



Midland Soccer Club's

FOOTNOTES

April 15, 2010 ~ Volume 10, Issue 1

LETTER FROM THE DIRECTOR

Welcome to the Spring 2010 season. After a long winter, it is great to see the sun shining on the soccer fields again. This season, the MSC office staff and the board of directors are excited about many changes we are implementing. The first has been to allow Rec teams to practice on the game fields. With practices opening this week, it has been fun to see so many players on the complex every night. It's starting to look like Saturday game day everyday!

The second is this newsletter. In an effort to cut down on e-mails but still keep our membership informed, we will be sending out Footnotes, our seasonal weekly newsletter. Included in the newsletter will be tips from Drew Emrich, our Director of Training, a Photo of the Week contest and a calendar. We will also have printed copies of the newsletter available at the concession stands and the Soccer Store on Saturday game days.

Finally, I would love to hear from you. If you have an idea or a suggestion, feel free to stop by the office, grab me on a Saturday or drop me an e-mail or phone call. Let's make this a great soccer season!



TIPS FROM THE TRAINER:

Knock the Winter Rust Off for your Spring Season

With the end of winter comes the start of soccer season. A return to outside play is always an adjustment, no matter how strong a player you are. Here are a few tips for returning to play this spring season.

- 1) **Getting quick and multiple touches on the ball.** Don't get frustrated your first week back. No matter what the sport, when you take some time off, you lose your touch. This is especially true with soccer and your feel for the ball after a long hiatus. By getting in some quick dribbling skills, juggling, and even just knocking a ball back and forth with a teammate, you'll get that touch back sooner than expected. Continue to challenge yourself with more difficult moves and a quicker pace. This will help you advance your skills and raise your own standard of play.
- 2) **Don't overdo it.** Your first few days or weeks back, don't overdo it and stress your body with a lot of long distance running or sprints. If you haven't been doing your off-season cardio work or playing another sport over the winter, your fitness level will be lower than needed. However, you just can't jump into it and expect it to come back in two weeks. Overworking yourself when you have been out of the game only over-stresses joints, tendons and muscles, and can lead to unpleasant injuries. Take your time and increase your activity level from week to week.
- 3) **Double check your equipment.** If you haven't tried on your soccer equipment over the winter, the last thing you want to do is find out it is too small or damaged the day before your first practice or game. Make sure your cleats fit. Try them on with the socks you will be wearing during the game. The worst thing is playing in uncomfortable cleats! While you are at it, try on your uniform, game shorts, and shin guards. The season is starting soon and you don't want to be in a panic before your first game.

REC OPENING DAY: HELPFUL HINTS

Spring 2010 Rec Soccer Opening Day is Saturday, April 24th. This is one of the most exciting days of the season...and the most confusing. Here are some helpful hints for making this day run smoothly.

- **Check your schedule.** Schedules can be found on our website, www.midlandsoccerclub.org. Make sure you know what time your game is and what time your coach wants you to arrive. Many coaches hold some sort of warm-up, so it is good to plan on being at your game 15-30 minutes early.
- **Know Where You're Going.** The Spring 2010 Complex Map can also be found on our website. Make sure you know where your field is and where your team is planning to meet. Please note, there is a field E and fields E1-E6 (often labeled 01E). This can be confusing! The fields are all marked on the goal nets by soccer balls labeled with the field letter or number.
- **Know Where to Park.** Our complex is almost a half-mile long. Knowing where to park will save you time getting to where you need to go.
 - o If your team is scheduled on Fields H, I, J, K or L please use the West Fields Parking Lot (lot closest to Jefferson).
 - o If your team is scheduled on Fields B, C, D, E, F, G, 3, 4 or 5 please use the Mid Fields Parking lot (Middle lot).
 - o If your team is scheduled on Fields A, 1, 2 or E1 through E6 please use the East Fields Parking lot (Lot nearest the main building).
 - o Watch for speed bumps and 'No Parking' signs.
- **Know What Color to Wear.** Yes, the jersey is reversible, but you don't necessarily want to be switching the jersey on the field.
 - o Home = Listed First = White
 - o Away = Listed Second = Green
- **Dress for the Weather.** The one sure thing about spring in Michigan is that it is unpredictable! The weather can be warm and sunny or cold and rainy. Also, the wind at the MSC complex can be intense. It is best to dress in layers and bring a blanket. The rule of thumb is that the MSC complex feels about 10° colder than it does in town.
- **If You Don't Know, Ask!** The MSC staff and board members will be around all weekend. The office will be open for part of the day and there will be an MSC board member and our concession manager on duty all day. If you have a question, flag down a golf cart or stop by the office or concessions for help!
- **Complex Rules.** We strive to offer the best sports complex in Michigan. Please follow our complex rules. We will ask you to leave the complex if we catch you.
 - o No Smoking
 - o No Pets
 - o No Glass Bottles
 - o Please use trash cans and recycling cans spaced throughout the complex.

