



TGCA NEWS

SEPTEMBER 2023



2023-2024 TGCA OFFICERS



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BEING A COACH

Melissa Pump Christoval HS | TGCA Track Committee Vice Chair

Being a Coach is truly one of the most in-depth career paths because we devote total mind, body and spirit to take on a whole separate family, on top of the one we have at home that we are trying to keep on the top as well!

How many times do we tell our athletes to trust the system? I would probably bet about 100 times or more in a season! We try to instill this into them every day so they buy into our program, our culture and our team. When we tell them, it is usually either when they are struggling to understand why they are doing a certain workout, a drill, or when they feel they are not doing well enough. We sit and explain it to them the best we can to help them understand our process or to just try to get them out of their own heads. We all know how hard it is to get an athlete out of their own head once they are in there.

Meanwhile, how many of us struggle with some of the same feelings and we are really telling ourselves to trust

the system, believe in the process or just to calm our frustrations when we are “coaching”. Once we admit that we are struggling, it is hard for us to take a step back and access ourselves to get back on track with our own system. With so many fingers pointed at us, it is hard sometimes to truly commit to your own program when you are facing adversity with athletes not buying in and or parents not buying in and supporting you. Especially schools where you have multi-sport athletes. This is where we have to be confident, dig in and don’t water things down when you are doubting yourself. Being confident in every word we say and every workout we do shows them that we believe in our process! We see their highs, lows and everything in between. When you coach with a 3D philosophy (mind, body and spirit) you are fully committing to change your culture and all the athletes. Adversity is inevitable, yet it only makes us better role models for the athletes

we commit to everyday. They look to us for guidance and structure because we know them more than anyone.

It is our job to help every athlete (even the ones that push your buttons) connect with themselves to discover the unique gift that God has given them. Once they have discovered their gift; we have to help build confidence in them to open that gift and show it to the world! When they find out how to really use that gift, you help them to set goals, reach them and not just dream about them. You will connect with them on a whole new level at this point. This is what I call the ‘Bell Cow’ mentality which is when you have an athlete that trusts your process and leads. Then everyone else will follow her because they see the success pattern. The trust, the bond, the “bell cow” mentality will transform your program to a degree you never thought possible. Just remember that this doesn’t happen overnight, even though sometimes we



wish it would. It takes time and effort from everyone including you as a coach. When it gets difficult and doesn’t seem like you will ever get them to buy in, keep working at it because we may just need to adjust the way we present our process. Not every athlete learns the same and change is a good thing. Set your process with a high standard but know that you may have to take different approaches to reach all of your athletes and their potential!

If you know anything about bamboo, it takes FOREVER to grow. When you look at the base it shows no sign of growth for months, but under the surface the roots (the core) is growing like crazy by taking things in and making it stronger before it shoots up! The same happens with our athletes and their growth. It will happen under the surface, (like the roots) when it all registers to them and they trust the process, they will shoot up and bloom. At this point you can truly move mountains and make waves, so do not hold back, don’t have regrets. Just commit to your amazing young women and help them discover what God has gifted to them. Help them to be confident and open their eyes to see what is in front of them!

Chase greatness and always remember:

Change is hard at first, messy in the middle and gorgeous in the end

~Robin Sharma



photo courtesy Jionathan Woodward



#DUNKDCHALLENGE BY BSN SPORTS

Join the #DunkdChallenge: Win \$10,000 for Your Team with BSN SPORTS

At BSN SPORTS, we believe every coach deserves to be celebrated. No championship required. This September, join the #DunkdChallenge and honor your favorite coach with the iconic celebratory shower moment for a chance to win them \$10K. In addition, BSN SPORTS will donate \$10 to St. Jude Children's Research Hospital for every post tagged with #DunkdChallenge, and one lucky coach will walk away with the grand prize of \$10,000 for their team. Don't miss out on this exciting opportunity, join the #DunkdChallenge today and make a difference!

What is the #DunkdChallenge?

Throughout the month of September, we want to celebrate coaches by creating and sharing iconic "Dunkd" moments on social media using the hashtag #DunkdChallenge. This exciting contest gives participants a chance to win \$10,000 in BSN SPORTS credit for their coach. To make this

challenge even more meaningful, for every post tagged with #DunkdChallenge, BSN SPORTS will donate \$10 to St. Jude Children's Research Hospital in honor of Childhood Cancer Awareness Month. Join us in celebrating coaches and making a difference this September! The contest ends September 30, so don't miss your chance to join in!

