



TGCA NEWS

OCTOBER 2021
BREAST CANCER AWARENESS MONTH



2021-2022 TGCA OFFICERS



President of TGCA
Brad Blalock
Frisco Centennial HS



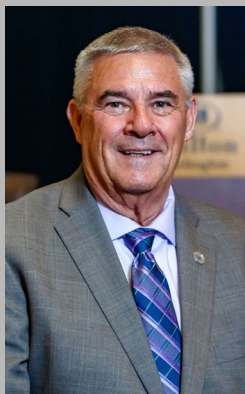
1st Vice President
Colby Davis
Arlington Martin HS



2nd Vice President
Cully Doyle
Medina Valley HS



Past President
Jason Roemer
Fredericksburg HS



Executive Director
Sam Tipton
TGCA Office



**Assistant
Executive Director**
Lee Grisham
TGCA Office

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cover photo courtesy Lisa Carter

right photo courtesy Cari Lowery



ALL THE FANS IN THE STANDS



Claire Gay Alledo HS | TGCA Volleyball Committee Chair

As a volleyball coach myself, I find it challenging sometimes to fill our stands especially on a Friday night when Football is right outside the door. I am constantly asking myself how do you get fans in the stands? How do you prep them

2. Special Recognition

- Pink Out = Breast Cancer Awareness, Community Involvement in October.
- Best Buddies = Any kind of group at your school.
- Senior Night = Honor your out-



photo courtesy Jeff Coker

with chants and cheers? It is a constant thought in my mind, where is everyone? And how do we get the support of our student community indoors and at our games? I have been around the game a long time and have seen and been a part of some amazing school communities where volleyball brings all the fans to the stands. Here are some of my ideas that I have done myself or have seen done.

1. Appreciation Nights

- Parent Night = First Home Game to get a picture with parents. It allows you to get familiar with players and their parents and which faces go with who.
- Teacher Night = Pick a teacher to recognize. One that has created a lasting impression on the athlete, helped them in a class they struggle with, who might be a mentor for them. This allows teachers to see the hard work the athlete puts in outside of the classroom as well.
- First Responder = Honor residents and family members in the workforce.

going senior volleyball players.

- Special Experience= We auction off an "experience" for a young future player. They are allowed to be involved throughout the course of the match from the beginning of introductions to the last point of the game.

3. School Involvement

- Theme Nights for Student Section = Costumes near Halloween, Favorite Jersey, Hawaiian.
- Middle School Night = Feeder Programs.
- Elementary Night = Feeder Programs.
- Summer Camp Night = Wear your Camp Shirt.

4. Other Ideas

- Free Pizza = Buy for Concession Stand and hand out after first set.
- Free Popsicles = Buy for Concession Stand and hand out after first set.
- Future LadyCats = Walk out with

Varsity Athlete during introductions, Player Shirt

- Special Guests on Bench = Honor a 7th/8th Grader of a feeder program, watergirl.

e. Pep Rally's= we use this time to help teach the student body what to say and when to cheer during volleyball games. The captains of the team help with this, and we add in a few new things at each pep rally.

5. Use 5 Minutes between set 2 and 3.

- Serve into hula hoop for giftcard from Local Business
- Serve to hit a chair for discounted food at concession stand for everyone. Half price second set.

I feel that people who have not played volleyball don't always understand the game, but the more involvement you have from your community and the more you can fill the stands, spectators begin to understand the beauty of this sport! One of my favorite memories I have been a part of and personally seen influence the momentum of a game was at the state volleyball tournament when Prosper High School filled two full sections from top to bottom with students dressed in white t-shirts! I remember It was a sight to see and I absolutely felt the energy from their side of the Culwell Center. Another memory I absolutely loved being a part of was having the drum line come to the game and help with pregame warmups, during time outs and between games. Everyone loves a good drum line! I believe as a High School coach, you must create that culture within the student body, your teams, the parents and ultimately the community that follows your program.

