



# TGCA NEWS

MAY 2023



## 2022-2023 TGCA OFFICERS



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Frisco Centennial HS



**1st Vice President**  
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**2nd Vice President**  
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TGCA Office

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*cover and right photos courtesy Rachel Rodriguez*



# CREATING PRESSURE IN PRACTICE

Scott Mann | Springtown HS | TGCA Softball Committee Chair

**How many coaches out there can relate to this scenario?**

You feel you have a very solid defensive team, as your athletes work hard on the mechanics and fundamentals of fielding, throwing, and receiving every day. Each member of the team fields let's say roughly 150 ground balls and 50 fly balls daily. Technically, they are a very sound group on defense. Rarely does anyone on your team miss any routine ground ball or throw to a teammate. They look at ease in practice on defense, can't wait for "their turn" and look confident.

Flash forward to a live game. Not just a live game but a close game. Not just a close game but a game with playoff implications or

district championship on the line. Your team is on defense, up four runs, bottom of the seventh inning. No problem, right? Only three outs and the game is over. Your team has not made one mistake the entire game so, as a coach, you feel great. "We got 'em right where we want 'em." After all, every player fielded her required balls in practice the day before and looked solid.

Leadoff batter gets on first base with a missed call from the umpire. Immediately, everyone is frustrated. Next batter hits a ground ball to the pitcher, who starts to go to first base for the out, then very late hears someone yell "two," and changes her mind and tries to get the lead out at second base – it's too late; both runners are safe. Next batter hits a three-run home

run. Now it's a one-run lead. It gets very quiet on the field and you see fear in your fielders' eyes. Next ball is hit routinely to the shortstop, who makes an error. "No way she did that" you think. "She fielded a ton of those yesterday with no problem!" Now the entire team looks stiff, frustrated, and nervous. The look of doubt is written all over their faces. Nobody wants the ball hit to them. Two errors later, two more runs score and the end result – your team loses by one run.

What's the difference in the above scenarios between practice and the live game? It's certainly not the required skill. They are the same in each situation. The difference is **PRESSURE!** What is pressure? Pressure is a compelling or constrain-



ing influence on the mind or will. It is a condition of distress. Pressure is created when a player focuses on the **END RESULT** and not the **PROCESS**. In softball, the goal is to be able to focus on the process always and not the end result. We all have read the research that states stress and pressure cause an elevated heart rate, lack of clarity and focus, even some "paralysis by analysis." Most of us don't even need the research. We've seen it happen right before our eyes with our own players!

The result may have been different in the above scenario if the players **PRACTICED PRESSURE** situations on a daily basis. Even if the end results were the same, at least they would have "gone down" with a real opportunity for success. If we can create pressure-packed practices, then our live games become "just another day at the office" and another opportunity to compete and play softball at the highest level.

Pressure and mental toughness go hand-in-hand. Mental toughness, simply defined, is the ability to bounce back. If we want players who can handle pressure, and if we want mentally tough softball players in our games, then we must practice mental toughness in practice.

As coaches, we tend to put players in one of two categories...

Those who can perform under pressure or who can rise to the challenge of a perceived tight situation. Those

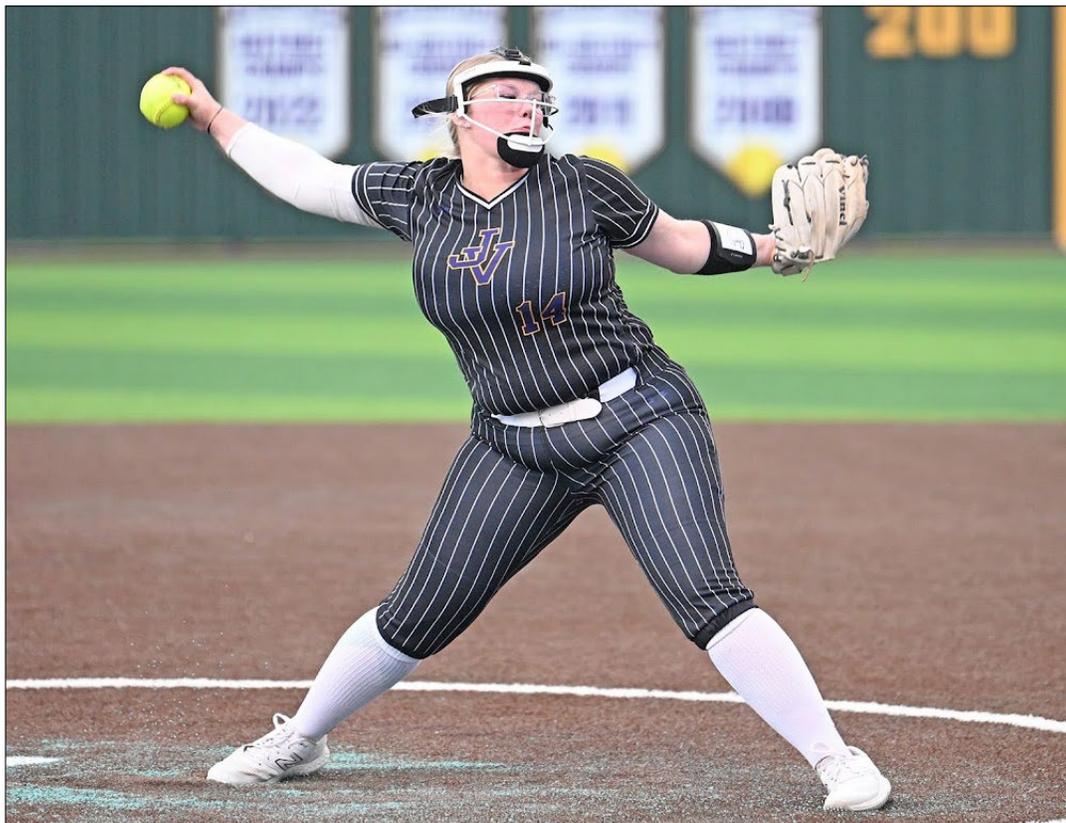


photo courtesy Rachel Rodriguez

# CREATING PRESSURE IN PRACTICE

who cannot perform under pressure or who fold in the face of a perceived tight situation.

In the sport of softball, it is critical that we challenge our players with pressure on a daily basis so that our players can move into the first category. We do numerous drills that are skill-specific over and over and over, and certainly, softball is a sport of repetition. However, once a player has a mastery of the skills, we must have our players focus and perform that same mastery of skills UNDER STRESS. A player is not a complete defensive player until she can perform the skill required AND communicate the play. You are not a complete SUCCESSFUL defensive player until you can perform the skills required, communicate the play, and be able to do it under stress/pressure.

Let's say you are facing an opponent who has three slappers in a row on offense who all possess tremendous speed. To create that feeling of pressure and handling speed for your infielders, start a runner a fourth of the way up the line toward first base. When the ball is hit/slapped, the runner sprints to first base on contact, essentially giving the runner a head-start. The infielders must throw the runner out on a bunted or slapped ball or there are consequences. This simple drill allows your infielders to know where to position themselves to make the play and also to "feel" how quickly they must release the ball in order to get an out.

The only real way to create pressure is to have perceived or real consequences. We must hold our players



photo courtesy Scott Mann

accountable for performance in practice. What we do not want as coaches is for our players to feel any sort of stress, offensively or defensively, for the first time, during a game situation. Our players need to have that "stressful" feeling or be put in a pressure situation repeatedly in practice so they are ready to perform during the games under the same circumstances. We put our players at a huge disadvantage if we do not practice pressure and competition.

Softball is an interesting sport. It truly is a team sport, yet very individual as well. After all, on defense, you cannot make an out by yourself... ever. Yet when a ground ball is hit to the second baseman, the second baseman must field and throw the ball cleanly (individually) and the first baseman must catch the ball cleanly (individually). The entire team is depending

on an individual to perform a skill. Now that's pressure! The better the individuals, the better the team!

Therefore, we must have PRACTICE situations where the entire team is depending upon the performance of an individual skill... all while working together as a team!

At Springtown, we want our players to be "comfortable being uncomfortable" in various offensive and defensive situations. We practice, in a team format, the ability to focus, perform, and bounce back under pressure. Errors on defense and strikeouts on offense are a part of our game and we must learn how to handle them, refocus, and welcome the opportunity to make the next play quickly.

Examples of team practices we use to practice individual skills, teamwork, mental toughness, leadership, and, most important, performing under pressure include "21

Outs," "Around the World," "Work Up," and "Perfect 12/5 minutes."

