



Vol 1, March, 2011

FYSA Officers

President - Colette Twigg

Vice Pres. - John Murphy

Treasurer - Tracey Russell

Secretary - Janet Dye

Board Members

Stephen deCastro

Janet Dye

Sandra Wendland

Jim Hauptman

Ron Lydick

John Murphy

John (Jay) Nolan

Tracey Russell

Colette Twigg

Steve Wyman

> Letter from Our President

Despite the snow banks and cold temperatures, it is time to start thinking, at least a little bit, about fall soccer and Falmouth Youth Soccer Association (FYSA). I do hope this newsletter finds you well and enjoying winter and all it has to offer. Looking forward, would you please take a moment and read this message as there is some very important information included that the FYSA board wants to share with you:

- **ANNUAL GENERAL MEETING** – The FYSA AGM is Tuesday, April 12th at 7:30pm in the Plummer-Motz library. Agenda items will include the election of new board members, recap of the fall 2010 season, planning for the upcoming fall 2011 season and other topics.
- **BOARD MEMBERS** – FYSA is a soccer club for our children and we need new directors, especially parents of U9 and U10 players. We are a working board and welcome anyone who loves the game and wants to help develop soccer players in Falmouth in all age groups our program serves. We meet once a month and each board member manages one aspect of the club's operation. We really need new members and I hope you will consider getting involved. Our only request is that you are committed to supporting all players with no personal agenda please. Any questions, please call me (Colette Twigg) at 415-1607.
- **FALMOUTH FALL CLASSIC (FFC) CHAIR(S)** – The FFC is a wonderful soccer community event. Just look at the yearly Falmouth High School soccer program and see how many of the varsity players list their "Fondest Soccer Memory" as the FFC. We need a Chair or Chair(s) to organize and lead the tournament which takes place Columbus Day weekend in October. We have run this for years and many aspects of the weekend are defined and easy to implement.

Continued on page 4

> 2010 Fall Classic Update

While considered a town soccer club by definition, FYSA does not receive any money from the town of Falmouth whatsoever. To help generate much needed operating revenue, FYSA hosts the annual Falmouth Fall Classic – one of the oldest, and most widely anticipated, tournaments of the season. Last year, through the work of hundreds of parents and volunteers, the tournament raised close to \$9,000. That money allows us to keep registration fees in check, while maintaining goals and net, balls, uniforms, etc. A HUGE thanks – and congratulations – to everyone for a job well done.



V o l u n t e e r s

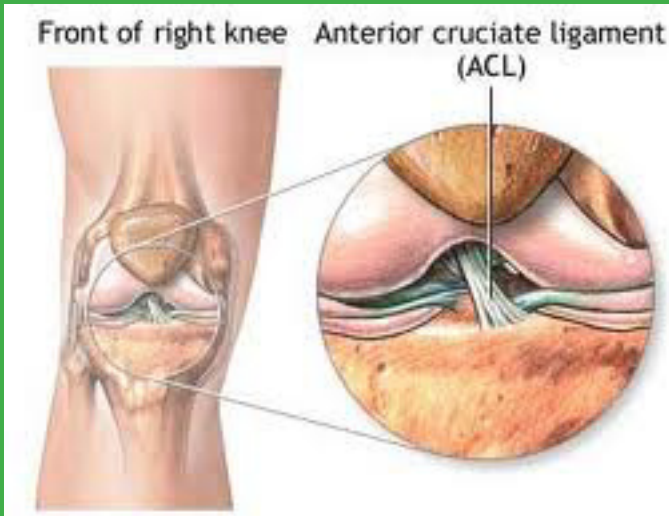
FYSA is a non-profit organization that relies heavily on parent involvement for a successful program. There are many opportunities for you to be involved, and we strongly encourage you to please help out where you can, be it a coach, team administrator or board member. In addition, FYSA's annual Fall Classic tournament is our sole fund raising effort each year. It is an expectation that every family who has a child playing on a FYSA team cover at least one shift at the tournament. To get involved, contact any board member for more information.

FYSA Fun Facts

Did you know?

- FYSA is the largest town soccer club in Maine with more than 330 players.
- Last year FYSA purchased more than 100 soccer balls and applied more than 5 miles of chalk lines around the various fields.
- Each of FYSA's 43 coaches gave an average of 50 hours of volunteer time during the 2010 season. Combined, that's 2150 hours of coaching! Thanks to our fabulous, dedicated coaches!

