

STARZZ Newsletter

www.leaguelineup.com/starzz

Issue 14 22 December 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.

2
0
1
0



**WE SUPPORT
OUR
SOLDIERS**

[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



Happy Holidays!

STARZZ Volunteers Work With Parks and Recreation Teams



Currently, three STARZZ Basketball volunteers are committed to coaching youth teams in the Copperas Cove Parks and Recreation League.

Dorothy Lyons is currently coaching the Lady STARZZ Varsity, 10-12 girls team and Charles Lyons is coaching the Lady STARZZ JV, a 8-10 girls team. Debbie Hicks is coaching the Mini-STARZZ, another 8-10 girls team.

This is an excellent way to continue coaching while awaiting the start of the Summer basketball season. In addition, it also ensures the Copperas Cove Parks and Recreation Department has enough coaches to conduct its program.

Jasmin Lyons, a member of the Copperas Cove Lady Dawg program, can be seen on the court also working with her parents and motivating the younger players.

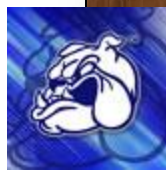
Another STARZZ parent, "Shay" Johnson is also getting back into coaching. She is the assistant coach for the 8-10 Razorbacks, a team her son, Amare, plays on for the Copperas Cove Parks and Recreation league.



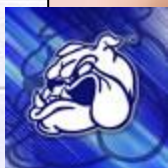
Beyond the STARZZ



"Manny" Harris
Cove JHS



Jasmin Lyons
Cove High School



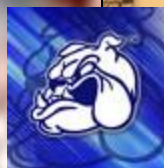
Deion Robinson
Cove High School



Alexis Dukes
Union Grove MS



Jose Roman, Derrick Merriwether, Jr., Andre Halliburton, and Jaqour Blunt
Shoemaker High School Greywolves



Tyler Wilson
Cove High School



STARZZ Basketball



Building Our Youth Basketball System

By Rick Torbett, [Better Basketball](#)

What's happening to American basketball? There was a time when the only thing that Americans had to do to win internationally was show up with some good college players. Now, we can't win with our professionals. Our opponents on the international scene are quoted as saying that the Americans are good, but it's not a big deal to beat them anymore.

The State of American basketball

When compared to the rest of the world, we are progressing at a slower rate. Does the problem stem from organization? If you answered, "What organization?" then you have grasped my point. The American system is a mish-mash of organizations.

Let's list a few: Middle schools, high schools, colleges, youth leagues, AAU, recreation leagues, and summer camps. Is there any way for a young player to begin at age 8, 9 or 10 and remain in the same organization and be taught progressively, skill upon skill, principle upon principle, layer after layer? Almost without exception across the country, the answer is no.

How many future stars were discouraged because they gave up too soon? We will never know. As an example, AAU is organized by age groups and gives the appearance of moving a kid along in the game. And there are a handful of AAU organizations that try to provide a system for development. But on the whole AAU is organized of individually coached teams whose purpose is to give the best kids in their age level a chance to play, win, and gain exposure--NOT to build a foundation of skills.

Another example would be a high school coach who has the chance to develop players from age 14 to 18. But how can he or she have a hand in the development from age 10 to 14. By age 14 a player might well have had eight or ten different coaches, all teaching something different and some teaching nothing at all! Many of today's youth coaches are mothers and fathers who simply want to help, but, God Bless them, they don't know what to teach! Does America have any criteria that a coach must pass in order to teach the game?

America has millions of people. Some of the countries that are competing and beating us have 10 or 20 million. Does our basketball system simply throw the players against the wall to see which ones stick and which ones don't?

Have Basketball Skills?



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.

