



TGCA NEWS

APRIL 2023



2022-2023 TGCA OFFICERS



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Frisco Centennial HS



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Kay Yow Cancer Fund

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cover photo courtesy Kari Wright

right photo courtesy Walter Mangan



CREATING WOMEN LEADERS

Julie Breedlove | Rio Hondo HS | **TGCA Track Committee Chair**

As coaches we have a unique opportunity to help develop young women leaders both on and off the playing field. Coaching young women can be particularly challenging as they often face unique social and cultural pressures that can impact their confidence and sense of self. However, with the right approach, coaches can create a supportive environment that helps their players become confident, resilient leaders.

One of the most important ways coaches can develop young women leaders is by creating a culture of empowerment. This means creating an environment where players feel safe to take risks and make mistakes, and where their voices are heard and valued. Coaches can do this by encouraging players to speak up and share their opinions, and by actively listening to what they have to say. This can involve asking players for feedback on

team strategies and listening to their ideas for how to improve team dynamics.

Another important aspect of creating a culture of empowerment is to give players the opportunity to take on leadership roles within the team. This can involve assigning team captains or other leadership positions, or simply giving players the chance to lead warm-up exercises or drills during practice. By giving players these opportunities, coaches can help them develop their leadership skills and build confidence in their abilities.

In addition to creating a culture of empowerment, coaches can also help young women leaders by teaching them valuable life skills. This can involve teaching players how to communicate effectively, how to manage their time and responsibilities, and how to set and achieve goals. These skills are essential for success both on and off the playing field, and can

help players become confident and capable leaders in all areas of their lives.

Coaches can help develop young women leaders by setting high expectations for their players. This can involve setting challenging goals for the team and holding players accountable for meeting these goals. By setting high expectations, coaches can help players push themselves to achieve more than they thought possible, which can help build their confidence and sense of self-worth.

High school sports provide young women with opportunities to experience both success and failure. As they learn to handle winning and losing, they also develop important emotional intelligence skills. They learn to manage their emotions, stay humble when they succeed, and persevere when they fail. These skills are essential to leadership, as effective leaders must be able



to manage their emotions, handle success with humility, and motivate their team to bounce back from failures.

It is also important for coaches to model leadership behavior themselves. This means demonstrating the same traits and behaviors they want to see in their players, such as accountability, responsibility, and integrity. By modeling these behaviors, coaches can show their players what it means to be a true leader, and can inspire them to emulate these traits in their own lives.

Finally, coaches can help develop young women leaders by creating a sense of community within the team. This can involve organizing team bonding activities, encouraging players to support each other both on and off the field, and fostering a sense of teamwork and camaraderie. By creating this sense of community, coaches can help players feel connected and supported, which can help build their confidence and resilience.

In conclusion, high school coaches have a unique opportunity to help develop young women leaders. By creating a culture of empowerment, teaching valuable life skills, setting high expectations, modeling leadership behavior, and fostering a sense of community, coaches can help their players become confident, capable leaders both on and off the playing field. With the right approach, coaches can help young women realize their full potential, and inspire them to become the leaders of tomorrow.



photo courtesy Jamie DeShazo

BSN SPORTS Launches Basketball Uniform Frenzy

Are you ready to up your basketball game? BSN SPORTS has launched the Basketball Uniform Frenzy, giving you the opportunity to take your team's on-court look to the next level. Now thru 6/30, order your team's basketball uniforms and you'll be automatically entered for a chance to WIN baller prizes! With a wide variety of styles and colors to choose from, you'll be able to find the perfect uniforms for your team. Get ready to get your game on and check out **BSN SPORTS** for all your basketball uniform needs!

BSN SPORTS is giving your basketball team the chance to score big with their Basketball Uniform Frenzy. Enter for a chance to win a \$10,000 team photo shoot where a professional photographer and videographer will come to your school to capture every moment from warm-ups to the last-second buzzer beater. The raw footage will be provided so you can create an amazing sizzle reel that everyone will be talking about.

The prizes don't stop there. Second place in the sweepstakes will receive a Signing Day Media Kit including two deluxe double-sided media backdrops and two 6' tablecloths, perfect for any press conference or media event. Third place will receive 24 deluxe sideline chairs, a great addition for any practice or game day. In addition, you could win one of many other prizes, such as Coaches Swag Packs, Monster Basketball Carts, Fanactive Bag Tags & White Board, Basketball Court Packs, or an Indoor Scoreboard.

