



MENTOR SOCCER CLUB

A CLUB, A COMMUNITY, A FAMILY

September 2013

The DOC Is In - with Jim Buchan

Hi Mentor Soccer Family,

Our season is about one month old and we have already seen some great games. A prime example was the u10 girls red who drew with a very good CFC, a team that had totally dominated them last year. A great team effort way to go RED. Another great effort I have heard of has been Steve Sivik's Red team, which beat the Internationals over the weekend, that is totally awesome as the Internationals are year in year out one of the better teams in the area. Parents, if we can compete with top class teams like these, then there is no reason to go anywhere else but MENTOR for your child to play and develop.



I now have to talk about one of the main reason I love coaching here at Mentor, SPORTSMANSHIP. This is getting harder and harder to find in sports today, well we have bags of it at Mentor. A Mentor team, which unfortunately was treated very poorly by an opponent, showed sportsmanship way beyond their years. They shook hands and congratulated their opponents even after they had been so badly humiliated, this showed to me we have the greatest bunch of kids and parents we could ask for. I cannot speak highly enough of our club, the board, coaches, parents and our players. The motto, of do the right thing for our players has again made us look as a CLASS ACT in the community, we shall strive to maintain and improve this club one step at a time.

GOOD LUCK this weekend.

Jim
DOC Mentor Soccer

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Guess which team just scored?

Friday Night Lights Are Back!

Friday Night Lights are back! If you are looking for more touches on the ball, more instructional drills, or just to have fun playing soccer then Friday Night Lights is for you! FNL is open to all Rec and Wave players and is free to attend. It will start Friday, September 6th and run through October 18th. It will be held at Garfield Park behind the tennis courts as follows:

U8 - U10 from 5:45pm-7:00pm

U11 - U14 from 7:00pm - 8:15pm

Come out and compete for prizes and earn points just for attending. At the end of the season the players with the most points will win the grand prize!

Hope to see you there!

MSC Board Elections Approaching

The Mentor Soccer Club is directed by a Board of Volunteers. Every year, 3 of the 9 seats on the Board are up for re-election. If you would like to run for a Board position, please send your desire to run along with a brief bio of your history with the Mentor Soccer Club to admin@mentorsoccerclub.com. Examples of current Board member bios can be found on the MSC website under the "About MSC" tab. Intent to run must be sent to the email address mentioned above no later than midnight, October 6, 2013. The Board elections are held in November, if the 3 open seats are contested. The Board meets on the second Sunday of each month.

Remember, the game is for the players.

By registering with Mentor Soccer Club, members agree to abide by the following Code of Ethics:

MENTOR SOCCER CLUB SPORTSMANSHIP DECLARATION:

The Mentor Soccer Club Trustees ask for your support with regard to the important subject of SPORTSMANSHIP. A serious problem with the lack of respect toward referees, and general unsportsmanlike conduct, has surfaced on occasion. As administrators, coaches, players, and parents, our behavior and values need to bring credit to our program, our city, and to the

sport of soccer. Please read through the following guidelines and keep foremost in mind the best interest of our children and club members.

The MENTOR SOCCER CLUB Trustees support the National Soccer Coaches of America "Code Of Ethics and Conduct", which states: "Soccer is a sport which belongs to the players. It is a game which offers physical challenges, emotional satisfaction, lifelong values and experiences for those who play. SPORTSMANSHIP and ethical values highlighting RESPECT, FAIRNESS, CIVILITY, HONESTY, INTEGRITY, and ACCOUNTABILITY, are a foundation for the sport".

MENTOR SOCCER CLUB CODE OF ETHICS:

I Hereby Pledge to Provide Positive Support, Care and Encouragement For My Child Participating In Youth Sports by Following this Code of Ethics.

