



# TGCA NEWS

NOVEMBER 2021



## 2021-2022 TGCA OFFICERS



**President of TGCA**  
Brad Blalock  
Frisco Centennial HS



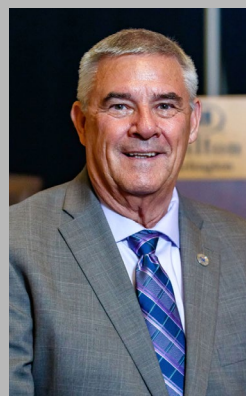
**1st Vice President**  
Colby Davis  
Arlington Martin HS



**2nd Vice President**  
Cully Doyle  
Medina Valley HS



**Past President**  
Jason Roemer  
Fredericksburg HS



**Executive Director**  
Sam Tipton  
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**Assistant  
Executive Director**  
Lee Grisham  
TGCA Office

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Committee Chair

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cover photo courtesy Rikki Jones  
right photo courtesy Colten Conner

# ||| A TEAM ABOVE ALL

**Jordan Ruiz** SA East Central HS | **TGCA Sub-Varsity Committee Chair**

Sports is one of the greatest gifts to ever be created. It is a big belief in the sports world that team culture can have a big impact on how a team functions and performs. How team members think, feel, behave and perform are all influenced by the environment in which they practice and compete in. We, as coaches, have to make sure we are creating a positive and high performing environment. The ability to create a culture that will sustain and thrive year after year comes down to answering the questions who, what, why and how.

- Who are we trying to impact?
- What is the vision and mission we are trying to accomplish?
- Why is this important to our program?

-How will we build these ideas into our culture?

Culture must be built with intent and detail. Culture is the expression of a team's values, attitudes and goals about sports, competition and relationships. It determines whether, for example, the team's focus is not serious, improving or winning or whether it promotes individual accomplishment or team success. A team culture directly influences many areas that affect team functioning and performance. The culture establishes norms of what is acceptable behavior on a team. This is where the team decides what is right and what is wrong. This helps teammates determine how to behave, communicate, cooperate and deal with conflict. When these expectations are clear, most teams

will tend to follow them more directly ensuring progress and ultimately success. The culture is what creates the team atmosphere.

Team culture could be composed of three essential pillars that support all team functioning and performance: values, attitudes, and goals. Values are defined as "Principles or standards of behavior; your judgement of what is important in life." Values are important, as they guide decisions and choices made by us, as coaches, and our athletes, whether it is as a team or individual. Attitudes are defined as "The way you think and feel about something." Attitudes are vital because they guide how athletes think, feel and act toward their sport, academics and relationships. Goals are defined as "The object of



a person's ambition or effort." Goals are important for athletes in order to motivate them and to direct their efforts. We always sit down with our athletes and go into detail about what this will look like specifically in the culture we are building.

Coaches need to take an active role in the creation of the team culture in their programs. Through our leadership and open discussions with team members, teams can identify their values, attitudes and goals that you and your team want to act as the foundation of the team culture. Coaches are the leaders and the prime example of what encompasses the team culture. As we preach to our athletes about leading by example, we too must lead by example and instill our values, attitudes and goals in our daily routines. We, as coaches must hold ourselves, our coworkers and our athletes accountable if they deviate from the team culture that has been built.

Team culture can be adjusted but should never lose sight of the three pillars stated above: values, attitudes, and goals. Ensure your values are clearly stated to your coaching staff and your athletes. Allow your athletes to provide input into what they would like their team culture to look like. Doing so will increase buy-in and create a more positive and successful team culture.



photo courtesy Colten Conner

## Finding Opportunities in Adversity

Prior to being sentenced to sixty-five years in a Texas prison, Damon West had it all. He grew up in Port Author, Texas, where he lived in a stable home and had a canon of an arm which landed him a Division 1 scholarship to play at the University of North Texas. At twenty-years old, he was the starting quarterback at UNT when he suffered a career-ending injury after just the third play against Texas A&M University. This was when he hit his first fork in the road. His identity as he knew it was gone and to cope with that crushing disappointment, he turned to hard-core drugs.

After graduation, Damon worked in the United States Congress, was a national fundraiser on a U.S. Presidential campaign and eventually trained to be a stockbroker for United Bank of Switzerland (UBS). One day while at UBS, he was introduced to methamphetamines and became instantly hooked. From that moment on, the lives of so many innocent people would forever be changed by the choices he made to feed his insatiable meth habit. Still, with no desire to change himself, he was given a life sentence in prison.

