



TGCA NEWS

FEBRUARY 2026

2025-2026 TGCA OFFICERS



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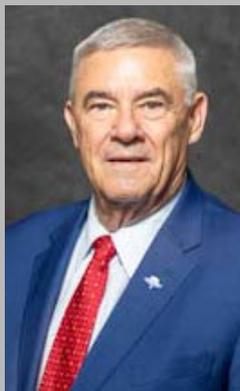
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Fredericksburg HS



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Claire Gay
Aledo HS



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cover photo courtesy Amber Wakem Poole

right photo courtesy Hannah Henderson

CREATING A CULTURE OF MUDITA

Jason Sanders Boerne Champion HS | **TGCA Basketball Committee Chair**



We often define success by wins and losses, and to be fair, those metrics matter. But are they what matter most? Or is it the relationships that last long after the ball stops bouncing?

I think about this often when I talk with other coaches. Some coaches win 20, 25, even 30 or more games in a season. Others win 5, 10, maybe 15. The obvious difference is the record, but what's always been interesting to me is how a coach who loses more than they win can still walk away saying they had a great year, while another who wins far more than they lose almost can't wait for the season to be over because of drama and off-court issues

In more than 20 years as a head coach, I've come to realize that

the difference is centered around the coaches, players, and even the parents within the program. We don't get to choose our athletes; in many ways, they choose us. And with that comes a limited window of opportunity to connect with them and build relationships that can last a lifetime.

When you have a group of players who lay it all on the line and give you everything they have day in and day out, players who have bought into the process, even if they haven't yet mastered the skills needed for sustained success, that's when the best seasons happen. Only one team in each division gets to hoist the state championship trophy at the end of the year, but that doesn't mean every other team's season was a failure.

In fact, many of us win consistently and still feel like it's not enough, whether that pressure comes from our community, our school, our parents and fans, or even our own expectations. The wins may be there, but somehow the season still doesn't feel successful.

My challenge to each of us is this: if we want true, lasting success, we must focus on Mudita. The first time I heard my wife talk about Mudita I thought she was speaking a foreign language. The concept is something she learned from her college softball coach, Pat Murphy, head coach at the University of Alabama. She talked about how that principle was the cornerstone of the lasting success that Alabama softball has, even on those rare "down" years. Mudita is defined

as having vicarious joy in the success of others. It's a simple concept, but a difficult one to live out. It asks us to care a little less about ourselves and a little more about the people around us.

When your star player gets subbed out, they have a choice: pout and feel sorry for themselves on the bench or become the loudest supporter of the teammate stepping in. Encourage them. Believe in them. Celebrate them. Because body language speaks louder than any words ever could. And when that star teammate lets their teammate know how much they trust and believe in them it allows the person stepping in to relax just enough to go out there and hopefully shine.

And when your team whole learns to truly celebrate the success of someone else, not because they have to, but because they want to... that's when you move beyond wins and losses and step into something far more meaningful. That's when you achieve the kind of success that lasts long after the final buzzer sounds. I urge you to choose Mudita. You'll be glad you did.



photo courtesy Glenda Kennedy



GET AHEAD OF THE HEAT

Prepare Your Team for Success | BSN Sports

Introduction to Early Heat Preparation

Before temperatures start to climb, preparing athletes to perform in hot conditions becomes a crucial part of a coach's strategy. Anticipating the effects of heat on performance and safety allows teams to adapt effectively before the full force of spring/summer arrives. Early preparation not only reduces risks but also provides an edge when competing against less prepared opponents.

Coaches can begin by assessing their current training routines and identifying areas that may need adjustments for the warmer months. Incorporating education about the signs of heat-related issues, such as muscle cramps and excessive fatigue, can help athletes recognize when they need to take action. Creating a training environment that prioritizes safety and performance can make a significant difference.

Introducing gradual changes to workouts ensures that athletes build resilience over time. For example, shorter but more frequent sessions in warm conditions can help them acclimate to rising temperatures. Educating athletes on the importance of hydration and recovery is another foundational step in managing the challenges of heat. Simple practices, like monitoring fluid intake and understanding how nutrition impacts energy levels, can set the stage for better outcomes during summer activities.

