



TGCA NEWS

SEPTEMBER 2022



2022-2023 TGCA OFFICERS



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BURNOUT AND REIGNITING THE FLAME

Kevin Johnson Abilene Cooper HS | **TGCA Track Committee Vice Chair**

You have heard it said time and time again, “If the past two years have taught us anything it’s how important mental health is!” This is a true statement for coaches, administrators, and our athletes. It was never more manifestly true for me than when I faced the edge of burnout a couple of years ago.

Earlier that year, our district hired a new athletic director, then a new superintendent, and then my head coach and mentor resigned to take a position closer to family. I was promoted into his position as head coach for my two favorite sports and Girls’ Coordinator. Needless to say, lots of changes were happening fast, but I was okay with that. I can roll with change. I had been part of these two sports and the girls’ program for the past several years and felt I had helped shaped the program. I was trained well for the new positions by an amazing coach and mentor, so it was a scary, but exciting time for me.

I was enthusiastic about building the girls’ staff and getting the right pieces in play, even though we faced some challenges and had to make some late hires. The staff was unified and cohesive, a team built on good relationships. I had talked to the AD about my vision, and we seemed to be on the same page.

I had a lot of confidence and excitement as the school year started but would soon encounter hiccups and unexpected negativity from multiple directions that started making me doubt myself and question my capacity to handle my positions. With each new bump in the road, the negativity only got louder, and my doubts only got stronger.

My excitement was gone. My confidence was gone. I was questioning my passion to coach and teach. I was burning out.

My wife and I decided it

was time to move our family back closer to our parents. She was offered a job in her hometown, and I decided to look for teaching jobs and take a year off from coaching. I needed time to refresh and re-focus.



photo courtesy Missy Pump

While the down time was needed, I could not help but get that coaching itch again. A year later, my “dream job” opened up at a local high school. With some encouragement from my wife, I took the leap, applied for the job, and got it. I am grateful that I did, but I have had to stay focused on keeping a balance, so that burn out does not come calling again.

I want to share with you a few of the things I think are important to survive and avoid burnout.

First, everyone needs a strong support system made up of mentors, colleagues, family, and friends that can feed and fill you with positivity when the negativity starts getting too loud. I have been blessed with great mentors that are always happy to be a sounding board. They listen when I need them to, and they give advice when I need that. I think it is important to have a network of support at work and outside of work, so that you can avoid the echo cham-

bers. Your outside support keeps you balanced when your inside support starts absorbing the negativity around you. But your work support is important because they are in the trenches with you and can relate to your daily grind.

Second, learn to delegate. It is easy to get caught in the cycle of handling everything yourself. When you are surrounded by a good support system and good colleagues, you take a lot of the pressure off yourself. It can be scary to let go of control, but you have to trust your head coaches to run their programs and trust your assistants to help you in your sports. Give them room to lead and allow them to be full participants with you. You are not the only one who can get it done. I was not good at this, and it took its toll.

Third, find ways to unplug. You have to find ways to de-stress and disconnect that are not related to sports and coaching. Engage in relaxation techniques, meditation, mindfulness, whatever works for you. Find a hobby you enjoy that is not work related. For me, I enjoyed road trips home, reading comic books, and playing with my daughter.

That leads into my fourth tip, which is focus on your family. Our jobs tend to consume



our lives, which is just the nature of it, but it is important to have time with your family away from the sports. This takes a lot of intentionality. Find ways and schedule time to engage with each other without distractions. Some of my favorite memories with my family are water balloon fights in the front yard, playing catch with our dogs, and letting my daughter paint my nails. Make sure your family feels seen, and they will make you feel seen and loved, too.

Finally, refocus on your “why”. Why are you in this profession? What keeps you going when it feels too hard? I rediscovered my “why” during my down year. I got back to the basics of being an athlete again. I was working out on the track, and I would bring my preschool-aged daughter. Watching her run with me, seeing the joy on her face, reminded me what I love about coaching and why it was time to get back at it. My “why” is to give kids opportunities I never had. I want them to see there is a great big world waiting for them, and I want to give them every opportunity I can to explore it. I want to encourage them onto their next paths wherever they may lead – college, trade school, military, career. I want them to always know they are more than just a sport.

