



TGCA NEWS

APRIL 2026



2025-2026 TGCA OFFICERS



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cover photo courtesy Wade Womack

right photo courtesy Shawn O'Neal



BURNOUT AND REIGNITING THE FLAME

Kevin Johnson | Abilene Cooper HS | **TGCA Track Committee Chair**

You have heard it said time and time again, “If the past two years have taught us anything it’s how important mental health is!” This is a true statement for coaches, administrators, and our athletes. It was never more manifestly true for me that when I faced the edge of burnout a couple of years ago.

Earlier that year, our district hired a new athletic director, then a new superintendent, and then my head coach and mentor resigned to take a position closer to family. I was promoted into his position as head coach for my two favorite sports and Girls’ Coordinator. Needless to say, lots of changes were happening fast, but I was okay with that. I can roll with change. I had been part of these two sports and the girls’ program for the past several years and felt I had helped shaped the program. I was trained well for the new positions by an amazing coach and mentor, so it was a scary, but exciting time for me.

I was enthusiastic about build-

ing the girls’ staff and getting the right pieces in play, even though we faced some challenges and had to make some late hires. The staff was unified and cohesive, a team built on good relationships. I had talked to the AD about my vision, and we seemed to be on the same page.

I had a lot of confidence and excitement as the school year started but would soon encounter hiccups and unexpected negativity from multiple directions that started making me doubt myself and question my capacity to handle my positions. With each new bump in the road, the negativity only got louder, and my doubts only got stronger.

My excitement was gone. My confidence was gone. I was questioning my passion to coach and teach. I was burning out.

My wife and I decided it was time to move our family back closer to our parents. She was offered a job in her hometown, and I decided to look for teaching jobs and take a year off from coaching. I needed time to re-

fresh and re-focus.

While the down time was needed, I could not help but get that coaching itch again. A year later, my “dream job” opened up at a local high school. With some encouragement from my wife, I took the leap, applied for the job, and got it. I am grateful that I did, but I have had to stay focused on keeping a balance, so that burn out does not come calling again.

I want to share with you a few of the things I think are important to survive and avoid burnout.

First, everyone needs a strong support system made up of mentors, colleagues, family, and friends that can feed and fill you with positivity when the negativity starts getting too loud. I have been blessed with great mentors that are always happy to be a sounding board. They listen when I need them to, and they give advice when I need that. I think it is important to have a network of support at work and outside of work, so that you can avoid the echo chambers. Your outside support keeps you balanced when your inside support starts absorbing the negativity around you. But your work support is important because they are in the trenches with you and can relate to your daily grind.

Second, learn to delegate. It is easy to get caught in the cycle of handling everything yourself. When you are surrounded by a good support system and good colleagues, you take a lot of the pressure off yourself. It can be scary to let go of control, but you have to trust your head coaches to run their programs and trust your assistants to help you in your sports. Give them room to lead and allow them to be full participants with you. You are not the only one who can get it done. I was not good at this, and it took its toll.

Third, find ways to unplug. You have to find ways to de-stress and disconnect that are not related to sports and coaching. Engage in relaxation techniques, meditation, mindfulness, whatever works for you. Find a



hobby you enjoy that is not work related. For me, I enjoyed road trips home, reading comic books, and playing with my daughter.

That leads into my fourth tip, which is focus on your family. Our jobs tend to consume our lives, which is just the nature of it, but it is important to have time with your family away from the sports. This takes a lot of intentionality. Find ways and schedule time to engage with each other with out distractions. Some of my favorite memories with my family are water balloon fights in the front yard, playing catch with our dogs, and letting my daughter paint my nails. Make sure your family feels seen, and they will make you feel seen and loved, too.

Finally, refocus on your “why”. Why are you in this profession? What keeps you going when it feels too hard? I rediscovered my “why” during my down year. I got back to the basics of being an athlete again. I was working out on the track, and I would bring my preschool-aged daughter. Watching her run with me, seeing the joy on her face, reminded me what I love about coaching and why it was time to get back at it. My “why” is to give kids opportunities I never had. I want them to see there is a great big world waiting for them, and I want to give them every opportunity I can to explore it. I want to encourage them onto their next paths wherever they may lead – college, trade school, military, career. I want them to always know they are more than just a sport.