So don't wait - enter now for your chance to score big with BSN SPORTS' Basketball Uniform Frenzy! For more details and official rules, [Click Here](#)

Upcoming Professional Development Opportunity

BSN SPORTS is proud to announce a FREE webinar on Tuesday, April 25th at 12 pm CST hosted by renowned strength and conditioning specialist



BSN SPORTS

and founder of Kula Sports Performance, Brian Kula. With 24 years of experience in the athletic development of athletes from youth to professional, Coach Kula has the expertise you need to take your game to the next level. He will be on the platform to discuss how to maximize athletic potential in a speed-based program and how he structures their program for the best results. Kula has worked with professional and Division 1 athletes from over 30 universities across the country and has directed all facets of strength, speed, agility, conditioning, testing, recovery and nutrition. In addition to valuable insight from this experienced coach, attendees can receive a certificate of attendance they can use for professional development hours. Don't miss out on this great opportunity – [Register Here](#)



photo courtesy Renna Bersosa



TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Track University of Texas at Austin | May 11-13, 2023



photo courtesy Sonia White

Ticket Prices & Parking

Ticket and Parking Information for the 2023 UIL Track & Field State Meet will be posted [HERE](#) once available.

SCHEDULE

Thursday.....3A & 4A
 Friday.....2A, 5A, & Wheelchair
 Saturday.....1A & 6A

Field Events 9:00 a.m.
 3200m ONLY 9:00 a.m.
 Running Events 5:00 p.m.

Note: Event schedule is the same for each day

Detailed Schedule posted [HERE](#)



GOLF STATE CHAMPIONSHIPS

Austin Metro | May 15-16, 2023

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
1A	Plum Creek Golf Course, Kyle	\$10 (Cash Only)	\$60 per cart
2A	Lions Municipal Golf Course, Austin	No Fee	\$50 per cart (Handicap Only)
3A	Jimmy Clay Golf Course, Austin	No Fee	\$50 per cart (Handicap Only)
4A	Legends Golf Course, Kingsland	No Fee	\$75 per cart
5A	White Wing Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart
6A	Legacy Hills Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart

Ticket Prices

Admission to the golf state tournament (all locations) is free.

Food/Drink

Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

Cart Availability

Spectators may bring a personal cart with a \$30 charge at Jimmy Clay and Lions Municipal; a \$25 charge at Legacy Hills and White Wing; a \$20 charge at Legends; and a \$40 charge at Plum Creek. Visit the [UIL Website](#) for more information.



photo courtesy Logan Lawrence

SPORT NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2022-23, they are as follows:

- Track & Field May 8, 2023
- Golf May 8, 2023
- Softball May 29, 2023



||| TENNIS STATE CHAMPIONSHIPS

Blossom Tennis Center, Annemarie Tennis Center, Northside Tennis Center | San Antonio, Texas
April 25-26, 2023

Tuesday, April 25

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

Wednesday, April 26

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

Tickets

One-Day Pass..... \$15/a day
 Two-Day Tournament Pass\$25
 Coaches All-Tournament (Sold onsite, Must show ID).....\$20
 Parking..... FREE

Ticket Links

[Tuesday & All-Tournament](#)
[Wednesday](#)

**Tickets are available for purchase ONLINE ONLY.*

**Single Day tickets are good for only one location and must be designated at time of purchase.*



photo courtesy Logan Lawrence

||| AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount

Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!
- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having

all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.



photo courtesy Leigh Ebner



photo courtesy Sara Aleman

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2023 UIL SOCCER STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONFERENCE
Alexander Adams	Celina HS	4A
Steve McBride	Grapevine HS	5A
Erin Hebert	Lewisville Marcus HS	6A

TGCA SOCCER COACHES OF THE YEAR



Conf. 4A-6A
Erin Hebert,
Lewisville Marcus HS



Sub-Varsity:
Rebecca Sawyers,
Frisco Wakeland HS

TGCA SOCCER ATHLETE OF THE YEAR



Conf. 4A-6A
Bella Campos, Lewisville Marcus HS
(Coach Erin Hebert)

TGCA SOFTBALL COMMITTEE

% - Chair & - Vice Chair

COACH	SCHOOL	CONF-REG.
David Smirl	Amarillo River Road	3A-1
Brian Cronk	Lubbock Monterey	5A-1
Reagan Sewell	Clyde	3A-2
Stacey Herring	Abilene Cooper	5A-2
Scott Mann#	Springtown	4A-3
Meghan Jacinto	Ennis	5A-3
Paula Wilfong	Farmersville	4A-4
Justin Kniffen	Tyler Legacy	6A-4

COACH	SCHOOL	CONF-REG.
Diana Sims	Hamshire Fannett	4A-5
Candi Weige	Bridgeland	6A-5
Courtney E. Phillips	Bellville	4A-6
Melissa Hall&	Georgetown	5A-6
Michelle Uribe	Gonzales	4A-7
Marilie Duran	SA Roosevelt	6A-7
Beau Burnett	Llano	3A-8
Arlynda Buentello	Castroville Medina Valley	5A-8

TGCA SUMMER CLINIC

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



photo courtesy Jeffrey Lemons

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.

