



TGCA NEWS

APRIL 2022



2021-2022 TGCA OFFICERS



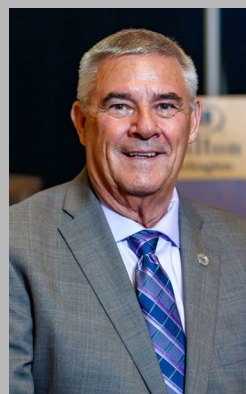
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cover photo courtesy Melissa Buck

right photo courtesy Griff Servati



PACKAGE YOUR PROGRAM

Lacy Schott | Castroville Medina Valley HS | **TGCA Track Committee Chair**

As a capitalistic society we appreciate the sensibility of a well packaged product. A well packaged product typically fares better than a poorly packaged product. Take a simple cup of coffee for example. A typical cup of joe is packaged in a styrofoam cup, housed in a leaky paper sack, it may be hot or cold, often you serve yourself, and the cost ranges from \$1.00-\$3.00. On the other hand think Starbucks. Starbucks coffee comes in a sleek copyrighted cup, brought to you by a fashionable barista, in a spill proof/burn proof cup holder, cost ranges anywhere from \$4.00-\$12.00. Starbucks has evolved the simple cup of coffee to a very polished product. The

packaging, manufacturing, production, distribution, and marketing of a product is most important for goods as far as consumerism goes. It is very important for us as coaches to package our athletic programs. Proper program packaging will encourage participation, foster community awareness, and embolden team commitment and spirit. Just like a cup of coffee, how a coach decides to package their athletic program can make a remarkable difference.

Community involvement

Here at Medina Valley High School we had a spectacularly large turnout of student athletic participation in Feb.11 Make a Differ-

ence day. The Lady Panther athletic program went to a local park, picked up trash, painted, and helped with landscaping, etc. It was an excellent way to give back to our local community and foster a sense of community involvement. The park staff & city council members were most thankful. We took lots of pictures, posted them on social media, and got a ton of very positive feedback. Our girls worked hard and did something to better the community. It instills in them a sense of pride and fosters a future of community service. The possibilities are endless in regards to community involvement-reading books to elementary aged students, hosting a 5K Santa's sleigh



toy drive then donating toys to local students in need, visiting a nursing home, writing letters to soldiers, having student athletes involved in youth sports, etc. The lessons encouraged by program participation in community involvement are very powerful indeed for each and every athlete in the program. It is also a clever way to help the very busy student-athletes pad their admissions and scholarship applications

Celebrate, embrace the holiday seasons

Embrace each holiday, take team pictures with festive masks for Halloween, santa hats, green accessories for St. Patrick's day, etc. Share those photos with campus staff as a way to send festive joy for the season. Turn practices into a turkey trot, or a holiday themed scavenger hunt, have a practice potluck. Even if your team is having an 0-10 season there are still ways to celebrate throughout the year. If it is a boost in morale or brightens someone's day, finding things to celebrate is so important. White elephant/yankee swap is the highlight of the end of our cross country season semester. Athletes get involved by making their own gifts with team pictures, coach quotes, motivational trinkets and they have a blast making memories with their teammates.

Staff/Faculty night

Schedule game night for staff and faculty recognition. Have student athletes



photo courtesy Jessica Jiminez

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PACKAGE YOUR PROGRAM

Continued from Page 1

invite a teacher or favorite staff member to watch one of their games or watch one of their races. Staff is recognized during halftime or after the game. Take pictures of staff members and their athletes to be given to them as mementos of a special game night. These types of honorary designation are very important ways for athletes to recognize someone on campus that has made a difference in their lives. This goes a long way for faculty/staff support and is a very nice way to give thanks to those who support your program.