The keys to our team drills are the different types of pressures, challenges, and competition. If we have one mental mistake by a player or two physical mistakes in a row as a team at any time throughout the drills, the entire team has a consequence. Therefore, the entire team is depending upon individuals to perform successfully... just like a game!

Add a little more pressure to your drills and team practices... you will find your team welcomes and enjoys the challenge and will be prepared mentally going into competition. After all, the best and most memorable outcomes for individuals and teams occur when there was pressure or when it meant the most!

## How BSN SPORTS is Raising Mental Health Awareness This May

This May, BSN SPORTS is proudly participating in Mental Health Awareness Month through Varsity Brand's The Collective initiative. As an organization that strives to support all athletes, we want to make sure they have the resources they need to take care of their mental health. By joining The Collective, we are committed to raising awareness about mental health and providing support to those who may be struggling. We believe that taking steps towards better mental health is essential for athletes to reach their full potential on and off the field.

### What is The Collective?

The Collective is an initiative started by Varsity Brands with the mission of promoting mental health support and well-being in student-athletes. It was created to help initiate, promote, and empower athletes, coaches, parents, and administrators to transform conversations about mental health. The Collective is taking action and letting people talk about how mental health is an important part of being a successful student-athlete.

BSN SPORTS is dedicated to helping athletes perform their best and believes that prioritizing mental health is an essential part of that mission. By joining The Collective, BSN SPORTS is showing its commitment to making sure athletes are supported on and off the court or field.

### The Collective Resources

The Collective offers members a wide variety of mental health resources provided by the Members of the Collective. The two main resources provided are the Bulletin and the Student Empowerment Summit.

The Bulletin is a regular newsletter that allows The Collective community to stay connected. This electronic publication will track members' progress and announce new resources from The Collective partners. The Bulletin will also announce additional opportunities for students and educators to contribute to future conversations.

The Student Empowerment Summit

is a 3-day asynchronous event that can be held from now to the end of April, designed to empower, educate, and activate students. This summit will provide students with the resources, leadership tools, and enthusiasm such as the GREAT Goals Quick Start Guide needed to plan a local event for Mental Health Awareness Month in May.

Other resources offered include student empowerment journals, mediation breathing exercises, a Believe in You video series, lead-by-example leadership cards, senses grounding techniques, and an inclusion toolbox.

Join The Collective Bulletin now by registering at <https://www.varsity-brands.com/the-collective#>.

### How BSN SPORTS is Getting Involved

Initiating conversations about mental health and wellness, BSN SPORTS is helping to create a safe space for athletes to talk about their challenges.



## BSN SPORTS

With the support of Varsity Brands, we are excited to offer a webinar as part of our commitment to mental health awareness.

The webinar will take place on May 11 called "Finding Balance in a Chaotic World; Strategies for Mental Health and Performance." This 45-minute interactive session will cover topics like stress management, shifting your mindset for better results, and overcoming obstacles. Attendees will learn practical strategies that they can use to stay mentally and physically balanced during stressful times. Join us this May as we come together to raise awareness about the importance of mental health by registering now at [www.bsnsports.com/ib/mental-health-web](http://www.bsnsports.com/ib/mental-health-web).

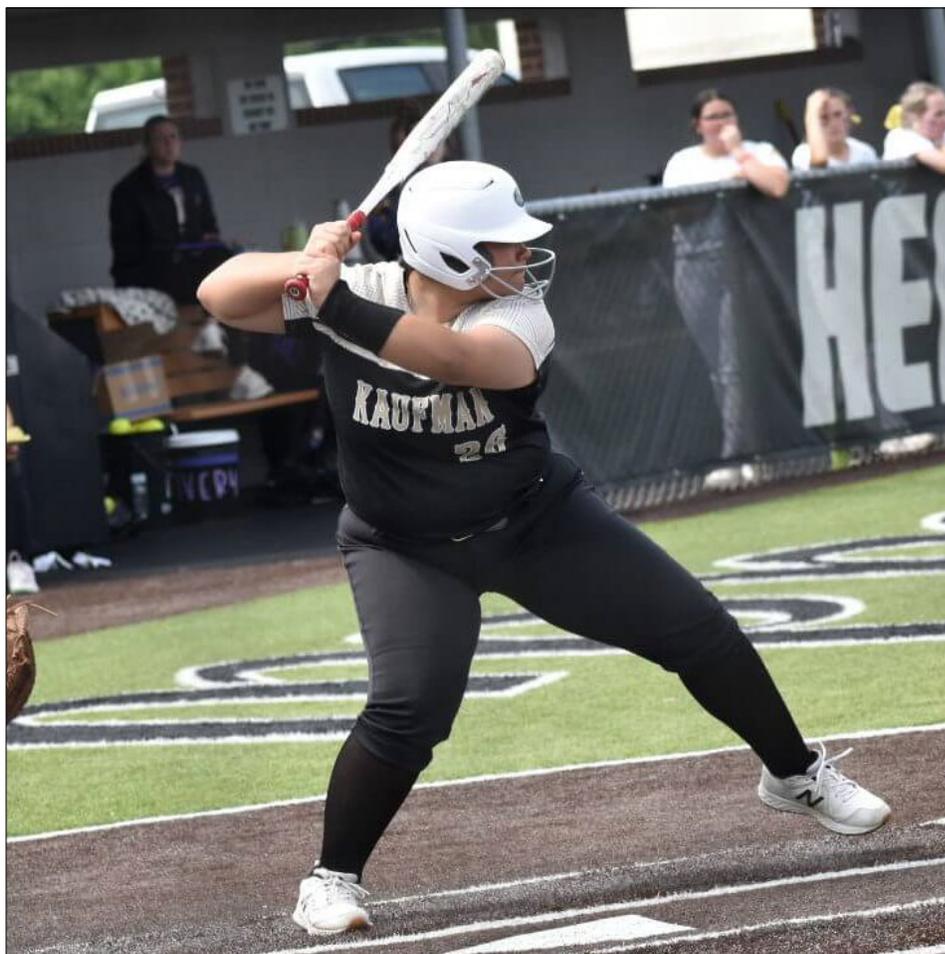


photo courtesy Kristin Binyon

# TGCA HALL OF FAME INDUCTEES



**RAY BACA**  
CANYON HS

Ray Baca grew up in Canyon, Texas with his parents T.B. and Juanita Baca and one brother Mark Baca. He graduated from Canyon High School in 1988 and from West Texas A&M in December of 1994.

Ray began his career in education as a 7th grade science teacher and volunteer track coach at Bowie Middle School in Amarillo, Texas, for one semester in Spring of 1995. In the fall of 1995, Ray began his teaching and coaching career in Hereford, TX. He got hired as an assistant coach for cross country, basketball, and track. He became the head coach of track in the 1996-97 school year and continued as the assistant basketball coach. The following school year he took over as the head coach of the girls and boys cross country teams and the girls track team. Coach Baca taught Biology at Hereford High School. In the fall of 2010, Coach Baca accepted the position of head girls cross country and track coach at his alma mater Canyon High School. Coach Baca still holds this position today.

Throughout his time in Hereford and Canyon, Coach Baca has had the honor of coaching both individuals and teams

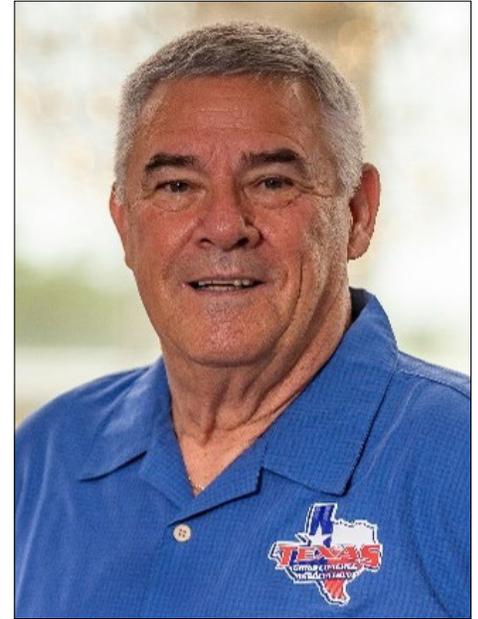


**KARI BENSEND**  
FRISCO CENTENNIAL HS

Kari graduated from Richardson High School in 1977 and attended Oklahoma University playing volleyball as an outside hitter from 1977-1980 while grabbing a BS in Physical Education so she could wear shorts and t-shirts and teach kids how to move. She has just completed her 40th year in public education in Texas.

Kari got her first teaching job at R.L Turner High School in Carrollton where she coached volleyball, basketball, and track from 1983-2003. She then opened Frisco Centennial High School and coached volleyball from 2003-2023 and has been the women's coordinator there since 2004. Her teams have made it to some level of the playoffs numerous years and have taken her as far as the Regional Finals several times. Her TGCA member # is 4011.....so you can do the math on that.....