How to Enter and Win \$10,000 for Your Team

To enter and win \$10,000 for your team through the #DunkdChallenge, it's as easy as 1-2-3! Here's how you can get involved and have a chance at winning this exciting prize.

Step 1: Capture an Exciting Dunkd Moment

You can either:

- Take a video or snap a strong pic of a deserving coach getting dunked OR
- Use an existing Dunkd video or pic you captured in the last two years.

Step 2. Share Your Dunkd Moment on Social

Tag @bsnsports, use #Dunk-

dChallenge and tell us why your fave coach was being celebrated. Then challenge your followers, friends and teammates to join the #DunkdChallenge, too!

Step 3: Submit Your Official Entry on the #DunkdChallenge Website

We want to learn more about the coach you're celebrating. Please submit your post and tell us why they deserve to WIN \$10,000. We'll announce the winner on National Coaches Day, October 6. Enter today at <https://www.bsnsports.com/ib/dunkdchallenge>.

So what are you waiting for? Grab your phone, gather your team, and start recording your #DunkdChallenge video today. Show us what you've got, make a difference, and get a chance to win \$10,000 for your team. Good luck!

How BSN SPORTS and St. Jude are Teaming Up for Childhood Cancer Awareness Month

BSN SPORTS believes in the

power of sports to make a difference in the lives of others. For the past 10 years, BSN SPORTS, as part of Varsity Brands, has been supporting St. Jude Children's Research Hospital in their mission to understand, treat, and defeat childhood cancer and other life-threatening diseases. September is Childhood Cancer Awareness Month, and it's a time when organizations like St. Jude honor children and survivors affected by pediatric cancer while raising awareness and funds for research and treatment. In support of this cause, BSN SPORTS will donate \$10 to St. Jude for every #DunkdChallenge hashtag used throughout September, up to \$25,000. By joining the #DunkdChallenge, you can celebrate coaches and help make a difference in the lives of children battling cancer.





2022-23 TGCA ATHLETES OF THE YEAR

WATER POLO ATHLETE OF THE YEAR

Conf. 5A-6A:
Lola Trujillo, Richmond Foster HS
(Coach Kassandra Parker)

CROSS COUNTRY ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:
Taytum Goodman, Earth-Springleake HS
(Coach Jeri Goodman)
Conf. 5A-6A:
Alli Love, Colleyville Heritage HS
(Coach Nicholas Taylor)

VOLLEYBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:
Rayanna Mauldin, Gunter HS
(Coach Katelyn Gill)
Conf. 5A-6A:
Mackenzie Plante, Dripping Springs HS
(Coach Michael Kane)

SPIRIT ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Kamryn Hermann
CC London HS
(Coach Jennifer Hermann)
Conf. 5A-6A: Kyleigh Meuth
Richmond George Ranch HS
(Coach Kyra Scopel)

BASKETBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Jalynn Bristow, Holliday HS
(Coach Derek Winn)
Conf. 5A-6A: Juliana LaMendola, Coppell HS
(Coach Ryan Murphy)



Taytum Goodman (photo courtesy Whitney Magness)



Jalynn Bristow (photo courtesy Whitney Magness)



Lauren Lewis (photo courtesy Logan Lawrence)



Ava Brown (photo courtesy Whitney Magness)

SOCCER ATHLETE OF THE YEAR

Conf. 4A-5A-6A:
Bella Campos, Lewisville Marcus HS
(Coach Erin Hebert)

GOLF ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:
Ainsley Burns, Mason HS
(Coach Kade Burns)

TRACK ATHLETES OF THE YEAR

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

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)

SOFTBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:
Reagan Wick, Weimar HS
(Coach Roger Maupin)
Conf. 5A-6A:
Ava Brown, Montgomery Lake Creek HS
(Coach Michelle Rochinski)



