



TGCA NEWS

JANUARY 2025



2024-2025 TGCA OFFICERS



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right photo courtesy Destine Grobe



ADAPTABILITY AS A COACH IN TODAY'S WORLD OF ATHLETICS

Claire Gay Alledo HS | TGCA President

In the dynamic world of sports, coaching has evolved significantly over the years. As athletes and their environments continue to change, so too must the approaches we as coaches take to guide our teams and individual players toward success. Today, adaptability has become one of the most essential qualities for a coach. Just think how different your sport was twenty years ago...and how different your sport will look twenty years from now. As a coach, you must be flexible not only to the game or sport itself but also to the evolving nature of athletes as individuals. This means adjusting training methods, communication styles, and motivational tactics to support athletes in navigating the pressures of sports and life today.

Gone are the days of "one-size-fits-all" coaching. Each athlete is unique, and the role of a coach has expanded beyond simply designing drills or implementing plays. Today, you as a coach need to be keenly aware of the distinct personalities, strengths,

and weaknesses of our athletes. Adaptability is key when managing different temperaments, work ethics, and learning styles. Some athletes respond best to tough love, while others require a more empathetic approach to feel supported. Get to know your players. Take the time to build the foundation where they trust you and can rely on you. We must continuously assess the evolving needs of our players, tailoring our communication and training methods accordingly. Recognizing when an athlete is struggling, whether emotionally or physically, and adjusting coaching methods to best support their development. Which can change daily.

A coach who is adaptable will recognize signs of stress or burn-out and take proactive steps to provide support. This might involve adjusting training loads, fostering open communication about mental health, and providing resources such as counseling or mindfulness training. The coach-athlete relationship is not solely about phys-

ical performance but also about supporting the full development of the athlete as a person. Most often, you spend more time with these kiddos than their families do. So, providing tips and tricks to help them handle the entire load they carry today is crucial for creating the foundation you need for overall success in your own program.

The way athletes interact and function within a team has also changed. The rise of social media, for example, has given athletes more platforms to express their opinions. This can lead to a shift in how players view their roles within the team dynamic. We must be able to adapt to the shifting nature of team chemistry, where individual personalities and external influences can impact team cohesion. Coaching involves not only developing athletic skills but also nurturing a positive and supportive team culture. Understanding group dynamics, managing conflicts, and encouraging a sense of unity, even when challenges arise are a necessity to support overall



team positivity. Coaches must continuously evaluate and adjust their approach to team leadership, ensuring that athletes feel connected and committed to their shared goals. We have all seen what the "lack" of team comradery can do to a season and the negative impact it has on your program. Those seasons are tough.

So how do you challenge yourself as a coach in learning the skill and reward of being adaptable you ask? Here are my thoughts; with the constant flow of new trends, research, and technological advancements in sports, coaches must stay informed and open to new ideas. This could mean attending coaching clinics, collaborating with other experts in your sport, or simply staying up to date with the latest trends via social media or articles of those you admire or look up to in your respective sport.

A coach who demonstrates a commitment to growth and self-improvement sets an example for their athletes. They show that learning is a lifelong journey and that the process of adapting to change is essential for both individual and team success. Adaptability is not just a skill—it's the foundation upon which effective coaching in today's world is built. By embracing new methods, staying connected to your athletes as individuals, and understanding the larger context in which sports operate today, coaches can continue to lead their teams to success. The ability to evolve with the times and meet challenges head-on will define the future of coaching. In this new era, it's not just about making the right play on the field or court, but also about guiding athletes through a complex and fast-paced world, helping them grow both as athletes and as people. We as coaches have the power to shape not only the outcome of games but the future of those around us. A positive team culture and a strong sense of "family" create a much more supportive and uplifting environment for everyone.

