

FUEL '10

THE SOCCER

THE SOCCER PLAYER'S
HANDBOOK

A Day IN THE Life

with D.C. United
forward Chris Pontius
and Chicago Red Stars
midfielder Lori Chalupny

Nutrition

Marketing You

Careers in Soccer

Mental Approach

Injury Prevention

Downtime

Character

Training

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US Youth Soccer is comprised of 55 member state associations. These dedicated associations assist in the soccer programs in your state and offer the framework for the game to be played. We have a list of the 55 state associations on our website and you can contact your association to learn more.

You know soccer is big and by being a member of US Youth Soccer you are definitely a part of something bigger than yourself.



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FUEL SOCCER ANTHEM

The key is consistency. It's what separates the good from the great. Anyone can be great at one thing, but the great ones are good at everything. For any great athlete, the preseason and the offseason is the prime time to build that consistency; it's the time to improve on some skills and perfect others.

FUEL Soccer is a tool to aid your journey. It will help you pull it all together. Do you dream a champion's dream? Do you believe when you step onto the field that you are representing your school, your teammates, your family, your friends and yourself?

It is time to dig deeper, to think bolder, to become stronger, to try, and finally to try harder. Are you ready to meet the challenge? Good. Let's fight the good fight!

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FUEL SOCCER

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TRAINING

WITH CHRIS PONTIUS

By Walter Villa



DATE: FEB. 15, 2010
LOCATION: BRADENTON, FLA.
OBJECTIVE: PREPARE FOR SEASON

Chris Pontius, a 6-foot forward, became a star at the University of California, Santa Barbara, helping the Gauchos win the 2006 national title and claiming the 2007 Big West Offensive Player of the Year award.

A NATIVE OF YORBA LINDA, CALIF., Pontius was the D.C. United's first-round pick in 2009 – the seventh selection overall. His highlights this season include scoring against Italian power A.C. Milan and getting two goals vs. Seattle, earning Major League Soccer Player of the Week honors.

How has Pontius accomplished all this by the age of 23? Training is an important part and here is how he does it:

7:30 A.M.: Wake up and start my day at the D.C. United training camp. I feel like this is going to be a big training camp for us. We did not make the MLS playoffs last season, and that is not acceptable for us. We have a great history [four MLS titles, most in the league] and we want to live up to that history.

8:00 A.M.: We have a team breakfast. For me, it will consist of two eggs, a piece of toast and some fruit. After breakfast, I can't wait to get on the field, especially since we escaped the snow in D.C. to come to Florida, where the weather is great.

9:30 A.M.: We leave for training camp. It's the start of my second year, so I want to continue to establish myself, and that starts with camp. Plus, we have a new head coach [Brazilian-born Curt Onalfo], so this will be an opportunity to learn his system.

10:00 A.M.: Usually, our morning sessions are tougher than the afternoons. In the morning, it's all about getting our fitness level up to where we will need it for the games. We also play some small-sided matches where the players are restricted to two touches at a time. This allows for more open play and lets us focus on passing.

11:30 A.M.: At the end of the morning session, we finish with a 30-minute timed run. But because of the rain, we head indoors and run on the treadmill.

12:00 P.M.: The morning session ends and we grab lunch. I'll have pasta, a sandwich, fruit and vegetables. And, of course, throughout the day, I keep hydrated, drinking plenty of water and Gatorade.

1:30 P.M.: It's nap time. I want to get off my feet and relax, so I head back to the apartment provided for us at IMG Academy.

3:15 P.M.: Time to get my gear and prepare for the next training session. If you ever need treatment or you need to get your ankles taped or heat up a muscle, this is the time to see the trainer.

4:00 P.M.: The afternoon session is more tactical, technical and strategic. It's not as physically demanding as the morning practice. We break off into units – defense, midfield and attacking – and we learn how to play within a system. The coaches explain strategies. We also find time to have some fun and play soccer tennis. We tie a couple of poles together to serve as the net and play doubles. It's good skill development and also releases stress at the end of a hard day of training.

5:15 P.M.: The afternoon session ends and I drink a shake to help me recover. We lift weights every other day during camp, but this is not one of those days.

6:30 P.M.: We have a team dinner and it's time to get some carbs. I'll have some pasta, rice, chicken and fruit.

7:30 P.M.: We have free time. I usually play video games with some of my teammates. I'm a PlayStation 3 guy – "Call of Duty."

10:30 P.M.: It's lights out. I usually fall asleep watching TV. 📺

Inside Info

Avoiding Problems: I have had hamstring issues in the past, so I make sure to get a good stretch and keep my muscles warm. It helps to know your body and know what you need to stay healthy.

Favorite Drill: We'll use a variation of a possession drill in which it's 3 vs. 3 in a boxed-off area. The idea is to possess the ball by connecting as many passes as possible.

In-Season Training Tip: You don't have to lift heavy during the season. It's more of a maintenance lift to give you strength to last during a long year. My rule is to not lift within three days of a match.

The Secret: If you really want to improve, you don't pick and choose which days you practice. You have to put in the work. But if you do, you will see results.

DATE: JUNE 6, 2010
LOCATION: CHICAGO
OBJECTIVE: WIN

By Walter Villa

GAME DAY

WITH LORI CHALUPNY



✿ A month earlier, central midfielder Lori Chalupny had been playing for her hometown team in Women's Professional Soccer. But on May 27, the St. Louis Athletica folded. ✿ Four days later, she was signed by another WPS team, the Atlanta Beat. And five days after that, she was in Chicago making her debut with her new team. ✿ "I won't lie," Chalupny said. "It wasn't easy." ✿ Join her as we see how she prepares for a game – even under the most trying of circumstances.

THE DAY BEFORE: We flew from Atlanta to Chicago that afternoon, and after we checked in at the hotel, we did a jog/stretch for about 45 minutes. It's important to stretch to give our legs a chance to recover from the flight and get in a good jog. Then we had a pasta dinner, got some protein, did some carbo loading. After that, I just relaxed, hung out, got to know my teammates better.

7:00 A.M.: I'm an early-riser. I got up and had some coffee.

9:30 A.M.: We had a team breakfast. I had some oatmeal and eggs with toast.

11:00 A.M.: We did another jog/stretch, but a little lighter than the day before, more of a walk than a jog.

12:00 P.M.: We went up to our rooms to get off our feet and start to focus on the game.

2:00 P.M.: We had a team lunch at the hotel. I had chicken, pasta and some vegetables – a nice hot lunch.

3:00 P.M.: We took a bus to the stadium. I used the time to start getting into my pre-game routine. I am big on mental imagery. I closed my eyes and thought about the game – what type of balls I might receive and what I might want to do with them.

3:30 P.M.: We got to the stadium and took a walk on the field in our tennis shoes, just to get acclimated to the pitch.

4:00 P.M.: I got to the locker room, got into uniform and started chatting with my teammates, getting pumped up for the game.

4:45 P.M.: Our coach [Gareth O'Sullivan] came in right before the start of the game and gave us a pep talk, reiterating some of the things we talked about in the lead-up. It's mostly about us. We feel like if we do what we are supposed to, the game will take care of itself.

5:00 P.M.: It's game time. I remember being pretty nervous. It wasn't just another WPS game for me. I wanted to show my teammates what I could do.

5:01 P.M.: I got a touch in the first few seconds, which was nice. It got my confidence going. The more you play with your teammates, the more comfortable you get. But I reminded myself that it's just soccer, the game I've been playing all my life. Don't over think it.

5:45 P.M.: It was 0-0 at halftime. My teammates and I talked about what we saw and what we needed to do. [Coach O'Sullivan] came in and gave us his two cents. I had Gatorade to make sure I kept some electrolytes in my system. I also tried to keep moving, not get static.

5:55 P.M.: The second half started, and it was like we hit the refresh button. With the benefit of knowing what happened in the first half, we had a new game plan. But it seemed like we did a lot of defending in the second half. The wind picked up a whole lot, and it was difficult to get out of our own end. It felt like we kicked the ball, and it came right back to us.

6:45 P.M.: The game finished in a 0-0 tie. It wasn't pretty, but we got the point, so it was bittersweet. It was a gutsy performance. We did the dirty work on defense to get the result.

7:00 P.M.: I ate a sandwich they had for us in the locker room.

8:00 P.M.: After the game was over, we were pretty much on our own. My mom was in Chicago for the game, so I went to dinner with her at Friday's. I wasn't that hungry by that point. I had some chicken strips – not the healthiest meal – but it was good to get with family after a tough game. 🍷

Chatting with Chalupny

TRAVEL TIP: Travel can wear you down, so it's important to drink a lot of water. Being in a plane or sitting in a car for a long period of time can dehydrate you. Whenever you arrive somewhere, do a jog/stretch to get the blood flowing again.

FAVORITE OFFSEASON WORKOUT: I play soccer year-round, so I don't really have an offseason. But when I do get a break, I like to play tennis. There's fitness value there, and it's fun because it's something different from soccer.

IN-SEASON TRAINING TIP: You can't go hard every day. You can have a hard workout a couple times a week, but spread it out so you keep your legs. Make sure that your other workouts are moderate or light, so your body can recover.

THE SECRET: Spend a lot of time with the ball. Even if it's just you by yourself in the backyard, get comfortable with the ball at your feet. Make it so that it's second nature to have the ball in your possession.

