



TGCA NEWS

MARCH 2025



2024-2025 TGCA OFFICERS



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TGCA 2nd Vice President
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cover photo courtesy Summer McCowan

right photo courtesy Josh Munson



UNLOCKING POTENTIAL: THE POWER OF MENTORSHIP

Sunni Strickland | Big Spring HS | **TGCA 2nd Vice President**

In the dynamic world of girls athletics, the role of a coach extends far beyond strategy and training regimens. Coaches shape the culture of their team, influence athlete development, and define what it means to pursue victory. For seasoned coaches, mentoring younger coaches is not just a way to give back to the sport, but a powerful way to sustain a legacy of excellence and foster the winning attitude. Developing younger coaches is pivotal for sustaining a culture of excellence and innovation.

Mentoring Younger Coaches in Athletics

Mentoring in coaching is a Mutualistic relationship. It is a relationship centered around trust and mutual respect. Experienced coaches bring the wisdom of their years in the trenches, refining tactics, navigating the highs and lows, and building teams with winning attitudes. When this knowledge is shared with new coaches, it helps accelerate their growth by providing a foundation that they might otherwise spend years to establish themselves.

I believe a successful mentorship starts with openness. Younger coaches benefit from an environment where they feel valued and heard. Veteran coaches should share personal experiences, provide constructive feedback, and encourage questions, sharing insights while remaining receptive to fresh perspectives. Experience is an invaluable resource that is all too often overlooked. Invite younger coaches to shadow practices, camps, and attend game day meetings. In the same aspect, younger coaches need to be perceptive to the information being shared. This will enrich the learning experience and reinforce a culture of continuous growth.

Cultivating a Winning Mindset

Winning is not just about the scoreboard; it is an attitude that should seep from every aspect of a team's culture. Mentors need to help teach how to instill this mindset in their program. It begins with setting high standards in effort, discipline, integrity, and continuous improvement for the athlete as well as the coach. Coaches can model

these traits by demonstrating positivity, commitment, and an unrelenting belief in their team's potential.

Younger coaches should see any failure as a stepping stone to success. Teach your athletes to analyze setbacks, adapt to new situations, and how to be persistent in attaining your goals. By encouraging this behavior in your younger coaches, it will help them navigate through the early years of their career with confidence and determination.

Communicating as a Leader

Effective communication is one of the most important parts of impactful coaching. Feedback is a catalyst for improvement. Effective feedback is both honest and supportive, helping others recognize their strengths and identifies areas needing enhancement. Mentors can guide the younger coaches in developing their voice and leadership style. This includes learning how to inspire, motivate, hold athletes accountable, and navigating through conversations with empathy and clarity. Positive constructive criticism helps refine techniques and adopt a



proactive approach to personal development. Mentor coaches play a crucial role in guiding younger coaches through challenging conversations—whether it's giving constructive feedback to athletes, addressing conflicts within a team, or having difficult discussions with parents or administration.

Leadership development also includes emotional intelligence and strategic thinking. Mentors can challenge younger coaches to think critically about game tactics, team dynamics, and athlete development. This will ensure that new coaches are prepared to lead with compassion and competence. Encourage autonomy, risk-taking, and celebrating successes no matter how big or small creates self assurance and decision-making skills. This enables the next generation of coaches to innovate and adapt to the ever changing world of athletics.

Building a Legacy

When experienced coaches invest in the next generation, they do more than shape careers, they fortify the future of their sport. A strong mentorship causes a ripple effect, where today's mentees become tomorrow's mentors, creating a cycle of growth and excellence. Mentoring coaches is a profound responsibility that helps shape the future of athletics. Investing in our younger coaches is the key to continuing the legacy of excellence from generation to generation.

Ultimately, mentoring younger coaches and fostering a winning attitude strengthens the entire athletic community. It cultivates a network where knowledge is shared, resilience is celebrated, and every coach and athlete is pushed to strive for greatness on and off the field.



photo courtesy Xavier Allen



In the competitive arena of sports, athletes constantly seek ways to enhance their performance. Among the many factors contributing to success, sleep has emerged as a critical element. Proper rest is vital for both physical and mental rejuvenation, significantly influencing an athlete's overall performance. Research indicates that athletes who prioritize sleep tend to experience better recovery, heightened focus, and improved decision-making abilities.

