

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 structure these sessions full of activities focusing on individual ball handling skills.

The Spring 2010 season begins Saturday, March 27th 10:00-11:00 a.m. with our parents' pre-season meeting. Parents will meet 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 2009 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 2010 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 2010 is the eligibility date for the youngest participants in the fall.

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

'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

SPRING 2010 SEASON SCHEDULE

ALL GAMES AND PRACTICES WILL BE HELD AT THE MIDDLETOWN MIDDLE SCHOOL ATHLETIC FIELDS	
Parents' Pre-Season Meeting DATE – TIME – LOCATION To Be Determined	
UNDER 6 AGE GROUP	UNDER 8 AGE GROUP
7 April – 6:00 _{pm} to 7:00 _{pm}	8 April – 6:00 _{pm} to 7:00 _{pm}
10 April – 10:00 _{am} to 10:45 _{am}	10 April – 8:30 _{am} to 9:25 _{am}
14 April – 6:00 _{pm} to 7:00 _{pm}	15 April – 6:00 _{pm} to 7:00 _{pm}
17 April – 10:00 _{am} to 10:45 _{am}	17 April – 8:30 _{am} to 9:25 _{am}
21 April – 6:00 _{pm} to 7:00 _{pm}	22 April – 6:00 _{pm} to 7:00 _{pm}
24 April – 10:00 _{am} to 10:45 _{am} Earth Day Activity	24 April – 8:30 _{am} to 9:25 _{am} Earth Day Activity
28 April – 6:00 _{pm} to 7:00 _{pm}	29 April – 6:00 _{pm} to 7:00 _{pm}
1 May – 10:00 _{am} to 10:45 _{am}	1 May – 8:30 _{am} to 9:25 _{am}
5 May – 6:00 _{pm} to 7:00 _{pm}	6 May – 6:00 _{pm} to 7:00 _{pm}
8 May – 10:00 _{am} to 10:45 _{am}	8 May – 8:30 _{am} to 9:25 _{am}
12 May – 6:00 _{pm} to 7:00 _{pm}	13 May – 6:00 _{pm} to 7:00 _{pm}
15 May – 10:00 _{am} to 10:45 _{am}	15 May – 8:30 _{am} to 9:25 _{am}
19 May – 6:00 _{pm} to 7:00 _{pm}	20 May – 6:00 _{pm} to 7:00 _{pm}
22 May – 10:00 _{am} to 10:45 _{am} END OF SEASON	22 May – 8:30 _{am} to 9:25 _{am} END OF SEASON