



FOOTNOTES

News from Palatine Celtic Soccer Club



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Celtic Club Members,

President's Notes

April, 2007

Spring is upon us and so is the crazy weather. As you all very well know, during this time of year, it is not uncommon to experience heavy rain and sometimes snow! For this reason, the Park District keeps a very close eye on the fields to be sure that the fields are not used when they are too saturated. They will, at times, close the fields up to two days to be sure that the conditions ensure the safety of our children. The club is notified of field closures by the afternoon. Travel and House directors are immediately notified so they can contact their coaches. Please keep in mind that we have to adhere to and respect the decision of our Park District to close the fields. Please do not use the fields if the Park District has closed them. Thank you for your continued cooperation.

Our travel program continues to thrive under the direction of John Koeune and Emina Zvizdich. Several "Chicago Storm" nights were organized by Emina, and attended in great numbers by the children in our house and travel programs. Some of our travel teams even got to play on the field during halftime of a Chicago Storm game! John and Emina's continued efforts to provide an excellent coaching staff, updated evaluation systems for both coaches and players, and continued reorganization procedures in the travel programs (such as tryouts and team meetings which make it easier on families to participate in the program) have been an invaluable asset to the Club. I'd like to extend my gratitude for the fine work they continue to provide. Under their direction, the travel teams posted great records and accomplishments this season. Check out their accomplishments on our website: www.palatinecelticsoccer.org.

The Spring season for our house teams means the completion of the 06-07 season with four regular scheduled games and ending with the U10—U14 divisions participation in the exciting Kinsella House Tournament, May 15th—20th. Keeping in tradition of past Kinsella Tournaments, a shoot-out will once again be hosted, in addition to the four or five games that each team will get to play. Please be mindful of the season. During the spring, weather has the potential to be an issue. Therefore, if we are experiencing heavy rains during the weekend of the tournament, be prepared for your game to be rescheduled with only 24 hours notice.

Lastly, I'd like to thank all of people who volunteer their time to make sure that our children enjoy a competitive, fun atmosphere when they are playing soccer. I would also like to thank each and every member of the Celtic Soccer Board for the time they take finding ways to keep our children happy, and also, for working hard at improving our Club for the future. Thank you.

Bob Haas, President, Celtic Soccer❖

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Palatine Celtic Soccer Club Travel Tryouts 2007 - 08

For Travel Tryouts, all players must:

- ◆ Check in at least fifteen (15) minutes prior to designated times.
- ◆ Have a parent complete the medical release form.
- ◆ Attend at least one full tryout to be eligible for selection.

Pre-registering with the Palatine Park District will help streamline the tryout process.

Registration fees are: U8-U14: Resident - \$80; High School District - \$120; Non-Resident - \$160

Full refunds will be given to those who decline a Travel Team Invitation.

JUNE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Tryouts located at Hamilton Park				1	2	3
				U12, U13, U14 BOYS	U12 BOYS—9am U13 BOYS—9:30am U14 BOYS—10am U9 BOYS—12pm U10 BOYS—12:30pm U11 BOYS—1pm U8 GIRLS—3pm U8 BOYS—3:30pm	U8 GIRLS—9am U8 BOYS—9:30am
4	5	6	7	8	9	10
U12, U13, U14 GIRLS	U9, U10, U11 BOYS	U12, U13, U14 GIRLS	U9, U10, U11 GIRLS	U9, U10, U11 GIRLS	U9, U10, U11 BOYS RAIN DATE U12, U13, U14 BOYS RAIN DATE	U8 GIRLS AND BOYS RAIN DATE U9, U10, U11 GIRLS RAIN DATE U12, U13, U14 GIRLS RAIN DATE

Tryout session lengths are stated below and will begin promptly at the following designated times unless otherwise specified above:

U8 – 1 hour in length
U10 and U13 - 6:30pm

U9 and U12 - 6:00pm
U11-U14 – 2 hours in length

U9-U10 – 1.5 hours in length
U11 and U14 - 7:00pm

- ◆ Age referred to is player's age on or after August 1 (e.g., U8 group is for players born 8/1/99 or later)
- ◆ U8 thru U14 age groups: Players may only tryout for those teams that are age or grade appropriate (e.g., U9 player may try out for U10 team only if he/she is attending 4th grade in Fall, 2007).



