

FIRST QUARTER  
2016



# Spring Branch-Memorial SBMSA Sports Association

As a member of SBMSA, you'll receive a quarterly 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 is fewer emails, but more information, AND we'll be including articles about our coaches, staff, teams and players.

## SBMSA Announces Change in Leadership

The Spring Branch- Memorial Sports Association (SBMSA) Board of Directors is pleased to announce their new leadership team for the 2016-2017 calendar with the appointments of Lewis Gissel as President, Mano DeAyala as Vice President, Tim Heckler as Secretary and Keith Stubbs as Treasurer.

Lewis assumes the role of President, after serving the last four years as Director of the SBMSA basketball program. A former SBMSA participant in the late 70's and early 80's, Lewis and his family have been proud members and supporters of SBMSA for 10 years, and he looks forward to the challenges and opportunities that will come with leading SBMSA through its next level of growth. Mano DeAyala, Tim Heckler, and Keith Stubbs all were re-elected to serve in the current positions with Tim continuing his role as Director of SBMSA softball program.

The SBMSA Board of Directors would like to thank outgoing SBMSA President Dee Aldinger for her many years of great leadership and congratulate her on a job well done. Dee served as President for 24 years and has dedicated herself to SBMSA for 35 years total. She possesses a unique combination of vision,

understanding and communication which enabled SBMSA to grow into the amazing organization it is today. Dee has been a valuable asset to our organization, an invaluable partner with SBISD, and a stalwart supporter of our community.

SBMSA was founded in 1961 and has grown into a six sport, year-round recreational program for approximately 5,000 young people. SBMSA has two main goals: First, SBMSA strives to provide every child in the Spring Branch – Memorial school district and surrounding private schools with the opportunity to participate in a sports environment that allows for their growth and development in a safe, fair, positive and competitive league regardless of financial concerns. Second, SBMSA works in partnership with SBISD to improve the quality of existing fields, gymnasiums and facilities, as well as provide a secure endowment that will help sustain and grow the organization for the future. SBMSA emphasizes the importance of building character, sportsmanship and team unity, in order to obtain the goals of building personal growth and champions. You can learn more about SBMSA at [www.SBMSA.org](http://www.SBMSA.org)



"Board of Directors from left to right: Steven Madden - Long-Range Planning, Tim Heckler - Softball/Treasurer, Lamar Curtis- Soccer, Keith Stubbs- Treasurer, Rob Cooksey -Basketball, Philip Ranger- Football, Rob Hawkins- Lacrosse , Steve Vierra- Fundraising, Kelly Bennett -At-Large and Lewis Gissel -President  
Not Pictured: Peter Loggenberg - At Large, Murphy Graham- At Large, Mike Gilbert- Sportsmanship, Mano DeAyala - Vice President, David Paris - Jr. Baseball and Jay Graham - Sr. Baseball"

We're on the web! See us at: [www.SBMSA.org](http://www.SBMSA.org)

## IN THIS ISSUE



**Boots, Buckles & Ballgames Gala**  
Saturday, April 2, 2016 at the  
Houston Farm & Ranch Club  
featuring live music from  
Gary P. Nunn. *Details Inside!*

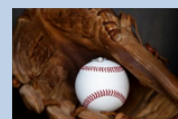


**Basketball News & Updates Inside!**



### Letter from the President

Lewis Gissel, new SBMSA President, gives us his thoughts as we enter the 2016 New Year.



### Diamonds are a Girl's Best Friend

Hear a heartwarming story about how SBMSA brought a couple together.



Find out what's going on with the organization, your team, and upcoming schedules!

## Letter from the President

The New Year has arrived and SBMSA is in full swing as we enter our busiest time of the year. The basketball season is underway, and I hope you will come out to several games which begin the first weekend in January and run through the end of February when the championship games will be played at Don Coleman Coliseum. Registration is currently open for boys and girls lacrosse, junior and senior baseball, and softball. Don't delay visiting our website at [sbmsa.org](http://sbmsa.org) to register your kids for our spring sport seasons. Player participation is up in our lacrosse program which continues to grow in its fourth year of operation, and we have added player and coaches clinics to enhance skill set and overall knowledge of this increasingly popular youth sport. Field work has already begun around the diamonds for the upcoming softball and baseball seasons that start practice in March. And, last but certainly not least, the biggest community party of the spring will be our 2016 Boots, Buckles and Ballgames gala on Saturday, April 2nd.. Spring is a busy time indeed for SBMSA.

