



**CHARACTER. ATTITUDE. SPIRIT.**

## FALL SEASON 2011

### PRACTICES WILL BEGIN THE WEEK OF AUGUST 22!

Please remember the following when we begin training again:

- ⚽ Bring a ball and water to every practice
- ⚽ Shinguards are MANDATORY.
- ⚽ Sessions will start promptly as scheduled. If you are going to be late or are unable to attend, please let your coach or parent manager know.

I want to encourage all of you to attend as many home games and support other teams when possible. (A complete schedule for each team is included in this newsletter and can also be found on each team's page on our website – click on the "club" tab to scroll to team pages.) The players and teams playing really do appreciate the support. I want to build a sense of pride within our club. We should be proud of ALL of our teams and support ALL players!

### DO YOU HAVE WHAT IT TAKES TO CONQUER THE DOC'S CHALLENGE?

#### Introducing, the Juggler's Club!

Juggling is one the easiest ways to improve your soccer skills – without needing a lot of space or others to train with you. And, you can juggle anywhere: in your garage, on the driveway, in your backyard... Soccer juggling is the best exercise to develop touch with the soccer ball – you will gain more confidence on the ball while increasing overall skill.

When juggling, learning to control the body is very important so you can develop quick motion adjustments with all muscles. Better balance enables a soccer player to move to the right, while using balance to shoot the ball to the left, etc. Good juggling skills also enable players to make better passes, beat defenders more easily and be able to hold the ball against defensive pressure.

So here's the challenge: Start juggling and win prizes. (The categories are below.) All juggles must be counted by a coach or the Director of Coaching. Doing it in front of a friend or family member will not count. You can attempt before training sessions, after practices or other arranged times with the coaching staff.

**Level 1:  
The Starter Level**  
50 Juggles  
CFC Training Shirt

**Level 2:  
The Collegian**  
100 Juggles  
CFC Beanie

**Level 3: The Pro**  
150 Juggles  
CFC Sweat Pants

**Level 4: The National  
Teamer**  
200 Juggles  
CFC Hoodie

**Level 5:  
The Golden Boot**  
300 Juggles  
CFC Adidas Napsack

## NEWS FROM THE BOARD

Welcome to the Fall 2011 season! We're very excited to get things underway.

Looking ahead, please keep in mind that we plan to hold another raffle this fall. Last year, with your support, we raised more than 4,000 to support the league and its efforts to improve our facilities.

As the season progresses, we hope to start seeing our new concessions stand facility begin to take shape. (The old building is now gone!)

Once the new facility is ready, we hope to begin actively working to acquire land just south of the park and some day, have a terrific soccer complex for the beautiful game.

Of course, all our aspirations are possible only through your continued support. Thank you all for being a part of our league and for all your efforts to help us grow and become competitive within the CIYSL.

If you have questions about fundraising or know of area businesses who may be interested in sponsorship, let us know.

You can reach the board at [board@charlestonsoccer.org](mailto:board@charlestonsoccer.org).



## FUELING THE YOUNG ATHLETE: HOW MUCH WATER AND WHEN TO DRINK IT

By Dev K. Mishra, M.D.

Water seems to have gotten a bad rap lately. It used to be perfectly acceptable to drink water during sports events, but nowadays it seems that there is a big push toward flavored waters and so-called “sports drinks.”

Human bodies are about 60% water. Drinking water is critical for all human beings to stay healthy, and water overall is probably more important than food for survival. In average conditions an adult human being can go without water for about 3 to 5 days but can survive without food for much longer. The need for water consumption goes up with exercise and also increases with hot or cold climates. Every part of the human body is dependent on water for proper function.

Sports drinks and juices do provide hydration, but water is still generally the healthiest option for exercise lasting less than 60 to 90 minutes because it lacks the calories and additives of the other drinks. Sports drinks\* may be more effective for longer duration exercise because they contain electrolytes that are lost with intense sweating.

Research shows that adolescents and teenagers get less water than any other age group. A good portion of an adolescent’s “diet” consists of soda and foods containing a large amount of processed sugars, fat or salt, which have little if any nutritional value. Drinking water before a meal can curb the desire to overeat, and by substituting water for empty-calorie soda will literally save hundreds of useless calories in the overweight child or adolescent’s diet.

