



TGCA NEWS

SEPTEMBER 2026



2026-2027 TGCA OFFICERS



President of TGCA
Sunni Strickland
Big Spring HS



1st Vice President
Dan Aldrich
Fredericksburg HS



2nd Vice President
T'Leah Jennings
Fairfield HS



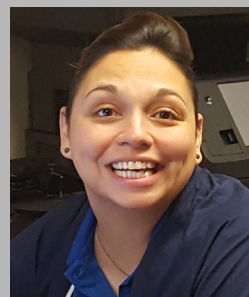
Past President
Scott Mann
Paradise HS



Executive Director
Sam Tipton
TGCA Office



Administrative Assistant
Audree Tipton
TGCA Office



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



Membership Coordinator
Ashley Douglas
TGCA Office

TABLE OF CONTENTS

FEATURE ARTICLES

Lee Grisham

By Sam Tipton, TGCA Executive Director

PAGE 1

The Confidence Gap: How Coaches Can Help Female Athletes Thrive

BSN Sports

PAGE 2

The Texas Way

PAGE 3

FCA Monthly Spotlight

By Gary Tipton, Fellowship of Christian Athletes

PAGE 3

10 Things to Know About Resiliency

By: Dr. James A. Peterson

PAGE 13

Play4Kay

Kay Yow Foundation

PAGE 14

ALSO INSIDE

2025-26 Athletes of the Year	4-5
2025-26 Coaches of the Year	6
2025-26 Sub-Varsity Coaches of the Year	6-7
2025-26 State Champion Coaches	7
Team Tennis State Championship.....	8
Water Polo State Championship	8
Membership Deadline for Nominations	9
General Nomination Instructions	10
Online Nomination Instructions	10
TGCA Career Victory Milestones.....	11
TGCA Awards: By the Numbers	11
Accidental Death & Dismemberment Benefit..	12
Sport Nomination Deadlines	12
Important Dates	15
Sponsors.....	16

cover photo courtesy Susan Bailey

right photo courtesy Cesar Morales



Sam Tipton Executive Director | **Texas Girls Coaches Association**

The Texas Girls Coaches Association is a work in progress even though it has been in existence since 1954. It has only had two Executive Directors during this time span. Billy McKown officially became the Executive Director in 1957 and served the organization for 44 years, while Sam Tipton is going on his 25th year of service.

The TGCA has only had one Assistant Executive Director in the history of the organization, Lee Grisham. He is a highly respected volleyball coach and was also the Girls' Athletic Coordinator at Wimberley High School where he won 6 UIL State Volleyball Championships. Lee has the Gym Floor at Wimberley named after him, he is a member of the TGCA Hall of Fame, along with numer-

ous other coaching accolades. Coach Grisham, when hired by TGCA, brought to the table daily as to why he was a highly successful coach and school administrator. He made, with his expertise, TGCA better. He is highly respected by the member coaches of TGCA, and his leadership skills are superior. In his role as Assistant Executive Director, Lee wore many different hats. The greatest achievement he has accomplished is making the TGCA All-Star Games the best in the Nation. Lee Grisham has announced his full retirement from TGCA effective October 1, 2026.

"I am in the process of trying to decipher exactly how I personally feel about losing one of my best friends to retirement, a sounding board in the



decision-making process, and an individual who ran interference for me with dedication and loyalty. I can only wish him the best as he undergoes another knee surgery and rehabilitation. He knows I have his phone number, and I know where he lives. TGCA, and I, will never be able to repay him for all he has done to make TGCA the leading voice for girls' athletics and cheer in the state of Texas," Sam Tipton.



photo courtesy TGCA

THE CONFIDENCE GAP

How Coaches Can Help Female Athletes Thrive

By age 14, girls are dropping out of sports at twice the rate of boys. Researchers point to a variety of factors, including social pressures, body image concerns, fear of failure, and declining confidence. While coaches cannot control every challenge young women face, they can influence one of the most important factors in whether athletes stay in the game: confidence.

Confidence impacts everything from performance and leadership to resilience and long-term participation in sports. It affects whether an athlete takes a shot, speaks up in the huddle, recovers from a mistake, or decides to return for another season.

