



# TGCA NEWS

MAY 2026



## 2025-2026 TGCA OFFICERS



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# THE ADVANTAGES OF QUALITY SCOUTING

**Aaron Fuller** | Barbers Hill HS | TGCA Softball Committee Chair

Sixteen years ago, as I got into coaching softball, I had no experience in the sport whatsoever. My experience was baseball. I grew up with season tickets to the University of Texas baseball games, and eventually played my college baseball at Texas State University in San Marcos. Although I had no experience with softball specifically, I did have experience analyzing players' swings, defensive alignments/adjustments, and coaches' pitch calling tendencies. As I took over as a head softball coach in the fall of 2011, I knew I was going to have to rely on scouting and coming up with a solid game plan in order to give my teams the best opportunities to win games, and eventually championships.

As I began showing up to opponents' games, weeks before we played them, I would get lots of strange looks from parents in the stands as well as opposing players and coaches. Parents would often ask me where I was from and what I was doing. I usually like to try to find a seat behind home plate so I can see the movement of the pitches being thrown. Often times parents like to give information as well. They like to brag about their own kids, which is all quality information I'd take and use against them. If I know what a hitter's strengths are, then I know what to stay away from when we play them. Here's a little about what I look for while scouting and how to use it to our advantage.

## Hitters

1. How aggressive are they early in the count? I'd say 30-40% of high school hitters either want to swing at that first pitch they see, or they're automatically taking the first pitch just to see one, and get their timing down. This is really important to know as I'm calling pitches in

order for us to get ahead in the count. If a hitter is really aggressive, we'll start them off with something off-speed, or something out of the zone, to try to get them to chase, or to induce weak contact. If a hitter is an automatic taker, then we'll throw the first pitch right down the middle to get ahead.

2. Is the hitter a dead pull hitter, or do they hit the ball where it's pitched? I keep a spray chart on every hitter I see in the opponent's lineup. I can usually read a hitter's swing and tell what their strengths and weaknesses are, but nothing beats being there and seeing it in person. If I'm able to see what pitch was thrown and where the hitter hits the ball, then I can come up with multiple ways to get that hitter out. If she's a pull hitter then we'll stay away, and if she's an opposite hitter then we'll bust her in on the hands.

3. Are there any pitches they can't lay off? I'll make notes and confirm how many times a hitter chases the rise ball and how many times they swing and miss out front of a change up. Every hitter has a pitch they just love to swing at. I feel if we can set them up well in prior pitches then we can throw their favorite pitch later in the at bat and beat them with it.

## Pitchers

1. What are her top 3 pitches? If I know what her best pitches are, then I'll know what we need to work on the days leading up to the game. During the game, will hunt one side of the plate, depending on what she's throwing.

2. How do they attack lefties? Slappers? Sometimes pitchers (or coaches calling pitches for that matter) attack lefties, and slappers specifically, a little different. Do they ever bust a lefty in? Do they ever bust a slapper in? How about a change up? Do they live in the zone, or

do they try to get the hitter to chase up/out? Going in with a game plan only helps our hitters lock in on hitting a quality pitch.

3. What is her go to strike out pitch? Most pitchers have a favorite strike out pitch. Figuring out what that pitch is will allow the hitters to focus on protecting against that pitch once they have two strikes on them.

4. Does she ever double up her change up? Picking up tendencies like these really give our hitters advantage in the box. Most pitchers won't throw back-to-back change ups. Our hitters know if they take, or foul off, a change up, then they can probably look for velocity coming the next pitch.

## Defense

1. How are their outfielder's arms? Knowing this information will allow me as a 3rd base coach to know which girls we can take an extra base on and which we can't. Knowing which outfield arms you can take a chance on can be the difference in scoring a runner from 2nd or not.

2. What 1st & 3rd play(s) do they like? Are they aggressively trying to get the out at 2nd base, or are they bound and determined not to let the



runner score from 3rd? This information helps me decide how we handle our 1st & 3rd situations. Any time we're in a 1st & 3rd situation, we'd love to either score the run, or a least end up with runners on 2nd & 3rd.

3. How does their infield rotate on bunt coverages? Knowing which way their infield crashes bunts, or if any fielders stay back, really helps us figure out which direction we need to lay it down.

Humans, and especially softball players and coaches, are creatures of habit. Scouting and game planning against those tendencies should be something every coach does. Those coaches who take the time to do their homework, scout their opponents, and put together quality scouting reports are the coaches who give their teams the best chance to be successful. Putting together all these little details day in and day out lead to Championship Ways.



photo courtesy Ashley Chandler

## How Coaches Shape Healthier Athletes, Stronger Leaders, and More Resilient Young Women

Athletics have always been about more than the final score.

For female athletes across Texas, sports provide an opportunity to build confidence, develop leadership skills, create healthy routines, and learn life lessons that extend far beyond competition. While championships and accomplishments matter, many of the most important outcomes of athletics happen away from the spotlight, in the daily habits athletes build over time.

From hydration and sleep to nutrition, mental wellness, and accountability, healthy habits are often the foundation of both athletic success and lifelong wellness.

In today's world of year-round competition, packed schedules, academic pressure, social media influence, and increasing burnout among student-athletes, helping young women build healthy habits has never been more important.

And coaches continue to play one of the most influential roles in that process.

### Athletics Help Build Lifelong Habits

Research consistently shows that participation in sports positively impacts physical health, emotional well-being, leadership development, and academic success.

#### According to the Women's Sports Foundation:

- Girls who participate in sports are more likely to graduate from high school
- Female athletes report higher levels of confidence and leadership skills
- Girls involved in athletics are more likely to pursue leadership positions later in life

Sports naturally teach discipline, time management, teamwork, resilience, and perseverance, all skills that translate directly into adulthood.

