

MONTHLY NEWSLETTER

Volume 3, Issue 1**September 2015**

Club News

Update

It's been a busy summer and several key Director roles have been filled. Read below to meet some of the new Directors that have come on board since the start of the summer.

Carl Fleming, Club Director

Carl has a highly decorated soccer background, including numerous championships both as a coach and a player. Most recently, Carl served as the Director of Soccer for the North Carolina Fusion Soccer Club where he oversaw both the United States Development Academy (Dev. Academy) and the Elite Club National League (ECNL) programs. Click [here](#) to see Carl's bio on the Club website.

Carl and his entire family are now in Texas! His wife and daughter just arrived from North Carolina. Carl's daughter, Emerson, is recovering from a significant health event. Please keep his family in your thoughts during this difficult time.

Sergio Rapuano, Director of Soccer Operations

Sergio brings to the Club a unique perspective and experience based on decades of coaching at the youth, collegiate, and professional levels. Sergio looks to continue ATSC's storied tradition of player and program development. He possesses several coaching licenses including a USSF National C License, a USSF National Goalkeeper License, and an Italian Coaching Badge.

Sergio has professional playing experience as a goalkeeper in both Europe and the United States. He possesses a lengthy coaching resume that most recently includes working with the Longwood University Men's Soccer Program. Prior to Longwood University, Sergio served as youth club director at the Clearwater Soccer Club in Clearwater, Florida. Click [here](#) to read Sergio's bio on the Club website.

Albert Flores, Director of Youth Development

Albert has been involved in many different aspects of youth soccer. He is currently a member of the South Texas Youth Soccer Association (STYSA) Olympic Development (ODP) coaching staff and the coaching education staff. Albert is also on the United States Youth Soccer Region 3 coaching staff. Involvement in both coaching and coaching education allows Albert to keep current and keep the Club up to date when US Soccer passes down new ideas. Click [here](#) to view Albert's bio on the Club website.

More Club News on Page 4

Inside This Issue

Club News	1
Key Dates	2
Kudos	2
Healthy Hints from Seton	3

Key Dates

Friday Footy @ Zilker Park 6:00 – 7:15	Sep 18 & 25
Fall Fundraiser Kicks Off	Sep 21
Seton Breast Cancer Trends and Issues Presentation – Seton Medical Center Williamson 7:00PM	Oct 8
Fundraiser Money Due	Oct 12
Cookie Dough Delivery	Nov 9
Dallas Texans Fall Festival	Nov 20-22
D'Feeters Thanksgiving Showcase	Nov 27-29

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

Annual Fall Fundraiser

This year's Fall Fundraiser will be kicking off very soon! The Club will be selling Cookie Dough and player is required to participate. Let your team manager know soon which option you would like to complete the fundraiser:

1. Pay the \$60 buyout
2. Sell 12 tubs of cookie dough at \$10 per tub
3. Pay \$30 buyout and sell 6 tubs of cookie dough at \$10 per tub

Families with more than 2 players in the club will only need to participate in the fundraiser for 2 of their players.

Last fall we raised over \$15,600 net profit on our fall fundraiser. Our goal this year is \$20,000 in net revenue. We raised over \$40,000 last year to cover our scholarship assistance program, coaches training and field maintenance. This year due to the volume of scholarship assistance requested, we must raise \$80,000 in net revenue to assist in the scholarship assistance program, coaches training and field maintenance. Last year we had around 40 requests for financial aid, and this year we have over 120 requests.

We will be doing several fundraisers this year to reach this goal. Our goals for the Fall and Spring fundraisers are \$20,000 and \$25,000 respectfully. We are planning several other fundraisers throughout 2015/2016 program year and more information will follow.

A committee has been established to assist Dan Payne and the Board of Directors in identifying, developing and implementing future fundraising opportunities. It is our intention to develop one large fundraiser down the road to eliminate the multi events we have to run. If you are interested in serving on this committee or know someone who may be interested, please feel free to contact Dan at paynewvu@aol.com. Thank you in advance for your support!

Kudos

Great Pre-Season Performances!