CROSS COUNTRY COMMITTEE

COACH	SCHOOL	CONF.	REG.
Rebekah James	Canyon Randall HS	5A	1
Derek Johnson	Amarillo River Road HS	3A	1
Rosemary Martin	Abilene HS	6A	2
Bob Campbell	Snyder HS	4A	2
Greg Swearingen	Northwest Eaton HS	6A	3
Amanda Hennig	Aquilla HS	1A	3
Ashley House	Frisco Lebanon Trail HS	6A	4
Mandi Corbin	Tom Bean HS	2A	4

COACH	SCHOOL	CONF.	REG.
Stacy Tucker	Barbers Hill HS	5A	5
Christopher Warren	Corigan-Camden HS	3A	5
Darcy Haxton-Jackson	Cibolo Steele HS	6A	6
Sharon Carter	Bellville HS	4A	6
Christina Holland	Converse Judson HS	6A	7
Megan Brown	La Vernia HS	4A	7
Ricky Santiago	Odessa HS	6A	8
Will Reid	Harper HS	2A	8

MEET THE 2021-22 TGCA 2ND VICE PRESIDENT



Cully Doyle Medina High School | TGCA 2nd Vice President

High School Graduated From: Medina High School.

College(s) Attended: Sam Houston State University & Angelo State University

Teaching Assignments: Athletic Director at Medina HS

Coaching Assignments: Athletic Director at Medina HS

What It Means To Be An Officer In TGCA: To serve an organization that totally represents, supports and advocates

for Girls sports in the State of Texas is huge. I believe it is important for any Coaching staff to advocate for the girls programs and to make sure the girls programs (all sports) are taken care of. TGCA does so many things for Coaches that they can take back and help their programs out with. I take being a part of the TGCA seriously. I believe in the vision of Sam Tipton and the TGCA organization. I will continue to advocate, help and support girls athletic programs as long as I can.



photo courtesy Jay Hinton



photo courtesy Cari Lowery



October 18, 2021 UIL Press Release

AUSTIN, TX— The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council passed an amendment to add the athletic plan and structure for the Water Polo pilot program to the UIL Constitution and Contest Rules beginning in the 2022-23 school year. They also approved adding a third conference for Swimming and Diving at the 4A and below level. This would become official for the 2022-23 school year.

The Council also approved an amendment to amend UIL Reclassification and Realignment Policies and Procedures

to account for homeschool student participation in enrollment calculations for schools allowing homeschool students to participate in UIL activities.

In academics, the Council passed an amendment to ban the use of physical contact strikes in the One-Act Play competition.

All rule changes approved during this meeting can be found on the UIL website: [Click Here](#)

A video recap can be viewed here: Public Forum: [Click Here](#) General Session: [Click here](#)

The Commissioner of Education must approve all rule changes passed by the Legislative Council before they take effect.



photo courtesy Chris Schmidt

VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
April Bolen	Amarillo Tascosa HS	5A	1
Amy Mangum	Shallowater HS	3A	1
Shay Cox	Wylie HS	6A	2
Laura Carr	Clyde HS	3A	2
Claire Gay*	Aledo HS	5A	3
Lauren McPherson	Blum HS	1A	3
Jenna Sickels	Greenville HS	5A	4
Harold Davis	Farmersville HS	4A	4
Terri Wade	Conroe The Woodlands HS	6A	5
Kaila Foster	Lumberton HS	4A	5
Brandace Boren	Austin Lake Travis HS	6A	6
Susan Brewer**	Bellville HS	4A	6
Kelly McDaniel	San Antonio East Central HS	6A	7
Theresa Reyes	La Vernia HS	4A	7
Sylvia Sandoval	El Paso Franklin HS	6A	8
Leigh Anne McIver	Devine HS	4A	8

*Chair **Vice Chair



photo courtesy Tracy Gillett

||| TITLE IX SUMMIT

Empowering Coaches to Inspire the Next Generation

Dr. Lindsey Darvin SUNY Cortland | Assistant Professor Sports Management Department
Kavitha A. Davidson The Athletic | Former Co-Host of The Lead

To hear the conversation in its entirety, watch our pre-recorded Women of Will Title IX Webinar

>> >> [VIEW TITLE IX SUMMIT NOW](#)

Next June marks the 50th anniversary of Title IX, the historic, game-changing and glass-shattering federal law enacted on June 23, 1972. Title IX states, “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

Put another way, Title IX exists to ensure equality for students in every single aspect of education, including athletics. Today, we’ll dig into the impact of Title IX on sports with Dr. Lindsay Darvin, Assistant Professor at SUNY Cortland and Kavitha A. Davidson, a New York-based sportswriter and former co-host of the podcast, The Lead. *Summit excerpt has been edited for clarity.

How does Title IX intersect with athletics?

