



# TGCA NEWS

OCTOBER 2023

BREAST CANCER AWARENESS MONTH

## 2023-2024 TGCA OFFICERS



**President of TGCA**  
Cully Doyle  
Brock HS



**1st Vice President**  
Claire Gay  
Aledo HS



**2nd Vice President**  
Scott Mann  
Lorena HS



**Past President**  
Brad Blalock  
Christoval HS



**Executive Director**  
Sam Tipton  
TGCA Office



**Assistant Executive Director**  
Lee Grisham  
TGCA Office

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cover photo courtesy Jeff Coker

right photo courtesy Cody Brune



# VOLLEYBALL SEASON IS A GRIND

Josh McKinney Colleyville Heritage HS | TGCA Volleyball Committee Chair

“Volleyball season is a grind.” It has become a running joke in the Colleyville Heritage volleyball program for how many times I can say it in a year. As coaches we love what we do and we willingly embrace the grind of volleyball season every single year. We cherish the time that we are able to spend with our athletes and continue to strive to make a difference in their lives. Many of us have been going all summer from summer skills to strength and conditioning to summer camps. You closed your eyes for a moment. It’s July 31st and the volleyball season is officially here. You closed your eyes again and all of sudden you’re nearing the end of district play and senior night is almost here and you have your eyes set on the playoffs and beyond. I think as coaches we allow ourselves to get caught up in the rat race of practice planning, watching hours of film to scout our next opponent, planning weight room sessions, lesson planning, and the list could go on. As coaches we are constantly focused on what’s next.

Many years ago I was a young twenty three year old club volleyball coach fresh out of college. The club I was working for at the time would occasionally bring in speakers to talk to the entire club. One night a speaker came and she challenged us to “don’t forget to take a SNAPSHOT.” It has stuck with me ever since that day and has impacted who I am as a coach. I took it as “don’t forget to stop and smell the roses,” celebrate the little moments in life, take some time to laugh and have some fun with the people you love because one day you’re going to look up and time will have passed you by. TAKE A SNAPSHOT. As coaches we have to actively look for

ways to bring joy into our programs. These moments of joy provide us with opportunities to TAKE A SNAPSHOT.

## Balancing Winning with Joy

While it’s crucial to instill a sense of joy, it doesn’t mean disregarding the competitive aspect of high school sports. It is about finding the balance between striving for victory and remembering to enjoy the process. As coaches we can still set a high standard for our athletes and play at a high level while also finding ways to infuse fun.

## Creating Lasting Memories

There is not a coach that I know that is not competitive. We all want to win, but we also understand that it is more than winning and losing. The experiences that our athletes have in our program will last a lifetime. Things like singing together on long bus rides and pre-game dance battles are a couple of small things that our athletes will remember well after they graduate.

Our student athletes are under an immense amount of pressure. The pressure to perform on the court, maintain some sort of social life during the volleyball season, the pressure of being a good student in the classroom, and even the pressures that are created by social media. How can we as coaches relieve some of that pressure, even if it’s for 5-10 minutes to take their mind off whatever is going on in their lives at the moment.

## 5 Ways to find Joy at the end of your year:

1. Halloween practice: It’s playoff time and your big match is coming up. Do I really have time for Halloween? YES! Halloween practice is something that my players always ask about months in

advance and it’s always fun to see all of the creative costumes they come up with.

2. Blind Contours: assign each of your players a partner. Give each of them a piece of paper and have one of them draw the other without looking at their paper

3. Pumpkin Carving Contest: this one speaks for itself! Put your team into groups. Give them a time limit and the best looking pumpkin wins

4. Rock-Paper-Scissors Tournament: create a bracket with your players on and simply have them play rock paper scissors. The winner moves up the bracket and losers cheer for them!

5. Halloween or Thanksgiving themed partner draw: assign each of your players a partner. Give Partner A a picture (pumpkin, ghost, witch, turkey, etc) to view. Partner B will then try to draw the picture with only the directions given by their partner to go off of.



