



TGCA NEWS

DECEMBER 2021



2021-2022 TGCA OFFICERS



President of TGCA
Brad Blalock
Frisco Centennial HS



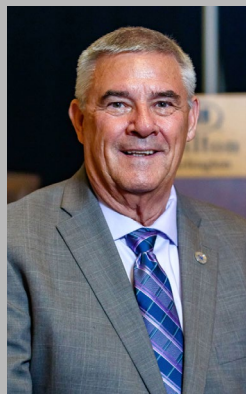
1st Vice President
Colby Davis
Arlington Martin HS



2nd Vice President
Cully Doyle
Medina Valley HS



Past President
Jason Roemer
Fredericksburg HS



Executive Director
Sam Tipton
TGCA Office



Assistant Executive Director
Lee Grisham
TGCA Office

TABLE OF CONTENTS

FEATURE ARTICLES

You Will Be a Better Coach as a Dad

By Jason Roemer, TGCA Past President

PAGE 1

Q&A: The Challenges and Rewards From Coaching Female Athletes

By Dr. Wendy Borlabi, BSN Sports

PAGES 2-3

10 Ought-To-Know Facts About Strokes

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

PAGE 9

Survivor Story: A Critical Call

Kay Yow Cancer Fund

PAGE 10

Jada Williams Signs on as Kay Yow Cancer Fund Game-Changer

Kay Yow Cancer Fund

PAGE 10

ALSO INSIDE

Spirit State Championships	4
Spirit Advisory Board.....	4
Cross Country State Championship Coaches ..	5
Cross Country Athletes of the Year	5
Cross Country Coaches of the Year	5
Volleyball State Championship Coaches.....	5
Volleyball Athletes of the Year.....	5
Volleyball Coaches of the Year.....	5
General Nomination Instructions	6
Online Nomination Instructions.....	6
2022 TGCA Summer Clinic	7
AD&D Benefit	7
Sport Nomination Deadlines.....	7
TGCA Career Victories	8
Sub-Varsity Years of Service.....	8
Important Dates	11
Update Online Profile.....	11
Sub-Varsity COY Nom Deadline	11
Sponsors.....	12

cover photo courtesy Henry Huey

right photo courtesy Tina Lopez



YOU WILL BE A BETTER COACH AS A DAD

Jason Roemer Fredericksburg HS | TGCA Past President

I will never forget those words. This week, my wonderful wife and I will be celebrating our twenty-sixth wedding anniversary. Fifteen years ago, we discovered we would be having a daughter in September of 2007. At that time, I had been a head coach of basketball and volleyball for eight years. Dean Herbort was my athletic director at the time, a Dad of two daughters himself. I will never forget him patting me on my shoulder and saying those words, "Congratulations, you will be a better coach as a Dad, and you will be a better girls' coach because you're having a daughter." I remember thinking at the time, "I'm a pretty good coach right now, that won't make a difference." Fifteen years later, I'm here to say that egotistical me was wrong, and wise ol' Coach Herbort was right. First lesson of today's newsletter... listen to ol' wise coaches, but that's another topic for another day!

In my opinion, the reason you become a better coach the day your child is born is because you will now look at the world through the "optics of Mom or Dad." If you have the utmost privilege to be a coach of girls' athletics and

you have daughters... it's an even bigger game changer. Now that my daughter is on the cusp of being a freshman, it's hitting home even larger. My daughter is experiencing the same thing that the young ladies that I have the privilege and honor to lead in the Battlin' Billie volleyball program. We are currently navigating 8th grade dances, boyfriends, Tik-Tok, friend drama, Instagram, and brace yourself, driving is on the horizon. To all the dads of the young ladies I have coached in the past... I feel your pain.

"It sucks to be a teenage girl in 2021." I uttered those words in our first team meeting of this year's volleyball season. I continued to utter those words in every player and parent meeting we had this season. Our girls are struggling. The teenage girls of this generation are struggling. I could not put my finger on a lot of these struggles until I stumbled across a link on Facebook from the website: Grown & Flown. The essay is titled, My Daughter's Adjustment to College Was Great, Until it Wasn't. It has changed the way I look at teenage girls in 2021.

