



TGCA NEWS

MAY 2022



2021-2022 TGCA OFFICERS



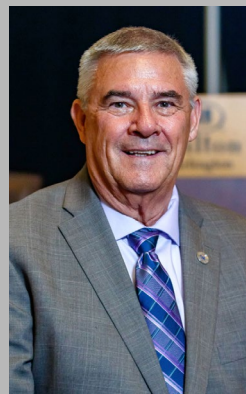
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cover and right photo courtesy Jenna Bane



||| BECOMING A HEAD COACH

Melissa Hall | Georgetown HS | **TGCA Softball Committee Chair**

Congratulations, you are now a head coach! But now what? Where do you go from here? What do you need to do first? Being a head coach is simply all about coaching the team, right? Wrong!

I became a first-time head coach after spending 4 years as an assistant coach to one of the winningest softball coaches in Texas. I feel lucky to have been able to watch, learn, and grow into the coach that I am today because of his influence. While working as an assistant, the head coach included me in conversations and decisions about budget, fundraisers, scheduling, and more. He also showed me how to complete necessary district and

UIL paperwork. At the time these might have felt like chores, but I later realized that he was preparing me to one day be a head coach.

So, fast forward to my first day on the job as a head coach. I was young, eager, and completely lost as to where to start. If you find yourself in a similar situation, here are some things that I learned along the way.

1. Become familiar with your facility. Where do you turn on your lights? If you have a grass field, do you have access to a sprinkler system and the timers? Is that something that maintenance controls for you? I can speak from experience

and say that nothing is worse than having the sprinklers go off when you aren't expecting them!

2. Inventory and equipment. What equipment do you have and what do you need? Do you need to order replacement or new uniforms? Review these items as soon as possible to start ordering. I suggest creating a spreadsheet so that you have a record of purchases and prices to plan for future orders.

Find out what ball has been chosen by UIL for the state tournament. You can choose to throw the ball of your choice during preseason and tournaments; however, some districts will require that you throw the state ball in district



play. During postseason play, coaches will agree on what ball to use up until the state tournament. At that point, you will use the ball provided by UIL. Some coaches will choose to use the state ball year round so that the team, pitchers specifically, become accustomed to it. Others will choose to throw a different ball and take their chances with it when they get to the state tournament.

3. Travel. Do you have a CDL? Does your district require a CDL and if so, who do you contact about starting that process?

Where is your bus barn? What is your district's process for requesting a bus/vehicle and the process for taking a trip?

4. Maintenance. Make friends with the maintenance workers on your campus that work on your field! If you have grass, be sure to ask who is responsible for purchasing chalk, paint, rye seed, Diamond Pro, etc. Some districts will handle this differently so learn how your district pays for these materials. Check your scoreboard, lights, and sound system in the fall so that you can submit requests to have those fixed by season.

5. Schedule. This is one of the most important, if not the most important, pieces to starting at a new school. Understand that most coaches get a head start creating their schedules towards the end of the spring semester. If you wait until late in the fall, you might have trouble finding opponents to fill your schedule.

Know the game restrictions



photo courtesy Brooke Daily

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BECOMING A HEAD COACH

Continued from Page 1

set forth by UIL for scrimmages, game and tournament limits. Ask your school athletic director for a copy of your district schedule and DEC (District Executive Committee) minutes and then use the previous year's schedule as a starting point. You will always start with the district dates and fill in the holes around it. Contact the teams from the previous schedule and find out if they are interested in keeping the scheduled date for the upcoming year. If coaches agree, honor their request, especially if it is year 2 of the schedule. You can always make changes the following year after having played opponents.

Does your school allow overnight travel for tournaments? What about overnight travel for playoffs? STAAR testing occurs during the season so be aware of game restrictions for regular season and postseason games.

6. Budget. What are the sources of your budget – school funds only, fund raisers only or a mixture of both? Talk with whoever handles your district budget and learn their procedures for ordering equipment, attending conferences, paying umpires, travel, and more. Ask about an activity or booster club account and how to handle those purchase requests. My suggestion is to again keep a spreadsheet of items you purchase so that you have a record of items you purchase, the amount you spend, and when you receive the items.

7. Booster club. Does your school utilize booster clubs and at what level? Does your sport have an individual club or is it a group club utilized by all campus sports? How do you request goods to be purchased? Is there a limit on what you can order from this account? Can you



photo courtesy Jenna Bane

raise money to contribute to this account? Reminder that booster clubs have specific requirements when it comes to raising funds and spending such funds so ask your campus financial office regarding this account.

If you have a sport specified club, remember that the club is there to help you. You are in charge of the club.

Be hyper aware of UIL regulations with money. Per UIL, you cannot purchase goods through a school budget or booster club to give to the girls.

8. UIL paperwork. Complete yearly trainings and learn how to navigate the UIL Portal. The UIL portal will house Previous Athletic Participation Forms (PAPFs) and your sport eligibility forms. PAPFs refer to an athlete who is new to your school district - ask your AD for help if you have questions regarding PAPFs. Eligibility forms must be completed prior to your first game and should include any athlete that will participate in Varsity athlet-

ics.

9. Umpires. Reach out to coaches on campus to see what chapter you use. Once you have your schedule complete, email a copy to your scheduler and ask about the process of adding games into Arbiter. Remember to always double check Arbiter the day of a game to make sure you have umpires scheduled!

10. Miscellaneous items to think about. Are you responsible for finding game workers such as gates, scoreboard, announcer, etc.? Are you responsible for scheduling concession stand workers? If so, find a reliable parent to help you organize the concession stand and create a sign up. How does your group stock the concession stand? Is the booster club in charge of stocking the concession and setting prices? Do you want to have parents donate goods for the concession to increase revenue?

