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## 91 TUSA GOLD BOYS CAPTURE US YOUTH SOCCER REGION III CHAMPIONSHIP

### 95 BOYS CSA PREDATOR ADVANCE TO FINAL MATCH

Sixteen teams from North Carolina battled in the brutal Louisiana heat, competing in the 2010 US Youth Soccer Southern Regionals in June.

Two teams, 91 Triangle United Gold and 95 Charlotte SA Predator advanced to the Championship match, with TUSA claiming North Carolina's lone title.



91 Triangle United Gold Captured the 2010 US Youth Soccer Region III Title

The 91 TUSA Gold team lost their first match to GSA Phoenix (GA) 1-2 and proceeded to sweep their way to the title. The

Phoenix team lost in the semi-finals to Oklahoma 3-0. When TUSA met Oklahoma in the finals, the Gold won convincingly 4-1, earning them a spot in the National Championship in July.

In the 95 boys bracket, Charlotte SA won 2 of 3 preliminary matches, with their only loss coming to the Lonestar Red from South Texas (STX), 0-1. Both CSA and Lonestar swept through their quarter final and semi final matches, only to meet in the finals, with Lonestar again prevailing 0-1.

## 95G JASA COASTAL SURGE TO FINALS IN OKLAHOMA

### In Search Of A President's Cup Regional Championship

Ten teams from NC converged on Broken Arrow, Oklahoma and battled for three days in the US Youth Soccer President's Cup Regional Championships.

The 95 girls from JASA Coastal Surge swept through the preliminaries and clawed their way out of the semi finals into the Championship match before

dropping a hard-fought decision to Georgia, 0-2. Photos and other game details from all the NC teams on the next page.

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#### DON'T FORGET!

- Sign Up for *CROSSING NORTH CAROLINA* by emailing [mark@ncsoccer.org](mailto:mark@ncsoccer.org)
- Sign Up for the Recreation newsletter, *SIDELINE BEACON* by email [sari@ncsoccer.org](mailto:sari@ncsoccer.org) or [doc@ncsoccer.org](mailto:doc@ncsoccer.org)
- Classic Online Scheduling begins this month.
- ODP Camps this month
- **Registration Deadline this month for your team's player passes/ rosters - BEFORE Labor Day and for pre-season tournaments**

#### Coming in August!

- 91 TUSA Gold's National Championship results
- A Farewell to Soccer!

## President's Cup Regional Results

**U13B** - Gaston United Blue - Gaston won two of three in the preliminary matches (2-1-0), ending in a three-way tie for the fourth seed (wildcard), but lost in tiebreakers to Key Biscayne FL, who eventually won the U13 Championship.

**U14B** - Fayetteville Force Premier - The Force won two of three in the prelims to win their bracket. They played IMG Soccer Academy (FL), losing 0-1 in the semi finals.

**U15B** - FCCA Red - FCCA won their bracket (2-1-0) before dropping their semi-final match to AR Rush (ARK) 0-1.

Charlotte SA Predator also competed tying their first match, before dropping their next two.

**U16B** - WCWAA Black - WCWAA won, lost and tied in preliminary play.

**U17B** - WYSA Explosion - Wilson won two of three, but lost out of advancing to the semi finals on the second tie-breaking criteria.

**U14G** - JASA Coastal Surge - JASA won all three of their preliminary matches, scoring nine goals and allowing only two in those games. They won a hard fought semi final over the Sting West Royal in "kicks from the mark" before falling to Forsyth Fu-



95G JASA Coastal Surge - President's Cup Regional Finalist

sion of Georgia in the finals.

**U15G** - CASL Spartan Premier - The Spartans tied one match and dropped two in preliminary play.

**U16G** - Burlington SC Cardinal - Burlington went through their preliminary matches undefeated, winning two and tying AR Rush from Arkansas. However they dropped their semi final match to Amarillo Lightning 2-1 who lost the Rush in the Finals.

**U17G** - CASL Spartan United - The Spartan United tied two matches, with a chance to advance to

## Little Athletes, Big Injuries

### *From NC Youth Soccer Coaching Education and Player Development*

by Kate Stinchfield, courtesy of Time Magazine, February 25, 2008

It ought to be hard to take the fun out of play, but if you're an overambitious parent or coach with a young athlete in your charge, you may have managed to do it. Weekly sessions of intensive muscle-strengthening, grueling push-up regimens and long intervals on fast-paced treadmills are becoming common for grade-school kids. Elite training centers that promise to give young athletes an edge during the off-season have been popping up since 2000, especially in affluent sections of New England and the Midwest.

To sports-medicine professionals, that's a worrying trend. Hard-core training can do kids more harm than good--particularly if they're under 12. As more children are pushed beyond their physical limits, sports injuries once reserved largely for the pros are turning up in the playground set.

A young body that's worked too hard can suffer in a lot of ways, but it's the bones that take the worst pounding. Activi-

ties like skating uphill on a Plexiglas surface, which allows skaters to strengthen their strides, or doing the explosive muscle-building movements known as plyometrics can wreak havoc on the skeletal system, particularly the epiphyseal plate, or growth plate, which is essential in bone development--a process that is not complete until the late teens.