Volleyball season is grind! It is important for us to celebrate wins on and off the court no matter how big or small they might appear. As a volleyball coach myself I find myself being very critical of myself. You agonize over every decision you make and sometimes the negative can eat you alive if you let it. It is easy for all of us, regardless of what we are involved in, to become so focused on the task at hand that we forget to take a snapshot and find joy in the process.

“Great moments often catch us unaware, beautifully wrapped in what others might consider a small one.”

-Kent Nerburn

**GOOD LUCK!**



photo courtesy Clint Brown

# TGCA CROSS COUNTRY COMMITTEE

COACH	SCHOOL	CONF.	REG.
Joe Britten	Amarillo River Road HS	3A	1
Jonathan Woodward	Amarillo HS	5A	1
Karon Martinson	Woodson HS	1A	2
Kevin Johnson	Abilene Cooper HS	5A	2
Bart Beasley	River Oaks Castleberry HS	4A	3
David Hill	Arlington Houston HS	6A	3
John Chatham	Pittsburg HS	4A	4
Braegan Enright	Frisco Wakeland HS	5A	4

COACH	SCHOOL	CONF.	REG.
Kristi Henderson	Deweyville HS	2A	5
Stacy Tucker	Barbers Hill HS	5A	5
Sharon Carter	Bellville HS	4A	6
Darcy Haxton-Jackson	Cibolo Steele HS	6A	6
Dana Sestack	Gonzales HS	4A	7
Christina Holland	Converse Judson HS	6A	7
Brooke Ashcraft	Bandera HS	4A	8
Bashar Ibrahim	El Paso Pebble Hills HS	6A	8

## MEET THE 2023-24 TGCA 2ND VICE PRESIDENT

**Scott Mann** Lorena High School | TGCA 2nd Vice President



**High School Graduated From:** Mineral Wells High School

**College(s) Attended:** Tarleton State University

**Teaching Assignments:** Health Education

**Coaching Assignments:** Assistant Football / Head Softball

### What It Means To Be An Officer In TGCA:

I am extremely humbled and honored to be put into this position by my fellow coaches. I am really excited to be the 2nd Vice President, and to be the voice for coaches around our great state. I look forward to working with the TGCA and UIL as we continue to strive to help female athletes in every sport. This is an unbelievable opportunity to give back to a profession that has given so much to me in my career. Thank you again for this opportunity.



photo courtesy Julie Pelosi



photo courtesy Logan Lawrence

# LEGISLATIVE COUNCIL MEETING RESULTS



## October 16, 2023 UIL Press Release

AUSTIN, TX — The University Interscholastic League Legislative Council met Sunday and Monday to make decisions on proposed rule changes in UIL academics, athletics, music and policy.

The Legislative Council passed an amendment to add Robotics Education & Competition Foundation (RECF) as a UIL academic competition.

In music, an amendment was passed to increase the number of cumulative hours from 10 to 15 hours that marching bands are permitted to practice fundamentals prior to August 1st.

In athletics, the Council approved an amendment to increase the number of regional qualifiers from two to

three for State Spring Tennis.

In policy, the Legislative Council passed an amendment to create varsity eligibility opportunities and extend the timeline for review of UIL Waiver Officer's decision.

