



# TGCA NEWS

MARCH 2026



 **BREMOND**  **PORTaPiT**

## 2025-2026 TGCA OFFICERS



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Lorena HS



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TGCA Office

# TABLE OF CONTENTS

## FEATURE ARTICLES

### Setting Up a Track Program Training Program

By Dan Aldrich  
TGCA 2nd Vice President

**PAGES 1-2**

### How to Maintain Winning Habit Anytime

BSN Sports

**PAGE 3**

### Fellowship of Christian Athletes

By Gary Tipton, Fellowship of Christian Athletes

**PAGE 5**

### 10 Things Coaches Should Know About Gratitude

Dr. James A. Peterson

**PAGE 12**

## ALSO INSIDE

Soccer State Championships.....	4
Soccer Advisory Board.....	4
Sport Nomination Deadlines.....	4
TGCA Basketball State Championship Coaches..	4
The Texas Way.....	5
2026 TGCA Summer Clinic.....	6
TGCA All-Star Program.....	6
Summer Clinic Exhibit Information.....	6
TGCA Summer Satellite Clinics.....	7
AD&D Benefit.....	7
Sub-Varsity Committee.....	8
Track and Field Committee.....	8
TGCA Membership Renewal.....	9
General Nomination Instructions.....	10
Online Nomination Instructions.....	10
TGCA Career Victories.....	11
Sub-Varsity Years of Service.....	11
Important Dates.....	13
Update Online Profile.....	13
Sub-Varsity COY Nom Deadline.....	13
Sponsors.....	14

*cover photo courtesy Mark Ashley*

*right photo courtesy Lisa Ruffcorn*



# SETTING UP A TRACK PROGRAM TRAINING PLAN

**Dan Aldrich** | Fredericksburg HS | TGCA 2nd Vice President



## PROGRAM IDENTITY

From 2002–2008, I served as an assistant track and football coach at Fredericksburg High School (FHS), where my primary responsibility was developing hurdlers and high jumpers for both the girls' and boys' track programs. In 2009, I was selected to lead the boys' track program as head coach, a role I held through 2011. I then became the head coach for both the girls' and boys' track programs through 2015. For the past 10 years, I have served exclusively as the Head Girls Track Coach at FHS, while the boys' program is led by a separate head coach.

During my two years as head coach of the boys' program, I recognized that my strongest background was in the "power" events. However, my goal as a head coach was to build a program capable of consistently competing for team championships at the highest levels of the season. I understood that sustaining a successful team program required comprehensive knowledge of all 17 track and field events, as well as a year-round athlete development model. In 2011, I stepped away from football and took on the role of Head Cross Country Coach, a decision that significantly expanded my coaching perspective. This transition allowed me to develop a complete, year-round program that balanced both power and endurance development, ultimately shaping me into a more well-rounded track coach.

## KNOWLEDGE

While I have accumulated extensive notes from clinics such as TGCA, THSCA, CCCAT, and TTFCA, the most impactful learning experiences came through high-rigor certification courses offered by USATF and USTFCCA. These courses were taught by nationally recognized coaches and experts, including Boo Schexnayder, Chris

Korfist, Dan Fichter, Cal Dietz, Keiba Tolbert, Tommy Badon, Dr. Ken Clark, and Dr. Joe Vigil.

The certifications that most influenced my ability to design effective workouts and long-term training plans include: Reflexive Performance Reset (Level 1 and Level 2); USATF Level 1 Certification and Principles of Endurance; and USTF-CCCA certifications in General Track, Psychology for Track, Weight Training for Track, Sport Science for Speed and Power Events, and Sprint/Hurdle/Relay Specialist.

## MAKING THE YEARLY PLAN:

At Fredericksburg High School, our training year is organized into four primary phases, each designed to develop both endurance and power athletes. The year begins with the Summer Phase, transitions into the Fall Phase, continues through the Winter Phase, and ends with the Spring Phase, which is our competitive track season.

