

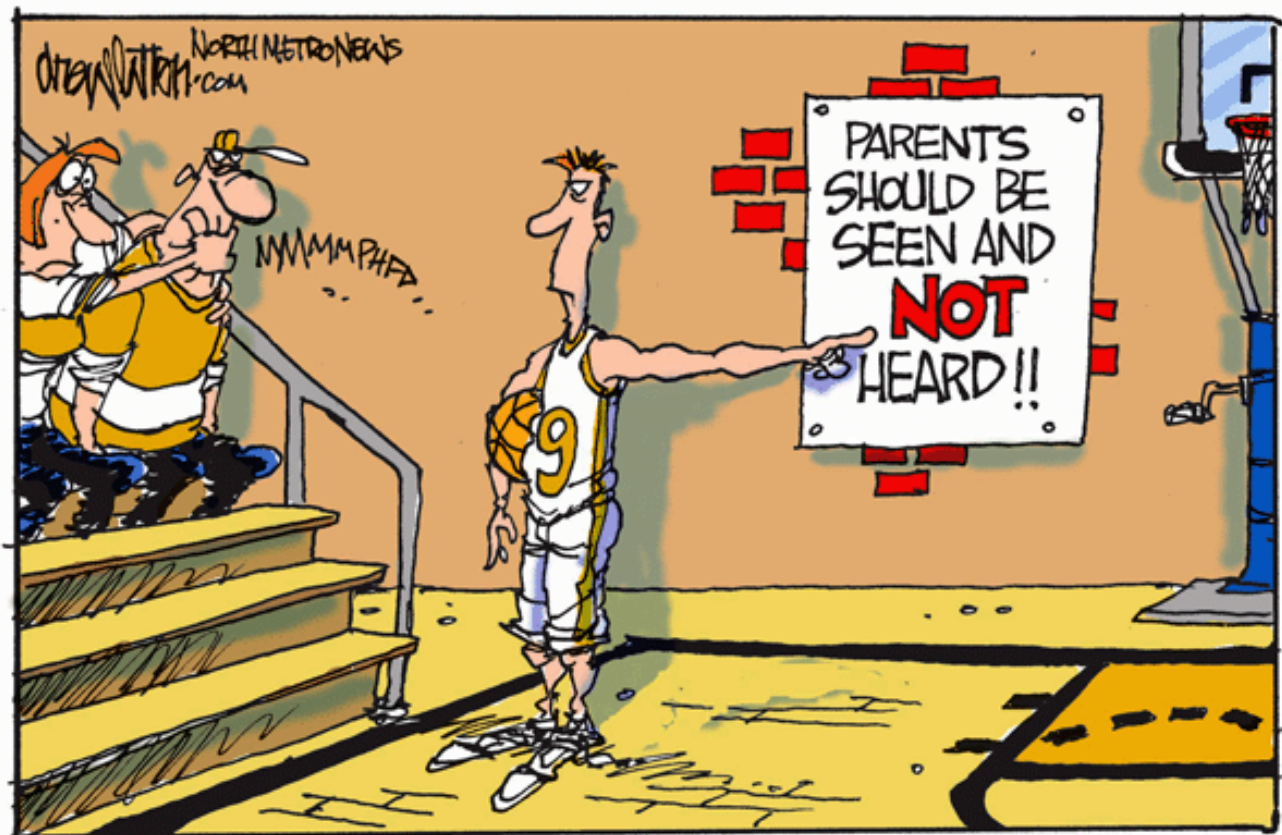
CENTRAL TEXAS STARZZ

Serving Central Texas

January 2016

Since 2009

HORRIBLE SPORTS PARENTS



Are you a horrible sports parent? All parents want to help and support their kids who play sports. Most are able to do so in ways that don't hinder others' enjoyment or put unnecessary stress on the players themselves. However, a few parents always seem intent on ruining it for everyone. These are the type of parents who can disrupt a team and cause undue embarrassment to their children and team. On page five are ten ways to determine if you fall into that category.