All rule changes approved during this meeting can be found on the UIL website: [Click Here](#)

A video recap can be viewed here:  
Public Forum: [Click Here](#)  
General Session: [Click here](#)

The Commissioner of Education must approve all rule changes passed by the Legislative Council before they take effect.



photo courtesy Whitney Magness

## TGCA VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
April Bolen	Amarillo Tascosa HS	5A	1
Kira Satterfield	Amarillo River Road HS	3A	1
Mitzi Bell	Merkel HS	3A	2
Nora Campbell	Abilene Cooper HS	5A	2
Joshua McKinney*	Colleyville Heritage HS	5A	3
Morgan Roberson	Callisburg HS	3A	3
Keirsten Seahorn	Gilmer HS	4A	4
Jenna Sickels	Greenville HS	5A	4
Sarah Paulk	Friendswood HS	4A	5
Logan Smoak	Nacogdoches Central Heights HS	3A	5
Susan Brewer**	Bellville HS	4A	6
Michael Kane	Dripping Spring HS	6A	6
Tara Dunn	Vandebilt Industrial HS	3A	7
Kristin Goodman	Austin HS	6A	7
Taylor Howie	Wall HS	3A	8
Sylvia Sandoval	El Paso Franklin HS	6A	8

\*Chair \*\*Vice Chair



photo courtesy Katie Rudd

# CROSS COUNTRY STATE MEET

Old Settlers Park Round Rock, TX | November 3-4, 2023

## Schedule

Nov. 3

Girls 5A.....	8:30 AM
Girls 1A.....	10:10 AM
Girls 3A.....	11:40 AM

Nov. 4

Girls 6A.....	8:30 AM
Girls 2A.....	10:10 AM
Girls 4A.....	11:40 AM

## Ticket Information (Sold by Car)

Vehicle up to 2 persons  
\$25.00  
Vehicle more than 2 persons  
\$40.00

## Purchase Online

On-site sales will be  
CREDIT/DEBIT CARD ONLY.

## Public Parking

Parking has changed from in  
years past.

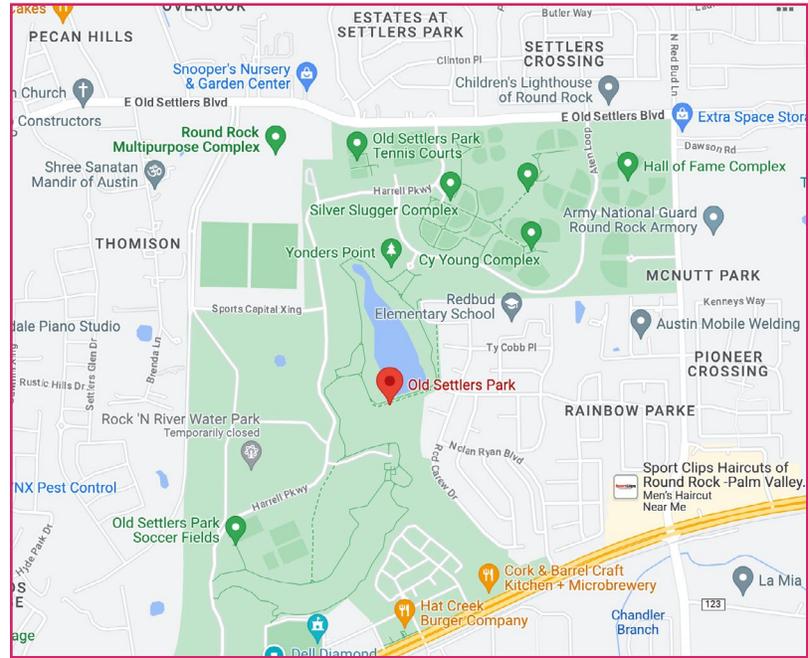
[Parking Instructions/Map](#)

## Animals

There will be NO dogs  
allowed in Old Settler's Park  
on the day of the Cross  
Country State meet.

## Restrooms

There will be no dressing  
facilities. Portable toilets will  
be available to the public  
and athletes.



# VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | November 15-18, 2023

## Schedule

Wednesday, November 15

1A Semifinal.....	11:00 AM
1A Semifinal.....	1:00 PM
2A Semifinal.....	3:00 PM
2A Semifinal.....	5:00 PM

## Thursday, November 16

3A Semifinal.....	11:00 AM
3A Semifinal.....	1:00 PM
1A Final.....	3:00 PM
4A Semifinal.....	5:00 PM
4A Semifinal.....	7:00 PM

## Friday, November 17

5A Semifinal.....	11:00 AM
5A Semifinal.....	1:00 PM
2A Final.....	3:00 PM
6A Semifinal.....	5:00 PM
6A Semifinal.....	7:00 PM

## Saturday, November 18

3A Final.....	11:00 AM
4A Final.....	1:00 PM
5A Final.....	3:00 PM
6A Final.....	5:00 PM

## Ticket Information

Single Day.....	\$15.00
Two-Day.....	\$25.00
All-Tournament.....	\$35.00
Coaches All-Tourney	\$30.00

[Purchase here](#)

## Parking

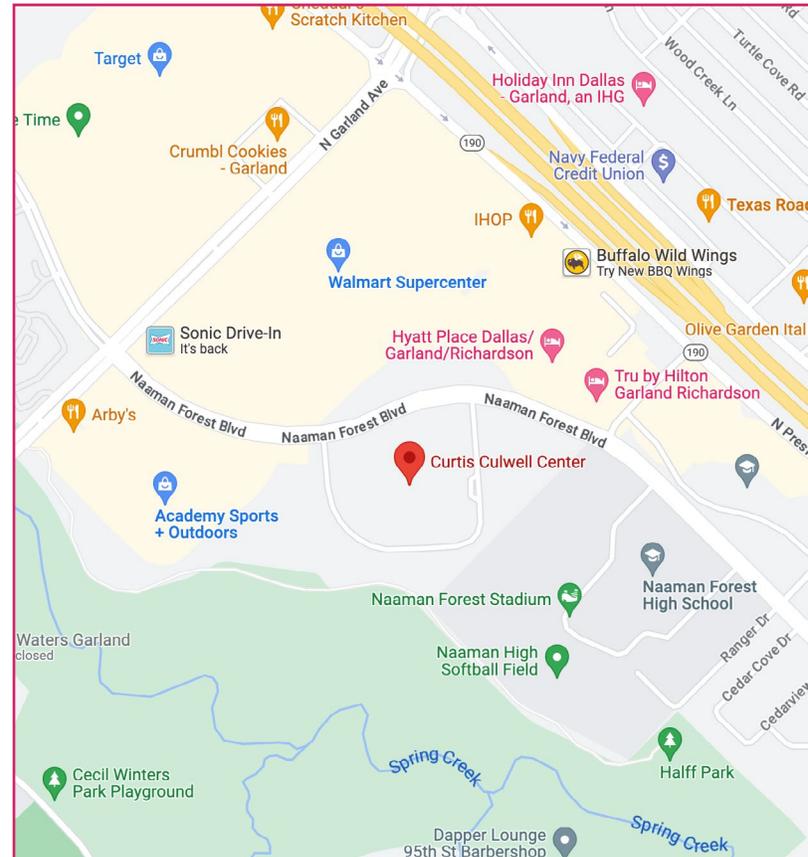
One-Day Pass..... \$15.00

[Purchase here](#)

Scroll down

## Clear Bag Policy

To ensure guest safety and a  
quicker entry into the facility,  
the Curtis Culwell Center  
has implemented a bag  
policy limiting the size and  
type allowed at all events.  
Click [HERE](#) for more details.





