



the

Bulletin

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January 1, 2003

Bulls Calendar

- 01/01 Holiday – New Year's Day
- 01/03 Start of Goalkeeper training for U7 – U12
- 01/04 Start of Winter Season for U7 – U12 Season
- 01/05 HSC Bulls Coaches meeting, 7:30 p.m., Paki Hale
- 01/09 Keiki Bulls Begins
- 01/14 BOD meeting, 7:30 p.m., Hawaiian Brian's
- 01/15 Oahu League U13-19 Spring Season Coaches Meeting
- 01/18 Start of Fast Foot Work
- 01/19 HSC Bulls Coaches and Managers meeting, 7:00 p.m., Paki Hale
- 01/20 Newsletter deadline for February issue
- 01/20 Holiday – Martin Luther King Day
- 01/27 Town Hall Meetings for U7 – U10 6:00 – 9:00 p.m., Paki Hale

President's Message

Happy New Year One and All!

The Club completed another successful year this past week with the largest Pro-Xtreme camp since its inception five years ago. Clint Mathis, Marshall Leonard, Andrea Alfiler and Brian Ching attracted 176 campers this year. In spite of the rain the first two days, everything went smoothly. Thank you, Lorie Chang, for donating the food for the coaching staff every day at the Camp, to Jim Lenhart of Lion Coffee for all the coffee and to Pizza Hut for the daily donation of pizzas for the staff. The coaching staff certainly did not go hungry. Mahalo to Miles Tsuruoka for creating the brochure and Dave Palmer of Office Max for printing

both the brochures and posters at no cost to the Club and Jim Webb from Gaspro for the monetary donation. Also kudos to Michele and Quintin Bray, Linda and Wayne Kaneta, Cindy Sguigna, Jeri Mestanza, Lisa St. John, Rick Sakamoto, Chris Haines and I am sure there are many others that should be listed here.

Now we need to look to the future. This year will be the first year the United States Youth Soccer Association (USYSA) Region IV tournament will be in Honolulu, Hawaii. The good news is that we don't have to travel to the Far West Regionals, except perhaps to the outer islands to qualify. The Club will be providing manpower for the Far West Regionals through Hawaii Youth Soccer Association (HYSA). We will get more details as the date gets closer, so please keep your calendars free for the month of June. The Club wants to make an impression at this event both on and off the pitch.

This year we will have five vacancies on the Board of Directors. Those positions will be filled at the election to be held in conjunction with the Annual General Meeting in June. These positions are very important and rewarding, so if you are interested in being on the Board to continue our mission, please consider getting involved.

One of the goals for the Board this year is to continue improving communication throughout the Club. Another is to expand the Keiki League. Expertise in finances, computers and fundraising will further enhance the Board. Please consider involvement in the Club at the Board level.

Good luck to all of the U12 and below players now starting their season.

Editor's Note: Many thanks to Ken and Melinda Perske for being at the Pro-Xtreme every day to care for the various scrapes and minor health problems.

Junior Staff Coach

The Honolulu Bulls Soccer Club has a new Junior Staff Coach who has been with us since September helping with the U12 Girls. Her name is Shelby Steel-Johnson.

Shelby graduated earlier this year from the University of Wisconsin-Madison with a Bachelor of Arts Degree in History.

Shelby has participated in several club soccer teams. From U-12 through U-16, she was a member of the Wisconsin State Premier League with the Madison 56ers. At U-17 and U-18, she was part of the State Premier League with Rumba. She was a four-year varsity player at the Madison West High School Women's Soccer Team and was team captain her senior year. Shelby was also a member of the University of Wisconsin-Madison Division I Women's Soccer Team where she lettered all four-years.

After graduation from high school, Shelby became the Assistant Head Women's Varsity Soccer Coach for her high school team. In 1999 and 2000, they won consecutive State Championship titles.

From 1998 until Shelby moved to Hawaii, she was a summer girl's soccer camp coach and counselor and lead daytime soccer skill instructor.



Shelby also helped at the Breakaway Sports Center in Madison as a referee and coach.

