

# Emerald Coast United

October 2010

## From the Director of Coaching



“Look after your body and your body will look after you”

Nutrition for Soccer - Eating & Drinking For Peak Performance

In soccer, or any sport for that matter, proper nutrition is always undervalued.

Players and coaches alike assume that diet only becomes a factor at the highest level of the game -- that extra edge where the tiniest advantage can mean the difference between winning and losing.

Nutrition makes a **significant** difference -- at all levels and ages!

Eating and drinking incorrectly before a game for example, can cause a sudden rise in insulin,

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## AGM

We had a VERY successful Annual General Membership meeting on Mon, Aug 23 with over 100 attendees.

Three returning Board members were reelected along with three new members: Gary Sommer, Brenda Zins and Tom Nalovic. Welcome to the Board!

The addition of two of these new Board members was in response to a bylaws change to expand the Board in order to create a Recreational League starting spring 2011. This league is aimed at complimenting the existing recreational programs in the area, while providing a bridge for the top players to join ECU.

The highlight of the night was a presentation by Bobby Rhine, FC Dallas Community Development and Affiliate Club Liaison. Bobby was asked to attend the AGM by a joint Coach/Board committee that has been researching possible MLS affiliations for the past year. Bobby reviewed the history of the organization and the main benefits of an affiliation by our club:

1. Access to FC Dallas Player Development Curriculum
2. ECU coaching education opportunities
3. ECU camp assistance
4. Guest playing opportunities for ECU players
5. Discounted rates for FC Dallas tournaments
6. Access to FC Dallas college resources
7. FC Dallas uniform package

The membership voted for the Board to continue negotiations in support of a future affiliation. With any luck, we'll be part of this outstanding MLS soccer team by next year!

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## FIELD SAFETY

*Just a friendly reminder that parents and siblings should not be on the fields during practice at anytime. The athletes train hard and are focused on practice. It becomes a danger to anyone that could get in the line of play. We have seen this on numerous occasions and even with our own DOC. Let's let the players focus on the game and not the spectators. Please stay along the fence line at practice. We appreciate your help with this.*

followed by a sharp drop in blood sugar. The result is lethargy and jelly-like legs.

Eat too close to kick off and it can leave you feeling sick and nauseous. Why? When food is in your stomach, it becomes your body's highest priority...

Blood is directed to the digestive system in order to process the meal quickly before the food has chance to spoil and ferment. When you exercise heavily, blood is shunted away from major organs (and the digestive system) in order to supply working muscles with their increased demand for oxygen. Feeling nausea is the body's way of limiting exercise so that blood can be directed once again to the digestive system. Ignore it, or push too hard and the only option left is to physically expel the food from your system! Ideally then, you should eat a suitable meal 3 hours before kickoff. More than 3 hours and you could go into the game feeling famished and weak from low blood sugar. Any sooner and you run the risk of feeling sick.

Following a game is a different story however. You want to eat as soon as possible to replenish carbohydrate stores. Having snacks on hand is a useful strategy rather than waiting until you get home for a big meal. You have a "window" -- a period of time after exercise when it's best to replenish your energy stores. Beyond this window it becomes much more difficult to replace carbohydrate stores and can take up to 2-3 days. No good if you are playing or training a day or two later. Remember your body is your engine, what you put in it will affect its performance.

*Too much junk food and your engine will not perform to its maximum capacity.*

#### Drinking & Fluid Replacement

What about drinking and optimal hydration

Plenty of water or sports drinks are needed. The pre game hydration process should start 2 days before games. This means if you are playing on Saturday you must start hydrating your body on Thursday.

#### What to Eat During the Week

Of course, eating before and after a game, is only one aspect of nutrition. What you eat on a day-to-day, meal-to-meal basis is equally as important.

If you play soccer competitively you may be training and playing 2-3 times a week or more. This increases your demand for energy and possibly some vitamins and minerals, so it's important you eat more to meet these increased demands. But eating anything and everything is not a wise move...

Soccer players tend to be quite lean because the sport is so physically demanding. Sometimes players and coaches believe that this allows them to eat all manner of junk food without consequence.

