



Just For

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The Official Newsletter of W.U.S.C.

March-April 2006 Volume 1, Issue 1

Wappingers United Soccer Club
P. O. Box 120

Wappingers Falls, NY 12590

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(845) 790-5456

Concession stand call:

(845) 462-5612

Website: www.wusc.org

WUSC Board Members

| NAME | TITLE |
|-------------------|------------------------------|
| Jim Purdy | President |
| Doug LaPerche | Vice President |
| Gerri Carroll | Secretary |
| Bob Hannon | Treasurer |
| Bea Ogunti | Registrar |
| Alex Flores | Travel - Girls |
| Allan Lo | Travel - Boys |
| Karl Batchelor | Intramural Director |
| Tom Carroll | Head Coach |
| Joe Capogrosso | U5 Mixed Director |
| Carl Cacace | U6 Mixed Director |
| Greg Norman | U7 Boys Director |
| Melissa Colbert | U8 Boys Director |
| Barry Prine | U10 Boys Director |
| Rosemary Tompkins | Junior Girls |
| Bill Chang | Senior Girls |
| Bruce Lustig | Senior Boys |
| Diana Gallinari | Concession Manager |
| Andy Petrick | Field Coordinator |
| Pat Lustig | Referee Coordinator (Intra) |
| Jim Purdy | Referee Coordinator (Travel) |

Wappingers United Soccer Club, Inc., a member of the East Hudson Youth Soccer League, is a not for profit organization with an enrollment of 1200 players. Our purpose is to promote and foster youth soccer in our community. This is accomplished by "providing youth an opportunity to learn and play the game of soccer, and in so doing also learn the principles of good sportsmanship, honesty, cooperation, teamwork and respect for authority." (WUSC By-Laws)

HELP WANTED!

We need VOLUNTEERS! Wappingers United Soccer Club is a success due to the willingness of people to donate their time and effort. **WE NEED YOU TO GET INVOLVED.** Please contact any board member for information on volunteering.

New Online

Registrations Process

- Bea Ogunti (Club Registrar)

Wappingers United Soccer Club (WUSC) is pleased to announce an easy convenient online registration system that will be used for the Fall 2006 and Spring 2007 season. The system will be fully integrated with the East Hudson Youth Soccer League (EHYSL) office allowing for faster, more reliable data transfer.

NOTE: This is an EHYSL mandated league-wide registration process that will go into effect for the 2006/2007 season. All clubs registered within the EHYSL have to adhere to this new on-line registration system. **This is NOT an option.**

What's in it for you?

The convenience of being able to register your child on-line and pay with a credit

card or check from any computer that has internet access. You can log into the system at any time to update your family or child's information and to get coach contact information. This process allows for better e-mail communication between the Club and you, as well as the coach and you. Once you enter your data, it stays there for subsequent years, so next years registration will only take 1-2 minutes.

What's in it for the coaches?

You will be able to view, e-mail and print your roster from your login page. Official EHYSL rosters with a status will be available to you in real time for printing. The system also allows you to send e-mails to your team without having to construct and maintain your distribution lists.

Additional information will be published on the Club website for your review soon. In the meantime, should you have any questions and/or concerns, please contact Club Registrar, Bea Ogunti (845) 462-0344 or (e-mail: max93bea@aol.com).

A Message From the President...

Dear W.U.S.C. Families,

As we approach the new soccer season I would like to welcome all of you back to the soccer fields. The W.U.S.C. Board of Directors continue to work throughout the year to ensure that our soccer players and their families have a safe and enjoyable soccer experience for this Spring and years to come. We will continue to work with the Town of Wappingers and Supervisor Ruggerio's office to improve our current fields and possibly add new fields. Hopefully we will see our efforts come to fruition in the near future.

Please feel free to contact me or any other board member should you have questions, suggestions or concerns. I look forward to seeing you all at the fields. Have a great Spring.

Yours in soccer,
Jim Purdy W.U.S.C. President

SPRING SEASON B E G I N S . . .

Travel

APRIL 1, 2006

Intramural

APRIL 8, 2006

Hot Shots Inside...