So when you see her on the field, please welcome her as one of our Club coaches.

Bulls Juniors

Congratulations to the Bulls Juniors who finished first in the overall standings for the Men's Island Soccer Organization (MISO) Fall 2002 Division II season. The team won 11 games, lost 2 and tied 1 scoring 51 goals and allowing 19. Due to high school commitments, the Bulls Juniors were ineligible to participate in the play-offs.

Special recognition to four Bulls Juniors players who made the MISO Fall 2002 Division II All-Star Teams. The players are Kauai Wong (midfielder) who is repeating Division II, First Team honors from the Spring 2002 season, Vito Higgins (goalkeeper), Dyrk Teramae (midfielder) and Jeremy Patton (defender). Check out the details at www.islandsoccer.com.

Small Sided Games for 2003

In August 2002, United States Youth Soccer's State Associations approved changes to the Policy on Players and Playing Rules that will affect the game for players under age twelve. Current US Youth Soccer Association (USYSA) policies require that Under-10 teams, and younger, play games with not more than eight players per side. Effective September 1, 2003 this rule will detail age group specific playing numbers.

US Youth Soccer Official Under-6 playing rules.

The field of play shall be rectangular, its length not more than 30 yards nor less than 20 yards, its width not more than 20 yards nor less than 15 yards. The length in all case shall exceed the width.

Maximum number of players on the field at any one time is three. Maximum number of players on the roster should not exceed six.

(If playing "dual field" method, roster size may be larger.) There are no goalkeepers. Anytime the ball is out of play the coach can make a substitution with the permission of the referee or game official. Each player shall play a minimum of 50% of the total playing time. Teams and games may be coed.

US Youth Soccer Official Under-8 playing rules.

The field of play shall be rectangular, its length not more than 50 yards nor less than 40 yards, its width not more than 30 yards nor less than 20 yards. The length in all case shall exceed the width.

Maximum number of players on the field at any one time is four. Maximum number of players on the roster should not exceed seven. (If playing "dual field" method, roster size may be up to a twelve player roster with no goalkeepers.) Anytime the ball is out of play, the coach can make a substitution with the permission of the referee or game official. Each player shall play a minimum of 50% of the total playing time. Teams and games may be coed.

US Youth Soccer Official Under-10 playing rules.

The field of play shall be rectangular, its length being not more than 80 yards nor less than 70 yards, its width not more than 50 yards nor less than 40 yards. The length in all case shall exceed the width.

US Youth Soccer currently requires U10 teams and younger play with not more than eight players on each side. State associations and leagues may adopt any format that does not exceed 8v8. Additional modifications may be made if smaller formats (5v5, 6v6 or 7v7) are used. These modifications could include smaller goals and small field dimensions. *Beginning September 1, 2003, the US Youth Soccer official game format for U10's will be 6v6.*

US Youth Soccer Official Under-12 playing rules.

The field of play shall be rectangular, its length not more than 90 yards nor less than 70 yards, its width not more than 50 yards nor less than 40 yards. The length in all case shall exceed the width.

For U11 and U12, USYSA rule is no more than 11, but USYSA strongly recommends 8v8 including the goalkeeper.

What advantages are there in playing small-sided games?

- More appropriate for the players' size, speed and range
- Promotes better soccer through combination play
- Improves player development process and speeds up the acquisition of skills – more touches
- More enjoyable for the players

Financial Aid Fund Raiser

On December 7, several HSC Bulls players and coaches earned \$500 for the Club's financial aid fund by setting up and taking down tables and chairs for a Christmas party hosted by Randy Hiraki, owner of Commercial Plumbing, Inc. The players were David Semenza, Makena Carr, Stephen Carlson, Cody Sullivan and Ashlee Doi. The coaches were Phil Neddo, J.P. Verhees, Mike Guidry and his friend Mark Baird, Briana O'Dowd, Craig Sullivan and Les Aubrey.

Goalkeeper Training

Coach O'Dowd's goalkeeper training will start again on January 3 and continue through February 21 from 4:30 p.m. until 5:30 p.m. The practices are for goalkeepers' only—maximum two players per team.

