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# BULLETin

Volume 9, Issue 1

January 19, 2006

## Bulls Calendar

01/01: New Year's Day  
01/02: Holiday - New Year's Day  
01/04: Oahu League BOD meeting, 7:15 p.m., Gentry Pacific Design Center 112  
01/05: Keiki Bulls Begins  
01/06: HYSA President's Day Cup Entry Deadline  
01/07: Fast Footwork Start  
01/07: Oahu League Winter Season starts  
01/11: HSC Bulls BOD meeting, 7:00 p.m., 900 Fort Street Mall  
01/11: Coach Meeting for U13-19 Season, 7:15 p.m., Hale Akoakoa 101, Windward Community College  
01/16: Holiday - Martin Luther King Day  
01/16: Holiday - Goalkeeper Training Start  
01/18 - 22: 59<sup>th</sup> Annual NSCAA Convention at the Pennsylvania Convention Center in Philadelphia  
01/25: Newsletter deadline for the February issue  
01/27: U13 - U19 Oahu League Entry Deadline

## Message from the President

In 2004, the U19 Boys won the coveted and historical McGuire Cup. The U17 Girls then brought home the US Club Soccer Championship trophy from New York in 2005. These two accomplishments are honored in our newly updated logo with a gold star and a black star to signify the respective victories. What more will come the Bulls' way in 2006. Whatever accolades do happen, they will again be the result of the tremendous effort and dedication from the many excellent coaches, volunteers and players of the Honolulu Bulls Soccer Club.

We, as a Club, are fortunate to have so many people committed to making the Bulls a continuously successful venture. There are too many people to single out, which is a great problem to have. But the drive, dedication and enthusiasm start at the top with our DOC leading the charge. Coach Neddo's passion for the game and desire to see his players become successful, well-rounded human beings is infectious. His staff and the Board of Directors caught this bug years ago. What continues to inspire the Board and the coaching staff is the willingness of other Club members to commit themselves to our mission statement; especially in this "Generation X" era, where people seem to change their direction every 3 - 5 years.

I recently heard someone trying to describe the difference between involvement and commitment. He said the difference is a simple one, similar to eggs and bacon for breakfast. The chicken is involved in the meal, but the pig was totally committed!

Case in point for total commitment - the 8<sup>th</sup> Annual Pro-Xtreme Camp. Almost 40 college players, home on vacation, worked long hours to again make the camp a success. Other volunteers included team parents and managers. Even some 13 - 16 year old players volunteered, just to be around their heroes back on vacation. These same players also volunteered to make the Jamboree happen as well.

Here is the list of present, former and soon-to-be college players that worked at this year's Pro-X...

Borne, Britta	Brown, Andrew
Carlson, Steve	Cooper, Will
Doi, Ashlee	Fukuchi, Kyle
Hashimoto, Duke	Hashimoto, Kea
Higa, Richie	Higa, Shawn

Honold, Jayme	Huang, Christina
Ishikawa, Kara	Kalama, Elizabeth
Kasamoto, Mari	Kato, Justin
Kim, Justin	Lawson, Amy
Lerud, Lisa	Lipsher, Allison
Loo, Jen	Lui, Char
McLeary, Dane	Miike, Kerry
Mitsuda, Satoshi	Okamoto, Jill
Omiya, Dayna	Park, Daniel
Sakai, Lori	Shiraishi, Scott
Taniguchi, Dustin	Tario, Brandon
Trechuk, Kenji	Tsuchida, Alli
Uki, Kenshiro	Watanabe, Aimee
Williams, Seline	

Special thanks go to a few individuals. Miles Tsuruoka was present throughout the Camp; starting with early morning hour ice deliveries (arranged by Glenn Okazaki) for the hot days ahead, then training the entire day thereafter. Lorna and Erica Lum soon followed Miles every morning with hot breakfast for the workers and guest professionals, returning each day at noon with her volunteer crew to serve lunch. She even barbequed the meal for the Alumni game!

