



TGCA NEWS

NOVEMBER 2023



2023-2024 TGCA OFFICERS



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BECOMING AN EXCEPTIONAL ASSISTANT COACH: UNVEILING QUALITIES AND ATTRIBUTES FOR SUCCESS



Barbara Burnett Llano HS | TGCA Sub-Varsity Committee Chair

This article explores the integral role of an assistant coach in sports and provides insights into the qualities and attributes that contribute to becoming a great assistant coach. Through a combination of experience, leadership, and interpersonal skills, an assistant coach can significantly impact a team's success. This article aims to guide aspiring assistant coaches on their journey to excellence.

Being an assistant coach is more than just supporting the head coach; it's about embodying key qualities and attributes that contribute to the overall success of the team. It also entails knowing your head coach's strengths and weaknesses. Before writing this article I spent my first 13 years as a head coach at the high school and collegiate level, but I have spent the last 8 years as an assistant coach under several different coaches in several sports. I asked some of those head coaches what qualities that I possessed that made me a good assistant. As well as what are some things I did that were very helpful to the head coach. This article will delve into the essential elements that make a great assistant coach and how aspiring individuals can cultivate these traits.

One of the fundamental qualities of a great assistant coach is a deep understanding of the sport. This season was my first season as a varsity assistant volleyball coach, under coach Clair Head. Although I do have 7 years of junior high volleyball experience, I had to learn a lot since I was

under a head coach new to Llano. When it comes to the knowledge of the sport, Coach Head said the most helpful quality was, "the willingness to put in the extra time to learn and ask questions when unsure of something as well as being very supportive of the head coach and the culture that is being built." The fundamental knowledge of sport not only includes a deep understanding of the sport, but it involves the knowledge of the rules and strategies as well as staying current with the latest developments in coaching methodologies. Continuous learning and a commitment to expanding one's knowledge base are crucial for effective coaching. Assistant coaches should have a desire to continually learn and grow within their profession. For the assistant coach, recognizing and working around the head coach's strengths and weaknesses presents an opportunity for professional growth. It allows the assistant coach to develop complementary skills, potentially filling gaps in the coaching team and preparing for future leadership roles.

An assistant coach possessing foresight and flexibility can be a tremendous asset to a head coach in several ways. Foresight allows the assistant coach to anticipate potential challenges or obstacles that the team might face. By identifying these issues in advance, the coaching staff can develop proactive strategies to address them, minimizing the impact on the team's performance. In speaking with our Head Girls Basketball coach, James Parker, on

what he thought was the most helpful to him as the head coach he stated that; "Your number one skill set that helped me the most was foreseeing things that needed to be done, especially with it being my first year here! I literally did not worry about anything because you always were a step ahead, whether that was dealing with managers, food, transportation, or senior night!" A good assistant coach should also be flexible in their role, ready to take on a wide range of duties and responsibilities as required by the head coach. The sports landscape is dynamic as sports can be unpredictable and things can change quickly. Whether it's adjusting strategies during a game or adapting to a new roster, the ability to remain flexible and open-minded is essential for success. It also extends to embracing new coaching techniques and technologies. An assistant coach with foresight contributes to long-term planning and the anticipation of challenges, while flexibility enables the effective implementation of strategies and adjustments in response to changing circumstances. This combination can significantly enhance the overall effectiveness of the coaching staff and contribute to the team's success.

Effective communication and Collaboration is a cornerstone of being a successful assistant coach. A forward-thinking assistant coach communicates effectively with