Taking proactive measures early allows coaches to develop a structured plan, addressing everything from physical endurance to mental preparation. By focusing on these elements, teams are better equipped to meet the demands of the season head-on. Understanding the Impact of

Heat on Performance

Heat exposure places additional stress on the body, making it harder for athletes



photo courtesy Shanna Marhofer

to sustain high levels of performance. As the body works to regulate its temperature, energy that would typically support athletic output is redirected toward cooling mechanisms, which can lead to quicker fatigue. Over time, this can result in a noticeable decline in stamina, strength, and focus.

To help athletes manage these effects, combining physical conditioning with mental preparation can be highly effective. Techniques like visualization, where athletes mentally rehearse scenarios they may face in high-temperature environments, can improve their ability to stay focused and maintain effort under challenging conditions. Studies have shown that combining mental preparedness techniques like visualization with physical practice can lead to a 45% improvement in performance levels compared to practicing alone or using mental techniques independently. These approaches can help athletes better manage the physical and mental strain caused by heat.

Understanding the warning

signs of heat-related issues is also essential for prevention. Symptoms such as dizziness, nausea, and excessive sweating often signal the need for immediate intervention. Educating athletes on how to recognize these indicators empowers them to take necessary precautions. Regular monitoring during training or games is key to identifying signs of overheating before they escalate into more severe conditions.

Effective Hydration Strategies

Athletes lose significant amounts of water and electrolytes through sweat, especially during intense workouts in hot conditions. To ensure optimal hydration, it's essential to emphasize regular fluid intake before, during, and after practices or games. Coaches can encourage athletes to drink small amounts of water consistently, rather than waiting until they feel thirsty, as thirst is not always an accurate indicator of hydration levels.

Electrolytes, such as sodium, potassium, and magnesium, are vital for maintaining fluid balance and supporting

muscle function. Including electrolyte-enhanced drinks or snacks in athletes' routines can help replace what is lost through sweating. For athletes engaging in prolonged activities, these replenishment strategies become even more critical to sustaining energy and preventing muscle cramps.

Monitoring hydration status is another key step in avoiding performance declines caused by dehydration. A simple way to do this is by paying attention to the color of an athlete's urine, with pale yellow generally indicating good hydration. Coaches may also introduce body-weight tracking before and after workouts to measure water loss and guide rehydration needs.

It's important to customize hydration strategies based on individual needs, as factors such as body size, sweat rate, and training intensity can vary widely among athletes. Providing access to cool fluids during training sessions and promoting hydration education ensures athletes understand the importance of staying ahead of dehydration.



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)



FELLOWSHIP OF CHRISTIAN ATHLETES

Gary Tipton | Fellowship of Christian Athletes

The picture of Panhandle and Spearman Girl's Basketball Teams praying after their Bi-District game exemplifies how closely intertwined Fellowship of Christian Athletes and Texas Girls Coaches Association are. Spearman is coached by Jessica Slover, who is the granddaughter of Greg Slover. Greg is a legend at Panhandle High School and with TGCA. Panhandle is coached by Rob and Sheena Schmucker who hold the same honors as Greg.

Panhandle and Spearman both have on campus FCA Huddles and both regularly attend Borger Fields of Faith. Both schools have a long tradition with TGCA that goes back to 1953 and includes Coach Dean Weese who was at Spearman in his career.

I believe the way young athletes compete, are coached and are supported is a good barometer of the spiritual health of that school and community. Spearman and Panhandle

passed with flying colors that night.

FCA ministry is to and through you, the coach. A coach can be used as a catalyst to help change a school and

community. We need you! Eternal W's is the goal. JESUS is the answer.

Together, " Let's be used to win them



GIRLS BASKETBALL STATE CHAMPIONSHIPS

The Alamodome San Antonio, TX | March 5-7, 2026

Thursday, March 5		Saturday, March 7	
Conference 1A-D1 Final	11:00 AM	Conference 5A-D1 Final	11:00 AM
Conference 1A-D2 Final	1:00 PM	Conference 5A-D2 Final	1:00 PM
Conference 2A-D1 Final	5:00 PM	Conference 6A-D1 Final	5:00 PM
Conference 2A-D2 Final	7:00 PM	Conference 6A-D2 Final	7:00 PM
Friday, March 6			
Conference 3A-D1 Final	11:00 AM		
Conference 3A-D2 Final	1:00 PM		
Conference 4A-D1 Final	5:00 PM		
Conference 4A-D2 Final	7:00 PM		

Tickets & Parking

Spectator Information will be available on the [UIL Website](#) when released.

