



TGCA NEWS

JANUARY 2026



2025-2026 TGCA OFFICERS



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cover photo courtesy Jessica Garza

right photo courtesy Kayla Kattner



LOYALTY IN THE TRANSFER ERA

Building Programs, Not Just Rosters in High School Sports

Scott Mann Lorena HS | **TGCA President**

High school sports are changing. Anyone who's spent time in a gym, on a field, or in a locker room can feel it. The conversations sound different. Parents ask different questions. Athletes think differently about their futures. And coaches are navigating a landscape that looks more like free agency than championship stages.

The rise of transfers in high school athletics has reshaped what "loyalty" means. Once upon a time, most athletes played where they lived. They grew up in the program, wore the same colors for four years, and graduated alongside teammates who felt more like family than coworkers. Today, movement is easier, faster, and often encouraged as athletes chase better opportunities, more exposure, or a clearer

path to playing time. But in this new transfer era, one question keeps coming back: are we building rosters, or are we building programs?

Why Athletes Are Moving More Than Ever

To understand the loyalty problem, we first must understand the environment. Social media showcases highlight reels daily. Recruiting services rank middle schoolers. Club and travel teams promise exposure and advancement. Parents are more informed and sometimes more anxious than ever before. We live in an entitled era, where instant access to information, services, and opportunities has made many people expect results without putting in the hard work. Technology, social media,

and consumer culture often reinforce the idea that we deserve rewards immediately, rather than earning them over time.

When an athlete feels overlooked, underused, or uncertain, transferring or leaving can feel like a solution. Sometimes it is. A fresh start can reignite confidence or open doors that were previously closed. Change is real, and if we don't pay attention, we risk being unprepared. But the real danger comes when transferring becomes the first response instead of the last option. When adversity shows up; limited playing time, tough coaching, a losing season, movement starts to replace perseverance. That shift doesn't just affect individual athletes. It affects the soul of high school sports.



The Cost of Constant Movement

Programs built on constant turnover struggle to develop identity. Systems change yearly. Leadership resets every season. Younger athletes never quite know who to follow or what the standard is. Loyalty isn't just about staying put. It's about shared struggle, trust built over time, and pride in something bigger than yourself. When athletes cycle in and out, those bonds weaken. Teams become collections of talent rather than communities with purpose. For athletes, the cost can be just as real. Transferring doesn't guarantee happiness, playing time, or success. In some cases, it delays growth. Learning to compete, to wait your turn, to handle coaching, and to fight through setbacks are life skills sports are meant to teach. If athletes leave every time, it gets uncomfortable, they may win short-term but lose something far more valuable.

Building Programs, Not Just Winning Seasons

Strong high school programs don't chase quick fixes. They focus on culture. Culture is built when expectations are clear and consistent. When athletes understand their role today and trust that effort will shape tomorrow. When coaches invest in players as people, not just performers. Programs that last emphasize development over dominance. They teach fundamentals. They reward commitment. They celebrate improvement, not just results. Wins matter, but they're not the only currency. Loyalty grows when athletes feel seen, challenged, and valued. Not promised starting spots. Not guaranteed touches. But given honest



photo courtesy Amy Dahlke

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LOYALTY IN THE TRANSFER ERA

Building Programs, Not Just Rosters in High School Sports

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communication and a real pathway to growth.

Here are 6 SHIPS, I firmly believe are needed to successfully build programs:

1. OWNERSHIP

Champions own the process. Own your commitment, accountability, and standards. This is the foundation of the ship.

2. LEADERSHIP

Player-led teams WIN. Set the standard, hold others accountable, and lead by example. This steers the ship.

3. FRIENDSHIP

Tight-knit teams WIN. Play for each other, your communities and school. This will strengthen your ship.

4. HARDSHIP

Adversity will strike it always does, stick together through the

tough times, rally around each other. This will test your ship

5. SPORTSMANSHIP

Stay humble in victory and show grace in defeat. Classy teams do things the right way. This is the character of your ship

6. SCHOLARSHIP

Success habits off the field carry over to the field. This is what anchors your ship

The Role of Coaches in the Transfer Era

Coaches are under more pressure than ever. Win now. Keep kids happy. Retain talent. Recruit within the rules. It's a tough balancing act. But the best coaches don't beg for loyalty... they earn it.

They create environments where athletes want to stay. They explain decisions. They coach effort just as hard as execution. They hold stars and role

players to the same standard. And when an athlete is struggling, they address it directly instead of letting resentment grow. That doesn't mean every athlete will stay. Some will still leave. But when players do move on from strong programs, it's usually with respect, not bitterness.

