



AUSTIN TEXANS

MONTHLY NEWSLETTER

May-June 2016

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2016-2017 Tryouts

SELECT TRYOUT INFORMATION

U12 – U19 ('05 – '98) TEAM TRYOUTS MAY 31st – June 2nd

North & South Tryouts at

Texas Fields Pflugerville

U12 & U13 – 5:00pm to 6:30pm

U14 & U15 – 6:45pm to 8:15pm

U16 – U19 – 8:30pm to 10:00pm

GIRLS TRYOUTS

JD Cochran - Girl's DOC

832.721.6509

JDCochran@austintexanssc.com

BOYS TRYOUTS

Jose Reyes - Boy's DOC

512.989.5788

JReyes@austintexanssc.com



Welcome new Coaches

Austin Texans are excited to announce new additions to our coaching staff.
Welcome to the Texans Family!

Ric Granryd - General Manager & Goalkeeping Director

Kai Gockell - Technical Director

Sylvester Jallah - Staff Coach Boys

Link Scoggins - Staff Coach Girls

From our Club Director | Carl Fleming

As many of you know, mid-June I will be moving on to start my new position with the Texans Soccer Club in Houston. On behalf of my family, I want to again thank our staff, players and club members for their support personally and professionally.

Wishing all our players and the club continued success.
Go Texans!!!

Carl Fleming

From our Girls Director | JD Cochran

Terrific year for the development and success on the girls side of the Austin Texans. First, I want to congratulate all of our Seniors and wish them well in College. Second, our results in our older teams have been outstanding!

- 03G qualified for play in USC Champions League
- 02G going to US Club Soccer Midwest Regionals June 18-21 in North Carolina
- 01G North qualified for USC Champions League Playoffs
- 01G Red North take 4th place in USYS State Championships
- 00G North finished in 1st place as USYS State Champions! On to USYS Region 3 Southern Regionals June 23-30 in South Carolina
- 00G Red North take 3rd place in President Cup State Finals
- 99G North Won Southern Regional Premier League, Won the USC Champions League, Won the USYS State Championship (3-peat) May 28-30, Qualified for USYS Region 3 Southern Regionals June 23-30 in South Carolina and Qualified for US Club Soccer's NPL National Championships July 14-18th in Colorado!
- 99 Red qualified for USC Champions League Playoffs
- 98G North take 2nd place in USYS State Championships May 28-30
- 98G Red North are Finalists in USYS Presidents Cup State Championships

Good Luck to everyone at Regionals and in the Nationals Championships this summer!

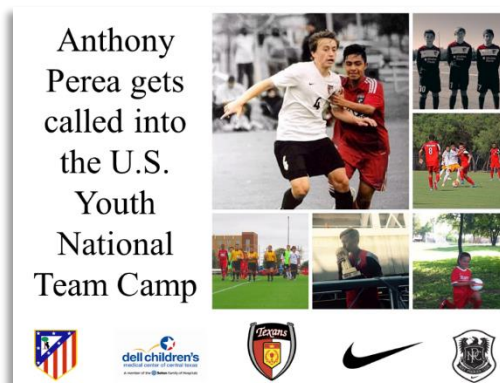
From our Boys Director | Jose Reyes

Great year of development from all the boys and great strides throughout all Cup play this Spring. Best of luck to the 98B North boys who are going on to College, continue chasing your dreams and never give up.

- 05B finished 2nd in their bracket in WDDOA
- 04B finished 2nd in their bracket in WDDOA, qualified for D1 and will be going into USC W next year
- 03B qualified for play in game in USC Champions League
- 03B Red North finished strong in the President's Cup District Playoff match
- 02B North qualified for SCL and finished in the State Cup District Playoff match
- 01B North qualified for US Club Soccer's NPL National Championships July 14-18th in Colorado
- 01B White North finished strong in President's Cup
- 00B North qualified for SCL and finished in the State Cup District Playoff match
- 99B North finished 3rd in State Cup State Championships in Houston

From our Boys Director (cont.)

Anthony Perea, former Texans Youth Academy player and member of the Austin Texan 01B North who is competing for the Dallas Texans U14 USSDA and Captain, has been called up into the U.S. Youth National Team. Congratulations to Anthony and his family on this incredible honor, best of luck to Anthony!



From our General Manager & Goalkeeping Director | Ric Granryd

I am finishing my first week with the Austin Texans, and I am amazed with the passionate people who surround me here. In this short while, I can say unequivocally that we have coaches, board members, and office staff who possess an unsurpassed level of dedication to the club and its players and families. I feel very, very fortunate! And I do hope that the membership recognizes this also.

This week I have done SOME talking, but mostly listening, to many of the individuals in this excellent organization. I am learning as much as I can about the club's recent successes as well as any challenges the club may face going forward. I am learning how I can support the Board in moving the club forward in a variety of areas. I am learning how I can support the technical staff in creating the best possible player development environment for your kids. And, Club Administrator Laura McCann and I are sorting out how to run the business side of the club as efficiently and effectively as possible.


