

AYSO Region 206

www.206soccer.com

August 2009

Soccer Fields and Equipment Information

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We will be signing up for practice times at the first coaches meeting. Do not just change your practice time and not let me know. I turn in a report to Pima County letting them know what we are doing and we could get in trouble if that report is not accurate. If you need to change your practice time please let me know and I will do what I can to accommodate you.

The lights at Arthur Pack are manually operated and you need a key to turn them off and on. If I have given you a key, do not copy it or lend it to anyone. Pima County remakes the keys every year and they are not always a perfect match. I have tried them all and they all work, so if your key doesn't seem to work, keep trying.

Dan Felix lights are controlled by a computer program that I can access. Let me know if there is a problem.

Pima County will determine when the fields are too wet for practice and they will notify me. I will

send you all an email and also try to call you if this happens. Also it is the responsibility of all coaches to determine if a field is too wet and call off practice before any damage is done to the fields. AYSO has to pay to repair any damage done.

We have contracts with Pima County and The Town of Marana on all the fields except the school fields. If there is another league or group using your field you can po



**Wade Crowley is the AYSO Region 206
Field & Equipment Coordinator**

lately let them know that AYSO has the rights to the fields. If you are not comfortable talking to the other group that is OK. Either way please let me know about the other group and I will help out. Pima County requires insurance from groups and organizations and because of this, Pima County requests that we let them know when other groups are using their fields.

Game Time

- On the game schedule there are notes that tell you who is home and who is away. There is another note that tells you which side of the field to sit on.
- Bags and flags are in the lock boxes.
- The combination to the lock boxes are on the maps I gave out. Please make sure to white out the combinations before you make copies for the parents.
- For the first game of the day the home team is responsible for putting up the nets and the home team in the last game is responsible for putting the nets away.
- Please pay attention to the schedules and make sure no nets are left out after the games are done.
- Close the lid to the boxes after you get the equipment out. The lids are very heavy and we do not want any children getting hurt by the lids accidentally closing on them.
- The nets in the boxes are for games only. There are a number of coaches that have their own nets, so don't assume that you can use the nets from the boxes just because you see another coach with a net.
- If there is a problem with the nets or fields please let me know.

The best way to reach me is by email FieldsEquip@206soccer.com Good luck and have a great season, Wade Crowley

Hydration—make it a priority!

We will be starting playing games on Saturday's and practicing during the week. 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.
- Fan the player to help evaporate excess sweat.
- *Parents can help by removing the player's shirt and applying ice to the groin area.*

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 immediately.
- Follow the recommended treatment for heat exhaustion.
- DO NOT attempt to give any liquids.
- Contact the player's 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>

Volunteers Needed

Open Board Positions

- Regional Commissioner—Position will be open Jan 2011. Please submit your name if you would like to be considered. All names need to be submitted by Nov. 10th. Board will vote and decision will be announced Dec. 14th. Person chosen will join the board as the Asst. Regional Commissioner Jan. 2010.
- Asst. Regional Commissioner
- Secretary

- Spring Select Team Coordinator
- End of Season celebration coordinator
- End of Season Asst. Coordinator



*Please contact

Commissioner@206soccer.com if you are interested in filling a position

Any volunteer, new to AYSO, must attend a face-to-face Safe Haven course. There will be 2 offered in August. Contact our CVPA, Frank Brewster, CVPA@206soccer.com to schedule your attendance

Referee Corner

As you all know, AYSO is an all volunteer organization and Region 206 has a fantastic referee staff to help the kids enjoy another Safe, Fair, and Fun season. Please remember that they are volunteers and thank them for their time and effort after a game. They are the keepers of the Spirit of the Game and are truly trying their best to help your children learn and enjoy the game of soccer.



Before we start the 2009 season, I'd like to recognize a few of our referees for their hard work during the 2008 season:

