



TGCA NEWS

JANUARY 2023



2022-2023 TGCA OFFICERS



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Brad Blalock
Frisco Centennial HS



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Cully Doyle
Brock HS



2nd Vice President
Claire Gay
Aledo HS



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Jason Roemer
Fredericksburg HS



Executive Director
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TGCA Office



**Assistant
Executive Director**
Lee Grisham
TGCA Office

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cover photo courtesy Jennifer Hughes

right photo courtesy Haley Hopkins



LESSONS FROM THE GREATS

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

Nostalgia is the in thing right now. Just look at some of the hit movies this year— Top Gun: Maverick. Black Panther: Wakanda Forever. Avatar: The Way of Water. All of them have drawn huge crowds from fans eager to see their favorite heroes up close one more time. Nostalgia is an irresistible feeling that draws people in, the one that forces us to pause and remember. It has a unique way of highlighting all the best parts of our memories and blurring the parts we're glad to forget.

As I look forward into the new year and think about the new goals I hope to accomplish, I can't help but pause and remember some things myself. So many life lessons I've been blessed to learn have been at the hands of the coaches who saw purpose and value in devoting their lives to teaching about sports and about life. I'm thankful I can still rely on their wise words to guide me, even now. Here are my favorite lessons from my favorite coaches:

#5: Be really good at a few simple things, Chuck Darden

Growing up in Lubbock, TX, I was surrounded by Panhandle basketball. My grandparents lived in nearby Shallowater, and they both worked for the school district. Sports fans themselves, the name Chuck Darden was tossed around in their home as much as that of any of their neighbors living directly next door. I grew up joining my grandparents in watching the Fillies dominate the area, year after year, with Chuck leading the way on the sidelines. The thing about Chuck was that he ran his program a very specific way and he held tight to his way, despite advancements in the game, new technology, and other factors that simply changed basketball over time. Regardless of these changes, his plan never changed. He ran things to the nth degree. And no one could beat him because his girls were consistently good at a few simple things. He focused on the few things that, ultimately, mattered the most and remained unphased by the rest. What a

legend.

#4: There are city kids who aren't fussing about their jeans, Patrick Johnson

I remember one time when I was on the 9th grade basketball team. It was after school; a few of us guys were hanging around in the gym. Probably spending more time talking about girls or trash talking each others' game more than actually shooting around. I remember our coach came into the gym to see what was going on and he ended up joining us in a light pick-up game. Eager to prove myself to him, even in a game that was supposed to be for fun, I realized I couldn't really move around like I wanted to in the jeans I'd worn to school that day. "Hold on, Coach. Lemme go change real quick. I can't shoot in these," I said. He rolled his eyes. "Blalock, there are city kids playing ball today who aren't fussing about their jeans. They're just happy to play.... Just play." It took a while for it to sink into my thick 9th grade skull, but I understood eventually: there were kids less fortunate than me that would have loved to be in the circumstances I was in. It really made me take note of what I was blessed with, appreciate the moment, and... just play.

#3: A team that plays FOR each other will beat a team that has more talent any day of the week, Jill McDill.

In 2007, I was out-of-my-mind thrilled to be a part of Jill McDill's coaching staff. I got a front row, albeit stat-keeping, seat to watch her lead her team through the state finals and finish the season undefeated. The perfect season. Of course there are many variables that led us to that moment, but Jill's philosophy about creating a team-first culture truly led the way. She managed to get the girls to understand that as a group, they were unbeatable regardless of which top-notch players they found themselves up against. She taught all of us the value of hard work and how to get the most out of her players. She challenged the girls to find

goals within the game that would push them to continuously improve. Soon, they didn't care as much about winning as much as about getting better. Their teammates were counting on them to



photo courtesy Jennifer Herrmann

do it.

#2: Sometimes gentle coaches are the most fierce coaches, Brock Pembleton

One of my favorite coaches to play for was Brock Pembleton, my basketball coach. The man was a walking oxymoron. Tall, fit, strong. A very intimidating presence to a bunch of knuckle-headed 15 and 16 year olds. But his gentle style of coaching didn't match the gruff exterior that first greeted us. Don't get me wrong: he was tough and hard-nosed. But he managed to do it without demeaning us and yelling at us like many other coaches do. He unashamedly lived out his faith and modeled for me the balanced man and coach I wanted to be.