11. Don't be afraid to ask for help. Make friends with

coaches on campus that can help you navigate paperwork through your district. Also, find ways to network and find mentors outside of your district and in your sport that you can lean on when you have questions about the season, UIL rules, and other questions that come up throughout the year.

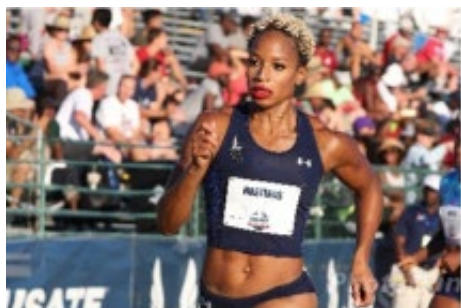
12. Advocate for your girls. Don't forget to nominate them for awards and be aware of the deadlines!

Lastly, I will share with you my favorite pieces of advice that I received from mentors in my career. First, remember that you will never make everyone happy. If you are winning, people will be unhappy because they want to be involved in the winning (playing). If you are losing, people will be unhappy that you're losing. Second, stay true to yourself. Don't try to be the coach who is a strict disciplinarian if you are not that person. Know who you are and stick to it.



WOMEN'S SPORTS: AN ATHLETE'S PERSPECTIVE

Natasha Hastings | Track & Field | **Two-time Olympic Gold Medalist** |
BSN Sports



The following is an excerpt from our recent "Women's Sports: An Athlete's Perspective" webinar.

Q: How did you experience high school athletics, and how did those experiences shape your desires to play sports in college as well as professionally?

A: High school athletics was an interesting time. High school is where you figure things out. There are expectations and I realized I could go to college for free through sports. When I got into high school, I figured out people were watching me more and I was an example, and I did not really want that. It was tough because I was still a teenager and I still wanted to be a teenager. I had this athletic body, which was different from some of my other friends, and I really struggled with that. I was performing on the track, but I wasn't feeling feminine. I was comparing myself to others and my body type didn't fit my event. There were just a lot of internal struggles and it's not until we get to adult life when we start talking to each other about those struggles.

Q: What advice would you give to coaches who are coaching girls who could be experiencing body issues?

A: My advice to coaches is it's probably going to take you being uncomfortable to make your athlete comfortable. In my experience, I was never coached by a female, only male coaches. My coach in high school, Coach London, was awesome because he could have some conversations that were sometimes hard to have. For example, when we were on our cycles, he would recognize that, talk to us about it and then develop a program based around it. He

recognized that we were different, and he recognized that he was going to be uncomfortable and just made himself available for those conversations.

Q: Was there a coach in your life that truly impacted your experience in this sport?

A: I had a couple of them. The two that I worked with the most were Coach Fry, my college coach, and Daryl Woodson, my professional coach, who I was with for ten years. Coach Woodson gave me the power to have a voice; our relationship was a collaboration. He would always hear me out when I came to him with suggestions. He gave me the power to use my voice and be heard. Overall, we were okay with me using my voice. This probably started back with Coach London and then prepared me for my future in college and professional sports. I am an athlete and I do better when I understand that. In high school, Coach London explained everything and took that time with me, but when I got to Coach Fry, it was sometimes hard for him; why was I asking questions? I had to explain I wasn't questioning, I just needed to understand why. Those experiences just teach you as a coach; each athlete is different, and we all need different things. Overall, you need to be able to adapt.

Q: Were there any other role models in your life outside of sports?

A: My mom. She ran track as well and made the '84 Olympics, but she did not get to go because she got hit with a discus. Then she had me in '86 and I was named after her. In some ways, I feel like I am finishing what she didn't get to. She was divorced from my dad, so raised my brother and me as a single mother. She was just a strong woman and handled it with so much grace. Next would be Serena and Venus Williams. I remember watching them growing up and just how they changed the game of tennis. Even now, they sometimes experience discrimination for what they are wearing, especially Serena, and she basically just says, "I am me and you are going to take me as I am, and I am going to dominate." They were



BSN SPORTS

just game changers and that's what did it for me.

Q: What are some areas coaches could focus on when learning how to coach women vs. men?

A: First and foremost, just recognize that we are different. I think sometimes we are trying to live up to men, and we aren't men. We need to study who we are and recognize the differences and then we can go on and be successful. We are bad-ass, hardworking trailblazers, but we are not male athletes. You must recognize me as an individual; what makes my mind tick, what motivates me. Just look at the individual in front of you and take them for who they are.

Q: What advice would you give male coaches?

A: You must be mindful of the difference between women and men. Women have differences, and a perfect example of that is our period. You must account for those things. Things like that affect emotions, body, comfortability. You must be comfortable having those conversations, but then you must also adjust your coaching strategy, workout and plan based on those differences. Another thing I believe, specifically for college: we must do a better job of how we educate our athletes about their bodies, including body image. We need to have conversations with them; they are so incredibly worried about performing well, being a certain weight, etc. We just need to help them understand that their bodies are different and that it's okay.

Q: In high school, what do you think are some of the biggest barriers they face, and what are some things coaches can do to help them?

A: I think peer pressure; in my own

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WOMEN'S SPORTS: AN ATHLETE'S PERSPECTIVE

Continued from Page 3

experience, you make comparisons. I remember senior prom, I had to make choices specific to sports and didn't get to go to the after party. It was hard for me to make those sacrifices, but my coaches and my family helped me realize the big goal. I do think we have to show kids that there is life beyond sport, but sport can be that thing that helps you get there. At my foundation, we like to talk about how a lot of people at the corporate level played sports, so just note that sports is transferable and we have to help our athletes see that.