SOCIAL MEDIA ENVY

"Envy is that painful longing to have what others have. And if you've ever felt envious of people you see on Facebook or Instagram, you are not alone. Because of social media, people are constantly bombarded with updates about friends, family, or acquaintances and their achievements, travels, and seemingly perfect lives." - Loraine Balita-Centeno

In the essay on Grown and Flown, the anonymous author explains that her daughter seemed to be the happiest she's ever been. "It was all going great. College life was taking off for my girl. Or so I thought. My daughter's happiness started to wane. Why, you ask. Well, my fellow moms and dads out there, it started to wane because she became obsessed with the fun that all of the other college kids on her Instagram and Snap feeds were having. My daughter began to question whether she herself was actually enjoying her college experience or if she might find more joy someplace else. INSTAGRAM POSTS ARE NOT REALITY. SNAP STORIES ARE SNIPPETS AND PUBLICIZE ONLY SECONDS OF A 24-HOUR DAY. FACEBOOK PICTURES ARE



THE WAYS THAT PEOPLE TRY TO SHOW THAT LIFE IS GOOD...EVEN WHEN IT ISN'T."

Your players are probably like mine. Addicted to Snap Chat, Instagram, and Tik-Tok influencers. How do we help them? You probably have players like mine... 25 kills in a match, 25 points in a basketball game, 2 home runs in a game, never good enough. Never happy with a performance. Someone else out there is better than me.

The essay in Flown & Grown asserts to parents: "We parents have the all-important job of helping our kids distinguish between reality and...not reality. If they are willing to accept that the Tooth Fairy and the Easter Bunny aren't real, then there must be a way to prove to them that neither are the social media updates that they believe to be true."

Reading this essay was earth shattering for me, the Dad and the coach. I have started to look differently at the battles that our players and my daughters are struggling with every day. It will continue to be difficult to be a teenage girl. Always has, always will. I am convinced now, more than ever, that we must continue to tackle social media envy head on and educate our girls. Coaches, Moms, and Dads alike. It takes a village to help these young ladies navigate our ever-changing world.

<https://grownandflown.com/college-kids-social-media-envy/>



photo courtesy Danny Ott

Q&A: THE CHALLENGES AND REWARDS FROM COACHING FEMALE ATHLETES

Dr. Wendy Borlabi Under Armor | Human Performance Council | BSN Sports

Dr. Wendy Borlabi is currently working with the Chicago Bulls and is founder of Borlabi Consulting, a performance psychology firm. Also, she is an independent consultant with the National Basketball Association.

She worked for the United States Olympic Committee (USOC) at their training center in San Diego for six years (two Winter Olympic and one Summer Olympic Games). She co-founded Acumen Performance Group (APG) along with six current and ex-Navy SEALs. They developed a program that integrated the SEALs real-world experience and applied it in both the development and application of the high-performance concepts of seamless teamwork, mental toughness, and unwavering confidence.

At James Madison University (JMU) she worked for five years as the liaison between athletics and the Counseling and Student Development Center (CSDC). In those five years, she began the sport psychology services for the student-athletes, coaches and athletic department. In addition, she facilitated the development of the sport psychology department as a division of the JMU athletic department. She teaches undergraduate and graduate courses in Sport Psychology and Sports Management for Forbes Business School.

She received a B.S. in Psychology from Southwestern Oklahoma State University, a M.S. in Kinesiology with a concentration in Sport Psychology from Georgia Southern University, and a doctorate in Clinical Psychology with a concentration in Sport Psychology and Exercise Psychology at Argosy University/Phoenix.



photo courtesy Alberto Rodriguez

Q: How do you create a safe environment for your athletes?

A: The first step in create a safe environment for your team is to determine what a safe environment looks like for you; what makes you comfortable, confident and enables you to be the best version of you. Then the next step is to present the type of environment to your team. Ask them for feedback or if this type of environment works for them. If feedback is given adapt slightly to fit their needs and then see if your team agrees to your environment terms.

Q: How do you keep athletes mind focused and not just going through the motion?