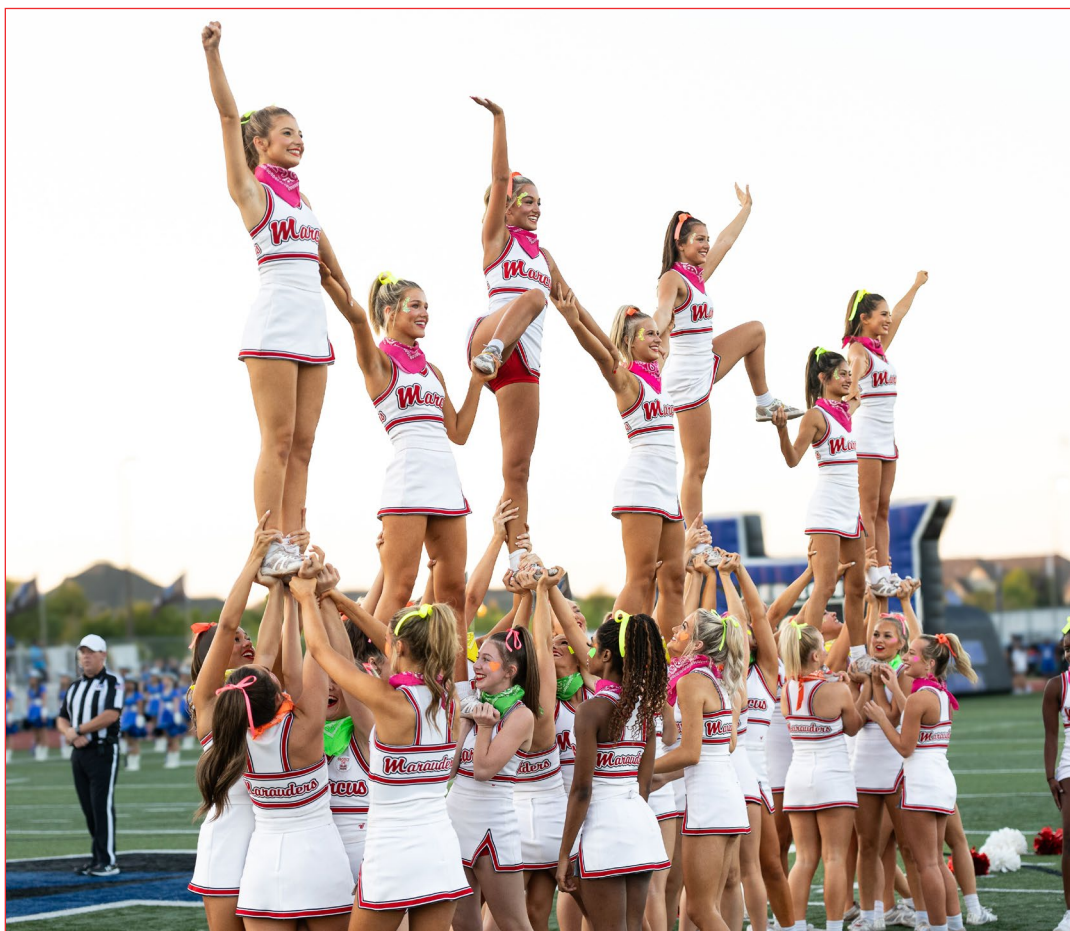


photo courtesy Jenna Wilkins

TOP 10 NUTRITION TIPS FOR YOUNG ATHLETES

BSN Sports

1. Well-Rounded Meals

A strong diet for young athletes includes well-rounded meals. A balanced plate should feature a mix of carbohydrates, proteins, and fats, along with vitamins and minerals. This ensures athletes get the energy and nutrients needed to excel and recover well. Including a variety of foods from each group keeps meals interesting and meets nutritional requirements.

2. Staying Hydrated

Staying hydrated is crucial for maintaining peak performance and avoiding dehydration, which can impair physical and cognitive function. Young athletes should aim to drink water regularly throughout the day and increase fluid intake before, during, and after practice or games. During sporting activities, it's recommended that athletes consume between 150 mL and 300 mL of fluid every 15 to 20 minutes to prevent dehydration and maintain performance levels.

Signs of dehydration to watch for include dry mouth, fatigue, dizziness, and dark urine. Recognizing these symptoms early can help athletes take corrective action and stay at the top of their game.

3. Carbs for Fuel

Carbohydrates provide the energy necessary for young athletes to train and compete effectively. Whole grains, fruits, and vegetables are excellent sources of carbs that also offer fiber and essential nutrients. Incorporating a variety of these foods into meals helps



photo courtesy Danielle Caples

maintain energy levels and supports overall health. Whether it's a bowl of oatmeal for breakfast, a banana as a pre-workout snack, or a serving of brown rice at dinner, ensuring a steady intake of healthy carbs is key.

4. Protein for Muscle Recovery

Protein is vital for muscle repair and recovery. For young athletes aged four to 18, protein should make up about 10% to 30% of their total energy intake to support muscle development and recovery. Lean meats, poultry, fish, eggs, dairy products, legumes, and nuts are excellent sources of protein. Including these foods in daily meals enhances recovery and muscle growth.