Q: What does your foundation's tagline, "To be a starting block for young girls to become confident women in sport and life," mean to you?

A: That it's bigger than sports. Sports is the platform; sports are the springboard. It does build confidence, relationships; it builds so many things. But it's not the end-all-be-all. At Under Armour, Kevin [Plank] had this great idea in sports, but it was bigger than sports. It's really about life, how you can feel like your best self, grow into your best self, but overall, it's just about life.

Those are the things that you carry on beyond the track. My relationship with my coaches goes beyond the track. So, it's about life, being confident, and there is stuff you can learn from sports, but it goes beyond this.

Q: How do you think coaches can use this tagline?

A: To be a starting block. Here we are at the start. We are going to give you a great start, great foundation, tools to apply to life, and we want you to be confident not just on the track, etc., but in life as well. If you can be confident here, you can do that same thing in life.

Q: Can you speak about your journey into motherhood and your continued journey being a professional athlete?

A: Motherhood is an experience that you don't know till you know and you're in it. The journey is so personal and all you want to do is protect it. This idea that you are growing this human being inside of you, you are supposed to be happy, but you think: am I sure about this? How is it going to change my life? There is this expectation with pregnancy that you are supposed to be so excited, but I think we need to get to a space where it's okay to not feel or ex-

perience pregnancy in this way. Then the baby comes along, and you are so in love, but then you start to put all this pressure on yourself. Motherhood can be such a beautiful thing, but it is also such a judgmental space. So, one thing I quickly realized is that not one of us know what the heck we are doing. We just need to understand that and just be there to support each other.

Q: What advice would you give coaches teaching female athletes?

A: You must be willing to be taught. This generation "us" women having our own voice is important. Allow these kids to be teenagers, but yes, you teach, but also give them a voice. No one can ever want it more than them. Today we see a lot of overtraining, but if we really want to cultivate and grow this generation, we must be mindful and give them the space to be who they are. But also give them the space to take on a little risk. If we train too much or want it more than them, they could experience physical and mental burn out. If you take away anything, just make sure your athletes are having a good time. We have to figure out a way to make it enjoyable.

Watch our "Women's Sports: An Athlete's Perspective" webinar now.

[VIEW WEBINAR](#)

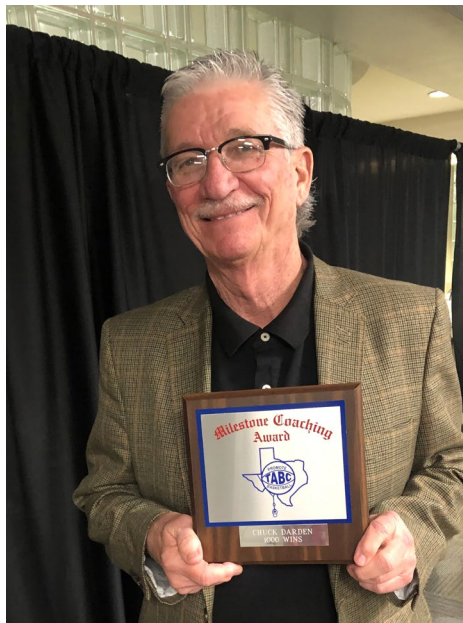
ABOUT WOMEN OF WILL

Founded in 2018, Women of Will (WOW) is an exclusive women's high school sports sponsorship powered by BSN SPORTS and Under Armour® that exists to celebrate the surmounting of any obstacle, whether mental, physical or rooted in society's expectations. At its core, WOW is about empowering coaches across the country with performance solutions and a robust female athletics support system that allows them to focus on what matters most — changing lives and inspiring the next generation of women to strive for greatness. When your team chooses to participate in WOW, you'll receive unparalleled resources and support from two of the top partners in sports, BSN SPORTS and Under Armour®.



photo courtesy Luis Garcia

TGCA HALL OF FAME INDUCTEES



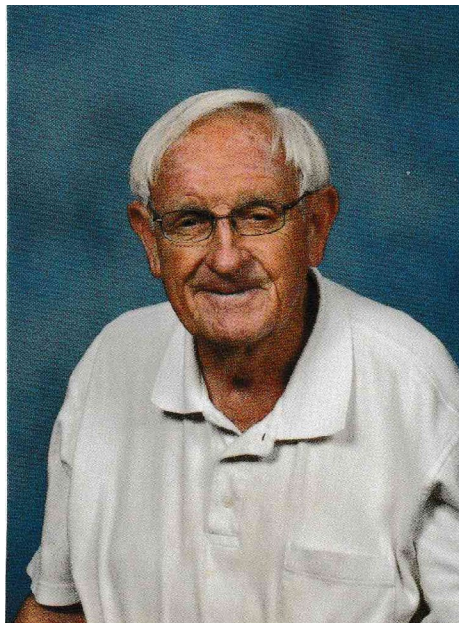
CHUCK DARDEN
SHALLOWATER HS (RETIRED)

Chuck Darden is a native of Lubbock, Texas. He graduated from Lubbock Coronado High School and Texas Tech University. Chuck began his coaching career in August, 1978 at Shallowater I.S.D. The first three years of his career he coached boys' athletics. In 1981, he became the head girls' basketball coach at Shallowater. His entire coaching career has been at Shallowater High School.