SEVEN GOOD REASONS TO GET YOUR CHILD INVOLVED IN SPORTS

ENCOURAGE A HEALTHY LIFESTYLE

Making exercise a part of your child's life teaches your child the importance of fitness. This, along with proper nutrition, plays a vital role in maintaining health. Children need physical activity every day and participation in sports helps fill this need. With today's wealth of video games and increasing computer literacy, daily physical activity is often times forgotten. Getting your child involved with sports helps them make exercise a part of their lifestyle and increases their chance of a being a healthier adult. Continued on page 5.



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.

CENTRAL TEXAS STARZZ

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Copperas Cove, Texas 76522

254-290-0730

Email ccstarzz09@aol.com

Web www.starzzbasketball.com

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The Central Texas STARZZ, since 2009, is a non-profit 501(C)3 youth program, a Amateur Athletic Union (AAU) member.



THE CLIPBOARD



Dorothy, Jasmin and I, welcome you to the 7th season of the Central Texas STARZZ basketball program. We are looking forward to a great year. Our primary focus this year will be recruiting teams in the younger, middle-school, age brackets. However, we are open to fielding as many teams as possible, depending on availability of coaches, and adequate number of players.

We will start weekly Shoot-Arounds next week and tryouts late February or early March. If you are interested, send us a text at 254-290-0730. We will be putting out additional information as it becomes available.

COACHES WANTED!

The Central Texas STARZZ are seeking experienced coaches in youth basketball. You will be required to pass a Fort HOOD CYSS background investigation. If interested, please contact us on our web page ccstarzz09@aol.com or text 254-290-0730. We will get back with you!

WANNABE A STARZZ?

The Central Texas STARZZ are recruiting players for its Spring/ Summer basketball program. If you are interested in playing with the STARZZ, contact us at ccstarzz09@aol.com or *TEXT* us at 254-290-0730. We will get back with you!



**"HARD WORK BEATS TALENT ...
WHEN TALENT DOESN'T WORK HARD"**

UNIVERSITY OF TEXAS – SAN ANTONIO

#3 ALEXUS DUKES

Position: Guard **Height:** 5'6"

Year: Freshman **Hometown:** Harker Heights,
Texas **High School:** Harker Heights HS

HIGH SCHOOL

Three-year starter for the Harker Heights Knights ... garnered first team all-district honors and was a McDonald's All-American nominee her senior year and was also a Texas Association of Basketball Coaches 6A Region II All-Region first team selection ... in 2012, was tabbed District 12-5A Newcomer of the Year ... named all-district her sophomore and junior campaigns ... led the Knights to a 35-2 overall record her freshman year but went 29-0 before facing the team's first loss.

PERSONAL

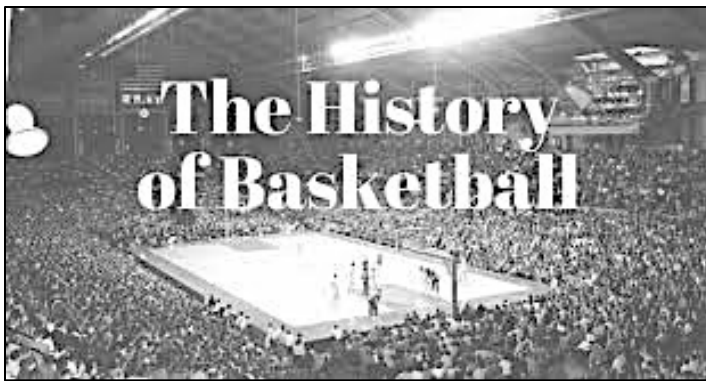
Full name is Alexis Dukes ... born April 24, 1997 in Fort Campbell ... daughter of Donnie and Tracey Dukes ... two brothers, DJ and the late Josh Dukes ... one sister, Shay ... cousin, Genard Avery, plays football for the University of Memphis ... majoring in criminal justice.



FLASHBACK



JANUARY 2009



The original game of basketball was started in 1891 with 18 men in a YMCA gymnasium in Springfield, Mass. Since then it has grown into a game that is played by more than 300 million people worldwide.