Dr. Darvin: Title IX was not enacted specifically for sports. It was created to provide equal opportunities for all, including men and boys at federally funded institutions. What ended up happening is many women heard about this law and saw a huge opportunity to ensure that women and girls now had access to sporting opportunities, so they actually petitioned, going state-by-state to ensure that mostly high school but some colleges got on board with this idea. There was tension because initially, this was not a policy that was easily adopted and embraced by everybody, but eventually, they saw how it really applied to intercollegiate sports’ three-prong test: proportionality, emerging opportunities and accommodating interests. Those were not a part of the original policy, so in 1979, many awesome women advocates started pushing this idea of getting sports in line with Title IX and leverag-



photo courtesy Brooke Daily

ing it as part of the support for these policy interpretations. This is where the whole notion of “how do we apply the policy to sport?” comes from. There is language in the policy interpretations specific to spending on athletic facilities, athletic trainers and coaches’ salaries. Really laying it out as to how Title IX should be applied in a sports setting. I believe it’s my job to keep updating and further developing this federal law. I also believe the three-prong test is a little outdated because at least one of the prongs—the idea of emerging opportunities—is really kind of old at this point. But overall, the three-prong test really allows schools to be compliant with Title IX. Essentially, what folks do when they see them is they go down the line and start with the first prong. If that’s met, then they go to the second prong and so on—enabling schools to have three opportunities to be compliant with Title IX.

What is the impact of Title IX?

Dr. Darvin: Look at what we are doing right now. We have this amazing panel of women coaches and women in sports and that is a huge impact. We could go through the numbers, but over the course of fifteen to twenty years, we saw a 1,000% increase in participation among women and girls due to Title IX. So, participation-wise, it’s huge. But then my passion is how do we move girls to positions of leadership, and to me, that is where we see the greatest impact and just representations in general. The opportunities have expanded and now women and girls are seeing more opportunities at almost every level at the same rates of men and boys, which is fantastic. So, I would just say we have seen a lot of improvement in opportunities, but there is still a lot of work to be done.

Continued on Page 5

Continued from Page 4.
What do you see as the core impact of Title IX on Women's sports today, both positive and negative?

Ms. Davidson: Between 1972 to 2016, the percentage of women and girls in sports increased 545% and that is something we cannot deny. But if you bring it forward to today, a lot of schools will say they're "Title IX compliant." It's just something they do, but if you dig deeper and look at the equipment available, for example, there are not always equities that we see. We saw this a lot in the college women's basketball tournament at March Madness this past year. You also see a lot of misconceptions about Title IX and I think what Dr. Darwin pointed out, that the word "sport" is not in the actual law, is really important in that Title IX really is supposed to create equal opportunities in education around the country. People

are usually fine with that notion—until it comes down to sports. Title IX is often an excuse for why schools cut men's sports and we really saw this throughout COVID where Title IX became the scapegoat. Schools use it to shield themselves from financial issues and put the blame on this federal law.

How does Title IX impact athletic scholarships and budgets?

Ms. Davidson: Women make up to 53% of the athletic population, but athletic departments only use 36% of their athletic operating budgets on women's sports. 32% of their recruiting budgets are spent on recruiting women athletes so you see the disproportionate ways the money is used. It's estimated that at D1 schools, men receive 103 million dollars more in athletic scholarships than women every year. However, if you remove the schools that offer football and you compare the scholarship numbers for schools that don't offer foot-

ball, those numbers are equal, so football is the major outlier. It's also good to note that men's team normally have greater expenses than women's teams, but you could argue they are allowed to have greater expenses than women's teams and allowed to spend the money on greater facilities. Equally important is the fact that athletic department budgets don't operate like the greater school budget. Frequently, male and female athletes will have partial scholarships, especially from non-revenue sports, which means several athletes in a program could be paying full tuition. Cutting a sport may reduce the athletic department's cost, but that just means the school will lose revenue for the broader school budget.

To hear the conversation in its entirety, watch our pre-recorded Women of Will Title IX Webinar. As always, we want to thank you for continuing to strive for greatness, push past boundaries and inspire the next generation of female athletes.

[VIEW TITLE IX SUMMIT NOW](#)

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 Jay Hinton

photography
GLEN ROSE

TEAM TENNIS STATE TOURNAMENT

Texas A&M University College Station, TX | October 28 - 29, 2021

Schedule

Thursday, Oct. 28

5A Semifinals.....8:00 a.m.
6A Semifinals..... 11:30 a.m.
4A Semifinals..... 3:00 p.m.