Alamodome Clear Bag Policy

To provide a safer environment for the public and in order to expedite fan entry into the Alamodome, we have implemented a Clear Bag Policy (similar to the NFL Clear Bag policy) that limits the size and type of bags that may be brought into the Alamodome. The clear bag guidelines can be found [here](#). All spectators will need to comply with the clear bag policy for entry into the stadium.



photo courtesy Amanda Sterling

TGCA WINTER POSTSEASON HONORS

COACHES OF THE YEAR

CHEER

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

* - Assistant Coach

ATHLETES OF THE YEAR

CHEER

Conferences 1A-4A
Landry Davis
Ferris HS
Coach: Shelley Davis

Conferences 5A-6A
Audrey Lutterman
Katy Seven Lakes HS
Coach: Amy Weaston

WRESTLING

NAME	SCHOOL	CONE.
Rick Gagarin	Melissa	ALL

WRESTLING

ALL
Malia Griffin
Melissa HS
Coach: Rick Gagarin

TGCA POSTSEASON SPIRIT COACHING HONORS

Congratulations to the following TGCA member coaches and their teams who will be presented State Championship rings from Herff Jones for capturing 2025-26 UIL State Championships!

COACH	SCHOOL	CONF.
Victoria Butler	Burleson	CO-ED
Rebecca Burns & Jennifer Carver	Vernon Northside	1A
Traci Ysasaga	New Home	2A-D1
Tammy Kirchoff & Shaw Granberry	Falls City	2A-D2
Cari Cloud	Tuscola Jim Ned	3A-D1
Brooke McCurry	Jacksboro	3A-D2
Julie Hall	Celina	4A-D1
Katy Baugh	Lago Vista	4A-D2
Casey Warren	McKinney North	5A-D1
Marissa Briseno	Sharyland Pioneer	5A-D2
Nikki Greig	Katy Taylor	6A-D1
Stefani Gundel	McKinney Boyd	6A-D2



Victoria Butler - Burleson



Brooke McCurry - Jacksboro

TGCA BASKETBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Jeff Williams	Amarillo	5A	1
Marcos Garza	Amarillo River Road	3A	1
Brandon Hudson	Abilene Cooper	5A	2
T'Leah Jennings	Snyder	4A	2
Chance Westmoreland	Argyle	5A	3
Ramsey Ghazal	Glen Rose	4A	3
Chad Hurst	Frisco Wakeland	5A	4
Deanne Dial	Cooper	2A	4

COACH	SCHOOL	CONF.	REG.
Jun DeHorney	Houston Math & Science	6A	5
Terri Barlow	Leggett	1A	5
Kevin Bussinger	Austin Lake Travis	6A	6
Tommy Gates#	Navasota	4A	6
Michelle Trotter	Clute Brazoswood	6A	7
Marques Johnson	Vanderbilt Industrial	3A	7
Jason Sanders*	Boerne Champion	5A	8
Vance Millican	Harper	2A	8

* - Chair # - Vice Chair

2026 TGCA SUMMER CLINIC

The 2026 TGCA Summer Clinic will be held in Arlington at the E-Sports Convention Center July 16-18. The agenda is [posted here](#) and can also be found under the "Summer Clinic" category in the menu on the left-hand side of

the page. 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 2026 TGCA Clinics.

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

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/sqM9W.

2025-26 TGCA NOMINATION DEADLINES BY SPORT

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

Basketball	March 2, 2026
Soccer	April 6, 2026
Golf	April 27, 2026
Tennis	May 4, 2026
Track & Field	May 11, 2026
Softball	May 25, 2026



photo courtesy Amanda Sterling

TGCA SATELLITE 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) 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

