



TGCA NEWS

OCTOBER 2025
BREAST CANCER AWARENESS MONTH

2025-2026 TGCA OFFICERS



President of TGCA
Scott Mann
Lorena HS



1st Vice President
Sunni Strickland
Big Spring HS



2nd Vice President
Dan Aldrich
Fredericksburg HS



Past President
Claire Gay
Aledo HS



Executive Director
Sam Tipton
TGCA Office



**Assistant
Executive Director**
Lee Grisham
TGCA Office

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cover photo courtesy Ashley DeLeon

right photo courtesy Hannah Doke



||| KIDS THESE DAYS

Joshua McKinney Colleyville Heritage HS | **TGCA Volleyball Committee Chair**

"Kids these days," is a phrase I hear a lot of coaches, teachers, and parents say. We often compare the kids that we currently teach and coach to how we were brought up. You are not alone. I have caught myself uttering the same phrase. Kids today are different and different does not equate to bad. But the truth is our athletes are not less capable, they live in a different world than we grew up in. They have more technology than we ever dreamed of. The world is at their fingertips and with that comes unique challenges that we did not face growing up.

I often hear coaches say, "they are just not mentally tough," "they crumble under pressure," or "they aren't coachable." Again, you are not alone. I have caught myself uttering these same phrases. Have you ever stopped to think about why this is? We currently live in the world of instant gratification. From same day delivery or next day delivery to social media likes and mentions. We have come to expect immediacy. We are not accustomed to having to wait and we expect things to happen overnight. The expectation of immediate results has trickled over to athletics. When adversity hits one of your athletes and they are required to work through the situation they often lack the grit and determination to overcome these challenging moments. As coaches we can say "kids these days" and throw our hands up or we can meet them where they are and help them navigate these challenging times and grow through their sport.

Meeting Them Where They Are:

Meeting kids where they are does not mean lowering your standards and expectations. As coaches we must continue to hold our athletes accountable and challenge them. Meeting them where they are requires coaches to adapt and change the way that we do things to help our athletes be the best versions of themselves on and off the court.

Volleyball is What They Do, It is Not Who They Are:

"Kids these days" are smart. Teddy Roosevelt once said, "people don't care how much you know until they know how much you care." This sentiment is magnified

when you are dealing with your athletes. They easily pick up social cues and the relationships they have with their coaches can make all the difference in the world in what you see from them on a daily basis. It is important to make sure your athletes know that you value, love, and care for them beyond who they are as athletes. When it comes to kids even the smallest gesture can go a long way.

Ideas:

1. **Green-Yellow-Red:** Each of these colors represents how your athletes are feeling that day. For example, green could mean they are having a great day, they feel great, and nothing is going



in their life that is bothering them and red could mean they are having a bad day and mentally not present and they use you as their coach to check in on them. Everyday when they come in they initial next to how they are feeling and as a coach you know how everyone on your team is feeling and you can adjust accordingly.

2. **Bi-Weekly Meetings:** Every two weeks I meet with every player on my team. It may be on the bus, before a game, or during a break at tournament to get a general life update and see how



photo courtesy Colby Davis

|||| KIDS THESE DAYS

things at home, school, and volleyball are going. Sometimes these meetings are 5 minutes and sometimes they can last 30 minutes but it is important for me to make the time to see how they are doing.

3. **Journaling:** my favorite question journal prompt is to tell my athletes “give me a general life update” and encourage them to talk about how things outside of volleyball is going. Maybe they are stressed out because of the things surrounding homecoming, maybe there is some conflict between them and one of their friends, or maybe they are overwhelmed by school as a whole. It can sometimes start slow but the more you journal the more they begin to open up and give you as a coach a glimpse of what is going on in their lives. It also allows you to spark a conversation with them to further build your relationship and allows you to follow up with athletes who are struggling. You can make it your own to meet the needs of your athletes.

Coaches talk about “mental toughness” and “grit all of the time. Mike Leach once said, “either you are coaching it or you’re allowing it.” I have lived by this quote my entire career. Your team is struggling with tip coverage? You coach it. Your team is struggling to serve receive? You coach it. Your team is struggling with setter-hitter connection? You coach it! “Kids these days,” need us to coach the mental game as well as the physical. In the Colleyville Heritage program here are some things we have done throughout the year to train the mental game:

1. **Breath Work:** when your athletes are in a clutch situation, they become overwhelmed by the moment, or just generally stressed out. Take a deep breath. Studies have shown that focusing on your breathing lowers your heart rate, reduces stress and anxiety, and allows your athletes to better respond in these situations.