Before serving his time, his mom stated, "You have a debt to pay. You return to us the man we created and brought you up to be, or you don't return to us at all." After a fateful discussion during his incarceration with a seasoned convict, Damon had a spiritual awakening. He realized fear and faith have a lot in common. Both believe in a future that has not happened yet. You must fight to keep your faith in things you believe in, even when you know you'll have tough days that beat you down. He also learned that, like a coffee bean changing with the application of heat and pressure, he could change

the environment around him. Everyone in life puts out energy; when you have negative energy, you attract negative people. When you have positive energy, you attract positive people—so he decided that from then on, he would connect to positive energy in life.

Armed with a program of recovery, a renewed faith and a miraculous second chance at life, Damon emerged from over seven years of prison a changed man. He altered his mindset, and now faces hard times with grit and determination while reframing them as opportunities that can ultimately bring redemption.

David's ultimate message: don't let your mind hold you back. Take that first step of action and become the coffee bean.

### 5 Ways to Become a Coffee Bean

1. Positive body language. Put a smile on your face every day. A smile is powerful.
2. Get up every day and work on yourself—spiritually, mentally and physically.
  - a. Spiritually: Your connection with your faith
  - b. Mentally: The books you read, who you follow on social, what you watch on TV
  - c. Physically: Putting that body in motion every day, eating well and RESTING
3. Servant Leadership. Helping others reach their goals. If you are a coach, you're already a servant leader because you are helping others become the best version of themselves, be it in sports or in life.
4. Control what you can control. Control what you think, what you say, what you feel and what you do. Know that you have no control over the events going on around you.

5. Your past does not define you. Your past wins, your past loses; nothing defines you. Learn from it and grow.

Remember: life is a pot of boiling water. You can have days where you're like a carrot that turns soft when added. There will also be egg days where you become hard to things around you. But then you have that third choice to become a coffee bean. And even when you start off your day as a carrot or an egg, take a deep breath and transition your day.

Now go out there and become a coffee bean!

[VIEW THE COFFEE BEAN NOW](#)



**Damon West**

M.S., Criminal Justice & college professor

Renowned keynote speaker

Best-selling co-author of *The Coffee Bean* with Jon Gordon, which was featured in Forbes' "Top Twenty Books You Need to Read to Crush 2020."

# 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 Prelim ..... 11:13 AM (Arena)  
 1A & 3A-D2 Final.....4:39 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](http://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

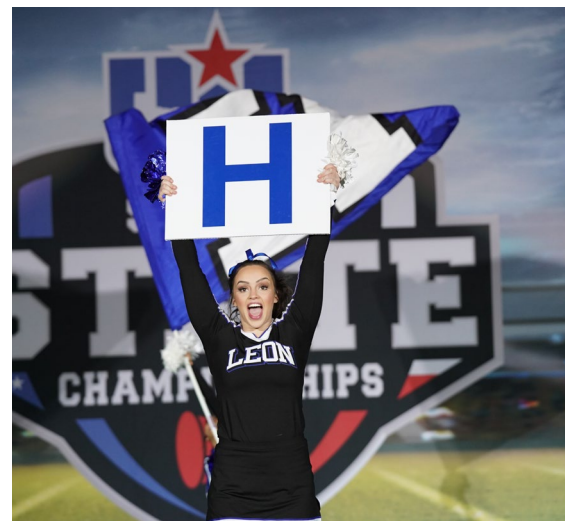


photo courtesy Logan Lawrence

# 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



# 2021-22 TGCA BOARD OF DIRECTORS

NAME	POSITION	SCHOOL
Brad Blalock	President	Frisco Centennial
Colby Davis	1st Vice President	Arlington Martin
Cully Doyle	2nd Vice President	Medina
Jason Roemer	Past President	Fredericksburg
Brooke Walthall	Region I Senior Director	Canyon Randall
Jason Culpepper	Region I Junior Director	Bushland
Mitzi Bell	Region II Senior Director	Sweetwater
Sunni Strickland	Region II Junior Director	Forsan
Jim Wood	Region III Senior Director	Maypearl
Brooke Brittain	Region III Junior Director	Mansfield
Ross Barber	Region IV Senior Director	Tyler Legacy
UiLani Womble	Region IV Junior Director	Frisco Wakeland
Michelle Trotter	Region V Senior Director	Crosby
Stacy Tucker	Region V Junior Director	Mont Belvieu Barbers Hill
Anthony Branch	Region VI Senior Director	Sealy
Wade Womack	Region VI Junior Director	Dripping Springs
Patti Zenner	Region VII Senior Director	Poth
Kelly McDaniel	Region VII Junior Director	San Antonio East Central
Dan Aldrich	Region VIII Senior Director	Fredericksburg
Cecilia Kellar	Region VIII Junior Director	Odessa
Claire Gay	Volleyball Committee Chair	Aledo
Susan Brewer	Volleyball Committee Vice Chair	Bellville
Amy Powell	Basketball Committee Chair	Abilene Wylie
Dee Lewis	Basketball Committee Vice Chair	White Oak
Lacy Schott	Track Committee Chair	Castroville Medina Valley
Julie Breedlove	Track Committee Vice Chair	Port Isabel
Melissa Hall	Softball Committee Chair	Georgetown
Scott Mann	Softball Committee Vice Chair	Springtown
Jordan Ruiz	Sub-Varsity Committee Chair	San Antonio East Central
Missy Pump	Sub-Varsity Committee Vice Chair	Medina