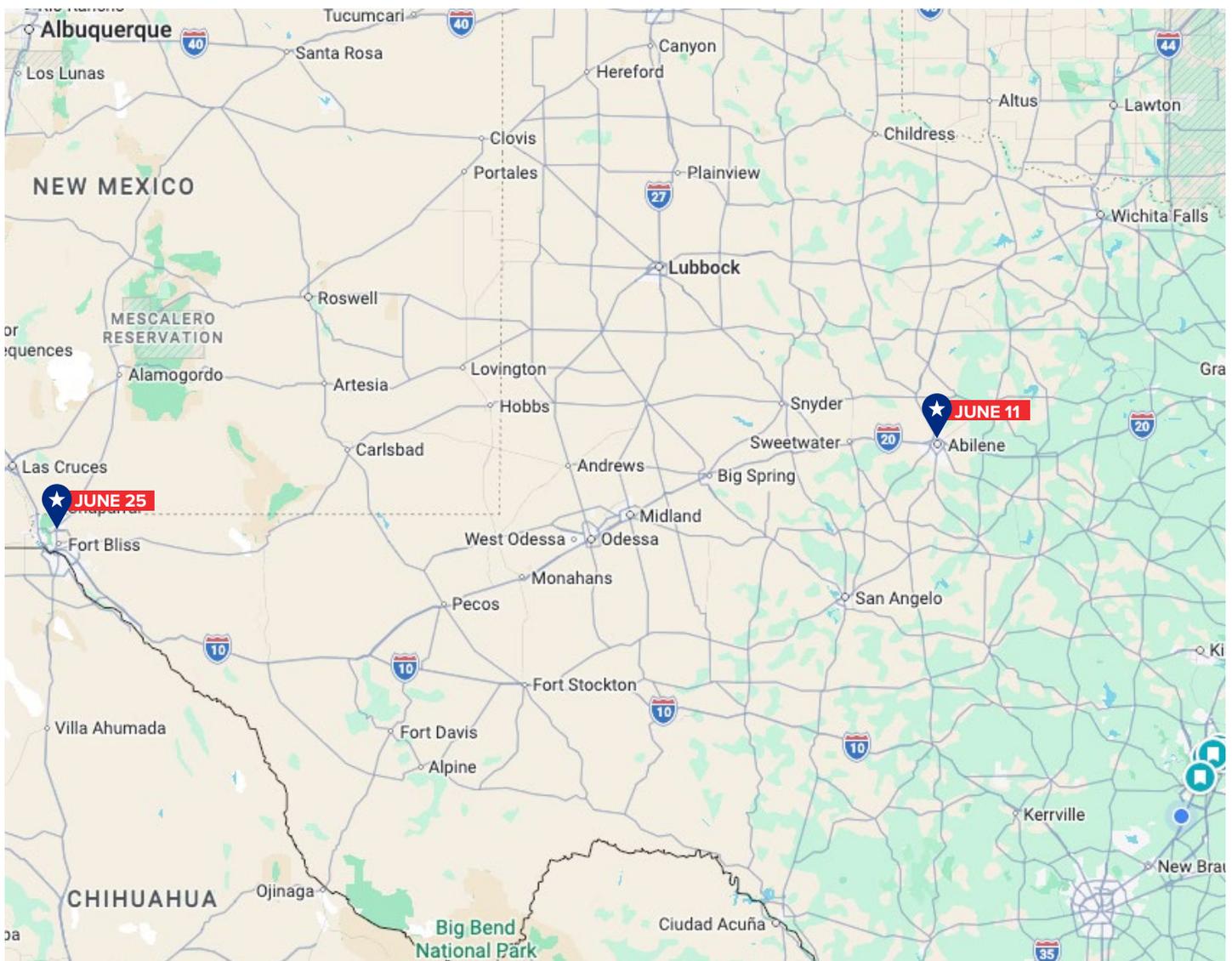
clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

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.



photo courtesy Gilberto Martinez

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.

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 Shanna Marhofer

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.



photo courtesy Sydney Miller

VOLLEYBALL

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

BASKETBALL

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

SOCCER

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

GOLF

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

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

ifier

- 10 points for each individual state champion
- 20 points for team regional championship
- 30 points for team state championship

TRACK & FIELD, CROSS COUNTRY

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

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

SOFTBALL

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

SPIRIT

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

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

WRESTLING

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

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

*Deadline for submitting accomplishments is May 30
Revised by vote of the Board of Directors March 2, 2014
Revised by vote of the Spirit Committee July 10, 2019
Revised April 22, 2022*

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

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

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

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

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

11

THINGS COACHES SHOULD KNOW ABOUT STRENGTH TRAINING WITH WEIGHTS

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 The type don't matter. There are two factors needed to strengthen a muscle—resistance and overload. A muscle is overloaded if it is

ing functional strength) is how the equipment involved in the workout is actually used.