I have come to appreciate a great deal about our association. First, it is unique in the fact that we are a multi-sport youth sports association. Almost all other local associations are single or double sport associations compared to ours that offers six sports. Second, we have a long and rich history with 53 years of working with SBISD Athletics to provide much-needed programming within the community. Third, we have amazing volunteers that make the organization run, with several third and fourth generation families participating in our endeavors.

I am honored to assume the role of president of the association and humbled to work with such a talented and dedicated board of directors, the members of which are listed below. I want to thank outgoing board president D' Rene Aldinger for her tireless 35 years of service to our organization, as well as outgoing senior baseball director Jake Graber for jobs well done. We have many challenges ahead of us, but with your feedback and support, SBMSA will continue to thrive and serve our community well.

Respectfully yours,

Lewis Gissel  
*President-SBMSA*

Kelly Bennett, *At Large*

Rob Cooksey, *Basketball*

Lamar Curtis, *Soccer*

Mano DeAyala, *Vice President*

Mike Gilbert, *Sportsmanship*

Jay Graham, *Sr. Baseball*

Murphy Graham, *At Large*

Rob Hawkins, *Lacrosse*

Tim Heckler, *Softball/Secretary*

Peter Loggenberg, *At Large*

Steven Madden, *Long Range Planning*

David Paris, *Jr. Baseball*

Philip Ranger, *Football*

Keith Stubbs, *Treasurer*

Steve Vierra, *At Large*

### IMPORTANT DATES TO REMEMBER

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

January 18-20	Equipment demo and purchase at Marucci/Baseball USA
January 20	In-Person Registration for Jr. baseball, Sr. baseball lacrosse and softball <i>(6:00- 8:00 pm at Academy – Bunker Hill location)</i>
January 22	Lacrosse registration closes
January 24	Softball registration closes
January 28 – Feb 1	Softball tryouts
February 1	Jr. baseball registration closes
February 6/7	Pee Wee skills assessment (details to follow)
February 7	Softball players' clinic at SBE with HIT coaches
February 13	Jr. Baseball coaches' meeting
February 22	Jr. Baseball Player's Clinic
February 27	Softball Opening Day Carnival at SBE Basketball Championship Day at Don Coleman Coliseum
March 5	Midget pre-season tournament
March 10	Jr. Baseball Kickoff Celebration (details to follow)
March 12-20	Spring Break
March 27	Easter
March 21	Jr. Baseball Opening Day Games
April 3	Photo day
April 17	Softball SBMSA Houston Heat tryouts

## Community Partners



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SBMSA would like to thank Church Services for  
underwriting the new windscreens at Pine Shadows,  
Guthrie, and Spring Forest Middle School



## 2015 SBMSA Football Wrap Up

Seems like yesterday the boys were buckling chinstraps or strapping on flags acclimating to the August heat and humidity. In a blink of an eye, three months had passed and more than 1,130 boys and 330 coaches representing 90 teams competed in more than 400 games and crowned 6 Tully Bowl Champions. Our preseason programs, including, 7 on 7, Middle School Conditioning Camp, SBISD/SBMSA Summer Camp, Parisi Running and Conditioning Camp, and Tackle Skills Camp were well attended and provided our youth athletes with top notch skills, training and conditioning. All in all, another successful SBMSA Football season in the books.

With over 50 years, SBMSA football is one of the most experienced and respected leagues in Texas. 2015 was a banner year. As other leagues have experienced a decline in participation in recent years, SBMSA's participation has increased more than 10% over the past two years. When asked how SBMSA does it, I respond simply...it starts at the top with Philip Ranger, our Program Director. Through his leadership and example, SBMSA Football embraces a positive culture and provides a program that places the youth athlete and his experience first. Safety, sportsmanship, teamwork and teaching fundamentals are at the core of SBMSA Football.