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Newsletter Layout:
Karl Batchelor
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Send us a note with your suggestions



Coach's Corner

Running a Practice

1) **Warm-up** - Running laps without touching a ball decreases the number of touches on the ball. Incorporate dribbling or passing into your warm-up. This will maximize the number of touches on the ball.

2) **Skills** - A variety of activities are designed to improve skills. Many are done using games. Players must have the opportunity at each practice to improve their skills. Kicking, trapping, passing, heading, shooting, juggling, and using different parts of the body on the ball are essential for a player's growth in the sport.

3) **Game Situations** - Use a short time at some practices to teach a specific game situation. This includes, but is not limited to, kick offs, throw-ins, goal kicks, indirect kicks, corner kicks, direct kicks, etc.

4) **Tactics** - In the older age groups, like 12 and up, decision making is important. Players with and without the ball should do certain things and move in certain directions consistently. These tactics can be worked on in small group activities such as 1 vs. 1, 2 vs. 1, 2 vs. 2, etc.

5) **Scrimmage** - is essential and every player wants to scrimmage. **Controlled scrimmages** can be the most valuable part of your practice. By using this method, you incorporate one theme of your practice into the scrimmage. An example might be 2-touch or 3-touch scrimmages which prevent players from dribbling too much and force them to make quick passing decisions.

6) **Wrap-up** - At the end of your practice, discuss the theme of the day. Compliment players on one or two good things you observed.

Upcoming Clinics:

Saturday April 22nd 4:00 at Airport

Contact:

Tom Carroll-Head Coach @ 298-2931

Game Day Nutrition

Today, nutrition is a hot topic in both sports and everyday life. It must be emphasized that the weight of a soccer player is not an important factor in his/her performance. Instead of concentrating on reaching an ideal weight, it is wiser to emphasize adopting healthy eating habits.

FOODS FOR COMPETING DURING MULTIPLE GAMES

- ✓ **Training:** well-balanced diet of 55-65% carbohydrates, 10-12% protein, 25-30% fat and plenty of fluids
- ✓ **Before A Tournament (2-4 Hours):** high carbohydrate with protein and fat meal and plenty of fluids. Example-peanut butter and jelly sandwich and milk, spaghetti and meatballs and beverage, snacks--crackers and cheese, candy bars with nuts, energy bars
- ✓ **Immediately Before Competition:** high carbohydrate snack and fluids. Example-fruits, sports beverages, crackers, bagels, etc. During Game: sports drink or water depending upon the heat and humidity
- ✓ **In Between Games (1 hour before game):** high carbohydrate with protein and fat snack with plenty of fluids
- ✓ **Immediately After Games:** high carbohydrate and protein with fat meal. Tolerated foods before and during competition vary by individual

For more information on nutrition. Please submit your request on a postcard to:
M&M/MARS, Consumer Affairs-10P
800 High Street
Hackettstown, NJ 07840

Parents & Coaches: Inform about good nutrition

Soccer players need energy, which comes from food, to achieve and maintain top-notch athletic performance; young athletes need even more energy to fuel growth and development.

- ◆ Carbohydrates provide the primary source of energy for the high intensity nature of soccer; insufficient carbohydrates can result in fatigue and decreased performance
- ◆ Carbohydrates can be found in both starchy and sweet foods, such as rice, breads, cereal, pasta and vegetables, as well as, candy, fruit juices, frozen yogurt and sport drinks
- ◆ Players should eat at least a small meal 2 to 4 hours before the game to prevent "starving" the muscles of the fuel they will need
- ◆ Bring foods and drinks for a snack break during the game to supply energy for the second half of the game
- ◆ The after-game celebration should include carbohydrate-rich foods to replenish and re-fuel tired muscles
- ◆ Carbohydrates-rich foods should make up 55-65% of the total calories in the diet. Young players need 200-300 grams of carbohydrates per day; teens need 300-400 grams or more, depending on the level of activity



Amounts of carbs in some common foods:

| | |
|-------------------------------------|--------------------|
| Bagel | 35-40 grams |
| SNICKERS bar | 36 grams |
| Sport drink (8 fl.oz.) | 15-20 grams |
| Granola bars | 10-20 grams |
| Orange | 18 grams |
| Frozen Yogurt bar | 10-20 grams |
| Toasted oat cereal (3/4 cup) | 12 grams |

W.U.S.C. Game Cancellation Policy

- ◆ It is the Club's decision to cancel games.
- ◆ The Field Marshall at the Field in question will make the final decision and address any safety concerns.
- ◆ The Field Marshall has the authority to cancel a game if you have not been called prior to the start of your game or game is in progress.