4 No iron, no problem. This approach entails three primary options. Body-weight exercises are strength training movements that utilize a person's own body weight as resistance against gravity to develop muscular fitness (strength and endurance). Buddy exercises are strength training activities in which the resistance is provided by a training partner or a spotter. Wooden-dowel exercises are buddy exercises in which an exerciser moves a wooden dowel through a specific movement, while their training partner applies an appropriate level of resistance to the dowel to ensure that the movement is completed in a smooth fashion, as well as within the desired timeframe—four seconds on the positive (up) phase and two seconds during the negative (down) phase for the exercise.

7 The shortest possible time. Strength training without weights optimizes the time that should be devoted to developing muscular fitness (strength and endurance). Waiting for a machine or free weights to become available is eliminated. Having to change the weight plates or select a particular setting on a machine is no longer required. In other words, athletes are able to “work smart” to get as much or more done in less time.

8 More is not a barrier. Relatively large numbers of athletes can be trained simultaneously (in fact, up to several hundred). As such, coaches can train their entire team at once. Athletes and their partners (spotters) simply switch roles on command.

9 Maximum effort, maximum results. A lifter's training partner can apply the level of resistance needed to control the speed of the exercise (exercises performed either manually or using a wooden dowel). In other words, the spotter can accommodate whatever level of resistance their training partner's efforts indicates would be appropriate to control the speed of the exercise.

5 The positives far outweigh the potential downsides. There are numerous advantages to adopting the strength-training-without-weights approach. Among the more obvious reasons are the following: No costly equipment is required to perform the exercises. Relatively large numbers of individuals can be trained simultaneously. The muscles can be worked maximally each rep.

6 Anywhere, at any moment. While convenience may be a relative term, one of the hallmarks of strength training without weights is that these exercises can be performed at any time and any place—the weight room, on the field, on the court, or on the diamond. As such, waiting to use equipment or arguing with other coaches concerning which group has a space priority is no longer a consideration.

10 Not all is roses. While strength training without weights has a number of advantages compared to conventional training, there is at least a notable disadvantage—accountability. As such, lifters will not know how much strength/endurance they are gaining from workout to workout. There is no way to quantify their gains, as they can with a barbell or a plate-loading machine. They are forced to rely upon their spotters to do their job. When they do, the lifter can be assured of attaining an enhanced level of muscular fitness.



photo courtesy Shanna Marhofer

forced to work harder each subsequent workout with a greater level of resistance or more reps. The type of resistance is not the key. In reality, the muscles do not know if you're using a sandbag, a sack of rocks, or a barbell as resistance.

2 What does matter. There are structural differences between and among all of the various types of strength training available, including free weights, selectorized machines, plate-loaded machines, and cable systems. Regardless of the type of equipment employed, the key to making progress (i.e., develop-

3 A no-cost/low-cost arsenal. For many coaches, the cost of equipment to strength train their athletes is relatively prohibitive. The issue is further complicated by the fact that a need exists to accommodate numerous teams (and athletes) during the same timeframe (both in-season and off-season) for the limited amount of available equipment. In reality, an effective approach to strength training that costs virtually nothing already exists. Such a toolbox would encompass bodyweight exercises, buddy exercises, and wooden-dowel exercises.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 TGCA: Basketball Nominations Deadline, 12 Noon	3	4	5 GIRLS BASKETBALL: STATE TOURNAMENT	6	7
8 TGCA: Board of Directors Meeting	9 TGCA: Basketball Committee Meeting TGCA: Basketball All-State Committee Meeting	10	11	12	13	14
15	16	17 Soccer: District Certification Deadline	18	19 SOCCER: BI-DISTRICT	20	21
TGCA CLOSED FOR SPRING BREAK						
22	23 SOCCER: AREA	24	25	26 SOCCER: REGIONAL SEMIFINALS	27	28
29	30 SOCCER: REGIONAL FINAL	31	25	26 SOCCER: STATE SEMIFINALS	27	28

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

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

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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

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TGCA NEWS

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