



We would like to Thank our Green Grass sponsors!



In with the new

This is the last printed copy of Touchline!
Starting Next week we will be emailing the touchline for your convenience.

Be sure your team parent has a correct email address for you so you can stay informed, and learn a few new things each week.

Uniform uniforms

Why do I have to wear the socks provided?

The color of sock helps the referee determine who last kicked/touched the ball. Also the long socks help the shin guards stay in place and keep them from falling off (or out) during a game.

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Can I wear a long shirt under my game jersey?

Yes! You can wear a long sleeve shirt/ sweatshirt— as long as it is under your game jersey. Please keep the color similar to you jersey, or a natural dark color (black preferably).

My shorts are cooler than the ones they gave me!

It is a well researched thought process that boils down to teams that look alike, think alike, and play better.
Save the cool shorts for practice.

OH my! Four more games! 



A Wet reminder



Keeping a sport athlete warm after a strenuous game or work out is probably the most important and most challenging aspect of young players.

Their body is growing, fighting off school germs, and recovering from activity. Keeping warm, and moving the muscles for at least 30 minutes after the game will help their healthy bodies stay limber, and healthy.

Keep your soccer players warm!!

Here are a few tips...

-  Keep an extra shirt in the car– when the game is over have them change into the dry shirt and a sweatshirt.
-  Change shoes and socks as well– warm feet make happy smiles.
-  Have them drink 8 oz of a warm liquid 30 minutes after the game.
-  Keep them moving– sitting cuddled up in a warm blanket will create very sore muscles.
-  Eat a healthy whole grain or high protein snack within 30 minutes of the game.
-  Take a walk around an inside building about an hour after– just to move the muscles and increase body temperature.



Supporting others

AYSO prides itself on sportsmanship– and without positive parents and bystanders this would not be a reality.

Thank you for cheering for the other teams goals, encouraging your team to stay positive, for letting the coach direct your player, and for letting others know when to be quiet. Some times we are all “that parent” and it is okay, we understand. Just remember a happy player will always play harder, smarter, and return to play again.

To all of the role models around the field– Thanks and Happy cheering!



Did you count the number of times “soccer” was mentioned in last weeks Be the first to go to the Lebanon and Halsey Club sheds and you will find bag with the number and a cup a Joe.