Palatine Celtic Soccer Club

Girls HS Travel Tryouts 2007 - 08

For Travel Tryouts, **all players must:**

- ✓ Check in at least fifteen (15) minutes prior to designated times.
- ✓ Have a parent complete the medical release form.
- ✓ Attend at least one full tryout to be eligible for selection.

Pre-registering with the Palatine Park District will help streamline the tryout process. Registration fees are:

U15-U19: Resident - \$40; High School District - \$60; Non-Resident - \$80

Full refunds will be given to those who decline a Travel Team invitation.

Tryouts will begin promptly at the following designated times:

DATE	AGE	TIME	LOCATION
SAT May 19	U17 - U19	7:00-9:00 PM	Hamilton Park
SAT May 19	U15 - U16	7:30-9:30 PM	Hamilton Park
SUN May 20	U17 - U19	7:00-9:00 PM	Hamilton Park
SUN May 20	U15 - U16	7:30-9:30 PM	Hamilton Park

RAINDATE:

SUN May 27	U17 - U19	7:00-9:00 PM	Hamilton Park
SUN May 27	U15 - U16	7:30-9:30 PM	Hamilton Park

- Age referred to is player's age on or after August 1 (e.g., U15 group is for players born 8/1/92 or later)
- All tryouts will be conducted by the professional staff of the Palatine Celtic Soccer Club. **Team selections will be made and posted online 48 hrs after that age group's last tryout date, and all final roster selections will be posted no later than May 22, 2007 [unless the rain date is used].**
- Please check our Club website (www.palatinecelticsoccer.org) for additional information or updates.❖



**3 V 3 SOCCER TOURNAMENT
DOOR COUNTY, WISCONSIN
AUG 3rd – 5th, 2007**

It is that time of year again, and this will be Palatine Celtic's 5th Annual Trip to this tournament. The Palatine Celtic coaching staff invites everyone to participate, as we use this event as an opportunity to begin our fall season in a relaxed, fun atmosphere, where players and families of the club can get together to develop friendships and a camaraderie with teammates and others that will last throughout a family's soccer experience.

All skill levels are welcome to be a part of the weekend's events. We encourage travel & house players, as well as, siblings and friends of players to put together a team and be a part of the fun. The Palatine Celtic Soccer Club has been well represented in the past and the number of participants continues to grow every year.

In addition to the 3v3 tournament, the Coaching Staff will host a night of dining and fun for players and families alike. A relaxing evening including a buffet/picnic style dinner, overlooking the Bay of Green Bay, followed by a bond fire, where families can gather to relax and socialize, after a long day of soccer, will be offered.

The annual club fees do not cover costs for this event. This is a voluntary event that each team must consider independently. Costs are as follows:

\$17.00 a player for the 3v3 tournament (4-5 players per team)

Rates for dinner Saturday night are as follows (final menu to follow shortly):

- \$19.00 per adult
- \$14.00 per child (8 – 12yrs)
- \$10.00 per child (0 – 7yrs)

prices include tax, tip, buffet style dinner, coffee, ice tea, lemonade

A block of rooms has been set a side at the local the Landmark Resort (www.thelandmarkresort.com). There is limited availability so please book your rooms immediately. Rooms are blocked under *Palatine Celtic Soccer Club*. If you have problems securing a room please contact Chris Powell @ 847-878-0839 for assistance.

