

STARZZ Newsletter

www.leaguelineup.com/starzz

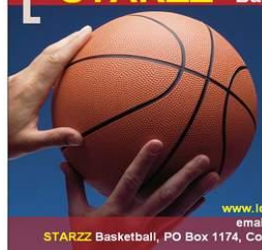
Issue 10 18 November 2009

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.



STARZZ Basketball



Charles Lyons
Program Director
(254) 290-0730

Dorothy Lyons
Business Director
(254) 290-0679

www.leaguelineup.com/starzz
email: ccstarzz09@aol.com

STARZZ Basketball, PO Box 1174, Copperas Cove, Tx 76522

STARZZ Players Move to Next Level

Three former STARZZ and Lady STARZZ basketball players are now playing at the "Next Level" for Copperas Cove High School. Deion Robinson and Tyler Wilson, Copperas Cove freshmen, who played during the Summer for STARZZ 2013, 8th grade team, are now members of the "Dawg" Junior Varsity team. Jasmin Lyons, also a freshman, who played for Lady STARZZ 2013, is now a member of the "Lady Dawg" Junior Varsity team.



DEION ROBINSON
STARZZ 2013
Copperas Cove JV



TYLER WILSON
STARZZ 2013
Copperas Cove JV



JASMIN LYONS
Lady STARZZ 2013
Copperas Cove JV

2010 Pre-Registration



Players from last year's STARZZ teams, who intend to play this year, need to go to the website at www.leaguelineup.com/starzz and pre-register. We are attempting to determine the number of open slots we will have available for new players for the upcoming season.

facebook STARZZ Basketball is Now On FACEBOOK

STARZZ Basketball is now on FACEBOOK. Visit our FACEBOOK page at <http://www.facebook.com/pages/STARZZ-Basketball/110231492669> For the latest STARZZ Basketball information and links to other sites. You will have to register for FACEBOOK to leave comments.

"Play Hard ... Everyday!"



STARZZ Basketball



PROGRAM DIRECTOR

In about three months, we will start the second season of STARZZ Basketball. Our goal is to return as many of the players from last year as possible and to add additional players and teams. We have been working hard over the last few months to make this happen.



One thing that can help the decision making process is to know who will be returning this year and who will not.

Returning players need to go to the website at www.leaguelineup.com/starzz and pre-register. Players new to STARZZ Basketball, who are interested in playing for STARZZ Basketball may also go to the website and pre-register. This pre-registration process provides me an early look at what our program, players and teams, will look like.

Congratulations to Deion, Tyler, and Jasmin who made the leap to Junior Varsity for the Copperas Cove High School Dawgs and Lady Dawgs basketball teams.

Parents and players, please send me your basketball schedules so that we can come out and support you. Charles & Charles

Wanna Be A STARZZ?



www.leaguelineup.com/starzz

ccstarzz09@aol.com

Charles at 254-290-0730

The Art of Responsible Sport Conversation: Parent & Athlete

Once we recognize similarities and differences between our goals and our children's goals, we can better shape conversations with our children. As Responsible Sports Parents, we have to remind ourselves that our main goal is to help our children learn and apply life lessons.

As much as you, your children and their coaches want to win games -- only the players and coaches are ultimately responsible for winning. As fans and parents, our job is to make sure our children use their youth sports experience to grow into successful adults. If we become overly focused on winning, we are likely to miss opportunities to play this important role with our kids (and with other kids on the team).

Within that context, consider the following scenario, and remember, there are no "right" answers...only food for thought and a chance to educate and learn from your fellow sports parents:

What Would You Say?

Your son comes up to bat with two outs in the bottom of the last inning, with the tying and winning runs in scoring position. He strikes out, ending the game in a loss for his team. What do you say to your child on the way home?

"Something similar happened to my son, and the one thing I learned was that my immediate reaction was most important. I didn't know how badly I messed up until my son told me that right after he struck out, he looked over at me and saw me shaking my head, face down. He thought he'd let me down, and we had to talk it out. I think I eventually reassured him, but one thing I would say about this is to remember the importance of body language."

-Rob, parent of 14-yr-old, Vancouver, WA

-Continue on page 3



For Parents Only



Interacting With Your Young Player

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.

Continue on page 4

Continued from page 2



The Art of Responsible Sport Conversation: Parent & Athlete

"I wouldn't say anything about his at-bat until he brings it up. I'd congratulate him on a good game, and a strong attempt to come back. If he brings it up, I'd tell him it's not the end of the world. Everyone makes mistakes and that's how we learn."

