

FOOTBALL EDITION

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EVYS

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**Tackle Football vs.
Flag Football**

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EVERYTHING YOUTH SPORTS MAGAZINE - SEPT.-OCT. ISSUE - 2017

Calling Coaches, Parents, Family, and Community!

If you would like your player, coach, team, or league to appear in the magazine here are a few categories:

- MVP- League/Team
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EDITOR'S NOTE



RAQUEL FREEMAN *Founder & CEO*

About two years ago me and my family moved to the Houston area from WI. In between working and putting our kids in sports, we started a football fundamentals camp for youth age 7-14 called Kiddy Combine. Many of the kids coming through the camp had little to no experience. So, we decided to put together a resource guide to help parents navigate their way through their child's football journey. That was our first edition. People loved the supportive concept so much we decided to open it up to all youth sports! We plan to lay the publications out emphasizing one dominant sport at great length; Soccer, Basketball, Baseball, and Football while covering Golf, Swimming, Tennis, Track and Field, Hockey, Volleyball and additional sports as local programming exists. In the following pages, you'll find resources that help you evaluate which sport, program, and team will best suit your child.

Sometimes you don't know! If you are a new parent, new to the area, or never played sports you may not necessarily know where to even begin, especially here in Texas where youth sports is KING! While the opportunity to be "great" is near there are so many programs to choose from, it's hard to tell the difference between one program and the next. It can make your head spin! We want to help make your decision-making process a little easier. We will dive into the culture of every sport. We will give you an idea of the time and financial commitment involved, a sense of the coach's personality and teaching philosophy. Who has a noteworthy program and why? What is a typical season life like? What opportunities might this investment afford? All these factors help you as a concerned parent determine if this or that sport, program, or coach is right for you. Our research will put you at the front door of every local athletic opportunity for your child age 7-14.

You can trust our work is objective, thorough, and current. We are looking forward to this awesome endeavor and you being a part of it! So, send us feedback! We want to feature your child, team, or organization!

Thanks for reading and I hope that our research brings you closer to your child through their athletic experience.

August 2017

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"Well, If your reading this that means you picked up our magazine. I would like to thank you. Our hope is that you find something that you can use for yourself and your athlete. Play on..!"

Shawn Freeman
Owner/Associate Editor

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EYS

EVERYTHING YOUTH SPORTS MAGAZINE

We would like to thank every single person who has collaborated and supported EYS, specially in this issue:

- Rebecca and Josiah Davis
- John O' Sullivan - Changing the Game Project
- Coach Bell - Baylor Football
- Amy Willmon - Pearland Golf Club
- Coach David Jantzen - Houston Christian Track Club,
- Margaret Glover - Houston Christian Track Club
- Olutola Fakehinde aka TJ - Houston Christian Track Club
- Antwan Floyd - Athlete Training and Health
- Marcus Sloan - Shoot 2 Score Hoops
- Amy Lloyd - Houston Hurricanes
- Marcelo Santos Azevedo - Gracie Barra Jiu Jitsu
- Lisa Sanchez - Blackhawk Seahawks
- JoEllen Thibodeaux - Texas Tornados
- Rose Holton - Photography
- Nathalie M. Burnison - STUDIO 04
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Who we are...

We are a Youth Sports Magazine that focuses on youth athletes and the parents, coaches, leagues and communities that support them.

You will find game highlights, fun facts & interesting stories of players, training tips, coaching advice, scientific research, health developments & various other topics to enhance performance, promote safety & strengthen the love of the game.



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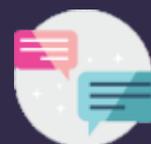


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Sports Mom Survival Guide

What to pack?

Pre-Game/Post-Game Snacks

If you are anything like me, I forget why my kid need all of those colorful fruits and vegetables. You just know they need them! Luckily, there are little handy dandy lists everywhere. Here is a cheat sheet on a sample of the many choices you have to go healthy before and after the game.

PRE-GAME

- **Carbs** – Short term energy: Whole Wheat Bread or Cereal
- **Protein**- Builds up strength
- Eggs, Yogurt, and/or Fresh Fruit Smoothie
- Water- Hydration. Keeps joints loose.
- 3 hours before game drink lots of water

POST-GAME

- **Chocolate Milk**
- **Gatorade** (low sugar and no-dye)
- **Banana**- Potassium-long term energy
- **Granola bar**- Fiber- maintain muscle while still burning fat
- **Apples & Peanut butter**- Vitamin C, Anti-Oxidants, Protein- Muscle recovery
- **Orange slices**- Vitamin C- Keeps your immune system strong, plus taste good!
- **Low Fat Yogurt**- Freeze night before- Protein
- **Pirate Booty puffed corn**- low salt chip option
- **Pretzels/Goldfish**- Whole Grain







Coaching Your Kid

through riding the bench...

When children are young they may enjoy the type of sporting experience where everyone is a winner. You know when nobody is cut from the team, everybody gets equal playing time, and everybody receives a participation medal. Well eventually those times will end and the somber realities of real competition will settle in. For you, it may be now. If you find your child on the bench this season, here is how you parent them through it and come out on top!

What baggage are you bringing to the sidelines?

If you answered "Goldfish and Gatorade", think again. There are two areas to get self-reflective here, and that is your athletic experience and how your family supported you. Okay, let's go there. Whether you were the star quarterback or the last one chosen, you bring expectations to every competition.

Then you factor in your parents involvement—as momagers/dadadgers, disinterested outliers, absent all together, or something in the middle. That may or may not even be the half, but you have to decide to conclude that your experience was just that, your experience. The task at hand is to best get them through "their" experience.

Next, Listen to your child.

Did your child just have a game and they just warmed the bench longer than they had playing time? **Afterward** ask a question that does not reveal your bias. Don't lead with "Why did Shawn play your position?". Instead, try this: "What did you think about the game?" Your kid may just surprise you. They may come up with a perspective on the game, coach, or the team strategy that you have not considered. He may share their disappointment or actually be relieved! Whatever his reflection is, your job is to listen.



And now, lets talk about the coach.