**Monday, January 18th, 2010
1:30 pm
Ave E School Gymnasium
Copperas Cove, Texas**

There are three (3) age groups (9-10, 11-12, and 13-14), with boys and girls competing separately (age is determined as of May 14, 2010). Participants must be born between the dates shown to be eligible to participate in their respective age group. Age Groups/Born Between

(Ages 9-10) May 15, 1999 to May 14, 2001
(Ages 11-12) May 15, 1997 to May 14, 1999 and
(Ages 13-14) May 15, 1995 to May 14, 1997

Go to www.leaguelineup.com/starzz and www.ihoops.com/programs/skills-challenge for more information and to view the on-line Skills Challenge tutorial. This tutorial describes each phase of the competition and provides additional basketball tips on free throws, the chest pass, speed dribbling, jump shooting, and the layup, which are all components of the Skills Challenge.



Basketball 101



Beat the Clock: Improve Your Grades and Your Game

By Tony Fryer, [1on1 Basketball Academy](#)

Practicing and playing basketball can be fun, but it can also make it very tough to get good grades. Family, friends, chores, and other stuff can pull you in different directions. Whether you are a student-athlete in middle school or high school, you need good time-management skills to succeed.

Early in my H.S. and college coaching career, I was given the opportunity to learn from **John Wooden** and **Ray Meyer** as they discussed the importance of teaching players "self management."

I've utilized that knowledge to keep future NBA players, like **Carlos Arroyo** of the Miami Heat, active in study hall and focused on their self-management. The following game plan will help you manage your busy life!

Basic Fundamentals

Do two hours of homework/study for every hour of class and get good grades. It's that simple.

Advanced Fundamentals

1. Make a list of everything you need to do.

2. Divide your list into 3 main areas:

--School: Going to class, doing homework and studying

--Personal: Eat/sleep/hygiene, friends, family obligations

--Basketball: Team practice, individual practice and games

3. Prioritize your lists by importance and timing. For example:

--Must Do - Go to school (8:30 a.m. - 2:30 p.m.) Basketball practice. (3:00 - 5:00PM) Homework (6:30-9:30 p.m.)

--Should Do - Work on a paper due in 3 weeks. (3:00- 5:00 p.m. Saturday) Community service project. (10:00 a.m. - 1:00 p.m. Every 3rd Saturday)

--Want to Do - Play video games with friends. (Saturdays from 5:00 -7:00 p.m.) Go to the mall/movies. (7:00-10 p.m.)

4. Schedule: Use your lists to make a schedule for each day, week and month or more. Get a weekly planner and fill in each day, and even each hour with what you will do. Use the calendar and timer on your mobile phone to keep yourself on schedule.

Strategy

Students who get the best grades aren't necessarily any smarter, they simply stick to priorities and schedule to stay organized. Remember, the first part of "student-athlete" is student, the first part of "high school player" is high school and the first part of "college scholarship" is college.

Offense

Beat procrastination. "Take the next action." Got a book report due? Just pick up the book! The "take the next action" play will always work.

Play Post and Perimeter

Multi-task. Record your notes and listen to them while you ride the bus to school. Read while doing laundry.

Play Defense

Phone - Set aside a specific time and tell your friends that's when you'll be available to talk or text.

TV - Record your favorite shows and set a time to watch, but only once or twice per week.

Internet - When online, stick to schoolwork till finished, before you reward yourself with email or social networking.

Video Games - Limit yourself to a couple rounds of your favorite games during the week, more only on weekends.



Bulletin Board



WOLVES

VS.

DAWGS

January 12, 2010



iHOOPS SKILL CHALLENGE

Have Basketball Skills?



Open to:

- Boys and Girls
- Ages 9 to 14

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.

Date: Monday, January 18th, 2010

Time: 1:30 pm

Location: Ave E School Gymnasium, Copperas Cove, TX

Go to www.leaguelineup.com/starzz to view the on-line iHOOPSSkill Challenge video.

Women's Basketball

TEXAS VS BAYLOR



Sunday, January 31, 2010 4:00 pm

Frank Erwin Center, Austin, Texas

Tickets are \$5:00

We will be carpooling to the event!

Please provide me with ticket requests not later than 2 January at ccstarzz09@aol.com



Sponsors



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



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



Dominos 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