The encouraging news for coaches is that confidence is not simply something athletes either possess or lack. Confidence is a skill. And like any skill, it can be developed, practiced, and strengthened over time.

Confidence Is Built, Not Born

Many people assume confidence is a personality trait. They see athletes who appear fearless and believe they were simply born that way.

Most confident athletes have developed their self-belief through preparation, repetition, and positive experiences.

For female athletes, confidence can be especially vulnerable during adolescence. As girls navigate academic expectations, social media, body changes, recruiting pressures, and peer comparison, many begin to question abilities they once embraced freely. Research shows that these factors contribute to girls leaving sports at significantly higher rates than boys.

Coaches play a critical role in helping athletes build a foundation of confidence rooted in growth rather than perfection.

The Power of Small Wins

One of the most effective ways to build confidence is through small, consistent suc-

cesses.

Athletes gain confidence when they experience progress. They gain confidence when they master a skill, overcome a challenge, or accomplish a goal they once thought was out of reach.

Great coaches intentionally create opportunities for these moments.

Rather than focusing exclusively on outcomes, they recognize and celebrate growth. They help athletes understand that improvement matters just as much as achievement.

When athletes begin to see evidence of their progress, confidence naturally follows.

Confidence and Preparation Go Hand in Hand

Confidence without preparation can be fragile.

True confidence is built when athletes know they have put in the work necessary to succeed. Consistent practice, skill development, strength training, film study, and mental preparation all contribute to stronger self-belief.

Athletes who are prepared walk into competition differently. They trust their training because they have invested in their development.

One of the most valuable messages coaches can deliver is simple: confidence is earned through preparation.

The Language Coaches Use Matters

Coaches influence confidence every day through the words they choose.

Constructive feedback is essential, but so is encouragement. Athletes need coaches who challenge them while also helping them recognize their strengths and potential. Simple statements such as:

- "You've prepared for this."
 - "Trust your training."
 - "Keep competing."
 - "I believe in you."
- can have a lasting impact on an athlete's mindset.

The goal is not to create

athletes who never experience doubt. The goal is to help athletes develop the confidence to move forward despite doubt.

Helping Athletes Reframe Failure

One of the greatest threats to confidence is the fear of making mistakes.

Many female athletes place tremendous pressure on themselves to perform perfectly. When mistakes occur, they may begin questioning their abilities rather than viewing setbacks as opportunities to learn.

Coaches can help shift this perspective.

Programs that embrace growth, learning, and resilience often produce athletes who are more willing to take risks, compete aggressively, and recover quickly from adversity.

Confidence grows when athletes understand that mistakes do not define them.

Confidence Creates Leaders

Confident athletes are more likely to communicate, encourage teammates, accept leadership roles, and perform effectively under pressure.

As coaches, we are not simply developing athletes. We are developing future leaders.

The confidence built through athletics often extends far beyond sports. It influences class-



BSN SPORTS

room performance, career aspirations, public speaking, and personal relationships.

Many former athletes can trace their confidence back to a coach who believed in them before they fully believed in themselves.

Closing the Confidence Gap

Every day, coaches can help athletes discover what they are capable of becoming.

Wins and championships will always matter. But one of the most meaningful outcomes of coaching is helping young women develop confidence that lasts long after their playing careers end.

If girls are leaving sports because they no longer believe they belong, then coaches have the power to help change that story. By creating environments that emphasize growth, preparation, resilience, and self-belief, we can help more female athletes stay engaged, compete with confidence, and thrive both on and off the field.

Because sometimes the most important thing a coach teaches isn't a play, a skill, or a strategy.

It's the belief that a young woman is capable of more than she ever imagined.



photo courtesy Dakotah Watson

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.org

FELLOWSHIP OF CHRISTIAN ATHLETES

Gary Tipton | Fellowship of Christian Athletes

As we start another school year Fellowship of Christian Athletes owes Texas Girls Coaches Association a thank-you for the tremendous work you do for our ministry. FCA strives to present the Gospel or help facilitate it being heard in every school and community. Our doors of opportunity to accomplish that more times than not are opened by coaches who are members of TGCA.

