



the

# Bulletin

Volume 6, Issue 12

December 1, 2003

## **Bulls Calendar**

- 12/03 Oahu League BOD meeting, 7:15 p.m., Gentry Pacific Center
- 12/05 Deadline for Oahu League players and coaches
- 12/07 HSC Bulls Coaches Meeting, 7:15 p.m., Paki Hale
- 12/09 HSC Bulls BOD meeting, 7:00 p.m., 900 Fort Street Mall
- 12/13 Jamboree at Waipio Soccer Complex
- 12/20 Newsletter deadline for January issue
- 12/21 HSC Bulls Coaches and Managers meeting, 7:00 p.m., Paki Hale
- 12/25 Holiday – Christmas
- 12/26 – 29 Pro-Xtreme Camp
- 12/29 – 31 Pro Elite Camp

## **Message from the President**

Happy Holidays One and All!

This time of year makes all of us more reflective of the past few months and prompts us to formalize future plans. For the Club this has been an exciting and successful 2003.

Our membership continues to grow thanks to our reputation and Coach Les' popular Keiki League.

We have several new Board of Directors anxious to see the Club continue to prosper, bringing fresh ideas and enthusiasm to our meetings.

Mike and Cynthia Stollar's efforts provided the Club with over \$6000 from our first annual golf tournament.

Coach Bri has streamlined our on-line registration process, making it easy for all of us.

Many of you have generously donated during registration or via the Pro-Xtreme camp and we appreciate

this very much. We know this means you see value in our mission.

Lex Brodie and Uniroyal Tires donated to the Club.

Quality Graphics donated \$500 to our efforts.

Michele Bray and her Pro-Xtreme committee started work as soon as the last camp finished planning for this year's event which will again be a success.

High School teams are fraught with talented Bulls athletes.

Traveling teams have been successful - especially the recent efforts at Surf (semifinals) and Nomads (finals).

Players, parents and coaches have helped with cleaning up parks we train at and participated in a community fair.

So what can we look forward to next year?

In other words, what is on the Bull's Christmas wish list?

First and foremost, we want to continue to grow in numbers of both players and coaches, since that is what we do!

Wouldn't a home be terrific?...fields, clubhouse, locker room, meeting hall. This has been a dream ever since Coach Neddo arrived...still is!

A Uniform Coordinator with a streamlined ordering process.

Sponsors for the Club to help fulfill our dreams and assist in scholarships.

Such a short list, but these items are what the Board will pursue in 2004!

Mahalo to all of you who continue to support the Honolulu Bulls Soccer Club.

Have a safe and enjoyable holiday season together with your family and friends.

Merry Christmas.

## **Hamstring Injury**

By Jaco Van Delden, Physical Therapist

What a pain in the leg!!!

The hamstring is a large muscle group running from the pelvis to the lower leg bones. Injuries range from minor strains to full rupture of the muscle.

A sudden sharp pain in the back of the thigh during running or sprinting may be an acute hamstring injury. If you have pain, swelling, painful end range motion when you straighten the knee and sometimes bruising, it is a sign that you better stop running for a while.

How do you prevent this injury?

### **Stretch it!**

First, you have to make sure that your flexibility is excellent, you do not have to become a yogi right away, but it is important to do some stretches every day. One of those stretches could be lying on your back with your legs up against the wall. Be sure to keep your knees straight and get your butt as close to the wall as possible. Keep your back flat on the floor.

### **Strengthen it!**

Hamstring weakness or thigh muscle imbalance (where the Quadriceps muscle is 3 or 4 times as strong as the hamstring) can lead to injury since the hamstring needs a lot of power to stop the forward motion of the thigh during the stride.

Good hamstring exercises are "modified dead lift," "lunges," "squats" and leg curls.

### **Warm it up!**

Warm up is defined as a period before intense exercise when more mild exercise is performed. During



that time, the body temperature and circulation increase and muscles improve their elasticity improving the available range of motion.

**Do not over-train it!**

Exhausted muscles from over training are easily damaged. There are a lot of signs and symptoms of over training and I will discuss those later.

How do you treat that injury?

**RICE**

**Rest** for two or three weeks

Apply **Ice** for 20 minutes at a time a few times a day.

**Compress** with a thigh wrap or a neoprene sleeve providing support.

**Elevate** the leg in the initial phase of healing. Initially you should not stretch the muscle since it could delay tissue healing.

Consult with a physician if you feel you need to take anti inflammatory medication at any time in the recovery process.