The interplay between sleep and athletic prowess extends beyond mere physical repair. It also encompasses mental sharpness and emotional stability, crucial components for anyone aiming to excel in their sport. From reducing injury risks to enhancing cognitive functions, sleep proves to be an indispensable asset for athletes committed to achieving their peak potential. Understanding and leveraging the power of sleep can provide athletes with a substantial edge in their pursuits.

Sleep's Role in Physical Recovery

Proper rest allows the body to repair muscles and replenish energy stores. Elite athletes like Roger Federer and LeBron James underscore the importance of sleep in recovery by sleeping an average of 12 hours per day, a significant increase compared to the 7 hours the average American gets. This commitment to rest highlights how sleep aids in muscle repair and prepares athletes for peak performance.

Additionally, well-rested athletes are less prone to injuries. Usain Bolt, Venus Williams, Maria Sharapova, and Steve Nash, all champions in their respective sports, make it a point to sleep up to 10 hours daily. Their dedication to sleep demonstrates a clear link between proper rest and injury prevention, allowing them to maintain their high levels of performance.

Mental Benefits of Sleep for Athletes

A well-rested mind can enhance focus and concentration, vital for strategic decision-making in sports. Boston Bruins

defenseman Andrew Ference highlighted this connection, noting how varying sleep scores affected his daily performance. "I always knew some days I'd feel great and some days I wouldn't, but I wouldn't really know why. This has really confirmed how I felt some days, as some days I'll have great sleep scores and some days I won't."

Beyond focus, sleep also plays a crucial role in stress management and maintaining mental health. NBA player Steve Nash emphasizes the value of napping on game days, understanding how cumulative rest contributes to feeling better over the season. "If you nap every game day, all those hours add up and it allows you to get through the season better. I want to improve at that, so by the end of the year, I feel better."

Sleep Cycles and Athletic Performance

Sleep comprises multiple stages, each contributing uniquely to physical and mental recovery. REM sleep is particularly critical for cognitive functions such as learning and memory, which are indispensable for athletes mastering new skills or strategies. Monitoring sleep patterns allows athletes to find the right balance between rest and training intensity. Motocross racer Ryan Dungey highlights this, explaining the significance of daily adjustments based on sleep data. "A lot of it's monitored from the hours of how much rest we have, how much training, determining how you feel, and you kind of have to adjust. In the long-term and in the short-term, you just monitor it day by day." By understanding the different stages of sleep and their impact on recovery and mental functions, athletes can optimize their routines for better performance.

Sleep Quality vs. Sleep Quantity

While many athletes focus on the number of hours they sleep, the quality of that sleep is equally crucial. Achieving a balance between the two is essential for optimal recovery and peak performance. An envi-

ronment conducive to rest can often be more beneficial than merely extending sleep duration.

To enhance sleep quality, athletes should aim to minimize disruptions such as noise and light. Establishing a consistent sleep schedule helps maintain deep, restorative sleep. A consistent bedtime and wake-up time can regulate the body's internal clock, leading to more effective rest. Additionally, the sleep environment should be cool, dark, and quiet to foster uninterrupted sleep.

Improving sleep quality can also involve pre-sleep routines. Avoiding screens at least an hour before bed helps reduce exposure to blue light, which can interfere with the production of melatonin, a hormone that regulates sleep. Athletes might also benefit from engaging in relaxing activities before bed, such as reading a book or practicing deep-breathing exercises, to signal to the body that it is time to wind down.

Dietary habits play a role as well. Consuming heavy meals or caffeinated beverages close to bedtime can disrupt sleep patterns. Opting for lighter snacks and herbal teas in the evening can promote better sleep.

Monitoring sleep quality can be as simple as paying attention to how rested one feels upon waking. There are also various devices and apps designed to track sleep stages

and offer insights into sleep quality, allowing athletes to make necessary adjustments to their routines. By prioritizing sleep quality along with sleep quantity, athletes can ensure they are fully recharged and ready to perform at their highest level.