-Margaret, parent of kids 9 and 11, Hartford, CT

"Sooner or later you need to get him to correct his swing. Right after the game may not be the best time. He's probably really hurting. But you want to help him avoid the same outcome next time."

-Willy, parent of kids ages 8 and 15, Salem, VA

"Depending on how upset he seems, I might reassure him that we love him, that there is a lot more to him than just being a baseball player. Yeah, it's tough, but that at bat is not the most important thing in the world."

-Amanda, parent of 11-yr-old, Tallahassee, FL

"We always stop for ice cream after the game, and I think it's important to maintain that routine, win or lose, no matter the circumstances. Hopefully my son would want to talk with me about it, but if not, I would not push it."

-Brandon, parent of kids ages 5, 8 and 15, St. Louis, MO

There are no "right answers" and no one single way to approach tough situations like these in youth sports. But as you continue to read here, we hope you'll find tools and resources to help make conversations like these easier and more productive for both you and your child.



For Parents Only



Interacting With Your Young Player

Continued from page 3

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.

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!



Player's Locker Room

Five Tips to Better Manage Your Time

By Alan Stein, CCS, CSCS, StrongerTeam.com

As a high school basketball player, you probably feel overwhelmed at times. Like there aren't enough hours in the day to get everything done. It can be tough balancing classes, homework, practice, weight training, and time to relax with family and friends. And as challenging as it can be, you have to remember, "to whom much is given, much is expected."

Being a basketball player means you have more responsibilities and obligations than a "regular" student. Wear that like a badge of honor. And keep in mind you have the same number hours in your day (24) that Kobe Bryant and LeBron James have in their day!

Here are five quotes to help you prioritize and better manage your time:

"It is better to look ahead and prepare than to look back and regret." Plan your day the night before. Don't go to sleep until you know exactly what needs to get done the following day. Have a prioritized "to-do" list and stick to it. Being organized is the first step in managing your time effectively.

"Don't waste time worrying about things you can't control." You can't control the fact your teacher said you have a paper due Friday. But you can control how you approach it. Complaining about the due date will get you nowhere. Put all of your energy and effort into the things you can actually have effect on!

"If you don't have the time to do it right, when will you have time to do it over?" Don't cut corners. Don't rush through things just get them done. Everything you do is a reflection of yourself. Put your best foot forward in your first attempt, it will save you time later!

"Don't confuse being busy with being productive." Do you know that 80 percent of your results come from 20 percent of your time? That's why a prioritized "to-do" list is so important. Don't get bogged down by trivial things, cut right to the important stuff. Focus on the stuff that gives you the most return.

"Do what has to be done. Do it when it has to be done. Do it as well as you can. Do it this way all of the time." That is the definition of discipline. If you are disciplined with yourself, you will be disciplined with your time.

What Is A Good Shot?

The most important concept for players to understand is the definition of a good shot varies from player to player. A good shot for the point guard might not be a good shot for the post ...

- 1) A good shot is one that is expected by your teammates.
- 2) A good shot is one that you are ready to shoot (on balance, square to the basket, etc.).
- 3) A good shot is one that you shoot a high percentage on in drills and practice (in your range)
- 4) A good shot is one that can be rebounced by at least two of your teammates.
- 5) A good shot is one that you can recover and play defense from if it is missed.
- 6) A good shot is one that is appropriate given the time and the score.
- 7) A good shot is one that is taken when you are not closely guarded (except for shots around the basket).



Coaches Clipboard



Development Before Competition

[Coach Vic Pruden](#)



In a developmental basketball program for boys and girls under coaches should be committed to helping boys and girls to learn to play. Consequently, the guiding principle for coaching basketball at this age level should be helping players to learn, not managing them to win.

Helping Players

Because the most effective way to learn is by doing, youngsters should begin playing as soon as possible. The only prerequisite is that they can run, jump, and throw and catch a ball. It is very likely, however, that they will not play well at first. Hence, the value of practice. The more they play, the more they will improve.

Initially, most if not all practice time should be devoted to team play. As the boys and girls become comfortable playing within defensive and offensive frameworks, they should begin improving their individual and one-on-one skills. When team play is introduced first, youngsters can more easily understand how the various individual and one-on-one skills relate to team play, and how improving these skills will improve their team play.

Because they will likely play badly at first, it is very important that coaches accept poor play with grace, understanding, patience and humour, and offer encouragement and appropriate feedback. Seeing this reaction, the players will persevere.

Coaches should also encourage boys and girls to strive to win, that is, to play with intensity and enthusiasm. Equally important is helping them to develop the ability to temper their enthusiasm and intensity with intelligent decision-making. Thus, the players' creed should be, "Play Hard, Play Smart."