Finally, we know soccer games can be a family event. Please share this with grandparents and any other family members and friends who are coming so they know where they are going too!

Tickets Start at Just \$6!

DIVE IN!
May 14th Soccer Night!
Game Time 7:05p.m.

There will be soccer themed games and fun throughout the game!

Loons.com 989.837.BALL

PHOTO OF THE WEEK



We need your photos!

Submit your best photos from practices and games for the MSC Photo of the Week Contest. Your photo will be featured in the newsletter, on our homepage and on our facebook page.

Submit to lovisagolder@midlandsoccerclub.org

GET IN THE GAME, STAY IN THE GAME: TIPS FOR PREVENTING SPORTS INJURY

Hey kids! Playing sports is a lot of fun, but getting hurt can really put you on the sidelines. Follow these important steps to prevent injuries so you can stay in the game:

1. **Wear protective gear.** The gear you wear, such as helmets, eye wear and pads, depends on the sport you play. Talk with your coach to know what gear you need and be sure to wear it for practice and play.
2. **Warm up and cool down.** Doing some stretching can get you prepared to hit the field. By warming up, you increase your blood flow and get your muscles warm and ready to play.
3. **Understand the game rules.** Fewer injuries happen when players know the rules of the game. If you ever have a question, be sure to ask your coach!
4. **Watch out for others.** Many injuries can be avoided if you keep your eyes and ears open on the field. Your team members and coaches may be sending you important messages, so be sure to pay attention.
5. **Avoid playing when injured.** It's hard to sit on the sidelines when you are injured, but coming back to play before you are healed could do more harm than good. Be sure to follow your doctor's advice on when you can return to your sport.

MidMichigan Medical Center-Midland cares about your health! Have fun with your sport and always be sure you have a game plan to stay safe and in the game.

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WHAT'S HAPPENING?

A calendar of upcoming events from the MSC and our partners.

APRIL

- April 15 Uniform Sale Night - 5-7pm
MSC Soccer Store
- April 20 Spring 2010 Rec & Select
Late Registration Closes
- April 20 Warner Photography Team
Photo Day
- April 24 Rec Spring 2010 Opening
Day

MAY

- May 1 Warner Photography Team
Photo Day
- May 7-9 Midland Invitational
Tournament
- May 14 Soccer Night at The Loons
- May 22 Blood Drive
- May 29-31 Memorial Day Weekend -
MSC Complex Closed

JUNE

- June 1 Fall 2010 Soccer Registration
Opens
- June 13-16 Select Try-Outs

JULY

- July 19-23 Coerver Coaching Camp

SPRING RESTAURANT TOUR



Tuesday, April 27th
6801 Eastman Ave
989-837-7427

Upcoming Restaurant Tour Stops:

Tuesday, May 4



Thursday, May 14



Wednesday, May 19



All of the Restaurant Tour participants require that you turn in a flyer designating that sale as part of the fundraiser. Please visit our website, www.midlandsoccerclub.org, to print off the flyer.



Midland Soccer Club
901 Soccer Drive
Midland, MI 48642
989.832.0895
www.MidlandSoccerClub.org