Practical Sleep Tips for Athletes

Creating a sleep-friendly routine is essential for athletes. Aim to go to bed and wake up at the same time every day to regulate your body's internal clock. Keep your sleep environment cool, dark, and quiet to minimize disruptions. Reducing screen time before bed helps decrease blue light exposure, which can interfere with melatonin production. Engage in relaxing pre-sleep activities such as reading or deep-breathing exercises to signal to your body it's time to wind down. Be mindful of dietary habits; opt for lighter snacks and avoid caffeine close to bedtime. Consider using devices or apps to monitor your sleep quality and make necessary adjustments to your routine. By focusing on both the quality and quantity of sleep, athletes can ensure they are well-rested and ready to perform at their best.



photo courtesy Emma Buckaloo

SOCCER STATE CHAMPIONSHIPS

Birkelbach Field Georgetown ISD Athletic Complex | **April 10-12, 2025**



photo courtesy Julia Zachary

Tickets & Parking

Information will be posted once available: [Click Here](#)

Schedule

Thursday, April 10

Girls Conf. 4A-D2 Final..... 11:00 AM
Girls Conf. 4A-D1 Final..... 4:00 AM

Friday, April 11

Girls Conf. 5A-D2 Final 11:00 AM
Girls Conf. 5A-D1 Final..... 4:00 AM

Saturday, April 12

Girls Conf. 6A-D2 Final 11:00 AM
Girls Conf. 6A-D1 Final..... 4:00 AM

TGCA SOCCER ADVISORY BOARD

COACH	SCHOOL	CONFERENCE
Whitney Bernard	Canyon Randall	4A
Darin Dabelgott	Bay City	4A
Jimmie Lankford %	Frisco Wakeland	5A
Winston Pool &	Cedar Park	5A
Jamie Tibbetts	Lake Belton	5A
Rebecca Christ	McKinney	6A
Kaitlyn Eidson	Katy Seven Lakes	6A

% - Chair & - Vice Chair

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:

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

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

COACH	SCHOOL	CONF.
Eric Schilling	Nazareth	1A-D2
Kyle Spitzer	Nocona	2A-D1
Jay Bruce	Martin's Mill	2A-D2
Sally Whitaker	Fairfield	3A-D1
Tena Matthews-Williams	Kountze	3A-D2

COACH	SCHOOL	CONF.
Drew Coffman	Decatur	4A-D1
Ashley Greer	Dallas Lincoln	4A-D2
Monesha Allen	Denton Ryan	5A-D1
Jill Schneider	Lubbock Monterey	5A-D2
John Reese	Fort Worth Boswell	6A-D2

GOLF STATE CHAMPIONSHIPS

Austin Metro | April 28-29, 2025

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
1A	Crystal Falls Golf Club, Leander	No Fee	\$50 per cart
2A	Lions Municipal Golf Course, Austin	No Fee	\$50 per cart (Handicap Only)
3A	Jimmy Clay Golf Course, Austin	No Fee	\$50 per cart (Handicap Only)
4A	Legends Golf Course, Kingsland	No Fee	\$75 per cart
5A	Legacy Hills Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart
6A	White Wing Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart

Ticket Prices

Admission to the golf state tournament (all locations) is FREE.

Food/Drink

Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

Cart Availability

Spectators may bring a personal cart with a \$20 charge at Legends; a \$25 charge at Legacy Hills and White Wing; a \$30 charge at Lions and Jimmy Clay GC; and a \$40 charge at Crystal Falls GC. Visit the [UIL Website](#) for more information.



photo courtesy Logan Lawrence

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 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.

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](#)

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@austingca.com
(512) 708-1333
www.austingca.com
ADVERTISE
AD space AVAILABLE!