Dr. James Naismith invented basketball - under the orders from Dr. Luther Gulick, head of Physical Education at the School for Christian Workers. Naismith had 14 days to create an indoor game that would provide an "athletic distraction" for a rowdy class through the harsh New England winter.

Naismith's invention didn't come easily. His first intention was to bring outdoor games (such as soccer and lacrosse) indoors. These games proved to be too physical and cumbersome for indoor play. Becoming frustrated with his lack of success, Naismith recalled a childhood game that required players to use finesse and accuracy to become successful. After brainstorming this new idea, Naismith developed the game of basketball as well as the original 13 rules.

Naismith was a devoted and creative physical educator who loved sports but shied away from the glory of competitive athletics. As basketball grew in popularity, Naismith never sought publicity or self-promotion. He was a very humble man. Although he never had the opportunity to see the game become the incredible success it is today, Naismith's biggest thrill came when he was sponsored by the National Association of Basketball Coaches (NABC) to witness basketball become an Olympic sport at the 1936 Games held in Berlin.

Dr. Naismith became famous for creating the game of basketball. For his historic and brilliant invention, Dr. James Naismith (whose name adorns the Basketball Hall of Fame) will be forever synonymous with the game of basketball.



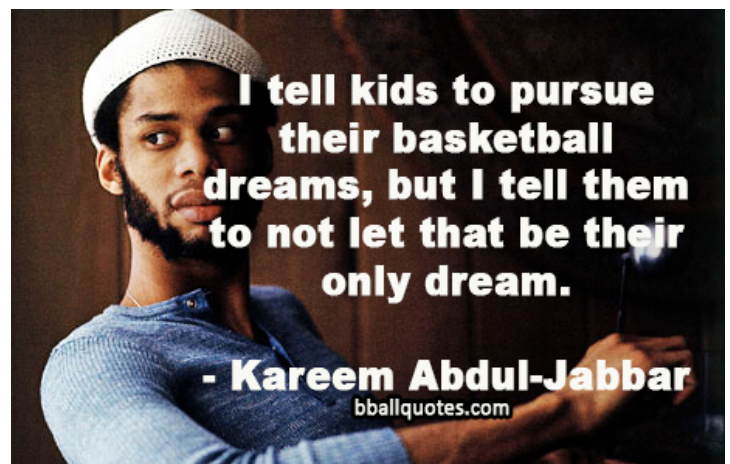
FOR THE LOVE OF THE GAME!

BASKETBALL isn't just about the bright lights, packed arenas, and highlight reels.

BASKETBALL
is a way of life.

BASKETBALL is a relationship between you and the ball, you and your teammates.

If you **LOVE** the game, **NOBODY** can take that from you.
-Jordan





SEVEN GOOD REASONS TO GET YOUR CHILD INVOLVED IN SPORTS

Continued from page 1.

PROMOTE SELF ESTEEM

When a child realizes that they are getting better and better at their sport, they can't help but feel a sense of accomplishment. Choosing a sport your child can grow and improve in gives your child an opportunity to build self-esteem. Together, with positive reinforcement from you their parent, they will gain confidence and have a more positive view of themselves.

LEARN GOAL SETTING

I'm sure you'll agree goal setting and success go hand in hand. Participation in sports gives your child a fun, practical way to learn about goal setting. They'll see, experience, and learn about how goal setting works. If your child's coach doesn't cover goal setting, that's okay! You as a parent can sit down with your child and set goals. By assisting your child in developing this skill, you give them a better chance at succeeding in life.

LEARN AND EXPERIENCE TEAMWORK

How often have you read a help wanted ad where the employer wants a "team player" or a candidate that "works well with others"? I see it all the time. How much more valuable are you as an employee when you can put differences aside and get the job done? Sports teach children about teamwork and about how their actions affect other people. If they can't learn to work together with teammates while playing a sport they enjoy, how will they be able to work with co-workers they may or may not like while performing a job they may or may not enjoy? This is an important lesson to learn. Encourage your child to be a team player and, as a sports parent, keep tabs on whether or not your words and actions promote this trait in your child.