A: Make the task segments short: 30sec to 1 minute. This will help keep their attention and focus. The task that you set to focus on does not have to be related to sport,

you could focus on a task like describing their food: I.E sandwich: what is your sandwich made of? Turkey, bread, lettuce, mustard.. If you lose focus that is okay! Just refocus and try again. A minute may seem like a short time but a minute is actually a long time for focus.

Q: How do you encourage other sports or activities but still stress the importance of your own?

A: Get a bunch of magazines, ask your athletes to review and look over the magazines and tear out anything that catches their eye. Talk about why they tore those images out and help them determine other interest outside of sport. Maybe they tour out a painting cause they like to paint but couldn't pin point their interest until that moment. This small task enables them to find other interest outside of

athletics and helps them to still not lose focus on their sports activity.

Q: How do you deal with emotions especially those outside of sports?

A: Be very careful when discussing emotions with the girls, I would ask more about the situation or if there is someone else they need to talk to or would be comfortable with discussing. Let them know you can see they are struggling and then ask them who would be the person they could talk to reminding them it does not have to be you. If they want to talk to you, note that you want them to be safe so if they are not safe you may open this conversation to other people or documents the conversations for future reference or to report. You want to make you note this with the girls so that you do not lose the level of trust

Q&A: THE CHALLENGES AND REWARDS FROM COACHING FEMALE ATHLETES

that they have in you as their coach and mentor.

Q: Balance: Any tips on managing the balance on mental toughness & playing:

A: I would combine them, create a task or game about mental toughness so that mental toughness is the focus but they still get the aspect of play in which the athletes thrive.

team and give them tasks: x,y,z and see if that approach enables buy in. Regardless, just remember buy in does not always take place and that is okay. These athletes are young and still determining what they are truly passionate and interested in.

Q: Is there any activities you recommend to alleviate competitive anxiety in practice and on gameday?

can address it.

Q: How do you get athletes to hear the message not the tone?

A: First, that responsibly is on you, you must work and adjust your tone and learn how to change it to better communicate with your athletes. Secondly, engage your athletes to respond to what you said, ask them what did they hear. Some-

general young female athletes get stuck in criticism and the emotion. You have to help them understand they are getting stuck on the emotion and not what you are saying. If they focus on the words rather than the emotion, they will have a better understand of the comment. Additionally, remember to always focus and engage when they are doing something right. If you have an assistant give them a job to only focus on what your athletes are doing right and praising the action.

Q: How do you keep outside issues off the court and keep team chemistry?

A: First, make this a team rule. Have a conversation about it at the beginning of season so they know that any issues are kept off the court and that those issues do not affect practice or games. We may not be on the same page as a team, but we are on the same team against our opponent.

Q: How do you help athletes that are paralyzed by failure or fear of failure?

A: I put it out there, it is something that we all face even as coaches. The ideal of failure is perspective. Help your athletes look at it differently. You aren't losing something because you didn't have that skill to begin with, you cannot lose by trying you can only gain. I.E you aren't shooting 3 pointers 100% of the time so you cannot lose anything trying, you can only gain in trying to get better. A shift in their perspective can help them reach a new level of growth.

View The Challenges & Rewards of Coaching Female Athletes Webinar

[Click Here](#)



photo courtesy Anthony Branch

Q: How do you get athletes to fully engage?

A: Sometimes you may not be able to get the athlete to fully engage, this is the first thing you must note. However, you can try several different approaches to get them to buy in better. First, you can find and focus on something they can bring to the table, a strength that can help your team. They may buy in when they understand they bring something to the table. Second, you can buddy them up with someone else on the

A: My suggestion would be to help your athletes develop a pre-performance routine. If they develop a routine it will enable you too not think less about the event and can help decrease anxiety because it becomes routine. Then your body knows what is coming next and is prepared for it. To take a deeper dive and address the long term, try to determine where you are in the spectrum. Look into the inverted U and determine where you are and how you

times they will pick up on different things than what you intended. The younger generation usually focuses on the emotion behind the words instead of the words themselves.

Q: Do you think female athletes take constructive criticism better from male coaches than female coaches?