SPEED & AGILITY

STRENGTH
+ POWER =
SPEED

Mike Boyle wants to make one thing clear – the mirror lies. Boyle, who has a training career that spans 30 years, believes many young athletes are looking good and training bad.



“I SEE A LOT OF YOUNG ATHLETES WHO are making themselves less athletic through their training methods,” Boyle said. “They get attached to the bench press and to the mirror, and looking at how big their chest is and how defined their arms are.”

Today, athletics are about speed and quickness. Speed comes from power and

force. The only way to improve speed is to improve power. And the sort of power needed to improve speed won't be found in the mirror, or on the bench press.

“Training for speed is about doing exercises that make you move fast and move with intention,” Boyle added. “In order to run fast you have to get stronger.”

“THERE IS NO SUCH THING AS A FIRST STEP. IT'S ABOUT THE FIRST PUSH FROM THE LEGS TO GENERATE THAT INITIAL SPEED AND ACCELERATION.”

Warning!

Boyle warns young athletes to be careful about the overdevelopment of “fast feet.” Many of the quickest athletes in the world, whether they be sprinters or point guards, don't take a lot of steps to get from one place to the next. + “When you're watching a sprinter, they are taking a lot of steps. They are generating a lot of strength and power from step-to-step to get down the track faster,” Boyle explained. “Many of the fastest athletes look very fluid and smooth – as if they are gliding. It's that ability to put maximum force into each step that cuts down on their need for fast feet.” + Speed endurance is the ability to repeatedly display a similar speed. When running sprints, the rest-to-run ratio might decrease from 7-to-1 to 3-to-1 in order to build the body's resistance. + “Speed endurance is an essential part of conditioning,” Boyle said. “As the training for power and speed improves, endurance will begin to take hold as athletes want to display their speed as much as possible during an athletic contest.”

Simple Speed Training Tips

Boyle breaks speed training down into three areas:

+ **RUN FAST.** Run sprint drills of 10 yards and 20 yards. A 20-yard sprint drill should take around three seconds. Rest 20 seconds between drills to maintain your speed from rep-to-rep.

+ **STRENGTHEN YOUR LOWER BODY** with non-machine exercises like squats and lunges. The increase of force and power in your legs is going to be the key to increasing your speed.

+ **JUMP AND JUMP SOME MORE.** Plyometrics is a fancy word for jumping. It's important to increase your power at jump-off and the speed at which you leave the ground.

“WHEN PEOPLE LOOK AT A CAR'S PERFORMANCE, THEY WANT TO KNOW HOW QUICKLY IT GOES FROM 0-60. IT'S THE SAME WAY WITH YOUR FIRST PUSH AND YOUR INITIAL SPEED. HOW QUICKLY CAN YOU BURST FROM THE STARTING POINT?”



Photo by Jessica Leigh

Lateral Jumps

WHEN USED PROPERLY, Lateral Jumps will increase overall jumping ability and height, and they will also improve body control. Lateral jumps will work out your calves, ankles, quads, Achilles and glutes.

- 1 Start by standing in an athletic position with your knees slightly bent and hips back.
- 2 Jump to the side, with the explosion coming from the heels and raise your knees at the peak height.
- 3 Brace your knees for a soft landing and bend them a little if necessary to calm the impact.
- 4 Jump back to original position and repeat motion 10 to 12 reps per set.

Increase the challenge of this exercise by using stackable objects, like crates, to jump over. Start small until you get the form correct and increase the difficulty from there.

Torso Flexibility

TORSO FLEXIBILITY IS AS IMPORTANT IN soccer as any training method. Strength is good, but what good is it without the ability to move, twist and bend? Remember, every position in soccer requires twisting and bending so make it a major part of your training.

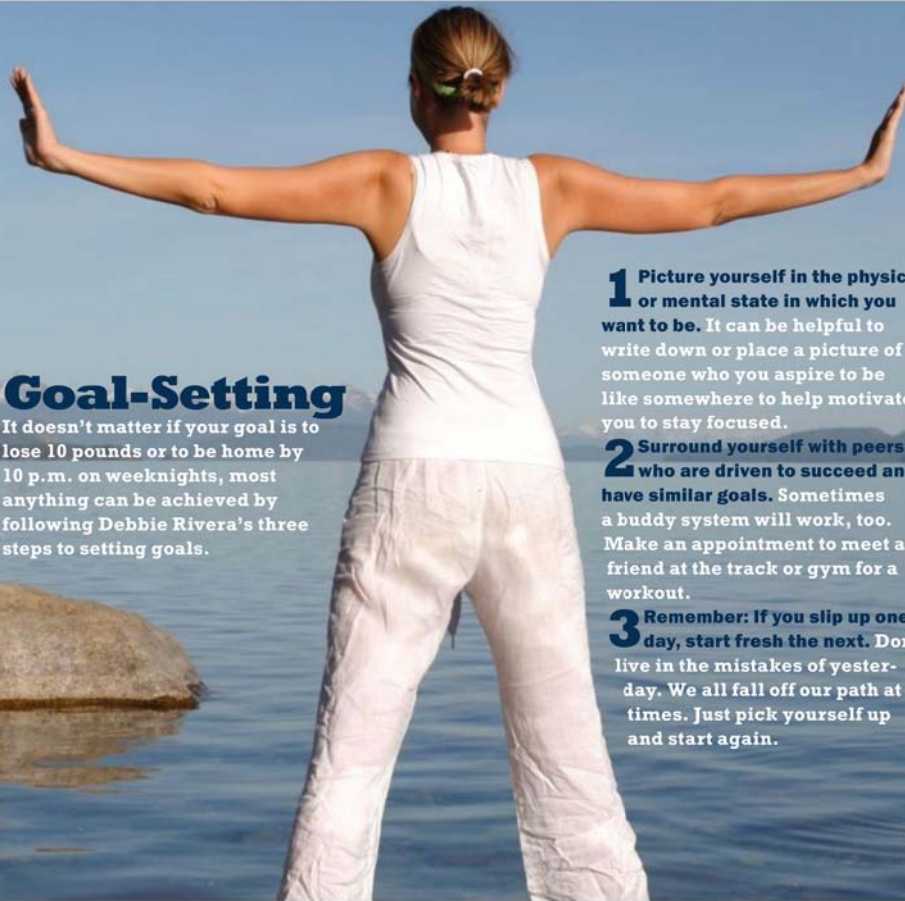
To get your torso loose and increase the fluidity of twisting and bending movements, try the following exercises in succession.

Standing Twists: Stand with your feet apart at a length a couple of inches past shoulder width. Raise your arms on either side; hold at chest level. Twist your upper body from the torso and stretch the

torso to the right and then to the left, going as far as possible on either side.

Bend Twists: This is a natural upgrade from the standing twists. Use the same methods and movements as the standing twist, but with your body bent forward and the torso parallel to the floor.

Windmills: This increases the movements from the bend twists and takes the program to another level. Standing with your body bent forward and the torso parallel to the floor, straighten the arms and twist in a motion where the right arm touches the left foot and the left arm remains straight and upward toward the ceiling. Repeat on the other side and do it as one fluid motion.



Goal-Setting

It doesn't matter if your goal is to lose 10 pounds or to be home by 10 p.m. on weeknights, most anything can be achieved by following Debbie Rivera's three steps to setting goals.

- 1 **Picture yourself in the physical or mental state in which you want to be.** It can be helpful to write down or place a picture of someone who you aspire to be like somewhere to help motivate you to stay focused.
- 2 **Surround yourself with peers who are driven to succeed and have similar goals.** Sometimes a buddy system will work, too. Make an appointment to meet a friend at the track or gym for a workout.
- 3 **Remember: If you slip up one day, start fresh the next. Don't live in the mistakes of yesterday.** We all fall off our path at times. Just pick yourself up and start again.

Ankle Jumps

ANKLE JUMPS ARE A reactive strength exercise for the calf muscles. Stronger calves will improve jump height and explosive movements.

- 1 Stand upright with your legs closed and put your hands on your waist. Keep your head straight and forward. Keep your back straight and your core tightened.
- 2 Jump straight up using the strength of your calves and without too much bending of the knees.
- 3 Flex your ankles and point your toes while keeping your core tightened and back straight.
- 4 After reaching the height of your jump, align your legs and upper body vertically again.
- 5 Extend your ankles before you complete the descent. Once your feet touch the ground, bounce off immediately for the next jump.

Preseason Strength Training

Hard Work Pays Big Dividends

REMEMBER THESE THREE BASIC TIPS IN ORDER TO GET THE MOST OUT OF YOUR preseason workout plan. **Eat Well:** Stick to your nutritional plan. Try to have 5 to 6 small meals a day and get the proper servings of fruits and vegetables. Also remember to have carbs and proteins before and after each workout for muscle recovery. **Make Weekly Adjustments:** Change the reps, the weights and even the days of exercises from week-to-week to shock the body. As your workouts evolve so does your body and it eliminates hitting a conditioning wall. **Stretch Daily:** It's important to stretch and warm up the muscles prior to heavy activity. Stretching also helps eliminate nagging or serious injuries that can put a halt to your preseason conditioning.