But success in athletics rarely comes from one great practice or one outstanding game. Instead, it is built through small, consistent habits repeated every day.

#### Healthy habits help athletes:

- Improve athletic performance
- Recover more effectively
- Reduce injury risk
- Build confidence
- Manage stress
- Improve focus and concentration
- Create long-term wellness routines

For coaches, every workout and every

team interaction becomes an opportunity to reinforce behaviors that athletes can carry with them for years to come.

### The Growing Importance of Athlete Wellness

Today's student athletes face unique pressures that previous generations did not experience at the same level.

#### Many athletes balance:

- School responsibilities
- Club sports and year-round competition
- Social pressures
- Recruiting expectations
- Travel schedules
- Social media comparisons
- Limited recovery time

As a result, athlete burnout and mental fatigue are becoming increasingly common.

A 2024 report from the National Federation of State High School Associations (NFHS) noted continued conversations around athlete mental health, stress management, and wellness support as critical priorities in high school sports programs.

This makes healthy daily habits even more essential.

### Hydration: One of the Most Overlooked Habits

One of the simplest yet most overlooked performance habits is proper hy-

dration.

The human body is made up of approximately 60% water, and even mild dehydration can negatively impact athletic performance.

#### According to the American Council on Exercise:

- Losing as little as 2% of body weight through dehydration can reduce athletic performance
- Dehydration can impair concentration, reaction time, endurance, and coordination
- Heat and humidity dramatically increase fluid loss during activity

For athletes training in Texas heat, hydration becomes even more critical.

#### Dehydration can contribute to:

- Muscle cramps
- Fatigue
- Headaches
- Reduced endurance
- Heat exhaustion
- Increased injury risk

Teaching athletes that hydration is a 24-hour habit, not just something done during practice, helps create healthier routines both on and off the field.

Simple habits such as carrying a water bottle throughout the school day, monitoring hydration levels, and replacing fluids



**BSN SPORTS**



photo courtesy Ashley Chandler

# LEADERSHIP SKILLS GAINED FROM SPORTS PARTICIPATION

after workouts can have a significant impact on athlete performance and recovery.

## Sleep and Recovery are Essential

In a culture that often celebrates being constantly busy, recovery is sometimes overlooked. However, recovery is where growth and performance improvements actually occur.

The Centers for Disease Control and Prevention (CDC) recommends that teenagers ages 13 to 18 get 8 to 10 hours of sleep per night. Yet studies show that many student-athletes regularly fall short of that recommendation.

### Lack of sleep has been linked to:

- Slower reaction times
- Increased injury risk
- Decreased focus
- Mood changes
- Reduced athletic performance

Research published by the American Academy of Pediatrics found that adolescent athletes who slept fewer than eight hours per night were significantly more likely to experience sports-related injuries.

### Recovery also includes:

- Rest days
- Proper nutrition
- Stretching and mobility work
- Mental recovery
- Managing stress levels

Helping athletes understand that rest



photo courtesy Ashley Chandler

is part of training, not a weakness, can improve both performance and overall wellness.

## Nutrition Fuels Performance

Young athletes often underestimate the role nutrition plays in energy, recovery, and performance.

### Athletes need proper fuel to:

- Maintain energy during practices and games
- Support muscle recovery
- Improve endurance
- Stay mentally focused
- Reduce fatigue

Unfortunately, busy schedules can sometimes lead athletes to skip meals or rely heavily on fast food and convenience snacks.

### Coaches and parents can help encourage healthy nutrition habits by emphasizing:

- Balanced meals
- Protein for recovery
- Healthy carbohydrates for energy
- Fruits and vegetables
- Consistent hydration

Even small improvements in nutrition can positively impact performance and recovery.

## Mental Wellness Matters Too

Mental wellness has become one of the most important conversations in athletics today.

Female athletes often experience pressure to perform academically, socially, and athletically all at once. Anxiety, stress, comparison, and burnout can all affect athlete performance and confidence.

According to the NCAA, student-athlete mental health concerns have continued to rise in recent years, leading many schools and athletic programs to prioritize mental wellness education and support resources.

### Coaches can make a lasting difference by:

- Creating positive team environments
- Encouraging open communication
- Reinforcing confidence and self-worth
- Helping athletes maintain perspective
- Promoting balance and self-care

Sometimes the most impactful thing a coach can provide is support, encouragement, and consistency.

## Coaches Leave Lasting Impacts

Athletes may forget final scores or statistics over time, but they often remember the coaches who believed in them,

challenged them, and helped shape their character.

### Coaches influence far more than athletic development. They help teach:

- Accountability
- Leadership
- Resilience
- Communication
- Discipline
- Confidence
- Teamwork

The habits athletes develop through sports frequently carry into college, careers, relationships, and leadership roles later in life.

For many young women, athletics become one of the first environments where they learn how to lead, overcome adversity, and believe in themselves.

## Building Stronger Athletes and Stronger Women

At its best, athletics help prepare young women for life beyond competition.

### Healthy habits developed through sports can support:

- Long-term physical health
- Emotional resilience
- Leadership development
- Confidence
- Goal-setting skills
- Strong work ethic

Every practice, team meeting, workout, and conversation becomes an opportunity to help athletes build routines and mindsets that extend far beyond the game itself.

## Making an Impact That Lasts

Athletics are not just about creating better players. They are about helping shape healthier, stronger, and more confident young women.

By emphasizing hydration, recovery, nutrition, mental wellness, accountability, and leadership, coaches help athletes build habits that support success both during their playing careers and long after the final whistle blows.

