



# AUSTIN TEXANS

# MONTHLY NEWSLETTER

February 2016

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## Golf Tournament

Sign up for our 2<sup>nd</sup> Annual Golf Tournament today!

*Join us for the*  
**2<sup>ND</sup> ANNUAL AUSTIN TEXANS  
GOLF TOURNAMENT**

**APRIL 18, 2016**

SHOT GUN STARTS AT 1:00 PM

GOLF CLUB AT STAR RANCH  
2500 FM 685, HUTTO, TX 78634

TO SIGN UP, VISIT:

<http://ezregister.com/events/11733/>

FOR GENERAL QUESTIONS OR TO VOLUNTEER,  
PLEASE CONTACT CHRIS ROSS, TOURNAMENT DIRECTOR  
[GOLFDIRECTOR@AUSTINTEXANSSC.COM](mailto:GOLFDIRECTOR@AUSTINTEXANSSC.COM)

FOR SPONSORSHIP OPPORTUNITIES,  
PLEASE CONTACT DAN PAYNE, SPONSORSHIP DIRECTOR  
[PAYNEWVU@AOL.COM](mailto:PAYNEWVU@AOL.COM)



Texans Fun Fact:

Did you know that Coach Daryoush Yazdani played for Iran's National Team

## Club Highlights

### From our Girls Director | JD Cochran

#### Girls Division U11-14

- Participating in Albion Spring Cup, Aggieland Classic, COPA San Antonio and Austin Texans Warmup Cup
- Spring Season Play begins at end of Feb

#### Women's College Division U15-19

- 01G Red North participated in Albion Showcase
- College Showcase Scrimmages Feb 6th for 01, 00, 99 and 98s very successful!
- March 5-6 FC Dallas Showcase over 100 College Coaches currently registered!

### From our Boys Director | Jose Reyes

#### Boys Division:- Houston Texans Madness - 03B North Champions, 02B North Finalists

- SA United for Hope - 05B Red North Finalists
- Spring training began January 18th for U11-U14; remember to try and arrive early so that your session can begin promptly

#### Men's College Placement Program:

- SOLD OUT Men's College ID Combine in collaboration with SA United Soccer Club
- Texas Blue Chip College Showcase - Great performances in front of many College Coaches for the 99B North and 00B North

## NIL Austin Texans Commitments

### Congratulations to the Austin Texans Class of 2016!

Lani Balderas - University Northern Arizona

[Kyle Dvorak- SMU](#)

Cristina Garduno - Concordia

Dominic Grimaldi - Univ. Alabama Huntsville

Ashley Henry - UT Tyler

Marianne Hernandez - UT San Antonio

Lauren Holtzclaw - U of Houston

[Brandi Lugo - Our Lady of the Lake](#)

Hailey Miller - Lyon College

Taylor Marquez - U Mary Hardin Baylor

Nicole Morgan - Prairie View A & M

[Names in blue are links to player video](#)

Michaela Myhre - UT Permian Basin

[Kade Philips - Concordia](#)

[Veronica Remmert - St. Edwards](#)

Miranda Reyna - St. Edwards

[Carina Reyes - Baltrip - Florida International U \( FIU\)](#)

Leslie Rodriguez - Prairie View A&M

Pedro Ruiz - US ARMY

Alex Slomcheck - Univ Houston

Leon Tannebaum - UT Dallas

Jackie Witt - Mary Hardin Baylor

## Austin Texans TV



Austin Texans TV presents "Why do you love playing for the Austin Texans?"

**Why do you love playing for the Austin Texans?**

## Texans Soccer Camps

Each Texans Camp is designed to provide a better understanding of the game's overall tactics in a safe and fun environment. Our Camp coaches instruct using age-appropriate technical and tactical exercises designed by our Directors with the player in mind. Players are put in an exciting soccer environment consisting of modern camp games, unique fitness learning, challenging skills demonstrations, video analysis, and small-sided competitions. The Texans Soccer Camps program takes a serious position with respect to youth development and teaching players positive training habits. The Texans Soccer Camps strive to identify and develop key players in the community that could advance to play for a University or Professional club one day.

Please email  
[texanscamps@austintexanssc.com](mailto:texanscamps@austintexanssc.com)  
 for more information  
 or call the Texans Business Office at  
 (512) 989-5788.

