



TGCA NEWS

NOVEMBER 2025



2025-2026 TGCA OFFICERS



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THE ROLE OF A SUB-VARSITY COACH

Maureen Marek Bellville JHS | **TGCA Sub-Varsity Committee Chair**



One of the most vital aspects of an athlete's development is the foundational support provided by coaches as athletes commence their participation in competitive sports at the sub-varsity level. We serve to give them a lasting impression of UIL athletics! Having served as a junior high coach for the past 32 years, I have witnessed hundreds of young athletes embark on their athletic careers, and it has been deeply rewarding to observe their progress over the years. So, how do we as coaches initiate and sustain this journey?

Begin with a Strong Start – Where does player development commence? It begins the very first time a player handles a ball, whether at the age of 2, on the first day of seventh grade, or later in high school while continuing on sub-varsity teams. The earlier we establish solid fundamentals, the more robust the player's development will be. Junior high and sub-varsity athletics serve as the pipeline that prepares athletes for higher levels of competition in high school.

As athletes are starting to participate at increasingly younger ages, it becomes more crucial than ever for junior high and sub-varsity coaches to consistently teach sound basic fundamentals. This approach ensures they build upon a strong founda-

tion, rather than continuing with poor habits, techniques, or skills as they progress through the volleyball program. Coaches should possess a thorough knowledge of the sport. Although the fundamental skills have remained relatively unchanged over many years, students learn in diverse ways. Coaches must be adept at employing varied methods and terminology to teach effectively, recognizing that some players may grasp skills immediately while others may struggle. To address this, repetition of proper techniques is essential, creating opportunities within the game to execute skills correctly.

Balancing Academics and Athletics – As a coach, you play an important role in guiding young athletes to manage their academics alongside their athletic commitments. During this critical developmental period, it is essential to teach them that they are now student-athletes who must learn time management. Unlike their peers, these athletes will need to allocate time daily for schoolwork, meeting assignment deadlines, as well as practices and competitions.

Together with parents, we form an integral part of this growth process, supporting both academic and athletic success.

Coaches should proactively monitor students' classroom activities and encourage them to keep track of their academic and athletic schedules. Teaching players to be responsible for noting practice and game times, along with academic commitments, and to check off completed tasks fosters awareness of their responsibilities. This practice helps students develop pride in their achievements and builds a foundation for future success by emphasizing the importance of attention to detail in both academics and athletics.

Feeder Program for High School – Junior high and sub-varsity teams act as the feeder system to the varsity level. Smaller districts benefit from the presence of a single junior high feeding directly into their high school, facilitating a seamless transfer of skills and fundamentals. The philosophy, style of play, and approach to competition should be consistent across all levels—from junior high through high school. To achieve this, junior high and sub-varsity coaches should maintain ongoing communication with the varsity coach throughout the year. Participation in camps and clinics complements coaching and enhances the knowledge and skills necessary to effectively teach athletes. Small efforts like these



photo courtesy Cameron Croom

THE ROLE OF A SUB-VARSITY COACH

benefit not only individual players but also strengthen the entire program.

We should also encourage athletes to attend varsity games. Watching higher-level competition provides insight into advanced skills and techniques. It exposes athletes to the progression into freshman, junior varsity, and varsity levels, where they will compete against different age groups on the same team. As players develop roles, they should observe peers who play the same position, gaining perspectives on their potential growth areas. Watching senior and varsity players reinforces that roles evolve with experience and progression; it also teaches athletes to remain motivated and never become complacent. Encouraging consistent effort and competitive spirit benefits both the individual and the team's overall success.

Traditions and History – Ideally, your school's volleyball program has established traditions and a sense of history. If not, it is beneficial to begin sharing this information with junior high athletes. Let them know about past achievements and aspirations for the future in order to preserve and build upon the legacy of your program—or even to create new traditions that foster pride and continuity.

In Bellville, our volleyball traditions are rich and longstanding. With nine State Championships, twenty appearances at the State Tournament, and a coach with 48 years of dedicated service, our program embodies a deep sense of tradition. These achievements inspire our players and establish a legacy that they carry forward. Throughout their journey from early school years through high school, players learn about the history and pride of our program by viewing team photos, trophies, and hearing stories of past teams and players—some who have gone on to college and beyond. Many of these historical figures are family members, such as mothers, aunts, or sisters, or local role models whom current players look up to and aspire to emulate.