# 2026 HALL OF FAME INDUCTEES

## MARLA BURLESON ROCKSPRINGS HS

Marla Burleson began her coaching career in 1986 spending many of her 37+ years coaching alongside her husband, Stuart Burleson.

Before they together coached many successful athletic programs, Marla, the daughter of Melvin and Martha Henkes, graduated from Hamilton High School in 1982 where she was a standout athlete, and graduated from Angelo State University with a Bachelor of Arts degree in 1986

She began her coaching career at Brownwood ISD, followed by Schulenburg ISD, alongside Larry Tidwell, before eventually landing and coaching at Rocksprings.

Rocksprings High School was where her most prominent coaching accomplishments were obtained: four back to back Girls State Cross Country Team titles with three years of different individual and runner up runners as well, a clean sweep of the Girls and Boys State Cross Country Team titles in '96 with 2 back to back Girls Track State Team Championship titles with numerous state gold medal runners plus another Runner Up State Team title as well; TGCA All Star Coach, TGCA Track Coach of the Year and more After 8 years of success in Rocksprings the Burleson coaching duo spent many years creating and contributing to many other successful athletic programs as well, throughout all parts of the state of Texas, among them, Corpus Christi Carroll, Rockport, Comanche, Freer, SG Academy Kingsville, Falfurrias, and Riviera to name a few.

Through her coaching career she and her husband were blessed to also have opportunities to coach their two standout athletic daughters, Hannah and Haley Burleson, as well.

### Marla's coaching accomplishments include:

Texas Girls Coaches Association Track Coach of the Year-1997  
Texas Girls Coaches Association All Star Track Coach-1997  
Fox Sports Extra "Coach who makes a Difference"-1998  
All West Texas Track Coach of the Year- 1996, 1997  
Coastal Bend 5A Track Coach of the Year- 2000  
Citgo Winningest Cross Country Coach Award-1999  
Chatter Allen Winningest Track Coach Award-2000  
Longhorn Classic Winningest Volleyball Coach Award 2015  
Southwestern Bell Excellence in Education Award Nominee-1997, 1998  
UIL State Champion Girls Track Team-1996, 1997  
UIL State Champion Girls Cross Country Team-1994, 1995, 1996, 1997  
UIL State Champion Boys Cross Country Team-1996, 1998  
"Texas Cross Country Sweep" State Girls and Boys Team Champions-1996  
UIL State Champion Girls Individual Cross Country Champion-1994, 1995, 1996, (Each year a different runner!)  
UIL State Silver Medalist Girls Individual Cross Country-1995, 1996  
UIL State Runner-up Girls Track Team-1998  
State Cross Country Team Record Holder: Lowest CC State Meet Score: (21 points-1995 (1994- 28 pts.; 1996- 23 pts.)  
All State Girls Cross Country Runners-2/1993; 5/1994; 5/1995; 5/1996; 7/1997; 3/1998; 1/1999  
All State Boys Cross Country Runners-3/1996; 2/1997; 3/1998  
TGCA All State Girls Track Runners-1996, 1997, 1998, 1999  
Texas Track and Field News All State Girls Track Runners-1996, 1997, 1998  
TGCA Girls Cross Country All-Stars-1995, 1996, 1997  
TGCA Girls Track All-Stars-1997, 1998  
TGCA Girls Track Academic All-State-1997  
TGCA Girls Volleyball Academic All-State-2014, 2015  
Individual State Champions Girls Cross Country-1994, 1995, 1996  
Individual State Medalists Girls Cross Country-1995, 1996  
Individual State Medalists Boys Cross Country-1998



Individual State Champions Girls Track-1600m relay: 1996, 1997  
800m run: 1996, 1997, 1998  
3200m run: 1997  
400m dash: 1997, 1998  
Shot put: 1996, 1997  
Individual State Medalists Girls Track- Silver: 400m (1996)(2012), Discus (1997),  
3200m run (1998)  
Bronze: Long Jump (1996), 3200m run (1997), 1600m relay (1998)  
Shot put (2000)  
All-West Texas Girls Track Team members-1996, 1997, 1998  
Regional Champions Girls Cross Country-1993, 1994, 1995, 1996, 1997, 1998  
Numerous Individual Regional Champions & Qualifiers  
Regional Champions Girls Track-1995, 1996, 1997  
Regional Champions Boys Cross Country-1997, 1998  
Numerous Individual Regional Champions A & Qualifiers  
Regional Runner-up Girls Track-1998  
Numerous Individual Regional Champions & Qualifiers  
District Champions Girls Cross Country: 1993, 1994, 1995, 1996, 1997, 1998, 1999  
Numerous Individual District Champions  
District Champions Girls Track-1995, 1996, 1997, 1998, 2000, 2019  
Numerous Individual District Champions  
District Champions Boys Cross Country-1997, 1998  
Numerous Individual District Champions  
Bi-District Champions Girls Volleyball-1988, 2015, 2020  
Bi-District Qualifier Girls Volleyball-2014, 2015  
Bi-District Champions Girls Basketball-1989, 1998  
Bi-District Qualifier Girls Basketball-2020  
District Champion Girls Volleyball-1988  
District Champion Girls Basketball-1989, 1996  
All- District MVP's Basketball-1989, 1996  
All-District Basketball Players-1989, 1996  
All-District MVP's Volleyball-2015  
All- District Volleyball Players-2014, 2015

Marla retired from education in 2024 at 60 years of age. She and her husband Stuart, who retired from coaching in 2015, spent 20 years on the Texas Coast, living and enjoying the last 15 years on Baffin Bay.

