



Central Texas

STARZZ

NEWSLETTER

Stars Take Second Place
Seven Pillars of Teamwork
Shepherd: CUSA Player of the Week
Gatewood: NTJAC Player of the Week
Team Ten Commandments
An Athlete's Prayer
The Exceptional Player

March 2019



MISSION STATEMENT

The mission of the Central Texas STARZZ basketball program is to provide an opportunity for our young people to develop and improve their basketball skills, as well as their personal development. Through basketball, our young people will learn valuable lessons about teamwork, discipline, respect, hard work and the value of making good decisions through participation in competitive sports.

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The Central Texas STARZZ is a non-profit 501(C)3 youth program, a member of the Amateur Athletic Union (AAU).



STARS Take 2d Place



Front row: Madison Johnson, Maryana Knotts, Jessica Duke, Audrey Herline, Back Row: Coach Charles Lyons, Chloe Tuiasosopo, Indigo Newbury, Hadassah Knotts, Ja'Nay Brown, Coach Dorothy Lyons (Not pictured is Haley Moser)

23 Feb 19. The Copperas Cove Parks and Recreation 12U Stars team finished second in the league tournament. After finishing in last place in league standings, the Stars were matched against the undefeated Lady Mystics. The Stars won the game by a 28-10 score to advance to the championship game against the Lady Wings.

The teams played to a 4-4 tie at the end of the first quarter. In the second quarter, the Lady wings took control and won the championship with a 34 – 16 win.

It's Not Where You Start ... It's Where You Finish!





CENTRAL TEXAS STARZZ

SEVEN PILLARS OF TEAMWORK

Teams with talented players have an (obvious) advantage, but they are not guaranteed success. Talent is not enough by itself to win a championship.

Basketball is a *team* game. Thus teamwork is an essential ingredient to success. Players must put the team first.

A great player can win *any* game. A great team can win every game. If you have talent, you need teamwork to maximize it. If you are short on talent, you need teamwork to overachieve.

THE PILLARS

Lead your teammates. Coaches cannot be the only leaders on the team. Leadership must come from the players, on and off the court, at every practice and every game.

Elevate your teammates. If you aren't making your teammates better; you are making them worse. Players need to raise the level of their teammates through their enthusiasm, encouragement and through working hard by example.

Respect your teammates. You don't have to be BFF's with every teammate. But you do have to respect every teammate. The starting point guard needs to respect the last player on the bench (and vice versa). Respect them as a person; respect their role.

Trust your teammates. You have to trust that your teammates know, accept and embrace their role. You have to have full confidence that they will be in position on 'help defense' and trust they'll make the shot when you give them the extra pass.

Discipline your teammates. Players need to police each other on and off the court. Coaches can't be everywhere. Coaches can't see everything. Players need to 'fix' poor behavior internally.

Back your teammates. A team is a family. Would you let someone pick on your little brother at the park? I hope not. If your teammate ever gets in a bind, on or off the court, they need to know you have their back.

Challenge your teammates. Competition amongst teammates is invaluable. If you are the 'back-up' point guard, you should challenge for that starting position every single day. Not challenging your teammates during practice is selfish. Competition should bring out the best in everyone.

Championship teams are never built exclusively with extraordinary players. They are built primarily with ordinary players doing extraordinary things *together*.



**TEAMWORK IS THE
BEAUTY OF
BASKETBALL.
FIVE PEOPLE
WORKING AS ONE.
YOU BECOME
SELFLESS.**

MIKE KRZYZEWSKI

SHEPHERD FRESHMAN OF WEEK



DALLAS – Charlene Shepherd of the University of North Texas earned her first Conference USA honor by being selected as the Freshman of the Week for her performances against Florida Atlantic and Florida International University last week. Shepherd scored a career-high 16 points and pulled down a game-high seven rebounds in the win over FIU Feb. 16. In the third quarter, the Killeen native hit a deep two and then nailed a 3 on the next offensive possession to increase the margin to 56-28 to help put the game out of reach. Against Florida Atlantic Feb. 14, the forward dished out a career-best three assists in the 20-point win. In the two victories, Shepherd shot 46 percent from the field, 88 percent from the free throw line, and recorded 11 rebounds along with five assists. Shepherd becomes the first Mean Green of the season to achieve the award *and only the second overall UNT player in program history.*

