

STARZZ Newsletter

www.leaguelineup.com/starzz

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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



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STARZZ UPDATE



Just got the final okay that we would be hosting iHOOPS Skills Competition in January. As always those are good community events as well as good competition for our kids. I will be needing some adults to help with this event. Send me an email.

Dorothy and I, and Jasmin, and Debbie Hicks and Family, plus the Bonners and more went to see Alexis Dukes play on Thursday night for the Union Grove 7th grade team against Smith Middle School. Of course, "Dukes" did what she does best ; and the final score was 44-3! I was pleased to see everyone who showed up to support her. Anytime you have the opportunity to get out and support one of the STARZZ players, please do so!



Copperas Cove Parks and Recreation League is about to kick off. Dorothy has a 10-12 group named the Lady STARZZ -Varsity. I and Debbie Hicks have girl teams in the 8-10 division, the Lady STARZZ - JV and Debbie's Mini-STARZZ. We hope to have a great season, lots of fun, and maybe even discover some future STARZZs out there. Shay Johnson is the assistant coach for her son Amari's team. He will be playing this season on our new STARZZ 5-6 grade team. Good luck to all!

STARZZ TO HOST LOCAL COMPETITION



STARZZ BASKETBALL has been selected to host the iHOOPS SKILL CHALLENGE for this area. Local youngsters ages 9 to 14 have the opportunity to participate in the Inaugural iHOOPS Skills Challenge. This national basketball skills competition provides boys and girls a free opportunity to showcase their basketball abilities in a time-based, half-court obstacle course. The iHOOPS Skills Challenge focuses on basketball skill development while encouraging participation in the game.

Date: Monday, January 18th, 2010

Time: 13:30

Location: Ave E School Gymnasium, Copperas Cove, Texas

Participants may register the day of the event and must bring a copy of their birth certificate and complete a registration/waiver form prior to the start of the competition. Registration forms will be available at the competition site.

1st Place Champions from this Local Competition will have the opportunity to advance to one (1) of twenty-nine (29) Regional Competitions occurring in NBA team markets across the country in hopes of advancing to the National Finals in Orlando, Florida.

For more information, please contact Charles Lyons at 254-290-0730 or Dorothy Lyons at 254-290-0679 or email us at ccstarzz09@aol.com.



STARZZ News



STARZZ Basketball Program Creator Driven By Desire to Help Youth

Posted On: Monday, Nov. 23 2009 04:50 AM
By Alicia Lacy Killeen Daily Herald



COPPERAS COVE – Charles Lyons has been coaching youth sports for more than 41 years and continues to coach with the spirit of service acting as a major driving force in his life. This year he branched out to begin his own youth basketball program with his wife,

Dorothy.

Lyons' coaching career began in 1968 when he was a teenager in Gary, Ind. Several children from different neighborhoods formed basketball teams and played against each other. "All we did was play basketball and stickball," he said. "There were a lot of kids but no organization." After graduating from high school, Lyons joined the Army and still kept coaching. "The real reason I kept going was probably because of the kids," he said. "They always need coaches for youth sports." "And with kids, you not only want to afford your kids, but other kids with opportunity," Lyons added.

A 20-year Army retiree and Cove resident, on and off, since 1985 due to the military, Lyons' involvement with the city's Parks and Recreation department youth sports coaching program began when he first came to the city. Lyons, his wife and two of his daughters coached teams through the city's Parks and Recreation department. The Starzz Basketball program, which was jump-started by Lyons and his wife this year, provides summer basketball opportunities for children in the community between 9 and 18 years old. The program begins in March and wraps up in August.

Lyons said the program has four teams and 40 children. Children in the program develop and fine-tune their basketball skills. Lyons hopes to double the number of teams to eight for next year's season.

Copperas Cove Community Comes Together For Pre-Thanksgiving Meal

Posted On: Sunday, Nov. 22 2009 05:37 AM
By Alicia Lacy Killeen Daily Herald

Young and old gather in the spirit of community, service and fellowship to break bread each year with the essence of the Thanksgiving holiday at the heart of the event held at the Copperas Cove Civic Center.

This year, the 12th annual Feast of Sharing drew hundreds for the community meal that was catered by the Yumm Factory Café in Lampasas.

The pre-Thanksgiving feast included turkey and ham with all the fixings and guests finished off with pumpkin pie topped with whipped cream.

Community ... In a quick look around the Civic Center, old and young were observed working together serving plates and pouring drinks and sharing a meal as old friends chat and catch up.

