TGCA NEWS

NOVEMBER 2026





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Big Spring HS



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Fairfield HS



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Paradise HS



Executive Director
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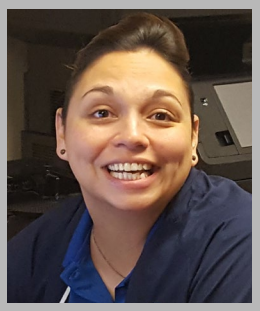
Administrative Assistant
Audree Tipton
TGCA Office



Summer Clinic Exhibitor Coord.
All-Star Administrator
Oma Garmon
TGCA Office



Membership Coordinator
Ashley Douglas
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cover photo courtesy Whitney Magness

right photo courtesy Jessica Minnix



COACHING: A PROFESSIONAL APPROACH



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

The coaching profession has taken on many views in the past few years. If you were to look at the different levels: professional sports, college sports, high school sports, junior high sports, club sports, private school, and little league are the ones I can think of right off the top of my head as I think about the article I am writing for the Texas Girls Coaches Association news letters. The number of people that "coach" within those ranks I don't think I could even get a close guess at how many people would fall into this category.

We talk about building a culture in our school's athletic programs. I think a culture in our coaching profession is important as well. The professional approach you take into coaching your teams, hopefully will follow that to achieve success and wins in your programs.

Almost all coaching positions in Texas public schools are tied to a teaching position. We will work with the student athletes in the classroom as much as we will work with them in the athletic domain. What we bring to the table to teach the athlete will be important to helping them grow in all aspects of life. It should show that the teaching job is just as important as the coaching job.

Professional Associations

Our coaching profession offers us so many resources to become more knowledgeable. There are so many coaching clinics and learning base resources. Even better is to network with your colleagues, those you know and those you would like to know. Join as many coaching groups as you can, these become tools and resources in your toolbox to become a better coach. Many of these coaching organizations have awards for your athletes that you feel are deserving of nominations. But if you are not a member - your athletes would not be able to be nominated. Your athletes work hard for you - find a way to honor their hard work for you and your program.

Our Texas Girls Coaching Association (TGCA) has a wonderful fellowship with the UIL. When I attend our Board meetings, it is nice to get an update from our UIL athletic directors. Ray Zapeda, Virginia Flores, Grace McDowell, Joseph Garmon, and AJ Martinez are a strong force at the UIL to advocate for athletics in the state of Texas. They are wonderful sources of information and are very welcoming to calls to answer questions.

Remember also to join your teaching associations such as ATPE and such. These also have several more resources and services that are available.



photo courtesy Makala Rogers

COACHING: A PROFESSIONAL APPROACH

Professional in our Coaching Duties

Professionalism in coaching is how we teach our athletes in the sports we coach. In a 4A school where I work - I am a multi-sport coach. I put my best coaching effort into the athletes I coach and every sport I coach. Sure, I am more confident in my knowledge of one sport over another, but I spend the time to become more knowledgeable in the sports I feel I need to improve on.

In my younger coaching career, I was told this statement - "They do not know what you don't know until you tell them or show them." So coach with confidence, seek out knowledge to improve yourself.

Professional in the Classroom

Our coaching job is tied to our teaching job. The subject you teach should show the student your professionalism to that part of your job. You are hired to teach in the classroom. Being prepared for your class everyday, keeping up with grading assignments, working with students who are struggling, having your lesson prepared in case you are gone for sickness or games - it all part of our job as teachers / coaches. You might even find that you will be working with students that need help in other subject areas and for other teachers. Education is for a lifetime.

As coaches, we should make sure that the athlete knows that the work done in the classroom is just as important if not more than the work they do on the field or court. The percentage of athletes that turn pro is just the tip of the iceberg compared to the millions that play sports everyday. Sooner or later these athletes we coach, will be getting up and putting on work clothes daily, not their athletic uniforms.

Professional with Social Media

Social media is so much a part of our lives today. Just clicking a link or doing a search prompts the internet to feed your emails and social media with "things you might like to see more of".

This goes for what we post on our social media applications. Today, we must be careful about the content of our postings. It is a wild maze that makes the internet and social media. You will not know how far a post you make might go and how someone might interpret it.



photo courtesy Andrea Whitley

Professional with Student-Athlete and Parent Interactions

It is said that in coaching you build a relationship with your athletes. We spend many hours with our athletes during the school day, at our practices, at our competitions and while we travel. These relationships are important to build a team and should always be professional. I was taught in my first coaching assignments that there should be a line between the coach and athlete relationship and interactions. The coach should be the one to make sure the line is clear and not let either side cross the line. Have positive interactions with parents, as the athlete's coach.