Weekly updates program athlete of week AOW

Designate an athlete of the week, an AOW. This is a way to acknowledge those who train hard, those who motivate, those who encourage others and those who demonstrate the ideals at practice. These may not be the same ones who score the most points, or are designated as captains but it is a great way to acknowledge their hard work and effort that might otherwise go unnoticed. Our AOW carries the school flag when we go to cross country meets. Send out a weekly update in the form of a newsletter or social media promotion-include picture. Send the weekly write up to your campus administration. Make announcements and promote successes. Parents, guardians, and extended relatives will be most grateful for these communications, particularly those who cannot attend. Send these weekly write ups to the local paper, news station, or a social media forum.

Recruit night

Designate a work night for student/athletes interested



photo courtesy Valarie Henry

in competing at the next level. Help guide athletes and their families through the recruitment process. Include campus counselors who can help with gas and class ranks. Provide assistance with NCAA clearinghouse literature and assistance. Recruit the English teacher to help students draft admissions essays. Provide student athletes with data for sports specific college coaches, explain the different collegiate classifications and help them navigate their future. Encourage scholarship applications. Assist with the development of their athletic resume. Goal set with athletes and celebrate signings.

Fun

Plan fan engaging activities. Have a halftime disco night. Encourage fans for the Friday night game to come dressed up as superheroes or as celebrities from the 90's. Between innings

have karaoke or a dance off. Play music. Have fun. Having some fan fun can help your program by attracting new fans and potential future athletes in your program. Recruit cheer to help with free t-shirt, cup, foam ball distribution.

Thanks show gratitude

Dr. Charles Breithaupt is a huge proponent of showing thanks and gratitude in extra-curricular endeavors. When he spoke to the TGCA board of directors last spring he encouraged coaches to show thanks. Send a team picture out post season along with a note of thanks and gratitude to all those who helped support your program throughout the competitive season. Send thanks to transportation, custodial staff, boosters, faculty, staff, the finance department, community members, local businesses, anyone who helped the program. This communication

goes a long way to fostering humbled student athletes who show appreciation to those who support and encourage them along the way.

Package your athletic program to extend beyond the game (or the match or the meet.) This will help student athletes to become servant leaders in their respective sports. By encouraging athletes to give back to their community, to celebrate their successes, to recognize those who help them, to have fun, and to show thanks and gratitude will stay with them throughout their lives. How you choose to package your program will predict how your program is perceived for now and in the future. Be Starbucks and promote your athletic program.

NAVIGATING CHALLENGES AND FINDING SUCCESS

Stephanie Pugliese | President of Americas, Under Armour |
Former CEO & President, Duluth Trading Company



The following is an excerpt from Stephanie's recent womenar.

Q: What does a day in your life look like?

A: I am an early riser. Around 5AM, I roll out of bed and start my day. I like to do a few things in the morning first. Almost always, I work out; I like to run and do yoga. I also like to do a little bit of writing in the morning and try to get a couple of thoughts out or write what I am grateful for, as I think that sets the day up right. Then, I answer some urgent emails and grab an espresso, or a couple, depending on what the day looks like. In my current role at Under Armour, a lot of my time is spent with my team in conversation and planning. I finish the day with dinner with family and then I go to bed early.

Q: Can you tell us some of the experiences that shaped your career development?

A: I went to NYU business school and as I was coming out of school, I entered retail and product development. I initially made this choice for career opportunity, starting with a company that was going to train me well, but also because it was something I loved: clothes. I started with Ann Taylor and then moved to performance-based companies.

I was at Ann Taylor for eleven years and some of the benefits of being at a business for that long were that I worked with several different leaders and I was able to grow and increase my scope. Then, I moved to Lands' End, where they went direct-to-consumer. Next, I made the move to a much smaller business, Duluth. All the connection points of asking myself what

can I learn in a new opportunity? What can I contribute and what does it add to my experience? Those were the career choices that I made.