GATEWOOD PLAYER OF WEEK



Region V announced today that Temple's Makayla Gatewood has been named the North Texas Junior College Athletic Conference Player of the Week for the week of February 3-9. Gatewood, a sophomore forward from Killeen, averaged 28.5 points per game and 14 rebounds per game last week in the Lady Leopards games against Grayson (31 points, 14 rebounds) and Weatherford (26 points, 14 rebounds). Gatewood has had nine double-double games on the year, two of which were in last week's performances. This is also Gatewood's third Player of the Week honor this season. She also received Player of the Week for October 28-November 3 after starting the season with back to back double-doubles. Her other Player of the Week honor was for the week of December 30 – January 5 in which she averaged 17 points and 11.3 rebounds in a three-game stretch and recorded two double-doubles.

ONI BOODOO COMMITS



So pleased to announce that Oni Boodoo, one of our very first Lady STARZZ players, has committed to play basketball for the Mountaineers of Schreiner University in Kerrville, Texas. Congratulations!



Tryouts

17 Feb 19. The Central Texas STARZZ held tryouts to fill teams for the upcoming 2019 Spring-Summer season. We still have openings for boys and girls, 5th and 6th grade.

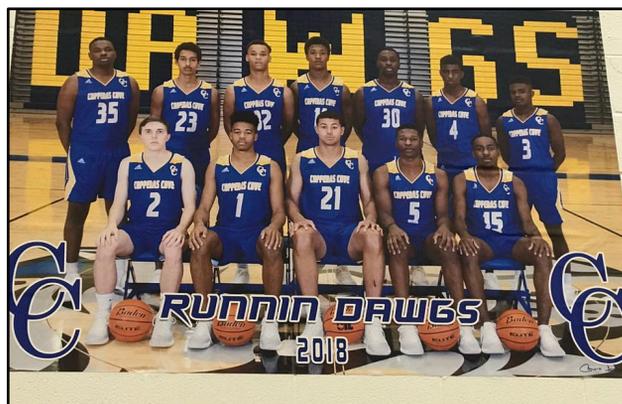


BULLDAWGS

Basketball



The Copperas Cove Lady Bulldogs lost to Mesquite Horn 58-44 in the first round of the basketball play-offs Monday night. The game was played at McLennan Community College in Waco. Cove's Madison Griffon was the leading scorer with 20 points. Cove finishes the season at 27-9.



The season also came to a close for the boys basketball team after Waco upset Midway 65-42 to secure the fourth and final playoff spot. Cove fell to first-place Ellison 71- 56 Tuesday and needed second-place Midway to defeat Waco to force a fourth-place tie. Quinton Ford had 23 points and seven rebounds for Cove and Tyrese Taylor had 13 points and 10 rebounds. Cove finished the season 20-15 overall and 7-9 in district.

TEAM TEN COMMANDMENTS

The Team Can Make Adjustments When It Knows Where It Stands

1. There are no problems we cannot solve together, and very few that we can solve by ourselves.
2. The belief that one person can do something great is a myth.
3. Teamwork is birthed when you concentrate on “we” instead of “me.”
4. We should not only use all the brains we have, but all that we can borrow.
5. The goal is more important than the role.
6. If you think you are the entire picture you will never see the big picture.
7. If a team is to reach its potential, each player must be willing to subordinate his personal goals to the good of the team.
8. Everybody on a championship team doesn't get publicity, but everyone can say he's a champion.
9. No one of us is more important than the rest of us.
10. When the team you have doesn't match up to the team of your dreams, then you have only two choices and that's give up your dream, or grow up your team.

AN ATHLETE'S PRAYER

I thank you, O God, for giving me a body which is specially fit and strong, and for making me able to use it well.

In my training, help me never to shirk the discipline which I know that I need and that I ought to accept.

In my leisure and in my pleasure, help me never to allow myself any indulgence which would make me less fit than I ought to be.

When I compete with others, help me, win or lose, to play fair. When I win, keep me from boasting. When I lose, keep me from making excuses. And help me always with good will to congratulate a better player who beat me.

