



the

BULLETin

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SUCCESS THROUGH EDUCATION

June 2007

Bulls Calendar

06/02: Annual General Membership Meeting
06/11: Bulls Board of Directors' Meeting
06/30: Newsletter deadline for the July issue

In this Issue

- Message from the President – Hit the Road!
- Playing to Win! The Robledo Cup Champions
- **Calling all Bulls – submit your pictures and articles!**

STRAIGHT FROM THE BULL'S MOUTH

Traveling season is once again upon us as we have many teams traveling to regional tournaments for the USYSA, US Club Soccer, and the Dana Cup, among others.

This is a time of great joy and excitement; but also a time of stress. The coaching staff works tireless hours to achieve the greatest success for all of the teams; starting now with pre-regional training in the wee hours of the morning to acclimate to early games on the mainland. Managers stress over paperwork, travel arrangements, laundry duties, getting their team to fields at just the right time, and keeping the players rested during the down times. Players certainly stress about performing well for themselves, the team, their family, and the Club. Support each other in these stressful days ahead. One of the excellent things about this Club, especially when we travel, is that we all look out for each other. Sometimes this means feeding a coach or driving players to their games: The littlest gestures can take so much pressure off any given situation.

Players need as much rest as possible to let their bodies heal after training sessions and matches. It is important to get some protein in just after a match or session (PBJ sandwich is a classic) to aid in this healing process. An immediate small portion after the game is crucial – the big meals can come later. The most important thing is rest, though, which does not include going whitewater rafting or on long hikes. If the players need an activity, it should be short and under cover; such as a movie or bowling or perhaps an hour at a shopping mall. Then it is back to their rooms to re-hydrate and rest. Players should drink at least 6-8 glasses of water a day (depending on a player's size), starting now. The body can't catch up easily when dehydrated. It is better to be well-hydrated from the start. If a players are drinking enough water, their urine should be almost as clear as the toilet water. Players also need to avoid sodas. We ask that parents and grandparents resist the temptation to take their child for a family outing; please reserve this for post-tournament celebrating. The team should stay together until the tournament is finished.

The Club has a reputation abroad of being well disciplined while residing at the various hotels. I am sure this will continue this summer. Players are asked to respect the other hotel patrons by not kicking soccer balls in the halls and by not making lots of noise in the hallways. Also, players, please wear something on your feet at all times. Going barefoot in Hawaii is commonplace, but the simplest injury of a cut or stubbed toe can hinder performance on the field.

The coaching staff is very concerned about the players being as well rested as possible before each match. To this end, they want players to have 8-9 hours of sleep each night. This sometimes means a very late curfew if they have a late game the next day. It could be lights out at 8:00 or 9:00 at night. Once the players are in bed, there should be no outside interruptions such as parents wanting to watch TV or socializing with other parents. This is why the Club stresses the kids be in rooms together without adults. DOC Neddo plans team meetings prior to curfew, keeping these hours in mind. It may seem strange or

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BULL'S MOUTH (CON'T.)

or unreasonable; but it is crucial to the players' success. Teams usually have an early morning jog and stretch before breakfast. They also should not eat 3 hours prior to matches.

Players with medical conditions should remember to bring enough of their medications with them. It may be a good idea, parents, to call your child's doctor for any travel advice or prescription refills for the player's conditions. Asthma, especially, can flare up in a new environment. Please make sure the player's medications are up to date. It may be worthwhile asking the physician for such things as allergy medications, cold preparations, or even antibiotics to have just in case the situation warrants their use. We do have some physicians along for the trip, but antibiotic samples are getting more and more limited and can't be relied upon.

Each team needs to budget for enough vans to get the entire team to and from training sessions or games at one time. Fifteen passenger vans are to be discouraged, for safety reasons (high rollover rates). They are hard to find in most places anyway. Seven passenger vans work the best; but this means you will need at least 3 for most teams. There must also be a separate van dedicated to getting food or water to players and possibly the coaches to other matches. The team vans are strictly for team use and should be available at all times. The coaching staff may call for a meeting or an unscheduled training session and the vans must be ready to go. The Club asks that for these team vans, all insurances provided and accepted by the van renters. This gets expensive, and can add up to \$100/day sometimes to the cost of each vehicle. But it is critical for your protection as volunteer drivers for the team and needs to be included in each team budget. Cars for personal use are not included in the team budget.

Lastly, I would like to remind everyone that we are ambassadors of the Club. It is a fantastic thing seeing the Club colors worn by family, friends and players. The U12 and older players now all have the new training tops, which look fantastic and professional, and are encouraged to wear them as much as possible. Be proud of what you have accomplished. Play hard, play to win. But play the beautiful game as it should be played; without theatrics or misconduct. You all receive player and parent Codes of Conduct when you register; we know these will be followed at all times!

Enjoy the trips everyone! Let's get another star for our logo! Go Bulls!



Bulls BU19 wins the Robledo Cup for the 6th year in a row!



Bulls' Fans and players watch at the sidelines.



Playing to Win! The Robledo Cup Champions

Zane Dydasco, BU18

The whole Robledo Cup tournament was the culmination of a great growing and learning experience for all of us younger players, as well as older ones throughout the season. We had a number of players come and go, which really hurt the team at times. It was difficult when we lost so many players from injury or to other teams, yet we learned to deal with all of it and move ahead. I felt it was difficult to be one of the younger players because I learned that your position is never guaranteed and I always had to be working harder to maintain my spot.

The competition was more difficult than usual because of the level of playing each member of the opposing team brought to the game. The hardest game was during the finals against "The Dawgs". We knew they were going to be one of our toughest rivals in the tournament. They brought experienced players from all over who had played together for a number of years.

Overall, winning the tournament was our reward for putting in all the hard work during the season. The older guys were the brains behind the team and the younger guys had an easy time following their lead. Coach Phil did a good job of making sure everybody knew their roles on the team and stayed on track. We did our best and it was all worth it in the end!