



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 is fewer emails, but more information, AND we'll be including articles about our coaches, staff, teams and players.

SBMSA Names New Soccer Director - Lamar Curtis

The game of soccer is the world's biggest sport. Its popularity has grown threefold here in the states over the past 10 years largely due to the success of the US national men's and women's soccer programs on the world stage. The SBMSA soccer program has benefitted in soccer's popularity in terms of player participation and support under the leadership of outgoing director **Peter Loggenberg**. After serving in this capacity for the past six seasons, Peter is handing over the soccer pitch responsibilities to fellow soccer enthusiast **Lamar Curtis** this coming season.



Lamar Curtis and Peter Loggenberg

Peter is leaving the soccer program on solid footing, with the highest participation level of all SBMSA sports at nearly 1,600 players. He is credited for bringing program operations back to a healthy level by introducing year-round soccer to the SBISD community and forming a strategic partnership with the Houston Dynamo. "I feel I represent to some extent, the more diverse nature of our changing society, and soccer represents that diversity in our communities." Peter is quick to deflect any credit for the success of the soccer program adding, "I have been very fortunate to work with a great group of commissioners that shares my passion for the game and they deserve all the credit. As soc-

cer director, my role is to support their needs in promoting the program with the SBMSA Board of Directors and make sure our soccer program has the means and coaches to support any kid who wants to play." Peter's recommendation to the SBMSA Board on who best to take over was an easy decision. "Lamar has been a key component in the growth of the soccer program. I believe Lamar will bring a needed sense of good sportsmanship to the program."

Lamar's involvement with SBMSA goes back to the mid 1970s. Growing up in the Memorial area, he played both soccer and baseball with the association as a kid. He started his volunteer coaching career in soccer when his oldest son Lamar, now 17, started playing at the age of four, stepped up to being a soccer commissioner five years ago, and joined the SBMSA Board of Directors as an At-Large Representative two years ago and has been responsible for all technology and systems utilized by the association. Those responsibilities include administering and configuring the online systems, websites and registration systems for all sports programming. Lamar has also coached baseball, and last fall, he coached his younger son Anthony, age 6, in his first SBMSA soccer season.

Lamar understands the importance of the soccer program within the community and is looking forward to continuing Peter's past successes. "Peter has taken the SBMSA soccer program from an underdog sport to being one of the leading sports in our organization. His leadership and strong will has pushed soccer past the norms and stereotypes of the past into a leading program of which our entire community is proud." When asked about his goals for the program Lamar added, "Soccer continues to be a growing sport. I plan to focus on our ability to allow all of the Spring Branch centric children to be able to participate, while at the same time keeping the quality of our program intact.

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Sports Update



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has to say about the
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SBMSA Spotlight



Recognizing SBMSA volunteers
Peter Loggenberg
and Lamar Curtis

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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)

August 31	Soccer Registration Closes
September 2	Coaches' Meeting for Soccer
September 12	Football Opening Day
September 12	Soccer Skills Assessments for all players ages 9+
September 20	Football Picture Day
October 1	Basketball Registration opens
October 3	Soccer Family Fun Day at the SBEC Soccer Picture Day
November 1	Football Playoffs Begin
November 8	Soccer Playoffs Begin
November 13	SBMSA Sporting Clays Tournament
November 14	Semi-Final Games for Flag and Tackle
November 22-23	Championship Games for Football

Post-Sports Recovery

Nutrition is important not only before your young athlete hits the field, but also after. Drinking or eating the right meal after physical exertion can help their body recover while also preparing for the next practice or game.

GOALS

Rehydrate: Athletes of all levels – beginner to professional – lose fluids and electrolytes through sweat during training and games. Therefore, it is important to rehydrate with water or fluids containing electrolytes, like Gatorade. To enhance absorption, water should be consumed in small amounts along with a meal, rather than drinking one large quantity all at once. Once rehydrated, urine should be clear or similar to the color of lemonade.

Replenish: Athletes performing at a high intensity or for an extended period of time often deplete their carbohydrate, or glycogen, storage. In order to replenish glycogen, athletes should consume a high carbohydrate meal or a recovery drink soon after strenuous exercise.

Repair: Training and games can put a great deal of stress and damage on muscle tissue. Consuming 10-20 grams of protein directly following practice and games helps repair and rebuild muscle tissue.