photo courtesy Valerie Morris

BECOMING AN EXCEPTIONAL ASSISTANT COACH: UNVEILING QUALITIES AND ATTRIBUTES FOR SUCCESS

the head coach and other staff members. Open communication ensures that insights and observations are shared in a timely manner. Assistant coaches must be able to convey complex ideas in a clear and concise manner, fostering open communication within the coaching staff and with players. Coach Parker also had this to say about the importance of communication and collaboration. “With you having been a head coach yourself, giving advice or insight in certain situations, helping me see things from a different perspective, those are things that are invaluable to a head coach and I greatly appreciated everything you did for me, the girls, and our program.” Strong communication skills also involve active listening, allowing coaches to better understand players’ needs and concerns. The importance of not always agreeing with a head coach and offering a different perspective lies in the potential for improved decision-making, enhanced problem-solving, and the overall growth and success of the coaching team. Here are several reasons why this is valuable: Having an assistant coach who does not always agree with the head coach brings diverse perspectives to the coaching staff. Different viewpoints can lead to more comprehensive analyses of situations, considering factors that may have been overlooked. This diversity fosters creativity and innovation in coaching strategies. The head coach and assistant coach can engage in constructive discussions, weighing the pros and cons of various approaches. This diligence ensures that decisions are well-informed and based on a comprehensive assessment of the available options. Encouraging differing opinions promotes open communication within the coaching staff. When assistant coaches feel comfortable expressing their views, it fosters a collaborative and communicative environment. This open dialogue is essential for building trust and maintaining a positive team culture. Not always agreeing with a head coach and offering a different perspective is a valuable aspect of coaching. It contributes to a more robust decision-making process, encourages critical thinking, and promotes a learning environment that ultimately benefits the team’s success and the professional development of the coaching staff. It’s crucial that an assistant coach maintains a positive and collaborative relationship with the head coach. They must understand and support the head coach’s decisions, contribute valuable input when appropriate, and be willing to handle tasks delegated by the head coach.

Great assistant coaches exhibit lead-

ership qualities by taking initiative and demonstrating a proactive approach. They are not only responsive to the head coach’s directions but also contribute ideas and strategies that enhance the team’s performance. Initiative is key in creating a dynamic coaching environment that fosters innovation and improvement. Initiative is considered an essential skill for a great assistant coach for several reasons: Assistant coaches with initiative are proactive in identifying and addressing issues before they become significant problems. They don’t wait for instructions but instead take the lead in finding solutions and improving team dynamics. A great assistant coach doesn’t just follow orders but actively contributes to the coaching process. By taking the initiative, they can share ideas, suggest improvements, and contribute valuable insights to the head coach’s decision-making process. Initiative is often associated with leadership. Assistant coaches who take the initiative inspire and motivate players. They lead by example, showing dedication, commitment, and a strong work ethic, which can positively influence the team’s culture. Initiative in player development is crucial. Assistant coaches should be proactive in identifying areas where players can improve and devise strategies to enhance their skills. This involves taking the lead in organizing additional training sessions, providing constructive feedback, and helping players reach their full potential. When asking out junior High Girls Coordinator, Casey Kendrick, what quality she thought was important for an assistant coach to possess; she said it was taking the initiative in play-

er development. “One of Barb’s greatest strengths is her commitment to player development. She invests considerable time and effort into understanding each player’s strengths and weaknesses, tailoring her coaching approach to maximize individual and team performance. Coach Burnett has played a pivotal role in the growth and improvement of numerous athletes under her guidance. Initiative is an important skill that encompasses proactivity, leadership, adaptability, and a commitment to continuous improvement. A great assistant coach with initiative can positively impact player development, team dynamics, and overall success on and off the field.

In conclusion, the role of an assistant coach is multifaceted, requiring a diverse set of qualities that extend beyond technical knowledge of the sport. A great assistant coach is a strategic thinker, a strong communicator, and a flexible collaborator. They possess foresight to anticipate challenges, adaptability to respond to dynamic situations, and the courage to offer different perspectives when necessary. A blend of leadership, professionalism, and a commitment to continuous learning distinguishes exceptional assistant coaches. In the symbiotic relationship between head coach and assistant coach, the fusion of these qualities not only enriches the coaching dynamic but also plays a pivotal role in the overall success and growth of the team. Aspiring assistant coaches should strive to embody these qualities, recognizing that their contributions extend far beyond the sidelines, shaping the future of both individual athletes and the team as a whole.



photo courtesy Clint Brown

GOING THE EXTRA MILE: EIGHT SMALL GESTURES THAT CAN MAKE A DIFFERENCE FOR COACHES

BSN Staff

Coaches are often unsung heroes of any sports team, providing guidance, motivation, and inspiration for athletes. Showing appreciation and gratitude to coaches is essential for creating a positive atmosphere and fostering team spirit. Here we look at some small gestures that can make a big difference for coaches and help them feel valued and respected. Going the extra mile for your coach shows that you care and is an easy way to express your thanks, not just during the season of giving, but year-round.

Why celebrate coaches?

Coaches deserve to be celebrated for their dedication and hard work. They invest countless hours in training and supporting athletes, often going above and beyond to help them succeed. By celebrating coaches, we acknowledge their important role and show gratitude for their impact on our lives. It's a chance to recognize their efforts and let them know that their work is appreciated. So let's take the time to celebrate and honor the coaches who make a difference in our lives.