Fast Foot Work

Fast foot work starts January 18. Beginners' training is at 8:00 a.m. Intermediate training begins at 9:00 a.m. and advanced skill training starts at 10:00 a.m.



Town Hall Meeting

The Town Hall meeting on January 27th at Paki Hale from 6:00 p.m. until 9:00 p.m. is an excellent opportunity for parents of U7 through U10 players to meet and talk with Coach Phil. At the meeting, Coach Phil will explain his vision for the Club “**Success Through Education**” and answer questions you might have about the goals of the Club. He will also expand on the role of the coaches, the players, the parents and the administrators and give insight into how you can get perspective on your son’s or daughter’s experience with the Honolulu Bulls Soccer Club.

Just Me

Submitted by Jean Paul Verhees

From the time I was little, I knew I was great, ‘cause people would tell me “you’ll make it – just wait.”

But they never told me how great I would be, if I ever played someone who’s better than me.

When in my own backyard – I’m the best with the ball. To score all those goals is no sweat at all.

But all of a sudden, there’s a player in my face – who doesn’t seem to realize, “I’m the best in this place.”

So pressure catches me, I rush with the ball. My passes to teammates are no good at all.

My headers don’t score, my dribbles unsure. My feet are not steady my eye is not pure.

The fault is my teammates – they don’t understand. The fault is my coaches – what a terrible plan.

The fault is the call by that blind referee. But the fault is not mine; I’m the greatest you see.

Then finally, it hit me, when I started to see, that the face in the mirror looked exactly like me.

It wasn’t my teammates, who were losing the ball; it wasn’t my coach at fault at all.

So I stopped blaming others and started to grow. My play got much better and it started to show.

Not all of my teammates then seemed quite so bad. I learned to depend on the good friends I had.

Now I like myself better, since I started to see – I was lousy at being great – I’m better at being me.

adidas Copa Backpack

The Club is happy to announce two new logo items, a small and medium sized black adidas Copa backpack. The approximate cost for the backpacks is \$35.00 and \$40.00. Cost for embroidery of the players name with the Bulls logo is about \$13.00 for one name with a second name adding two more dollars. Please contact your team manager to order.

Nutrition for Soccer Performance

By Michele LaBotz, MD FAAP

1. How important is nutrition to your soccer performance?

Improper hydration and nutrition are two of the leading reasons for terrible athletic performance among young athletes.

2. What do we need to eat and drink before playing soccer?

Two main goals for pre-game nutrition are fluids and fuel with fuel equating to carbohydrates.

Fluids (Thirst is not an indicator of hydration). Athletes can tell if they are well-hydrated when their urine is colorless or very pale yellow (like lemonade). A general rule of thumb is that it takes the body several days to adapt to increased fluid intake (in the meantime, you might find yourself going to the bathroom more often, but that will go away.) The recommended fluid intake (lesser amounts for smaller athletes) is 15-20 ounces of fluid 2-3 hours before exercise and 8-12 ounces just before exercise.

If athletes have stomach trouble with these amounts, try the following changes:

6-8% carbohydrate solutions (e.g., sports drinks or juice diluted by half with water) rather than plain water.

Sucrose or glucose rather than fructose (check the label).

Use tepid rather than ice cold fluids.

Fuel – Three to four hours before training or competition, eat a high carbohydrate meal. 1-1/2 to 2 hours before training or competition, eat a high carbohydrate snack as tolerated such as a small bagel and a banana.

3. What should you drink and eat during play?

Left to their own devices, young athletes will not drink enough fluid before and during activity, and some complain of stomach ache when first attempting to increase fluid intake. Most young athletes will drink more fluid, with less chance of stomach ache or nausea; if they drink fluids that are flavored and colored, have a low amount of carbohydrates, (6-8%, such as sport drinks or half juice and half water blend). This provides an energy source for events over 60 to 90 minutes. Drink only slightly cool versus ice cold drinks. Aim for 4-6 ounces every 15-20 minutes during exercise, best in small sips.