Below are the four training phases and the primary emphasis of each phase:

### 1. SUMMER TRAINING PHASE (June – July):

Our first training phase takes place during the summer and consists of an eight-week program designed to prepare athletes for the start of school in August. The summer is divided into two four-week sessions, with a scheduled break during the week of July 4th. During this phase, endurance athletes emphasize building aerobic capacity and mileage in preparation for the cross country season, while still incorporating elements of speed and power development. At the same time, power event athletes focus primarily on speed and pow-

	POWER EVENTS	ENDURANCE EVENTS
SUNDAY	Rest Day	Rest Day
MONDAY	Weight Room 1/ Acceleration (odd week: <35m) / Max Velocity (even week: 40-70m)	Weight Room / Max Velocity (40-70m)
TUESDAY	Cross Training	Easy Pace Runs (25-55min)
WEDNESDAY	Mobility Circuits-Yoga	Cross Train and Mobility Circuits-Yoga
THURSDAY	Weight Room 2 / Short Speed Endurance (odd week: 75-120m) / Long Speed Endurance (even week: 25-60sec runs)	Weight Room / Speed Endurance (June: 25-60sec runs) / Tempo Runs (July: 400m-1600m Repeats)
FRIDAY	Rest Day	Cross Train and Mobility Circuits-Yoga
SATURDAY	Cross Training	Long Pace Runs (20-45min)

er training, creating a balanced approach that supports long-term development for all athletes.

Here is the general outline for our power and endurance events during the summer:

### 2. FALL TRAINING PHASE (August – November):

Our second training phase begins when we return to school following the summer break. This phase begins with baseline development testing conducted during the first two weeks of school for all athletes in the program. These assessments include weight room maxes, vertical jump, standing long jump, standing triple jump, flying 10m, block 30m and 60m, overhead medicine ball throw, 5–10–5 shuttle, and a 400m test. Endurance athletes also complete a 1600m test.

Following baseline testing, athletes progress into a 10-week training program that runs from September through mid-November. During the fall phase, power athletes place an emphasis on acceleration and power development, while endurance athletes focus on preparing for and competing in the cross country season. Despite these different event emphases, both groups complete the same weight room training sessions twice per week, ensuring consistent strength development across the program.



photo courtesy Lisa Ruffcorn

# SETTING UP A TRACK PROGRAM TRAINING PLAN

Here is the general outline for our power and endurance events during the fall:

	POWER EVENTS	ENDURANCE EVENTS
<b>SUNDAY</b>	Rest Day	Rest Day
<b>MONDAY</b>	Acceleration Work (Sand or Ground In-Place Plyo's, Wall Drills, Medball Starts, <25m starts-sleds-hill runs)	Weight Room 1 / Race Pace Runs (400m-1600m Aerobic Repeats)
<b>TUESDAY</b>	Weight Room 1	Easy Pace Runs / Fartlek Intervals / Tempo Runs (20-35min)
<b>WEDNESDAY</b>	50-55% Extensive Tempo Runs / Mobility Circuits-Yoga	Cross Train and Mobility Circuits-Yoga
<b>THURSDAY</b>	Weight Room / Max Velocity Runs (50-60m Fly 10's, PVC Drills, Band Posture Work)	Weight Room 2 / Max Velocity Runs (50-60m Fly 10/20/30)
<b>FRIDAY</b>	Weight Room 2	Pre-Race Runs (100m-600m) with Mobility Circuits-Yoga
<b>SATURDAY</b>	Cross Training and Wellness Work	Race Day or Long Pace Runs (20-45min)

### 3. WINTER TRAINING PHASE (December – January):

Our third training phase begins on the first Monday in December, following a one-week recovery period during Thanksgiving Break. This six-week General Preparation phase closely resembles traditional track practices, incorporating event-specific training in the hurdles, throws, and jumps.

The primary emphasis of this phase is the gradual progression of both training intensity and volume for all athletes, laying the foundation for the upcoming 18-week track season. During this period, power athletes focus on developing acceleration and aerobic capacity, while endurance athletes emphasize aerobic capacity development.