Coaching milestones include 1,052 wins, 35 play-off appearances, which includes 26 consecutive Bi-district titles, 18 Regional Tournament appearances, 7 State Tournament appearances, 2 State semi-finals, 3 State Runner-ups, and 2 State Championships in 2004 and 2020.

Throughout Chuck's 44 years of coaching, he has received various awards and honors. He has been named Lubbock Avalanche Journal Coach of the Year numerous times. He has also received the Dean Weese Coach of the Year Award, as well as TABC and TGCA State Coach of the Year awards. Chuck has coached the TABC and TGCA All-Star games.

Chuck is proud of the fact that throughout his 44 years at Shallowater,



STEVE GOLEMAN
LLANO HS (POSTHUMOUSLY)

James Stephen "Steve" Golemon was born October 2, 1944. Golemon was, as is his wife, Myra Beth Thurman Golemon, graduates of Tivy High School in Kerrville, and he would earn both a Bachelor's of Science and a Master's in Administrative Education from Southwest Texas State University (Now Texas State University).

Golemon and his wife, Myra, who had been a Pre-Kindergarten paraprofessional when she took an early disability retirement from Hill Country Elementary (Bandera I.S.D.), have two adult children, a son, Thurman Lamar Golemon, who is 48, and a daughter, Alisa Kaye Owens, who is 46. The Golemon's had a third child Mendi Tré Golemon who is deceased.

Mendi, the Golemon's youngest child, was 3 years old when she passed. Mendi died as a result of traumatic injuries she suffered in a car wreck. Though, the Golemon's and all three of their children were injured in the wreck, only Mendi's injuries proved to be fatal. The Golemon's car wreck would have a dynamic impact on the family and would change the trajectory of Golemon's coaching career, as Mendi's passing, would cause Golemon to



TANYA NYGRIN
ROUND TOP-CARMINE HS (RETIRED)

When you speak of high school volleyball coaches in the state of Texas, Tanya Nygrin's name is known as one of the best ever. During her storied career, Nygrin amassed 871 victories with the majority coming at powerhouse Round Top-Carmine. While coaching the Cubettes, she led her teams to five state titles, 10 runner-up finishes, and 18 appearance at the state tournament. Nygrin also had 63 student-athletes gain all-state team honors and 86 Academic All-State. In the last 26 years, Round Top-Carmine has lost only one district gameover that span.

Nygrin also coached basketball at Round Top-Carmine, where she amassed over 600 career victories and four state tournament appearances. A jack of all trades, she also coached cross country, golf, tennis and track & field.

She has been named a TGCA Coach of the Year, won a UIL Sponsor Excellence and was featured in a book on Most Winning Volleyball Programs in Texas. Nygrin has also served on numerous TGCA All-State Committees for volleyball, basketball and track.

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DARDEN

he was a classroom teacher, teaching U.S. Government, and Free Enterprise. Chuck is a devout family man. He has been married to his wife Carolyn for 44 years. They are the proud parents of Meg and her husband Max Kattwinkel, Chip and his wife Stacy, and youngest son Matt. They are also proud grandparents of Keenan, Carter, Kasen, Blakely, and Cannon.

Chuck and Carolyn have been members of Shallowater United Methodist Church for 41 years. Chuck's hobbies are golf and supporting the Texas Tech Red Raiders.



Chuck Darden

GOLEMAN

decide to make mentoring and coaching female athletes a defining aspect of his career.

Golemon began teaching and coaching in 1969 at La Pryor High School and would also teach and coach in Lockhart, Georgetown, Woodsboro (twice), George West, Copperas Cove, Giddings, and Bandera, before returning to Llano I.S.D., in 2018, for a second stint, where he had been for 13 years, prior to the 13 years he spent with Bandera I.S.D. Over the past 52 1/2 years, Golemon, aside from being a head track and field coach for 36 years and a head cross country coach for 33 years, coached football for 34 years (most of those years either an offensive coordinator or defensive coordinator), had 3 times been a head basketball coach, and had coached powerlifting. As a track and field coach, Golemon coached multiple District and Regional Championship teams, as well as, in 1992, a Boys' 2A State Championship team.

Golemon's first contact with coaching cross country was as a volunteer assistant at George West High School in 1978 and 1979. Golemon served as the head varsity cross country coach, for Giddings, Woodsboro, Llano, and Bandera I.S.D.'s. The teams under Golemon's tutelage would amass 25 District Titles (with only 3 times, prior to his departure from Bandera, did a team not at least place as the District's Runner-up), 7 Regional Titles, and 5 Regional Runner-ups. Girls' Cross Country teams coached by Golemon competed, as a team, at the State Meet 13 times, finishing in the top half of the field 11 times, placing once Third and once as the State Runner-up, as well as, winning 5 State Championships (4 of which were earned consecutively by the Bandera Girls' Varsity Cross Country team (2014-

2017).

Numerous honors were bestowed on Golemon throughout his coaching career. Multiple times, he was selected as "Cross Country Coach of the Year", in the U.I.L. Classification in which he was coaching, by either the Cross Country Coaches Association of Texas (2015 and 2016), the Texas Girls Coaches Association (2013), and the San Antonio Express (2014 and 2015). Golemon was also selected by the National Federation of High Schools as the "2015-2016 Texas Cross Country Coach of the Year." In 1992, he was selected by the Corpus Christi Caller Times as the "Coastal Bend Track and Field Coach of the Year."

Golemon attributed all team and individual successes, over the years, to, "... having had the opportunity to coach extremely committed, hardworking, self-disciplined, and well-rounded student-athletes, who have had the will to make the sacrifices necessary to excel beyond even their own expectations". The principle that Golemon would instill in all his teams and that would become the foundation upon which each of his Title/Championship teams built their success was, "The right people, doing the right things at the right time for the right reasons, will always produce the right results," or more simply put, that is "to put it bluntly", "WILL IT TO HAPPEN, AND IT WILL HAPPEN!!!!"

