



AUSTIN TEXANS

MONTHLY NEWSLETTER

December, 2018

In this Issue:

Message from the Prez	1
Volunteer Spotlight	1
Club Highlights & News	2
More Highlights & News	3
Dell/Ascension Highlights	4
Marketing Update	5
Sponsorship/Fundraising	6
Education Update	7
December Birthdays	8



Message from the President

Hello Texans Families!

On behalf of the entire Austin Texans Board of Directors, we wish you all a safe and enjoyable holiday season.



We also would like to thank you for trusting The Austin Texans with the development of your children. We take this task seriously, but we also strive to make our club environment fun, inclusive, safe, and encouraging. We certainly enjoy the challenge of helping to create future college and professional players, but the main goal is to create life-long soccer aficionados who enjoy a healthy lifestyle!

Happy holidays to all!

As always, if anything is amiss, or if you have any suggestions and/or feedback, please do not hesitate to contact me at president@austintexanssc.com.

GO TEXANS!

Michael Connor, President



Volunteer Spotlight – Courtney Sullivan

Courtney Sullivan has been the Team Manager for the 06G for almost 2 years. Courtney's great organization keeps the parents and players on the same page. She is vital to Coach Albert's success. We are so grateful for all of her hard work and dedication! Courtney's daughter, Carly plays for the 06G.



Thank you for all of your hard work, Courtney!



From our Girls Director | JD Cochran



The Austin Texans Super Y team traveled to Bradenton Florida this past December 6th-11th to participate in the U19 Super Y League Finals. The Texans earned the right to play in Super Y Finals with the 2000/2001 that played in the Super Y League Southwest Division August.

2002/2003s made up most of the team that traveled to the Finals to play against teams mostly comprised of 2000s. It was a fantastic experience for the girls that traveled.

The girls had three very tough games in group play. Oceanside Breaker of San Diego was the first opponent for the Texans. It was a hard fought game. It was back and forth and the girls earned a 2-2 tie. Great start to the Finals. Nationals 1 out of Michigan were the girls second opponent. Again another great game by the girls, but came up a bit short losing 3-2. 3rd goal came in the dying minutes of regulation off an amazing free kick. The final game, the girls needed a win to get into the Semi Finals. The team went up against MidWest United FC Royals also out of Michigan. Girls came out on fire and won the game 5-2. This gave us enough to get into the Semi Finals.

For the Semi Finals, we played the Nationals 1. Another nail bitter as the game went back and forth. With the game tied and with 20 minutes left, the Nationals 1 squeaked one in on goal to give them the advantage. Girls pressured and pressed but could not find the equalizer. Lost 2-1. Overall the experience of playing the Super Y Finals was awesome for the girls and parents!

Please contact me for more information at jdcochran@austintexanssc.com

From our Youth Development Director | Tyson Wahl



If your child is looking to stay active during the Winter break, the Austin Texans will host a Futsal program during January. The Futsal program will include four 1 hour sessions consisting of skill work and primarily game-play on Saturday mornings in January. Our Futsal will include players U14-U8 age groups and is open to all players interested. Please check out the austintexanssc.com website scroll if you are interested or email twahl@austintexanssc.com.

Both Spring Recreational and Academy programs are open for registration:

<https://www.austintexanssc.com/recreational>

<https://www.austintexanssc.com/youth-academy>

If you are interested in gaining coaching experience and helping out with our Recreational soccer program, please reach out to me. We offer coaching support, a coaching curriculum, and also a coaching starter kit.

Happy Holidays !

Please reach out to me with any inquiries relating to our Academy and Recreational Programs:

twahl@austintexanssc.com

Tyson Wahl

Youth Development Director

Club Highlights & News

From our Boys Director | Daryuosh Yazdani

Boys College Showcase: Feb 2-3, 2019



REGISTER HERE:

<https://www.gotsport.com/asp/application/easyreg/Default.asp?ProgramID=74951>



From our General Manager & Goalkeeping Director | Ric Granryd

We have some unique challenges in youth soccer, generally speaking. I invite anyone's discourse on the following:

1. The Austin Texans staff are committed to the development of players' technique/tactical skill sets; of their psycho/social experiences; and of their positive physical/wellness habits.
2. Often we find ourselves during games in the scenario where we are making a coaching point, or allowing for a player to experience a "teaching/learning moment," which may be costly to the outcome of games.
Examples:
 - * Allowing the players to make decisions during games without the coach "joy sticking" every move that players make
 - * Encouraging use of certain techniques in game situations which need to be learned/experienced under game pressure
 - * Executing disciplinary responses to misconduct of some sort
3. So when we apply these actions, let's say for the sake of discussion, they poorly effect the outcomes of games.
 - * How do you, as a team player or parent, deal with this?

How our members honestly answer this question, would greatly assist us in the teaching/coaching process. Once again, I encourage all to respond .