# TGCA PAST PRESIDENTS

Velma Harrison .....1952-53	Janette Barlow .....1974-75	Sam Tipton .....1996-97	Jason Roemer .....2018-19
.....1953-54	Bob Schneider .....1975-76	Marianne Jones .....1997-98	Astin Haggerty .....2019-20
Marvin Williams * .....1954-55	Gay Benson .....1976-77	Larry Goad.....1998-99	.....2020-21
Mary Beccue * .....1955-56	Buddy Ables .....1977-78	Brenda Kitten.....1999-2000	Brad Blalock.....2021-22
Charles Womack * ....1956-57	Sandra Meadows *...1978-79	Rob Young.....2000-01	.....2022-23
Rose Farmer .....1957-58	Ralph Newton* .....1979-80	Krista Malmstrom.....2001-02	
J.W. Booker * .....1958-59	Janie Fitzgerald .....1980-81	Ron Mouser.....2002-03	
Peggy Hughes .....1959-60	Mark Smith* .....1981-82	Debbie Jaehne .....2003-04	
M.T. Rice * .....1960-61	Diana Lewis.....1982-83	Ray Baca .....2004-05	
Jimmye Phillips .....1961-62	.....1983-84	Leann Johnston .....2005-06	
LeRoy Hoff * .....1962-63	Michael Adams .....1984-85	Alex Koulovatos .....2006-07	
Ellen Johnson .....1963-64	Judy Dunn* .....1985-86	Debra Manley .....2007-08	
F.G. Crofford .....1964-65	Jim Kirkland .....1986-87	Lee Grisham.....2008-09	
Zonelle Cornett* .....1965-66	Sue Cannon .....1987-88	.....2009-10	
Freeman Parish * .....1966-67	Don Ford.....1988-89	Wes Overton.....2010-11	
Sandra Meadows *...1967-68	Donna Grant .....1989-90	Donna Benotti .....2011-12	
Mitch LeMoine.....1968-69	Phil Swenson .....1990-91	Rodney Gee .....2012-13	
Wayne DuBose* .....1969-70	Rhonda Farney.....1991-92	Kari Benseid .....2013-14	
Shirley Hayworth .....1970-71	Caylene Caddell .....1992-93	Mitch Williams.....2014-15	
Stanley Whisenhunt..1971-72	Barbara Crousen .....1993-94	Liana Gombert .....2015-16	
Leta Andrews .....1972-73	Pat Mouser .....1994-95	Loyd Morgan.....2016-17	
Bill Farney.....1973-74	Melynn Hunt .....1995-96	Kriss Ethridge .....2017-18	

## TVCA PAST PRESIDENTS

Lenora Abston* .....1968-69
.....1969-70
Dr. Margie Austin* .....1970-71
Jan Briggs.....1971-72
Jane Arnett.....1972-73
Arline Basye.....1973-74
Marion Young .....1974-75
Judy Bugher .....1975-76
Waynette Dolan .....1976-77
Norma Pullin .....1977-78

\*Deceased



photo courtesy Autumn Loyd

## 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.



# TGCA HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA

and the coaching profession.

Hall of Fame nomination forms are located on our website, [austintgca.com](http://austintgca.com), under "Forms" on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made

up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

The deadline for submission of Hall of Fame nominees will be Monday, February 26th, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed ([tgca@austintgca.com](mailto:tgca@austintgca.com)) to the TGCA office.

## YEAR INDUCTEE(S)

<b>1993</b>	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese
<b>1994</b>	Jane McCutcheon
<b>1996</b>	Nora Geron
<b>1997</b>	Wanda Bender
<b>1998</b>	Jan Briggs
<b>1999</b>	Norma Pullin
<b>2000</b>	Donna Grant
<b>2001</b>	Mark Smith
<b>2002</b>	Billy McKown
<b>2003</b>	Jim Kirkland
<b>2004</b>	Bill Farney
<b>2005</b>	Marion Young
<b>2006</b>	Claudia Eckel
<b>2007</b>	Diane Conrady
<b>2007</b>	Sandra Mader
<b>2008</b>	Terri Plagens Billy Evans Joe Lombard
<b>2009</b>	Flo Valdez Melynn Hunt Phil Swenson