I hope that you can be encouraged from my journey to keep going. You are making a difference every day, even if you do not see it right now. When the burnout comes, and it will come, stay focused on why we do the things we do. And in case someone has not told you yet today, I love you.

MEDIA COVERAGE OF WOMEN'S SPORTS WHY IT'S IMPORTANT FOR VISIBILITY & GROWTH

Hannah Withiam Just Women's Sports | **Managing Editor**

The following is an excerpt from our recent "Media Coverage of Women's Sports & Why It's Important for Visibility & Growth" webinar.

My dream, since I was very little, was to be a sport's writer. So, when I started in sports journalism after college, I didn't even consider a full-time position in women's sports, not because I didn't want to, but because at the time, it was not a viable field to go into. Women's sports at the time were seen as a gateway to the men's league, so women's sports were a way to move up. If I was considering it, and I was a female athlete in college, what did that say about the culture? From the New York Post, I went to The Athletic, a platform that was built on men's sports. So that's how I entered the business.

When I was at The Athletic, I started out in men's sports, but I saw an opportunity with women's sports, so I started pitching them. And once I started doing that work, the

issues or problem areas of women's sports coverage at male-dominated outlets became more apparent to me. One example is the dropdown menu. We often see "men's" as the default; with college basketball, we just say "college basketball" for men's and "women's college basketball" for women. Another is when I would write something and it wouldn't get as many reads as men's stories do, which made it easy for editors to not feature women's stories in the future.

As brands have started to do more, we have started to see examples of "not the best way to do it" and "the right way to do it." The bad examples are what I call the "guilt trip." The concept of trying to guilt fans into following women's sports as an act of charity in my mind can do more damage. The key is to treat women's sports as big business when they get proper funding. The next issue is "girl power," where outlets are trying to prove the value of women's

sports. You wouldn't see this in men's sports. The last issue I see is the "parachute," which is when outlets come in and cover issues because they are popular, not because they cover them traditionally.

Now I want to talk about some good examples. The key here is that investing in good journalism matters. We have seen this in the former NWSL players investigation. Good stories like this take an extreme amount of time, creating relationships with sources and being trusted. The next good example is what I call the "hype tape," where you see all the hype around women's sports, all the power in women, and just all the talent. The last good example is what I call the "science." We have seen interest grow because of more visibility. When you lower that barrier to watch, you see people take interest.

So as coaches, what does this mean to you? The biggest example is normalizing women's sports, and then that will just translate into how women



are preserved and respected. Next, call it out when you see it. Call it out when you hear discrimination. We must call it out to make it known discrimination is holding back real change. Finally, I have to call out our great partners at Under Armour. At Just Women's Sports, we just launched JWS Next. We've seen extensive media coverage of men's sports that's helped sports stars become household names before they make it to the pros. So now we're trying to make that happen in women's sports with JWS Next and build that strong foundation for the next generation.

Watch our "Media Coverage of Women's Sports & Why It's Important for Visibility & Growth" webinar now.

[VIEW WEBINAR](#)



photo courtesy Jonathan Woodward

2021-22 TGCA ATHLETES OF THE YEAR

CROSS COUNTRY ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Taytum Goodman, Earth-Springlake HS
(Coach Jeri Goodman)

Conf. 5A-6A:

Cameron McConnell, Canyon Randall HS
(Coach Rebekah James)

VOLLEYBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Brooklyn Jaeger, Fayetteville HS
(Coach Clinton Jaeger)

Conf. 5A-6A:

Jalyn Gibson, San Antonio Brandeis HS
(Coach Madeline Williams)

SPIRIT ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Kutter Partington
Ropesville Ropes HS
(Coach Morgan Jackson)

Conf. 5A-6A: Taylor Merchant
Northwest Nelson HS
(Coach Bailey Broadstreet)

SWIMMING ATHLETE OF THE YEAR

Conf. 4A-5A-6A: Camille Murray
McKinney North HS
(Coach Brenda Files)

