



# MONTHLY NEWSLETTER

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March, 2018

## Message from the President

Hello Texans Families!



I can't believe how fast this season has progressed. Tryouts for next year are right around the corner. We are working to plan all of the tryout logistics with locations and times. In order to have an effective tryout session, we are dependent on our families volunteering to help. If you are interested in helping be part of that process, please contact any member of our board, or Valerie Firl, Volunteer Coordinator at [valeriefirl@sbcglobal.net](mailto:valeriefirl@sbcglobal.net). We are looking for people for planning the logistics, setting up the fields and help coordinating day of events in the nights of tryouts.

Additionally, our new board elections are right around the corner. Look to our website for nomination forms or if you are interested in becoming a member of our board in July, please contact a current board member.

*Jeffrey Hartle, President*



## Volunteer Spotlight - Blanca Aguilar

Blanca Aguilar is the Team Manager for the 06G Red. This is her second year as Team Manager and she does a fantastic job! Her daughter Kamila plays on 06G Red and son Matias plays on 06/07B Gold.

Thank you for all of your hard work, Blanca!



## From our Girls Director | JD Cochran



The O2G traveled to Las Vegas March 17-18 to play in the Players Showcase. The showcase attracts over 300 coaches to watch over 500 teams from all over the country.

During the three day event, the girls played 4 games. It was a tough schedule, as the girls played 3 teams from California and the second ranked team from Montana. All the girls played very well throughout the weekend. The record for the weekend was 3 ties and 1 loss.

Great job ladies!



## From our Youth Development Director | Tyson Wahl



Teams are well under way for both our Recreational Soccer Programs and our Texans Academy. Both groups have seen increases in size and are having a ton of fun out on the fields!

Our Recreational Program just finished up with team pictures and be sure to look on social media for our Player of the Week pictures.

We will have an Easter Party at Riverwalk on April 6th for U8 and below.

U11 Select Tryouts will be May 14th, 15th, and 16th. Mark your calendars!

Summer Camps:

Defensive Wahl Camps: June 11th, 12th, 13th.

Elite Camp: July 9th, 10th, 11th, 16th, 17th, 18th.

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



2018 we have offered an extra session to all of the non-HS teams to help them develop faster as a team and individually.

Boys Staff have been attending HS games to support our players.

We have spent a lot of time on our players' game knowledge based upon the Austin Texans syllabus and we can see they have a better vision during the game, so we are very proud.

Wish all the Texans families the best and thanks for all your support!

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



#### The Value of Goalie Wars!

Thanks to many of you who participated in our 2<sup>nd</sup> Annual Goalie Wars! It is a great event for GK's and field players alike. Who doesn't like scoring goals, right?!

On the surface, games of 2-minute halves with a 1-minute half-time does not sound all that challenging. We have even played with the idea of increasing it to 3-minute halves. Well, by the number of players really physically challenged in those last minutes of the game, 3 minutes would be too long!

Each game is like a boxing match – with maximum efforts on every throw, kick, and save; getting up and down from the ground on most every play; and having a new ball immediately put into play every turn. Players are generally spent at the end of each game. So, the game IS very physically challenging.

The main point I want to raise about the Goalie Wars is that the game showcases a GK's distribution techniques as well as the shot-stopping technique. As I have mentioned in earlier articles, the game for GK's has evolved to the point that we are the "1<sup>st</sup> Attacker," not the last defender. Much emphasis is now put on the GK's ability to maintain possession for the team, following the save. So, just making the save, does not cut it anymore. Being able to strike a ball with accuracy from the ground or the hands to an outside midfielder running wide, or to a forward getting behind the defense, is an expectation now. Being able to throw the ball in a variety of ways to start a build –up out of the back or initiate a quick counter-attack, is a huge part of the position now. The Goalie Wars games really puts those techniques on display as much as the shot-stopping. I would say that most Goalie Wars games are won with strong ball-striking and throwing.

I encourage whatever "down time" the GK's have prior to training or following training, be spent working on throws and kicks.