Here is the general outline for our power and endurance events during the winter:

	POWER EVENTS	ENDURANCE EVENTS
<b>SUNDAY</b>	Rest Day	Rest Day
<b>MONDAY</b>	Acceleration Work (Short Bound Plyo's, Wall Drills, Block Starts <30m) / 100m Hurdles / High Jump / Shot Put	Easy Pace Runs (15-25min)
<b>TUESDAY</b>	Weight Room 1 / Pole Vault	Weight Room 1 / Long-Tempo Pace Runs 15-30min (Aerobic Repeats / Fartleks / Progressive Runs)
<b>WEDNESDAY</b>	60-65% Extensive Tempo Runs / Mobility Circuits-Yoga	Cross Train and Mobility Circuits-Yoga
<b>THURSDAY</b>	Weight Room / Max Velocity Runs (60m Wicket Fly 10-30m) / 300m Hurdles / Long Jump / Triple Jump / Pole Vault / Discus	Weight Room 2 / Max Velocity Runs (50-60m Fly 10-30m)
<b>FRIDAY</b>	Weight Room 2	Weight Room 2 / Optional Easy Run
<b>SATURDAY</b>	Cross Training and Wellness Work	Long Pace Runs (30-45min)

### 4. SPRING TRAINING PHASE (January – May):

Our fourth and final training phase is the 18-week track season, which is organized into three mesocycles: Specific Preparation, Pre-Competition, and Competition. Following the six-week General



photo courtesy Lisa Ruffcorn

Preparation phase, we begin full-season training in mid-January, starting with one week of team trials. During this week, athletes are

SPECIFIC PREP PHASE – 8 weeks (includes 3 early season track meets)		
	POWER EVENTS	ENDURANCE EVENTS
<b>WEIGHT ROOM</b>	Week 1-4 = Rate of Force and Absolute Strength Development – 2 days a week Week 5-8 = Basic Power and Absolute Strength Development – 2 days a week	
<b>WEEK 1-4</b>	Absolute Speed (40-80m Sprints) / Aerobic Power and Technique (70-80% Extensive Tempo Runs)	Aerobic Capacity and Power (Tempo-Race-Long Pace Runs)
<b>WEEK 5-8</b>	Absolute Speed (SFS 80-120m Sprints) / Speed Endurance (90-95% 40-80m Sprints) / Anaerobic Capacity (80-90% Intensive Tempo Runs)	Aerobic Endurance and Power (Race-Goal-Tempo-Long/Easy Pace Runs)

PRE-COMPETITION PHASE – 5 weeks (includes 3 mid-season meets and district meet)		
	POWER EVENTS	ENDURANCE EVENTS
<b>WEIGHT ROOM</b>	Rate of Force Development – 2 days a week	
<b>WEEK 1-5</b>	Speed Endurance (40-80m Sprints) and Lactic Acid Capacity (80-150m Sprints)	Anaerobic Capacity with Aerobic Maintenance (Goal-Race-Tempo-Easy/Long Pace Runs)

COMPETITION PHASE – 5 weeks (Area Meet – Regional Meet – State Meet)		
	POWER EVENTS	ENDURANCE EVENTS
<b>WEIGHT ROOM</b>	Reactive Strength – 1-2 days a week	
<b>WEEK 1-5</b>	Event Synthesis and Peaking (specific race modeling need to prepare for the next championship meet)	Event Synthesis and Peaking (specific race modeling need to prepare for the next championship meet)

evaluated across all 17 track and field events, and minimum performance standards must be met to earn a place on the practice team.

We typically maintain a roster of 50–60 girls, ensuring that as many athletes as possible have the opportunity to train and compete at track meets. Weekly practice schedules are adjusted based on meet dates and competitive demands, but they generally follow the same training structure established during the six-week General Preparation phase.

