



# TGCA NEWS

NOVEMBER 2024



## 2024-2025 TGCA OFFICERS



**President of TGCA**  
Claire Gay  
Aledo HS



**1st Vice President**  
Scott Mann  
Lorena HS



**2nd Vice President**  
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**Executive Director**  
Sam Tipton  
TGCA Office



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Executive Director**  
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TGCA Office





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cover and right photo courtesy Marie Bruce





# PREPARING THE YOUNG FIRST-TIME ATHLETE

Maureen Marek Bellville JHS | TGCA Sub-Varsity Committee Chair



## Commitment, Communication, Buy In

Being a coach for many years, I have seen thousands of young aspiring athletes come through our gyms. Starting in Junior High, these students are experimenting and trying sports and athletics for the first time. You might have some that already have come through the youth and club leagues where they are already learning the skills of the sport. What our job is as the coaches of junior high and sub-varsity teams is to teach them the commitment, communication, and the “BUY IN” to the school program.

Along with teaching and coaching skills of the sports, we will teach them the commitment, communication and “buying in” to the athletic program. With these areas - not only are we asking our student-athletes to be committed, but we need the parents to also be willing, committed participants when their child wants to be a part of our schools’ athletic programs. You have all heard that it takes a village to raise a child. Being a part of our athletic village is a very special village.

As a coach, be well versed in your athletic guidelines and policies as well as your coaching. Be ready to make the commitment to the program and the athletes you coach. Be ready to have a coaching relationship with your athletes. Be ready to give out the “tough love” to teach them the rigors of being a part of something bigger

than themselves. These beginning athletes need to be taught the culture of the entire athletic program.

### Commitment

Commitment to being an athlete and a part of an athletic program goes far outside the walls school building, the gym and field of play.

First off there is the time commitment, being in school regularly, 100% if they never are sick. Being a student in school is the first job they will have. It’s a full time job; more than 8 hours a day, 5 days a week. They will need to budget their time to put in the extra time outside of the school hours. The student’s paycheck is the grades they earn. And with those grades - the more they succeed academically, - hopefully more options open for them and the student’s future. We as coaches should be there to support them in their school work and help them when needed.

Second, instill the commitment to meet the academic standards for school and athletics. Students need to be taught how to budget and use their time to do all the daily school work and doing the work on days they miss due to competitions. They should be taught how to put in the extra time to get the school work done, even meeting with teachers outside the classroom time. There is no excuse to not do

the class work because you had a game. They should be committed to succeed in the classroom as much as they want to succeed in the sports they play.

When the athlete succeeds in becoming a Varsity player, awards can be achieved for the success in the classroom as well as on the competition arena. The athlete must learn to be a competitor in the classroom also. Having a high standard for class work will also open many doors for opportunities. Later in life, putting on a job resume that you were an athlete showed you made extra commitments to the time demands and work demands.

Third time commitment is practice time. Being a part of a team is extra time outside of the school day for practices. Attendance at practice should be 100% to earn and out work teammates for playing time. Here the parent will need to be committed too and be a partner in assuring the student will be at practices. Working hard in practice every day, even on the days when they do not feel like practicing hard. The first competition happens in your practices. In practices you will be working to outwork not only your fellow teammates, but the opponent that you do not see every day.

Fourth - Competition time is the ultimate time commitment. The time practicing your skills, time working with your team, time doing your classwork do be academically



photo courtesy Summer McCowen

# PREPARING THE YOUNG FIRST-TIME ATHLETE

eligible; is rewarded with the time for competition. With competition comes the joys of winning and also the low times of defeat. Learning from both the high and the low will build a complete athlete. After a win, enjoy that when, but then it's time to start again to prepare for the next competition.

## Communication

To help the student-athletes and parents know of the commitment to the school's athletic programs; communication is a must. There are several ways to communicate with your athletes and parents to help them learn about our expectations and commitments that we are asking of our student-athletes.

Beginning of the School Year Parent Meeting - Schedule a parent meeting at the beginning of the school year to go over the expectations of your athletic program. This meeting should include your school's athletic policy and expectations of the athlete and the parent role. In the meeting, inform the parent of the commitments that are listed above and other guidelines for when their child chooses to participate in the athletic program and if they are selected for competition teams.

Communicate the practice, competition, travel, behavior expectations. Getting this information to the athlete and the parent can hopefully teach them the importance of their role in athletics. We teach "The Texas Way" sponsored by the UIL. This program is to improve the level of sportsmanship at sporting events and to strengthen com-

munities and the relationships between coaches, athletes, officials and fans.

