

MONTHLY NEWSLETTER

Volume 2, Issue 6
February 2015

Inside This Issue

Club News	1
Training Tips	2
Key Dates	2
Kudos	2
Healthy Hints from Seton	4

2015 Austin Texans Coaching Symposium

Special Guests:

Randy Waldrum, Houston Dash

Butch Lauffer, West Texas A&M University Head Soccer Coach



Club News

Austin Texans College Planning Program

Ashley Schevers, College Director

"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match." (Mia Hamm). Here at the Austin Texans, I believe that we are "adding more fuel" for the future careers of our young players. Throughout their club soccer career, they train, compete in matches, attend various presentations, showcase in tournaments, and follow the guidance of their coaches, parents and peers all to follow the common path of playing at the next level, collegiate soccer.

My name is Ashley Schevers and I am the College Director and the Girl's Assistant Director of Coaching for the Austin Texans Soccer Club. My role as the College Director at the Austin Texans ultimately is to provide a program that provides opportunities for our players to play at the collegiate level. We want to help our players achieve their long term and short term soccer goals.

The college recruiting process typically starts around the players' freshmen year, and is an ongoing process throughout their high school career. Although for the younger players this may seem a long time away, as I've always been told, it will be here before you know it. At the Austin Texans, we make the most of the time we have with the players to ensure that each player has the tools and resources available to them to make the recruiting process as seamless as possible. Once they reach high school, it is time to lay the foundation for the short, four year road to college.

Continued on Page 3

Key Dates

Academy Training Begins	Feb 16
Austin Texans Warm Up Cup	Feb 20-22
EXACT College Combine at the Texans Fields	Feb 28 – Mar 1
Houston Aces Tryouts at the Texans Fields	Mar 13-14
Spring Training Begins U15-U18	Mar 23
Austin Texans Golf Tournament	Apr 20
Texans Banquet	May 9
U11 Tryouts	May 11-12
U12-U18 Tryouts	May 26-27
3v3 Live Tournament	June 20

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



When: April 20, 2015 – Shot Gun Start at 1:00PM

Where: Golf Club at Star Ranch

How: Click [here](#) to register

Sponsors and volunteers are needed for this event

Sponsorship: atsctournamentdirector@gmail.com

Volunteering: Chris Ross at cross18@austin.rr.com

Training Tips

Click below for a video on shooting with power:

[Power Shot](#)

Kudos

Congratulations Class of 2015!

<u>Name</u>	<u>School</u>	<u>Division</u>
Farauz Abbaszadeh	University of Houston Victoria	NAIA
Courtney Dippel	West Texas A&M University	DII
Kyleigh Ellis	Hardin Simmons University	DIII
Trey Foster	Trinity University	DIII
Mariah "Shorty" Goehner	Dallas Baptist University	DII
Joshua Garcia	University of Texas Dallas	DIII
Caylee Kidwell	Northwestern State University	DI
Haleigh Lombardo	St. Mary's University	DII
Alyssa Luna	Ouachita Baptist University	DII
Emma Mele	Louisiana Tech University	DI
Amber Polizzi	Eastern New Mexico University	DII
Chelsea Reedy	Abilene Christian University	DI
Jose "Joey" Reyes	West Texas A&M University	DII
Herman "Gio" Wilks	West Texas A&M University	DII



Club News *continued*

Austin Texans College Planning Program

As a former player myself, I know from experience the time, stress, and work that it requires to make the hard decisions of the college recruiting process. With this in mind, I have worked with the club to provide various programs, presentations, and curriculums for the parents, players, coaches, and even team managers to make the recruiting course as uncomplicated as possible. Below are some of the amenities provided by the college program at the Austin Texans:

- Provide a recruiting curriculum to the players and parents, the team managers, and the team coaches
- Provide a coaching staff that calls universities and college coaches on behalf of the players in the club
- Inform and educate the players and parents of the club of the college recruiting process through various presentations such as Austin Texans College Night in the spring and fall
- Educate the team coaches through internal education with the college director
- Provide recruiting opportunities for our players to be exposed to various college coaches. These opportunities include:
 - Hosting ID Camps
 - Sending our teams to play against various universities
 - Sending our teams to various college showcases starting their freshmen year
 - Bringing in college coaches to run training sessions with our Austin Texans teams
- Provide a ceremony, Austin Texans NLI Signing Ceremony, to recognize our seniors who sign their National Letter of Intent to play in college with an athletic and/or academic scholarship
- Provide online education of the Austin Texans College program for reference and convenience
- Provide social media announcements and accomplishments of the Austin Texans College Program
- Provide a College Prep Training program throughout the summer for all incoming college freshman and former Austin Texans players to prepare for the upcoming pre-season

Every year, the number of players that graduate and sign to play for a collegiate institution grows at the Austin Texans. I believe that it is the cohesive efforts from players, coaches, managers, teammates, and directors that make this program more successful by the year. We are honored to have our seniors graduate with the Austin Texans Soccer Club, and want to thank them for their time and efforts. While we are very proud of our senior class and the work they have put in, the focus now shifts to the next generations following their footsteps.

“Most of us are in this for more than just playing soccer. We are in it for the bigger goal – to move it along for the next generation,” Landon Donovan, US Men’s National Team.

Coach G Guerrieri, Texas A&M University Head Women’s Soccer Coach Holds Training Session with 03 – 01 Girls



Healthy Hints from Seton

Eat Your Way to a Healthier Heart

By: Dr. Tannon Carroll, Cardiologist for the Seton Heart Institute, Seton Medical Center Williamson

By now, many adults are aware of the common guidelines for eating healthy. However, we can all use a reminder from time to time. Investing in your health by eating a healthy diet and enjoying an active lifestyle are your best ways to prevent cardiovascular disease.

In celebration of Heart Month throughout February, here are a few quick eating tips for your heart and your health.

Add color to your plate. Eating a variety colorful foods from all food groups, particularly fruits and vegetables, helps supply your body with the right assortment of vitamins, minerals, fiber and other nutrients your body needs. Nutrient-dense foods help control weight and blood pressure. Add a handful of blueberries or strawberries to your oatmeal or toss in purple cabbage to your green salad. When choosing grains, select only unrefined whole-grain foods, which contain fiber to help lower blood cholesterol and give you the feeling of fullness. Eat fish at least twice a week. Oily fish containing omega-3 fatty acids may help lower your risk of coronary artery disease.

Reduce your sodium intake. Much of today's prepackaged and restaurant prepared food is loaded with sodium. Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Therefore reducing sodium is an essential part of a heart-healthy diet. The Department of Agriculture recommends healthy adults consume no more than 2,300 milligrams of sodium (the equivalent of about a teaspoon). Adults over the age of 50, African-Americans with a family history and those diagnosed with diabetes, high blood pressure or chronic kidney disease should consume no more than 1,500 milligrams a day.

Watch for hidden fat and sugar. While many people scan labels for sodium or fat intake, it's also important to be aware of sugar. Many processed and packaged foods today contain hidden quantities of sugar—everything from peanut butter to salad dressing. So be on the lookout for sugars on the label. Limiting unhealthy fats and sugars are essential to reducing your blood cholesterol and lowering your risk of coronary artery disease. The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats. Choose low-

fat protein sources. This includes lean meat, poultry and fish, low-fat dairy products (skim milk), and egg whites or egg substitutes.

Plan your meals ahead of time. You're more likely to reach for highly processed food when you allow yourself to get too hungry. Plan your meals ahead to create daily menus with nutrient-rich foods. If you're traveling, pack healthy snacks to take with you. When you do eat out, select the lower-fat foods from the menu that are prepared simply, without heavy sauces and creams.

Top 10 Power Foods for a Healthy Heart

1. **Salmon** and other fatty fishes such as tuna, herring, and sardines
2. **Nuts** such as almonds, walnuts and macadamia nuts
3. **Berries** such as blueberries, raspberries and blackberries
4. **Dark, leafy vegetables** such as spinach, arugula and kale
5. **Legumes** such as black beans, kidney beans, lentils and chickpeas
6. **Extra-virgin olive oil**
7. **Avocados**
8. **Steel-cut oatmeal**
9. **Ground flaxseed**
10. **Sweet potatoes**