During this time, she served on the TGCA volleyball committee as a member, vice chair and chair, while also serving on several All-Star, All-State and All-Tournament committees. She has coached several of her All-Star and All-State players along with Frisco ISD's first AVCA All-American in 2015, Micaya



**SAM TIPTON**  
WOLLFORTH FRENSHIP HS/  
SNYDER HS (RETIRED)

Sam Tipton was born in Merkel, Texas, March 21, 1948, graduated from high school in Gruver, Texas in 1966 and received a Bachelor of Arts Degree in Elementary Education from Baptist Christian College in Shreveport, Louisiana in 1970. He spent twenty-four years in the coaching ranks in the state of Texas. Eight years were spent on the boys' side, and sixteen of those years were being a head girls basketball coach and girls' coordinator. Tipton coached in the communities of Millsap, Texline, Sunray, Amarillo River Road, Sam Marcos, Wollforth Frenship and Snyder. He is only the second Executive Director the Texas Girls Coaches Association has ever had and is entering his 21st year. Billy McKown was the first Executive Director of TGCA, and served this position for forty-four years.

Texas Girls Coaches Association is an organization composed of coaches of girls' athletics, designed for coaches of girls' athletics, and governed by coaches of girls' athletics. TGCA was organized in 1953. Tipton is responsible for overseeing the day-to-day operations of the Texas Girls Coaches Association along with being the liaison to

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Continued from Page 4

## BACA

at the UIL State Cross Country and UIL State Track meets.

### Coaching Accomplishments

-26 years as a Head Cross Country Coach

-26 years as a Head Track and Field Coach (w/ one Covid year)

### Cross Country:

-79 Individual State Qualifiers

-26 Medalists

-2 Individual State Champions

-5 Individual State Runner-Ups

-2 4A Individual State Record Holders

-26 State Team Qualifiers

-10 State Team Medalists

-6 State Champion Teams

-1 State Runner-Up Team

### Track & Field:

-105 State Qualifiers

-59 Medalists

-29 Individual State Champions

-3 State Champion Teams

-1 State Champion Runner-Up Team

-6 State Records

-5 All-Americans

Coach Baca has been extremely fortunate to be a member of the Texas Girls Coaches Association and other coaches' associations that have recognized his teams' successes and therefore awarded him with following awards:

-TGCA XC Coach of the Year – 6X

-TGCA Track COY – 2X

-CCCAT COY – 6X

-USTFCCCA COY – 1X

-NFHS Southwest Section COY – 2X

-NFHS Texas COY – 3X

-TX Panhandle Sports HOF Track COY – 3X

-TX Panhandle Sports HOF XC COY – 1X

More than championships and accolades, Coach Baca is proud of the lasting relationships he's developed with his athletes, families, and coaches over the years. He has loved serving coaches' associations throughout his career and has held several positions that he is extremely proud of:

-President of TGCA

-TGCA Board of Directors

-Numerous TGCA Track and Cross Country Committees

-Executive Director of the Cross Country Coaches Association of Texas (CCCAT)

-TTFCA Board of Directors

Several THSCA committees

He has been honored to be an advocate of his sports across the state of Texas.

The thing Coach Baca is most proud in his life is his wonderful family. He is married to Kate Baca and has 5 kids: Christopher of New Braunfels, Ryan of Fort Worth, Michellie of Canyon, Regan and Reece who are still at home in Canyon, and granddaughter Nora of Canyon.

## BENSEND

White. Kari also got the opportunity to speak at several TGCA clinics around the state. She has been lucky enough to serve on the Board of Directors before becoming President of the association in 2012. She was chosen to serve as a TGCA All-Star coach in 2007 (exactly 30 years after she played in her own TGCA All-Star game) and again in 2015.

Kari's athletes are her babies, and her coaches are part of her family. She resides in Richardson, enjoys time with her 4 siblings, their families and her ma. She is THE best aunt to her numerous nieces, nephews, great nieces and great nephews, and plans to spend some much-awaited time with all.

Kari's last day as an educator was June 6th, 2023. She has retired and will spend her time between Richardson and Horseshoe Bay playing golf with Eli, enjoying numerous hobbies and traveling the United States!

She has adored her time in education and coaching and can't think of anything else she would have chosen as a career. The true friends she has collected along the way are the essence of her being and they are all appreciated more than she can ever convey!

Thanks for all the memories!!

## TIPTON

the University Interscholastic League, State Board of Education, and the state legislators for the promotion and improvement of girls' athletics and cheer in Texas for coaches and their student/athletes. He is a big proponent and promoter for the betterment of girls' athletics and cheer on a daily basis.

Tipton, as a girls basketball coach, has been named District Coach of the Year, City of Lubbock Coach of the Year, South Plains Coach of the Year, Marsha Sharp Coach of the Year, TGCA All-Star Coach, and TABC All-Star Coach. He also has been awarded the NiAAA Distinguished Service Award, THSADA Joe Bill Fox Distinguished Service Award, National Federation of High School Citation Award, 100th Anniversary of Basketball UIL Top 100 Players, 100th Anniversary of Basketball UIL Top 100 Girl' Coaches, City of Palms Clinic Hall of Honor, and the Texas Basketball Hall of Fame.

He is married to Audree Winn Tipton for the past 35 years. She is also the Administrator Assistant for TGCA.. They have been blessed with a daughter, Tawnya Tipton Archer, who has given them three grandchildren; Kaci Archer, Kolton Cox, and Kaden Archer. She is married to Craig Archer. Their son, Drew Tipton, brought them four additional grandchildren: Preslee Whitton, Quade Whitton, Raelee Tipton, and Kyson Tipton.

# TGCA SPORTSWRITERS OF THE YEAR

## DAVID HINOJOSA

SAN ANTONIO EXPRESS NEWS  
DIVISION I

David Hinojosa marks his 10th anniversary with the San Antonio Express-News on July 22. It's the longest he's been at one place in his 30-plus years in sports journalism.

Hinojosa was born and raised in Edinburg, Texas, located in the Rio Grande Valley. After high school graduation, he attended the University of Texas for two years before ultimately graduating from the University of Texas-Pan American (in Edinburg) in 1993.

In 1992, he began working as a freelancer for his hometown newspaper, the Edinburg Daily Review, to help cover football when the city's second high school – Edinburg North – opened. In 1993, he was one of 15 college journalists from the United States selected for the inaugural class of the Sports Journalists Institute, which was formed to help diversify sports newsrooms. From there, he interned at the Dallas Morning News in the summer of 1993.

He started working as a full-time sports journalist at the McAllen Monitor in the fall of 1993, covering mostly high school sports and specializing in football, girls basketball and track and field.

The Dallas Morning News hired Hinojosa in the fall of 2000 as a high school writer with emphasis covering Collin County. Among his primary beats were McKinney and Allen in which he covered retired Katy ISD athletic director Debbie Decker and former UIL director of athletics Susan Elza when they coached softball at those respective schools.

Hinojosa's tenure with the Dallas Morning News lasted until October 2008 when he was victim to the newspaper's reduction in staff. He remained in Dallas as freelance writer until July 2009 when he accepted a full-time job back with the McAllen Monitor. During that time, he attended graduate school at the University of Texas-Pan American where he ultimately earned a Master's in communication studies in the summer of 2015, the final graduating class before the school turned into the University of Texas-Rio Grande Valley. His Master's thesis centered on the challenges women sports journalists face on the job.

In July 2013, the San Antonio Express-News hired Hinojosa to work primarily as a sports writer for its community publications, which includes the Southside Reporter. Ultimately, he became a full-time high school sports writer for the main section. Coverage highlights during his tenure at the Express-News include Converse Judson (2019) and San Antonio Clark (2023) winning state championships in girls basketball; San Antonio Brandeis (2021) winning a state championship in volleyball, San Antonio O'Connor (2022) winning a state championship in softball and Judson girls winning back-to-back state championship in track and field (2014, 2015).

Hinojosa has earned several national and state awards for his work at the Express-News. Most recently, he was part of a projects team that garnered national recognition by the Associated Press Sports Editors in 2021 and 2022, the latter was an oral history on the day the UIL shut down beginning at the Alamodome during the state boys basketball tournament in 2020 due to the national covid outbreak.

This past April, Hinojosa earned honorable mention distinction for sports feature writing by the Texas Managing Editors in Division 3A (publications with the highest circulation) for a story on former Judson softball player Mimi Thornton, who was mourning the death of the mother who died of cancer two weeks after Judson played in the state championship game in 2021.