Having methods of communication will help in sharing information. Use the school athletic website, printed schedules, and a mode of communication program. The SportsYou app and the Remind app are useful tools that can be used for communication. Using the SportsYou app can be accessed using a phone or computer. You can send out messages to a group and an individual depending on how you set up your groups. Use the messaging program to send a weekly schedule of practices and events that are on the team's schedule. The app also allows the students and parents to send a message to the coach under one application. The app also allows sending attached documents like schedules, tournament handouts, copies of maps and directions to events. These can be printed from the application to post on home refrigerators or handed out to the athletes.

And of course there is always the method of making a phone call to the parents when needing to have a conversation. Schedule an in person meeting with the student and / or the parent when the need arises.

## "Buying in"

I did a google search for the definition of the phrase "Buying In". Here is a definition -: "The acceptance of and willingness to actively support and participate in something".

In teaching a student and the parent

about being a part of the athletic program, we want them to "buy in". Believe in the program and what it stands for and in the standards that athletics can build in the young person. As coaches, we too must "BUY IN!!" How do you ask that of an athlete or their parents if we are not the first to model this behavior and belief?

The "buy in" means the willingness to make adjustments to personal and family time. Competition dates and times, practice days and times are a set commitment. Being able to schedule the time for participation in athletics is necessary. The time will be beyond the regular school hours and days, there might be days that are on the athletic schedule even when school is not in session. Policy and guidelines are set for all to follow so that there is a standard for expectations.

Athletics will ask for a lot of the students and of the parents. Our student athletes are the ambassadors of our school's athletic program as we take them in the competition arena. The coaches and our athletes are the representation of themselves, their school, their community, and our athletic programs.

Athletic participation in sport is a means to develop character, skills, and competence; handle conflict, failure, and defeat; hone competitive skills; and learn teamwork. When we build these attributes in our student athletes, we will hopefully see more successful, confident adults.

This athletic journey in our schools can be a 6 year experience from 7th grade until graduation. There will be highs and lows along the way and how we teach the athlete to enjoy the high times of winning and being successful, but also how we must teach and learn from the low times to overcome the losses and struggles. We will see the athletes that persevere and compete through the years. We hope that they see the big picture that they were a part of a very special group that made the commitment to participate in athletics until graduation and maybe onto college competition.

As a coach, knowing that you had a part in helping them foster and nurture a goal to be an athlete is very special. It takes that special athlete to continue to compete for their school and possibly beyond school. But above all to see that young 12 year old girl, get her first experience through athletics, grow into a strong, confident adult - it is something special to see in their future.

Good luck to the coaches, athletes and parents as we are a part of a very special group called ATHLETICS.



photo courtesy Monica Craig



# THE VITAL LINK BETWEEN SPORTSMANSHIP AND GRATITUDE

## BSN Sports

In the world of competitive sports, two important values often go hand in hand: sportsmanship and gratitude. These values are not just nice-to-haves; they are essential components of a successful athlete's mindset. Understanding the connection between sportsmanship and gratitude can help athletes perform better on the field, build stronger teams, and make a positive impact in their communities.

### Understanding Sportsmanship in Competitive Sports

At its core, sportsmanship within the realm of competitive athletics encompasses a deep-seated respect and integrity that transcends mere adherence to the rules or the obligatory post-match handshake. It embodies a comprehensive attitude that regards the spirit of competition as equally paramount to the outcome. Sportsmanship is rooted in the recognition that while striving for victory is essential, the way athletes conduct themselves, celebrate their successes, and accept their defeats is what truly defines their character and legacy. This principle fosters an environment where respect is mutual, and fairness is non-negotiable, thus elevating the quality of the competition itself. Athletes who embrace these values contribute to a culture that prioritizes dignity and respect over rivalry and animosity, ensuring that the sports world remains a domain where excellence and integrity coexist harmoniously.

### The Role of Gratitude in an Athlete's Life

Gratitude in athletics transcends mere appreciation for tangible successes; it embodies a deep-seated recognition of every component that contributes to an athlete's journey. This encompasses a broad spectrum, from the dedication of coaches and the unwavering support of teammates to the opportunity to challenge oneself and grow through competition. Embracing gratitude allows athletes to anchor themselves in a mindset of abundance, which in turn fosters resilience and a positive outlook, even in the face of adversity. This practice encourages athletes to reflect on their progress and the collective efforts that have propelled them forward, rather than dwelling on temporary setbacks or defeats. By acknowledging the value of every experience, victory, and loss alike, athletes cultivate a psychological foundation that not only enhances personal well-being but also amplifies their capacity to inspire and uplift those around them. The act of expressing thanks, whether through words or actions, nurtures an environment of mutual respect and encouragement. In doing so, athletes

pave the way for a fulfilling career marked by continuous learning and an enduring spirit of generosity and acknowledgment.

