



TGCA NEWS

JANUARY 2024



2023-2024 TGCA OFFICERS



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POWER OF POSITIVE INFLUENCE

Cully Doyle Brock HS | TGCA President

New Year brings new goals with new hopes for success for all coaches in all sports. As we start the 2024 spring semester take a second to reflect on the power you have as a coach to develop kids that will help you reach your goals as a coach. You as a coach have more ability than anyone to reach kids in so many different ways. Your power to influence a student/athlete on a daily basis is amazing if you sit back and think about your daily interactions. When we as coaches come to work every day we have a plan, have prepared and thought out a great practice plan but my goal as you read this article is to consider your power of influence as you prepare for that practice each and every day. We are coaching individuals who look up to you as a coach more than you can imagine. They see how you react to situations, how you struggle and how you handle pressure. In the last two years I have had a coach that I admired and loved pass away and also a teacher pass away very recently in the last month. They both had many accomplishments, many awards and tons of success in the profession of teaching and coaching but what stands out to me the most is the power of positive influence they both had on hundreds of student athletes that they were around over the years in the locker room, in the gym, on the bus rides, at the track or wherever they were. This was their life that they loved to live and as they won all the championships, awards, etc that was not what they focused

on. They would tell you that they wanted to touch an individual's life, help one kid get better or get to the next level and make something of themselves. As they lived their life it was obvious that they wanted kids to be successful which in turn those kids would do anything to help their coaches and teachers be successful as well because they knew they truly cared about them as a person. These two were servant leaders and they truly made a difference by making everyone around them better and lifting them up. They would go to TGCA summer clinics, sit on the front row, get involved all to gain knowledge for at least one student/athlete. They would constantly do what it took to get their assistant coaches recognized for all their hard work. These two were the smartest and most knowledgeable at what they did but you would walk out of the room or out of the gym or off the track believing you were a better person because they would make sure of it daily. Their positive influence was incredible and how they lifted others up was evident which led to true success.

I talk a lot about 3D coaching (Body, Mind, Heart) and knowing your "Why" and I believe that as we all coach our sport and as we all set goals to achieve team success the individuals make up those teams and when coaches take the time to build up individuals the team success becomes constant and consistent as kids will work harder than ever for coaches they love and know they really care

about them.

Several years ago I had a student athlete that was in 7th grade and she did not know how much God given ability she had. I made a point to spend time with her in athletics and let her know that she had the ability to be the Bell Cow for our Cross Country and Track Program. She could not break 7 minutes in the mile. Why would I do this—Because I knew she had more and I believed she could be something special if she was put in the right environment. As she moved to 8th grade and into her Freshman year she had not ever broken 6:30 in the mile yet and I still believed that she had what it took. I made a point to get to know her and her family and one summer she came out and simply put she was crazy consistent and constantly wanting to improve. She started becoming hungry for success and others were following. She ended up running well under 5:30 in the mile several times and led our team to State. I truly believe 3D Coaching Philosophy and getting to know this student and telling her how much I really believed in her while celebrating the small victories along the way were huge in her development. This Student Athlete went on to college to run Cross Country & Track and has recently graduated and what makes me the most proud is that she is now in her first year as a teacher and Coach. I truly believe this is because of positive influence many years ago and now she has the opportunity to reach individuals along her journey as a coach. Fast forward 10 years or so and just this past year a different young girl in 7th grade at a different school did not run Cross Country for us and with it being my first year last year in Brock I was getting to know all the kids. I noticed this girl as we got close to Track season and started wondering why she did not run cross country. She was not the fastest runner but there was something special about her and it was not her athletic ability. She was the quiet kid that just showed up, worked hard, listened intently and just soaked in information as coaches talked. I made a point to seek her out one day as I went to the front of the school at the jr high one day after athletics and asked if they could call this student down. As she came down the hallway I



met her and just asked her to visit. I knew she was shy and didn't really know me but I basically told her that day that I truly saw something in her that others might not. I felt like it was my job to help this girl become successful and build her confidence. I don't have enough room to elaborate on this story but she ended up going from not being on the track team to becoming the 7th grade district champion in the mile and getting her summer workouts done and coming into 8th grade this year and helped our team become very successful at the jr high level. Her confidence was high and she found something she knew she had but needed someone to encourage her to be a part of it. She said after winning the district that she would not have come back out to run with the group if I had not talked to her that day in the hallway. That alone makes me want to go to work every day to help this one individual continue to improve. The power of positive influence was evident that day.