Given the volatile nature of the journalism business, Hinojosa is grateful to still be doing this job. He doesn't take it for granted. Each day he gets to write about high school sports is a good day.



## A.J. CRISP

CLEBURNE TIMES  
DIVISION II

Nearly every middle school and high school has one — that kid who wore a different jersey to school almost every day; the kid who knew every team's record and updated standings; the kid who doodled team logos — and that kid was, and still is, A.J. Crisp.

Sports has been a lifelong passion for Crisp, who graduated high school from tiny New Diana in East Texas.

Crisp got an early start in the field of sports writing. While he was playing at a high school basketball tournament in Avinger, Crisp's mother struck up a conversation with a sports writer from the Longview News-Journal, who later offered me a job as a sports correspondent. At the age of 16, Crisp worked part time at the News-Journal where he spent four years — from his junior year of high school to his sophomore year in college — learning under his mentor, NewsJournal sports editor Jack Stallard.

After two years at Kilgore College, where he also worked on the award-winning student newspaper, 'The Flare,' Crisp finished his college education at the University of North Texas and earned a Bachelor's degree in Journalism.

Crisp's first full-time job came at a small, weekly newspaper in Brownsboro — the ChandlerBrownsboro Statesman, where he served as sports editor, photographer, education reporter and city reporter. Crisp won awards for column writing, education reporting and sports coverage, as well as making the 2012 Texas Association of School Boards Media Honor Roll. Following two years at the Chandler-Brownsboro Statesman, Crisp was hired as sports editor at the Cleburne Times-Review in July 2012.

More than a decade later and Crisp is still covering sports for the Times-Review. He has won several awards throughout his time in Cleburne; most recently, Texas Press Association firstplace for sports coverage in 2019-20 as well as first-place honors by the North & East Texas Press Association for sports writing and sports coverage in 2020 and 2021.

During Crisp's tenure at the Times-Review, he has enjoyed covering state championships and state tournament runs by the teams in his coverage area, such as Godley girls basketball in 2017-18 and Grandview softball in 2018.

Crisp has enjoyed his time covering and getting to know the coaches, players, parents of student-athletes and fans in Johnson County over the last decade. The support he has received in Cleburne, Grandview, Godley, Alvarado and Rio Vista is greatly appreciated.

Crisp, an avid Tampa Bay fan, is especially grateful for his loving and supportive wife, Holly, who knows her husband most likely won't be home multiple nights per week for the majority of the year.

He is also thankful to his parents, Perry and Dorinda Crisp, for instilling a strong work ethic in him and raising him in a Christian home, as well as the support of his whole family, including his late grandfather, Jerry Harris, who always encouraged him to chase his dreams as a sports writer.

Crisp and his wife of 10-plus years have a 2-year-old son.



# MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

## TAMMY GILLESPIE SHERATON ARLINGTON HOTEL



Tammy Gillespie's relationship with Texas Girls Coaches Association began in 1989, when she worked as a front desk associate checking guests in attending the conference. She then continued her career in the hospitality industry, serving as a Sales Manager at the Radisson Arlington (currently Crowne Plaza Arlington) from 1994 to 1996, followed by a Sales Manager role at the Radisson Fort Worth from 1996 to 1998.

In 1998, Tammy joined Sheraton Arlington as a Sales Manager, where she served until 2003. She then took on the role of National Sales Director at Wyndham National Sales from 2003 to 2004 before returning to

Sheraton Arlington as an Associate Director of Sales from 2005 to 2013. Tammy's dedication and hard work paid off when she was promoted to the position of Director of Sales & Marketing at Sheraton Arlington, which she held from 2013 to the current year of 2023.

In 2023, Tammy received a promotion with Urbana Varro to Regional Director of Sales, where she is responsible for developing sales strategies to meet revenue targets for the company. Despite the challenges posed by the pandemic, Tammy and the Hotel's Team remain optimistic and grateful that meetings and events have returned earlier than projected, emphasizing the importance of the hospitality industry to the global economy.

Overall, Tammy is a seasoned professional with over 35 years in the hospitality industry. Her commitment to providing quality products and services, coupled with her strong leadership skills, make her an asset to the hospitality industry.

# 2022-23 SUB-VARSITY/MIDDLE SCHOOL COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Aaron Mouser	Argyle HS	Sub-Varsity Cross Country	5A-6A
DeAnna Bozarth	Glen Rose HS	Sub-Varsity Volleyball	1A-4A
Kaitlyn Kuna	Austin Lake Travis HS	Sub-Varsity Volleyball	5A-6A
Cassidy Lakota	Birdville HS	Sub-Varsity Assistant Cheerleading	1A-6A
Sam Schuelke	Glen Rose HS	Sub-Varsity Basketball	1A-4A
Lizbeth Oyervides	Bridgeland HS	Sub-Varsity Basketball	5A-6A
Rebecca Sawers	Frisco Wakeland HS	Sub-Varsity Soccer	4A-6A
Marisa Ledkins	Bullard HS	Sub-Varsity Softball	1A-4A
Brenon Rhodes	Lubbock Cooper HS	Sub-Varsity Softball	5A-6A
Melissa Pump	Christoval JHS/HS	Middle School Cross Country	1A-4A
Trish Mosley	Argyle MS	Middle School Cross Country	5A-6A
Daena Davis	Farmersville JHS	Middle School Volleyball	1A-4A
Cricket Blake	Pieper Ranch MS	Middle School Volleyball	5A-6A
Misty Little	Lipan MS	Middle School Basketball	1A-4A
Brandon Springfield	Lawler MS	Middle School Basketball	5A-6A
Trish Mosley	Argyle MS	Middle School Track	5A-6A
Kayla Katner	Llano MS	Middle School Tennis	1A-4A

# TGCA POSTSEASON AWARDS

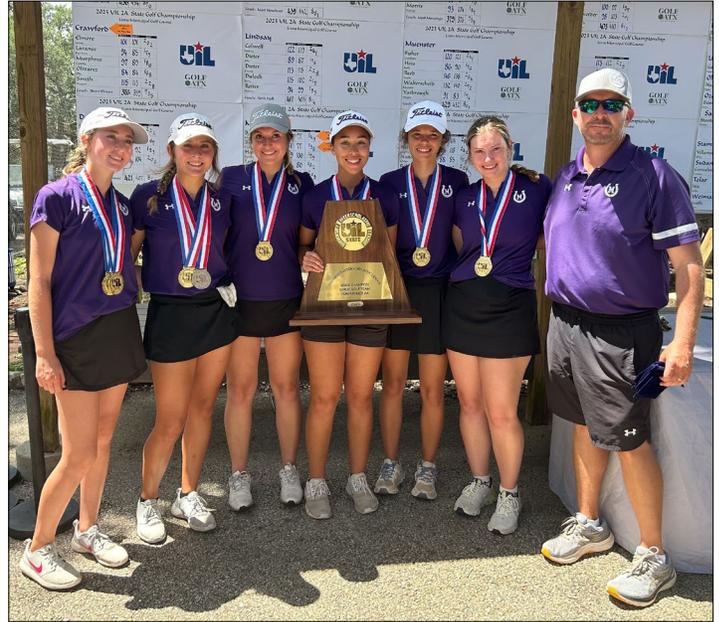
CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2023 UIL STATE CHAMPIONSHIPS!

## GOLF

COACH	SCHOOL	CONF.
Kade Burns	Mason	2A
Rob Londerholm	Wall	3A
Mark Burgen	Andrews	4A

## TRACK & FIELD

COACH	SCHOOL	CONF.
Kimberly Williams	Roby	1A
Corby Maurer	Panhandle	2A
Katie Green	Refugio	2A
Britt Hart	Stamford	2A
Stacey Bessire	UC-Randolph	3A
Ray Baca	Canyon	4A
Bren Jones	Smithson Valley	5A
Yvette Green	Duncanville	6A



Mason HS - 2A Girls State Golf Champions (photo courtesy UIL)

## TRACK ATHLETES OF THE YEAR

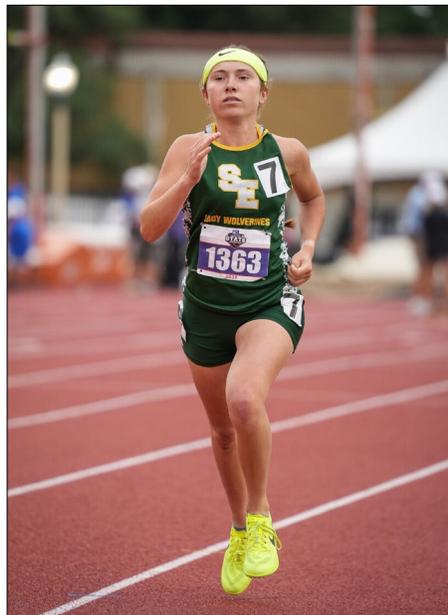
- Conf. 1A-2A-3A-4A: Taytum Goodman  
Earth-Springlake HS  
(Coach Jeri Goodman)
- Conf. 5A-6A: Lauren Lewis  
Prosper HS  
(Coach Jennifer Gegogeine)

