



# MONTHLY NEWSLETTER

October, 2017

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## Message from the President

Texans Families,  
 Welcome to fall...finally. I trust everyone had a safe and fun Halloween. Before we know it, we will be wrapping up our fall season. I have been monitoring teams' performances and we have had some key wins and some losses. In speaking with the coaching staff, they believe that every team has shown development this fall season. Development will breed more success.



Towards the end of the season, as our bodies become tired and worn out, we become more injury prone. We ask every player and family to listen to your bodies. Be sure to get ample rest, warm up and stretch before your activities. Contact your coach if you have any soreness or injury. We want to keep you safe.

Lastly, we still have spots available for our Winter Futsal sessions, Winter Skills Academy, and Winter Blast Training. Check out our news page on our website for more information.

Take care and we'll see you around the fields.

*Jeffrey Hartle, President*

## Volunteer Spotlight - Rocky Rodriguez

Rocky is a 6-year veteran Team Manager of the 99 Girls! Always organized, communicates well, and passionate about the game. And of course, a glutton for punishment! He has 2 daughters that play for the club, Taylor and Jessika.

Thank you for serving, Rocky!



## From our Girls Director | JD Cochran



Monday, Oct 30th the Austin Texans Girls Program had Halloween training!

College Night Nov 13th 7-8:30pm: Dell Children's Auditorium

College Showcase over Thanksgiving in Dallas

Thanksgiving Training Monday and Tuesday only.  
Wednesday and Thursday off for Thanksgiving!

Register now for the Austin Texans College Showcase Feb 3-4th and Austin Texans College Combine Feb 3<sup>rd</sup>. All the details on our website.

We had a great October! Looking forward to November.



## From our Youth Development Director | Tyson Wahl

Our Recreational regular Fall season was a huge success! A big Thanks to all of our volunteers, especially the coaches who are very committed!

The regular season culminated with two back-to-back parties at Riverwalk. We had the young kids dressed up in Halloween costumes for their games on Halloween weekend and then the following weekend our entire Recreational program had a party at Riverwalk with medals being handed out and other festivities taking place. We have multiple teams that were invited to the Round Rock championships due to their successful campaigns. Registration begins in January for our Spring Recreational Program. Please be sure to check our website regularly for winter camps and other training opportunities offered by the Texans.

The Boys Academy also had a very festive October. The boys had a great time at the 3vs3 Halloween Tournament. Our 09 Boys team were runners up and our 08 Boys team won best the best costume award. Both boys and girls Academy programs are still training and many will participate in the Georgetown Force Tournament in November and the Classics Elite Tournament in December. We have seen significant improvement in our players and are working hard to continue this development.

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

Tyson Wahl  
Youth Development Director



### From our Boys Director | Daryuosh Yazdani



- ❑ We have started our technical meeting last Tuesday talking about just technical/tactical aspects of soccer, helping our own development as coaches. We are also planning to video one training session per week for the staff to analyze.
- ❑ My focus is to create more leaders for Club's future, and all the coaches have been doing a good job on and off the field.
- ❑ 04 boys are in Super Y Final in Florida on December.
- ❑ We have begun to implement the Club Syllabus (training curriculum) and have been using the ASC session planning software. This is very helpful and will definitely benefit our coaches and program. Coaches are allowed to do other things with their teams as long as they teach and follow the curriculum focus over each 5-week mesocycle.
- ❑ We will have another camp from January 2 – 5, 2018 for U11 and older boys and girls. See website for details and registration information.

### From our General Manager & Goalkeeping Director | Ric Granryd



#### THE UNIQUE CHALLENGES OF A YOUTH GOALKEEPER-PART 2

The goalkeeping position is difficult enough for older players...and the youth GK's have a unique set of challenges. Part 1 dealt with the psychological challenges. Part 2 of this series focuses on the **technical challenges**. Parts 3 and 4 deal with tactical and physical challenges, respectively.

➤ Clearly, most GK techniques are unique to the rest of the game – catching, boxing, diving, throwing, punting, etc. These techniques are well suited to the typical “all-around athlete” who has the qualities of strong hand-eye coordination and agility. However, given the uniqueness of the techniques, it takes years and years to develop them properly. And at the same time, these players also need to learn the rest of the game. So, we want the eventual GK's to be “soccer players first.” I would recommend that future GK's spend as much time in the field as possible through the age of 15 or 16. This is the only way to develop comfort on the ball and an understanding of the game in order to provide tactical guidance to teammates during the game, as well as to increase the ability to anticipate field players' movements in a variety of situations.

➤ Further, the modern game utilizes the GK as the 11<sup>th</sup> field player – largely to retain possession, change the point of attack, and to initiate counterattacks. Hence, the ability to receive and pass balls similar to what we expect of field players is now an integral part of the position. So, once a again the youth GK is presented with another conundrum: learning and honing unique techniques, while at the same time learning the soccer game and soccer skills that one can never perfect! The answer is acknowledgement of the necessity to balance exposures and balance expectations.

➤ I believe some GK-specific training be initiated when the game they play includes GK's! They don't really need any until then – let them focus on being a field player. Fundamental catching and diving techniques can be introduced to players when they reach the 7v7 game format. And in this case, specialization is not recommended – but learning and experiencing the goalkeeping basics is.

