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 matches. The Under 6 age group will be playing 3 v 3 and the Under 8 age group will be playing 4 v 4. 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 guide these sessions full of activities focusing on individual ball handling skills.

The Spring 2011 season begins Saturday, March 19th 9:00-9:30 a.m. with our parents' pre-season meeting. Parents will meet with the program Coordinator at the Middletown Elementary School (MES) cafeteria/gym.

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 2010 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 February 2011 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 spring, 1 August 2011 is the eligibility date for the youngest participants in the fall.

VOLUNTEER SUPPORT POSITIONS

The success of our program has always been a direct result of volunteer participation in several important areas:

Fields Maintenance - a crew of four to paint field lines; general members assist with game day field set-up and take-down.

Uniform Distribution - two or three members from each age group to distribute jerseys at week 1 practice and game day.

Equipment Preparation - two or three members to check goals and balls for servicability.

Coaching - a crew of four or five members from each age group to facilitate games during practices; weekly lesson plans are distributed at the pre-season coaching clinic.

EQUIPMENT AND UNIFORMS

Player Equipment Requirements –

shin guards

soccer socks (covering shin guards)

soccer or athletic shorts

soccer or athletic shoes

water bottle

** uniform will be provided to each player at their opening practice session

'ONECALLNOW' SERVICE

This is a telephone notification service we use to get the word out to all families in a quick and easy manner. The telephone number provided at registration will be used to contact families in the event of any changes pertaining to practices and games. OneCallNow will leave messages on answering machines. Any group member can call 1-877-698-3261 to listen to current messages.

"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

THUNDERSTORM & LIGHTNING SAFETY

There are no consistently available buildings for shelter in the area where we conduct practices and games. Your vehicle is the only next best alternative for shelter in the event of a thunderstorm or lightning. For this reason we ask parents to remain present throught practices and games.

Please review the attached information brochure:

(Insert hyperlink to document here)

Source: National Weather Service

SPRING 2011 SEASON SCHEDULE

ALL GAMES AND PRACTICES WILL BE HELD AT THE

MIDDLETOWN MIDDLE SCHOOL ATHLETIC FIELDS

Parents' Pre-Season Meeting
Saturday, March 19th, 2011 – 9:00-9:30a.m. at MES Cafeteria
Coaching Clinic
Saturday, April 2nd, 2011 - 11:00a.m - 12:00p.m. at MMS Track
Fields Lining & Equipment Check
Saturday, April 2nd, 2011 - 9:00a.m at MMS Track

UNDER 6 AGE GROUP	UNDER 8 AGE GROUP
6 Apr – 6:00pm to 7:00pm	7 Apr – 6:00pm to 7:00pm
9 Apr – 10:00am to 10:45am	9 Apr – 8:30am to 9:25am
13 Apr – 6:00pm to 7:00pm	14 Apr – 6:00pm to 7:00pm
16 Apr – 10:00am to 10:45am	16 Apr – 8:30am to 9:25am
20 Apr – 6:00pm to 7:00pm	21 Apr – 6:00pm to 7:00pm
23 Apr – NO GAME	23 Apr – NO GAME
27 Apr – 6:00pm to 7:00pm	28 Apr – 6:00pm to 7:00pm
30 Apr – 10:00am to 10:45am	30 Apr – 8:30am to 9:25am
4 May – 6:00pm to 7:00pm	5 May – 6:00pm to 7:00pm
7 May – 10:00am to 10:45am	7 May – 8:30am to 9:25am
11 May – 6:00pm to 7:00pm	12 May – 6:00pm to 7:00pm
14 May – 10:00am to 10:45am	14 May – 8:30am to 9:25am
18 May – 6:00pm to 7:00pm	19 May – 6:00pm to 7:00pm
21 May – 10:00am to 10:45am END OF SEASON	21 May – 8:30am to 9:25am END OF SEASON
25 May – 6:00pm to 7:00pm GAME RAIN-DATE	26 May – 6:00pm to 7:00pm GAME RAIN-DATE