SBMSA has made significant strides to make the game safer. Our tackle coaches completed USA Football's accredited Coach Certification Course, which included concussion recognition and response protocols; proper helmet and shoulder pad fitting; heat and hydration information; as well as Heads Up TacklingSM and Heads Up Blocking techniques, which aim to reduce helmet contact. And through our partnership with Memorial Hermann, trainers were provided at each game location.

In addition to improving safety, SBMSA's commissioners and coaches dedicated countless hours planning, preparing and creating a positive and competitive experience for our boys and their families. We begin and end

each season recognizing that our volunteers make SBMSA Football successful. Thank you!!!

After two rounds of playoffs, twelve teams vied for the Tully Bowl Championship. And on that brisk November day, our 2016 Tully Bowl Champions were: Steelers (Freshman Flag); Jaguars (JV Flag); Commodores (Freshman Tackle); Hurricanes (Soph Tackle); Redskins (JV Tackle); and Aggies (Varsity Tackle). Congratulations to our 2015 Tully Champions and a special thank you to the parents, volunteers and participants who made 2015 such a success.

In closing, I share with you some words from Chris Creighton, Head Football Coach at Eastern Michigan University who said it best –

*Football taught me what it means to be a part of something bigger than myself. Success in football requires selflessness and true teamwork. It is impossible to have any kind of personal success without your teammates – impossible. No matter how talented an individual might be, he will never win one versus eleven. In a powerful way, the game of football is very humbling as it demands that players put the team over the individual... It is truly a life changing game!*

*(complete article at <https://footballmatters.org/stories/eastern-michigan-head-coach-pens-powerful-letter-to-potential-football-moms>)*

Looking forward to seeing everyone on the grid iron in 2016. Its only seven months away....

Mano DeAyala





## SBMSA: Baseball Diamonds to Diamond Rings

*“Christopher Sandland proposed to his girlfriend, Sara Ruffing, on the baseball fields of MMS where so many of their SBMSA childhood memories were made.”*

Christopher reached out to SBMSA President Dee Aldinger in the summer of 2015 with a plan to use an SBMSA field to propose to his girlfriend Sara. He kindly provided the following backstory to his request: Growing up in Spring Branch, both of our families have been heavily involved in SBMSA. Both of our dads (Jack Ruffing & Bob Sandland) were coaches on their kids baseball teams and spent countless hours (as many of the dads do) preparing the fields before and after the games, building fences, etc.

“SBMSA is exactly how Sara and I met. One of Sara’s older brothers (Ryan Ruffing) and my older brother (Daniel Sandland) played on the same teams together for many years starting around the time Sara and I were 5 or 6 years old. Since our dads were coaches, they developed a great friendship that brought both families together and Sara and I would always play tag and hide-and-go-seek at all the practices and games (Mac Haik being one of those fields). Additionally, the night before my father’s unexpected death in 2001, my brother and I stayed at the Ruffing’s home and they also took us to the hospital to say our final goodbyes. Sara is one of the few people closest to me who knew my father and even has memories of being twirled around on his shoulders and laughing hysterically.

Off the field, Sara’s father (Dr. Ruffing) also became our family dentist. Not long after my father’s passing, both Ryan and Daniel started playing on different teams with different coaches, which meant that Sara and I no longer saw much of each other. However, twice a year when I would have my routine check-up, Dr. Ruffing and I would always take the time to catch up on both families and give an update on how everyone was doing. This lasted for over 12 years until my appointment in June 2013 when I happened to mention that I just accepted an internship offer a few

weeks prior with one of the Big 4 accounting firms, Deloitte & Touche, and would be starting that coming winter. Turns out that Sara had just finished an internship with the same firm and had already signed a full-time offer to start after she graduated from Texas A&M. Her dad was so excited to hear that I was also working for Deloitte that he immediately grabbed his cell phone and gave it to me while I was sitting in the dental chair so I could tell her the news myself (keep in mind, I had not spoken to Sara in at least 12 years).