TGCA SATELLITE SPORTS CLINICS

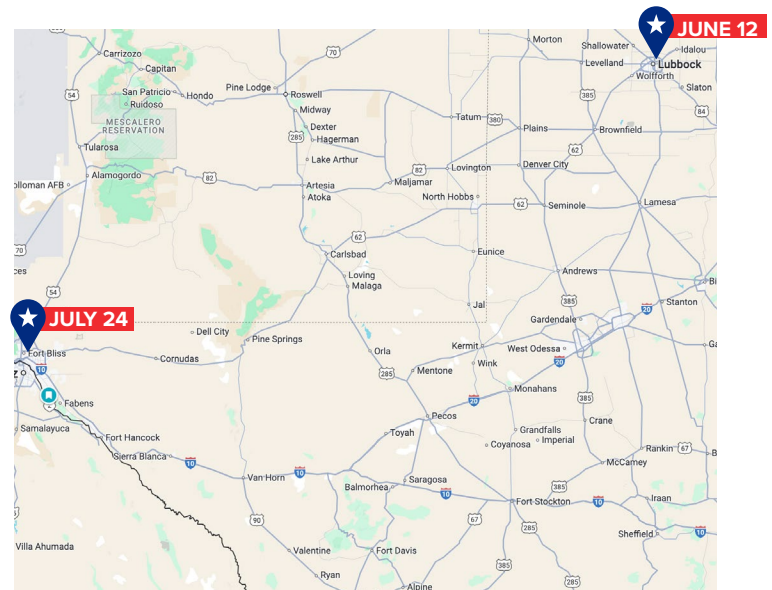
TGCA will be hosting two Satellite Sports Clinics in 2025. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austingca.com, under the “Forms” category and under the “Other Clinics” category, both located in the menu on

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@austingca.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](#)



TGCA ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

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.

TEXAS GIRLS COACHES ASSOCIATION

Gary Tipton | Fellowship of Christian Athletes

This month I would like to take some time to stress how important Texas Girls Coaches Association is to each of you and how important TGCA is to Fellowship of Christian Athletes. You need an organization that majors in coaches of girls' sports and the only organization in Texas that does that is TGCA.

You can take a look at the websites of various coaches organizations and see the difference. TGCA lists the cell phone numbers of the Executive Director and the Assistant Executive Director in plain sight. You also have the phone numbers and extensions to the Administrative Assistant and the Administrative Support Assistant. I can vouch that if you contact any of the four that they will get back to you in a timely manner. That is 365 days a year.

TGCA, usually in person, gives out more awards to coaches and athletes in girls' sports than any other coaches organization. They also still provide All-Star games at their summer clinic.

A seat at the table usually means limitations. One size can't and doesn't fit all. You are limited in TGCA only by yourself. You have the keys to the house. Come to Arlington this summer, go to your regional meetings, ask questions and help keep TGCA strong and thriving.

One of the many reasons TGCA is important to FCA is more times than not coaches on the girls side are instrumental in getting us on a school campus. Our ministry is to and through you. The Gospel is a supernatural message. It is Holy Spirit driven and has an explosive power that has no equal. You are used to help facilitate it being heard. Thanks for all you do!



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lee@austintgca.com

TGCA TRACK & FIELD COMMITTEE

% - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.
Kylee Valenzuela	Brownfield	3A-1
Amy Withrow	Lubbock Coronado	5A-1
Audrey Dunn	Big Spring	4A-2
Kevin Johnson &	Abilene Cooper	5A-2
Lyle Linscomb	Waxahachie Life	4A-3
Doris Grooms	Arlington Bowie	6A-3
John Chatham	Pittsburg	4A-4
Corey Chancellor	Tyler Legacy	6A-4

COACH	SCHOOL	CONF.-REG.
Terri Barlow	Leggett	1A-5
Stacy Tucker	Barbers Hill	5A-5
Jersey Gates	Navasota	4A-6
Kourtney Morris	Dripping Springs	6A-6
Julie Breedlove	Rio Hondo	3A-7
Kathryn Howell	Mission Vet. Mem.	5A-7
Melissa Pump %	Christoval	2A-8
Lacy Schott	Medina Valley	6A-8



2024-25 TGCA Track & Field Committee



2024-25 TGCA Sub-Varsity Committee

TGCA SUB-VARSITY COMMITTEE % - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.
Savanna Paiva	Brownfield HS	3A-1
Kirk Stokes	Amarillo HS	5A-1
A'Lex :utz	Snyder HS	4A-2
Michelle Velez	Abilene Cooper HS	5A-2
Heather Daniell	Bowie HS	3A-3
Lennitta Gilbert	O'Banion MS	5A-3
Gabriela Moore	Kilgore HS	4A-4
Elizabeth Gray	Spring Hill HS	4A-4

COACH	SCHOOL	CONF.-REG.
Theresa Marquis	McCullough JHS	5A-5
Jared Smith	Barbers Hill HS	5A-5
Maureen Marek %	Bellville JHS	4A-6
Ginger Cooper	La Grange HS	4A-6
Jenna Lamb	Gonzales HS	4A-7
Jay Tope &	Lytle HS	3A-7
Hobert Kilgore	Brooks MS	4A-8