I hope that you can be encouraged from my journey to keep going. You are making a difference every day, even if you do not see it right now. When the burnout comes, and it will come, stay focused on why we do the things we do. And in case someone has not told you yet today, I love you.



photo courtesy Alex Biddle

BSN SPORTS

In girls' athletics, time is one of the most valuable resources a coach has.

Between academics, multiple sport commitments, and busy schedules, practice time is limited. The programs that consistently succeed aren't the ones with more time. They're the ones that use it with purpose. Making every minute matter isn't just about efficiency. It's about creating an environment where athletes can grow, build confidence, and begin to take ownership of their development.

Purposeful Practices Create Better Outcomes

Every team runs drills. Every team conditions. Every team prepares.

What separates strong programs is how intentional those moments are.

Purposeful practices are:

- Planned with clear goals
- Structured to keep athletes engaged
- Designed to maximize meaningful repetitions

When athletes are active, learning, and involved, development accelerates. When time is lost to confusion or inactivity, so is opportunity.

Plan with Intention

Effective practices don't happen by accident. They are built with intention.

Before practice begins, consider:

- What do we want our athletes to im-

prove today?

- Which activities best support that goal?
- How can we structure practice to keep everyone engaged?

When each segment of practice has a clear purpose, athletes not only improve physically but also begin to understand their role and responsibility within the team.

Keep Athletes Engaged

Engagement is one of the most important factors in athlete development.

Reducing downtime can make a significant difference:

- Use stations or small groups to increase participation
- Set clear expectations before each drill begins
- Prepare equipment and space ahead of time

The more involved athletes are, the more confident they become. Engaged athletes are also more likely to communicate, support teammates, and step into leadership roles.

Teach, Reinforce, Repeat

Athletes learn best when instruction and action happen together.

Instead of long pauses for explanation, focus on:

- Clear, concise coaching points
- Immediate feedback during drills
- Repetition that reinforces skill develop-



BSN SPORTS

ment

This approach not only builds skill but also encourages athletes to think, adjust, and take ownership of their improvement.

Build Confidence Through Competition

Confidence grows when athletes are challenged in the right way.

Incorporating competitive elements into practice can:

- Increase focus and intensity
- Encourage teamwork and communication
- Help athletes apply skills in realistic situations

These moments create opportunities for athletes to lead, respond under pressure, and support one another.

Consistency Creates Trust

Structured, efficient practices do more than improve performance. They build trust within your program.

Athletes thrive in environments where:

- Expectations are clear
- Time is respected
- Effort is valued

Over time, that consistency empowers athletes to take pride in their preparation and hold themselves and their teammates accountable.

Small Adjustments, Meaningful Impact

You don't have to redesign your entire practice plan to see improvement.

Start with small changes:

- Streamline transitions
- Clarify instruction
- Focus on high-impact activities

These adjustments not only improve efficiency but also create a more positive, athlete-centered environment.

The Bottom Line: Every Moment Matters

Every program has the same amount of practice time. The difference lies in how that time is used.

When practices are intentional, engaging, and purposeful, athletes gain more than just skill. They gain confidence, develop leadership habits, and build a stronger connection to their team.

And those are the qualities that carry far beyond the season.



photo courtesy Alex Biddle



TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Track University of Texas at Austin | May 14-16, 2026



photo courtesy Logan Lawrence

Ticket Prices & Parking

Ticket and Parking Information for the 2026 UIL Track & Field State Meet is available [HERE](#).

SCHEDULE

Thursday.....3A & 4A
 Friday.....2A, 5A, & Wheelchair
 Saturday.....1A & 6A

Field Events 9:00 a.m.
 3200m ONLY 9:00 a.m.
 Running Events 5:00 p.m.