Golemon returned to Llano I.S.D. in 2018 to coach both girls' and boys' cross country; it would be Golemon's final coaching assignment, which would come to an end, in 2021, with the Llano Girls' team winning the District Title and the Llano Boys' team capturing Third Place at District. Steve Golemon understood that life is a race; he stayed faithful to the course and finished his race October 19, 2021, at the age of 77.

TGCA SPORTSWRITERS OF THE YEAR

KALE STEED

PRESS PASS SPORTS (AMARILLO)
DIVISION I

Kale Steed has been an avid sports fan his entire life. The Canadian, Texas native didn't waste his time getting his start in media.

At the age of 21, Kale landed his first position in the field in 2002 when he accepted an offer to be an intern with KVII-TV in Amarillo.

That internship lead to his first job at KFDA News channel 10 as a videographer. Kale then moved to Lubbock where he accepted a position as a videographer for KCBD-TV, covering news and sports on the South Plains from 2003-2007.

From there he moved across town to KJTV, where he continued work as a photographer and also traveled with the Texas Tech football team and Lady Raider basketball team, helping providing in-depth coverage.

After his time in Lubbock, Kale seized the opportunity to expand his career going back to Amarillo to become a News Reporter with KVII-TV. After a year and a half in news, Kale was promoted to Sports Reporter and weekend Sports Anchor.

He served in this role from 2010-2014, providing coverage and insight into all the local, regional and national sports scenes. This included West Texas A&M, Texas Tech University, over 70 area high schools, semiprofessional baseball, hockey, and football.

In 2014, Kale made the transition from TV to print and joined the Amarillo Globe-News as a staff sports reporter.

In his time at AGN, Kale was named the Lone Star Conference Kirk Hill Writer of the Year recipient four times, and won the 2018 Texas High School Coaches Association Putt Powell Sports Writer of the Year award.

In 2019, Kale left AGN to begin his own passion project. Kale is now the founder/ editor-in-chief of Press Pass Sports. A sports website that is constantly growing to provide the best local coverage in the Texas Panhandle.

He also co-hosts a local podcast, discussing local sports across the Amarillo-area two days a week.

Kale has always been a person who strives to learn absolutely everything about media and always to get better everyday

He has loved his time building relationships with coaches, players and other media members across the state.



EVAN REN

BIG COUNTRY PREPS (ABILENE)
DIVISION II

A winner of 18 Associated Press writing awards in a 17-year career, Evan Ren's road into journalism was an improbable one, beginning on an Arizona construction site nearly 20 years ago.

In fact, until August of 2000, he was literally swinging a sledgehammer for a living, working as a land surveyor in Tucson — a job he despised.

During this time, he wrote multiple letters to local sports editors, getting a positive reaction from friends and family who noticed he had a flair for the written word. But it wasn't until an afternoon in 1999 when Ren finally had a moment of clarity.

While cleaning out his storeroom, he discovered his old high school yearbook, in which he found a note from his journalism teacher on the inside cover: "Evan, I hope someday, somewhere, someone will understand you or impress you enough to take your obvious talent and head it into the great directions it could go. ... Send me a bylined story someday and I'll edit it or improve it."

It was at that moment that the age of 34, something clicked.

Ren realized the dream he held of being a sports writer as a high school student could still be pursued. And with a little added coaxing from his wife, Kristyl, he soon approached the local afternoon paper, the Tucson Citizen, for a tryout as a correspondent.

To his surprise, the Citizen staff not only praised his work, but put him at the top of their correspondent rotation — assigning him to major-and minor-league baseball, professional boxing and multiple front-page features.

During spring training in 2000, Chicago AP came calling, using Ren a correspondent to cover the White Sox during their month-long stay in Tucson.

A little more than a year after beginning his work as a correspondent, Ren quit his day job as a surveyor and boosted his part-time schedule of college courses to a full-time slate.

By June of 2001, he had landed his first full-time newspaper gig with the Killeen Daily Herald, where he would remain for five years before receiving a job offer from the Abilene Reporter-News.

Since putting the sledgehammer down for good, Evan has collected 13 Associated Press Managing Editors writing awards, four Southwest Associated Press Sports Editors regional awards and an APSE national honorable mention.

His feature work has appeared in publications such as "Baseball America," "Military Times" and "Dave Campbell's Texas Football" magazine.

He now joins Daniel Youngblood at BigCountryPreps.com for "one of the most exciting projects of my life."

In his spare time, Ren is currently working on a book project that "I've been sitting on for the last 20 years and finally have the opportunity to write." He is also an avid NHL hockey fan.



MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

TRIPPY SAXSON

BSN SPORTS

Trippy Saxson is the Branch Manager at BSN Sports, and has worked at the company for the past five years. He manages 14 sales professionals while fostering customer relationships and supporting sales professionals throughout the company.

Saxson has also spent time at Russell Ath-



letic, where he was a sales professional, and at HB Hughes as a Sales Professional/Marketing Associate with Adidas. While working with Adidas, Saxson finished in the National Top-10 in Nocona Glove Sales and represented the company at the college level in promotional sales. He also started his career as a Physical Education Teacher at Meridian Community College.

Saxson has been selected as Salesperson of the Year numerous years during his career, won the Russell Athletic Most Volume Award, and garnered the BSN Texas Legend Award. He was also a collegiate tennis player, finishing his playing career at Mississippi State.

