



TGCA NEWS

MAY 2025



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BUILDING MENTAL TOUGHNESS IN YOUNG ATHLETES

Tools for Accountability, Confidence and Focus

Teresa Flores Lentz | CC Galallen HS | TGCA Softball Committee Chair

When we think about what makes a high school softball team successful, it's easy to focus on raw talent—who hits the hardest, throws the fastest, or has the dominant pitcher. But anyone who's been in the dugout long enough knows that success rarely comes down to just physical skill. More often, games are decided by five or six key plays—and the team that stays composed, confident, and connected during those moments usually walks away with the win.

In Texas, we've all watched gifted athletes falter under pressure. One mistake snowballs into a rough inning. Emotions take over. Focus disappears. Talent alone doesn't get you through the tough moments—mental toughness does. The good news? Mental toughness isn't something you either have or don't. It's a skill, and one we as coaches can—and should—develop in our ath-

letes every single day.

In this article, we'll explore how to cultivate accountability, confidence, and focus in young athletes through intentional coaching strategies. These mental tools won't just help players perform in high-pressure moments—they'll also help them mature, lead, and grow far beyond the softball field.

What is Mental Toughness?

Mental toughness is a player's ability to remain focused, bounce back from setbacks, and stay steady under pressure. It involves emotional regulation, resilience, and ownership of one's actions.

At the high school level, athletes are still growing mentally and emotionally. This makes it even more important for coaches to teach and reinforce these traits during practice—not just wait for game day to test them. The earlier we start, the more

prepared they'll be when those critical moments arise.

Bringing Mental Skills Into Daily Practice

You don't need a psychology degree to help build mentally tough athletes. Here are simple, proven strategies that can be woven into your everyday coaching:

1. Intentional Conversations Matter

Start practice with a quote of the day or a short message. Even when it feels like they're not listening, trust that it's sinking in. Over time, those values show up in their conversations, body language, and even in post-game interviews. Hearing players echo your words—especially under pressure—is one of the most rewarding signs of growth.

2. Model the Mindset

Your team reflects your energy. If you're screaming "Be patient!" while showing frustration in the dugout, that

mixed message can confuse your athletes. None of us are perfect, but in tough moments, we must aim to be the steady, calm presence our team can count on. Be the rock they need when things get chaotic.

3. Build a Culture of Team Over Self

Mental toughness thrives in a culture of trust and accountability. That means no finger-pointing after mistakes, no meltdowns after a bad at-bat, and no isolating teammates. This isn't easy—especially with teenagers—but it's essential. Coaches and team leaders must consistently reinforce that how we respond, not react, to adversity determines who we are as a team.

Remind your players often: You're not perfect. You will make mistakes. Nobody



photo courtesy Bethany Clark

BUILDING MENTAL TOUGHNESS IN YOUNG ATHLETES

is trying to fail. But we will stand together and respond with strength.

4. Confidence is Built, Not Given

Confidence doesn't come from wins—it comes from preparation. We have to teach our players that confidence is a choice rooted in hard work and repetition. Encourage them to focus on process over results. That means applauding effort, not just outcomes.

For example, during fielding drills, avoid the “Coach Captain Obvious” trap by yelling what they did wrong. Instead, offer one helpful cue and keep the tone positive. Focus on mechanics, not mistakes. Over time, consistent technique builds consistent results—and that's where real confidence is born.

5. Use Outside Voices

Sometimes, a message hits differently when it comes from someone new. Bring in guest speakers—former players, coaches, youth pastors, or even mental performance coaches. A fresh voice can validate what you've been preaching and give your

team a new perspective.

Final Thoughts: It's a Daily Commitment

Mental toughness isn't a buzzword—it's a difference-maker. And it's not something you can address once and forget. It takes daily, intentional effort.

By building accountability, confidence, and focus into your program, you're not just helping your team win close games—you're shaping athletes who can handle adversity in school, relationships, careers, and life.

Start small. Stay consistent. And remember: the best teams aren't just physically strong—they're mentally tough when it matters most.

Practicing with Pressure:

Implementing drills that cause pressure situations is tool we use to prepare for high intensity games.

Some best drills that helps us the handle pressure:

-Ladder Drill- Description in footnotes

-15 pop ups – Description in

Footnotes

-Bunt defense – with every out at 1st base or any bag the must be under 2.9 seconds

SOFTBALL LADDER DRILL Overview

The Ladder Drill is a high-intensity, high-accountability training designed to build fielding skills, throwing accuracy, and most importantly, mental toughness. It's ideal for high school athletes and can be used with both infield and outfield players. A ladder to five is recommended for balancing difficulty with time and intensity.

Drill Structure

Infield Ladder Drill

- Participants: All coaches and available players (including outfielders) should be involved in hitting, throwing, and monitoring.

- Objective: Successfully complete a ladder of five without any fielding or throwing errors.

Ladder Rounds:

- Ladder of One:
 - A ball is hit to third base.
 - The third baseman fields cleanly and makes a perfect throw to first.
- Ladder of Two:
 - Two balls are hit consecutively to third base.
 - Both must be fielded cleanly and thrown accurately to first base (2 perfect throws).
- Reset Rules:
 - If the player bobbles the ball or makes a bad throw, they return to zero.
 - Failure to attempt a dive on any reachable ball (fair or foul) also results in a reset to zero.
 - If a player dives and misses or can't make the play, they remain at their current level—effort matters.
- Progression Rule:

- Once a player completes a ladder of three, they do not drop back down. This rewards consistency and effort.

- Time Required: Approximately 45 minutes to 1 hour to complete with a full infield.

Outfield Ladder Drill

- Participants: Same structure as infield; full team engagement is key.

