



STARZZ

WE SUPPORT OUR SOLDIERS
BASKETBALL

Issue II

www.leaguelineup.com/starzz

November 2008



District Champions



Playoff Bound!

The Copperas Cove Bulldawgs won the 12-5a District football championship with a victory over the Harker Heights Knights. The "Dawgs" finished district play at 6-1 and were 9-1 overall. The Bulldawgs play Mesquite Horn in the first round of the 5a state playoffs. The game will be Friday, November 14th, 7:30 at Waco's ISD Stadium. Be there early!



Lady Dawgs In Action

The Copperas Cove Lady Dawgs open their season this week. See the entire 2008 – 2009 Lady Dawg schedule on page five.

Good Luck ... Lady Dawgs!



STARZZ Basketball

PO Box 1174
Copperas Cove, Texas 76522
www.leaguelineup.com/starzz
ccstarzz09@aol.com



Mission Statement

The mission of STARZZ Basketball 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.



Quotes

"Ask not what your teammates can do for you. Ask what you can do for your teammates."

Magic Johnson

Sponsorship

A special thank you to Mr. Joe Denham of Copperas Cove, Texas. Mr. Denham kindly donated to our Sponsorship Program. Mr. Denham's donation is greatly appreciated and we thank him.



Sponsorship Program

STARZZ Basketball welcomes the varying degrees of support available from the local community. As such, we offer several sponsorship levels for local businesses, organizations, and individuals, as listed below. In addition, use of facilities, equipment, and other non-monetary items of support are also welcomed.

Platinum Sponsor - \$500

Sponsor is advertised on website for of one year
 Sponsor is advertised on all STARZZ marketing materials/promotions
 Sponsor is recognized at the STARZZ end-of-year event and receives plaque, signed photo, and STARZZ T-shirt

Gold Sponsor - \$250

Sponsor is advertised on website for one year
 Sponsor is advertised on all STARZZ marketing materials.
 Sponsor is recognized at the STARZZ end-of-year event and receives plaque and STARZZ T-shirt

Silver Sponsor - \$100

Sponsor is advertised on website for one year
 Sponsor is advertised on all STARZZ marketing materials
 Sponsor receives plaque

Bronze Sponsor - \$50.00

Sponsor is advertised on website for one year
 Sponsor receives Certificate of Appreciation

Make checks payable to STARZZ Basketball and mail to:

STARZZ Basketball
 PO Box 1174
 Copperas Cove, Texas 76522

Commentary



I just wanted to take a few moments to summarize where we are with the program. One of my biggest concerns that I had going into this venture was the availability of practice facilities.

The only adequate and feasible facilities are those of the Copperas Cove Independent School District. We continue to work in getting access to those facilities. That is a process that should be completed very soon!

Already, there are have been many inquiries about our program, especially from boys. It is obvious that is where our primary focus will possibly be. However, it is also my intent to get more 5-6 grade girls involved in our program. We will work on that during the upcoming Parks and Recreation season.

There is always the need for volunteers. I have a job for anyone who wishes to participate in our program. If you have the time, I have the job. Please contact me at ccstarzz09@aol.com or visit the Starzz website at www.leaguelineup.com/starzz. Charles

Coaches Wanted!



Starzz Basketball is actively seeking coaches with experience coaching youth basketball. If interested, please go to our web site at www.leaguelineup.com/starzz and complete a Volunteer Registration Form. We will get back with you!

Players Wanted!



Starzz Basketball is actively seeking players for its Spring/Summer program. If you are interested in playing with the STARZZs interested, please go to our web site at www.leaguelineup.com/starzz and complete a Player Information for. We will get back with you soon!

7 Good Reasons to Get Your Child Involved in Sports

By Stacie Mahoe

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 being a healthier adult.

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.

5 Ways to Separate Yourself From The Pack

By Mike Mahon BBallExperts.com

Are you looking for a way to gain the winning edge this upcoming [basketball](#) season? Would you like to be your team's leader? It's not easy to gain the universal praise of everyone around you. But if you implement any of these small tips, it will make a huge impact on the way you view yourself as a player--while increasing your productivity on the basketball court and the level of respect from your peers.

Be The First To Practice And The Last To Leave

If you want to stand out, and establish yourself as a team leader you must be willing to go the extra mile. If practice starts at 7:30 a.m., get there at 6:45 a.m. and be warmed up and ready to go. This will show both your coaches and teammates that you are serious about making an impact, while giving you some extra time to be mentally and physically ready for the practice.

After practice, spend some time with your coach and go over key concepts that you thought were important. Ask your [coach](#) what his expectations and roles for you as a player are and spend some extra time working on those areas before you leave the gym after every practice session.

Know Your Coach's Playbook

If you want to be a team leader and get tons of playing time, you must separate yourself from the rest of your teammates. Having a solid understanding of your coach's playbook and knowing the plays inside and out will help elevate yourself to a go-to guy when the game is on the line.

Don't just know your plays, be able to execute them and know the specific times and situations in the game when they must be ran.

Know The Strengths And Weaknesses Of Everyone

Every single person you will ever play against has certain tendencies as well as strengths and weaknesses that they possess on the basketball court. By knowing the strengths and weakness of your teammates and opponents, you can learn to anticipate their actions on the court so that you can make key plays down the stretch.

A great way to learn this skill is to study tape of your team as well as of the players you will be playing against.

Remember, [video tape](#) doesn't lie.

Lead By Example

If you want to be a team leader, you must first take the lead yourself.