Note: Event schedule is the same for each day

Detailed Schedule posted [HERE](#)
(When Available)



GOLF STATE CHAMPIONSHIPS

Various Texas Locations | May 4-5, 2026

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
1A	Crystal Falls Golf Club, Leander	No Fee	\$75 per cart
2A	Lions Municipal Golf Course, Austin	No Fee	\$50 per cart (Handicap Only)
3A	Jimmy Clay Golf Club, Austin	No Fee	\$50 per cart (Handicap Only)
4A	Legends Golf Course, Kingsland	No Fee	\$75 per cart (\$150 Four-Seater)
5A	Legacy Hills Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart
6A	TPC Oaks Course, San Antonio	TBD	\$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 \$25 charge at Legacy Hills and Legends; a \$30 charge at Lions and Jimmy Clay; and a \$50 charge at Crystal Falls. No personal carts allowed at TPC San Antonio. Visit the [UIL Website](#) for more information.



photo courtesy Logan Lawrence

SPORT NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2025-26, they are as follows:

- Golf** April 27, 2026
- Tennis** May 4, 2026
- Track & Field** May 11, 2026
- Softball** May 25, 2026



||| TENNIS STATE CHAMPIONSHIPS

**Blossom Tennis Center, Annemarie Tennis Center, Northside Tennis Center | San Antonio, Texas
May 7-8, 2026**

Thursday, May 7

Blossom Tennis Center (1st Rd. & QF)	1A-2A
Annemarie Tennis Center (1st Rd. & QF)	3A-4A
Northside Tennis Center (1st Rd. & QF)	5A-6A

Friday May 8

Blossom Tennis Center (SF & F)	1A-2A
Annemarie Tennis Center (SF & F)	3A-4A
Northside Tennis Center (SF & F)	5A-6A

Tickets

One-Day Pass	\$15/a day
Two-Day Tournament Pass	\$25
Coaches All-Tournament (Sold onsite, Must show ID)	\$20
Parking	FREE

[BUY HERE](#)

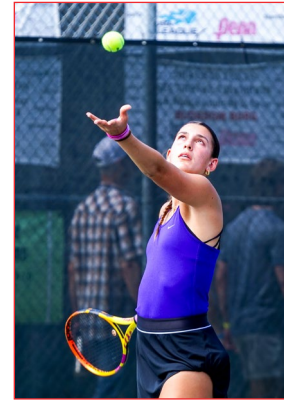


photo courtesy Logan Lawrence

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

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

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

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

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

all of their critical information organized in one place.

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

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

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

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.

||| FELLOWSHIP OF CHRISTIAN ATHLETES

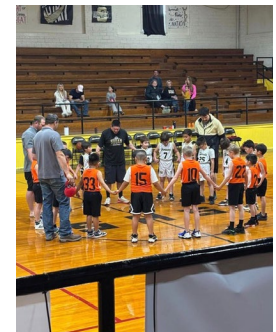
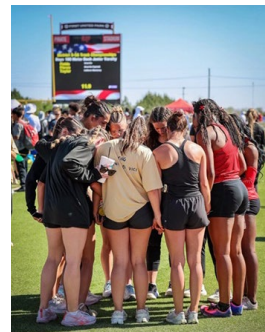
Gary Tipton | Fellowship of Christian Athletes

Coaches, you do not sometimes understand the importance you play in the Gospel being spread through the ministry of FCA. TGCA coaches do the best job I know of partnering with us, but we need more of you. Our ministry has and always will be through you, the coach.

Many of the youth today have never been to a church. FCA is able to give them opportunities to hear the Gospel message and meet Jesus. Many will attend if a coach asks them and is involved in an FCA Huddle.

I attended an FCA Huddle last week that had, including me, 5 former coaches. The Lord used FCA mightily in each of our lives. That is why we were there. Unfortunately, there were not any current coaches on staff that attended. We had a total of 11 student athletes at the event. At one time this school, which is a larger school, had one of the most thriving FCA Huddles in the area. To be blunt, the difference then was coaches were inviting and were involved in developing student athletes to become leaders in FCA.

The Gospel message is the Power of God. We need to present it or help facilitate it being heard. JESUS will do the rest. We need you! Together, " Let's be used to help win them all."