## 2021-22 TGCA BOARD & COMMITTEE MEETINGS

### MARCH 6

Board of Directors Meeting,  
11:00 a.m., San Antonio

### MARCH 7

Basketball All-State  
Committee Meeting,  
Basketball Committee  
Meeting,  
6:00 p.m., Zoom

### APRIL 18

Soccer Advisory Board  
Meeting, 6:00 p.m., Zoom

### MAY 15

Sub-Varsity Committee  
Meeting, 1:00 p.m., Austin

### MAY 16

Track All-State Committee  
Meeting, Track Committee  
Meeting, 6:00 p.m., Zoom

### JUNE 5

Board of Directors Meeting,  
11:00 a.m., Austin

### JUNE 6

Softball All-State Committee  
Meeting,  
Softball Committee Meeting,  
6:00 p.m., Zoom

### JUNE 14

Legislative Council Meeting  
(TGCA Executive Committee Only)

### JULY 11

Board of Directors Meeting,  
1:00 p.m., Arlington

### JULY 13

Spirit Advisory Board Meeting,  
8:00 a.m., Arlington



photo courtesy Colten Conner



# GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at [www.austintgca.com](http://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](http://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 Araceli Ortega

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](mailto: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@ailife.com](mailto:ajalridge@ailife.com). To view the letter online, visit [ailife.com/benefits/sgM9W](http://ailife.com/benefits/sgM9W).



photo courtesy Araceli Ortega



photo courtesy Colten Conner

## 2020-21 TGCA NOMINATION DEADLINES BY SPORT

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

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

## TGCA SPORTSWRITER OF THE YEAR

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspapers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than

20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the March TGCA Board of Directors meeting.



# 10

## HEALTH-RELATED MISTAKES THAT EVEN SMART PEOPLE OCCASIONALLY MAKE

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 They don't drink enough water on a daily basis.** You should consume at least eight glasses of liquids (beer and diet soda don't count because they act as diuretics) every day to replenish what you lose through

ular basis.

**3 They don't get enough sleep.** People who skimp on sleep have been found to suffer from a variety of impairments, including

mission of germs. At a minimum, you should always wash your hands after you've used the restroom and before you prepare food.

from a reduced level of bone density, which can result in fractures. The best dietary sources of calcium are low-fat or nonfat dairy products and dark-green vegetables.



photo courtesy Araceli Ortega

urine, bowel movements, sweat, and the moisture you expel into the atmosphere when you breathe out. If you exercise, you should drink even more water.

**2 They haven't had a physical recently.** A regular checkup gives you your best opportunity to detect certain potentially deadly illnesses (from cancer to heart disease) early. Although a complete annual physical exam is no longer considered necessary for everyone, you should see your physician for a checkup as often as she/he recommends. Furthermore, some screening procedures (e.g., protein specific antigen tests or mammograms) should be scheduled on a reg-

daytime fatigue, cognitive dysfunction, diminished reaction time, and heightened mortality rate.

**4 They attempt to exercise through pain.** Pain is the body's signal that something is seriously amiss. Unlike discomfort, when you experience pain, you must stop exercising and address the cause(s) of the pain. Attempting to work through pain will subject you to the very real possibility of either aggravating your existing condition or suffering an injury.

**5 They don't wash their hands during the day.** Good hygiene helps to prevent infections and the trans-

**6 They don't eat breakfast.** Research shows that learning, decision making, and memory can be impaired when you restrict your food intake. Furthermore, if you miss breakfast, you may jump start your appetite in such a way that you overeat later in the day.

**7 They don't get enough calcium in their diet.** Your bones are approximately 25% calcium by weight, an amount that represents about 99% of your body's calcium reserves. Accordingly, if you don't consume enough calcium, you can suffer

**8 They're too busy to relax.** Making time to relax is a positive step you can take to reduce your level of stress and improve your health. Studies show that as your level of stress grows, you become increasingly susceptible to physical illness and mental and emotional problems. Relaxing is an effective way to control your level of stress.