A: In my experience most of the female athletes I have worked with have had males' coaches, so they were used to that. I think in

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 13-15, 2022

Schedule (Tentative)

Thursday, January 13

2A & 3A-D1 Prelim..... 8:30 AM (Hall)
 1A & 3A-D2 Prelim.....9:00 AM (Arena)
 Coed Prelim10:44 AM (Arena)
 1A & 3A-D2 Final.....4:32 PM (Arena)
 2A & 3A-D1 Final..... 5:01 PM (Hall)
 Coed Final..... 5:49 PM (Arena)
 1A, 3A-D2, Coed Awards.7:10 PM (Arena)
 2A & 3A-D1 Awards..... 7:30 PM (Hall)

Friday, January 14

4A-D1 & 4A-D2 Prelim 8:30 AM (Hall)

5A-D1 & 5A-D2 Prelim. 8:30 AM (Arena)
 4A-D1 & 4A-D2 Final.....4:12 PM (Hall)
 5A-D1 & 5A-D2 Final.... 6:36 PM (Arena)
 4A-D1 & 4A-D2 Awards....6:45 PM (Hall)
 5A-D1 & 5A-D2 Awards 9:10 PM (Arena)

Saturday, January 15

6A-D2 Prelims 8:30 AM (Hall)
 6A-D1 Prelims 8:30 AM (Arena)
 6A-D1 & 6A-D2 Finals.. 4:30 PM (Arena)
 6A-D1 & 6A-D2 Awards . 7:00 PM (Arena)

Game Day Championship Info

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

Safety Rules

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

School Conference Divisions

1A & 2A – Max of 12 participants (2 or fewer males)
 3A-D2—Maximum of 20 participants (2 or fewer males) (School enrollment 230-375 students)
 3A-D1—Maximum of 20 participants (2 or fewer males) (School enrollment 376-514 students)
 4A-D2—Maximum of 20 participants (2 or fewer males) (School enrollment 515-875 students)

4A-D1—Maximum of 20 participants (2 or fewer males) (School enrollment 876-1,229 students)

5A-D2—Maximum of 30 participants (2 or fewer males) (School enrollment 1,230-1,853 students)

5A-D1—Maximum of 30 participants (2 or fewer males) (School enrollment 1,854-2,219 students)

6A-D2—Maximum of 30 participants (2 or fewer males) (School enrollment 2,220-2,779 students)

6A-D1—Maximum of 30 participants (2 or fewer males) (School enrollment 2,780 and above students)

COED—Maximum of 30 participants (3 or more males)

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



photo courtesy Logan Lawrence



photo courtesy Logan Lawrence

SPIRIT ADVISORY BOARD

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

*Chair



photo courtesy Logan Lawrence

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES WHO WILL PRESENTED RINGS PROVIDED BY HERFF JONES AND THEIR TEAMS WHO CAPTURED 2021 UIL CROSS COUNTRY STATE CHAMPIONSHIPS

NAME	SCHOOL	CONF.
Chris Sumrall	Wellington HS	2A
Glenn Griffin	Holliday HS	3A
Eric Krepps	Celina HS	4A

NAME	SCHOOL	CONF.
Carly Littlefield	Lucas Lovejoy HS	5A
Andrew Cook	Lewisville Flower Mound HS	6A

CROSS COUNTRY ATHLETES OF THE YEAR

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

Tatym Goodman
Earth-Springlake HS
Coach: Jeri Goodman

Conferences 5A-6A

Cameron McConnell
Canyon Randall HS
Coach: Rebekah James



Dan Aldrich
photo courtesy:
Dan Aldrich



Tatym Goodman



Cameron McConnell
photo courtesy:
Rebekah James

CROSS COUNTRY COACHES OF THE YEAR

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

Dan Aldrich
Fredericksburg HS

Conferences 5A-6A

Carly Littlefield
Lucas Lovejoy HS

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES WHO WILL PRESENTED RINGS PROVIDED BY HERFF JONES AND THEIR TEAMS WHO CAPTURED 2021 UIL CROSS COUNTRY STATE CHAMPIONSHIPS

NAME	SCHOOL	CONF.
Clint Jaeger	Fayetteville HS	1A
Cherry Downs	Beckville HS	2A
Jason Culpepper	Bushland HS	3A