2022-23 TGCA COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF
Kassandra Parker	Richmond Foster	Water Polo	5A-6A
Edgar Ramirez	Marfa	Cross Country	1A-4A
Carly Littlefield	Lucas Lovejoy	Cross Country	5A-6A
Katelyn Gill	Gunter	Volleyball	1A-4A
Josh McKinney	Colleyville Heritage	Volleyball	5A-6A
Katy Baugh	Lago Vista	Cheerleading	1A-4A
Steven Weibel	Tomball	Cheerleading	5A-6A
Amber Branson	Lipan	Basketball	1A-4A
Rihana Houy	Northside Clark	Basketball	5A-6A
Erin Hebert	Lewisville Marcus	Soccer	4A-6A
Mark Burgen	Andrews	Golf	1A-4A
Susan Willis	Humble Kingwood	Golf	5A-6A
Stacy Bessire	UC-Randolph	Track	1A-4A
Bren Jones	Smithson Valley	Track	5A-6A
Alexander Orosco (Pictured)	Coahoma	Softball	1A-4A
Laneigh Clark	Pearland	Softball	5A-6A



photo courtesy Whitney Magness

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	North Richland Hills Birdville HS	Sub-Varsity 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	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 & Field	5A-6A
Kayla Katner	Llano MS	Middle School Tennis	1A-4A

2022-23 STATE CHAMPIONSHIP COACHES

COACH	SCHOOL	SPORT	CONF.
Kassandra Parker	Richmond Foster	Water Polo	6A
Dalton Herndon	Cumby Miller Grove	Cross Country	1A
Brandun Massingill	Hamilton	Cross Country	2A
Rheanna Fagan	Whitesboro	Cross Country	3A
Eric Krepps	Celina	Cross Country	4A
Carly Littlefield	Lucas Lovejoy	Cross Country	5A
Lauren McPherson	Blum	Volleyball	1A
Allison Bussey	Windthorst	Volleyball	2A
Katelyn Gill	Gunter	Volleyball	3A
Haleigh Burns	Canyon Randall	Volleyball	4A
Josh McKinney	Colleyville Heritage	Volleyball	5A
Michael Kane	Dripping Springs	Volleyball	6A
Victoria Butler	Fossil Ridge	Cheerleading	Co-Ed
Tiffany Evans	Munday	Cheerleading	1A
Tammy Kirchoff	Falls City	Cheerleading	2A
Shawn Moy	Falls City	Cheerleading	2A
Sawyer Cunningham	Mount Vernon	Cheerleading	3A D-I
Jaci Pippen	Jacksboro	Cheerleading	3A D-II
Leslie Jedlicka	Mabank	Cheerleading	4A D-I
Lindsay Maynard	Mabank	Cheerleading	4A D-I
Katy Baugh	Lago Vista	Cheerleading	4A D-II
Kerri Yee	Friendswood	Cheerleading	5A D-I
Taylor Bailey	Sa Alamo Heights	Cheerleading	5A D-II
Sarah Ellison	Tomball Memorial	Cheerleading	6A D-I
Alex Saenz	FW Paschal	Cheerleading	6A D-II
Jeremy Wade	The Woodlands	Swimming/ Diving	6A
Jessica Fresh	Northwest	Wrestling	5A
Eric Schilling	Nazareth	Basketball	1A
Amber Branson	Lipan	Basketball	2A
Derek Winn	Holliday	Basketball	3A
Ross Reedy	Frisco Liberty	Basketball	5A
Rihana Houy	Northside Clark	Basketball	6A
Alexander Adams	Celina	Soccer	4A
Steve McBride	Grapevine	Soccer	5A
Erin Hebert	Lewisville Marcus	Soccer	6A
Kade Burns	Mason	Golf	2A
Rob Londerholm	Wall	Golf	3A
Mark Burgen	Andrews	Golf	4A
Kimberly Williams	Roby	Track & Field	1A
Corby Maurer	Panhandle	Track & Field	2A
Katie Green	Refugio	Track & Field	2A
Britt Hart	Stamford	Track & Field	2A

COACH	SCHOOL	SPORT	CONF.
Stacy Bessire	Universal City Randolph	Track & Field	3A
Ray Baca	Canyon	Track & Field	4A
Bren Jones	Smithson Valley	Track & Field	5A
Yvette Green	Duncanville	Track & Field	6A
Sammy Winters	Hermleigh	Softball	1A
Roger Maupin	Weimar	Softball	2A
Alexander Orosco	Coahoma	Softball	3A
Teresa Flores Lentz	CC Callallen	Softball	4A
Michelle Rochinski (Pictured)	Montgomery Lake Creek	Softball	5A
Laneigh Clark	Pearland	Softball	6A



photo courtesy Whitney Magness

TEAM TENNIS STATE CHAMPIONSHIPS

Waco Regional Tennis Center & Hurd Tennis Center Baylor University | October 25-26, 2023

