



Touchline

Thank a Referee!

You may have noticed some new faces on the field! We have been blessed with a large number of new referee volunteers this season (much needed), so please be sure to thank a ref when you get a chance—these people are all heart and they volunteer for the sake of the kids and we really appreciate them! There have also been some changes to the Laws of the Game this year, so if there are calls made that you don't quite understand, please feel free to respectfully ask the referee or coach after the game and they can help get answers to your questions. The referee's job is to ensure that the matches are played Safe and Fair and that the kids have Fun (spectators too!) and the best way to be a good spectator and have fun is by positively cheering for the players—let the coaches worry about coaching, and the referees handle interpreting the laws- this will ensure a great experience is had by all! We still need more referees, so if you want to get involved in AYSO, this is a great way to do it: We provide the training and uniform and we just ask for at least 1 game a week (we have a flexible schedule), so let me know if you are interested—Leslie McWayne,
Ref@AlbanyAYSO.org

Mud-Mud-Mud

Where the Rock ends... The mud begins!

It is greatly appreciated if all drivers avoided the large puddles at the Lebanon Cheadle Lake fields.



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Keeping those shoes looking new!



If you are like me– I like to see those shoes last awhile. Here are a couple of tips to keeping those soccer feet looking new.

- Scrub the shoe with warm soapy water, then stuff the shoe full of newspaper. Let them air dry. (in a 65 degree house it only takes one day)
- Don't let the shoes dry out with out something stuffed inside.
- Don't set the wet shoes next to heater vents or wood stoves– or they will get really hard



ayso870.org

Shoes don't fit?
The club houses in each location (including Halsey!) have used cleats and shin guards. Some of them look really nice!
Take a look and prolong the shoe shopping one more week.

Did you Know!

The average child (18 and under) needs to have over 10 hours of sleep a night?

It takes about 30 minutes for the body to access the energy from food.

Water is absorbed faster than sports drinks, at almost a two to one ratio.

Drink water before and during– and the sports drink after with your healthy snacks. Add this to your long nights sleep and strong protein/ carbohydrate snack an hour before – and you are set to have awesomeness out on the field!

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