DEVELOP TIME MANAGEMENT SKILLS

Adding extracurricular activities to your child's schedule encourages development of and time management and prioritization skills. Teach your

child that taking care of responsibilities, such as school work and cleaning up after themselves, comes first. This gives them their first taste of prioritization. Next, help your child formulate a plan which enables them to efficiently handle their responsibilities while still leaving time for sports practices and competitions. For example, show your child how working on homework instead of playing outside during their after-school program helps them finish their homework in time for practice each day. Then go ahead and make that part of your plan.

LEARN ABOUT DEALING WITH ADVERSITY

Everyone makes mistakes. Everyone has problems. How well you handle these mistakes and problems directly affects happiness and quality of life. Many people "get in a slump" and can't get out of it. Others continue making the same mistakes over and over again. In sports, we always try to minimize errors, but we're human. Mistakes happen. Even professional athletes make bad choices and make bad plays, but it's not the mistake that counts. What you do from that point forward carries much more significance. If your child learns how to deal with adversity, errors, and challenges in sports, chances are, they'll be able to translate that skill to real life and effectively minimize mistakes and/or bad decisions as well as competently recover from set backs.

HAVE FUN!

Positive experiences play an essential role in raising a happy, healthy human being. Sports provide numerous opportunities for positive experiences both for your child as an individual, and for your family as a whole. "Sports parents" are blessed with the chance to watch their child have fun while learning and developing as an athlete and as a human being.

HORRIBLE SPORTS PARENTS



All parents want to help and support their kids who play sports. And most are able to do so in ways that don't hinder others' enjoyment or put unnecessary stress on the players themselves. But a few parents seem intent on ruining it for everyone. Check out these warning signs to see if you are indeed a horrible sports parent.

1. COACHING FROM THE SIDELINE

Encouraging comments are welcome. Everyone wants a cheering section, and athletes often feed off the energy of the crowd. But parents (we're looking at you, Dad) shouting instructions from the stands is rarely helpful. First, it takes the player's focus off the field and puts it on you. Second, what you're telling the player to do may directly contradict what the coach is trying to communicate. The last thing you want to do is confuse your kid.

2. YOUR EXPECTATIONS ARE TOO HIGH

Even in the highest levels of varsity sports, only a small percentage of athletes go on to play in college. Of that number, a tiny fraction play big-time college sports. And from that collection of truly elite athletes, an even more minuscule number get a chance to play professionally. It's good to have dreams. It's good to set high goals. But the odds are against you and your young player. Approach the game with that knowledge.

3. CRITICIZING OTHER KIDS

OK, so your superstar QB son threw a perfect pass, but the wide receiver dropped the ball. Take a deep breath. The last thing you want to do is say something disparaging about someone else's kid, whose parents are likely sitting within earshot. Trust us, they feel awful enough about the play. Don't make it worse.

4. ARGUING WITH . . . JUST ABOUT ANYONE

Youth and varsity sports are tense. There's no debating that. A ton of emotion is involved in watching your kid

play. Tempers can flare even among the calmest moms and dads. But if you're the type who likes to argue balls and strikes with a high school kid umpiring a game, you're a special kind of unreasonable. Nobody wants to hear you berate the officials or argue with opposing parents. Just stop.

5. PLAYING THE BLAME GAME

Sometimes your kid will screw up. Sometimes his or her teammates will screw up. Sometimes the coach will screw up. Heck, sometimes your team will just get beat. Live with it. There's another game next week.

6. YOU THINK EVERY OPPONENT OF YOUR CHILD CHEATS

Your kid is a beacon of good sportsmanship with perfect on-field etiquette. The kids on the other side of the field are dirty miscreants who will stop at nothing to win the game. The only way your kid can win is to overcome the opposition's dirty deeds done dirt cheap. Oh wait, that's what those other parents are saying about your kid.