 <b>Austin Texans Soccer Camps</b> 		
www.austintexanssc.com		
<b>Striker/Keeper Camp - \$375, Monday-Thursday, 9am-5pm, Ages 8-16</b>		
2016 Dates	LOCATION	REGISTRATION OPEN/CLOSED
June 13-16	Texans Fields Pflugerville	OPEN
July 11-14	Texans Fields Pflugerville	OPEN
<b>Full Day Camp - \$375, Monday-Thursday, 9am-5pm, Ages 8-16</b>		
2016 Dates	LOCATION	REGISTRATION OPEN/CLOSED
March 14-17	Texans Fields Pflugerville	OPEN
June 27-30	Texans Fields Pflugerville	OPEN
August 1-4	Texans Fields Pflugerville	OPEN
August 8-11	Texans Fields Pflugerville	OPEN
August 15-18	Texans Fields Pflugerville	OPEN
<b>Half Day Camp - \$220, Monday-Thursday, 9am-12pm, Ages 6-14</b>		
2016 Dates	LOCATION	REGISTRATION OPEN/CLOSED
March 14-17	Texans Fields Pflugerville	OPEN
June 6-9	Texans Fields Riverwalk	OPEN
June 20-23	Texans Fields Riverwalk	OPEN
June 27-30	Texans Fields Pflugerville	OPEN
July 18-21	Texans Fields Riverwalk	OPEN
July 25-28	Texans Fields Riverwalk	OPEN
August 8-11	Texans Fields Pflugerville	OPEN
August 15-18	Texans Fields Pflugerville	OPEN
<b>Thanksgiving Camp - \$185, Monday-Wednesday, 9am-12pm, Ages 7-16</b>		
2016 Dates	LOCATION	REGISTRATION OPEN/CLOSED
November 21-23	Texans Fields Pflugerville	OPEN
<b>Winter Camp - \$185, Sunday 2pm-5pm, Monday and Tuesday 9am-12pm, Ages 7-16</b>		
2016 Dates	LOCATION	REGISTRATION OPEN/CLOSED
December 18-20	Texans Fields Pflugerville	OPEN
www.austintexanssc.com (512) 989-5788		

## Warm-Up Cup Tournament



### Austin Texans Warm-Up Cup

10/24/2015, 7:00pm CDT

By Austin Texans

**Get ready for the Spring season with the Austin Texans Warm-Up Cup**  
**Austin Texans Warm-Up Cup - February 19-21, 2016**

The Austin Texans Soccer Club would like to personally invite YOU to be part of the Texans Spring Warm-Up Cup! Join teams from Dallas, Houston, San Antonio, and beyond to get your team ready for the Spring season.

Space is limited - DO NOT WAIT!

[Register your team HERE today!](#)

## Friday Footy

**FRIDAY FOOTY IS BACK  
FOR THIS SPRING**



Bring your friends and bring your game! All dates and times are available on the Club Calendar

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



## Nutrition for Child Athletes

As a parent of a child athlete, you may be wondering how you can support your child's activity and athletic performance. One major way is by providing food choices that will optimize your child's nutrition. Just as race cars run best on high quality fuel, human bodies perform best when they are fueled up with high-quality food. Here are three key things to remember when it comes to nutrition for child athletes.

### 1) Kids who are highly active need to eat more calories each day. It's best to get these extra calories from whole foods that are rich in nutrients.

- Very active kids may need 600- 800 calories more per day than sedentary or only lightly active kids. Highly active teens may need 1000 more calories per day than sedentary teens, depending on growth rate/puberty stage and activities.
- These extra calories can be added mainly with pre- and post-activity snacks and by allowing kids to self-regulate at meals (and eat more if they are still hungry).
- Sports drinks may be ok for kids engaging in prolonged, vigorous activity who need to quickly replenish water and electrolytes lost during activity (think intense soccer games lasting 90 minutes or longer, especially in the Texas heat). For shorter, lighter activities, stick to water, as sports drinks may contribute to excess sugar intake, weight gain, and tooth decay.

### 2) For pre- and post-sport snacks, pair a carbohydrate food with a little bit of protein.

- Carbohydrates give our bodies energy and prevent hunger during the activity. They are especially important to have *before* activity.
- Carbohydrates and protein are important to have *after* activity to both replenish energy (glycogen) stores and rebuild muscles.
- Snack examples (within 1 hour before or after activity):
  - pretzels with a string cheese stick
  - orange or apple with cheese cubes
  - trail mix made with cereal, dried fruit, some nuts
  - (half) a turkey or peanut butter sandwich
  - granola bar (look for ones with fruit/nuts, and/or at least 3 grams protein per bar) and milk/soymilk
  - Drinks: water or 8 ounces or less of 100% juice (for endurance activities)

Note: Energy drinks with caffeine or herbs in them are NOT recommended for kids or teens due to lack of studies about safety and effectiveness. Too much caffeine can have negative effects on kids' developing hearts and brains as well.

- Portions will vary by age. Your child's palm/fist size is a good estimate of the recommended portion for most things. For example, a 6 year old child may only need about 5 pretzels with a cheese stick, while a 13 year old may need a cup full or more. Overall, start with age-appropriate amounts and let the child's appetite be your guide.