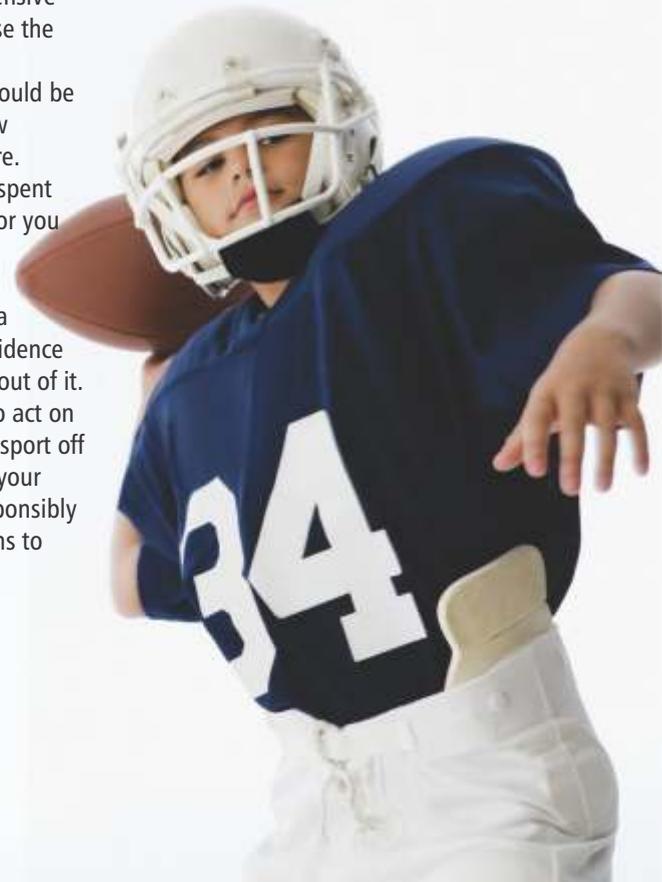
Alright, now if it seems as if your child's permanent position in on the bench, you may not be a fan of the coach. But keep in mind, the coach may not care how much you like them. Coaches want to win. So, they use every tool at their disposal to bring home a W. That means they are going to observe and utilize most the best combination of kids with the right attitude, commitment, and skills. In forming the coach's dream team they are thinking about, how much effort is he putting in practice? How does this person treat his teammates? Does he respect the coach? If your child continues to get passed up and feeling low about it, encourage them to have a conversation with the coach asking what they can do better? How your child responds to the constructive criticism will go a long way. It may result in your child getting a larger role on the team.

Finally, help your child to appreciate the sport – off the field.

Game and practice time is only fraction of what it takes to excel in any sport. Your child must spend time gaining a broader

understanding and appreciation. Research videos and learn what the best conditioning methods are, common formations, offensive and defensive plays, rules and of course the ins and outs of their position. Training sessions, tutorials, and/or field trips should be age appropriate and fun. Develop new workouts. Visit the sporting goods store. Attend a professional game. The time spent together will be a cherished memory for you and your child.

Riding the bench does not have to be a constant frustration for you and a confidence killer for your kid. Keep your baggage out of it. Listen to your child. Encourage them to act on constructive criticism. And explore the sport off the field. These lessons will stick with your child and teach him to participate responsibly and set a great example on many teams to come.



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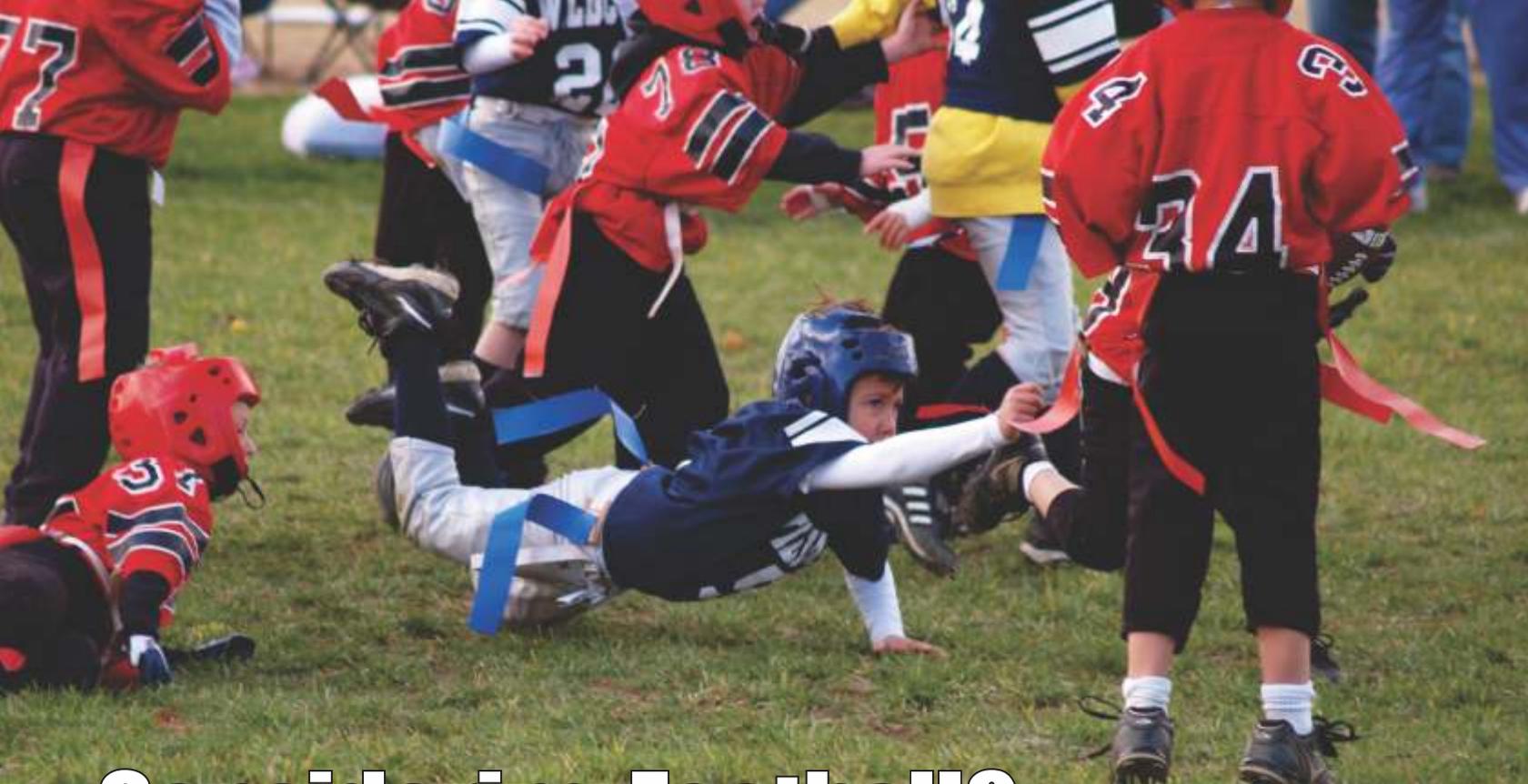
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Considering Football?

Flag Football vs. Tackle Football

Ok. I know what you're thinking the kids that play flag football are soft because they are not taking on the contact. Which I am not here to argued that point. Haa! But flag football serves a fantastic purpose. If you are on the fence about your child playing football, flag football is the gateway. Now sorry O Line/D Line, not so much for you. I'm speaking to the specialty guy; QBS, RBS, WR, and DB (quarterbacks, running backs, wide receivers, and defensive backs.

Flag football can very well be the 7 on 7 league before the 7 on 7 was killing it like it is..

What flag offers is the benefit of allowing your child to start to learn the speed as well as a love for the game. For QB's getting there passing down, were to put the ball so the WR can catch it. As a young kid, that is BIG! It also teaches WR on how to run routes and look the ball in. DB on how to defend against the WR AND also having LB that can cover isn't half bad either. Can't forget the RB catching out of the back field. Yeah buddy!