My wife, Kay, and I were listening to our former pastor, Brad Jerkovich, in a recent sermon that had important strengths that followers of Jesus have: We have the greatest gift to share, JESUS!; We have the greatest message, Gospel.; We have the greatest mission, To follow Jesus and make disciples as we go. I added one more important strength, We have the greatest counselor, HOLY SPIRIT!

We also know we win because Jesus paid our sin debt on the cross at Calvary and in HIS resurrection defeated death and the enemy. We win because Jesus won!

TGCA members, many of you not only open doors of opportunity for FCA to be in your schools and communities but you also serve as our Adult FCA Huddle Leaders. Because of what you do, the Gospel Message is heard on a daily basis wherever you reside. We can't thank you enough! Together, Let's be used to win all of them for JESUS!"



photo courtesy Gary Tipton

2025-26 TGCA ATHLETES OF THE YEAR

TEAM TENNIS ATHLETE OF THE YEAR

Conf. 4A-5A-6A:

Kynley Craddock, Canyon Randall HS
(Coach: Darby Norman)

WATER POLO ATHLETE OF THE YEAR

Conf. 5A-6A:

Courtney Smith, Lewisville Marcus HS
(Coach: Brandon Dion)

CROSS COUNTRY ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Addyson Bristow, Canyon HS
(Coach: Ray Baca)

Conf. 5A-6A:

Molly Garrison, Aledo HS
(Coach: Mike Pinkerton)

VOLLEYBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Addy Delgado, Boyd HS
(Coach: Clark Oberle)

Conf. 5A-6A:

Sophee Peterson, Northwest Nelson HS
(Coach: Brianne Groth)

SPIRIT CHEERLEADERS OF THE YEAR

Conf. 1A-2A-3A-4A:

Landri Davis, Ferris HS
(Coach: Shelley Davis)

Conf. 5A-6A:

Audrey Lutterman, Katy Seven Lakes HS
(Coach: Amy Weaston)

WRESTLING ATHLETE OF THE YEAR

Conf. 4A-5A-6A:

Malia Griffin, Melissa HS
(Coach: Rick Gagarin)

SWIMMING & DIVING ATHLETES OF THE YEAR

Conf. 4A-5A-6A (Swimming)

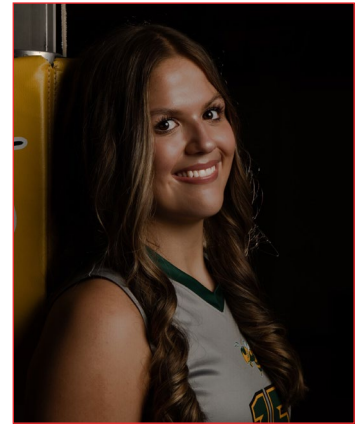
Brooke Miller, Conroe The Woodlands HS
(Coach: Jeremy Wade)

Conf. 4A-5A-6A (Diving)

Bella Sanouvong, Southlake Carroll HS
(Coach: Justin Pudwill)