- Our 3 "Iron Men" - Tom Crohurst and Wayne Wilson who both ref'ed over 50 games and Bill Oppenheimer who ref'ed over 40 games.
- Our youth refs and player-refs who had over 5 games - Garrett Andreatta, Erin Cadenhead, Ben Davis, Michael Franchino, Kayleigh Gurvine, Coral Kinzie, Haley Laulusa, Spencer Laulusa, Matt Olds, Charlie Owen, Lance Pedersen, Cheyenne Smith.
- Our Coaches or Assistant Coaches who also ref'ed more than 5 games - Frank Brewster, John Fung, Mario Lluria, Brian McComas, Jorge Mejia, Amanda Sorrell, and Bill Ward.
- Our refs who completed upgrades - (to Intermediate) Scott Addison, Harry Carpenter, & Britton Mehr; (to Advanced) Jon Davis; (to Referee Instructor & Advanced Referee Instructor) Jon Davis & Wayne Wilson.
- Our refs who completed the additional training to start an upgrade - (to Intermediate) Garrett Andreatta, Frank Brewster, Kaissa Gurvine, Louis Lopez, Brian McComas, Amanda Sorrell, Michaelina Sorrell; (to Advanced) Harry Carpenter
- Our Senior Refs who mentored - Chris Abrams, Tom Crohurst, Jim Marvel, Jeff Moore, Bill Oppenheimer, Barb Ramsier, and Wayne Wilson.

We are actively preparing for this season with several meetings to refresh everyone on law changes and other policies affecting our games. We held our preseason basic referee course and would like to thank our fantastic class of 18 students who will be out there this fall.

If you are interested in joining the Region 206 Referee Staff and getting a ticket to "the best seat in the house" or have any other questions about our referee program, please contact me via the web site.

Jon Davis

Region 206 Referee Administrator

No Goal Keepers for Under 8 program

Why are there no goal keepers for the U8 program in this region?

There are several reasons. First of all, in this country, we don't have enough goal scorers, and there are not enough scorers for the game because we don't encourage kids to shoot. We coach and play not to lose. I would love to see no goalkeepers in U-8 and kids just taking a go at it. Kids will shoot at an empty net. When there is a keeper in the net, they are looking for the perfect



We want to encourage the children to shoot at an early age and score.

shot, and we just want them to have a go at it. Along with that, we as adults look at 8-year-olds as soccer players. They are still 8-year-olds. They are not physically mature enough to handle truly tough shots or occasionally they get in front of one or two, but for the most part they aren't physically able to make saves, and psychologi-

cal they are devastated when the ball goes into the back of the net.

The U.S. Soccer, the governing body of soccer in this country, mandate no goal keepers for the U-8's. So AYSO at a National level have taken up this way of running their soccer leagues. And John Ouellette the National Director of Coaching for AYSO agrees.

Region 206 tried it last summer in the 7v7 season and it surprisingly worked out. So go have fun scoring in U8.

- Advanced Control Corporation
- Affordable Auto Glass and Tint
- Arizona Trucking and Materials
- Associated Fire Consultants, Inc.
- Bargain Basement Bikes
- The Busy Needle
- Casson Owen Law, PLLC
- Children's Orthopedic Specialists
- A Cleaner Solution
- Cliff and Delann Debenedetti
- Desert Developers Landscape
- Dora Cagretto, PC
- Elliott Electronics
- Great Grins Children's Dentistry
- Greenlight Cable Accessory
- Jan King Southwest
- Jan King of Tucson
- Kendall & Son LTD
- Keith and Milly Lierman
- Leona Minga
- Randy and Patty Munson
- Northwest Fire Department
- Gloria Ortega
- Pioneer Plumbing
- Providence of Arizona, Inc.
- Raytheon
- River Road Pet Clinic
- Robert Spencer
- A Cleaner Solution
- Rush Truck Center
- S & L Sales
- Steven and Rita Still
- Straight Representative
- Supercuts
- Time Market
- Thunder Canyon Brewery
- Tucson Turf, LLC
- United Way of Tucson
- Villa Mexican Food
- Well Horse, LLC

2009 Travel Team Sponsors
Thank you!

Dates to Remember

**All AYSO members receive admission for \$1 with team their jersey
*Autograph session after game for AYSO member
*Fun contests throughout the game
Details and flyer on website at: www.206soccer.com*

Tuesday, August 25th—7pm Mandatory First coaches meeting at Coyote Trail
Saturday, August 29th—Last coach training U6-U10 at 8am at Denny Dunn
Sunday, August 30th—all players need to be called by their coach by today
Monday, August 31st—Practices start
Tuesday, September 8th—2nd coaches meeting at 7pm at Coyote Trail School
Sept. 9th—U16-U19 games start
Sept. 11-12—John Quелlette talks to all coaches in our area
Saturday, September 12th—first game of the Fall season
Sept. 26th—Picture day for U6-U10 at Dan Felix (details coming soon...)
Friday, October 2nd—AYSO Night at the UofA Women's game at 7pm



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It's for the Kids!

Don't miss out
on AYSO Night
at the UofA.
Details on
www.206soccer.com