Finally, in this developmental approach, the purpose of games is to demonstrate what the boys and girls have learned, not whether they won or lost.

Managing Players

Coaches should remember that they are dealing with boys and girls who want to learn how to play. To become players, they need to learn a wide range of team, one-on-one, and individual skills. Because in a developmental approach the object is to help them on their journey to becoming complete players, not role players, they should have the opportunity to play every position.

At some levels of play, certainly the professional level, it may be appropriate for coaches to "manage" players, that is, to use them to perform specific roles.

The primary goal for coaches who are managers is to win. Consequently, they are looking for players who excel at fulfilling a particular role in a single position. Coaches who are managers have little time or interest in developing players. In the NBA, for example, players tend to be specialists, point guards, off guards or shooting guards, posts, and power forwards.

How sad to hear a 10-year-old girl come home and announce that she is a power forward.

Coaching Tip of the Day

Substituting for a player who has just made an obvious error adds to the embarrassment the player already feels. At that moment the player needs emotional support. Substitute in ways that protect the pride and self-esteem of the player. This will help the whole team play more assertively.



Bulletin Board



iHOOPS Skills Challenge

STARZZ Basketball will be hosting the local iHOOPS Skills Challenge in January 2010. The iHOOPS Skills Challenge is a FREE basketball skills competition that allows every participant the opportunity to showcase his or her dribbling, passing and shooting skills in this time-based, half-court obstacle. Boys and girls, ages 9 to 14 compete separately and may compete up to three levels of competition including the National Finals in Orlando, Florida. Final date and location TBD.



Coaches Wanted!

STARZZ Basketball is currently seeking coaches with youth basketball coaching experience.

If you are interested in joining a new and growing youth program, please go to our web site at www.leaguelineup.com/starzz and complete our Volunteer Registration Form. We will get back to you shortly. We will begin forming our teams in early 2010 and will compete throughout the Spring and Summer.



Players Wanted!

STARZZ Basketball will be forming teams for its 2010 Spring-Summer basketball season in early 2010.

We will be seeking boys (grades 4 -10) and girls (grades 4-8). If you are interested in STARZZ Basketball, please visit our web site at www.leaguelineup.com/starzz and complete a Player Information Form. We will get back with you soon!

STARZZ 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.

My responsibility is getting all my players playing for the name on the front of the jersey, not the one on the back. -- Source Unknown



STARZZ Sponsors



COVE TAXI
254-542-8626
FREE 877-COVE-TAXI



501 Clara Drive
Copperas Cove, TX 76522
(254) 542-6545



Domino's Pizza
2127 E Highway 190
Copperas Cove, TX
254-547-7566



Copperas Cove Parks
and Recreation Department
City of Copperas Cove, Texas

POWER PRINT TEES
2211 Sunny Lane
Killeen, TX 76541
254-680-5590



1111 Willow Springs Rd
Killeen, TX 76549
(254) 519-2874

FASHION NAILS
101 Cove Terrance SHP. CTR
Copperas Cove, Texas 76522
(254) 547-4417

H.I.S. Home
Improvements
216 South Main Street
Copperas Cove, Texas 76522
254-547-8227

Family & Children's Clinic
Dr. Luther Street & Dr. Yasmeen Ali
200 Nola Ruth
Harker Heights, Texas 76548
Phone: (254) 698-6629
Fax: (254) 698-1673



TRINITY TAX SERVICE
1606 E Highway 190
Copperas Cove, TX 76522
(254) 547-0138
TAXLADIETUTT@CFAITH.COM



Bill's Muffler
1004 S. Main Street,
Copperas Cove, TX 76522
(254) 547-8242



**"THANK YOU FOR YOUR
SUPPORT"**
2720 E. Hwy 190
Copperas Cove, Texas
(254) 542-7600



David Millican Insurance
2604 E. Hwy 190
Copperas Cove, Texas
(254) 547-8542

Supporters

- Mr. Kevin Porter
- Mr. & Mrs. Kevin Milner
- Charles & Dorothy Lyons
- Mr. Joe Denham
- Mr. Gregory McDonald
- Miss Dorothy Brown
- LTC Betty Holm
- Mr. Mark Littlejohn



Noon Exchange Club meets each
second and fourth Friday
Cove Rice Restaurant
1807 U.S. 190
Copperas Cove, TX 76522-2528
(254) 542-5898



Veterans of Foreign Wars
Post 8577
Copperas Cove, Texas
(254) 547-8542