## FIELD ATHLETES OF THE YEAR

- Conf. 1A-2A-3A-4A: Carlie Weiser  
Giddings HS  
(Coach Brett Mouser)
- Conf. 5A-6A: Skylynn Townsend  
Prosper Rock Hill HS  
(Coach Zachary Morgan)

## TRACK & FIELD COACHES OF THE YEAR

- Conf. 1A-2A-3A-4A:  
Stacey Bessire, UC-Randolph HS
- Conf. 5A-6A:  
Bren Jones, Comal Smithson Valley HS



Taytum Goodman - Earth-Springlake (photo courtesy UIL)



Carlie Weiser - Giddings (photo courtesy UIL)

# TGCA SUMMER CLINIC

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



photo courtesy Scott Mann

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington Convention Center, 1200 Ballpark Way, with some lectures being held at the Sheraton Arlington, 1500 Convention Center Drive. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the All-Stars tab in the

menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 11th, 7:00 p.m., at the Arlington Sheraton Hotel, 1500 Convention Center Drive, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations are now open. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but

you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations".

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2022-23 Printable Membership Form".

The 2022 TGCA Summer Clinic Agenda has been posted on the TGCA website, [www.austintgca.com](http://www.austintgca.com), and will be updated often as we progress towards Summer Clinic and dates and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2022 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2022 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

## 2023 SUMMER CLINIC ARLINGTON HOTELS AND RATES

(You MUST use the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to get the TGCA rates shown below)

This is not a link to the hotel. These are merely the hotels

we will be using and the rates they have guaranteed TGCA. You must go through the Hotel Reservation Services link on the Summer Clinic website under the Summer Clinic tab to make your actual reservation.

**CROWNE PLAZA**  
2700 E Lamar Blvd.  
\$146

**DOUBLE TREE BY HILTON**  
1507 N Watson Road  
\$129

**HILTON ARLINGTON**  
2401 East Lamar Blvd  
\$149

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

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

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

**SHERATON ARLINGTON**  
1500 Convention Center Drive  
\$145

**Hotel Reservation Services are now open.**

If you need assistance with your reservation, contact information for Orchid Reservation Services can be found within the link for Hotel Reservation Services.

## TGCA ALL-STAR PROGRAM

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

> [All-Star Itinerary](#)

> [All-Star Game Schedule](#)

## 2023 SUMMER CLINIC EXHIBIT WITH US

TEXAS GIRLS COACHES ASSOCIATION

SUMMER CLINIC AND EXHIBITOR SHOW

ARLINGTON CONVENTION CENTER

July 10-12, 2023

10'X10' BOOTH: \$450  
ADDITIONAL: \$400

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For questions or additional Exhibitor information please visit our website or contact:  
[tgca@austintgca.com](mailto:tgca@austintgca.com)  
(512) 708-1333

# TGCA SATELLITE CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2023. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the "Forms" category and under the "Other Clinics" category, both located in the menu on

the left-hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to print, complete it and either snail mail with a check, or fax (512-708-1325) or

email ([tgca@austintgca.com](mailto:tgca@austintgca.com)) with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. If you have changed schools, please contact us. You cannot do that on-line. Agendas

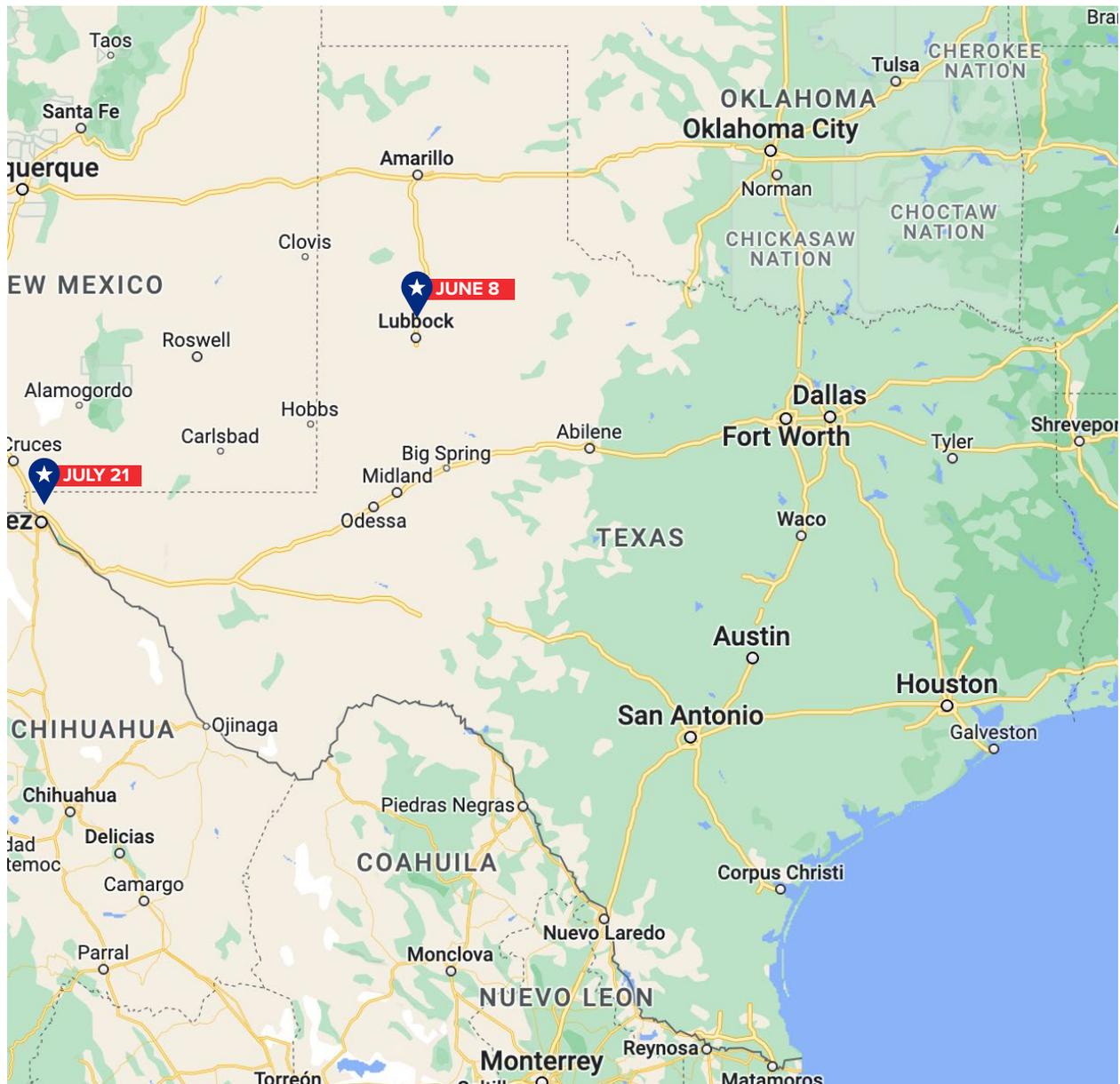
for all clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

## 2023 REGION I & II LUBBOCK ALL-SPORTS CLINIC

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

## 2023 EL PASO ALL-SPORTS CLINIC

Eastlake High School  
13000 Emerald Pass Ave.  
El Paso, Texas  
July 21  
[Registration](#)  
[Agenda](#)



# 2023-24 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

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

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2023-2024 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2022-23 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

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

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

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

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

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the

on-line credit card company. You must check the appropriate box for the transaction to go through. **YOU MUST BE A MEMBER OF TGCA TO ATTEND ANY TGCA CLINIC.**

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

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2023 in Lubbock (Regions I & II), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our Satellite Sports Clinics is \$80.00. This includes your 2023-24 membership card. You

**CANNOT** just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 **if you have already paid the \$70.00 renewal fee for your 2023-24 membership.**

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

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

If you are a brand new member, simply access the TGCA website, [www.austintgca.com](http://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 Rachel Rodriguez

## 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.

# TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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

## VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Scott Mann

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

## BASKETBALL

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

## SOCCER

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

## GOLF

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

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

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

## TRACK & FIELD, CROSS COUNTRY

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

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

## SOFTBALL

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

## SPIRIT

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

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

## WRESTLING

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

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

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

## SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

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

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

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

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

# 10

## NEED-TO-KNOW DON'T'S ABOUT HYDRATION

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 Don't be average.** Research suggests that the average person does not consume enough fluids to be adequately hydrated. In fact, even people who exercise regularly often aren't properly hydrated before they work out, a situation that exacerbates their exposure to the health risks associated with dehydration.

