

MONTHLY NEWSLETTER

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Texans Give Back

The '00G team recently ran the 5K Color Run held at the Dell Diamond. The Color Run is a race held around the country that uses proceeds to support multiple charities. The runners ran through three color stations where they were colored in dust and then joined a dance party to get more color. The girls ran the race together and crossed the finished line with linked arms. At the end they huddled and called it up...1,2,3 TEXANS!!



Club News

A Closer Look at the Texans Way

Player Expectations for Practice

Players are expected to arrive for practice at least 15 minutes prior to training beginning. All players are expected to attend training. Players who strive to become the best and become more successful will attend practice with the appropriate attitude of wanting to leave a better player. All players are expected to attend their team training sessions; however, players have the option to train up to five days a week, if desired within the Texans system. If a team session is missed, then it is up to the player to communicate with their coach to make up the missed session with another team, which must be either older or compete at a higher level. If the player is injured then they are expected to attend team training and learn through observation, unless a physician has instructed the player must stay off their feet for a quicker recovery. If the player is sick, then it is acceptable for the player to stay at home; however, a physician's note does need to be provided to the coach of the team. If a note is provided to the coach, then playing time will not be affected.

It is mandatory that once players have completed preparation for training, the remainder of the 15 minutes before practice starts should be spent practice juggling.

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Key Dates

College showcases are approaching fast! Click [here](#) for more information on the College Planning Program as well as the classification checklist and sample emails to send to college coaches.

Seton Free Flu Shot Clinic	Nov 15
Deadline to register for 3v3 Live at Texans Fields	Nov 16
Dallas Texans Fall Festival Tournament	Nov 21-23
3v3 Live at Texans Fields	Nov 22
WDDOA U14-U17 Qualifying Matches – Advancing teams eligible to compete in STYSA SCL Qualifying for Fall 2015	Dec 6-7
WDDOA U13 DI Playoffs SCL Qualifying for Spring 2015	Dec 6-7
STYSA PLW / SCL Qualifying Matches for Fall 2015	Dec 13-14
Winter Break Camp	Dec 15-17
EXACT College Combine	Feb 28 – Mar 1

Click [here](#) to view the Club Calendar for all upcoming events.



Training Tips

Videos to work on your soccer skills at home:

Click [here](#) for defending body position

Click [here](#) for improving your speed

A Closer Look at the Texans Way Continued

Once enough players have arrived, the players are expected to organize 3v1, 4v2, or 5v2 games. Touch limitation is either 1- or 2-touch based on age, in which the coach that works with the team will set limitations. A player's attendance and commitment level are major factors in player placement. Players who do not attend practice, team events or fail to make up a session will jeopardize playing time and/or their place on the team.

Practice Expectations for Coaches

Coaches are expected to have all practice sessions planned prior to arriving to the practice fields. Coaches are also expected to have all sessions set up before players arrive to practice. It is deemed unacceptable to use time while players are warming-up for practice to prepare for training. Exceptions for these policies would be in the case of lack of numbers, last minute field changes, family/personal emergency, back-to-back practice sessions which prevents setup prior to players arriving for practice or approval from the Executive Director of Coaching. It is also never acceptable for a coach to be on their cell phone during practice, unless in the case of emergency.

Practice Expectations for Parents

The Austin Texans coaching staff encourages parents to observe practice. To ensure the maximization of field space we ask that parents observe practice on the perimeter of the practice facility. Only in the case of an emergency should parents come onto the practice fields during training. It is also expected that parents do not coach players at any time during practice. The players need to remain focused during practice and too many voices providing instruction can become confusing and distracting.



Healthy Hints from Seton Breast Cancer Awareness

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

At Seton Medical Center Williamson, we believe that getting regularly scheduled screening mammograms is key in helping women receive early treatment for breast cancer, and dramatically improving survivorship.

Our Women's Imaging Center offers a variety of diagnostic testing on a self-referral and even a walk-in basis.

Our services include:

State of the Art Digital Mammograms

Combining compression and x-rays to image your breast, but instead of capturing the image on film as with traditional mammography, the image is retained as a digital image file.

Stereotactic Biopsy

2-dimensional digital images of your breast are taken from two different angles and analyzed by a computer. The computer compares the data from each image and calculates the location of a suspicious area in 3 dimensions. This area can then be biopsied by your surgeon with a high degree of precision and accuracy.

Breast Sonography

Without using compression, ultrasound aids in distinguishing a fluid-filled cyst from a dense mass such as a tumor. Ultrasound can also be used to make a measurement of a breast tumor which is an important component in determining your surgical and medical treatment options.

If you are 20-39, and notice any breast tissue change, call your doctor right away.

If you are 40 or older, call and schedule your yearly mammogram: 512-324-1199

Other services offered:

Bone Densitometry

A bone density scan that uses a low amount of radiation to measure your bone mineral density (BMD) and predict the chance of future fracture.

Our Outpatient Rehabilitation Department is proud to offer comprehensive rehab services for women recovering from breast cancer.

Our therapists provide a continuum of services, designed and individualized to meet the rehab needs of our patients as they transition from cancer treatment through recovery. Our staff is dedicated to the vision that our patients should not only survive breast cancer but they should flourish and actively participate in the rest of their lives! Services include lymph edema and scar tissue management, shoulder dysfunction treatment, wound care, as well as addressing the fatigue that can occur when battling cancer. Our interventions are designed to address each woman's specific therapy and functional needs and to see her through the healing process.