2. **Visualization:** find a comfortable place to sit or lay down and guide your athletes through different situations. It can be as simple as breaking down a skill “see yourself passing a volleyball at a high level. See yourself getting your angle out early and finishing the pass to the target” or “the match is tied 23-23, what are your thoughts, feelings, and emotions?” or “see yourself cheering on your teammates, what are the things you are telling them to help them play their best”

3. **Goal Setting:** Every coach I know talks about team and individual goals. From a performance standpoint I think it is important to break into smaller chunks. This makes goals more manageable and allows you to reflect on them more often. This is a great journal activity at the beginning of practice or the beginning of the week and at the end of whatever time period you decide to have your athletes go back and reflect on the steps they took to get better in whatever they chose. I think this helps athletes understand that growth is not linear or is not always immediate and that it’s okay to keep working towards the same goal over a period of time.

Examples:

a. Practice: choose one specific skill (passing,



photo courtesy Lindsey Ashley Jost

setting, transitioning, etc)

b. Weekly: choose two-three things you want to get better at this week.

Athletes and coaches both fail short some days. These moments are opportunities to reflect, learn, and grow and continue to focus on the process of becoming the best version of ourselves as coaches while teaching our athletes these same valuable lessons. “Kids these days”, are going to be just fine if we continue to love, support, push, and give them the tools they need to be successful on the court and off.

Coaching is one of the most challenging jobs you can ask anyone to do but it is also one of the most rewarding jobs you can do. Until you are a coach you do not fully understand the demands of the job. As we close out this volleyball season. Remember it’s supposed to be fun, celebrate the little things and when you’re in the struggle do not lose sight of that.

Keep fighting the good fight and take care of yourselves.

COACH	SCHOOL	CONF.	REG.
Michael Sparks	Lubbock HS	5A	1
Jose Huerta	Herford HS	4A	1
Kevin Johnson	Abilene Cooper HS	5A	2
Wade Floyd	Andrews HS	4A	2
Mike Pinkerton	Aledo HS	5A	3
Cully Doyle	Brock HS	4A	3
Khera Vay	Frisco Liberty HS	5A	4
John Chatham	Pittsburg HS	4A	4
Stacy Tucker	Barbers Hill HS	5A	5

COACH	SCHOOL	CONF.	REG.
Katy Stover	Rusk HS	4A	5
Anthony Branch	CS A&M Consolidated HS	5A	6
Shayla Rawls	Troy HS	3A	6
Marianna Watson	Edinburg North HS	6A	7
Samantha Rakowitz	Sweeny HS	4A	7
James Bermea	Castroville Medina Valley HS	6A	8
Brooke Ashcraft	Bandera HS	4A	8

MEET THE 2025-26 TGCA 2ND VICE PRESIDENT

Dan Aldrich Fredericksburg High School | TGCA 2nd Vice President

High School Graduated From: San Antonio Southwest High School

College(s) Attended: Texas A&M University

Teaching Assignments: Math – Algebra 1

Coaching Assignments: Fredericksburg High School – Year 24 (Girls Cross Country, Girls Track & Field)

What It Means To Be An Officer In TGCA:

Before I began my coaching career, I attended a summer coaching school clinic as a student member. During a general meeting at that event, I told myself that one day, I wanted to become an officer during my career within the coaches association. My coaching journey began with a clear personal goal: to advocate for multi-sport athletes at a time when sport specialization was quickly becoming the norm. In many ways, my path to the Texas Girls Coaches Association (TGCA) leadership mirrors that same mission.

Over the past 10 years, I've had the privilege of serving

TGCA in various roles — as a member of the Track Committee, then as Track Committee Chair, and most recently as the Region 8 Director. Throughout this time, my passion for supporting multi-sport athletes has only grown. While serving as Region 8 Director, I focused on promoting all girls' sports. Although my coaching background is primarily in cross country and track, my commitment as a TGCA Officer is to promote all female sports and encourage collaboration among coaches to share athletes. By doing so, we create more opportunities for young women to participate in multiple sports throughout their high school careers.