So, let's say that your kid is 6. You give them a chance to have the football experience without all the contact. Which gives them a chance to gain an understanding of the game, which parents prefer.





In Flag you allow your child to grow in to his body a bit more, allowing his bones to harden before you send him into contact. I'm 100 % sure your saying Shawn! Shawn! WHY are you saying this! CAUSE IT'S THE TRUTH! But before you get your jock strap in a bunch, I think it's good for preparation purposes okay. Are you Good? Good. In Flag, your child will get an understanding of the game and of his position. Which is a benefit because he can focus on doing his job. Learning how to catch throw and defend the pass is important, but gaining a love for the game, full contact is the ultimate team sport.

Full contact builds comradery, character a can-do attitude. Because you are a part of a team

that's going to battle. This is where you ALSO develop a love for the game. There is a goal for your child to strive for and it takes the struggle and spreads it out amongst 11 kids. By the way, the O-Line/D-Line are a part of the game. So, if your child is not the fastest kid and likes that extra snack before and after dinner he maybe an O-Line/ D-Linemen. Just because he does not throw, run, or catch touchdowns does not mean he is any less important. In fact, it's the exact opposite. Who protects the QB? Who opens the holes for the RB's? Who sacks the QB's and stops the RB's at the line? Need I say more?? So, when your coach says, "You keep playing like that and I'm going to put you on the line!" consider it a good thing.

So unlike Flag football, full contact gives you the benefits of the two types of lines. Full contact, you put in a lot of hard work and it's also more of an investment. As a parent, it's more of a time commitment because you have to make sure your child gets to several weekly practices, games, and team functions like fundraisers and outings. Quite naturally this time spent brings families closer galvanizing the team game time. It also can be more expensive.

So as you can see there are benefits that you can gain from both flag and full contact football. It's all up to you and where you think your child is a better fit.



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Unique Fundraising Ideas



We have all seen teams or in many cases been one of the teams that have organized and implemented a fundraiser. It's not the most glamorous job in the world, but in the name of the team we go out there boldly and ask for money. Sometimes it's on the side of the road selling ice cold water bottles. Sometimes it's a car wash or candy bars. Here are some different ideas to use during the season and post season to build unity and raise some dough for the next season.



HEADSHOTS



TALENT COMPETITION

BAKE SALE



Host a Pool Party

Cost: \$0-\$20

Time: 1-2 weeks

You could use your private pool or YMCA if you're a member (fees may apply). All you would have to do is provide snacks, music, and pool toys. The kids will do the rest!

POOL PARTY



MUD RUN



Host a Talent Competition

Cost: A few Trophies

Time: 2 weeks at least

Have kids sign up. They can tell jokes, do flips, sing, dance or whatever their heart desires. The more diverse the talent, the better. Sell tickets. Have parents send in baked goods so you can sell at the show. Viola, fun and done!

Head Shots

Cost: \$0-\$50

Time: 1-4 weeks

Contact an up and coming photographer. Negotiate that you will promote their business for special pricing on services on a photo shoot. Head shots are big nowadays. Adults would jump at the chance to update their professional photo for \$25 each. It's a steal! You could work in the cost for the photographer so there is no out of pocket or you can pay them upfront and keep all proceeds. Either way it's a quick and easy way to generate a few hundred bucks easy.

Host a Concert or Magic Show

Cost: \$0-\$100+

Time: 2-4 months

Invite a local magician, band, or singer to donate their services in kind. Find a venue, maybe a local restaurant that hosts bands on a regular would not mind donating the stage for an evening. Obtain insurance and other necessary logistics. Not only would you make 100% of proceeds on the tickets but you could negotiate a percentage of food sales!

Host an obstacle course event like Mud Run!

Cost: \$100+

Time: 1 month +

For some reason people love getting dirty while working out. It is something about the mud that just pushes people past their pain. Maybe the concentration on not falling or eating the mud redirects their attention from the discomfort of running. In any case, people love a mud run. Color run is popular too. They both are great ways to get the community involved with your team and raise good money. You can contact a local obstacle course. Again, they may be willing to donate the course or you can arrange payment with ticket sales. The course can be easily be modified to a 1 mile route for children.

As we know for private leagues especially fundraising is a part of your DNA. The more you do, the more money you make. When you have a variety of events people forget that they are spending money. Make it fun and relevant! There are tons of ways to mix the old with the new!

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COACH BELL



In terms of the competitiveness, drive, and commitment, what do you think about the state of youth football today?

The level of coaching is so promising today. Coaches have access to so much information anytime they want from the best through the internet. That makes a huge difference.

What are your thoughts on the use of profanity especially in light of the new reality show Tykes?

The show sheds light on the level of seriousness on the youth level. There is a million ways to coach and motivate. I think it's important that when we coach we are a model for kids. Bad things are going to happen. That is where life lessons are learned. Things are going to be hard and tough, but as long as the kids are being developed. The kids need to learn to fail and learn that you are not always going to be perfect. The kids need to overcome negative and develop toughness.

What strategies do you use for team building?

Football can provide the team atmosphere. There is no sport more team oriented than football. If one messes up everybody fails. We have to battle hurt together and succeed together. We have to put them in situation where they are succeeding in being positive, not failing through adversity. That is where you find who the leaders are. They are the ones to carry us through when things get hard, when you see that bump in the road.

How do you deal with parents who have coaching advice?

Parents are always going to want what's best for their kids. But parents need to know that coaches want what is best for the kids. We have to break them down and develop them through adversity. It's a combination of the coach and parent role to help that player be the best man they can be through the game of football. It's about developing successful men. That will happen if both the parents and coaches are about that.

How do you mentally prepare for games?

Most of your work is done before game time. Saturday is a showcase of that work. You have to trust your preparation. You have to be confident that you have done what you needed through the week leading up to it. It is just as important. Football is so mental.

What style of motivation do you use to uplift low spirits in the game?

You are going to get tackled. You are going to lose. Everything happens for a reason. Find a way to relate what happen on Saturday on where can we do better and creating a better outcome. We focus on controlling only what we can control. We can only fix us. Focus on "what I did". A loss will bring a team together if you control you. We never talk about the officials or the other teams. It's what we can do to fulfill our own expectations. Football is won by being ourselves. More often football games are lost by mistakes versus talent.

What do you know now, that you wish you would have known when you first started coaching?

When I started I wanted to set the world on fire. I eventually focused on how to make each "individual" player better. Back then I was always black and white in how I dealt with every situation and individual. Later, I learned ok, this is what will motivate this or that kid, and this will not. Each kid is

different. I find a way to relate, motivate, and discipline to each individual athlete.

What does it take to win?

Controlling what you can control and doing everything you can to fix yourself. It's the little things like being early to class or having a clean locker. That is what builds championships, doing everything right.

Do you have a game day ritual you would like to share?