Friday, Oct. 29

5A Final.....8:00 a.m.
6A Final..... 11:30 a.m.
4A Final..... 3:00 p.m.

Ticket Information

Day Pass\$15/day
All-Tournament.....\$25
Fans may purchase tickets [HERE](#) Additional fees may apply.

Parking

Parking is available in lots 100d and 100m by using the ParkMobile App: [Click Here](#) [Parking Map](#)

Clear Bag Policy

Texas A&M Athletics is committed to providing the 12th Man with the safest environment possible at its athletic venues. Be prepared on game day by reviewing the 12-1-1 Gig 'Em Rule. Visit 12thman.com/beclear for all information regarding the clear bag policy.



photo courtesy Daniel Marshall

2021-22 TGCA NOMINATION DEADLINES BY SPORT

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

**Subject to change*

Team Tennis Oct. 25, 2021
Cross Country Nov. 1, 2021
Volleyball Nov. 15, 2021
Spirit Jan. 31, 2022
Swim/Dive Feb. 14, 2022
Wrestling Feb. 14, 2022

Basketball Feb. 28, 2022
Soccer Apr. 11, 2022
Tennis Apr. 25, 2022
Track & Field May 9, 2022
Golf May 9, 2022
Softball May 30, 2022

CROSS COUNTRY STATE MEET

Old Settlers Park Round Rock, TX | November 5-6, 2021

Schedule

Nov. 5
 Girls 1A..... 8:30 AM
 Girls 3A..... 10:00 AM
 Girls 5A..... 11:30 AM
Nov. 6
 Girls 2A 8:30 AM
 Girls 4A..... 10:00 AM
 Girls 6A..... 11:30 AM

Ticket Information (Sold by Car)

Vehicle up to 2 persons
 \$25.00
 Vehicle more than 2 persons
 \$40.00

Purchase Online

On-site sales will be
 CREDIT/DEBIT CARD ONLY.

Public Parking

Parking has changed from in years past.
Parking Instructions/Map

Face Coverings

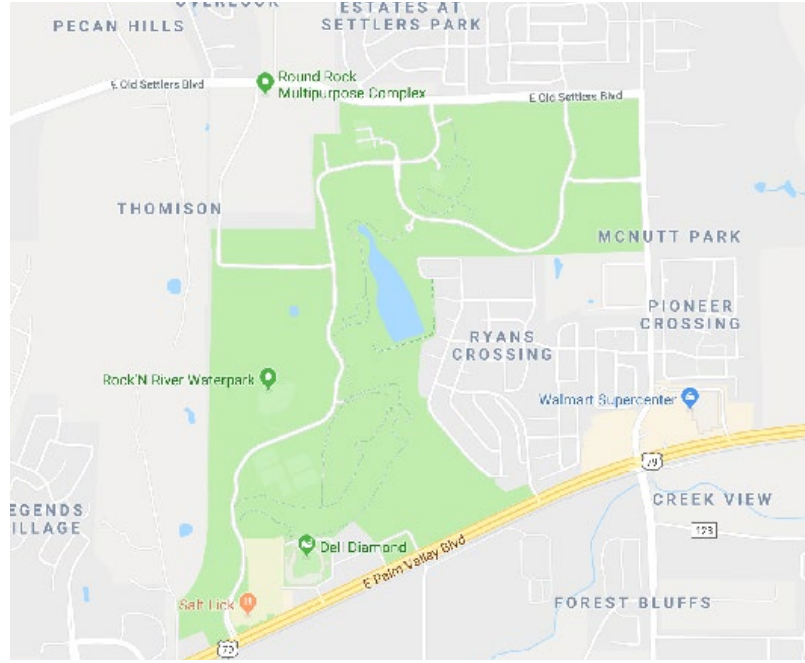
All employees, parents, visitors and students 10 years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest.
Full Policy

Animals

There will be NO dogs allowed in Old Settler's Park on the day of the Cross Country State meet.

Restrooms

There will be no dressing facilities. Portable toilets will be available to the public and athletes.



VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | November 17-20, 2021

Schedule

Wednesday, November 17
 1A Semifinal..... 11:00 AM
 1A Semifinal..... 1:00 PM
 2A Semifinal..... 3:00 PM
 2A Semifinal..... 5:00 PM

Thursday, November 18
 3A Semifinal..... 11:00 AM
 3A Semifinal..... 1:00 PM
 1A Final..... 3:00 PM
 5A Semifinal..... 5:00 PM
 5A Semifinal..... 7:00 PM

Friday, November 19
 5A Semifinal..... 11:00 AM
 5A Semifinal..... 1:00 PM
 2A Final..... 3:00 PM
 6A Semifinal..... 5:00 PM
 6A Semifinal..... 7:00 PM

Saturday, November 20
 3A Final..... 11:00 AM
 4A Final..... 1:00 PM
 5A Final..... 3:00 PM
 6A Final..... 5:00 PM

Ticket Information

Single Day \$15.00
 Two-Day..... \$25.00
 All-Tournament..... \$35.00
 Coaches All-Tourney\$30.00

More Information: [Click Here](#)
 Coaches Tournament Passes will be sold onsite only.

Parking

TBA
[Click here](#)

Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Curtis Culwell Center has implemented a bag policy limiting the size and type allowed at all events. Click [HERE](#) for more details.



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 login 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 Caroline Owen

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

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the "Submit" button at the bottom of the page. If,

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

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

MEMBERSHIP DEADLINE FOR NOMINATIONS

You must be a member of TGCA by **November 1st** to nominate athletes for honors or receive honors yourself as a coach. If you miss this deadline, you may file an appeal with the Executive Committee by paying your membership fee and then filing the on-line appeals form. If the appeal is granted, your membership date will be overridden and you will be allowed to nominate and receive honors. Should you wish to forego the appeals process, you may pay your membership fee and then pay an additional \$70.00 override fee, which will automatically override the membership renewal date. This process must be done by completing a printable membership form, which can be found on the website under the

"Forms" category in the menu on the left-hand side of the page, being sure to check the box marked "Override Fee" and selecting the "Membership Only" option. The override fee is in addition to your membership fee. The total cost would be \$140.00. You cannot do this on-line. You must send in the paper form by fax or email with credit card information.

You can renew your membership online at www.austintgca.com through the Membership Site with a valid credit card, or you can print a form from the "Forms" category in the menu on the left-hand side of the home page of the website and fax (512-708-1325) or mail that with credit card information, or mail the form with a check to the TGCA offices, P.O.

Box 2137, Austin, TX, 78768.

DON'T FORGET!! If you need help with the renewal process, please call the office at 512-708-1333, and we will be happy to help you, including your log in information and any change of school.

Please **DO NOT** make yourself a new member if you have **EVER** been a member in the past and just need to renew. The system will give you a new membership number, and we need you to always have the same membership number, so please contact us if you can't remember your information. This is especially important if you have already registered your TGCA membership number on the UIL portal with Register My Athlete.

Also, if you have had a school change, please contact us and we will be happy to change that for you. You do not need to set up a new profile just to change your school. That must be done by the office staff, and you will need to contact us. You can, however, update any other profile information, such as contact information and coaching information, by logging in to the Membership Site, located on the main page of the website, and then clicking on "Update Profile" in the menu across the top of the page.

We appreciate your continued support of TGCA. Please let us know if we can be of assistance in any way.

EAST TEXAS SPORTS CLINIC

TGCA is very excited to announce the First Annual East Texas Sports Clinic. Thanks for the collaboration of Marshall ISD, Varsity Spirit, BSN & TGCA for making the East Texas Sports Clinic advance from a dream to

a reality. The clinic will be held at Marshall High School on May 21, 2022, with registration beginning at 7:00 a.m. and lectures beginning at 8:30. The agenda will be up on the website soon.

RENEW YOUR MEMBERSHIP BEFORE NOV. 1 TO BE ELIGIBLE FOR NOMINATIONS!



Congratulations to TGCA Assistant Executive Director Lee Grisham. The court at Wimberly High School was dedicated as Lee Grisham Court on Tuesday, October 12.

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.