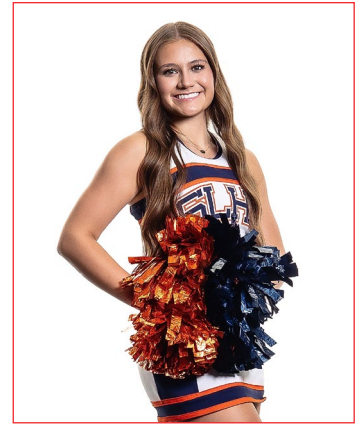
Addyson Bristow, Canyon HS



Addy Delgado, Boyd HS



Landri Davis, Ferris HS



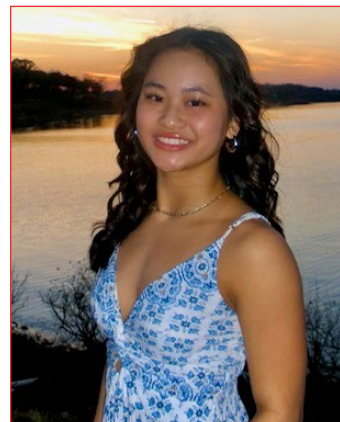
Audrey Lutterman, Katy Seven Lakes HS



Malia Griffin, Melissa HS



Brooke Miller, Conroe The Woodlands HS



Bella Sanouvong, Southlake Carroll HS

2025-26 TGCA ATHLETES OF THE YEAR



Aidan Hernandez, Round Rock HS



Ainsley Burns, Mason HS



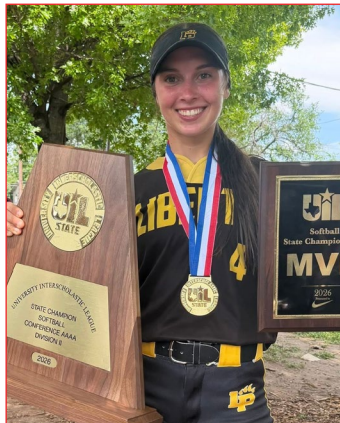
Lily Koenig, Comal Smithson Valley HS



Lauren Carrothers, Prosper Walnut Grove HS



Makenzie Baptist, El Paso Coronado HS



Bayleigh Taylor, Liberty HS



Macie Bryant, Mont Belvieu Barbers Hill HS

BASKETBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Braylyn Peck, Decatur HS
(Coach: Drew Coffman)

Conf. 5A-6A

Ambrosia Cole, Lubbock Monterey HS
(Coach: Chelsea Hunter)

SOCCER ATHLETE OF THE YEAR

Conf. 4A-5A-6A:

Aidan Hernandez, Round Rock HS
(Coach: Chad Aldrich)

GOLF ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Ainsley Burns, Mason HS
(Coach: Kade Burns)

TRACK ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Addyson Bristow, Canyon HS
(Coach: Ray Baca)

Conf. 5A-6A:

Lily Koenig, Comal Smithson Valley HS
(Coach: Trent Hall)

FIELD ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Bailey Murray, Waxahachie Life HS
(Coach: Lyle Linscomb)

Conf. 5A-6A:

Lauren Carrothers, Prosper Walnut Grove HS
(Coach: John Fletcher)

TENNIS ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Amelia Taylor, Wall HS
(Coach: Gayla Parker)

Conf. 5A-6A:

Makenzie Baptist
El Paso Coronado HS
(Coach: Stephen Olivassx)

SOFTBALL ATHLETES OF THE YEAR

Conf. 1A-2A-3A-4A:

Bayleigh Taylor, Liberty HS
(Coach: Karen Slack)

Conf. 5A-6A:

Macie Bryant, Mont Belvieu Barbers Hill HS
(Coach: Aaron Fuller)

2025-26 TGCA COACHES OF THE YEAR

COACH	SCHOOL	SPORT	CONF.
Brandon Dion	Lewisville Marcus HS	Water Polo	5A-6A
Amanda Sterling	Franklin HS	Team Tennis	4A-6A
Ray Baca	Canyon HS	Cross Country	1A-4A
Tom Kennedy	Bridgeland HS	Cross Country	5A-6A
Stormi Snider	Decatur HS	Volleyball	1A-4A
Lori McLaughlin	Cedar Park HS	Volleyball	5A-6A
Tammy Kirchhoff	Falls City HS	Cheerleading	1A-4A
Sarah Ellison	Tomball Memorial HS	Cheerleading	5A-6A
Rick Gagarin	Melissa HS	Wrestling	4A-6A
Jeremy Wade	Conroe The Woodlands HS	Swimming & Diving	4A-6A
Drew Coffman	Decatur HS	Basketball	1A-4A
Chance Westmoreland	Argyle HS	Basketball	5A-6A
Mark Burgen	Andrews HS	Golf	1A-4A
Adam Bell	Humble Kingwood HS	Soccer	4A-6A
Gayla Parker	Wall HS	Tennis	1A-4A
Steve Olivas	El Paso Coronado HS	Tennis	5A-6A
Mike Reed	Gordon HS	Track & Field	1A-4A
LaKeidra Hayes	Lancaster HS	Track & Field	5A-6A
Julie Murry	Bullard HS	Softball	1A-4A
Aaron Fuller	Mont Belvieu Barbers Hill HS	Softball	5A-6A