So in closing - some of my best days of coaching are watching the least skilled player improve, watching the players have a want and ambition for improvement - players learning that being a part of a team is more than just wins and losses - it is a group of individuals working together towards a common goal.

Good luck to all and hope you have a successful school year.

THE SEASON ISN'T OVER WHEN THE FINAL WHISTLE BLOWS

BSN Sports

For some athletes, November brings the biggest competition of the year. For others, it brings the final whistle, the last bus ride home and the difficult realization that a season has come to an end. At the same time, winter teams are beginning to establish their identity and build momentum.

Both moments matter.

As coaches, we naturally focus on what comes next. The next practice, the next opponent, the next season, the next opportunity to improve. But before athletes move forward, they need space to process where they have been. A season-ending loss, a missed goal or even a successful season can bring a wide range of emotions. How a coach responds in those moments can shape an athlete's confidence long after the final score is forgotten.

Make room for reflection

When the season ends, athletes may be disappointed, frustrated or simply exhausted. They do not need an immediate speech that turns the moment into a lesson. Sometimes, they first need to feel what they feel. After giving the team time to decompress, build in an opportunity to reflect. This can be done in a team meeting, through individual conversations or with a short-written exercise. Ask questions that go beyond wins and losses:

- What are you most proud of this season?
- What challenge helped you grow?
- How did you contribute to your team beyond your statistics?
- What is one lesson you want to carry into your next season or opportunity?

Reflection helps athletes recognize that growth is not always measured by a trophy, a record or a place in the standings. It gives them a chance to see the progress that happened in the hard practices, tough conversations, setbacks and small moments of leadership.

Celebrate the whole athlete

Every athlete's impact looks different. Some lead vocally. Some become the teammate who keeps the group connected. Some show up every day ready to work. Some overcome injuries, confidence struggles or a difficult role and continue choosing the team.

When coaches acknowledge those contributions, athletes learn that they are valued for more than their performance. This is especially important for young women, who can often tie their confidence closely to outcomes and outside validation.

At the end of a season, take time to recognize the qualities that made your athletes better teammates and stronger people. Highlight resilience, effort, humility, communication and courage. Those are the skills that will stay with them long after their playing days.

Set the tone early for a new season

For coaches beginning a winter season, this is an important time to establish the culture you want to build. Before expectations become centered on results, make expectations clear around effort, communication, accountability and how teammates treat one another.



photo courtesy Andrea Whitley

Give athletes permission to reset

The end of one season often becomes the immediate beginning of another. Many athletes transition quickly from volleyball to basketball, from cross country to soccer or from one training plan to the next. While dedication is valuable, so is recovery.

Encourage athletes to take a breath. A reset does not mean losing momentum. It means giving their minds and bodies the opportunity to recover, reconnect with what they enjoy and return with renewed energy.

Coaches can model this by encouraging healthy habits during breaks: sleep, nutrition, movement, time with family and moments away from the pressure to perform. When athletes understand that rest is part of preparation, they are more likely to sustain their passion for sport.

Athletes are more willing to take risks, learn from mistakes and compete with confidence when they know they belong. Early team conversations should help athletes understand that their role is bigger than a position, playing time or stat line. Every player has a responsibility in creating a team environment where people feel challenged, supported and seen.

A new season creates a fresh opportunity to build confidence from the inside out.

The season may end with a final whistle, but the lessons athletes take from it can continue. When coaches create room for reflection, recognize growth beyond the scoreboard and help athletes reset with purpose, they do more than prepare them for the next game. They help them become stronger competitors, teammates and leaders.

2026 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 2026 UIL Fall State Championships

COACH	SCHOOL	CONFERENCE	SPORT
Darby Norman	Canyon Randall HS	4A	Team Tennis
Donzie Lilly	Lewisville Hebron HS	6A	Water Polo
Reagan Calk	Mertzon Irion Co. HS	1A	Cross Country
Steven Livingston	Gruver HS	2A	Cross Country
Silas Crisler	Wall HS	3A	Cross Country
Ray Baca	Canyon HS	4A	Cross Country
Lee Datesman	New Braunfels HS	5A	Cross Country
Andrew Cook	Lewisville Flower Mound HS	6A	Cross Country



photo courtesy Lauren Hoffman

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

SPIRIT STATE CHAMPIONSHIPS

Fort Worth Convention Center Fort Worth, TX | **January 13-16, 2027**

Schedule *(Tentative)*

Wednesday, January 13
1A Prelim & Finals
2A-D1, 2A-D2, 3A-D1 & 3A-D2 Prelim

Thursday, January 14
2A-D1, 2A-D2, 3A-D1 & 3A-D2 Finals
4AD1 & 4AD2 Prelim & Finals

