



TGCA NEWS

FEBRUARY 2025



2024-2025 TGCA OFFICERS



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cover photo courtesy Arlene Holt
right photo courtesy Summer McCowan





SMALL BALL – BIG DREAMS

Denise Lincoln Kerens HS | **TGCA Basketball Committee Chair**



In big cities, basketball programs are often defined by state-of-the-art facilities, college scouts in the stands, and the caliber of D1 athletes on the court. In small towns, the game is measured differently. Heart, loyalty, and the unbreakable bond between a team and its community is what runs a small program. Smaller schools may have fewer players, but they make up for it with a relentless work ethic. Many athletes juggle multiple sports and responsibilities, embracing every challenge with grit and determination. In a packed gym filled with familiar faces, where the entire town stands behind its team, the expectations are just as high as in any major program. When the lights come on, these teams don't just play, they fight. They fight for their school, their community, and the legacy of those who came before them. Welcome to small-school basketball, where every game is a proving ground, and every player carries the weight of something far greater than themselves.

There are a lot of benefits to coaching basketball in a small-school environment, especially

when the expectations are high. Here are a few key points.

Stronger Team Chemistry

Smaller schools mean smaller rosters, allowing players to grow up playing together and forming tight-knit teams with strong chemistry. Unlike bigger programs with frequent turnover, these teams become more like family. Shared experiences on the court, in the locker room, on bus rides, at team dinners, and through hard-fought games, strengthen their bonds creating a lasting connection.

More Individual Development

In small schools, players get more playing time and individual coaching. Instead of being just another number on a deep roster, they refine skills, take on leadership roles, and face in-game adversity without immediate substitution. Many play multiple positions, gaining a deeper understanding of the game and becoming more versatile athletes.

Closer Coach-Player Relationships

With fewer players to man-

age, coaches in small schools build deeper relationships, fostering skill development, confidence, and mentorship. Athletes coached hard learn to take criticism, adapt, and grow without seeking excuses. More one-on-one time strengthens trust and respect, creating a unique bond. When balanced with discipline and support, tough coaching develops mental toughness, resilience, and a winning mindset.

Opportunity for Multi-Sport Athletes

In bigger schools, athletes often specialize in one sport, while smaller schools allow them to compete in multiple, enhancing athleticism and preventing burnout. Colleges value multi-sport athletes for their diverse experiences and ability to handle adversity. Facing challenges in different sports helps athletes grow, shaping them into well-rounded competitors.

Tighter Community Support

Small-school basketball thrives on strong community support. Towns rally behind their teams, creating an atmosphere larger programs often lack. Social media and booster clubs play a big role, enhancing this backing. From the roar of the crowd before a big game to young fans eager for high-fives and former athletes returning to cheer, the community's love is undeniable.

Better Leadership Development

With a smaller roster, more players must step up as leaders on and off the court. Leadership develops through roles like captain, mentoring teammates, and setting the tone in practice. A strong small school program not only builds good players but also good students and leaders. Younger athletes often follow the example set by older players, learning respect, hard work, and discipline. Athletics play a key role in developing accountability, discipline, and character.

Loyalty

Loyalty is key. Coaches prioritize effort over status, rewarding hard work with playing time. While big-program players may transfer, small-school athletes stick together. Younger kids grow up watching and aspiring to play, fostering early commitment. With less outside influence, they learn the system, build relationships, and embrace the team culture. By the time they lead, they're fully invested in the program's success.

With 30 years of coaching experience, including 27 at Kerens, I wouldn't want to be anywhere else. Since becoming a head coach in 2005, I've cherished the small-school setting and the relationships I build with students. I've been blessed with 350+ wins, two state tournament appearances, and consistent playoff runs. More importantly, coaching has helped me realize my WHY. It's not about fame or salary, but about reaching each student, ensuring they feel valued and supported. A successful small-school coach wears many hats. Motivator, mentor, disciplinarian, teacher, and even a second parent. Adaptability is key, as our role extends far beyond basketball, requiring a deep investment in our players' growth both on and off the court.