Parents and the Bigger Picture

Parents play a huge role in today's transfer culture. Their intentions may be good, but they don't guarantee the results will be. They genuinely want what's best for their child, but sometimes their judgement is influenced by personal feelings toward coaches or other factors.

But "best" isn't always easiest.

Sometimes the best thing for an athlete is learning patience. Sometimes it's being coached hard. Sometimes it's losing be-

fore winning. Parents who understand this help reinforce loyalty not to a coach or a school, but to the process of growth. When adults frame every challenge as a reason to leave, athletes absorb that mindset. When adults frame challenges as opportunities to learn, athletes become stronger.

Redefining Loyalty

Loyalty in modern high school sports doesn't mean staying no matter what. It means committing fully before walking away. It means communicating before quitting. It means understanding that development isn't always linear. Programs that thrive in the transfer era don't cling to the past. They adapt without abandoning their values. They welcome new athletes while honoring those who stayed. They build leadership from within and teach athletes that who you become matters just as much as where you play. At its best, high school sports are still about belonging, growth, and pride. The transfer era doesn't have to erase that. But it does challenge us as coaches, parents, and athletes alike to be intentional. Because in the end, championships fade. Records get broken. But programs built on loyalty, trust, and purpose leave a legacy that lasts far beyond the final whistle.

Here at TGCA, we're proud to stand alongside coaches who work every day to create environments where athletes can grow. Not just as competitors, but as people. As high school sports continue to change, it's important to remember that success isn't defined only by championships. It's reflected in the loyalty we build, the character we develop, and the programs we leave better than we found them. By staying committed to these values, we help ensure that Texas high school athletics remains a place where athletes, coaches, and communities can thrive together, year after year.



photo courtesy Lori Darnell

PRACTICAL TIPS TO PREVENT BURNOUT IN YOUTH SPORTS

BSN Sports

Understanding Athlete Burnout

Athlete burnout in youth sports is a multifactorial issue that stems from prolonged physical, mental, and emotional demands placed on young athletes. It often manifests as fatigue, reduced interest in sports, and an overall sense of being overwhelmed. Overtraining, combined with external pressures from parents, coaches, and peers, can create an environment where young athletes struggle to maintain their passion for their sport. This overwhelming cycle can lead to exhaustion, irritability, and a noticeable drop in performance levels. Children often feel stuck between meeting expectations and managing their own enjoyment, creating a disconnect that heightens stress.

Promoting Balance Between Sports and Rest

In youth sports, incorporating rest into a structured schedule is essential for maintaining both physical and mental well-being. “Burnout can kill a child’s love for the game. A balanced approach with rest, variety, and emotional support is key to long-term engagement,” says Dr. Neeru Jayanthi of Emory Sports Medicine. Encouraging young athletes to participate in a variety of activities beyond their primary sport can not only keep their routines fresh but also reduce the risk of overuse injuries. Additionally, ensuring they have time to relax and enjoy non-sports-related hobbies can promote a sense of balance in their lives. Maintaining clear boundaries between prac-



photo courtesy Cassidy Lakota

tice, school, and family time can help prevent feelings of overload while fostering healthier time management skills. Parents and coaches should also remain attentive to signs of fatigue, offering flexibility in schedules when necessary to avoid pushing young athletes too far. By helping them build a routine that prioritizes recovery and diverse interests, we can reduce the strain that often leads to burnout.

Encouraging Open Communication

Athletes benefit greatly from an environment where their thoughts and emotions are acknowledged without judgment. Encouraging open dialogue helps young athletes feel comfortable sharing their challenges, whether they relate to the pressures of competition, time management, or personal struggles. Coaches and parents can foster this by asking questions that invite honest responses and by actively listening with-

out rushing to provide solutions. This creates a safe space where athletes know their concerns are taken seriously. Regular check-ins can also help maintain a consistent flow of communication, allowing potential stressors to be addressed before they escalate. When young athletes are assured that their voices matter, they are more likely to speak up when something feels overwhelming, making it easier to address issues early and maintain their enthusiasm for the sport.

Setting Realistic Goals

Establishing practical objectives can help young athletes remain focused and motivated without feeling undue stress. Goals should be tailored to the individual’s skill level, taking into account their unique abilities and development stage. When goals are realistic, athletes can measure progress in a way that feels attainable, creating a sense of accomplishment that drives

them forward. It’s important to involve the athlete in the goal-setting process, allowing them to take ownership of their development while ensuring the objectives are clear and achievable.

