



OMAHA UNITED SOCCER CLUB

PLAYER DEVELOPMENT

#UnitedAsOne
#OneTeamOneHeart

What a great last two months for Omaha United! ❤️ 🌐 Three of our teams traveled to Las Vegas to compete in two top winter events.

In January, our 2014G Black and 2012G Black competed in the Las Vegas Cup, while in February our 2013G Black took the field at the Las Vegas Mayor's Cup.

These tournaments provided an incredible experience for all three teams. Playing strong, high-level competition during the winter is how we continue to grow, develop, and raise our standard. Challenging ourselves against tough opponents is the only way to truly improve — and our players embraced that challenge.





“Ready for the Spring Sports? Here’s How to Stay Injury-Free”

The sun is shining, the grass is greener, and the air feels a little warmer. It’s finally spring! For many athletes, that means getting back to their favorite sports, whether it’s hitting the baseball field, joining a soccer league, or training for a big race. But before you lace up your cleats or grab your gear, it’s important to take steps to protect your body.

Spring is a prime time for sports injuries, especially after a long winter break. Fortunately, with a little preparation and smart training, you can stay in the game and avoid being sidelined.

Dr. David Rodriguez, a sports medicine specialist at St. Joseph’s Health explains, “Spring sports often bring a sudden increase in physical activity after months of less movement, which can lead to muscle strains, ligament tears, and overuse injuries. The key is to gradually build strength, improve flexibility, and listen to your body.”

Here’s what you need to know to prevent common spring sports injuries and keep yourself performing at your best.

Warm Up and Cool Down Like a Pro

Skipping a warm-up is one of the biggest mistakes athletes make. Warming up gets your blood flowing, increases muscle temperature, and preps your body for more intense movement.

“Start with 5 to 10 minutes of light cardio like jogging or jumping jacks, followed by dynamic stretches that mimic the movements you’ll be doing in your sport,” encourages Dr. Rodriguez. “Dynamic stretches, such as leg swings or arm circles, help improve range of motion and reduce the risk of injury.”

Don’t forget the cool-down. After practice or a game, spend a few minutes stretching and doing light movements to gradually lower your heart rate. This helps prevent stiffness and promotes faster recovery.

Ease Back Into Activity

If you’ve been less active over the winter, resist the urge to go full speed ahead as soon as spring hits. Sudden bursts of intense activity can strain muscles, connective tissue, and joints that aren’t ready for the load.

“Take your time to rebuild endurance and strength,” advises Dr. Rodriguez. “Increase activity levels gradually over a few weeks. This approach gives your muscles and ligaments time to adapt, reducing the risk of overuse injuries.”

A good rule of thumb is to increase intensity or duration by no more than 10% each week.

Stay Hydrated and Fuel Your Body

Hydration and nutrition play a bigger role in injury prevention than most athletes realize. Dehydrated muscles are more prone to cramping and fatigue, which can lead to poor form and increased injury risk.

“Drink plenty of water before, during, and after activity, especially as temperatures rise in the spring,” Dr. Rodriguez suggests. “Also, make sure you’re eating nutrient-rich foods that support muscle recovery and overall performance.”

Foods high in protein, healthy fats, and complex carbs give your body the fuel it needs to perform and recover effectively.

Listen to Your Body and Rest When Needed

Pushing through pain is never a good idea. Mild discomfort can quickly escalate into a serious injury if ignored. “Pay attention to early warning signs like soreness that doesn’t go away, swelling, or decreased range of motion,” cautions Dr. Rodriguez. “Taking a break and allowing your body to heal is always better than being forced to sit out for weeks due to a preventable injury.”

If something doesn’t feel right, take a day or two off to rest and ice the affected area. If the pain persists, it’s best to seek medical advice.

Wear the Right Gear for Your Sport

Protective gear is essential for reducing the risk of injury. Make sure your equipment fits properly and is in good condition. “Helmets, pads, braces, and supportive footwear play a big role in preventing sports-related injuries,” recommends Dr. Rodriguez. “Don’t overlook the importance of wearing gear that’s appropriate for your activity.”