I do. I write my wife and kids initials on my hand. No matter what happens during a game when I look down at my hand, I always remember they are the reason why I coach. Whatever I do, I always want to be example for my children.

Do you encourage team building outside of the season?

Oh absolutely, we just did a rope course a team. We hope and encourage our guys to spend time together, like sitting in the cafeteria together. We need them to interact outside of football because there is a trust factor. Everybody must know we are on the same page.

What advice would you give Youth Little League coaches? (If you have not already mentioned it here)

Understand the role you have in that person's life. It's the greatest profession you could do. Make sure you are always doing something to impact their life positively.



Josiah Davis

Player: Josiah Davis
Team: Texas City Sting Rays
Position: Running back and Line-backer
Age: 10
Grade: 5th Grade
Favorite Songs: Kendrick Lamar DNA
Favorite Food: Hamburgers!
Favorite Cereal: Cinnamon Toast Crunch
Movie: "Sing"



What made you choose this sport?

I always wanted to play football! I don't know why I just did!

Do you play any other sports?

No just football. I might try basketball and baseball because when I play with other friends I try to shoot three's and I always make it!

Who is your favorite NFL player?

My favorite NFL player used to be Odell Beckham but then he started getting suspended so he is not my number #1 anymore. Now I like Deonte Forman who just got drafted to the Texans. I was introduced to him by my trainer, Brandon because he trains him too.

What's your ultimate goal?

My goal is to play for LSU and go pro.

Who is your favorite team?

My favorite team is the Texans. My favorite NFL player used to be Odell Beckham but then he started getting suspended so he is not my number #1 anymore. Now I like Deonte Forman who just got drafted to the Texans. I was introduced to him by my trainer Brandon because he also trains him.

What position do you like best?

I like Running back most because I get more playing time. They call me Tank because I

run everybody over. On defense, I like Linebacker because I get a lot of interceptions, pick 6 and blitz.

Why do you think you are so good?

I don't know. I just work hard.

Do you usually eat healthy?

Sometimes I eat right. Sometimes I don't.

Do you like school?

I am nervous because I'll be riding the bus for the first time.

Do you have a lot of friends?

I have like 20 friends. I am popular. Everybody likes me. Like in PE they like me because I am athletic and they want me to do stuff. Like in the District track meet, they wanted me to try out, so, I did and made the team! I got to run the 4x1 with three other players in my class. I like doing the sprints.

What do you do in your spare time?

I just play games on my tablet sometimes. I like watching movies.

Mom Rebecca Davis:

At the young age of 4 I seen the spark in Josiah's eye when it came to football, and he always would say he wanted to play. I knew he had the potential to be great because football runs in his blood. My dad Darryl Davis played as a child up through high school. So, I didn't hesitate to sign him up. From the first day of flag football, his hard work and dedication has not left. It makes me proud as a parent to see how much heart he has for the game. So, I do my best to make sure that I'm doing everything I can to make sure he has all the proper tools to be successful and be the best football player he can. That help doesn't come from me alone. My family has played a big part in getting Josiah and his little brother Quinlan where they are now.



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**“It's not about me.
It's not about the
money.
It's about
the kids”.**

Statement by Lisa Sanchez,
Founder and Owner of the
Blackhawk Seahawks



Blackhawk Seahawks youth football & cheer

Lisa Sanchez has been a real estate agent for the past 12 years. She is the mother of a 12 year old football vet Derrick and a 2 yr. old Dylan, soon to be starting his rookie year in a couple of more years. Lisa is a native of Texas and is the new owner of a Team called Blackhawk Seahawks. Some would look at it as somewhat a surprise that Lisa has started her own team, especially given the fact that she very grudgingly allowed her first born to play! Worried about the dangers of injuries and concussion, as most parents do she was persuaded by her spouse.

She said “Making the decision to have him play was tough at first because “that was my baby”, she says with a big smile. What made the difference were the parents who talked me through it. I remember them saying my little 4 year old was not going to be getting hit by boys a lot bigger and stronger than him. He was going to be bumped around by kids who are his own age and most of them have no idea what they are doing!

One of the reasons why she fell in love with the sport is because of those relationships she made with all of the parents. They have been raising their kids together. I made some of my closest friends through football.

Lisa's son played for a team for 4 years before she made the decision to break away. She said it was very political. You noticed little things that did not make sense. Board positions should be based on experience not friendships. She also felt there were excessive fees that got into the way of making it affordable for families but profitable for the league. What really hurt is when one star performing child could not advance to play on a larger platform because he owed money. I feel like you should not hold kids back. It is not their fault.

Starting a team based on love, family, core values, and relationships. We will be run by a board that is in it because they love the kids. We

want to give back to the community. We are planning a back to school drive and a charity event for Thanksgiving and Christmas. Our team will not only about playing football but teaching life lessons.

We have a lot of single parents a part of our team. I look for coaches who can also be a male role model for the boys. Someone he can look up to. Our existing head coach Will Johnson of the seniors has prepared his son Davion Williams so well that he received college offers from Louisiana State, Oklahoma State, Penn State, and multiple other colleges.

I care about every kid on my team. I get to know each and every one of them. I talk to them and make sure they feel comfortable telling me how they feel. That includes their parents. I always want to be approachable.

This is Lisa's first season and she already has Pee Wee, Freshman, Junior, and Seniors filled with the exception of a few spots. She said “that's because a lot of people followed me. They believe in what we are trying to build here”.

Starting your own team is not cheap, it costs anywhere between 15,000-20,000. A lot of the families don't have registration money right up front. “I try to work with people”. Registration costs \$275 for the season. They will continue to fundraise throughout the year. As they take care of the business side they will also build

camaraderie by going on team outings. Spending as much time together as possible helps build trust.

One of the things she also plans to do during the off season is encourage the kids to continue exercising. She brought on a health fitness and nutritionist to help the kids make weight at the start of the season. One of the concerns is the kids having to play up because they are too heavy to play with their age group. You could have an 8 year old who is as big as the 10 year old's. That always creates a dilemma for the parents on all sides. Mentally and physical readiness depends on every child. You never put your child in harms way but when weight issues happen you find yourself having to make a difficult decision. It makes any parent nervous. So they plan to do strength and conditioning throughout the off season. Lisa will encourage the kids to play sports all year around, as her son does. She said participating in all sports not only keeps him healthy and body adjusted but also helps with hand eye coordination and focus. I know its expensive its an investment but this will help out when he decides to go to college. He may be able to dual scholarship.

Contact: Lisa Sanchez
Ph: (832) 969-8542
blackhawkseahawks@gmail.com

A Final Game of H-O-R-S-E

BY JOHN O'SULLIVAN / TUESDAY, 08 AUGUST 2017 / PUBLISHED IN FAMILY VALUES, PARENTING

A few years back, my wife Lauren and I took our kids back for one final visit to her childhood home in Fairport, NY. Her parents were preparing to sell their house and move to a warmer climate, and we took the opportunity to fly across the country to say some final goodbyes to the home they had lived in for nearly 40 years.

