

Emerald Coast United

April 2011

From the Director of Coaching



I hope you are enjoying the Spring season as much as I am. ECU teams have been active in tournaments across the region. From Tallahassee to Pensacola to Alabama and Georgia and beyond ECU teams continue to gain success and bring home champions medals.

Although winning is important, ECU coach's are committed to player development. Helping players get better at technical skills, tactical application, playing together as a team and improving game performance is the focus of ECU great team coach's. Over the Spring season several of our coaches have attended coach education school and the information coach's receive from these coaching schools is used to improve player performance. Winning

Continued on page 2



Emerald Coast Cup May 21-22, 2011

We are less than 1 month away from the 2011 Emerald Coast Cup. With over 170 teams signed up, this is looking like one of the largest events our club has have sponsored. We'll be at 6 field locations this year to spread the wealth along the Emerald Coast. Everyone's help is needed to make an event of this magnitude run smoothly so be on the lookout for opportunities from your team manager.

Let's hope for nice weather!

See you on the Pitch!

Steve Humphrey
Emerald Coast United Tournament Director

ECU 2011/2012 Tryout Information

Tryouts will be held for both Boys and Girls
on the following dates and times

May 31	5:00pm	U9 through U12	Mandatory
	6:15pm	U13 through U18	Mandatory
June 1	5:00pm	U9 through U12	Mandatory
	6:15pm	U13 through U18	Mandatory
June 2	5:00pm	U9 through U12	Optional unless requested to return by the Coach
	6:15pm	U13 through U18	Optional unless requested to return by the Coach

Check the website for Specific details and **MANDATORY** forms
www.emeraldcoastunited.org

INSIDE THIS ISSUE

- 1** Letter from DOC
- 1** Emerald Coast Cup
- 1** Tryout Information
- 2** ODP Players
- 2** Field Safety
- 3** Coach's Corner
- 3** ECU player journey to Madrid
- 4** Nutrition

is a by-product of player development.

In particular we have a strong group of younger teams and the progress that these young teams have made over the Spring season has been exceptional. Well done everyone.

ECU senior teams continue to compete in higher level tournaments and several players are now on the radar of College coaches. Powerhouse NCAA Div 1 FSU visited ECU and worked with the senior players in the girls program. It is very rare for any college to visit local clubs to offer training sessions and speak with players and parents about College soccer. FSU will be visiting ECU in early May to work with the younger girls team and I encourage parents to attend the sessions and take the opportunity to ask questions about College soccer.

Looking to the future the ECU STARS recreation soccer program has been an outstanding success. There are some good coaches and very competitive players in the STARS program and I would like to thank Maria Jordan in particular for her hard work and the ECU board for helping establish this very important program. Players participating in the STARS program are the future of ECU. I think the future is looking very bright.

Upcoming ECU events include the Emerald Coast Cup (ECC) in May. This tournament has grown to become the largest tournament in Region D and is our flagship event. This year teams from as far away as Louisiana, Alabama, Mississippi, Georgia and beyond will compete with ECU, local and regional teams in a great weekend of soccer. Every ECU team will be participating in the ECC and I look forward to watching our teams play.

I know our parents will cheer on each team and support our teams. Let's be sure to make our support for each team has the impact of an extra player!!

Also upcoming are the annual ECU tryouts, this year ECU is anticipating a record turn out of players wanting to play for ECU. I feel that competition for places will be fierce and this can only be a good thing for ECU. In order to maintain our status as the premier competitive travel club in the Panhandle we must continue to not only develop our existing players but also to attract strong players from across the region.

All players must tryout to become eligible to play for an ECU team.

The dates and times of the tryouts are published on the ECU website.

See you on the fields
Coach Phil

ECU ODP PLAYERS

Congratulations to the following players for being selected to Florida's Olympic Development Teams

Braeden Luna - U15B
Michael Lightbourne - U17B
Anthony Provost - U17B

Open Board Positions

Several hard working Board Members will not be returning next season due to normal attrition. If you would like to volunteer for a board position or for more information, please contact Mike Rarick at president@emeraldcoastunited.org.

FIELD SAFETY ISSUE

Please make sure that younger siblings and parents maintain a safe distance from practice fields. Our players are the best in the Panhandle and with this comes intense training and powerful shots. For your safety, please stay along the fence line at practice away from the fields. If you need to approach the coach please do so at the end of practice off the fields. Thank you in advance for complying with this.

Quote of the Month:

"Gold medals don't make champions . . . hard work does."
-Unknown

CALENDAR OF EVENTS

Board Meeting

Thursday, May 5
6:00pm- Comfort Suites, Niceville
(Please contact Mike Rarick if you would like time on the agenda)

Emerald Coast Cup

May 21-22

ECU TRYOUTS 2011-2012

May 31-June 2: See Web site for details

ECU REGISTRATION 2011-2012

June 7-8: See Web site for details

Referee Certification Class

Coming in August

Coach's

Corner

Excellence in Coaching –

NSCAA National Diplomas awarded to four ECU coaches

By Coach Fred Teutenberg, ECU U10 Boys

You see us working on the soccer fields weekly, amidst a sea of colored cones and bibs. We are employing our craft, teaching the game most of us played and all of us love. If you have wondered about “Coach” and what his/her qualifications are, you are not alone. This is a great question, but one some parents are uncomfortable asking. Read on to learn more.

