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Ela Soccer Club Quarterly Newsletter



newsletter

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Letter from the President

As we start off 2012, we not only reflect back on our accomplishments but also what we strive to achieve going forward.

The commitment to ongoing player development and quality of training at all levels continues to be our focus. Competitive Program teams enjoyed a successful season of competition this past fall bringing home 15 tournament championships, over 100 league game wins and 5 league division titles. Our U7/8 Academy program which started in 2008 continues to grow with this year's enrollment at an all-time high. With this great foundation of skills and love for the game nurtured by our staff, players have felt encouraged and confident to take the next step and for the first time we are fielding a spring Competitive U8 boys and girls team comprised solely of Academy program players. Good Luck U8 teams! The Recreation program, including the Junior Soccer Academy, continues to improve and grow, giving players from age 3 the opportunity to learn and enjoy the game. We are looking at ways to provide our volunteer coaches with more training and support to further enhance and develop the program.

Looking forward...we will continue to explore ways to keep fees to a minimum while maintaining a quality program. We will be actively pursuing corporate sponsorship and donations. We are also looking closely at the possibility of hosting a tournament and the addition of other fields in our area to allow more flexible field

scheduling when needed.

Off the field....this past year we were very happy to announce:

- The signing of a long term agreement with the Village of Deer Park for the usage and development of the Deer Park Town Center Soccer Fields Park. Development of the park began in the late fall and weather permitting the fields should be ready in the fall of this year. We continue to have a great relationship with the Village of Lake Zurich & Ela Township and thank them for their support;

- The partnership with Adidas and Soccer 2000 to provide our new uniforms. We are looking forward to a long successful relationship and are excited to unveil the new uniforms and logo in May. I would also like to take this opportunity to thank Team Warehouse for the past support of the club and excellent service they provided.

- The naming of Jackie Marais, our Executive Director as Illinois Youth Soccer Administrator of the Year. Jackie will be recognized at the IYSA banquet to be held in March.

In closing I would like to thank our team of coaches, staff and board members for their dedication and hard work and, most importantly, YOU the parents and players for your commitment and support. I look forward to seeing continued growth and development of the club and all its players.

- Doug Anderson



Nutrition Facts

Following a demanding training program increases the body's need for energy. Extra meals or nutritious snacks and drinks should be eaten to provide enough fuel during strenuous conditioning periods.

A soccer player's diet should consist of about 60-65% carbohydrate, 20- 25% fat and 10-15% protein.

Carbohydrates should be predominantly in the form of fresh fruits and whole grains such as



whole meal bread, pasta, potatoes and brown rice. Protein should come from lean meats, poultry, fish, beans and nuts.

Saturated fat intake should be reduced in most cases i.e. full fat milk, cheeses, pastries, cookies, pies, fast food. Fat should not be omitted from the diet.

Good fats are found in olive oil, avocados, nuts and seeds and oily fish such as mackerel.

Adequate vitamins and mineral intake comes from a well-balanced diet. Supplementation is not needed in healthy individuals who eat a wide



range of foods that includes plenty of fresh fruit and vegetables.

The pre-match meal should be eaten at least 3 hours before kickoff and should contain complex carbohydrates such as whole meal bread or pasta, potato or rice. Fruit is good choice also.



Support Ela Soccer Club with your everyday shopping

Scrip Program

The scrip program is a way for members to directly reduce their registration fees with the added benefit of raising funds for the club. The scrip program is easy to use. Whenever you need to purchase a gift card, get it through the club. The club receives a rebate on the gift cards and passes half of the rebate on to you as a direct credit to your soccer fee account or as a check. The remaining half of the rebate after shipping and admin costs goes to fundraising.

Visit www.shopwithscrip.com to set up an account today! Use enrollment code: 6L479AC18493



ela soccer family >>>



Team Alyson Update



Alyson Kee was diagnosed with Acute Lymphoblastic Leukemia (ALL) in June of 2011. She has been working her way through her chemotherapy treatments and, fortunately, has not experienced any complications. She is in the last phase of the main part of her treatment program and she should start the maintenance treatment portion some time in March. Her treatment will then continue for another one and a half years.

Through wonderful organizations like Bear Necessities and Make-a-Wish, Alyson has been able to meet Patrick Kane of the Blackhawks and will be swimming with the dolphins at Atlantis this summer!

Alyson was able to play in several of her soccer games in the fall season with great support from Gin and her teammates. The winter months have been more difficult for her, but she is excited to start practicing and playing with her team full time in the spring! Her family wants all the Ela players to know how much seeing those orange ribbons on their bags has meant to them and Alyson. Thanks for all the support!



- Teresa Kee
Mom of Alyson Kee, U10 Girls Red

Recreational Soccer Update

Diana D'Avello—Vice President of Recreation



dedication to coaching the kids in our program. Thanks John, I really appreciate all your help.

The Fall 2011 season saw over 600 players and 42 teams. We continue to partner with Barrington Area Soccer Association to promote competitiveness for our U12 - U14 teams. The Soccer Skills sessions run by our coaching staff set record numbers for attendance this fall. We also made some changes to the 4 and 5 year-old program that will improve soccer skills for all players from an early age. Our weekday Junior Soccer Academy class for 3, 4 and 5 year olds run by Coach Jose continue to grow.