Fuel—taking in energy DURING activity is important for events longer than one hour. Drinking 1/2 cup of sports drink every 15 minutes provides all the fuel the body can use. If drinking plain water, and if exercising for over an hour, consider eating carbohydrate to provide additional fuel, such as one banana, a small bagel, a Powergel or a Nutrigrain bar per hour provides needed fuel for activity.

4. What do I need to eat and drink after I play?

This is the most important time to fuel up for tomorrow’s practice or game and is critical if playing several games in a day long tournament.

Fluids—choose any beverage of preference. If in doubt about the amount of fluid the athlete needs to drink, weigh them before and after the event. All weight loss is water. Drink an extra 16 ounces



of fluid for every pound of weight loss.

Fuel—Muscles absorb carbohydrates best **immediately** within 20 minutes of exercise. Don't wait until you get home. The meal should be high in carbohydrates and some studies suggest muscle-building is enhanced if protein is included.

For a 70 pound athlete, consume 120-180 carbohydrate calories + protein (e.g., bowl of cereal and milk) within 20 minutes of exercise, followed by a full meal within several hours.

For a 100 pound athlete, consume 180-150 carbohydrate calories + protein (e.g., peanut butter and jelly sandwich) within 20 minutes, followed by a full meal within several hours.

Are Anterior Cruciate Ligament (ACL) Injuries Preventable in Female Athletes?

By Suzanne Yandow, MD

In 1972, legislation known as Title IX of the Educational Amendments was passed. Since that time, the participation of girls and women in athletics has greatly increased. In high school athletics alone, it increased from 300,000 girls in 1972 to 2.36 million girls currently—an 800% increase. With this participation has come an unexpected disproportionate increase in the rate of ACL injuries in female athletes. Current rates of serious knee injury are 1 in 10 college women athletes and 1 in 100 high school female athletes. Women have four to six times the number of ACL injuries as their male counterparts. The question is why? And is this preventable?

First, we need to review the function of the anterior cruciate ligament (ACL). Ligaments are fibrous structures that connect one bone to another. The medial and lateral collateral ligaments of the knee prevent side to side movement of the knee joint. The anterior and posterior cruciate (cross) ligaments criss-cross inside the knee joint and prevent front to

back and back to front shifting of the joint. When we land, pivot and shift our shin (tibia) tries to move forward on our thigh (femur) bone. The ACL prevents this shift. We know that the hamstring muscles help prevent this shift. Hamstrings are so-called agonist (helper) muscles to the ACL ligament. They are behind your thigh and knee. The quadriceps muscles in the front of your thigh and knee function to straighten out your leg and knee joint. They oppose (antagonist) ACL ligament. It has been learned that women athletes tend to have stronger quadriceps than hamstring muscles. Male athletes are more balanced in their ratio of these two muscles. This imbalance and relative hamstring weakness in women is the leading current idea for the increased rate of ACL injuries in women. Women also tend to land more upright with more use of quadriceps than hamstrings. This can expose the ACL to injury. There are many other contributing factors, but this imbalance may be reversible.

A training technique borrowed from the training techniques of sprinters called Plyometrics has emerged as a very positive method of correcting this imbalance in women athletes. The word "plyometrics" is derived from the Greek word "plethyein", meaning, "to increase." Plyometrics refers to exercises that enable a muscle to reach maximal strength in as short a time as possible. As muscles are "trained" to increase this burst of power, this conditioning technique can be modified and adapted to develop hamstring strength and power in women athletes. In several medical and scientific studies, this has been shown to decrease ACL injuries in women athletes. This can lower the rate of injury to the same rate as male athletes.

Dr. Frank Noyes, an orthopedic surgeon, and his research team in Cincinnati, have developed a plyometric program to help prevent ACL injuries in women. This

"Sports Metrics/Jump Training" program is the basis for the plyometric training we are providing to our young women athletes. We have added "core" and upper body strengthening to help our young women stay strong and fit and to try and decrease their rate of injury.

These training sessions will be held for beginners and intermediates directly after their respective Fast Foot Work training sessions. Many thanks to the girls, their parents, and our coaches for their enthusiastic participation in the Plyometrics program this past couple of months.