"Many people meet here once a year," said Mike Blount of the Noon Exchange Club. "I like seeing the diversity of people," said first-time volunteer Angela Colbert with the Copperas Cove Housing Authority. "It's not just the elderly. It's the young children, the middle-aged adults and the elderly, and they're all sitting down and talking together."

Leona Marshall began coming to the dinners with her mom who got tickets a few years ago. The event has become a tradition for her family and friends. "It's when all of Cove comes together, and we consider Cove our family," Marshall said. The feast is a chance to see friends and neighbors. "We're a small community, and we want to keep our community connected with one another," Blount said. "People in this town are caring folks."

Service ... Not only was the event an opportunity for the community to share a meal, but a way for many to give back to the community through their service.

"I've been living in Copperas Cove for a long time, and when it comes to doing stuff like this for the community and helping people at home, it makes me happy," Colbert said Thursday. "They had to make me sit down and eat." Mayor John Hull said the event is good for the entire city. "It gets people out to enjoy a meal, and I've seen people here tonight that I haven't seen in a while," he said Thursday.

"I'm impressed with the amount of help and the young people helping. It's outstanding," Hull said. "They don't put enough praise out there for young people." Kristina Myers enlisted the help of her seven kids ranging in age from 9 to 15. "Last year was the first year," Myers said. Myers said the event is an opportunity for her children to "learn to do something for others." Her children all said they enjoyed being able to help people.

See Feast of Sharing on Page 3



Soon to be ... a tradition!



STARZZ News



Feast of Sharing ... Continued from page 2

Volunteer Dorothy Brown with the STARZZ program said this was her third year volunteering at the event. Brown said the first time she volunteered was because her parents told her to, but she continues to volunteer "because I enjoy it."



Noon Exchange Club member Bill Minton has been volunteering with the event since 1999. "The Noon Exchange Club is a community service organization and this is one of the ways we

give back," Minton said.

Members of the STARZZ Basketball program were one of the groups volunteering at the event Thursday. Dorothy Lyons, co-director of the program said the event was a good way for the kids to learn about volunteerism. "I love volunteering," she added.

History ... The Feast of Sharing began in 1998. According to records from the Noon Exchange Club, Terry McGraw, who was the manager of Walmart at the time, approached Bud Owsley, a council member, with ideas for a community project the store could participate in offering \$3,000 for the event. The result was a workshop where the council decided to co-sponsor a Thanksgiving dinner the Thursday before the holiday for low-income residents, the elderly and low-ranking military personnel and their families.

With Walmart providing items for the meal, Owsley, Paula Wallis and Elfriede Widup cooked the meal that served more than 300 people. Employees of the city, members from the Noon Exchange Club, Boy and Girl Scouts and other organizations in the community volunteered for the first event. "It was initially for the elderly, and it's evolved and grown because we opened it up to everybody," Blount said.

In order to accommodate to the event's growth, organizers made a decision three years ago to have the event catered. "We've had as many as 500," Blount said about the attendance to the meal. Entertainment used to be provided every year, but Blount said organizers learned that people would rather "do what they're doing now - talking to each other."

The HOP bus system provides transportation for those at the Copperas Cove Housing Authority and Sunshine Home Apartments and the Boys and Girls Club provides transportation for home-bound or those without transportation.

The Noon Exchange Club funds a portion of the meal and the city funds a portion with the city providing the facility, Ken Wilson, city's director of community services said. "It's a great opportunity for the city to provide additional services to the citizens of Copperas Cove in the spirit of the holiday season," Wilson said.

Coaches Wanted!



STARZZ Basketball, a local youth basketball program, is seeking experienced youth basketball coaches from the Killeen-Fort Hood-Copperas Cove and Central Texas area for its 2010 Spring - Summer program. We have openings at all youth levels for boys and girls teams. Our season runs from February to July. If you have coached youth basketball in the past and are interested in participating in an expanding and growing program, visit our website at leaguelineup.com/starzz, email us at ccstarzz09@aol.com or contact Charles Lyons at (254) 290-0730 or Dorothy Lyons at (254) 290-0679.

Wanna Be A STARZZ?