For runners and athletes who spend a lot of time on their feet, replacing worn-out shoes can help prevent foot, ankle, and knee pain.

Stay Safe and Enjoy the Season

Spring sports are a great way to stay active, have fun, and build lifelong skills. By taking steps to protect your body, you can reduce the risk of injury and enjoy a safe, successful spring sports season. Remember, staying proactive with warm-ups, proper technique, and listening to your body is your best defense against sports-related injuries.



OMAHA UNITED SOCCER CLUB
www.omahaunitedsc.com

MICRO SPRING REGISTRATION!

INFORMATION:

- Ⓞ Ages: 3-6 (2023 - 2019)
- Ⓞ Who: Boys & Girls
- Ⓞ When: Monday's
- Ⓞ Dates: March 23, 30
April 6, 13, 20, 27
- Ⓞ Time: 6:00 - 7:00 PM
- Ⓞ Cost: \$100 includes a Shirt
- Ⓞ Location: Lake Zorinsky
156 St and F St Entrance
Omaha NE 68130

"The Right Start Matter"

QUESTIONS:
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OMAHA UNITED SOCCER CLUB

OMAHA UNITED SOCCER CLUB - EST. 2019 -

OMAHA UNITED SUMMER SOCCER CAMP

JOIN US FOR OUR SUMMER SOCCER CAMP!

June 16, 17, 18
— 9am - 11am —

CHI Health Multi Sport Complex
8101 Eastport Pkwy
La Vista, NE 68128

Cost: \$100 (shirt included)

Register now to secure your spot!

[CLICK HERE TO REGISTER FOR SPRING](#)

[CLICK HERE TO REGISTER FOR THE SUMMER](#)

[CLICK HERE TO REGISTER FOR PREMIER CAMP](#)

OMAHA UNITED SOCCER CLUB - EST. 2019 -

OMAHA UNITED SC PREMIER CAMP

JULY 15, 16, 17
8:30 AM - 10:30 AM

CHI Health Multi Sport Complex
8101 Eastport Pkwy
La Vista, NE 68128

\$125.00
(T-shirt included)

Omaha United Soccer Club is excited to host our Camp, open to all soccer players looking to get extra touches and sharpen their skills during the off-season. This camp will be run by college coaches. This three day camp focuses on improving the technical aspects of the game through high quality training and individualized development. Come experience why Omaha United is known for its commitment to player growth and excellence.



INSIDE THE CLUB HOUSE

♥ 🌍 Spring Spirit Wear Store is NOW OPEN! 🌍 ♥

Omaha United families, it's that time again! Our Spring Spirit Wear Store is officially open — and this is your last chance to gear up for the upcoming 2025/2026 season!

Now is the perfect time to grab your Omaha United apparel and represent our club with pride on game days, at tournaments, and around the community. From players to parents and fans, we have something for everyone!

📅 Store Closes: Monday, March 1st

Be sure to place your order before the deadline — once the store closes, it will not reopen until later in the season.

Don't miss out on this opportunity to stock up on Omaha United gear and show your club spirit all year long. Let's fill the sidelines with black, white and pink this spring!

Thank you for continuing to support Omaha United Soccer Club. We can't wait to see everyone repping their gear this season!

[CLICK HERE TO ORDER YOUR SPIRIT WEAR!](#)

We are excited to share that tryout dates for the 2026/2027 season are now posted on our website!

Please take a moment to visit the site and register your child if they are planning on playing for Omaha United for the upcoming season. Early registration helps us properly plan for evaluations, field space, and coaching assignments to ensure the best experience for all players.

[CLICK HERE TO REGISTER YOUR CHILD FOR 26/2027 TRY-OUTS!](#)

PLEASE SUPPORT OUR SPONSORS!



SCHEELS.

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