### Sportsmanship and Gratitude as Tools for Team Building

In the dynamic landscape of team sports, the virtues of sportsmanship and gratitude play pivotal roles in forging not only individual character but also in sculpting strong, unified teams. When team mem-

cultivates an atmosphere where athletes thrive together, embodying the essence of true teamwork. This harmonious blend of sportsmanship and gratitude thus becomes an indispensable asset for teams aiming for excellence while fostering an enduring spirit of unity and respect.

### Teaching and Cultivating These Values in Young Athletes

Instilling the principles of sportsmanship



photo courtesy Marie Bruce

bers consistently display sportsmanship, they lay a foundation of mutual respect and integrity that is infectious, encouraging a team environment where every member feels valued and respected. This mutual respect makes communication more open, collaboration more effective, and conflict resolution more amicable. On the other hand, gratitude within a team context act as a catalyst for positive reinforcement, motivating teammates to put forth their best effort knowing that their hard work and contributions will be recognized and appreciated. This acknowledgment can significantly boost morale and reinforce a positive team dynamic, where each athlete's success is celebrated as a collective victory. Furthermore, integrating these principles into the fabric of team dynamics doesn't just enhance performance on the field; it strengthens bonds between teammates, creating a lasting camaraderie that transcends the game. Encouraging these practices among team members not only elevates the level of play but also

and gratitude in young athletes is a foundational aspect of their development both on and off the field. This education begins with the influential figures in their lives: coaches, parents, and mentors who can exemplify these virtues in their everyday actions and interactions. Demonstrating respect for all participants, celebrating achievements with humility, and showing appreciation for the opportunities and challenges sports present are powerful ways to convey these messages. Practical exercises, such as encouraging athletes to share something they are thankful for at the end of each practice or writing thank-you notes to teammates and opponents, can make the concepts of sportsmanship and gratitude tangible. Early integration of these lessons into sports training not only enhances an athlete's performance and team cohesion but also lays the groundwork for building empathetic, resilient individuals who value the importance of respect and appreciation in every aspect of their lives. By prioritizing these values, young athletes learn to see

# THE VITAL LINK BETWEEN SPORTSMANSHIP AND GRATITUDE

beyond the scoreboard, understanding that their actions and attitudes have a lasting impact.

## The Broader Impact of Sportsmanship and Gratitude

Athletes who prioritize sportsmanship and gratitude contribute significantly to a culture that values more than just winning. Their commitment to these principles sets a powerful example for society, demonstrating that respect, humility, and appreciation are qualities that transcend sports. These athletes inspire not only their immediate circles but also broader communities, showing that true success is measured not only in medals and trophies but in the positive influence one can exert. Through their actions, they encourage a shift towards a more cooperative and empathetic world, where competition coexists with mutual

respect and where victories are shared and celebrated collectively. This ripple effect can foster a greater sense of community and understanding among diverse groups, reducing conflicts and promoting a spirit of unity and collaboration. Engaging in community service, leading by example, and using their platforms to advocate for these values, athletes can drive significant social change. This broader impact underscores the profound role that sportsmanship and gratitude can play, not just in sports, but in shaping a more compassionate and respectful society.



photo courtesy Kathleen Platt

## 2024 UIL TEAM TENNIS STATE CHAMPIONSHIP TGCA MEMBER WINNING COACHES

**Congratulations to the following TGCA member coaches who will be presented rings provided by Herff Jones and their teams who captured 2024 UIL Team Tennis State Championships**

COACH	SCHOOL	CONFERENCE
Darby Norman	Canyon Randall HS	4A
Travis Dalrymple	Round Rock Westwood HS	6A

# 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](#)





# ||| SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 16-18, 2025

## Schedule (Tentative)

Thursday, January 16  
Coed Prelim & Finals  
1A & 2A Prelim & Finals  
3A-D1 & 3A-D2 Prelim & Finals

Friday, January 17  
4A-D1 & 4A-D2 Prelim & Finals  
5A-D1 & 5A-D2 Prelim  
6A-D1 & 6A-D2 Prelim

Saturday, January 18  
5A-D1 & 5A-D2 Final  
6A-D1 & 6A-D2 Finals

## Game Day Championship Info

Will be released and updated on UIL website: [Click Here](#)

## Safety Rules

UIL rules require performances be

in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at [www.nfhs.org](http://www.nfhs.org).

