



Spring Branch-Memorial SBMSA Sports Association

As a member of SBMSA, you'll receive a monthly newsletter which will include information on:

- Upcoming Events
- Important dates
- In-person registrations
- Opening days
- Gala Information
- And much MUCH more!

What this means for SBMSA families are fewer emails, but more information, AND we'll be including articles about our coaches, staff, teams and players.

Basketball Season Ends with Big Turnout at Coleman Coliseum

The 2014-15 SBMSA basketball season came to a close on February 28th with eight great championship games at Coleman Coliseum, setting a new SBMSA attendance record for the day. The younger age levels played their championship games at Spring Branch Education Center during the prior week to enthusiastic crowds and special player nickname introductions over the PA from commissioners Bruce Alpe, Bob Bone and Brad Lockwood. Sportsmanship Award medals were also presented to 134 players across all age levels. This is the second year SBMSA basketball has presented these awards. Coaches are asked to identify one player on their team who best exhibits key characteristics including positive attitude, improved skills development, regular attendance to all practices and games, and exhibits the highest level of sportsmanship on their team. Congratulations to all of those players that were recognized this season.

This league would not be successful without the contributions of several people working behind the scenes to insure everything runs smoothly for our players and their families. It starts with our partners within the SBISD Athletic Department Paige Hershey, Cheryl Etlinger, Samuel Karns and Myra Sanchez, along with the principals and coaches at numerous SBISD campuses that allow us access to their gyms; our referee coordinators Don Yarter and Frank Sanchez; our parent and partner gym coordinators Debbie Walker, Luis Miranda, Daryl Duncan, Rob Cooksey, Bob Bone, Roy Rodney, Bobby Linhart, Eddie Orlando, Mitch Sevick, Lin Espey, Jeff Swantkowski, Nate Shea-han, Michael McGinnis, Rob James, John Mackel, Chuck Matthews, Chris Waters, Baris Ertan, Ken Woodard, Bill Moss, Chris Brown, Rick Alexander, Bruce Alpe, and Brad Conrad who made sure our gyms

were opened and closed; Meredith Cooley and Molly Ellis for our season program; our volunteer coaches that are too numerous to name; and finally our age level commissioners Bruce Alpe, Bob Bone, Brad Lockwood, Richard Kroger, John Mackel, Nate Shea-han, Chuck Matthews, Baris Ertan and Lin Espey for their dedication to excellence in running our league. This group worked tirelessly throughout the season from identifying coaches, conducting tryouts and overseeing team formations, scheduling of practices and games, constant e-mail communication to coaches, and managing the various personalities around the courts on a day-to-day basis. There was a tremendous amount of hard work by this group of commissioners and a job well done.

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Youth Injury Prevention

Houston Texans defensive end JJ Watt recently said it best:

"Single-sport specialization amongst youth today is troubling. Let kids be kids. They'll become better all-around athletes and have more fun."

The spirit of Watt's comments puts into perspective the intended spirit of sport. As an orthopedic surgeon who is seeing more and more youth athletes in my office, his comments resonate with me not only on the psychological level, but within the scope of injury.

What makes youth so amazing is their ability to recover completely and quickly. With any type of motion, regardless of a person's age, microscopic damage occurs in response to the stresses a given body tissue experiences.

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Hoop! There it is!



Congratulations to the SBMSA BBall Tournament Champions

Youth Injury Prevention



Injuries in young athletes on the rise

Sports Update



Hear what Baseball program director Jay Graham has to say about the upcoming baseball season

SBMSA Spotlight



Recognizing SBMSA volunteer
Lin Espey

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We're on the Web! See us at: www.SBMSA.org

Events Calendar

IMPORTANT DATES TO REMEMBER

(These dates are tentative and subject to change; see website for specific details)

March 28	Jr. Baseball Opening Day
March 29	Photo Day – Softball and LAX
April 12 & 19	Photo Day – Jr. Baseball and make ups
May 17	SBMSA night at the Sugar Land Skeeters

Basketball Season Ends with Big Turnout at Coleman Coliseum

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As program director, I observed the continued growth of our movers program, wonderful life lessons being taught by our coaches across all age levels, an impressive display of overall basketball skills, the thrill of kids scoring their first basket at the 5/6 level to proud smiles from those receiving their sportsmanship medals on Championship Day. I am a big believer of youth team sports and every kid's right to play. I love the fact that all kids are assured of playing at least a quarter and a half in every game, and that we maintain our development league mentality while offering a competitive play environment. We focus on trying to balance our teams by league-wide drafts starting in our 9/10 age levels and do a great job of getting kids ready to play middle school basketball. It has been my privilege to run the basketball program this season and I thank you for your support and participation of SBMSA youth sport programming.

