymphoma. During these procedures, particular attention will be paid to the lymph nodes and other areas of the body that might be affected. Among the tests that might be un-

dertaken are biopsies (to assess the size and shape of the cells and how they are arranged), imaging (to look for possible causes of certain symptoms), a CT scan (to tell if any lymph nodes or organs are enlarged), and a PET scan (to see if an enlarged lymph node contains lymphoma).

8 Dealing with the disease.

Fighting lymphoma can involve a variety of treatment options, often in combination. The precise regimen will vary depending on the individual's type of lymphoma and its particular stage. Among the treatment choices for this cancerous condition are chemotherapy (which utilizes drugs to kill the cancer cells) and immunotherapy (which uses the body's immune system to attack the cancer cells).

9 Beating the odds.

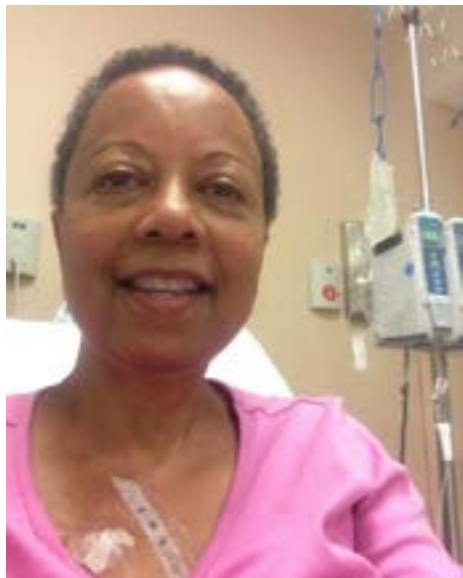
A person's health outlook can vary depending on what kind of lymphoma they have and how far it has progressed. The age and general health of the patient also impact the survival rate for the disease. The important factor to remember is that all-in-all, lymphoma is relatively very treatable. Per se, it is not a death sentence. In reality, individuals in all four stages of the disease do and have survived.

10 Avoiding misrepresentations, untruths, and distortions.

Unfortunately, untested practices and exaggerated theories about how to treat lymphoma are occasionally advanced as a plausible treatment option for individuals with this disease. Such peddling of false information offers nothing but false hope, while taking money from people when they are most vulnerable.

CHARLENE CURTIS:

Paying Attention to the Symptoms



Charlene Curtis' fight with cancer started in 2014, but health issues in 2013 led her to start paying closer attention to her health.

Over the summer, she experienced some swelling and fatigue. In August, she had a scary episode where her heart felt like it was beating out of her chest. After a series of thorough examinations, she was diagnosed with Graves Disease.

After some research about Graves Disease, Charlene discovered that it was an autoimmune disease that usually was diagnosed in younger people, she was 58 at the time; Graves Disease is usually hereditary. Nobody in her family had Graves Disease or could recall an ancestor who had had the disease. She started to doubt if Graves was the true culprit.

By December, Charlene was experiencing spotting and struggled with digestive issues.

In January 2014, Charlene, who was the Coordinator of Officials for multiple Division I women's basketball conferences, saw her gynecologist and discovered she had an enlarged uterus. The plan was to have a hysterectomy – after basketball season wrapped up in April.

God had a different plan.

On the second Saturday in February,

Charlene was traveling home to Winston-Salem, North Carolina after a game at Winthrop University. On the drive, she felt the most excruciating pain of her life – like her gut had exploded.

It was a long ride home. That night, she sent a note to her doctor and arranged a follow up appointment that week.

One appointment turned into three. After a series of scans, Charlene received her first suspected cancer diagnosis. She was then referred to a gynecological oncologist. He ordered an MRI of her abdomen, which showed cancer in her uterus.

By the end of the week, she was diagnosed with suspected stage IV cancer.

Originally, the doctor wanted to start with chemotherapy, because, with the information they had at the time, it was thought the cancer was more evasive. However, after all of the testing, and seeing there were tumors in multiple locations in Charlene's body, they doctors did not have a specific determination of cancer type. Therefore, the oncologist couldn't prescribe a chemotherapy. God had a different plan.

The medical team could only recommend surgery since chemotherapy wasn't an option. Charlene moved forward with the recommendation, and the surgery revealed the extent of the cancer.

It saved her life.

When all the results were in, she had cancer on her lung and in her uterus. She was officially diagnosed with stage IV endometrial cancer.

Charlene had her hysterectomy and then had a second surgery to remove the cancerous mass on her lung. She has gone the last four years with "no evidence of disease." Her story gives hope to all of us – especially those facing a stage IV diagnosis.

Charlene's advice? Participate in your treatment. Ask questions. Bring a friend or family member who can take notes while you talk to your doctor. Lean on your faith.

Charlene tells people, "I am thankful I was diagnosed in 2014, not 1999. Cancer is no longer the death sentence it once was. What the Kay Yow Cancer Fund is doing is helping. Things are so much better."

We are thankful for the changes brought on by research – changes that are saving lives. We are reminded once again that cancer can't wait – it never has.

A Message from the CEO:

Friends,

As we watch and participate in the slow emergence from the pandemic, let us all be encouraged and remain hopeful for better days ahead.

Watching teams Play4Kay during the past few months has truly encouraged cancer warriors all over the country! Sports continue to provide a sense of normalcy so many of us crave.

This month, we'll celebrate one year since launching the Kay Yow Cancer Fund Cancer Warrior Network! It launched in April 2020 to bring together all cancer warriors during a time where so many women were feeling isolated, due to the pandemic, in their cancer journeys.

We're also celebrating a SOLD OUT Savannah Boats raffle! The last of 1,000 tickets was claimed earlier this week, and we can't wait to find out who the lucky winner will be.

While so many nonprofits have faced steep difficulties over the past year, the Kay Yow Cancer Fund has continued to move forward because of friends like YOU. Our gratitude for your steadfast support is overflowing!

Thank you for being part of our team. Together, we continue the fight against all cancers that affect women.

Onward,
Steph

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---------|---|----------|---------------------------------------|---|
| | | | | | | 1 Softball: Bi-District Deadline |
| 2 | 3 TGCA: Golf, Track & Field Nomination deadline, NOON | 4 | 5 | 6 | 7 | 8 TRACK & FIELD STATE MEET Softball: Area Deadline |
| 9 TGCA: Track & Field Committee All-State Committee Meeting 5:00 P.M. | 10 GOLF: GIRLS STATE TOURNAMENT | 11 | 12 TGCA: Sub-Varsity Committee Meeting, 6:00 p.m. | 13 | 14 | 15 Softball: Regional Quarterfinal Deadline |
| 16 | 17 TGCA: Tennis Nomination Deadlines, NOON | 18 | 19 | 20 | 21 TENNIS: STATE TOURNAMENT | 22 Softball: Regional Semifinal Deadline |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 Softball: Regional Deadline |
| 30 | 31 TGCA OFFICE CLOSED TGCA: Softball Nomination Deadline, NOON | | | | | |

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on

your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.



photo courtesy Christine Cummings

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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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