As coaches we have a major impact daily on each student athlete you are around. Remember words matter, kids are different and kids develop differently. You hold the key to success in a lot of kids you are around. There are kids you coach right now that might just need a pat on the back and you letting them know you believe in them. There might be a kid right now that just needs reassurance that making mistakes is ok and part of learning. There might be a kid right now that just needs you to say "Awesome job" or "I believe in you". Remember you have the power of influence and coaches have a key to unlock true potential in individuals that the average person will never be able to do. Good Luck to each of you as you move through the semester. Remember we are coaching kids and the Power of Positive Influence might change a kids life and help elevate your team to another level!

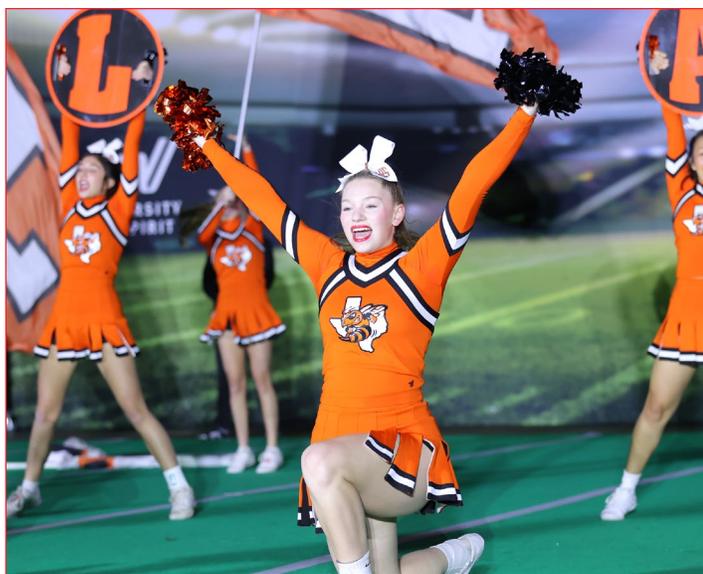


photo courtesy Kayla Kattner

HOW TO ACTUALLY ACHIEVE YOUR NEW YEAR'S RESOLUTION

BSN Sports

With the new year is full swing, many of us start thinking about our New Year's resolutions. Whether it's losing weight, saving money, or learning a new skill, setting a resolution gives us a sense of hope and motivation for the year ahead. However, as January turns into February and the excitement of the new year fades away, so does our determination to stick to our resolutions. In fact, studies have shown that only 8% of people actually achieve their New Year's resolutions. But fear not, in this blog post, we will discuss some practical tips and strategies on how to actually achieve your New Year's resolution and make 2024 your most successful year yet.



photo courtesy Steven Weibel

Understanding the Importance of Setting Realistic Resolutions

Embarking on the path to success begins with crafting a resolution that resonates with you and is attainable. Over-ambitious goals, while inspiring, can often set you up for disappointment. So, select a resolution that aligns with your personal values and current situation. Imagine your goal as a destination on a map—it must be a place you genuinely want to visit, and crucially, one that you can realistically reach.

How to Set SMART Resolutions

A resolution with the SMART framework has a higher chance of being successful. This approach ensures your goal is Specific, Measurable, Achievable, Relevant, and Time-bound. Instead of a vague resolution like "I want to get fit," specify it like "I plan to run a 5K by the end of April by jogging three times a week." This way, your resolution is concrete with measurable criteria, it's achievable and fits into your lifestyle, and it has a set deadline. This clear, well-defined target will steer you closer to victory.

Making a Detailed Plan of Action

Once your SMART resolution is in place, it's time to break it down into manageable pieces. Think of it as a journey - you can't arrive at your destination without navigating the path. If your goal is penning a novel, your action plan might include carving out an hour daily to write or establishing monthly word count objectives. Your path to success involves outlining these small, achievable tasks that steadily propel you towards your ultimate goal. This way, your grand resolution is no longer intimidating but an exciting challenge to embark on.

Consistently Tracking Your Progress

An oft-forgotten gem in the quest to conquer resolutions is tracking your progress regularly. This isn't just a 'stay on track' mechanism—it's your personal victory tally, reminding you of how far you've come. Choose your tracking tool—be it a journal, an app, or a spreadsheet—that aligns with your preferences. It's like your personal GPS, guiding you towards your goal while celebrating every milestone you cross. So, buckle up and keep your eyes on the prize, and the progress!

Celebrating Small Victories and Learning from Setbacks

Every forward step on your resolution journey, no matter the size, is a triumph to cheer for. These micro-victories invigorate your spirit and inject fun into the quest. But let's be honest, bumps along the road are inevitable. When they come, don't let them deflate you. Instead, embrace these setbacks as wisdom-earning pit stops, recalibrating your strategy with the lessons learned. Stumbles aren't failures; they're stepping stones to your destination. So, celebrate the steps, learn from the stumbles, and keep progressing.