DIVING ATHLETE OF THE YEAR

Conf. 4A-5A-6A: Kyleigh Kidd
Southlake Carroll HS
(Coach Kevin Murphy)

BASKETBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Bailey Maupin
Gruver HS
(Coach Trent Lankford)

Conf. 5A-6A: Sa'Myah Smith
Desoto HS
(Coach Andrea Robinson)



Brooklyn Jaeger (photo courtesy Chris Schmidt)



Bailey Maupin (photo courtesy Chris Schmidt)



Kennedy Fuller (photo courtesy Chris Schmidt)



Ayanna Jones (photo courtesy Chris Schmidt)

SOCCER ATHLETE OF THE YEAR

Conf. 4A-5A-6A:

Kennedy Fuller, Southlake Carroll HS
(Coach Matthew Colvin)

GOLF ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Avery Burns, Mason HS
(Coach Kade Burns)

Conf. 5A-6A:

Farah O'Keefe, Austin Anderson HS
(Coach John McPherson)

TRACK ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Taylor Nunez, UC-Randolph HS
(Coach Stacy Bessire)

Conf. 5A-6A:

Jourdin Edwards, Prosper Rock Hill HS
(Coach Zachary Morgan)

FIELD ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Abigail Elmore, Gunter HS
(Coach Jeffrey Egger)

Conf. 5A-6A:

Ayanna Jones, Belton HS
(Coach Lindsey Flowers)

TENNIS ATHLETES OF THE YEAR

Conf. 5A-6A:

Rosabella Andrade, Southlake Carroll HS
Brennan Becicka, Southlake Carroll HS
(Coach Corey Aldridge)

SOFTBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Mihyia Davis, Lovelady HS
(Coach Jordyn Hester)

Conf. 5A-6A:

Leighann Goode, Northside O'Connor HS
(Coach Caitlin Bollier)

2021-22 TGCA COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF
Dan Aldrich	Fredericksburg HS	Cross Country	1A-4A
Carly Littlefield	Lovejoy HS	Cross Country	5A-6A
Clinton Jaeger	Fayetteville HS	Volleyball	1A-4A
Madeline Williams	SA Brandeis HS	Volleyball	5A-6A
Jenna Wilkins	Mount Vernon HS	Cheerleading	1A-4A
Matthew Escue	SA Central HS	Cheerleading	5A-6A
Trey Hayes	Lubbock HS	Swim/Dive	4A-6A
Jeremy Durham	Brownsboro HS	Basketball	1A-4A
Andrea Robinson	DeSoto HS	Basketball	5A-6A
Alexander Adams	Celina HS	Soccer	4A-6A
Nathan Moses	Argyle HS	Golf	1A-4A
John McPherson	Aus. Anderson HS	Golf	5A-6A
Ray Baca	Canyon HS	Track	1A-4A
Andrew Cook	Flower Mound HS	Track	5A-6A
Corey Aldridge	Southlake Carroll HS	Tennis	5A-6A
Karen Slack	Liberty HS	Softball	1A-4A
Michelle Rochinski	Lake Creek HS	Softball	5A-6A