#1: Take care of the little things, Mark Dodson

1998. I'm a senior in high school at Lubbock High. I play tennis for Mark Dodson. On the court, I'm known for my work ethic and leadership, but also, I'm embarrassed to admit, for my

temper and a few crooked racquets as a result. Off the court, I'm known for my hilarious pick-up lines. It was a winning combination. Honestly, our tennis team wasn't anything to write home about. Still, Coach Dodson made us do ALL the little things in ALL the drills. He demanded we be exact. He wanted us to be focused and give 100% regardless of our wins and losses. I didn't appreciate it at the time. It seemed so tedious when we were as bad as we were. I'm proud of him. I know it made us better in the long run. That's what the little things are really about. Not about how it will help a player's game now, but who it will make them later. Now, I look for new ways to have my teams take care of the little things as a result. It's okay if they don't appreciate it now; it's setting them up for something greater down the line.

Sometimes old habits don't actually die. That's a good thing.

NATIONAL GIRLS & WOMEN IN SPORTS DAY

BSN Sports

In celebration of National Girls & Women in Sports Day, BSN SPORTS is hosting an exclusive, free webinar to provide coaches and athletic directors with tools to create opportunities and encourage growth in the field of female sports. Titled, "Providing Opportunity for Young Females to Become Leaders in Athletics," the webinar will be hosted by Kyle Laskowski, Athletic Director at Rochester Academy Charter Schools. This exciting webinar is sure to be informative and inspiring for everyone involved!

What You'll Learn

At BSN SPORTS, we want to provide coaches and athletic directors with the opportunity to learn how to increase opportunities for young females to become leaders in athletics. During this webinar, Kyle Laskowski will discuss how coaches and athletic directors can increase opportunities for young females to become leaders in athletics. He will cover the importance of providing access to quality women's sports programs and resources, and the impact that having female leaders in the athletic program can have on the student-athletes. Join us and learn how to provide young females with the opportunity to become leaders in athletics and celebrate National

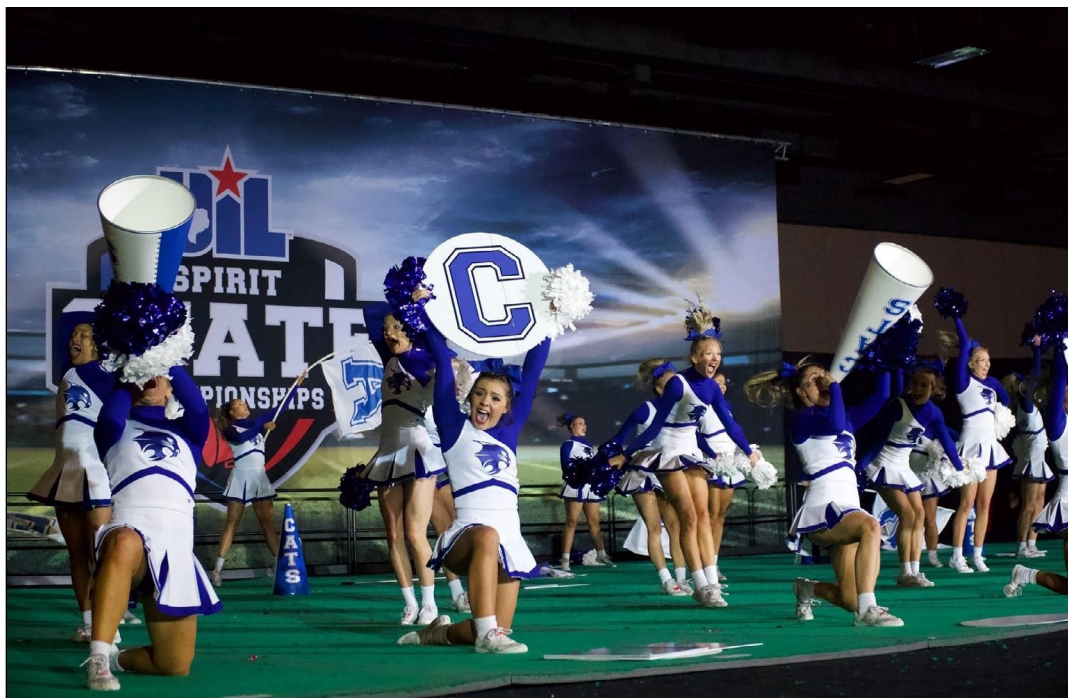


photo courtesy Amie Tennyson

Girls & Women in Sports Day.

