

www.206soccer.com

- Oct. 3rd, Sponsorship money is due. Contact John Fung with any questions: sponsor@206soccer.com
- Oct. 5th, University of Arizona Soccer Talk Panel Discussion at 6pm. More info available on website.
- Oct. 6th, University of Arizona vs. BYU game at 7pm at Murphy Stadium.
- Oct. 6th, 13th and 20th are Picture days at Dan Felix (field 4). Schedule is available on line.
- Oct. 7th and 8th, Referee course. Details available on the website and inside of this newsletter.
- Oct. 23rd, Coaches meeting at Thornydale school at 6pm.
- Oct. 26th, AYSO Night with Arizona Soccer U of A vs. Standford at 7pm at Murphy Stadium. More info on line at: www.206soccer.com
- Nov. 10th, pizza orders due for team parties
- Nov. 13th, last coaches meeting (appreciation dinner) 6pm at Thornydale school.
- Nov. 17th Skills day and Soccerfest end of the season party at Arthur Pack for all ages

Dates to Remember



AMERICAN YOUTH SOCCER ORGANIZATION

A nonprofit corporation dedicated to youth soccer

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Tucson, AZ 85752

everyone plays

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News Trap

OCTOBER 2007

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- For the parents

Don't miss out on AYSO night at the University of Arizona women's soccer game!

On Oct. 26th. Our region will be shuttling families to the game in a charter bus. Anyone interested needs to contact John Fung at: jbfung2003@yahoo.com

We need to find out how many people would be interested. Seating is limited. Details on our website: www.206soccer.com

You want a party?

We are going to provide the party, the fun and the food. All you have to provide is you! This should serve as your team's end of the season party to make families lives easier.

When: Saturday, November 17th (9am—3pm) *Teams will come in shifts

Where: Arthur Pack park (two front fields)

Who: All players and family members in region 206

Why: to show off your skills and team pride. (bring your banner)



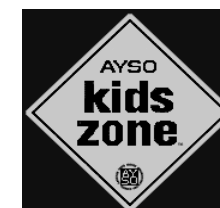
Every player will receive a trophy and there will be FREE prizes for all the kids, yearbooks for each family and FREE fun activities for all ages.

*One large pizza is provided for each team by the region. If your team would like additional pizza's they need to be ordered by: Nov. 10th (Cheese, pepperoni or sausage for \$10)

To order email Carole at: Soccerfest@206soccer.com

Shaved Ice, cotton candy and drinks will be available for purchase at the field.

It's for the Kids!



Don't lose site of why we are all volunteers in an organization like this. IT IS FOR THE KIDS! That is why we donate our time and our talents for the benefit of sweet innocent children that deserve to have good examples around them. So please remember why you are here parents and act appropriately in our Kids Zone.

Pictures are at Dan Felix field 4 this year, **not** Arthur Pack. Details inside.

Be a Referee!

Thank you for letting your child play soccer with AYSO Region 206. As you probably know, AYSO is totally supported by volunteers. Over the past few weeks, you may have noticed many of our U10 and U12 games only had a center referee. In those cases, several of you have been asked to serve as a “club linesmen” helping call the ball in and out of play. “Thank You” for your assistance with that. On the first weekend of the season, we had 8 of our U17 players help 18 adults cover all of the U10 and U12 games – which was played by nearly 350 kids. Of these 18 adults, 7 are also coaches or spouses of coaches. If you already help with coaching, “Thank you.” If you have a U8, U10, or U12 player and are not already a volunteer, I would like you to consider getting a ticket to “the best seat in the house” and become a referee.

You may be thinking “I don’t know enough about the game” or “I don’t have time”. With one days training (~8 hours), we will teach you more than most parents, players, and even coaches know about the Laws of the Games (the rules of soccer). Although without any training, I’m sure you can probably already determine which team kicked the ball out and give possession to the other team. Remember that for U-10 games and up, 2 out of the 3 referee positions are Assistant Referees and giving direction after the ball is kicked out is what they seem to do 80% of the time.

As for time constraints, referee scheduling in Region 206 is very flexible and fits perfectly with parents who are busy. We do not ask our referees to obligate themselves to be constantly available to referee. What we need is a little help. Referees are free to choose the games they can do, whether they would like to be a center or a linesman. Region 206 has a Referee Scheduler available online which allows you the convenience to make your own decisions on which games work best with your schedule, for instance the game before or after your child is playing and the best part of all is that it does not need to be every weekend.

Please consider helping us keep soccer Safe, Fair, and Fun as an AYSO referee. Please contact myself (RefereeAdminAsst@206soccer.com), Bill Oppenheimer - the Region 206 Referee Administrator (RefereeAdmin@206soccer.com), or Wayne Wilson – the Region 206 Director of Referee Instruction (RefInstruct@206soccer.com) to register or for more information about our upcoming referee class on Sunday Oct 7 from 1-6 PM and Monday Oct 8 from 6:30-9 PM.

Even if you cannot commit to being a referee, please help make our jobs easier and more enjoyable by being informed parents. The Region 206 web site (www.206soccer.com) has a lot of great information. On the Coaches page, please review [Parent Guide to Referee Decisions](#), as well as the U8, U10, or U12 Division Quick Reference for the appropriate age group for your child.

Thanks in advance for your help to continue making this season a Safe, Fun, Fair, and positive experience for all our players and volunteers.

Jon Davis—Region 206 Assistant Referee Administrator

RefereeAdminAsst@206soccer.com

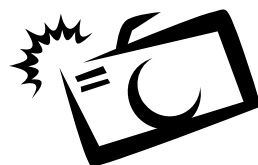


Don't forget Manny's Photography will be shooting each age group this season to get action shots. Below is the rest of his schedule for taking pictures and the days he will be selling pictures as well. If you miss him for purchasing pictures he will be at Soccerfest/Skills day on Nov. 17th at a booth.