In the end, small-school basketball is more than a game, it's a culture. It proves that success isn't measured by size, but by effort. It's about playing for something bigger than yourself and leaving a legacy of hard work and heart. Whether you're a coach, player, or fan in the stands, embrace the expectations. Because in small-school basketball, the most powerful thing isn't the gym size or the roster, it's the unwavering belief that anything is possible.



photo courtesy Summer McCowan



III PRESSURE VS. SUPPORT

Parenting in Youth Sports | BSN Sports

Introduction to Parental Roles

In youth sports, the involvement of parents is crucial in shaping their children's experiences and attitudes. Their influence can significantly affect a child's motivation, confidence, and enjoyment of sports. Positive parental involvement includes showing genuine interest, offering encouragement, and being present during games and practices. However, the way parents engage can vary, and it's essential to distinguish between supportive behaviors and actions that may inadvertently apply pressure. Supportive actions help build a child's self-esteem and love for the game, while excessive pressure can lead to stress and burnout. Understanding these dynamics allows parents to foster a more positive and encouraging environment for their young athletes.

Understanding Support

Supportive parenting in sports involves encouraging children, showing interest in their activities, and allowing them to enjoy the game at their own pace. Research shows that parental support is closely tied to a child's enjoyment, enthusiasm, autonomy, and self-perception of their sports skills. For example, parents can demonstrate positive support by attending games, praising effort regardless of the outcome, and providing opportunities for their children to explore their sports interests. To ensure that support remains constructive, parents should consider engaging in specific counseling programs designed to educate them on offering positive and less-invasive support to their children. These programs can be instrumental in promoting a healthier



photo courtesy Rachel Goddard

parent-child relationship within the sports context.

Recognizing Pressure

Parental pressure in sports can manifest in various ways, such as setting high expectations, criticizing mistakes, or focusing excessively on winning. This kind of pressure can lead to negative outcomes for young athletes. It has been found that parental pressure is positively related to stress and negatively associated with enjoyment and motivation in youth sports. Signs that a child is feeling pressured may include anxiety, reluctance to attend practice or games, and a noticeable decline in performance. Additionally, parental pressure can create perceptions of a threatening environment, which can result in discontent and anxiety, negatively impacting a child's sports performance.

Balancing Support and Pressure

Finding the right balance

between support and pressure is essential for parents to prevent burnout and dropout in youth sports. A healthy balance of supportive involvement without excessive pressure is crucial. Coaches and sports educators can assist in creating a positive motivational climate that encourages parents to support their children effectively without applying undue pressure. This educational environment can guide parents in maintaining a supportive stance while avoiding pressure. Communication is key in this process. Parents should foster open and honest dialogues with their children, allowing them to express their feelings and preferences regarding their sports involvement.

Long-Term Impact on Children

The long-term impact of parental roles in youth sports can significantly shape a child's perspective on sports and overall well-being. Sup-

portive parenting is often linked with beneficial outcomes, including enhanced confidence, a love for physical activity, and positive interactions with peers and coaches. Conversely, when parents apply too much pressure, it can have harmful effects. Children frequently express a preference for lower levels of parental involvement, directive behavior, and pressure, while they favor higher levels of praise and understanding. Children often desire lower levels of parental involvement, directive behavior, and pressure, while preferring higher levels of praise and understanding. This need for empathy and encouragement highlights the importance of parents adopting a supportive approach rather than a pressuring one.

Over time, the presence of positive parental involvement can help children develop a healthy attitude

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III PRESSURE VS. SUPPORT

Parenting in Youth Sports | BSN Sports

Continued from Page 2

toward competition and personal growth. They are more likely to view sports as an enjoyable and rewarding activity rather than a high-stakes obligation. Positive parental behaviors, such as recognizing effort, celebrating achievements, and providing emotional support during setbacks, can instill resilience and a growth mindset in young athletes.