TGCA COACHES OF THE YEAR

CHEER

NAME	SCHOOL	CONF.
Tammy Kirchoff	Falls City HS	1A-4A
Sarah Ellison	Tomball Memorial HS	5A-6A
Leslie Kudrna*	Lago Vista HS	1A-6A

* - Assistant Coach of the Year

BASKETBALL

NAME	SCHOOL	CONF.
Drew Coffman	Decatur HS	1A-4A
Chance Westmoreland	Argyle HS	5A-6A



Tammy Kirchoff
photo courtesy:
UIL

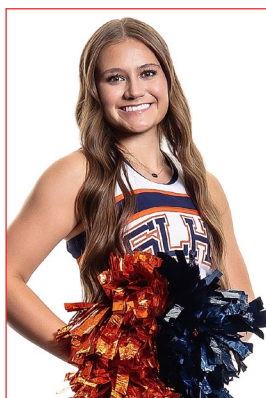


Sarah Ellison
photo courtesy:
TGCA

TGCA ATHLETES OF THE YEAR



Landri Davis
photo courtesy:
TGCA



Audrey Lutterman
photo courtesy:
TGCA

CHEER

Conferences 1A-4A

Landri Davis
Ferris HS
Coach: Shelley Davis

Conferences 5A-6A

Audrey Lutterman
Katy Seven Lakes HS
Coach: Amy Weaston

BASKETBALL

Conferences 1A-4A

Braylyn Peck
Decatur HS
Coach: Drew Coffman

Conferences 5A-6A

Ambrosia Cole
Lubbock Monterey HS
Coach: Chelsea Hunter

ATTENTION SOFTBALL COACHES

The deadline to nominate your team for the Texas Sports Writers Association All-State Softball Team is Monday, June 8, 2026.

To nominate players for the Texas Sports Writers Association All-State Softball Team — this team is different from the TGCA (Texas Girls Coaches Association) team — please send information to Jack Stallard of the Longview News-Journal (jack.stallard@news-journal.com) as soon as possible after your team's season ends.

Deadline is Monday, June 8.

Players do not have to be seniors.

To nominate, please include:

- **Player(s)**
- **Team**
- **Classification of team - 1A, 2A, 3A, 4A, 5A, 6A . . . PLEASE INCLUDE THIS**
- **Position(s)** . . . Be specific on infield positions (1B, 2B, SS, 3B). If a player saw time at several positions, please let me know what position you want her nominated for (if two spots are listed, I will go with the first one unless told otherwise). We will have a utility spot for kids who played multiple positions, but please let me know if that is where you want them nominated. We will also select a DP/DH/Flex.
- **Final Season Stats.**

Thanks, and let me know if you have questions!

2026 UIL SOCCER STATE CHAMPIONSHIPS

Congratulations to the following TGCA member coaches and their teams who captured State Championships!

COACH	SCHOOL	CONFERENCE
Cody Moles	Celina	4A-1
Eric Nichols	Wimberley	4A-2
Chad Aldrich	Round Rock	6A-1
Adam Bell	Humble Kingwood	6A-2

2026 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER - ATHLETIC & SPIRIT DIVISIONS | JULY 16-18



photo courtesy Shawn O'Neal

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington E-Sports & Convention Center, 1200 Ballpark Way, with some lectures being held at the Hilton Arlington, 2401 East Lamar Boulevard. The E-Sports Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab in

the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Thursday, July 16th, 7:00 p.m., at the Arlington Hilton Hotel, 2401 East Lamar Boulevard, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open in March. Be sure to register for Clinic, renew your membership, and book your

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

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms",

both located in the menu on the left-hand side of the page. Please be sure you choose the "2026-27 Printable Membership Form".