Beyond on-court success, traditions can include cheers, songs, or school spirit activities that foster pride in the school and team. These customs need to be actively taught and encouraged to ensure their continuation.

Exposing Players to the Many Levels of the Game – In today's age of technology, players have unprecedented access to all levels of volleyball. We should promote attendance at local high school and college matches to demonstrate how skills and team dynamics evolve. Such exposure can inspire players to aspire to higher levels of play, including college, and educate them



photo courtesy Summer McCowen

on how various divisions impact opportunities for further education. College sports are now widely available via television and online streaming, making it easier than ever to watch and learn from competitive matches.

Encourage players to explore opportunities outside of school during the year, such as club programs, skill clinics, and lessons. Many communities offer nearby club teams that provide additional competitive play and skill development. If club participation isn't feasible, attending clinics and lessons remains a valuable means for continued improvement.

Love the Game – As coaches, we should have a genuine passion for volleyball, rooted in our own love of the sport. My motivation to coach stems from a lifelong love of the game, first as a player and now as a coach. Sharing this enthusiasm with athletes is contagious and elevates the entire experience. Teaching someone to love a sport goes beyond X's and O's; it involves fostering intangible qualities like passion and desire.

When athletes develop a love for volleyball, their overall experience is enriched, encouraging them to seek out more opportunities and deepen their commitment. Building a positive, supportive relationship with players helps uncover what motivates them and shows when they truly desire growth. A love for the game is the key to

lifelong engagement, and it influences a player's effort and attitude. To nurture this love, provide opportunities, encouragement, and meaningful experiences. Demonstrate how to be competitive yet have fun, and teach them to learn from setbacks and errors—viewing mistakes as valuable learning moments.

As sub-varsity coaches, you are often the first coaches in an athlete's journey. You might be their initial coach, but likely not their last. Reflect on the love and foundational skills you inspire: What you teach today can shape their lifelong connection to the sport. Consider where they start and where they can go, and take pride in contributing to their development.

In conclusion, I am reminded of a quote from my days playing college volleyball at LSU, which I believe is applicable to nurturing coaching growth and inspiring athletes:

"When you are through trying to improve, you are through." – Vince Lombardi

Best wishes for your seasons ahead— Find a job you enjoy doing, and you will never have to work a day in your life. – Mark Twain

CLUB SPORTS INDEX: THE STATE OF YOUTH CLUB SPORTS TODAY

BSN Sports

For years, youth sports have been one of the most powerful forces shaping kids' growth, confidence, and community. Yet despite its explosive growth, no one has truly captured what's happening behind the scenes until now. BSN SPORTS has released the Club Sports Index, a first-of-its-kind national study offering a clear look at what drives today's athletes, parents, and coaches, and how youth club sports continue to evolve.

Conducted in partnership with Talker Research, the survey gathered insights from more than 4,000 participants. The findings show how dedication, identity, and community continue to define youth club sports across the U.S.

From Recreation to Dedication

Nearly three-quarters of respondents (72%) believe youth club sports now feel more "professional" than recreational, and 85% of coaches say they've witnessed this shift firsthand. Two-thirds of parents (68%) consider their child above average, and roughly one in six believe they're raising the next pro athlete. Yet nearly nine in ten (90%) view the time and money spent on sports as an investment in their child's future, with coaches (96%) and parents (91%) especially likely to see it that way.

In fact, 92% of all respondents said they would encourage young athletes to pursue sports with support even higher among coaches (96%) and athletes (94%).

As club sports have grown, so have the pressures on directors and coaches to deliver professional, reliable experiences. That's where BSN SPORTS' Club Direct comes in, which is a dedicated program built to simplify gear, uniform, and logistics challenges so coaches can focus on athlete development. Club Direct combines local expertise, national scale, and exclusive brand partnerships to ensure uniforms arrive on time, streamline ordering, and provide digital tools that make communication and direct-to-player delivery faster and more efficient.

A Second Home in the Sports Club

Athletes spend about nine hours a week training or competing, while parents are involved in roughly 72% of their child's sports activities. In fact, 27% say their child needs them nearly every step of the way. For many families, clubs have become a second home: eight in ten parents agree their child's club feels like one. The average athlete buys new equipment three times a year, spending about \$313 annually, and

one in nine spends more than \$500. For 64% of parents, jerseys and gear represent pride, progress, and belonging.

