

Horrible Sports Parents
Responsible Sport Parenting
The History of Basketball
How To Make Team Tryouts

Newsletter

February 2019



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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).



In a few weeks, the Central Texas STARZZ will be starting their eleventh year. I, and all the STARZZ staff are looking forward to a very good season. This year, unlike others, our primary focus will be on the younger kids, sixth graders and below. Boys and girls teams.

We welcome Samantha Gibbs to our program. She, along with Tony Adams, will be working with our third and fourth grade girls. We continue to put focus on this particular group.

We will work be conducting several fundraising events over the next few months. These event help to offset our operating fees. Please support these fundraisers as the opportunity arises. Thank you *Charles Lyons*



Charles Lyons at the JrNBA coaches clinic held at Fort Hood, Texas on January 5.



CENTRAL TEXAS STARZZ



Region V has announced the Women's Basketball Player of the Week for the week of Dec. 30 – Jan. 5.

The North Texas Junior College Athletic Conference Player of the Week is Makayla Gatewood of Temple College.

The 5-10 sophomore forward from Killeen, TX averaged 17 points and 11.3 rebounds in a three-game stretch last week. She recorded two double-doubles with games of 16 points and 12 rebounds, and 21 points and 21 rebounds. Over the three games, she was 21 of 34 from the field (62%) and averaged 2 blocks per game.



Alexis Dukes

Well... I don't know where to start, but here we go. To everyone that has supported me, I want to say thank you! I have ended my collegiate career due to tearing my ACL, medial meniscus, and lateral meniscus. At times I questioned whether or not I should be playing basketball after tearing my Achilles January of 2017. However, I knew I still had a lot left in me. I want to say thank you to my wonderful coach Beth Jillson, for giving me a chance and helping me realize how great of a player I really am. I'm saddened by how I ended, but I know God has a plan for me. I've learned that basketball isn't who I am, it's what I do! It's not what I do on the court, it's what I do outside of the court that defines my true character. I don't know what's in store for me, but I'm excited to see what will unfold in the next few months. I've had four years on college paid for, traveled for free, and met some people I'll always hold close to my heart. Thank you basketball for all the opportunities you brought into my life.



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.



COACHES CORNER

RESPONSIBLE SPORT PARENTING: KID-FRIENDLY CRITICISM

We know that as parents, we have to sometimes correct our kids to help them improve. But we can deliver this feedback with useable information that helps empower our children. For example, "You need to focus!" contains virtually no useable information, but "Remember that coach wants you to keep both feet on the ground on throw-ins." contains very useable information. Here are a few more tips:

AVOID NON-TEACHABLE MOMENTS – The ride home from a game ended by a costly mistake is not the time to offer instruction.

WAIT FOR PRIVACY – People hear criticism better in private than in front of a crowd.

ASK PERMISSION – If you ask, and your child prefers not to hear your criticism, honor that, and ask again later. (Do not use this technique in areas where your child needs an immediate lesson, such as poor sportsmanship or dangerous behavior.)

USE IF-THEN STATEMENTS – To help your children feel in control even while you are criticizing, phrase your feedback in the form of an if-then statement. "If you call Ava off the ball, you'll be more comfortable under that pop-up."

MAKE A CRITICISM SANDWICH – "Sandwich" the criticism between a truthful, specific compliment on each side. The criticism is the meat, while the compliments are the bread. For example: "You've been exploding off the line great. You seem to get under the lineman's pads almost every time now. Just make sure you keep your hands inside. If you combine keeping your hands inside with that explosiveness, you'll be hard to beat."

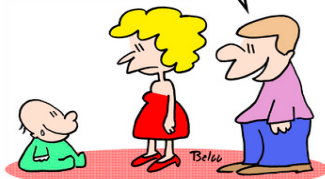


We are halfway through the Copperas Cove Parks and Recreation League. Our 12U Lady Stars team has done well against much more talented and experienced teams. With more practice and competition, they will continue to improve.

Sadly, Chloe suffered a fractured arm during practice and will no longer be able to play for the remainder of the season. We wish her well during her recovery.

dribble

HE'LL BE A GREAT BASKETBALL PLAYER SOMEDAY - HE ALREADY DRIBBLES ALL OVER THE PLACE!