**2 Don't ignore the odds.** The potential consequences for exercisers of being inadequately hydrated run the gamut from not-all-that-important to extremely serious. On the relatively less-weighty side are a diminished level of performance, a heightened level of muscular fatigue, and a loss of coordination. On the much more grave end of the continuum is an elevated risk of heat exhaustion and heat stroke.

**3 Don't fail to be prepared.** Physically active people can undertake several

steps to ensure that they are properly hydrated. For example, ACSM recommends that individuals drink at least 16 oz of fluid approximately 2 hours before they exercise. During exercise, at least a half cup of fluid should be consumed every 15 minutes. After physical activity, individuals should drink about 16 oz of fluid for every pound of weight they lost while exercising.

**4 Don't overlook the signs.** A number of indicators suggest the onset of dehydration. Among the more common signs, in this regard, are muscle cramps, muscle fatigue, diminished performance, headaches, loss of coordination, inability to pay attention, and dizziness. A much more serious hydration-related sign is when a person stops perspiring, which may be an indication of a heat injury.

**5 Don't rely on a sense of thirst.** Although it seems

entirely logical that if your body needs water, you'll be thirsty, the reality is something else. By the time you feel thirsty, your body has already begun to dehydrate.

**6 Don't believe all of the hype.** The number of possible options targeted at people who want to address their fluid needs seems virtually endless. Regardless of whether the fluid is augmented with electrolytes, vitamins, carbohydrates, sodium, caffeine, or just plain flavor, each of these choices is typically touted as the best way to deal with hydration. Unless the bout of exercise is going to exceed an hour, water is the recommended fluid of most registered dietitians (a group that constitutes the most-informed source of sound information on all things nutrition).

**7 Don't let the bottle get you down.** From a hydration standpoint, it is important to keep in mind that alcoholic

drinks are diuretics. Given the fact that consuming such drinks can cause you to lose fluid through urination (in one end, out the other) almost as fast as you drink them, it is a good idea to either avoid alcoholic beverages altogether when trying to hydrate or plan to match every glass of them you drink with the downing of a comparable amount of water.

**8 Don't overfill the tank.** Truth be known, drinking too much water also can cause serious problems for exercisers, as can drinking too little. Consuming an excessive amount of fluid can lead to a condition known as hyponatremia, which results when the level of salt in the blood is unduly low. The consequences of having this condition can be life threatening in some situations.

**9 Don't buy the smaller-sized clothes just yet.** Water loss should not be confused with fat loss. Too many individuals mistake the relatively substantial loss of weight that often occurs during an exercise session as fat loss. Unfortunately, it's fluid lost from sweating, not fat expended while exercising. Individuals will replenish the loss of fluid as soon as they drink fluids again.

**10 Don't forget to remember.** Proper hydration is not only an issue for serious exercisers, it's a concern for everyone. As such, all individuals should pay attention to their fluid intake throughout the course of the day, starting with drinking a glass of water when they first wake up and continuing with taking sips of water throughout the day. In other words, people need to remember to make proper hydration a habit that they practice daily.



photo courtesy Olivia Lawrence

# 2023 PLAY4KAY NATIONAL WINNERS



## Kay Yow Cancer Fund

*We are once again impressed by the number of Play4Kay games held nationwide, the different ways communities got involved, and how cancer survivors were uplifted. This year, a group of teams went above and beyond in celebrating survivors and raising money in the fight against cancer. We're so thankful for their continued achievements and we honored their efforts at the Final Four in Dallas (picture above). Read below more about why Play4Kay is so special to them.*

The Kay Yow Cancer Fund announced its 2023 Play4Kay National award winners at the end of March. Play4Kay is the Fund's largest fundraising initiative with events hosted in all 50 states. Through the nationwide support of participating Play4Kay teams, coaches, fans, officials, and communities, the Kay Yow Cancer Fund continues to make a significant impact and has awarded \$8.18M in the fight against all cancers affecting women to date.

The Fund honored the following schools and communities for raising the most money in their respective divisions at the Wow4Yow celebration event in Dallas, Texas at the Women's Basketball Final Four. On stage joining the Kay Yow Cancer Fund in presenting the awards was WNBA Dallas Wings star Arike Ogunbowale.

### **Division I (BCS): Illinois State University (Bloomington-Normal, IL)**

### **Division I (Non-BCS): Illinois State University (Bloomington-Normal, IL)**

For only the second time in the history of Play4Kay awards, and for the second year in a row, Illinois State has won both the DI BCS and Non-BCS awards. The community has gone above and beyond in its commitment to fighting all cancers affecting women. Hosting a Play4Kay game is a huge source of pride for ISU and has led them to win the Non-BCS award for 8 consecutive years, proving that great things can be accomplished when a community unites for a common cause.

"Having played for Coach Yow and been a part of her staff in the final years of her life, I am so inspired by our community here at Illinois State and by all of the winners. As Play4Kay becomes bigger each year, I know we are all a part of carrying out Coach Yow's vision." — *Kristen Gillespie, Illinois State University Head Coach.*

### **Division II: Anderson University (Anderson, SC)**

Anderson University continues to impact lives through the Play4Kay South Atlantic Conference initiative, winning the National Division II award four of the last five years.

"When it comes to supporting the Kay Yow Cancer Fund, it's a no-brainer for our University and our Community to step up. Across our campus, we understand that this is an ongoing battle that we want to help fight against. The

city of Anderson and its business owners have stepped right in to support us in that charge. We are grateful for their support and we have hope that one day we will defeat this awful disease." — *Jonathon Barbaree, Anderson University, Head Coach*

### **Division III: Moravian University (Bethlehem, PA)**

Leading the way for Division III colleges and universities nationally, Moravian University has supported Play4Kay since its inception, raising hundreds of thousands of dollars in the fight against cancer. This year marks 15 consecutive years as the National Division III winner.

"I was excited to learn the news that we continued our streak of leading Division III in fundraising efforts in support of the Kay Yow Cancer Fund. For the past 15 years, the entire Moravian



photo courtesy Joe Huber

# 2023 PLAY4KAY NATIONAL WINNERS



community which includes faculty, staff, students, alums, and families has rallied around our team's annual Play4Kay game and week. While we certainly prepare all season to compete against our opponents on the court, we also are preparing for the special "Pink" week. Each year our players and coaches embrace that week and this year was no different. We have also had continued support from Sara Steinman, former player and coach at Moravian, and the Springfield Athletic Association in New Jersey in organizing a clinic there.

In addition, Jenn Sullivan, Sr. Director of Play4Kay, joined us for the game and reception afterward. We are fortunate to have such great support from the Kay Yow organization. Thank you for the recognition and our hope is that we play a small role in helping to find a cure for this terrible disease." — *Mary Beth Spirk, Head Women's Basketball Coach and Athletic Director.*

## **NAIA: Faulkner University (Montgomery, AL)**

Faulkner University wins their 11th overall Play4Kay National NAIA award signifying their commitment to serving women battling cancer. A united community remains at the forefront of their unwavering efforts.

"We are excited to be annual partners with the Kay Yow Cancer Fund. Our campus community does such a great job each year on our Play4Kay night in honoring so many brave survivors and supporting this wonderful organization. We are especially grateful to our Student Government for making a large donation and making it a memorable event this year!" — *Reed Sutton, Head Women's Basketball Coach*

## **Junior College/Community College: Dawson Community College (Glen-dive, MT)**

Congratulations to Dawson Community College for rallying their community in the fight against all cancers affecting women. This marks the 5th consecutive year as the national winner.

"I am so thrilled that Dawson CC has been once again recognized for

being a part of such a huge benefit of the Play4Kay foundation. The community and campus of Dawson have always been avid supporters, and I hope that will continue for as long as possible." — *Trace Gentry, Dawson Community College Women's Basketball Assistant Coach*

## **Nationwide K-12: The Westminster Schools (Atlanta, GA)**

Leah Black-Holmes was inspired to launch Play4Kay at Westminster after watching mother's battle with cancer. The result has been a united community fighting for something far bigger than themselves. Her efforts highlight the power of the next generation in the fight against cancer.