Ladder Rounds:

- Round 1 – Ground balls
- Round 2 – Pop-ups
- Round 3 – Ground balls again
- Rounds 4 & 5 – A mix of grounders and pop-ups

Objectives:

- Field the ball cleanly and make perfect, accurate throws to designated bases:
 - Left Field → Third Base
 - Center Field → Second Base
 - Right Field → First Base

Technique & Accountability:

- Use long hops to the bag when throwing.
- Field the ball cleanly and execute proper mechanics.
- Attempt to dive for every reachable pop-up. Failure to try results in a reset to zero.
- Throws must be on-target to count.
- Time Required: Roughly 30 minutes with active participation.

Implementation Tips

- Engagement is Key: No one should be standing around. Extra players must stay involved—cheering, pushing, and supporting teammates.
- Break it Up: Set early success targets (e.g., ladders of 3) and rotate players in to keep intensity high and reps clean.
- Consistency Matters: Run this drill once a month, with increased frequency during



photo courtesy Margaret Gallegos

BUILDING MENTAL TOUGHNESS IN YOUNG ATHLETES

playoff prep or mental training periods.

- **Coaching Tone:** Be firm, fair, and encouraging. This drill will reveal leadership, focus, and resilience under pressure—and that's exactly the point.

Conclusion

The Ladder Drill is one of the most demanding—and rewarding—exercises in your coaching arsenal. It tests both the physical skills and mental strength of your players. While it may frustrate some at first, the growth it generates in effort, accountability, and confidence is undeniable. You'll start to see players making plays they never thought they could—all because they've learned how to compete under pressure.

15 POP-UPS IN A ROW DRILL

Overview

The 15 Pop-Ups in Row Drill is designed to sharpen players' ability to catch fly balls under pressure, while reinforcing communication, positional priority, and game-like urgency. The number of successful catches required can be adjusted based on the team's experience level—start small and increase as confidence grows.

Drill Objectives

- Improve catching consistency on pop-ups.
- Promote clear and assertive communication between players.
- Establish and reinforce positional priority to reduce hesitation and collisions.

Positional Priority Guidelines

1. Outfielders have priority over all infielders.
2. Shortstop has priority over all infield positions.

3. Second Baseman has priority over First Baseman.

4. Corner Infielders (1B/3B) have priority over the catcher.

5. Catcher has low priority, only catching unclaimed balls near home plate.

6. Pitcher has the least priority and should typically defer to all others.

Communication Protocol

- Outfielders call: "Mine! Mine! Mine!"
- Infielders call: "Ball! Ball! Ball!"
- Calls should be made as the ball reaches its highest point to avoid confusion and allow teammates time to react.

Drill Execution

1. Start with Manageable Reps
 - Begin with 5 pop-ups if the team is new to the drill.
 - Gradually increase to 10, 12, or 15 as catching, communication, and confidence improve.
2. Vary Conditions
 - Run the drill during windy or challenging weather to

simulate real-game difficulty.

- Use a mix of locations and heights to test different angles and responsibilities.

3. Accountability & Reset

- If a player misses a pop-up without attempting a dive or call, the team resets to zero.
- If a player dives and misses, but makes a clear effort, the team remains at the current level.

- This encourages effort, hustle, and a growth mindset.

4. Triangle Run Penalty

- After any missed pop-up, the entire team completes a Triangle Run:
 - Run from home plate to the right field foul pole.
 - Cut across to the left field foul pole.
 - Return to home plate.
- Target time: 41–42 seconds (adjust for team speed and age group).

Coaching Tips

- Emphasize effort and communication over perfection.
- Reinforce that fear of collision or indecision often causes errors—not lack of skill.

sion or indecision often causes errors—not lack of skill.

- Rotate responsibilities so players understand who takes charge in each situation.

- Use this drill regularly during the season and increase frequency in high-stakes preparation (e.g., playoffs).

Conclusion

Pop-ups are one of the most underestimated but game-changing plays in softball. The 15 Pop-Ups Drill builds not just technical skill but the mental toughness and teamwork needed to handle pressure in the field. With consistent practice, players will develop the confidence, communication, and instincts to make big plays when it counts most.



photo courtesy Matt Pokorny

Introduction to Leadership in Sports

Participating in sports offers a unique opportunity to develop leadership skills that are essential in various aspects of life. Successful leaders often attribute their capabilities to experiences and lessons learned on the playing field. Engaging in sports teaches invaluable skills like teamwork, communication, decision-making, and emotional intelligence. Athletes are exposed to real-life scenarios that require quick thinking, strategic planning, and effective collaboration with teammates. Additionally, the structured environment of sports helps instill discipline and accountability, qualities that are vital for any leadership role. Through these experiences, sports act as a practical training ground for developing the essential attributes of effective leaders.

Building Communication Skills

Effective communication is vital for any team's success. On the field, delivering messages swiftly and accurately can determine the outcome of a game. Sports help athletes understand the significance of quick and clear exchanges, whether it's calling out plays or strategizing during a break. Moreover, sports promote active listening, requiring athletes to absorb and act on feedback from coaches and teammates. This focus on concise dialogue

creates an atmosphere where everyone is aligned with the same objectives. Athletes also learn the importance of non-verbal cues, such as body language and eye contact, which can convey just as much as words.

Developing Teamwork Abilities

Athletes quickly learn to appreciate the diverse skills and strengths that each team member brings to the table. Understanding that success is a collective effort, they come to value the unique contributions of their teammates. This reliance on one another builds trust and cooperation, essential elements for any successful team. The environment encourages individuals to listen to different perspectives and ideas, fostering a culture of collaboration and mutual respect. Through these interactions, athletes become skilled at navigating group dynamics and resolving conflicts, which are crucial abilities in any leadership role. Learning to work cohesively with others on the field directly translates to the ability to lead effectively in various settings.