Even the professionals demonstrated their commitment to the game and the kids. Each year DOC Neddo works his magic to secure outstanding individuals to headline the Camp. This year was no exception, with the return of our friend, Brian Ching, and the first time efforts of Ted Eck (formerly of the MLS' Dallas Burn) and Hope Solo, breaking in to the US Women's National Team as goalkeeper.

Many thanks to all who helped with the Camp and have remained unnamed. Mahalo also to Pizza Hut, Gatorade, Lorie Chang (ice cream) and HMSA for their sponsorship in the form of food, drink and funding.



Soon we will all be back to the weekly rigors of training and fast footwork sessions, matches, school and work. League play, tournaments and springtime travels lie ahead. As always, the coaches, volunteers, players and families will continue to work hard and to provide the means to make each player, the Club and each team successful in their own ways. For that, you all are to be congratulated and thanked.

Happy New Year, everyone!

Go Bulls!

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### Goal!!!!!!

By Ken Perske

The first Bulls Alumni match was held during the recent Pro-Xtreme Camp; and for those in attendance, they were fortunate enough to witness a great match featuring two All-Americans, several Academic All-Americans, leading scorers for their college teams and conferences, an NCAA Elite 8 participant and an MLS professional. The coed game was well played and not one player let up. Ted Eck, formerly of the Dallas Burn, dazzled us with his expertise leading the Red team to a comeback tie, with his crisp passes to open spaces and his staunch defense to thwart the White team. Experienced alums Andrew Brown between the posts and Kenji Treschuk on the wing, led the attack for the White team. The game was decided by a penalty kick shootout after a 2-2 tie in regulation. It really didn't matter who won, finally, since we all shared in this treat. Thanks all for a fun match to watch. Good luck to all of the players as they head back to their schools; and good luck to Duke Hashimoto later this month at the MLS Combine.

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### Keiki Bulls Recreation League

By Leslie Aubrey

The HSC Bulls will begin its spring session of the Keiki Bulls Recreation League on Thursday, January 5<sup>th</sup> from 4:30 p.m. until 6:00 p.m. If any

HSC Bulls parent knows of a child interested in learning and playing the game of soccer then please let them know of our program. Sessions will be at Waiialae Iki Park on Thursday. Friday's session will be at Kapaolono Community Park from 6:30 p.m. until 8:00 p.m.

HSC Bulls players – this is an opportunity for you to fulfill your obligation as a Bulls player and give back to the Club. As your Player Code of Conduct says, "Give some of my time to help develop those Club members who will come after me (approximately 20 hours a year)."

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### Four Nutrition Myths

By Dr. Donald T. Kirkendall, reprinted from [www.ussoccer.com](http://www.ussoccer.com)

*Dr. Donald T. Kirkendall, who works with U.S. Soccer's National Teams, examines four common myths about nutrition among soccer players.*

There are more myths that coaches, players and parents may be following, but below four of the more common myths are dispelled. By following the nutritional guidelines below, players, coaches and teams can put themselves in an advantageous position before the match starts.

#### **Myth 1: Game performance is not affected by what you eat.**

Virtually every study on athletic performance for both team and individual sports shows that a diet rich in carbohydrates improves running performance. However, nutritional research from the 1970s to present day still show that soccer players choose a diet that is approximately 40 percent carbohydrates, 40 percent fat and 20 percent protein.

What is discouraging is that in the very early 70s, the Swedes conducted a study that showed soccer players with low muscle fuel (glycogen) walk about 50 percent of the game. Even 30 years later, a study showed that more than half of a national team in the 1994 FIFA World Cup thought food had nothing to do with their performance. The

bottom line is that players eat what is put in front of them.

The more carbohydrates an athlete eats, the more endurance he or she will have. This means that when the end of the game approaches, the player will be able to run faster and longer if he or she consumed the proper amount of carbohydrates.

#### **Myth 2: What you eat after the game does not matter.**

At games and tournaments around the country, players will sometimes eat the worst post game snacks possible including soda, sweet drinks in soft packaging, potato chips, candy bars and fries. Everyone who has ever been to a soccer field on a weekend has seen this.