Young athletes face the risk of dehydration and heat related illness if they do not replace the water that is lost through sweat. Many pediatricians recommend that every child should drink half of their total body weight in ounces of water each day. For instance,

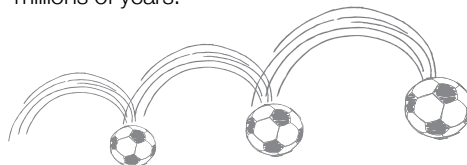
the average 6-year-old weighing 46 pounds should drink about 3 cups of water or 23 ounces in the course of the day. Sports participation increases the body’s need to consume water.

For athletes, one of the keys is to begin hydrating well before your planned exercise or game session. There is yet another formula for hydrating before exercise. The general recommendation is for young athletes to begin hydrating themselves about two hours before exercise by having 1 ounce of water for every 10 pounds of their body weight. This can all get very confusing.

So here are some practical tips about drinking water that should be a bit easier to remember.

- The young athlete should have 12-16 ounces of fluid up until about 30 minutes before a game or practice (remember that most water and sports drinks come in 20-ounce bottles).
- Keep sipping water during the practice or match.
- Start re-hydrating within 20 minutes of the conclusion of the practice or game. Research shows that the first 20 minutes are the most efficient time to start refueling. Try to take in 20 ounces within this window of time.

There are also many excellent sports drinks available that will provide hydration. Some advantages of sports drinks are better taste, and also the ability to replace electrolytes that are lost during sweat. But for most shorter duration sports events water will do just fine. Water is cheaper than a sports drink, and it has proved effective literally for millions of years.



## SO, WHAT ARE THE PRE-ACADEMY AND THE RECREATIONAL LEAGUES?

Aside from the club side of things, the league offers two additional programs for kids interested in soccer.

The Pre-Academy program, designed for kids in Pre-K through 2nd grade is for the youngest of players and provides each participant with invaluable skill sessions in an environment that hopefully facilitates a true love for the sport.

Sessions typically begin with stretching and basic foot skills with coach Howarth. Participants are then divided into teams of six to eight and work with individual coaches on foot skills, passing skills and kicking skills. Toward the end of each session, participants play mini games to practice what they’ve learned. At the end of the program, participants are recognized and awarded for their achievements.

Pre-Academy Skills Sessions are offered in both the Fall and Spring and is designed to be a feeder program for the Club’s U9 Academy.

The Recreational League is what many of you may remember from days long past. Before CFC (then Panther Soccer) was serious about its travel program, the Recreational league was the primary source for soccer in the area. Kids who wanted more moved into the traveling teams. As travel (Club) soccer became more prominent in the area, the CSL board decided to move in the same direction, hiring a DOC and focusing on building a more competitive league.

The Recreational teams however, still exist in the fall season only. Coached by parent volunteers, the Rec offers a less competitive avenue for the soccer player in grades 3 through 8. Within a 7-week season, the rec league will field a U12 co-ed division for the participants in grades 3-5, which plays games every Sunday throughout the season at Hi-Cone. A U14 co-ed division for participants in grades 6-8 travels short distances to compete against similar recreational teams (usually from close-by communities without club soccer equivalents). All games are officiated by USSF referees.

