



# CENTRAL TEXAS STARZZ

PROUDLY REPRESENTING THE CITY OF FIVE HILLS COPPERAS COVE, TEXAS January 2019



**Happy New Year ...**

**We thank you for your continued support to the Central Texas STARZZ throughout the years.**

**Central Texas STARZZ**

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### 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).



## Notes ...



The start of a new Spring-Summer basketball season is almost here and there is much to get done. We are planning to conduct try-outs and practices starting in late February or early March. We are looking at playing our first tournament at the end of March.

There will be noticeable changes as we downsize the number of divisions and teams in our program. We will finalize those changes over the next few weeks.

Our program will help coordinate the Lady Bulldawg Tip-Off Booster Club Classic on May 4-5. The classic is a youth basketball tournament to held in Copperas Cove. We look forward to helping to make it a quality and successful event.

Follow us at [starzzbasketball.com](http://starzzbasketball.com) and on FB.

*Charles Lyons*

### I AM A COACH BECAUSE...

***I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but in life!***



One of the largest, non-profit, volunteer, multi-sport event organizations in the world, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. The AAU philosophy of "Sports For All, Forever" is now shared by nearly 700,000 members and 150,000 volunteers across 35 sports programs and 55 U.S. districts.

The AAU was founded in 1888 to establish standards and uniformity in amateur sport. During its early years the AAU served as a leader in international sport representing the U.S. in the international sports federations. The AAU worked closely with the Olympic movement to prepare athletes for the Olympic games. In the late 1970's, the AAU re-shifted its focus and efforts to providing sports programs for all participants of all ages beginning at the grass roots level.

In 1996, the AAU joined forces with Walt Disney World. Later that year, the AAU relocated its national headquarters to Orlando, Florida becoming one of two anchor tenants at what is now ESPN Wide World of Sports Complex (the Atlanta Braves being the other). More than 60 AAU national events are conducted annually at the ESPN Wide World of Sports® Complex - featuring a new 300,000 square foot arena, 9,500 seat baseball stadium, baseball complexes, two indoor field houses that accommodate hardwood courts, a softball complex, youth baseball fields, a track and field complex and multi-purpose performance fields. Programs offered by the AAU include: AAU Sports Programs (41 sports), the AAU Junior Olympic Games, the largest multi-sport event in the country, AAU James e. Sullivan Award, given out

to America's top amateur athlete since 1930, and the AAU Gussie Crawford Lifetime Achievement Award, established in 2017 to recognize those athletes who have paved the way for great change in amateur sports.

The AAU Cares program was created in 2016 as a way for the AAU to give back to the communities in which it hosts events. Our organization strives to provide not only athletic opportunities but also lessons in learning, life and social responsibility in the community. Along with AAU Cares, AAP Proud programs strive to provide athletic activities & sport skills to children aged 7 & under in a non-competitive environment that promotes self-confidence while staying active.

The AAU is also a member of the International School Sport Federation, ISF, recognized by the International Olympic Committee, IOC, to promote the values and interests of education through sport.







**Charlene Shepherd, Fr.,  
U of North Texas**

Congratulations to Charlene. We are so glad to see her grow and mature and is now playing at the college level. Charlene came to our program as a fourth grader and was an original Lady STARZZ in our very first year. Go Mean Green.



**Oni Boodoo, Sr.,  
Round Rock Westwood HS**

Oni finishes her final year at Westwood High School. An original Lady STARZZ, it is great watching her mature and improve her skills over the years. Cannot wait for signing day and the opportunity to seeing here play at the next level.





# SPORTS BE-ATTITUDES

BE a good sport and team player.  
 BE dedicated and hard-working.  
 BE safe and healthy.  
 BE excellent by giving your best.  
 BE persistent—keep trying.  
 BE grateful to God for your gifts.  
 BE positive that you're a winner.  
 BE sure to have fun!



**Hard work  
 beats  
 talent  
 when  
 talent  
 fails to  
 work hard.**

Kevin Durant

## YOUTH SPORTS: TEN BENEFITS OF PARTICIPATION

Participation in Youth Sports has steadily been on the rise for the past twenty years. Millions of children across the country take part in one or more sport throughout the year. It is not uncommon for children to start participating in sports as early as four to five years of age.

Based on this information and based on the amount of time that children spend participating in sports, it is critically important that they are provided with an experience that offers them many benefits.

This responsibility falls on the shoulders of the coaches and parents that often volunteer their time to work with these young athletes.

When an athlete participates in a sport, they will experience many benefits. Some of these will be short-term and easily recognized. While others will not be as easy to recognize, but will last with the athlete much longer and will help shape their overall development.

The ten benefits below are most commonly associated with youth sports participation. It is important to note that in order for these benefits to be recognized and appreciated by the athlete, they must be included and emphasized in all practice and game plans. By participating in youth sports, the young athlete will:

1. Develop and become proficient at the various sports skills.
2. Develop skills needed to socialize with their peers as well as adults.
3. Develop independence and confidence.
4. Develop a sense of achievement, which helps develop a positive self-image.
5. Develop leadership skills and qualities.
6. Learn how to cooperate and compete.
7. Develop agility, coordination, endurance, flexibility, speed and strength.
8. Develop the ability to make decisions and accept responsibilities.
9. Learn to understand and express emotions, imagination, and appreciation for what the body can do.
10. Develop an interest in continuing sports participation as an adult.



**CHAMPIONS**  
**CENTRAL TEXAS STARZZ**



**8TH GRADE**





# DAWGS B-Ball



## LADY DAWGS WIN BRONZE AT AGGIELAND INVITATIONAL

Copperas Cove's Kaysha McCloud scored 14 points and had 13 rebounds to lead the Copperas Cove Lady Dawgs team to the bronze bracket championship Saturday at the Aggieland Invitational tournament, in Bryan-College Station. The Lady Dawgs defeated Huntsville 39-26. Madisen Honea added ten points for Copperas Cove whose record is 19-6.

## TEAM PLAYER



The definition of a team player is someone who puts aside his personal goals and works well with others, doing what he needs to do to strive for a common goal. An example of a team player is someone who plays basketball but who doesn't hog the ball; he instead passes it when it makes sense to do so.

If you want to be a good basketball player, you should improve your shooting, passing, on the ball defensive techniques, and allow yourself to be coached. Be able to work with your teammates and try to get to know them so that your entire team will work together as one



**CENTRAL TEXAS  
STARZZ**

**BASKETBALL  
TRYOUTS  
FEB '19**

[www.starzzbasketball.com](http://www.starzzbasketball.com)

**Lady Dawgs Tip-Off Booster Club  
Copperas Cove H.S.**

## TIP-OFF CLASSIC

May 4-5, 2019 in Copperas Cove, Texas

**One-Day Event**  
**\$180**  
**3- Games**  
**Girls play on Saturday**  
**Boys play on Sunday**

Entry deadline is April 28, 2019  
 Contact Charles Lyons at (254) 290-0730  
 or email at [centraltexasstarzz@gmail.com](mailto:centraltexasstarzz@gmail.com)