5. Beneficial Fats

Including healthy fats in the diet is important for hormone production and overall health. Fats should make up 25% to 35% of a young athlete's total energy intake to

ensure optimal performance and well-being. However, it's crucial to limit saturated fats to no more than 10% of the total energy intake. Sources of healthy fats include avocados, nuts, seeds, olive oil, and fatty fish, which provide essential fatty acids and other vital nutrients.

6. Key Vitamins and Minerals

Vitamins and minerals are essential for various bodily functions, including energy production, bone health, and immune function. For instance, young athletes should aim for 600 IU of vitamin D per day to support bone health and overall performance. Foods rich in essential vitamins and minerals include leafy greens, dairy products, fruits, and lean meats. Ensuring a varied diet helps in meeting the nutritional needs and optimizing performance.

7. Meal Timing Strategies

Consuming balanced

meals at strategic times can significantly impact athletic performance. Eating a combination of carbs and proteins 2 to 3 hours before practice or competition supplies the energy required for peak performance. After workouts, it's beneficial to focus on foods that restore glycogen and support muscle repair, such as chicken sandwiches or smoothies with fruit and yogurt. Additionally, incorporating smaller, nutrient-rich snacks between meals can help sustain energy levels throughout the day. By aligning meal timing with activity schedules, young athletes can maximize their performance and recovery.

8. Smart Snacking

Young athletes need snacks that provide both energy and essential nutrients. Opt for snacks that combine carbohydrates and proteins for sustained en-

Continued on Page 3

TOP 10 NUTRITION TIPS FOR YOUNG ATHLETES

Continued from Page 2

ergy and muscle support. Portable options include trail mix, protein bars, fruit with nut butter, and cheese sticks. These snacks are not only convenient but also rich in the nutrients necessary to keep athletes energized. Another excellent choice is Greek yogurt with berries, which provides a balance of carbs and proteins. Whole-grain crackers with hummus or veggies with dip are also good options. Having a variety of healthy snacks on hand helps athletes stay fueled and ready for action.

9. Nutrition for Recovery

After intense workouts or competitions, it's vital for young athletes to focus on replenishing their energy stores and supporting muscle repair. Consuming a combination of carbohydrates and proteins shortly

after physical activity can expedite recovery. Foods like chocolate milk offer an excellent ratio of carbs to protein, making them an ideal choice for post-exercise recovery. Other great options include smoothies made with fruit and yogurt, turkey sandwiches, or a mix of nuts and dried fruit. These foods provide the nutrients necessary to restore glycogen levels and repair muscle tissue efficiently. Ensuring that recovery nutrition is prioritized helps athletes maintain performance and prepare effectively for their next training session or game.

10. Tuning Into Your Body

Understanding and responding to your body's signals is essential for optimal performance. Young athletes need to recognize when they're hungry and when they're full, adjusting their intake accordingly. This awareness helps prevent

overeating or undereating, both of which can negatively impact athletic performance and overall health.

Athletes should pay attention to how different foods make them feel during training and competition. Some may find that certain foods give them more energy or help them recover faster, while others may cause discomfort or sluggishness. Keeping a food diary can be a useful tool to track these patterns and make informed decisions about what to eat and when.

Additionally, it's important to consider individual preferences and dietary restrictions. What works for one athlete might not work for another, so personalizing nutrition plans based on unique needs and experiences is key. Consulting with a nutritionist or dietitian can provide tailored advice that aligns with specific athletic

goals and health conditions. Hydration is another critical aspect of tuning into your body. Monitoring signs of dehydration, such as dry mouth or dark urine, and responding by increasing fluid intake can prevent performance dips and health issues.

Lastly, mental and emotional well-being also play a role in how young athletes approach their nutrition. Stress, anxiety, and other emotional factors can influence eating habits. Practicing mindfulness and stress management techniques can help maintain a balanced approach to nutrition, ensuring that food choices support both physical and mental health. By staying attuned to their body's needs, young athletes can create a sustainable and effective nutrition strategy that enhances their athletic performance and overall well-being.

