



AUSTIN TEXANS

MONTHLY NEWSLETTER

October, 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 |
| October Birthdays | 8 |



Message from the President

Hello Texans Families!

I would like to echo the sentiments of Ric Granryd's article this month about the need for referees in the youth game. There are so many positive things about being a youth referee, it's a shame that we have a shortage in our area.



If you can step up to help or know someone who might enjoy the role, please refer them to the information in Ric's article.

Our field staff have done a wonderful job with dealing with the rains...and the fire ants! The fields otherwise are in great shape and have come away relatively unscathed from the elements.

I hope your players are having great experiences so far this season. I think the technical staff has been doing a great job as well in training and games.

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.

Michael Connor, President



Volunteer Spotlight – Bill Bittick

Bill Bittick has been a Team Manager on and off for 8 years. He is currently the TM for the 00G. Bill also runs a pool session twice a week for our recreational players. Bill has volunteered countless hours to our club and we are so grateful. Thank you for your commitment to the Austin Texans and all of your hard work! Bill's daughter, Breanne Bittick plays for the 00G.



Thanks for all of your hard work, Bill!



From our Girls Director | JD Cochran



The 01/00G Austin Texans earned a National League birth which is the highest level of soccer in US Youth Soccer. The team will play teams from California, Washington, Utah and New Jersey. You can follow all of the action on our website at www.austintexanssc.com

“We are very proud of this accomplishment for our the Austin Texans organization (National League). Only 18 other teams qualified for this exclusive honor from around the country in our age group. We are excited to be apart of the League and looking forward to playing and coaching against the best competition in the country”, says JD Cochran Austin Texans Girls Program Director.

From our Youth Development Director | Tyson Wahl



Our Academy Fall season has gone really well! This Fall we added many new players and also new Academy coaches, Tatenda Chieza and Nicki Swanson. Our staff is full of highly qualified coaches who deeply care about our young players. Our players have shown much improvement over the course of the Fall season. All of our teams will participate in our end of the Fall Season Festival hosted by CAYSA on November 3.

Our Recreational players had a tremendous time at our Halloween Party and will be finishing up the season on November 3. We are truly thankful to all of the volunteer coaches and administrators who help with our Recreational program.

The Austin Texans Soccer club will hold a Winter Futsal Program on Saturday mornings in January for players U10 and younger. We will also hold Player Opportunity Events (POEs) for both the Academy and Recreational soccer program over the Winter break.

Please reach out to me with any inquiries relating to our Academy and Recreational Programs: twahl@austintexanssc.com

Tyson Wahl
Youth Development Director

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



How does this part-time job sound to you?

- Hourly pay ranging from \$10-\$25/hour
- Being outdoors
- Being involved in sports
- Being physically active
- Can start at 12 years old
- Flexible work hours
- Work near your home

What kind of dream job is this, anyway?

It's a soccer referee!

Yes, there are challenges like any other job, but they probably beat the challenges one faces in a hundred other jobs.

Further, the Central Texas area has been experiencing a dearth of referees, probably for several years now. Would you or others in your social network like to be part of the solution to this problem and make great money to boot?

There are some prerequisites:

- Participate in a certification class – there are several in November (<http://www.stsr.org/AvailableClinics.aspx>)
- Purchase referee uniform and flags
- Register with an assignor

See more information here <https://www.austintexanssc.com/volunteer>

Hope to see you in uniform on the pitch soon!



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 or 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

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

It never fails. You turn on the sports channel on television and you are watching the latest game, or bowl, sponsored by a big national brand. And it works! If you enjoy that game, you will think about the company that sponsored the game.

But, sports sponsorship is not just for the big leagues. Many small business owners look for ways to give back locally. Some look at their sponsorship as a charitable contribution while others look at it as a form of advertising. Either way, it's a mutually beneficial relationship that pays off for the sponsor and the team.

Here are five reasons it may make sense for your business:

- 1.) Increase awareness of the company's product and services. Each sponsorship package has benefits built in: field signage, website advertising, company name on uniforms, etc. Through a sponsorship, a company's brand will be in front of the youth sports market of parents, coaches, players, and fans.
- 2.) A welcomed form of advertising. In most settings, consumers are inclined to tune out advertising. Although many traditional ways of reaching consumers are failing, youth sports sponsorships are a positive and engaging way to market a brand. Parents like to see companies that are supporting local sports.
- 3.) It helps keep the cost of youth sports programs low. Player fees cover the majority of the costs of a youth soccer program, but support from sponsors provides additional resources which can help keep participation fees lower. With lower fees, more families are able to afford to sign up and that means more children being able to play.
- 4.) Outstanding value for the dollars invested. Although sponsorship packages vary, they range from \$500 to \$15,000. When compared to the cost of other marketing outlets like print, television and billboard advertising, youth sports sponsorships can be a great value and a smart option to include in your marketing mix.
- 5.) Builds goodwill. Companies who sponsor youth sports make a positive contribution to their community. Overall, this can evoke a community-wide feeling that a company understands the impact and importance of sports for their youth. This feeling can instill loyalty among a business' current and future clients.

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.hcbcpf.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!!

| | | |
|--------------|--------------|---------------|
| C. Avant | A. Hernandez | S. Ruvalcaba |
| S. Baca | M. Jardine | O. Sanchez |
| M. Blevins | A. Johnson | J. Sandoval |
| J. Bonds | G. Kuryakov | V. Sheffy |
| E. Boyett | M. Larrea | J. Shoetan |
| S. Brown | L. Latorre | J. Sierra |
| M. Cano | B. Lewis | M. Smith |
| U. Cantu | E. Lozano | C. Surrec |
| A. Coleman | L. Madrigal | E. Taylor |
| P. Cotey | R. Madsen | I. Taylor |
| G. Crawford | E. Martinez | S. Vargas |
| M. Davila | I. McAlister | K. Viramontes |
| K. Do | A. McClendon | D. Vu |
| C. DonJuan | J. McGuff | J. Watts |
| J. Eisen | A. McWethy | V. Whistler |
| K. Esquivel | L. Melton | H. Yocum |
| T. Flatt | J. Olivarez | I. York |
| A. Forshee | A. Paulsen | S. Zgadzaj |
| M. Fortanely | J. Paz | |
| C. Freeman | B. Peralez | |
| F. Gordon | K. Ramos | |
| D. Hall | J. Resendiz | |
| N. Haracz | A. Reynolds | |
| K. Harbison | A. Rosales | |
| CA. Hardeman | G. Ruiz | |
| CR. Hardeman | K. Ruiz | |
| J. Hernandez | S. Ruiz | |