

December 10, 2005 Corner Kicks

Welcome to week 5 of our what seems to be 52 week season. Just kidding.....On behalf of the board of directors of AYSO Region 644 I want to wish you and your family a very happy and healthy holiday season.

As you are aware of, we have adjusted our schedules to in order to play all of our missed games from this season. On page 2 of this issue there is a grid which indicates which game schedule you are to use for a particular date. Game times and fields will be the same as those scheduled for the original date. All **original** game schedules are listed on our website at www.ayso644.org under the link "schedules" on the left side of the home page and then under the sublink of "game schedules". There will not be any games played on Saturday January 14, 2006. **The last games for the U-5 and U-6 divisions will be played on Saturday January 21, 2006.**

Pictures will be in on Saturday January 21, 2006. The Sports Section had delays due to Hurricane Wilma and requested if they could delay delivery and since our league was delayed we thought it to be all right to give out as we always do, near the last day of the season. On behalf of The Sports Section, thank you for your patience and understanding..

Spring season registrations are continuing. We are moving our spring season to the Weston Regional Park this year. The season will be administered and played just like the fall season. All games will be played on Saturdays with one practice per week with a coach and another practice with our trainers during the week. Please indicate your preferred practice days on your registration forms as we will try to accommodate those requests in the spring. The cost of the program is \$110 and includes 10 games, uniform and trophy. The league will run from March through May 2006.

Are you receiving the AYSO Bi-Weekly Newsletter? The bi-weekly newsletter is an 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. Don't miss out on another issue.

As you are aware of the Weston Regional Park does not have any of its field lights working due to Hurricane Wilma. It is believed that this will remain the case for the remainder of the season. Therefore there will be no practices at the Weston Regional Park for the remainder of the season. We are sorry for the inconvenience.

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 January 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- Once the lights become operational. 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.

A great big thank you to the City of Weston and Jeff Skidmore for the funding and installation of the lightning detection system behind soccer fields 3 and 4. As Florida is the lightning capital of the country, this safety feature gives us peace of mind but also may save lives. If you hear the warning blast or see the flashing lights of the lightning system you are to leave the fields immediately and retreat back to your automobiles. The pavilion and the canopies are not safe shelters!!!!

Remember in your holiday resolutions that there are three factors always present in success- Expectations, Responsibilities and Feedback, provide all three to your children and they will thrive!!!!

Have a great week.

Richard M. Schwartz
Regional Commissioner

AYSO Fall 2005 Make Up Schedule

The following is the grid to determine when and where your games are for all of the remaining games this season (Please remember that all games that are scheduled to begin at 4pm or later will be moved to Sunday afternoons. Those games will be posted on our website at www.ayso644.org on the home page "news" section:

<u>New Date of Games</u>	<u>Following Games Originally Scheduled For</u>
Sat. December 10	Sat. October 8
Sat. January 7	Sat. October 22
Sat. January 21	Sat. October 29
Sat. January 28	Sat. November 5
Sat February 4	Sat. November 12
Sat. February 11	Sat. November 19

The Holiday Gift

Dear Santa....I know that I am only six years old but I have soooo many presents that I would like for you to bring to me.

Let me see....can we start with a scooter, you know the two wheeled kind that folds up. And anything to do with an I-Pod. And while you are at it, a X Box 360 and/or PSP. And I could sure use some video games to go with those consoles. How about anything to do with Harry Potter, Madden NFL '06, Furby, and a portable dvd/cd player. Lastly, I would like to get an American Girl doll...not for me but for my sister.

Hmmm....Santa, can I ask a favor of you....I really want that scooter but....you know my friend Jimmy...you see, his father lost his job two months ago and they had to call off Jimmy's birthday party this year.... Can you give Jimmy a nice birthday cake in place of me getting that scooter?

And Santa.....I don't really need that IPod....instead can you give it to that child on the other side of town who is going to wake up on Christmas Day to find nothing there under the tree.