They recently returned to and now live in their favorite coaching home, Rocksprings, and are enjoying retirement time and 40 years of marriage; spending most of their time with their daughters, sons in law and four wonderful grandkids, who of course, have lives revolving around sports!

# 2026 HALL OF FAME INDUCTEES

## ROBBY DICKENSON

### WOLFFORTH FRENSHIP HS

Married to Linda for 34 years. We have 2 sons Chris and Britt, one daughter Tara, 5 granddaughters one great grandson.

Graduated from Stanton High and received my undergraduate degree from Howard Payne University. After college entered private business for 10 years. Received my teacher certification from UT Permian Basin.

Began my teaching career with Midland ISD, had stops at Leander, Bangs, and Shephard. Along the way coached Football, basketball, track, baseball, volleyball.

My Softball career began at Coahoma, also was Head coach at Brownwood, Snyder, and Frenship.

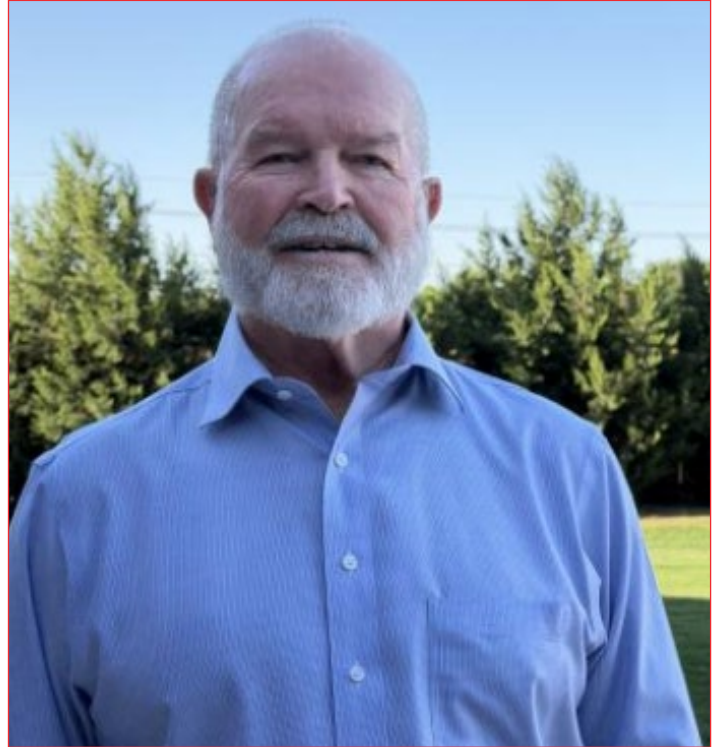
While at Coahoma had 5 state tournament appearances, winning the state championship in 1998.

Career record of 657-306-3. Was blessed to never had a losing record, or missed the playoffs. Eighteen district championships, three region finalists. Coached many all district, and all state players.

Twice honored as state coach of the Year. Selected to be TGCA all star coach twice, served on all state and all-star selection committees.

Co-Founded West Texas Softball Coaches Association, providing local clinic, all-star game and scholarships.

After 35 years retired in 2024



## PAT MOUSER

### ABERNATHY HS/ABILENE HS

Pat Mouser graduated from Texas Tech University in May of 1970. In August he married Susan and began coaching. He coached junior high boys' sports and was the assistant everything to George Scott in Turkey, Texas. In his third year, Turkey consolidated with Quitaque to become Valley. That year, the girls' basketball team won second place in the State Basketball Tournament.

From 1973-80, Pat was the head boys' basketball and track coach and assistant football coach in Wilson.

From 1980-84 Pat coached in Whitharral. He was the head football coach and won the State Championship in 6-Man in 1981. He was also the head coach of all girls' sports. In 1983 the Mile Relay team was a State Qualifier and the State Champion in the 400 meters. In basketball, the teams won 4 District Championships and 1 Bi-District Championship.

In 1984-1996, Pat was the Girls' Athletic Director, head girls' basketball coach, head girls' track coach, assistant girls' cross country coach, and assistant football coach. The basketball record is as follows:

- 1985 - State runner up
- 1986 - State Champions
- 1987 - District Champs
- 1988 - District Champs
- 1989 - State runner up
- 1990 - District Champs
- 1991 - State Champions
- 1992 - Regional Finalist
- 1993 - Regional Finalist
- 1996 - District Champions

The Abernathy High School Track teams represented well in District and Regional every year and had state qualifiers in triple jump and shot put.

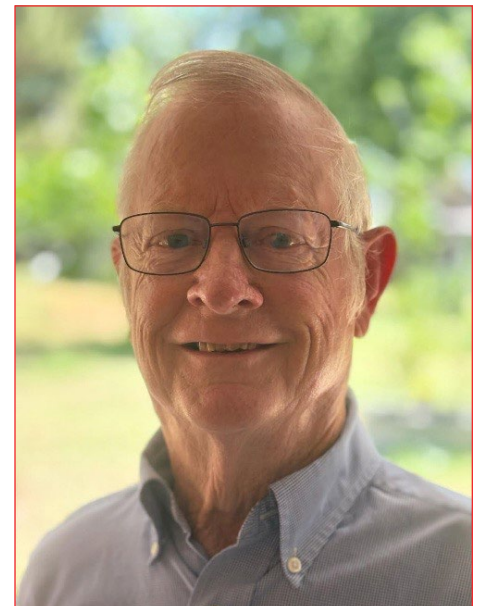
In 1996, Pat became the Head Girls' Basketball coach at Abilene High School. His teams there won 2 District Championships and 3 District runner-ups, and 5 Bi-District Championships.