As I step into the role of 2nd Vice President, I know there's much to learn from our Executive Director, Assistant Executive Director, and fellow TGCA Officers. I'm excited and honored to take on this leadership role. Over the next four years, my goal is to serve and support our female coaches across Texas as we continue to elevate and promote girls' athletics throughout this great state.



photo courtesy Hannah Doke

photo courtesy Rachel Goddard

THE TEXAS WAY

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

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

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



What is The Texas Way?

The Texas Way is a collaborative campaign to:

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

The Three Pillars of The Texas Way

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

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

boundaries to our thoughts, words, and actions, and to control our anger in the face of competition and adversity.

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

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

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

What is The Texas Way?

For more details, visit: TheTexasWay.com

FELLOWSHIP OF CHRISTIAN ATHLETES

Gary Tipton | Fellowship of Christian Athletes

I know I may be biased but in my opinion no couple does more for Texas Girls Coaches Association than Sam and Audree Tipton and no coaches organization does more for Fellowship of Christian Athletes than TGCA.

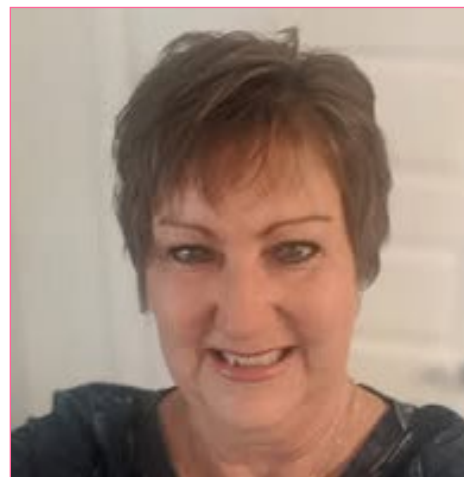
I got to accompany Sam as he came to the Panhandle of Texas to present Addyson Bristow, from Canyon High School, the TGCA 1A-4A Track Athlete of the Year Award. Awards like this could be mailed but Sam on a regular basis travels all over the state presenting them in person from class A to class 6A schools. Behind the scenes Audree insures the every day business of TGCA runs smoothly.

Sam and Audree understand the importance of a physical presence that emails, zoom meetings and even text

messages fall way short of conveying encouragement, love and support for athletes and coaches. They have an understanding that only a former coach and coach's wife can have.

Sam and Audree are just as important in FCA ministry. As charter members of Kay and my "Home Team", they encourage us with prayers, service, financial support and being present at many FCA ministry events. We can't thank them enough!

Coaches, you have a daily physical presence with your teams. This can be used as a life line to Jesus! FCA ministry is to and through you. Thanks for all you do. Together, "Let's be used to win them all!"



REPLACING STOLEN GEAR: A COMMUNITY-FUELED VICTORY

Introduction to the Fundraising Success

Terry Parker High School recently showcased the power of unity and determination by addressing an urgent need through effective fundraising. When faced with unexpected challenges, the school tapped into the strength of its community, utilizing innovative tools to secure necessary resources. This effort not only met immediate needs but also highlighted the impact of collective support in driving swift, meaningful action.

The Situation Faced by the School

Terry Parker High School faced an urgent challenge when their athletic equipment, purchased through BSN, was stolen in a vandalism incident. With the sports season quickly approaching, the teams required immediate replacements to ensure athlete safety and maintain

their training schedule. The unexpected loss created a critical need for swift action to secure the necessary gear, allowing the school to uphold the continuity of its athletic program during a time-sensitive and demanding period.

The Action Plan: Snap! Raise Fundraiser

The school utilized Snap! Raise to tackle the urgent need for replacement gear, leveraging its efficient platform to reach out to parents, alumni, and community members. By implementing targeted email and text messaging strategies, they created a seamless way for supporters to contribute quickly. This approach not only maximized participation but also ensured that the fundraising process was both organized and impactful, allowing the school to address their equipment needs without delay.

Remarkable Fundraising Outcome

In less than 30 days, Terry Parker High School successfully raised \$11,000 through this initiative. The swift financial support from parents, alumni, and community members demonstrated the power of collective action. By utilizing Snap! Raise's streamlined platform, the school quickly secured the resources needed, showcasing the efficiency and impact of digital fundraising efforts in addressing urgent needs effectively.