The Power of Sports Beyond the Scoreboard

Sports play a critical role in building life skills. Parents say sports build confidence (58%), athletes report improved mental

generation of club sports should emphasize character and leadership development (42%), balance and mental health (36%), and affordability and accessibility (34%). Athletes in particular also hope to see improvements in their fitness (39%) and mental health (37%) in the year ahead, while parents and coaches prioritize confidence and motivation.



photo courtesy Ashley Panter

health (58%), and coaches see greater teamwork and sportsmanship (51%). Participation continues to grow, especially in basketball (44%), soccer (40%), football (35%), baseball (25%), and volleyball (22%). Basketball also leads in encouraging female participation (42%), followed by soccer, volleyball, and softball.

When asked about what success means to them, 35% of respondents pointed to personal goals or passion for their sport, while 31% cited social media pressure and public recognition, and another 31% mentioned expectations from parents or family.

Balancing Ambition and Well-Being

Despite the benefits, burnout remains a concern. Athletes and parents experience physical or mental exhaustion about twice a year, and coaches observe it three times annually. Respondents believe the next

That's why programs like BSN SPORTS' Club Direct are designed not just to deliver products, but to support the full ecosystem of youth sports — helping clubs grow sustainably, communicate efficiently, and create positive experiences that build confidence and community.

The Collective Effort Behind Every Athlete

Nearly half of respondents (48%) believe sideline and parent behavior is mostly positive, signaling a more supportive culture.

About the Research

The Club Sports Index surveyed 2,000 parents, 2,000 athletes, and 150 club sport owners across the U.S. between October 14–27, 2025. The study was commissioned by BSN SPORTS and conducted by Talker Research.

2025 UIL FALL MEMBER STATE CHAMPIONSHIP COACHES

Congratulations to the following TGCA member coaches who will be presented rings provided by Herff Jones and their teams who captured 2025 UIL Fall State Championships

| COACH | SCHOOL | CONFERENCE | SPORT |
|--------------------|------------------------|------------|---------------|
| Brandon Dion | Lewisville Marcus HS | 6A | Water Polo |
| Gary Billingsley | Tilden McMullen Co. HS | 1A | Cross Country |
| Brandun Massingill | Hamilton HS | 2A | Cross Country |
| Susan Walters | East Bernard HS | 3A | Cross Country |
| Ray Baca | Canyon HS | 4A | Cross Country |
| Carly Littlefield | Lucas Lovejoy HS | 5A | Cross Country |
| Tom Kennedy | Bridgeland HS | 6A | Cross Country |



photo courtesy Cameron Croom

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](https://www.thetexasway.org/)



SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | January 15-17, 2026

Schedule (Tentative)

Thursday, January 15

Coed Prelim & Finals

1A Prelim & Finals

2A-D1 & 2A-D2 Prelim & Finals

3A-D1 & 3A-D2 Prelim & Finals

Friday, January 16

4A-D1 & 4A-D2 Prelim & Finals

5A-D1 & 5A-D2 Prelim

Saturday, January 17

5A-D1 & 5A-D2 Final

6A-D1 & 6A-D2 Prelim & Finals

Game Day Championship Info

Will be released and updated on UIL website: [Click Here](#)

Safety Rules

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at www.nfhs.org.



photo courtesy Logan Lawrence

JIM WILCOXSON SHOWCASE

Gary Tipton | Fellowship of Christian Athletes



Legacy speaks loudly for Texas Girls Coaches Association and Fellowship of Christian Athletes at the annual Jim Wilcoxson Basketball Showcase. Mentoring is the only way a legacy can occur and continue growing. TGCA has been doing this well ever since 1953 and FCA has been doing this well since 1954. Both organizations have withstood the test of time.

I would like to mention some of the coaches that I got to see at the Jim Wilcoxson Showcase: Joe Lombard, Tate Lombard, Jeff Williams, Trent Lankford, Brooke Walthall, Eric Shilling, Mike Mitchell, Sarah Allen, Rob and Sheena Schmucker, Joe Crabb, Shannon Fisher, Aaron Marks,

Trent Hilliard and Tori Williams. They are not only great coaches but many of them are the reason we have an FCA presence in the schools and communities they serve. Jim Wilcoxson won 2 Basketball State Championships, was an active member of TGCA and is an important part of FCA legacy at Randall High School.