Rather than focusing solely on competition or winning, goals should prioritize skill improvement, effort, and consistency. This approach helps shift the focus away from external outcomes and toward personal growth, reducing the likelihood of discouragement. Athletes should also be encouraged to break larger goals into smaller, manageable steps, which can make the process feel less overwhelming and more rewarding. Recognizing progress, no matter how small, is essential for maintaining motivation and fostering a sense of pride in their achievements.

Parents and coaches play a critical role in guiding young athletes to set goals

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PRACTICAL TIPS TO PREVENT BURNOUT IN YOUTH SPORTS

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that are challenging yet attainable, while providing encouragement and positive reinforcement along the way. By maintaining a focus on individual development rather than unrealistic standards, young athletes are more likely to stay engaged and confident in their abilities.

Fostering a Positive Sports Environment

A supportive sports environment can make a significant difference in how young athletes approach their activities. Encouraging collaboration within the team helps build trust and friendships, creating a sense of belonging. When athletes feel connected to their teammates and coaches, they are more likely to enjoy the experience and perform with confidence. Coaches and parents can also mod-

el positive behavior by emphasizing respect, patience, and encouragement, which helps set the tone for how athletes treat themselves and others.

Focusing on the process rather than just the outcome promotes a healthier mindset. Praising effort and growth encourages athletes to see challenges as opportunities to learn rather than sources of frustration. Additionally, providing opportunities for athletes to engage in non-competitive activities during practices can reduce pressure and remind them of the joy in simply playing. Taking time to acknowledge individual and team progress fosters motivation and reinforces the idea that success is not solely about winning.

Creating an environment where athletes feel valued and supported enables them to stay engaged and enthusiastic about their sport.

A positive atmosphere not only strengthens their connection to the team but also helps them approach challenges with a resilient and optimistic mindset.

Providing Mental Health Resources

Young athletes face unique pressures, making access to mental health resources a vital part of their overall well-being. Providing education about stress and its effects can empower athletes to better understand their emotions and develop healthy coping mechanisms. Encouraging mindfulness practices, such as breathing exercises or meditation, can also help them manage anxiety and stay focused during intense situations. Coaches and parents can play a key role by normalizing conversations around mental health and ensuring that athletes know seeking help is a sign of strength, not

weakness.

Workshops led by mental health professionals can offer strategies tailored to the challenges young athletes face, such as managing performance-related stress or balancing commitments. Additionally, creating partnerships with counselors who specialize in working with youth can give athletes a trusted outlet to address concerns in a supportive environment. Offering resources, like books or apps focused on mental wellness, can help athletes learn how to navigate stress independently.

By proactively addressing mental health, adults can equip athletes with skills to handle challenges both on and off the field. Supporting their emotional development not only enhances their sports experience but also builds a foundation for long-term resilience in all aspects of life.

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: TheTexasWay.org

SOCCER ADVISORY BOARD

COACH	SCHOOL	CONE.
Whitney Bernard	Canyon Randall HS	4A
Darin Dabelgott	Bay City HS	4A
Jimmie Lankford*	Frisco Wakeland HS	5A
Jamie Tibbetts	Lake Belton HS	5A
Winston Pool#	Cedar Park HS	5A
Kaitlyn Eidson	Katy Seven Lakes HS	6A
Erin Smith	Lewisville Marcus HS	6A



photo courtesy Whitney Magness

* - Chair # - Vice Chair

COACH JOE LOMBARD

Gary Tipton | Fellowship of Christian Athletes

Panhandle Fellowship of Christian Athletes will host our annual Celebration of Champions Basketball Banquet on February 1st. Coach Joe Lombard, who will be our guest speaker, has also been influential in Texas Girls Coaches Association during his career.

Joe was usually at an opposing district school during my coaching career. My brother, Sam, got to experience firsthand having teams play against him at Frenship. I only coached against Joe once when I was the Head Boy's Basketball Coach at Fort Stockton. Joe was coaching both basketball teams at Canyon that year. His son, Tate, was playing on that boy's team and they beat us in a game played at O'Donnell. To my credit I did not schedule that game. I inherited it from Doug Davalos who had left Fort Stockton to go back into college coaching.

I really did not know the strong Christian family Joe Lombard leads until I went into ministry with Panhandle FCA. Joe is just one example of a Christian coach that leads many of our teams as they compete.

FCA ministry is to and through you, the coach. "Let's be used to win them all."

PANHANDLE SPORTS HALL OF FAME

2201 SE 27th Ave Amarillo, Texas 79103 Telephone: 806-376-5936

Kids, Incorporated is proud to serve as the managing partner of the Panhandle Sports Hall of Fame.