Pat's record for Girls' basketball was 531-277. For Boys and Girls it was 669-374. For Football 34-9-1. Pat was the Camp Director of the Girls TABC camp and many other camps in Texas. Pat was the Texas Girls' Coaches Association President in the 1994-95 school year.

He received many awards and honors

for coaching which he was delighted to receive but didn't keep up with.

He retired in 2006 with 36 years of teaching and coaching, a marriage that held together, 2 children Mandi and Brad, 5 grandchildren, and a lifetime of friends connected to his coaching life.



# 2026 HALL OF FAME INDUCTEES



**WILL REID**  
HARPER HS

Will Reid coached and taught mathematics in Texas for 32 years but has spent his entire life being around track and cross country. He has been married to Wendi (Hollar) Reid of Bellville for 35 years and has two grown daughters: Taylor and her husband Corey Howie who have 3 children, Cap(6), Murphy(4) and Dub(1), and Payton with her soon to be husband Aaron Munson. Will grew up in a family where education and coaching were not treated as a job, but as a calling. His dad, Doug Reid, was a legendary cross country and track coach for 40 years, and Will will be the first to tell you that is where he learned how to coach kids. And if you were ever at a track meet with Will, you probably heard that whistle he proudly credits to his mom, Katherine. Will has one brother, James Reid (wife Nina), who is the athletic director at Angelo State University.

Will was a 1983 graduate of Sweeny High School where he played football, and ran cross country and track. He was an All-American pole vaulter at Odessa College and then vaulted for the University of Texas where he earned his BS in Education in 1989.

Will started his coaching career in 1990 at Bellville High School and had coaching stints at Brady, Water Valley, Kerrville Tivy, Harper and San Angelo Central. He received his first head girl's and boy's cross country job and head girl's track job at Water Valley in 1995, was the head girl's track coach at Kerrville Tivy beginning in 2003 and then spent fifteen years in Harper where he was the head girls and boys cross country as well as head girl's track coach, retiring from Harper in 2022.

Over his career, his teams won numerous district and area championships in cross country and track. His teams also won two Regional Championships in Cross Country and five Regional Championships in Track. He had two State Runner-Up teams in Cross Country, one State Runner-Up team in Track, and a State Championship team in Cross Country at Harper where both daughters were a part of the team.

Coach Reid has been a member of TGCA for 31 years and served on the track/cross country committees for 25 of those years. He was twice named a TGCA All-Star Track/Cross Country coach.

Will is blessed to spend his time today as granddaddy daycare to the grandkids. He would also tell you that he has been blessed beyond measure by the Good Lord to have been able to coach great hard working kids who bought into the process as well as to have been able to work for and compete against wonderful peers who helped him greatly.

## MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

**AUDREE TIPTON**  
TGCA ADMINISTRATIVE ASSISTANT

After a court reporting career that spanned 26 years, Audree retired from court reporting, and became the Administrative Assistant for the Texas Girls Coaches Association in February of 2009.

Audree has been married to Executive Director of TGCA Sam Tipton for 38 years. Sam and Audree have two children, Drew Tipton and Tawnya Archer, seven grandchildren and two great grandchildren, whom they dearly love.

Audree has been active with TGCA for the last 17 years as Administrative Assistant, and before that, worked many Summer Clin-



ics for TGCA. Sam and Audree enjoy their home on the Texas coast and travel there as much as possible.

Having never been a coach, but having been a coach's wife, Audree understands the inner workings of a coach's life, and that of a coach's spouse. While Sam was coaching, Audree missed only one game the entire time, and that was due to being delayed in a deposition with the school team doctor. Audree played sports in high school and was a cheerleader.

Audree enjoys reading her Bible and is very active in her church, and is on the Leadership Team there.

Audree very much enjoys her job with TGCA and working with the member coaches daily. She very much appreciates this honor bestowed by the Board of Directors.

# TGCA SPORTSWRITERS OF THE YEAR

## PAUL WITWER

SAN ANGELO STANDARD  
DIVISION I

Paul Witwer is a sports reporter for the San Angelo Standard-Times, where he has covered West Texas high school and Angelo State University college athletics since April 2023. Originally from Denver, Colorado, Paul was raised in Rockwall, Texas, where he attended Rockwall High School and graduated in 2014.

He earned his Associate of Arts degree from North Central Texas College in 2019 before transferring to the University of North Texas, where he received a Bachelor's in Digital and Print Journalism from the Frank W. and Sue Mayborn School of Journalism with a Sports Journalism Certificate and a minor in Marketing. During his time at UNT, he covered the Mean Green football, soccer and women's basketball programs for the North Texas Daily as a volunteer writer. He also interned with the Denton Record-Chronicle during his final semester, where he reported on local news and trending stories.

Since joining the Standard-Times, Paul has earned both national and state recognition for his journalism. He received Associated Press Sports Editors' top 10 honors in the Sports Long Feature and Digital Portfolio categories. Texas Managing Editors have also recognized him with awards in Sports Feature Writing, Sports Photography, Deadline Writing and News Feature Writing. His work focuses on telling impactful stories that highlight athletes, coaches and communities across West Texas.



## BRUCE WHITE

BELLVILLE TIMES  
DIVISION II

I was born in Dallas and grew up in Lancaster, Texas and was graduated from Lancaster High School in 1977.

I began my writing career at the age of 12 when I made \$2 a game keeping score for Pee Wee League baseball games, and I wrote game stories and compiled batting averages and pitching statistics for the Lancaster newspaper, which helped steer me toward a career in journalism.

Following high school graduation, I attended Cedar Valley Community College and received a journalism scholarship from the Dallas Press Club. I transferred to Sam Houston State University in Huntsville following my freshman year where I earned a Bachelor of Arts Degree in Journalism and a minor in English Literature.