Then, I made a couple of personal choices. In 2001, I was working for Ann Taylor and I had two small children. Then 9/11 happened and I was commuting. Life changed significantly when we found out I was expecting again, so we made a personal decision to move to Italy and I took two years out of the industry. After around six months of staying at home, I realized I was not great at it, so my husband and I opened a small bookstore. This benefited my careers because it showed I took risks and that has helped me more in my career. The second decision I made had to do with my decision to make the move to Duluth. I was not spending a lot of time with my family before Duluth due to my schedule, so I made the choice to go to a smaller organization so I could spend time together with them.

Q: Did you have any mentors, and was there any advice that stuck with you throughout your career?

A: I have been so lucky to have not only some amazing mentors, but also an incredible wealth of people around me that were inspirational. There are a couple of moments that stand out to me in my career, first at Ann Taylor. I had the opportunity to take a job with another retailer, but it was a very different opportunity. I went into a conversation with my boss, and I remember she said, "Stephanie, you have a daughter, and you are about to have a second child. When you talk to your children about where you work and what your business stands for, you should always be proud of that. Are you proud of where you could be going?" That has always stuck with me and in that moment, I decided not to take the job. Ultimately, I did what felt right, and it still helped me in my career.

Secondly, the executive chairman at Duluth. He is a learner, but he always walked in with humility and was always trying to learn from someone else. You may walk into the room being the highest ranking but that doesn't mean you cannot be open to learning from others.

Q: Did you play any sports?

A: I played a lot of sports, volley-



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ball and softball being my main ones. But honestly, I was not a great athlete. There was not a career in athletics for me, but that doesn't matter. What I took from sports was working as a team and the pride in accomplishment. What sports did or what it continues to do is it gives me pride to be able to do something that may not have been as natural to me as it was for other people. The fact that I was willing to try and get out there on the field or court. That experience of being in a place I could get better and strive for more and what that "more" meant to me.

As a mom of athletes, it offered me a different perspective. When I think about what athletics has meant to my kids and what coaches have meant to my kids, I am grateful for their passion and their generosity as coaches. Coaches deserve a thank you for doing something for my kids that I cannot do myself. You realize that if you are humble enough, it's a blessing to have coaches in your life.

Q: What is your leadership philosophy?

A: First, I am so lucky to be a part of an organization where leadership and developing leaders is important. I think it is incredibly valuable. We have realized if we can support great leadership, the spreading of that knowledge grows throughout the organization. So, number one in leadership philosophy at Under Armour is to continue to support and grow great leaders. A long time ago, someone said this to me, and it stuck with me, "My job as a leader is to give you the toolbox so that you can build. I am not going to build for you, but I can help you when you get stuck. Overall, I am going to let you be the leader you can be." So, number one is supporting leaders as opposed to doing others' jobs.

The second piece of advice I got is: as leaders, our job is to supply oxygen,

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NAVIGATING CHALLENGES AND FINDING SUCCESS

Continued from Page 3

and providing oxygen can mean a couple of different things. It can mean supporting when someone is struggling, but it can also mean getting out of the way and giving space so people can breathe. When I think about how I try to lead, I determine where my team needs the oxygen mask and where do they need space, and that balance is tricky.

Q: What are some challenges or opportunities that you've experienced as a female executive in a male-dominated field?

A: I have to be honest; I am a rare, lucky, female leader. Since I spent my first eleven years at Ann Taylor, which is around 98% female lead, I was able to grow to a certain level without a lot of the challenges that many other females face. I would say the first time I felt my gender in my career, I was almost at a CEO level. That said, thinking back to when we were going public with Duluth, I was suddenly in a room full of in-

vestors, most of whom were male, and I looked around and saw I was the only woman in the room. This may sound strange, but I kind of liked it because I felt unique and that I brought something different. Instead of thinking, "Do I belong here?" I was going to take advantage and use it as a podium to use my voice. The challenges are real, the struggles we have as women are real and we can change that, because we own it and we deserve it. There should never be a question ever of ability,

Q: As a leader, how do you support working parents on your team?

A: No matter who you are working with, you must come in with positive intent. What I have found in supporting working parents is that often, they have challenges nonparents don't have. But I have never had a situation where parents work less or contribute less. That assuming positive intent is because of the experiences I have had, and life challenges are things people must deal with.