Interview with Brian Ching

By Scott Perske

Who was your inspiration while you were growing up?

Well, I always looked up to my mom because she was just a great person and I always wanted to do my best for her, but I also looked up to my older brother. He was always good at things and I always wanted to be better than him.

Did you train on your own a lot?

Well I never really started training on my own until I was about a junior or senior in high school. I went to school soccer and, personally, thought there were better players out there. When I saw them juggling the ball I thought that it might help me so I started to practice juggling a lot. I would come to practice maybe an hour or a half-an-hour before practice just to juggle. At the start of the season, I could only do about 20 or so but by the time I left for college, I could do about 500. Just shows how important and how much of an impact training on your own can be and how it really does give you more confidence.

What is your schedule like while you're in season?

I usually have to get up pretty early, like 7 or 8:00 to go to practice. Then I go home and eat either my breakfast or lunch, whichever comes first. Then I go



to my other job because I can't base my life on the pay I get in the A- league. Then I usually go to lift weights or something like that. Not too bad.

How hard is it to become a professional player from Hawaii?

Well it's not really that different from everywhere else. You have to work hard, very hard, to get what you want. It is a little easier in other places because they actually have coaches looking for players all the time. It's not like that here. But if you really work hard and take advantage of your opportunities, it's fun.

Do you have any advice for any player who wants to become professional?

All I have to say is practice hard with a drive to be great. Always desire to be the best. You also have to believe in your skills. If you don't have self-confidence, it will be very hard to become professional.

A Talk with Andrea Alfiler

By Kelsi Chan

This year's Pro-Xtreme camp featured pros Clint Mathis, Andrea Alfiler, Brian Ching and Marshall Leonard. But I had the ultimate honor to host Andre (as most call her) throughout the camp. Being such an accomplished athlete and all, I expected a long camp--lots of running errands and "slave work." I realized that this was going to be

a fun and rewarding camp after the first time I sat down to have an actual conversation with her. Her humility and humbleness immediately stood out, and all the fears of a long camp soon ended.

Andrea plays a vital defender for the Philadelphia Charge, and played collegiately at Azusa Pacific. She, at first, was a walk-on, but soon earned a scholarship. There she was, a three-time All-American, and was named the NAIA Player of the year after leading Azusa to its fourth straight NAIA Final Four appearance. And, what do you know; she's from the islands. Born and raised in Kapa'a, Kaua'i, Andre, with the influence of her parents, participated in lots of activities and sports. She says that she had the "ideal" childhood. Being in a family of six, she says, "There was always someone to have fun with and always someone there to compete with." Like a normal local, she remembers good times at the beach and surfing. I asked Andrea if she dreamed of playing professionally, but reminded me that there was no such thing as WUSA (Womans United Soccer Association), until about two years ago. Playing soccer at a very young age, she does admit that she always did want to play at a higher level. Being a dreamer myself, I asked her what it took to get where she is today--with the odds of being a woman, and not to mention, a Hawaiian. "It didn't

come easy. It took a lot of determination, perseverance, and confidence--especially confidence because if you're not confident, then you'll get eaten alive." She mentioned that she got the opportunity to defend some of the best-known female soccer players in WUSA, like Tiffany Milbret and Christine Lily. She says that yes, like any first year, you play a little timid, but quickly added that when you get on the field, "You just got to do your thing." Andrea Alfiler, along with the many upcoming women of Hawaii, are slowly but surely paving the way for Hawaii women's soccer. Andrea is an inspiration to all of those women, especially those who have dreams to play at her level. Her last three words to me were simply, "Go for it!"

Keiki Bulls

The Keiki Bulls will start January 9, 2003. If Club members know of players (age 5 thru 9) interested in the Keiki Bulls Recreation League should check out the information provided on the following web site: hscbulls.com/KeikiBulls.htm.

Help Wanted

The Bulletin invites its readership to submit articles for the newsletter. Let other members of the HSC Bulls family know what you and your team are doing. If you have a special event or fund raiser, let the Club know.

HAPPY NEW YEAR