photo courtesy Chris Schmidt

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

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

2021-22 STATE CHAMPIONSHIP COACHES

COACH	SCHOOL	SPORT	CONF.
Chris Sumrall	Wellington HS	Cross Country	2A
Glenn Griffin	Holliday HS	Cross Country	3A
Eric Krepps	Celina HS	Cross Country	4A
Carly Littlefield	Lucas Lovejoy HS	Cross Country	5A
Andrew Cook	Flower Mound HS	Cross Country	6A
Clint Jaeger	Fayetteville HS	Volleyball	1A
Cherry Downs	Beckville HS	Volleyball	2A
Jason Culpepper	Bushland HS	Volleyball	3A
Catherine Foerster	Decatur HS	Volleyball	4A
Natalie Puckett	Lovejoy HS	Volleyball	5A
Madeline Williams	San Antonio Brandeis HS	Volleyball	6A
Victoria Butler	Fossil Ridge HS	Cheerleading	Co-Ed
Melissa Everson	Benjamin HS	Cheerleading	1A
Misty Bumpurs	Jewett Leon HS	Cheerleading	2A
Katy Baugh	Lago Vista HS	Cheerleading	3A D-I
Jaci Phippen	Jacksboro HS	Cheerleading	3A D-II
Melanie Bodiford	Lumberton HS	Cheerleading	4A D-I
Julie Hall	Celina HS	Cheerleading	4A D-II
Catherine Henry	Grapevine HS	Cheerleading	5A D-I
Nicole Mitchell	Crandall HS	Cheerleading	5A D-II
Amy Weaston	Katy Seven Lakes HS	Cheerleading	6A D-I
Bailey Broadstreet	Northwest Nelson HS	Cheerleading	6A D-II
Trey Hayes	Lubbock HS	Swimming/ Diving	5A
Kevin Murphy	Southlake Carroll HS	Swimming/ Diving	6A
Ben Connell	Sands HS	Basketball	1A
Trent Lankford	Gruver HS	Basketball	2A
Sally Whitaker	Fairfield HS	Basketball	3A
Jeremy Durham	Brownsboro HS	Basketball	4A
Donny Ott	Cedar Park HS	Basketball	5A
Andrea Robinson	DeSoto HS	Basketball	6A
Alexander Adams	Celina HS	Soccer	4A
Jimmie Lankford	Frisco Wakeland HS	Soccer	5A
Matthew Colvin	Southlake Carroll HS	Soccer	6A
Kerry Gartman	Robert Lee HS	Golf	1A
Kade Burns	Mason HS	Golf	2A
Rob Londerholm	Wall HS	Golf	3A
Nathan Moses	Argyle HS	Golf	4A
John McPherson	Austin Anderson HS	Golf	5A

COACH	SCHOOL	SPORT	CONF.
Russell Aki	San Antonio Reagan HS	Golf	6A
Ben Connell	Sands HS	Track & Field	1A
Mindy Myers	Haskell HS	Track & Field	2A
Stacy Bessire	Universal City-Randolph HS	Track & Field	3A
Ray Baca	Canyon HS	Track & Field	4A
Shahira Ehiemua	Fort Bend Marshall HS	Track & Field	5A
Andrew Cook	Flower Mound HS	Track & Field	6A
Jose Martinez	D'Hanis HS	Softball	1A
Kirk Allen	Crawford HS	Softball	2A
Callie Kresta	Hallettsville HS	Softball	3A
Karen Slack (Pictured)	Liberty HS	Softball	4A
Michelle Rochinski	Montgomery Lake Creek HS	Softball	5A
Caitlin Bollier	San Antonio O'Connor HS	Softball	6A



photo courtesy Chris Schmidt

TEAM TENNIS STATE CHAMPIONSHIPS

George P. Mitchell Tennis Center Texas A&M University | October 26-27, 2022

Schedule

Wednesday, October 26

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

Thursday, October 27

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

Tickets

General Admission: \$15.00 + fees
 All-Tournament Pass: \$25.00 + fees
 For online sales [Click Here](#)

Parking

Public parking is available near the courts. [View Map](#)



photo courtesy Logan Lawrence

TGCA HONOR AWARDS FOR WATER POLO

TGCA is proud to announce we will be offering honors in Water Polo for Academic All-State, Coach of the Year, and Athlete of the Year for conferences 5A-6A. These will begin this year (2022-23). Coaches must be members of TGCA BEFORE November 1st to be eligible to nominate for these honors or for their athletes to be able to receive these honors. Nomination deadline will be the Monday before the UIL State Tournament. Nomination instructions can be found under the Water Polo tab in the menu at the top of the main page of the website, www.austintgca.com. Good luck to all on the maiden season of water polo!



photo courtesy Steve Keasler



photo courtesy Lauren Moore

2022-23 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 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.

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

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

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

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

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remem-

ber there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. You MUST be a member of TGCA to attend any TGCA clinic.

