



the

BULLETin

Volume 9, Issue 2

February 1, 2006

Bulls Calendar

02/01: Oahu League BOD meeting, 7:15 p.m., Gentry Pacific Design Center 112

02/03 – 04: Punahou Carnival

02/08: HSC Bulls BOD meeting, 7:00 p.m., 900 Fort Street Mall

02/10: U13 – U19 Oahu League Player/Coach Registration Deadline

02/14: St. Valentine's Day

02/18 – 20: U08 – U12 President's Day Cup

02/20: Holiday – Presidents' Day

02/23 – 25: US Youth Soccer adidas Workshop and Coaches Convention at the George R. Brown Convention Center in Houston, Texas

02/25: Newsletter deadline for the March issue

Message from the President

Last month I was reminiscing about 2004 and 2005 being glory years of championships and wondering what 2006 would bring to the Honolulu Bulls Soccer Club. The wait was quite short. Our own Duke Hashimoto, a Senior forward at Southern Methodist University, was taken 38th in the MLS SuperDraft by the Columbus Crew. The road ahead for him is undoubtedly a long one; with strenuous work and little compensation in the beginning. The Club will be there for him every step of the way. Who knows, maybe his prediction of him being the first player from Hawaii to score a hat trick in a World Cup game will come true. Everyone has to dream. Good Luck, Duke, in the months ahead and congratulations to your coaches, teammates and opponents along the way who have made things happen for you so far.

Our mission statement continues to be current and validated as

witnessed now by two Bulls alumni in the professional ranks and many high school seniors signing letters of intent this week to NCAA Division I programs. Best wishes to Stephen Fung (Washington) and Cameron Holm (SMU) as they begin their journeys. Others will soon follow we hope and you will certainly be made aware.

Duke Hashimoto

By Leslie Aubrey



On January 20, 2006, a dream came true for a young man from Kapolei, Hawaii who has had a desire to play professional soccer.

Major League Soccer (MLS) made this possible when the Columbus Crew selected Duke in the 38th round.

Of course, this is just another start for Duke. He now has to demonstrate to the Columbus Crew coaching staff that he can play at this level. The Columbus Crew, as well as all other MLS teams, has 28 players on their roster with 11 players on the field and a maximum of 3 substitutes; but MLS stars of tomorrow now have a chance to showcase their talents at the professional level through the reserve division. With expanded team rosters, the reserve division can develop talented new players and give them the chance to earn significant playing time in a competitive format regularly.

The new reserve division should help Duke see some valuable playing time as he looks to impress and

hopefully earn a spot on the senior squad.

Zane Dydasco

By Leslie Aubrey

Christmas break was an exciting time for top talent from the U. S. Youth Soccer Association (USYSA) Olympic Development Program (ODP), including our own Zane Dydasco. Zane was selected to play in the Adidas Disney Soccer Showcase in Lake Buena Vista, Florida near Orlando.

More than 700 of the top college coaches in the country attended this year's Disney's Soccer Showcase presented by Adidas searching for the best players in the nation. This tournament is the premier boys and girls college recruiting tournament in the United States. This event has quickly become known for its high quality competition.

The highlight of this year's event was the Adidas Super Group featuring the U.S. U-17 Men's National Team, along with the U-17 Men's National Teams from Japan, Spain and France and U.S. Youth Soccer's four ODP teams from Region I, Region II, Region III and Region IV. Zane played in all four games for the Region IV (West) team, starting in the game against Region I (East) team and scoring the only goal for the West team in the game against the USA U-17 National Team. Brock Granger, Alex Mehehula, Scott Perske and Jeremy Wittig were at the Showcase and were able to see Zane play in that game.

Summer Travel Fundraiser

By Luke Baer 808 561-4663, 808 732-4574 (fax)

The HSC Bulls Board of Directors has authorized a program to help



players defray the cost of summer travel.

This July the Club will be publishing a Hawaii International Cup (HIC) program booklet, to be distributed to the approximately 2,000 participants in the HIC tournament. Many of these participants are visitors from the mainland and Canada (we also have already received commitments from European teams). We are seeking to include sponsorship ads in the program. Players who sell ads and/or refer sponsors for the program booklet will receive a portion of the proceeds for their efforts.

Please see the attached form for program sales information.

For sales of ads \$100 and greater, players will receive 25% of the sale.

For sales of the \$50 and \$75 ads, players will receive 50% of the sale.

Be sure to include your name and address on the form. We will issue proceeds within 30 days of receipt of payment for the ad.

If you have any questions, please call Michael Stollar at 286-5586 or e-mail him at mbschs@hawaii.rr.com.

Calling All Alumni

By Ken Perske

The Club is looking to identify past players so we can let current active members know what they are doing these days, and to get some historical perspectives for our archives. If you know of any alumni, or you are an alumnus and would like to let us know about you or teammates you are still in contact with, please contact Ken Perske at kperske@verizon.net.

Water: The Athlete's Most Important Nutrient

Reprinted from www.ussoccer.com

Sources:

ICSN, International Center for Sports Nutrition
USOC, United States Olympic Committee – Sports Medicine Division

USSF, United States Soccer Federation – Sports Medicine Committee

Forget about every other question that you have about nutrition until you've figured out how to stay hydrated. Being smart about water intake can separate good performance from great performance.