### 3) Adequate calcium, iron, B vitamins, and vitamins C, D, and E are especially important for athletes. Serve a variety of colorful, whole foods to help avoid nutrient deficiencies.

- Adequate antioxidants (vitamins A, C, and E) are important to help prevent muscle damage since intense activity causes oxidative stress.
- Citrus and tropical fruits, dark orange and green vegetables, and nuts and seeds are the best sources of these three antioxidant vitamins.
- Adolescents are especially at risk for not getting enough calcium and (for females) iron, since their needs are higher than other kids' but they tend to eat less of the foods rich in these nutrients, like dairy products, dark green vegetables, lean meats/fish and beans.

In general, what's nutritious for everyone is nutritious for child athletes: a diet high in whole foods like fruits, vegetables, lean sources of protein, and complex carbohydrates. Child athletes can meet extra calorie needs mainly with these unprocessed foods in extra snacks or in extra servings at meal time. When properly fueled up with energy and nutrients, they will be well-equipped to perform their best! For more information about a nutritious diet in general, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) or [www.eatright.org](http://www.eatright.org).

Lauren Brauer, MS, RD, LD - Lead Registered Dietitian,  
Texas Center for the Prevention and Treatment of Childhood Obesity at Dell Children's Medical Center

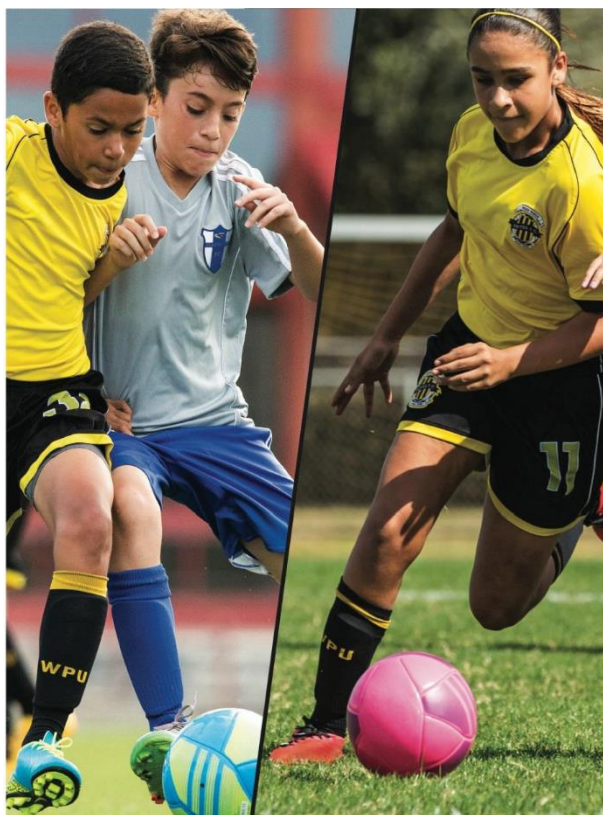
"Dick's Sporting Goods has teamed up with **Austin Texans Soccer Club** for the 2016 season to provide you, a member within the organization, outstanding services and offers to ensure that you have a great season. Our community program's goal is to **Inspire**, **Support** and **Equip** youth organizations in the communities around our 640+ store locations across the country.

Dick's would like to invite you to participate in an exclusive "20% off league appreciation" shopping experience to get everything you need to coach, play and watch the games. During this event, we will offer all participants **20% off throughout the entire store**. If we do not have it in-store, we can order it and have it shipped to your home free with the 20% discount applied."

**20% Off Coupon:** Print page and clip coupon below

**DATE:** Saturday – February 20, 2016

**STORE:** Dick's Sporting Goods Pflugerville – 19000 Limestone Commercial Drive



EVERY SEASON STARTS AT



## EXCLUSIVE SHOP EVENT

### DISCOUNT EXAMPLES

SOCCER BALL .....	\$20.00
20% DISCOUNT .....	-4.00
FINAL COST .....	\$16.00

SOCCER CLEATS .....	\$24.99
20% DISCOUNT .....	-5.00
FINAL COST .....	\$19.99

YOUTH SHORTS .....	\$12.00
20% DISCOUNT .....	-2.40
FINAL COST .....	\$9.60

**Austin Texans  
Soccer Club**

**Saturday  
February 20, 2016**

**Dick's Sporting Goods  
Pflugerville  
19000 Limestone Commercial Drive**

**20% OFF**  
**THROUGHOUT THE STORE**

Limit one coupon per customer. Must be used on one transaction. Discount applied before tax charges. Cannot be combined with any other offer, team discount or used for gift cards, licenses or previously purchased merchandise. **Coupon valid on in-store purchases only.** No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or discount was applied may result in an adjusted refund amount. Excludes DICK'S Team Sports HQ Uniform and FanWear purchases. See store and DICKS.com/Exclusions for details.



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