FCA ministry is to and through you, the coach. TGCA success relies on you, the coach. TGCA and FCA each have over 75 years of proven love, support and loyalty to you, the coach. TGCA and FCA remain steadfast in this calling. Together, "Let's be used to win them all."

4TH ANNUAL
JIM WILCOXSON SHOWCASE
PRESENTED BY
FIRST UNITED
EST. 1902
DANA

PAMPA VS BUSHLAND
AT 10.00 AM

FARWELL VS WELLINGTON
AT 11.30 AM

PANHANDLE VS TEXLINE
AT 1.00 PM

TASCOSA VS FRENSHIP
AT 2.30 PM

CANYON VS CANADIAN
AT 4.00 PM

RANDALL VS NAZARETH
AT 5.30 PM

RANDALL VS AMARILLO HIGH
AT 7.00 PM

BOYS GAME

NOVEMBER 15TH
Leslie Broadhurst Gymnasium

Schedule



2025-26 TGCA BOARD OF DIRECTORS

| NAME | POSITION | SCHOOL |
|---------------------|---------------------------------|-----------------------------|
| Scott Mann | President | Lorena HS |
| Sunni Strickland | 1st Vice President | Big Spring HS |
| Dan Aldrich | 2nd Vice President | Fredericksburg HS |
| Claire Gay | Past President | Aledo HS |
| Kylee Valenzuela | Region I Senior Director | Brownfield HS |
| Jason Culpepper | Region I Junior Director | Bushland HS |
| T'Leah Jennings | Region II Senior Director | Snyder HS |
| Bob Campbell | Region II Junior Director | Snyder HS |
| Kyle Sivadon | Region III Senior Director | Hurst Bell HS |
| Lyle Linscomb | Region III Junior Director | Waxahachie Life HS |
| Ross Barber | Region IV Senior Director | Tyler Legacy HS |
| Donald Gray | Region IV Junior Director | Longview Spring Hill HS |
| Terri Wade | Region V Senior Director | Conroe The Woodlands HS |
| Dr. Collea McKinney | Region V Junior Director | Cypress Ranch HS |
| Anthony Branch | Region VI Senior Director | A&M Consolidated HS |
| Wade Womack | Region VI Junior Director | Dripping Springs HS |
| Patti Zenner | Region VII Senior Director | Yorktown HS |
| Michelle Trotter | Region VII Junior Director | Clute Brazsowood HS |
| Kelly McDaniel | Region VIII Senior Director | Boerne Champion HS |
| Melissa Pump | Region VIII Junior Director | Christoval HS |
| Josh McKinney | Volleyball Committee Chair | Colleyville Heritage HS |
| Tara Dunn | Volleyball Committee Vice Chair | Vanderbilt Industrial HS |
| Jason Sanders | Basketball Committee Chair | Boerne Champion HS |
| Tommy Gates | Basketball Committee Vice Chair | Navasota HS |
| Kevin Johnson | Track Committee Chair | Abilene Cooper HS |
| Dee Heiner | Track Committee Vice Chair | Kerrville Tivy HS |
| Aaron Fuller | Softball Committee Chair | Mt. Belvieu Barbers Hill HS |
| Jimmy Eby | Softball Committee Vice Chair | Robinson HS |
| Maureen Marek | Sub-Varsity Committee Chair | Bellville JHS |

2025-26 TGCA BOARD & COMMITTEE MEETINGS

MARCH 8

Board of Directors Meeting,
11:00 a.m., San Antonio

MARCH 9

Basketball All-State
Committee Meeting,
Basketball Committee
Meeting,
6:00 p.m., Zoom

APRIL 13

Soccer Advisory Board
Meeting, 6:00 p.m., Zoom

MAY 11

Track All-State Committee
Meeting, Track Committee
Meeting, 6:00 p.m., Zoom

MAY 18

Sub-Varsity Committee
Meeting, 6:00 p.m., Zoom

MAY 31

Board of Directors Meeting,
11:00 a.m., Austin

JUNE 1

Softball All-State Committee
Meeting,
Softball Committee Meeting,
6:00 p.m., Zoom

JUNE 9

Legislative Council Meeting
(TGCA Executive Committee Only)

JULY 16

Board of Directors Meeting,
1:00 p.m., Arlington

JULY 17

Spirit Advisory Board Meeting,
7:00 a.m., Arlington



photo courtesy Allyson Brown



2026-27 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2026-2027 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2025-26 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Mem-

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

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

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

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

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

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2026 in Lubbock (Regions I & II), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our

Satellite Sports Clinics is \$80.00. This includes your 2026-27 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if **you have already paid the \$70.00 renewal fee for your 2026-27 membership.**

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you **DO NOT** set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

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



photo courtesy Colby Davis

EXTREMELY IMPORTANT

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

GENERAL NOMINATION INSTRUCTIONS

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

the Membership Site once you have logged in.