Here are our track season mesocycles and our theme emphasis for each phase:

### 5. END OF YEAR:

During the final two weeks of school following the state track meet, we re-administer the baseline tests that were conducted in August to evaluate year-long development and progress. After the school year concludes, athletes take one to two weeks off for recovery before restarting the annual training cycle with summer training.



photo courtesy Travis Walton

# HOW TO MAINTAIN WINNING HABITS ANYTIME



**BSN SPORTS**

## Building Championship Habits in Your Program

Championship habits are not built in a single practice or a big win. They are built in the daily standards a coach sets and reinforces over time.

For coaches, developing winning habits starts with being intentional about culture. The routines you establish, the behaviors you emphasize, and the expectations you consistently uphold shape how your athletes prepare and compete.

Strong programs focus on more than drills and game plans. They prioritize mental preparation, recovery, accountability, communication, and consistency. When those elements are woven into everyday routines, performance becomes more sustainable.

The key is repetition. One great speech or one focused practice will not create lasting change. But when athletes experience the same standards every day, those behaviors become automatic. Over time, preparation sharpens, focus improves, and confidence grows.

## Reinforcing Habits During the Season

In season, consistency becomes your competitive advantage. Routines help athletes manage the physical and mental demands of competition while maintaining confidence and composure.

As a coach, you can strengthen habits by attaching them to clear cues. Whether it is a structured pre practice routine, a defined recovery protocol, or a standard post-game reflection process, repetition builds automatic behavior. Research shows that consistent daily actions tied to specific cues can take roughly two months to feel automatic, reinforcing the value of steady structure.

Pregame preparation, consistent practice schedules, and intentional recovery plans reduce decision fatigue for athletes. When preparation is predictable, players can focus their energy on execution.

In high pressure environments, athletes often fall back on their habits. The question becomes simple: are those habits strong enough to support performance?

## Maximizing the Off Season

The off season is where program growth accelerates.

Without the immediate pressure of competition, coaches can evaluate, refine, and strengthen their systems. This is the time to address skill gaps, build strength, and reinforce cultural standards.

Encouraging cross training and varied conditioning can keep athletes engaged while reducing the risk of overuse injuries. It also provides a mental reset while maintaining overall development.

Goal setting is especially powerful in the off season. Clear, measurable objectives give athletes direction and keep training purposeful. As a coach, helping players define specific improvement targets creates accountability and momentum.

This is also a valuable window for film review, honest evaluation, and staff collaboration. What worked last season? What needs adjustment? Off season clarity often leads to in-season confidence.

Mental development should not be overlooked. Introducing mindfulness, visualization, or breathing strategies during this lower pressure period helps athletes build tools they can rely on later.

## Balancing Rest and Development

One of the most important messages coaches can communicate is that rest is part of the process, not a break from it.

Strategic recovery allows athletes to rebuild physically and reset mentally. Incorporating active recovery sessions, lighter training days, or unstructured athletic activity keeps players moving without overloading them.

Sleep, nutrition, and hydration standards should remain consistent year-round. Reinforcing these fundamentals builds long term durability and resilience.

Encouraging athletes to listen to their bodies also reduces the risk of burnout and injury. A sustainable program understands when to push and when to recalibrate.

## Strengthening Mental and Physical Preparation

Performance is a combination of mindset and physical readiness. Coaches play a critical role in shaping both.

Mental preparation can be integrated into regular practice through breathing exercises, visualization, and reflection. Teaching athletes how to manage pressure, respond to adversity, and stay focused gives them tools that extend beyond a single season.

Physically, a well-structured program that includes strength training, conditioning, mobility work, and proper warmups builds a foundation for consistent performance. Attention to detail in preparation reduces injury risk and increases reliability on game day.

Nutrition and hydration habits also deserve reinforcement. Consistent fueling supports both mental clarity and physical endurance, particularly during demanding stretches of the season.

Simple tools like journaling, team check ins, or performance tracking can increase self-awareness and accountability across your roster.

## Adapting as Challenges Arise

Every season brings change. Schedules shift. Roles evolve. Unexpected challenges surface.

Strong programs are built on habits, but great coaches know when to adjust them.

