



STARZZ

WE SUPPORT OUR SOLDIERS
BASKETBALL

Issue V

www.leaguelineup.com/starzz

January 23, 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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STARZZ

Basketball

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JR NBA/WNBA SKILLS CHALLENGE

DATE: MONDAY, FEBRUARY 16, 2009

TIME: REGISTRATION 12:00 PM - 1:00 PM ...

COMPETITION STARTS AT 1:00 PM

LOCATION: AVE E SCHOOL GYMNASIUM

WHO: BOYS AND GIRLS AGES 9 - 14

Birth certificates are required to verify age.

If there are any questions, please contact Charles Lyons at
ccstarzz09@aol.com or 254-290-0730.

Three (3) levels of competition include:

Local Competition: December 1, 2008 to March 1, 2009

- *All youngsters MUST first compete in a Local Competition.
- *The Champion in each age and gender group has the opportunity to advance to the Regional Competition. THE 1ST PLACE LOCAL COMPETITION CHAMPIONS DO NOT AUTOMATICALLY ADVANCE TO THE REGIONAL COMPETITION.*

Regional Competition: March and April 2009

- **The Champion in each age and gender group has the opportunity to advance to the National Finals. THE REGIONAL COMPETITION CHAMPIONS DO NOT AUTOMATICALLY ADVANCE TO THE NATIONAL FINALS.**

*Regional Competition Champions will have their times ranked nationally and the top three (3) finishers in each age and gender group will advance to the National Finals.

National Finals: May 2009

- * The National Finals will take place in Orlando, Florida.



Rating Yourself as a Teammate

By: Tony Alfonso www.HoopsU.com

I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down." Mia Hamm.

You work hard on your overall game. You spend hours shooting the basketball. You play Countless pick-up games, tournaments, and leagues. You spend time improving your strength and speed. You do all of this to become a better basketball player.

Do you, however, spend time improving your team? Do you strive to be a great teammate? Do you inspire your teammates? Do you help them become better basketball players? Or, do you try to cut them down at any chance? Do you act out of jealousy and envy?

Obviously, you can see where I'm going with this and how I feel about teamwork. You may be the best player on your team or you may be the last player off the bench. Either way, if you desire to have a great team, you must first of all be a great teammate yourself.

If you want to be successful, it is up to you to be an inspiring teammate. The following is an 9 question mini-quiz you can use to rate yourself as a teammate. Think honestly about each question and answer honestly ... only you really know the true answers. Your goal should be to answer each question in such a way that puts teammates before yourself. If your responses are of a selfish nature, think about what you can do to become a better teammate...one that every other player will want to play with. Certainly we are not perfect ... we are not going to be the best of teammates all the time. However, if team success is your goal, you must learn to be a great and inspiring teammate!

Teammate Rating Quiz

1. Do you reach out to your teammates both on and off the court? You may not be 'best friends' with all of your teammates, but do you sincerely care about each one and demonstrate that attitude to them?
2. Do you accept your teammates for who they are as a uniquely individual person and basketball player, or do you tease, mock, and/or cut them down personally and as a basketball player?
3. Are you loyal to your teammates? A basketball team is really a family, especially during a long and competitive season. Do you stand up for your teammates when other's are not being so kind?
4. Do you listen to your teammates thoughts, questions and problems or are you more concerned with yourself?
5. Are you an encourager? Do you encourage your teammates through tough times, both on and off the court? Do you help them develop their strengths and improve upon their weaknesses or would you rather that their weaknesses prevail?
6. Are you kind to your teammates?
7. In the company of your teammates, both on and off the court, are you being yourself or are you being what you think they want you to be?
8. When a teammate criticizes, whether constructively or destructively, do you accept it and possibly discuss it...and even thank them for it? Or do you get defensive with them, withdraw from them, and/or ignore them?
9. Can you accept and enjoy a teammate's success? Does a teammate that earns success and all the accolades that go along with that success create a sense of jealousy or envy?

Final Thoughts: If you answer any of the above questions in such a way that you place yourself above your teammates, you may not be the best teammate you can be. If you truly desire success for yourself and as a team, it behooves you to be a great teammate. If you act selfishly and without regard to your team, they will not desire to play hard for you. If you give of yourself on the court and off, your teammates will enjoy playing with you and will be inspired to play hard for you.



Interacting with Your Young Player

Posted Oct 9 2008 2:18PM

Taking the Best Approach to YOUR CHILD IN BASKETBALL

What do you want your son or daughter to get out of the experience of playing basketball?

Do you envision your child playing in the NBA or WNBA (not likely)? Are you hoping they will become good enough to get a college scholarship (also, not that likely)? Or, do you think their participation is a wonderful way to enjoy physical activity, learn about team play, and maybe even score a few points? Whatever your answer, give the question some serious thought. The way you respond will have a major impact on how you support your son or daughter's basketball participation. More importantly, your answer will go a long way toward determining how you interact with your youngster as he or she grows and develops as a basketball player.

For parents of young players there is one guiding principle: If you want your young player to develop a love for basketball, he or she must first develop a passion for the game. To do that, he or she must enjoy the game and see basketball, particularly at a young age, as an activity that comes with a smile. That's where it all starts — nothing more than an activity where the beginning child can bounce the ball a few times, maybe plop the ball into a shorter basket, and so forth. That's how the basketball seed is planted. Once it begins to sprout, it can continue to blossom for years to come, with your care and nurturing, of course.

What do you do during these early formative years?

For the most part, just sit back and share the experience with your child. Sometimes grown-ups have forgotten that basketball is just a game.