About the Host

BSN SPORTS is proud to announce Kyle Laskowski as the host of their webinar on, "Providing Opportunity for Young Females to Become Leaders in Athletics." Coach Laskowski is a 2001 graduate of Avon High School in Avon, New York and went on to practice football and baseball at Carthage College in Kenosha, Wisconsin. After graduating with his Bachelor's of Psy-

chology, he earned his Master of Education in Athletic Administration from Miami (The U).

Coach Laskowski was the Athletic Director at Rochester Academy Charter School for 4 years, a total of 9 with the district. During his time as AD, Coach Laskowski has greatly expanded women's sports at the school from just three varsity options to now six varsity sports, two JV and three modified-level teams.

How to Register & Watch

This webinar takes place on February 1, 2023, at 12pm CST. Coaches and athletic directors can register for this webinar at <https://www.bsnsports.com/ib/buildingfemaleleaders>. You can join us live for the webinar on Feb 1st, or if you are not able to attend during that timeframe you can view the webinar any time after the date. Please register prior to Feb 1st and we will send you a link to the virtual webinar.



photo courtesy Jennifer Herrmann

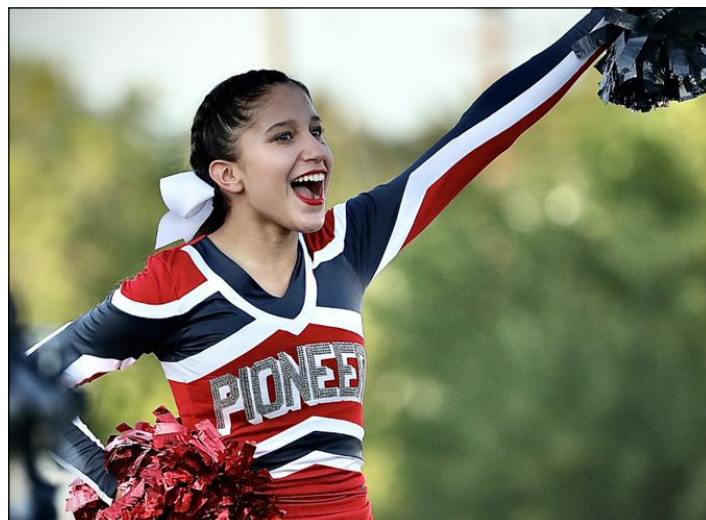


photo courtesy Marissa Briseno

WRESTLING STATE CHAMPIONSHIPS

Berry Center Cypress, Texas | February 17-18, 2023

Friday, February 17

5A/6A Girls Weigh-in	9:30 AM
5A/6A Girls Championship Round 1	11:00 AM
5A/6A Girls Championship Quarterfinals.....	3:45 PM
5A/6A Girls Consolation Round 1.....	3:45 PM
5A/6A Girls Consolation Round 2.....	6:45 PM

Saturday, February 18

5A/6A Girls Weigh-in	9:00 AM
5A/6A Girls Championship Semifinals.....	10:30 AM
5A/6A Girls Consolation Round 3.....	10:30 AM
5A/6A Girls Consolation Semifinals	1:00 PM
5A/6A Girls 3rd/5th Place Matches	2:30 PM
5A/6A Girls Championship Matches	4:45 PM

Tickets & Parking

Spectator Information will be available on the [UIL Website](#) when released.

Awards

The top three finishers in each weight class will receive medals. The top two teams will receive trophies or plaques.

