



The Kicker



October 2, 2004

Volume 15 Issue 1

SERVING REGION 665

BOARD MEMBERS & REGIONAL STAFF

Commissioner	Sandy Havro
Assistant Commissioner	Doyle Williams
Assistant Commissioner	Robert Olivarez
Coach Administrator	Bobby Martin
Referee Administrator	Ken Havro
Registrar	Cinnamon Olivarez
Treasurer	Karen Williams
Child/Volunteer Protection Advocate	Jeanette Acosta
Safety Director	Gabriel Acosta
Secretary	Lee Anne Hardwick
Assistant Referee Administrator	Wes Mills
Chief Division Coordinator	Trinity Hemstedt
Field Coordinator	Ramon Sierra
Fundraising Coordinator	Sara Pineda
Concessions	Maria & Sal Ramirez
Director of Special Events	Yesenia Hon
Team Parent Coordinator	Colette Ogden
VIP Coordinator	Regina Jimenez
Sponsorship Coordinator	Vicky Herrera
KidsZone Coordinator	Eric Hon
Field Acquisition & Development	Michelle London
Coach Trainer	Al Jimenez
Auditor	Mark London

OPEN STAFF POSITIONS

Age U14-U19 Boys & Girls Recruiters
 Assistant Coach Administrator
 Assistant Registrar
 Awards Coordinator
 Binder Coordinator
 Data Entry Workers
 Day Camp Organizer
 Equipment Coordinator
 Equipment Recycling Coordinator
 Field Workers
 Newsletter Editor
 Player Evaluation Coordinator
 Publicity Coordinator
 Schedule Coordinator
 Scorekeeper
 Sportsmanship Coordinator
 Tournament Assistants
 Uniform Coordinator
 Website Designer / Webmaster

IMPORTANT DATES



Calendar

October 2	Board meeting 10:00AM
October 10	Regular season ends for U19 & U16
October 18	Fundraiser Pick Up
October 23	League playoffs begin for U19 & U16
October 30	All Star games begin for U19 & U16
November 6	Banner Contest
November 13	Regular season ends for U6-U14

Mark Your Calendar!

Welcome & Welcome Back...

Welcome back to soccer in Victorville!

And for those families who are new to AYSO Region 665... Welcome! At this time, new families make up about 40% of our player base. To that end, we invite each and every one of you review the list on the left of open staff positions for the opportunity to make your mark on AYSO Region 665.

Almost all of the positions listed as "Open" are ones that have been handled so far this year and in past seasons by board or staff members already volunteering in other areas. As our region grows, so does the workload, and the need to expand our family of volunteers. Simply put, we need YOUR help!

Many of the listed openings are jobs that can be done at home, on the computer or by telephone. Other positions are suitable for volunteers who like to work outside or on game day. Board meetings are held once per month during the off-season, with more frequent meetings while the season is in full force. Often these meetings are held on game day, while most of us are at the park already.

If you can fit in a few hours, please visit us at the white Information Tent any Saturday to join our team or to ask for details on an open position.

If you can't make a term commitment but are able to help on an as-needed basis, please consider striping fields. Assistant Commissioner Robert Olivarez is coordinating field workers each week, and may be reached at 403-3057.

A warm welcome also to our newest staff members Lee Anne Hardwick, Sara Pineda and Colette Ogden!

KUDOS CORNER



The Region's Second Annual Carnival was once again a success. Many thanks to Yesenia Hon, our Director of Special Events, for organizing this fun activity.

Our continuing thanks to Outback Steakhouse and its employees for their time and delicious food at the carnival. This marks the second year that Outback has cooked for us, helping to raise funds.

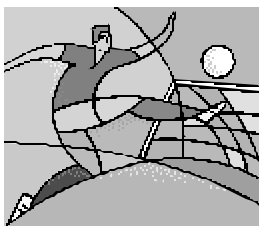
Kudos as well to Regina Jimenez, our dedicated face painter, who tirelessly worked painting young faces, and arms, during the entire carnival. You went above and beyond the call of duty... again! The Board and the children thank you for your creative work!

Thanks, too, to all the volunteers who helped setting up, manning and taking down the booths. We could not do it without you and your help! KUDOS!

Banana Kicks

From the National Website at www.soccer.org:

"Starting April 1, 2004, all members of AYSO will become automatic members of The Banana Kicks Kids Club - The Official Kids Club of The National Soccer Hall of Fame. The Banana Kicks Kids Club is the nation's newest soccer club designed to promote teamwork, sportsmanship and respect both on and off the soccer field in a fun and exciting way.



With the new partnership, all current AYSO members will have access to the member area on www.bananakicks.com. Activities include fitness and training tips, player bios, online games, coloring pages and much more.

To get started, go to www.bananakicks.com and type

aysokid

in both login and password boxes and let the fun begin!"

Standings

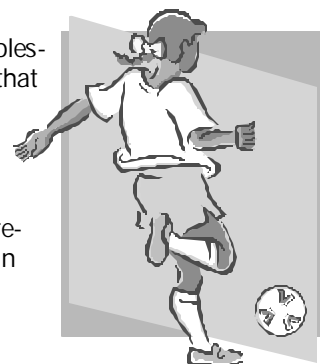
Team standings may be found online or at the Information Tent beginning next week. Standings are only kept for competitive divisions— U19 through U10. Team referee points will also be available at that time.



Fueling the Young Athlete

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. Good snacks include Honey Energy Bars or Scorin' Honey Smoes.

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.

From the National Website at www.soccer.org

LOST & FOUND

Please turn in belongings found on the fields to the snack bar. Individuals who have lost items may check the snack bar to retrieve them as well.

AYSO REGION 665
P. O. Box 2585
Victorville, CA 92393
[760] 241-2320
www.ayso665.org