On the other hand, when parents emphasize winning and perfection, children may experience increased anxiety and diminished enjoyment of the sport. This can lead to a decline in participation and even a complete withdrawal from sports activities. The pressure to meet high expectations can erode self-confidence and foster a fear of failure, making it challenging for children to cope with mistakes or losses constructively.

Furthermore, children under excessive pressure may

also develop a negative view of physical activity, associating it with stress rather than fun and personal accomplishment. This could result in a long-term disengagement from physical fitness and sports, impacting their overall health and well-being. It's crucial for parents to be aware of these potential outcomes and strive to create a nurturing and supportive sports environment for their children.

Conclusion and Recommendations

In summary, it's vital for parents to find the balance that allows their children to thrive in youth sports. Recognizing the importance of supportive behaviors and the detrimental effects of pressure is the first step. Parents should focus on fostering a positive and encouraging atmosphere by attending games, celebrating efforts, and offering constructive feedback.

One practical recommen-

dation for parents is to seek out educational resources or counseling programs that provide guidance on how to support their young athletes effectively. These programs can offer insights into maintaining a healthy parent-child relationship within the sports context, ensuring that support remains positive and not overbearing.

Communication plays a crucial role in this process. Parents should maintain open dialogues with their children, listening to their concerns and preferences about their sports involvement. This helps children feel heard and understood, reducing the likelihood of them feeling pressured.

Additionally, setting realistic and attainable goals can help children stay motivated and engaged in sports. Instead of focusing solely on winning, parents should emphasize personal growth, skill development, and the enjoyment of the game. Encouraging children

to set their own goals can also promote a sense of autonomy and confidence.

Lastly, parents should be mindful of their reactions to their child's performance. Praising effort and resilience, rather than just outcomes, can help build a child's self-esteem and love for sports. Acknowledge both achievements and setbacks as opportunities for learning and growth, and provide emotional support when needed.

By following these recommendations, parents can help their children develop a healthy, lifelong relationship with sports, fostering both their physical and emotional well-being. This balanced approach will allow young athletes to enjoy their sports experiences fully, free from the negative impacts of undue pressure.

III THE TEXAS WAY

Embracing Texas Pride in Sportsmanship: Our Commitment to The Texas Way

At TGCA we proudly endorse The Texas Way, an initiative that champions sportsmanship, integrity, and community strength in Texas sporting events.

The Texas Way, founded by THSCA, THSADA, and 2Words Character Development, aims to enhance sportsmanship, reduce ejections, and foster positive relationships among coaches, athletes, officials, fans, and the local community.



What is The Texas Way?

The Texas Way is a collaborative campaign to:

- IMPROVE the level of sportsmanship at UIL sporting events.
- DECREASE the number of ejections at UIL sporting events.
- STRENGTHEN communities and the relationships between coaches, athletes, officials, and fans.

The Three Pillars of The Texas Way

To coach, play, officiate, or support The Texas Way means you commit to the following three pillars:

- Respect for Others: We pledge to give respect to all participants (coaches, players, officials, and fans) because of who I am, not because of what they do.
- Control of Self: We commit to give boundaries to our thoughts, words, and actions, and to control our anger in the

face of competition and adversity.

- Spirit of Competition: We commit to give everything we have to be the absolute best we can be, and to put our team in the best position to win, but we will not sacrifice our integrity to do it.

By supporting The Texas Way, TGCA is dedicated to creating a positive and respectful sports environment, ensuring that the spirit of competition thrives with self-control, integrity, and mutual respect.

Join us in playing The Texas Way and make a difference in the Texas sports community!

What is The Texas Way?