Help me so to live that I will always have a healthy body and a healthy mind

This I ask for your love=sake.

Amen



IT'S NOT HOW YOU START THAT MATTERS
IT'S HOW YOU FINISH

THE EXCEPTIONAL PLAYER

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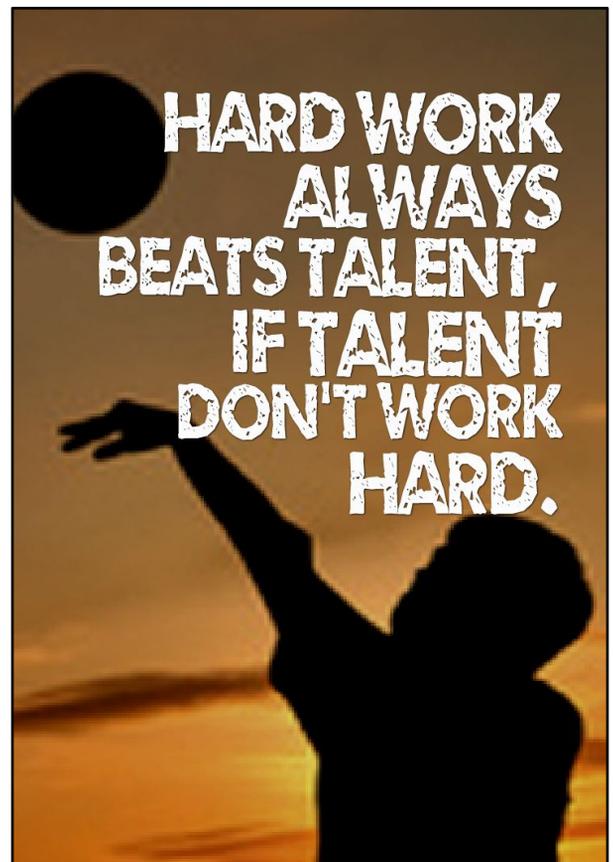
These are some of the things that make a player a standout above the rest. The exceptional player:

2. Always plays great defense, even when his/her offense is "off".
3. Always hustles, boxes-out and rebounds.
3. Sees the whole floor and is an excellent passer, able to find the open teammate.
4. Is a good ball-handler, avoids costly turnovers.
5. Can shoot from outside.
6. Can drive, "take it to the hoop". You can't rely on just an outside shot, or just your ability to drive. You've got to be able to do both. If you can't score from outside, the defense will "sag" and not allow you to drive. If you can't drive, they will guard you close outside, and not allow your outside shot. You've got to be able to do both so that the defense cannot key on either aspect of your game.
7. Looks for the open shot all the time. Doesn't stop shooting just because of missing one or two shots early in the game. If a great player starts off "cold", he/she will usually get it going by hustling, playing good defense, getting a steal or two, and getting into the flow of the game, and getting an easy lay-up or free-throw. Then the shots will start falling.
8. Can make clutch free-throws.
9. Stays out of foul-trouble.
10. Has "mental toughness"... is able to sense the critical times in a game and elevate his/her game and teammates a notch (especially with defense, hustle and rebounding). Is able to make the "big plays" in crunch time. Is able to do the "little things" needed to win...like making the pass to an open teammate, setting a perfect screen, making a steal, etc. Keeps focused...does not get upset by a bad call. Is able to forget mistakes and keep playing hard. Understands the game situation, the clock.

11. Inspires and leads his/her teammates by example, hard work and hustle in practice and during games. The exceptional player works harder than anyone else. You can't ask your teammates to practice and play harder if you're not there yourself. Exceptional players are not born...they become exceptional by hard work and dedication.

12. Understands the concept of "team" and "family". It takes more than skill to have a championship team. You must have team "chemistry", respect for each other, a common goal, and help and encourage each other.

13. The exceptional player is "coachable". Listens and works closely with the coach. Is willing to try new things and is willing to "step up" when the coach needs some leadership on and off the court.



Become a Sponsor!