The first concern is SAFETY!

Upcoming U.S. Mens Soccer on ESPN...

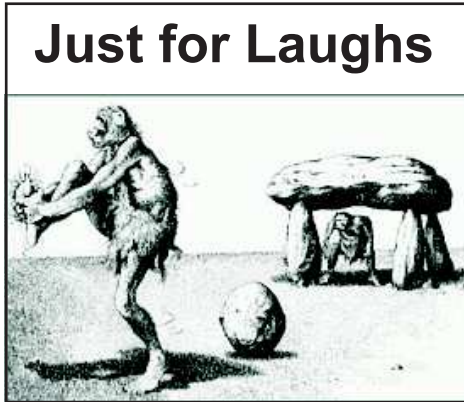
| | | |
|-------------------------------|-------------------|--|
| 4/11/2006 | 7:00 PM ET | |
| U.S. Men vs. Jamaica | | SAS Soccer Park (Cary, N.C.) <i>Live on ESPN2 (Telemundo Delay)</i> |
| 05/23/2006 | 7:00 PM ET | |
| U.S. Men vs. Morocco | | The Coliseum (Nashville, Tenn.) <i>Live on ESPN2 (Telemundo Delay)</i> |
| 05/26/2006 | 7:00 PM ET | |
| U.S. Men vs. Venezuela | | Browns Stadium (Cleve., Ohio) <i>Live on ESPN2 (Telemundo Delay)</i> |
| 05/28/2006 | 7:00 PM ET | |
| U.S. Men vs. Latvia | | Rentschler Field (East Hartford, Conn.) <i>Live on ESPN2 (Telemundo Delay)</i> |

Being a Good Soccer Parent

- ✓ Encourage your child, regardless of his or her degree of success or level of skill
- ✓ Ensure a balance in your student athlete's life, encouraging participation in multiple sports and activities while placing academics first
- ✓ Emphasize enjoyment, development of skills and team play as the cornerstones of your child's early sports experiences
- ✓ Leave coaching to coaches and avoid placing too much pressure on your youngster about playing time and performance.
- ✓ Be realistic about your child's future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics or sign a professional contract
- ✓ Be there when your child looks to the sidelines for a positive role model

Source: *Sports Done Right™ The Maine Center for Sport and Coaching*

Athletic participation must be healthful, positive and safe for everyone involved, conducted in an environment that teaches values and ethics, strengthens the community, promotes competition without conflict and enriches the lives of the athletes.



Tips To Good Practice Games:

1. Kids love playing games & keeping score. **In practice, try to use games & not drills.**
2. Everyone should stay active & participate. Avoid lines.
3. Maximize "touches" on the ball. At least 100 touches per practice for each player.
4. Teach proper technique and emphasize games that practice technique or simulate play or playing situations.
5. Run games by keeping time (e.g., so they last 1, 3, or 5 minutes) or by keeping score (e.g., first to 3, 12, etc.).
6. Praise hustle, effort & improvement and give "tips" at the end of the game.
7. A good game must be easy & quick to set up and should be simple to explain and manage. If you are spending too much time on set up or instruction, simplify it.
8. If it's not fun, it's not a good game.
9. Adopt this philosophy: **"Keep it simple, keep them active, keep it fun & at least 100 touches per player per practice"**.

ADVERTISEMENT

The MetroStars are now the New York Red Bulls!

New Name - New Colors - New Season!



Opening Day is Saturday April 8, 2006
Red Bulls v NE Revolution
Giants Stadium, Kickoff 7:15pm



Come out and witness history The Red Bulls first game ever!
Special guests include former Cosmos and MetroStars greats will be on hand!