2023 SUMMER CLINIC ARLINGTON HOTELS AND RATES

(You MUST use the Hotel Reservation 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 Summer Clinic website under the Summer Clinic tab to make your actual reservation.

CROWNE PLAZA
2700 E Lamar Blvd.
\$146

DOUBLE TREE BY HILTON
1507 N Watson Road
\$129

HILTON ARLINGTON
2401 East Lamar Blvd
\$149

HILTON GARDEN INN DALLAS/ARLINGTON
2190 E Lamar Blvd
\$129

HOLIDAY INN ARLINGTON
1311 Wet N' Wild Way
\$109

LAQUINTA ARLINGTON NORTH
825 N Watson Rd.
\$139 (King)
\$149 (2 Fulls)

SHERATON ARLINGTON
1500 Convention Center Drive
\$145

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.

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](#)

2023 SUMMER CLINIC EXHIBIT WITH US

TEXAS GIRLS COACHES ASSOCIATION

SUMMER CLINIC AND EXHIBITOR SHOW

ARLINGTON CONVENTION CENTER

July 10-12, 2023

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) 708-1333

TGCA SATELLITE CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2023. 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

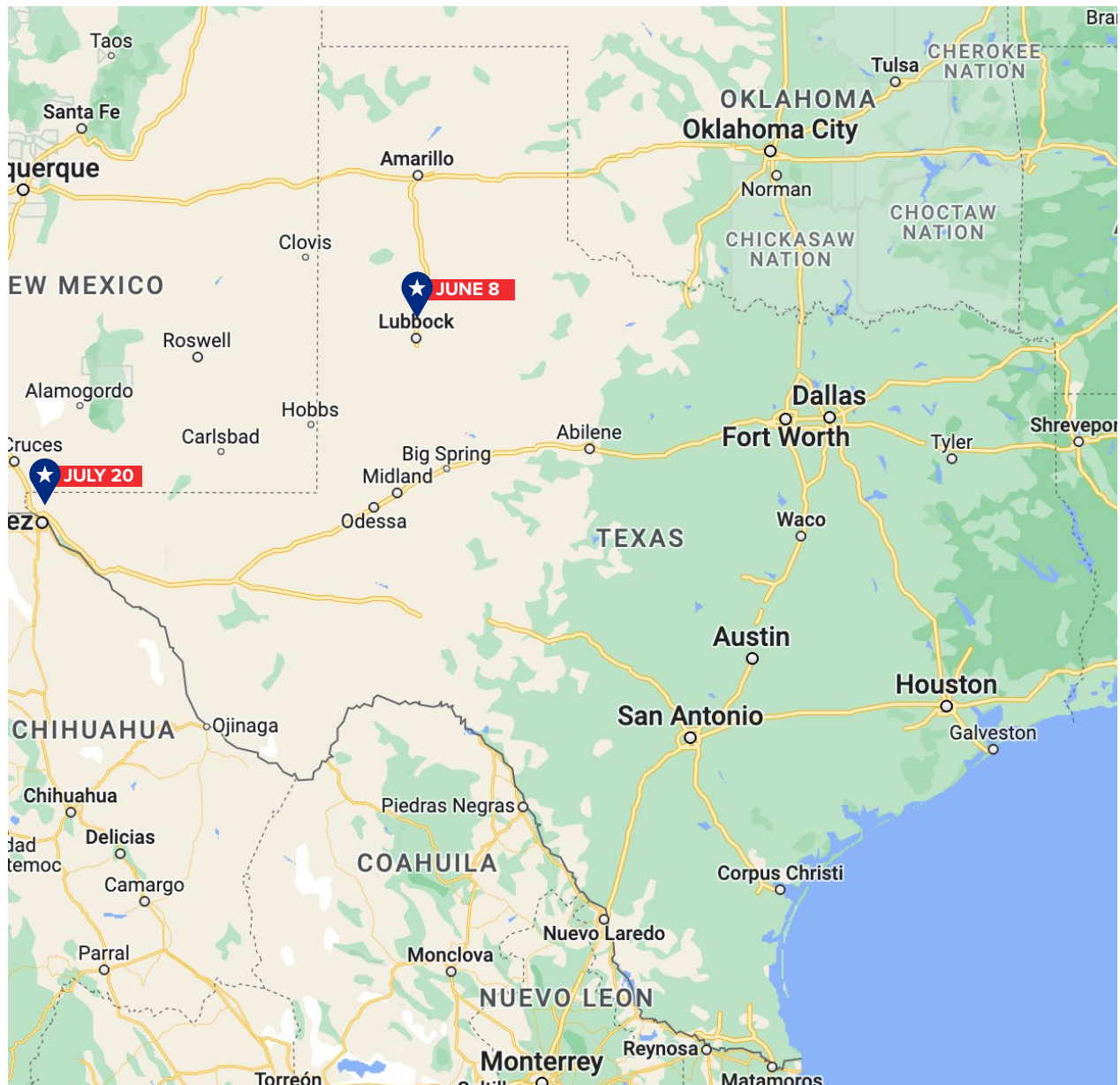
for all clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2023 REGION I & II LUBBOCK ALL-SPORTS CLINIC