> ACL Health



ACL (Anterior Cruciate Ligament) tears are one of the most common and debilitating of all soccer injuries – often requiring surgery and long recovery times. Players can take steps to protect and strengthen their ACLs with simple daily exercises. The University of Santa Monica’s PEP program is highly regarded amongst athletes of all ages and abilities. You can learn more about PEP at their web site:

<http://smsmf.org/pep-program>

Symptoms of an ACL injury may include:

- Feeling or hearing a “pop” in the knee at the time of injury.
- Sudden instability in the knee (the knee feels wobbly, buckles or gives out) after a jump or change in direction or after a direct blow to the side of the knee.
- Pain on the outside and back of the knee.
- Knee swelling within the first few hours of the injury. This may be a sign of bleeding inside the joint (hemarthrosis). Swelling that occurs suddenly is usually a sign of a serious knee injury.
- Limited knee movement because of swelling and/or pain.

After an acute injury, you will almost always have to stop the activity you are engaged in but may be able to walk. The main symptom of chronic (long-lasting and recurrent) ACL deficiency is an unstable knee joint. The knee buckles or gives out, sometimes with pain and swelling. This happens more often over time. But not everyone with an ACL injury develops a chronic ACL deficiency.

Important Dates:

- March 30 - Registration Night at Plummer Motz
- April 1-15 - Online Registration
- Mid-May - player evaluations
- May 31 - Coaching application due
- First week of June - Coaching committee selects coaches and teams
- Last day of school - Teams/coaches announced
- August 28 - first FYSA league game
- Labor Day Weekend - Cumberland Tournament
- Columbus Day Weekend - Falmouth Fall Classic

VOLUNTEER OPPORTUNITIES

FYSA is in need of a Chair/Co Chairs for the 2011 Falmouth Fall Classic tournament. This is a great way to meet people and make a key contribution to your soccer club. If interested, please contact Colette at 415-1607.

The benefits of the FFC include: Falmouth players and families are able to stay in town that weekend versus traveling for a tournament; it is an important fundraiser for the club where proceeds supplement our budget and keep our fees down; the FFC is a great community event; and most important, we will continue the tradition of making more wonderful memories for our players. For more information, please call me at 415-1607. We need to start the initial planning work in a couple of months.

- **COACHING** – Interested in coaching this fall? Please visit the club's website www.falmouthsoccer.com and download a coaching application. All coaches must complete an application each year to be considered to coach. Applications and qualifications along with evaluations from the previous season are utilized in the coach selection process. Head coaches from the fall 2010 U12 and U13 teams will be contacted to assist with the evaluation process. Teams are determined before any coaching assignments are made. Contact Ron Lydick at 899-0272 with any questions.
- **U12 TEAM FORMAT** – At the January 2011 FYSA board meeting, a discussion occurred and a vote was held to return to fielding balanced or even teams at the U12 level starting with the fall 2011 season. The discussion was thoughtful and thorough, and in general, the board felt this was the best structure for our club at this age group. Please contact any board member (listed on page 1 of this newsletter) if you have questions or concerns.
- **REGISTRATION** (on-line) for the fall 2011 season will be from April 1, 2011 to April 15, 2011. We will be hosting a registration night on Wednesday, March 30th from 6:30-8:00pm in the Plummer/Motz library. The evening is primarily geared to new families to welcome them to the club. We will have sample uniforms to try on for sizing, and board members will be present to answer questions and assist with the on-line registration process.
- **EVALUATIONS FOR U13 AND U14** players will be in May and exact dates will be finalized shortly. To be considered for a D1 team, a player must attend at least one session but it is highly recommended they attend both.

Again, we hope you will consider either becoming more involved with the club via a board role, a chair or co-chair role for the FFC, or in another volunteer capacity. FYSA is your club and its success depends on your involvement, so please contact me or any board member with your areas of interest.

Thank you in advance for your consideration and I look forward to seeing you on the pitch (which will be very soon)!

Colette Twigg, FYSA President
415-1607

Our Mission Statement:

Falmouth Youth Soccer Association exists to foster and enhance the opportunities for the children of Falmouth to improve their skills in soccer through clinics and in a competitive league format.