



STARZZ

WE SUPPORT OUR SOLDIERS
BASKETBALL

Issue IV

www.leaguelineup.com/starzz

January 2, 2009



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.

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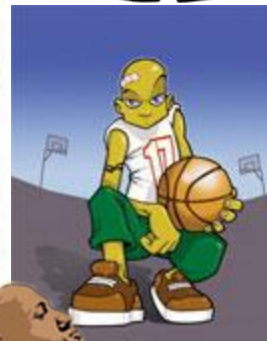
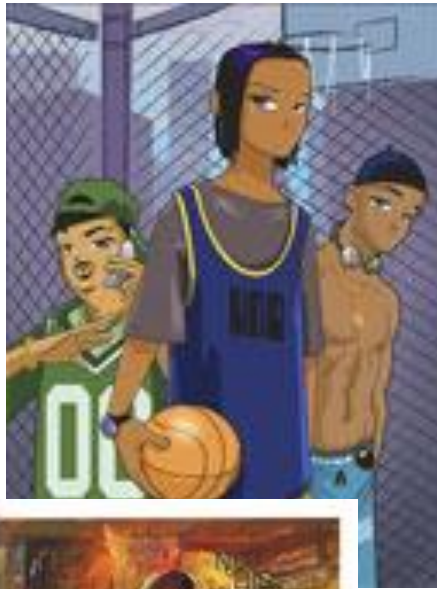
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"Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill."

- [Ali, Muhammad](#)

Lady Dawgs win Bush's Chicken Holiday Classic

Posted on: Thursday, January 01, 2009, 5:08 AM Click image(s) to enlarge Herald/DAVID MORRIS

By Evan Mohl Killeen Daily Herald

COPPERAS COVE – The Lady Dawgs did it again on Wednesday.

For the third straight game, Copperas Cove held its opponent under 38 points and captured the fifth annual Bush's Chicken Holiday Classic championship for the second time.

Like the two teams before, Temple didn't have an answer for the Lady Dawgs' swarming defense. Cove forced 22 turnovers and held the Tem-Cats to 11-of-43 shooting in a 51-36 victory in the final game of the tournament.

Opponents managed just 36, 38 and 36 points against Cove throughout the tournament.

"I thought we were really consistent defensively throughout the tournament," Cove coach Richard Herbst said. "To hold opponents to those low scores will help you win a lot of games."

The Lady Dawgs (13-5, 2-0) last won the tourney in 2006, and are now tied with Arlington Bowie for the most titles in the tournament's five years.

"It feels great to get the trophy back where it belongs," said Leslie Martinez, who was part of the 2006 Lady Dawgs that won the classic. "As a senior you want to leave your mark and leave something behind."

Martinez was named tournament MVP. She collected seven points, 10 rebounds, two steals and three assists against the Tem-Cats (11-9, 0-2).



Commentary

I had the opportunity to see some pretty good basketball this past week. I trekked over to Gatesville and watched the Dawgs play a couple of games in the Gatesville tournament. I also got the opportunity to see the Lady Dawgs "run" away with the championship at the 5th Holiday Classic presented by Bush's Chicken. The Lady Dawgs looked pretty good as they prepare to continue their 12-5a schedule. Good luck to the Dawgs and Lady Dawgs.



Continue to check the website as we continue to add new items and information.

Charles



If you pay attention to the grandstands... it won't be long before you join them ... Anonymous

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, go to www.leaguelineup.com/starzz and complete a Player Information form. We will contact you soon after we receive your completed form.



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:

1. Always plays great defense, even when his/her offense is "off".
2. 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.

Picture Gallery Bush's Classic



Coaching: It's Not About Winning or Loosing!

By: Gary Smith Oak Harbor

So you're thinking of becoming a volunteer coach. Good for you! Still reluctant, think you're not qualified. Excellent! This tells me you may be the one. Through your willingness to question your own knowledge you have shown that you possess one of the key elements for success. You care enough about others to honestly evaluate yourself. This sign of good character combined with the right resources of knowledge will drive you in providing your team with a great experience.

Hopefully, now that your interests in becoming a coach are growing, it's time to pause and set your priorities. Most people place the gathering of the mechanical knowledge about a specific sport as the highest priority but for now lets focus on a more important element of coaching, (philosophy). Your philosophy will guide you through all of the aspect of becoming a coach.

You must have a philosophy that you can apply and communicate to others. You must commit to it and be ready to define and defend it. Remember that it is the foundation on which you will build the team. Good or bad, it will define you as a person and leave a profound impression on all others. I imagine the question that you are now asking yourself is this: How can I know what my philosophy is if I haven't coached before? The answer is right there inside of you. Your philosophy should be based on what kind of a person you are or aspire to be. To rely on anything else will be seen as false and will fail.

