

October 1, 2005 Corner Kicks

Welcome to week two of the fall 2005 soccer season. I hope that you all had a nice time last week and we are looking forward to more good times in the weeks to follow. In this week's issue you will once again find on page 2 the picture schedule for Sunday October 2, 2005. In addition, on page 4 is the first installment of the weekly article from Dr. Patrick Felton, Medical Director of the Sports Medicine Outreach Program through the Weston Regional Health Park.

Sunday October 2, 2005 is our picture day. All participants should come to picture day in full uniform at the appointed times. There is a make-up date scheduled for Sunday October 9, 2005. If your team cannot make the October 2, 2005 date please contact our team parent coordinator, Claire Hager, at LFH4@msn.com as soon as possible to schedule for the 9th.

Our weekly training program continues this week with the U-8 Boys and U-19 Boys divisions set for this coming Tuesday, Wednesday and Thursday nights. A complete schedule of the weeks and times are located on our website at www.ayso644.org. We also posted the entire schedule on last week's edition of the Dribbles and Kicks newsletter.

Please remember to clean up your sidelines of bottles, wrappers and all garbage after each of your games and do not dump ice onto the fields. Snacks and after game talks should be done away from the field of play as with over 100 games per day we need to keep the games on schedule.

Please make certain that you obey all traffic signs and the speed limits within the park. We have over 2,500 children kicking soccer balls and walking through the parking lots all day so please be cognizant of your surroundings and slow down while in the park.

Parking is also at a premium. There is lots of parking by fields 1 and 2 so if you are playing your games by fields 1-3 we ask that you park down that way to avoid the congestion and bottlenecks by soccer fields 4 and 5.

Please remember that, as your kids are learning to play the game of soccer, we also have children learning to referee games. These children who are refereeing are doing so as volunteers and should be applauded for their efforts. They may make mistakes during the course of the game, as we all do everyday. Please be respectful. Let them referee the game and please don't point out every flaw or mistake. They learn with experience and that experience will never come if we criticize to the point where they give up and stop refereeing. While each team has its set of parents and siblings cheering them on, the referees are alone on the field. Please encourage them and please remember..... it is only a game.

Questions have come up regarding playing time. Each player must play equal time as all other players on the team. No player may play an entire game unless all players have played three quarters. The only exception is in the U-12 division on up where a player may play four quarters if they play in goal the entire time.

Coaches, are you interested in coaching in the 2006 AYSO State Games that will be played Martin Luther King Weekend (January 2006) in Ocala, Florida? If so, you will need to submit your name via email to Strikersoccer1@aol.com by October 1, 2005. All coaches of teams from divisions U10 through U19 are eligible to submit their names. Coaches will be selected in October and will be announced in an upcoming edition of the Dribbles and Kicks.

On Sunday October 23, 2005 we will be having our first AYSO Fan Appreciation Day at Florida International University. All AYSO players wearing an AYSO Region 644 uniform will be admitted free to the FIU vs. East Carolina men's soccer game. At half time four of our teams will participate in two on-field mini games. We currently are looking for a U-10 girls team and a U-14 boys team to participate in the on field game at half time. If your team is interested please email me at Strikersoccer1@aol.com.

Finally, it is imperative that games start and end on time. It is the coaches responsibility that if a referee has not yet reached your field that you go ahead and start the game with the coaches as the refs until an assigned referee shows up. With over 200 teams we don't have the time available to allow for practicing prior to games. Once the previous game is over we need for the next game to begin. Last week we had some significant delays especially in the U10 division. This backs everyone else up throughout the day. Please remember that the timing of the games are on the back of the line up cards as well as in our player-parent handbook. It is running time and the clock does run during the quarter breaks.

It was great seeing all the kids on the fields last week. There are plenty of times during the off-season, when the previous season is just a mere memory, and we tend to forget all the fun. The long hours that all the volunteers put in can take its toll but it all comes back when you see the smiles from the kids once again. If you ever wonder what it is all about....go to soccer field 4 any Saturday morning and watch the U-5 and U-6 players play. No preconceived ideas of stardom. No pressure to win or score goals. Just plain fun....That is what it is all about. Have a great week.

Richard M. Schwartz
Regional Commissioner

Picture Day is Sunday October 2, 2005

Picture Day is just around the corner, and will be held on Sunday October 2, 2005 at the Weston Regional Park at the following times.