Any questions email him at: urban2006@msn.com

MANNY'S PHOTOGRAPHY AYSO SHOOTING SCHEDULE

DATE	FIELDS	GAME TIME	DIVISION	PICTURE SHOOTING	SELLING PICTURES	NOTES
9/29/2007	DENNY DUNN PARK	8:00-10:30 am	U5 CoEd	YES		COMPLETE U5 DIVISION
9/29/2007	CONTINENTAL RESERVE	9:30-10:15	U6 CoEd	YES		COMPLETE U6 DIVISION- U6M2
10/6/2007	DAN FELIX	8:00-10:30	U10 BOYS	YES		MISSING U10B3 & U10B1 & U10B5
10/6/2007	DAN FELIX	11:00-12:00	U10 GIRLS	YES		SHOOTING G6,G7,G10,G15
10/13/2007	DAN FELIX	8:00-12:00	U10 BOYS	YES		SHOOTING U10B3, U10B1,U10B5
10/13/2007	DAN FELIX	8:00-12:00	U10 GIRLS	YES		MISSING U10G4,G2,G3
10/20/2007	DAN FELIX	8:00:00-10:30	U10 GIRLS	YES		ONLY U10G4-U10G2-U10G3
10/27/2007	DENNY DUNN & WILDWOOD	8:00-12:00			YES	U5-CoEd & U8-GIRLS
11/3/2007	DAN FELIX	8:00-12:00			YES	U-10 BOYS & GIRLS
11/10/2007	CONTINENTAL RESERVE & NEIGHBORHOOD PARK	8:00-12:00			YES	U-6 CoEd & U8-BOYS



We need your help. Our region has volunteer jobs beside the board positions if you are able to help. Right now we are looking for:

Spring season coordinator, Summer Camp Coordinator, Skills day organizer, Picture day coordinator, and UofA clinic organizer.

*Email us at: Commissioner@206soccer.com

if you are interested in getting more details.

Sponsorship money due Oct. 3rd.

Make sure your team has turned in their sponsorship money. Sponsors names can not be on banners unless they have paid to be a sponsor. Sponsors will be listed in the yearbook as well.

Remember, each team needs to get at least one sponsor to cover the team's cost's. Sponsors will receive a plaque from the league. Any questions, contact the sponsor coordinator

John Fung at: jbfung2003@yahoo.com



Coaches don't miss the next coaches meeting on Tuesday, October 22nd at 6pm at Thornydale school



Team Pictures

Picture are scheduled for Oct. 6th, 13th and 20th. The schedule is available at:

www.206soccer.com Pictures are at **DAN FELIX Field 4**

If you have any picture day schedule questions contact: secretary@206soccer.com

*Bring your non-perishable food for the Food bank and your snapshots for the yearbook to picture days to turn in. Write the age division on the back.



HYDRATION – Make it a priority!

A message from Bill Ward—Assistant Regional Commissioner

We have started playing games on Saturday's and practicing during the week. Our first few weeks have been met with some very hot and humid conditions. As we get our season into full swing, take a moment and let's remind ourselves how important is to make sure our young athletes are getting the necessary hydration they need.

The primary way our bodies release heat is through sweating. This is especially true with athletes. “Kids can't and don't sweat as much as adults, even though their little bodies can overheat faster...” (1) “Heat stress is a buildup of body heat generated either internally by muscle use or externally by the environment. Heat exhaustion and heat stroke result when the body is overwhelmed by heat.” (1) The three most common issues with Heat Stress are [Heat Cramps](#), [Heat Exhaustion](#) and [Heat Stroke](#).

Heat Cramps occur as the body loses too much water and salt through sweat. Muscles begin to cramp, especially in the abdomen and legs. *Treatment:* * Rest in a shady spot * Sip one cool glass of water every 15 minutes until the pain relents.

Parents can help by massaging the muscles and applying cool cloths to help relax the muscles. (2)

Heat Exhaustion occurs when sweat is not properly evaporated, either due to high humidity or restrictive clothing, and the body cannot cool down. Heat exhaustion is characterized by cool, moist, or flushed skin, heavy sweating, headache, nausea, dizziness, or muscle cramps. (2) *Treatment:*

Have the player lie down in a shady spot and elevate his or her feet. Remove the child's shoes, shin guards, and socks. Apply cold packs to the armpit and scalp areas. Have the player drink water or an electrolyte solution. Dampen the player's skin with cool cloths.

Heat Stroke is when the body has completely lost the ability to cool itself, and the internal temperature continues to rise. Individuals with Heat stroke may have hot, dry skin; appearing either very red or gray depending on the complexion. They may have a very rapid pulse, extremely high temperature, become confused or unresponsive. (2) *Treatment:*

Call 911, Follow treatment for heat exhaustion, Do not attempt to give liquids, Contact Players parents.

All of these conditions can be far reduced or avoided by proper hydration. Player's need to drink at least 8-12 ounces of water every 20 - 30 minutes of physical exercise. You need to help your player come to practices and games already hydrated and then maintain proper hydration throughout. Players should drink 12 – 16 ounces of water at least an hour before practice or games. “Sports drinks are not necessary, although the flavor may help in making the kids want to drink more.” (3)

(1) <http://ohioline.osu.edu/atts/PDF-English/Heat-Stress.pdf>

(2) <http://soccer.org/NR/exeres/3331C39E-E532-49FB-9081-CFBEB67CD08.frameless.htm>

(3) <http://library.gnc.com/healthConcern.aspx?id=12&lang=en>