Schedule

Wednesday, October 25

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

Thursday, October 26

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

Tickets & Parking

For further information when available, please follow link:

[Click Here](#)



photo courtesy Whitney Magness

WATER POLO STATE CHAMPIONSHIPS

Josh Davis Natatorium Northeast ISD | October 28, 2023



photo courtesy Whitney Magness

Schedule

Saturday, October 28

12:00 p.m..... 6A Semifinal #1
 1:30 p.m..... 6A Semifinal #2
 6:00 p.m..... 6A Final

Tickets

General Admission: \$15.00 + fees
 *Tickets good for all day
 Online ticket sales when available [Click Here](#)

Parking

Public parking is FREE in lots surrounding the Natatorium.

TGCA HONOR AWARDS FOR WATER POLO

TGCA is proud to announce we will be offering honors in Water Polo for Academic All-State, Coach of the Year, and Athlete of the Year for conferences 5A-6A. Coaches must be members of TGCA BEFORE November 1st to be eligible to nominate for these honors or for their athletes to be able to receive these honors. Nomination deadline will be the Monday before the UIL State Tournament. Nomination instructions can be found under the Water Polo tab in the menu at the top of the main page of the website, www.austintgca.com.



photo courtesy Whitney Magness

2024-25 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 2024-2025 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2023-24 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

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

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

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

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

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

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

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

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2024 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 2024-25 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 2024-25 membership.

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

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

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

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



photo courtesy Carly Littlefield

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2024-25 year, beginning June 1, 2024 and ending May 31st, 2025. Please be sure that is what you intended to do. You may still print a 2023-24 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

GENERAL NOMINATION INSTRUCTIONS

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

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

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

PLEASE NOTE: The TGCA sys-

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

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

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

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

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

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

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

1 Access the TGCA website at austintgca.com.

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

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

school.

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

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

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

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

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

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

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

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 Carly Littlefield

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

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

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

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

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

TGCA CAREER VICTORY MILESTONES

CROSS COUNTRY

COACH	SCHOOL	PTS.
Danny Calderon	Mansfield HS	400
Wade Floyd	Andrews HS	300

VOLLEYBALL

COACH	SCHOOL	WINS
Leven Barker	Tatum HS	700
Merle Heimer	Malakoff Cross Roads HS	500
Rickey Hammontree	Overton HS	500
Terri Wade	Conroe The Woodlands HS	500
Jennifer Chandler	Northwest HS	400
Jayson Langman	Pflugerville HS	400
Courtney Rodriguez	Hondo HS	300
Arden Johnson	Troup HS	300

SPIRIT

COACH	SCHOOL	PTS.
Katy Baugh	Lago Vista HS	600
Jaci Phippen	Jacksboro HS	300
Sarah Ellison	Tomball Memorial HS	300

TRACK & FIELD

COACH	SCHOOL	PTS.
Barry Woodruff	Arp HS	1000
Kristina Dube	Conroe Oak Ridge HS	300

BASKETBALL

COACH	SCHOOL	WINS
Ramsey Ghazal	Glen Rose HS	600
Alan Thorpe	Granbury HS	600
Mitzi Marquart	Azle HS	600
Bryan Harris	Mont Belvieu Barbers Hill HS	600
Patricia Nelson (Pictured)	Tatum HS	500
DaJuanna Denton	Gregory-Portland HS	400
David Woolridge	Elkhart HS	400
Annette Steward	Langham Creek HS	400
John Salinas	Edinburg HS	300

SOFTBALL

COACH	SCHOOL	WINS
Elias Martinez	San Benito HS	600
Julie Wyrick	Spring HS	600
Michael Seales	Blanco HS	300
Darren Pool	Odessa Permian HS	300

SOCCER

COACH	SCHOOL	WINS
Jimmie Lankford	Frisco Wakeland HS	300

TGCA AWARDS: BY THE NUMBERS

The TGCA is proud to honor coaches and student-athletes throughout each school year for all of their accomplishments.