While at SHSU, I worked two years as sports editor of the school newspaper The Houstonian, and also covered high school sports as a stringer for The Huntsville Item, Houston Chronicle and Houston Post.

Following graduation, I went to work for the Brenham Banner Press newspaper where I spent 14 years as sports editor before accepting the job as editor-publisher of The Bellville Times in 1996.

Over the years I have been fortunate to receive several citations from The Associated Press, the 2003 Conservation Media Award from the Austin County Soil and Water Conservation District; Bellville Citizen of the Year in 2005; Texas Girls Coaches Association sportswriter of the Year in 2006; Vocational Agriculture Teachers Association of Texas (VATAT) Outstanding Newspaper Award (twice); and several times the Partners in Education Award with the Bellville Independent School District; Friend of 4-H Award as well as the Business of the Year Award.

I have served as president and as a director of the Bellville Chamber of Commerce, and am a three-time President with the Bellville Lions Club and am currently a director. I have also served on the Bellville Economic Development Corporation Board of Directors and the Bellville Hospital District Board of Directors. I am also a longtime member of The Texas Sportswriters Association and Texas Press Association.

My wife Mary and I have been married for 45 years and are the proud parents of our two children Marcus (Amanda) and Russell,



# 2025-26 SUB-VARSITY/MIDDLE SCHOOL COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Christopher Stroh	Prosper HS	Sub-Varsity Water Polo	4A-6A
Savanna Paiva	Brownfield HS	Sub-Varsity Cross Country	1A-4A
Aaron Mouser	Argyle HS	Sub-Varsity Cross Country	5A-6A
Morgan May	Decatur HS	Sub-Varsity Volleyball	1A-4A
Latisha Hooper	Cypress Ranch HS	Sub-Varsity Volleyball	5A-6A
Lesli Kudrna	Lago Vista HS	Cheerleading Assistant	1A-6A
Jordan Steele	Seminole HS	Sub-Varsity Basketball	1A-4A
Tracy Elms	Aledo HS	Sub-Varsity Basketball	5A-6A
Elizabeth Gray	Longview Spring Hill HS	Sub-Varsity Golf	1A-4A
Peggy Swierc	Falls City HS	Sub-Varsity Track & Field	1A-4A
Sean Allen	Wolfforth Frenship HS	Sub-Varsity Track & Field	5A-6A
Kyleigh Mulanax	Harper HS	Sub-Varsity Softball	1A-4A
Sarah Pannkuk	Austin Lake Travis HS	Sub-Varsity Softball	5A-6A
Aspen Connally	Canyon Randall HS	Sub-Varsity Soccer	4A-6A
Rese Schoonover	Wall JHS	Middle School Cross Country	1A-4A
Lamar Lopez	CC Calallen HS	Middle School Volleyball	1A-4A
Rebecca Hunt	Lorena MS	Middle School Basketball	1A-4A
Tina Carrillo-Barber	Hubbard MS	Middle School Basketball	5A-6A
Benita Carlton	Garner HS	Middle School Track	1A-4A
Jeff Presley	Wolfforth Frenship JHS	Middle School Track	5A-6A
Barbara Burnett	Canadian HS	Middle School Softball	1A-4A
Melissa Rondinelli	Frisco Cobb MS	Middle School Soccer	4A-6A

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

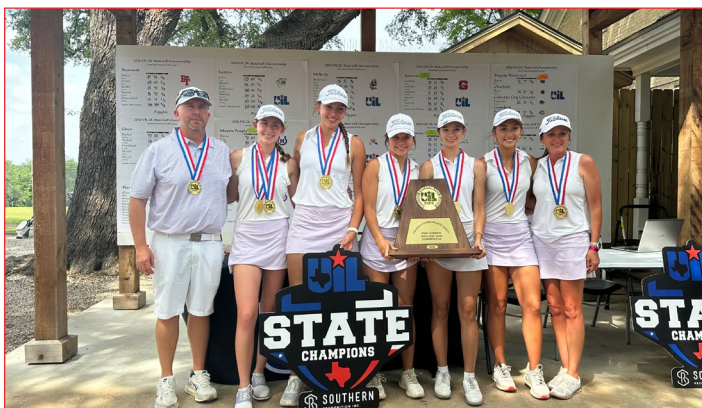
### TRACK & FIELD

COACH	SCHOOL	CONF.
Mike Reed	Gordon	1A
Katie Green	Refugio	2A
Stacey Bessire	UC-Randolph	3A
Ray Baca	Canyon	4A
Reginald Bell	Dallas Lincoln	4A

COACH	SCHOOL	CONF.
Shahira Ehiemua	Fort Bend Marshall	5A
LaKeidra Hayes	Lancaster	6A

### GOLF

COACH	SCHOOL	CONF.
Kade Burns	Mason	2A
Mark Burgen	Andrews	4A



2026 Conference 2A Girls Golf Champions - Mason HS



2026 Conference 4A Girls Golf Champions - Andrews HS

# TGCA POSTSEASON AWARDS

## TRACK ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Addyson Bristow  
Canyon HS  
(Coach Ray Baca)  
Conf. 5A-6A: Lilly Koenig  
Comal Smithson Valley HS  
(Coach Bren Jones)

## FIELD ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Bailey Murray  
Waxahachie Life HS  
(Coach Lyle Linscomb)  
Conf. 5A-6A: Lauren Carrothers  
Prosper Walnut Grove HS  
(Coach John Fletcher)

