

## **2008 IN-HOUSE PROGRAM SPRING SEASON**

Saturday mornings at the Middletown Middle School are going to be a-buzz with our youngest soccer age groups enjoying small-sided soccer games. The Under 6 age group will be playing 3 v 3 games and the Under 8 age group will be playing 4 v 4 games. As players arrive, they will be directed to a field and play will begin.

Optional, but encouraged, weeknight practice sessions will continue for each age group this season. Coaches will structure these sessions full of activities focusing on individual ball handling skills.

The Spring 2008 season begins Saturday, March 29<sup>th</sup> at 5:00pm with our parents' pre-season meeting. Parents will meet at the **Middletown Primary School** gymnasium. Please wear comfortable shoes.

### **In-House Program Coordinator:**

David Harvey — inhouse.coordinator@gmail.com

## **AGE AND ELIGIBILITY**

**Q:** How do I determine whether my child is in the Under 6 or Under 8 age group?

**A:** 1 August 2007 is the key. If a player is **under 6 years of age** on this date, they will participate in the Under 6 group for the fall and spring seasons.

**Q:** What is the youngest age accepted into the program?

**A:** 1 August 2007 is the key. A player must be **four years old** on this date to participate.

**If your player is too young to participate in the fall, 1 March 2008 is the eligibility date for the youngest participants in the spring.**

## **EQUIPMENT AND UNIFORMS**

Equipment Requirements –

- shin guards
- soccer socks (covering shin guards)
- soccer or athletic shorts
- soccer or athletic shoes
- water bottle

\*\* uniform (t-shirt) will be provided to each player at their opening practice session

## SEASON SCHEDULE

29 March – 5:00pm – Middletown Primary School – Parents’ preseason meeting	
<b>ALL GAMES AND PRACTICES WILL BE HELD AT THE MIDDLETOWN MIDDLE SCHOOL ATHLETIC FIELDS</b>	
<b>UNDER 6 AGE GROUP</b>	<b>UNDER 8 AGE GROUP</b>
2 April – 6:30pm	3 April – 6:30pm
5 April – 10:00am	5 April – 8:30am
9 April – 6:30pm	10 April – 6:30pm
12 April – 10:00am	12 April – 8:30am
16 April – 6:30pm	17 April – 6:30pm
19 April – 10:00am	19 April – 8:30am
23 April – 6:30pm	24 April – 6:30pm
26 April – 10:00am	26 April – 8:30am
30 April – 6:30pm	1 May – 6:30pm
3 May – 10:00am	3 May – 8:30am
7 May – 6:30pm	8 May – 6:30pm
10 May – 10:00am	10 May – 8:30am
14 May – 6:30pm	15 May – 6:30pm
17 May – 10:00am	17 May – 8:30am

**The season calendar is a “must” for your refrigerator door or other family planning center.**

### “TO YOUR HEALTH”

Dehydrated athletes do not perform well. Fluid loss through sweating directly impacts strength, endurance, power, and cognitive abilities. Excess fluid loss may cause an athlete to feel fatigued, weak, irritable, nauseous, dizzy, and even disoriented.

#### **Recommendations to Prevent Dehydration**

2 to 3 hours before a competition - drink 2 cups of fluid

1 hour before a competition - drink 1 cup of fluid

15 minutes before a competition - drink 1/2 cup of fluid.

Before a competition, weigh the athlete.

Every 10 to 20 minutes during a competition - drink 1/2 cup of fluid.

After a competition - drink 2 cups of fluid for every pound of weight lost.

Source: American Red Cross Sports Safety Training Handbook