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

TER YOU HAVE COMPLETED ALL NOMINATIONS.

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

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

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

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

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

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

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

1 Access the TGCA website at austintgca.com.

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

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

school.

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

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

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

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

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

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

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

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



cover photo courtesy Allyson Brown

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 tga@tga.com, or call our office at 512-708-1333, and we will be happy to assist you.

2026 TGCA SUMMER CLINIC

The 2026 TGCA Summer Clinic will be held in Arlington at the E-Sports Convention Center July 16-18. NOTE: DATES ARE SUBJECT TO CHANGE. The agenda is being revised and will be posted to the website under

the "Summer Clinic" category in the menu on the left-hand side of the page as soon as it is finalized. 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.

AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

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

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

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

• Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!

• Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having

all of their critical information organized in one place.

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

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

American Income Life is an international company

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

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sqM9W.



photo courtesy Sandy Langford

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:

| | |
|--------------------------|-------------------|
| Spirit | January 5, 2026 |
| Wrestling | February 9, 2026 |
| Swim & Dive | February 16, 2026 |
| Basketball | March 2, 2026 |
| Soccer | April 6, 2026 |
| Golf | April 27, 2026 |
| Tennis | May 4, 2026 |
| Track & Field | May 11, 2026 |
| Softball | May 25, 2026 |



The TGCA Office Staff wishes you each and everyone a very Happy Thanksgiving.

TGCA SPORTSWRITER OF THE YEAR

The Texas Girls Coaches Association is very fortunate to receive superior coverage of girls' sports throughout the state by dedicated sports writers. It is the decision of the Board of Directors to recognize these sports writers by awarding a TGCA Sports Writer of the Year in two divisions. Division I will honor sports writers with newspapers with circulations of more than 20,000 and Division II will honor sports writers with circulations of less than

20,000. This will enable the Texas Girls Coaches Association to honor not only the large city newspapers, but also the small town weekly or bi-weekly papers. TGCA appreciates all the sports writers in Texas that promote girls' athletics. We encourage member coaches to contact their Board of Directors in their region to nominate a deserving sports writer for one of these honors prior to the March TGCA Board of Directors meeting.

THINGS COACHES SHOULD KNOW ABOUT CONCUSSIONS

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. What it is. A concussion is an injury to the brain that results in temporary loss of normal brain function. From a medical perspective, it is defined as a clinical syndrome characterized by an immediate and transient alteration in brain function, including the alteration of mental status or level of consciousness, resulting from mechanical force or trauma.

eral possible reasons for why women have higher concussion rates than men. Physiologically, women have thinner skulls than men, as well as smaller neck muscles—both of which can predispose girls/young women athletes to having a concussion. Psychologically, men are less likely to report the symptoms of a concussion. In contrast, women are more likely to seek

inside the skull.

5. Telltale signs. After experiencing a concussion, both men and women athletes may suffer several revelatory symptoms and signs, including amnesia, double or blurred vision, confusion, fatigue, headache, memory loss, nausea and vomiting, ringing in the ears, dizziness or imbalance, difficulty concentrating, trouble sleeping, and sensitivity to light. It is also important to note that in a majority of instances, athletes with a concussion never lose consciousness.

6. All concussions aren't the same. Girls' and women's athletes present their concussion-related symptoms in different ways than men. For example, female athletes are less likely to experience a loss of consciousness than male athletes. On the other hand, they are more prone to have difficulty with their vision and memory than their male counterparts. Furthermore, although it isn't always the case, girls and women athletes tend to have longer recovery times from their concussions than men.

7. No single test. There is no single evaluation measure concerning whether a concussion has occurred. In general, any athlete who experiences a hit on their head or a whiplash-like head movement should be checked for a concussion. In that circumstance, an athlete should be removed from play immediately and not be allowed to resume playing until cleared by a medical professional.