JOE LOMBARD - INDUCTEE #192

Joe Lombard

Regarded by many as the greatest high school girls basketball coach in history, Lombard's teams at Nazareth and Canyon dominated over 42 seasons from 1979 to 2020.

His teams won six state championships at Nazareth and 13 more at Canyon. His 19 state titles are easily the tops in the state and his record of 1,379-133 and his 91 percent winning percentage over 1,512 games will likely never be broken. In addition, his cross country teams at Nazareth and Canyon won seven state titles, giving him a remarkable 26 in his career.

WRESTLING STATE CHAMPIONSHIPS

Berry Center Cypress, Texas | February 13-14, 2026

Friday, February 13

5A/6A Girls Weigh-in	9:30 AM
5A/6A Girls Championship Round 1	11:00 AM
5A/6A Girls Championship Quarterfinals	3:45 PM
5A/6A Girls Consolation Round 1	3:45 PM
5A/6A Girls Consolation Round 2	6:45 PM

Saturday, February 14

5A/6A Girls Weigh-in	9:00 AM
5A/6A Girls Championship Semifinals	10:30 AM
5A/6A Girls Consolation Round 3	10:30 AM
5A/6A Girls Consolation Semifinals	1:00 PM
5A/6A Girls 3rd/5th Place Matches	2:30 PM
5A/6A Girls Championship Matches	4:45 PM

Tickets & Parking

Spectator Information is available on the [UIL Website](#).

Awards

The top three finishers in each weight class will receive medals. The top three teams will receive trophies or plaques.

Girls' Awards Presentations: Awards will be presented upon completion of wrestling in the first three weight classes. Girls 100 lb. weight class awards will be presented upon completion of the 114 lb. weight class. Awards for 107 lb. weight class will be presented following the 120 lb. weight class, etc.



photo courtesy Logan Lawrence

SWIMMING & DIVING STATE CHAMPIONSHIPS

Josh Davis Natatorium

San Antonio, TX | February 12-13, 2026 (4A)

Thursday, February 12

4A Swimming Prelims	10:00 AM
4A Diving Prelims	2:00 PM

Friday, February 13

4A Diving Finals	9:30 AM
4A Swimming Finals	11:00 AM

Lee and Joe Jamail Texas Swimming Center

Austin, TX | February 20-21, 2026 (5A-6A)

Friday, February 20

5A Diving Prelims and Swimming Prelims	8:50 AM/9:30 AM
6A Diving Prelims and Swimming Prelims	2:50 PM/3:30 PM

Saturday, February 21

5A Swimming Finals and Diving Finals	10:00 AM
6A Swimming Finals and Diving Finals	4:00 PM



photo courtesy UIL

Tickets & Parking

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

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 Carolyn Josendale

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 login process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

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

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

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

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

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

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

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



photo courtesy Brooke McCurry

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.

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

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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.

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:

Wrestling	February 9, 2026
Swim & Dive	February 16, 2026
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 Julie Hall

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 Jessica Garza

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.

10

ATTRIBUTES OF EFFECTIVE TEACHERS

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 They know their stuff.

They have a solid deep understanding of the subject matter that they're teaching. In turn, they are able to transform that knowledge into comprehensive, actionable information for their students. Not only do they know the subject

effective teacher.

3 They display a personal touch.

The most memorable teachers are those who connect with their students on a human level, rather than someone who just delivers information. Their teaching approach fosters a safe, encouraging

less overwhelming. As such, they tailor their teaching to the needs, interests, and capabilities of their students.

5 They exhibit patience.

Rome wasn't built in a day, and all students in a particular group don't always learn as fast as their instructors expect or want. In other words, some students learn faster than others. Accordingly, they find ways to sort and evaluate the situation at hand to assess what their students are actually learning and to identify what may be necessary for their struggling students to better understand and apply what they're being taught.

6 They are good communicators.

While not all effective teachers communicate in exactly the same manner, important similarities exist. For example, they keep their communication relatively simple. They avoid a patronizing tone. They make the words that they use an asset, as opposed to an impediment. When teaching, they don't waste words; they get to the point. They organize their thoughts, avoiding muddled thinking. They don't exaggerate or parse their words. They use an appropriate tone of voice (collectively, a by-product of speaking rate, volume, inflection, and body posture).

7 They inspire their students to learn.

In that regard, they foster a positive environment for learning, where students feel valued, respected, and safe taking risks. They set clear, achievable goals and define expectations to help their students better understand what is expected of them. They use reinforcing language to increase student engagement and to build a positive classroom environment.