<u>Division</u>	<u>Team #</u>	<u>Time</u>
U5 Boys	1-8	11:00
U5 Boys	9-16	11:20
U5 Boys	17-20	11:45
U5 Girls	1-4	11:45
U5 Girls	5-10	12:00
U6 Boys	1-8	12:15
U6 Boys	9-16	12:30
U6 Boys	17-20	12:45
U6 Girls	1-4	12:45
U6 Girls	5-12	1:00
U7 Boys	1-6	1:15
U7 Boys	7-14	1:30
U7 Boys	15-16	1:45
U7 Girls	1-2	1:45
U7 Girls	3-10	2:15
U8 Boys	1-8	2:30
U8 Boys	9-14	2:45
U8 Girls	1-2	2:45
U8 Girls	3-10	3:00
U10 Boys	1-6	3:15
U10 Boys	7-14	3:30
U10 Boys	15-20	3:45
U10 Girls	1-2	3:45
U10 Girls	3-10	4:00
U10 Girls	11-18	4:15
U10 Girls	19-20	4:30
U12 Boys	1-6	4:30
U12 Boys	7-14	4:45
U12 Girls	1-8	5:00
U12 Girls	9-10	5:15
U14 Boys	1-6	5:15
U14 Boys	7-8	5:30
U14 Girls	1-6	5:30
U14 Girls	7-8	5:45
U19 Boys	1-6	5:45
U19 Boys	7-8	6:00
U19 Girls	1-6	6:00
U19 Girls	7-8	6:15

First Aid Station

AYSO Region 644 is proud to have the **Patrick M. Felton, DPM, PA and the Weston Regional Health Park North Broward Hospital District** volunteer their time every Saturday to insure that our children (and spectators) receive the best of care in case of an injury during our games. If you become injured, have an orthopedic or podiatric question, or just want to say hi, please visit our fine staff of volunteers from Patrick

M. Felton, DPM, PA and the Weston Regional Health Park between fields 4 and 5.

Women's Recreational Soccer League Sign-ups
When: Saturday September 24, 2005, Saturday October 1, 2005 and Saturday October 8, 2005 from 10am-5pm
Where: Weston Regional Park Soccer Field 4
Cost: \$125.00
Games: Sunday Mornings at the Weston Regional Park (game times 8:00am and 9:30am)
7v7 Short Sided Games
Season: November, 2005 through May, 2006

Hometown Concessions

Are you hungry for a hotdog, hamburger, pizza or just need a nice cold refreshment? How about candy or popcorn? If so, there are two concession stands that are open each practice and game days near field 3 and 7. Hometown Concessions has been a wonderful partner to the Weston Sports Alliance for the past 4 seasons. They contribute 12% of the proceeds that we all spend at the soccer fields back to the soccer program, allowing us to defray the program cost to you and making our program the least expensive of all youth athletic programs in Weston.

VIP Program

AYSO Region 644 is excited about our newest program that we offer and that is the VIP Program. The VIP program provides a quality soccer experience for children and adults whose physical and/or mental challenges make it difficult to successfully participate in the core program. We are so grateful to our wonderful sponsors who have, through their most generous contributions, allowed us to provide this program free of charge to the participants. For more information please contact Valeska McDonald-Munoz at 954-349-9786.

Lost and Found

Have you lost anything at our fields? Or have you found any items? If so, please come to the pavilion between fields 4 and 5 to claim or submit lost items.

A Word From Our Sponsors

“Let the Games Begin !”

The 2005 AYSO 644 Season Sponsors wish each of you a great upcoming season full of fond soccer memories. Likewise, we would like to take this opportunity to thank our sponsors for their generous support for which our program is dependent upon to be successful. AYSO has established a tradition of patronizing its sponsors, and we would encourage each of you to personally thank those that you may already do business with, or consider them if you find the need for their services. AYSO is exceptionally grateful for their year-over-year support through both their financial contributions, as well as the time spent by the majority of them volunteering as coaches, referees, and team parents within our program.

Please read the listing of our sponsors on the right, or look them up on our web site: www.ayso644.org. Take the opportunity to thank them and call on them for assistance if you have the need or are indifferent about your current provider.

AYSO 644 2005 Season Sponsors

Thank you !