Coronado High School
4910 29th St.
Lubbock, Texas
June 8
[Registration](#)
[Agenda](#)

2023 EL PASO ALL-SPORTS CLINIC

Eastlake High School
13000 Emerald Pass Ave.
El Paso, Texas
July 20
[Registration](#)
[Agenda](#)



2023-24 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 2023-2024 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2022-23 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.

On-line 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 remember 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 2023 in Lubbock (Regions I & II), and El Paso. 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 2023-24 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 2023-24 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 Leigh Ebner

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2023-24 year, beginning June 1, 2023 and ending May 31st, 2024. Please be sure that is what you intended to do. You may still print a 2022-23 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

GENERAL NOMINATION INSTRUCTIONS

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

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

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

PLEASE NOTE: The TGCA sys-

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

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

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

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

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

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

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

1 Access the TGCA website at austintgca.com.

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

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

school.

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

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

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

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

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

9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just

start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For

for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.



photo courtesy Joe Huber

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.

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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

VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Alex Salinas

300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

BASKETBALL

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

SOCCER

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

GOLF

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

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

- 20 points for team regional championship
- 30 points for team state championship

TRACK & FIELD, CROSS COUNTRY

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

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

SOFTBALL

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

SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaque recognition begins at 500. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

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

WRESTLING

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

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier
- 1 point for each dual victory
- 4 points for each state qualifier
- 20 points for team regional championship
- 30 points for team state championship

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

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

Sub-Varsity coaches with five and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing

of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or

softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

10

WAYS TO INCREASE YOUR BRAINPOWER

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 Get moving. Research suggests that exercising on a regular basis can play an essential role in improving brainpower across the life span, beginning in childhood. All factors considered, older adults tend to benefit more than their younger counterparts in this regard, possibly because older adults have more to gain with respect to cognitive function as age-related declines become more prevalent. Exercise bouts that last at least 30 minutes have been shown to have the greatest benefit.

2 Use your brain. Not only do you need to exercise your body to enhance your

brainpower, you also need to exercise your mind. To a point, the more you do to keep your mind sharp, the better your level of memory and creativity will be. In this regard, you have a number of options for exercising your mind, including brainstorming, working word puzzles, playing games like chess or bridge, and performing mathematical tasks (e.g., adding, subtracting, and multiplying), instead of using a calculator and the like.

3 Engage your inner child. Allow yourself to be full of wonder, curiosity, and playfulness. All of which can spur your sense of creativity. Be a kid again. Daydream. Permit

yourself to see things that are invisible to stimulate a stream of mental activity.

4 Associate with positive individuals. Avoid naysayers. Being with people who encourage, rather than discourage, you, will enhance your level of creativity. Negativity tends to stifle brainpower. Fortunately, the converse also holds true.

5 Chill out. Don't let the small stuff bother you, which can prevent you from fully concentrating. Learn to relax to think more clearly, have better focus, and be better able recall things. Don't let stress and tension put a choke hold on your

brainpower.

6 Avoid "bad" fats. Don't let what you eat take a toll on your memory and your ability to learn. Research suggests that a diet high in saturated fats can have a negative effect on cognition and neural function. In contrast, consuming omega-3 fats has been associated with improved brain function, reduced memory loss, and less cognitive decline.