Austin Texans Pre-Labor Day Tournament

05B NTH - U11 Boys Division Champion
 05G STH - U11 Girls Elite Division Champion
 03B Red NTH - U13 Boys Open Division Champion
 03G Red NTH - U13 Girls Open Division Champion
 02G NTH - U14 Girls Elite Division Champion
 01B NTH - U15 Boys Elite Division Champion
 01B White NTH - U15 Boys Open Division Finalist
 01G STH - U15 Girls Open Division Champion
 01G NTH - U16 Girls Division Champion
 00G Red NTH - U16 Girls Division Finalist
 98B NTH - U18 Boys Division Champion
 98G NTH - U19 Girls Division Champion



Plano Labor Day Invitational

03G NTH – U13 Silver A Quarter-Finalist
 02B NTH – U14 Silver A Quarter-Finalist
 01G NTH – U15 Gold Finalist
 01B NTH – U15 Gold Quarter-Finalist
 00G NTH – U16 Gold Quarter-Finalist
 00B NTH – U16 Silver A Finalist
 99G Red NTH – U17 Gold Semi-Finalist
 99B NTH – U17 Silver A Quarter-Finalist
 98G NTH – U18/19 Gold Semi-Finalist
 98B NTH – U18/U19 Silver A Finalist



Healthy Hints from Seton

The ABC's of H₂O

Staying hydrated is one of the easiest – yet most important things – we can do for our health. Water makes up almost 60 percent of our bodies and is the primary component in cell regeneration, regulating internal body temperature, maintaining a strong immune system, lubricating joints and keeping our brain and other vital organs working properly. In addition, studies have shown that staying hydrated can help delay unavoidable signs of aging.

Dehydration

Dehydration is defined as fluid losses greater than two percent of body weight. Dehydration increases both physiologic strain and an individual's perception of the effort required to do an exercise task. As the body becomes dehydrated, blood volume and sweat production decrease and the body's core temperature increases. Because the body needs to prevent overheating, the body must work harder to send blood to the skin to dissipate the built up heat and produce sweat. The result is less fluid in the bloodstream to deliver oxygen-rich blood to working muscles, lungs and other organs.

Dehydration can negatively impact aerobic exercise performance, especially in hot weather, and may potentially degrade mental/cognitive performance. The magnitude of exercise performance decline is related to the amount of heat stress and exercise task, in addition to the individual's unique biological characteristics.

Dehydration is a risk factor for both heat exhaustion and heat stroke. Dehydration and sodium deficits are associated with skeletal muscle cramps. Dehydration is classified as mild, moderate, or severe based on how much of the body's fluid is lost or not replenished. When severe, dehydration is a life-threatening emergency.

The early signs of dehydration can be non-specific, usually involving fatigue, headache and confusion. Oral rehydration is usually all that is required. But medical help should be sought quickly if there is any concern about someone needing more aggressive fluid supplementation.

Overhydration

Although rare, overhydration can occur during long bouts of exercise when electrolytes lost through sweat are not replaced, yet excessive amounts of water are consumed. Overhydration can lead to potentially

dangerous imbalances of electrolytes, including hyponatremia, a serious condition in which the sodium

level in the blood becomes too low. Hyponatremia can be a problem for athletes who experience excessive sodium loss through perspiration as part of prolonged exercise or heat exposure, such as running a marathon.

Preventing Dehydration and Overhydration in Athletes

Sweat contains electrolytes as well as water. Both must be replaced to prevent dehydration and electrolyte imbalances that can adversely impact exercise performance and health. During prolonged exercise or heat exposure which results in the loss of sodium through perspiration, it is important to consume sodium and other electrolytes, along with fluids, to avoid hyponatremia, a serious condition in which the sodium level in the blood becomes too low.

Beverage choice can affect hydration status. Sports drinks are specially formulated to deliver fluids as well as carbohydrates and electrolytes that are easily absorbed into the body to supply fuel for muscles and to help replace water and electrolytes lost in perspiration. Additionally, studies show athletes, including children, consume more fluids and stay better hydrated when the liquid is flavored.

