



AUSTIN TEXANS

MONTHLY NEWSLETTER

January-February, 2019

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Message from the President

Hello Texans Families!

Welcome back for the Spring season!



We are expecting the unpredictable weather, the challenges and camaraderie which come with the High School soccer season, Spring Break, and the ramp-up before tryouts. The Spring season can be frenetic!

I wish all of our Texans players and families all the best this season!

As always, if anything is amiss, or if you have any suggestions and/or feedback, please do not hesitate to contact me at president@austintexanssc.com.

GO TEXANS!

Michael Connor, President



Volunteer Spotlight – Brian Embry

Brian has been the 00B team manager for 2 years. He keeps the team running smoothly for the parents and Coach Kai. Thank you so much for all that you do, Brian! Brian's son, Eric plays for 00B.



 **Seton**

 **Ascension**

From our Girls Director | JD Cochran



College Showcase and College Combine

Our Annual College Showcase and Combine Feb 2nd-3rd drew over 130 college coaches, 90 teams and over 1400 players from all over the world! In its 3rd year the College Showcase filled every time slot and field at the beautiful Round Rock Multi Sports Complex.

“We were very pleased with the growth of the event” says, JD Cochran the Showcase Director. “We brought in players from Germany, England, Mexico and even Collegiate players for our College Combine. We doubled the number of teams from our first year’s event by expanding the Showcase to both girls and boys. As the game of soccer continues to grow each year we have to keep thinking outside the box. I think this is the first Showcase in South Texas that runs both the boys and girls together and it was a great success.”

Thanks to all of the volunteers, coordinators and staff for working together to put on a fantastic weekend for everyone. We would also like to give a special thanks to Karl Halibi for coming over from England. Karl specializes in Fitness Performance, Sports Recovery and Nutrition.

Austin Texans Class is 2019

The Class of 2019 graduates in just a few months! We are super excited about this year’s class of graduates. While every player doesn’t move on to play collegiate soccer it’s been our pleasure to work with each and every player. Being an athlete isn’t easy as you have to juggle many different things: School, Family, Friends and of course Soccer are just a few examples. It’s amazing to see how players can accomplish so much on and off the field. I was very honored to be invited to so many signing days and just be a small part of each of the players lives. I hope the best for each and everyone of them on their next adventure!

To see all of our 2019 soccer signings and our Alumni click here: <https://www.austintexanssc.com/alumni>
Please contact me for more information at jdcochran@austintexanssc.com

From our Director of Player Development - David Garcia Hevia

I am excited about joining the Texans family!! The Academy and Recreational programs are growing, and I look forward to carrying on the things which has fueled that growth, and also add some new ideas to continue the upward trajectory.



In my first couple weeks in the position, we have:

- Developed a Academy Job profile for all coaches
- Implemented Academy program processes: *Objectives for the next 3 years; *Long term player development plan *Academy Curriculum *Player profile *Practice Structure *Style of Play *Practice Macro Cycle *Technical and Tactical Matrix *6 weeks of Sessions (12 practice sessions)
- Implemented Recreational program processes: *12 Week Curriculum for U4 to U7 *10 Week Curriculum for U8 to U10 *Coaches meeting document *Recreational Coaches Manual

Please reach out to me with any inquiries relating to our Academy and Recreational Programs:
dgarciahevia@austintexanssc.com

David Garcia Hevia
Director of Player Development

Club Highlights & News

From our Boys Director | Daryuosh Yazdani



- Boys showcase was successful. Great team work. Many thanks to all the coaches. (26 teams, 37 coaches representing 30 schools). We will continue to grow next year.
- College Coaches Night #3: Coaches Panel. Wednesday April, 18
- * College Combine Thursday May/9th
- * Dallas Cup April- 2019 : We have two teams who won the Fall Festival in Dallas and they will be competing: Congrats to 2000 Boys and 2004 Boys!
- U11 Tryouts May/14-15-16
- * U12-19 Tryouts May/28-29-30

From our General Manager & Goalkeeping Director | Ric Granryd



We welcome two new coaching staff members to the Club!

❑ David Garcia Hevia, Director of Player Development/Head Coach.

David will focus on developing players and coaches in the Recreational and Academy programs. He will also be the Head Coach of two select teams. Read his full bio here: <https://www.austintexanssc.com/davidgarciahevia>

❑ Danny Gildea, Head Coach – Academy

Danny is coaching the 09 Boys Academy team this spring. He comes to us with tremendous technical talent and a strong digital/social media presence. Read his full bio here: <https://www.austintexanssc.com/danielgildea>

When you see these guys, be sure to say Hi and introduce yourselves!

Also, best wishes to the following coaches who are taking the US Soccer “A” Coaching license this spring. This is a rigorous 6 month process!

Daryoush Yazdani

Kai Gockell

David Garcia Hevia

Brad Matheny

Good luck, coaches!!

Finally, our 3rd annual Goalie Wars is right around the corner, on Wednesday, March 20!

