



Get Ready for Soccerfest!

May 21st

Great News! Soccerfest is before Memorial day weekend this year! Ask your coach to sign up your team for a fun tournament to end this year with a bang.

Information can be found on the AYSO870.org Web page.

Here are few of the particulars:

U10 AND UP:

Roster Minimum: 5 Players
Roster Maximum: 9 Players

U08 DIVISION:

Roster Minimum: 3 Players
Roster Maximum: 5 Players

ENTRY FEE:

U10 and above \$40 per team
U08 Division \$30 per team

Your team not playing– contact the festival staff and we will find a team to play with!

.....
: Positive note for day.... :
.....
: Tell your soccer player :
: **What a Great Job they did** :
: Even if they made a daisy chain. :
.....

TOUCHLINE
SPONSORED
BY
MOREINK
COPYING
AND
PRINTING
LOCATED IN
ALBANY
(541) 928-2675

Want to keep the soccer fun going this summer?

Check out the summer camps offered in July. Sign up early and get free gear! Make it more of an experience and host a coach from Brazil or Britain!

What: July 11– 15th for British and Brazil camp with Challenger

At Cheadle Lake fields in Lebanon

July 25– 29th for the UK camp

At Timber Linn fields in Albany

How long– there are a camp for everyone! Two hour camps for the little kickers, half day camps for others, and all day camps for those want a total experience!

What ever camp program you chose your player will learn, have a great time playing soccer, and make new friends.

Watch for flyers soon, and the AYSO870.org Webpage. You can also check out the programs at challengersports.com or UKsoccer.com You can read about the programs and check out the camps in our area.

Turn over for Snack Time ideas

The Art of Snacking

Good Nutrition And Physical Activity. In order to operate at peak, healthy efficiency, a child’s body needs the right nutrients. Armed with a little bit of nutritional knowledge and planning, you can help your team play with even more energy and effort, and have healthier children.

Taking The Field. Good nutrition goes hand in hand with physical activity. So what should you give your kids before they take the field for a game or practice? Focusing on carbohydrates is a good place to start. Carbohydrates are the foods that fuel muscles and are easily digestible compared to proteins and fats, especially in growing children. Some good carbohydrate-rich choices are cereals, pasta, rice or yogurt. And remember to give your kids a meal at least one to three hours before competition. This will give them time to digest their food and have them focused and ready to play.

Suitable Snacks. There are also plenty of nourishing, healthy snacks available, such as nuts, sunflower seeds, peanut butter sandwiches and bagels. Another great snack idea is fresh, colorful fruits and vegetables. They’re naturally sweet snacks that also contain the fiber and nutrients kids need. Make sure to avoid giving kids sugary snacks like candy, pudding, pastries and soda. Foods high in sugar content cause energy peaks and valleys, leaving kids tired, irritable and unable to concentrate.

After The Game. What kids eat after a game or practice is just as important as what they eat before. Your child's body will be rebuilding muscle tissue and replenishing energy for up to 24 hours after competition. So it's important that the post-game meal be a balance of lean protein, carbohydrates and fat. In the end, it’s all about healthy, active kids. Making good nutritional choices for your kids will not only give them a competitive edge, but you’ll also be reinforcing good nutritional habits to last a lifetime.

Need a few ideas?

Half time: easy to eat, orange slices, Easy-peel Clementines, grapes, cantaloupe, watermelon or honeydew melon chunks, strawberries

After Game: Whole-wheat mini-bagels with cream cheese, mini-yogurt cups and whole-grain graham crackers, granola bars, Whole-grain muffins, string cheese and whole-grain crackers, popcorn and baby carrots, oatmeal-raisin cookies, crackers and cheese, trail mix made from whole-grain cereal, nuts, raisins, pretzels, chocolate chips, etc.

Article adapted from AYSO26– Snacking for games

We Need Referees:

Are you wanting to get a little more involved?

Join the referee team- Make a positive impact.

Support your child, their team, and your coach!

Contact **Leslie McWayne:** ref@albanyayso.org