So, after seven days on the job...well, I am learning as much as I can, as fast as I can. Please do not hesitate to connect with me about any topic that is important to you. My office and email is always open!

Marketing & Communications Update

If you were unable to attend our Parent Education Seminars presented by John Bartholomew, Ph.D., Professor and Department Chair of the Department of Kinesiology and Health Education at The University of Texas, we highly encourage you to visit our Austin Texans YouTube Channel and watch them. The first night targeted ages U7 - U12 and focused on the research support for taking a development approach to youth sport and how this relates to your child within the Texans Way. The second night targeted ages U13 - U19 and focused on goal setting within a team sport, anxiety control, and coping with the ups and downs of sport. Dr. Bartholomew will be joining us next year as our Sport Science Advisor to the Board of Directors and will be offering more Parent Seminars.


Our Marketing and Communications Committee also worked this spring semester with Tolga Ozyurtcu Ph.D., Professor of Sport Management, Department of Kinesiology and Health Education at The University of Texas. We visited his Public Relations Class and had 75 sports management students completing and presenting comprehension projects with an overview of the area's soccer marketplace. The students focused on strategies to retain current membership and to grow new membership. We will continue to work with The University of Texas and look forward to building our relationship.





Austin Texans

Summer Training Program



www.austintexanssc.com

Summer Training Schedule goes from June 21st – July 28th every Tuesday, Wednesday and Thursday. This program is not only for our Texans members but for players from all over are welcome. Players from out of town are welcome to attend and will be offered a chance to stay with host families if they are interested in attending for a week or more.

Players are put in an exciting soccer environment consisting of age/ability appropriate group training, unique fitness/conditioning training, challenging skills training, and small-sided competitions. The Texans Summer Training program takes a serious position with respect to youth development and teaching players positive training habits. With as many players that we place into College soccer programs, we are more than happy to continue their offseason development to prepare them to return to school and to their teams ready for preseason.

Training Level	Times	Location
Beginner (6yrs-8yrs)	5:45-7:00pm	Texans Fields Pflugerville
Intermediate (9yrs-12yrs)	5:45-7:00pm	Texans Fields Pflugerville
Advanced (13yrs-15yrs)	6:45-8:00pm	Texans Fields Pflugerville
Pinnacle (16yrs-23yrs)	6:45-8:00pm	Texans Fields Pflugerville

Pricing Options	
6 weeks or 18hrs of training 1 time payment	\$175
6 weeks or 18hrs of training 2 payments	\$89 / \$89
6 weeks or 27hrs of training 1 time payment	\$250
6 weeks or 27hrs of training 2 payments	\$126.50 / \$126.50

www.austintexanssc.com (512) 989-5788

Texans Recreational Soccer



COMING SOON



FALL 2016

Texans Recreational Soccer is Coming to Pflugerville

Texans Fields Pflugerville
303 E Pflugerville Pkwy
Pflugerville TX, 78660



Nagging Plantar Fasciitis

Central Texas runners usually know when they've pushed too hard on the trails of Lady Bird Lake. A cramp, a pulled hamstring, or blisters are immediate feedback that you need to cut back or do something different. There's another condition that sometimes makes itself known with sudden pain, but may also be disguised as another problem. It's called plantar fasciitis, and it's a fairly common problem for runners who run more than three times a week or log high mileage.

Plantar fasciitis is caused when stress is placed on the plantar fascia ligament, resulting in tears and inflammation. The ligament runs from the heel along the arch of the foot to the ball of the foot. Runners who experience plantar fasciitis may have less flexible feet and weaker foot muscles. There is a tendency to flatten the foot and roll inward (pronate) when walking or running. Much of the stress of walking or running is placed on the plantar fascia ligament.

You don't have to be a runner to develop plantar fasciitis. Anyone who wears shoes that have far passed their prime is a candidate for development, especially when walking or standing on hard pavement or floors. A lack of flexibility in the calf muscles or being overweight can cause the problem as well. Regardless of the cause or whether you are a

runner, the treatment is the same. Stretch the plantar fascia, add an orthotic to the shoe (or purchase a new pair), and trade hard surfaces for soft ones whenever possible.

Common Causes of Plantar Fasciitis

- Improper shoe wear
- Shoes that should be replaced
- Increasing mileage too rapidly
- Inadequate stretching

What to Do

- Stretch your heel cord (Achilles tendon) and plantar fascia
- Use a small lift or gel heel cup in your shoe
- Apply ice massage to your heel to relieve pain and inflammation
- Use trigger point rollers to apply pressure, or use a rolling pin or tennis ball. While seated, roll the rolling pin or ball with the arch of your foot. If you are able, progress to doing this exercise while standing.
- Strengthen the muscles of the foot and ankle with exercises
- Run on soft surfaces, if at all

This material is for educational purposes only and is not intended to replace the advice of your physician.