The 2026 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress towards Summer Clinic and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2026 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2026 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

TGCA SOFTBALL COMMITTEE

% - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.
Eliza Martinez	Amarillo Highland Park	2A-1
Ryan Miller	Wolfforth Frenship	6A-1
Regina Cummings	Snyder	4A-2
Jenna Bane Aguirre	Abilene	5A-2
Christina Richards	Italy	2A-3
Heather Myers	Aledo	5A-3
Ronny Grandgeorge	Beckville	2A-4
Samantha Weeks	Tyler Legacy	6A-4
Crystal Muncrief	Chester	1A-5
Aaron Fuller %	Barbers Hill	5A-5
Jimmy Eby &	Robinson	4A-6
Melissa Hall	Georgetown	5A-6
Teresa Lentz	CC Calallen	4A-7
Lindsey Gage	FB Ridge Point	6A-7

COACH	SCHOOL	CONF.-REG.
Kenny King	Harper	2A-8
Mandy Davis	Midland Legacy	6A-8



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](http://TheTexasWay.com)



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](#)

TGCA SATELLITE SPORTS CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2026. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other Clinics" category, both located in the menu on the left-

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

2026 SUMMER CLINIC EXHIBIT WITH US

TEXAS GIRLS COACHES ASSOCIATION

SUMMER CLINIC AND EXHIBITOR SHOW

ARLINGTON CONVENTION CENTER

July 17 & 18, 2026

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

ADVERTISE
AD space AVAILABLE!

www.austintgca.com

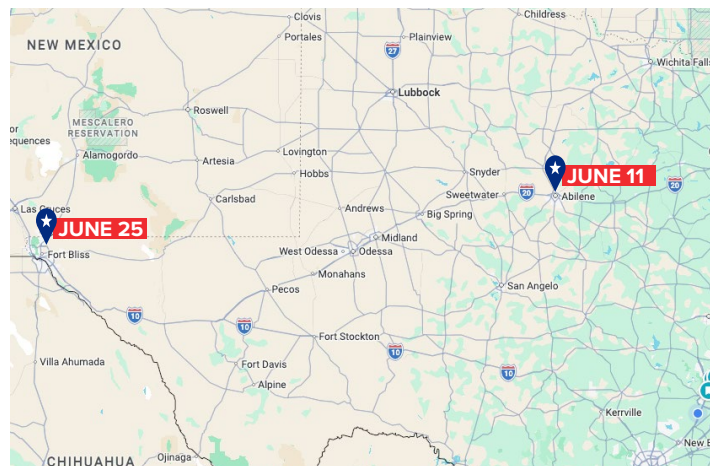
For questions or additional Exhibitor information please visit our website or contact:
oma@austintgca.com
(512) 708-1333 ext. 5

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.

2026 REGION I & II ALL-SPORTS CLINIC
TBA
Abilene, Texas
June 11
[Agenda](#)
[Registration Form](#)

2026 EL PASO ALL-SPORTS CLINIC
TBA
El Paso, Texas
June 25
[Agenda](#)
[Registration Form](#)



2026-27 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 2026-2027 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2025-26 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 2026 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 2026-27 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 2026-27 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.

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2026-27 year, beginning June 1, 2026 and ending May 31st, 2027. Please be sure that is what you intended to do. You may still print a 2025-26 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.



photo courtesy Ashley Chandler

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 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 Ashley Chandler

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 Beau Burnett

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.

PLAY4KAY 2026



A HUGE thank you to all of you who participated in #Play4Kay this season. Because of you and your efforts – Play4Kay was bigger than ever!! Not only did you celebrate and honor survivors, fighters, warriors, and thrivers but you're SHIFTING the momentum of cancer awareness into ACTION through the funding of LIFE SAVING cancer research and programs that provide ACCESS to quality cancer healthcare for under-resourced women. That is the POWER of Play4Kay. Until next season -- We are louder, stronger, and unstoppable together.

Thank you!
Jennifer



photo courtesy Beau Burnett



photo courtesy Beau Burnett

10

FACTORS TO CONSIDER WHEN SETTING PERSONAL GOALS

James A. Peterson, Ph.D., FACSM

James Peterson is a freelance writer and consultant in sports medicine and the owner of Coaches Choice, the foremost publisher in the world of instructional material for coaches. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.

1 Be S.M.A.R.T. The universally adapted procedure for goal-setting entails using the S.M.A.R.T. acronym (specific, measurable, achievable, relevant, and time-bound) to define actionable objectives. For coaches, professional goals

purpose in the process.