Simple acts of appreciation

One simple act of appreciation is to celebrate your coach's birthday by organizing a surprise party or getting them a thoughtful gift. Another idea is to create a personalized video message from the team, expressing your gratitude and sharing your favorite memories. Additionally, writing a heartfelt thank-you card or note can go a long way in showing your coach how much they mean to you. Remember, it's the small gestures that often make the biggest

impact!

Meaningful gifts for coaches

When it comes to celebrating coaches, a meaningful gift can go a long way in showing your appreciation. Consider personalized items such as custom-made trophies or plaques, engraved with a heartfelt message. You could also think about practical gifts that align with your coach's interests or hobbies, like a new coaching manual or sports equipment. The key is to choose a gift that reflects their hard work and dedication, making them feel truly valued.

Organizing team events to honor coaches

One great way to celebrate coaches is by organizing team events that are dedicated to honoring them. This can be a special dinner, a surprise party, or even a fun outing where the whole team gets to show their appreciation. Team events provide an opportunity for coaches to be recognized and celebrated in a group setting, creating a memorable experience for everyone involved. Remember to include activities or speeches that highlight the coach's impact and express gratitude. Let's come together as a team and make these events unforgettable for our coaches!

The power of personalized thank-you notes

Personalized thank-you notes have the power to make coaches feel truly appreciated and valued. Take the time to write a heartfelt message expressing your gratitude and highlighting the impact your coach has had on your life. These notes show that you have taken the time to reflect on their hard work and dedication, making

them feel celebrated and recognized. It's a simple yet powerful gesture that can make a lasting impression.

Public recognition and awards

Public recognition and awards are a powerful way to celebrate coaches and acknowledge their hard work and dedication. Whether it's presenting them with an award at a team banquet or recognizing their achievements in a school assembly, these gestures show that their efforts are valued by the entire community. Celebrate coaches by giving them the public recognition they deserve, and let them know that their impact goes beyond the playing field.

Engage with coaches on social media

Engage with coaches on social media to celebrate their achievements and show your support. Like and comment on their posts, share their accomplishments with your followers, and use hashtags to spread the word. Tag them in your own posts and stories, thanking them for their dedication and hard work. Social media provides a platform to showcase coaches and the impact they have on their athletes. Let's use this powerful tool to celebrate and honor them!

Involving parents in celebrating coaches

Involving parents in celebrating coaches is a great way to show appreciation and support. Parents can contribute by organizing surprise events, creating personalized gifts, or even arranging for a special recognition ceremony. Their involvement not only helps to make the celebrations more memorable, but it also sends a powerful message to the coaches that their efforts are recognized and valued by the entire team and their families. Let's work together to celebrate our coaches and make them feel truly honored.

Showcasing coaches' achievements on the school website or newsletter

One effective way to celebrate coaches is by showcasing their achievements on the school website or newsletter. By featuring their accomplishments, such as winning records, personal milestones, or awards, we can highlight their hard work and dedication to the entire school community. This public recognition not only celebrates the coaches but also inspires other athletes and shows the impact they have on the team's success. Let's use the school platforms to celebrate and honor our coaches!