Cultivating Decision-Making Skills

In sports, athletes often find themselves in situations where they must quickly evaluate options and make choices that could affect the game's outcome.



BSN SPORTS

These high-pressure scenarios teach them to analyze circumstances swiftly and select the best strategy. This process involves weighing potential risks and benefits, as well as considering the strengths and weaknesses of the opposing team. Over time, athletes become adept at making split-second decisions that can pivot the game in their favor. The critical thinking and problem-solving skills developed in these moments are directly applicable to leadership roles, where making timely and well-informed decisions is essential for success.

Enhancing Emotional Intelligence

Sports often present a wide range of emotional experiences, from the thrill of victory to the frustration of defeat. These moments provide athletes with the opportunity to develop emotional regulation and resilience. By facing and overcoming various challenges, athletes build a strong capacity to stay composed under pressure. This emotional strength enables them to maintain focus and perform at their best, regardless of the situation. Additionally, the team environment in sports fosters empathy and understanding, as athletes must be aware of their teammates' feel-



photo courtesy Jayton Thompson

LEADERSHIP SKILLS GAINED FROM SPORTS PARTICIPATION

ings and needs. This awareness enhances their ability to support and motivate others. Through these interactions, athletes become more adept at reading emotional cues and responding appropriately, skills that are invaluable in any leadership role.

Instilling Discipline and Responsibility

Success in sports demands discipline, whether it's sticking to a rigorous training schedule or adhering to team rules. Athletes quickly learn the importance of self-discipline in achieving their goals. This level of commitment requires them to push through fatigue, maintain focus, and keep a positive attitude even when faced with setbacks. The structured nature of sports instills a sense of routine and dedication, which becomes second nature to athletes over time.

In addition to personal discipline, sports also teach responsibility. Each player understands that their actions, both on and off the field, have a direct impact on the entire team. This realization fosters a sense of accountability, as athletes must own their mistakes and work to correct them. It also encourages them to support their teammates and contribute to the group's overall success.

Responsibility in sports extends beyond individual performance. Athletes are often required to adhere to codes of conduct, represent their team positively, and uphold the values and standards set by their coaches and organizations. These experiences help athletes develop a strong moral compass and a sense of duty towards others.

The lessons of discipline and responsibility learned in sports translate seamlessly to other areas of life. Whether in the workplace, in academic settings, or within the community, the ability to stay disciplined and take responsibility for one's actions is highly valued. Athletes carry these attributes with them, enabling them to lead by example and inspire those around them to strive for excellence and integrity.

Conclusion: Applying Sports Lessons to Leadership

The leadership abilities cultivated through sports offer significant advantages in both professional and personal spheres. Effective communication, fostered on the field, becomes invaluable in managing teams and ensuring clarity in various scenarios. Teamwork, ingrained in athletes, translates into an ability to work harmoniously with diverse groups,

promoting a culture of collaboration and respect. The decision-making prowess honed in high-pressure sports situations is crucial for navigating complex challenges and making timely, well-informed choices in leadership roles. Additionally, the emotional intelligence developed through sports enables leaders to empathize, support, and motivate others, creating a positive and productive environment.

Discipline and responsibility, essential in sports, become foundational traits for any effective leader. The structured routines and accountability measures athletes adhere to prepare them to handle responsibilities with dedication and integrity. These traits are crucial for inspiring trust and confidence in teams, ensuring that goals are met with a collective effort.

By integrating these sports-derived skills into their leadership approach, individuals can foster an environment of excellence, resilience, and mutual support. The lessons learned on the field provide a robust framework for developing leaders who are not only effective but also inspire others to achieve their best. In this way, sports serve as a powerful tool for shaping capable and confident leaders.