On our last afternoon, as the kids played with Grandma in the backyard and I was enjoying some quiet time, I glanced out the front window. There, I saw Lauren and her father Bruce, deeply engaged in conversation, shooting at their old driveway basketball hoop. They were playing HORSE, a game familiar to most where you get a letter if your opponent sinks a shot and you miss it. Once you get H-O-R-S-E you are out, and you lose bragging rights until the rematch happens. As I watched them shoot, and rebound, and talk, and laugh, it hit me like a ton of bricks.

I was watching their final game of HORSE on that childhood basket, a basket that had seen thousands of those games over the previous decades.

I was witnessing a moment that had been relived countless times over the years. Bruce and Lauren were not talking about keeping your elbow in, or the release point of the shot. They were just being present. Connecting. Laughing. Even talking a little smack as they fought for the final set of bragging rights, on that final evening, in the driveway of their lives.

A game of HORSE at the end of the day was the way a father and his daughter carved out time for each other in their busy lives. For 40 years, it was their medium of connection, their place to put everything aside and be present for each other. It was beautiful.

When it comes to youth sports, we need more of that.

I recently saw this incredible video of 51-year-old Steve Peters, and his 80-year-old father Dennis, who still get together three or four times a week for a game of catch. It is their game of HORSE, their way of cutting through the clutter of the world and making time for each other. Watch it and try not to tear up. I know I did.

I teared up because it made me think of all those countless nights I had a catch with my dad. Just the two of us, out in the backyard, my dad tossing me grounders and pop flies, me imagining I was making that great catch in Yankee Stadium. I remember him inviting me into the outfield of his softball games between innings to throw a few, and always making time after the game to toss a few more.

I certainly do not remember every detail of those conversations we had, but one thing seems clear as day.



I never remember my Dad telling me "No, son, I don't have time."

My father was a business owner, a landlord, a coach, a husband, an avid gardener, and a guy who just loved to jump on his sailboat and head out into Long Island Sound. But he always found time to be a father first; to have a catch, to kick a ball, or play 9 holes at our local golf course.

As a father myself, living my own busy life now running a business, coaching teams, getting dinner on the table, and trying to be a good spouse, I really appreciate how tough it must have been for him to say "sure, grab our gloves and I will meet you out back" after a long day of work. How he probably had a dozen more pressing things to do, but he always chose me. I only hope my kids feel the same about me, as I know I could do better.

I know there have been afternoons when my two kids wanted to go kick a ball, or shoot hoops, and I said no because I was too tired. Or I had to do something "important" like check the comments on our last Changing the Game Project Facebook post or see if that "important email" arrived. WTF am I thinking? Has any dad, anywhere, ever said: "I regret all that time I spent tossing the baseball with my kid?"

I share this because in our fast-paced, outcome

focused youth sports world these days, where we are led to believe that we must maximize every second of our young athletes lives to achieve that mythical "10,000 hours," I wonder, are we finding enough time to play HORSE?

As we rush our kids from one private training session to their strength and conditioning coach, from one college showcase to the next on the opposite coast, are we making time to have a catch?

Do we ever take a break from the "Race to Nowhere in Youth Sports" to simply be present with our kids, to let them own the journey, and to simply connect? Do we switch off so they can too? In a recent podcast I did with Jim Thompson, Founder of the Positive Coaching Alliance, he said something about coaching that really stuck with me: "Connection precedes commitment." Isn't this true with our own kids as well? Before they commit to their journey of excellence, in whatever sport or activity they choose, isn't it vital that they know we love them unconditionally, that we are connected, and that every moment does not have to exist simply for the pursuit of some far off, intangible extrinsic motivator like a scholarship, or a medal, or even a shot at the big leagues?

These days, my 11-year-old daughter Maggie likes to go out in the backyard and have me shoot soccer balls on her, or play 1v1. My 10-year-old son TJ and I love to hop on our bikes and ride down to the local 9 hole golf course and have a chipping contest, or simply see who makes the longest putt. The odds are astronomically small that any of this is in preparation for Maggie making a save in a World Cup Final, or TJ sinking the winning putt on the 18th hole at Augusta to win the Masters.

But the odds are quite high that the more time I find to putt and chip and shoot soccer and basketballs with my kids – and while doing it forget about developing great athletes and simply invest in building great people – the better the odds that they will trust me and be connected to me for those moments in life that really matter. No sporting outcome would be worth losing that. We are led to believe that sport is all about the pursuit of glory, but the more I think about it, the longer I coach, and the more I watch my own kids play, the more I am convinced that this notion is wrong. The world's most famous athletes are revered for winning, but ask them what they remember, and it's rarely about the podium. They talk about connection.

Sport is about connection.

It is the connection between teammates working

together to achieve a common goal, forged on the practice field, on the bus, at team meals, and even in the hotel pool.

It is the connection between athletes and their coaches who respect and encourage them, and coach the person, not the sport.

It is the connection between sports clubs, schools and parents, working together to ensure that sport is an extension of the things we value, not the antithesis.

And, most importantly, it is the connection between a dad and his son forged over 50 years of tossing a baseball.

It is the connection between a father and daughter, built night after night in a quiet driveway in upstate New York, playing HORSE until it is too dark to see.

It is the connection available to all of us, whether it be with our own kids or those we are entrusted to coach, if we just put aside our devices, our expectations, and our future hopes and dreams for those kids, and simply be present.

I know that I need to find more time to do this. I hope you will too.

JOHN.



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Gracie Barra Brazilian Jiu Jitsu

BJJ promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger, heavier assailant by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint-locks and chokeholds to defeat the opponent. BJJ training can be used for sport grappling tournaments and in self-defense situations. Sparring (commonly referred to as rolling) and live drilling play a major role in training, and a premium is placed on performance, especially in competition, in relation to progress and ascension through its ranking system.

Since its inception in 1882, its parent art of judo was separated from older systems of Japanese jujutsu by an important difference

that was passed on to Brazilian Jiu-Jitsu: it is not solely a martial art, but it is also a sport; a method for promoting physical fitness and building character in young people; and, ultimately, a way of life. (Wikipedia)

Sport: Brazilian Jiu Jitsu

Benefits: We do not teach you to fight. We teach you to defend yourself. You do not need to harm someone else to defend yourself. We teach you self-confidence and you have fun. We teach the BJJ lifestyle. Living the BJJ lifestyle means eating better, sleeping better, which helps you focus and leads to improved performance.

Our Program: We teach, if you do not have hard work and discipline in your life than you will not have anything. Eat better, work



hard, respect your elders, and higher belts (it does not matter their age). We teach kids how to win and how to learn. There is no ego when they step in here. We teach life is full of ups and downs. Its ok when things are up but when you are down you, have to figure out how you are going to get back up.



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Opportunities: Confidence. Businessman who used to be shy come in and when they leave they feel confident in meetings. If you are very shy you are not going to step forward.