My email is ric@austintexanssc.com.

THANK YOU!

And Happy Holidays!



CONCUSSION

A Must Read for Young Athletes

Let's Take Brain Injuries Out of Play

CONCUSSION FACTS

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a blow to the head or body:
 - from contact with another player, hitting a hard surface such as the ground, ice, or court, or
 - being hit by a piece of equipment such as a lacrosse stick, hockey puck, or field hockey ball.
- A concussion can happen even if you haven't been knocked unconscious.
- If you think you have a concussion, you should not return to play on the day of the injury and until a health care professional says you are OK to return to play.

CONCUSSION SYMPTOMS

- Concussion symptoms differ with each person and with each injury, and may not be noticeable for hours or days. Common symptoms include:
 - Headache
 - Confusion
 - Difficulty remembering or paying attention
 - Balance problems or dizziness
 - Feeling sluggish, hazy, foggy, or groggy
 - Feeling irritable, more emotional, or "down"
 - Nausea or vomiting
 - Bothered by light or noise
 - Double or blurry vision
 - Slowed reaction time
 - Sleep problems
 - Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

WHY SHOULD I REPORT MY SYMPTOMS?

- Unlike with some other injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.
- While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and the likelihood of long term problems.
- In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to your brain. They can even be fatal.

What Should I Do if I Think I Have a Concussion?

DON'T HIDE IT, REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

All concussions are serious. Don't hide it, report it. Take time to recover. It's better to miss one game than the whole season.

Marketing Update

From Marketing Director, Justin Lawhorn



Please contact me at marketing@austintexanssc.com if you have any club marketing ideas or thoughts!

Thank you!



Ages: U15-U19 Boys & Girls

Showcase Cost: \$700/team (3 games) or \$600/team (2 games)

Combine Cost: \$90/player (discounts available for groups)

Venues: Round Rock Multipurpose Complex (Girls) Old Settler's Park (Boys)



REGISTER EARLY-SPACE IS LIMITED!
for more information & to register, visit:



www.austintexanssc.com/tournaments



From Sponsorship/Fundraising Director, Rob Gillinder

Greetings, everyone! We had a great “End-of-Fall Season” party at Spare Time Texas, and hope that everyone who attended had an enjoyable time.

We want to wish everyone a great holiday season, a very Merry Christmas, and a Happy New Year.

There are a number of teams who have completed the training at the HEB Center, and will be starting to volunteer to earn money to offset travel and tournament fees.

Also, we would like to thank Longhorn Solar, our newest Gold Sponsor, as their help and other sponsors like Dell Children's Hospital help us manage the costs for all of our players.

If you have any fundraising ideas/suggestions, please let me know so we can try to coordinate with the other teams.

We would like to partner with a few restaurants for our upcoming February tournaments, so if you know of any that would be a good fit in either Round Rock or Pflugerville, please let me know at fundraising@austintexanssc.com.

Wishing you all the best!



Financial Peace University

Tuesday nights from 6:30-8:30pm starting Oct 2.

The Hill Country Bible Church Pflugerville would like to invite you to attend the Financial Peace University. It meets for 9 weeks.

Link: <http://www.hbcpcf.com/fpu> for more information.

Austin Texans - Successful On And Off The Field

This year, we would like to implement a new Tutorial Program for our players. The idea is provide academic support for our players who may be struggling or may just want to boost their GPA. Thanks to the generosity and support of Hill Country Bible Church, tutorials will be held inside the church building. Tutorials are scheduled to take place on Thursdays. The exact time is yet to be determined. We will need to look at our players and their schedules.

To make this program successful, we need your help! We will be looking for volunteers throughout the year to help tutor. Volunteers can be adults or high school students. It is a great way for adults to earn club volunteer hours and for teens to earn volunteer credit for school or church. Again, the exact schedule has not been determined and may change week to week depending on the players and their needs.

Players would like academic assistance please contact your coach or email education@austintexanssc.com.

Potential tutors please email education@austintexanssc.com.

We are looking forward to a great year and to making all Texans successful on and off the field!

Are you interested in improving your English? There are many free classes offered throughout the community. We would be happy to help you find a class. Email us at education@austintexanssc.com.

HAPPY BIRTHDAY TO ALL!!

J Ajayi
K Alexander
B Alvarado
J Atwood
K Bakhtiari
S Boston
B Bourgeois
R Clapper
K Cooper
E Driggers
K Edmonds
A Heffner
A Humphries

B Huner
N Johnson
J Klabunde
A Klumker
L Lozada
K Manskie
T Marques
M Maxim
B Mueller
I Murphy
K Murphy
I Nahuina
R Pena-Suscal

M Puryear
A Ramsey
L Rice
C Rodriguez
C Sabin
E Sorenson
A Spier
R Srinivasan
L Vega
G Wallace
H Wilson
H Wright