Regularly evaluating what is working and what is not keeps your program evolving. Seeking feedback from staff and athletes creates alignment and trust. Small, incremental adjustments are often more effective than dramatic overhauls.

When change occurs, reconnecting your team to its core values and shared goals maintains stability. Flexibility within structure allows your program to grow without losing its identity.

Ultimately, winning habits are not seasonal. They are cultural. When standards are clear, reinforced daily, and modeled by leadership, they shape how athletes train, compete, and respond to adversity.

And when those habits hold steady, so does performance.



photo courtesy Lisa Ruffcorn

# SOCCER STATE CHAMPIONSHIPS

**Birkelbach Field** Georgetown ISD Athletic Complex | **April 9-11, 2026**



photo courtesy UIL

## Tickets & Parking

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

## Schedule

### Thursday, April 9

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

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

### Friday, April 10

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

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

### Saturday, April 11

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

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

## TGCA SOCCER ADVISORY BOARD

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

% - Chair & - Vice Chair

## 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:

<b>Soccer</b>	April 6, 2026
<b>Golf</b>	April 27, 2026
<b>Tennis</b>	May 4, 2026
<b>Track &amp; Field</b>	May 11, 2026
<b>Softball</b>	May 25, 2026

## CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES AND THEIR TEAMS WHO CAPTURED 2026 UIL BASKETBALL STATE CHAMPIONSHIPS!

COACH	SCHOOL	CONF.
Nigel Boyles	Broaddus	1A-D1
Eric Schilling	Nazareth	1A-D2
Rob Schmucker	Panhandle	2A-D1
Amber Branson	Lipan	2A-D2

COACH	SCHOOL	CONF.
Silas Crisler	Wall	3A-D2
Drew Coffman	Decatur	4A-D1
Monesha Allen	Denton Ryan	5A-D1
Chance Westmoreland	Argyle	5A-D2

# 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

Panhandle High School won State Championships in both Boys and Girls Basketball this year. Our family has a vested interest as our son, Doug, is a coach at Panhandle. It is unusual for both basketball teams to win state championships in the same year.

The Ettes came directly from winning the State Championship in San Antonio to cheer for the boys in their State Semifinal Game played in Abilene. The Ettes had their State Championship Medals hidden underneath their shirts and did not reveal them until the boys had secured a trip to San Antonio to play for their own State Championship. That is unselfish support!

Rob and Sheena Schmucker not only coach the Ettes but have a son, Luke, who is a junior and plays for the Panthers. The Schmuckers double as our FCA Huddle leaders at Panhandle. Panhandle exemplifies TGCA, FCA and the community working together

to enhance the lives of our future. Congrats to Panhandle! What a year!

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



# 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.

Hotel reservations are now available: [Click here](#)

**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!

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

[www.austingca.com](http://www.austingca.com)



photo courtesy Nash Pils



photo courtesy Nash Pils

# 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](http://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](mailto: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