SBMSA Partners with USA Football's HEADS UP FOOTBALL Program



We are proud to announce that SBMSA is entering its second season with USA Football's Heads Up Football® program. SBMSA is committed now more than ever to ensuring a positive youth football experience and advancing player safety by providing league-wide coaching education and teaching resources that benefit players, parents and coaches through the Heads Up Football® program. USA Football, the sport's national governing body, educates more youth and high school coaches combined than any organization in the United States.

SBMSA Football's 72 teams are comprised of more than 1200 players and 250 coaches throughout west Houston. SBMSA coaches will be trained in Heads Up Football® techniques before leading their teams this season. All SBMSA tackle coaches will complete USA Football's accredited Level 1 Coach Certification Course, which includes concussion recognition and response protocols; sudden cardiac arrest 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. All tackle head coaches will complete USA Football's accredited Level 2 Coach Certification Course.

Through Heads Up Football®, SBMSA player safety coaches **Rob Menuet** and **Rob Hanlen** have received specialized training to implement, evaluate and monitor Heads Up Football® player safety protocols within SBMSA. Player safety coaches work with league commissioners and coaches throughout the season as a resource and provide on-site clinics and mentoring to ensure that coaching and player safety best practices are used.

HOW TO REFUEL

When choosing the best post-sports nutrition for your child, it is important to remember the three R's. Athletes should aim for plenty of fluids, carbohydrates and moderate protein. For optimal recovery, it is best to consume something within the first 30 minutes to one hour following practice or games. Liquids and solids work equally well, but most athletes prefer liquids immediately following exercise due to lack of hunger. A few examples of refueling meals include:

- Gatorade Recover + fruit
- 16 oz low fat chocolate milk + 1 large fruit
- Large bagel with peanut butter and jelly + 8 oz. glass of milk



Mano DeAyala, former NFL coach, Tony Dungy and Philip Ranger

Earlier this year, SBMSA Football Director **Philip Ranger** and I attended the 2015 USA Football Annual Conference in Indianapolis. More than 700 youth football directors and commissioners representing leagues from across the country participated in this 3 day conference geared to educate and improve youth programs in all aspects – from practice itinerary, proper contact drills, mentoring youth athletes and various safety protocols to name a few. It was an eye opening and rewarding experience watching so many gather to improve what many of us consider the greatest game ever played.

Done right, the game of football has so much to teach and so much to give. Chris Creighton, Head Football Coach at Eastern Michigan University 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>) *continued on page 3*

AN EXPERT OPINION

Whether your child is a football player, gymnast, soccer player, or runner, our experts understand the key role nutrition plays in achieving athletic performance. Memorial Hermann IRONMAN Sports Medicine Institute-Memorial City offers a comprehensive suite of nutrition-based testing and counseling services. For more information, call (713) 242-2270 or visit <http://ironman.memorialhermann.org/locations/ironman-sports-medicine-institute-at-memorial-city/>.



*by Sport's Dietitian,
Brett Singer, MS, RD, CSSD, LD,
at Memorial Hermann IRONMAN
Sports Medicine Institute-Memorial City*



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VIP SERVICES
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Group 1 Automotive has expanded its Purchasing Program to include Sterling McCall VIP services, offering customers a more personal car buying experience. The Sterling McCall VIP Services provide a distinct process that you will not find elsewhere. For those who want help finding a new vehicle without all the usual hassle, the VIP Department customizes your visit by providing you with a VIP Coordinator to enhance your shopping experience. Your VIP Coordinator will contact you directly to schedule an appointment that is convenient for you.

"When you're VIP, they know who you are, and they immediately begin the process, so that you don't have to go through all this extra stuff"

- Kitty Rohde
Sterling McCall VIP Services customer

The VIP services begin as soon as you step foot through our doors. Your VIP Coordinator is there to assist you every step of the way through your vehicle selection process, with the help of the Sales Manager who honors the VIP price after your selection has been made. To ensure that you will drive off the lot in a vehicle that matches your desires, they focus on your driving needs, and help you search for what they feel suits your requirements and expectations.

"This process is good for me, I'm easy-going, but I was indecisive about my next vehicle and they were there to help. I needed someone offering professional guidance, and that can only be acquired from someone who truly understands what I should be looking for, based on my interests. They provided this guidance, in addition to attention to detail."

