



THE SCORE

KEEP TRACK OF THE SCORE WITH ALL THAT IS GOING ON AT DAKOTA ALLIANCE SOCCER CLUB!

Volume 2, Issue 4

April 2011

DOC Article by Chris McGill

Spring is almost here! Before we know it, players will be outside playing in the warm sun and putting on sunscreen. In a lot of articles I talk about player development. One area of player development I have not yet touched on is that of playing environments. We as coaches have to provide players with different playing environments because it is critical to their overall development as soccer players. If a player grows up playing with the same ten players their whole soccer career, they may not have an opportunity to develop as much as the same type of player that is put into different environments. Players need to train and play with and against different types of players including boys, girls, older, younger, faster, slower, smaller, bigger, shorter, taller, right footed and left footed. It is also important for players to have all different types of coaching and therefore different coaches. All coaches have a specialty or one area they tend to focus on over another. Coaches also have different approaches. Part of a player's environment is their coach which should be well rounded as well. As a club, we want to create opportunity for all of our players and that is why we recommend players participating in our camps and clinics. Players that attend camps and clinics can be put into environments that are not always comfortable, but players that challenge themselves outside of their comfort zone can really excel.

I would recommend to all of our recreational coaches to set up a time or two during the spring season to train with another recreational team. A lot of our competitive DASC teams do this, especially at the U9 through U12 ages, because we are able to put players into many different environments.

Different Playing Environments

Below are some opportunities that we are providing our DASC players over the June and July months.

Recreational Summer Street Soccer League:

Players will receive 9 games over 3 weeks - July 5th - July 22nd <http://www.dakotaalliancesoccer.com/recreational>

DASC Camp offerings this summer:

Legends Camp - June 7th - 9th (9am to Noon)

Preseason Premier Academy Camp - July 25th - 28th (evenings 5:30pm to 8:30pm)

Preseason Premier Academy High School Camp - August 1st - 4th (mornings 8:30am to 11:30am)

(You will be able to register for these camps on our website at - www.dascprograms.com by the middle of April)

DASC Hosted Tournaments this summer:

State Recreational Tournament - June 3rd - 5th <http://www.southdakotasoccer.com/>

DASC Invitational Tournament - June 10th - 12th - <http://www.dakotaalliancesoccer.com/tournaments>

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Special points of interest:

- How to make a well rounded player by providing different playing environments
- DVD of the Month—Soccer Classic
- What have Frank and Leo been up to lately?
- Did someone say PARTY?
- What should my soccer player be eating?
- Got Soccer Bills? Check Out Scrip

Coach's Profile

Name: Brian Behm

Team(s) Coaching: U7G Daisies

How Long Have You Been Coaching: 2 yrs

Hometown: Omaha, NE

Favorite Athlete: Tiger Woods

Favorite Sports Team: Nebraska Cornhuskers

In Your Free Time You: I have 5 girls playing soccer so not much free time but when we do I like disc golfing and geo-caching.

Interesting Fun Fact About You: I have 5 girls playing soccer and I am still sane

Favorite Coaching Moment/Memory: No necessarily a specific coaching memory but I really enjoy watching the girls learn the game at the same time they are having fun.



Player's Profile

Name: Hope Downey

Age: 13 (almost 14)

Team and Age Group: U14 Girls Black

How Long Have You Been Playing Soccer: 4 years

School: Patrick Henry

Favorite Athlete: Hope Solo

Favorite Sports Team: Soccer: Barcelona

In Your Free Time You: read, sing, play piano, and play soccer with my brothers in the yard

Favorite Soccer Moment/Memory: Winning the indoor tourney this winter as a keeper. I hadn't played in goal since last spring. Oh--and hearing Barkus yell "Thanks for being coachable!" during a matchup game when I nailed a far post shot.



DVD of the Month



This is a must see for any true soccer fan featuring Stallone, Michael Caine and Pele himself! A soccer tournament pitting Nazi officers against allied prisoners of war forms the backdrop of this film. A natural rivalry fuels excitement on the field and an array of motives ranging from humiliation and escape to revenge and the sincere desire to win. This world war II themed classic is ideal for the sincere soccer fan.

DASC Staff perform Outreach Programming

Frank Gurnick, Director of Recreational Soccer, and Leo Guerrero, Director of Youth Development Programs, have been busy working outreach programs in the Sioux Falls and surrounding communities. These programs have been free services to area day cares and elementary schools. The purpose of the clinics is to raise the awareness of the sport of soccer and its health benefits for kids. Since December, clinics have been performed at the DASC turf and other locations for kids 3 yrs. up to 12yrs. The clinics have focused on the basic fundamentals of soccer as well as balance and coordination activities for the youngest age groups. The clinics have been performed for Day Cares from Tea and Sioux Falls, as well as Pettigrew Elementary and Renburg Elementary. We have future dates planned for Apple Tree Day Care and Christ the King Elementary.

Summer Opportunities Abound!!

