

St. James Soccer



Special Interest Articles:

- Soccer Starts
April 4.

Highlights:

Health	2
Equipment	2
League Rules	2
Schedule	3
Results	3

St. James Soccer 2009 - Week 1

Cold, damp and blustery summed up the weather last Saturday as the St. James soccer Varsity teams began play in the Catholic School league.

We had three varsity games in less than ideal conditions.

In the First game, the St. James Gold team beat Assumption Navy 8-1.

In the second game, St. James Blue lost to St. Bridget – Forest by the score of 5 – 2.

In the final game of the day, St. James White beat St. Christopher White 7-2.

All three teams played exceptionally well considering our preseason practice consisted on one hour per team in the St. James Gym two days

before the season started.

This week's performance was the result of what the players have learned and retained from the previous years.

Great Job everyone!

St. James to add additional Junior Varsity Team

St. James Soccer will be adding a second Junior Varsity team this year. This brings the total to five teams. The League asked if we could add a second team in order to help with scheduling.

After reviewing the roster we felt that we had the players to support an additional team. This will allow more playing time for all of our JV Players.

This year we have almost 80 players involved in the St. James soccer program.

The St. James Yellow team is made up of mostly the 5th graders with some girls from the 4th grade.

The St. James Ivory team is made up of mostly 3rd and 4th graders.

The teams were divided along the class lines where possible. We also had to be sure that the teams had the proper boy/girl split. The rules state that there must be two girls on the field at all times.

There are 14 and 15 players per team which is almost the perfect size to assure everyone gets proper playing time.

In the JV league the rosters are not permanently set so we can make adjustments throughout the season if necessary.

Fitness Tip of the Week – Coach DeGrandi

EAT SMART, TRAIN SMART, PLAY SMART

Who knows what the most important meal of the day is?

If you said “Breakfast” you’re right. Why? Think about this.... from the time you go to bed till the time you wake up (8-10 hours later hopefully) your body has had a break from food.

(This is where the name

BREAK FAST comes from.) When you wakeup in the morning your body needs fuel! Even if you are not hungry you need to eat something! A BALANCED nutrition plan of carbohydrates, protein, and fat is ideal. For you Soccer players who like to eat and run an ideal breakfast meal would be a bowl of cereal, topped with a banana, and milk. If you should happen to have an

8:15am Soccer Game donuts are not the way to go. ☹

Why? They raise your insulin levels quickly and then you crash and have no energy left for the end of the game.

Each week watch for the next fitness tip of the week from Coach DeGrandi.

Equipment - Repeated from last week

We will provide everyone with a St. James Soccer Jersey. Shirts must be tucked in during the games.

If you have a St. James shirt from last year please bring it to the first game. If you did not get a shirt at practice we will distribute them before the game.

We are short some shirts in the larger sizes. We have ordered additional shirts but for the first

game we may have to have players squeeze into smaller sizes or loan a shirt to a player on another team.

Shin guards are required in order to participate in the games.

Soccer cleats are not required but are very helpful, especially on a wet field.

Dark (Black or Navy) shorts are best.

Mouth guards are not required but most dentists will recommend that all children wear one for all sports.

We will provide basic goal keepers equipment.

Please ask you children to keep an eye on their equipment. If you are missing equipment after the game, check with your coach.

“I can accept failure, everyone fails at something. But I can't accept not trying”. – Michael Jordan

League Rules - updated

The Connecticut Catholic School Soccer League is a limited contact league aggressive play is not tolerated.

Each team gathers for a team prayer prior to the start of play for the day.

All jewelry must be removed for the game.

Shin guards are required to play.

Shirts must be tucked in.

Sportsmanship is key, and respect is required. There should be no disrespect towards any player, referee or coach by any player, coach or parent.

The league can handle any disputes/complaints.

We need to know when it is time to hold back. We all like to score goals but it not fun to lose 10 – 0. We need to respect the other teams in the league.

Schedule of Games April 4, 2009 – All games at Charter Oak Field

Please be sure of your game time and location. If you have a problem and need to contact some one on the field at practice or game day call Jon Sargent's cell (860) 930-0554

VARSITY:

08:00AM	St. James-Blue vs St. Bridget-Emerald	Charter Oak Field C
09:45AM	St. Joseph vs St. James-White	Charter Oak Field B
11:30AM	St. James-Gold vs St. Bridget-Forest	Charter Oak Field B

JUNIOR VARSITY:

08:00AM	St. James-Yellow vs St. Rose	Veterans Field 1
08:00AM	St James-Ivory vs St. Chris	Kennedy Field B
08:45AM	St. Edward vs St. James-Ivory	Kennedy Field B

Follow the results/schedule on line

The Connecticut Catholic School Soccer League maintains a website where you can get the game schedules, results and other current information. Follow this link for their website

[CCS Soccer](#)

If that link does not work paste the following address into your browser

<http://hometeamsonline.com/teams/default.asp?u=NORCONNPSL&t=c&s=soccer&p=schedule>

It may take a couple of weeks for the website to have the complete schedule available. There are a lot of variables in setting up the schedule so please be patient. For the first couple of weeks we

may need to send out the schedules by email.

Coaches will always send out the current week's schedule.

Check the schedule to be sure you know which field your team is playing on.

Soccer on TV

If you have HBO on you cable TV package there is a great soccer movie in limited rotation on HBO-Family. "Dare to Dream-The story of the US Woman's Soccer team".

It follows the US women's Soccer team on the road to their World Cup Championship in 1999.

It is scheduled to be shown again Friday, April 17 at 4:35 am and Saturday April 25, at 5:40 pm. It is also available on Netflix and blockbuster.

I will admit I only caught the last half hour of the movie early one morning but it give a great insight

to what it takes to perform at the highest level.

The movie is rated PG. The HBO version has all colorful language edited.

This week's Soccer trivia question

Pelé is one of the best know soccer players in the world. What is his full name? Pelé played in 4 World Cups and was a member of 3 winning teams. At one point in time the government of Brazil declared Pelé an "official national treasure" to prevent him from being transferred out of the country



“Estádio Jornalista Mário Filho – Maracanã Stadium in Rio de Janeiro, Brazil had an original capacity of approximately 200,000 people. Only about 90,000 had seats - the rest of the spectators had to stand.