For more details, visit: [The Texas Way](#)

GIRLS BASKETBALL STATE CHAMPIONSHIPS

The Alamodome **San Antonio, TX** | **February 27-March 1, 2025**

Thursday, February 29		Saturday, March 2	
Conference 1A-D2 Final	11:00 AM	Conference 5A-D2 Final	11:00 AM
Conference 1A-D1 Final	1:00 PM	Conference 5A-D1 Final	1:00 PM
Conference 2A-D2 Final	5:00 PM	Conference 6A-D2 Final	5:00 PM
Conference 2A-D1 Final	7:00 PM	Conference 6A-D1 Final	7:00 PM
Friday, March 1			
Conference 3A-D2 Final	11:00 AM		
Conference 3A-D1 Final	1:00 PM		
Conference 4A-D2 Final	5:00 PM		
Conference 4A-D1 Final	7:00 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 Summer McCowan

FLECEIA COMEAUX

Gary Tipton | Fellowship of Christian Athletes

This month we recognize Fleceia Comeaux and all that she does for Fellowship of Christian Athletes and Texas Girls Coaches Association. Fleceia has been with FCA for over 26 years. She is currently the South Houston Area Director. Fleceia served as Chaplain of the Houston Comets and is now the Coordinator of Chaplains serving in the WNBA.

Fleceia was a member of the South TGCA All-Star Basketball Team. She went on to play both basketball and soccer at the University of Houston. When she was a freshman in college she came back and chaperoned the same team at TGCA that she had played for the year before. The All-Stars were there for several days at that time. Fleceia was entrusted with not only driving the van but also keeping them on the right track during their stay.

Kay and I first got to meet Fleceia when we started FCA ministry in 2021. She is the

one that leads in setting up, moving and taking down the FCA Booth. She arranges and gives the Gospel message at the FCA Coaches Luncheon. Fleceia also arranges for the FCA Devotional to be given at each TGCA All-Star venue.

There is no one that does more for FCA and TGCA than Fleceia Comeaux. She is a mentor to Kay and I and is there to help TGCA Coaches.



Our ministry is to and through you, the coach. Eternal W's are our goal. Together, let's go win them all!



TGCA POSTSEASON SPIRIT HONORS

Congratulations to the following TGCA member coaches and their teams who will be presented State Championship rings from Herff Jones for capturing 2024-25 UIL State Championships!

COACH	SCHOOL	CONF.
Brittni Sharp	Kingwood Park	Co-Ed
Victoria Armstrong & Allison White	Vernon Northside	1A
Tammy Kirchoff & Shawn Moy	Falls City	2A
Jaycie Willer	Shallowater	3A-D1
Angela Mead	Scurry-Rosser	3A-D2
Julie Hall	Celina	4A-D1
Alicia Rutherford	Hardin-Jefferson	4A-D2
Alejandra Saenz	Fort Worth Paschal	5A-D1
Nicole Mitchell	Crandall	5A-D2
Megan Montgomery	Katy Mayde Creek	6A-D1
Casey Watson	Weatherford	6A-D2



Megan Montgomery - Katy Mayde Creek



Alicia Rutherford - Hardin-Jefferson

TGCA BASKETBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Brooke Walthall	Canyon Randall	4A	1
Ashley James	Lubbock Coronado	5A	1
Brandon Hudson	Abilene Cooper	5A	2
T'Leah Jennings	Snyder	4A	2
Chance Westmoreland	Argyle	5A	3
Denise Lincoln*	Kerens	2A	3
Jay Bruce	Martin's Mill	2A	4
Chad Hurst	Frisco Wakeland	5A	4

* - Chair # - Vice Chair

COACH	SCHOOL	CONF.	REG.
Terri Barlow	Leggett	1A	5
Jun DeHorney	Houston Math & Science	6A	5
Wendy Hines	CS A&M Consolidated	5A	6
Tommy Gates	Navasota	4A	6
Christina Jamerson	Fort Bend Dulles	6A	7
Valerie Ruiz	Jourdanton	3A	7
Brad Blalock	Christoval	2A	8
Jason Sanders#	Boerne Champion	5A	8

2025 TGCA SUMMER CLINIC

The 2025 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 14-17. **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 2025 TGCA Clinics.