TGCA PAST PRESIDENTS

Velma Harrison1952-53	Bill Farney.....1973-74	Pat Mouser1994-95	Liana Gombert2015-16
.....1953-54	Janette Barlow1974-75	Melynn Hunt1995-96	Loyd Morgan..... 2016-17
Marvin Williams *1954-55	Bob Schneider 1975-76	Sam Tipton.....1996-97	Kriss Ethridge 2017-18
Mary Beccue *1955-56	Gay Benson1976-77	Marianne Jones 1997-98	Jason Roemer2018-19
Charles Womack *1956-57	Buddy Ables1977-78	Larry Goad.....1998-99	Astin Haggerty2019-20
Rose Farmer 1957-58	Sandra Meadows * ... 1978-79	Brenda Kitten..... 1999-20002020-21
J.W. Booker *1958-59	Ralph Newton*1979-80	Rob Young..... 2000-01	
Peggy Hughes1959-60	Janie Fitzgerald1980-81	Krista Malmstrom..... 2001-02	TVCA PAST PRESIDENTS
M.T. Rice *1960-61	Mark Smith*1981-82	Ron Mouser.....2002-03	Lenora Abston*1968-69
Jimmye Phillips1961-62	Diana Lewis.....1982-83	Debbie Jaehne2003-041969-70
LeRoy Hoff *1962-631983-84	Ray Baca 2004-05	Dr. Margie Austin*..... 1970-71
Ellen Johnson.....1963-64	Michael Adams1984-85	Leann Johnston 2005-06	Jan Briggs..... 1971-72
F.G. Crofford1964-65	Judy Dunn*1985-86	Alex Koulovatos2006-07	Jane Arnett.....1972-73
Zonelle Cornett*1965-66	Jim Kirkland 1986-87	Debra Manley2007-08	Arline Basye.....1973-74
Freeman Parish *1966-67	Sue Cannon 1987-88	Lee Grisham..... 2008-09	Marion Young1974-75
Sandra Meadows * ...1967-68	Don Ford.....1988-89 2009-10	Judy Bugher 1975-76
Mitch LeMoine.....1968-69	Donna Grant1989-90	Wes Overton.....2010-11	Waynette Dolan1976-77
Wayne DuBose*1969-70	Phil Swenson1990-91	Donna Benotti2011-12	Norma Pullin1977-78
Shirley Hayworth 1970-71	Rhonda Farney.....1991-92	Rodney Gee2012-13	
Stanley Whisenhunt.. 1971-72	Caylene Caddell1992-93	Kari Bensend 2013-14	<i>*Deceased</i>
Leta Andrews1972-73	Barbara Crousen1993-94	Mitch Williams.....2014-15	



photo courtesy Tracy Gillett

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.

TGCA HALL OF FAME NOMINATION CRITERIA

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA

and the coaching profession. Hall of Fame nomination forms are located on our website, austintgca.com, under "Forms" on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made

up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

The deadline for submission of Hall of Fame nominees will be Monday, February 26th, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed (tgca@austintgca.com) to the TGCA office.

YEAR	INDUCTEE(S)
1993	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young

YEAR	INDUCTEE(S)
2006	Claudia Eckel
2007	Diane Conrady Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb

YEAR	INDUCTEE(S)
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods
2014	Sue Cannon Rhonda Farney
2015	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe
2016	Barbara Comeaux Linda Richter Fred Griffin

YEAR	INDUCTEE(S)
2017	Jan Barker Rick Reedy Mike Martin
2018	Skip Townsend Cathy Self-Morgan Al Bennett
2019	Beverly Humphrey Susan Brewer Guyla Smith
2020	None
2021	Laneigh Clark Lee Grisham Nancy Walling

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls' athletics.

Nomination forms may be found on the TGCA website, austintgca.com, under "Forms" in the menu on the

left-hand side of the home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Monday, February 28th, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email (tgca@austintgca.com).

YEAR	RECIPIENT
2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. "Butch" Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett
2017	Mike Szymarek
2017	Lynn Davis Pool
2018	Billy Hicks
2019	Maria Kennedy
2020	None
2021	Texas Press Association



photo courtesy Rachel Goodman

10

THINGS TO KNOW ABOUT CHRONIC PAIN

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 it be. Chronic pain is persistent pain that lasts from weeks to months, even for years. In the literature, the length of time tends to vary, depending on the defining source. As a rule, the typical period indicated is that the pain endures for three months or longer. The feeling of pain ema-

to describe their pain. Based on the individual response, an appropriate course of treatment is prescribed.

3 Set apart. Chronic pain is often characterized by a variety of symptoms, including undue painful discomfort. As such, individuals who have

bing, or a combination thereof. An individual can also suffer an array of psychological manifestations, including depression, anxiety, and fear.

5 Hopeless, helpless, demoralized. While chronic pain may not kill someone, it can have a profound impact on their life. From limiting what activities a person can engage in or looks forward to doing to depression to suicidal thoughts, chronic pain, over time, can take the joy out of a person's life. The situation is exacerbated by the fact the pain can't literally be seen or even understood, on occasion.