7. BRAGGING

Oh, Tommy got another call from Urban Meyer? He threw how many touchdowns last week? You don't say? Wow. It's just so interesting to hear about your kid's accomplishments. Again.

8. NOT LETTING YOUR KID HAVE A LIFE OUTSIDE OF SPORTS

Practice makes perfect, but there's a limit to how hard you should push your student-athlete. More important than transforming your child into a perfect baseball/softball hitting machine (or basketball shooter, soccer goalkeeper, etc.) is to let him or her evolve into a well-rounded person with interests and abilities outside of athletics.

9. YELLING AT YOUR KID IN FRONT OF EVERYONE

Accepting criticism is part of getting better. But there's a right way to do it and a wrong way. Loudly, in public is certainly a bad way. You'll embarrass your kid and put a bad taste in everyone's mouth.

10. SWEARING/COMPLAINING/BEING A LOUDMOUTH

Notice that empty buffer zone on the bleachers between you and the next-nearest parent? Your yelling is not entertaining, helpful or insightful. You know what it is? Annoying. Cut it out.

[Eric Barnes - Eric Barnes is STACK's Web Content Manager. A former newspaper sports editor, writer and columnist, he spent 10 years with The New York Times Company as an editor for print and digital. Become a Contributing Expert](#)

SCHEDULE OF EVENTS

(ALL DATES SUBJECT TO CHANGE)

JANUARY 2016

January 16 Basketball Shoot-Around and conditioning
January 23 CYSS Free Throw Contest, High Chaparral Youth Center, Fort Hood, TX
January 30 Basketball Shoot-Around and conditioning

FEBRUARY 2016

February 4 Central Texas STARZZ at the Hood Howdy
February 7 Basketball Shoot-Around and conditioning
February 14 Basketball Shoot-Around and conditioning
February 21 Basketball Shoot-Around and conditioning
February 28 Team Tryouts

MARCH 2016

March 1-30 Team Practices
March 26 Fundraiser at Fort Hood, TX

APRIL 2016

April 2 Gatesville Excel Tournament, Gatesville, TX
April 9-10 Rise Up Tournament, Cedar Park, TX
April 16 Fundraiser (Time/Location TBD)
April 30 Central Texas Starzz Shootout, Copperas Cove, TX (GIRLS)

MAY 2016

May 1 Central Texas Starzz Shootout, Copperas Cove, TX (BOYS)
May 7 Austin Lady Magic Tournament, Cedar Park, TX
May 8 Mother's Day (No games scheduled)
May 14 Fundraiser (Time/Location TBD)

JUNE 2016

June 4-5 Graduation Weekend **(No games/activities scheduled)**
June 11 Fundraiser (Time/Location TBD)
June 17-19 Juneteenth Tournament, San Marcos, TX

JULY 2016

July 1-4 Fundraiser (Time/Location TBD)
July 14-17 All-American National Championships, San Antonio, TX
July 20-22 MAYB State Championships, San Antonio, TX
July 25- Primetime Nationals, Dallas, TX

AUGUST 2016

August 12 End of Year Event, Fort Hood, TX

UPCOMING EVENTS

CENTRAL TEXAS STARZZ SHOOTOUT (1-DAY)

YOUTH BASKETBALL TOURNAMENT

**BENEFIT FOR THE FIGHT AGAINST
CHILD ABUSE, LUPUS, AND HUNGER**

**APRIL 30 – MAY 1, 2016
COPPERAS COVE, TEXAS**

BOYS AND GIRLS GRADES 4TH -12TH

3-GAME MINIMUM FOR \$175 FEE

GIRLS PLAY ON SATURDAY ... BOYS PLAY ON SUNDAY



Registration deadline is April 23, 2016

Register at www.starzzbasketball.com

Register at www.aasbasketball.com

All-American Basketball National Tournament qualifier

Email ccstarzz09@aol.com or text 254-290-0730 for more information



Proceeds benefit the LUPUS FOUNDATION OF AMERICA, CENTRAL TEXAS CHILD ABUSE PREVENTION CENTER,
AND LOCAL FOOD BANKS