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

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

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

Continued from Page 6

COACH	SCHOOL	SPORT	CONF.
Rebecca Hunt	Lorena MS	Middle School Basketball	1A-4A
Tina Carrillo-Barber	Hubbard MS	Middle School Basketball	5A-6A
Benita Carlton	Garner HS	Middle School Track	1A-4A

2025-26 TGCA STATE CHAMPIONSHIP COACHES

COACH	SCHOOL	SPORT	CONF.	COACH	SCHOOL	SPORT	CONF.
Brandon Dion	Lewisville Marcus	Water Polo	6A	Eric Schilling	Nazareth	Basketball	1A-D2
Gary Billingsley	Tilden McMullen Co.	Cross Country	1A	Rob Schmucker	Panhandle	Basketball	2A-D1
Brandun Massingill	Hamilton	Cross Country	2A	Amber Branson	Lipan	Basketball	2A-D2
Susan Walters	East Bernard	Cross Country	3A	Silas Crisler	Wall	Basketball	3A-D2
Ray Baca	Canyon	Cross Country	4A	Drew Coffman	Decatur	Basketball	4A-D1
Carly Littlefield	Lucas Lovejoy	Cross Country	5A	Monesha Allen	Denton Ryan	Basketball	5A-D1
Tom Kennedy	Bridgeland	Cross Country	6A	Chance Westmoreland	Argyle	Basketball	5A-D2
Lauren McPherson	Blum	Volleyball	1A	Cody Moles	Celina	Soccer	4A-D1
Elizabeth Dyson	Jewett Leon	Volleyball	2A-D1	Eric Nichols	Wimberley	Soccer	4A-D2
Jaime McDougald	Iola	Volleyball	2A-D2	Chad Aldrich	Round Rock	Soccer	6A-D1
Jess Odem	Goliad	Volleyball	3A-D1	Adam Bell	Humble Kingwood	Soccer	6A-D2
Clark Oberle	Boyd	Volleyball	3A-D2	Kade Burns	Mason	Golf	2A
Stormi Snider	Decatur	Volleyball	4A-D1	Mark Burgen	Andrews	Golf	4A
Catherine Foerster	Eagle Mountain	Volleyball	4A-D2	Mike Reed	Gordon	Track & Field	1A
Michael Dearman	Dallas Highland Park	Volleyball	5A-D1	Katie Green	Refugio	Track & Field	2A
Lori McLaughlin	Cedar Park	Volleyball	5A-D2	Stacey Bessire	UC-Randolph	Track & Field	3A
Brianne Groth	Northwest Nelson	Volleyball	6A-D1	Ray Baca	Canyon	Track & Field	4A
Leslie Jackson	Southlake Carroll	Volleyball	6A-D2	Reginald Bell	Dallas Lincoln	Track & Field	4A
Victoria Butler	Burleson	Cheerleading	Co-Ed	Shahirsa Ehiemua	Fort Bend Marshall	Track & Field	5A
Rebecca Burns	Munday	Cheerleading	1A	LaKeidra Hayes	Lancaster	Track & Field	6A
Jennifer Craven	Munday	Cheerleading	1A	James Turner	Jonesboro	Softball	1A
Traci Ysasaga	New Home	Cheerleading	2A-D1	James Harp	Ganado	Softball	2A-D1
Tammy Kirchoff	Falls City	Cheerleading	2A-D2	Jason Keller	Shiner	Softball	2A-D2
Shaw Granberry	Falls City	Cheerleading	2A-D2	Leigh Ebner	Grandview	Softball	3A-D1
Cari Cloud	Tuscola Jim Ned	Cheerleading	3A-D1	Thomas De Los Santos	Santa Gertrudis	Softball	3A-D2
Brooke McCurry	Jacksboro	Cheerleading	3A-D2	Julie Murry	Bullard	Softball	4A-D1
Julie Hall	Celina	Cheerleading	4A-D1	Karen Slack	Liberty	Softball	4A-D2
Katy Baugh	Lago Vista	Cheerleading	4A-D2	Aaron Fuller	Mont Belvieu Barbers Hill	Softball	5A-D1
Casey Warren	McKinney North	Cheerleading	5A-D1	Candyce Carter	Montgomery Lake Creek	Softball	5A-D2
Marissa Briseno	Sharyland Pioneer	Cheerleading	5A-D2	Michele Hyden	Pearland	Softball	6A-D1
Nikki Greig	Katy Taylor	Cheerleading	6A-D1	Meghan Brown VanEtta	Katy	Softball	6A-D2
Stefani Gundel	McKinney Boyd	Cheerleading	6A-D2				
Jeremy Wade	Conroe The Woodlands	Swim & Dive	6A00				
Nigel Boyles	Broadcus	Basketball	1A-D1				