NAME	SCHOOL	CONF.
Catherine Foerster	Decatur HS	4A
Natalie Puckett	Lucas Lovejoy HS	5A
Madeline Williams	Northside Brandeis HS	6A



Brooklyn Jaeger
photo courtesy:
Chris Schmidt



Madeline Williams
photo courtesy:
Madeline Williams



Jalyn Gibson
photo courtesy:
Visual Sports

VOLLEYBALL ATHLETES OF THE YEAR

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

Brooklyn Jaeger
Fayetteville HS
Coach: Clinton Jaeger

Conferences 5A-6A

Jalyn Gibson
Northside Brandeis HS
Coach: Madeline Williams

VOLLEYBALL COACHES OF THE YEAR

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

Clinton Jaeger
Fayetteville HS

Conferences 5A-6A

Madeline Williams
Northside Brandeis HS

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 Anette Stewart

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 that 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.

2022 TGCA SUMMER CLINIC

The 2022 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 11-14. The agenda is being revised and will be posted to the website under

the "Summer Clinic" category as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel Reservation

Services will open in March. Membership renewal and Summer Clinic registration, as well as all Satellite Clinics, will open February 1st. We are working on finalizing times, venues, and agendas

for all of the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2022 TGCA Clinics.

AD&D BENEFIT (ACCIDENT 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 Anette Steward



photo courtesy Keith Logan

2021-22 TGCA NOMINATION DEADLINES BY SPORT

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

Spirit	Jan. 31, 2022
Swim/Dive	Feb. 14, 2022
Wrestling	Feb. 14, 2022
Basketball	Feb. 28, 2022
Soccer	Apr. 11, 2022
Tennis	Apr. 25, 2022
Track & Field	May 9, 2022
Golf	May 9, 2022
Softball	May 30, 2022



The TGCA staff wishes you all the happiest of holidays. Our office will be closed December 17th through January 4th. We wish you all a Merry Christmas and happy and prosperous New Year. If you have an emergency or need immediate assistance, please contact Executive Director Sam Tipton at 512-417-8422.

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports and cheerleading will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation, and should be emailed or mailed to the TGCA office.



photo courtesy: Keith Logan

VOLLEYBALL

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

BASKETBALL

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

SOCCER

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

SOFTBALL

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

TRACK & FIELD, CROSS COUNTRY

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

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

GOLF

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

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

SPIRIT

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

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

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

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

Adopted by the TGCA Board of Directors at 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

10 THINGS YOU SHOULD-TO-KNOW FACTS ABOUT STROKES

James A. Peterson, Ph.D., FACSM

James Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.

1 A BRAIN ATTACK. A stroke occurs when the flow of blood to the brain is interrupted. If the blood supply to the cells of the brain is cut off, either because of a blood clot or because of a disease of the blood vessels, those cells die, which is what a stroke is.

of the body, difficulty speaking, visual difficulties, and balance issues.

4 TWO PEAS IN A POD. There are two kinds of strokes—ischemic and hemorrhagic. Of the two, the former is the most common, comprising nearly 90% of all strokes that oc-

cur in the United States. An ischemic stroke results from a blockage (typically a clot) in a blood vessel that supplies blood to the brain. By contrast, a hemorrhagic stroke happens when a weakened blood vessel ruptures.

6 OUT OF THE ORDINARY. According to statistics provided by the U.S.

latter group are gender, heredity, race, increasing age, and prior stroke. Interestingly, the risk of having a stroke more than doubles each decade after the age of 55 years.

8 PINPOINTING THE SITUATION. As a rule, the initial step in diagnosing a stroke entails the physician asking the individual what symptoms they have been having, when they started, what the person was doing at the time, etc. Confirming the stroke condition typically entails conducting a head CT or a head MRI, or possibly one or more of a battery of tests, including blood tests, carotid ultrasound, cerebral angiography, electrocardiogram, or echocardiography.