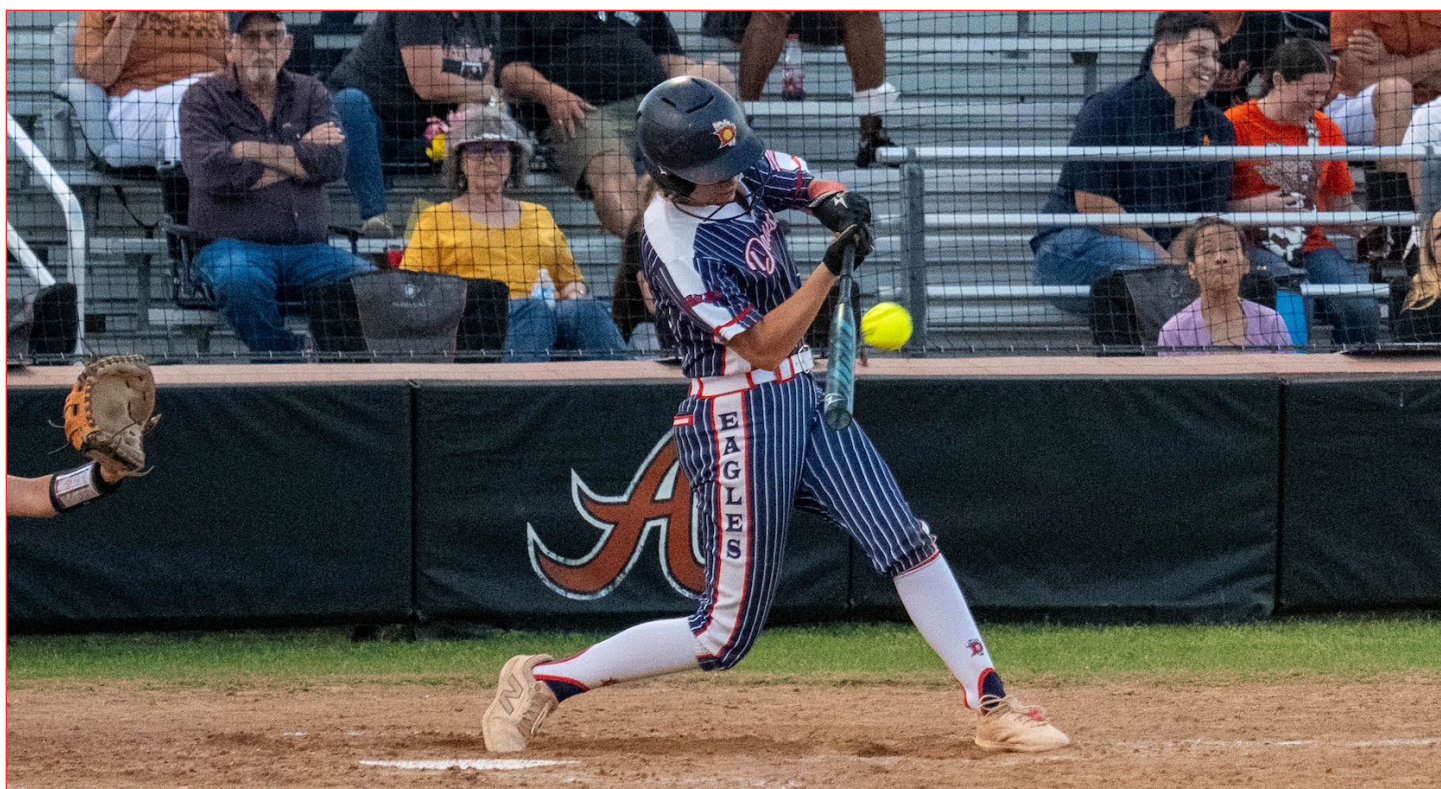


photo courtesy Chelsea Festervand

TGCA HALL OF FAME INDUCTEES

DAVID PARK

DECATUR HS

40+ years of coaching experience. The last 21 years at Decatur High School.

1981

Started teaching/coaching in Keller I.S.D in the fall of 1981 at the age of 20.

Was told at the time that I was the youngest teacher in the state of Texas at that time.

1986

Became the head track coach at Keller High School.

1988

Added Cross-Country to become the Head Cross-Country/ Head Track Coach.

1993

Won our first district title in track & cross-country.

1994

Qualified for my first Boston Marathon.

1996

Left teaching/coaching at Keller High School and worked in Structural Engineering at a local Firm.

1998

Returned to Keller High School teaching/coaching.

2000

First cross-country team to advance to state at Keller High School

2004

Joined the teaching and coaching staff at Decatur High School

2005

First State Cross-Country Championship with Decatur High School
3A Cross-Country Coach of the Year by the Cross-Country Coaches Association of Texas

2008

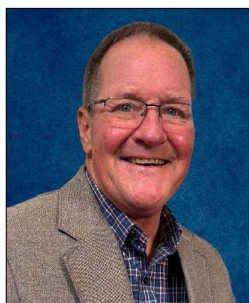
The DHS girls' cross-country team won the state championship and set the 3A state record for the fewest points scored at the state meet; this record still stands.

1A, 2A, and 3A Coach of the Year by the Texas Girls Coaches Association

3A Cross-Country Girls Coach of the Year by the Cross-Country Coaches Association of Texas

2009

Girls cross-country team becomes back-to-back state champions
Named 3A Cross-Country Coach of the Year by the Cross-Country Coaches Association of Texas



2012

DHS boys cross country wins the 3A State Championship
Named 3A Cross-Country Coach of the Year by the Cross-Country Coaches Association of Texas

2013

State Cross-Country Coach of the Year by the National Federation of High Schools

Southwest United States Coach of the Year by the National Federation of High Schools.

2014

Inducted into the Keller Independent School District Athletic Hall of Fame

Joins a national program sponsored by the shoe company Brooks, Brooks I.D. (Inspire Daily) Coaches Program

2015

Keller High School Track & Field Meet named "The Dave Park Relays." This meet was named after me.

2018

DHS boys Cross-Country team wins the 4A State Championship

DHS girl's team were State runner-ups

4A Cross-Country Coach of the Year by the Cross-Country Coaches Association of Texas

2019

DHS boys team wins back-to-back State titles

4A Cross-Country Coach of the Year by the Cross-Country Coaches Association of Texas.

2023

I was inducted to the Decatur Independent School District Hall of Fame

2025

My book, Focal Point, was released in March. It is about reaching goals and raising leaders.

Professional Summary to Date:

52 - Varsity District Championship Teams in Cross-Country or Track & Field

27 - Different State Qualifying Teams

18 - Years in a row, at least one team competed at the State Cross-Country Championships

15 - State podium teams (First, Second, or Third).

6 - State Champion Teams

10 - State or National Coach of the Year honors.

3 - Hall of Fame inductions.

Numerous Individual state champions and qualifiers.

A member of the Brooks National Inspire Daily coaches program.

LARRY TIDWELL

SCHULENBURG HS

49 Year Coaching Veteran – 18 years Texas HS / 29 years NCAA D-1 / 2 years NAIA
Sports coached include Women's Basketball, Volleyball, Cross Country, Track & Field

COACHING RECORD

High School

Girls Basketball - 324-80 (.801) 13 years (12 years in postseason)

Volleyball - 263-58 (.819) 9 years (8 years in postseason)

Cross Country - 9 years (8 State Meet appearances)

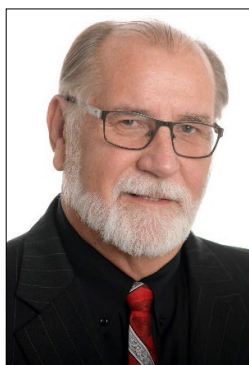
Track & Field - 8 years (8 State Meet appearances)

NCAA

Women's Basketball – 252-162 (.608) 29 years (9 years in postseason)