2 Multiple benefits. Setting clear professional goals and plans not only enhances a coach's overall performance by leading to more desirable work habits, it

opportunities. Furthermore, more often than not, when coaches align their goals with their values, it adds meaning to their lives and increases their level of satisfaction.

3 Realizing what's important. All high-achieving individuals tend to have at least one thing in common—they set goals for themselves. In the short-term, their ability to get things done is enhanced. In the long-run, they see where they are going.

4 Specificity matters. Some coaches want “big” things but are somewhat uneasy about getting specific. All factors considered, they don't want to feel boxed-in. As a rule, individuals tend to prefer having lots of options. With regard to goal-setting, this is counterproductive. Coaches who make their goals narrow enough are more likely to trigger the actions that they want to accomplish.

5 Bigger is not always better. Bigger goals provide vision and direction, while smaller goals tend to create momentum and help ensure daily progress. As such, small, incremental goals are often more sustainable and effective for long-term success. In reality, breaking down relatively big goals into smaller, more manageable steps helps make them feel less intimidating and more motivating.

6 Living beyond their comfort zone. Coaches who want to get the most out of life utilize goal-setting to help them achieve their potential. They set new targets that challenge themselves. In the process, they unleash their potential (which they often were aware that they had) to reach new heights.

7 Prioritizing change. Too many coaches may want to make sweeping changes in their lives. Without clear priorities, however, they may wind up doing too much too soon. Rather, their underlying objective should be to use goal-setting to help break down a “big picture vision” into manageable priorities. At that point, they will be better able to prioritize what incremental changes are more attainable and achievable.

8 A stepping stone toward future success. Not achieving one or more of their goals does not mean that the coach is a failure. Rather, it is simply a data-gathering opportunity to learn, adjust strategies, and grow. When/if their goals aren't met, coaches should evaluate what worked and what didn't to refine their strategy. Giving up should not be a viable option.

9 Put them in writing. Research shows that when individuals (coaches) put their professional goals in writing, they're much more (42%) likely to achieve them. Writing down their goals forces them to identify something specific and decide what goals they actually want. Furthermore, it motivates them to take action.

10 Goal-setting is for everyone. In reality, goal-setting can work for anyone. Having goals is a great thing for coaches to have in their life. Goal-setting can motivate and energize coaches to focus on and work toward positive outcomes across various circumstances.



photo courtesy Wade Womack

act as a compass (roadmap) that guides their growth and development, providing direction, motivation, and a sense of

also results in fostering grit and perseverance by enhancing the likelihood that coaches will view obstacles as learning

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				30	1	2
				SOFTBALL: AREA		
				TRACK & FIELD: REGIONAL MEET		
3	4	5	6	7	8	9
	GIRLS GOLF: STATE MEET			SOFTBALL: REGIONAL SEMIFINALS		
	TGCA: Tennis Nominations Deadline, 12:00 p.m.			TENNIS STATE MEET		
10	11	12	13	14	15	16
TGCA: Track & Field Committee, All-State Committee Meeting, 6 PM	TGCA: Track & Field Nominations Deadline, 12:00 p.m.			TRACK & FIELD: STATE MEET		
				SOFTBALL: REGIONAL FINALS		
17	18	19	20	21	22	23
	TGCA: Sub-Varsity Committee Meeting, 6 PM			SOFTBALL: STATE SEMIFINALS		
24	25	26	27	28	29	30
	TGCA OFFICE CLOSED			SOFTBALL: STATE FINALS		
	TGCA: Softball Nominations Deadline, 12:00 p.m.					
31						
TGCA: Board of Directors Meeting, Austin, 11:00 AM						

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
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-Sport-Tek
-Surge
-Varsity



TGCA NEWS

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

Mailing Address:
P.O. Box 2137
Austin, TX, 78768

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

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

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Executive Director:
Sam Tipton,
sam@austingca.com

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

Administrative Assistant:
Audree Tipton,
audree@austingca.com

Summer Clinic Exhibitor Coordinator:
Oma Garmon,
oma@austingca.com

Membership Assistant:
Ashley Douglas,
ashley@austingca.com

Newsletter Editor: Logan Lawrence

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.



@AUSTINGCA