Lewis Gissel, *SBMSA Basketball Director*



The future of Hunters Creek basketball looks bright after an all HCE 5/6 girls championship game.



9/10 Commissioner John Mackel and daughter Kayla celebrate a successful regular season finale with Lynx players and coaches Steven Turner and Terri Doherty. The Lynx team was our first 9/10 movers team from Ridgecrest Elementary.

Congratulations to the SBMSA Basketball Tournament Champion teams:

AGE Level	TEAM	COACHES
Boys 11-12	Gold Division Champion	Pacers
Boys 11-12	Silver Division Champion	Blazers
Boys 11-12	Bronze Division Champion	Heat
Girls 11-13	Gold Division Champion	Sky
Girls 11-13	Silver Division Champion	Shock
Boys 9-10	American League Champion	Clippers
Boys 9-10	Gold Division Champion	Hawks
Boys 9-10	Silver Division Champion	Warriors
Boys 9-10	Bronze Division Champion	Magic
Girls 9-10	Gold Division Champion	Sparks
Girls 9-10	Silver Division Champion	Monarchs
Boys 7-8	Gold Division Champion	Rockets
Boys 7-8	Silver Division Champion	Clippers
Boys 7-8	Bronze Division Champion	Grizzlies
Girls 7-8	Gold Division Champion	Comets
Girls 7-8	Silver Division Champion	Lynx
Boys 5-6	Gold Division Champion	Kings
Boys 5-6	Silver Division Champion	Thunder
Boys 5-6	Bronze Division Champion	Bobcats
Girls 5-6	Gold Division Champion	Comets
		HC Jeff Swankowski/AC Kyle Wienert
		HC Rob Cooksey/AC Alan Beck
		HC Kevin Feeney/AC Andy Medlenka
		HC Baris Ertan/AC Mark Matheny
		HC Jeremy Woods/AC Mary Chaffin
		HC Ryan Krueger
		HC Scott Uptegraph/AC David Coolidge
		HC Mike Elliott/AC David Copeland
		HC Mark Eubanks/AC Chris Hatcher
		HC Chris Torn/AC Nicole Ryan
		HC Nate Shea-han/AC Patrick McWilliams
		HC Loc Pham/AC Raffi Yegayan
		HC Bob Bone/AC Adam Green
		HC Bryan Adams/AC Gary Wilson
		HC Chris Chaffin/AC Dan Maddox
		HC Richard Kroger/AC Craig Gilchrist
		HC Chris Earnest/AC Rob Aspinall
		HC Ralph Manginello/AC Brad Jones
		HC Peter Jung/AC Zhiming Wu
		HC Lisa Alpe/AC Kelly Siblik

Youth Injury Prevention

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The success and magnificence of the human body exists in the ability to repair this damage to maintain function.

But this repair takes time.



According to the American Orthopaedic Society for Sports Medicine, injuries in young athletes are on the rise, in particular elbow and shoulder injuries are nearing epidemic status in the baseball and softball world.

If a young athlete is throwing too early in life, too hard, too much, and especially without enough periods of rest, serious elbow or shoulder injury can occur. The tissue stress that occurs though year-round, repetitive play can exceed how fast and able the body

can repair itself, and can predispose youth to permanent injury later in life.

Many of these 'overuse injuries' can be prevented. Some tips to lessen the risk of an overuse injury in baseball and softball include:

- Warm up properly by stretching, running, and easy, gradual throwing
- Rotate playing positions
- Age-appropriate pitching and position skills
- Adhere to pitch count guidelines, such as those established by Little League Baseball
- Don't pitch on consecutive days
- Don't pitch with elbow or shoulder pain; if the pain persists, see a doctor
- Avoid year-round play

If an overuse injury does occur, the first course of treatment is rest. Return to play should only occur once 1.) the pain has completely resolved and 2.) after a gradual ramping up of training occurs in preparation for normal play. Anti-inflammatories such as ibuprofen and appropriate icing and/or heat may also help. However, if the pain persists or recurs despite proper rest and treatment, it might be time to see a physician. In some cases, different treatment or even surgery may be needed.



Above all else, pain is the body's way of telling us 'Stop doing that!' Listen, rest, and have a program in place towards return to play.