Rooms and rates available are as follows:

- 1 Bedroom, 1 Bath woodside queen \$149.00 per night
 - 1 Bedroom, 1 Bath amenity level waterside queen \$159.00 per night
 - 2 Bedroom, 1 Bath wood side \$179.00 per night
 - 2 Bedroom, 2 Bath \$210.00 per night
- **all rooms include a fully equipped kitchen and living room with sofabed**
see the Landmark Resort website for all amenities available

This year we will be pre-ordering ALL tournament t-shirts to ensure everyone has the opportunity to receive a memento from the weekends events. A check in the amount of \$12.00 per t-shirt made out to Sturgeon Bay Clippers Boys & Girls Soccer is needed. Please put the player's name and shirt size in the memo for reference.

Coach Chris or Coach Lisa must receive team/family commitments, and fees, no later than July 12 so as to secure the space in the tournament. (Make checks payable to Chris Powell, in memo note: DC 3v3 Tourney). Hotel stays are the responsibility of each individual family and not part of the fees collected for the weekend.

This is a great relaxing weekend of soccer and fun, we look forward to seeing you all be a part of the weekend events. Please direct all questions or concerns to Coach Lisa or Coach Chris.

Chris Powell
Palatine Celtic Soccer❖



Parent Code of Conduct

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In soccer, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

Support Your Child

Supporting your child by giving encouragement and showing interest in their team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

Always Be Positive

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

Remember: Your Child Wants To Have Fun

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them. Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.

Reinforce Positive Behavior

Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

Don't Be a Sideline Coach or Referee

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support too. That means refraining from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself!❖



PLAYER NUTRITION TIPS

Nutrition Tips for Young Athletes

It is important that young athletes eat well-balanced meals and remain hydrated in order to achieve optimal health and performance. Bodies need to be fueled by eating proper types of foods, such as 3-5 cups of fruits and veggies a day. Doing so will ensure that young athletes play at their best. Nutrition plays a key role in athletic performance. Failure to provide the calories and carbohydrates that young athletes need to fuel their bodies, the fluid to maintain hydration, and the vitamins and minerals to support metabolism and tissue growth and repair will result in poor performance and an increased risk for injury and/or illness. The following nutritional guidelines will ensure that every young athlete is fueled and hydrated for optimal health and performance.

Calories:

Physically active children and adolescents have calorie requirements that are 12-15 percent greater than those of their sedentary peers. The precise calorie and carbohydrate requirements will vary depending on the type, intensity, frequency and duration of exercise in which they engage.

Carbohydrates:

Carbohydrates provide the primary fuel for exercising muscles. It is essential that young athletes consume lots of complex carbohydrates (i.e., whole grains, fruits and vegetables) on a daily basis. In addition, it is important to ensure that young athletes get the proper amount of carbohydrates before, during and after exercise to support optimal health and performance.

Before Exercise: Make sure young athletes arrives to practice well-fed. They should eat a well-balanced meal that contains 75-200 grams of carbohydrates, 2-4 hours before the practice session or competition. A snack 30 minutes prior to exercise may also be beneficial, particularly if an athlete was unable to consume an appropriate meal 2-4 hours prior. The snack should contain approximately 20-50 grams of easily digested carbohydrates.

During Exercise: Consuming carbohydrates during exercise may be beneficial if:

1. The exercise session is more than one hour
2. The exercise session is very intense
3. The athlete did not eat anything before exercise

After Exercise: Replacing carbohydrates that were used during exercise within 2 hours of completing the exercise session is essential for speeding recovery and preparing for the next athletic training period. The post-exercise meal should contain approximately 150 -200 grams of carbohydrates.