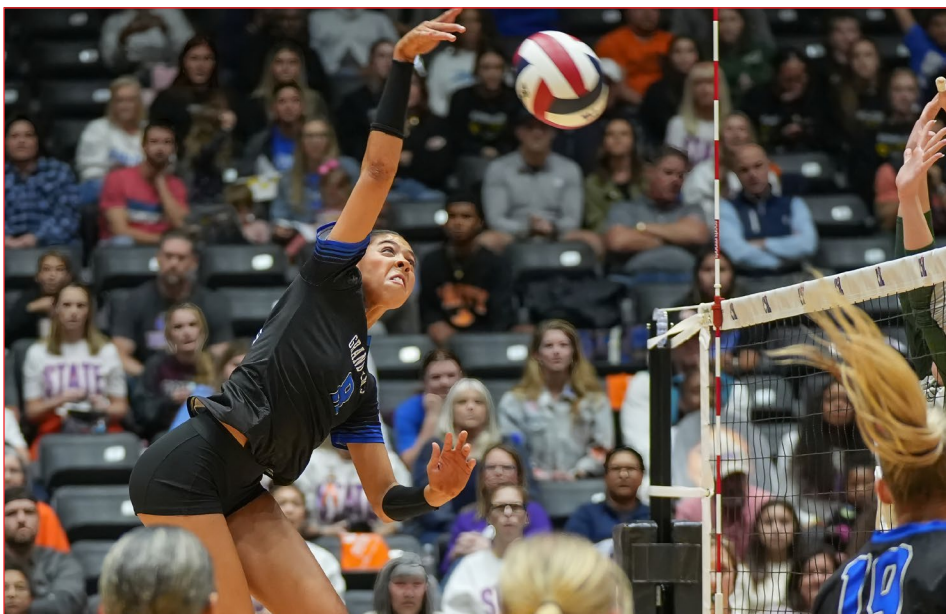


photo courtesy Whitney Magness

||| SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 4-6, 2024

Schedule (Tentative)

Thursday, January 4

3A-D1 & 3A-D2 Prelim.. 8:30 AM (Arena)
 1A & 2A Prelim8:30 AM (Hall)
 Coed Prelim 1:28 PM (Hall)
 1A Finals3:30 PM (Arena)
 3A-D1 & 3A-D2 Finals... 5:30 PM (Arena)
 Coed & 2A Finals..... 6:57 PM (Hall)
 1A Awards.....4:35 PM (Arena)
 3A-D1 & 3A-D2 Awards. 8:00 PM (Arena)
 COED & 2A Awards..... 8:40 PM (Hall)

Friday, January 5

4A-D1 & 4A-D2 Prelim 9:00 AM (Hall)
 5A-D1 & 5A-D2 Prelim..9:00 AM (Arena)
 4A-D1 & 4A-D2 Final5:59 PM (Hall)
 4A-D1 & 4A-D2 Awards.....8:30 PM (Hall)

Saturday, January 6

5A-D1 & 5A-D2 Final..... 9:00AM (Arena)
 5A-D1 & 5A-D2 Awards 11:35 AM (Arena)
 6A-D1 & 6A-D2 Prelims... 9:00 AM (Both)
 6A-D1 & 6A-D2 Finals....6:02 PM (Arena)
 6A-D1 & 6A-D2 Awards. 8:30 PM (Arena)

Game Day Championship Info

Will be released and updated on UIL website: [Click Here](#)

Safety Rules

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at www.nfhs.org.

School Conference Divisions

1A & 2A – Max of 12 participants (2 or fewer males)
 3A-D2—Maximum of 20 participants (2 or fewer males) (School enrollment 250-359 students)
 3A-D1—Maximum of 20 participants (2 or fewer males) (School enrollment 360-544 students)
 4A-D2—Maximum of 20 participants (2 or fewer males) (School enrollment 545-879 students)
 4A-D1—Maximum of 20 participants (2 or fewer males) (School enrollment 880-1,299 students)

5A-D2—Maximum of 30 participants (2 or fewer males) (School enrollment 1,300-1,924 students)

5A-D1—Maximum of 30 participants (2 or fewer males) (School enrollment 1,925-2,224 students)

6A-D2—Maximum of 30 participants (2 or fewer males) (School enrollment 2,225-2,779 students)

6A-D1—Maximum of 30 participants (2 or fewer males) (School enrollment 2,780 and above students)

COED—Maximum of 30 participants (3 or more males)

*Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.