The Role of Accountability in Achieving Resolutions

Imagine having a dedicated cheerleader by your side during your resolution journey. That's what accountability is all about. Letting others in on your aspirations could provide the motivational boost you need to stay the course. A confidant—be it a buddy, a relative, or even a mentor—can serve as your support system, rooting for you and offering a nudge when necessary. Maybe even think about joining a group committed to similar goals or engaging a professional coach. Their role? To

keep your spirits high and your steps steady towards your destination. So, go ahead, share your mission, and let the power of accountability fuel your resolve to make your New Year's resolution a reality.

Maintaining Flexibility and Adaptability

In life, and in pursuit of your New Year's resolution, flexibility is key. Anticipate that life may toss you a few unexpected curveballs. It's not a reason to abandon ship but rather an opportunity to reassess, recalibrate, and adapt your goal or plan. Rigidity may hamper progress, while adaptability fuels it. Consider your resolution journey as an exciting book, with each unexpected twist adding depth to your story. Embrace change as a dynamic element of your quest, turning obstacles into opportunities. Keep your eyes on the prize, but allow yourself some room to dance around a little. After all, adaptability is not about losing sight of your destination, but about finding multiple paths to get there. So, stay flexible and keep moving forward. Your resolution destination awaits!

EVERYTHING IS BIGGER IN TEXAS

Nikki Dugan Buda Hays HS | **TGCA Spirit Advisory Board Chair**

Is everything really bigger in Texas? As a cheer coach in the Lone Star State, in my personal opinion, cheer is bigger and better than any other state. If you have attended or if your team has participated in the UIL Spirit State Championship, you know exactly what I mean. Since the very first UIL Spirit State Championship that was held in Arlington back in 2016, the event has gotten bigger and better each year.

I can remember taking my first cheer team from Canyon Lake High School to compete in the very first UIL Spirit State Championship. Our athletes, coaches and administrators anxiously awaited to hear the top 20 teams in each division. Out of 56 teams, my team made it to finals! We celebrated, but quickly had to turn around and get ready to perform our final's routine which was significantly different from prelims because it included the situation response. The turnaround was pretty quick and I'll be honest, since it was the very FIRST UIL Spirit State Championship, I feel like most didn't really know what to expect.

I'll never forget my first experience with my athletes and



photo courtesy Julie Hall

feeling so privileged to be a part of ground breaking history here in Texas.

As a veteran coach, I can still remember being a rookie coach back in Mount Vernon, TX, in 2000. I feel like I didn't know exactly what I was doing, but I learned from veteran coaches, other coaches from neighboring towns and com-

panies like NCA and Varsity. In today's times, we have much more resources at our fingertips. We have Coaches' conferences such as TGCA, coaches' seminars, and USA Cheer just to name a few. I know we have social media groups that are great resources for new coaches as well as seasoned coaches. I enjoy the camaraderie

between all the cheer coaches I have met here in Texas and around the United States. I have met some of my best friends while coaching cheer. They are people I can turn to for support, help resolve issues or just enjoy having dinner while discussing our families and what's going on in our lives.

As a veteran coach, I don't claim to have all the answers, but feel better knowing that I have resources and other coaches I can turn to for support and knowledge in our craft. I look forward to seeing how the UIL State Spirit Championship in Texas will continue to evolve into an event that continues to get bigger, better and more competitive each year. If you are a new coach, don't hesitate to reach out to other coaches in your area or around the state. Contact your TGCA Spirit Committee for questions and concerns; but, most importantly get more cheer coaches involved with the Texas Girls Coaches Association.



photo courtesy Victoria Matthews

WRESTLING STATE CHAMPIONSHIPS

Berry Center Cypress, Texas | February 16-17, 2024

Friday, February 16

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

Saturday, February 17

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

Tickets & Parking

Spectator Information is available on the [UIL Website](#).