TEAM TENNIS STATE CHAMPIONSHIPS

North East ISD & Northside ISD San Antonio, Texas | October 21-22, 2026

Schedule

Wednesday, October 21

8:45 a.m. (Northside Tennis Center)..... 4A Semifinals

8:45 a.m. (Anne Marie Tennis Center)..... 5A Semifinals

8:45 a.m. (Blossom Tennis Center)..... 6A Semifinals

Thursday, October 22

8:45 a.m. (Northside Tennis Center)..... 4A Final

8:45 a.m. (Anne Marie Tennis Center)..... 5A Final

8:45 a.m. (Blossom Tennis Center)..... 6A Final

Ticket Options Ticket Price

Single Day \$15.00

All-Tournament \$25.00

Coaches All-Tournament \$20.00

*Additional fees may apply.

All ticket sales will be online. There will be no ticket sales at either venue. Tickets will be available for purchase [HERE](#) closer to the event date.

PARKING

Parking will be free at all facilities.



photo courtesy Nick Tafacory

WATER POLO STATE CHAMPIONSHIPS

Josh Davis Natatorium North East ISD | October 23-24, 2026



photo courtesy Teri Wheeler

Schedule

Friday, October 23

10:00 a.m. Semifinal #1

11:30 a.m. Semifinal #2

Saturday, October 24

10:00 a.m. Final

Tickets

All tickets are general admission and will be \$15.00 (plus applicable fees) a day. A ticket is good for all games on that day. No re-entry allowed. All tickets must be purchased online.

Tickets will go on sale Monday, October 13th at 10:00 am.

No passes or cards will be accepted for discounted or complementary admission.

Doors will open 1 hour before the start of the first game of the day.

[Tickets](#)

Parking

Parking is available free of charge in the lots surrounding the natatorium. Please be aware that there will be a football game played at the adjacent football stadium. Parking is available all around the stadium, but be prepared for delays. Parking map can be found [here](#)

Clear Bag Policy

To ensure guest safety and a quicker entry into the facility, North East ISD has implemented a bag policy limiting the size and type allowed at events. [Click here](#) for more details.

2027-28 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 Susan Bailey

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 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 Susie Walters

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.

TGCA CAREER VICTORY MILESTONES

CROSS COUNTRY

COACH	SCHOOL	PTS.
Susan Walters	East Bernard HS	1400
Anthony Branch	CS A&M Consolidated HS	500

VOLLEYBALL

COACH	SCHOOL	WINS
Levan Barker	Tatum HS	800
Jeff Coker	Crawford HS	700
Cheyenne Forshee	Sweeny HS	600
Claire Gay	Aledo HS	600
Terri Wade	Conroe The Woodlands HS	600
Joy Holzmamnn	Clifton HS	500
Nicholas Gay	Brock HS	400
Courtney Rodriguez	Hondo HS	400

SPIRIT

COACH	SCHOOL	PTS.
Katy Baugh	Lago Vista HS	800
Janel Jackson	Conroe Caney Creek HS	600
Tammy Kirchhoff	Falls City HS	600
Pedro Ramirez	McAllen Memorial HS	600
Jenna Wilkins	Lewisville Marcus HS	500
Julie Hall	Celina HS	400

BASKETBALL

COACH	SCHOOL	WINS
Bryan Harris	Mont Belvieu Barbers Hill HS	700
Randy Henderson	Christoval HS	600
Patrick Harvey	Antonian Prep.	500
Stephanie Cowen	Port Aransas HS	400
Donny Ott	Aledo HS	400
Alex Stephenson	Brock HS	400