The technical development challenges of the youth GK in the modern era of the game is another “differentiator” in terms of a person's “fit” for this role on a soccer field. Once again, I believe the key to appropriate technical development is to embrace the idea of being a soccer player first.

HUMANCARE  
FOR LITTLE HUMANS



## 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 8 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 caloric needs mainly with these unprocessed foods in extra snacks or in extra servings of meals. 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](http://www.choosemyplate.gov) or [www.eatright.org](http://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

## Marketing /Special Events Update

We are proud to announce the AUSTIN TEXANS Soccer Club 1st Annual Food Drive to benefit the CENTRAL TEXAS FOOD BANK.

Collection Dates:

Monday, October 23rd TO Friday, November 17th

CONTEST DETAILS:

A PIZZA PARTY will be rewarded to the WINNING TEAM who collects the most non-perishable food items and bragging rights . \*Please no expired items. Items can be given to your coach in a bag with team name label (example 06G or 04B RED) or brought to the Texans Office and placed in the appropriate donation box. Best of luck!

Participation is not required. This is simply a campaign to collect non-perishable food items to nourish hungry people and lead the community in ending hunger.

[www.centraltexasfoodbank.org](http://www.centraltexasfoodbank.org)

#austintexansstrong #austintexanssc #centraltexasfoodbank

The Texas Longhorns will be hosting the 1st round of the NCAA Division 1 Tournament at Mike A Myers stadium. The tickets for the Austin Texans Soccer Club will be \$5 dollars for everyone. The promo code for your group will be TXYOUTH .

Also those who purchase tickets will be able to use their tickets to attend at Men's or Women's basketball game this weekend. The Men's basketball team will be playing at 7pm on Friday and you will be able to use your tickets to enter the game for FREE. Those who want to attend the women basketball game on Sunday must keep their tickets to enter the game for FREE.

Promo code:

TXYOUTH

P.S : For those that will be in attendance we are asking that everyone go online and purchase parking for the game at : <https://utparking.clickandpark.com/> Parking will be at total of \$4.25. Note: The price will go up at the garage after 5:30pm to \$15.00 because we have another event going on as well.

#austintexanssc #austintexansstrong Texas Longhorns Soccer #texanslonghornssoccer



### **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](mailto:education@austintexanssc.com).

Potential tutors please email [education@austintexanssc.com](mailto:education@austintexanssc.com).

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

### **Parent Education Sessions**

Thanks to Dr. John Bartholomew, Professor and Department Chair Kinesiology and Health Education at the University of Texas at Austin, for another successful parent session with our Academy parents earlier this month. Dr. Bartholomew presented information on Youth Sport and Development. If you haven't had a chance to listen to Dr. Bartholomew's presentations, go to the Austin Texans YouTube channel and check them out.

We will have another Parent Education Session at the end of the fall season that will include players and parents from all age groups. Date to be announced.

### **English for Spanish Speaking Adults**

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](mailto:education@austintexanssc.com).

HAPPY BIRTHDAY TO ALL!!



Ernie Aguilar  
Cody Avant  
Dylan Ayers  
Mackenzie Blevins  
Joshua Bonds  
Kaitlyn Browne  
Jonathan Campos  
Marco Cano  
Sofia Cardenas  
Allison Coleman  
Brooklynn Copenhaver  
Genesis Crawford  
Aiden Czepiel  
Mallory Davila  
Illana Diaz deLeon  
Kayla Do  
Christopher DonJuan  
Jack Eisen  
Jennifer Eisen  
Tricity Esparza  
Caleb Firl  
Josiah Firl  
Tucker Flatt  
Anna Forshee  
Finley Gordon  
Nathaniel Haracz  
Kaylee Harbison

Samuel Harbison  
Camryn Hardeman  
Cranston Hardeman  
De'Andre Harper  
Jamareon Harwell  
Sandra Haubenreiser  
Linna Henson  
Daeyanna Hernandez  
Joe Hernandez  
Cristina Ibarra  
Ethan Inzana  
Mia Jardine  
Anthony Johnson  
Gennady Kuryakov  
Luka Latorre  
Eric Lozano  
Leilani Madrigal  
Ian McAlister  
Austin McClendon  
Jacob McGuff  
Neveah McGuire  
Adison McWethy  
Logan Melton  
Joselyn Olivarez  
McKade Olmstead  
Edith Ornelas  
Julia Partridge

Addison Paulsen  
Jayden Paz  
Mia Pelache  
Jovanny Resendiz  
Jose Alfredo Reyes  
Alexandra Reynolds  
Sophia Ruvalcaba  
OTTO SANCHEZ  
Julian Sandoval  
Conrad Schoenberger  
VICTORIA SHEFFY  
Rafael Simpson JR  
MASON SOUTHWOOD  
Nick Study  
Clara Surrec  
Brian Sweeney  
Emilie Taylor  
Isabel Vences  
Kaleb Viramontes  
Maggie Whittle  
Carsten Wuthrich  
Hannah Yocum  
Sedrek Zgadzaj