## YEAR INDUCTEE(S)

<b>2010</b>	Krista Malmstrom Brenda Kitten Rene G. Garza
<b>2011</b>	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
<b>2012</b>	Lynn Davis Pool Barbara Crousen Joni McCoy
<b>2013</b>	Donna Boehle Ellie Woods
<b>2014</b>	Sue Cannon Rhonda Farney
<b>2015</b>	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe
<b>2016</b>	Barbara Comeaux Linda Richter Fred Griffin
<b>2017</b>	Jan Barker Rick Reedy Mike Martin

## YEAR INDUCTEE(S)

<b>2018</b>	Skip Townsend Cathy Self-Morgan Al Bennett
<b>2019</b>	Beverly Humphrey Susan Brewer Guyla Smith
<b>2020</b>	None
<b>2021</b>	Laneigh Clark Lee Grisham Nancy Walling
<b>2022</b>	Chuck Dardin Steve Golemon Tanya Nygrin
<b>2023</b>	Ray Baca Kari Bensed Sam Tipton



photo courtesy Chris Schmidt

## MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls' athletics.

Nomination forms may be found on the TGCA website, [austintgca.com](http://austintgca.com), under "Forms" in the menu on the

left-hand side of the home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Tuesday, February 28th, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email ([tgca@austintgca.com](mailto:tgca@austintgca.com)).

## YEAR RECIPIENT

<b>2007</b>	Margaret McKown
<b>2008</b>	Larry Tidwell
<b>2009</b>	Billy and Betty Oliver
<b>2010</b>	Robert and Joyce Hollingsworth
<b>2011</b>	E. J. "Butch" Hart
<b>2012</b>	Mary German
<b>2013</b>	Tommy Cox
<b>2014</b>	O. J. Kemp
<b>2015</b>	Dawn Allen
<b>2016</b>	Harley Doggett
<b>2017</b>	Mike Szymarek
<b>2017</b>	Lynn Davis Pool
<b>2018</b>	Billy Hicks
<b>2019</b>	Maria Kennedy
<b>2020</b>	None

<b>2021</b>	Texas Press Association
<b>2022</b>	Trippy Saxon
<b>2023</b>	Tammy Gillespie

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

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

bership 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](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

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



photo courtesy Logan Lawrence

## 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](http://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](http://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 Virginia Flores

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](mailto:tgca@austintgca.com), or call our office at 512-708-1333, and we will be happy to assist you.

# ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

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

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

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

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

in one place.

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

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

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

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

<b>Water Polo</b>	<b>October 23, 2023</b>
<b>Team Tennis</b>	<b>October 23, 2023</b>
<b>Cross Country</b>	<b>October 30, 2023</b>
<b>Volleyball</b>	<b>November 13, 2023</b>
<b>Spirit</b>	<b>January 24, 2024</b>
<b>Wrestling</b>	<b>February 12, 2024</b>
<b>Swim &amp; Dive</b>	<b>February 19, 2024</b>
<b>Basketball</b>	<b>February 26, 2024</b>
<b>Soccer</b>	<b>April 8, 2024</b>
<b>Track &amp; Field</b>	<b>April 29, 2024</b>
<b>Golf</b>	<b>April 29, 2024</b>
<b>Tennis</b>	<b>May 13, 2024</b>
<b>Softball</b>	<b>May 20, 2024</b>



photo courtesy Aubrey Bandy



photo courtesy Merle Heimer



photo courtesy Marie Bruce

# OLIVIA KING—CANCER WARRIOR



This month's Cancer Warrior is Olivia King, a 30-year-old woman who was born and raised in Augusta, Georgia with deep-seated love for UGA throughout the family. Olivia graduated from the University of Georgia in 2015 and is stoked that UGA is currently back-to-back national champions in football! Olivia enjoys making custom sneakers in her spare time and loves spending time with family, friends, her girlfriend and their two adorable cats.

While living in Georgia, Olivia discovered her passion for athletic training and has been working with athletes on the high school and collegiate levels for nine years. Currently, Olivia is working as a Certified Athletic Trainer at Quinnipiac University for the women's soccer and lacrosse teams.