Awards

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

Girls' Awards Presentations: Awards will be presented upon completion of wrestling in the first three weight classes. Girls 100 lb. weight class awards will be presented upon completion of the 114 lb. weight class. Awards for 107 lb. weight class will be presented following the 120 lb. weight class, etc.



photo courtesy Logan Lawrence

SWIMMING & DIVING STATE CHAMPIONSHIPS

**Josh Davis Natatorium San Antonio, TX
February 15-16, 2024 (4A)**

Thursday, February 15

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

Friday, February 16

4A Diving Finals	9:30 AM
4A Swimming Finals	11:00 AM

**Lee and Joe Jamail Texas Swimming Center
Austin, TX | February 22-23, 2024 (5A-6A)**

Friday, February 22

5A Diving Prelims and Swimming Prelims	8:50 AM/9:30 AM
6A Diving Prelims and Swimming Prelims	2:50 PM/3:30 PM

Saturday, February 23

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



photo courtesy Whitney Magness

Tickets & Parking

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

GIRLS BASKETBALL STATE CHAMPIONSHIPS

The Alamodome San Antonio, TX | February 29-March 2, 2024

Thursday, February 29			Saturday, March 2		
Conference 1A Semifinal #1	8:30 AM		Conference 4A Semifinal #2		3:00 PM
Conference 1A Semifinal #2	10:00 AM		Conference 6A Semifinal #1		7:00 PM
Conference 3A Semifinal #1	1:30 PM		Conference 6A Semifinal #2		8:30 PM
Conference 3A Semifinal #2	3:00 PM				
Conference 5A Semifinal #1	7:00 PM		Conference 1A Final		8:30 AM
Conference 5A Semifinal #2	8:30 PM		Conference 3A Final		10:00 AM
			Conference 2A Final		1:30 PM
			Conference 5A Final		3:00 PM
			Conference 4A Final		7:00 PM
			Conference 6A Final		8:30 PM

Tickets & Parking

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

Alamodome Clear Bag Policy

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



photo courtesy Whitney Magness

TGCA SOCCER ADVISORY BOARD

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



photo courtesy Whitney Magness

* - Chair # - Vice Chair

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 member-

ship 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 \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is \$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 are using a school credit card with a different mailing address, your renewal may not go through.

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 Abilene (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 Shannon Lindsey

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 Amanda Hill

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/sgM9W.



photo courtesy Courtney McGlynn

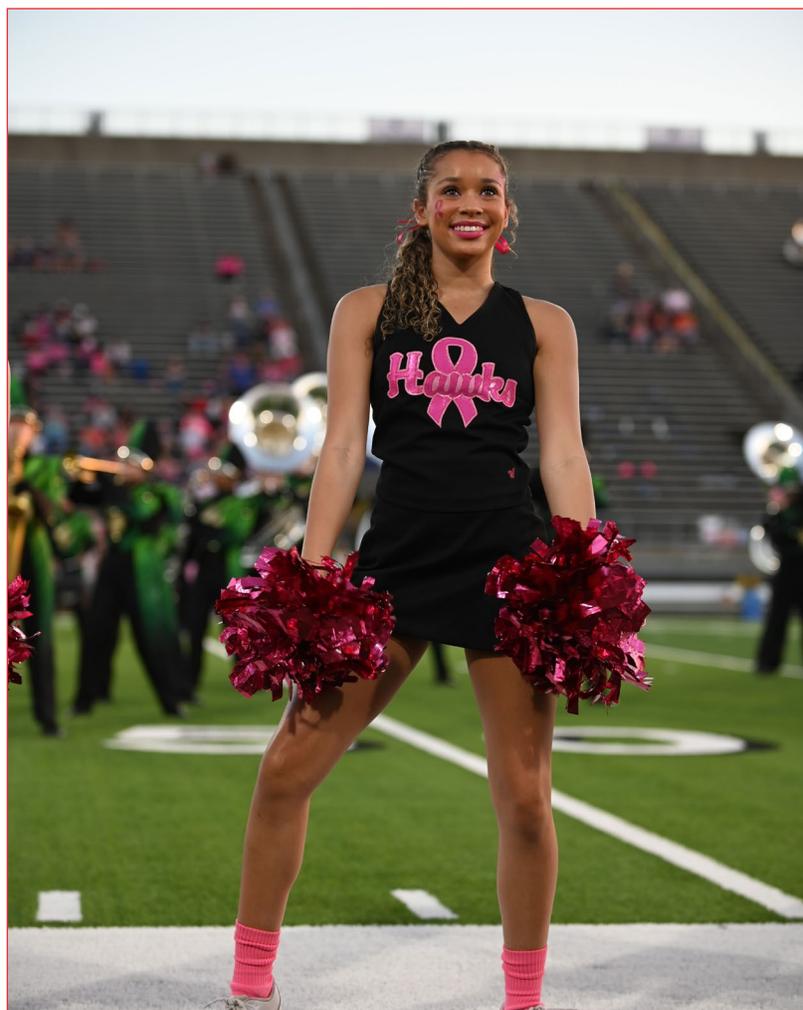


photo courtesy Cassidy Lakota

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:

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

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

BASKETBALL

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

SOCCER

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

GOLF

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

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

ifier

- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

TRACK & FIELD, CROSS COUNTRY

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

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

SOFTBALL

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

SPIRIT

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

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

WRESTLING

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

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

*Deadline for submitting accomplishments is May 30
Revised by vote of the Board of Directors March 2, 2014
Revised by vote of the Spirit Committee July 10, 2019
Revised April 22, 2022*



photo courtesy Erica Hodges

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.