TRACK & FIELD

COACH	SCHOOL	PTS.
Reginald Bell	Dallas Lincoln HS	1400

SOFTBALL

COACH	SCHOOL	WINS
Patrick Eitel	Forney HS	600
Kevin Randle	Canyon HS	600
Richard Tressler	Edinburg North HS	600
Jeremy Tarrant	Mount Pleasant	400

GOLF

COACH	SCHOOL	PTS.
Jason Soliz	Goliad HS	300

TGCA AWARDS: BY THE NUMBERS

The TGCA is proud to honor coaches and student-athletes throughout each school year for all of their accomplishments.

Coaches

State Champions ring (up to 78 coaches)
COY Awards (20 coaches)
Sub-Varsity COY Awards (15 coaches)
Middle School COY Awards (15 coaches)
All Star Plaques for Coaches (32)

Student-Athletes

All State Awards
(Approximately 750)
Academic All State Awards
(Approximately 6500 certificates)
POY Awards (20 players)
Legacy All-Stars-graduating Seniors (120)



Photo courtesy Dakotah Watson

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 ajalridge@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 2026-27, they are as follows:

Water Polo	October 19, 2026
Team Tennis	October 19, 2026
Cross Country	November 2, 2026
Volleyball	November 16, 2026
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



photo courtesy Cesar Morales

2027 TGCA SUMMER CLINIC

The 2027 TGCA Summer Clinic will be held in Arlington at the E-Sports Convention Center July 12-14. 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 2027 TGCA Clinics.

10

THINGS TO KNOW ABOUT RESILIENCE

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. **Very important in life.**

Having the ability to successfully withstand, adapt to, and recover quickly from stress, adversity, or trauma is referred to as being resilient. It entails having the mental, emo-

2. **A set of behaviors, thoughts, and actions.**

Resilience is a critical factor for maintaining mental health and overall well-being. Not only can it help coaches avoid being overwhelmed by stress and negative emotions,

“victim” mindset.

3. **Foursome.**

There are four main types of resilience—physical, emotional, mental, and social. Collectively, they enable a person to stay “strong” in any situation by providing a balanced approach to managing life’s challenges.

4. **The ability to bounce back.**

There are several core strategies that coaches can employ for developing resilience. One, for example, is to build a support system by prioritizing relationships with family and friends. Another one is to take care of their body with sound lifestyle medicine practices. A third is find purpose in their lives by engaging in purposeful endeavors. A fourth is to embrace healthy thoughts and keep things in perspective. Finally, a viable approach, in this regard, would be to create a plan and take steps to address challenges, instead of ignoring problems.

5. **Overcoming obstacles.**

Building resilience can be hindered by both internal factors (e.g., fear of failure, negative self-talk, and a fixed mindset) and external pressures (e.g., chronic stress, burnout, trauma, and a lack of social support). Recognizing these barriers and developing a personalized strategy for addressing them is the key step in overcoming them.

6. **A person has it or they don’t.**

Being resilient entails a set of skills that can be learned, practiced, and cultivated by anyone over time. It is not a factor reserved for a special few. Rather, it is something more ordinary that can be

developed by all.

7. **A deep-rooted misconception.**

It is simply not true that being resilient is about unwavering persistence. Too many people think that giving up on a problem is a sign of failure. True resilience does not entail never giving up on a problematic issue; rather, it’s about being flexible and adaptable in the pursuit of a long-term goal.

8. **Going it alone.**

Another misconception about being resilient is that an individual needs to do everything on their own, when encountering a problem. Rather, resilience entails individuals recognizing that they are stretched beyond their limits when they’re confronted by adversity. In reality, resilience and seeking help often go hand in hand when tackling adversity.

9. **Warning signs.**

There are at least five indicators of a person having a poor level of resilience, including irritability and overreaction; dwelling on problems; difficulty in sleeping; ongoing illness; and experiencing substance abuse. Collectively, these attributes manifest themselves in a reduced ability to adapt to stress.