Always stay well hydrated!❖



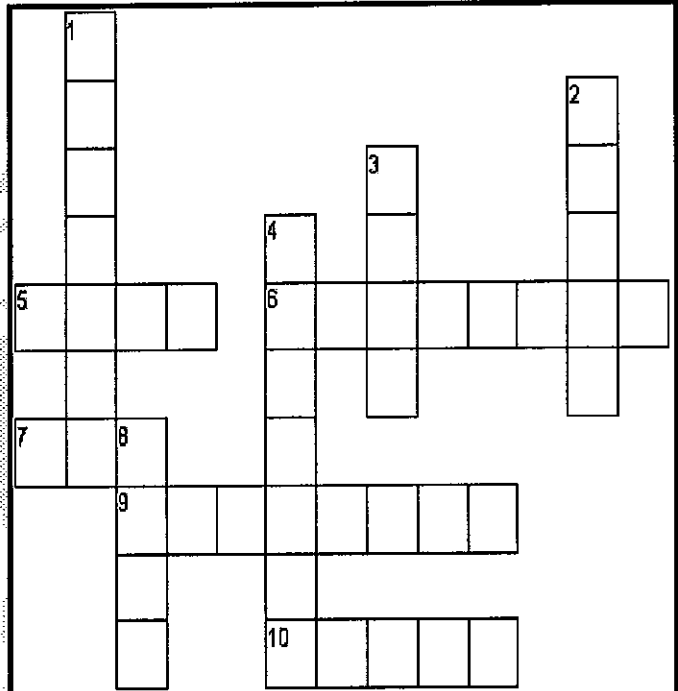
CELTIC SOCCER PUZZLES

Across:

- 5 - the area of the field within fifteen yards or so of the touch-lines
- 6 - midfielder
- 7 - ___ card; automatic ejection
- 9 - line of ___; path a defender takes when running back towards his/her goal to get on the goal side of the ball
- 10 - ___-in; from behind his head with two hands

Down:

- 1 - when dribbling for speed, you should use the ___ of the foot to push the ball forward
- 2 - quick header
- 3 - a method of restarting a game where the referee drops the ___
- 4 - prevention of opposition from scoring
- 8 - if the game ends tied



Coach Cameron <http://users.erols.com/soccertip>

C	Z	P	N	C	V	P	V	L	N	L
Z	G	J	L	K	Z	B	J	O	L	I
E	E	R	E	F	E	R	I	A	K	N
N	H	F	O	O	T	T	W	O	N	E
W	C	A	T	K	C	G	V	W	L	S
O	R	G	L	E	T	E	H	C	Q	M
R	M	M	L	F	R	D	D	T	T	A
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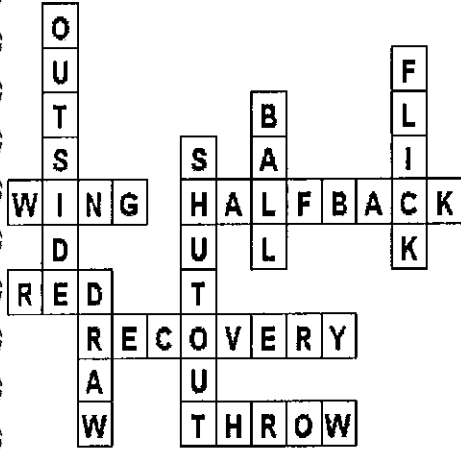
- * ___ side; the opposite side of a defender to the ball
- * the ricochet of a ball after it hits a player
- * ___ trap; controlling a ball with bottom of shoe
- * halves of a game
- * assistant referees
- * a tactic used to move defenders and midfielders into attacking positions
- * acts as timekeeper
- * goal ___; position of a defender when marking an opponent
- * ___-in; a type of restart where a player throws the ball
- * protect their goal against a close free kick

Celtic Car Decals for Sale!

**Show your support and purchase your Celtic Soccer Club car decal today. They are only \$5!
Please contact Frank Held at frankjheldjr@comcast.net ❖**

Important Dates for Palatine Celtic Soccer

- ◆ May 15-20, 2007 Jimmy Kinsella 2007 Spring Tournament
- ◆ May 19-20/27, 2007 High School Girls Travel Tryouts
- ◆ June 1-10, 2007 U8-U14 Travel Tryouts
- ◆ ◆



Crossword Solution

What is popular is not always right. What is right is not always popular.
-Francesco Totti