- (1) I will encourage good sportsmanship by demonstrating positive behavior and support for all players, coaches, and officials at every game, practice, or other youth sports event.
- (2) I will place emotional and physical well-being ahead of any personal desire to win.
- (3) I will help create and support safe and healthy environment.
- (4) I will provide support for coaches and officials to provide a positive, enjoyable experience for all.
- (5) I will demand a drug, alcohol, and tobacco-free sports environment and agree to assist by refraining from their use at all youth sports events.
- (6) I will remember that the game is for the benefit of the children and not for adults.
- (7) I will do my very best to make youth sports fun.
- (8) I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed, or ability.
- (9) I will help promote an enjoyable youth sports experience within my personal constraint by assisting with coaching, being a respectful fan or player, providing transportation or whatever I am capable of doing.

Carb Loading for Soccer?

Soccer is one of most physically demanding of all sports. A tremendous amount of calories (energy) are burned and fluid lost during a single match and

particularly during a tournament weekend. A player can burn as many as 1500 to 2000 calories. A study from Holland found that elite soccer players expended about 3400 calories a day on average. Vigorous training and competitive games increases the energy needs of professional and amateur soccer players. Failure to meet those increased energy needs, especially with the right *quality* of nutrition, significantly increases the risk of impaired training status - i.e. you don't get the results you deserve!

The primary source of energy is carbohydrates that are immediately available (from recent eating) and carbohydrates that have been stored in liver (from carbohydrate loading). A quick meal immediately before the game will barely provide enough calories for the first half of the game so **carb-loading** 24-48 hours before the match becomes critical for nutritional preparation.

There are 2 sources of carbohydrates: **simple carbohydrates** (such as certain candy bars, fruits, Power Bars) and **complex carbohydrates** (potato, rice, pasta, vegetables). Simple carbohydrates are excellent for the time before the single match and between tournament games. If simple carbohydrates are eaten and no game is played, a percentage of it goes into storage for later use. Complex carbohydrates are more difficult to digest for immediate use and tend to be stored in the liver for later use. Therefore, eating pasta or carrots immediately before the game is **not** as effective as eating a **Power Bar** with a banana. The pasta and carrots are better for the process of carb-loading the day before.

Fatty foods are particularly **BAD** before the game and between games. Fat provides very little calories for use during exercise. Furthermore, it causes food to sit in the stomach and blood flows preferentially to the stomach and away from the brain and muscles. **Long gone** are the days when players thought that eating a big steak before a game would give them lots of energy? Today's elite soccer players follow a strict diet, particularly on the day of a competitive match. While diet won't turn poor players into great players, it can make the difference between playing poorly and playing to your full potential.

Fluids are critical before, during and after the game. If the player is thirsty during the game, then there is a good chance the player did not take enough water before playing. Cramping is an important sign of dehydration and is avoided with pre-game fluids (about

10 ounces of water) before the game. Gatorade should **NOT** be used before the game and is designed for AFTER the game to replenish fluids and electrolytes, especially potassium (important for muscle activity). Keep in mind excessive Gatorade consumption is known to cause tooth enamel erosion and tooth decay.

Here's a sample day's eating plan:

	Carbohydrate	Fat	Protein
Average Western Diet	46%	38%	16%
Ideal Soccer Player's Diet	60%	25%	15%

Ideal Diet Composition for a Soccer Player

Sample Day's Diet for a Soccer Player in Training Breakfast: Piece of fruit Bowl of oatmeal or porridge (sweeten with dried fruit or honey) 3-4 slices whole wheat bread toasted with small amount of butter/olive oil spread, jelly/jam Glass of fresh fruit juice (not concentrated)

Snack: Piece of fresh fruit Plain yoghurt 2-3 fig biscuits/cookies

Lunch: Tuna or grilled chicken Bagel, baguette etc. (preferably whole wheat) Mixed salad with olive oil and lemon juice dressing Glass fresh fruit juice or low fat milk Low fat or bran muffin 1-2 bananas

Snack: Bag of nuts and raisins (such as almonds, pecans, Hazelnuts etc)

Dinner: Large serving rice or pasta Tomato sauce Grilled fish, chicken or lean beef mince Large mixed vegetable salad with dressing Small serving of ice cream and strawberries This is one sample day only and a wide range of foods should be eaten. Try also to drink 2 liters (68 oz) water each day (fluids as part of a sports drink also count)

OUTLINE OF GAME TIME NUTRITION

TWO DAYS BEFORE THE GAME:

Carb-loading should begin before a weekend tournament where a higher amount of calories are consumed

ONE DAY BEFORE THE GAME:

Second day of carb-loading continues before the weekend tournament. Carb-loading can begin today if preparing only for a single match the next day.

