

Kenmore Soccer News

Volume 5, Number 6

Kenmore/Tonawanda, New York

May 2011

Summer Camp

Summer Camp sessions will be held on the weeks of June 27th and July 11th, with the camps to be based at Green Acres Elementary School.

There are two options for camp registration:

1. Register through Ken-Ton Community Education. You can use the forms in the Community Education booklet recently mailed to residents in the Ken-Ton School District. **If you use this option and have Independent Health, Flex-Fit can be used to cover the cost of the camp.** If you did not receive the booklet, e-mail us at doc@kenmoresoccer.com and we will send the necessary forms to you.
2. Registration is also available on-line through the Club web site. However, we cannot accept Flex-Fit when you register through the Club.

Camp is open to any interested player, ages 7 through 13, whether or not affiliated with Kenmore Soccer.

Our Summer Camp will be led by Nick DeMarsh, the Kenmore Soccer Club Director of Coaching, and the Head Women's Soccer Coach at Buffalo State College.

As always, our summer camps are held in conjunction with the Kenmore-Tonawanda Schools Office of Community Education.



Don't Be Too Late!!!
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Sign-Up **Now** For
Summer Soccer Camp



Outdoor Season Is Underway, But Will It Ever Stop Raining?

May marks the start of play for the Buffalo/Western New York Junior Soccer League. Teams at age 14 and below play a 12-13 game schedule that will end around August 1st, while teams at age 15 and up will begin play on June 1st.

This season we have added a new small-sided field at Jefferson Elementary School, as we continue to grow and our field needs expand. This gives us use of 6 fields to be shared by our 22 teams. We are pleased that much of our growth is occurring in the younger age groups, and we continue to encourage our players and parents to refer interested youth to us. As in past years, new potential players should be invited to attend a team training session, where we can jointly determine if the program is a fit for them, and do so in a non-competitive environment. Formal tryouts often create stress on a player, and do not allow for a proper assessment.

The start of the 2011 outdoor season coincided with what seemed to be nonstop rain, with over 8 inches falling during April. This made it impossible to utilize soccer fields for training, and most sessions in late April had to be canceled. The Kenmore Soccer Club seeks to be highly protective of playing fields, out of respect for player safety, as well as for public land. Several games scheduled for the beginning of May had to be canceled. In fact, over 80 games were canceled across the area during the first 3 days of league play.

The current long-term forecast shows promise, and we expect games to be back on schedule shortly. However, the weather and game disruptions remind us to outline the league rules in regard to game cancellations and weather issues:

- Unless the Club closes a field, each team is responsible to determine whether or not a training session will be held. Your coach or team manager will communicate any changes.
- Once we are within 72 hours of a game, only the league can grant a cancellation or postponement. Teams can never cancel a game without league permission, and no changes can be made within that timeframe.
- On the day of a game, only the referee can cancel a match. That means that regardless of the weather, you must show up at the field dressed to play.
- If there is severe weather during a game (i.e. thunder and lightning), the referee will halt play and advise everyone to take shelter. However, until the referee cancels the game, you must remain at the game site. Referees can wait up to 30 minutes before making a final decision.

Editor's Note; We continually receive inquiries about the proper age for children to begin playing sports, particularly competitive play. With some house soccer leagues now starting at ages 3-4, we thought we should share the views of some experts on this subject.

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From the Stroller to the Stadium - Parents Seek Ways to Get Toddlers into Sports, but Experts Doubt the Value

by Mark Hyman

As a fitness coach in Grand Rapids, Michigan, Doreen Bolhuis has a passion for developing exercises for children. The younger, it seems, the better. "With the babies in our family," she said, "I start working them out in the hospital." Bolhuis turned her exercises into a company, Gymtrix, that offers a library of videos starting with training for babies as young as 6 months. There is no lying in the crib playing with toes. Infant athletes, accompanied by doting parents on the videos, do a lot of jumping, kicking and, in one exercise, something that looks like baseball batting practice. "We hear all the time from families that have been with us, 'Our kids are superstars when they're in middle school and they get into sports,'" Bolhuis said.