Harming a plate before a child hits puberty can affect the way the bones grow. "I saw one kid who was asked to do multiple plyometric jumps through the pain, and he pulled a growth plate off his knee," says Dr. Jordan Metzl, a member of the American College of Sports Medicine's youth sports committee. "Another kid tore a piece of plate off his hip from using too high weights while lunging and squatting."

There are other problems as well. Tommy John ligament surgery, an elbow procedure named after the Los Angeles Dodgers pitcher who was the first to undergo it, used to be limited to players in their 20s and older, but it is now performed on kids as young as 12--not surprising if they started

## Little Athletes, Big Injuries - Continued

pitching excessively at age 8 or 9. Similarly, stress fractures in the backs of middle-school football and soccer players have nearly doubled over the past decade as a result of over-training.

No one is saying that kids shouldn't play sports or even that they shouldn't train. But "you shouldn't be training a 9-to-12-year-old to be a superstar," says Dr. Michael Bergeron of the Medical College of Georgia. "You should be thinking down the road so they can be that superstar at 18." That's what some training centers are now aiming to do. The coaches at BlueStreak Sports Training in Stamford, Conn., for example, assess each athlete's risk for knee injury, paying particular attention to girls, who are six times as likely as boys to injure their knees for a number of reasons, including basic anatomy, muscle strength and hormonal differences. The most vulnerable athletes are then required to wear a bracelet while training as a warning to coaches to take it slow.

But the biggest adjustment will have to be a psychological

one: persuading coaches with unrealistic performance standards and parents with the means to pay an average of \$900 for a six-week training session that they must back off and put the health of the child first. "Sports used to be this wonderful even playing field," says Regan McMahon, a writer for the San Francisco Chronicle who has covered the professionalization of youth sports. "Now it's the rich kids who make the team. It's the upper-middle-class parents who can afford all of these supplemental programs."

In fairness to the grownups, the kids themselves need to relax too. "I'm a kid who stays focused and works hard," says Connor Humphrey, an earnest 14-year-old football and lacrosse player in New Canaan, Conn. "I have goals for the future. I want to play lacrosse at Duke." That dream is commendable, but while pushing young bodies to the limit may mean more time in the game, it can just as easily mean a lifetime on the bench.

The full article: <http://www.time.com/time/magazine/article/0,9171,1713493,00.html#ixzz0sBPTnZSf>

# If Training or Playing In Extreme Heat

## Look Out For Heat Exhaustion and Heat Stroke - And Know the Difference!

Courtesy of [www.medicinenet.com](http://www.medicinenet.com)

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

### Heat exhaustion symptoms

Warning signs of heat exhaustion include:

- heavy sweating
- paleness
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow.

*If heat exhaustion is untreated, it may progress to heat stroke, which is a*

*medical emergency.*

### Seek medical attention and call 911 immediately if:

- symptoms are severe, or
- the victim has heart problems or high blood pressure.

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

### Heat exhaustion treatment

Cooling measures that may be effective include:

- cool, non-alcoholic beverages, as directed by your physician
- rest
- cool shower, bath or sponge bath
- an air-conditioned environment
- lightweight clothing

### HEAT STROKE

Heat stroke (also referred to as heat-stroke) is a form of hyperthermia, an abnormally elevated body temperature with accompanying physical and neurological symptoms. **Heat stroke is a true medical emergency that can be fatal if not properly and promptly treated.**

### What are heat stroke symptoms?

Symptoms of heat stroke can sometimes mimic those of heart attack or other conditions. Sometimes a person experiences symptoms of heat exhaustion before progressing to heat strokes.

### Common Symptoms and Signs of Heat Stroke

- high body temperature
- the absence of sweating hot red or flushed dry skin
- rapid pulse
- difficulty breathing
- strange behavior
- hallucinations
- confusion
- agitation
- disorientation
- seizure and/or coma

### Treatment

First and foremost, cool the victim. Move them to a shady area and use cool or tepid water to wipe down the skin. Apply ice packs to the armpits and under the groin. Call 911 IMMEDIATELY!

Continue cooling until the body temperature returns to 101-102F.

# July 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	<a href="#">To View the complete online calendar, please click here!</a>			1 Risk Management - Background checks on Challenge/U10 Youth Academy/Classic Coaches completed before 7/16	2	3
4	5 NCYSA Office Closed	6 Region III ODP Camp - 7/6-10 - 93/96 Girls	7	8 Region III ODP Camp - 7/8-12 - 94-96 Boys  Articles due for <i>NC Youth Soccer News</i> printed newsletter	9	10
11	12 Classic - Fall schedules due in the State Office by 2:00 p.m.  RIII ODP Camp - 7/12-15 - 94/95G - Holdover Camp - 94-96B  NCASA Exec Comm Mtg.	13 USASA Veteran's Cup - 7/13-18 - Lancaster, MA  RIII ODP Camp - 7/13-17 - 93/97B	14	15	16 Classic Online Scheduling Mtg  Registration - PM Deadline for Chg/CL/Youth Academy registration for league/preseason	17 Classic Online Scheduling Meeting
18 Classic Online Scheduling Meeting	19 Classic Online Scheduling Meeting	20 Classic Online Scheduling Meeting  US Youth soccer National Chpships Overland Park, KS - 7/20-26	21	22	23	24 US Youth Soccer AGM - Overland Park, KS  Region III Summer Council Mtg
25	26	27	28	29	30 USAS National Cup Finals - Oakford, PA - 7/30-8/1	31