STARZZ Basketball is currently recruiting players from the Killeen-Fort Hood-Copperas Cove and Central Texas area for its 2010 Spring-Summer program. STARZZ Basketball will be fielding teams for boys (grades 4-10) and girls (grades 4-8) and hopes to expand from four teams last year to eight this year. Anyone interested in playing for one of the STARZZ Basketball teams should visit our Website at www.leaguelineup.com/starzz and pre-register. There is no obligation incurred by pre-registering. Pre-registration allows STARZZ Basketball to place your name on its mailing list and provide you the most updated information about the program. For more information, send e-mail to ccstarzz09@aol.com or contact Charles Lyons at (254) 290-0730 or Dorothy Lyons at (254) 290-0679.



For Parents Only



Communicating With The Coach

www.iHOOPS.com

You should always try to have a pre-season conversation with your child's coach no matter how long your child has been playing. In fact, many coaches have a short meeting for parents prior to the season. In either case, this the perfect time to get a sense of the coach's philosophy on such subjects as sportsmanship, playing time and practice, as well as the guidelines and rules followed by the league.

Some Questions For the Head Coach:

How many players are going to be on the team?

What is your philosophy regarding playing time?

What are your goals regarding winning, teaching the game and developing a fun environment?

When are the practice sessions?

How do you handle scheduling conflicts?

Have you coached players at this level before?

Do you have an assistant coach?

Could I help out in some way?

What's the best way to reach you in case I have more questions?

NOTE: Many coaches will schedule a specific time each week to call at home if you have issues to discuss during the season. Once you feel satisfied your child is in good hands, give the coach some space and freedom. Allowing them to coach without feeling they have to look over their shoulder will give the coach the room he or she needs to provide a positive team environment for all the players.

One of the major lessons that playing on a basketball team provides to young players is tolerance and adaption to different styles of leadership. Allowing your children to deal with the player/coach relationship on their own will go a long way towards assuring that they benefit from those lessons. If a problem arises, you should be there for your child, but let things play out on the team level first.

Approaching the Coach With a Problem

Sometimes, a misunderstanding does occur. Maybe you feel your son is not getting enough playing time. Maybe your daughter is playing forward instead of guard. Or your child's team seems to be treating its opponents in an unsportsmanlike manner. Whatever the concern, consult the coach in a spirit of cooperation — NOT confrontation.

Some parents get upset and confront coaches in the middle of a game. Not only is this kind of action counterproductive, it embarrasses everyone, including your child. As with any other person, the coach is much less likely to listen if you get in his or her face.

If you do feel the need to discuss an issue with the coach, try waiting 24 hours and then call the coach at home (make sure you get the coach's appropriate contact number prior to the season). Try the following approach — "Coach, perhaps you can help me with a problem my daughter is having. You see, she's always preferred to play point guard, and we see that you have her playing forward. As a result, she is a little confused. Can you help us work through her concerns?"

If you address the coach in a non-confrontational manner, he or she will most likely be happy to discuss the problem and work out a solution that suits everyone.

What if my Child Isn't Getting Enough Playing Time?

Once more, this is the kind of issue that should be brought up in a calm and private conversation with the coach. Ideally, the coach is keeping track of who's playing how much, and at what positions, during games. But if you and your child are convinced that he or she isn't getting a fair amount of playing time, then it may be time to talk to the coach.

In many youth leagues, there are rules regarding player participation. Prior to addressing the issue with the coach, you should be aware of any guidelines, if they exist. Your preseason conversation or meeting with the coach is the time to find this information out. If you did not, try calling the league director to find the answer. Once prepared with the information (for example, it may be that all players are required to play at least one-half of the game) you will be ready to speak with the coach.

Keep in mind, that with young players in particular, it can be confusing as to who's playing and for how much time. Coaches usually employ an assistant to monitor the playing time of each child. If there is any question about playing time, it's a matter of consulting the assistant coach's score sheet. If your child's coach does not keep track of this, offer to help out and assist the coach by suggesting to do it yourself. On top of helping you keep track of your child's playing time, it will probably help out some of the other players with a similar problem. And who knows, the coach may just surprise you and be happy to receive the help.



The Locker Room



Point Guard Responsibilities

By Paul Tayyar, eteamz.com

Point Guard is arguably the most difficult of the five positions to play on the floor. He is responsible for getting his team into its offense, making sure all of the players are aware of their roles on the floor, and, above all, creating scoring opportunities for both the players around him, and himself—in that order.

One of the most difficult responsibilities of playing point guard is his need to have his mind moving in several directions at once. He has to recognize and respond to the type of defense that the opposition is playing (i.e. zone, man-to-man, etc.), and make sure his players are in the correct spots in order to start the offense or the play. He has to initiate the offense while having to worry about taking care of the ball, oftentimes against tremendous defensive pressure from his opponent.