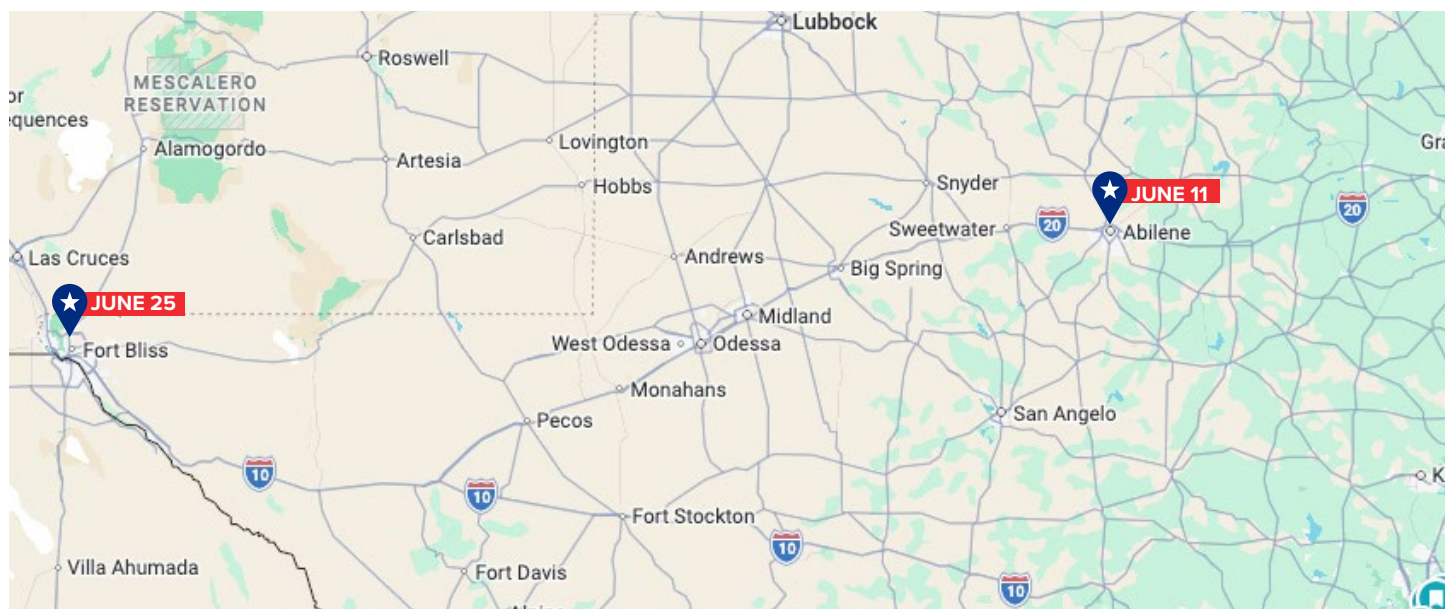
clinics will be available on the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

## 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](#)



# TGCA ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

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

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

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

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

all of their critical information organized in one place.

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

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

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

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

# TGCA TRACK & FIELD COMMITTEE

% - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.
Kylee Valenzuela	Brownfield	3A-1
Amy Withrow	Lubbock Coronado	5A-1
Bob Campbell	Snyder	4A-2
Kevin Johnson %	Abilene Cooper	5A-2
Lyle Linscomb	Waxahachie Life	4A-3
Doris Grooms	Arlington Bowie	6A-3
J.B. Haggerty	Marshall	5A-4
Lacy Dennis	Gilmer	4A-4

COACH	SCHOOL	CONF.-REG.
Benjamin Belshaw	Central Heights	3A-5
Stacy Tucker	Barbers Hill	5A-5
Jersey Gates	Navasota	4A-6
Joshua Munson	College Station	5A-6
Shaw Granberry	Falls City	2A-7
Kathryn Howell	Mission Vet. Mem.	5A-7
Dee Heiner &	Kerrville Tivy	5A-8
Melissa Morris	SA Grape Greek	3A-8



2025-26 TGCA Track & Field Committee



2025-26 TGCA Sub-Varsity Committee

## TGCA SUB-VARSITY COMMITTEE % - Chair

COACH	SCHOOL	CONF.-REG.
Savanna Paiva	Brownfield HS	3A-1
Barbara Burnett	Canadian HS	3A-1
Bethany Wood	Abilene Cooper HS	5A-2
A'Lex Koonce-Lutz	Snyder HS	4A-2
Kark Kreusel	Granbury MS	5A-3
Elizabeth Gray	Spring Hill HS	4A-4
Gabrielle Mosier	Spring Hill JH	4A-4
Jared Smith	Barbers Hill HS	5A-5

COACH	SCHOOL	CONF.-REG.
Juan Jordan	Katy Freeman HS	5A-5
Ginger Cooper	La Grange JH	4A-6
Maureen Marek %	Bellville HS	4A-6
Corley Carpenter	Pleasanton HS	4A-7
Haley Garza	Gonzales HS	4A-7
Hadley Monroe	Brownwood HS	4A-8
Kyleigh Mulanax	Harper HS	2A-8

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

On the home page of the Mem-

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

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

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

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

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

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 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](http://www.austintgca.com), and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

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



photo courtesy Msrk Ashley

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

the Membership Site once you have logged in.