**9 They don't wear their seatbelts.** Wearing lap and shoulder belts while traveling in a car can substantially lower your risk of being injured in the event of an accident. For example, studies show that a passenger who is ejected during an accident is more than five times as likely to suffer a serious injury or die than an individual who remains strapped inside the vehicle.

**10 They don't know the medical history of their relatives.** Knowing your family's medical history and responding in an appropriate, proactive way can substantially help reduce your risk of developing serious diseases. For example, if your family medical history indicates that you are at a heightened risk for a particular disorder, you can pursue early detection screening and prevention strategies for that disease.

# MARSHA SHARP



## A Legacy of Serving



In the final days of her life, Kay Yow was doing what she always did – she was finding a way to give to others. The future of the Kay Yow Cancer Fund weighed heavily on her mind as she hoped to transfer her vision for the Fund to the people she trusted most to carry it

out. One of those people was Hall of Fame Texas Tech women’s basketball coach, Marsha Sharp.

Marsha came to Raleigh in January 2009, just days before Coach Yow passed away, to hear her final wishes for the Fund bearing her name. Marsha promised Coach Yow she would do what was needed to see the Fund out of its infancy – to lend steady leadership and wise council to an organization that started, not locally as most non-profits, but nationally, reflecting the scale of its founder’s vision – vast.

Marsha, a legendary coach with a freeway named for her in Lubbock, Texas, was the perfect person to continue Coach Yow’s message in the sport of women’s

basketball. She understood Coach Yow’s vision for Play4Kay and could relay it to coaches nationwide.

Marsha became the Fund’s first Executive Director in spring of 2009. During her tenure, the Fund saw incredible growth as it found a foothold standing on the shoulders of its giant founding partners – NIKE, ESPN, the V Foundation, the WBCA, and the NCAA.

Marsha started the National Kay Yow Cancer Fund Golf Classic in 2008 with the first event being held in Dallas, Texas. The Golf Classic is an annual event that unites the elite in athletics, business, and community partners in the fight against ALL cancers affecting women. Since 2008, Marsha

has been a huge part of the success of every golf tournament. In recognition of her leadership, Marsha was also the first winner of the Kay Yow Cancer Fund’s Impact Award, which was given in conjunction with the Fund’s 10th anniversary celebration.

As a Board member, Marsha’s role is to protect the image and likeness of Kay Yow and to ensure the best interest of the Kay Yow Cancer Fund is paramount. It is to stand in the gap when needed and, in true Kay Yow fashion, to serve others.

Marsha has served the Fund and the countless women it impacts well, very well, and we are so thankful.

### CANCER WARRIOR NETWORK JOIN TODAY!

Welcome to the Kay Yow Cancer Fund Cancer Warrior Network, a community for women who have received a cancer diagnosis at any time in their life.



Benefits of joining the Cancer Warrior Network include:

- Access to a private Facebook community that allows you to meet Cancer Warriors from across the United States
- Live, member-only virtual conversations featuring interviews with inspiring women like ovarian cancer warrior and Olympic gymnast, Shannon Miller, and breast cancer warrior and Syracuse student athlete, Tiana Mangakahia
- VIP invitations to Play4Kay games and other Kay Yow Cancer Fund events around the country

Questions?

**Contact:** sarah.womack@kayyow.com

Director of Brand Activation

<https://kayyow.com/get-involved/cancer-warrior-network/>

### KICKIN’ IT FORWARD

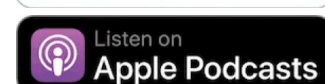
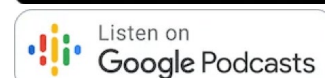
**Season 1: The Power of Hope; Strength in the face of Challenge – LIVE NOW!**



#### About the Podcast

Kickin’ It Forward, hosted by Odell Bizzell II, brings you stories of hope, strength, and perseverance for overcoming obstacles in all walks of life. Join us each week for stories from cancer warriors and others who have overcome the mountains of life to become legacy makers!

Listen to the Podcast:



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11 18
12	13	14	15	16	17	
19	20	21	22	23	24	25
						<b>ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26</b>
<b>TGCA OFFICE CLOSED</b>						
26	27	28	29	30	31	
<b>TGCA OFFICE CLOSED</b>						

## TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

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

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball cheerleading, soccer, golf and tennis are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School coaches may coach

multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year or Middle School Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.



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## TGCA NEWS

TGCA News is the official newsletter of the  
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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](http://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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