Lamar, UT Rio Grande Valley

9 Postseason appearances (NCAA-1, WNIT-2, WBI-6 (2 NAIA-ACCA Final Fours)



ACCOLADES

-District Coach of the Year – 27 times

-AFLAC National Assistant Coach of the Year (TCU)

-1 of only 5 coaches to be school's all-time leader in coaching victories (Lamar, UT-Rio Grande Valley)

-2011 USA National Team Coach (Bahamas)

-63 D-1 players play professionally

-248 HS/College players go on to become Coaches/Teachers

-Have traveled to over 40 countries to recruit players and host basketball clinics

-Done over 200+ Basketball clinics, while also writing two training manuals on coaching/funding basketball

-TABC Coach of the Year (2020, 2015)

-2001 Sanger HS Hall of Fame Inductee

-2004 Austin College Hall of Fame Inductee (Player)

-2008 TGCA Margaret McKown Distinguished Service Award

-2010 Austin College Kedrick Couch Hall of Fame Award for Coaching

-2014 Austin College Joe Spencer Hall of Fame Award for Career Achievement

-2022 Lamar University Hall of Fame Inductee for Coaching Excellence

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TGCA HALL OF FAME INDUCTEES

PATTI ZENNER

POTHHS

Few coaches in Texas high school athletics have defined success the way Patti Zenner has. Spanning over three decades, her career is not just measured in victories but in the countless lives she has shaped through mentorship, leadership, and an unwavering commitment to excellence. A cornerstone of Texas high school sports, Zenner has cultivated champions, built powerhouse programs, and inspired generations of athletes across multiple sports. As a head volleyball coach for 32 years, alongside 28 years as an assistant in basketball, 30 in track, and two as head tennis coach, her legacy is one of resilience, dedication, and lasting impact. More than the wins and accolades, Zenner has instilled values of teamwork and discipline that have carried countless athletes beyond the court and into life. Recognized as one of the most respected coaches in Texas high school athletics, her influence is etched not only in record books but in the lives of those she has helped guide.



A proud La Vernia High School graduate and salutatorian of her class, Zenner continued her academic and athletic career at Texas Lutheran University, where she played collegiate volleyball for four years. She honed her skills both on and off the court, graduating magna cum laude with a Bachelor of Arts degree.

Zenner began her professional career at Woodsboro ISD, where she first taught junior high math and coached 8th-grade girls' athletics. The following year, she stepped into her first head coaching position, marking the beginning of an extraordinary coaching journey. After one year as head volleyball coach at Woodsboro High School, Zenner took the reins at Poth High School, a position she held for 31 years. During 32 seasons as a head volleyball coach, her teams have been a dominant force, making the playoffs every single year, a testament to her leadership and a reflection of her consistency and ability to build elite-level teams year after year.

Her legacy truly took shape at Poth ISD, where under her leadership, the Poth volleyball program became one of the most successful in the state, consistently competing at the highest level, achieving an impressive 306-14 district record over 31 years while winning 27 district championships, along with earning 24 regional tournament appearances, 19 regional final appearances, 13 state tournament appearances, 12 state final appearances, and winning 9 state championships (1995, 1996, 1997, 2004, 2005, 2006, 2009, 2011, 2014). During this past season, Zenner also surpassed the remarkable milestone of 900 career victories, further cementing her expertise and unwavering commitment to excellence.

Zenner's impact on young athletes extends far beyond championships. Numerous players under her guidance have earned All-District, All-State, All-Star, Academic All-State, and even All-American honors. In addition, many of her athletes have continued their volleyball careers at the collegiate level and/or entered the teaching and coaching profession, a testament to her lasting influence.

While Zenner takes the most pride in her players' accomplishments, she has also earned numerous personal accolades, including:

- San Antonio Express News Coach of the Year (1995, 2004)
- HS Extra – Coach Who Makes a Difference (2000)
- TGCA 1A-2A-3A Coach of the Year (2005)
- National Federation of State High Schools – Texas Coach of the Year (2006)
- TGCA All-Star Coach (2003, 2010)
- Texas Sportswriters' Association 3A Coach of the Year (2006, 2009, 2011, 2014)
- Texas Lutheran Distinguished Alumni (2007)
- South Texas Coaches' Association All-Star Coach (2022)

Beyond volleyball, Zenner played a role in Poth High School's basketball program as an assistant coach, helping contribute to 13 state tournament appearances, 3 state final appearances and 2 state championships (1997, 2007). She also spent two years as the head tennis coach, leading a team to state alternate status in mixed doubles along the way. In addition, she has served as an assistant track coach for 30 years which included volunteering at the Region IV regional track meet for over 20 years.

Zenner is also deeply committed to advancing girls' athletics statewide, demonstrated through her involvement in the Texas Girls Coaches Association (TGCA). Over her career, she has served in various roles -- as a member of the volleyball committee (chair 1 year), the volleyball all-state committee and the board of directors, as well as filling in on the sub-varsity and basketball and track all-state committees for other coaches when needed -- helping ensure recognition for athletes and coaches across the state in multiple disciplines. Additionally, she has shared her expertise by speaking at coaching clinics such as TGCA and THSCA, continually learning and refining her craft. Beyond her direct coaching efforts, Zenner has helped grow the game by offering team camps for numerous schools throughout her career, providing athletes with the skills and opportunities needed to excel.

Patti Zenner's legacy is woven into the fabric of Texas high school athletics—a legacy defined not only by victories but by the relationships she has fostered, the standards she has set, and the countless lives she has influenced. For generations of athletes and coaches, her name is etched not only in record books but in the hearts of those she has mentored.