The National Soccer Coaches Association of America (NSCAA) is the “world’s largest single sport coaches’ organization” dedicated to educating and training soccer coaches. The NSCAA offers courses and diplomas/licenses for the beginning recreational coach on up to the professional coach working at the highest national and international levels. The progression of a coach thru the various recreational, state, regional, advanced regional, and ultimately national and premier diplomas typically takes many years of training and experience. Special diplomas for working with Goalkeepers and Youth, and many other special topics are also available from the NSCAA.

I am just back from Tallahassee, along with three other ECU coaches. We each benefited from nearly a week of non-stop training under the tutelage of four excellent NSCAA National Course Directors who flew in from around the nation to share their vast knowledge and experience. Each of us has now earned our National diploma. For some it is their first national license. In my case, I am proudly adding this major accomplishment to my National Youth and National Goalkeeper diplomas. My years of NSCAA training have taken me all over the country from California to Texas to Maryland to Florida. For each coach the path leading to the National Diploma is unique. I encourage you to ask your coach about their training and experience – I think you will be most impressed.

Our ECU Director of Coaching (DOC) Phil Rose was instrumental in bringing this NSCAA National Diploma course to Tallahassee. Phil is the NSCAA State Technical Coordinator for Northwest Florida. Our club and our DOC are committed to coaching excellence and it shows by the quality of our coaching staff and the on-going coaching education.

Impressively, every ECU team coach holds one or more NSCAA national coaching licenses, or an equivalent USSF license. Few soccer clubs have a staff with such credentials. Unless you are a soccer coach you may not fully appreciate how unique and special our club truly is. Perhaps next time you see “Coach” at work you will have a new found appreciation for his or her efforts.

An ECU player, Boston Gilbert (U13Boys) had the opportunity to travel to Madrid to experience soccer at the highest level. Here are some words about his trip

"Going to Madrid was a dream come true! It just makes me want to play at a high level like all those Real Madrid players, it shows you how quick and technical they play. It's astounding. It shows you that if you're dedicated enough, and you train, train, train, it's possible. All those players had to start somewhere. About Madrid, my stepdad, Jim, and I got a tour of the Santiago Bernabeua Stadium on the first day. It's massive. The pitch was perfect. We also went to multiple soccer stores and I got a new Ronaldo jersey! (Surprise. Surprise.) The next day, we went to the Champions' League Round 16 game; Real Madrid vs. Lyon (France). The atmosphere was the most amazing thing I have ever seen in my life. Soccer was more than just a sport. It was a passion for the country. And going to Madrid proved just that. The fans were crazy! I loved it. But my favorite part of all was seeing Cristiano Ronaldo in person. It was amazing. He is so good! Just seeing how intense and professional he was, was something else! A lot of the step-overs and tricks I like to do, I got from watching him. Seeing him in person doing all the amazing things with the ball.... he's my hero. The worst part of the trip was going back to the airport."



ECU would like to thank our corporate sponsors:



STEPHEN SHELTON CPA



BY CHOICE HOTELS



With the hot Florida Summer sneaking up quickly, we want to provide you with a few reminders about hydration and the importance to keeping your athlete hydrated.

Athletes and Nutrition

How to Stay Hydrated

Athletes need water. Maintaining optimal hydration is important for promoting peak performance and preventing injury. Dehydration, defined as body weight loss of 1 percent or more because of fluid loss, can result in many symptoms, some of which are quite dangerous. These range from headache, fatigue, heat intolerance, and dark urine with a strong odor to more serious effects, including heat cramps, heat exhaustion, and heat stroke.

Maintaining adequate hydration can easily prevent these problems. Fluid needs increase with exercise, especially at high altitudes or when humidity is low or temperatures are high.

Hydration Tips

The following guidelines, endorsed by the American College of Sports Medicine, can help you stay hydrated:

- **Two hours before exercise:** Drink 17 ounces (or about 2 cups) of fluid.
- **During exercise:** Drink 4 to 8 ounces (or about 1/2 to 1 cup) of fluid every 15 to 20 minutes.
- **After exercise:** Drink 16 to 20 ounces (or about 2 to 2-1/2 cups) of fluid for every pound lost during exercise; weighing yourself before and after exercise can help you determine your fluid loss.
- **Water is ideal as a fluid replacer**, particularly for activities lasting less than one hour. For activities lasting more than 60 to 90 minutes, sports drinks containing carbohydrate or electrolytes may be useful both during and following exercise. Electrolytes and carbohydrate can also be easily ingested through food, in addition to water, following a training session or event.

Avoid Caffeine and Alcohol

Beverages containing caffeine, such as sodas, tea, and coffee, and those containing alcohol, such as wine, beer, or spirits, cause you to lose water. Caffeine and alcohol are diuretics. Therefore, beverages containing these substances should not be counted toward your daily fluid intake.