



The Kicker



October 4, 2002

Volume 13 Issue 2

Serving Region 665

Commissioner	Sandy Havro
Assistant Commissioner	Doyle Williams
Coach Administrator	Al Jimenez
Referee Administrator	Allen Henslee
Registrar	Cathy Philip
Treasurer	John Garrett
Secretary	Karen Williams
Chief Division Coordinator	Bobby Martin
Field Coordinator	Ramon Sierra
Fundraising Coordinator	Cinnamon Olivarez
Child Protection Advocate	Robert Olivarez
Safety Director	Gabriel Acosta
Concessions	Adam & Vicky Herrera
Team Parent Coordinator	Yesenia Hon
VIP Coordinator	Regina Jimenez

IMPORTANT DATES

October 4	Last day to submit sponsorship paperwork
October 5	Board meeting
October 12-13	U19 & U16 Area League playoffs in Lancaster
October 19-20, 27	U19 & U16 Area All Star playoffs in Lancaster

Attention All Referees...

Adult referees... interested in a \$50.00 gift certificate to Lowe's?

Junior referees... how about a \$25.00 gift certificate to the mall?

Beginning today, each referee who takes the initiative to sign up to officiate a game the week prior to the game, and completes the commitment, will be entered for one of the two drawings above. There is no maximum on the number of times a name can be entered, so the more games you sign up for in advance, the better your chances of winning one of the two gift certificates.

LOST & FOUND!



Lost your keys, sunglasses or any other important personal belongings? Check the lost and found in the snack bar.



Region 665's Sponsors

Circle Mitsubishi / Isuzu
High Desert Physical Therapy
High Desert Software ~ website - www.HDSVV.com

THANK YOU SPONSORS!

For information on becoming a sponsor, please see a Board Member for the proper forms. Your generous donations help keep our costs down.

Need a New Warm-Up Drill?

Try a "Square Dance"! Each player dribbles their ball in a contained area. When the coach yells "STOP", each player performs a toe-stop and stays still. The coach then yells "GO" and all players run fast with their ball either to the left or right. A yell of "TURN" instructs the players to turn 180 degrees and quickly move their ball in the opposite direction for five to ten seconds.

Ways to add skills or twists:

- Add obstacles on the field to simulate opposing players around which they must maneuver the ball.
- Have players start each new instruction with left foot.
- Add a "Simon Says" aspect by instructing players to only follow those directions preceded by "Coach

Thank you to all the teams and players who have volunteered to play with the Region's VIP team. We appreciate your participation in the program and know that the VIP players are delighted to play with you!



Any interested players can show up at field 2B at 9:00 for the opportunity to play.

MAKE SURE PLAYERS ARE NOT LEFT ALONE AFTER THE GAME OR PRACTICES!

Coaches, talk with parents to establish a "pick-up" policy. A child must not be left alone on an empty field.

Parents, make sure you are on time to pick-

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F OOT F IX

At the start of a new season, lots of players will be wearing new cleats. Yeah, they look great – but they may take awhile to break in. In the meantime, players could suffer lots of painful blisters.

Although the best way to prevent blisters is to buy a comfortable pair of cleats in the first place, sometimes it's hard to tell. So if a comfy pair of shoes turns into torture, here's some advice for your players:

- At the first sign of irritation, coat the hot spots with petroleum jelly and cover with a bandage.
- If the hot spot turns into a full-fledged blister, apply some ice or a cold pack.
- If the swelling persists, cover the blister with a small, donut-shaped pad (available at any drug store).
- Should the blister break, apply a medicated ointment and bandage.
- Lastly, do not open the blister as it will intensify the discomfort.

TIP: Many professional athletes wear two sets of socks: a thin pair against their skin, with a heavier sock over it. The theory is the socks rub against each other and not between you and your shoe.

From AYSO Shorts obtained online at <http://www.soccer.org/bins/mm-2001/0901.html>

Field Prep and Take Down

The teams playing the first game of the day have the responsibility of setting up the goals and flags on their field. Likewise, the teams playing the final game of the day on a field are assigned the duty of tearing down and storing the equipment.

We ask that care is given to this process as the Region has limited reserve equipment to account for lost or damaged equipment.