Day 1:

Lower Body

DO THREE OF THE FOLLOWING leg exercises one week, and then do the other three the following week. Do three sets with 12 reps per set but switch up sets, reps and weights from week-to-week for maximum results.

- Leg Press
- Leg Extensions
- Standing Calf Raises
- Walking Lunges
- Knee Lifts

Front Squats: Rather than putting the barbell behind your neck, back and shoulders, place it in the front part of your shoulders by crossing your arms. This method will also help improve squat form.



DO THREE OF THE FOLLOWING lower body exercises and alternate exercises and reps from week-to-week.

- Jump Squats
- Traditional Squats
- Clean & Jerk
- Traditional Deadlifts
- Leg/Hamstring Curls
- Dumbbell Power Cleans:

Stand in an athletic stance with feet shoulder-width apart and hold the weights at knee height. Lift the dumbbell using mostly your legs and torso while pulling with your arms. As you push through the exercise, turn your feet out to the sides and drop down to squat underneath the dumbbells.



Day 2:

Upper Body

DO THREE OF THE FOLLOWING chest and upper body exercises, and alternate exercises, weights, sets and reps from week-to-week.

- Bench Press
- Incline Press
- Decline Press
- Dips
- Dumbbell Flies
- Tricep Pulldowns
- Overhead Tricep Extensions
- Cable Crossovers

Pullovers: Lie down with your upper body on a bench and your body perpendicular to the bench. Have your arms extended above your chest and hold the dumbbell with both hands. Slowly lower your arms above your head and lower your hips until you get a good stretch and reverse the movement on the way back up.

Days 3 and 6:

Cardio

AFTER TWO DAYS OF weight training, it's important to devote a full session to cardio and conditioning. As you progress through the weight workouts the cardio sessions should increase in intensity. Do at least 60 minutes of cardio work such as:

- Running
- Cycling (road or machine)
- Elliptical Trainer
- Swimming
- Rowing
- Racquet Sports
- Rock Climbing

Day 4:

Shoulders and Back

DO TWO OF THE FOLLOWING shoulder exercises and remember to alternate exercises, weights, sets and reps from week-to-week.

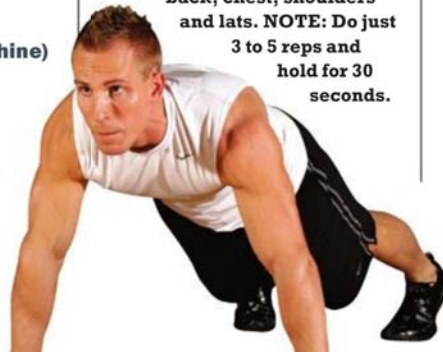
- Push-Ups
- Upright Row
- Military Press
- Rear Deltoid Raises
- Incline Front Raises
- Governor Press:

Named after the former action movie star and current Governor of California, Arnold Schwarzenegger. Grasp a dumbbell in each hand and raise the weights to top position of a curl. As you raise the weights overhead, rotate the hands in so the palms face forward at the top of the movement. Reverse the movement on the way down and remember not to lock the arms.

DO TWO OF THE FOLLOWING back exercises and remember to alternate exercises, weights, sets and reps from week-to-week.

- Chin-Ups
- Lat Pulldowns
- Back Extensions
- Seated Row
- Dumbbell Row
- Reach and Roll:

Kneel on the floor and place the bottoms of your forearms on a stability ball. Keeping your arms straight, roll the ball away from your body and dip your chest until stretch is felt through back, chest, shoulders and lats. **NOTE:** Do just 3 to 5 reps and hold for 30 seconds.



Day 5:

Plyometrics and Abdominals

DO THREE OF THE FOLLOWING plyometric exercises and remember to alternate exercises, weights, sets and reps from week-to-week.

- Jump Rope
- Box Jumps
- Double Stair Jumps
- Medicine Ball Twists
- Double Knee Jumps:

Start in a squat position and jump up with two feet while tucking your knees into your chest and return to starting position. A great, explosive exercise.

Ball Stabilization: Start with a stability ball under your knees and put your hands to the floor until you are able to raise your upper body and balance without holding on to anything.

DO TWO OF THE FOLLOWING plyometric-style exercises and remember to alternate exercises, weights, sets and reps from week-to-week.

- Planks
- Vertical Leg Crunch
- Abdominal Crunch
- Reverse Crunch
- Bicycle Crunch:

Lie on the floor with your lower back pressed flat to the floor and place your hands beside your head. Bring your knees up to a 45-degree angle and go through a bicycle pedaling motion. Touch your left elbow to your right knee and your right elbow to your left knee.



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What's The Secret to Raising Confident Kids? Research Finds It Hinges on Parent Communication

Unilever's 'Don't Fret The Sweat' Website Offers Tools to Reach Tweens; Build Confidence

EVERY DAY, TWEENS FACE MOMENTS THAT CAN MAKE THEM break a sweat – whether it's stress to get good grades, hearing rumors about themselves or friends, dealing with difficult coaches, or even their first kiss!

To help better understand today's tween landscape, Unilever – maker of Degree, the official deodorant of US Youth Soccer – recently commissioned the Unilever Tween Confidence Index to look at confidence levels of boys and girls aged 8-12, and their parents' perception of their lives. Interestingly, the Index found that tween confidence is short-lived, yet can be safeguarded as they grow by maintaining strong communication with their parents.

"Children are going to encounter difficult situations, but if we can teach them to effectively handle the experience, they'll start to develop true self-confidence," said Rosalind Wiseman, internationally recognized educator and author of New York Times Best Seller, "Queen Bees and Wannabes."

Supporting research shows that kids are entering puberty and experiencing biological milestones – including producing body odor – at an earlier age. To provide parents with the tools they need to help build their tweens' confidence during these critical years, Unilever and Degree have aligned with community partners like US Youth Soccer, assembled a panel of experts and developed the educational website DontFretTheSweat.com.

The website is filled with expert tips, tools, money-saving offers and real-life stories about how parents are communicating and transitioning their tweens into confident and self-reliant young adults.

"Being a parent of tweens is not only about giving them guidance behind the scenes, but also about giving them the tools to overcome those sweat-inducing moments and build confidence both on and off the field," said Wiseman.

Visit www.DontFretTheSweat.com for advice from experts and to download coupons for your favorite Degree brands!



www.DontFretTheSweat.com

Your glorious guide to sweat, kids and confidence.

REFRESHERS

REMEMBER, NO ONE IS EVER TOO GOOD!



Tips on Receiving

- + Get your body in line with the path of the ball
- + Keep the knees of both legs slightly bent
- + Relax the body part receiving the ball on contact with the ball
- + Exhale
- + Keep your eye on the ball



Tips on Passing

- + Point the toes of the foot you are standing on toward your target
- + Keep the knees of both legs slightly bent
- + Keep the ankle of your kicking leg locked so that your kicking foot is steady
- + Lean slightly forward to keep the path of the ball level
- + Keep your eye on the ball

Tips on Heading

- + Get yourself in line with the flight of the ball
- + Keep the knees of both legs slightly bent
- + Strike the ball with the forehead at the hairline
- + Keep your mouth shut with your tongue and cheeks out from between your teeth
- + Keep your eye on the ball



Tips on Keeper Throws

- + Hold the ball comfortably in your hand and release it off the fingertips
- + Stand with your hips facing where you want the ball to go
- + Keep the knees of both legs slightly bent
- + Keep your head steady and facing your target
- + Follow through on your throw for improved accuracy and distance

Tips on Shooting

- + Approach the ball at a slight diagonal angle
- + Point the toes of the foot you are standing on toward your target
- + Lean over the ball
- + Point the toes of your kicking foot down and curl them back inside of your shoe to make a firmer striking surface of your foot (kind of like making a fist)
- + Keep your eye on the ball



Tips on the Throw-In

- + Stand with your hips facing where you want the ball to go
- + Firm grip on the ball with the tips of your thumbs just touching behind the ball
- + Keep the knees of both legs slightly bent
- + Hold the ball with your fingertips
- + Follow through on your throw for improved accuracy and distance

Tips on Keeper Catches

- + Get your body in line with the path of the ball
- + Watch the ball all the way into your hands
- + Keep your knees and elbows slightly bent
- + Spread your fingers as wide as you can as you catch the ball for a safer grip
- + Relax, exhale, as you catch the ball and absorb it

BE COOL ON THE SOCCER FIELD

- Strive to maintain integrity within soccer.
- Know and follow the Laws of the Game.
- Play and practice in the spirit of cooperation with opponents, officials, administrators, coaches and spectators.
- Be a positive role model to younger players.
- Just say no to drugs and alcohol.
- Beat opponents by skill and not by unfair methods.
- Keep your self-control at all times and do not retaliate; composure is a key component to becoming a top-level player.
- Do not overact when your team scores a goal.
- Learn to win and lose graciously. (FIFA Fair Play Code)



Weighing the Options



ONE OF THE COMMON

mistakes young athletes make when trying to gain weight is eating

too much fat. Sure, you'll gain weight by eating five Quarter Pounders a day, but it's not going to be good weight. The secret to weight gain (or weight loss, for that matter) is sticking to the right foods. Foods that are high in saturated fat and cholesterol are not going to help you maximize your athletic performances. Proper protein intake and eating complex carbohydrates over simple carbohydrates will provide the proper nutritional balance.