The risk of dehydration also increases in the summer, when the weather is hot and people naturally spend more time outdoors. So how can you tell when you are at risk for dehydration, when your body is dehydrated or how much water you need to drink to avoid dehydration? Here's a simple three-step guide – the ABC's of H₂O – to help you remember:

A – Avoid accidental dehydrators. It's common knowledge that having a cold or the flu is dehydrating, but chronic conditions such as diabetes, heart disease, kidney disease and other chronic illnesses can also contribute to dehydration, as can certain medications. Talk to your doctor about the medications you're currently taking and if compensations need to be made in your fluid intake.

Drinking caffeine, alcohol, iced teas and sodas when outdoors and in the heat can actually accelerate dehydration as these beverages act as diuretics, so be mindful of your consumption of these beverages. In



addition, these drinks can stimulate the bladder directly and cause more urinary urgency, frequency, and urinary incontinence. Unfiltered tap water, too, can contain fluorides and salts that contribute to dehydration, so commit to drinking only filtered water.

B – Beware of dehydration symptoms. Thirst is a complex biological mechanism that allows the body to realize it lacks water. What does that mean for you? The minute you feel thirsty, your body already is dehydrated. In the same way, it can be easy to become dehydrated and not know it. Signs of dehydration include dry mouth, fatigue, dry skin, dark urine, headaches or constipation. Severe dehydration can also lead to heat exhaustion or heat stroke. If you experience extreme thirst, a lack of urination, shriveled skin, dizziness or confusion, those are signs of severe dehydration and you should seek medical help immediately.

C - Consume six to eight glasses of water a day. A rule of thumb is to drink one 8 oz. glass of water per day for every 20 pounds that you weigh. For most senior adults, that's between six and eight 8-ounce glasses of water. Make a habit of having a cool glass of water close by all day, especially when you're outside or exercising. Keep dehydration at bay by incorporating foods high in water content into your diet, such as soups, smoothies, yogurts, cucumbers, celery, tomatoes and watermelon. In addition, try to drink fluids more during the daytime hours rather than in the evening or night-time to minimize the need to go to the bathroom in the middle of the night.

Dehydration doesn't have to be a part of summer. Keeping these tips in mind will ensure you're well hydrated, energized and ready for fun out in the sun. Pack some bottled water and go out to enjoy a summer full of fun and good health.



More Club News

Austin Texans Night at UT

Over 300 Austin Texans filled the stands for the UT vs North Carolina women's soccer match on August 28th – this was the largest club turnout yet! Our players had the opportunity to meet a special guest – Mia Hamm. This event was a tremendous success and the players were pumped to meet their idol!

In addition, 04G White NTH, 05G STH, and 06G Alex Morgan teams won the contests for goal patrol (ball girls), a chalk talk session with Coach Angela Kelly, and a post-game scrimmage on the pitch.



UT Women's Soccer presenting Carl Fleming with a gift for Emerson



Meeting Mia Hamm



Austin Texans in the Movies

In August, the Club was presented with an exciting opportunity to be part of a comedic short film titled "A Lot on Her Plate". The movie centers on a current day mom and her struggles through daily life. The Texans Fields @ Pflugerville provided the backdrop for a few scenes featuring the mom and her daughter, a soccer player. Many girls from across the club came out and participated in the filming of these scenes. Once the movie is ready for viewing, we will share details!



Austin Aztex Inclusion Soccer Clinic

Austin Texan coaches and players participated in the Austin Aztex Inclusion Soccer clinic on September 12th at the Texans Fields @ Riverwalk. The clinic offered sessions for children with disabilities, children ages 2-10 and children 11 and up.





Join Us for A Presentation on **BREAST CANCER – TRENDS AND ISSUES**

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of this disease. Breast cancer is the most common cancer among American women. Learn about the latest updates in research and treatment for this disease that affects too many families in Central Texas.

PRESENTATION BY



Dr. Jinnie A. Bruce,
Seton Surgical
Group

Thursday, October 8, 2015
7 p.m.

Seton Medical Center Williamson
Learning Center
201 Seton Parkway
Round Rock, TX 78665



Seton.net/SMCW