- Scott Ooley
Sterling McCall VIP Services customer

Not only does Group 1 automotive provide customers with a VIP experience that makes car buying easy, but they will also donate \$100 to SBMSA, or your charity of choice with every purchase. Its support for local sports through SBMSA, influences customers to choose an automotive dealer that gives back to the community, making Sterling McCall a premiere shopping experience.

"My wife and I have two kids who actively participated throughout their early years in SBMSA sports. Both are older now, but Group 1 provides families like ours the opportunity to continue supporting an organization that provided so many positive, life-long experiences. It's just a really first-class program Group 1 is providing our community."

- Scott Caskey
Sterling McCall VIP Services customer

Kitty Rohde also has ties with SBMSA and proudly supports the partnership they have with Sterling McCall VIP services. "We have three kids, and they have played every sport. We support SBMSA, it's a great organization, and my husband has volunteered for many, many years. We knew we were buying a car, so why not have everyone benefit?"

To start your personal car shopping process, allow our VIP Coordinators to assist you. Contact the VIP Department by:

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SBMSA Partners with USA Football's HEADS UP FOOTBALL Program

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"Heads Up Football® is changing for the better how coaches are trained, players are taught, parents are informed and safety is addressed," USA Football Executive Director Scott Hallenbeck said. "We are proud to have SBMSA join us in leading America's youth football community, helping to further establish important standards rooted in education for the good of our young athletes."

Heads Up Football focuses on eight primary elements:

COACHING EDUCATION

All coaches within a youth program are trained to teach the game's fundamentals by completing USA Football's nationally accredited Level 1 Coaching Certification Course.

CONCUSSION RECOGNITION AND RESPONSE

Coaches learn and are assessed on CDC concussion recognition and response through USA Football's Level 1 Coaching Certification Course.

Coaches are taught concussion-related protocols at the start of the season at a league-wide clinic and have them reinforced throughout the season.

EQUIPMENT FITTING

Coaches are taught proper helmet and shoulder pad fitting.

HEADS UP BLOCKING AND TACKLING

Series of fundamental drills reinforce tackling and blocking mechanics, teaching players how to perform these basic football skills with a focus on reducing helmet contact.

HEAT AND HYDRATION

Coaches learn heat and hydration safety measures provided by the University of Connecticut's Korey Stringer Institute.

PLAYER SAFETY COACH

Appointed by each participating Heads Up Football® youth organization. This individual(s) ensures compliance with Heads Up Football®'s player safety protocols, including coaching certification and conducting safety clinics for coaches, parents and players.

About USA Football: Indianapolis-based USA Football is the sport's national governing body, leading the game's development for youth, high school and other amateur football players. The independent nonprofit is the official youth football development partner of the NFL, its 32 teams and the NCAA's Atlantic Coast Conference. USA Football (www.usafootball.com), endorsed by the NFL and NFLPA in 2002, is the sport's leader in coaching education and player skill advancement for a better, safer game.

SBMSA has a rich 50 year history of teaching our kids football and valuable life lessons. Thank you to our volunteer coaches and commissioners for their commitment to our athletes and embracing the Heads Up Football® tools. We are especially fortunate to have Philip's vision and leadership. The next 50 years look promising. . . .

Looking forward to another great football season and seeing you out at the fields.
Mano DeAyala



SBMSA Names New Soccer Director

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While it is our current culture to promote good sportsmanship, I plan on raising the bar with that value and ensuring that SBMSA is a place for our neighborhood kids to be able to go to play, grow, learn to love a sport, learn leadership skills, learn what true sportsmanship is, and understand how teamwork can change almost anything. These values do not happen by themselves, so I plan on pushing hard to keep this culture intact and evolving.”

Peter will be working alongside Lamar during this transition and hopes to continue coaching his youngest daughter, Claire, who played her first SBMSA soccer season last fall.

Volunteer Spotlight – Q & A with Peter Loggenberg and Lamar Curtis

We asked Peter and Lamar to sit down and share some thoughts with us about their experiences with SBMSA and share some advice and lessons learned from their association.

Q: What has SBMSA meant to you and your family?

Peter: *SBMSA created a sense of community and belonging for Elaine and me having come from a foreign county. Our kids were born here but SBMSA helped us integrate within the community. In hindsight, it was probably my accent that made me the logical choice to coach the kids in my son's class.*

Lamar: *SBMSA has been part of the Curtis family since 1976. With two boys currently involved, the participation in SBMSA has been something that has built a culture of giving back as part of our family.*

Q: What advice would you give somebody who is interested in getting more involved in SBMSA?