Protein: The staple to any weight gain or weight loss program is the proper servings of protein. Lean ground beef, ground turkey, eggs, fish and chicken are all great protein sources. It's important to eat protein as you lift weights.

Complex Carbohydrates: Many people refer to complex carbs as "good carbs" because they are packed with fiber, vitamins and minerals. Vegetables, brown rice, whole wheat breads, pasta, sweet potatoes and beans are different forms of complex carbohydrates.

Simple Carbohydrates: These are also known as "bad carbs" and the name comes from simple sugars. These carbs are quickly converted to glucose. Processed foods, sodas, candy and white breads are good forms of simple carbohydrates.



Weight Gain Plan

THIS CAN RANGE FROM

4,500 to 5,500 calories depending on portion size. Remember to stagger your calories depending on the days you are training. If you train four times a week, eat more on those days and a little less on the three rest days.

Breakfast: 1 apple, 1 cup of oatmeal with 1 cup of skim (or 1 percent) milk, 2 eggs, 1 whole wheat English muffin

Midday Snack: 1 peanut butter sandwich with whole wheat bread, 1 orange, 1/3 cup of raisins

Lunch: 1/4 pound (4 ounces) of roast beef, 2 cups of mashed potatoes, 1 cup of mixed vegetables, 2 whole wheat dinner rolls, 1/2 cup of fruit cocktail, 1 cup of skim (or 1 percent) milk, tossed salad with oil-and-vinegar dressing

Afternoon Snack: 1 cup of light strawberry yogurt, 2 ounces of cheddar cheese, 8 crackers

Dinner: 1/4 pound (4 ounces) of turkey breast, 1 baked potato, 2 slices of whole wheat bread, 2 tablespoons of butter, 1 cup of mixed vegetables, 1 apple, 1 cup of skim (or 1 percent) milk



Quick Nutrition Tips

- ▶ Consume at least a gallon of water a day
- ▶ Eat a meal every 2 1/2 to 3 hours to keep your metabolism active
- ▶ Have five servings of fruits and/or vegetables
- ▶ Avoid high-sugar foods and drinks
- ▶ Make sure meats are lean and mean

Weight Loss Plan

THIS CAN BE ANYWHERE FROM 2,000 TO

3,000 calories. Much like the weight gain plan, stagger the calories based on the days you are training. Eat more on workout days and less on rest days.

Breakfast: 1 cup of oatmeal with 1 cup of skim milk, 1 egg, 1 slice of whole wheat bread, 1 banana

Midday Snack: 1 cup of grapes

Lunch: 1 cup of brown rice, 2 ounces of turkey breast, 1 apple, 1 cup of skim milk, 1/2 cup of carrots

Afternoon Snack: 1/2 cup of mixed fruit, 2 ounces of cheddar cheese, 5 crackers

Dinner: 4 ounces of lean ground beef (or ground turkey), 1 small baked potato, 1 cup of green beans, 1 cup of skim milk



Diet Do's and Don'ts

Shereen Jegtvig, MS
Nutrition Guide for
About.com

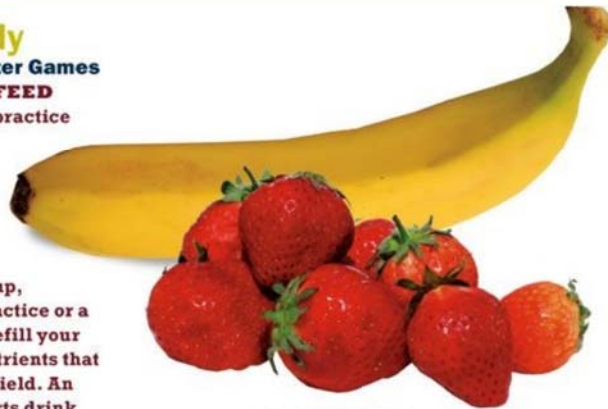


Before a Workout	After a Workout	Casual Dining	Late-Night Eating	Hydration
Do eat lightly, about 30 to 45 minutes before exercising.	Do eat a combination of protein and carbs to help muscles recover.	Do eat dairy products and veggies that provide calcium and potassium for normal muscle function.	Do snack on carbohydrate-rich foods like pretzels with mustard, low-fat yogurt, or baked chips.	Do drink healthy beverages like 100-percent fruit juice, low-fat milk and vegetable juice.
Don't overdo it with a large, heavy meal.	Don't go for the energy drinks. They contain too much sugar and caffeine.	Don't be misled by cheap fast food, too many calories and unhealthy fats.	Don't eat anything high in fat or grease. People who do tend to have trouble sleeping.	Don't consume many caffeine drinks or sugary sodas.

FUEL Your Body

ReFUEL Before and After Games IT'S IMPORTANT TO FEED

your body before a hard practice or a game. Solid foods are nice, but a fruit smoothie with carbs and proteins work just as well. Always have a carb-rich snack, like a banana or a fruit cup, before practice. After practice or a game, it's important to refill your body with some of the nutrients that were sweated out on the field. An energy bar or even a sports drink will do the trick until you can have a balanced meal.



DON'T DRY OUT IT'S IMPORTANT TO MAINTAIN THE PROPER

level of hydration before, during and after a practice or game. Jen Ketterly, the coordinator of Nutrition Programs for the University of North Carolina-Chapel Hill, says athletes should carry fluid bottles with them regularly as a reminder to stay hydrated. If muscle cramps occur regularly, it's probably time to increase salt intake. Simple substitutions, such as replacing one 16-ounce intake of water with 16 ounces of a sports drink, can make a difference. Monitored hydration should start two hours before a game with a 16-ounce intake. Then follow that with a second intake of 8 ounces closer to game time to keep fluid levels topped off. During a game, try to consume between 40 and 64 ounces of water in 6- to 8-ounce portions.

Chew on This

Don't Be Chicken

IF YOU LOVE CHICK-FIL-A or KFC, that's okay. One suggestion: rather than curb your hunger with fried stuff, try the grilled variety at your favorite restaurants. That menu choice alone makes a huge difference. Also, if you're at Subway or Blimpie, get the whole wheat or whole grain bread.



Pass on the Ketchup

HEAVY-DUTY CONDIMENTS like mustard, ketchup and relish are absolutely loaded in carbs.

Keep them off your plate.

Instead, add guacamole to your diet. The topping comes from avocados, which are filled with the good fats that your body needs.



Beware of Pasta

MOST FOLKS LOVE spaghetti and lasagna, and

that's fine. But do yourself

a big favor and try the whole grain noodles instead of the ones with refined flour. You won't be able to tell the difference and the nutritional benefits are astounding.



Un-Shelling the Truth

Optimal Health and Performance is Easier Than You Think

“**GET A SANDWICH BAG AND FILL IT WITH ALMONDS. THE MAGNESIUM IS CRITICAL TO HELP PROTECT CONNECTIVE TISSUE. IT IS ALSO VERY IMPORTANT FOR HELPING TO MAINTAIN BLOOD SUGAR.**”



HERE'S A SCOOP, AND DON'T TELL A SOUL YOU HEARD IT FROM us. The secret behind all great performances lies in a Planters can. No, really. Specifically, with almonds, you have one of the greatest natural gifts because of their richness in healthy fats. But don't just take our word for it. Take the doc's.

"Kids always tell me that they don't have time to eat or it's not convenient," said Dr. James Rouse, an internationally known naturopathic doctor based in Colorado. "I tell parents to get a sandwich bag and fill it with almonds. Send it to them on Monday and, by Friday, you want them to eat all those almonds. The magnesium is critical to help them protect the connective tissue. It's also very important for helping to maintain blood sugar, which is a big issue for athletes."

Oddly, we don't hear about magnesium's importance as often as we do Vitamin C or Zinc and that's too bad because, honestly, magnesium is like the Brandon Roy of minerals – it does it all with little or no fanfare.

Added Dr. Rouse, "Adults, kids, everybody who's pushing longer hours, doing a lot of physical things and pushing e-mails after a long day needs magnesium. Magnesium is critical. It has 300 job descriptions in terms of maintaining blood sugar, helping with contractility of muscles and helping to keep heart rate steady. It's a very important mineral."



Window to Your Soul (and Body)

AFTER A LONG PRACTICE OR HARD-FOUGHT GAME, THE LAST thing on your mind is another workout. We totally understand. But if you're serious about future performance, you'll listen carefully to what Dr. Rouse calls the glycogen window, an all-important 35-to-45-minute span after intense physical activity that screams for personal attention.

"That glycogen window is all about recovery and setting yourself up for performance at the next game or next practice," Dr. Rouse said. "When you run, jump, play hoops, your body is going to be using something called glycogen. Glycogen is basically the fuel your muscle lives on and runs by."

"After practice or a game, you've used up your glycogen. Once that workout is done, you need to refuel the body appropriately – not just with carbohydrates, which are a main source of glycogen, but enough protein to help with muscle repair."