While weight gain may not become a problem, your overall health and performance will be adversely affected. Too often, health and fitness is judged by weight. But the old adage "you are what you eat" is as true for soccer players as it is for everyone else. With proper nutrition every system, organ and cell can function more effectively. The net result is greater athletic potential. Players should eat as much fruit, vegetables and healthy food as possible.

I believe a healthy, balanced diet will allow a player to perform physically to the maximum potential. When I was a serious player I lived an 80/20 lifestyle as regards food intake. This meant that 80% of what I ate was healthy, wholesome food and 20% was "junk food". This I believe is a good way to eat what you need supplemented by eating what you like. There is a difference!!

I always knew I could run the junk food out of my system at training sessions with my team.

This lifestyle of healthy food and regular, high intensity exercise is the lifestyle that all serious soccer players need to adopt in order to reach full physical maximal potential.

Coach Phil

### Quote of the Month

"The only one who can tell you 'you can't ' is you. And you don't have to listen."- Nike~



#### **Pets at Practice**

**Please remember that there are no pets allowed on the fields at Twin Oaks. There is a dog park available at the far end of the field. If you do bring your pet to practice make sure it is kept outside the fence.**

## ECU SUCCESS STORIES

### ODP PLAYERS

Congratulations to the following ECU players selected for the Florida ODP State Team:

#### 94 Boys

Mikey Lightbourne

#### 93 Boys

Marcos Melecio-Zambrano

Ricky Hoegg

Ricky Hoegg was also selected to the US Region III Pool for the 93 boys and was recently selected by his US Region III coach to attend the interregional event to be held in conjunction with the NCAA Final IV in Santa Barbara, California.

### TOURNAMENTS

**Thunder Road Classic** (Auburn, Aug 21-22)

Champions: U15 Girls, U17 Boys

Finalists: U13 Girls

Semi-Finalists: U15 Boys

**Atlanta Cup** (Sep 4-6)

Semi-Finalists: U12 Girls, U13 Boys

**Endless Summer** (Panama City, Sep 4-5)

Finalists: U10 Boys

Semi-Finalists: U11 Boys

**Rose City Challenge** (Oct 2-3)

Champions: U14 Boys

Finalists: U12 Boys

**Congratulations to all our teams!**

**Managers,**

**Please submit your success stories to have added to the ECU newsletter. Submit to [secretary@emeraldcoastunited.org](mailto:secretary@emeraldcoastunited.org).**

## Destin Soccer Rodeo October 16 – 17, 2010



**ECU hosts two major tournaments per year, the Destin Soccer Rodeo in the Fall and the Emerald Coast Cup in the Spring.**

We are expecting about 70 teams this year with all games being played at Morgan Sports Complex and Destin Middle School.

There are plenty of opportunities still available for you to volunteer. Remember that high school students that volunteer can earn hours for their community service requirement.

Please feel free to contact me to volunteer or if you have any questions.

Thank you in advance for your support of this tournament and of ECU!!

Steve Humphrey

850-217-4256

[tournaments@emeraldcoastunited.org](mailto:tournaments@emeraldcoastunited.org)

### **CALENDAR OF EVENTS**

#### **Field Marshal Training**

Monday, October 4

Tuesday, October 5

Twin Oaks Field

#### **Board Meeting**

Wednesday, October 6

6:00pm- Comfort Suites, Niceville

#### **Destin Soccer Rodeo Meeting**

Thursday, October 7

6:00pm- Niceville City Hall

#### **Destin Soccer Rodeo**

October 16 & 17

Morgan Sports Complex

*The letter below was sent to all soccer coaches in North Carolina but was also forwarded to other known coaches in the area. It's a great letter that we thought you would appreciate. It is taken from a NC soccer forum.*

## Farewell to Youth Soccer

Over the years this forum has been a place of laughter, amusement, argument and even some learning. I've bashed administrators, coaches, parents and referees, all positions I've held or continue to hold in the youth soccer community. I hope this post will be different and will invoke some thoughtfulness on the part of some out there whose children are perhaps just entering the youth & school soccer mechanism or even provide some perspective for those with only a season or two left.