TIDWELL - Continued from Page 6

- 2022 Texas Association of Basketball Coaches Hall of Fame Inductee
- NCAA Graduation Rate of 78 out of 80 players graduating
- Over 24,000+ Hours of Community Service at the NCAA DI Level
- Service above self is a valuable trait I learned at Austin College
- TGCA and TABC Proud Member for 49 years
- South Padre Island Basketball Clinic Director for 30 years

My coaching theory consists of a key phrase:

Players do not care how much you know, until they know how much that you care. Thus, we bond through community service hours in helping others.

I follow these steps in coaching:

1. Teach your players to listen
2. If they listen, they will learn
3. If they learn, they will retain
4. If they work relentlessly hard, they will grow

TGCA SPORTSWRITERS OF THE YEAR

PETE CHRISTY KCBD-TV DIVISION I

Pete made a big decision in September 2004, leaving the top 5 market of Philadelphia to return to Lubbock and start a family. Pete returned to Lubbock after spending 7 years in the big city of Philadelphia. Pete had been a Sports Anchor/Reporter at the Comcast Networks in Philadelphia, Pennsylvania (Market #4). He covered the city's sports teams (Eagles, 76ers, Flyers and Phillies) but his specialty was announcing and reporting on his favorite sport...boxing, including Middleweight Champion Bernard Hopkins stunning Knockout wins over Felix Trinidad and Oscar De La Hoya. His sports challenges known as "I Beat Pete" were extremely popular in the Mid-Atlantic Region as he faced celebrities and viewers in the sport or game that they play. It's a chance to give some exposure to those non-traditional sports, like Football Net, Curling, Sled Hockey, Kite Buggy and Australian Rules Football. Pete was nominated 2 times for best Sports Reporter in the Mid-Atlantic Emmys and in 2004 right before he left to return to Lubbock, he won an Emmy for best Sports Show...allowing him to leave Philadelphia on top!

After 7 years in the big city, Pete gladly returned to Lubbock to continue his passionate style of sports broadcasting that attracts not only the hard-core sports viewer, but also the non-sports fan. By being creative, entertaining and informative, Pete attracted many viewers with his unique style and viewer-interaction sportscasts during his first stint as KCBD's Sports Director when he was at NewsChannel 11 from 1995-97. His Pete's Sports Challenges highlighting our area's local sports were a favorite among viewers in the South Plains including his crash on a motorcycle. Since his return Pete has won numerous Texas AP Broadcasters Best Sportscast awards. Prior to that, Pete was a Sports Anchor/Reporter at KDRV-TV in Medford, Oregon. His broadcast travels have also taken him to stations in New Jersey, Virginia and Washington D.C. Despite his love of Texas Tech and Lubbock, Pete was born in Maryland and attended the Newhouse School of Public Communications at Syracuse University in New York where he graduated with a degree in Broadcast Journalism. Pete actually got his start when he was 14, predicting games on a local radio station in his hometown. By 16 he was the Sports Director at WPTX-AM/WMDM-FM in Maryland.

Pete is especially humbled by his kingdom work, hosting Monthly Lunch Church events in Lubbock and On the Road Out of Town Lunches to bless and inspire all the towns that watch me nightly. He prays with people in the community daily. God is so good. Pete is a servant sportscaster.

Pete, his daughter Bella and son Henley are elated to call Lubbock home!



NICK ALVARADO TXHSGBB.COM DIVISION II

Graduating from Plains High School in 2013, Nick immediately went to work on building a website covering local sports.

Nick launched his website, "The Roy Report," at the time in August 2013. It started out as a small website covering Yoakum County sports alone.

With more coverage in games meant more opportunities to spread out the wings of the website as it slowly turned into a passion project, with the help of social media.

By 2015, The Roy Report went statewide, covering all sports. By January of 2016, the tough decision was made to cut coverage to one sport, girls' basketball.

Since then, the decision was the best one that was made.

Many goals and achievements were made covering only girls' basketball and finding a niche in the girls' basketball community.

This decision was not made easy but this choice was made by watching the hometown Plains Cowgirls win a state championship in Austin in 2014.

In 2019, Nick set a website record of covering 121 games up until the state tournament, which remains a website record.

Nick also showcases other basketball-related content, including organizing the best gyms in Texas contest back in 2021.

Nick currently resides in Lubbock, TX and continues to run TX-HSGBB and is currently working on starting TXHSSB (Texas High School Softball) in 2026. He has the support of long-time girlfriend Hannah, my parents, Larry & Annette, and my sisters, Marisa & Madison.

Nick will continue to provide the best coverage of girls basketball and soon to be softball, and making sure both sports are left in a better place when he found it.



MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

KIM PEACH ARLINGTONISD

Kim Peach has dedicated nearly three decades to serving students, educators, and athletic communities with passion, professionalism, and excellence. As the Assistant Director of Athletics for Arlington ISD from 2015 to 2025, Kim has been instrumental in guiding athletic programming across the district. Her leadership has supported girls sports, gymnastics, cheer, and Elementary PE, while her commitment to equity and opportunity has made a lasting impact on students and staff alike.

Kim's career in education began in the classroom and on the field. From 1996 to 2012, she taught U.S. Government and History while



coaching varsity soccer, cheerleading, and volleyball—demonstrating a remarkable ability to lead both academically and athletically. She advanced into administration at Gunn Junior High School, where she served as Assistant Principal from 2012 to 2015, overseeing professional development, discipline, and curriculum coordination.

Throughout her career, Kim has been a champion for student-centered programming, coach development, and collaborative leadership. Her dedication to building strong, supportive environments for students and staff is evident in every role she has held. She has played a vital part in organizing professional development, managing facility operations, guiding athletic travel, and fostering transparent communication across all levels of the district.