Thank you to everyone that participated in the Fall survey. We continue to look at ways to improve and enhance all our programs, with the goal of providing the best soccer experience possible for every player.

Another successful season of soccer, Fall 2011, has been completed. But it could not have happened without all the wonderful volunteers who stepped up to make this season great. I especially want to thank John Heinrich for his many years of service on the Ela Soccer board as my 'right hand man' and his continued



Registration for Spring Soccer Now Open!

Early registration discount of \$25 extended to Feb 10.

Under 7 to Under 18 Program April 14th— June 9th

Fee: \$150.00

- 1 game per week on Saturdays
- 1 or 2 practices per week at the coach's discretion
- Skills training sessions with **professional coaching staff** for U7 to U14

New players will need to purchase a uniform for \$60

Under 5 & Under 6 Program April 15— June 10th

Fee: \$150.00

- 1 hour per week on Sundays (every attempt will be made to schedule games no earlier than noon). 1/2 hour practice with **professional coaching staff** followed by 1/2 hour game. Each team will have a volunteer coach for the game. Games will be overseen by **professional coaching staff**

- Each player will receive a free team t-shirt

U5 games will follow a 4 v 4 format - no goalie. U6 games will follow a 5v5 format with a goalie.

players ages 3-6 >>>

Junior Soccer Academy - Spring

Ages 3-4 8 weeks \$60

Tuesdays 10:00-10:50 a.m.
April 10– May 29

Wednesdays 1:00 – 1:50 p.m.
April 11– May 30

Thursdays 10:00-10:50 a.m.
April 12– May 31

Ages 5-6 8 weeks \$70

Tuesdays 1:00-2:00 p.m.
April 10– May 29

Wednesdays 10:00-11:00 a.m.
April 11– May 30

Thursdays 1:00-2:00 p.m.
April 12– May 31



"The JSA is a great program that combines my passion for soccer and love of kids in one! I really enjoy working with the little ones. They are so full of energy and are always so eager to learn new things. I love that they are learning so much while having fun at the same time."

– Coach Jose Fleita

Registration closes Feb. 17th, 2012

1st Annual Awards Night

I am very pleased to announce the first Annual Ela Competitive Program Awards Night where we will honor the accomplishments of our players. Players from each team will be selected for Player of the year, Player's Player of the year and Most Improved Player. In addition individual players will be selected for the honorary Ela 1st X1 team and one player will be chosen for Comeback

**Save the date:
Monday
May 7, 2012**

Player of the year award. One team will receive the Team of the Year award. In addition, a Club Person of the year award will be presented to a member who embodies the spirit of the club. Save Monday May 7th to join us to support the players in recognizing their hard work and dedication and to celebrate being part of the Ela family.

- Gin Sharma, Director of Coaching



sponsorship >>>

Do you own a business?

Consider sponsoring a recreational soccer team! Your support will allow us to continue to bring quality soccer programs to the community. Sponsorships help keep fee increases to a minimum and also fund our financial assistance program.

Spring recreational team sponsorship is \$150. For this your name is listed as the team name on all schedules; you receive recognition for your business on our website and in sponsorship e-mails sent to the entire club. This can include your company logo and website. For more information on this or other sponsorship opportunities please contact Jackie Marais 847-726-6909 or jackie.marais@elasoccer.com.

Donations are also accepted. Ela Soccer Club is a 501(c)3 non-profit organization and donations are tax deductible.

trainer spotlight >>>

Get to know your trainer...

Tara Gallagher joined Ela Soccer this year coaching the U9 Girls in the fall and will be coaching two new teams, U8 Girls Red and U8 Boys Blue this coming spring. Here's what her players wanted to know:

Where are you from?

I grew up in Barrington, Illinois for most of my life, but my family was from Schaumburg, Illinois.

Do you have another job/profession?

I've taught 4th and 5th grade in Harvard, Illinois for the last two years and will be

looking for a teaching job closer to the city next year. Other than that, I normally nanny in the summertime!



What's your favorite restaurant?

My absolute favorite sit down restaurant is Stir Crazy in Woodfield Mall, but I frequently visit Noodles and Co. when I need something quick to pick up! I guess you can say I LOVE noodles!

Do you have any pets?

I adopted an adorable four year old Shih tzu/Maltese about 3 years ago! Her name is Angel, and she is the center of attention in my family!

Fall Tournament Champs

Libertyville

- U9 Girls Red—Tied for 1st
- U10 Girls Red—Champions
- U10 Boys Red—Champions
- U14 Girls Blue—Champions
- U18 Girls Elite—Champions
- U13 Boys Elite—Runners Up

Elgin Back to School Tournament

- U12 Boys Red—Champions
- U12 Girls Red—Champions
- U11 Girls Red—Champions
- U11 Boys Red—Champions

Milwaukee

- U13 Boys Elite—Champions

Schaumburg Soccerfest

- U9 Boys Red—Champions
- U9 Girls Red—Champions
- U8 Boys Red—Runners Up
- U12 Boys Blue—Runners Up
- U10 Girls Red—Runners Up

MYSC

- U13 Girls Elite—Champions
- U14 Girls Elite—Runners Up

Palatine Celtic Cup

- U15 Girls Elite—Champions
- U12 Girls Red—Runners Up
- U12 Boys Red—Runners Up
- U10 Girls Red—Runners Up

SLSG

- U14 Girls Elite—Champions