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2022 in San Antonio, Houston, Lubbock (Regions I & II), El Paso and our brand new Cen-Tex Sports Clinic in Austin. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clin-

ics is \$80.00. This includes your 2022-23 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if you have already paid the \$70.00 renewal fee for your 2022-23 membership.

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you DO NOT set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.



photo courtesy Jonathan Woodward

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 Gary Fletcher

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

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

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

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

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

TGCA CAREER VICTORY MILESTONES

CROSS COUNTRY

COACH	SCHOOL	PTS.
Denver Stone	Kaufman HS	700
Jamie Jenkins	Post HS	500
Tracie Jensen	Corpus Christi Carroll HS	500
Anthony Branch	Sealy HS	300

VOLLEYBALL

COACH	SCHOOL	WINS
Susan Brewer	Bellville HS	1100
Donna Benotti	Cy-Fair HS	800
Jason Culpepper	Bushland HS	700
Harold Davis	Farmersville HS	600
Sandy Dickerson	West HS	600
Troy Errington	Tarkington HS	600
Cheyenne Forshee	Richmond George Ranch HS	500
Rochelle Kabisch	Henrietta HS	500
Scott Simonds	League City Clear Creek HS	500
Donald Zapalac	Schulenburg HS	500
Debbie Hollyfield	Evadale HS	400
Dawn Sexton	Pasadena Dobie HS	400
Jeff Allensworth	Detroit HS	300
Autumn Threet	Peaster HS	300
Bernice Voigt	Geronimo Navarro HS	300

SPIRIT

COACH	SCHOOL	PTS.
Katy Baugh	Lago Vista HS	500
Misty Bumpurs	Jewett Leon HS	500
Nicole Mitchell	Crandall HS	500
Victoria Butler	Keller Fossil Ridge HS	300
Amy Weaston	Katy Seven Lakes HS	300

TRACK & FIELD

COACH	SCHOOL	PTS.
Beverly Humphrey	Lancaster HS	2600
Doris Grooms	Bowie HS	1400
Denver Stone	Kaufman HS	1000
Gary Fletcher	Northside Harlan HS	700
Bren Jones	Comal Smithson Valley HS	600
Donald Zapalac	Schulenburg HS	300

SOCCER

COACH	SCHOOL	WINS
Rennie Rebe	Katy Jordan HS	400

BASKETBALL

COACH	SCHOOL	WINS
Joe Crabb	Stamford HS	700
Pamela Crawford	League City Clear Springs HS	700
Tri Danley	Seminole HS	700
Loyd Morgan	Mildred HS	700
Tony Raffaele	Mineral Wells HS	600
Barry Gill	Huckabay HS	500
Randy Henderson	Ropesville Ropes HS	500
Warren Southers	Van HS	500
Angela Spurlock	Katy Seven Lakes HS	500
Patrick Harvey	Antonian College Prep.	400
Amy Powell	Abilene Wylie HS	400
Stephanie Cowen	Port Aransas HS	300
Carlesa Dixon	Humble Summer Creek HS	300
Eldridge McAdams	Shepherd HS	300
Sherika Nelson	Flower Mound HS	300
Amy Ruede	Boerne HS	300

WRESTLING

COACH	SCHOOL	PTS.
Ronald Pratt	Rio Grande City HS	700
Chuck Brown	The Colony HS	600

SOFTBALL

COACH	SCHOOL	WINS
Paula Salinas	CC Veterans Memorial HS	500
Richard Tressler	Edinburg North HS	500
Wade Womack	Dripping Springs HS	500
Shelly Hayes	La Vernia HS	400
Michelle Rochinski	Montgomery Lake Creek HS	400
Cindy Rubio	Angleton HS	400
Catherine Stoughton	San Marcos HS	400
John Carpenter	Hyde Park Baptist HS	300
Brian Cronk	Lubbock Monterey HiS	300
Micky Englutt	Bonham HS	300
Aaron Fuller	Mont Belvieu Barbers Hill HS	300
Russell Mayes	Godley HS	300
Darren Pool	Andrews HS	300
Michael Seales	Blanco HS	300
Reagan Sewell	Clyde HS	300

GOLF

COACH	SCHOOL	PTS.
Mike Campbell	Abilene Wylie HS	600

ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

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.