2025 SUMMER CLINIC
EXHIBIT WITH US
TEXAS GIRLS COACHES ASSOCIATION
SUMMER CLINIC AND EXHIBITOR SHOW
ARLINGTON CONVENTION CENTER
July 14-17, 2025

10'X 8' BOOTH: \$500
ADDITIONAL: \$450

ADVERTISE
AD space AVAILABLE!

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

www.austingca.com

AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

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

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

2024-25 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2024-25, they are as follows:

Basketball	February 24, 2025
Soccer	April 7, 2025
Golf	April 21, 2025
Track & Field	April 28, 2025
Tennis	May 12, 2025
Softball	May 26, 2025



photo courtesy Summer McCowan

TGCA SATELLITE CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2025. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other Clinics" category, both located in the menu on

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

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

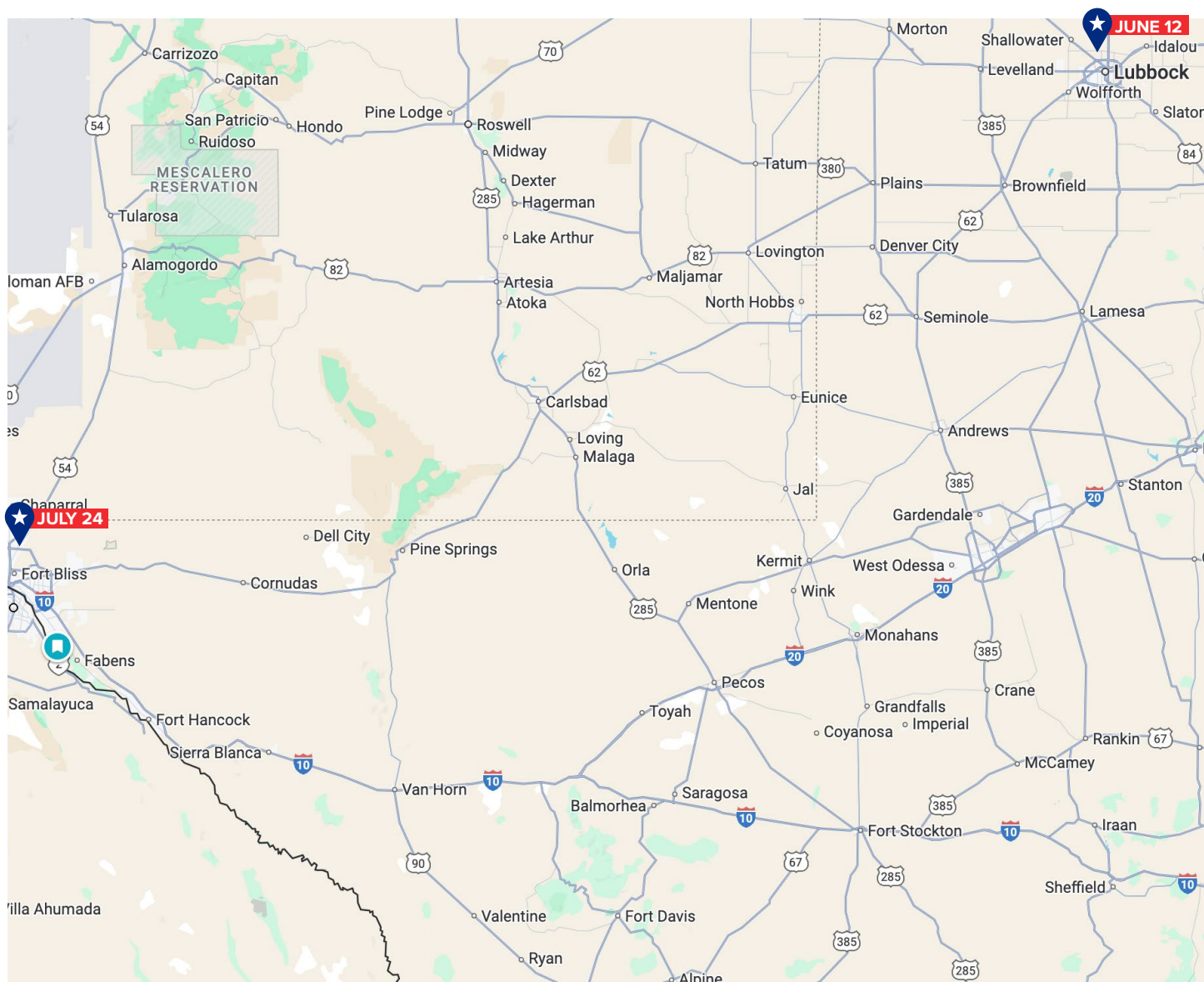
clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2025 REGION I & II LUBBOCK CLINIC