Friday, January 15
5A-D1, 5A-D2, 6A-D1 & 6A-D2 Prelim

Saturday, January 16
5A-D1, 5A-D2, 6A-D1 & 6A-D2 Finals
Coed 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

TREYTON MILLER

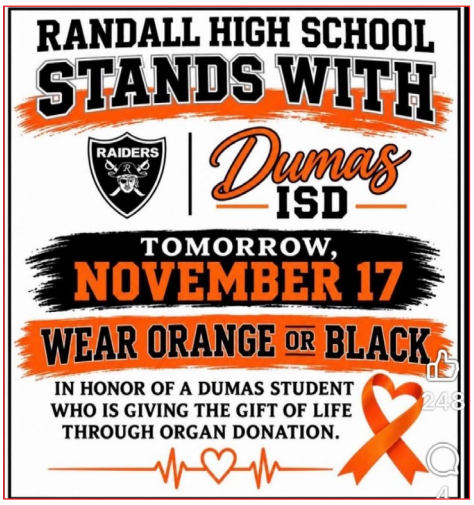
Gary Tipton | Fellowship of Christian Athletes

When tragedy hits a community God can choose to use athletics led by Christian Coaches to provide a sense of normalcy, hope for the future and amazing opportunities for JESUS to become LORD and SAVIOR in the lives of both young and old.

Treyton Miller, a 16-year-old athlete at Dumas High School died from injuries sustained in a vehicle wreck that occurred on November 12. Pictures are of Dumas honoring Treyton and Randall along with most of the schools in the Texas Panhandle joining in the celebration of life and the gift of life Treyton gave by being an organ donor. Many coaches that are members of Texas Girls Coaches Association have experienced similar circumstances in your communities or surrounding areas.

TGCA coaches do a tremendous job of offering a stable environment in times of great tragedy and grief. Fellowship of Christian Athletes is always a message or a phone call away when you need help. FCA needs you and I firmly believe you need FCA.

JESUS loves you, JESUS can save you and JESUS will never leave or forsake you. FCA's prayer is that not only you, but your entire team be saved. Thanks for all you do for your schools, communities, and all of the students where you reside! Together, " Let's be used to win them all!"





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 2027-2028 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2026-27 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 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 2027 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 2027-28 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 2027-28 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 Cuilley Wilson

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2027-28 year, beginning June 1, 2027 and ending May 31st, 2028. Please be sure that is what you intended to do. You may still print a 2026-27 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 AFTER 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 online. 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 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.



photo courtesy Alison Williams

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, 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.

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

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

2027 TGCA SUMMER CLINIC

The 2027 TGCA Summer Clinic will be held in Arlington at the E-Sports Convention Center July 12-14. 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 2027 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@ailife.com. To view the letter online, visit ailife.com/benefits/sgM9W.



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

2026-27 TGCA NOMINATION DEADLINES BY SPORT

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2026-27, they are as follows:

Spirit	January 4, 2027
Wrestling	February 8, 2027
Swim & Dive	February 8, 2027
Basketball	March 1, 2027
Soccer	April 5, 2027
Golf	April 19, 2027
Tennis	May 3, 2027
Track & Field	May 10, 2027
Softball	May 31, 2027

ATTENTION VOLLEYBALL COACHES

Coaches,

As soon as your season is finished, please take a few minutes to nominate kids from your team for the Texas Sports Writers Association All-State Volleyball Teams.

PLEASE USE THE FOLLOWING FORM (No spreadsheets or maxpreps, etc. links)

PLAYER (S):
GRADE:
SCHOOL:
CLASSIFICATION OF SCHOOL (1A, 2A, etc...PLEASE INCLUDE THIS):
TEAM'S RECORD AND HOW MANY ROUNDS DID YOU ADVANCE IN THE PLAYOFFS:
POSITION: (Middle blocker, Outside hitter, Setter, Libero/Defensive specialist)
PLAYER'S FINAL SEASON STATS:

(Feel free to include any all-district honors from this year and if the player has given a verbal pledge to a college or has already signed)

Deadline to nominate is Tuesday, Dec. 1

Please send nominations to Jack Stallard at the Longview News-Journal (jack.stallard@news-journal.com)

10 MYTHS/MISCONCEPTIONS/MISSTATEMENTS ABOUT STRETCHING

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. Stretching is not important. Not true. Stretching regularly is essential, because it helps keep your muscles flexible, healthy, and long. As a result, your joints maintain a full range of motion. It also boosts your blood flow and helps to lower whatever level of muscle tension you may have.

2. All stretches are the same. Not true. There are two distinct types of stretching. One is static stretching in which you hold a pose, then relax for a moment, and then repeat. The other is dynamic stretching, which entails doing a stretch that involves actual movement, for example, swinging the arms in circles.