2025-26 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2025-2026 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2024-25 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Mem-

bership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer

Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. **You MUST be a member of TGCA to attend any TGCA clinic.**

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2025 in Lubbock (Regions I & II), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our

Satellite Sports Clinics is \$80.00. This includes your 2025-26 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 **if you have already paid the \$70.00 renewal fee for your 2025-26 membership.**

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you **DO NOT** set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

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



photo courtesy Summer McCowan

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2025-26 year, beginning June 1, 2025 and ending May 31st, 2026. Please be sure that is what you intended to do. You may still print a 2024-25 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All questions or inquiries regarding Cheer nominations should be addressed to the Spirit Advisory Board. Contact information is located on the Spirit page under Spirit Advisory Board in the menu on the left-hand side of the page. All other nominations should be submitted through

the Membership Site once you have logged in.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AF-**

TER YOU HAVE COMPLETED ALL NOMINATIONS.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend you use Chrome or Firefox as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line nomination deadline for your sport or cheerleading, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative

for the committees is listed on the website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations 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 Josh Munson

your nomination to appear correctly, it must have the name of the school, rather than your title. You may need to type the complete name of the school, including "High School" for it to populate. There are many, many schools with the same name, including junior highs and middle schools.

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the "Submit" button at the bottom of the page. If,

12 You will need to follow these steps for each nomination of each athlete in each category that you wish to make. **For Academic All-State, you only need to list the GPA.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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

VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Summer McCowan

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

BASKETBALL

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

SOCCER

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

GOLF

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

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

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

TRACK & FIELD, CROSS COUNTRY

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

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

SOFTBALL

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

SPIRIT

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

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

WRESTLING

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

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

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

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

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

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

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

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

KAY YOW CANCER FUND



Coaches and fellow girls basketball community,

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

We'd like to formally invite you to our exclusive Wow4Yow Coach-

es Party in Tampa at Jackson's Bistro, Bar and Sushi on Friday, April 4th from 3:30 - 6:30 pm ET!

We are so appreciative of the continued support of the women's basketball community in the fight against all cancers affecting women. It's truly amazing to witness the growth of Play4Kay over the past 17 years - and we couldn't have done it without you!

See you in Tampa!

Please contact Jennifer Sullivan if you have any questions jennifer.sullivan@kayyow.com.

WOW4YOW
JACKSON'S BISTRO, BAR, & SUSHI | APRIL 4 | 3:30-6:30 PM

EXCLUSIVE WOMEN'S BASKETBALL COACHES PARTY
SPONSORED BY JOHN & SUE GIBBS

**FREE ADMISSION, FOOD, AND BEVERAGE
TO ALL COACHES AND THEIR STAFF BY SHOWING
UNIVERSITY AFFILIATED BUSINESS CARD**

Jackson's Bistro, Bar, & Sushi
601 S Harbour Island Blvd Ste 100
Tampa, FL 33602

The Kay Yow Cancer Fund logo is located in the bottom right corner of the poster.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	SOCCER: REGIONAL FINALS			SOCCER: STATE SEMIFINALS		Track & Field: District Certification Deadline
6	7	8	9	10	11	12
	TGCA: Soccer Nominations Deadline, 12:00 p.m.	Golf: District Certification Deadline		SOCCER: STATE TOURNAMENT		Track & Field: Area Meet Deadline
13	14	15	16	17	18	19
	GOLF: REGIONAL MEETS				TRACK & FIELD: REGIONAL MEETS	
	TGCA: Soccer Advisory Board Meeting, 6:00 p.m. Via Zoom					
20	21	22	23	24	25	26
	TGCA: Golf Nominations Deadline, 12:00 p.m.	Softball: District Certification Deadline		SOFTBALL: BI-DISTRICT		
27	28	29	30	1	2	3
	GOLF: STATE MEET		Tennis: District Certification Deadline	TRACK AND FIELD: STATE MEET		
	TGCA: Track & Field Nominations Deadline, 12:00 p.m.			SOFTBALL: AREA		

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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



THANKS TO OUR SPONSORS

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-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 on the Web

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

Did you move?

Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions

If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



@AUSTINTGCA