Now, we come to the most important aspect in becoming a coach. It's time to find out what kind of person you truly are. In order to determine this, one question must be asked. Are you a person of good character or of poor character? The following are examples of each and they are not exclusive to youth athletics. They appear in coaches at all levels. These traits are what you will need to be aware of in order to determine your ability to become a good coach.

If you are a person of good character and place all others before yourself, you will do well. If you show each team member that you value him or her with equally high regard and respect, you will succeed. A good coach will always reach for the positive in all situations. They will not attempt to turn their team members into what they think they should be, but rather, to help them in realizing their full value to themselves and the team for what they already are. A good coach will have an unwavering belief in every member of the team. They will have no excuses and no fear. This will show through as a result of their complete confidence in knowing that they are doing things for all of the right reasons. Their philosophy will be based on full inclusion and equal participation for all team members regardless of circumstances, skill level or age. This in turn will give rise to a mutual respect and appreciation amongst all members of the team. It will produce the most powerful force that can exist within team athletics, the team's absolute belief in one another.

If you are a person of poor character, your main motive for coaching will be for the purpose of serving or protecting your own self-interests. A poor coach will view their team as nothing more than subjects to dictate to. Through their own actions and words they will create divisiveness amongst the team members and in general have little respect for them as people. They will have their "chosen ones" and God help the rest. A poor coach will have difficulty in communicating with the team and all others. They will be sarcastic and negative. Their lack of confidence within certain members of the team will be clearly demonstrated through their willingness to take actions that serve only to demean or exclude. A poor coach will rationalize to themselves that certain team members will be willing to accept a role of lesser importance due to their perceived lower skill level and therefore settle for little or no playing time. Unfortunately this difference in skill is more often a result of poor or biased coaching than it is of the player's true ability.

A poor coach will inevitably adopt the "win at all costs" mentality. This is when certain team members are excluded while others are elevated through increased opportunity, all of which only leads to the weakening or destruction of the team. This process will always result in failure, for it ignores the essence of what team truly means. Team means all, not just some, and no one understands or expects this more than the team itself.

So, there you are. Which type of person and therefore coach will you be? For the right person, becoming a good coach is quite simple. It requires only one thing, a good character. Most certainly mistakes will be made along the way but as long as people can recognize your genuineness to learn and to be fair to all team members, you will not fail.

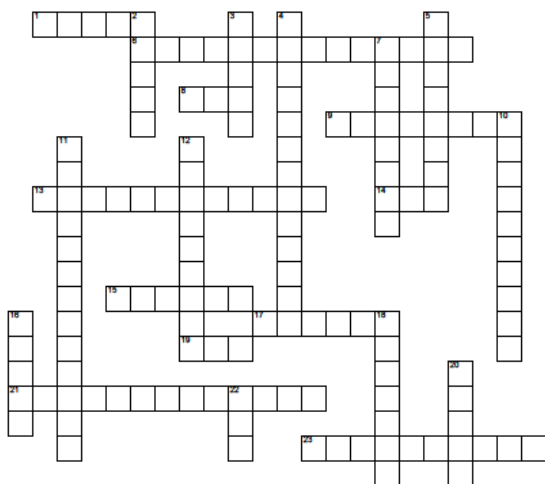
In general a coach's first priority should be in determining how they are going to interact with their team and how they wish for the team to interact with them, but most importantly, each other.

STARZZ



What Do You Know?

Basketball



<http://cyberleash-kids.com/Cyberleash-Kids>

ACROSS

- 1 Backboard
- 6 From downtown! (3 wds.)
- 8 Three point line
- 9 Not a layup, dunk, or three pointer
- 13 Four position (2 wds.)
- 14 Attached to the rim
- 15 Begins the game
- 17 Towering player in the middle
- 19 The paint
- 21 Line where foul shot is taken (2 wds.)
- 23 Floor general (2 wds.)

DOWN

- 2 Taking the ball from a player
- 3 Sitting on the pine
- 4 Both hands bounce (2 wds.)
- 5 Turnaround flip shot over the shoulder
- 7 Michael Jordan highlight shot (2 wds.)
- 10 Three steps
- 11 Kobe Bryant's position (2 wds.)
- 12 24 seconds counter (2 wds.)
- 16 Deflecting a shot in the air
- 18 Grabbing a missed shot
- 20 Shot usually played off the backboard
- 22 The hoop

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.



Copperas Cove

STARZZ Basketball

**Boys and Girls
Ages 9 - 18**

**So, you wannabe' a
STARZZ!**

STARZZ Basketball is currently recruiting players for its upcoming Spring-Summer season. If interested, please contact us!

Contact us at ccstarzz09@aol.com or (254) 290-0730 or 290-0679



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