

# St. James Soccer



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## St. James Soccer 2009 - Week 4

The cold and wet weather finally broke on April 18. However, it went to the other extreme as the temperature hit 90 degrees for the 2:00 pm games. Along with the weather all teams played with depleted ranks due to vacations and sickness.

St. James Blue started the day off with a 7-3 loss to win over St. Bridget-White. St. James White beat St. Bridget Emerald 4-2. The St. James Gold won against St. Brigid – United 7 - 2.

In the JV Division the St. James Ivory team lost

their first game to Corpus-Christi-White 6-5. They lost the second game to St. Brigid-Rangers 5-3.

St. Yellow lost their game to St. Brigid-Rangers 4-1. They tied Corpus-Christi-White 4-4.

## St. James Soccer 2009 - Week 5

The rain held off and allowed for a great day of soccer. With everyone back from vacations but the threat of the H1N1 hanging over us we got in a full schedule of games

St. James Blue started the day with a 8-0 win over St. Mary.

St. James White lost to St-Christopher – Maroon 8-3. The St. James Gold team lost a tough game 7-2 to Assumption -White.

In the JV Games St. Yellow won the 4-0 over St. Bridget – Green. In their second game they beat St. Joseph 6-2.

Congratulations to St. James Ivory who won their first game of the year beating St. Mary 2-0! In their other game they played well but lost to Assumption-Pearl 2-0.

## St. James Soccer – News

It seems the concern about the H1N1 flu has greatly diminished. However, many of the precautions make sense no matter what phase of Pandemic alert we are at

As a reminder:

Do not share water bottles or sports drinks.

Wash hands with soap and water frequently. If soap and water is not available use a waterless hand sanitizer

Always cover hands and mouth when coughing or sneezing. Use the crook of your arm rather than you hands.

If your child does not feel well please hold them out of the game. We all know how hard that can be but it is for the good of the team

# Eat Smart, Train Smart, Play Smart – Coach DeGrandi

The first newsletter we talked about eating the right foods before a game. The second newsletter we talked about when was the best time to stretch. This is the third newsletter and the topic is on **'Playing Smart.'**

What does 'Playing Smart' mean to you as a soccer player?

It can take on many meanings. One of the most important 'Play Smart' meanings would be to play as a team. Every individual player is unique and every team is unique. When we all work as one, we can achieve even more! The

acronym for the word T.E.A.M. is "TOGETHER EVERYONE ACHIEVES MORE". ☺

All Saint James players are team players! We all have one thing in common on the soccer field and that is trying to perform the best that we know how to. All SJS teams need to come together even more and continue to do the outstanding job that they are achieving through working, practicing, and playing together.

Here are some famous quotes that all SJS TEAM PLAYERS should keep in

the back of their minds when 'Playing Smart.' "Winning isn't everything, but the will to win is everything." Vince Lombardi - "Winner's never quit and quitter's never win." Vince Lombardi - "Life is 10% what happens to you and 90% how you respond to it." Lou Holtz

And one of the oldest of all sayings when it comes to sports it's not whether you win or loose, its how you and your team played the game.

SJS SOCCER TEAM'S ...PLAY SMART!

## Equipment - updated

Please be sure to remember all of your equipment for all games. This means shin guards, uniform jerseys and cleats.

All equipment should be remembered in both directions both going to the field and when leaving

the field to go home. Please do not forget to bring your equipment home with you.

One item that is just as important as shin guards and soccer cleats is a water bottle. As we get further into the season it is going to get hotter,

especially if you are playing at 1:00 pm.

Please be sure that you child has sufficient water. Proper hydration is very important. Please bring a second bottle of water or a jug to refill the original. It is also a great idea to put your child's name on the bottle.

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You are never a loser until you quit trying.

*Mike Ditka*

## League Rules - updated

I have been requested by the league to ask that everyone leave their dogs at home. This is a league rule for safety and hygiene reasons

Also, please try to pick up any trash or water bottles left around the fields.