You are mostly water. In fact, if you took the water out of a 180-pound lean body, there would be about 55 pounds left. Because your muscles, your brain, your blood and sweat are mostly water, your body doesn't work like it should when it doesn't have enough water. You don't think as clearly, your endurance is compromised and your heart works harder.

When you're severely dehydrated, sweating stops and your body overheats. The result is fatigue, weakness, dizziness, and collapse, or worse. In fact, every year, deaths in young healthy athletes are linked to severe dehydration.

Sweat It Out

Sometimes you don't even see sweat, like when you swim. But you sweat whenever your body heats up from working out. Sweat is your body's cooling system. Evaporation of sweat from your skin cools you down.

When you sweat, you lose water from your body and that water must be replaced. Replacing the water takes a plan.

Dehydration: A shortage of water in the body.

Don't Rely on Thirst

You might be thinking, "What's the big deal? Won't drinking when I'm thirsty guarantee that I'm hydrated?" Surprisingly, no. During exercise, for reasons not totally understood, humans don't drink enough to prevent dehydration. You need to drink before you're thirsty and keep drinking after you no longer feel thirsty.

Drink It In

Forget about the old rule of drinking 8 glasses per day. You probably need more than that on most days.

Counting how many glasses you drink is only one way of keeping track of what you need. A better way of making sure you're hydrated is to check your body weight before and after practice. For accuracy, weigh in minimal clothing if there's privacy, and afterwards, change out of the sweaty clothing before you weigh. The weight lost during practice or competition is not fat, it's water loss.

One pint of water weighs one pound. To replace the water, drink one pint of fluid for every pound you lost. (One pint = 16 ounces = 500 ml = ½ liter). It is critical to replace the water loss as quickly as possible. Before your next workout, your weight should be back up to normal.

If you can't check your weight, pay attention to your body for signs of dehydration. Your mouth should not be dry. Your urine should be lemon-colored most of the time.

More than one episode of dark yellow urine is a warning sign that you don't have much reserve. (Exception: Vitamin supplements can turn your urine yellow-orange, even if you are hydrated.) Loss of appetite, stomachaches, and muscle cramps can be other warning signals of dehydration.

When?

Drink before, during and after working out. Drink a pint or so of fluid a few hours before exercise. This will help make sure you are hydrated and give you enough time to urinate if you need to beforehand.

Keep drinking during exercise. And don't worry about getting too much fluid. If you're sweating, your body needs a constant supply. Your stomach might gurgle, but your body will absorb and use the fluid. Feeling sick and cramping has been blamed on too much water when in fact, stomachaches and muscle cramps are usually signs of not drinking enough fluid.

Drinking fluids after workouts is extremely important. Even when drinking fluids during a workout, many athletes become dehydrated. Athletes working out in the heat for



several hours can lose 10 pounds. That's more than a gallon of water.

Hydration Tip: Fill your water bottle and keep it in plain sight so you remember to drink it.

What Should I Drink?

Your body needs water. But remember water comes in all sizes, shapes and colors. Milk is 90% water. Juice and most soft drinks are 89% water, sport drinks are 94% water, and even pizza is 50% water. And it all counts. Nearly everything that passes your lips provides water for your body, and in fact, research shows that most hydration happens at meals from the combination of food and beverages.

Research also shows that we tend to drink more if the fluid is flavored and if a variety of fluids are available.

Keys to Hydration

When you have figured out how to stay hydrated, especially when you sweat heavily, you have accomplished the single most important performance-enhancing aspect of nutrition.

Water is your most important nutrient

Trivia Question Winner

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.

Congratulations to Ian Greene for being the first to answer last month's trivia question correctly. The player described was Hope Solo!

Trivia Question

By Ken Perske

Who is Edson Arantes do Nascimento?

First correct response by e-mail to kperske@verizon.net will receive a prize. The catch is there will be a

follow up question by e-mail to collect.

Logo Wear

By Ken Perske

Congratulations and MAHALO to Leila Shar for taking over as the new Logo Wear Coordinator. We are very pleased that she has taken on this vital role. With her new ideas, we hope to soon order polo shirts for men and women, approved backpacks; and also develop an on line store where your purchases can be handled efficiently and timely.

Thanks, also, to Debbie Chan for agreeing to be the Uniform Coordinator for one more year.

The Club has recently learned that the warm up jackets will soon be available again; and your team managers will be given instructions to take orders in the very near future.



HIC Program Price List

<input type="checkbox"/> Back Cover	\$1,500	<input type="checkbox"/> ½ Page Color	\$ 200
<input type="checkbox"/> Inside Back Cover	\$1,000	<input type="checkbox"/> ½ Page B/W	\$ 150
<input type="checkbox"/> Inside Front Cover	\$1,000	<input type="checkbox"/> ¼ Page Color	\$ 100
<input type="checkbox"/> Full Page Color	\$ 500	<input type="checkbox"/> ¼ Page B/W	\$ 75
<input type="checkbox"/> Full Page B/W	\$ 300	<input type="checkbox"/> Business Card	\$ 50

To Submit an Ad:

Send this form, payment and your camera ready copy or business card to the address below

or

E-mail a picture, graphic file or pdf to mbschs@hawaii.rr.com and send this form and payment to the address below.

Please submit your ad no later than June 25, 2006

Fundraising Program: Referred by: _____ Team _____
Address: _____ Phone: _____

Send form and payment to:
HIC Program P.O. Box 240277
Honolulu, HI 96824

For more information call Michael @ 286-5586
For credit card processing call Luke @ 561-4633