



MONTHLY NEWSLETTER

January, 2018

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Message from the Vice President

Hello Texans Families!

By a show of hands, who is ready for spring?!!

I hope everyone had a great holiday and enjoyed the break. It was a great chance to rest and hopefully heal some bruises, strains and just plain rest tired legs. I'm excited for the players to start the spring season and venture through HS soccer. Many of our older players are representing the Texans with class and skill across the high schools in central Texas. If you get a chance, get out and support your local high school soccer team.



We are kicking off the season with great events for our players with both the Girls Showcase/Combine last weekend and our Warm-Up Cup next weekend. These events provide a super way to get ready for the spring – challenging our teams with level of play, against teams they are not familiar with playing. In addition, we had 87 college coaches representing over 65 schools come watch our high school aged players this past weekend at the Showcase. Thanks to the volunteers and coaches that work hard to make these events happen!

Our goal continues to be to provide opportunities for our players to enhance their skills and level of play in a family environment.

Mike Connor, Vice President

Volunteer Spotlight – Jamie Gillon

Jamie has been a team manager for 3 years. He is always on top of things and does a great job! His son Riley plays on the 04B Red and son Cody ('12) plays in the Texans Recreational program.



Thank you for serving, Jamie!



From our Girls Director | JD Cochran



Parents and Players welcome back! I hope everyone had a great break!

The first week back we will be putting the players through Physical and Technical Tests that we have borrowed from US Soccer. The players will have fun with this.

Feb 1st we will be recognizing our Seniors. Each Senior will be given a Certificate certifying that they have graduated from the Austin Texans Soccer Club. We are very proud of them and wish them the best in their next chapter!

Feb 3rd and 4th we are hosting our Annual College Showcase. This year the event will be at the new Round Rock Multi Sports Complex. We are very excited as the event has grown and drawn teams from North Texas, South Texas and Oklahoma. We have College Coaches coming in from across the United States! We have put together a College Combine Feb 3rd during the Showcase. The combine has sold out! Lets all work together to get out and volunteer for the Showcase, Combine and of course bring those great desserts for the College Coaches!!!

Thanks for everyone's support and see you on the fields!

From our Youth Development Director | Tyson Wahl



Happy New Year!

Registration for both the Spring in our Academy and our Recreational soccer programs is still open. Recreational Spring season registration ends soon! Recreational soccer games will begin February 24th. Players are currently being placed to rosters and teams will fill up soon! Our Academy teams will participate in The Texans Warm Up Cup on February 10th and 11th. We continue to have a strong presence in the community through our school visit program and other events. The Texans Academy continued to strengthen with added players and teams over the Winter break.

Our Winter Futsal program was a success and the players had a lot of fun! Futsal is a fantastic way to get a ton of touches on the ball and work on skills in small spaces. We saw improvement in our Futsal players in just a few weeks. We will continue to grow our Futsal offering and improve our Futsal program. Please keep your eyes peeled for future Texans Futsal offerings.

Have a great Spring season!

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

Happy Holidays and Best of luck to all of the Texans Families from the Boys Staff!

- ❑ Regular training starts Jan 22nd. That week we will be doing Physical and Technical Testing.
- ❑ Feb 10-11th is the Warm Up Cup.
- ❑ 04B Finished 6th out of the 16 in Super Y finals in Florida on December. The level of competition was great.
- ❑ From January we will start very specific Technical pool session for 07s, 06s and 05s Boys and Technical-physical pool for older until end of season.
- ❑ We will have another camp from January 2 – 5, 2018 for U11 and older boys and girls. See website for details and registration information.

Thank you and happy holidays to all the Texans board members and coaches!



