



MONTHLY NEWSLETTER

November, 2018

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Message from the President

Hello Texans Families!

December is around the corner, and we will soon have a little break from the beautiful game. There remains some final regular season games, player evaluations, and final training sessions.



While taking a break from club soccer, we know all too well that HS soccer is getting into full gear now! We wish all of you playing high school, all the best and have a great time representing your schools and playing with your friends!

Those of you not involved in school soccer or other sports, please stay active – futsal, camps, or getting outdoors.

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 – Brandon Battles

Bill Brandon Battles has been the 06B Team Manager for several years. He always goes above and beyond and we are so grateful to have such a dedicated TM in our club. Brandon's son Colson plays for the 06B.



Thank you for all of your hard work, Brandon!



From our Girls Director | JD Cochran



As players start advancing from Recreational into Academy and then into Select Soccer you hear families asking, do the Austin Texans have a College Placement Program? In fact we do. "We pride ourselves in helping kids understand the College Placement Process", says JD Cochran, Girls Program Director and College Placement Coordinator. "We have 3 Club meetings a year, individual meetings, two College Combines and a College Showcase to help College Coaches see AUSTIN TEXANS players. So far this year we have over 20 coaches to our training sessions and over 70 attend our games."

Here is the list of Colleges and Universities in attendance so far this year. [COLLEGE COACHES WATCHING THE TEXANS:](#)

<https://docs.google.com/spreadsheets/d/1dnUTk2yq6i9JH-L3fb1g8PP0gBPOySgj6Ucqm0bsjTg/edit#gid=0>

To find out more about the Austin Texans Soccer Club contact JD Cochran 832-721-6509 or jdcochran@austintexanssc.com

From our Youth Development Director | Tyson Wahl



Many of the most skillful and creative players in the world grew up playing mini soccer games and Futsal. In these environments players are able to hone their skills in a creative and pressure free environment. The Austin Texans will host a Winter Futsal Program. This will take place on the 4 Saturdays in January in Pflugerville. This targets ages 10U-6U and will be a great way for our youth players to improve over the Winter break. <https://www.austintexanssc.com>

Our Spring Recreational Program has begun registration and our Academy is also open for registration

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

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

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

The new year brings new challenges. Some challenges I look forward to meeting:

- * In concert with the Board and Technical Leadership, assist in the development of several strategies to enhance club performance internally and externally.
- * Continue to seek collaborative initiatives that will improve the club's long-term health and viability.
- Execute new strategic directions.
- * Continue to modify the goalkeeping curriculum and training program as needed.

And congrats to many of the teams, players, and coaches in both boys and girls divisions for their strong performances in the Fall season!

Happy Holidays!!



Sports Injury

Every sport has a risk of injury of a simple pulled muscle to concussions to needing surgery (ACL surgery). The most common type of injury are sprains (stretching of ligaments), strains (pulling a muscle), patella femoral pain (knee pain), and stress fractures (bone injury).

Most common symptoms of an injury are pain, swelling, difficulty moving injured area, and tender and warm to the touch. It is recommended to see a medical provider if you have these symptoms.

7 Injury Prevention Tips:

Warm up: 5-10minute of moving to get your heart rate up will allow your body to warm up and prevent stiffness of your limbs and joints before competition or practice decreasing your chance of injury. (Stretching is not a warm up).

Flexibility:

Dynamic stretching are a quick movement stretches that should be done before games or practice. This allows your muscles to get ready for quick movements during sports specific activities. Examples are monster kicks, knee hugs to chest, jogging butt kicks. Static stretching are prolonged holds (1minute or longer) and should be done after games/practices. This will help improve range of motion of your muscles and help them relax after games/practice to promote faster recovery. This should be done daily.

Strengthening:

Core strength (abs and back) is the foundation for cardio conditioning (how long you play before you get tired), body stability (not being able to be pushed around), and power output (how fast you can run, jump, and explode off the ground).

Proper Technique:

Performing drills and exercise with proper form and control is critical for injury prevention and should be reinforced during all aspects of training. Example: sprinting and needing to stop fast – most athletes will try to stop with a single hard step stop with their knee mostly straight, increasing their chance of an injury (ACL) vs breaking hard with 3 quick steps while bending your knees and lowering your body

Rest breaks & hydration:

Allowing yourself proper rest & water breaks during play will allow you to recover and maintain proper form and prevent injury. It can also prevent heat related illnesses such as cramps, headaches, fainting and will allow you to continue to play at a high level.

Safe play: Follow all rules and regulations

Do not play through pain: continuing to play through injury places you at much higher risk of aggravating the injury to the point of possibly needing surgery.

Derrick Chan, PT, DPT, ATC, LAT

Outpatient Pediatric Physical Therapist, Vestibular Certified

Dell Children's Medical Center of Central Texas

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dcchan@ascension.org

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

The RS3 Fundraising initiative has kicked off with a few teams signing up for this program to raise money to offset their families' travel and tournament expenses. If you are interested, the next orientation meeting is December 14th from 6 to 8 PM at the HEB Center in Cedar Park and is just for Austin Texans families. Please email me ASAP at fundraising@AustinTexansSC.com for more information on how to get signed up.

We look forward to hearing how much money the '08 Girls team raises this month as they were the first team to get their TABC Certification and have already gone through the HEB Center Orientation meeting as well.

We hope that everyone had a great Fall season and that you have a Merry Christmas. See everyone at the end of Fall Season Party at Spare Time Texas next Tuesday, December 11, 2018 from 6 to 9 PM.

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!!

H. Ager	M. James-Viana	U. Torres-Martinez
A. Alumkal	X. Jimenez	A. Whaley
Z. Aristizabal	A. Johnson	E. Wiley
C. Birkenheiser	H. Johnson	R. Wilson
B. Bittick	D. Kirkpatrick	
A. Botello	E. Latorre	
T. Bridges	K. Lee	
L. Brown	C. Loerwald	
A. Cannon	G. Lott	
R. Chieza	C. Malek	
A. Chowdhury	B. Markham	
M. Clffel	L. Mata	
B. DeGraff	K. McDonald	
N. Djordjevic	J. Myers	
H. Downs	E. Nix	
K. Farnsworth	M. Palma	
B. Franco	S. Palma	
C. Gantt	G. Peters	
R. Gillon	A. Posthauer	
G. Gonzales	E. Ramirez	
K. Gordon	S. Rogers	
J. Griffin	R. Ruis	
F. Gutierrez	J. Sanchez	
R. Harris	C. Schmidt	
M. Hernandez	L. Schwarz	
H. Herndon	I. Spencer	
R. Hills		