Peter: *It's not about the coaches, commissioners and directors but about how they can better serve the organization and our community. Define your strengths and weaknesses and use both. Find a place where your passion meets the needs of SBMSA and make a difference.*

Lamar: *Love it! Contribute in something where you also have the opportunity to participate with your children. SBMSA is a way to change your kid's participation in sports to be a motivational, life-lesson, leadership learning experience.*

Q: What has been the most rewarding part of your involvement with SBMSA?

Peter: *Coaching and seeing kids that are often sidelined actually contribute and score when allowed to participate. Our philosophy of minimum play time regardless of skill and full participation is critical for our program, and our outreach program for less fortunate kids is a key part of why I love SBMSA. Soccer is the world's biggest sport and allows for an equal playing field as all it takes is a ball and a small space.*

Lamar: *Being able to give back while at the same time being with my children. But more than that, as a younger man and at the time only having a single child, I questioned whether or not I could be a good father to another child. It was coaching Lamar when he was 4 years old that I started to learn how much I enjoyed coaching and mentoring young minds. It was SBMSA that gave me the answer to wanting more kids and now with three over a span of 17 years, I am one of the happiest fathers around.*

Q: Do you have a favorite moment or story as a SBMSA coach?

Peter: *Having a parent thank you for positively impacting their kid's sense of self worth by being played in the top position on the team and seeing him scoring. Knowing that a coach played a small role in making a difference for a kid playing soccer meant a lot then and still holds true today.*

Lamar: *It was the year that Hurricane Ike came through Houston. We lost a number of coaches' ability to participate because of the challenges that the hurricane brought to Houston. The other Bunker Hill team did not have a coach, so I volunteered to coach both teams. While the schedule was crazy and the logistics were a challenge, I have never had more fun coaching. The boys had one of the best years as teammates that they ever had, playing and practicing against each other as a school. While I do not recommend coaching two competing teams in the same season, the experience was one of the most rewarding for everyone involved.*

Q: Lamar, can you share your favorite “Peter-ism” about our outgoing Director. I’m sure your South African mentor has some interesting sayings.

Lamar: *Ha ha, so true. While we probably cannot publish some of the better sayings from our South African-American, I can say that with an impressive stature, mental capacity and strong will, Peter has often physically defended our fields from intruders and trespassers. Peter's strong focus on the inevitable fact that this organization is centered on our community and that we are here to serve in a capacity that does not have any ego, rank or status is probably one of his greatest legacies. It is that single-minded focus on equality and on all walks of life that has strengthened our organization.*

2016 SBMSA Gala Committee

The 2016 SBMSA Gala Committee is excited to announce our entertainer for SBMSA's 3rd Bi Annual Gala, **Gary P. Nunn!** We have been honored to be chairing this event and are working hard to ensure another fabulous time will be had by all. The big event is set for **April 2, 2016** at Houston Farm and Ranch. Save the dates will be out next month. See you sports fans soon!

2016 Gala Chairs

Keri Bassett

Caroline Bennett

Adrienne Cutter

Hilary Howard

Dinab Huthmance

Meredith Turner



SBMSA 2015 Soccer

The 2015 Soccer season is here. We are expecting another record year as the SBMSA soccer program continues to grow. Soccer is a world sport and SBMSA has a continued and heightened focus on sportsmanship. **PLAYERS:** If you want to have a place to play, grow, learn to love a sport, learn leadership skills, learn what true sportsmanship is, and understand how teamwork can change almost anything, then come sign up at www.sbmsa.org. **PARENTS:** If you have the desire to mentor, guide and motivate your children with a positive attitude and a focus on teamwork and sportsmanship, then our soccer program is for you. While it always makes it easier if you know the game, it is not a necessity. Even if you are a beginner, you can make an amazing impact on your children's lives and on the lives of the other kids in our neighborhood. Volunteer at www.sbmsa.org.

Let's have a great year! See you on the fields!
Lamar

*You are invited
to the*

2015

Spring Branch - Memorial Sports Association
Sporting Clays Tournament



Friday, November 13, 2015 • 11:00 a.m. - 5:00 p.m.

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(9435 Katy Freeway/Echo Lane location only)

Book early as space is limited!

Have questions?
Contact your
Program Director
for more information!

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