"I always tell athletes, 'Try to find something that's going to give you a two-to-one carbohydrate-to-protein ratio,'" Dr. Rouse said. "So, for every 30 carbohydrates, you need 15 grams of protein. You've only got 45 minutes once that exercise session is over to make sure you fuel up directly afterward. That'll help you to not only prevent injuries, but it'll really help you take your performance to the next level for the next exercise session." ■

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US Youth Soccer and South African Summer Citrus – A Natural and Delicious Match

SOCCKER IS THE MOST POPULAR sport in the world and continues to gain popularity in the U.S. Millions of youth take to fields to play year-round for schools, communities and organized soccer leagues. And as they kneel around their coaches for half-time play advice, it is typical for the players to be enjoying the healthy goodness of a juicy orange.

Oranges have long been recognized as the fruit snack of soccer. In particular,

South African Summer Citrus has become known and associated as a natural pairing with the sport. Known for flavor, lack of seeds and ease of peeling, South African Summer Citrus has gained enormous popularity among consumers and retailers across the U.S. who rely on the increasing availability of the products.

"Our oranges provide a thirst quenching and energizing boost for the players," said Joretha Geldenhuys, CEO of the Western Cape Citrus Producing Forum. "Unlike processed food snacks, our oranges are natural, fresh, delicious and healthy – exactly what active athletes need to carry them through a match." The WCCPF is a consortium of citrus growers who export summer citrus from South Africa to the U.S.

Since 2009, the Western Cape Citrus Producers Forum has been a sponsor of the US Youth Soccer National Championships and has distributed delicious fruit at various soccer tournaments and the national championship events. Players and spectators alike have been positive in their praise of the oranges, commenting on the juicy and refreshing flavor, and easy-to-peel skin. "This continued acceptance of our fruit certainly helps us raise the profile of South African Summer Citrus. Our country has the privilege of hosting the World Cup in

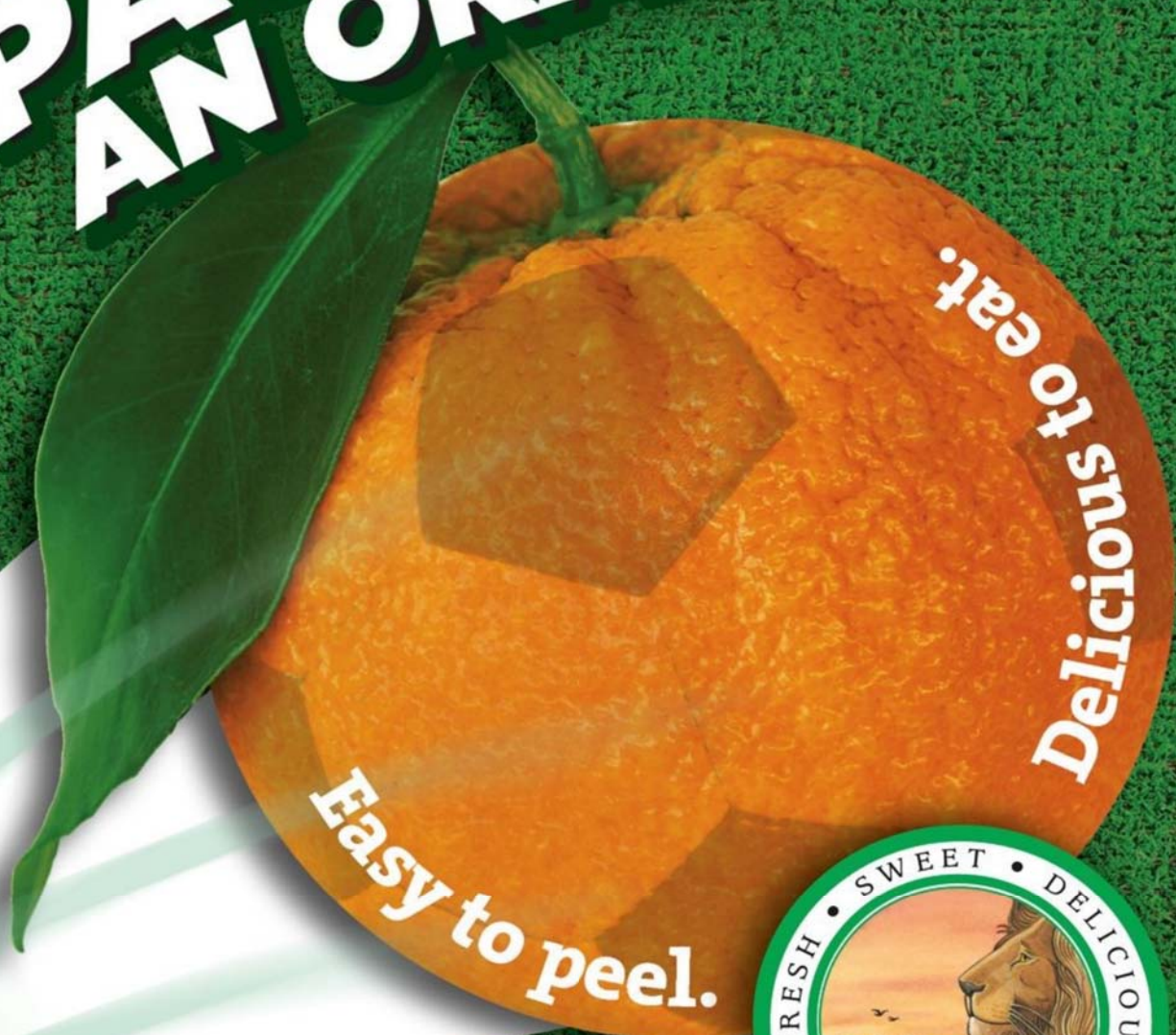
2010 and the connection of our fruit and soccer continues to expand awareness about our oranges," said Geldenhuys.

The WCCPF ships only the best summer citrus to the U.S. and maintains its preferred supplier status by continuing to meet and exceed U.S.D.A. and F.D.A. protocols. The South African fruit bound for the U.S. comes from the Western and Northern Cape citrus producing regions. South Africa is the second largest exporter of citrus in the world and producer of 60 percent of all citrus grown in the Southern Hemisphere.

For more information, visit the Forum's website at summercitrus.com.



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Beat Them at Their Own Game

Atlanta Beat Assistant Coach Robbie Nicholson Focuses on Mental Preparation

THOSE WHO HAVE BEEN ON the wrong end of a frustrating season already know the mental and emotional toll it can take. Members of the expansion Atlanta Beat know the feeling too.

During the Beat's first year in the fledgling Women's Professional Soccer, the players dealt with tough losses, key injuries and teams shutting down around them. However, Atlanta assistant coach Robbie Nicholson never reflected on the negative

as he focused on his players and mentally preparing them for the next game.

"I keep players upbeat - win, lose or draw," said Nicholson, who was part of the University of Memphis staff that won the 2004 Conference USA men's soccer title. "Hard work is the key to success. I'm not changing what it took you day in and day out [to get to this position] because that's what can kill you as a coach, and that's what can make players second guess you - when you start changing things up. You have to have belief in the player."


Just a few days before our interview, the

Beat won their first game. Not five days later, the players managed a 2-2 tie with a really good Philadelphia Independence team. We're pretty sure the ladies celebrated modestly in the locker room after those two solid showings, but we can almost guarantee it was back to business the next morning.

Consistency is one of Nicholson's central mental philosophies, but it's far from the only one and he shared a few suggestions on how to mentally prepare for the big game.

On the mental attributes all of his top players possess: "Confidence. They have huge confidence in themselves. They're good students of the game. They understand what is asked of them and they use it as motivation. Quality players give 100 percent everyday, whether it be watching the [game footage] DVD, or whether it be on the playing field, or whether it be in a game. Unfortunately, nowadays people think that to be at the next level, you just have to come up on game day. You have to work every day because that's the kind of mindset it takes to be successful at this level."

On recharging after a game: "The proper nutrition, as in 14 good carbohydrates and lots of vegetables and fruits, are all important after the game. They help bodies recover. It takes a body and muscles about 36 hours to recover from the game. It takes your organs about 48 hours to recover - the kidneys, the heart - you know, from all the pounding, running and changing direction. It takes your brain about 72 hours to recover from a game. That's the biggest factor that young players don't realize. So when you finish a game, you need to find something that takes your brain away from the game. Relax as long as it's not detrimental to your physical body. There are many different things out there that players can do to get away from a competitive game to unwind. The best thing is sleep. Sleep is so important."

On why the mental and physical games are one in the same: "You have to realize that what you fuel your body with will only put you through the game. You can not work off burgers and fries. Your body will break down. You just can't do it. It will catch up with you. So, sometimes you have to sacrifice those five days [between games] and really be diligent with what you eat and with your rest. Yeah, but what if you do well and win? By all means, go ahead and give yourself a little bit of a treat. Even with our team, I don't ask them to lift everyday so diligently. Sometimes it's good to let loose and relax and unwind a little bit - even by giving yourself a bar of chocolate or a thing of fries. That's fine. I have no problem with that whatsoever. As long as you're prepared to come in and work the following day, you'll be good." 



“SOMETIMES IT'S GOOD TO LET LOOSE AND RELAX AND UNWIND A LITTLE BIT.”

“IT TAKES YOUR BRAIN ABOUT 72 HOURS TO RECOVER FROM A GAME.”

“YOU HAVE TO WORK EVERY DAY BECAUSE THAT'S THE KIND OF MINDSET IT TAKES TO BE SUCCESSFUL AT THIS LEVEL GAME.”

