

October 8, 2005 Corner Kicks

Welcome to week three of the 2005 fall soccer season. In today's edition of Dribbles and Kicks on page 2 we have a revised picture day schedule and on page 4 is our weekly installment of the weekly article from Dr. Patrick Felton, Medical Director of the Sports Medicine Outreach Program through the Weston Regional Health Park.

Unfortunately last Sunday's picture day proved to be a washout with only a few teams able to get their pictures taken. We have rescheduled picture day for Sunday October 9, 2005 here at the Weston Regional Park. On page 2 you will find a listing of the scheduled picture day times for each team. This listing is also located on our website at www.ayso644.org. At the time of printing a subsequent make up date had not yet been determined. If you cannot make the scheduled time on Sunday October 9, 2005 please contact Claire Hager at LFH4@msn.com as soon as possible.

Our weekly training program continues this week with the U-10 Girls and U14 Girls 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 will also be contacting the coaches regarding goalkeeper training over the next few weeks.

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 from the U-8 and U-10 girls divisions will participate in two on-field mini games.

Are you receiving the AYSO Bi-Weekly Newsletter? The bi-weekly newsletter is a 16 page emailed newsletter that discusses upcoming events and registrations here in AYSO Region 644 as well as coaching and training tips. It also has a section for soccer news from around the world which brings world soccer news right to your email address. We also have a section related to health and youth sports. If you are interested in getting the newsletter please email Strikersoccer1@aol.com and request it. Previous issues are archived on our website. We had taken a two month sabbatical but the newsletter

will make it's comeback the first week of November. Don't miss out on another issue.

State Games tryouts are just around the corner. If your child is in the U-10 or above divisions and is interested in playing in the AYSO Florida State Games next January in Ocala Florida please mark your calendar for Sunday November 6 and Sunday November 13. We will be having our tryouts for the State Games teams on these dates. Times for the tryouts and field locations will be announced in the coming weeks here in the Dribbles and Kicks Newsletter.

It is that time again. We are in the midst of our sign ups for the women's recreational soccer league. Our league runs from November through May. All games are on Sundays with the first games beginning at 8am and the second games beginning at 9:30am. All games are played at the Weston Regional Park. The cost for the league is \$125 and includes a uniform. For those participating in the league there will be open play on Monday and Wednesday nights. The league is geared toward the beginner to intermediate player and is a great way to meet people and get some exercise. Why let the kids have all the fun? Join today!!!!!! Registration forms are at the soccer pavilion by field 4.

Finally, as a fundraiser for our teams that will be going to the AYSO National Games next July we will be selling 50-50 tickets each week. For those who don't know what 50-50 tickets are, for a fee of \$1 (or 6 for \$5) you can purchase a ticket which has a grouping of numbers. If we select your number you win one-half of the prize money with the other half going to fund the travel expenses for our region's national teams. Winning numbers will be posted in the Dribbles and Kicks the following week. Tickets will be on sale throughout the soccer fields from 9am- 5pm each game day Saturday.

Have a great week.

Richard M. Schwartz
Regional Commissioner

Rescheduled Picture Day is Sunday October 9, 2005

Due to the rain last Sunday, Picture Day has been rescheduled for Sunday October 9, 2005 at the Weston Regional Park at the following times.