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:

Water Polo	October 24, 2022
Team Tennis	October 24, 2022
Cross Country	October 31, 2022
Volleyball	November 14, 2022
Spirit	January 31, 2023
Swim & Dive	February 13
Wrestling	February 13
Basketball	February 27
Soccer	April 10
Tennis	April 24
Track & Field	May 8, 2023
Golf	May 8, 2023
Softball	May 29, 2023



photo courtesy Kristi Jones

TGCA SUB-VARSITY YEARS OF SERVICE

COACH	SCHOOL	YEARS OF SERVICE
Chylie Miles	Barbers Hill MS	30



photo courtesy Lauren Moore



photo courtesy Missy Pump

1

THINGS TO KNOW ABOUT CHRONIC DISEASE

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 Broadly defined. A chronic disease (e.g., diabetes, heart disease, cancer, dementia, etc.) is a health-related disease that lasts for at least three months (some professionals argue for longer) and entails ongoing medical attention, as well as some limitation on a person's activities of dai-

factor in disease risk, the actual impact is relatively minimal (less than 10 percent is due to genetics alone). Rather, most of the risk (the remaining 90 percent) is attributable to external factors, primarily lifestyle habits.

3 Seeing is believing. Chronic diseases tend

of their condition, how to control the symptoms as best they can, and how to deal with their prescribed treatments. They also have to learn to cope emotionally with their circumstances.

5 Chances are. The relative risk for being affected by a chronic disease is not what many people perceive. For example, chronic disease is often viewed as something that only affects old people. In reality, almost half of chronic disease deaths occur in individuals under 70 years of age. Furthermore, particular chronic diseases, especially heart disease, are frequently seen as affecting primarily men. The truth is that women and men are affected by chronic diseases (including heart disease) almost equally.

6 Detect, determine, diagnose. Not only can chronic diseases be complex, but diagnosing them can be complex as well. Some chronic diseases are caught during an individual's annual health exam (e.g., diabetes). Others are identified when a person has symptoms or a concern they bring to the attention of their physician (e.g., heart palpitations). Among the tools that physicians subsequently utilize, in that regard, are blood tests, X-rays, CT or MRI scans, and ultrasounds.

7 Leading drivers. Chronic diseases are the leading cause of death and disability in the United States. They are also responsible for much of the nation's almost \$4 trillion in annual healthcare costs. In fact, chronic diseases kill more people

annually (many prematurely) in the U.S. than any other condition.

8 Exception to the rule. Practically everyone knows someone who seems to violate every healthy living guideline (e.g., eat healthy, exercise regularly, don't smoke, avoid excessive consumption of alcohol, etc.) who lived to a ripe old age. Although such individuals inevitably exist, they are rare. In reality, most cases of chronic disease can be traced back to common lifestyle-related risk factors.

9 More than six, one-half of a dozen. Unquestionably, everyone will die sometime, of something. Death, however, need not be slow, painful, or premature. As a rule, chronic disease does not result in sudden death. Rather, individuals with a chronic disease are likely to suffer a life of protracted ill-health—progressively ill and debilitated.

10 An idea whose time has come. In order to avoid becoming one of the more than 133 million Americans who are affected by chronic disease, individuals need to make appropriate decisions concerning how they live their lives. In other words, they need to subscribe to the six core pillars of lifestyle medicine (exercising on a regular basis, nutritious food, sound sleep, stress resiliency, social connections, and substance use in moderation or not at all). The key point that people need to remember is that a definitive link exists between lifestyle and health outcomes.



photo courtesy Gary Fletcher

ly living. In general, a chronic disease cannot be prevented by vaccines nor does it have a universally accepted cure, although a growing consensus exists that a number of chronic diseases can be prevented—in addition to possibly be reversed to a degree—by adhering to a positive lifestyle.