2024-25 SUB-VARSITY/MIDDLE SCHOOL COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONE.
Shawna Lavender	Brock HS	Sub-Varsity Cross Country	1A-4A
Aaron Mouser	Argyle HS	Sub-Varsity Cross Country	5A-6A
Madison Luther	Bellville HS	Sub-Varsity Volleyball	1A-4A
Brett John	Fredericksburg HS	Sub-Varsity Basketball	1A-4A
Stephanie Smith	Magnolia West HS	Sub-Varsity Basketball	5A-6A
Madilynn Caperton	Navasota HS	Sub-Varsity Track & Field	1A-4A
Morgan King	Abilene Cooper HS	Sub-Varsity Track & Field	5A-6A
Valerie Villalva	Seminole HS	Sub-Varsity Softball	1A-4A
Elizabeth Reyes	Alvin Shadow Creek HS	Sub-Varsity Softball	5A-6A
Amy Aschenbeck	Bellville HS	Sub-Varsity Tennis	1A-4A
Trish Mosley	Argyle MS	Middle School Cross Country	1A-4A
Devin Barker	Tatum ELEM	Middle School Volleyball	1A-4A
Julie Benson	Briarhill MS	Middle School Volleyball	5A-6A

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2025 UIL STATE CHAMPIONSHIPS!

TRACK & FIELD

COACH	SCHOOL	CONE.
Mike Reed	Gordon	1A
Corby Maurer	Panhandle	2A
Stacey Bessire	UC-Randolph	3A
Chelsy Lipsey	Brownwood	4A
Angel Boyd-Thomas	Alvin Shadow Creek	6A

GOLF

COACH	SCHOOL	CONE.
Kade Burns	Mason	2A
Mark Burgen	Andrews	4A
Gary Beyer	Coppell	6A

SOFTBALL

COACH	SCHOOL	CONE.
James Turner	Jonesboro	1A
James Harp	Ganado	2A-D1
Meagan Gonzales	Sundown	2A-D2
Leigh Ebner	Grandview	3A-D1
Alex Orosco	Coahoma	3A-D2
Teresa Lentz	Corpus Christi Calallen	4A-D1
Jimmy Eby	Waco Robinson	4A-D2
Cassie Crabtree	Melissa	5A-D1
Candyce Carter	Montgomery Lake Creek	5A-D2
Jordan Williams	Waco Midway	6A-D1
Christa Williams-Yates	Humble Kingwood	6A-D2



Jimmy Eby- Robinson HS



Alex Orosco - Coahoma HS

TGCA POSTSEASON AWARDS

TRACK ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Addyson Bristow
Canyon HS

(Coach Ray Baca)
Conf. 5A-6A: Zahria Bernard
Red Oak HS
(Coach Johnny Johnson)

FIELD ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Arieanna Jefferson
Ferris HS

(Coach Bethany Anderson-Burrell)
Conf. 5A-6A: Lauren Carrothers
Prosper Walnut Grove HS
(Coach Terrence Knight)

TRACK & FIELD COACHES OF THE YEAR

Conf. 1A-2A-3A-4A:
Chelsy Lipsey, Brownwood HS

Conf. 5A-6A:
Angel Boyd-Thomas, Alvin Shadow Creek HS

GOLF ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Ainsley Burns
Mason HS

(Coach Kade Burns)
Conf. 5A-6A: Megan Lee
Frisco Independence HS
(Coach Macee Lane)

GOLF COACHES OF THE YEAR

Conf. 1A-2A-3A-4A: Kade Bruns
Mason HS

Conf. 5A-6A: Gary Beyer
Coppell HS

TENNIS ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Amelia Taylor
Wall HS

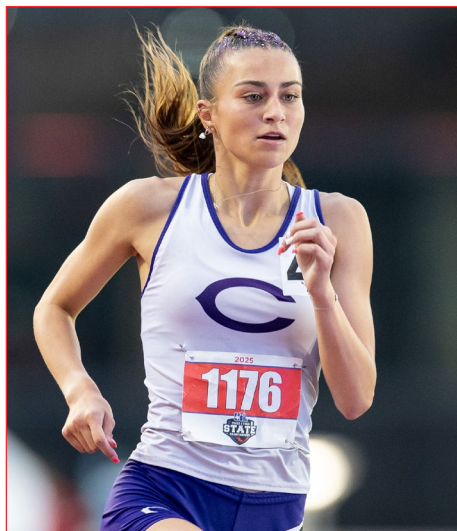
(Coach Gayla Parker)

Conf. 5A-6A: Anwitha Duduka
Round Rock Westwood HS
Janya Tellabati
Round Rock Westwood HS
(Coach Travis Dalrymple)

TENNIS COACHES OF THE YEAR

Conf. 1A-2A-3A-4A: Gayla Parker
Wall HS

Conf. 5A-6A: Travis Dalrymple
Round Rock Westwood HS



Addyson Bristow - Canyon HS



Arieanna Jefferson - Ferris HS



Ainsley Burns - Mason HS

SOCCER ATHLETE OF THE YEAR

Conf. 4A-6A: Meredith Koltz
Cedar Park HS
(Coach Winston Pool)

SOCCER COACH OF THE YEAR

Conf. 4A-6A: Winston Pool
Cedar Park HS



Anwitha Duduka, Janya Tellabati - Round Rock Westwood



Meredith Koltz - Cedar Park HS

2025 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER - ATHLETIC & SPIRIT DIVISIONS | JULY 14-17

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington E-Sports Stadium, 1200 Ballpark Way, with some lectures and registration being held at the Sheraton Arlington, 1500 Convention Center Drive. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 14th, 7:00 p.m., at the Arlington Sheraton Hotel, 1500 Convention Center Drive, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic

registration and Membership renewal. On-line hotel reservations will open in March. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations" when it opens.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2025-26 Printable Membership Form".