Girls' Awards Presentations: Awards will be presented upon completion of wrestling in the first three weight classes. Girls 95 lb. weight class awards will be presented upon completion of the 110 lb. weight class. Awards for 102 lb. weight class will be presented following the 119 lb. weight class, etc.



photo courtesy Logan Lawrence

SWIMMING & DIVING STATE CHAMPIONSHIPS

**Josh Davis Natatorium San Antonio, TX
February 9-10, 2023 (4A)**

Thursday, February 9

4A Swimming Prelims	10:00 AM
4A Diving Prelims	2:00 PM

Friday, February 10

4A Swimming Finals and Diving Finals.....	9:30 AM
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**Lee and Joe Jamail Texas Swimming Center
Austin, TX | February 17-18, 2023 (5A-6A)**

Friday, February 17

5A Swimming Prelims and Diving Prelims..	9:30 AM/10:00 AM
6A Swimming Prelims and Diving Prelims...	5:00 PM/5:30 PM

Saturday, February 18

5A Swimming Finals and Diving Finals.....	9:30 AM
6A Swimming Finals and Diving Finals.....	4:00 PM



photo courtesy Chris Schmidt

Tickets & Parking

Spectator Information will be available on the [UIL Website](#) when released.



GIRLS BASKETBALL STATE CHAMPIONSHIPS

The Alamodome San Antonio, TX | March 2-4, 2023

Thursday, March 2		Saturday, March 4	
Conference 1A Semifinal #1	8:30 AM	Conference 4A Semifinal #2	3:00 PM
Conference 1A Semifinal #2	10:00 AM	Conference 6A Semifinal #1	7:00 PM
Conference 3A Semifinal #1	1:30 PM	Conference 6A Semifinal #2	8:30 PM
Conference 3A Semifinal #2	3:00 PM		
Conference 5A Semifinal #1	7:00 PM	Conference 1A Final	8:30 AM
Conference 5A Semifinal #2	8:30 PM	Conference 3A Final	10:00 AM
		Conference 2A Final	1:30 PM
		Conference 5A Final	3:00 PM
		Conference 4A Final	7:00 PM
		Conference 6A Final	8:30 PM
Friday, March 3			
Conference 2A Semifinal #1	8:30 AM		
Conference 2A Semifinal #2	10:00 AM		
Conference 4A Semifinal #1	1:30 PM		

Tickets

Spectator Information will be available on the [UIL Website](#) when released.

Parking

Parking is only available for purchase on event day, not in advance.
Vehicle Price: \$15
Bus Price: \$30
All-Tournament: \$60
Paid parking will be available in Lot A, C and D. Lot B will not be available for parking during this event.

Alamodome Clear Bag Policy

To provide a safer environment for the public and in order to expedite fan entry into the Alamodome, we have implemented a Clear Bag Policy (similar to the NFL Clear Bag policy) that limits the size and type of bags that may be brought into the Alamodome. The clear bag guidelines can be found [here](#). All spectators will need to comply with the clear bag policy for entry into the stadium.



photo courtesy Chris Schmidt

TGCA SOCCER ADVISORY BOARD

COACH	SCHOOL	CONF.
Kristy Bradford*	Giddings HS	4A
Whitney Bernard	Canyon Randall HS	4A
Darin Dabelgott	Bay City HS	4A
Jimmie Lankford	Frisco Wakeland HS	5A
Jamie Tibbetts	Lake Belton HS	5A
Winston Pool#	Cedar Park HS	5A
Melissa Garcia	Rockwall HS	6A
Rebecca Christ	McKinney HS	6A



photo courtesy Chris Schmidt

* - Chair # - Vice Chair



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 2023-24 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 up-

dated 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 Paige Rogers

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 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

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 Haley Hopkins

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, 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

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.

2023 TGCA SUMMER CLINIC

The 2023 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 10 – 13. The agenda is being revised and will be posted to the website under the “Summer Clinic” category

in the menu on the left-hand side of the page 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 2023 TGCA Clinics.

AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

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

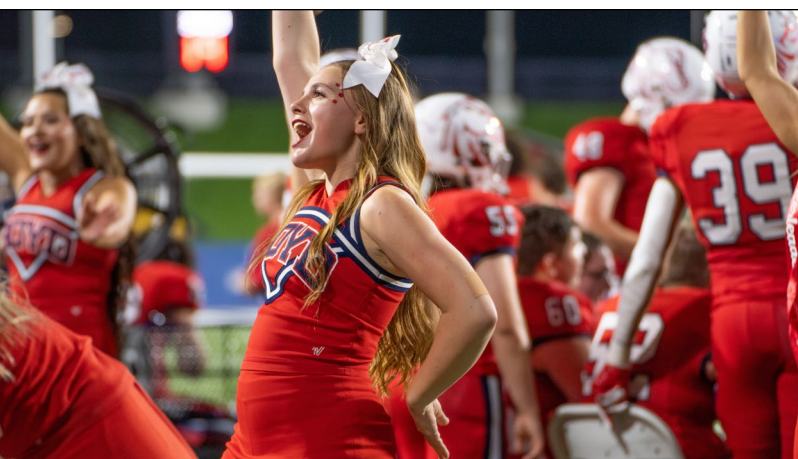


photo courtesy Paige Rogers

2022-23 TGCA NOMINATION DEADLINES BY SPORT

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

Spirit	January 31, 2023
Swim & Dive	February 13, 2023
Wrestling	February 13, 2023
Basketball	February 27, 2023
Soccer	April 10, 2023
Tennis	April 24, 2023
Track & Field	May 8, 2023
Golf	May 8, 2023
Softball	May 29, 2023



photo courtesy Cassidy Lakota

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.

- Only victories compiled in varsity girls' sports and cheerleading will be counted.

- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation, and should be emailed or mailed to the TGCA office.



photo courtesy: Landy Hetmar

VOLLEYBALL

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

BASKETBALL

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

SOCCER

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

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 qual-

ifier

- 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
Revised by vote of the Spirit Committee July 10, 2019
Revised April 22, 2022*

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 DEAL WITH DIFFICULT PEOPLE

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 Be attentive to communication patterns. Factors such as words, tone, and body language can reveal the basic intentions of difficult people and provide an indication of how you should deal with them. To a

Contrary to the strident expectations of our polarized society, individuals are seldom all right or all wrong in their attitudes and opinions. Know when to be flexible and when to compromise.

istic of a good communicator is to be a good listener. More often than not, listening is the fundamental precursor of unlocking the doors (barriers) to the other person's mind. If you're not hearing what the other person

directional communicator; not only is it annoying, it's usually ineffective.

6 Don't be a know-it-all. Truth be known, most people don't like (or trust) individuals who claim or act like they know it all. As such, establish a record of speaking truthfully, avoid doublespeak, and (when appropriate) admit what you don't know.

7 Recognize that some conflict is inevitable. Conflict is an inescapable fact of life—particularly when interacting with difficult people. The key when the inevitable conflict surfaces is to resolve it before it gets out of hand. You should know how to identify conflict and deal with it appropriately before it drains your energy, as well as your effectiveness.

8 Keep in mind that words can be hurtful. A poor choice of words can irreparably harm or scar a relationship with another person. Human nature aside, don't give into the temptation to gossip, be insensitive, be boastful, be insulting, or be offensive.

9 Expect the best. People tend to rise or fall to the level of your expectations and projections. Set the bar for your relationship with another person at a high level. Give difficult people the benefit of the doubt. Try to get them to see you as an ally, rather than an adversary.

10 Be patient. Rome wasn't built in a day, and efforts to bring out the best in difficult people don't always bear fruit in a timely manner. Always keep in mind that time and patience can serve as effective counterbalances to an apparent lack of reason on the part of someone you perceive as being difficult.



photo courtesy Cassidy Lakota

point, what you see is what you get. Knowing that can help you be better prepared to handle the often-difficult challenges inherent in dealing with contrary people.

2 Establish common ground. Recognize the fact that legitimate differences often exist between people.

3 Reduce the differences between yourself and the other person. Differences are often the flash point for conflict. A key step in reducing such differences is to make other people feel like you've listened to them and understand them (even if you disagree with them).

4 Listen until you really hear. The first character-

istic is actually trying to say to you, it will be extremely difficult (if not impossible) to understand that individual's point of view.