10. **Susceptibility to stress.**

In essence, poor resilience prevents individuals from effectively managing the daily challenges they face. As a result, temporary stressors are turned into chronic, long-term health and mental disruptions.



photo courtesy Melissa Regeon

tional, and behavioral flexibility necessary to navigate the challenges a person encounters in life. Among the key components of resilience are cultivating positive beliefs, building strong relationships, and maintaining a sense of purpose.

It can also help them sustain a high level of satisfaction with their life, despite facing a variety of challenges. In addition, it enables individuals to find opportunities for personal growth within difficult circumstances, as well as avoid falling into a

One Fact Could Save a Life

At the Kay Yow Cancer Fund, we believe awareness should lead to action.

That is one of the ideas behind our EmPOWERment Tour: if we can give someone one fact that causes them to pay attention, ask a question, schedule a screening, or encourage someone they love to do the same, that information can matter in a very real way.

One area of particular focus for us is triple-negative breast cancer, or TNBC.

TNBC accounts for roughly 10–15% of breast cancers. It tends to grow and spread faster than many other forms of invasive breast cancer and has fewer treatment options. It is also more common among Black women, younger women, and women with inherited BRCA1 mutations. [American Cancer Society](#)

Here is one fact worth sharing:

Black women are about twice as likely as White women to be diagnosed with triple-negative breast cancer. [American Cancer Society](#)

Share that fact with a teammate, a parent, a coach, a colleague or someone in your community. Then encourage the women in your life to know their risk, know what changes to look for, and talk with a healthcare provider when something does not seem right. Breast cancer found earlier is generally more treatable, and screening can sometimes find cancer before symptoms appear. [American Cancer Society](#)

That is also why Play4Kay remains so important. Every pink game gives coaches and athletes an opportunity to do more than wear pink. It creates a platform to educate, honor survivors, raise funds and share information that someone in the gym may truly need.

One game. One conversation. One fact.

IT COULD MAKE A DIFFERENCE.



How do I join the Movement?



It's as easy as 1-2-3

- 1** Pick a game on your schedule and call it Play4Kay
- 2** Raise money around your game and donate it to the Kay Yow Cancer Fund
- 3** Celebrate female cancer survivors, thrivers, and warriors at your game!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Water Polo Team Tennis: District Certification Deadline
4	5 TEAM TENNIS: BI-DISTRICT WATER POLO: BI-DISTRICT	6	7	8 TEAM TENNIS: AREA WATER POLO: AREA	9	10
11	12 TEAM TENNIS: REGIONAL QF WATER POLO: REGIONAL QF	13	14	15 TEAM TENNIS: REGIONAL	16 WATER POLO: REGIONAL Cross Country: District Certification Deadline	17
18 UIL LEGISLATIVE COUNCIL MEETING, AUSTIN	19 TGCA: Team Tennis & Water Polo Nomination Deadlines, NOON	20	21 TEAM TENNIS: STATE Girls Basketball: First Day for Practice	22	23 WATER POLO: STATE	24
25	26 CROSS COUNTRY: REGIONAL TGCA: Cross Country Nomination Deadlines, NOON	27 Volleyball: District Certification Deadline	28	29 VOLLEYBALL: BI-DISTRICT	30 CROSS COUNTRY: STATE	31

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 Kevin Johnson

THANKS TO OUR SPONSORS

-American Income Life
-Association of Texas
Professional Educators
-Baden

-BSN Sports
-Coaches Choice
-Fellowship of Christian Athletes
-Gandy Ink

-Gulf Coast Specialties
-Herff Jones
-MaxPreps
-Nike

-Sport-Tek
-Surge
-Varsity



TGCA NEWS

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

Mailing Address:
P.O. Box 2137
Austin, TX, 78768

P: (512) 708-1333
E: tgca@austintgca.com

TGCA News is published nine times per year, September through May.

Executive Director:
Sam Tipton,
sam@austintgca.com

Administrative Assistant:
Audree Tipton,
audree@austintgca.com

**All-Star Administrator
Summer Clinic Exhibitor
Coordinator:**
Oma Garmon,
oma@austintgca.com

Membership Coordinator:
Ashley Douglas,
ashley@austintgca.com

Newsletter Editor: Logan Lawrence

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.