8 They are adaptable.

They are able to respond to their circumstances as they exist, not as they would like them to be. In other words, whatever the circumstances, to the extent feasible, they are able and willing to adapt their actions in such a way to position themselves to successfully teach the subject matter. As such, they utilize real-time personal assessments to instantly adjust what their lessons entail and how they are teaching them, based on student understanding, rather than stick to a rigid plan.

9 They embrace positivity.

They exhibit a can-do attitude, remaining solution-focused, even during the most challenging circumstances. They are aware that positivity is neither simply a rosy view of every situation, nor a means to gloss over serious issues. Rather, it entails creating a positive learning environment in which students' successes are celebrated and their efforts and achievements are acknowledged.

10 They are lifelong learners.

Teachers need to be lifelong learners in order to stay current with new knowledge and developments in their fields. By looking to up-skill their existing knowledge and capabilities, coaches enhance their effectiveness to teach a particular subject matter, as well as be better prepared to navigate an often changing student learning environment.

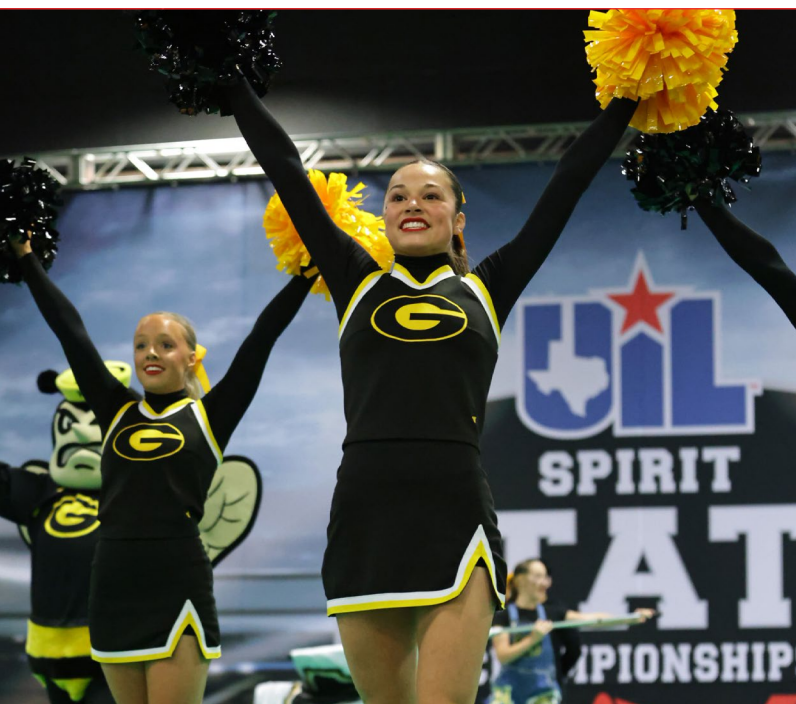


photo courtesy Amber Colson

matter, they also know how to teach it.

2 They are prepared.

Skillful teachers are fully aware that their efforts are not just a matter of desire but rather the by-product of preparation and hard work. In virtually every human endeavor (including teaching), the more an individual prepares and the greater effort they expend, the more likely it is that they will be successful at whatever it is that they are doing. Above all, they have a firm resolve to be prepared and to be willing to expend whatever reasonable effort is necessary to be an ef-

ing, and supportive atmosphere that motivates their students. They have an empathetic attitude toward their students that features respect, kindness, compassion, and responsibility to helping their students learn the material that they're teaching.

4 They make wise use of their time teaching.

They are able to plan, prioritize, and batch the various tasks attendant to their teaching efforts in order to minimize and hopefully eliminate unproductive time spent. For example, they divide unduly challenging subject matter into more manageable segments to make them

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photo courtesy Cassidy Lakota



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 SWIMMING & DIVING: 5A/6A REGIONAL MEETS WRESTLING: REGIONAL MEETS	7
8	9 TGCA: Wrestling Nominations Deadline, 12 Noon Softball: 1st Day for Interschool Games	10	11	12 SWIMMING: STATE MEET (4A)	13 WRESTLING: STATE MEET	14 Girls Basketball: District Certification Deadline
15	16 GIRLS BASKETBALL: BI-DISTRICT TGCA: Swimming & Diving Nominations Deadline, 12 Noon	17	18	19 GIRLS BASKETBALL: AREA	20 SWIMMING: STATE MEET (5A-6A)	21
22	23 GIRLS BASKETBALL: REGIONAL SEMIFINALS	24	25	26 GIRLS BASKETBALL: REGIONAL FINALS	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

TGCA News is the official newsletter of the
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TGCA on the Web
Polls, as well as other current information, can be found on the TGCA website at: austintgca.com.

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

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