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: TheTexasWay.org

10TH ANNIVERSARY OF THE UIL STATE SPIRIT CHAMPIONSHIPS

Nikki Dugan Comal Canyon Lake HS | **TGCA Spirit Advisory Board Chair**

What a whirlwind of a weekend for coaches, athletes, family and friends for the 10th Anniversary of the UIL Spirit State Championships in Fort Worth, TX! I don't know about you, but I LIVE for this weekend. It is something I look forward to ALL year long! Another chance to vie for a State Championship Title. All of us have worked all season for 3 minutes of fame in Prelims, hoping to hear your school's name for Finals. Whether your team advanced or not, you should be proud of the work you and your team have put into your routine. Hours of perfecting, throwing in alternates (if you had any), changing the routine last minute, and the list could go on. I just want to thank you, the coaches, for making this an amazing State Competition, the best competition in the Nation. Last year, I wrote about everything being bigger and better in Texas; and I feel like it still stands true today. Thank you,

goes out to your families and fans that have supported your athletes all season long. Many traveled many miles/hours to Fort Worth for this year's State Championship. No one outside the cheer world will understand how much goes on behind the scenes preparing for this ONE weekend.

Several things stuck out in my mind this weekend. First, was the camaraderie between the coaches. Second, was athletes cheering on other teams and the sportsmanship displayed in all the awards ceremonies. Coaches, we don't say this enough, but YOU are doing an amazing job! We definitely need to cheer each other on and celebrate each other's successes and accomplishments. Whether it's our cheerleaders or in our personal lives.

As a veteran coach, I am not sure how many more years I will be coaching cheerleading, but I will continue to do my job to the best of my ability. Years, down



photo courtesy Cassidy Lakota

the road, it won't matter how many trophies you've brought home. It's mainly about the relationships with these young athletes and the memories we've made along the way. In the words of Ferris Bueller, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it".

I say this every year that I look forward to seeing how the UIL State Spirit Championship

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.

COACH ROB & SHEENA SCHMUCKER

Gary Tipton | **Fellowship of Christian Athletes**

We have a couple in the Texas Panhandle that go above and beyond for both Texas Girls Coaches Association and Panhandle Fellowship of Christian Athletes. Rob and Sheena Schmucker are proven coaches that consistently go the extra mile for TGCA and Panhandle FCA.

Panhandle ISD is fortunate to have this couple coach for them. Rob is the Head Girls Basketball Coach and Sheena is the Head Cross Country Coach. They also have many more coaching and teaching duties. Panhandle FCA counts on Panhandle High School Girls at most, if not all, of the events we provide during the year. This year, and many other years, our Borger Fields of Faith was held on the same day as many District Cross Country Meets were run. Many of our XC teams do the same thing, but I certainly wasn't surprised to see several Panhandle I.S.D vans show up just in time to make the event. After a long day at the meet they still made sure youngsters had an opportunity to meet Jesus!

Rob and Sheena were the Panhandle

FCA Coaches of the Year in 2024. It is a family affair for them. They have two sons, Rob and Luke. The family is a mainstay at our FCA Couples Retreat in Ruidoso every July. The family is also at our FCA Leadership Camp in Abilene. They also were there when we used to have our FCA Sports Camp at Lubbock. I foundly remember Luke, their youngest, hustling older kids out of quarters, playing them in Horse or other basketball contests at that camp. He rarely lost.

I, along with other FCA staff members lean on Rob and Sheena heavily throughout the year to get the Gospel delivered. TGCA leans on them heavily to mentor and lead in their organization.

FCA ministry is to and through you, the coaches. We can and will be used to get Eternal W's working together. Our prayer is that we win them all!



WRESTLING STATE CHAMPIONSHIPS

Berry Center Cypress, Texas | **February 14-15, 2025**

Friday, February 14

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 15

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 13-14, 2025 (4A)

Thursday, February 13

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

Friday, February 14

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

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

Saturday, February 23

6A Swimming Finals and Diving Finals 9:30 AM
5A 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 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 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
Kaitlyn Eidson	Katy Seven Lakes HS	6A



photo courtesy Julia Zachary

* - Chair # - Vice Chair

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 Holli Russell

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 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 login 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 Sarah Ellison

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 tga@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

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
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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.

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:

Wrestling	February 10, 2025
Swim & Dive	February 17, 2025
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 Jeremiah Glover

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.



photo courtesy Misty Bumpurs

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*

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



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Because of YOU we are a team bounded together by compassion, determination, and the unwavering belief that every woman deserves a fighting chance.

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[Order Play4Kay T-Shirts](#)

If you have any questions contact - Jennifer Sullivan,
jennifer.sullivan@kayyow.com for all your Play4Kay needs!

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



1

Pick a game on your schedule and call it Play4Kay

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Raise money around your game and donate it to the Kay Yow Cancer Fund

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jennifer.sullivan@kayyow.com

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Louder, Stronger, Unstoppable -- Together!



photo courtesy Krstyl Dawn

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

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

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

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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

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BSN SPORTS

TGCA NEWS

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