Additionally, while they will have to step out for sick kids, they will also have to step out for soccer games. I truly believe in being a well-rounded person. We all have things outside of work that make us happy and stimulate us and we bring that back into the office, which helps us be more productive in the long term.

do the next level; don't just ask for it. It's how you present yourself, it's how you speak in public settings, it's getting involved in different things within your organization. Those things help your leaders have confidence in you.

Q: Can you tell me about a time you made a decision that felt like a sacrifice, but which helped you in the long run?

A: I would say when I left Lands' End and moved to Duluth. It was a much smaller organization and I saw opportunities in Duluth, but also wanted to spend more time with my family. I wouldn't call it a sacrifice but rather a choice of the heart, so I wouldn't say sacrifice, but I would say choices. When I have made choices that speak to who I am and what is important to me, I have never gone wrong. But when I have made choices that felt like I was chasing a title or dollar amount, that's when it hasn't been as easy.

Q: Any advice or words of encouragement for female athletes who are willing to work in sports someday?

A: I would say overestimate what athletics does for you and has done for you. What I mean by that is sports provided you with knowledge about teamwork, leadership and about showing up when you don't want to show up. Overestimate what athletics does in developing you as a person and use that in terms of your conversations with future employers or even colleges. Realize that power now and use it. Sports is a benefit to your career.

Watch our "Navigating Challenge & Finding Success" womenar with Stephanie Pugliese, President of the Americas at Under Armour, now.

[VIEW WOMENAR](#)



photo courtesy David Erickson

Q: What is one piece of advice you give people in your organization who are trying to reach the next level in their career?

A: Confidence goes a long way. Believing in what you do matters. I believe at different times in our career, we tend not to own that, and I think the shame in it is that sometimes, it takes us awhile to realize we did a good job on different things. You need to own and believe what you do matters, and you are full of greatness. The second thing I would say is if you want the next level,



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TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Track University of Texas at Austin | May 12-14, 2022



photo courtesy Adeline Davis

Ticket Prices & Parking

Ticket and Parking Information for the 2022 UIL Track & Field State Meet will be posted [HERE](#) once available.

SCHEDULE

Thursday.....3A & 4A
 Friday.....2A, 5A, & Wheelchair
 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 posted [HERE](#)



GOLF STATE CHAMPIONSHIPS

Austin Metro | May 16-17, 2022

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
1A	Plum Creek Golf Course, Kyle	\$10 (Cash Only)	\$50 per cart
2A	Lions Municipal Golf Course, Austin	No Fee	\$30 per cart (Handicap Only)
3A	Jimmy Clay Golf Course, Austin	\$5	\$30 per cart (Handicap Only)
4A	Legends Golf Course, Kingsland	No Fee	\$50 per cart
5A	White Wing Golf Club, Sun City	\$10 (Cash Only)	\$50 per cart
6A	Legacy Hills Golf Club, Sun City	\$10 (Cash Only)	\$50 per cart

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 \$30 charge at Jimmy Clay and Legacy; a \$25 charge at Legacy Hills and White Wing; and a \$20 charge at Legends and Plum Creek.



photo courtesy Logan Lawrence

SPORT NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2021-22, they are as follows:

Track & Field May 9, 2022
Golf May 9, 2022
Softball May 30, 2022



||| TENNIS STATE CHAMPIONSHIPS

Blossom Tennis Center, Annemarie Tennis Center, Northside Tennis Center | San Antonio, Texas
April 26-27, 2022

Tuesday, April 26

Blossom Tennis Center..... 1A-2A
 Annemarie Tennis Center 3A-4A
 Northside Tennis Center..... 5A-6A

Wednesday, April 27

Blossom Tennis Center..... 1A-3A
 Northside Tennis Center..... 4A-6A

Tickets

One-Day Pass..... \$15/a day
 Two-Day Tournament Pass\$25
 Coaches All-Tournament.....\$20
 Parking..... FREE