9 REGIMENS AND REMEDIES. The type of treatment for a stroke depends on the type of stroke. For an ischemic stroke, the treatment focus is to bust or remove the clot. As a rule, this step involves either medication (i.e., alteplase) or mechanical treatment (endovascular procedure or mechanical thrombectomy). For a hemorrhagic stroke, the immediate treatment is to zero in on the bleeding and reduce pressure in the brain, which, on occasion, may involve surgery.

10 SILENCE IS NOT ALWAYS GOLDEN. Some individuals have strokes without realizing it. Called silent strokes, these conditions have no easy-to-recognize symptoms. Furthermore, the person may not even remember them. They do, however, cause permanent damage in the brain. Not only can people who have experienced more than one silent stroke encounter thinking and memory problems, they also are at considerable risk for having more severe strokes.

2 IGNORANCE KILLS. Too many people are unaware either of what a stroke is (e.g., its symptoms, how serious it is, etc.) or the fact that they have actually experienced one, and they do not seek immediate help. All factors considered, immediate emergency treatment can significantly improve a stroke victim's chances of recovery.

3 SUBTLE, BUT DANGEROUS. Pain is not a sign of a stroke. As opposed to the telltale crushing pain typically associated with a heart attack, subtler neurological sensations tend to signal the onset of a stroke, such as recurring numbness or weakness on one side

cur in the United States. An ischemic stroke results from a blockage (typically a clot) in a blood vessel that supplies blood to the brain. By contrast, a hemorrhagic stroke happens when a weakened blood vessel ruptures.

5 PERILS AND PITFALLS. The first step in preventing a stroke is knowing about the risk factors. At that point, the next step is doing something about them. In reality, some risk factors can be changed, whereas others cannot. In the former category are high blood pressure, smoking, diabetes, high cholesterol, a sedentary lifestyle, artery disease, heart disease, blood disorders, and excessive alcohol intake. In the

Centers for Disease Control and Prevention, strokes are quite common. The fifth leading cause of death and disability in the U.S., strokes affect an estimated 750,000 Americans each year.

7 NOT JUST AN OLDIES' ISSUE. Contrary to common misconception, a stroke can happen to anyone at any time. In fact, an increase in the number of strokes in individuals between the ages of 18 and 65 years has been occurring in recent years—a factor linked to the growing incidence of obesity and high blood pressure in this age group. As such, nearly one-fourth of all strokes occur

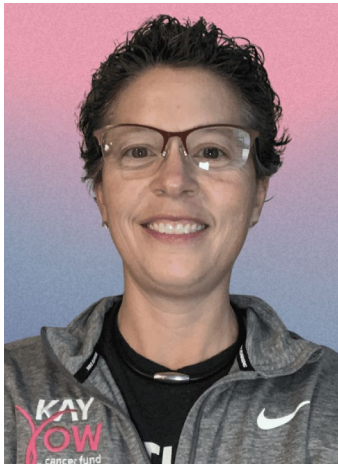


photo courtesy Carrie Grona

SURVIVOR STORY



A Critical Call...



Kelly Moyer is an overcomer. She tells her cancer story as it is, just a chapter. A chapter in a much bigger book.

She credits her athletic background – until recently she was an NCAA women’s basketball official. She loves the game, and the game has

taught her a lot. It taught her how to get up, get over, and get through life’s obstacles.

If you listen, you can hear it in her voice. She is focused, determined, and not easily deterred. She received her diagnosis of stage 1B breast cancer as a result of her annual mammogram in June 2020.

Let’s unpack that.

Not that we need a reminder, but...

In June 2020, most of the country was on lock down.

Men and women nationwide cancelled “routine” screenings and checkups, not wanting to enter the COVID uncertainty of a doctor’s office. As a result, many healthcare professionals fear the pandemic ripple effect of a “delayed diagnosis.” Kelly’s stage 1B could easily have been much worse

if that screening had been postponed just a matter of months.

Now, nearly a year and a half later, Kelly has been through chemo, radiation, and a double mastectomy and is moving beyond this chapter, this obstacle.

She continues in her role as an Athletic Director at the high school level while teaching a middle school leadership class and several personal training sessions each week. She has a support system of family and friends who have cheered her through the last year and half and have been a big part of her positive outlook in the midst of great challenge.