Age: 4 years old

Cost/Time- 4x per week \$95-\$145/month

Advice: If your child is being bullied, teach them to do 3 things, #1 Attention: don't give the bully your attention. A bully releases energy. You can feel it when you see them staring at you from across the room. Walk away. Go somewhere else. #2 If they continue to look at you and follow you, walk up to them, look them in the eye and say, "please stop". Show confidence. Bully's are scared, that is why they are bullying you. #3

If they approach you, defend yourself. Teach the bully this is not the way. Teach them to pick on someone else because if they try you it's not going to work. Avoid wrong situations.

We want the community to know that we do not teach kicking and punching. That is the biggest misconception of Jiu-Jitsu. We teach you to defend yourself. Fighting is a small piece of what we do. It's not like MMA. Some people say you cannot teach heart. I think you can, for someone that is willing to work hard.

Parents, it's important for you to stay and watch your child while they are practicing. You need to see your child's progress as oppose to dropping them off and coming back in an hour.

Marcelo Santos Azevedo

Known by the nickname Uirapuru (Bird).
 Fourth degree black belt under Professor Vinicius Draculino

Head instructor full time at GB Pearland

- 3 x times World Jiu Jitsu Champion
- 2 x Pan American Jiu Jitsu Champion
- 4 x Brazilian National Jiu Jitsu Champion

Also World No Gi Champion
 Pan American No Gi Champion
 National No Gi Champion
 ADCC Veteran

Jitsu coach of some UFC fighters like:

- Valentina Sevechenko
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Correlation between Martial Arts and Football



Wrestling, judo, and jiu-jitsu are great ways to help develop balance, the push pull relationship, body positioning, leverage, hip mobility and total body endurance.

It teaches you to be good with your hands, which is commonly referred to as hand to hand combat. Additionally, martial arts training helps master the art of falling, absorbing the force and rolling along the ground. This discipline can help you reduce the amount of wrist, elbow, and shoulder injuries during a game or practice. Some of the best linemen in the NFL were also grapplers; Super Bowl winning Josh Kline, Hall of famer Ray Lewis, and former Falcon Roddy White. Martial Arts like Judo, Karate, Kung Fu and Taekwondo helps foster physical growth. It is said that the discipline makes you stronger and even grow taller than others their age, which I was surprised to learn.

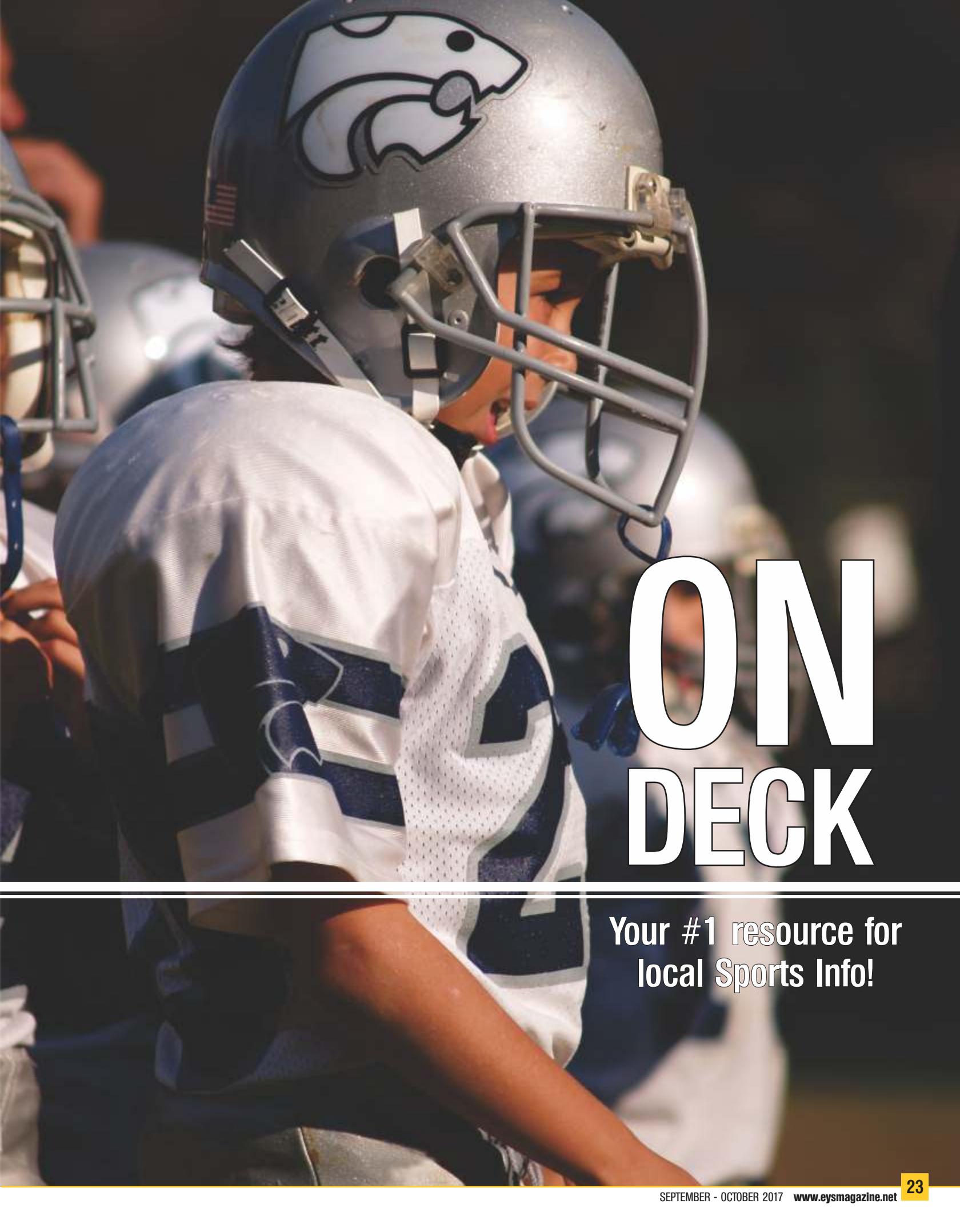
One of the greatest benefits is improved mental focus and reaction. The sport better enables the child to calculate, predict, and react soundly while coordinating the movement of their body.

The training from martial arts boosts a child's endurance by strengthening their lung capacity and speeding up their metabolism.

As a result, students gain the mental and physical fortitude to withstand longer harder practices with less fatigue.

The use of hands and legs is also a big bonus. You are taught how to evade your opponent. Those strategies transfer beautifully right onto the football field which in turn help reduce the injuries.

Through training you will become more focused and confident about your goals; Line-backer Clay Matthews from the GB Packers, D'Brickashaw Ferguson from the NY Jet's (Black Belt), Pro Bowler's David Akers and Jared Allen.



ON DECK

Your #1 resource for
local Sports Info!