What advice should you give to your budding hoopster?

That's simple. Just tell them to play hard, and to have fun. If they keep a smile on their face, they will most likely give a strong effort. And by playing hard they will get better in the process.

BUILDING A BASKETBALL RELATIONSHIP With Your Child

One of the joys of being a youth basketball parent is being able to watch your child grow as a player. As a proud parent, you'll beam when you see your little one wearing his or her first team jersey and taking those first few dribbles in a game. As your young player grows, so will his or her game. You will be there as they improve. You will experience the sting of defeat as well as the highs of victory. As a parent, your most important and rewarding role will be to share those moments and create a positive basketball relationship.

What About COACHING YOUR OWN CHILD?

There's nothing wrong with volunteering as an assistant coach for your son's or daughter's team. In fact, it can be very rewarding for you and your child. Just make sure you check with him or her first. Most of the time, they'll love the idea. But they might say "no," too. If they prefer you don't coach, have the courage to respect your child's desires. If the child says yes, remind him or her that if you volunteer as an assistant coach, it won't mean any favoritism. They have to know you will treat all players equally and fairly. But that doesn't mean being tougher on your child. Remember what you said about treating all the kids equally and fairly? That goes for your own young player as well. If you wish to take on the responsibility of a head coaching position, contact your league director and make your availability known. If a position opens up, you may get the call.

Dealing with Your EXPECTATIONS OF YOUR CHILD

Let's assume your 10-year-old enjoys basketball, and that he or she is one of the better players on the team. Is it now the time to be dreaming of a college basketball scholarship or a future NBA or WNBA career? Dreams are fine, but keep them in perspective. A young player might get turned off early and leave the game if they feel pushed too hard. The best path is to encourage participation, good sportsmanship, hard work and having fun. If they understand those are your expectations from them, then the cream will eventually rise to the top.



I tell kids to pursue their basketball dreams, but I tell them to not let that be their only dream.

Kareem Abdul-Jabbar

The best teams have chemistry. They communicate with each other and they sacrifice personal glory for the common goal.

Dave DeBusschere

Interacting with Your Young Player

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Posted Oct 9 2008 2:18PM

PLAY BASKETBALL With Your Child

More than most sports, basketball affords parents genuine on-court interaction with their son or daughter. Whether playing a game of H.O.R.S.E (one player takes a shot from anywhere on the court, and if he or she makes it, the next player has to match the basket or else he or she is assigned a letter until HORSE is spelled), having a free-throw shooting contest, or even playing a simple game of one-on-one, basketball requires nothing more than a ball and a hoop. But try not to use the opportunity to engage in competition with your son or daughter. If your daughter is 12, compete against her as though you were 12, not a full grown adult. Get in the habit of acknowledging a great shot or pass by your child. Make him or her feel good about their actions. Everybody responds to positive reinforcement – especially kids. And remember children imitate the actions of their parents. If you show them how to respond to a good play, they'll follow your lead.

What's the bottom line? Basketball is one of those rare athletic activities that can transcend gender and generations. And it's also fun!



PLAYERS CODE OF CONDUCT

1. Remember the Golden Rule

Always treat your teammates, coaches, opponents and officials the way you would like to be treated. That means respect, dignity, and sportsmanship at all times.

2. Be a Good Support

Play fair. Be a leader. Set the example. Rise above poor behavior. Have fun.

3. Practice the Fundamentals

Master the basketball basics. Practice each of the fundamentals – dribbling, shooting, passing, rebounding and defense.

4. Listen to Your Coach

Coaches volunteer their own time to work with your team. Don't waste that time. If you're on the team, your job is to listen attentively to the coach.

5. Be Patient with Your Teammates

Every player has strengths and weaknesses. Be patient with your teammates as they improve their games. Basketball is a team sport. Success can only come when the entire team plays well together.

6. Learn The Rules

Read the rule book. You can't claim to "know the game" if you don't know the rules.

7. Never Question an Official

Officials do not care who wins and they have no favorite players. Officials want nothing more than a game that is fair and safe. And that's no easy job. Make it easier by not talking back to an official.

8. Play Hard

Hustle never goes out of style. Coaches love players who try a little harder on defense, jump a little higher for rebounds, and dive a little more for those loose balls.

9. Include Your Parents

Your parents want to see you succeed. Let them into your basketball world, but remind them there are ups and downs and your goal is to have fun.

10. Have Fun

It's a simple concept. Win or lose, try to enjoy every moment on the court.

Parks and Recreation Basketball





Magazine Fundraiser Up to 80% Savings



STARZZ Basketball's online fundraising store has over 650 of the most popular magazine titles at up to 85% off newsstands prices. Purchase or renew your favorite magazine subscriptions and 40% of your purchase will go directly to our cause!

Get exceptional savings on magazines and the opportunity to support a great cause! Here's how you can help:

1. Click on "Access Our Team Magazine Store" on the STARZZ Basketball website at www.leaguelineup.com/starzz to visit the STARZZ Online Magazine Store. You will be able to select from a variety of over 650 of the most popular magazine titles at savings of up to 85% off newsstand prices.
2. You can renew your favorite magazine subscriptions, subscribe to new magazines, or give gift subscriptions to friends, relatives, and/or business associates.
3. 40% of your purchases will benefit STARZZ Basketball!
4. You can also help by inviting others whom you think would be interested in helping our cause by purchasing magazine subscriptions online at great savings. Simply go to the "Invite Friends and Family" box at the bottom of the Home page.

Thank you .. STARZZ Basketball

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.

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!