CARB-LOADING MEALS:

- Breakfast:
 - Pancakes
 - Waffles
 - Oatmeal
 - Bagel or toast
 - Fruits such as strawberries or bananas

- Grain cereal
- Juice
- Lunch and Dinner:
 - Potatoes
 - Rice
 - Pasta
 - Bread
 - Fruits
 - Peanut butter
 - Vegetables such as carrots
 - Juice

All meals during the 1st and 2nd day of carb-loading should be balanced by appropriate amounts of dairy (milk) meats (fish or chicken) and vitamins to help meet daily requirements. A simple source of multivitamin that I have used with good success is **“Flintstones”**. The emphasis in these meals is on the carbohydrates that are listed above.

DAY OF THE GAME:

Breakfast:

- -Pancakes/-Waffles
- -Oatmeal/ Grain cereal -Bagel or toast
- -Fruits such as strawberries or bananas
- -Juice
- **-AVOID:** sausage, bacon, milk or food high in fat If the game is in the afternoon, lunch should be medium to light (depending on time of game) and again, high in carbohydrates:
- -Peanut butter and jelly sandwich/-Breads/-Fruits
- **-AVOID:** Fast foods, McDonald’s, Pizza

ONE HOUR BEFORE THE GAME:

- -HYDRATION: 10 ounces of water during the hour pre-game
- -Breakfast or lunch should have been eaten BEFORE the pre-game hour
- -Fruits such as bananas, Power bar or candy bar (Snickers) during this hour is okay if but usually not necessary
- **-AVOID:** Vegetables, Gatorade, eating breakfast or lunch during the pre-game hour
- **-AVOID:** Red Bull and caffeinated drinks which causes excessive release of stored carbohydrates resulting in the players being “up” in the first half then “down” in the second

IMMEDIATELY AFTER THE GAME:

- -Replenish all stores and re-hydrate immediately, Gatorade and/or water is ideal at this time

- -If a second game is planned that day, all meals should focus on reloading carbohydrates as before and all meals should be completed BEFORE the pre-game hour
- **-AVOID:** fast food, fatty foods, McDonald’s, pizza etc

New Soccer.com MSC Wave Spiritwear!

Soccer.com has opened its new MSC Wave Spiritwear Online shop. Check it out at this link for some cool gear:

MSC WAVE SPIRITWEAR

Mentor Soccer Club gear with the new Mentor Logo as well as Wave gear is now available at our other Spiritwear shop:

MSC SPIRITWEAR



Follow and Like Mentor Soccer Club online.



Mentor Soccer Club is on Facebook and Twitter! Keep up to date with all the latest team news and announcements as well as having fun and seeing pictures of some of our teams. We would love for you to like our page and post whenever you can. The link is:

<https://www.facebook.com/pages/Mentor-Soccer-Club/325866336713>



We are also on Twitter. Keep up to date on field closings and other important announcements by following us at:

https://twitter.com/intent/user?screen_name=mentorsoccer

Club Calendar

Sept 14 th	U5/U6 Picture Day
Oct 6 th	Deadline for Board submissions
Oct 13 th	Board meeting at Longo's Lakeshore 7 pm
Nov 10 th	Board meeting at Longo's Lakeshore 7pm
Nov 2-3	Madison Invitational Tournament

Soccer Web Links

Mentor Soccer Club: www.mentorsoccerclub.com

MSC Wave Spirit Wear: http://www.soccer.com/teamGateway.php?club_id=701460&spiritwear=1

MSC Spirit Wear: www.mentorsoccerclub.shopgraphx.com

Ohio Youth Soccer Association North: www.oysan.org

Northern Ohio Girls Soccer League: www.nogsl.com

Club Contacts

For general club questions:

admin@mentorsoccerclub.com

440-954-4326 (voice mail)

For questions about Rec Soccer:

rec@mentorsoccerclub.com

For questions about Wave Academy Soccer:

wave@mentorsoccerclub.com