| <u>Division</u> | <u>Team #</u> | <u>Time</u> |
|------------------------|----------------------|--------------------|
| U5 Boys | 14 | 11:00 |
| U6 Boys | 3,4,5,7,8,9 | 11:15 |
| U6 Boys | 17,19,20 | 11:30 |
| U5 Girls | 1-4 | 11:30 |
| U5 Girls | 6,7,9 | 11:45 |
| U6 Girls | 1-7 | 12:00 |
| U6 Girls | 8-12 | 12:15 |
| U7 Boys | 1-7 | 12:30 |
| U7 Boys | 8-14 | 12:45 |
| U7 Boys | 15-16 | 1:00 |
| U7 Girls | 1-5 | 1:00 |
| U7 Girls | 6-10 | 1:15 |
| U8 Boys | 1-7 | 1:30 |
| U8 Boys | 8-14 | 2:00 |
| U8 Girls | 1-7 | 2:20 |
| U8 Girls | 8-10 | 2:40 |
| U10 Boys | 1-4 | 2:40 |
| U10 Boys | 5-11 | 3:00 |
| U10 Boys | 12-18 | 3:15 |
| U10 Boys | 19-20 | 3:30 |
| U10 Girls | 1-4 | 3:30 |
| U10 Girls | 5-11 | 3:50 |
| U10 Girls | 12-18 | 4:00 |
| U10 Girls | 19-20 | 4:20 |
| U12 Boys | 1-5 | 4:20 |
| U12 Boys | 6-12 | 4:45 |
| U12 Boys | 13-14 | 5:10 |
| U12 Girls | 1-5 | 5:10 |
| U12 Girls | 6-10 | 5:30 |
| U14 Girls | 1-2 | 5:30 |
| U14 Girls | 3-8 | 5:50 |
| U14 Boys | 1-8 | 6:10 |
| U19 Girls | 1-7 | 6:30 |
| U19 Girls | 8 | 6:50 |
| U19 Boys | 1-6 | 6:50 |
| U19 Boys | 7-8 | 7:15 |

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 !

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

**What Can Be Done If Your Child Is Experiencing Heel Pain?
Patrick M. Felton, DPM
Medical Director, Sports Medicine
Outreach Program**

Heel pain in children and adolescents is common. During the AYSO soccer season, I see many patients in my office with heel pain or have parents approach me at the medical tent asking questions about heel pain. The good news is that this is a condition that can be treated with relative ease in most cases and the child can continue activity or have a very short time away from their activity for rest and recovery.

The area that is affected in heel pain in children and adolescents is called the GROWTH PLATE, also known as the apophysis. This area gets inflamed, hence the term calcaneal (meaning heel bone) apophysitis. This condition has a medical nickname, called Severs Disease. This is a misnomer, as it is actually not a disease.

Children will often complain about the heel pain with increased amounts of activity. Hence, they usually will complain at the end of a practice or game. If the condition is severe enough, the child may limp at the end of a day of regular activities, such as school. Visible swelling is not seen in this condition. This is due to the fact that the inflammation is internal and deep. Some of the causative factors include tightness of the calf muscle and Achilles tendon, a low-arched or high-arched foot, non-supportive shoe gear, walking bare foot, and excessive training requiring the use of the calf muscle, such as sprinting. Another huge factor is a recent growth spurt in the child, even if it is only a few inches. The bones grow in length at a faster rate than do the muscles during a growth spurt. The muscles become “artificially shorter” than the bones

and become tight. Due to growth spurts usually being associated with this condition, it is most common between the ages of 8 and 14.

Treatment of this condition includes a thorough history of the problem, followed by a physical exam. Radiographs (X-rays) are taken to rule out any other problems such as a stress fracture or neoplasm. Causative factors such as low-arch or high-arch feet are addressed with custom-molded in-shoe orthotics, proper shoe gear, and minimizing bare foot walking. A stretching program for tight calf muscles is instituted and in some cases, a special stretching splint worn at night will be used to augment the stretching program.

As a secondary line of treatment, use of oral anti-inflammatory medications and icing to reduce any deep inflammation and pain is utilized. Reduction of the sports or exercise activity may be warranted. In severe cases, immobilization in a walking boot (CAM walker) or cast is indicated.

Upon resolution of the problem, it should be understood that the proper support of the feet plus a stretching program should be continued. These measures take on more of a preventive role rather than definitive treatment role. This is due to the large age range over which this condition occurs. Individuals who fail to continue to utilize these measures in a preventive role over the at-risk age range have a higher probability of recurrence of the problem.