

St. James Soccer



Special Interest Articles:

- Soccer Starts
April 4.

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St. James Soccer 2009 - Week 2

The cold, damp and blustery weather continued on April 11 as summed up the weather last Saturday as the St. James Junior Varsity teams began play in the Catholic School league.

We had three varsity games in less than ideal conditions.

The St. James Gold team beat St. Briget- Forest 6-2.

St. James Blue was a 9-0 winner over St. Bridget Emerald. St. James White lost to St. Joseph 5-2.

In the JV games St. James Yellow beat St. Rose 8 -2 in a "long

game:" which will count for two wins in the standings. St. James Ivory split their two games, losing to St. Christopher 2-1 and tying St. Edwards 2-2.

St. James Soccer 2009 - Week 3

The weather finally cooperated with us and on April 18 we got great weather. Unfortunately, our ranks were greatly depleted by vacation and sickness.

St. James Blue started the day with a 6-0 Win over St. Brigid-United.

St. James White ran into a powerful St. Rose team and lost 9-1. The St. James Gold team lost a tough game 4-3 to St. Joseph.

In the JV Games St. Yellow lost their first game to Assumption Pearl 3-2.

They won their second game over St. Dominic 9-1. St. James Ivory lost two games 3-1 and 3-0

St. James Soccer – Record Participation!

Participation in St. James Soccer is at a record level this season. We have almost 80 players involved in the St. James soccer program.

We have five teams in the league this year. We believe that this is a record for the league.

The sixth grade leads the way with 21 students

involved in the program. The eighth grade is a close second with 19 players.

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

Fitness Tip of the Week – Coach DeGrandi

Stretching Tips

As we age our bodies become naturally less flexible and more prone to injury. We can keep our bodies more youthful and less prone to injury by stretching. Some of the benefits of stretching include: improving the range of motion of joints, improving circulation, increasing flexibility, improving stress, and may help to prevent athletic injuries.

When stretching you need to target the muscle groups used for the particular sport or exercise. Before stretching all muscle groups need to be warmed up. Never go into a stretch without a proper warm-up. When stretching there should be no bouncing, it should be pain free, you should be relaxed, and you should always remember to breathe. All stretches should be held for at least

20-30 seconds. Ideally, stretching should be performed after exercising to relieve any post-exercise aches and pains.

After a hard workout, stretching the muscles will keep them loose and lessen a shortening and tightening period effect that can lead to post-workout aches and pains.

Equipment - updated

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

If you do not have a shirt yet please let your coach know.

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. There are some differences between baseball cleats and soccer cleats. Baseball cleats will have an additional cleat across the toe. These are allowable but the referee will caution the player about this cleat.

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.

"Our greatest glory is not in never failing, but in rising each and every time we fail."
-Confucius

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. This includes earrings. If they can not be removed they must be covered with band aids or tape

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.

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. Please try to arrive about 15 minutes prior to the start of your game. Also, if you can not make the game please let you coach know.

Saturday, April 25, 2009

CSS VARSITY

St. James-White vs. St. Bridget-Emerald 9:30 AM Veterans Field #1
St. James-Blue vs. St. Bridget-White 8:00 AM Charter Oak Park - Field C
St. James-Gold vs. St. Brigid-United 9:45 AM Charter Oak Park - Field B

CSS JUNIOR VARSITY

St. Brigid-Rangers vs. St. James-Yellow 1:15 PM Charter Oak Park - Field B
St. James-Ivory vs. Corpus Christi-White 1:15 PM Charter Oak Park - Field C
St. James-Yellow vs. Corpus Christi-White 2:00 PM Charter Oak Park - Field B
St. James-Ivory vs. St. Brigid-Rangers 2:00 PM Charter Oak Park - Field C

Remember: Practices will always be every Wednesday evenings at Charter Oak Field. Junior Varsity is from 5:00 pm to 6:30 pm and Varsity is from 6:00 pm until 7:30 pm

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://hometeams online.com/teams/default.asp?u=NORCONNPSL&t=c&s=soccer&p=schedule>

The online schedule is now complete for the season. Scores are usually updated Tuesday or Wednesday.

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.

Click this link to reach the Connecticut Catholic School Soccer League website:

[CCS Soccer](#)

Soccer Rules - Offside

Offsides in one of the most common violations in soccer. It is often misunderstood by players, coaches, parents and officials.

Here is a simple explanation: You are not offside if you are doing any of the following:

Are in your own half of the field (your half is the half your goal - keeper is on).

Or, are even with or

behind the ball.

Or, Don't go past the "Second to Last Defender" (The goalkeeper is usually, but not always, the last defender; this might be the case if the goalkeeper is out of goal).

Or, receive the ball direct from a goal kick, corner kick or throw-in. (But you can be offside if you receive it direct on a "free kick").

Or, are the ballhandler (the ballhandler can be closer to the goal than the ball if he has his back to the goal)

Explanation from www.soccerhelp.com

This week's Soccer trivia question

Getting a Red Card and being sent off is quite common these days in professional soccer. Can you tell us when the first Red Card was issued and who was sent off?

Previous answers:

Week 1 answer: Ernst Willimowski scored 4 goals for Poland in 1938 against Brazil.

Week 2 answer: Pele's real name is Edison Arantes do Nascimento.



Over 80% of the soccer balls used in competition today are manufactured in Pakistan. Most are manufactured in the City of Sialkot