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GOALS ORIENTED



Soccer
Plays
Key Role
in **Nicolai
Calabria's**
Incredible
Journey





A FEW YEARS AGO, THE Massachusetts Soccer Referee Association nearly did something opposing players on the pitch, Africa's tallest mountain, and a physical challenge couldn't do to Nicolai Calabria – slow him down.

Though born with just one leg, a head-strong Calabria wanted to play soccer. When his parents, Carl and Jeanine Calabria, approached the MSRA about letting their son participate with crutches as opposed to prosthesis, the group was on the verge of turning a deaf ear to the family's plea.

"I would say three-quarters of the Association were in favor of letting Nico play," the youngster's mother recalled. "But there was a handful that weren't."

The handful almost won out, but Calabria's parents knew he wanted to play. So they kept fighting.

"You have to know when it's important and when it's the right thing to do regardless of what your kid says," the loving mom added. "You don't want to push your kid into doing something, but we knew he wanted to play. It wasn't a matter of 'It doesn't matter' because it did matter."

Eventually, the governing body was convinced that injury risks weren't any greater with crutches. Calabria was able to go out and compete admirably in action around his hometown of Concord, Mass.

"Now that people are getting faster and stronger and the field is getting bigger, I continue to fall behind," said Calabria, a sophomore at Concord-Carlisle High. "I used to be, if not the best, one of the best players on my team, up to about two or three years ago. I can still be competitive at the [high school] level. I just can't excel as much as I'd like to."

But Calabria's story isn't merely one about a courageous boy's attempt to score goals. If anything, his soccer exploits are only a footnote in his incredible journey. The 16-year-old's sights have always been on



the big picture; the much bigger picture.

There's a tradition in the Calabria household where, when a child turns 13, he or she embarks on a "coming of age" adventure. When Calabria's parents asked what he'd like to do for his 2007 quest, their exceptional son suggested climbing Tanzania's 19,334-foot Mount Kilimanjaro. But he didn't stop there though. He also wanted to raise money from his trek to buy 500 wheelchairs for disabled Africans.

His valiant efforts wound up raising enough money to purchase over 2,000 chairs through Free Wheelchair Mission (www.freewheelchairmission.org).

The inspiring trek was chronicled in "Nico's Challenge," a documentary that has warmed many hearts along the independent film festival circuit.

"I try not to look at myself as a person with a disability," admitted Calabria, who's preparing for J.V. soccer and wrestling this coming school year. "I can do most of the things that people [with two legs] can do. I just try to fit in as much as possible. Sometimes I'm shocked when I actually think about it like, 'Wow, I really do just have one leg. I really am completely different than everyone else.' I try to live a life where I'm not that different from everyone else." 📸





**Medical State
of the Union**
Athletic Trainer
Paul Rushing Offers
Preventative Tips

ON JUNE 27, THE EXPANSION Philadelphia Union MLS soccer franchise played its home opener at the soccer-specific PPL Park, a gorgeous stadium overlooking the Delaware River. The sparkling new address boasts 18,500 seats, 30 luxury suites and some of the finest medical treatment facilities in professional sports. The latter is the proud domain of Paul Rushing, the Union's head athletic trainer.

Oddly though, the fewer people who see Rushing's new palace, the better. Rushing promotes as many preventative measures as possible. That way his players can stay on the field and merely admire the new training rooms from a brochure.

Of course, this way of thinking isn't just a credo for Philly's pro soccer team. Amateurs should also heed the words of wisdom Rushing has gained through years of helping some of the USA's finest young talents stay in optimal shape.

From staph prevention to stress reduction and following a strict diet, all of the good ones follow a similar plan.

"In order to make it in any sport, it takes a huge amount of dedication, responsibility and accountability," Rushing said. "The maintenance an athlete has to do on their body is the key to preventing injury and recovering properly. This includes working on flexibility, strengthening, proper diet, core and overall strengthening. These additional things that young athletes do in addition to training can and do often separate them from athletes that don't respect and take care of their bodies. As an athlete, if your body is not healthy, you won't succeed."

By adhering to the following words, you still aren't guaranteed a future in a state-of-the-art stadium like PPL Park. But not listening to the counsel, however, almost certainly promises a visit to the trainer's table.

On Dehydration:

"Staying hydrated is important to all athletes. Studies show that a decrease in weight due to water loss of 2-3 percent can significantly decrease an athlete's performance on the field, court or ice. Once an athlete loses that much fluid, the athlete's muscles will not perform to his maximum capabilities. Also, the athlete's mental capacity decreases. It is recommended that an athlete drinks 10-12 ounces of fluids (water/sports drink) within 20 minutes of exercise. Also, during exercise, he should drink 15-20 ounces of fluids every 20-30 minutes. A good way to see if an athlete is hydrating properly is to have him weigh in before and immediately after training or a game. The athlete will need to replenish 16-20 ounces of fluids per pound lost."



at all times. They cannot share articles such as towels with anybody. The wound has to be cleaned with an antibacterial soap several times a day. If someone on a team tests positive, the entire team should be visually checked to eliminate the possibility of spreading."

On Ankle Injury Prevention:

"A huge factor in whether an athlete has recurring ankle/leg injuries is how they take care of it. Many athletes feel they may have an injury and that it was 'no big deal' and will just go away. The smartest thing to do is to report it to the team's medical staff as early as possible. It is a lot easier to take care of an injury in its earlier stages than to deal with an injury that has been lingering for weeks."



On Staph Infections:

"When it comes to staph infections, the best way to deal with them is to make the athletes aware that they must report any suspected infections/open wounds to their team's medical staff immediately. The athlete must be seen right away by a medical doctor to rule out an infection. If there is an infection, the athlete will generally be given antibiotics and must keep the wound covered



On Foot Care:

"One thing athletes should utilize is ice baths. Obviously, soccer players' feet take a beating. We encourage them to get into a cold plunge bath after each training session. If they submerge only their feet, they can put them in the ice bath for 10-15 minutes. If they put their whole lower body in the cold plunge, I recommend no more than 10 minutes. The temp should be between 50 and 55 degrees Fahrenheit."



An Ounce of Prevention

The Center for Disease Control and Prevention shares some of the best ways to stay out of a doctor's office and on the field.

Dehydration

WHAT IS IT?

YOU'VE SPENT AN AFTERNOON RUNNING wind sprints like a wild man. You're sweaty and thirsty enough to down an entire gallon of water. That thirst is a sign of dehydration, which simply means your body is losing more fluids than it is taking in.

You need a consistent supply of fluids for those times on the field when your body temperature gets hotter than its normal 98.6 degrees. It's then that your brain sends out a distress signal that causes you to sweat, which cools you down. Without water, there's no sweat to help take the heat off those intense wind sprints.

HOW DO YOU PREVENT IT?

- Drink water before, during and after practices and games.
- If you want a little flavor while staying hydrated, lemon-flavored water, 100-percent fruit juice, low-fat milk and sports drinks like Gatorade are fine alternatives.
- Eating fruit is another way to keep cool. Packing peaches, watermelon or grapes in a cooler is a smart, tasty way to stay unruffled in the heat.



Staph Infection

WHAT IS IT?

A STAPH INFECTION (A.K.A. STAPHYLOCOCCUS aureus) is bacteria commonly carried on the skin or in the nose of healthy people. Roughly 25 percent of the population is colonized (when bacteria are present, but not causing an infection) with staph bacteria. Sometimes, staph can cause infection and spread. Athletes need be extra cautious because staph can be transmitted through skin-to-skin contact and the sharing of towels and gym equipment. Most of these skin infections are minor (pimples, boils) and can be treated without antibiotics. However, some staph bacteria can cause serious infections. The most grave are called methicillin-resistant Staphylococcus aureus (MRSA) and they are resistant to antibiotics.

HOW DO YOU PREVENT IT?

- Keep your hands clean by washing thoroughly with soap and water or using alcohol-based sanitizer.
- Keep cuts and scrapes — no matter how small — clean and covered with a bandage until healed.
- Avoid contact with other people's wounds and bandages.
- Avoid sharing personal items such as towels, or razors.
- Wipe down sports equipment.

Concussion

WHAT IS IT?

ACCORDING TO MARLENA

Wald, a CDC epidemiologist, "A concussion is a blow or jolt to the head. I'm counting dings, getting your bell rung, seeing stars.

"That mild bump could be a traumatic brain injury. It's very important that what might be considered a little brush or hit [be told] to your trainer, or your parents when you go home. If you do get your bell rung, you need to be assessed. That's a message that hasn't gotten across historically.

"We know from the research that's being conducted now, what's considered mild may not be mild. It does have aftereffects. And for a small amount of people, it may be permanent. You don't have to be in a high-speed auto crash or have something like you see in the news."

HOW DO YOU PREVENT IT?

- Practice good sportsmanship. "Playing by the rules goes a long way," said Wald.
- Be assertive. If you don't feel well after a collision, tell the team trainer, or your coach.



Six Concussion Symptoms to Watch For

- The headache won't go away
- Nausea or vomiting
- Feeling off-balance, or slightly dizzy
- Blurred vision
- Sensitivity to light or noise
- You can't recall much about yesterday's game

When we look back at the 2010 World Cup, we'll recount controversial calls, Brazil's epic fall and the USA standing tall.