KAY YOW CANCER FUND



CANCER
WARRIOR
NETWORK

EmPOWERment

THE VISION

Change the narrative around all cancers affecting women by educating, empowering and equipping the next generation with the tools needed to positively impact their family members and communities. With these tools we will break down barriers to quality cancer healthcare positively affecting survival rates and enhancing cancer outcomes.

THE PROBLEM

Many women face barriers to quality cancer healthcare. These existing barriers often lead to negative cancer outcomes.

BARRIERS

- Fear & distrust of the healthcare system
- Transportation to care
- Un- or underinsured
- Cancer myths
- Women can be unaware of the resources available to help them

OUR ROLE

We will use Play4Kay, our national grassroots movement as the catalyst for this program, to provide a vehicle for the next generation to activate by breaking down barriers to quality cancer healthcare for underserved women. This will create a ripple effect within families and communities, improving survival rates and cancer outcomes

THE SOLUTION

By utilizing our unique position within the sports landscape, the Kay Yow Cancer Fund is uniting with the next generation to break down internal, interpersonal, and environmental barriers to quality cancer healthcare for underserved women.

-Educate

Acknowledge disparities exist, discuss ways to break down barriers, and provide information about available resources pertaining to cancer prevention, treatment, and survivorship.

-Empower

Become a change agent. Communicate messages to family and community. Share messages publicly on social media channels.

-Equip

Arm students with resources they can share to effectively communicate with their communities by providing tools such as infographics, videos, facts, and figures.

What participants had to say about it...

“There is little conversation about cancer in my hometown of Madrid, Spain. In order to save lives, there is a need for this message overseas.” -Andrea Hernangomez

“The Empowerment Tour provided a safe environment for me to be vulnerable and share my story with my teammates.” -Myla Barnes

“This experience has given me a way to actively help my mom, especially after years of feeling helpless.” -Lucas Bass



OUR NATIONWIDE REACH

Thousands of students, athletes, coaches, and community partners from across the country have participated in the EmPOWERment Tour and have begun to educate loved ones and make an impact.

EMPOWERMENT TOUR REACH

Join us in changing the narrative around cancer!

As trusted allies within their family and community, attendees are encouraged to share the information they have learned as family and community members will be more apt to trust and listen to loved ones. These conversations will take place during everyday activities such as around the dinner table, at church functions, and at family gatherings.

National and community partners of the Kay Yow Cancer Fund continue to enhance education and activation efforts through Play4Kay games. Together, we can break down barriers to quality cancer healthcare!

- One free 45 minute session – Used to educate, empower, and equip
 - We come to you – In your city, on your campus, or away locations
 - Flexible to your schedule – Pre-season, post-season, or during season travel
- Interested in participating or want to learn more?

Contact Kelsey Harris
(kelsey.harris@kayyow.com)

SCHEDULE YOUR SESSION TODAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					SWIMMING & DIVING: REGIONAL MEETS	
						Wrestling: District Certification Deadline
4	5	6	7	8	9	10
					WRESTLING: REGIONAL MEETS	
						Girls Basketball: District Certification Deadline
11	12	13	14	15	16	17
	GIRLS BASKETBALL: BI-DISTRICT			GIRLS BASKETBALL: AREA		
	TGCA: Wrestling Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games			SWIMMING: STATE MEET (4A)		
					WRESTLING: STATE MEET	
18	19	20	21	22	23	24
	GIRLS BASKETBALL: REGIONAL QUARTERFINALS				SWIMMING: STATE MEET (5A-6A)	
	TGCA: Swimming & Diving Nominations Deadline, 12 Noon				GIRLS BASKETBALL: REGIONALS	
25	26	27	28	29	1	2
	TGCA: Basketball Nominations Deadline, 12 Noon			GIRLS BASKETBALL: STATE		

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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

THANKS TO OUR SPONSORS

-American Income Life
-Association of Texas Professional Educators
-Baden
-BSN Sports

-Coaches Choice
-DairyMax
-Dell
-Fellowship of Christian Athletes
-Gamechanger

-Gandy Ink
-Gulf Coast Specialties
-Herff Jones
-Locker Room Sportswear
-MaxPreps

-Nike
-Sport-Tek
-Varsity



The power to do more



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.

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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