Also, he is the only player within the offensive structure that has to juggle his responsibilities, both as a passer and as a scorer. It is, to varying extents, the other four players jobs on the floor to create scoring opportunities for themselves. The point guard must make sure that his attempts to score are not coming at the expense of his teammates. In other words, he has to score without disrupting the flow of the offense or “freezing” out his teammates. Therefore, he is faced with juggling the ultimate paradox: reaction vs. thought.

He must constantly think about what is best for the team in the given situation—i.e. the score, the quarter, the time remaining, which players are on the floor, etc.—controlling his natural reactions to the events around him. He can never do just one or the other. If he thinks and does not react, then he is nothing more than a robot running his team through their offense. If he reacts and does not think, he is a mindless drifter who has no idea what is going on around him.

However, the point guard can also be the most satisfying of the five positions, given that he is able to most fully exert his will upon that of the team; he is in control. By the very nature of the demands of his position, the ball is in his hands more often than it is not, and he can therefore act as an integral part of his team's success.

Much like a quarterback in football, he must be the most aware of all elements of the game. Because of that, he also stands to gain substantial glory if his team succeeds.

Three Keys to Athletic Success

By Alan Stein, CCS, CSCS, StrongerTeam.com

If you want to be successful at anything in life, especially basketball, you need to work hard every single day. Are you rolling your eyes? Sound cliché? Sound redundant? Probably, but nevertheless it is true. One of the best coaches and motivational speakers I have ever heard speak was Jim Valvano. I have an old grainy video clip of him speaking in which he said something that changed my life forever:

"Every morning when you wake up, you have only two choices. The choice to work hard or the choice to not work hard. That's it, no other choices. Either you work hard or your don't; it's pretty simple. If you choose not to work hard, you will fail. If you choose to work hard, you still might fail! How is that for a deal? Success is never guaranteed, but it is impossible without hard work."

While I firmly believe [hard work](#) is the backbone of success in any endeavor, I believe there are several other factors that contribute to whether or not you are successful. I am going to focus on three of them:

Find Positive Influences

It is very rare for anyone to be successful without any help. So a key to being successful is finding someone who pushes you. Someone who pushes you to be the best you can be. Someone who holds you accountable. Someone who motivates you. Someone who tells you what you need to hear; not what you want to you hear. Someone who gives you energy. Someone who encourages you. Someone who coaches you.

Everyone needs someone like this in their life. If you are really lucky, you will find several people like this and surround yourself with them as often as possible. And don't wait for this to happen by chance, go find this person! You have a much better chance of being successful if you do.

This person can be a sibling, a parent, a friend, a teammate, a [coach](#), a trainer, or a mentor. Who they are is not as important as what they are. Are they someone who makes you better? Are they helping you become more successful?

Tiger Woods is one of the most dominant athletes on the planet. He has natural ability, a tremendous [golf](#) IQ and a relentless work ethic. He has already attained astronomical success. So why does Tiger Woods need a coach?

He doesn't. Tiger Woods doesn't need a coach. He wants a coach.

He wants someone to make him better. As good as Tiger is, arguably the greatest golfer of all time, he wants to find areas where he can improve. He studies film on his swing hoping to find a flaw. Why would the best golfer of all time want to find a flaw in his swing? Because it will mean he can still get better. Tiger humbly recognizes this and uses a coach. But it is not just the fact he uses a coach that is important. It is the fact he has found someone in his life to push him; every day, every practice, every match. Tiger's success is not an accident.

Do you have a person like this in your life?

Be Willing to Learn

Another important ingredient to being successful is gaining access to developmental resources. Whether you are a [basketball](#) player or coach, you have to make sure you are constantly progressing and developing. Either you are getting better or you are getting worse; there isn't anything in between.

As a veteran basketball strength & conditioning coach, I spend a good deal of time on my own professional development and am constantly seeking both people and resources to broaden my scope and assist in my success. I read the latest training books and manuals, watch the latest training DVDs, attend numerous coaching clinics, and network with dozens of collegiate and NBA strength coaches. I know part of my success is making sure I am on the cutting edge with my training techniques, concepts, and equipment. This commitment to my professional development takes time and effort, but it is well worth it.

What resources do you use to get better?



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City of Copperas Cove, Texas

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