"Through Play4Kay I have been able to combine my passion for helping those with cancer and my love for basketball and my school community. I am thankful for the support of my coaches, teammates, and the greater Westminster community. In just two years, we have raised more than \$38,000 and honored many incredible women cancer survivors and thrivers. Play4Kay has become an inspiring and cherished tradition at Westminster." — *Leah Black-Holmes, student*

## **NC Based K-12: Broughton High School (Raleigh, NC)**

A teacher and her students galvanize the local community through an experiential learning project culminating in Play4Kay. For the last six years, this project continues to be a source of pride for the students as they learn real-world skills and impact cancer survivors and thrivers in their community.

"Broughton's Play4Kay event started as an honors class project for our Sport & Event Marketing II class to allow students to gain practical marketing experience and raise money for a great cause in the process. It has been exciting to see this student-driven project evolve over the past 6 years. Each new group of SEM students plans all aspects of the event in an attempt to not only grow our annual event but also raise more money than the SEM class the year before. We are grateful for the incredible support we receive

from our local community. During our 6 year involvement, we are proud that we have been able to donate over \$50,000 to the Kay Yow Cancer Fund. They are such an integral part of our own local community yet benefit people everywhere. Broughton High School is proud to be a small part in helping make a difference in the fight against all cancers affecting women." — *Miss Patterson, Broughton HS Teacher*

Thanks to the work of the award winners above. We are shifting the momentum from cancer awareness into action through the funding of life-saving cancer research and programs that provide access to quality cancer healthcare for underserved women.

"Congratulations to the 2023 Play4Kay winners! Coach Yow would be incredibly proud to see what this national grassroots movement has become and we are so thankful for all the teams who have participated and continue to support the Fund through this initiative," said Jenny Palmateer, CEO of the Kay Yow Cancer Fund. "Coach Yow believed in the power of sports as a unifying force for good and as evidence of her vision, \$8.18M has been awarded on behalf of the women's basketball community in the fight against cancer. Together we are impacting lives."

## **About the Kay Yow Cancer Fund®**

The Kay Yow Cancer Fund was officially founded on December 3, 2007, from the vision of the organization's namesake, Kay Yow, former NC State University head women's basketball coach. Coach Yow was first diagnosed with breast cancer in 1987 before succumbing to the disease on January 24, 2009. The Kay Yow Cancer Fund is a 501(c)(3) charitable organization committed to raising money for life-saving cancer research, and underserved programs that provide access to quality cancer healthcare, and unite people in the fight against all cancers affecting women. To date, the Kay Yow Cancer Fund has awarded \$8.18 million in the fight against ALL cancers affecting women. For more information on the Kay Yow Cancer Fund, or to donate, please visit [KayYow.com](http://KayYow.com).

# 2023 PLAY4KAY PARTICIPANTS



## Participating Teams-High School and Below

- A.E. Stevenson High School
- Abilene High School
- Alleghany-Stauben Board of Girls & Womens Sports
- Allen Jay Middle School
- All Saints' Episcopal School
- Alma High School
- Amity Regional School District No. 5
- Anclote High School
- Apex Friendship High School
- Apex High School
- Ardmore School District I-19
- Arendell Parrott Academy, Inc.
- Arroyo High School
- Arundel Senior High School
- Ashbrook High School
- Ashe County High School
- Ashland High School
- Assumption High School
- ASU Red Wolves Foundation
- Athens Drive High School
- Athol High School
- Auburn High School
- Avery County High School
- Ayden-Grifton High School
- Barbers Hill ISD
- Bay Shore High School
- Beaufort Academy
- Beaufort HS Lady Eagles
- Bellevue High School
- Belvidere High School
- BHS Lady Seaters Basketball
- Bishop Ireton High School
- Bishop Kenny High School
- Bishop Lynch High School
- Blairsville High School
- Blairsville MS Girls Basketball
- Booker High School
- Bradley Middle School
- Brentwood Middle School
- Brighton High School
- Bristow High School
- Brookfield Academy
- Brookwood High School
- Broughton HS Caps Club
- Brownwood Lady Lion Basketball Boosters
- Bryn Mawr School
- Buckingham Charter Magnet HS
- Buhler High School Athletics
- Butler High School (KY)
- Byrd High School
- C. E. Byrd High School
- Camas High School
- Camas School District No. 117
- Cameron High School
- Cameron University
- Canton High School
- Canyon HS Girls Basketball
- Cape Fear Academy
- Cape Fear High School
- Capital High School
- Cardinal Ritter High School
- Cario Middle School
- Carrboro High School
- Carroll Athletic Booster
- Cary Christian School, Inc.
- Cary High School
- Cascade High School
- Centennial High School
- Chadwick R-1 School District
- Chapel Hill High School
- Charles E. Jordan HS
- Charles W. Stanford MS
- Cherry Creek High School
- Chetopa High School
- Christ The King Cathedral School
- Cimarron-Memorial HS
- Cinco Ranch High School
- Clarksburg High School
- Clark Township Board of Education Internal School Account
- Cleveland High School
- Cleveland HS Girls Basketball Boosters
- Clinton High School
- Cohasset High School
- Colonia High School
- Corinth Holders High School
- Coronado HS Athletic Booster Club
- Covenant Classical School
- Covington High School
- Cox Mill High School
- Crest Ridge R-7 School District
- CTMS Athletic Booster Club
- Dakota Ridge High School
- Dalton L. McMichael HS
- Dawson Volleyball Booster Club
- Depaolo Girls Basketball
- Desert Oasis High School
- Dexter High School
- Divine Savior Holy Angels HS
- Dixon High School
- Dodge City High School
- Douglas County School District
- Downers Grove South Girls Basketball
- Dundee Crown High School
- Durham Academy
- E. E. Smith High School
- East Bladen High School Booster Club
- East Chapel Hill High School
- East Davidson High School
- Eastern Guilford High School
- East Providence High School
- East Stroudsburg University of Pennsylvania
- East Surry High School
- East Wake Academy
- Elizabeth Seton High School
- Elkton High School
- Ellendale Girls Basketball
- El Paso-Gridley JHS
- El Paso Independent School District
- Enloe Eagle Athletic Booster Club
- Erin Ansbro-Gray Stone Day School
- Eugene Ashley High School
- Fairfax County Stars
- Fairview South School
- Falls Lake Academy
- Farmington Public Schools
- Floydada Independent School District
- Floyd County High School
- Fordham Athletics
- Forgan School District
- Forsyth Country Day School
- Fort Bend ISD
- Fort Lewis College
- Fort Mill MS Booster Club
- Fort Plain Central School District
- Franklin Academy
- Franklin Central School
- Frankston Independent School District
- Freeport High School
- Friends Of Lady Knights Basketball
- Fuquay-Varina HS Football
- Galesburg High School
- Garner Senior High School
- Gaston Christian School, Inc.
- General George S. Patton School
- Giddings High School
- Goffstown High School
- Golden Hawks Club INC
- Golden Knights
- Grace Christian School
- Gray's Creek High School
- Gray Stone Day School
- Great Bend High School
- Greenback High School
- Green Hope High School
- Green Level High School
- Green Mountain College
- Greenup County HS
- Grove City College
- Gruver Independent School District
- Gulf Coast High School
- Haldane Basketball Association
- Hale Center ISD
- Half Hollow Hills HS West
- Hamilton Southeast
- Hamlin High School
- Hanover High School
- Hardin County High School
- Harnett Central High School
- Harrells Christian Academy
- Hays High School
- Healdton High School
- Healdton Public Schools
- Helena High School
- Hereford High School
- Heritage Coyotes Athletic Booster Club
- Hickory Ridge High School
- Hillsboro Girls Athletic Club
- Hillsdale College
- Hobbton High School
- Hoke County High School
- Holdenville School Board
- Holliday Independent School District
- Holly Springs High School
- Holy Innocents' Episcopal School
- Howard Middle School
- Hubbard Middle School
- Huffman Independent School District
- Hughes High School
- Hunt High School
- Independence School District
- Indian Land High School
- Interscholastic Equestrian Association, Inc.
- Ithaca High School
- Jack Britt High School
- Jacksonville High School
- Jada Williams – Brand Ambassador
- James Bowie HS Lady Vols
- James Monroe High School
- Jarrell Independent School District
- John Griffin Middle School
- Joyce Kilmer Elementary