Future Derek Jeters and Sidney Crosbys are getting their start in sports earlier than ever. Kindergartners play in soccer leagues and at an annual T-Ball World Series in Milton, Florida. Children are being groomed as athletes before they can walk. The growing competition in marketing of baby sports DVDs includes companies with names like AthleticBaby and Baby Goes Pro. Even experts in youth sports seem startled that the age of entry has dipped so low. "That's really amazing. What's next?" said Dr. Lyle Micheli, an orthopedic surgeon and founder of the first U.S. pediatric sports medicine clinic at Children's Hospital in Boston. Micheli said he did not see any great advantages in exposing babies to sports. "I don't know of any evidence that training at this infancy stage accelerates coordination," he said. One of his concerns, he said, is "the potential for even younger ages of overuse injury."

Bob Bigelow, a former National Basketball Association player and a critic of competitive sports for young children, is also skeptical. "This is 'Baby Mozart' stuff - you play Mozart for the baby in utero and it comes out some sort of fine arts major," he said. "There are millions of American parents worried to death that their children might fall behind somebody else's kid. So the emphasis in youth sports has become more, more, more, younger, younger, younger."

The Little Gym, based in Scottsdale, Arizona, begins classes for children at 4 months old. Bob Bingham, the company's chief executive, said about 20,000 children younger than 2 - about a quarter of the total enrollment - were signed up for classes at locations in the United States, Canada and Puerto Rico. That is a sizable increase from last year, he said. The company, which has gyms in 20 countries, plans to open 100 locations in China over the next five years.

The entrepreneurs behind these businesses - gym teachers, accountants and former professional athletes among them - make no claims about turning babies into the World Cup stars of tomorrow. In the past, marketing claims for products geared toward babies have caused trouble for companies. Disney, which owned the popular Baby Einstein brand, dropped the term "educational" after a children's rights group objected to contentions that babies who watched "Baby Einstein" videos were learning. Disney also offered refunds.

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Most sports-video entrepreneurs promote their products as early intervention for combating childhood obesity. "We're not suggesting your kid will turn pro; we have to be careful about that," said Gigi Fernandez, a former professional tennis player, who is one of the founders of Baby Goes Pro. Fernandez and a business partner started the company this year. A women's doubles star in the 1990s and a new member of the International Tennis Hall of Fame, she said she had gotten the idea after an unsuccessful search for a DVD she could play for her twins, Madison and Karson, who will turn 2 in April.

Baby Goes Pro's "Discover Sports" video is not likely to excite ESPN die-hards, but there is a lot for a baby. The \$10.95 DVD covers five sports - baseball, basketball, golf, soccer and tennis - while touching on rules and equipment. When she plays the DVD for her toddlers, Fernandez said, she lays sports equipment, like rackets and softballs, around the room. When she comes back, she finds them swinging away, she said. Someday, Fernandez predicted, that could give them an edge - a small one, perhaps. "The first time they go to a baseball field or tennis court, they'll have a clue," she said.

Sports doctors question whether very young children gain from watching the DVDs or attending sports classes. It is common for such programs to accept students before they have turned 2. Lisa Mullen said she was not concerned about whether her toddler developed into a baseball or soccer star. She recently visited several children's gyms in the Baltimore area in hopes of finding "a physical outlet for our high-energy son." The one she settled on for 16-month-old Michael was appealing for its low-key atmosphere and varied activities.

Other programs can appear more serious. At Lil' Kickers, a soccer academy with franchises in 28 U.S. states, parents can enroll children who are 18 months old. In beginner classes, toddlers run and kick. But the program, which was developed by child-development experts, is relaxed, said its chief executive, Don Crowe. "Our emphasis is on the child, not trying to turn them into the next Pelé," he said.

That is not enough to sell Micheli on the idea of sports classes for tykes. Before rushing off to a day of treating injured athletes, he said, "We won't be putting their brochures in our clinic."

Trivia Question

(answer on page 9)

What teams won the NCAA Division 1 Men's and Women's soccer championship in 2010?



Kenmore Soccer On-Line Store

Remember that the on-line Kenmore Soccer store has numerous items that can be purchased to show your support for your son or daughter. Jackets, polo shirts, t-shirts, hats, fleeces, and loaged blankets are just some of the items available.