SOFTBALL STATE CHAMPIONSHIPS

Red & Charline McCombs Field University of Texas at Austin | May 31-June 4, 2022

Schedule

Tuesday, May 31

10:00 a.m.	1A Semifinal #1
1:00 p.m.	1A Semifinal #2
4:00 p.m.	2A Semifinal #1
7:00 p.m.	2A Semifinal #2

Wednesday, June 1

10:00 a.m.	3A Semifinal #1
1:00 p.m.	3A Semifinal #2
4:00 p.m.	1A Final
7:00 p.m.	2A Final

Thursday, June 2

1:00 p.m.	3A Final
4:00 p.m.	4A Semifinal #1
7:00 p.m.	4A Semifinal #2

Friday, June 3

10:00 a.m.	5A Semifinal #1
1:00 p.m.	5A Semifinal #2
4:00 p.m.	6A Semifinal #1
7:00 p.m.	6A Semifinal #2

Saturday, June 4

1:00 p.m.	4A Final
4:00 p.m.	5A Final
7:00 p.m.	6A Final

Tickets

Individual Sessions: \$15.00 + fees
 All-Tournament Pass: \$90.00 + fees
 For online sales [Click Here](#)

Parking

Public parking is available at the UT East Campus Garage.
 Pre-purchase is available [here](#).

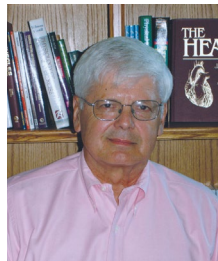


photo courtesy Chris Schmidt

TGCA STATE AWARD OF MERIT CITATION

DR. JAMES PETERSON

Jim is the founder of two Monterey, California-based publishing companies that produce instructional materials, Coaches Choice and Healthy Learning. From 1971–1990, he was a member of the faculty at the United States Military Academy. Subsequently, he spent five years as the director of sports medicine for StairMaster Sports/Medical Products, Inc., based in Kirkland, Washington. He is the author of more than 90 books and more than 200 published articles. In addition, he wrote the “Take Ten” column for ACSM’s Health & Fitness



Journal for 25 years, and many of those columns have been reprinted in the monthly TGCA Newsletter. He has also appeared on a number of national television shows, including ABC’s Good Morning America, ABC’s Nightline, and the CBS Evening News. His written efforts have appeared in a variety of publications, including The New York Times.

Jim is a longtime supporter of TGCA. Not only has he been honored to speak annually at the TGCA summer clinic for more than 40 years, he has also operated an on-site bookstore during that period at the annual TGCA clinic.

Jim is a graduate of the University of California at Berkeley (BS degree in business), as well as the University of Illinois (MS and Ph.D. degrees in physical education). Currently, he resides in Monterey, California, with his wife of 54 years, Sue.

TSWA SOFTBALL ALL-STATE NOMINATIONS

Coaches,

When your season is completed, please take a few minutes to nominate deserving players from your team for the Texas Sports Writers Association All-State Softball Team.

Players do not have to be seniors.

Deadline to nominate is **FRIDAY, JUNE 10** (the week after the state softball tournament).

To nominate, please return the following information to Jack Stallard with the Longview News-Journal.

Email: jstallard@news-journal.com

PLAYER(S):

TEAM:

CLASSIFICATION OF TEAM: (1A, 2A, etc...PLEASE INCLUDE THIS)

POSITION:

FINAL SEASON STATS: (Feel free to include any postseason honors you know about, or if the kid has signed or given a verbal pledge to a college)

Note: if a kid played more than one position, PLEASE tell me what position you prefer she be considered for. If they played multiple positions, you might want to consider nominating for Utility...ALSO...if the player is an infielder, PLEASE be specific about what position since we select a 1B, 2B and SS.



photo courtesy Alexandra Sanchez

2021-22 SUB-VARSITY/MIDDLE SCHOOL COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Megan Hohlt	Weimar HS	Sub-Varsity Volleyball	1A-4A
Danielle Sanchou	Comal Canyon HS	Sub-Varsity Volleyball	5A-6A
Mary Jo Hall	Katy Seven Lakes HS	Sub-Varsity Cheerleading	1A-6A
Terra Griffin	Giddings HS	Sub-Varsity Basketball	1A-4A
Marilie Duran	Roosevelt HS	Sub-Varsity Basketball	5A-6A
Stacy Ferguson	Canyon Randall HS	Sub-Varsity Soccer	4A-6A
Amber Guinn	Troy HS	Sub-Varsity Track & Field	1A-4A
Mallory Hibbert	Seale MS	Sub-Varsity Track & Field	5A-6A
Valerie Ruiz	Jourdanton HS	Sub-Varsity Softball	1A-4A
Luis Carrejo	El Paso Hanks HS	Sub-Varsity Softball	5A-6A
Terry Moseley	Poth HS	Middle School Cross Country	1A-4A
Kayla Janicek	Cameron Yoe HS	Middle School Volleyball	1A-4A
Melissa Molina	Churchill MS	Middle School Volleyball	1A-6A
Sawyer Cunningham	Mount Vernon MS	Middle School Cheerleading	5A-6A
Carrie Lytle	Glen Rose JHS	Middle School Basketball	1A-4A
Darin Dabbelgott	Bay City HS	Middle School Soccer	4A-6A
Roe Burleson	Nueces Canyon MS	Middle School Track	1A-4A
Susan Davis	Hutchinson MS	Middle School Track	5A-6A
Maureen Marek	Bellville JHS	Middle School Tennis	1A-4A