And Santa....my best friend Joe has had it rough this year....his parents no longer live together...I think they call it separation....how about the Xbox 360 going to him???

Oh and by the way Santa....Jennifer was crying last week....she is my girlfriend....her grandfather went into the hospital, something about cancer, something about not having much more time left...can I trade that PSP for a nice big stuffed animal to keep Jenny company when she is feeling down...

Santa...if it is all the same to you...you can leave that Furby off my list....you know those kids that I saw last week while my parents were driving and they told me to keep my windows up...can you deliver a nice cute puppy dog to them instead....

You know....Harry Potter is always doing magic...and those children that I see on television every morning before I go to school who really need a steady meal...well santa...can you use the Harry Potter stuff to magically feed all those children.

Santa....remember when I was in the hospital getting my tonsils out and I noticed those children who had only one hand or one leg....can I trade the portable dvd/cd player for them to get their body fixed.....

And Santa...I want to trade the Madden NFL '06 video game and all of my video games for a chance for all the soldiers in Iraq and Afghanistan to come home soon safe and sound....

Santa maybe next year I can get just a few toys...maybe I won't feel the great need to help other less fortunate...maybe there won't be anyone less fortunate....

Oh..and by the way Santa.....that power puff girl....please let my sister keep that as a special present from me.

Happy Holidays Everyone!!!

Richard Schwartz, Regional Commissioner

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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Team or a Field.**

KNEE PAIN? THE FEET MAY BE THE KEY TO RELIEF.

PATRICK M. FELTON, DPM Medical Director, Sports Medicine Outreach Program

Knee pain without any traumatic cause is a common complaint in my practice. While in some cases, there may be factors such as overtraining or improper training techniques, the vast majority of cases evaluated in my office have postural foot alignment causes.

There are two types of foot posture misalignment scenarios. The first is what is called a pronated foot type, sometimes referred to with the misnomer of “flat foot.” In a pronated foot type, as weight is applied to the foot the arch height lowers (and in severe cases, does flatten), the ankle appears to roll inward and the heel bone tilts outward when viewing the foot from behind. In some cases, it also appears that the front half of the foot is pointed outward away from the body.

Knee pain symptoms in a pronated foot include:

- Pain on the inside of the knee
- Pain deep within the knee on the inner ½ of the knee.
- In many cases, there are also complaints of pain on the inside of the lower leg (shin splints), as well as pain to the inside of the ankles.
- IT band syndrome (pain to the long thin muscle and tendon running from the hip to just below the outside of the knee) is often a complaint as well. IT band syndrome occurs due to over-rotation of the shin bones when the foot pronates. The IT band tries to keep this over-rotation from occurring. Pain occurs at the highest area of tension, which is at the top and outside of the shin bone (tibia). Often, this pain radiates up into the outer knee.

The second type of foot misalignment is the high arch foot, also called a cavus foot type. This is the type of foot that demonstrates a very well developed, high arch even when standing. People with this foot type appear to lean to the outside of the foot when standing.

Knee pain symptoms in a supinated foot include:

- Pain to the outside of the knee
- Pain deep within the knee on the outside ½ of the knee
- Often there is pain in the outside of the foot
- Pain is reported in the thin long lower leg bone-fibula. Stress fractures of this bone are often seen in patients with high arch feet.

Treatment:

- Thorough history of the complaint
- Physical exam including a biomechanical exam- examination of the patient when weight bearing and walking
- X-rays of the area of chief complaint. If symptoms persist despite treatment, an MRI may be necessary
- In-shoe custom molded orthotics are very important in these cases. Orthotics will help to align the feet properly. Even in patients who have already reached the point of having arthritis in the joints can benefit from proper alignment of the feet and legs as a whole.
- Proper shoe gear to augment the support of the orthotics
- Physical therapy modalities to reduce inflammation and pain
- Reduction of primary activity and cross-training until symptoms are stabilized