Growing up, Olivia would go to the women's health doctor with her mother annually, and it became a routine for them. In 2021, Olivia moved to a rural city in New York and put her annual screenings on the back burner, due to not having accessible healthcare. Later, she moved to Connecticut but still struggled to find any women's doctors with availability. After many months of searching for a doctor, Olivia learned that she had a tumor in her breast

tissue and was diagnosed with cancer a week later.

The diagnosis was a complete shock. Olivia had no idea she had breast cancer. There were no signs. The only reason she got screened was due to her mom's diligent screenings, and Olivia felt she should do the same. Her mother was diagnosed with breast cancer 10 years prior, but it wasn't hereditary, so Olivia thought she was in the clear.

Olivia's cancer journey is still in progress, and she's halfway through her six chemo treatments. Following the chemo,

Hi Everyone,

I hope this message finds you well as we step into the vibrant month of October. The autumn season brings not only a change in weather but also an opportunity for us to renew our commitment to the fight against all cancers affecting women.

October is a special month for us as it marks a time of heightened awareness for breast cancer, a disease that unfortunately has touched the lives of countless individuals and families. With your unwavering support, we move forward with Coach Kay Yow's vision continuing to inspire us to stand together and unite in our efforts to find a cure.

Olivia will undergo a mastectomy and reconstruction. After she has time to heal, radiation treatments will begin and are projected to be complete by the summer of 2024.

When we spoke with Olivia on the phone, she said, "If I didn't go to that doctor's appointment and caught my cancer when I did, the outcome wouldn't have been as optimistic of a diagnosis with my treatment." She continues to mention how well colleges and universities stay in front of students to prioritize their health, but when they graduate, young people put their health out of their minds and don't prioritize regular physicals and screenings. Most thirty-year-olds don't see themselves getting cancer as a possibility.

Olivia is very passionate about helping others and making sure young women are getting screened. If you are a coach reading this, and you'd like Olivia to speak with your athletes, she is more than willing to share her story. You can email her here.

Lastly, we wanted to end today's post with this quote from Olivia – "If I have the ability to even help one person get diagnosed sooner because they make an appointment, then I will take the burden of my cancer to help someone else." Thanks, Olivia, for sharing your journey and impacting so many young women along the way. As Coach Yow said, "We have little or no control over what happens to us in life, but we have 100% control over how we will respond."

We invite you to explore the various ways you can continue to help impact the women in your life - whether through donations, volunteering, or participating in upcoming events, every action, big or small, brings us closer to a world where cancer is no longer a threat.

Wishing you a wonderful October filled with hope, inspiration, and progress!

Sincerely,

Jenny Palmateer, CEO  
Kay Yow Cancer Fund

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>VOLLEYBALL: BI-DISTRICT</b> TGCA: Cross Country Nomination Deadline, 12:00 p.m.		1	2	<b>CROSS COUNTRY: STATE</b> <b>VOLLEYBALL: AREA</b> Girls Basketball: First Day for Interschool Games	4	
5	<b>VOLLEYBALL: REGIONAL QF</b> Wrestling: First Day for Meets & Tournaments TGCA: Cross Country Committee Meeting (6 PM)	7	8	9	<b>VOLLEYBALL: REGIONAL</b>	11	
12	TGCA: Volleyball Nomination Deadline, 12:00 p.m.	13	14	15	16	17	18
				<b>VOLLEYBALL: STATE TOURNAMENT</b>			
19	TGCA: Board of Directors Meeting (10 AM)	20	21	22	23	24	25
	<b>TGCA OFFICE CLOSED FOR THANKSGIVING</b> TGCA: Volleyball All-State Committee Meeting (6 PM) Volleyball Committee Meeting (6 PM)						
26	Soccer: First Day of Practice	27	28	29	30		

## TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

Please go online and check your profile except your school. Please check your coaching 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 Emily Gravitt

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**VARSITY**



## 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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