TGCA POSTSEASON AWARDS

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

GOLF

COACH	SCHOOL	CONF.
Kerry Gartman	Robert Lee	1A
Kade Burns	Mason	2A
Rob Londerholm	Wall	3A

COACH	SCHOOL	CONF.
Nathan Moses	Argyle	4A
Johnny McPherson	Austin Anderson	5A
Russell Aki	San Antonio Reagan	6A

TRACK & FIELD

COACH	SCHOOL	CONF.
Ben Connell	Ackerly Sands	1A
Mindy Myers	Haskell	2A
Stacy Bessire	UC-Randolph	3A

COACH	SCHOOL	CONF.
Ray Baca	Canyon	4A
Shahira Ehiemua	Fort Bend Marshall	5A
Andrew Cook	Flower Mound	5A

SOCCER

COACH	SCHOOL	CONF.
Alexander Adams	Celina	4A
Jimmie Lankford	Frisco Wakeland	5A
Matthew Colvin	Southlake Carroll	6A



TRACK ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Taylor Nunez
UC-Randolph HS
(Coach Stacy Bessire)
Conf. 5A-6A: Jourdin Edwards
Prosper Rock Hill HS
(Coach Zachary Morgan)
*Pictured Top Right

FIELD ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Abigail Elmore
Gunter HS
(Coach Jeffrey Egger)
Conf. 5A-6A: Ayanna Jones
Belton HS
(Coach Lindsey Flowers)
*Pictured Bottom Right

TRACK & FIELD COACHES OF THE YEAR

Conf. 1A-2A-3A-4A:
Ray Baca, Canyon HS
Conf. 5A-6A:
Andrew Cook, Lewisville Flower Mound HS



photo courtesy UIL



photo courtesy UIL

SOCCER ATHLETE OF THE YEAR

Conf. 4A-6A:
Kennedy Fuller, Southlake Carroll HS
(Coach Matt Colvin)
*Pictured Middle Left

SOCCER COACH OF THE YEAR

Conf. 4A-6A:
Alexander Adams
Celina HS

GOLF ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:
Avery Burns, Mason HS
(Coach Kade Burns)
Conf. 5A-6A:
Farah O'Keefe, Austin Anderson HS
(Coach John McPherson)

GOLF COACHES OF THE YEAR

Conf. 1A-2A-3A-4A:
Nathan Moses, Argyle HS
Conf. 5A-6A:
John McPherson, Austin Anderson HS

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!

www.austintgca.com

For questions or additional Exhibitor information please visit our website or contact:
tgca@austintgca.com
(512) 708-1833

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 Luis Garcia



photo courtesy Brooke Daily

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.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Membership Site, you will notice, on the left-hand side of the page, the

categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added

your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please 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 Cent-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 Clinics 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.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process 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 Jenna Bane

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 Brooke Daly

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.

10

PERTINENT FACTS ABOUT SEXUALLY TRANSMITTED DISEASES (STDs)

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 WHAT'S IN A NAME?

The designation "sexually transmitted diseases" (STDs) is often used interchangeably with the term "sexually transmitted infections" (STIs). In reality, the two illnesses are not exactly the same. An STI emanates from a germ (virus, bacteria, or parasite) that can cause a person to be ill, although the individual does not have any outward symptoms. By contrast, an STD entails an infection that has actual symptoms. Previously, STDs were called venereal diseases, a term that derives from Venus, the Roman goddess of love.

of STDs is egregious, ranging from comparatively minor infection-related symptoms (such as blisters, burning, itching, chronic pain, and sores) to more grave consequences (such as sterility, pneumonia, meningitis, cancer, and even death, in some instances).

3 PREVENTING IS MUCH BETTER THAN CURING.

Some STDs (e.g., HIV and herpes) can be managed, but not cured. Others, although they can be cured, can lead to significant ramifications, if left untreated, to include chronic pain, infertility, birth defects, miscar-

riages, and death. The obvious key for a person is to not contract the STD in the first place. Health/fitness professionals should be aware that all blood, body fluids, secretions, and excretions, except sweat, may

4 THE POWER TO CHOOSE.

Except for babies, who can be infected while in either the uterus or the birth canal, STDs are generally caused by germs that can be found in semen, blood, vaginal secretions, and, on occasion, saliva. Most of these microorganisms are spread by sex (vaginal, oral, or anal). A few (genital herpes and genital warts), however, are spread through contact with the skin. Still others (hepatitis B) are transmitted by sharing personal items (e.g., razor or toothbrush) with someone who has the condition.

5 SEPARATING THE CRAP FROM THE CRAPOLA.

A lot of misunderstandings and misinformation about how STDs are spread exist. In reality, most STDs are spread only through direct genital contact, involving germs that begin to die immediately after they leave the infected individual. For example, a person cannot get STDs in a swimming pool or a public restroom. On the other hand, piercing the body or getting a tattoo increases a person's risk for STDs.

6 BEYOND INVINCIBILITY.

Although young people (i.e., individuals between the ages of 15 to 24 years) encompass just 25% of the sexually experienced populace in the United States, they account for 50% of the new cases of STDs in America, a number that reportedly exceeds 20 million annually. In fact, approximately 12,000 teenagers contract an STD every day of the year in the United States.

7 A POSSIBLE PRECURSOR TO CANCER.

One of the most common STDs in America is the human papillo-

ma virus (HPV), an infection that can cause warts in the genital area of the body. In fact, the Centers for Disease Control and Prevention estimates that there are currently more than 20 million Americans infected with HPV. Although there are more than 100 types of HPV, most are harmless. Three types, however, put a person at risk for cancer—cervix, vulva, vagina, and anus in women; and oral, penis, and anus in men.