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

**TER YOU HAVE COMPLETED ALL NOMINATIONS.**

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

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

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

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

## INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

**PLEASE NOTE:** The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

**1** Access the TGCA website at [austintgca.com](http://austintgca.com).

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

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

school.

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

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

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

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

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

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

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

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



photo courtesy Nash Pils

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

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

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

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

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

# TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

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

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

## VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Travis Walton

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

## BASKETBALL

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

## SOCCER

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

## GOLF

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

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

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

## TRACK & FIELD, CROSS COUNTRY

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

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

## SOFTBALL

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

## SPIRIT

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

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

## WRESTLING

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

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

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

## SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

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

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

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

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

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

# 11

## THINGS COACHES SHOULD KNOW ABOUT GRATITUDE

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. More than just an action.** Gratitude is a mindset that recognizes life as a gift. It entails intentionally recognizing goodness in others, appreciating the ordinary as extraordinary, and being aware that positive aspects of life often come from external sources.

have lower levels of stress hormones, such as cortisol. Lower cortisol means less strain on your heart, immune system, and digestion system. In turn, this can translate over time, to lower blood pressure, improved immunity, and better sleep. As

**3. A number of options.** Gratitude can be demonstrated in numerous ways. On one hand, it can be shown by using a simple, verbal “thank you.” On the other hand, it can also entail adopting one or more of the following strategies: maintaining a gratitude journal, writing a gratitude post or letter, making a gratitude visit, and engaging in meditation.

**4. Keep a daily journal of those things for which you are grateful.** Use a journal dedicated to daily writing down of things for which you are grateful. Be specific when referring to people or things. Try to genuinely experience the emotion of “being grateful” while you’re writing.

**5. Sharing your appreciation.** Writing a gratitude letter or post can be a very effective way to express your appreciation. When writing such a piece, be brief, warm, and sincere. In addition, be specific about the scenario for which you are thankful; detail the positive impact those actions have had on your life; and express your sincere thanks.

**6. Cultivating appreciation, rather than just clearing the mind.** Focus on those people, events, and aspects of life that bring joy and comfort to you, fostering positive emotions in the process. Gratitude meditation involves visualizing positive experiences in vivid detail, as well as mentally compiling a list of blessings, using affirmations.

**7. More than a bunch of fluffy stuff.** The life-altering power of gratitude is legit. In fact, a number of science-based studies have confirmed the pivotal impact of gratitude. Gratitude literally rewires the brain for some of the

most positive transformations an individual will ever experience.

**8. Rose-colored glasses.** Individuals should not expect only to experience positive vibes. It isn’t healthy to view the world through a rosy perspective. Instead, the world should be viewed as it is—the good, the bad, and the ugly. People should deal with reality and move on. It does no good to live in a false sense of reality.

**9. Focus on the right thing.** Too often, individuals focus on what they should be grateful for, as opposed to for what they are, in fact, very genuinely grateful. As a result, their misplaced attention causes them to miss the opportunity to expand the things that organically brought beauty and joy to their lives.

**10. Be inspired to be thankful every day.** On a daily basis, consider the words of wisdom concerning gratitude expressed by others, for example by Maya Angelou and Brene Brown. “Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good” (Maya Angelou); and “I don’t have to find happiness—it’s right in front of me if I’m paying attention and practicing gratitude” (Brene Brown).



photo courtesy Lisa Ruffcorn

**2. Good for mental health.** Research indicates that individuals who regularly express their gratitude

such, practicing gratitude can not only enhance well-being, it can also improve relationships and increase satisfaction with life.



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

## TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

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

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

## TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

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

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

# THANKS TO OUR SPONSORS

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-Sport-Tek  
-Surge  
-Varsity



## TGCA NEWS

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

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**TGCA on the Web**  
Polls, as well as other current information, can be found on the TGCA website at: [austingca.com](http://austingca.com).

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

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