For more information for this tournament please visit the [UIL Tennis State Championship Webpage.](#)



photo courtesy Tracy Love

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2022 UIL BASKETBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Ben Connell	Ackerly Sands	1A
Trent Lankford	Gruver	2A
Sally Whitaker	Fairfield	3A

COACH	SCHOOL	CONF.
Jeremy Durham	Brownsboro	4A
Donnie Ott	Cedar Park	5A
Andrea Robinson	DeSoto	6A

TGCA BASKETBALL COACHES OF THE YEAR



Conf. 1A-2A-3A-4A:
 Jeremy Durham,
 Brownsboro HS



Conf. 5A-6A:
 Andrea Robinson,
 DeSoto HS

TGCA BASKETBALL ATHLETES OF THE YEAR



Conf. 1A-2A-3A-4A:
 Bailey Maupin, Gruver HS
 (Coach Trent Lankford)



Conf. 5A-6A:
 Sa'Myah Smith, DeSoto HS
 (Coach Andrea Robinson)

TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER - ATHLETIC & SPIRIT DIVISIONS | JULY 11 - 14



photo courtesy Melanie Fuller

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 11th, 7:00 p.m., at the Arlington Sheraton Hotel, 1500 Convention Center Drive, 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 are now open. 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".

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 "2022-23 Printable Membership Form".

The 2022 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 "2022 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2022 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2022 SUMMER CLINIC ARLINGTON HOTELS AND RATES

(You MUST use the Hotel Res-

ervation Services link on the TGCA website under the Summer Clinic tab to get the TGCA rates shown below)

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

DOUBLE TREE BY HILTON
1507 N Watson Road
\$129.00

HILTON ARLINGTON
2401 East Lamar Blvd
\$144.00

HILTON GARDEN INN DALLAS/ARLINGTON
2190 E Lamar Blvd
\$129.00

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

SHERATON ARLINGTON
1500 Convention Center Drive
\$145.00

Hotel Reservation Services are now open.

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

2022 SUMMER CLINIC EXHIBIT WITH US

TEXAS GIRLS COACHES ASSOCIATION

SUMMER CLINIC AND EXHIBITOR SHOW
ARLINGTON CONVENTION CENTER

July 12-13, 2022 10'X10' BOOTH: \$450
ADDITIONAL: \$400

ADVERTISE

AD space AVAILABLE!

For questions or additional Exhibitor information please visit our website or contact:

tgca@austintgca.com

(512) 708-1833

www.austintgca.com

TGCA ALL-STAR PROGRAM

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](#)

TGCA SATELLITE CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2022. 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.

2022 REGION I & II LUBBOCK ALL-SPORTS CLINIC

Monterey High School
3211 47th St.
Lubbock, Texas
June 9

[Agenda](#) [Registration](#)

2022 SUMMER CLINIC

Athletic & Spirit Divisions
Arlington Convention Center
Arlington, Texas
July 11 - 14

[Agenda](#)

2022 EL PASO ALL-SPORTS CLINIC

Franklin High School
900 North Resler Dr.
El Paso, Texas
July 21

[Agenda](#) [Registration](#)

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@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.



photo courtesy David Erickson



photo courtesy Griff Servati

2022-23 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 2022-2023 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.

Online membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austingtca.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 remem-

ber 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 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 2022 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new Cen-Tex 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 Clin-

ics is \$80.00. This includes your 2022-23 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 2022-23 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austingtca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy David Erickson

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2022-23 year, beginning June 1, 2022 and ending May 31st, 2023. Please be sure that is what you intended to do. You may still print a 2021-22 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All other nominations should be submitted through the Membership Site once you have logged in.

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

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

PLEASE NOTE: The TGCA sys-

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

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

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

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

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

1 Access the TGCA website at austintgca.com.

2 Click on the "Membership Site" category in the menu on the left-hand side of the page.

3 You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number. We do not recommend using the "Forgot Password" link, as you will more than likely never see the response email. It is more often than not blocked by a security measure in place by your

school.

