



SAYSO

HAWK NEWS

September 30, 2017

Ayso121.org

Bi-Weekly Newsletter

#3

Hi AYSO families,

Game number 5 is here, and so is Silent Saturday!! This week's newsletter brings you plenty of reminders, updates, and an exclusive interview with our very own Jack Murphy!

The season is half way over at this point. Can you believe it?! It's been pretty great so far, so let's keep up the enthusiasm and spirit of soccer into today. Although you may not be able to vocalize your enthusiasm, don't forget that you are able to clap, hold up your signs, and wave those towels! The focus is purely on the players, and not the interaction with parents. Today's the day to let the kids communicate and figure it out on the fields together. Remember coaches, you too!

On a side note, a major mention for all players and families is the need for water on game days. You heard it. Not tea. Not coffee. Not soda. Water! Hydration is key, whether rain or shine.

Active kids need adequate fluids for a healthy, well functioning body. Proper hydration is important for their energy level, concentration and physical endurance. Before a practice or a game, kids should drink about 12 to 16 ounces of fluid. During activity, kids should drink every 20 minutes or so. If the weather is really hot or humid, they might need even more liquid.

Watch for other signs and symptoms of dehydration during exercise, such as muscle cramping, or feeling light-headed, nauseated, headachy or faint. Remember, proper hydration is important for kids' athletic performance, energy and overall health.

Kelly Litvinoff
SAYSO Editor



Interview

With Jack Murphy

One of our very own
Challenger coaches!

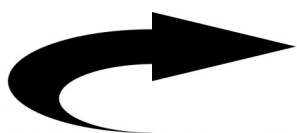
Corner

1. Where in England are you from? Leicester, England (small town called Loughborough around 65,000 people).
2. How long have you been playing and coaching? I've been playing soccer since I was 3, "football" was the first word I said and it is my life! I've been coaching for around 10 years now, I started coaching young kids as a helper for my manager to gain more experience, then working with Challenger for 3 years. I would recommend parents having their kids help coach wherever they can so it helps them have a better knowledge/understanding of the game.
3. What do you like most about being a Challenger coach? What I love most about being a Challenger coach is definitely living in LA. I love the lifestyle, the people and the weather. There are so many opportunities to meet people and travel! I've been lucky enough to travel and work in some amazing locations such as Hawaii, the Grand Canyon and Simi Valley.
4. What hobbies do you have besides soccer? I like spending time with my host family and my brother, who lives in LA also. I enjoy traveling and trying to do the most with my day. Also, going to the gym, going out with friends and trying to work on my tan.
5. Free talk: I want to thank everyone in Simi Valley for making me feel so welcome. I love living in Simi, and it's been my home for the past 3 years. I've never had a bad day because of the positivity this city has. If you want to become a better soccer player... please practice everyday after school once you finish your homework, watch as much soccer on TV as you can, and have fun.



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We are holding try-outs for All-Star Teams again this year! This gives the coaches the opportunity to look over the potential players before deciding who will be on their team. All Star teams are only for core players who played this fall season. The number of All-Star teams will depend on the number of coaches and players we have per division.

All-Star Try-outs for divisions U10, U12 & U14 (boy and girls) will be held on:

Oct. 14th, and 21st, at the Foundation Fields.

Try-outs for U10 and U12 will be from 1:30pm – 2:30pm.

Try-outs for U14 will be from 3:00pm – 4:00pm

Players do not need to be at the tryouts to be considered for All-Stars, but are encouraged to attend both days. ONLY current registered players of core from the U10, U12 & U14 divisions can attend tryouts. Make sure to wear shin guards and bring water.

To be considered for an All-Star team the player must commit to the team. The program is completely self-funded by the participants. Teams are responsible for the cost of uniforms, practice field costs, equipment, travel expenses, and tournament entry fees. The All-Star tournament season starts in January and ends with the Patriots Cup, normally held the first part of June.

There will be a tournament the Friday & Saturday, November 24th and 25th in Newbury Park (Panther Shootout). If a player is invited to play on a tournament team for this tournament, it does not mean the player(s) have made the team. A roster will be formed to participate in the Panther Shootout tournament. All Star rosters will be completed after evaluating performance shown during tournament. Players will be officially notified in December about placement on the team. Final All Star rosters will be released in December.

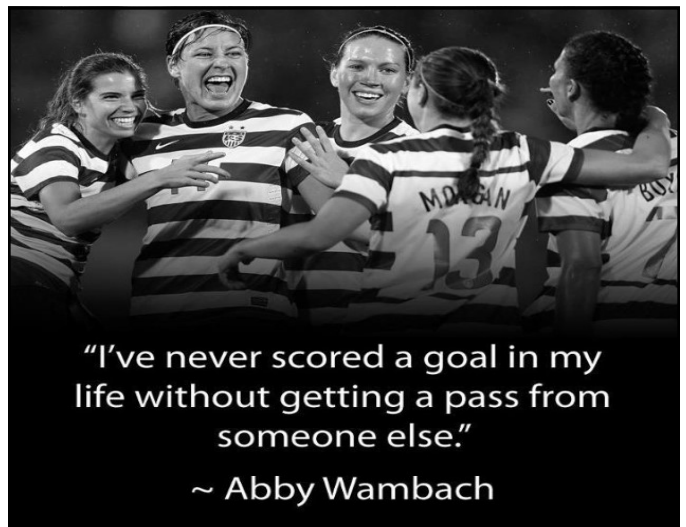
AYSO Area E All -Star Tournament will be JAN. 13th & 14th, & 20th & 21st, 2018 with rain dates Jan. 13th & 14th (venue to be determined). Players who try out for the team MUST be available these dates. It is not recommended to play another winter sport, like basketball, and also participate on the All Star Team.

UK Skills Clinic

Fridays on Field 3 at the fields on LA and Stearns by the playground (free)

- 5-6 pm U8 and U10
- 6-7 pm u12 and U14

DON'T
FORGET



STANDINGS

BU10

Rank	Team	Win	Lose	Tie	Points
1	7	3	1	0	15
2	1	2	0	1	10
3	5	2	1	1	9
4	2	2	1	0	8
5	3	1	3	0	5
5	4	0	3	0	5
5	6	1	2	0	5

GU10

Rank	Team	Win	Lose	Tie	Points
1	3	2	1	0	12
2	1	3	0	0	11
3	5	2	1	0	10
4	6	1	2	0	5
4	2	1	2	0	5
5	4	0	3	0	2

BU12

Rank	Team	Win	Lose	Tie	Points
1	6	3	1	0	17
2	4	2	2	0	14
3	5	2	2	0	13
3	1	2	2	0	13
4	3	3	1	0	12
5	2	0	4	0	4

GU12

Rank	Team	Win	Lose	Tie	Points
1	1	4	0	0	14
2	4	2	2	0	8
3	3	2	2	0	6
4	2	0	4	0	3