AMY WILLMON, PGA Professional Pearland Golf Club

Head Golf Professional Pearland Golf Club / Teaching Professional

Pearland Golf Club was founded in 1925 and formerly was "members only" but recently became open to the public. The Junior Golf Program is being revived with nationally recognized Amy Willmon as lead instructor after being inactive for nearly 20 years. Amy joined the team April of this year. The city is in for quality training since Amy is PGA and (LPGA certified REMOVE) with 10 years teaching background. She finished ranked 14th at a D1 college. She became the first female head golf professional in the PGA's

Southwest Section. She is a top provider for the PGA clinic "Get Golf Ready", a development of junior golfers and private instruction. She taught at Dallas' most prestigious golf club Las Colinas Country Club. She sent 3 kids to D1 schools and helped 5 kids become nationally ranked. Several of her protégés flies in from Florida for lessons. Her passion is to help golfers of all skill levels achieve their full potential and reach their personal goals.

IN HER WORDS:

Benefits of Golf: Golf is a lifetime sport! The age of my current student roster ranges from 7-92!

Opportunities golf affords: My mission is to get more women and girls involved in the sport because 80% of business deals are made on the golf course and 85% of girl golf scholarships go unclaimed!

Cost/Time Commitment: Lessons are affordable with monthly and annual plans. Lessons are 2 hours 1 day after school and 2 hours on Saturday.

Advice for parents: Keep it fun! Don't be so strict on the kids because they will not want to come back. When they can have fun and make friends they want to come back and are excited about learning.



CONTACT AMY AT:

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Pearland TX, 77584

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Email: amypgapro@gmail.com

HOUSTON HURRICANES

Houston Hurricanes member of
Bay Area Houston Hockey Association

BAHHA has two levels of hockey to offer hockey players in the Houston area, recreational teams and travel level teams. At the recreational level, the teams play in the Houston House Hockey League, with practices at the Bellerive Ice Rink, and are called the Hounds. The age level for the Hounds are 8U, 10U, 12U and 14U. The travel level teams play in the Dallas Stars Travel Hockey League, based out of Dallas, and are called the Hurricanes. The Hurricanes practice and play games at the Sugar Land Ice Rink and the Bellerive Ice Rink, and compete at the 10U, 12U, and 14U age levels.



We believe that by having players within the organization play at the appropriate level (Rec or travel), the players will develop quickest, have fun and be satisfied with their hockey experience.

Sport: Hockey

Benefits: It's a team sport. You build comradery, learn leadership, respect for the coaches, and exercise.

Age: Starting at 4 years old and up.

Benefits of your program: The travel program has more experienced coaching, more time on ice, and in turn better development. Typically, 2-

4 hours of practice per week plus games in travel vs. 1 practice 1 game per week with the recreational program.

Opportunities: It can prepare you to play at a higher level, such as AAA teams in Dallas or a prep school up north. You have to leave Texas if you want to "chase the dream", unlike other sports.

Time/Commitment: Recreational Team 2 hours per week \$1,000-\$1,500 September – March; Local games- North Houston to Sugar Land. Traveling Team: August - March, 2-4 hours practice per week; Games in Dallas, San Antonio, Austin, Houston \$1,000+

Advice for parents: Find a rink close to home and take as many classes as possible to improve your child's skating. For their stick skills, kids can practice with a tennis ball in their driveway or garage. Recreational is like a fun league, it's a fast sport, you sub a lot, 5 kids plus a goalie, no sitting the bench. Travel teams are less "Fair play" oriented, but everyone still plays. For really active kids I recommend the sport. You cannot do rec and travel in the same season.

BAHHA - Houndsicehockey.org.
Offering hockey to all Houston area youth

Contact:
Amy Lloyd, Vice President,
amybusbylloyd@gmail.com



TEXAS TORNADOS VOLLEYBALL

JoEllen Thibodeaux is the owner of Texas Tornados and has been training for 23 years. "God has blessed me with what I have because it is what I am meant to do. I am not a parent that started a club because my kid was not getting playing time. It was in my heart. I used to play basketball up until 8th grade. Then a coach in California saw the volleyball player in me. I fell in love with the game and I am forever thankful for that. So, I use my volleyball program to pay it forward."



Sport: Volleyball

Benefits: Not only for volleyball but every sport teaches commitment, learning how to play with others, learn life lessons. You are going to go through loss and disappointment. Being in a sport teaches you how to handle it positively.

Age: Kindergarten and up (Kindergarten classes take day trips to her facility)

Program Benefits: 95% of our kids get volleyball scholarships. We have a staff that helps them solidify money for college. The service is included in their dues. We offer opportunities for the kids and parents to help pay for fees like working concessions, the pro-shop, or selling banners.

The club sponsors community charity events and mission trips abroad. Clinics, 1:1, and private groups. Boys are welcome!

Cost/Time Commitment: \$125+

Advice for parents: Call the Director of volleyball clubs to find out their philosophy. Make sure it's not "Mommyball" or "Daddyball", (referencing parents who form teams because they don't play well with others), but look for a great program and a good fit for your child. She also advises be your child's support system. Let the coaches coach. The kids do not need a dissertation in the car after practice or a game. Make the separation so they can continue to thrive in their environment. Trust the coaches to do their job.

Know that there are going to be teachable moments. Life is not always going to be fair. Don't tell your child "the coach or referee could have done a better job", that teaches them to argue with authority or peers. Don't teach them to fight and challenge things when they lose. They will earn their win by working harder and controlling what they can do. Life is full of disappointments. They may not get the boy they want or the prom dress they want, or the grade they want but they will learn how to move forward positively.

Texas Tornados Volleyball Club
8835 Wheat Cross Drive,
Houston TX 77095
Ph: (281) 578-6046
Web: www.texastornados.org

SHOOT 2 SCORE HOOPS



Marcus Sloan is an Eisenhower High School and TCU graduate and former professional basketball player who is the founded Shoot 2 Score Hoops in 2008. A basketball program dedicated to the nurturing and positive character development of underprivileged girls and boys in Houston, TX.



Sport: Basketball

Benefits: Team work, self-discipline, conflict resolution, problem solving, respect, diversity, longer season.

Program benefits: Activities in program are designed to foster academic and personal development. We focus on helping kids attain their educational and professional goals. They kids are coached by professionals, they get to play a popular sport, and the parents don't have to worry about the dangers of concussion. We run Camps, Leagues, and 1:1 training.

You can start at 5 with us. We always have a professional basketball player coaching. We have daycare camps, summer camps, fall leagues, and beginner leagues.

Opportunities: You get to build relationships. The kids get to know other kids from all over Houston. There was one 7th grader he coached with no experience. He recently made the varsity team in high school. We will work with you wherever you are even though the sooner you start the better. We coach Jacob Cole who is a 7th grader and ranked among the best in the country.

Cost: is \$180/week day care and \$150 for the Fall League

Advice for parents: Read. Do your research and ask questions. Now days you can find out the reputation of an organization by just getting on Facebook and reading the comments.