You can charge your purchase, and it will be shipped to the address of your choice via UPS. The link to the on-line store is on the landing page of the Club web site, or can be directly accessed at [Kenmore Soccer Store](#).

Development of Team Spirit

Here are the 10 keys things that are required for proper team spirit—a key component to team success:

- Develop a sense of ownership among the players—it is their team, not the coaches or parents.
- Develop similar attitudes and norms of behavior—every team member must approach the sport with the same goals and methods to achieve them.
- Develop a sense of responsibility—each player must accept personal accountability for their actions on and off the field.
- Every player must be accepted as a valued member of the team—the “stars” and back-up players all have a valuable role in the success of the team, and players must realize that.
- Players must socialize together—they need to interact away from soccer, so that they get to know the “person” and not just the “player”.
- Coaches must create a well-organized, efficient task environment—if you expect a team to train and play at their best, the coach must exhibit a passion to provide them with the tools they need through task-focused training and organization.
- Coaches must create a sense of fairness within the team—everyone is held to the same standards, whether it is behavior, attendance, rewards, or punishments.
- There must be an atmosphere where everyone “pitches in” when necessary—it is not “his/her job”; but rather the job of the team to accomplish the task.
- Each player must understand his/her job, as well as the job of other players—players perform at their best when they understand what to expect from everyone on the field.

Under 10 League Play—Why Are There No Scores or Standings

Who won? What place are we in? Do we get a trophy?

Those are common questions asked by players and parents who are new to travel soccer in the younger age groups. Often they are surprised to learn that scores are not even tracked in the Under 10 age group.

Why? Under 10 is the entry-level for travel soccer, where the focus is on learning the game. Everyone plays at least 50% of each game, and positions are rotated so that each player can learn all aspects of the game. Referees tend to assist with the teaching by explaining calls, and sometimes giving “2nd chances”. Quite simply, winning is not the focus—learning the game and having fun is what is stressed.

The parents’ role? Bring a lawn chair and be supportive of both teams. Encourage the players. Find the positives. Stress what your child did right, and help them to identify what they might have done better (not what they did “wrong”).

It is not about winning in the Under 10 age group; rather, it is about learning and improving. And that is why scores, standings, and trophies are not part of the language in this age group.

Joining Kenmore Soccer



- We are always looking to grow and include more players from our community. Have
- a friend that might want to play travel soccer with Kenmore Soccer? Know someone
- that might benefit from our Under 9 developmental program?
- New players can sign up anytime under the “Join Kenmore Soccer” link at
- www.kenmoresoccer.com and then join in at our training sessions. Make that refer-
- ral—it helps kids and our community.

Energy Drinks Are a Concern

by Ward Gossett of the Chattanooga Time Free Press

One of the latest fads among high school athletes is guzzling energy drinks and amping up on vitamin supplements, but a number of experts say they may be doing more harm than good. "It's that win in the bottle, the energy drink, the extra vitamins. Our society has become so caught up with it," said Soddy-Daisy wrestling coach Steve Henry, who continually warned his athletes this past season. "Some were taking a pill that's supposedly good for electrolytes, and another was drinking those energy drinks. "If you're actually that feeble-minded to think that one thing is the difference in winning and losing, then you're stupid. It's like all the work and sweat every day doesn't mean anything. We're in a society where all of those drinks and pills are pushed."

A New York Times article in 2008 said that super-caffeinated energy drinks such as Red Bull, Monster, Full Throttle and Amp had surged in popularity in the past decade and that the 12-24 age group had pushed annual sales over \$3 billion. Those drinks contain stimulants such as caffeine and herbal supplements. Higher consumption of such drinks in teens is associated with "toxic jock" behavior, a mix of risky and aggressive behavior including substance abuse, according to a report in The Journal of American College Health written by Kathleen Miller, an addiction researcher at the University of Buffalo.

"It appears the kids who are heavily into drinking energy drinks are more likely to be the ones who are inclined toward taking risks," she wrote.