2 Poor choices. Some people erroneously believe that suffering from a chronic disease is beyond a person's control. In most circumstances, it isn't. Those individuals who feel that chronic diseases are a byproduct of either genetics (family history) or bad luck are wrong. In fact, while family history is a relevant

to have disease-specific symptoms, some of which are readily apparent (e.g., redness, swelling, etc.), some of which can only be seen with equipment in a laboratory setting (e.g., blood test, imaging, metabolic panel, endoscopy, biopsy, MRI scan, etc.), and some of which are invisible (e.g., pain, fatigue, mood disorders, etc.). The point to remember is that although someone who has a chronic disease may look alright, they may be struggling with how they feel.

4 Demanding. Chronic diseases and their treatment can pose unique challenges and problems. As such, sufferers need to learn how to handle the side effects

PLAY4KAY



CANCER
WARRIOR
NETWORK

Uniting in the fight against ALL cancers affecting women

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.

HOW DO I JOIN THE MOVEMENT?

It's as simple as it sounds—a game/event named Play4Kay, honoring cancer survivors, and donating money to the Kay Yow Cancer Fund. We've compiled a PDF of resources to make hosting a Play4Kay game a breeze, but here are the **3 easy steps**:

1. Pick a game/event on your schedule & call it **Play4Kay**.
2. Raise money around your game and donate it to the **Kay Yow Cancer Fund**.
3. Celebrate female **cancer survivors, thrivers, and warriors** at your game.

WHY SHOULD MY TEAM PLAY4KAY?

500+Participating Schools
This nationwide grassroots movement is our largest fundraiser and is key in our fight against ALL cancers affecting women.

High schools, colleges, and universities at all levels across the country participate in Play4Kay events. Hundreds of teams have participated!

CELEBRATE CANCER SURVIVORS!

When Coach Yow established the Fund,



she wanted nothing more than survivors to be honored, lifted up, encouraged and given hope. She believed that united together, we could do amazing things.

"We have little or no control over what happens to us, but we have 100% control over how we will respond." – Coach Kay Yow

HERE'S HOW YOU CAN ENHANCE YOUR EVENT!

There are many ways to make your Play4Kay event stand out from the crowd

- You can participate in the **National Free Throw Challenge**
- Be creative with DIY activities to involve the community
- Hold an auction to raise even more funds
- **Get t-shirts for your team, fans, and survivors!**
- Feel free to **contact us** if you want other

ideas—or to share yours!

EMPOWERMENT TOUR

As part of your participation, the Kay Yow Cancer Fund is offering you a **FREE** opportunity to be a part of the Empowerment Tour. Through our Empowerment Tour, we are able to educate, equip, and empower the next generation in the fight against ALL cancers affecting women. Contact Jenny Palmateer (jenny.palmateer@kayyow.com) for more details.

THE PLAY4KAY PLAYBOOK

We've made creating, hosting, and taking part in a Play4Kay event easier than ever! Go to <https://kayyow.com/play4kay/#info> where you will find all the information you could need with plenty of goodies to amplify your impact like P.A. reads, printed materials, videos, logos, and even a playlist to pump everyone up, and more!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 Water Polo Team Tennis: District Certification Deadline
9	10 TEAM TENNIS: BI-DISTRICT WATER POLO: BI-DISTRICT	11	12	13 TEAM TENNIS: AREA WATER POLO: AREA	14	15 Cross Country: District Certification Deadline
16 UIL LEGISLATIVE COUNCIL MEETING, AUSTIN	17 TEAM TENNIS: REGIONAL QF WATER POLO: REGIONAL QF	18	19 Girls Basketball: First Day for Practice	20 TEAM TENNIS: REGIONAL	21 WATER POLO: REGIONAL	22
23	24 CROSS COUNTRY: REGIONAL TGCA: Team Ten- nis & Water Polo Nomination Deadlines, NOON	25	26 TEAM TENNIS: STATE	27	28 WATER POLO: STATE	29 Volleyball: District Certification Deadline
30	31 VOLLEYBALL: BI-DISTRICT TGCA: Cross Country Nomination Deadlines, NOON	1				

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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

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



photo courtesy Kristi Jones



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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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