A strengthening and conditioning program should be used to rebuild the strength of the injured muscle.

**Thanksgiving Tournaments**

**Mililani 7-A-Side Tournament**

Once again, the Mililani Soccer Club put on a great tournament giving many players a chance to show their stuff and have a good time as well. The only disappointment was the weather, which surely did not cooperate with the wishes of the Tournament Committee. However, the players did not seem affected by the weather in their enthusiasm for the game. Some even seemed to relish in getting dirty; though, a lot of the coaches, as well as parents, were hiding under umbrellas or the team tent.

Congratulations to the following HSC Bulls teams.

- U08 Girls – Champions
- U09 Girls – Semi-Finalist
- U10 Girls (2 teams) – Champions and Semi-Finalist
- U11 Girls (2 teams) – Champions and Semi-Finalist
- U12 Girls – Champions

- U13 Girls – Semi-Finalist
- U14 Girls – Semi-Finalist
- U08 Boys – Finalist
- U09 Boys – Finalist
- U10 Boys (2 teams) – Champions and Semi-Finalist
- U12 Boys – Champion
- U13 Boys – Champion U14 Boys Bracket

**Nomads Tournament**

U19 Boys – Finalist Lost to defending Champions San Juan Predators who are ranked number 13 in the nation by US Club Soccer National Rankings. Check it out at [nationalsoccerranking.com/boys\\_u-18.htm](http://nationalsoccerranking.com/boys_u-18.htm). US Club Soccer National Rankings have not ranked the HSC Bulls Boys.

**Surf Cup Tournament**

U18 Girls – Semi-Finalist Lost to defending Champions Sereno '86 Golden Eagles in the U19 Super Group who are ranked number 2 in the nation by US Club Soccer National Rankings Also, US Club Soccer National Rankings ranked the HSC Bulls 86 Red Girls. Check it out [nationalsoccerranking.com/girls\\_u-18.htm](http://nationalsoccerranking.com/girls_u-18.htm)!

**From the book, "The Present"**

By Spencer Johnson, MD

Be In The Present  
When You Want To Be Happy And Successful  
Focus On What Is Right Now.  
Use Your Purpose To Respond  
To What Is Important Now.

Learn From The Past  
When You Want To Make The Present Better Than The Past  
Look At What Happened In The Past.

Learn Something Valuable From It.  
Do Things Differently In The Present.

Plan For The Future  
When You Want To Make The Future Better Than The Present  
See What A Wonderful Future Would Look Like.  
Make Plans To Help It Happen.  
Put Your Plan Into Action In The Present.

**Keiki Bulls**

The Keiki Bull Recreation League will begin on January 8, 2004. You can

now register on-line at <https://www.youthleaguesusa.com/honolulu/2004/WelcomeKeiki.html> or through the <http://hscbulls.com> website under on-line registration. The location for this session will be Kapiolani Regional Park, picnic area #9 on Thursday afternoons from 4:30 p.m. to 6:00 p.m. and Manoa Valley District Park on Friday evenings from 6:30 p.m. to 8:00 p.m. Once again, Coach Jose, Rick and Derek will be working with the Keiki Bulls.

**Pro-Xtreme Christmas Camp**

When: Friday, December 26 through Monday, December 29

Where: Waialae Iki Park

Time: Friday, December 26, 3:00 p.m. to 6:00 p.m. (check-in at 2:30 p.m.)

Time: Saturday, December 27 to Monday, December 29, 9:00 a.m. to 3:30 p.m.

Supervision for Campers is available from 8:00 a.m. to 4:00 p.m.

Apply online for the camp at [www.hawaiisoccercamps.com](http://www.hawaiisoccercamps.com). The final registration deadline is December 20, 2003. If you would like to register your child, please do so online.

Cost: \$200 standard fee after November 23

\$220 late/walk on fee after December 21

**Soccer Trivia**

By Ken Perske

Pope John 23<sup>rd</sup> played soccer for Poland in his youth. What position did he play?

First five players with the correct answer will win a unique HSC Bulls keychain. Contact the HSC Bulls President, Ken Perske at [KennethP@kapiolani.org](mailto:KennethP@kapiolani.org) with your answer.

**Jamboree**

On December 13, the HSC Bulls will host the 6<sup>th</sup> annual Jamboree with a full day of soccer at Waipio Soccer Complex. This affords an opportunity for teams U10 through U12 to play 11-a-side.