TBA
Lubbock, Texas
June 12
[Agenda](#)
[Registration Form](#)

2025 EL PASO ALL-SPORTS CLINIC

Franklin High School
El Paso, Texas
July 24
[Agenda](#)
[Registration Form](#)



2025-26 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 2025-2026 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2024-25 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 Mem-

bership 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 2025 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 2025-26 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 2025-26 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 Summer McCowan

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2025-26 year, beginning June 1, 2025 and ending May 31st, 2026. Please be sure that is what you intended to do. You may still print a 2024-25 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 questions or inquiries regarding Cheer nominations should be addressed to the Spirit Advisory Board. Contact information is located on the Spirit page under Spirit Advisory Board 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 AF-**

TER YOU HAVE COMPLETED ALL NOMINATIONS.

PLEASE NOTE: The TGCA system 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 online. 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 Arlene Holt

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.

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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

VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Rachel Goddard

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

BASKETBALL

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

SOCCER

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

GOLF

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

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

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

TRACK & FIELD, CROSS COUNTRY

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

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

SOFTBALL

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

SPIRIT

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

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

WRESTLING

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

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

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

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

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

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

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

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

KAY YOW CANCER FUND



CANCER
WARRIOR
NETWORK

Coaches and fellow girls basketball community,

Thank you to those of you who participated in Play4Kay this season! Each game, survivor celebrated, and community united exemplifies the power we have to shift from cancer awareness into action.

<https://youtu.be/g-FAfKNVvc8>

Sports bring people together, lift them up, and create change. That's what drives us every day—funding research, expanding access to care, and offering hope to those in the fight of their lives.

We cannot thank you enough for being part of this community and making a difference in the fight against all cancers affecting women.

If you have any questions about Play4Kay contact - Jennifer Sullivan, jennifer.sullivan@kayyow.com.

Joining our nationwide movement,
Play4Kay, has never been easier!



1

Pick a game on your schedule and 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

Learn
more



jennifer.sullivan@kayyow.com

Kayyow.com/play4kay

Louder, Stronger, Unstoppable -- Together!



photo courtesy Summer McCowan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				27	28	1
				GIRLS BASKETBALL: STATE TOURNAMENT		
2 TGCA: Board of Directors Meeting	3 TGCA: Basketball Committee Meeting TGCA: Basketball All-State Committee Meeting	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Soccer: District Certification Deadline	19	20	21	22
	TGCA CLOSED FOR SPRING BREAK					
23	24 SOCCER: AREA	25	26	27	28	29
				SOCCER: REGIONAL SEMIFINALS		
30	31 SOCCER: REGIONAL FINAL					

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

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-Fellowship of Christian Athletes
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-Gulf Coast Specialties
-Herff Jones
-MaxPreps
-Nike
-Sport-Tek

-Surge
-Varsity



BSN SPORTS

TGCA NEWS

TGCA News is the official newsletter of the
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Mailing Address:
P.O. Box 2137
Austin, TX, 78768

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

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

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Executive Director:
Sam Tipton,
sam@austintgca.com

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

Administrative Assistant:
Audree Tipton,
audree@austintgca.com

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

Newsletter Editor: Logan Lawrence

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