Register here: <https://www.austintexanssc.com/goalie-wars>



CONCUSSION

A Must Read for Young Athletes

Let's Take Brain Injuries Out of Play

CONCUSSION FACTS

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a blow to the head or body:
 - from contact with another player, hitting a hard surface such as the ground, ice, or court, or
 - being hit by a piece of equipment such as a lacrosse stick, hockey puck, or field hockey ball.
- A concussion can happen even if you haven't been knocked unconscious.
- If you think you have a concussion, you should not return to play on the day of the injury and until a health care professional says you are OK to return to play.

CONCUSSION SYMPTOMS

- Concussion symptoms differ with each person and with each injury, and may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

WHY SHOULD I REPORT MY SYMPTOMS?

- Unlike with some other injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.
- While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and the likelihood of long-term problems.
- In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to your brain. They can even be fatal.

What Should I Do if I Think I Have a Concussion?

DON'T HIDE IT, REPORT IT.

Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT.

Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN.

A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

All concussions are serious. *Don't hide it, report it. Take time to recover. It's better to miss one game than the whole season.*

From Marketing Director, Justin Lawhorn



Texans Tryouts for 11U (2009 birth year) begin May 13!

Tryouts for 12U and older (2008 and older) begin May 28!

Please contact me at marketing@austintexanssc.com if you have any club marketing ideas or thoughts!

Thank you!

From Sponsorship/Fundraising Director, Rob Gillinder



A reminder of a few things that are going on currently.

Teams are welcome to get involved with RS3 at either the HEB Center or the Dell Diamond. 50% of those involved will need to get their TABC Certification online.

Also we are continuing to take preorders for the Austin Texans Blankets. We would like to get at least 50 Preorders before we place the order. You can email me at fundraising@austintexanssc.com to let me know if you are interested. I have received a good amount of interest but we have not reached 50 yet.

Also with the cold weather for the Warm Up Cup you may have missed that we now have Red Austin Texans Soccer Club hats on sale for \$20. You can contact me or the office if you would like to order one.

We would like to partner with a few restaurants for our upcoming February tournaments, so if you know of any that would be a good fit in either Round Rock or Pflugerville, please let me know at fundraising@austintexanssc.com.

Wishing you all the best!



Financial Peace University

Tuesday nights from 6:30-8:30pm starting Oct 2.

The Hill Country Bible Church Pflugerville would like to invite you to attend the Financial Peace University. It meets for 9 weeks.

Link: <http://www.hbcpcf.com/fpu> 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!!

M Acosta	G Fisher	A McNulty	R Rojas-Armas
D Acuna	A Flores-Vivas	A Mejia	M Rongey
M Adame	J Flowers	L Mendoza	A Ross
R Adhikari	I Frausto	B Metayer	L Rowden
J Adkins	J Frickel	A Miller	S Ruiz
K Aguilar	e Gallardo	E Minix	A Sanchez
J Aho	B Gaytan	A Misra	C Schwandt
M Aho	G Gebert	K Montalvo	K Shetler
A Amaro	D Ghassemi	D Montoya	Z Sifuenetez
M Araujo	G Giron	E Moore	E Sliwoski
S Balderas	K Gonzales	A Moore	G Smith
L Banning	A Goodman	R Munoz	N Soto
A Barraza	B Greenhalgh	J Musgrove	N Spradley
M Barron	C Griffen	M Nading	K Tavasoli
A Bautista	J Guerrero	a nesbitt	M Tiner
Z Beene	T Hall	F Oliveros	A Torres
T Bledsoe	L Harbison	I Parada	J Trevino
N Booth	D Hart	S Parker	K Turnipseed
F Brophy	J Hartman	H Payne	R Venson
A Brown	G Harwell	L Payne	O Viramontes
D Bueno	C Heintz	J Payton	C Woods
A Burke	H Herndon	F Paz	M Wooster
A Burns	R Hoff	S Pena	A Wyers
M Byse	a izquierdo	T Peoples	E Ziegler
A Cancino	S Jacobs	J Pfaff	
I Cantera-Guerrero	M Jishnu	E Piche	
V. Chavez	K Johnson	P Polak	
R Chowdhury	M Johnson	K Polka	
C Chrisman	A Jones	G Ponce	
S Combs	K Keith	E Pyle	
E Cornett	J Kennis	L Ragan	
C Crain	K Kiley	C RAMOS	
S Cruz	K Klein	K Ramsey	
E Davila	B Klein	C Randall	
A Davis	D Lawhorn	J Reed	
A De La Cruz	M Levee	M Reveles	
R. Deckard	A Lopez	K Riney	
A DeJute	A Lyons	A Rivera Salazar	
Z Dick	S Lyons	V Roa	
F Dlugosh	P Madden	J Rodea	
J Dozier	M Magana	A Rodriguez	
J Duncan	D Martinez-Garza	J Rodriguez	
L Eason	C McLane	H Rogers	