I gave her the news and told her that I wanted to take her to lunch and hear all about her experience during her internship. Turns out, we both had summer school that summer (we were both pursuing almost identical degrees – the integrated bachelors & masters in accounting program; I was at UT-Austin and she was at Texas A&M-College Station), but I told her that next time I was in town that I would contact her about grabbing lunch.

The entire summer went by and I came home for a week in-between the summer and upcoming fall semester. I reached out to her on Facebook to set up the date and we met at Pronto Cucinino in City Centre (just down the street from the baseball fields). We were there for well over 3 hours talking all about the internship and catching up on the 12+ years since

we had last seen each other. We instantly connected, exchanged phone numbers, and the rest is history. We started dating less than a month later and have been inseparable ever since.”

Christopher’s plan for the proposal his simple: Sara was blindfolded and escorted to the fields by a friend. He met her there, having already taken the time to add a few decorations to the site, and walked Sara around the bases while

reciting a poem that he wrote for her regarding their journey to this point. He ended the poem as they arrived at home plate, removed her blindfold, and asked her to marry him. She said YES!

I think it’s safe to say Christopher knocked this one out of the park!



# Tips Before Tip-Off!



*Properly treating a basketball injury can keep players in the game.*

With basketball season tipping off, many players may score injuries while scoring points. Proper treatment of an injury can shorten the length of time a player spends on the sidelines and decrease the risk of permanent damage.

### Common Injuries

The most frequent injury in basketball is a sprained or “jammed” finger, which occurs when a finger is bent unnaturally. In addition, sprained ankles, knee and shoulder injuries are common basketball injuries.




“Athletes can do conditioning exercises and appropriate warm up with stretching to prevent some injuries,” said Lindsay Crawford, M.D., pediatric orthopedic surgeon affiliated with Memorial Hermann IRONMAN Sports Medicine Institute - Memorial City and Assistant Professor in the Department of Orthopaedic Surgery at the John P. and Kathrine G. McGovern Medical School at UTHealth. “For example, jumping rope can help strengthen the ankles. In addition, wearing proper gear is important. High-top shoes provide ankle support for basketball players.”

Dr. Crawford offers an easy way to remember how to initially treat an acute injury. Although no two injuries are the same, her method is a good, general approach to get an athlete on the road to recovery. “After any sudden or acute sports injury, it may be helpful to remember to P.R.I.C.E.,” said Dr. Crawford. “*Protect, Rest, Ice, Compress and Elevate.*”

“Ice acts as an analgesic, even after the ice is removed from the injury,” said Dr. Crawford. “Initially you can ice the injury once an hour for 15 minutes and decrease the ice-intervals as time goes by. Treat ice like any other pain reliever -- take it in small doses through the day.”

In addition, ice can control swelling, which is key to treating these injuries. Swelling, not tissue damage, is what can determine the rate of recovery after an injury.

“Swelling is the enemy,” said Dr. Crawford. “What you do to slow swelling in the first few days affects range of motion, strength and pain. You can cut healing time by controlling swelling.”

P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate
				
Protect your injury from further damage, for example, by using a support or splint.	Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.	Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.	Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.	Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.

### When to see your sports medicine physician

Dr. Crawford recommends a general rule of thumb regarding when an athlete should see a sports medicine physician about minor injuries. “Let your pain be your guide. Whenever an injury hurts more than you think it should, see a doctor. After treating an injury properly using P.R.I.C.E., you would expect to see the injury improve, but if pain persists in a joint for more than a week, then visit a doctor. In addition, if tissue pain (such as a muscle pull) lasts longer than two weeks, see a doctor.”



## Basketball Season Kicks-Off

*The SBMSA basketball season starts regular season play this month but a lot has changed since last season.*

The program continues to grow in popularity with over 1600 player registrations this season and to meet the demand, the league expanded the 7/8 boys league from 30 to 32 teams and added a new Boys 7th and 8th grade league. The league is under new management as Rob Cooksey assumed program director responsibilities earlier this season. "I am very excited that Rob agreed to become the new Director of our Basketball program. He has been involved for many years as a coach and age level commissioner in the basketball league as well as other leadership roles in other SBMSA sports like baseball and football." Outgoing director Lewis Gissel added "Rob was instrumental in the initial rollout of our Movers program with SBISD there years ago as the 11/12 boys commissioner and he led the efforts this season to successfully add the 7th and 8th grade league. He has the right vision to lead this program forward and is 100% focused on making it a positive experience for all players and coaches"