3. You should stretch before you exercise. Not true. In reality, research shows that stretching (particularly static stretching) before exercise doesn't help. It may even lead to injuries.

4. Stretching helps heal some muscles. Not true. In reality, depending on the circumstances, stretching can sometimes do more harm than good. For example, the soreness you may experience after you exercise is often the result of microscopic tears in the fibers of your muscles. Relatively vigorous stretches can make those tears even larger, resulting in more soreness and even injuries.

5. Stretching lengthens your muscles. Not true. Over time, stretching can alter your body structurally. In the short term, however, most of the improvements that you see will be related to stretch tolerance, which is the ability of your nervous system to feel the physical effects of stretching.

6. You don't need to stretch if you're already flexible. Not true. For example, as you age, regardless of your current level of flexibility, you probably will lose some of you flexibility and mobility. Accordingly, developing healthy living patterns (i.e., stretching on a regular basis) can be beneficial.

7. No pain, no gain. Not true. You should expect to feel tension when you're stretching, not pain. If stretching hurts, you've pushed too far. Listen to your body. Discomfort, while stretching, should be expected. Pain should be avoided.

8. With regard to stretching, more is better. Not true. In general, you should stretch for 10-15 minutes a day. Before you work out, you should warm up with 5-10 minutes of dynamic stretches. After you exercise, you should cool down with 5-10 minutes of static stretches, focusing on the muscle groups you just exercised. With regard to how many times a week you should stretch, the basic recommendation is 2-3 times.

9. The time involved in stretching properly entails a degree of certainty. Not true. According to the National Institutes of Health, each stretch should be held 15-30 seconds and repeated 2-4 times. While there is no single "best" stretching routine for all people (including an exact amount of time you should be holding a particular stretch), under 10 seconds and there's minimal point to the effort. Over 45 seconds and you get diminishing marginal returns.

10. Stretching is a magic shield against injuries. Not true. Research indicates that except in individuals who have specific, severe mobility deficits, stretching before or after exercise does not significantly reduce the general risk of being injured.



cover photo courtesy Kelly Skidmore

ONE TEAM. ONE MOMENT. A BIGGER IMPACT

How Texas Coaches Can Make Their Next Pink Out More Meaningful

Coaches, let me ask you a question.

What if one of the most meaningful things your team does this season has nothing to do with winning a game?

Every season, coaches across Texas spend countless hours preparing their athletes to compete. You teach discipline, teamwork, leadership, and how to respond when things don't go according to plan.

But some of the most important lessons you teach happen outside of competition.

That's why I want to invite you to be part of something special this season.

At the Kay Yow Cancer Fund, we believe sports have an incredible ability to bring people together, especially when we're fighting something that has impacted so many of our families.

Cancer is personal.

Almost everyone knows a mother, grandmother, sister, friend, coach, or someone close who has been affected by this disease.

And while we may not all have the same experience with cancer, we can all do something to show those affected that they aren't alone.

That's what Play4Kay is all about.

Play4Kay is a national grassroots movement that brings athletic programs and communities together to honor women impacted by cancer, raise awareness, and support the Kay Yow Cancer Fund's work in cancer research and expanding access to quality care.

And here's the great thing: You don't have to create a complicated event to make a difference.

If your program already hosts a Pink Out, you're off to a great start!

Whether you coach volleyball, basketball, soccer, softball, or another sport, you can take one game, competition, practice, or team gathering and make it meaningful.

Here are a few simple ideas:

Honor someone special. Recognize cancer survivors, thrivers, and warriors from your school community.

Give your athletes a voice. Invite players to share whom they're playing for or honoring.

Bring your community together. Encourage families, students, and supporters to wear pink and participate in a moment of recognition.

Make an impact beyond the game. If your school wants to raise funds, our team can help you get started with fundraising resources.

The goal isn't to put more work on your plate. It's to make the work you're already doing even more meaningful.

Legendary NC State women's basketball coach Kay Yow understood that sports could accomplish something much bigger than what happened on a scoreboard.

KAY YOW cancer fund | Play4Kay

Her legacy continues through coaches and athletes who use their platforms to serve others.

So here's my invitation to every Texas coach reading this:

Choose one moment this season to honor someone affected by cancer.

If you're already planning a Pink Out, we'd love to help you connect it to Play4Kay. If you're starting from scratch, we can help with that too.

Your team doesn't have to do everything.
Just start with one meaningful moment.

Because sometimes the greatest impact we make as coaches has nothing to do with the final score.

Learn more about Play4Kay at kayyow.com/play4kay.

Thank you again for all you do to support us.

Thanks,

Odell Bizzell
Director of Programming



DECEMBER 2026

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	28	29	30	31		

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

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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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.

@AUSTINTGCA