By DeMarco Williams

BUT ONE THING THAT SHOULDN'T

be discounted was adidas' steady performance over the month-long tournament. Everywhere fans looked across the South African landscape, from shirts to commercials to billboards, the brand was making a statement. On the field, the impact may have been even greater. It seemed as if every person who scored, tackled or cornered was in a pair of adidas' sleek F50 adizero.

"Since founder Adi Dassler stitched his first pair of boots more than 80 years ago," said Aubrey Dolan, the senior product manager for adidas Football, "adidas has been the world's leading soccer brand. adidas' legacy in soccer and with the World Cup is rich and unrivaled."

Those who think Dolan is just doing PR for the proud product probably aren't paying

attention to the pitch. In getting the planet's biggest sensation (Argentina's Lionel Messi), international stars (Spain's David Villa and Ivory Coast's Salomon Kalou) and America's new darling (Jozy Altidore) to adorn the functionally flashy adizero, the company looked almost clairvoyant. Of course, to perform the magic the guys did at the World Cup, they required a boot unlike anything the world had previously seen.

"The main challenge with the F50 adizero was how to reduce the weight of the current football shoes in half, while at the same time ensuring that all the key criteria such as stability, support, protection and quality were fully met," Dolan said about the vibrant F50 line that's been around since 2003. "adidas had a clear goal and a clear vision to create a high-speed football product fitting the needs of the modern-day game, played over 90 minutes with crunching tackles, changes of pace and direction which ultimately means players are running longer and faster."

"The demands on the footwear are enormous. The product always needed to be a high-performance product with the perfect balance between lightweight and stability, and finding this balance was the greatest challenge."



High-performance and lightweight – that's language anybody, be it a superstar like Gonzalo Higuain or a back-up goalie at the local high school, can understand. However, the technology behind the finished product is a bit more complex.

Dolan calls the secret weapon in the shoe's outsole construction Sprint Frame and "it's a scientific masterpiece that provides all the deliverables." Simple translation: players' feet aren't tense or squeezed. adizero offers a functional stud shape too, making the athlete faster in both straight lines and lateral movements.

"The design team is most proud of the fact that the F50 adizero is a super-light product, but also a highly functional product," Dolan noted. "Some people and players believe that you have to sacrifice something in order to have a lightweight product, but we have proven this is not the case. And by judging the number of goals scored in the World Cup, it's safe to say adidas has created one of the best boots ever."

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While many of us are passionate about soccer, we're not all cut out to be professional athletes. Meet three hard-working individuals who enjoy careers supporting the beautiful game.



Durward Williams
 Director of Strategic Alliances for Eurosport/Soccer.com

JOB DUTIES: "It's kind of two-fold. One, I oversee a grassroots team. We have a team of people that will attend roughly 500 soccer events on a yearly basis. We don't put on any events; we just attend our partners' events. There are about 5,000 youth clubs in the country and we work with about 3,200 to 4,000 of them.

"The other portion of my time is spent with a lot of our business development, with groups that are either involved in soccer or are interested in being involved in soccer."

HOW YOU GOT HERE: "Besides cutting grass and being a caterer in college at Wake Forest University where I obtained a degree in communications, this is the only company I've ever worked for. We are a family-owned business, so it was a high school job for me when I attended Durham Academy.

"The summer of my sophomore year in high school I was on the road for six weeks and at the time, we would take some merchandise and we would go to different soccer camps around the country and set up a camp

store for them. The next year, they sent me out with one of my high school buddies, and then my senior year in high school I started running the returns department. I was our one-man show for the returns department.

"Then, as I would go to college and come home on break, this was the place for me to get some money. After college, they put me in a different facet of the business and I did a lot of the credit-card authorizations. I did that for about a year and a half. After that, I jumped to our marketing side and I probably found my calling when I got into that.

"They put one of my college buddies, who was working here at the time, and me in a big, black Winnebago that had adidas and Eurosport on the side and we were gone for 12 weeks to soccer events and did our thing."

ADVICE FOR GETTING A JOB LIKE YOURS: "I think it's, obviously, all the buzz words, hard work and all that stuff, but I think it's really following your passions. I really had and still do have a passion for the sport of soccer and for the people who are involved in soccer. I really enjoy being out at events and talking to people about the sport on all different levels.

"It's fun and exciting. I've really been able through my career to continue to follow that passion. I played soccer from the time I could walk, in high school and I still play on a work team. I have always played either left midfield or kind of a central defender role. I don't speak any foreign languages fluently, but I can get my way through. I speak a little Spanish, a little Portuguese, a little French, and some German.

"With any opportunity, don't be short-sighted. I would try a lot of different stuff. I've worked in different departments and I've managed from 30 people to five people to no people. By doing that, I've learned where my skills best fit and where I can best fit, be the most successful at what I'm trying to do to make the company successful."

THE TYPE OF PERSON THAT FITS YOUR JOB: "Someone who is energetic, who's not afraid to fail, who's not afraid to take chances, who's definitely a go-getter, can really be out there and kind of has a good time in any situation and makes the most of every opportunity.

"I say not afraid to fail, because for every 50 ideas I have 48 of them are probably really bad, but I think you always have to try new things. The world has changed so much. I don't mean failing in a bad way, I mean just willing to put your head out there and try for it. If it doesn't work, learn from the mistake and grow from it, see how we can improve it the next time around."



Will Kuhns
 MLS and SUM Director of Communications

JOB DUTIES: "Essentially, my job is to increase media coverage of Major League Soccer. There are many facets involved, but that's the overall challenge. I manage the communications department at the League office in New York, support the clubs in their efforts to gain publicity and foster relationships with national media outlets. I also help our executives prepare for interviews and occasionally act as a League spokesperson on competition-related issues."

HOW YOU GOT HERE: "I was a print reporter for about 12 years before switching to public relations and joining MLS in 2006. My first job after college was with a local daily newspaper in the Washington, D.C., suburbs. Then I went to The Washington Post for three years, and then joined Soccer America, where I worked for five years. I spent most of 2005 in Buenos Aires, Argentina, on a Fulbright grant, and that indirectly led to the opportunity at MLS."

ADVICE FOR GETTING A JOB LIKE YOURS: "Good writing skills make a solid foundation for almost any career path. Don't be too proud, or insecure, to be edited. Accuracy, brevity and clarity are essential and versatile tools. Proofread everything. I highly recommend living abroad for more than three months. I also suggest working for a few years after undergraduate, then returning to take college courses – even if merely auditing them – in the field you wish to pursue. The real-life experience will help focus your subsequent studies."

THE TYPE OF PERSON THAT FITS YOUR JOB: "People who are outgoing and empathetic can do well in media relations. Listening earnestly is just as important as expressing yourself well. An ability to adjust socially to different personalities and situations is important. A good PR person truly wants to see his/her company grow and believes in its product."

Alejandra Buchanan

Grassroots Soccer Marketing, Southeast Region Coordinator for adidas America

JOB DUTIES: "They're pretty wide. In general, my job is to keep my finger on the pulse of youth soccer in this country. I am the eyes and ears of what's going on in the Southeast Region, obviously, since that's my territory, but the soccer landscape in general.

"I've been doing this for five years and what was going on five years ago is a lot different than what clubs are doing today. I have to be on top of those changes and make sure adidas is staying up to date with those changes. Specifically, I build relationships and partnerships with youth clubs, organizations and events that we see as being market leaders or at the top of soccer in this country. I have to negotiate these contracts with these clubs.

"A lot of our soccer business is driven by youth club partnerships and them purchasing adidas uniforms. So I have to negotiate long-term deals, usually four- to six-year deals with these clubs, and then continue to manage that partnership throughout the contract term.

"I also work hand-in-hand with the Major League Soccer teams in my region to help them plan their youth development programs and club alliances. We have a very strong partnership with Major League Soccer and we are trying to build an aspirational model for the youth in this country. We also work with adidas Global to execute marketing plans with global partners. I do travel quite a bit, so I'm the adidas representative on site at the youth clubs and their events, and the national events that youth soccer puts on. Therefore, I become the face of the adidas brand in the Southeast Region."

HOW YOU GOT HERE: "A dose of luck, for sure. Sports have been a big part of my life, soccer in particular, has been a huge part of my life. When I was going through college and trying to figure out what I wanted to major in and what I wanted to do in my career, no matter what it was, I wanted to stay in the sports arena and have something that had to do with sports.

"I played soccer at a Division II program, Pfeiffer University, and ended up getting a degree in business and sports management. I have an uncle, who works for another brand, so between him and my soccer

coach, I was told about a job with Eurosport. They had a promotions rep position open. I didn't know what that meant, but I knew Eurosport was the biggest soccer retailer in the country and was in the Durham, N.C., area. That was my first job out of college. It's a great company. They know everyone in the company and they take an interest in your career development.

"Being a promotions rep, I drove a van that was decked out in soccer decals around the country to youth soccer tournaments and camps and handed out Eurosport catalogs. We would partner with certain big national events with adidas, so I got to meet a lot of the adidas people. About 2 ½ years into working at Eurosport, this adidas job opened up, so I applied and I was accepted. A lot of it is right place, right time, but just putting yourself in positions. You may not be at a job where you plan on being the rest of your life, but you know you're going to be meeting the right people and the people you're working with have your best interest."