Derik J. Geist, M.D., is an orthopedic surgeon affiliated with the Memorial Hermann IRONMAN Sports Medicine Institute and an Assistant Professor in the Department of Orthopaedic Surgery at UTHealth.

Honoring One of Our Own

Families,

As they say, "let the games begin" and they have! As we head full tilt into the season, I want to bring your attention to something you should see on every uniform in Junior Baseball. This season, each child in Junior Baseball will be wearing a "WB12" patch on their uniform. I think it is important to take a moment to give you some context for the patch. On November 24th, Warren Barfield tragically lost his life in an ATV accident. Warren was phenomenal young man and was a big part of SBMSA sports. Warren participated in multiple SBMSA sports, but I think it is safe to say, baseball was his favorite. Warren played the game the right way and we are taking this opportunity to pay tribute to him and his family.



Over the next few months, Junior Baseball will be working with Julie & Bill Barfield and the foundation they are establishing to create a long lasting memorial to honor Warren.

We are pleased to tell you Bill Barfield and his good friend Jim McGrath decided to take a 10U team this year- The Hurricanes. If you see the Hurricanes this year give Bill and Jim a shout out. PLAY BALL!!

Jay Graham, Program Director, Junior Baseball

SBMSA Junior Baseball Let the Games Begin!!!

This week begins a new season for 116 teams and 1,376 Jr Baseball players age 5-12. SBMSA Jr Baseball plays on 17 fields located across the SBISD School district elementary and middle schools. We have over 90 umpires from the 6th through 12th grade this year also. It is truly a COMMUNITY League that is proud to serve the youth of the Spring Branch Memorial area.

There will be over 600 regular season games and all 116 teams will play in the post season tournament during the month of May.

Our opening weekend will take place on March 28th. We will have t-shirts, stadium seats, food from local restaurants and lots of great baseball fun available at all locations. Please come out and celebrate and root on our baseball players. The schedules for all teams can be found at www.sbmsa.org <<http://www.sbmsa.org>>

This year we are also sharing our fields with the Spring Branch American Little League who has lost their fields last minute. So if you see a team and people you don't recognize. Stop and give them the support they need to get their kids through the season also.

As always we want to remind all parents and participants that sportsmanship is a big part of our program. We are proud to have the finest sports association in all the country. It starts with our attitude and treatment towards each other. Remember as both parents and coaches we are there for our kids and to give them the life experiences that can only be found in a competitive environment. We do keep score and we have winners and losers each game. Let's remember to be gracious in both situations and keep our emotions in check.

The baseball program is in its 2nd consecutive year of growth. We always need new volunteers who want to get more involved with the league. If you want to get involved this season please reach out to your age level commissioner or email me at jay@whrllc.com I look forward to serving your kids this season and hope to give them all experiences of a lifetime playing America's Favorite Pastime. PLAY BALL!!

Jay Graham, SBMSA Jr Baseball Program Director

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SBMSA Volunteer Spotlight: Lin Espey