photo courtesy Logan Lawrence



photo courtesy Whitney Magness

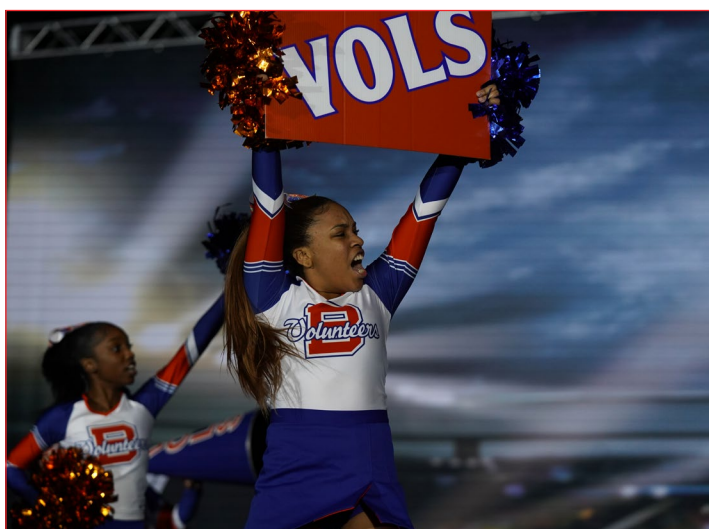


photo courtesy Logan Lawrence



photo courtesy Logan Lawrence



2023-24 TGCA BOARD OF DIRECTORS

NAME	POSITION	SCHOOL
Cully Doyle	President	Brock HS
Claire Gay	1st Vice President	Aledo HS
Scott Mann	2nd Vice President	Lorena HS
Brad Blalock	Past President	Christoval HS
Jason Culpepper	Region I Senior Director	Bushland HS
Dana Hill	Region I Junior Director	Lubbock Cooper HS
Sunni Strickland	Region II Senior Director	Big Spring HS
Mitzi Bell	Region II Junior Director	Merkel HS
Lynn Larson	Region III Senior Director	Krum HS
Nikki Hyles	Region III Junior Director	Aledo HS
UiLani Womble	Region IV Senior Director	Frisco Wakeland HS
Ross Barber	Region IV Junior Director	Tyler Legacy HS
Stacy Tucker	Region V Senior Director	Mont Belvieu Barbers Hill HS
Terri Wade	Region V Junior Director	Conroe The Woodlands HS
Wade Womack	Region VI Senior Director	Dripping Springs HS
Anthony Branch	Region VI Junior Director	A&M Consolidated HS
Michelle Trotter	Region VII Senior Director	Richmond George Ranch HS
Patti Zenner	Region VII Junior Director	Poth HS
Dan Aldrich	Region VIII Senior Director	Fredericksburg HS
Kelly McDaniel	Region VIII Junior Director	Boerne Champion HS
Josh McKinney	Volleyball Committee Chair	Colleyville Heritage HS
Susan Brewer	Volleyball Committee Vice Chair	Bellville HS
Arthur Prevost	Basketball Committee Chair	Sheldon King HS
Denise Lincoln	Basketball Committee Vice Chair	Kerens HS
Kevin Johnson	Track Committee Chair	Abilene Cooper HS
Melissa Pump	Track Committee Vice Chair	Christoval HS
Melissa Hall	Softball Committee Chair	Georgetown HS
Teresa Lentz	Softball Committee Vice Chair	Corpus Christi Calallen HS
Barbara Burnett	Sub-Varsity Committee Chair	Llano HS
Maureen Marek	Sub-Varsity Committee Vice Chair	Bellville HS

2023-24 TGCA BOARD & COMMITTEE MEETINGS

MARCH 3

Board of Directors Meeting,
11:00 a.m., San Antonio

MARCH 4

Basketball All-State
Committee Meeting,
Basketball Committee
Meeting,
6:00 p.m., Zoom

APRIL 15

Soccer Advisory Board
Meeting, 6:00 p.m., Zoom

MAY 5

Track All-State Committee
Meeting, Track Committee
Meeting, 6:00 p.m., Zoom

MAY 6

Sub-Varsity Committee
Meeting, 6:00 p.m., Zoom

MAY 26

Softball All-State Committee
Meeting,
Softball Committee Meeting,
6:00 p.m., Zoom

JUNE 2

Board of Directors Meeting,
11:00 a.m., Austin

JUNE 11

Legislative Council Meeting
(TGCA Executive Committee Only)

JUNE 24

Board of Directors Meeting,
1:00 p.m., Arlington

JUNE 26

Spirit Advisory Board Meeting,
7:00 a.m., Arlington



photo courtesy Merle Heimer



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 Devin Barker

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.

2024 TGCA SUMMER CLINIC

The 2024 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel June 24-27. **NOTE THE NEW DATES.** The agenda is being revised and will be posted to the website under the

"Summer Clinic" category in the menu on the left-hand side of the page as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel

Reservation Services will open in March. Membership renewal and Summer Clinic registration, as well as all Satellite Clinics, will open February 1st.

We are working on finalizing times, venues, and agendas

for all of the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2024 TGCA Clinics.

AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/2014)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sqM9W.



photo courtesy Whitney Magness



The TGCA Office Staff wishes you each and everyone a very Happy Thanksgiving.