### CSL BOARD OF DIRECTORS

**Daphne Griffin**, president  
**Vicki Martinez**, secretary  
**Lori Bumpus**, treasurer

**Amy Burgess**

**Jay Fisher**

**Josh Garrett, M.D.**

**Adam Howarth**

**Bill Moore**

**Jim Thorne**

**Mark Hansen,**

Director of Coaching

## 2011 FALL TEAMS AND SCHEDULES

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# U9S



**Head Coach: Tim Hutti**  
**Assistant Coach: Mark Hansen**

Elizabeth Budd  
Megan Garrett  
Peter Novak  
Eugene Ohba

Luca Ruffolo  
Jayden Swango  
Hayden Wiles  
Connor Woodley

**Practice Schedule:**  
**Mondays & Thursdays: 5:30-6:30 p.m.**  
**@ Sister City Park**

**Sept. 11:**  
**@ Bloomington Community Fields**  
NOON and 2 p.m.

**Oct. 2:**  
**@ Springfield Area Soccer Association**  
1 p.m. and 3 p.m.

**Oct. 16: @**  
**Illinois FC (LISC) Dodd's Soccer**  
**Complex**  
NOON and 2 p.m.

# U10S



**Head Coach: Adam Howarth**  
**Assistant Coach: Jeff Scheutte**

Kevin Caltry  
Ty Coartney  
Kevin Garza  
Evan Griffin

Quentin Hall  
Austin Hopkins  
Sebastian Howarth  
Brock Kennell

Sam Schuette  
Lance Thorne  
Paul Witto

**Practice Schedule:**  
**Tuesdays & Wednesdays: 5:30-6:30 p.m.**  
**@ First Baptist Church, Charleston**

**Oct. 2: @ Home (Hi-Cone fields)**  
2 p.m. v. Pekin  
4 p.m. v. Jacksonville

**Oct. 16: @ Home (Hi-Cone fields)**  
2 p.m. v. John Jasper  
4 p.m. v. Jacksonville

**Oct. 30: @ Mattoon**  
Noon v. Mattoon

**Oct. 7-9: @ Illinois FC (LISC) Fall Tourney**  
Game schedule TBA

**Oct. 23: @ Midstate Soccer Field**  
Noon v. Midstate  
2 p.m. v. Morton

# U14B



**Head Coach: Mark Hansen**  
**Assistant Coach: Nathan Sweeney**

Noah Blatnik  
Collin Budd  
Jack Caltry  
Fernando Campos  
Connor Griffin  
Gabriel Kash  
Cole Kidwell

Zachary Lensink  
Drew Mejdrich  
Daniel Mendoza  
Victor Oetjen  
Gabe Oetting  
Andrew Orrell  
AJ Ruffolo

Michael Smith  
Wade Spence  
Austin Swango  
Greg Thorne  
  
\*Aden Choate

**Practice Schedule:**  
**Tuesdays & Thursdays: 5:30-7 p.m.**  
**@ Sister City Park**

**Sept. 18: @ Home (Sister City Fields)**  
2 p.m. v. Illinois FC  
4 p.m. v. Jacksonville United

**Oct. 7-9: @ Illinois FC (LISC) Fall Tourney**  
Game schedule TBA

**Oct. 2 @ TBD**  
2 p.m. v. MSSC  
4 p.m. v. Illinois FC

**Oct. 16: @ Home (Sister City Fields)**  
Noon v. Jacksonville United  
2 p.m. v. MSSC

## 2011 FALL TEAMS AND SCHEDULES - CONT.

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# HSG



**Head Coach: Mark Hansen**  
**Assistant Coach: Nathan Sweeney**

Emily Bumpus  
Makenzie Burgess  
Ali Carlson  
Madison Fisher  
Ian Fuller-Moore  
Ally Guinto  
Kristen Gisondi

Sarah Gisondi  
Megan Hjort  
Janel Hutton  
Jazmin Kuyrkendall  
Vivian Liu  
Keridwen McDaniel  
Rachel Miller

Lexi Rainwater  
Brayley Roberts  
Catherine Smith  
Mahala Smyser-Lewis  
Jordan Thorne

**Practice Schedule:**  
**Mondays & Wednesdays: 5:30-7 p.m.**  
**@ Sister City Park**

### **Oct. 2: @ Home (Sister City Fields)**

Noon v. Illinois FC U16  
2 p.m. v. MSSC

### **Oct. 30: @ Home (Sister City Fields)**

Noon v. SASA U16  
2 p.m. v. SASA U14/15

### **Oct. 7-9: @ Illinois FC (LISC) Fall Tourney**

Game schedule TBA

### **Oct. 16: @ Blooming Community Fields**

Noon v. MSSC  
2 p.m. v. Illinois Fusion

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# U11/12 DEVELOPMENT TEAM



Maya Caltry  
Grant Cline  
Michael Dietz  
Sophie Howarth

Ian McDaniel  
Tim Roberts  
Mia Ruffolo  
Nico Walters

**Practice Schedule:**  
**Tuesdays: 5:30-6:30 p.m.**  
**Thursdays: 6 - 7 p.m.**  
**@ First Baptist Church**

**Trainers:**  
**Adam Howarth and Grant Williams**

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## CSL BOARD PARENT LIAISON

Parents, we want you to be heard. If you have things you would like to bring before the board and/or do not feel comfortable discussing with your team's coach or with Coach Hansen, please do not hesitate contacting our parent liaison, Jay Fisher. He can be reached through email at [board@charlestonesoccer.org](mailto:board@charlestonesoccer.org).



# SUPPORT YOUR FELLOW CFC PLAYERS! SEE YOU ON THE PITCH!