Coaches

- State Champions ring (up to 36 coaches)
- COY Awards (20 coaches)
- Sub-Varsity COY Awards (15 coaches)
- Middle School COY Awards (15 coaches)
- All Star Watches for Coaches (32)

Student-Athletes

- All State Awards (approx 750)
- Academic All State Awards (approx 6500 certificates)
- POY Awards (20 players)
- Legacy All-Stars-graduating Seniors (120)



ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

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

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which

provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

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

in one place.

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

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available. American Income Life is an international company licensed in 49 states, the District of Columbia,

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

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

SPORT NOMINATION DEADLINES

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

Water Polo	October 23, 2023
Team Tennis	October 23, 2023
Cross Country	October 30, 2023
Volleyball	November 13, 2023
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

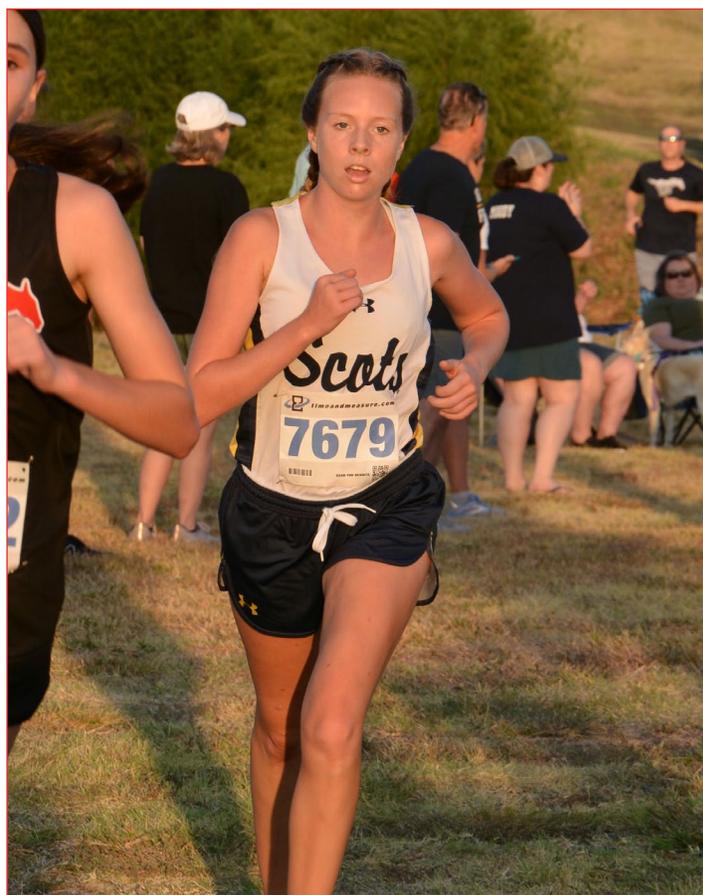


photo courtesy Susan Bailey

TGCA SUB-VARSITY YEARS OF SERVICE

COACH	SCHOOL	YEARS OF SERVICE
Irene Halbert	Red Oak HS	35
Daena Davis	Farmersville JHS	20
Maureen Marek	Bellville JHS	20



photo courtesy Lee Lewis



photo courtesy Missy Pump

10

NICE-TO-KNOW FACTS ABOUT THE EYES

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 SCIENTIFIC WONDER.

Weighing just under an ounce and about an inch across—a size that remains constant from birth, the human eye enables individuals to distinguish shapes and sizes at first glance, ascertain colors, provide depth perception, and adjust to the available light. In addition, what people see is responsible for approximately 80% of what they learn, as well as what they remember.

3 LIKE A CAMERA.

Individuals see with their brain, not their eyes. As such, the eyes function like a camera, capturing data and sending it to the brain for processing. In reality, the images that the eyes send to the brain are upside down and backwards. Subsequently, the brain turns the images right-side up.

4 BATTING AN EYE.

A blink tends to last about one tenth of a second. Blink rates vary from person to per-

son, typically ranging from 2 to 50 blinks per individual per minute. On average, a person blinks (thereby providing moisture to the eye and irrigating it, using tears and a lubricant that the eyes secrete to help remove any debris on the eye's surface) approximately 5,200,000 times a year.

6 MORE THAN MEETS THE EYE.

Eye color is directly related to the amount and quality of melanin (natural pigment in the hair, skin, and iris of the eye) in the front layers of the colored part of the eye that surrounds the pupil (the black hole in the center of the eye). The more melanin, the darker the color of the eye. People with lighter eyes tend to be more sensitive to light, given that their irises have less pigment to protect them from sunlight. As a result, these individuals are at an enhanced risk of suffering eye-related problems, such as macular degeneration.