4 Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

5 Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6 Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. PLEASE be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

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

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

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

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.



photo courtesy Troy Fox

your nomination to appear correctly, it must have the name of the school, rather than your title. You may need to type the complete name of the school, including "High School" for it to populate. There are many, many schools with the same name, including junior highs and middle schools.

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,

12 You will need to follow these steps for each nomination of each athlete in each category you wish to make. **For Academic All-State, you only need to list the GPA.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

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.

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.

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.

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

TRACK & FIELD, 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

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.

SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaque recognition begins at 500. 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

WRESTLING

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. Wrestling 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 regional qualifier
- 1 point for each dual victory
- 4 points for each state qualifier
- 20 points for team regional championship
- 30 points for team state championship

*Deadline for submitting accomplishments is May 30
Revised by vote of the Board of Directors March 2, 2014
Revised by vote of the Spirit Committee July 10, 2019
Revised April 22, 2022*

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

Sub-Varsity coaches with five 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 Texas 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.

10

TIPS FOR HEALTH/FITNESS PROFESSIONALS WHO WANT TO BECOME BETTER LEARNERS

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 MAKE TIME TO INVIGORATE THE BRAIN.

The human brain has an astonishing capacity to adapt and change—even as individuals age. This ability is referred to as neuroplasticity. In fact, with the appropriate stimulation, the brain can form new neural pathways, alter existing connections, and adapt in ever-changing ways. In the process, a person can harness the natural power of neuroplas-

and close attention, teach them something new, enable them to stretch their capabilities, and are personally satisfying.

3 BREAK A SWEAT. Being physically active helps the brain stay sharp. Not only does exercise increase the amount of oxygen transported to the brain, it also reduces the risk of an individual suffering a disorder that can lead to memory loss, such as cardiovascular

of sleep every night in order not to be sleep deprived.

5 CONNECT WITH PEOPLE.

A growing body of research has found that having meaningful friendships and a strong social support system is vital not only to a person's emotional health but also to their brain health. For example, individuals who have the greatest level of social connection have been shown to experience the slowest rate of memory decline. In other words, people need people—people who care about them as individuals, people to whom they feel a sense of connection, and people who will provide emotional support if a need arises.

6 MANAGE STRESS.

Stress is one of the worst enemies of the brain. Over time, chronic stress not only destroys brain cells but also damages the hippocampus, the region of the brain in which new memories are formulated and old ones retrieved. Research also has linked short-term stress to the impairment of brain-cell communication in areas associated with learning. Among the tips for individuals to manage their stress is to express their feelings instead of bottling them up and to try to set a healthy balance between work and leisure time.

7 TAKE THE REINS OF LIFE.

People who want to become better learners should be individuals who are committed to learning. As such, they should view the undertaking as making an investment in their lives. They should have a passion and zest for being in a learning mode, open and receptive to new ideas, information, and situations. They should see value in jump-starting their brain out of its occasional slumbering state by embracing their experiences and learning from them. They should find time to learn.

8 PAY ATTENTION.

Individuals cannot remember something if they never learned it. Furthermore, they cannot learn something (i.e., encode it into their brain) if they do not pay sufficient attention to it. Research shows that it takes about 8 seconds of intense focus for a person to process a piece of information into their memory. Attention, which enables individuals to plan, monitor, and regulate their thoughts and actions, is commonly considered to be the first step in the learning process.

9 TAKE THE ROAD LESS TRAVELED.

Individuals should be active learners rather than passive recipients of information. In that regard, they should clearly, rationally, and systematically process information in a way that enables them to better understand any logical connection that may exist between their ideas and experiences. They also should be aware of the fact that the quality of their life and what they do with it may depend on their ability to differentiate themselves from other individuals in their field. In that regard, becoming a better learner can be a gateway to success.