8. An ounce of prevention. While no fool-proof strategy for preventing a concussion in sports exists, there are several steps that can help reduce the likelihood of

an athlete from experiencing a concussion. One significant step in that regard, is for coaches to teach and emphasize the proper techniques for playing their sport. Another is for the athletes to engage in a targeted conditioning regimen—particularly one that strengthens their neck and shoulder muscles. In addition, coaches should require their athletes to wear the appropriate headgear (if one is available). Finally, it is essential that all playing rules and regulations for the sport be religiously enforced.

9. Every moment counts. Although concussions can vary in their severity, every suspected concussion sufferer should be referred for immediate medical care (e.g., evaluation by a medical professional). Depending on that evaluation, that individual should either be required to rest on the sideline until they're cleared to return to play or be provided with emergency care. In essence, the "3 R's" should be the guideline for concussion management—recognize, remove, and recover.

10. How many is too many? In reality, no definitive answer exists to the question of how many concussions are too many. In fact, the number of concussions that could lead to long-term health issues can vary, depending on several factors, including the severity of the concussions, the interval between the concussions, the susceptibility level of the individual athlete, and the age of the athlete (i.e., kids and younger athletes may be more vulnerable to the effects of concussions than older adults).



photo courtesy Ashley Panter

2. Uneven playing field. When thinking about a concussion, it would not be unlikely to conjure up images of athletes on the football team ramming into each other at full speed. In reality, in every high school sport played by both sexes, concussion rates are higher among girls/young women athletes. Leading the pack in that regard is girls'/women's soccer, with 8.4 concussions per 10,000 games and practices.

3. Why the gender disparity? There are sev-

eral possible reasons for why women have higher concussion rates than men. Physiologically, women have thinner skulls than men, as well as smaller neck muscles—both of which can predispose girls/young women athletes to having a concussion. Psychologically, men are less likely to report the symptoms of a concussion. In contrast, women are more likely to seek

4. Why it occurs. A concussion occurs after a blow to the head. In sports, this can happen when an athlete collides with another athlete, such as during a header in soccer, or after being hit with a ball or a piece of an opponent's equipment, such as in lacrosse or field hockey. This impact results in the brain jostling around

**Coaches, we are reaching out with one simple ask:
Host a Play4Kay game this season.**

What is Play4Kay?

Play4Kay is a nationwide effort where teams pick one game on their schedule to honor cancer survivors, thrivers, and warriors—and to raise awareness and funds for the fight against cancer. It's meaningful, it's personal, and it fits easily into your existing season.

Why Get Involved?

- Put a face to the fight. Celebrate and recognize people in your school and community who have battled cancer.
- Build community. A Play4Kay game brings students, families, and fans together around something bigger than the scoreboard.
- Make a real impact. Funds raised support cancer research and programs that help people access quality healthcare.

The Power of All of Us

If every program participates and raises just \$500, our collective impact is over \$150,000 for life-changing cancer research and support services.

Cancer affects all of us—and this is a chance for your team to act on their “why.”

How to Get Started (Quick + Easy)

1. Choose a game
2. Label it your Play4Kay game.
3. Pick a fundraising idea that fits your school (pink-out shirts, pass-the-bucket, jersey auction, donation page, etc.).
4. Honor those impacted by cancer during the game—recognitions, halftime walk, honorary captain, etc.
5. We've Got Your Back

You don't have to create anything from scratch. We have:

- Ready-to-use templates and promotional materials
- Fundraising ideas and tools
- One-on-one support if you'd like to talk through your event

Just let us know what you need—we're here to make it easy
(Jennifer.sullivan@kayyow.com)

Thank you for leading both on and off the court.

Your participation truly makes a difference that goes far beyond the game.



photo courtesy Ashley Panter

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|--------------------|---------|---|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | TGCA OFFICE CLOSED | | | | | |
| | | | ATHLETICS: NO SCHOOL FACILITIES, PERSONNEL OR EQUIPMENT SHALL BE USED FOR ATHLETIC PURPOSES FOR FIVE CONSECUTIVE DAYS TO INCLUDE DEC. 24-26 | | | |
| 28 | 29 | 30 | 31 | | | |
| TGCA OFFICE CLOSED | | | | | | |
| | | | | | | |

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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-Surge
-Varsity



VARSITY

TGCA NEWS

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TGCA on the Web

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