In two weeks my son's classic soccer experience will come to an end. He has not played one minute of meaningful soccer since shattering his collar bone on August 26, 2009. So I guess you could say his club soccer experience ended last May. He plans to graduate high school early and begin college in January so there will be no U-18 season. His U-17 season and most of his junior year of high school have been lost to surgery and rehab. He bears the scars and the titanium plate that is clearly visible as it snakes along the exposed portion of his clavicle as evidence of the sacrifice he made for the game he so loves to play.

It's that very injury that has put this whole experience in perspective that was sorely missing. This is a kid that NEVER missed a game. As a young recreation player he wore the bubble wrap over the cast on his wrist so he could play. As the lone goal keeper on his club team I watched him drag himself from bed with the flu, play the full game on a cold, gray, rainy March morning, make a late save to preserve a tie and then ask to stay and watch the next game. This journey from U-5 to U-17 has been one filled with fond memories for our family.

In less than a month that ride will end and a part of my being will end with it. All the families from his club team that have become such a huge part of our lives for the past seven years will drift away and become part of the memories of a bygone time in our lives. And that saddens me.

Reflecting back on the experience I only wish I could have been that parent that could just relax and enjoy the fun of watching him play. For the parents of goalkeepers, you know there's no such thing as a relaxing game when your child is the keeper! I hope I've always been supportive and encouraging. We have never rehashed the games unless he brought it up. Nice save on that free kick was usually the extent of our post-game break-down. Generally if the ball was in the net he knew what had happened and didn't need my analysis. He knew which goals were his fault and which were just the result of better play by the striker than he could deal with. He has a perfect demeanor for a goalkeeper; he can recall every great save and can allow goals scored to drift off to some short-term memory loss portion of his psyche.

Attend every game! You never know when it might be the last. My son's first varsity season lasted less than three games. Yard work, office work, house work, any kind of work CAN WAIT! It was so painful to watch him leave the pitch with his arm in a sling. I cannot imagine not having been there when it happened.

Keep it in perspective. It's kids playing a game. I've never held back expressing myself towards poor officiating. I hope I can do better in the future (and I ref, I should do better). The kids absolutely HATE parents that yell at refs. If you ref you know this because the kids will tell you oh, that's so and so's dad, he's an idiot. Just ignore him.

Resist the urge to coach your children during the game. It's not helpful and much like the parent yelling at the ref the kids hate this parent even more. And sometimes it's your kid that hates you, not just the other kids. I've even seen a player tell her dad to Just shut up. You're not helpful. The kids know to shoot, pass or clear it! Easier said than done. Relax and enjoy your kids playing.

Volunteer for the team, your club or your school. For me that has meant team manager and treasurer, Board member and sometime booster for his high school team. Find a niche that you can be helpful and Just Do It. A rewarding experience for your children does not happen without LOTS of parental volunteerism.

Something as simple as a cooler full of water bottles on that hot day can make a world of difference. GET INVOLVED.

Thank your child's coaches. These men & women dedicate hours of service to our children. Yeah, they get paid but I don't know a one that does it for the money. They do it for the benefit of your child and a love of the game. Thank them often!

Be supportive no matter the outcome. My son's club team has never been very successful in terms of wins & losses. We'll be the only boys team in the club to never attain Premier Division status. So what! The kids have been exposed to wonderful coaching and have made life-long friends. It should NEVER be about winning & losing!

Above all else ENJOY THE JOURNEY. The tedium of long rides to far away tournaments will not last but the memories of your kids playing the beautiful game will. Don't ruin that joy lamenting the game's outcome. No one will remember the standings next year anyway. Watch, encourage and ENJOY.

Three days ago my son laced up his boots and pulled on his keeper gloves for the first time since he came crashing to the turf last August 26th. We went to his school stadium and on nearly the exact spot that he came crashing down in a heap we started some simple catching drills.

Next month my family will say so long to our soccer family. If you're reading this and you have a child in competitive soccer I hope you can take away a few things from our soccer experience. When some high school teammates showed up and he stepped between the pipes I have to say there was apprehension on my part. The first shot was toward the upper corner to his right top hand over and he pushes the ball over the bar. Just like he's done his whole life! It's a moment I'll cherish and one I thought I'd never see again.

It all ends too soon. I'll miss it but I'm thankful for the memories that youth & school soccer have provided for my family. ENJOY!

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thank our corporate sponsors:**



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