- **School affiliation(s):** MDE, SBMS, MHS
- **Names of kids (age) who have participated in SBMSA:**
Meg (14), Bo (12), Elle (10)
- **List the various SBMSA sports your family has or will participate:**
basketball, football (tackle & flag), baseball, softball, soccer and lacrosse
- **Did you play SBMSA as a kid? If so, what sports?**
Yes – baseball & football. That was before basketball and soccer were invented.
- **Please list the various SBMSA volunteer roles you have held:**
coaching, coordinator, commissioner and/or other roles: too many – head coached or assisted coached all sports except lacrosse. I've now been a commissioner for basketball, soccer and baseball. Also for my sins I've been gym and field coordinators.
- **What single factor or factors led you to get involved in SBMSA as a coach?**
It all started when Lewis Gissel sent out emails pleading for a 3rd boys 5/6 basketball coach for MDE. I finally caved in at the 11hr 59th minute and volunteered to be a coach. I wasn't even a basketball guy other than watching on T.V. We had so much fun that season that it mushroomed from there.
- **What single factor or factors led you to get involved as a commissioner?**
Seeing good people volunteer their time for me and everyone else to put out a fun SBMSA league that benefits so many kids and families.
- **What has been the most rewarding part of your involvement with SBMSA?**
Seeing kids, coaches, parents enjoy their SBMSA experience. Expanding the leagues to allow for more kids to participate. Help integrating the Movers program into basketball.
- **What has been your greatest challenge?**
Time commitment. The weeks during final registration, coach recruitment, team formation and scheduling can be brutal.
- **What has SBMSA meant to you and your family?**
Our family really enjoys the recreational sports experience and have been avid users for all three of our children. We enjoy the SBMSA experience of playing with your friends/neighbors and against your friends/neighbors in a recreational competitive environment.
- **What advice would you give somebody who is interested in getting move involved in SBMSA?**
Do it. It's very rewarding. SBMSA is very rewarding to so many families in the community that it's important that we maintain a quality program. Even better, find a few folks that you can work together and divvy up responsibilities.
- **Most memorable moment(s) as a coach within SBMSA?**
Too many to list. A few to comment on though – an email from a parent with an autistic child who raved about the positive affects that playing in the league was having on her child. Watching our boys and girls develop life skills as they play competitive sports (commitment, team work, hustle, focus, attitude, effort etc.).
- **You have been a commissioner in different sports, some back to back. . . did you lose a bet, your mind or both?**
Unfortunately just my mind. I've also followed behind some excellent commissioners like Rob Cooksey who paved the way on how to run things. I've followed him commissioning in both basketball and baseball, so looks like he's lost his mind as well. Plus, I can't say enough good things about the individual sports directors of SBMSA such as Lewis Gissel, Jay Graham and Peter Logginberg to name a few. Working with these guys and Meredith Cooley has always been a pleasure. These folks plus their colleagues are the hardest working people in SBMSA.



"Knowing Lin is coordinating the Bronco league takes a huge load off of me as the program director. I know our oldest Jr Baseball Division is well taken care of and in good hands. On top of being a coordinator he is also one of the top coaches in the league. It is a pleasure to serve in this volunteer role with Lin. Thanks Lin for all your hard work from the entire Jr. Baseball family!"

---- Jay Graham Baseball Program Director

"Lin is one of those unique individuals who always place the kids first and leads by how he carries himself in front of the kids and officials. He represents what I believe the model for a SBMSA soccer coach and commissioner should be and am thankful for him stepping up on multiple occasions."

---- Peter Logginberg Soccer Program Director

SBMSA Night With The *Skeeters*

Sunday May 17th 2:05 PM
Skeeters vs. York Revolution

\$4 from every ticket will go back to SBMSA. Come out early for pre-game catch on the field, player autographs, and little league parade

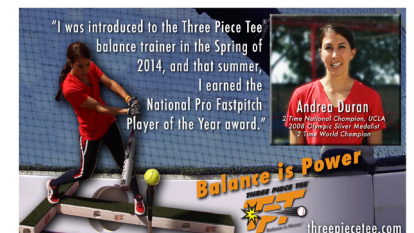
To support your league and order your tickets go to <http://www.ticketreturn.com/prod2/EntryClear.asp?EventID=115312&continue=buynew.asp> and use the promo code: SBMSA Section 22 is the designated SBMSA section



For more information contact
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CONGRATULATIONS!!!
Our own Coach Rene 'Rosie' Rosales was awarded the 2015 SBISD School Bell Award



GREAT JOB Coach Rosie!!

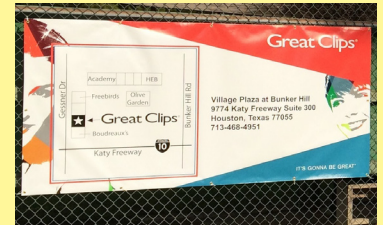
Each school in the district picks a School Bell nominee, and this year Memorial High School selected Coach Rene "Rosie" Rosales. Coach Rosales' compelling accomplishments in the field of athletics and in the classroom, as well as, his creation and support of the MHS Hispanic Forum and an annual golf tournament in June which has raised over \$50,000 for MHS student scholarships, and help in providing Spanish-Language computer classes for community parents won him this honor! SBMSA is especially proud to congratulate Coach Rosales as he has coached SBMSA basketball. Congratulations to this outstanding community leader, teacher, and coach!

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SPORTS AUTHORITY.



Buffalo Wild Wings would Love to be SBMSA's Team Party Headquarters!

If you have your team party there, Buffalo Wild Wings will donate 20% of the bill back to SBMSA! It's a WIN-WIN for all of us! Please call 281-833-8300 and ask for a manager to make your party reservations.

(9435 Katy Freeway/Echo Lane location only)

Have questions?
Contact your
Program Director
for more information!

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