5 Speak to be understood. Use a tone of voice that is compatible with your intended message and spoken words. Choose your words wisely. Avoid coming across as a one-

KAY YOW CANCER FUND



WHAT IS PLAY4KAY?

The vision of Play4Kay came directly from Coach Kay Yow. Through Play4Kay, she saw a way to bring communities together and honor cancer warriors in the fight against ALL cancers affecting women. Uniting players, coaches, officials, and fans to do something for the greater good that far exceeds wins and losses in competition, the Play4Kay initiative is our largest fundraiser and plays a major role in our success.

FREQUENTLY ASKED QUESTIONS

Is this for breast cancer?

While Coach Yow had an on-and-off-again battle with breast cancer, our goal at the Kay Yow Cancer Fund is to fight ALL cancers that affect women. This includes breast cancer, skin cancer, brain cancer, and any cancer a woman has ever battled.

Is this a Pink Game?

While similar, Play4Kay means so much more! Hosting a Play4Kay game rather than a “pink game” signifies your intention to fight cancer alongside the Kay Yow Cancer Fund and uplift survivors—a key part of programming. Calling it a Play4Kay game also allows the Fund to share your social posts across our nationwide audience.

Is there merchandise?

We have a line of t-shirts available for purchase for groups’ and teams’ needs. Link to our online store...

<https://kayyow.orderpromos.com/>

How do we donate?

First of all, thank you! We’ve made it easy to send in your team’s donation online.

<https://support.kayyow.com/give/303125/#!/donation/check-out>

Where does the money go?

We’ve awarded \$7.88 million in the fight against all cancers affecting women and you’ve played an instrumental part in that fight. To see more information on our grants across the country go to <https://kayyow.com/coach-yow/grants/>

OUR PROCESS

The Kay Yow Cancer Fund partners with the V Foundation for Cancer Research to administer the grant process for all research-based grants. By request of the Kay Yow Cancer Fund Board of Directors, the V Foundation invites National Cancer Institute-designated cancer facilities to nominate their researchers for funding consideration. The Scientific Advisory Committee reviews proposals and makes all funding recommendations to the Kay Yow Cancer Fund Board of

Directors. Each funded researcher is required to provide a project status report by December 31 of the first year. Each year, both organizations meet with scientists to better understand the challenges and progress occurring in this field.

The Kay Yow Cancer Fund also awards grants to support programs that provide services to underserved populations. Such grants have included funding for mobile screening units, patient navigator programs that target underserved populations, and the elimination of barriers to care for cancer patients.

FINANCIALS

The Kay Yow Cancer Fund is committed to donor’s rights and transparency. That’s why we make our annual tax forms and audit reports available to you.

OTHER QUESTIONS?

Director of Play4Kay, Jennifer Montoya (jennifer.montoya@kayyow.com), is more than happy to help you for the first time or the 100th!

GET YOUR 2023 PLAY4KAY EVENT T-SHIRTS!

Your purchase of this apparel from the official Kay Yow Cancer Fund Play4Kay collection supports the Kay Yow Cancer Fund’s mission to fund scientific research and programs that provide access to quality cancer healthcare for underserved women. Together, we can change lives!

To get started, choose your design, size and color from the options available online. Team pricing and larger quantity ordering is available.

Here’s just one example of what’s available online



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
					SWIMMING & DIVING: REGIONAL MEETS	
						Wrestling: District Certification Deadline
5	6	7	8	9	10	11
				SWIMMING: STATE MEET (4A)		
					WRESTLING: REGIONAL MEETS	
						Girls Basketball: District Certification Deadline
12	13	14	15	16	17	18
	GIRLS BASKETBALL: BI-DISTRICT			GIRLS BASKETBALL: AREA		
	TGCA: Swimming & Diving and Wrestling Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games				SWIMMING: STATE MEET (5A-6A)	
					WRESTLING: STATE MEET	
19	20	21	22	23	24	25
	GIRLS BASKETBALL: REGIONAL QUARTERFINALS				GIRLS BASKETBALL: REGIONALS	
26	27	28	1	2	3	4
	TGCA: Basketball Nominations Deadline, 12 Noon			GIRLS BASKETBALL: STATE		

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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