AAA Realty Inc.	476-6200
Access Diabetic Supply	800-276-5712
Advanced Technology Metals	935-5565
Aliana Botanicals Corp.	370-4567
All American Inspections	385-4073
All Temperature Service, Inc.	434-7074
Atlas Packaging Inc.	384-6613
Awards Excellence Marketing	929-4949
Baers Furniture	389-0121
Broward Hand Center Inc	575-8056
Carnival Cruise Lines	305-406-5777
Coastal Security Systems Inc	660-6559
Dr. John J. Marchetto, Orthodontist	389-1002
Florida Corporate Realty, Inc.	349-1309
Drs. Friedel & Bolski Family Dentistry	389-0511
Jaswind Tropicals, Inc	389-8568
Mr. and Mrs. Bernie Kosar	
Laser Metals, Inc.	935-5565
Law Offices of Joseph Lipsky	693-0073
Law Offices of Dennis Phillips PA	877-Inawreck
Legacy Classic Kids	389-0121
The Glassman Law Firm	915-8800
Le Orthodontics	349-0545
PakMail	389-8007
Platinum Mosquito Protection Inc	888-9311
Play It Again Sports- Sunrise	746-0055
Publix Supermarkets	305-652-2411
Mr. Quick Print	566-8888
Cal Rains- UBS Financial	
Roly Poly Sandwiches	659-7588
Seaboard Marine, LTD	
Soccer Max	382-0040
South Florida Home Builders Inc.	
Sun Sentinel	385-7981
Training Camp	389-7721
Patrick M. Felton, DPM, PA	446-6991
Ultimate Software Group	331-7485
U.S. Postal Service at Weston	389-5445
Weston Area Chamber of Commerce	389-0600
Weston Professional Associates Corp	557-3342
Mr. and Mrs. Eugene Wetzold	
Wings Plus	389-1933

**It's Never to Late to Sponsor a
Team or a Field.**

Same Faces, Different Places

Patrick M. Felton, DPM

To all players, coaches, parents, and volunteers of AYSO 644:

As Medical Director of the Sports Medicine Outreach Program, I would like to welcome this year's participants of AYSO Region 644 Fall Season.

For those of you who aren't familiar with me, I will provide my background. I have been practicing Foot, Ankle and Lower Extremity Medicine since 1997. I have a further subspecialty/interest in Sports Medicine of the lower extremity. I was an Athletic Trainer prior to matriculation into Podiatric Medical School. During my Podiatric Medical School education and continuing into residency and private practice, I have maintained the Sports Medicine/Athletic Training interest. I have been practicing in Broward County since 2000. I recently entered into solo private practice, with offices located in Weston Regional Health Park and Coral Springs Medical Center Medical Office Complex

This will be my fifth season with AYSO. The relationship has been a very positive one over these past 5 years. This year, I am proud to announce the participation/sponsorship of the Sports Medicine Outreach Program through the Weston Regional Health Park, a North Broward Hospital District Facility. The Weston Regional Health Park is a 78,000 square foot facility, offering multidisciplinary medical care through a variety of physicians and specialists, Physical Therapy and Sports Medicine, Women's Center, Surgery Center, full service diagnostic imaging, Sleep Disorder Center, Primary Care, and Urgent Care

For those of you new to AYSO, Sports Medicine Outreach Program provides just more than emergency on-site care for injured players.

A sizable portion of athletes and active individuals present to my office with chronic, overuse painful conditions that have developed over a period of time. These are the types of conditions that many people will overlook and/or consider "normal" parts of athletic activity and assume the pain or problem will resolve with time.

In actuality, nothing could be further from the truth. Of course, any athletic activity puts increased physical demand on the body and some soreness may be experienced while an individual becomes conditioned in a musculoskeletal sense. However, when either localized or general musculoskeletal pain persists and/or worsens over time with increased amounts of athletic activity, an exam by a physician must be considered. Underlying reasons for these chronic/overuse pain can be identified and corrected.

I encourage you to visit our Sports Medicine Tent, which will be erected to the East side of the Rotary Club Pavilion on Saturdays from 9am to 5pm. We will have information handouts which review the various acute and chronic conditions we are commonly experienced by athletes. There will also be informational handouts about the Weston Regional Health Park as well. In addition to Saturdays from 9am to 5pm, the trainers will be located at the Rotary Club Pavilion from 6pm to 9pm from Monday to Friday in the event of an emergency on the field. I encourage you to visit our trainers and ask questions about various sports medicine topics. Consider the trainers not only an emergent caregiver on-field, but an information resource to learn from and possibly prevent any overuse injuries that plague many athletes during the course of their seasons.

Over the season, I will be providing a weekly column outlining various overuse and chronic painful conditions I treat, as well as general sports medicine topics. These articles are also available for viewing at my website, www.drfelton.com. I am in the process of posting the daily athletic trainer schedule through a link on the AYSO 644 website, including trainer phone numbers. You may view and print out the athletic trainer coverage schedule. Hence, if a player should be injured on-field and you are not located close enough to the pavilion to get there quickly to inform the trainer, the trainer can be contacted via mobile phone and come to your field to assess the injury.

Again, I welcome all of you to the Fall 2005 AYSO season.

Good Luck, Be Safe and most important, Have Fun.

Patrick M. Felton, DPM

Medical Director, Sports Medicine Outreach Program