From our General Manager & Goalkeeping Director | Ric Granryd

THE UNIQUE CHALLENGES OF A YOUTH GOALKEEPER-PART 4

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 dealt with technical challenges. Part 3 dealt with the tactical challenges. The final part of this series is Part 4 - the **physical challenges**. In my opinion, the following physical attributes need to be developed in youth GK's:

- **Reactions:** We train these every session, in one way or another. The physical ability to stop a point blank shot with any part of the body changes the course of games.
- **Speed over 5-10 yards:** This ability to accelerate "off the mark," is vital to saving 1v1's, and defending through balls outside of the penalty area.
- **Agility and flexibility:** Fast and coordinated footwork is a necessity for all types of diving, strong positioning, and comfort with the ball at feet. Excellent flexibility begets great agility.
- **Balance and core/abdominal strength:** For the GK, these two areas are connected in that a stronger core leads to improved balance. And good balance helps with every save in the book.
- **Physical presence:** The best Gk's know how to make themselves "big," and in so doing, make the goal appear "small" for attackers. Maintaining that physical presence also involves staying on the feet for as long as possible. Presence also refers to the GK's physical location on the field (high line, coming off line on crosses) and strong, commanding, and confident verbal guidance.
- **What about height??** We should assess all of the attributes discussed in this series (technical, tactical, physical, and mental). However, in youth soccer, height is a factor due to the variety of maturational rates. However, once fully grown, a tall keeper is often challenged by low shots; and coordination, agility, and flexibility often suffer. The shorter GK can be challenged by high shots and crosses. But, being able to stop the shots within reach, to make good decisions, and to be able to control the ball matter more than height.



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Education Update

Texans Night at Cedar Ridge High School

Calling all future Raiders: Texans players will walk varsity soccer players out before the game. Texans players will also play small-sided games on the field at half-time. All players are welcome at either game. Come to one, or better yet, come to both.

Men's Game: Cedar Ridge vs. Westwood Tuesday, February 20 at 7:45

Women's Game: Cedar Ridge vs. Round Rock Tuesday, March 6 at 7:15

Are you interested in volunteering to set up a game at your high school? Contact Alison Stone at education@austintexanssc.com 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!!



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|-----------------------|----------------------------|------------------------|
| Mariah Acosta | Roberto Galvan | Mason Pollock |
| David Acuna | Brynn Gaytan | Ramon Ponce |
| Rivan Adhikari | Gabriela Giron | Gabriel Ponce |
| Javier Aguilar | Jonathan Gonzalez | Cesar Reyes |
| Kamila Aguilar | Lily Harbison | Zoe Rhoads |
| Kailey Anderson | Drew Hart | Melanie Rivera |
| Allison Bautista | Jude Hartman | Alan Rivera Salazar |
| Zoe Beene | Grace Harwell | Alejandro Rocha |
| Nathan Booth | Harrison Herndon | Jessika Rodriguez |
| Lana Brandt | Alicia Izquierdo | Luis Rohena |
| Zoe Briceno | Alexandra Johnson | Roger Rojas-Armas |
| Frank Brophy | Cameron Keating | Maelynn Rongey |
| Avery Brown | Drake Lawhorn | Ariel Sanchez |
| Daniel Bueno | Laetitia Le | Ethan Santisteban |
| Kaedynce Bullard | Alison Link | Samuel Schapiro |
| Aniyah Burke | Maria Fernanda Lozada | Landon Soto |
| Jorge Calderon | Sandy Lyons | Austin Torres |
| Itza Cantera-Guerrero | Lindsey MacLean | Allyson Torres Morales |
| Ridwan Chowdhury | Karime Maldonado-Hernandez | Jade Trevino |
| Rylee Crider | Colton Mansell | Andrew Wyers |
| Emme Davila | Damaris Martinez-Garza | |
| Aden DeJute | Jeannette Massey | |
| Abby Dieterich | Alaina Moore | |
| Faith Dlugosh | Alisha Nesbitt | |
| Sophie Duhon | Fabian Oliveros | |
| Brenna Ebbinghaus | Jeremiah Pfaff | |
| Angela Escobar | Peyton Polak | |