10 BE AVORACIOUS READER.

Reading is important for a number of reasons. Not only can it help people learn something new, improve their level of focus and concentration, and provide direction in their lives, it also gives them an opportunity to develop their mental well-being as well as prevent cognitive decline. Regrettably, research shows that the average American only reads 16.8 minutes a day—a number that pales in comparison with the 166.2 minutes a day that a typical person watches television.



photo courtesy Pres Holcomb

ticity to increase their cognitive functioning, enhance their ability to learn new information, and improve their memory at any age.

2 CHALLENGE THE STATUS QUO.

Memory, like muscular fitness, requires a person to “use it or lose it.” The more an individual works their brain, the better they will be able to process and remember information. It is important to be aware, however, that not all activities are equal. All in all, the best activities for the brain are those that break a person's routine and challenge them to develop and use new brain pathways. In that regard, whenever possible, individuals should engage in activities that demand their full

disease and diabetes. Arguably, the most important role of exercise on brain function and learning is its effect on neuroplasticity by boosting growth factors and the production of new neural connections.

4 GET ENOUGH Zs.

Sleep is critical to learning and memory. Research indicates that sleep is essential for memory consolidation—the key memory-enhancing activity that occurs during the deepest stages of sleep. The key point is to be aware that a big difference exists between the amount of sleep a person can get by on and the amount they need to function at their best. In that regard, it is recommended that the average adult get between 7.5 to 9 hours

MURPHY NAMED AS NEXT KAY YOW CANCER FUND CEO



Kay Yow Cancer Fund - By: Sarah Womack

Raleigh, NC (March 28, 2022)

Kay Yow Cancer Fund® Board of Directors Chair, Nikki Fargas, President of the WNBA's Las Vegas Aces, announced Mandy Murphy has been named to serve as the next Chief Executive Officer of the Kay Yow Cancer Fund, succeeding Stephanie Glance, who will be retiring at the end of April.

Murphy comes to the Kay Yow Cancer Fund as the result of a highly competitive, nationwide search led by The Batten Group, who works exclusively in executive-level non-profit searches.

Murphy will be leaving her role as an independent consultant at MNM Strategy LLC, where she has successfully guided clients to drive strategic social impact through the power of sport. Murphy has spent more than two decades in the sports industry, including over the last 12 years in the international sport for development non-profit sector, including leadership roles at Special Olympics International and PeacePlayers. An ESPN "Empire" Award winner and proud graduate of Penn State University, Murphy has an extensive background in strategy, marketing and partnerships and has demonstrated success in using sport as a vehicle for positive change nationally and globally.

"Mandy has shown a passion for aligning cause with sport throughout her career. The Kay Yow Cancer Fund is rooted in the belief that sport can change lives," said Kay Yow Cancer Fund Board of Directors President, Nikki Fargas. "We are thrilled that Mandy will be joining the team and we look

forward to continuing the incredible work of the Fund together."

Murphy will officially begin her role on May 1, 2022 in succeeding Glance, who retires on April 30 after a 7-year tenure as CEO of the Kay Yow Cancer Fund.

"This is an amazing time in the history of the Kay Yow Cancer Fund. Because of the tremendous support from an incredible Board of Directors, a nation of women's basketball coaches, players, officials, and fans, corporate partners, and cancer survivors, we are poised and positioned for an unprecedented runway of growth, exponentially increasing the impact on so many lives in the coming years," said Glance, current Kay Yow Cancer Fund CEO. "Mandy is the perfect person to lead and significantly elevate the work, mission, and impact of the Kay Yow Cancer Fund. She is a proven visionary leader in the non-profit sector, with significant strengths in marketing, creative strategies, and building partnerships. We are excited to welcome Mandy as the next leader of the Kay Yow Cancer Fund."