The 2025 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will

be updated often as we progress towards Summer Clinic and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2025 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2025 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2025 SUMMER CLINIC ARLINGTON HOTELS AND RATES

You MUST use the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to get the TGCA rates. Hotel Reservation Services are now open. If you need assistance with your reservation, contact information for Orchid Reservation Services can be found within the link for



photo courtesy Laura Davis

Hotel Reservation Services. You cannot call the hotel directly. You must go through the Hotel Reservation Services link.

TGCA ALL-STAR PROGRAM

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

> [All-Star Itinerary](#)

> [All-Star Game Schedule](#)

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

**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**

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

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TGCA SATELLITE SPORTS CLINICS

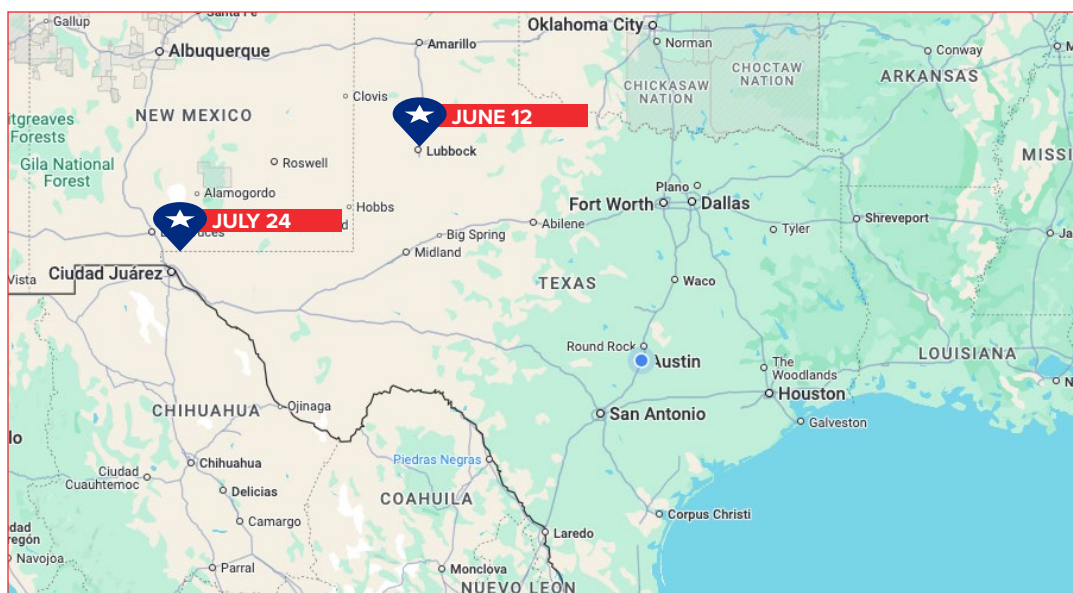
TGCA will be hosting two Satellite Sports Clinics in 2025. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other Clinics" category, both located in the menu on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



FELLOWSHIP OF CHRISTIAN ATHLETES TO OPEN TGCA SUMMER CLINIC

Gary Tipton | Fellowship of Christian Athletes

Fellowship of Christian Athletes is pleased to announce that Texas Girls Coaches Association is allowing us to open up the TGCA Summer Clinic in Arlington with the FCA Coaches Luncheon.

FCA Coaches Luncheon will be held on Tuesday July 15th from 11:00 till 12:00 at Stadium 1 in the ESports Arena. There will not be any other TGCA lectures at that time. We hope all of you can attend. Food, fellowship and an FCA motivational message by Fleceia Co-meaux will be given. Fleceia

serves in Houston as an Area Director for FCA and has been an advocate for TGCA since playing in the TGCA All-Star Basketball Game.

FCA ministry is to and through you, the coach. TGCA allows FCA and their coaches more than just a seat at the table. They allow us keys to their house.

We hope to see you in Arlington and see you at the FCA Luncheon. Together,

"Let's be used to win them all!"



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 Michael Alfaro

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.

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 Kristi Saxon

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 FOUNDATION



Imagine a world where, when our players, staff, or family members receive “the cancer call,” they are filled with hope rather than fear. Picture a future where preventative care is accessible to everyone, and research has led to groundbreaking medical interventions that make all types of cancer more treatable. This is the future that the Kay Yow Cancer Fund is striving to create alongside all of you.

At the Kay Yow Cancer Fund, our mission is clear: to raise funds for life-saving cancer research, support underserved programs that provide access to quality cancer healthcare, and unite people in the fight against all cancers affecting women. Over the past 17 years, thanks to your dedication, we have made significant strides. Because of you we have been able to expand and educate student-athletes about the importance of preventative care through our EmPOWERment Tour, as well as giving back to local organizations that are dedicated to breaking down barriers to cancer care for under-resourced women.

Join the movement – Play4Kay!!!

Contact Jennifer Sullivan, jennifer.sullivan@kayyow.com to start planning for next year!



photo courtesy Kristi Saxon



photo courtesyDanielle Sicotte

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TGCA: Board of Directors Meeting	2 TGCA: Softball Committee Meeting TGCA: Softball All-Star Committee Meeting	3	4	5	6	7
8	9	10	11 UIL: Legislative Council Athletic and Policy Committee meetings	12 TGCA LUBBOCK SPORTS CLINIC	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	JULY 1	2	3	4	5
6	7	8	9	10	11	12
13	14 TGCA: Board of Directors Meeting.	15	16 TGCA: Spirit Advisory Board Meeting.	17	18	19
20	21	22	23	24 TGCA EL PASO SPORTS CLINIC	25	26
27	28	29	30	31		

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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-Gulf Coast Specialties
-Herff Jones
-MaxPreps
-Nike
-Sport-Tek

-Surge
-Varsity



BSN SPORTS

TGCA NEWS

TGCA News is the official newsletter of the
Texas Girls Coaches Association

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TGCA News is published nine times per year, September through May.

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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.



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