Impact on the School and Community

The successful fundraiser ensured the timely replacement of stolen athletic equipment, allowing athletes to continue their training and competitions safely. Beyond addressing immediate needs, the initiative strengthened relationships within the community, fostering greater involvement and



BSN SPORTS

pride among supporters. This collaborative effort highlighted the school's resilience and the community's dedication to its success. By coming together during a challenging time, parents, alumni, and local supporters demonstrated the profound impact of collective action on sustaining school programs.

Testimonial from the School Coach

Mike Holloway, Head Varsity Football Coach at Terry Parker High School, emphasized the critical role Snap! Raise played in addressing their equipment needs. He stated, «Snap! Raise has been very instrumental in leading the charge to help us recover and stabilize some much needed necessities for our athletic program.» His words highlight the effectiveness of the platform in providing timely support during a challenging period for the school's athletic program.

Encouragement to Start Fundraising

If your school or organization is facing urgent needs, consider using Snap! Raise as a proven solution to engage your community effectively. With its straightforward platform and targeted outreach tools, it simplifies the process of gathering support. Whether it's replacing essential equipment or funding key programs, Snap! Raise empowers schools to achieve their goals efficiently while fostering stronger community connections. Take the first step toward meeting your fundraising goals by exploring how this platform can support your mission at <https://www.bsnsports.com/snap-raise/>



photo courtesy Cameron Croon

TGCA VOLLEYBALL COMMITTEE

COACH	SCHOOL	CONF.	REG.
Haleigh Burns	Amarillo HS	5A	1
Matt Taylor	Amarillo Highland Park HS	2A	1
Shay Cox	Abilene Wylie HS	5A	2
Tanya Samples	Snyder HS	4A	2
Joshua McKinney*	Colleyville Heritage HS	5A	3
Stormi Snider	Decatur HS	4A	3
Libby Rodriguez	McKinney North HS	5A	4
Kiara Jordan	Gilmer HS	4A	4
Collea McKinney	Cypress Ranch HS	6A	5
Logan Smoak	Nacogdoches Central Heights HS	3A	5
Kate Norris	New Braunfels HS	5A	6
Susan Brewer	Bellville HS	4A	6
Kristin Goodman	Austin HS	6A	7
Tara Dunn**	Vandebilt Industrial HS	3A	7
Kelly McDaniel	Boerne Champion HS	5A	8
Tisha Pettibon	Bandera HS	4A	8

*Chair **Vice Chair



photo courtesy Casey Falgout

CROSS COUNTRY STATE MEET

Old Settlers Park Round Rock, TX | October 31 - November 1, 2025

Schedule

Oct. 31
 Girls 3A..... 8:15 AM
 Girls 5A..... 9:30 AM
 Girls 1A.....10:55 AM
 Nov. 1
 Girls 4A..... 8:15 AM
 Girls 6A..... 9:30 AM
 Girls 2A10:55 AM

Ticket Information (Sold by Car)

Vehicle up to 2 persons
 \$25.00
 Vehicle more than 2 persons
 \$40.00
[Purchase Online](#)
 On-site sales will be
 CREDIT/DEBIT CARD ONLY.

Public Parking

Parking has changed from in years past.
[Parking Instructions/Map](#)

Animals

There will be NO dogs allowed in Old Settler's Park on the day of the Cross Country State meet.

Restrooms

There will be no dressing facilities. Portable toilets will be available to the public and athletes.



photo courtesy Whitney Magness

VOLLEYBALL STATE TOURNAMENT

Curtis Culwell Center Garland, TX | **November 20-22, 2025**

Schedule

Thursday, November 21

1A Final 3:00 PM
2A DI Final..... 5:00 PM
2A DII Final..... 7:00 PM

Friday, November 22

3A DI Final 11:00 AM
3A DII Final..... 1:00 PM
4A DI Final 4:00 PM
4A DII Final..... 6:00 PM

Saturday, November 23

5A DI Final.....11:00 PM
5A DII Final..... 1:00 PM
6A DI Final..... 4:00 PM
6A DII Final..... 6:00 PM

Ticket Information

Single Day \$15.00
All-Tournament..... \$35.00
Coaches All-Tourney\$30.00

[Purchase here](#)

Parking

One-Day Pass..... \$15.00

[Purchase here](#)

Scroll down

Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, the Curtis Culwell Center has implemented a bag policy limiting the size and type allowed at all events.