Platinum Sponsor - \$500

- Recognized on webpage/Facebook
- Recognized at the end- of-year party
- Receives recognition plaque, signed STARZZ basketball, polo shirt and cap, and window decal

Gold Sponsor - \$250

- Recognized on webpage/Facebook
- Recognized at the end- of-year party
- Receives recognition plaque, polo shirt and cap
- Receive window decal

Silver Sponsor - \$100

- Recognized on webpage/Facebook
- Recognized at the end- of-year party
- Receive recognition plaque
- Receive window decal

Bronze Sponsor - \$50

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- Receive Certificate of Appreciation
- Receive window decal

Booster Sponsor- \$25

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Baller Sponsor- \$10

- Receive window decal

Contact Charles at 254-290-0730 or email at ccstarzz09@aol.com



SPONSORS/SUPPORTERS



Mrs. Janet Ritter writes a sponsorship check to the Central Texas STARZZ . We thank her.



We thank Mrs. Gladys M. Miller for her kind donation to the Central Texas STARZZ.



The Central Texas STARZZ thanks Mrs. Eva Eutsey for her kind contribution.

MEDICAL

CONCUSSION: *Signs & Symptoms*

- Confusion and Disorientation
- Loss of Consciousness
- Headache
- Dizziness
- Nausea and Vomiting
- Loss of Balance
- Double Vision or Fuzzy Vision
- Ringing in the Ears
- Slow or Slurred Speech
- Seeing "Stars"
- Feeling Stunned or Dazed
- Emotional or Personality Changes

CONCUSSION: *Management & Rehabilitation*

An athlete should never return to play while symptomatic.

When a player shows ANY SYMPTOMS or SIGNS of a concussion...

✗ The player should not be allowed to return to play in the current game or practice.

✗ The player should not be left alone, regular monitoring for deterioration is essential.

✓ The player should be medically evaluated.

CONCUSSION: *Guidelines for Coaches, Players, Parents & Officials*

- Concussion is a Brain Injury
- You do not have to lose consciousness to have a concussion
- Symptoms are often subtle
- Wear properly fitted protective equipment
- **The head (helmet/facemask) should never be used to make initial contact with another player**
- A concussion may be caused by a direct blow to the head, face, neck, or anywhere else that causes a severe and sudden movement to the head/neck
- Medical Clearance by an appropriate physician is mandatory before return to play

CONCUSSION: *Follow these 6 steps before returning to play.*

Players must be asymptomatic for 24 hours BETWEEN each step.

- 1.** No activity, complete rest. Once asymptomatic, proceed to step two
- 2.** Light aerobic exercise such as walking or stationary cycling
- 3.** Sport-specific training. (e.g. running in football, skating in hockey)
- 4.** Non-contact training drills. May start progressive resistance training
- 5.** Full-contact training after medical clearance
- 6.** Game Play

Walmart
Neighborhood Market

Fundraiser



Saturday, March 16, 2019
10:00 pm – 5:00 pm
Clear Creek Rd Killeen, Texas

Supporting the



March 23



LAMPASAS SPRING CLASSIC

Walmart

Fundraiser



Saturday, March 30, 2019
09:00 – 4:00
Copperas Cove, Texas

Supporting the



JOIN OUR FUNDRAISER AT RAISING CANE'S!

Mention the fundraiser at the register
and Cane's will donate 15% of sales to:

Central Texas STARZZ

DATE & TIME:

March 28th, 2019 from 11:00am - 10:00pm

LOCATION:

2730 US 190 Business Copperas Cove, TX 76522
254-518-5963



raisingcanes.com

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jr.  nba

»» TRYOUTS! ««

March 23, 2019

High Chaparral Youth Center

Girls start at 8am to 12pm

Boys start at 1pm to 5pm

OPEN to ALL youth ages 13-14 ONLY

Youth Sports & Fitness is looking for youth basketball players to fill (1) girls team and (1) boys team to participate in the JR. NBA Regionals!

Regionals: June 7-9, 2019 in Irving, TX

Championship: August 2019 ESPN Orlando, FL

**** Youth must be age 13-14 prior to Sept 1, 2019 ****

NO COST

For more information please contact YS&F

(254)288-3770/2214

www.jr.nba.com