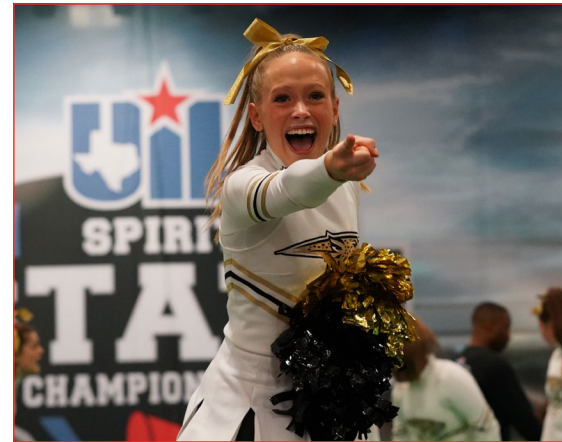


photo courtesy Logan Lawrence

# ||| REMEMBERING ROCKY FORD

## Gary Tipton | Fellowship of Christian Athletes

This month we take time to remember a man who did an enormous amount of work for Texas Girls Coaches Association and for the Fellowship of Christian Athletes. That man is Rocky Ford.

I first met Rocky in 2019 when I was coaching at Amarillo River Road. Rocky was coaching at West Texas High School. Rocky was on the TGCA Board of Directors and was Chairman of the Basketball Committee. I coached a young lady named Cierra Kizer that I nominated for TGCA All-State. Rocky got to see Cierra play in a tournament that was held at West Texas High School. Rocky was instrumental in Cierra making TGCA All-State and being chosen to play in the TGCA All-Star Game. Cierra is finishing her

fourth year of playing college basketball and will graduate with a Master's degree next May.

Fast forward to the summer of 2021. I had retired from coaching and started ministry with FCA. Rocky introduced me when I gave my first FCA devotional to TGCA All-Star Teams.

Rocky helped me immensely in our ministry. He was a member of our Home Team and was a donor to our ministry. He helped direct me to the churches that had strong youth groups in the Panhandle of Texas.

Rocky later went to work for BSN and did them a tremendous job until he went to be with the Lord.

I always looked forward to seeing Rocky

at the White Deer Basketball Tournament.

White Deer is a special place for the Tipton family. Our Dad, Wayne, coached the White Deer Bucks to the 1962 Class A State Boys Basketball Championship. They won by 20. Rocky lived close and always made it to the tournament. He is missed.

What can you say about a guy that used to eat jalapeño pepper slices like they were potato chips? You simply say, "Rocky, you are loved, missed and we will see you again."

Eternal W's is our goal. Our prayer is that you win them all. Our ministry is to and through you, the coach. We can always use some more Rocky Fords.



photo courtesy Gary Tipton



Rocky Ford - photo courtesy Gary Tipton



# 2024-25 TGCA BOARD OF DIRECTORS

NAME	POSITION	SCHOOL
Claire Gay	President	Aledo HS
Scott Mann	1st Vice President	Lorena HS
Sunni Strickland	2nd Vice President	Big Spring HS
Cully Doyle	Past President	Brock HS
Kylee Valenzuela	Region I Senior Director	Brownfield HS
Jason Culpepper	Region I Junior Director	Bushland HS
Bob Campbell	Region II Senior Director	Snyder HS
T'Leah Jennings	Region II Junior Director	Snyder HS
Kyle Sivadon	Region III Senior Director	Springtown HS
Lyle Linscomb	Region III Junior Director	Waxahachie Life HS
UiLani Womble	Region IV Senior Director	Frisco Wakeland HS
Ross Barber	Region IV Junior Director	Tyler Legacy HS
Terri Wade	Region V Senior Director	Conroe The Woodlands HS
Dr. Collea McKinney	Region V Junior Director	Cypress Ranch HS
Wade Womack	Region VI Senior Director	Dripping Springs HS
Anthony Branch	Region VI Junior Director	A&M Consolidated HS
Patti Zenner	Region VII Senior Director	Poth HS
Michelle Trotter	Region VII Junior Director	Clute Brazsowood HS
Dan Aldrich	Region VIII Senior Director	Fredericksburg HS
Kelly McDaniel	Region VIII Junior Director	Boerne Champion HS
Susan Brewer	Volleyball Committee Chair	Bellville HS
Josh McKinney	Volleyball Committee Vice Chair	Colleyville Heritage HS
Denise Lincoln	Basketball Committee Chair	Kerens HS
Tina Carrillo	Basketball Committee Vice Chair	Mount Pleasant HS
Mleissa Pump	Track Committee Chair	Christoval HS
Kevin Johnson	Track Committee Vice Chair	Abilene Cooper HS
Teresa Lentz	Softball Committee Chair	Corpus Chrsiti Calallen HS
Aaron Fuller	Softball Committee Vice Chair	Mt. Belvieu Barbers Hill HS
Maureen Marek	Sub-Varsity Committee Chair	Bellville HS
Jay Tope	Sub-Varsity Committee Vice Chair	Lytle HS