8 GENDER BIAS—THE "BAD" WAY.

All factors considered, women are not equal; when compared to men, with regard to STDs. For example, a woman's anatomy (e.g., the skin of the vagina) is a more conducive environment than a penis for STD bacteria to grow. Furthermore, women may not see their STD symptoms as easily as men do. In addition, women are more likely to confuse their STD symptoms with something else (e.g., a yeast infection).

9 GENDER BIAS—THE "GOOD" WAY.

Women have a few advantages (compared with men) when it comes to STDs. For example, as a rule, women see their physician more often than men do. As such, they can use this time to ask about STD-related issues, request that they be tested for STDs, etc. Furthermore, a vaccine is available to prevent HPV, the most common form of STDs in women in the United States.

10 INFORMATION BE DAMMED.

Despite the plethora of advice, disclosures, and discussions about STDs, particularly after the discovery of HIV, the number of individuals infected with STDs continues to grow. Not only are there approximately 376 million of new cases of STDs in the world annually, according to the CDC, the direct medical costs are staggering (e.g., approximately \$16 billion in the United States alone).



photo courtesy Pres Holcomb

2 NOT TO BE TAKEN LIGHTLY.

STDs are, indeed, serious illnesses (e.g., HIV/AIDS, chlamydia, genital herpes, gonorrhea, syphilis, trichomoniasis, and some forms of hepatitis). The potential effect

riages, and death. The obvious key for a person is to not contract the STD in the first place. Health/fitness professionals should be aware that all blood, body fluids, secretions, and excretions, except sweat, may

FIGHTING TOWARDS THE FINISH LINE



Kay Yow Cancer Fund - By: LuLu Black



For Debbie Zimmermann, leading a healthy lifestyle was never challenging. She had found a passion for being active and was constantly setting big goals for herself in the world of Iron Mans and marathons. Preparing for these competitive events required taking care of her body, consuming a healthy diet, and overall being in tune with herself and her state of wellness.

Not only does Debbie implement her own methods of achieving wellness, but for twenty-seven years she has also encouraged other women to do the same as a professional in women's health. Much of her time is spent talking with women about the importance of managing one's health to put them at a lower risk for life-threatening illnesses. Part of her role as a healthcare professional is to "practice what she preaches," meaning that she too makes the effort to be proactive and get cancer screenings.

In the Spring of 2021, Debbie got her cancer screening, like always. Afterward, she went home expecting a call, like always, and when the phone rang, she was asked to come in for a follow-up appointment, like always. Except for this time, what she didn't know was that the results would be different.

As she sat in the waiting room, she so graciously comforted other women who had heard their own life-changing news. After all, she was knowledgeable about many of the circumstances these women were in and knew that at that moment, they needed a hand to hold.

Finally, she was called in to see the doctor, and that's when the news hit. Debbie had never put herself in a high-risk category, but there she was, receiving the news that she had a rare

and aggressive form of breast cancer. While it was discovered fairly early, its rarity presented a wide range of complications. Since getting this news, she chose to undergo an aggressive course of treatment and has also endured a double mastectomy.

The lesson that Debbie learned – "Life isn't always controllable." For years, she had adopted an extremely healthy lifestyle herself and made a living by guiding other women to make it their mission as well. She asked herself, "How can I continue to encourage others to practice health if I exemplify that sometimes, it doesn't work?" While this has been an immensely hard reality to face, Debbie continues to affirm that part of her journey has been about "letting go."

The truth is, is that sometimes no matter how much we strive to control our situations, life will always find a way of being unpredictable. Debbie, however, will also always find a way of being unpredictable.

The months following her diagnosis were some of the most difficult she had experienced in her life. While recovering from treatment, Debbie found herself at home watching the 2021 New York City Marathon on television. In the midst of feeling mentally and physically defeated,

she watched others cross the finish line and remembered the overwhelming sensation of strength and accomplishment during her own marathon experiences. That was the moment she decided she was going to gain her life back and be on that same starting line in New York City the next year.

She won't be lining up alone, however. Debbie's daughter, Isabel Zimmermann, who is on North Carolina State's Cross Country and Track team, will be joining her mother's side. A bittersweet moment, as this will be Isabel's first marathon, and Debbie's last. It will be a testimony of their bond, a demonstration of her courage, and a declaration to all women battling cancer that they too are capable of anything.

Debbie embodies the idea that "what can be perceived as a weakness can also be transformed into a strength." She is a walking image of how no matter what we are going through, we have the power to regain ourselves and our lives.

They always say how if you want to see what true humanity looks like, you should go watch a marathon. However, I would like to say that if you want to observe humanity, you should look at Debbie Zimmermann.



The 2021 New York City Marathon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 29	30	31	June 1	2	3	4
SOFTBALL: STATE TOURNAMENT						
5 TGCA: Board of Directors Meeting.	6 TGCA: Softball All-State Committee Meeting TGCA: Softball Committee Meeting (Zoom)	7	8	9 TGCA LUBBOCK SPORTS CLINIC	10	11
12	13	14 UIL: Legislative Council Athletic and Policy Committee meetings	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	July 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
TGCA SUMMER CLINIC - ARLINGTON						
	TGCA: Board of Directors Meeting.		TGCA: -Spirit Committee Meeting. -Soccer Committee Meeting	TGCA: Board of Directors Meeting.		
17	18	19	20	21 TGCA EL PASO SPORTS CLINIC	22	23
24	25	26	27	28	29	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.



photo courtesy Jenna Bane



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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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