Bradley Central wrestling coach Steve Logsdon worries even about the five-hour energy drink. "We don't encourage that. You're talking about them putting a stimulant in their body," he said. "With wrestlers you're talking about kids who are controlling their weight and who may not have the food intake to absorb some of that stuff. "I don't like herbal stimulants. We like the wrestlers to stay hydrated -- Pedialyte, Gatorade or Powerade -- but I am anti-nicotine, anti-alcohol. Some of that stuff increases your blood pressure and your heart rate. It scares me. There is no magic bullet or substitute for hard work. I worry about the risk they're taking."

In a study released earlier this week, pediatric researchers at the University of Miami said energy drinks may cause adverse problems for children, especially those with diabetes, cardiac abnormalities or mood and behavioral disorders. "The known and unknown pharmacology of agents included in such drinks, combined with reports of toxicity, raises concern for potentially serious adverse effects in association with energy-drink use," the researchers wrote. "In the short term, pediatricians need to be aware of the possible effects of energy drinks in vulnerable populations and screen for consumption to educate families."

Website Pain4glory.com gives research on the 5-hour Energy drink and expresses concerns about excessive amounts of vitamins B6, B12, B3 and B9 -- 2000 percent daily value of B6 and 8,333 percent of B12. Vitamin B is water soluble but Pain4glory.com points out that water would have to be "megadosed" to expel the unused B vitamins. "The main component to most of the energy drinks is caffeine and sugar -- the former in high doses, approximately two times to three times a cup of Starbucks," local physician Keith Helton said. "The net effect is increased dehydration, increase in blood pressure and increase in heart rate and a more irregular pulse. So most healthy young folks can handle this, but why do it? It really has limited benefit, if any, and lots of potential complications. "With wrestlers in particular who have been cutting weight, they are already dehydrated. It could theoretically increase their risk of kidney damage."

Wrestling coaches aren't the only ones who have expressed concern. "I don't see a lot of my guys drinking [energy drinks]," Soddy-Daisy baseball coach Jared Hensley said. "We sure don't feel like they're going to give us any edge or be beneficial to our success. Speeding up your heart before you play is not a good idea." Rhea County football coach Jason Fitzgerald keeps his players on campus on Fridays during the season, thus limiting opportunities for those who might want to use such drinks or vitamins. "It's kind of scary," he said. "I guess I would liken it to the times athletes were taking 'speed,' a little pill, for energy." The Virginia High School League, which governs all public school athletics in the state, became the first in the United States to ban energy drinks from school practices and games. The ban came after a presentation by the VHSL sports medicine committee, which cited "potential for significant medical consequences" due to hydration and high caffeine levels. Among drinks specifically cited were Red Bull, Rockstar and Monster.

The TSSAA hasn't yet taken such a stance, but assistant director Mark Reeves said, "Our advice would be that you have to be careful with all that stuff, especially supplements." The TSSAA has contracted with the Taylor Hooten Foundation in Texas to speak at its athletic directors conference in April. "We want to increase awareness for steroids and supplements, and energy drinks could fall into that realm," Reeves said. The best thing to do with steroids, supplements and energy drinks is to leave them alone, advised Baylor School athletic trainer Eddie Davis.

"I haven't looked at all the ingredients of the 5-Hour, but most of those [drinks] are chock-full of caffeine and I've seen kids with increased heart rates," Davis said. "I know those [drinks] can lead to dehydration. My gut feeling is that they're a bad idea. I'm an old-school guy -- eat right and hydrate and go out and do your best. "Unfortunately, this is a society where everyone is looking for a shortcut. It's looking for an edge, and that edge usually winds up with an athlete doing himself damage."

Foot injuries—Plantar Fasciitis

Plantar fasciitis is irritation and swelling of the thick tissue on the bottom of the foot. The plantar fascia is a very thick band of tissue that connects the heel bone to the toes. This band of tissue is what creates the arch of the foot. When the fascia is overstretched or overused, it can become inflamed. When the fascia is inflamed, it can be painful and make walking more difficult.