**HUMANCARE  
FOR LITTLE HUMANS**



# How to Choose the Right Shoe

Choosing a good shoe is extremely important, especially if you are experiencing or have a history of foot/ankle or lower leg pain. Not all shoes are built the same. Running shoes provide the greatest comfort when walking or running. They are manufactured for 3 foot types: overpronator, supinator/underpronator and a neutral foot. If you think about how much we are on our feet in a day, it makes perfect sense to wear a shoe that is made for your type of foot.

## The Overpronator

The shoes made for this type of foot are called motion control shoes. If the inside part of the heel of your shoe is worn excessively or flattened, you could be overpronating. These shoes are designed to limit excessive inward motion of our heel when we walk or run. They are the most rigid type of running shoe. They are usually a little heavier than the other shoes.

## The Supinator/Underpronator

The shoes made for this type of foot are called cushioned or shock absorption shoes. If your shoe is worn or flattened on the outside of your heel, you could have this type of foot—too little or no inward roll of the foot. These shoes are designed to be very flexible. They are the lightest and softest running shoe. They usually have extra features to absorb shock, such as gel or air.

## The Neutral Foot

The shoes made for this type of foot are called stability shoes. They have some features of a motion

control shoe but are less rigid. They offer a good blend of cushioning, support and durability.

## When to Get New Shoes

It is often recommended to purchase new shoes a minimum of once a year. Age of the shoe, body heat, activity and outdoor temperature all contribute to the breakdown of the cushioning and support of a shoe.

## Helpful Hints when Buying Shoes

- Get your feet measured by the salesperson. Even after we stop growing our feet actually lengthen and widen, sometimes as much as two sizes—length and width! You want to be in a shoe that fits the dimensions of your foot. You don't want your feet to feel that they are being squeezed into a shoe.
- If you are buying shoes for running, make sure to purchase a shoe that is  $\frac{1}{2}$  to 1 size larger than the length measurement of your foot.
- Make sure the part of the shoe that holds your heel steady (the heel counter) feels rigid and solid when you squeeze it. It helps hold your foot more steadily in the shoe.
- Go shopping for your shoes in the middle or toward the end of the day. You want to try on shoes after you have been on your feet for a while.
- Get a shoe that feels very comfortable. Don't try to convince yourself that you need to give shoes time to "break in." If it doesn't feel comfortable in the store, don't buy it.

### *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!

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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!!



Aavan Adhikari  
Aiden Pedroza  
Andrew Bailey  
Andrew Brophy  
Angel Rocha  
Angel Rocha  
Archer Hamson  
Asani Manning  
Asani Manning  
Ashley Wallen  
Austen Autrey  
Aysha Ogden  
Bailey Barker  
Berenice Rojas  
Blake Tobias  
Brady Southwood  
Calista Chervinskis  
Camryn Levee  
Christopher Bonds  
Christopher Lozada  
Christopher Patureau  
Chrstian Leftridge  
Connor Cluin  
Crystal Jaimes  
Damo Kouakou  
Elizabeth Busby  
Ethan Stephenson

Everett McGinn  
Fernando Garduno-Jaramillo  
Grace Davis  
Hailey Fitzgerald  
Halee Avant  
Harper Drury  
Henry Jones  
Hunter James  
Idriss Kahia  
Isaiah Santisteban  
Jack Doty  
Jacob Waeltz  
Jadelynne Arellano  
Jasmin Torres  
Jayden Guerrero  
Jeremaih Hawthorne  
Kaitlin Davis  
Kolbie Turner  
Kyle Turnipseed  
Kylie McCartney  
Luz Medrano  
Madison Harrell  
Mason Beckley  
Mason Richard  
Mateo Montiel  
Matias Aguilar  
Max York

Miguel Escalante  
Mitchell Anderle  
Nathalia Barboza  
Nicholas Lueck  
Nicole Sanchez  
Perla Joanna Rojas  
Peyton Schmidt  
Pranav Nair  
Rachel Mahan  
Rebekah Shanahan  
Rece Loerwald  
Robin Benavides  
Rylan Smith  
Saryn Paulsen  
Simone Lewald  
Sophia Pina  
Talha Kaya  
Teresa Jones  
Tiarra Hodges  
Tyler Edington  
Valerie Groves  
Yael Sanchez  
Zoe Nelson