7 Don't let the bottle bring you down. Consuming too much alcohol can impair brainpower by contributing to brain atrophy, which has been linked to memory loss and impaired cognition. If you choose to consume alcohol, do so in moderation.

8 Take control of your life. Make as many of your own decisions about your life as is both possible and appropriate. Having no control over your surroundings can lead to a heightened state of depression (particularly among elderly people), which, in turn, can result in a loss of memory.

9 Don't be afraid to make mistakes. Trying new things can enhance your ability and willingness to think inventively. Although such an approach also can expose you to failure on occasion, instead of allowing yourself to be discouraged by such a negative possibility, think of mistakes as simply being an opportunity to learn.

10 Expand your envelope. Don't limit yourself to a narrow channel of seeing and thinking about things in a singular way. Try to think in other ways. Consider other viewpoints. Develop other interests. Read, read, read, read, and then read some more.



photo courtesy Kari Wright

PALMATEER NAMED AS NEXT KAY YOW CANCER FUND CEO



Kay Yow Cancer Fund

Raleigh, NC (March 27, 2023)

— Kay Yow Cancer Fund® Board of Directors Chair and President of the WNBA's Las Vegas Aces, Nikki Fargas, announces Jenny Palmateer as the next Chief Executive Officer of the Kay Yow Cancer Fund.

Palmateer takes over the CEO position after serving as Senior Vice President of Programming at the Fund since 2018.

"We are so thrilled to welcome Jenny as our next CEO," said Stephanie Glance, current Kay Yow Cancer Fund CEO. "We are poised and positioned for an unprecedented runway of growth, exponentially increasing the impact on so many lives in the coming years, and Jenny is the perfect person to lead and elevate the work, mission, and impact of the Kay Yow Cancer Fund."

As a five-year veteran of the Fund, Jenny led program efforts and initiatives focused on raising money for cancer research, serving the underserved, and uniting people in the fight against all cancers affecting women. She has been responsible for developing new revenue streams as well as sustaining and enhancing current revenue streams with an emphasis in Play4Kay, the Fund's national grassroots movement.

Jenny has helped bring Coach Yow's vision of uniting for a common cause to life and has played an integral role in helping to galvanize and motivate universities and communities across the country to join forces for something that far exceeds wins and losses in competition.

"As a former player and assistant coach of Yow's, Jenny brings a unique perspective to the Fund. Her love and loyalty to Coach Yow and everything she stood for comes through in the work she does", said Board of Directors Chair, Nikki Fargas.

Prior to joining the Kay Yow Cancer Fund team, Palmateer spent 21 years coaching Division I women's college basketball, 10 of those at North Carolina State alongside her former colle-

giate coach, Kay Yow.

"I was fortunate to have a personal relationship with Coach Yow," said Palmateer. "She was much more than a coach to me. She was my mentor and friend. I learned as much about life from her as I did x's and o's.

Palmateer will officially begin her role as CEO on March 27, 2023.

"I am honored and humbled to carry on Coach Yow's legacy through the work of the Kay Yow Cancer Fund. I have seen firsthand the importance of teamwork, of hope, and how strength and courage can propel us to have a quality of spirit that enables us to face difficulty without fear. Coach Yow once said, "You lift us up so we can lift others up. You are not alone in this fight, and we want you to know we are beside you always." and I've never forgotten that, said Palmateer. "It is and will always be at the core of the Fund."

Together, with you, the Kay Yow Cancer Fund remains committed to making a difference in the fight against all cancers affecting women, helping to create better cancer outcomes today and for generations to come.

Hi Everyone,

As we recover from the excitement of March Madness and turn the page on the 2023 basketball season, I'm honored to share the news that I have been appointed the next CEO of the Kay Yow Cancer Fund.

I was not only fortunate to have had the opportunity to play for Coach Yow, I also coached with her for 10 years at North Carolina State University and was on her staff when she established the Kay Yow Cancer Fund. She was my coach, mentor, and friend and I learned more from her about life than any X's and O's during that time. I watched her attack her own battle with cancer with grace, hope, and strength and it is my privilege to carry on her legacy through the Fund.

I am humbled and excited to continue the great work you all have started and I am very clear on and accept the responsibility of the Kay Yow Cancer Fund, its mission, impact, and future growth. We are forever grateful for each and every one of you and together, we will continue to make a difference in the lives of women affected by cancer.

Sincerely,
Jenny Palmateer



photo courtesy Joe Huber

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

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

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

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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

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The power to do more



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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