# 2023 PLAY4KAY PARTICIPANTS



- School
- Keene State College
- Kestral Heights
- Kingfisher Public Schools
- Kingswood Oxford School, Inc.
- Knightdale High School
- Lady Hoopsters
- Lady Leopards Basketball Booster Club
- Lady Liner AAU
- Lady Timberwolves
- Lady Zebra Booster Club
- Lago Vista High School
- La Jolla Country Day School
- Lake Highland Prep. School
- Lake Mills High School
- Lake Ridge High School
- Lakeside High School
- Lakewood High School
- Lakewood Middle School
- Lee's Summit North
- Lee County High School
- Leesville Road Middle School
- Leeton High School Basketball Teams
- Lennard High School
- Leyden High Schools
- Liberty High School
- Lightridge High School
- Lincoln Memorial University
- Lincolnton High School
- Lincolnton School
- Lincoln-Way Community HS
- Lochmere Golf Club
- Loma Linda Academy
- Louisburg High School
- Lufkin Road Middle School
- Lupton Junior High School
- Lynbrook Union Free School District
- Magnolia High School
- Manasquan Lady Warriors Basketball
- Manchester Community Schools
- Manchester Middle School
- Manhattan High School Girls Basketball
- Mansfield University Women's Basketball
- Marbury High School Basketball Boosters
- Marshwood High School
- McPherson High School
- Mercy High School
- Merrill High School
- Midland-Lee High School
- Midway High School
- Midwood High School PTA
- Millbrook High School
- Monmouth Regional HS
- Monticello School District
- Mooresville Middle School
- Mooresville Senior HS
- Morningside High School
- Morrow High School
- Moses Brown School
- Mount Airy High School
- Myers Park High School
- N.W. Classen High School
- Newark Memorial HS
- New Caney Independent School District
- New Hanover High School
- New Holstein Activity Account Fund
- New Holstein High School
- Newman Central Catholic HS
- Newport High School
- Nimitz High School
- Noble Lady Cougars
- Noble and Greenough School
- Normandy High School
- North Branford High School
- North High School
- North Lenoir Hawks
- North Lincoln High School
- North Raleigh Christian Academy
- North Stanly High School
- North Texas Women's Basketball
- Northwest Guilford HS
- Northwest High School
- Northwood High School
- Norwalk Lady Truckers
- Notre Dame Academy
- Novato High School
- NYACK
- Oak Ridge High School
- Ocoee High School – Internal Fund
- Oklahoma City Board of Education
- Old Westbury College Foundation, Inc.
- Onalaska Independent School District
- Orange High School
- Our Lady Academy
- Overhills High School
- Oyster River High School
- Ozona High School
- Paint Branch High School
- Panther Creek High School
- Paola High School
- Park Crest Middle School
- Peabody High School
- Pearland ISD
- Pequannock Girls Basketball
- Pflugerville High School
- Pflugerville HS Girls Basketball
- Phillipsburg High School
- Pikeville High School
- Pinecrest High School
- Pine Forest High School
- Plant High School
- Pomperaug High School
- Port Clinton Girls Basketball
- Portsmouth Christian Academy
- Poth High School
- Potsdam College Foundation
- Potterville Public Schools
- Prattville Christian Academy
- Prestonwood Country Club
- Primrose School of North Raleigh
- Providence Day School, Inc.
- Quince Orchard High School
- Rabun Gap Nacoochee School
- Rangeley Lakes Regional School
- Ranger Independent School District
- Ravenscroft School, Inc.
- Redwood High School
- Reedy Creek Middle School
- Reidsville High School
- Resurrection Lutheran School
- RFA Varsity Girls' Basketball
- Richland High School
- Richmond Senior HS
- Ridge View High School
- Ringwood Public School
- River Mill Academy
- Riverside High School
- Rochester High School
- Rochester Institute of Technology
- Rockingham County HS
- Rocky Mountain Athletic Conference
- Roland Park Country School, Inc.
- Rolesville Athletic Club
- Roman Catholic Archbishop of Boston
- Roseboro Elementary School
- Rosemont College
- Rouse High School Volleyball Booster Club
- Rowan County Senior HS
- Rowlett High School
- Roxboro Community School
- Rutgers Preparatory School
- Rye High School Girls Basketball
- Sachse High School
- Saint Agnes Academy
- Saint Anselm
- Saint Anthony High School
- Saint Raphael Academy
- Sallie B Howard High School
- Sallisaw High School
- San Antonio Silver Stars
- Sandia High School
- Sandy Creek High School Girls Booster Club
- San Jacinto College Women's Basketball
- Scituate High School
- Scotts Hill High School
- Seffner Christian Academy
- Seton Catholic Preparatory HS
- Seven Lakes High School
- Seventy First High School
- Shawnee Mission East HS
- Shelby Whippet Athletic Boosters
- Shiloh Village School
- Sierra Pacific High School
- Smyrna High School
- South Bay Breakers
- South Caldwell High School
- Southeastern Oklahoma State Athletics
- Southeastern Oklahoma State University
- South Elementary School
- Southern High School
- Southern Lee High School
- South Gibson County HS
- South Grand Prairie HS
- South Granville High School
- South High School
- Southington High School
- Southlake Carroll HS
- South Mecklenburg Athletic Boosters
- Southmoore High School Basketball Booster Club
- South View High School
- Southwest High School
- Spring Hill High School
- Spring Valley Athletic Boosters
- Spring Valley High School
- St. Agnes Academy
- St. Bernard's High School
- St. Georges Technical HS
- St. Mary's High School

# 2023 PLAY4KAY PARTICIPANTS



- St. Thomas More Academy
- St. Vrain Valley School District
- Starr's Mill High School
- Stevenson High School
- Stratford High School
- Suffolk County Women's Basketball Association
- Sulphur High School
- Summit High School
- Tarboro High School
- TC Roberson High School
- TC Williams High School
- Terra Linda High School
- Terry Sanford High School
- Texhoma School District
- The Big South Conference
- The Branson School
- The Derryfield School
- The Episcopal School of Texas
- The Galloway School
- The Lutheran HS Association
- The O'Neal School
- Timberview High School
- Timothy Christian Schools
- Towanda Jr./Sr. High School
- Triton regional High School
- Union High School
- Union Pines High School
- Unity High School
- Ursuline Academy
- UT Arlington
- Victory Life Academy, INC
- Village Christian Academy Knights Booster Club
- Village Green Residents
- Vista Murrieta High School
- Vista Ridge High School
- Viterbo University
- W.B.H.S. Girls Basketball Booster Club
- Wakefield High School
- Wakefield Middle School
- Wake Forest High School
- Walter Williams High School
- Warren County High School
- Washington High School
- Waukesha West High School
- Wauwatosa East High School
- Waynesville R-VI School District
- Webster-Thomas HS
- Wellesley Hoop Club
- Wendell Middle School
- Wesleyan Christian Academy
- Wesleyan Education Center
- Westborough High School
- West Columbus High School
- West Deptford Girls Basketball
- West Forsyth High School
- West Holmes Local School District
- West Iredell High School
- West Lake Middle School
- West Lee Middle School
- Westminster High School
- West Monroe High School
- Westmoore High School Basketball
- Westover High School
- West Ridge R-7 School District
- Westview HS Parent Organization
- West Wilkes High School
- Westwood Heights Schools
- Westwood High School
- White Station Middle School
- Whitman-Hanson Regional HS
- Willard Athletic Boosters
- Willard City School District
- William Byrd High School
- Williams High School
- Wilmington High School
- Wilmington University (Delaware)
- Winfield Public Schools
- WM. Horlick High School
- Woodcreek High School Girls Basketball
- Woods School PTA
- Woodward Academy
- Worcester Academy
- Worcester Polytechnic Institute
- Wright City Public School
- Wylie East High School
- Wynne Public Schools
- Xenia High School
- York College of Pennsylvania
- York School District

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 28	29	30	31	June 1	2	3
<b>SOFTBALL: STATE TOURNAMENT</b>						
4 TGCA: Board of Directors Meeting.	5 TGCA: Softball All-State Committee Meeting TGCA: Softball Committee Meeting (Zoom)	6	7	8 TGCA LUBBOCK SPORTS CLINIC	9	10
11	12	13 UIL: Legislative Council Athletic and Policy Committee meetings	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	July 1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
<b>TGCA SUMMER CLINIC - ARLINGTON</b>						
	TGCA: Board of Directors Meeting.		TGCA: Spirit Advisory Board Meeting. TGCA: Soccer Advisory Board Meeting.	TGCA: Board of Directors Meeting.		
16	17	18	19	20	21 TGCA EL PASO SPORTS CLINIC	22
23	24	25	26	27	28	29
30	31					

## TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

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

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

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

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

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## TGCA NEWS

TGCA News is the official newsletter of the  
**Texas Girls Coaches Association**

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**TGCA on the Web**  
Polls, as well as other current information, can be found on the TGCA website at: [austingca.com](http://austingca.com).

**Did you move?**  
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

**UIL eligibility / Sport rule questions**  
If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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