She also has a nation of women’s basketball officials who have taken on the role of fan. They are cheering her

on and showing their support. Last year, officials gave over \$100,000 to the Kay Yow Cancer Fund.

We are living in unprecedented times. So many things are different, uncertain, changing. But for all the things that are changing, there are some constants – the effect of attitude is one. Kay Yow would say, “We have little or no control over what happens to us in life, but we have 100% control over how we will respond.” Kelly would agree.

Another certainty is that even amidst a pandemic, cancer can’t wait. Thankfully, Kelly didn’t wait. Her cancer was caught early. As a former official, the “call” to have that June 2020 screening was the call that saved her life. Good call.

JADA WILLIAMS SIGNS ON AS KAY YOW CANCER FUND GAME CHANGER

RALEIGH, NC (November 22, 2021) – The Kay Yow Cancer Fund announces a partnership that names Jada Williams a Game Changer. Williams, a 16-year-old rising star in women’s basketball, and member of the gold medal U16 USA National team, is using her expansive social media reach to galvanize the next generation in the fight against ALL cancers affecting women. As a Kay Yow Cancer Fund Game Changer, Williams will use her social media platforms to activate several campaigns in support of the Fund with the primary focus being to engage youth. “It’s so amazing to be working with the Kay Yow Cancer Fund,” said Jada Williams. “It fits with everything I’m about. I know I’m 16, but I have this big platform and opportunity to be a game changer for our younger generation so that’s what I’m going to do. That’s also why we came up with

#POWERofONE. One person, one dollar, could save one life. My Papa lost his battle to pancreatic cancer two years ago and I have several other aunts and uncles that have battled and continue to battle this horrible disease. We as younger people can make a real difference starting today. I’m super excited for what’s to come with the Kay Yow Cancer Fund.”

As the charity of choice of the Women’s Basketball Coaches’ Association, and the TEXAS GIRLS COACHES ASSOCIATION, the Kay Yow Cancer Fund is deeply rooted in the sport of women’s basketball. Support from the women’s basketball community of coaches, players, officials, and fans has enabled the Fund to award \$7.78 million in the fight against ALL cancers affecting women.

“Jada is an incredible young woman who is already thinking about how she can use

her voice to affect change,” said Stephanie Glance, CEO of the Kay Yow Cancer Fund. “Obviously, Jada is a standout on the court, but what makes her so dynamic is her character – she has an amazing heart for others. She reflects

the spirit of generosity that has sustained the Fund for nearly 15 years and exemplifies our shared passion for women’s basketball, making her a natural fit as a Fund Game Changer”.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 TGCA OFFICE CLOSED Soccer: First day of games	4	5	6	7	8
9	10	11	12	13 SPIRIT STATE CHAMPIONSHIPS	14 Softball: First day of practice	15
16	17 TGCA OFFICE CLOSED	18	19	20	21	22
23	24	25	26	27	28	29 Swimming & Diving: District Certification
30	31					

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.



THANKS TO OUR SPONSORS

**American Income Life
Athletic Supply
Baden
BSN Sports
Coaches Choice**

**Dairy Max
Dell
Gandy Ink
Gulf Coast Specialties
Herff Jones**

**MaxPreps
Milesplit
Nike
Sideline Interactive
Sport-Tek**

**Varsity
Guy in the Yellow Tie -
Tom Rogers Financial
& Insurance Associates**



The power to do more



Varsity
Guy in the Yellow Tie



Tom Rogers
403(b) Annuities
rtom@mesh.net



TGCA NEWS

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

Mailing Address:
P.O. Box 2137
Austin, TX, 78768

Physical Address:
1011 San Jacinto Blvd, Suite 405A,
Austin, TX 78701

P: (512) 708-1333
F: (512) 708-1325
E: tgca@austingca.com

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

Executive Director:
Sam Tipton,
sam@austingca.com

Assistant Executive Director:
Lee Grisham,
lee@austingca.com

Administrative Assistant:
Audree Tipton,
audree@austingca.com

Administrative Support Assistant:
Oma Garmon,
oma@austingca.com

Newsletter Editor: Logan Lawrence

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

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

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



@AUSTINTGCA