## TRACK & FIELD COACHES OF THE YEAR

Conf. 1A-2A-3A-4A:  
Mike Reed, Gordon HS  
Conf. 5A-6A:  
LaKeidra Hayes, Lancaster HS

## GOLF ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Ainsley Burns  
Mason HS  
(Coach Kade Burns)

## GOLF COACHES OF THE YEAR

Conf. 1A-2A-3A-4A: Mark Burgen  
Andrews HS

## TENNIS ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A: Amelia Taylor  
Wall HS  
(Coach Gayla Parker)  
Conf. 5A-6A: Makenzie Baptist  
El Paso Coronado HS  
(Coach Stephen Olivas)

## TENNIS COACHES OF THE YEAR

Conf. 1A-2A-3A-4A: Gayla Parker  
Wall HS  
Conf. 5A-6A: Stephen Olivas  
El Paso Coronado HS



Adam Bell - Humble Kingwood HS



Mark Burgen - Andrews HS



Ainsley Burns - Mason HS

## SOCCER ATHLETE OF THE YEAR

Conf. 4A-6A: Aidan Hernandez  
Round Rock HS  
(Coach Chad Aldrich)

## SOCCER COACH OF THE YEAR

Conf. 4A-6A: Adam Bell  
Humble Kingwood HS



Amelia Taylor - Wall



Aidan Hernandez - Round Rock HS

# 2026 TGCA SUMMER CLINIC

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



photo courtesy Shawn O'Neal

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

All-Star activity schedules and venues can be found on the website, [www.austintgca.com](http://www.austintgca.com), under the All-Stars tab in the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

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

ginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open in March. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are encouraged to register and renew on-line early. It's easy, time-saving and con-

venient. You MUST book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations" when it opens.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, [www.austintgca.com](http://www.austintgca.com), under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2026-27 Printable Membership Form".

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

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

# FELLOWSHIP OF CHRISTIAN ATHLETES

## Gary Tipton | Fellowship of Christian Athletes

Last week 2,700 student athletes from 529 different schools competed in the UIL State Championship Track Meet. Nearly every geographical area in Texas was represented.

These athletes compete in a sport where measuring tapes and timing systems seldom falter. The meets last a long time and sometimes on multiple days. They get time to know and respect each other because of the work ethic they share in striving to excel in this sport.

The vision of FCA is, "To see the world transformed by Jesus Christ through the influence of Coaches and Athletes." We got to witness that last week in Austin, Texas.

The pictures are images of this taking place. They include TGCA Executive Director, Sam Tipton, along with 2 past TGCA Sports Writer of the Year Award winners, Lance Lahnert and Kale Steed.

This country still has a chance as we got to watch future leaders compete in the right way. Thanks, coaches for guiding these youngsters in an important time in their lives. Eternal W's are our goal. Together, "Let's be used to win them all."



# THE TEXAS WAY

## Embracing Texas Pride in Sportsmanship: Our Commitment to The Texas Way

At TGCA we proudly endorse The Texas Way, an initiative that champions sportsmanship, integrity, and community strength in Texas sporting events.

The Texas Way, founded by THSCA, THSADA, and 2Words Character Development, aims to enhance sportsmanship, reduce ejections, and foster positive relationships among coaches, athletes, officials, fans, and the local

community.

### What is The Texas Way?

The Texas Way is a collaborative campaign to:

- IMPROVE the level of sportsmanship at UIL sporting events.
- DECREASE the number of ejections at UIL sporting events.
- STRENGTHEN communities and the relationships between coaches, athletes, officials, and fans.

### The Three Pillars of The Texas Way

To coach, play, officiate, or support The Texas Way means you commit to the following three pillars:

- Respect for Others: We pledge to give respect to all participants (coaches, players, officials, and fans) because of who I am, not because of what they do.

- Control of Self: We commit to give boundaries to our thoughts, words, and actions, and to control our anger in the face of competition and adversity.

- Spirit of Competition: We commit to give everything we have to be the absolute best we can be, and to put our team in the best position to win, but we will not sacrifice our integrity to do it.

By supporting The Texas Way, TGCA is dedicated to creating a positive and respectful sports environment, ensuring that the spirit of competition thrives with self-control, integrity, and mutual respect.

Join us in playing The Texas Way and make a difference in the Texas sports community!

### What is The Texas Way?

For more details, visit: [The Texas Way](http://TheTexasWay.com)



## TGCA ALL-STAR PROGRAM

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

> [All-Star Itinerary](#)

> [All-Star Game Schedule](#)

## TGCA SATELLITE SPORTS CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2026. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, [www.austintgca.com](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)).

**2026 SUMMER CLINIC EXHIBIT WITH US**

**TEXAS GIRLS COACHES ASSOCIATION**

**SUMMER CLINIC AND EXHIBITOR SHOW**

**ARLINGTON CONVENTION CENTER**

**July 17 & 18, 2026**

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

**ADVERTISE**

AD space AVAILABLE!