ADVICE FOR GETTING A JOB LIKE YOURS: "Ultimately, you have to do what you love. Make sure you go to a school that offers the career options or majors that you are somewhat interested in. The biggest thing that I've learned is put yourself in the right position where you're meeting people in the industry that you want to get in.



"The soccer community is really small and everyone knows everyone and they remember you if you have done a good job somewhere. Even after college, if internships or limited duration jobs are all that is available, take them. No opportunity is too small."

THE TYPE OF PERSON THAT FITS YOUR JOB: "Outgoing, for sure, because you have to meet a lot of people for the first time on your own. You can't be opposed to traveling and you must be diplomatic. Being a team player is also essential. I work from my Charlotte, N.C., home, so being independent and self-motivated are extremely important. Being able to self-manage your daily schedule and work load, as well as take the lead on projects."

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Top College Coaches Look for Players with Character

NORTH CAROLINA'S WOMEN'S soccer team, coached by Anson Dorrance, is the most dominant program in the history of the NCAA, winning 20 of 28 national titles, including the two most recent.

When it comes to the men's game, no school has won more national titles than the 10 owned by Saint Louis. And the Billikens' new coach, Mike McGinty, is coming off a championship season with Virginia where he served as associate head coach.

When Dorrance and McGinty speak, recruits listen – and one of the things both coaches talk about is a player's personality.

Dorrance and McGinty agree that as they have matured as coaches, they are less likely to take a risk on a player with questionable character.

"As a young coach, I thought I could transform a kid with character issues," said Dorrance, who has won all 20 of the Tar Heels' titles. "But as a young coach, you're often an idiot.

"What you learn over time is that those talented kids with character issues can win a game for you every now and again, but they can also undermine your team in ways you are not even aware of at the time.

"Meanwhile, there are high-character kids who may never help you on the field, but they are a joy to be around and they help you recruit because of the positive things they have to say about your program."

McGinty admits that early in his career, he also got "mesmerized" by talent. But now he goes after the high-character kid, even if no one else is recruiting him.

McGinty advises young players who want to be recruited to do the right things – even if they think no one is watching.

"If you really watch a player, you can pick up on a lot of things," McGinty said. "What does he do



Coach Anson Dorrance

when his team is winning? How does he respond when the chips are down? How does he react to a referee's call, to his coaches, to his teammates?

"Also, after a loss, does he pout and leave the field on his own? Or does he listen to his coaches?"

"And how does he train? If he has a good game, that's great. But if he doesn't really enjoy training, he won't make it here."

McGinty said he wants players who are good people, first and foremost, and likes to get to know their families to help make his determination on character.

Of course, soccer skill is also vital and Dorrance has a check list of the athletic abilities he seeks in a recruit.

"I used to think speed was the No. 1 prerequisite, but it isn't," Dorrance explained. "It's agility – the ability to change directions with the ball. No. 2 is quickness, the ability to move your limbs. No. 3 is speed, followed by vertical leap and strength."

Dorrance said strength is at the bottom of his wish list because it is the component that can be easily improved, mostly by hard work in the weight room.

"It can be improved as long as the girl doesn't want to look like a stick figure," Dorrance said. "I confiscate as many Cosmo and Glamour magazines as I can. We don't want a girl who had body-image issues and who thinks she's fat if she weighs 103 pounds."

McGinty said he is flexible on a player's physical gifts.

"Speed is a huge component," he said. "But if you don't have tremendous speed, maybe you have great endurance and can run longer than anyone else or maybe you are bigger than the next guy. Each kid has different traits.

"If you can play soccer and have good character, I can find a spot for you on the field." 📱

5 Tips On Getting Recruited

Have the Right Attitude:

Dorrance said he wants "kids who compete, kids who have discipline and kids who believe in themselves. If even one of those things is missing, they are not going to get better."

Join the Club:

McGinty said 99 percent of the games he scouts are club tournaments. "It is rare that I will recruit a kid based only on high school," he said. McGinty believes players should do their homework before selecting a club team, finding out about their coaching and their record for helping players get to college.

Ace the Academics: Dorrance wants kids who are aggressive in the classroom, taking college prep courses even if they sacrifice some on their GPA. McGinty looks for kids who are "overachievers" in school because hard work in the classroom transfers over to the field.

Introduce Yourself: McGinty said that if a player does not compete for a high-profile high school or club team, he can try e-mailing or sending a video of his skills to a college coach he is interested in playing for.

Pick the Right Camp:

Dorrance advises players as early as ninth grade to start attending the camps of the colleges they're interested in attending. "It's a great way to see the campus and interact with the coaches," he said. "It's a mutual exploration."

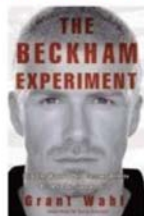


Coach Mike McGinty

BOOKS

THE BECKHAM EXPERIMENT
How the World's Most Famous Athlete Tried to Conquer America

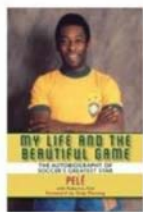
By Grant Wahl
(Hardcover, Amazon.com: \$16.49)



THE VETERAN SPORTS ILLUSTRATED soccer writer takes a controversial look at the English star's big-money move from powerful Real Madrid to the Los Angeles Galaxy. Beckham was supposed to transform Major League Soccer.

PELE
My Life and the Beautiful Game

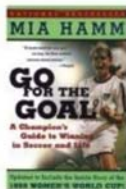
By Pele with Robert L. Fish
(Hardcover, Amazon.com: \$17.89)



HE IS SOCCER ROYALTY, having led Brazil to World Cup titles in 1958, 1962 and 1970. The book details Pele's amazing career – he won his first Cup at age 17 – and the Brazilian's slick-passing style, known as “the beautiful game.”

GO FOR THE GOAL
A Champion's Guide to Winning in Soccer and Life

By Mia Hamm and Aaron Heifetz
(Hardcover, Amazon.com: \$9.18)



THERE IS NO MORE IMPORTANT figure in the history of women's soccer than Hamm, a native of Selma, Ala., who was born with a club foot and had to wear corrective footwear as a toddler. Her book tells how she overcame obstacles to win four national titles at the University of North Carolina, two World Cups and one Olympic gold medal.

THE GAME OF THEIR LIVES
The Untold Story of the World Cup's Biggest Upset

By Geoffrey Douglas
(Paperback, Amazon.com: \$10.07)



THE UNITED STATES' 1-0 FIRST-ROUND upset over England in the 1966 World Cup is detailed in this book. “The Miracle on Grass” took place in Belo Horizonte, Brazil, and featured an American team that had lost its past seven matches by the combined



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score of 45-2 against the so-called “Kings of Football,” who were 3-1 favorites to win the Cup that year. The Americans, who were 500-1 long shots, did not make the World Cup again until 40 years had passed.

THE WILD SOCCER BUNCH
Kevin the Star Striker

By Joachim Masannek
(Hardcover, Amazon.com: \$12.95)



PART OF THE INTERNATIONAL best-selling series – Follow The Wild Soccer Bunch as they take on the Unbeatables in the biggest game of their lives. Can the Wild Bunch defeat the Unbeatables, or do they lose their field of dreams forever?

US YOUTH SOCCER COACHING MANUAL

By US Youth Soccer Coaching Dept.
(Spiral bound, USYouthSoccerShop.com: \$13.99)

AN INDISPENSABLE TOOL, this manual contains a gold mine of information for novice to experienced coaches. Using an educational and sport science foundation rather than a collection of drills provides a better understanding of the player.



MOVIES

BEND IT LIKE BECKHAM (2003)

SOCCER IS THE BACKDROP FOR AN ENJOYABLE coming-of-age film that also served as American audiences' introduction to Keira Knightley, then only 17 years old. Set in London, the movie has romance and even a cameo appearance by Beckham himself – as well as his wife Posh.



A SHOT AT GLORY (2000)

THIS UNDERRATED FILM REVOLVES around a fictional soccer club from a small fishing village competing to reach the Scottish Cup final for the first time. Robert Duvall plays the team's coach, and Michael Keaton co-stars as the American owner.



KICKING AND SCREAMING (2005)

IF IT'S SOCCER AND LAUGHS YOU'RE AFTER, try this movie. Will Farrell plays a mild-mannered dad who accepts the challenge of coaching his son's awful team. Robert Duvall plays Farrell's competitive dad and the coach of a rival team. Mike Ditka has a cameo.



THE GREAT MATCH (2006)

THE FILM FOLLOWS THREE MEN WHO make great efforts to watch the 2002 World Cup final between Brazil and Germany. One man is from the Amazon, another from the Sahara and the third is a nomad. But no matter how different, they share Cup fever.



GOAL! THE DREAM BEGINS (2005)

THIS FILM, THE FIRST INSTALLMENT OF A trilogy, is made with cooperation from FIFA, which is why actual soccer stars and teams are used, including France's Zinedine Zidane. The film was followed by Goal! 2: Living the Dream (2007) and Goal! 3: Taking on the World (2009).



GRACIE (2007)

SET IN THE 1970S, THIS FILM TELLS THE tale of Gracie Bowen, a 15-year-old girl in a family of soccer fanatics. When her oldest brother dies in an accident, she decides – against her father's wishes – to take her siblings place on the boys' high school soccer team.



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