6 One size doesn't fit all. Chronic pain can be treated in a variety of ways, including cognitive behavioral therapy, exercise, heat, ice, immobilization, medication, physical therapy, stress management, and surgery. In reality, the condition often entails undertaking a multi-disciplinary approach (i.e., a combination of treatment options).

7 Beyond the norm. From acupuncture to massage, alternative treatments can be an effective complement to mainstream approaches for treating chronic pain. On the other hand, it is essential to be aware that no single best treatment option exists. The key for individuals is to discuss the issue with their physician and to then come up with a personalized game plan.

8 Rest is not best. It is essential that individuals with chronic pain stay physically active. Not only is (bed) rest not the appropriate remedy for chronic pain, in some cases, it could actually result in a person's pain level worsening. Studies have shown that given that

an exercise routine performed regularly stimulates the release of feel-good hormones (e.g., serotonin), being physically active can have a positive impact on a sufferer's level of physical and mental health. Arguably, the release of these hormones is a built-in indication that the brain has its own medicine cabinet.

9 The inevitability of getting older. Although aches and pains are often a normal consequence of aging, chronic pain doesn't have to be. While it's true that as an individual ages, their chances increase of developing a condition that leads to chronic pain, such as rheumatoid arthritis, not every older adult develops chronic pain. It should also be noted that this painful occurrence can vary from person to person, as well as within a particular individual from day to day.

10 Ignorance is not bliss. No one should consider toughing out their pain. In fact, ignoring pain can potentially have serious consequences, not the least of which is not becoming aware of the underlying cause of the pain in a more timely manner, a process that could lead to the discovery of an attendant health-related problem. Far too many people believe that their chronic pain must be in their head. Pain is the brain's harm-alarm system, i.e., its way of getting the individual's attention concerning that something may be amiss.



photo courtesy Jay Hinton

nates from a series of messages sent out by a person's nervous system. Subsequently, under the strain of prolonged pain, the nerves not only become super-sensitive to the signals of pain, but begin to amplify them.

2 Time and patience. Identifying the root cause of a person's chronic pain is not always obvious, fast, or easy. Initially, an individual's physician asks the person to recount their medical history and then

chronic pain frequently exhibit a lack of sleep, trouble with sleeping, an absence of being hungry, depression, or anxiety. Among the areas of the body that this invisible disability commonly affects are the back and the neck, as well as other joints, muscles, and bones.

4 Not the same way. Feeling chronic pain can take a variety of forms, including aching, burning, dullness, soreness, stiffness, throbbing,

KAY YOW CANCER FUND



Stephanie Glance

A Message from the CEO:

Friends,

In September we launched our 15th anniversary campaign, as we are now inside of 15 months until the official celebration on December 3, 2022. Simultaneously, we are launching our "Empowerment Tour" -- a campaign with the potential to create huge impact nationwide. We will be presenting to college students and community groups nationwide in a effort to educate, equip, and empower the next generation

to be change agents in their families and communities. These change agents will be prepared to take information to the women in their communities in an effort to break down barriers to quality cancer care. This is life-saving work!

Our theme for the 15th anniversary celebration is "15 and forever grateful." We are truly grateful for the impact YOU have made, for the lives YOU have changed. We are grateful for YOU.

Onward,
Steph



Jericka Jenkins

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 VOLLEYBALL: BI-DISTRICT TGCA: Cross Country Nomination Deadline, 12:00 p.m.	2	3	4	5 CROSS COUNTRY: STATE MEET	6
				VOLLEYBALL: AREA		
					Girls Basketball: First Day for Interschool Games	
7	8 VOLLEYBALL: REGIONAL QF Wrestling: First Day for Meets & Tournaments TGCA: Cross Country Committee Meeting (7 PM)	9	10	11 TGCA OFFICE CLOSED FOR VETERANS DAY	12 VOLLEYBALL: REGIONAL	13
14	15 TGCA: Volleyball Nomination Deadline, 12:00 p.m.	16	17	18	19	20 VOLLEYBALL: STATE TOURNAMENT
21 TGCA: Board of Directors Meeting (10 AM)	22 TGCA: Volleyball All-State Committee Meeting (6 PM) Volleyball Committee Meeting (6 PM)	23	24	25	26	27
	TGCA OFFICE CLOSED FOR THANKSGIVING					
28	29 Soccer: First Day of Practice	30				

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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The power to do more



VARSITY
Guy in the Yellow Tie



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TGCA NEWS

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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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