Click [HERE](#) for more details.



photo courtesy Ashley DeLeon

TGCA PAST PRESIDENTS

Velma Harrison1952-53
.....1953-54
Marvin Williams *1954-55
Mary Beccue *1955-56
Charles Womack * ...1956-57
Rose Farmer1957-58
J.W. Booker *1958-59
Peggy Hughes1959-60
M.T. Rice *1960-61
Jimmye Phillips1961-62
LeRoy Hoff *1962-63
Ellen Johnson1963-64
F.G. Crofford1964-65
Zonelle Cornett*1965-66
Freeman Parish *1966-67
Sandra Meadows * ...1967-68
Mitch LeMoine.....1968-69
Wayne DuBose*1969-70
Shirley Hayworth1970-71
Stanley Whisenhunt..1971-72
Leta Andrews1972-73
Bill Farney.....1973-74

Janette Barlow1974-75
Bob Schneider1975-76
Gay Benson1976-77
Buddy Ables1977-78
Sandra Meadows * ...1978-79
Ralph Newton*1979-80
Janie Fitzgerald1980-81
Mark Smith*1981-82
Diana Lewis.....1982-83
.....1983-84
Michael Adams1984-85
Judy Dunn*1985-86
Jim Kirkland1986-87
Sue Cannon1987-88
Don Ford.....1988-89
Donna Grant1989-90
Phil Swenson1990-91
Rhonda Farney.....1991-92
Caylene Caddell1992-93
Barbara Crousen1993-94
Pat Mouser1994-95
Melynn Hunt1995-96

Sam Tipton1996-97
Marianne Jones1997-98
Larry Goad.....1998-99
Brenda Kitten.....1999-2000
Rob Young2000-01
Krista Malmstrom.....2001-02
Ron Mouser.....2002-03
Debbie Jaehne2003-04
Ray Baca2004-05
Leann Johnston2005-06
Alex Koulovatos2006-07
Debra Manley2007-08
Lee Grisham.....2008-09
.....2009-10
Wes Overton.....2010-11
Donna Benotti2011-12
Rodney Gee2012-13
Kari Bensend2013-14
Mitch Williams.....2014-15
Liana Gombert2015-16
Loyd Morgan.....2016-17
Kriss Ethridge2017-18

Jason Roemer2018-19
Astin Haggerty2019-20
.....2020-21
Brad Blalock.....2021-22
.....2022-23
Cully Doyle2023-24
Claire Gay.....2024-25

TVCA PAST PRESIDENTS

Lenora Abston*1968-69
.....1969-70
Dr. Margie Austin*1970-71
Jan Briggs.....1971-72
Jane Arnett.....1972-73
Arline Basye.....1973-74
Marion Young1974-75
Judy Bugher1975-76
Waynette Dolan1976-77
Norma Pullin1977-78

**Deceased*

TGCA HALL OF FAME

The Texas Girls Coaches Association honors coaches who have been active members, past or present, of the Texas Girls Coaches Association, the Texas Volleyball Coaches Association or the Texas High School Girls Track Association. The nominee should have made major contributions to TGCA and the coaching profession.

Hall of Fame nomination forms

are located on our website, austintgca.com, under "Forms" on the left-hand side of the main page.

Nominations should be submitted to the TGCA office. The awards for Hall of Fame will be determined by a Selection Committee made up of the Executive Committee and the Executive Director. Nominations will be made by member coaches of TGCA. The selections will be made at the UIL

State Girls Basketball Tournament, at a time and place determined by the President, who also serves as Chairperson of the Committee.

The deadline for submission of Hall of Fame nominees will be Monday, February 26th, at 12:00 noon. All nominations must be mailed (P.O. Box 2137, Austin, TX, 78768), faxed (512-708-1325) or emailed (tgca@austintgca.com) to the TGCA office.

2026 TGCA SUMMER CLINIC

The 2026 TGCA Summer Clinic will be held in Arlington at the E-Sports Convention Center and Drury Hotel July 17-19. 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 2024 TGCA Clinics.