7 THE POWER OF DETERRENCE.

Among the steps that individuals can take to help keep their eyes healthy are to watch what they eat and to maintain a healthy weight. With regard to the former, the goal should be to consume primarily plant-based foods, for example, a diet rich in fruits and vegetables, particularly dark leafy greens. As for the latter, because being overweight or obese increases a person's risk of developing diabetes and other systemic health-re-

lated conditions that can lead to vision loss, the focus should be on achieving and sustaining an appropriate level of body weight.

8 FINGERPRINT, SMINGERPRINT.

While a person's fingerprint has 40 unique characteristics, an individual's iris (a thin, circular structure in the eye, responsible for controlling the diameter and size of the pupil, and thus the amount of light reaching the retina) has 256. For that reason, retinal scans (a biometric technique that uses the unique patterns on a person's retina blood vessels) are increasingly being used for identification and security purposes.

9 THE PASSAGE OF TIME.

As people age, they often encounter more serious eye-related conditions, such as macular degeneration, glaucoma, and cataracts, which can result in vision impairment. Because the symptoms can vary considerably among these disorders and, to a degree, from person to person, the key is to undergo regular eye exams. Some vision changes can be a signal of a serious health issue, one that requires immediate care.

10 NOT YET.

At present, a way to perform eye transplants has not been found. This situation is primarily because of the fact that no method has been devised to successfully reconnect the more than 1 million nerve fibers that connect each eye to the brain.



photo courtesy Carly Littlefield

2 SECOND ONLY TO THE BRAIN.

After the brain, the eyes are the most powerful and complex organ of the body. In fact, of all the muscles in the human body, the muscles that control the eyes are the most active. In that regard, the human eye can function at 100% at any given moment, without needing to rest. As such, the eyes are "on duty" 24/7.

5 FASTER THAN A SPEEDING BULLET.

PLAY4KAY



CANCER
WARRIOR
NETWORK

Over the past 15 years, a nation of coaches have united in the fight against ALL cancers affecting women. Play4Kay stories give hope, courage, and strength.

WHAT IS PLAY4KAY?

The vision of Play4Kay came directly from Coach Kay Yow.

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

HOW DO I JOIN THE MOVEMENT?

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

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

1. WHY SHOULD MY TEAM PLAY4KAY?

An opportunity to participate in a national grassroots movement that impacts the lives of loved ones affected by cancer.

Play4Kay games are often the highest attended games of the season uniting coaches, players, officials and fans to do something for the greater good that far

exceeds wins and losses in competition.

High schools, middle schools, colleges and universities across the country participate in Play4Kay events. Over 1,000 teams nationwide have participated.

2. RAISE MONEY AROUND YOUR GAME AND DONATE IT TO THE KAY YOW CANCER FUND

Raising money for the Kay Yow Cancer Fund is easy. We thank you for your support and look forward to continuing to make an impact together. Below are some examples of how money has been raised at Play4Kay games in the past:

- Ticket sales
- Silent auctions
- Raffle tickets
- Competitions within your community
- Donations from attendees
- Community sponsorship

3. CELEBRATE CANCER SURVIVORS!

A key element to a Play4Kay game is taking the time to celebrate female cancer survivors & thrivers! Whether it's at halftime, after the buzzer, or during the game, lifting up those courageous women is important.

When Coach Yow established the Fund, she wanted nothing more than for these warriors to be honored, lifted up, encouraged, and given hope. She believed that united together, we could do amazing things.

Below are a few examples of how



Kay Yow

cancer warriors can be celebrated at Play4Kay games:

- Ask five warriors to participate in starting line-ups
 - Invite several warriors to speak to the team (before or after practice)
 - Honor warriors by asking them to participate in an on-court celebration during a quarter break or halftime
 - Ask warriors to participate in an honorary jump ball
 - Have warriors make a tunnel for high-fives for the team to enter
 - Host a post-game reception
- er ideas—or to share yours!

<https://kayyow.com>



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

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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

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



photo courtesy Jeff Goodman



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The power to do more



VAR SITY



TGCA NEWS

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TGCA on the Web

Polls, as well as other current information, can be found on the TGCA website at: austingca.com.

Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions

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



@AUSTINGCA