2023-24 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2023-24, they are as follows:

Spirit	January 24, 2024
Wrestling	February 12, 2024
Swim & Dive	February 19, 2024
Basketball	February 26, 2024
Soccer	April 8, 2024
Track & Field	April 29, 2024
Golf	April 29, 2024
Tennis	May 13, 2024
Softball	May 20, 2024

TGCA SPORTSWRITER OF THE YEAR

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspapers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than

20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the March TGCA Board of Directors meeting.

SURVIVOR STORY



Ronnie Laughlin



A cancer survivor's journey often starts with diagnosis but Ronnie Laughlin's journey started over two decades earlier in Sedalia, NC where she grew up playing basketball for not one Yow, but three! Ronnie's "claim to fame" is having the pleasure of playing for Kay Yow, Debbie Yow and Susan Yow. An experience she says led to many incredible life lessons.

It is safe to say Ronnie's path has taken her to many different places. From

Sedalia, NC as a teenager, to Raleigh, NC where she earned her undergraduate degree from North Carolina State University, to Louisiana State University where she achieved a master's degree, to the launch of her professional career as a coach of women's basketball in three different states, to finally settling in Saudi Arabia to work as a full-time Speech Pathologist.

With every move came new faces to meet, different backgrounds to learn and new routines to form. What made this most challenging was doing it with no friends or family nearby. Little did Ronnie know, that overcoming the challenges that came along with each move would help prepare her for what would come next.

In 2020, while helping students in Saudi Arabia find their voices, at the height of the pandemic, Ronnie was diagnosed with breast cancer. Compounding the layer

of fear of the unknown that came along with hearing those dreaded words, "You have cancer," Ronnie also had to face the many obstacles that came with the strict pandemic lockdown in Saudi Arabia at that time.

Life lessons and overcoming challenges kick in. Ronnie was on her own, thousands of miles from family and friends about to take on cancer! Determined to be as prepared as possible to advocate for herself and understand the critical information she would need to navigate the road ahead, Ronnie immediately began researching and seeking information. She drove herself to doctors' appointments and treatments, while also keeping up with her students.

After undergoing a treatment plan of four rounds of chemo, a lumpectomy and 15 rounds of radiation – Ronnie was cancer-free.

Today, Ronnie is focused

on using her own experience to help other women, through a journal she wrote during her journey. Her book will be released soon, and you can find more info here. Ten percent of all book sales will be donated to the Kay Yow Cancer Fund.

In closing, one of the things Ronnie would like to pass on to women and families of those battling cancer is to stay positive. She said, "You know there is going to be an end to your cancer journey, you just don't know when it will be. You've got to keep going, one foot in front of the other, and before you know it, you're at the end of the journey."

Staying positive is what kept Ronnie going during very difficult times. During those times she reflected on the words of Coach Yow, "When life kicks you, let it kick you forward."

MESSAGE FROM THE EXECUTIVE DIRECTOR

Hi Everyone,

As we enter November, I would like to take a moment to express my heartfelt appreciation for each and every one of you. Your unwavering commitment to our mission of funding life-saving cancer research, programs that provide access to quality cancer care for underserved women and uniting communities in the fight against cancer, inspires us each and every day.

You are the driving force behind the Fund's success and together, we are making a difference in the lives of many. November seems like the perfect time to let you know we are thankful and very grateful for all you do!

I would be remiss if I didn't take a second to wish all the coaches, players, officials and fans much success as you embark on the 2023-24 seasons. Good luck and I hope there are lots of W's and championships in your future!

Sincerely,

Jenny Palmateer, CEO



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
TGCA OFFICE CLOSED						
24	25	26	27	28	29	30
TGCA OFFICE CLOSED						
ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26						
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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 -Herff Jones
 -Locker Room Sportswear
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The power to do more



TGCA NEWS

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Mailing Address:
P.O. Box 2137
Austin, TX, 78768

Physical Address:
1011 San Jacinto Blvd, Suite 405A,
Austin, TX 78701

P: (512) 708-1333
F: (512) 708-1325
E: tgca@austingca.com

TGCA News is published nine times per year, September through May.

Executive Director:
Sam Tipton,
sam@austingca.com

Assistant Executive Director:
Lee Grisham,
lee@austingca.com

Administrative Assistant:
Audree Tipton,
audree@austingca.com

Administrative Support Assistant:
Oma Garmon,
oma@austingca.com

Newsletter Editor: Logan Lawrence

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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