"While I did not have the privilege to know Coach Yow personally before she passed away, I am inspired by her spirit of service and giving of herself to support others, which clearly lives on in so many of the incredible stakeholders of the Fund who continue to serve the mission in honoring her enduring legacy," Murphy said. "I passionately believe in the unifying power of sport to drive social good and cannot wait to build upon the impactful work that the Fund has done to date in the fight against

ALL cancers affecting women. As cancer has touched my own family personally, I am grateful to have this opportunity and honored to help lead the Kay Yow Cancer Fund into its next phase of impact."

About the Kay Yow Cancer Fund

The Kay Yow Cancer Fund was officially founded on December 3, 2007, from the vision of the organization's namesake, Kay Yow, former NC State University head women's basketball coach. Coach Yow was first diagnosed with breast cancer in 1987 before succumbing to the disease on January 24, 2009. The Kay Yow Cancer Fund is a 501(c)(3) charitable organization committed to being a part of finding an answer in the fight against ALL cancers affecting women through raising money for scientific research, assisting the underserved, and unifying people for a common cause. For more information on the Kay Yow Cancer Fund, or to donate, please visit KayYow.com.

Meet Mandy Murphy

On Page 13

MEET MANDY MURPHY



Mandy N. Murphy is a seasoned sports for social impact leader with two decades of industry experience across both the for-profit and non-profit sectors, driven by a passion for using the power of sport to drive positive social change.

Over the last year she successfully launched her own small business, MNM Strategy LLC, a sports and purpose strategic consultancy with clients that include both non-profit organizations as well as sports brands looking to develop their social impact strategies. She was also asked to serve as an Expert Advisory Council member on Beyond Sport's "Return To Play" fund that

aims to support Black and Brown youth returning to sport coming out of the pandemic, as well as serving as a strategic advisor to Athletes' Voices, a new program under development with Harvard University and other academic advisors that will provide elite athletes with the tools to leverage their platforms to make an impact.

Before consulting, she served as the Chief Marketing and Strategy Officer at PeacePlayers International, an award-winning global non-profit that uses the sport of basketball as a vehicle to unite youth in divided communities, working in Cyprus, the Middle East, Northern Ireland, South Africa and the United States.

Her tenure has included managing multi-million dollar non-profit and corporate partnerships and grants with some of the biggest names in sports, including both Nike and ESPN. Murphy also spent over eight years at Special Olympics International, overseeing their global partnership with ESPN after several years running their global media relations.

She started her career in the sneaker industry, doing communications at AND 1 Basketball and Reebok. Murphy has been nationally recognized for her work with awards from both ESPN and her alma mater, Penn State University, and has been named a top Twitter follower for #Sports-DoingGood.

Murphy hails originally from the Philadelphia area (where her sports fandom will always lie and has lived in Washington D.C. since 2009, where she has been a longtime volunteer and coach with Special Olympics D.C. and also dabbles in the local improv comedy scene. She also taught the course 'Social Responsibility & Globalization in Sports' at Georgetown's Sports Industry Management program. She believes sport has a unique role to impact the world for the better and while her on-court game has always been amateur at best, she has developed tremendous skills off the court that she seeks to continue to use to serve others.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
				SOFTBALL: AREA		
8	9	10	11	12	13	14
	TGCA: Golf, Track & Field Nominations Deadline, 12:00 p.m.			SOFTBALL: REGIONAL QUARTERFINALS		
					TRACK & FIELD: STATE MEET	
15	16	17	18	19	20	21
TGCA: Sub-Varsity Committee Meeting, 6 PM	GIRLS GOLF: STATE MEET			SOFTBALL: REGIONAL SEMIFINALS		
	TGCA: Track & Field Committee, All-State Committee Meeting, 6 PM					
22	23	24	25	26	27	28
				SOFTBALL: REGIONAL FINALS		
29	30	31				
	TGCA OFFICE CLOSED	SOFTBALL: STATE TOURNAMENT				
	TGCA: Softball Nominations Deadline, 12:00 p.m.					

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball cheerleading, soccer, golf and tennis 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 on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.



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Varsity



Guy in the Yellow Tie



Tom Rogers
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TGCA NEWS

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

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

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

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

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



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