Rob and his family were introduced to SBMSA when Grace (17) and Mitchell (14) were at Bunkerhill Elementary. The kids have played baseball, basketball, football and soccer and Rob has coached in each sport along the way. Asked what was the driver for him getting involved in SBMSA, Rob shared, "I believe there are life lessons learned, friendships gained, character built and communities enhanced that can only be done with involvement

in team sports. I want to help provide that opportunity for the children in our community. Being able to share someone's first outfield catch, first tackle, first basket, and watching a kid learn that good sportsmanship is more important than any single victory or lose is personally rewarding and SBMSA allows me to share that with young minds."



2015 Boys 11/12 Blazers

Asked to reflect on his time with the program, Gissel replied, "I am really proud of the basketball programs growth over the last few years. We expanded our participation numbers, added All Stars and partnered with SBISD Athletics to introduce the Movers program to our league, which recruits kids from the districts north side to participate in basketball. We started with 6th graders and have continued to add teams to our 7/8 and 9/10 age levels. We created a dedicated team and scholarship program that is providing the resources for kids to participate. In partnership with SBISD health fitness elementary coaches we are identifying those kids who want to play. It's a win for the program, the kids in the district and will hopefully improve the middle and high school basketball participation in the future." The basketball program is well positioned and will continue to look at areas of improvement under Rob's leadership and that of his board. His age level commissioners include Stuart Beken, Bruce Alpe, Bob Bone, Nate Shea-han, Richard Kroger, Chuck Matthews, Rob James and Jeff Swantkowski.

SBMSA is proud to host our Boots, Buckles and Ballgames Gala on Saturday, April 2, 2016 at the Houston Farm and Ranch Club, featuring live music from Gary P. Nunn.

We will also have our fabulous raffle prize of \$30,000 towards the price of a new car from Group 1 Autos!! To purchase raffle tickets or gala tables/tickets, please go to our website: [www.sbmsa.org](http://www.sbmsa.org)



## FUEL UP!

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## LION HEART COACH AWARD



LION HEART COACH

Please congratulate the recipients of the  
2015 Lion Heart Coach Award:

Mano DeAyala who coached the Varsity Mustangs  
&  
Lee Patterson who coached the JV Flag Titans

**THANK YOU!**





*The SBMSA Sporting Clays Tournament held on November 13, 2015 was a big success!! We had a bluebird day and welcomed over 100 shooters to the event. We would like to thank all of our generous sponsors: Main Street Capital Corporation, Memorial Hermann, Capital One, The Go Solution, Newport Construction Services, Hein & Associates LLP, Gunner & Hook, Swagelok, Abel Design Group, Rice & Gardner, Westside Small Group Network, V2 Farming LLC, Monarch Landscape Management LLC and Able Industrial.*

*Special thanks to our awesome Chair Steve Vierra, as well!!*

*Pictured below are our winners from the event:*



**First Place Team**  
*Memorial Hermann Heath Systems*  
*Marshall Heins, Scott Kramer,*  
*David Hayne & Doug Gregory*



**Second Place Team**  
*Spirit Environmental*  
*Richard Fontenot, Carlos Hinojosa,*  
*Mike Souliere & Jimmy White*



**Third Place Team**  
*Friends of SBMSA*  
*John P. Madden, Tommy Soriero*  
*Brian Krivan & Steven Madden*



**First Place Individual**  
*Richard Fontenot*

**Raffle Winner**  
*Clint Harrington (black shirt)*  
*with event chair Steve Vierra*

*Have questions?*  
*Contact your*  
*Program Director*  
*for more information!*

**President** *Lewis Gissel*  
lgissel3@gmail.com

**Jr. Baseball** *David Paris*  
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**Football** *Philip Ranger*  
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**Sr. Baseball** *Jay Graham*  
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**Basketball** *Rob Cooksey*  
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**Softball** *Tim Heckler*  
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