One item that has changed during the season, ear rings should not be worn during a game. We were originally told that they could be covered by tape or bandages. This has changed and ear rings,

like all other jewelry should be removed prior to the game.

## Schedule of Games May 9 , 2009

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.

### CSS VARSITY

St. Mary	vs.	St. James-Gold	8:00 AM	Veterans Field #1
Assumption-White	vs.	St. James-White	9:45 AM	Charter Oak Park - Field B
St. James-Blue	vs.	St. Rose	2:00 PM	Dwyer Park-East Field

### CSS JUNIOR VARSITY

Assumption-Blue	vs.	St. James-Yellow	8:00 AM	Veterans Field 2B
St. Christopher	vs.	St. James-Yellow	8:45 AM	Veterans Field 2A
St. James-Ivory	vs.	St. Bridget-Green	1:15 PM	Charter Oak Park - Field C
St. James-Ivory	vs.	St. Rose	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.

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***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 – Yellow and Red Cards

The St. James White team had a situation last week where a player received a Yellow Card. This happens from time to time in soccer but it occurred to me that everyone might not be aware what a "Yellow" or "Red" Card means.

Both are given out by the referee as a result of

unsportsmanlike conduct or dangerous play. Less serious offenses get a yellow card and serious offenses get a Red Card. This is entirely at the discretion of the Referee. If you are given a Red Card you are sent off the field and your team must play a player down for the rest of the game. You

must also sit out the next game. If you receive a second yellow card you are sent off and must sit out a game.

Getting a Red or Yellow card is also called "Getting Booked".

## League Standings

This is not a weekly feature however; we are about midway through the season so I wanted to give everyone an idea of how we are doing. Typical scoring in a soccer league is that you receive 2 point for a win and one point for a tie.

Varsity Standings						
Team	Won	Loss	Tie	Points	GF	GA
Assumption-White	5	0		10	32	8
St. Rose	4	0	1	9	40	9
Corpus Christi	4	1		8	25	14
St. Bridget-White	3	1	1	7	27	17
St. Joseph	3	1	1	7	17	16
St. James-Blue	3	2		6	26	12
St. James-Gold	3	2		6	23	13
St. Christopher-Maroon	3	2		6	17	15
Assumption-Navy	2	3		4	21	22
St. James-White	2	3		4	20	25
St. Bridget-Forest	1	3	1	3	16	27
St. Bernard	1	2	1	3	13	15
St. Brigid-United	1	4		2	11	30
St. Mary	1	3		2	8	23
St. Bridget-Emerald	0	4	1	1	8	25
St. Christopher - White	0	5		0	6	39

Junior Varsity Standings						
Team	Won	Loss	Tie	Points	GF	GA
Assumption-Pearl	8	0	0	16	28	5
St. Edwards	6	1	1	13	29	15
St. Christopher	6	1	0	12	27	12
St. James-Yellow	5	2	1	11	34	11
St. Joseph	5	2	0	10	24	13
St. Dominic	4	3	0	8	19	15
Corpus Christi - Blue	3	5	0	6	19	17
Corpus Christi -White	2	4	2	6	15	27
St. Brigid-Rangers	3	5	0	6	13	22
Assumption-Blue	2	5	1	5	8	18
St. Rose	2	5	0	4	11	27
St. Mary	2	6	0	4	8	23
St. James-Ivory	1	6	1	3	12	20
St. Bridget-Green	1	5	0	2	4	34

## This week's Soccer trivia question

The appearance of the soccer ball has changed in the past several years. How many panels are there on a traditional soccer ball? For Bonus Points – What is the technical name for the shape of the ball? Sphere and ball do not count.

Previous answers:

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

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

Week 3 answer: Peru's Mario de Las Casas against Romania in 1930

*The Fédération Internationale de Football Association (FIFA) is an association governed by Swiss law founded in 1904 and based in Zurich. It has 208 member associations and its goal, enshrined in its Statutes, is the constant improvement of football.*



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*Italy is presently ranked as number 1 in the FIFA rankings, followed closely by Brazil, Argentina, France and Germany. The United States is not ranked in the top 20.*