## 2024-25 TGCA BOARD & COMMITTEE MEETINGS

### MARCH 2

Board of Directors Meeting,  
11:00 a.m., San Antonio

### MARCH 3

Basketball All-State  
Committee Meeting,  
Basketball Committee  
Meeting,  
6:00 p.m., Zoom

### APRIL 14

Soccer Advisory Board  
Meeting, 6:00 p.m., Zoom

### MAY 4

Track All-State Committee  
Meeting, Track Committee  
Meeting, 6:00 p.m., Zoom

### MAY 5

Sub-Varsity Committee  
Meeting, 6:00 p.m., Zoom

### JUNE 1

Board of Directors Meeting,  
11:00 a.m., Austin

### JUNE 2

Softball All-State Committee  
Meeting,  
Softball Committee Meeting,  
6:00 p.m., Zoom

### JUNE 10

Legislative Council Meeting  
(TGCA Executive Committee Only)

### JULY 14

Board of Directors Meeting,  
1:00 p.m., Arlington

### JULY 17

Board of Directors Meeting,  
9:00 a.m., Arlington



photo courtesy Summer McCowen





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

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

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



photo courtesy Catherine Ripka

## 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](http://www.austintgca.com), under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All 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](http://austintgca.com).

**2** Click on the "Membership Site" category in the menu on the left-hand side of the page.

**3** You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number. We do not recommend using the "Forgot Password" link, as you will more than likely never see the response email. It is more often than not blocked by a security measure in place by your

school.

**4** Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

**5** Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

**6** Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

**7** Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

**8** Complete the form by typing in the information requested in the "Update" field.

**9** When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just

start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For

for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.



photo courtesy Megan Zapalac

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



# 2025 TGCA SUMMER CLINIC

The 2025 TGCA Summer Clinic will be held in Arlington at the Arlington Convention Center and Sheraton Hotel July 14-17. **NOTE THE NEW DATES.** The agenda is being revised and will be posted to the website under the

“Summer Clinic” category in the menu on the left-hand side of the page as soon as it is finalized. Speaker names will be filled in as we secure them. Make your plans early to attend. We look forward to seeing you there. Hotel

Reservation Services will open in March. Membership renewal and Summer Clinic registration, as well as all Satellite Clinics, will open February 1st.

We are working on finalizing times, venues, and agendas

for all of the satellite sports clinics, and we will have those posted on the website as soon as we get all information finalized. We hope you will make plans to attend one or all of the 2025 TGCA Clinics.

## AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

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

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

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

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

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

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



photo courtesy Summer McCowen



The TGCA Office Staff wishes you each and everyone a very Happy Thanksgiving.

## 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:

<b>Spirit</b>	January 20, 2025
<b>Wrestling</b>	February 10, 2025
<b>Swim &amp; Dive</b>	February 17, 2025
<b>Basketball</b>	February 24, 2025
<b>Soccer</b>	April 7, 2025
<b>Golf</b>	April 21, 2025
<b>Track &amp; Field</b>	April 28, 2025
<b>Tennis</b>	May 12, 2025
<b>Softball</b>	May 26, 2025

## TGCA SPORTSWRITER OF THE YEAR

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspapers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than

20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the March TGCA Board of Directors meeting.

# PLAY4KAY



CANCER  
WARRIOR  
NETWORK

Play4Kay is the largest fundraising initiative of the Kay Yow Cancer Fund and it is most directly the vision of Coach Yow. For Coach Yow it was simple: unite women's basketball in the fight against cancer, using a game as a fundraiser benefiting the Kay Yow Cancer Fund. 5,000 teams raising \$1,000 = \$5 Million. That makes an impact in the fight against cancer! Click here for more information on how to Play4Kay! We are **LOUDER, STRONGER, UNSTOPPABLE -- TOGETHER!**



photo courtesy Jeff Coker



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
TGCA OFFICE CLOSED						
29	30	31				
TGCA OFFICE CLOSED						
ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26						

## 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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-Gandy Ink  
 -Gulf Coast Specialties  
 -Herff Jones  
 -Locker Room Sportswear  
 -MaxPreps

-Nike  
 -Sport-Tek  
 -Surge  
 -Varsity



The power to do more



## 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](http://austingca.com).

**Did you move?**  
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

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



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