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

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

com) with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. If you have changed schools, please contact us. You cannot do that on-line. Agendas for all clinics will be available on

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

### 2026 REGION I & II ALL-SPORTS CLINIC

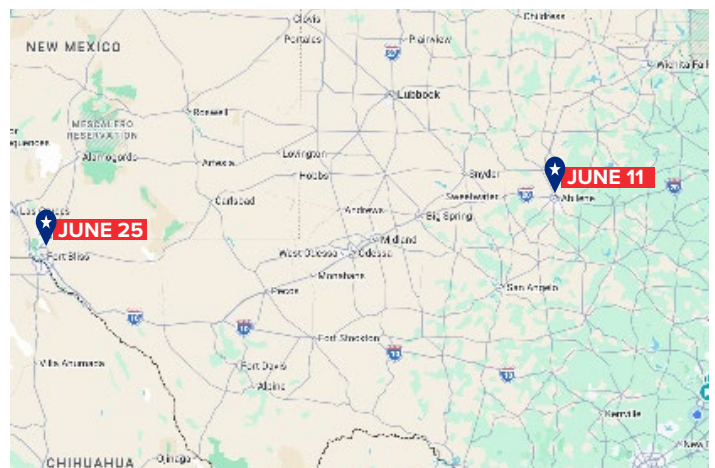
Craig Middle School  
702 S. Judge Ely Blvd.  
Abilene, Texas  
June 11

[Agenda](#)  
[Registration Form](#)

### 2026 EL PASO ALL-SPORTS CLINIC

TBA  
El Paso, Texas  
June 25

[Agenda](#)  
[Registration Form](#)



# 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 Ashley Chandler

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

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

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

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

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

# 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 Whitney Magness

## 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.

# 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 Whitney Magness

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.

# 10

## THINGS TO KNOW ABOUT YOUR MEMORY

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. Beating the odds.** Adopting and adhering to a healthy lifestyle (e.g., healthy diet, regular exercise, no smoking, low alcohol intake, minimal stress) will lower a coach's risk of Alzheimer's disease, even those at a relatively high genetic risk. In fact, making sound lifestyle choices has been shown to lower dementia risk by up to 60%.

will include aerobic exercise, strength training, and balance training.

**3. Don't sweat it.** Stress wreaks havoc on a person's brain, by impairing cognitive abilities, shrinking the memory center in the brain (hippocampus), and overactivating the brain's fear center (amygdala). As such, stress causes significant structural changes, such as reducing

tional regulation, and memory. Concurrently, it reduces the activity in their brain's stress and threat centers. As such, mindfulness training improves gray matter density, while enhancing cognitive function and reducing anxiety and slowing age-related cognitive decline.

**5. A key nutrient.** Of the six major classes of essential nutrients, one, in particular—vitamins, helps keep a person's brain working at a maximum capacity. In fact, concerning keeping the brain in top condition, there are 14 different vitamins that are deemed to be "nutritional powerhouses." Among the vitamins that are considered key for brain health are B12, B6, B9 (folic acid), D3, and E.

**6. Oral health.** With regard to brain health, considerable research has been undertaken in recent years that examines whether tooth loss is associated with cognitive decline and dementia. As such, tooth loss has been found to enhance the presence of both factors. There are at least three mechanisms to help explain the relationship between tooth loss and cognitive decline: the chronic systemic inflammation that occurs with tooth loss; the loss of occlusal support between the upper and lower teeth; and shared risk factors between tooth loss and dementia.

**7. Ultra-processed = ultra-bad.** Among the worst habits for experiencing memory loss is eating a diet high in ultra-processed foods and added sugars. Such a diet causes chronic inflammation, insulin resistance, and damage to the brain's memory center (the hippocampus). As a result, consuming fast food, sugary

sodas, and processed snacks often leads to accelerated cognitive decline, reduced brain volume, and a high risk of dementia.

**8. 100% of the entire brain.** It is a common myth that individuals only use part of their brain (e.g., 10%) at any given time. In fact, virtually the entire brain is active at the same time across various cognitive and physiological tasks. As such, the brain is always active, rapidly firing millions of neurons in the brain, even when someone is sleeping.

**9. Not the same.** Memory loss and Alzheimer's are distinct entities. Memory loss is a symptom, while Alzheimer's is a progressive disease that causes dementia. Memory loss can have numerous reversible causes, while Alzheimer's is a permanent, neurodegenerative condition. In fact, occasional forgetfulness is a normal part of aging, whereas Alzheimer's entails severe worsening memory loss, confusion, and functional decline.

**10. Start early.** Research has found that memory loss can start as early as the age of 45. Accordingly, it is important for coaches to start protecting their memory as early as possible. In fact, studies have shown that Alzheimer's-related changes often begin years or even decades before symptoms of the dreaded condition occur. In other words, the brain may be deteriorating long before noticeable major memory issues arise.



photo courtesy Whitney Magness

**2. Move to improve.** Exercise has been found to fend off cognitive decline and protect against the various conditions that have been linked to Alzheimer's (e.g., diabetes, hypertension, and obesity). Aerobic exercise upgrades the cognitive abilities of coaches by increasing the flow of oxygen-rich blood to the areas of the brain that are responsible for learning and memory. As a result, the growth of new connections between brain cells is promoted. Ideally, a coach's exercise workouts

neural connectivity, which leads to memory loss, poor decision-making, heightened levels of anxiety, and accelerated aging of the brain. The key is for a person to take control of their brain health by reducing their long-term stress (e.g., by adopting healthier behaviors).

**4. Awareness of the moment.** Mindfulness training improves the short-term brain health of coaches by strengthening the level of structural connectivity in the regions of their brain that are responsible for focus, emo-

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 TGCA: Board of Directors Meeting	1 TGCA: Softball Committee Meeting TGCA: Softball All-Star Committee Meeting	2	3	4	5	6
7	8	9	10 UIL: Legislative Council Athletic and Policy Committee meetings	11 TGCA ABILENE SPORTS CLINIC	12	13
15	15	16	17	18	19	20
22	22	23	24	25 TGCA EL PASO SPORTS CLINIC	26	27
28	29	30	JULY 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16-18 TGCA SUMMER CLINIC - ARLINGTON		
19	20	21	22	23 TGCA: Board of Directors Meeting.	24	25 TGCA: Spirit Advisory Board Meeting.
26	27	28	29	30	31	

## 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.