Contact: Marcus Sloan
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HOUSTON CHRISTIAN TRACK CLUB



One of Houston's oldest track clubs. It started out in 1973 as the Houston Mennonite Track Club, then Spring Branch/Memorial Track Club and now Houston Christian Track club. The club is now run primarily by Margaret Glover, Christian Prep Head Track Coach, along with Coach Jantzen as an advisor and TJ as assistant.



The three of them coach kids in summer club and in private 1:1/group lessons from Houston to Dallas. They skillfully coach all events but TJ specializes in High Jump and Margaret Long. In between training kids during the season and in the off season Margaret trains for the Olympics. The three coaches try to help the kids have fun. They want to see them improve but with a smile on their face. That is what makes it all worth it. The kids from other clubs and schools know their reputation and flag them down at track meets asking for a few pointers before their event. The coaches kindly oblige. That is how one of TJ's current students recruited him as a trainer. Now the high schooler drives from Dallas for lessons. The high jumper recently set a new personal best of 6'2, an increase from 5'10 2 years ago! For the coaches its not about the money. They volunteered for many years for the love of the sport. They keep their

registration at a minimum just to make sure they can give every kid the attention he/she needs. They want the kids to feel like its only them.

In their words

Sport: Track and Field

Benefits of Track/Field: Have fun, become fit, improve your time or distance, learn self-discipline, time management, organization, and how to win!

Opportunities: Track compliments any sport and allows you to dual scholarship!

Cost/Time: \$150 for summer track program, 1:1 sessions affordable inquire within.

Advice to parents: Don't force your kid to participate. If they don't want to do it find something they will enjoy. Kids lose interest in the sport when their parents are too obsessed with winning. Sports

is supposed to be fun. They will try harder and will be motivated to get better. Even if the child is a phenomenon back off or they will lose interest.

Our Coaches



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ATHLETE TRAINING AND HEALTH

Where can young football players train just like their heroes that play on Sundays? Athlete Training and Health is a world-class sports performance training center located at Houston Sports Park near 288 and Airport Blvd. It is the off-season, pre-season and in-season training home of professional and amateur athletes of all sports. In the mornings you may find a group of NFL players in an off-season training session led by ATH staff. Just hours later, those same coaches are training younger athletes – ages 9 and up – on the indoor turf or in the pro-style weight room. The company, originally known as CES Performance, has trained the area's most dedicated athletes at this facility since 2012.

ATH programs are rooted in science and designed to improve an athlete's performance regardless of sport or position. They evaluate every athlete and place him or her into a training program designed to improve the athlete's speed, strength, agility and health. All programs and ATH coaches at the training center are under the direction of Antwan Floyd. Coach Floyd holds a bachelor in Exercise Psychology and Masters in Education and Counseling Psychology. After a successful collegiate football career at the University of Wyoming, he served on the coaching staffs at the University of Missouri, University of Houston and Coastal Carolina University. Throughout his time as a collegiate sports development director he helped develop football, track and cross-country athletes. "At ATH we develop athletes in a fun and positive environment. We would rather praise right over degrading them for doing wrong. All of our coaches are nationally certified and maintain their credentials. We create an environment where athletes push one another and build camaraderie," says Floyd.

In his own words

Sport: All Sports

Benefits: We focus on your athleticism and how we can improve you on every level. We develop speed, strength, explosiveness, agility and we emphasize injury prevention.

Our Program Benefits: Free evaluation; small group training (1:8); customized workout program; Foundation, Intermediate, Advanced classes for amateur athletes (based on skill level not age)

Age: 9 and up

Opportunities: We focus on making you a "better you". We don't focus on training you on sports skill. Weather it is to help you play varsity, make the swim team, or help you get that scholarship. It all starts with you learning how to use your body.

Cost/Time: Sessions are 1hr – 90 min. Multiple training times for each group are offered throughout the day/evening. Members can set their schedule (no limit on sessions) each week. Memberships average about \$200/month. Team-training program prices vary but some are less than \$100/month per athlete.



Evaluations are free.

Advice to Parents: Make it fun and effective. Your kids must be motivated to work hard, stay healthy and improve. And training should be a consistent process just as practice and game schedules are consistent. Improvement and athletic development are a process. But it can be a fun and rewarding process that improves the athlete's performance and keeps him on the field.

Find out more at AthleteTrainingAndHealth.com.

Athlete Training and Health
12211 Kirby Drive, Houston, TX 77045
Ph:713-909-0085



HOUSTON BENGALS

The Houston Bengals organization started in 2003 as a 18+ team. Over the teams first 8 years the Bengals had over 50 college players and professional players who have taken part in our local leagues and tournaments. In 2010 the Bengals program was expanded taking on teams at the youth level. Currently we are at 15 teams ranging from ages 7-18 years old. Our mission is to give the top players in Houston the opportunity to play together and develop under the area's best coaching staff.

Benefits: Baseball is the one sport that you do not have to be genetically born to excel. With the right coaching, hard work and opportunities you can develop into a great player. Players in this game are less limited by size than many of the other sports. Genetics play a part but great coaching is just as important.

Program benefits: Our goal is to have a winning program. Even though we are about development, wins are one of the easiest ways to measure success of a team. For an individual player, on base percentage, batting average, fielding percentage, velocity and the 60 yard dash time are just a few of the ways we measure a players progress.

Opportunities: Without sports lot of young athletes would not attend college. The 'no pass no play', rule that is in place by the education system makes sure athletes get it done in the classroom.

Being part of a team also aids in social skills that are important throughout life.

Time/Cost: Around \$80/month.

When should a player start select baseball?

The 7u division is best age to start. These kids have a great time learning the game. We see a ton of progress. By 10 or 11 it starts to become harder for players to catch up. You see very few players now days that see success at the high school level that were not developed in select baseball. This game at the youth levels is much more competitive then it was 20 years ago.

Advice for the baseball parent and coach:

1. Don't specialize too young in a sport. Emphasize a sport if your child is having early success but in the end your athlete will eventually fall into the sport most suitable for them.
2. To avoid burnout we have all of our teams take a month off at the end of summer and a month

over the Christmas holidays. In practice always leave your player wanting more. If they are asking how much longer you have practiced to long.

3. The '24- hour rule' - No matter what went wrong in the game we didn't address it for at least 24 hours. That way both parents and I have a chance to cool off. Then the next practice is planned addressing my mistakes.

4. After games I tell my coaches to keep the post game talks to less than 2 minutes. Tell the kids what they did right, what they need to work on, and let them go home. No one wants a half hour speech after every game. These players can't focus that long.

Contact: Zack Williams
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zackwilliams77@gmail.com
Web: www.houstonbengals.com

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Our story starts as the passion project of our founder, Christine Oramasionwu. Based in Houston, Texas, Christine created Cadeau Confections in 2017 after deciding to break away from the hustle of her previous career, choosing instead to dive headfirst into her love of creating confections for friends and family. Her ultimate vision is to encourage sharing the gift of edible indulgence with the world.

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