Other exciting FREE pregame events include:

- The Red Bull Interactive Zone for all kids in the Bubble
 - Freestyle Motocross in Lot 15 with Superstar Trauis Pastrana
 - Challenger Eagle visit
- And much, much more!!!

Special tickets offer to all Youth Soccer Groups:

Purchase a group of 15 or more tickets and we'll give you up to a matching number of FREE tickets + everyone in your group will get a New York Red Bulls t-shirt!*

In addition, all youth teams can join in the Parade of Champions Right on the Giants Stadium field! **

Ticket price - just \$20 - lower tier, sideline seats (\$26 face value tickets)

* This ticket offer is valid on advanced ticket orders only

** Parade of Champions limited to first 1000 players to register

To reserve your tickets and your space in the parade please call Steven Samagaio with the Red Bulls @ 201.583.7040 or email Ssamagaio@newyorkredbulls.com

Calendar of Events

| | |
|---------------|---|
| Apr 1, 2006 | Travel Season Start |
| Apr 8, 2006 | Intramural Season Start <i>(Practice begins the week of April 3, 2006)</i> |
| Apr 15, 2006 | Travel Coaches Application Deadline <u>No Games - Easter</u> |
| Apr 19, 2006 | Board Meeting - Oak Grove Grange |
| Apr 22, 2006 | Coaches Clinics: 4:00pm at Airport |
| May 17, 2006 | Board Meeting - Oak Grove Grange |
| May 20, 2006 | Fishkill Soccer Club - Duchess Cup <i>Deadline 5/8 Reg.</i> |
| May 27-28 | Hyde Park Soccer Memorial Day Tournament <u>No Games - Memorial Day</u> |
| June 17, 2006 | LAST GAME |
| June 21, 2006 | Board Meeting - Oak Grove Grange |



Update

Tryouts for Fall 2006 by Allan Lo & Alex Flores

Coaches:

- ✦ The Wappingers United Soccer Club is accepting coach applications for the Travel program from Under 8 to Under 14, both boys and girls divisions. **The deadline is April 15, 2006.**
- ✦ We expect the coaches will be at Tryouts. If you need help in drills, please feel free to let Tom, Alex, or Allan know in advance.
- ✦ Evaluation forms will be available prior to tryout
- ✦ All evaluators SHALL be identified
- ✦ All forms SHALL be returned to the Travel Directors immediately after the tryout. Copies of the evaluations will be sent out to coaches
- ✦ At the end of Tryout period, the Travel Directors will get together within a week to review the candidates and notify the candidates immediately

Players/Parents:

- ✦ Travel Tryouts listed are for the season beginning in the Fall 2006. Note that each group has two tryout dates.
- ✦ All tryouts will be held at the Airport Fields from 6:00pm-7:30pm. Registration begins at 5:30pm.
- ✦ It is strongly recommended that players attend both tryout sessions, however participation at only one tryout is required.
- ✦ All candidates should have a ball and water with them.

During the Tryouts parking can be a problem, please arrive early and be considerate. The intramural program will not have practices at Airport field during tryout period.

Additional information will be provided in mid-April.

For more information regarding the Travel Program, please contact our travel directors:
Alex Flores (girls) 462-0164
Allan Lo (boys) 297-8476

W.U.S.C. Travel Tryout Dates for 2006-2007 Season:

| | |
|-----------------------|----------------------|
| BU8,GU8,GU9 | April 24th & May 1st |
| BU14,GU14,GU13 | April 25th & 27th |
| BU9,BU10 | April 26th & 28th |
| BU11,BU12,BU13 | May 2nd & 4th |
| GU10,GU11,GU12 | May 3rd & 5th |



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For information call:
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 Concession stand call:
(845) 462-5612

Website: www.wusc.org

President: James Purdy
Vice President: Doug LaPerche



Send us a note with your suggestions

Wappingers United Soccer Club
 P. O. Box 120
 Wappingers Falls, NY 12590



Recipient Name
 Street Address
 Address 2
 City, State ZIP