Risk factors that can cause plantar fasciitis include:

- Foot arch problems (both flat feet and high arches)
- Obesity
- Repetitive loading on the feet from long-distance running, especially running downhill or on uneven surfaces
- Sudden weight gain
- Tight Achilles tendon (the tendon connecting the calf muscles to the heel)
- Shoes with poor arch support or soft soles

This condition is one of the most common orthopedic complaints relating to the foot. Plantar fasciitis is commonly thought of as being caused by a heel spur, but research has found that this is not the case. On x-ray, heel spurs are seen in people with and without plantar fasciitis.

The most common complaint is pain in the bottom of the heel, which is usually worse in the morning and may improve throughout the day. By the end of the day the pain may be replaced by a dull ache that improves with rest. Typical physical exam findings include:

- Mild swelling
- Redness
- Tenderness on the bottom of the heel

X-rays may be taken to rule out other problems, but having a heel spur is not significant.

Conservative treatment is almost always successful, given enough time. Treatment can last from several months to 2 years before symptoms get better. Most patients will be better in 9 months. Initial treatment usually consists of:

- Anti-inflammatory medications
- Heel stretching exercises

To relieve plantar fasciitis:

- Apply ice to the painful area. Do this at least twice a day for 10 - 15 minutes, more often in the first couple of days.
- Rest as much as possible for at least a week.
- Take acetamin for pain or ibuprofen for pain and inflammation.
- Try wearing a heel cup, felt pads in the heel area, or an orthotic device.
- Use night splints to stretch the injured fascia and allow it to heal.
- Wear properly fitting shoes.

If these fail, putting the affected foot in a short leg cast (a cast up to but not above the knee) for 3 - 6 weeks is often successful in reducing pain and inflammation. Alternatively, a cast boot (which looks like a ski boot) may be used. It is still worn full time.

Some physicians will offer steroid injections, which can provide lasting relief in many people. However, this injection is very painful and not for everyone. In a few patients, nonsurgical treatment fails and surgery to release the tight, inflamed fascia becomes necessary.

Nearly all patients will improve within 1 year of beginning nonsurgical therapy, with no long-term problems. Most of the few patients who need surgery get relief from their heel pain.

Complications with surgery include:

- Infection
- Nerve injury
- No improvement in pain
- Rupture of the plantar fascia

With other treatments, a complication is continued pain.

Maintaining good flexibility around the ankle, particularly the Achilles tendon and calf muscles, is probably the best way to prevent plantar fasciitis. Contact your health care provider if you have symptoms of plantar fasciitis.

Trivia Answer - from page 4

Men's—the University of Akron
Women's—Notre Dame



2375 Elmwood Avenue
in Kenmore



serving the area's best pizza,
and supporting our
youth soccer teams

Submissions Anyone ??????????????

We want this to be your newsletter. We also want you to be a part of the Club web site. So, we are looking for your ongoing input—articles, pictures, match highlights, team and player recognition, etc. Each team should consider having a designee that can channel information to the Club for inclusion in the newsletter or web site.

Send your submissions to us at voght@msn.com. Pictures are welcome, but should be in a jpg or gif format.

Word Search

SOCCER WORD SEARCH

PENALTY **CORNER KICK** **SOCCER**
RED CARD **GOAL** **WHISTLE**
REFEREE **OFFSIDE** **YELLOW CARD**

1998 2002 WORLD CUP

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Kenmore Soccer Club Goals

- To be the best club in our community
- To recruit and retain the finest youth soccer coaches in Western New York
- To continually evaluate and revise our coaching curriculum to insure that all of our players are participating in practice sessions that are challenging, interesting, and fun
- To encourage our players to develop healthy and responsible goals of their own

The Kenmore Soccer Club belongs to all of us, and we encourage you to bring your contributions and expertise to the club. If you have any suggestions or concerns, please speak to your child's coach or contact us directly at your convenience.

Fund Raising

The Kenmore Soccer Club is registered with the New York State Attorney General to conduct fund-raising, as is required by law, but each activity needs to be approved by our Board of Directors.

If your team wants to conduct any fund-raising, just e-mail us at voght@msn.com with the details of what you propose, and the eventual use of the funds raised. We will get back to you promptly.

Contacting Us

Web Site — www.kenmoresoccer.com

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Our thanks to M.J. Peterson for helping sponsor our teams