FLASHBACK



6th Grade Girls



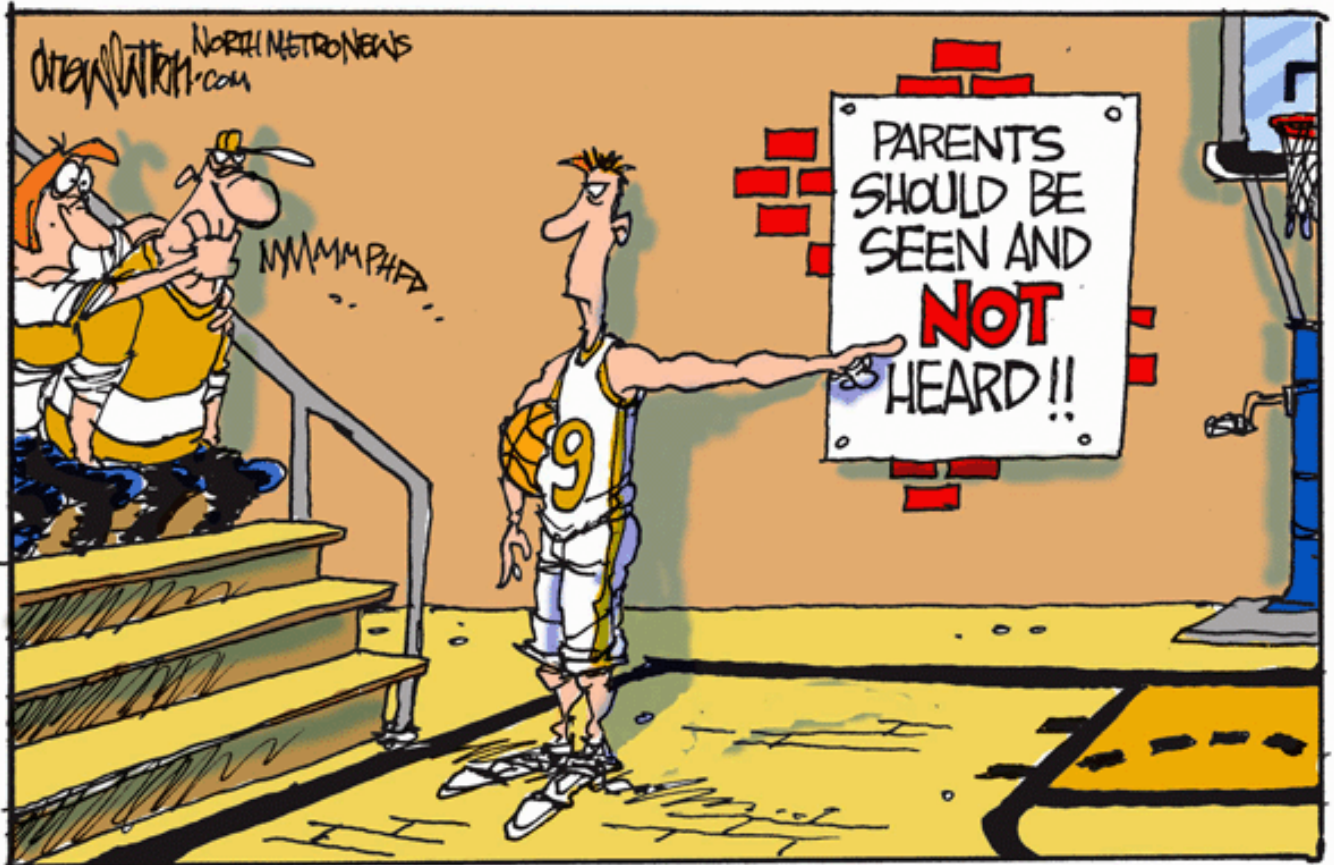
8th Grade Boys



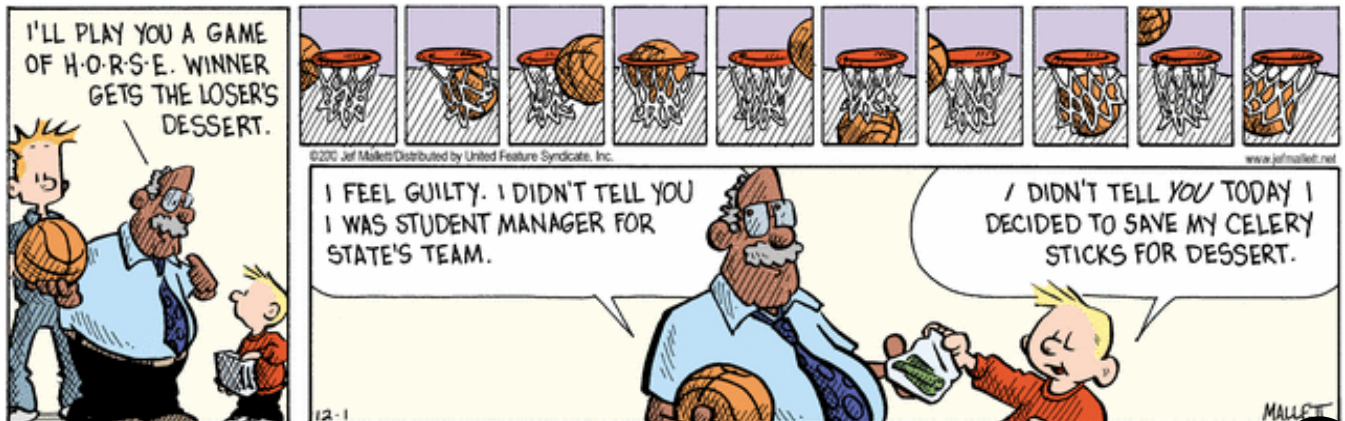
7th Grade Boys

**Central Texas Shootout
Burnet, Texas
June 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 the page six are listed ten ways to determine if you fall into the "Horrible Sports Parent" category.



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](#)



TRYOUTS!



The Central Texas STARZZ will hold tryouts to fill a limited number of positions on our Spring-Summer basketball teams. Copperas Cove residents have priority placement.

Sunday, February 17, 2019
Copperas Cove JHS
702 Sunny Ave

1:30 pm	5/6 th Grade Boys and Girls
3:00 pm	3/4 th Grade Boys and Girls
4:30 pm	9 th Grade Girls

No Food or drinks allowed inside gyms. No outside basketballs are allowed. Parents will need to complete a waiver form to participate. Arrive early.

POC is Charles Lyons at ccstarzz09@aol.com

**tiful game when the
five players on the
court play with one
heartbeat"**

– Dean Smith



How to make the team... Tryouts!

Coach's Clipboard Basketball Playbook

I'm the coach and you are a player trying to make my team. So how do you impress me with your skills, and what is it that I am looking for in try-outs?

The things I look for are solid fundamentals... don't be flashy. I like kids who play tough defense, hustle after loose balls, play aggressively (but not dirty). I love kids who box out and rebound. I like kids who are good passers, and avoid turnovers. I like team players. Don't try to impress me by dribbling between your legs.

Be the first one arriving for practice and the last one to leave. Show me work ethic. Hustle hard during drills. Show respect for the coaches and the other players. Ask the coaches to help you with your weaknesses. We all like to practice the things we are already good at. You get better by working on your weaknesses.

Are you a tall inside player? If so, impress me with your rebounding, defense, and some post up moves. Example: a drop-step baseline move.

If you are a guard, show me you can handle the ball and keep under control. If you can shoot the "3", fire some up during shoot-around. I like a perimeter player who can shoot the outside shot, but can also drive to the hoop, can see the whole floor and pass, and can handle the ball well. Show me your outside moves.

Work on your skills at home, or at the nearby playground in the summer (off-season). Work on the correct things, not just the things you are already good at. Be physically "in-shape" (conditioning) when you arrive at try-outs. During tryouts, don't be intimidated by better players, or players who made the team last year. There will always be a few players at try-outs who are better players and who you know will make the team. But you too can be an important part of the team to as a "role player." Remember that hard work, hustle and a good attitude will impress the coach, even if your shooting is off that week.