Muscles are most ready to receive a fresh supply of fuel during the first hour or two directly following exercise. The smart coaches and parents supply food that will start refilling muscles with carbohydrates at just that time.

A proper supply of carbohydrates is needed. It can come from a carbohydrate replenishment drink or other foods like bagels with jelly, pretzels, raisins or other dried fruit. This is even more critical between tournament games when the time between games is even shorter.

#### **Myth 3: A diet is good as long as an athlete gets enough protein.**

While most every survey of the athletic diet shows that players get all the protein they need from food, there is a problem. The vast majority of protein is consumed in conjunction with fat.

Marbled meat, ground beef, and fried chicken all are examples of protein that is combined with lots of fat. Red meat should be trimmed of fat, and ground beef should be very lean. Chicken should have the skin removed before cooking.

One place protein isn't commonly found is the immediate post-exercise meal. A little protein helps in storing new fuel in the muscles faster than when there is no protein. Players can try to figure out a protein source after the game or drink a



carbohydrate replenishment drink that contains protein. **Parents: This is where you can help your players.**

**Myth 4: Your body is the best indicator of when to drink; Mother Nature knows best.**

For most mammals, it is OK not to drink until thirsty. However, the thirst mechanism of humans operates differently than the average mammal. In fact, the human thirst mechanism doesn't even kick in until a person has lost about two percent of body weight from sweating. At this level, a decrease in performance begins to become evident.

Players should drink before starting the game, every 15-20 minutes during play if possible, and at halftime. Make sure the team has drink bottles along both sidelines and in the goals so players have easy access to fluids during stoppages of play. Don't forget that playing in the cold is also dehydrating, so drinking fluids is just as important in cold weather.

Overall, it is important for the well-rounded player to keep an eye on what they eat and drink in order to get results on the field. For more information on nutrition in soccer, check out the Resource Center archives on the Services page of [ussoccer.com](http://ussoccer.com).

*Questions can be directed to Hughie O'Malley, U.S. Soccer's Manager of Sports Medicine Administration. Hughie can be reached at [homalley@ussoccer.org](mailto:homalley@ussoccer.org) or at (312) 528-1225.*

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**Fast Footwork**

Fast Footwork began on January 6<sup>th</sup>, with sessions being as follows:

- 08:00 a.m. - 08:45 a.m. -> Level III
- 08:45 a.m. - 09:30 a.m. -> Level II
- 09:30 a.m. - 10:15 a.m. -> Level I

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**Goalkeeper Training**

Goalkeeper training began on Monday, January 16<sup>th</sup> at Manoa Park, with sessions being as follows:

- 06:30 p.m. - 07:30 p.m. -> U8-U12
- 07:30 p.m. - 08:30 p.m. -> U13+

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**On the Sidelines**

By Leslie Aubrey

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We know that there may be minor issues that come up on the sidelines of games and at practices. We need you to try and be part of the solution and not the problem. If you see something we can improve upon, we would love to hear from you. You can accomplish this through your team manager, you can come to the Manager's meeting, or the Board of Directors' meeting. It is important that we as parents and coaches keep our composure especially in front of our children. There are not many issues that come up that we cannot handle in a simple and loving manner.

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**Trivia Stumper!**

By Ken Perske

The world record for the highest number of penalties taken in a shootout happened recently in January 2005, when 48 kicks were required to settle a Namibian Cup first round tie.

Forty-four penalties were needed in a shootout in 1988 when Argentinos Juniors beat Racing 20 - 19 after a 2 - 2 draw.

In September 2005, Turnbridge Wells advanced over Littlehampton Town after a 40-penalty shootout.

Thanks to those who tried to answer this question; close, but no cigar, as the saying goes!

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**Trivia Question**

By Ken Perske

Name the player who scored 109 goals as a forward at Richland High School in Washington State, set a single season conference record with 38 goals as a senior, was a 4 time All-Pac-10 selection and a two-time Parade All-American, and was taken in the first round of the former WUSA's Philadelphia Charge.

First correct response to [kperske@verizon.net](mailto:kperske@verizon.net) wins!