When you are in the game or practice make sure that your shoes are tied, and that you are looking presentable with your shorts and jersey nicely fitted. If you are really serious you will even tuck in your jersey in practice sessions to emphasize your dedication to excellence.

When you compete in your daily drills, make sure that you perform them at game speed. When you are on offense and defense don't forget to use your voice as a weapon, and look for ways to help the team to develop better chemistry and consistency in the flow of the game.

Do not ever [put your teammates down](#). Instead, give them positive words of encouragement and show them with your actions how things should be done. Don't ever be afraid to do the little things, because over time people will notice, and your positive attitude and dedication to greatness will spread to everyone around you.

Respect Everyone You Compete Against

No matter who you compete against you must always have respect for your opponents as well as yourself. An easy way to do this is to pretend that every play of every game is your last play. If you play with this mentality then you will play with passion and always do your best.

If you are truly passionate, then everyone around you will raise their level of play as well and you will bring out the best in everyone, ensuring for a great competitive atmosphere and fun competition.

Remember [basketball](#) greatness is a choice, and it will never be handed to you. If you dedicate yourself to implementing these steps, you will make great progress this season and finally start earning the respect you deserve on and off the court.

Mike Mahon is a professional basketball performance consultant who is the creator of the Basketball Experts Professional Player Development System. Basketball Experts features 12 of the world's top basketball experts who have worked with some of the best basketball players on the planet. If you want to know the secrets the pros use and transform yourself into the king of the court, visit BBallExperts.com.



LADY 'DAWG BASKETBALL

Copperas Cove Lady Dawgs Basketball 2008-2009 Schedule				
Date	Opponent	Team	Place	Time
Oct. 30	Meet the Basketball Dawgs	N/A	Cove	6:30pm
Nov. 1	Scrimmage (Stony Pt., Manor)	F, JV, V	Cove	9am-noon
Nov. 8	Scrimmage	F, JV, V	Cedar Park	9am-noon
Nov. 11	Brownwood	F, JV, V	Brownwood	5, 5, 6:30
Nov. 13-15	Chisolm Tournament	V	Belton	TBA
Nov. 18	Mabank	V	Mabank	6:00pm
Nov. 20-22	McNeil Tournament	F, JV	RR McNeil	TBA
Nov. 21	Georgetown	V	Cove	7:30pm
Nov. 26	San Antonio Madison	JV, V	Westlake HS	Noon, 1:30pm
Dec. 2	Waco Robinson	F, JV, V	Cove	5:30, 5:30, 7:00
Dec. 4-6	Lonestar Invitational	V	San Antonio	TBA
Dec. 11	Killeen	F, JV, V	Cove	5:30, 5:30, 7:00
Dec. 12-13	Belton Tournament	F, JV	Belton	TBA
Dec. 16	*Belton	F, JV, V	Belton	5:30, 5:30, 7:00
Dec. 19	*Bryan	F, JV, V	Cove	5:30, 5:30, 7:00
Dec. 29-31	Bush's Holiday Tournament	V	Cove	TBA
Jan. 3	*Ellison	F, JV, V	Cove	11:30, 11:30, 1:00
Jan. 6	*Temple	F, JV, V	Temple	5:30, 5:30, 7:00
Jan. 9	*Harker Heights	F, JV, V	Cove	5:30, 5:30, 7:00
Jan. 13	*Shoemaker	F, JV, V	Killeen	5:30, 5:30, 7:00
Jan. 16	*A&M Consolidated	F, JV, V	Cove	5:30, 5:30, 7:00
Jan. 20	*Belton	F, JV, V	Cove	5:30, 5:30, 7:00
Jan. 23	*Bryan	F, JV, V	Bryan	5:30, 5:30, 7:00
Jan. 27	*Ellison	F, JV, V	Killeen	5:30, 5:30, 7:00
Jan. 30	*Temple	F, JV, V	Cove	5:30, 5:30, 7:00
Feb. 3	*Harker Heights	F, JV, V	Harker Heights	5:30, 5:30, 7:00
Feb. 6	*Shoemaker	F, JV, V	Cove	5:30, 5:30, 7:00
Feb. 10	*A&M Consolidated	F, JV, V	College Station	5:30, 5:30, 7:00
Feb. 16	Bi-District			
Feb. 19-21	Area			
Feb. 24	Regional Quarterfinals			
Feb. 27-28	Regional Tournament			
Mar. 5-7	Girls State Tournament			

Area girls teams set to start new season

Posted on: Tuesday, November 11, 2008, 5:44 AM, Killeen Daily Herald

Copperas Cove Lady Dawgs

Coach: Richard Herbst

2007: 25-7, bi-district champions, area finalists.

Losses: Cori Cooper (University of Texas-San Antonio), Megan McKinney.

Players to watch: Leslie Martinez (2.5 points, 5.3 rebounds and 4.6 assists; 16-4A first team all-district; named pre-season all-state first team by Texas Basketball), Desiree Nelson (133 steals, 16-4A first team all-district), Nani Fano (16-4A second-team all-district), Christina Miller (16-4A second-team all-district). Keys to the season: Transition. Because of their speed, pressure defense and athleticism, the Lady Dawgs will rely heavily on getting easy baskets. The strategy not only capitalizes on Cove's assets but it also minimizes the team's main weakness: lack of height. If the Lady Dawgs get out and run, bigger players will tire and opponents can't set up their defenses. Nisha King. After missing all of last year with a knee injury, the senior makes her return and will play a big role. King likely will be asked to take over McKinney's vacated position.