YEAR	INDUCTEE(S)
1993	Natalie Gunter Sandra Meadows* Bob Schneider Dean Weese
1994	Jane McCutcheon
1996	Nora Geron
1997	Wanda Bender
1998	Jan Briggs
1999	Norma Pullin
2000	Donna Grant
2001	Mark Smith
2002	Billy McKown
2003	Jim Kirkland
2004	Bill Farney
2005	Marion Young
2006	Claudia Eckel
2007	Diane Conrady
2007	Sandra Mader
2008	Terri Plagens Billy Evans Joe Lombard
2009	Flo Valdez Melynn Hunt Phil Swenson

YEAR	INDUCTEE(S)
2010	Krista Malmstrom Brenda Kitten Rene G. Garza
2011	Leta Andrews Sherry Rogers E. J. "Jeep" Webb
2012	Lynn Davis Pool Barbara Crousen Joni McCoy
2013	Donna Boehle Ellie Woods
2014	Sue Cannon Rhonda Farney
2015	Jerry Sutterfield Patty & Tippy Browning Shirley Rowe
2016	Barbara Comeaux Linda Richter Fred Griffin
2017	Jan Barker Rick Reedy Mike Martin

YEAR	INDUCTEE(S)
2018	Skip Townsend Cathy Self-Morgan Al Bennett
2019	Beverly Humphrey Susan Brewer Guyla Smith
2020	None
2021	Laneigh Clark Lee Grisham Nancy Walling
2022	Chuck Dardin Steve Golemon Tanya Nygrin
2023	Ray Baca Kari Bensed Sam Tipton
2024	Curtis Enis Karin Keeney Danny Wren
2025	David Park Larry Tidwell Patti Zenner

MARGARET MCKOWN DISTINGUISHED SERVICE AWARD

Any TGCA member in good standing is eligible to nominate a person outside of the coaching profession for the Margaret McKown Distinguished Service Award. This candidate needs to have made outstanding contributions to girls' athletics.

Nomination forms may be found on the TGCA website, austintgca.com, under "Forms" in the menu on the left-hand side of the home page. The deadline for nominations for the Margaret McKown Distinguished Service Award is Tuesday, February 28th, at noon.

Nomination forms must be submitted to the TGCA office by mail (P.O. Box 2137, Austin, TX, 78768); fax (512-708-1325) or email (tgca@austintgca.com).

YEAR	RECIPIENT
2007	Margaret McKown
2008	Larry Tidwell
2009	Billy and Betty Oliver
2010	Robert and Joyce Hollingsworth
2011	E. J. "Butch" Hart
2012	Mary German
2013	Tommy Cox
2014	O. J. Kemp
2015	Dawn Allen
2016	Harley Doggett
2017	Mike Szymarek
2017	Lynn Davis Pool
2018	Billy Hicks
2019	Maria Kennedy
2020	None
2021	Texas Press Association
2022	Trippy Saxon
2023	Tammy Gillespie
2024	Scott Magness
2025	Kim Peach



photo courtesy Julie Price

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 Membership Site, you will notice, on the left-hand side of the page, the categories for renewing your mem-

bership 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 Travis Dalrymple

EXTREMELY IMPORTANT

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

GENERAL NOMINATION INSTRUCTIONS

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

the Membership Site once you have logged in.

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

TER YOU HAVE COMPLETED ALL NOMINATIONS.

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

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

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

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

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

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

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

1 Access the TGCA website at austintgca.com.

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

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

school.

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

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

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

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

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

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

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

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



photo courtesy Amy Schultz

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

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

ACCIDENTAL DEATH & DISMEMBERMENT BENEFIT

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

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount Card for your entire household which

provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

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

- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having all of their critical information organized

in one place.

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

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available. American Income Life is an international company licensed in 49 states, the District of Columbia,

Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/14)

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

SPORT NOMINATION DEADLINES

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

Cross Country	October 27, 2025
Volleyball	November 17, 2025
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



photo courtesy Rachael Goddard



photo courtesy Sandy Langford



photo courtesy Allyson Brown

10

THINGS COACHES SHOULD KNOW ABOUT HAPPINESS

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. Good feelings (happiness and subjective well-being) are now known to be a key ingredient in a flourishing, well-lived life. Research shows that a full life experience must include an emphasis on happiness, optimism, and multidimensional well-being. If these positive components are ignored, it is harder to reach self-actualization, the point where a person lives up to her fullest potential, and it is harder to thrive.

40 percent of whether or not you're happy is up to you—how you choose to spend your time and, most especially, how you choose to think.

3. The set point theory of happiness states that there's a genetic baseline for happiness to which we are bound to return, even after major catastrophes or major triumphs. Just because your happiness set point is set, it doesn't mean that your hap-

already returned to your genetic set point.

