



# MYS SWEEPER

McLean Youth Soccer Association

October 4, 2007

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Official Uniform Supplier to MYS.

MYS Members Receive 10% Off



Beverly Pediatric Dentistry Sponsors of the U5 Program



MYS Training Partner

MYS Website Tip of the Week:

View Announcements for latest news and interesting write-ups by selecting "News and Announcements" from the left menu

Have a suggestion for the Website or Sweeper? email the

## Calendar

Date	Event	Location	Time
10/13/2007	House League Picture Day	Spring Hill School Cafeteria	8:00 AM - 2:00 PM
10/13/2007	U5 Picture Day- Same field as their Weekly Sessions	Spring Hill Rec. #5	9:45AM to 12 Noon
10/15/2007	One Night Coaching Clinic - U9	LP#2	7:30 - 8:30PM
10/22/2007	One Night Coaching Clinic - U12	LP#2	7:30 - 8:30PM
10/24/2007	Injury Prevention Program	LP #2 - Bleachers	7:15 - 8:30 PM

[View the complete MYS calendar online](#)

## We Need You to Get Involved!

MYS is **urgently** looking for volunteers to serve our club and its members in a variety of positions including Deputy House Commissioner, All Star Coordinator and behind the scene IT help. If you are interested in finding out more about any of this positions or other opportunities to get involved this season, please contact Maureen Dalbec, MYS Vice Chair, via e-mail at [mdalbec@gmail.com](mailto:mdalbec@gmail.com). **We can't do it all without you!**

## SAFETY ANNOUNCEMENT

As many of you have probably read, last season a U10 Virginia player tragically died when a goal landed fell on him. This has resulted in heightened concern across the soccer community regarding goal safety. Accordingly, Fairfax County Park Authority and Fairfax County Public Schools have significantly changed their policies and practices regarding the securing and movement of goals. Basically, this means that all goals over 6 feet tall or 60 pounds must be "permanently anchored" and all other goals must be secured (e.g. locked together) when not in use. For MYS, this change has many ramifications that require full support from our coaches, parents and players:

1. Never, ever allow players to hang on goals. Please stay vigilant and watch your players carefully.
2. Do not practice in goal mouths on grass fields, if you need alternative "structures" for practice , please contact [mysfields@att.net](mailto:mysfields@att.net)
3. Do not move goals unless explicitly allowed by direct written permission from MYS Field Operations
4. Flat-faced goals (aka Kick-backs) are no longer allowed (unless permanently installed per county specifications)
5. If you practice at fields where "micro" goals are used (such as elementary school fields), please be sure to lock them after the last practice each day.

6. At the MYS field, we have permanently anchored a few practices goals on the apron - please use/share these as required. Again, do NOT move these goals for any reason.
7. At LP2, the county is responsible for moving and locking the goals each week to support games - if you have special requirements, e.g. for a scrimmage, please contact [mysfields@att.net](mailto:mysfields@att.net)
8. Report any issues or concerns or damaged equipment to [mysfields@att.net](mailto:mysfields@att.net)
9. As always, please be good citizens and follow the MYS Field Policy and keep our fields (and goals) safe and clean. Thanks for your support and understanding.
10. Reminder --- No Dogs are allowed at any MYS House or Travel games. We have received complaints from several families and coaches about dogs at the games and do appreciate all our families following this MYS Policy.

### CHILD PROTECTION

A young adult male was arrested in McLean for breaking and entering this summer and was caught peering thru the woods at children playing in recess at one of the Elementary Schools. MYS asks all our families and coaches to be cautious and keep their eyes on the children at all times.

### SKILL TRIVIA

Finally a top quality study has been done at John Moores University in Liverpool, England about whether the skills learnt by juggling a football can be transferred to better ball control during a game.

Often times people have said "what is the point of juggling when you don't juggle during a game" well this study proves that even small amounts of juggling will improve ball control. The study concluded that in 4 weeks with only 10 minutes juggling per day created an 8.4% improvement in a players stronger foot and 6.8% in their weaker foot was shown in the ability to control a ball propelled at the players. This suggests that the skills learnt in ball juggling can be transferred to ball control in a game situation. To obtain the full version send an email to: [info@footballtricks.com](mailto:info@footballtricks.com) with "Juggling Study" in the title.

### INJURY PREVENTION

Please attend our injury prevention program now slated for October 24th at 7:15-8:30 PM at LP2 bleachers. Dr Chris Annunziata and Rob Rose will be in attendance to teach everyone how to help prevent injuries and what to do if a player has an injury.

### TEAM PICTURE ANNOUNCEMENTS

MYS Picture Day is next Saturday October 13th at the Spring Hill Elementary School Cafeteria between 8:00 AM to 2:00 PM for players ages U6 to U12. Memory Makers Photography will be there to take team pictures as well as individual shots of the players on all our teams. Coaches received order packets in their folders at the Coach's Meeting. If your form has been misplaced, Memory Makers will have additional order forms at Spring Hill for parents. All orders have to be placed and paid for at the time your photos are being taken. Payment can be made by: Check; Credit Card - VISA or Mastercard or Cash (must be exact change.)

Appointments are required: Parents, please encourage your team coach to call Memory Makers to reserve a time for your team's photos. Coaches were already given this information. Thanks so much for your support of our Picture Day program. It is a small fundraiser for MYS; we only schedule Picture Day during the Fall season.

### HOLIDAY WEEKEND ANNOUNCEMENT

No House League Games this weekend (October 6th) since it is Columbus Day Weekend. Teams can still practice on Columbus Day if that is your regularly scheduled day (that is up to the Coach).

Reminder: Monday, October 8th is Columbus Day and there are no Skills Training, Keeper Training or Travel Training Sessions scheduled. To view the season dates for Training, please click on [www.mcleansoccer.org/training](http://www.mcleansoccer.org/training) Please scroll down to view the entire chart.

### TEAM WEBSITES

Did you know that your house or travel team can host a team website for free on the MYS website? Last fall, many house league teams created some interesting sites, check out the Silver Dolphins, the Green Snakes, the Blue Devils etc. [here](#). Travel team websites are accessible via the top menu choice "Travel Teams" and then selecting "Team Websites." If you are interested in learning how to create and manage a team website, please contact [romanowskig@gmail.com](mailto:romanowskig@gmail.com)

### LOST AND FOUND

Items are listed on the MYS website: [www.mcleansoccer.org/lostandfound](http://www.mcleansoccer.org/lostandfound)

### PHOTO OF THE WEEK

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**Ever wondered what you look like watching your kids?**



[Learn how](#) to upload your soccer photos to the MYS website, and create a link for just your team's photos.

[View the entire MYS photostream](#)