5. Life satisfaction rises with higher incomes up to about \$75,000 per year (household income), but then levels off. Does more money make you happier? Based on the findings from a substantial amount of research, after about \$75,000 per year, happiness levels do not significantly increase for most people. In other words, people with an income of \$250,000 per year are not significantly happier than those who make \$150,000 per year.

6. Placing great importance on material goods (more than other values) can lead to unhappiness. It's important to keep your values straight if you want to be happy. Having the most possessions (after your basic needs have been met) does not pave the road to happiness in the long run. In reality, if you're continually focused on having the most expensive and most prestigious things, the latest high tech gadget, etc., there's a good chance that you'll actually be less happy. Sergey Nivens/iStock/Thinkstock

8. Forty percent of your ability to be happy is up to you! Remember, according to research, 50 percent of your happiness appears to be genetically based, and 10 percent appears to be due to life circumstances (your job, your health, your appearance, etc.). This is good news, since you are not really at the mercy of others, or even necessarily subject to the slings and arrows of life. The things we can all control, with practice, are our thoughts and our attitudes.

9. Happiness is measured with both objective and subjective indicators. Objective (social) indicators of happiness include measurements of income, poverty, infant mortality, and education levels. As you might suspect, some correlation is usually found between these aspects and happiness. Subjective indicators, on the other hand, involve categorizing what people actually say about their lives. This type of information generally comes from self-reported questionnaires, which ask about a person's mood or satisfaction level at a particular moment or over a specific period of time.

7. Happy people remember more good events than actually happened, and they forget more of the bad events. The memory of unhappy people, in contrast, tends to be accurate about both types of events. Sadly, depressed people often have a harder time letting go of painful situations. In other words, they're more likely to brood and stew over problems, thus keeping difficulties front and center in their minds. A basic recipe for happiness is to be grateful and appreciate the good events in your life, and let go of the not-so-good circumstances.

10. When compared to their less happy peers, happy people are more sociable, are more charitable and cooperative, have a richer network of friends and social support, are better leaders, earn higher incomes, are longer-lived, have stronger immune systems, and are more resilient in the face of hardship. Hundreds of evidence-based studies verify the benefits of happiness on almost all aspects of life. You can expect your professional life, your health, and your relationships all to improve if you practice having a positive attitude and being happy in your life.



photo courtesy Ashley Painter

2. According to researchers, happiness is made up of the following three components: genetic set point (50 percent), life circumstances (10 percent), and intentional activity (40 percent). In other words, hereditary tendencies can lead a person to be melancholy or cheerful, pessimistic or optimistic—but that's only half the story. And surprisingly, life circumstances, such as where you live, what type of job you have, how old you are, and whether or not you have a Maserati, only account for 10 percent of the happiness pie. This means that a whopping

piness level can't be changed. The key is your attitude, which can be modified with awareness and practice.

4. Triumphs and disasters can affect happiness levels, but only for a few months. The ups and downs of life circumstances can definitely affect well-being. Most people, however, tend to return to their happiness set point after about three months. In other words, if you're like most people, major traumas or events that happened three or more months ago generally do not significantly affect your happiness level now, as you've probably

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 TGCA: Cross Country Nomination Deadline, 12:00 p.m.	28	29	30 VOLLEYBALL: BI-DISTRICT	31 CROSS COUNTRY: STATE	1
2	3 VOLLEYBALL: AREA TGCA: Cross Country Committee Meeting (6 PM)	4	5	6 VOLLEYBALL: REGIONAL SF	7 Girls Basketball: First Day for Interschool Games	8
9	10 VOLLEYBALL: REGIONAL FINALS Wrestling: First Day for Meets & Tournaments	11	12	13	14 VOLLEYBALL: STATE SEMIFINALS	15
16	17 TGCA: Volleyball Nomination Deadline, 12:00 p.m.	18	19	20 VOLLEYBALL: STATE FINALS	21	22
23 TGCA: Board of Directors Meeting (10 AM)	24 TGCA: Volleyball All-State Committee Meeting (6 PM) Volleyball Committee Meeting (6 PM)	25	26	27	28	29
TGCA OFFICE CLOSED FOR THANKSGIVING						

TO ALL COACHES: PLEASE UPDATE YOUR ONLINE PROFILE

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.



photo courtesy Cameron Croom

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TGCA NEWS

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TGCA on the Web

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