The summer of 2011 will be chockfull of opportunities for players to get their kicks in. The first opportunity comes in the form of the Legends Camp to be conducted June 7-9 at Kenny Anderson Park. This camp raises money for the Sanford kids programs. It is a worthy cause and it benefits the players in attendance as the curriculum focuses on the fundamentals of the game. The second opportunity comes in the form of the SUMMER STREET

League. Last summer 150 kids played in a league that featured Divisions in U5 – U14. The players play 9 matches over three weeks. This summer, we will open our registrations to include players from the competitive and academy programs. This program is organized free-play that allows players to enjoy the game in a small-sided format. The U5/U6 will play 3v3, the U7 – U10's play 3v3 plus a goalie. The U12/U14 age-group play 4v4 with a goalie. It is fast paced and action-packed. The last opportunity is the DASC Premier Academy Pre-Season Series. This series of camps target U5 – HS players who play recreationally or competitively. These camps prepare the players to get a leg up on their competition by challenging the players to learn new skills while mastering old ones. If you want more information on these opportunities, they may be found on the DASC website www.dakotaalliancesoccer.com or you may contact Frank Gurnick frankg@dakotaalliancesoccer.com 521-8417 or Steve Burckhalter steveb@dakotaalliancesoccer.com 376-0227.

**Put the
Gooalossal
Soccer Bash**



**on your calendar
right now and
RSVP on Face-
book at [http://
www.facebook.c
om/#!/event.php?
eid=1930985440
60231](http://www.facebook.com/#!/event.php?eid=193098544060231) and then
invite all your
facebook soccer
friends!**

You are invited to the 1st Annual DASC

**Gooalossal SOCCER BASH!!
'A Kickin' Party'...JUST SHOW UP.**

THURSDAY, MAY 19 ~ 6-9 PM
@ the SF Convention Center (exhibit hall 2)

⚽ ⚽ ⚽ ⚽

This is a **free** event for players, coaches & families!

No need to plan an end-of-the-season party... We DID IT FOR YOU!
Bring your whole team or just come to the
end-of-the-season SOCCER BASH!

FREE ~ FREE ~ FREE ~ FREE

Games, Inflatables, Awards, Giveaways & a KICKIN' PARTY!

Team Awards, Coaches' Recognitions & FUN

⚽ **JUST SHOW UP.** ⚽

**Trivia Question
of the Month**

[Expand Your Soccer
Knowledge](#)

**Last Month's Q and A:
Who won a World Cup
as a player in 1974
and then as a coach
in 1990? Franz
Beckenbauer**

**[This Month's
Question: Who is the
oldest player to have
participated in a
World Cup?](#)**

Sanford's Featured Article: Nutrition

A healthy and balanced diet is important for everyone; but, for athletes, it is especially needed at the time of competition. Calories should come from a variety of food sources; including plenty of fruits and vegetables, whole grains, lean meats, and low-fat dairy. Drinking enough water every day is another important thing to consider. Being properly hydrated is a vital part of overall health. A better performance on the field starts with healthy and balanced nutrition.

To perform at your highest ability, your body needs to be properly fueled. Carbohydrates and fats are the main sources of energy that the body uses during exercise. For the general population, aim for about 2-3 grams of carbohydrate per pound of body weight each day and no more than a third of your total calories coming from fat. The amount of protein in the diet should be around 0.5 gram per pound of body weight. These amounts may need to be increased somewhat as your training becomes more intense to account for the extra fuel your body will need.

Competition Day – This day will require a lot of energy, which means that the timing of meals needs to be carefully considered. Have a meal with plenty of carbohydrates about 3-4 hours before the event. Additional snacks during competition days or heavier training days will also be required to refuel the body. Good choices for snacks are those higher in carbohydrate and lower in fat. Some examples of game-day snacks are sports drinks, bananas, pretzels, raisins, or fruit juices. Of course, meal and snack options depend on how well the snacks are tolerated and may require some experimentation to find what works best for each individual.

Recovery - After the game or a hard practice you still need to think about nutrition. This is the when your body is starving for certain nutrients. Just like during the game, a snack higher in carbohydrate and lower in fat is the best choice. Also, find a snack that contains some protein along with carbohydrate. Protein is necessary to help build and repair muscle; and it aids in the recovery of energy after exercise. Chocolate milk is an excellent (and tasty!) choice for after the game.

Don't forget your water! -Remember to stay properly hydrated during your training and competition events, especially when outside in the heat. You need to give your body back the fluid it lost from sweating. Even if you do not feel "thirsty," your body can still be dehydrated.

Focusing on diet and nutrition is an important part of living a healthy lifestyle, both on and off the soccer field. For questions or more information, please contact Hannah Nelson, MS, RD, LN, National Institute for Athletic Health & Performance (Sanford Health), at 605-328-4753.

CHARACTER / ENJOYMENT / ENGAGEMENT / STEWARDSHIP / PASSION

DAKOTA ALLIANCES SOCCER CLUB WOULD LIKE TO THANK ALL THE NEWSLETTER'S SPONSORS



What is Scrip? Easy way to pay for the travel, Dues etc...

A Testimonial from one of our board member who is participating in the program.

This is our family testimony of the SCRIP program that DASC offers to its families. We have had children in competitive soccer for over 10 years and paid for soccer as we went. We had heard about it but had not really thought there was real money to be earned in it for the amount of work we thought it would take. We could not have been more wrong. We have been able to earn \$800.00 in just 10 months. This was by buying goods we normally do, gas, groceries, clothes, food, etc. We have been able to do this by making conscience decisions on where to shop, being prepared and planning. With well over 100 merchants, national and local that participate, we have not felt any restrictions on our buying habits. The great thing is there is room for more. If there is a particular store you would like included Daniel is more than willing to contact the store to see if they have an interest in participating. In hindsight we realize that we have left over \$8,000 on the table over the 10 years that we have not participated in SCRIP.

Staying organized is easy. We bought the picture holders, seen below, used in wallets. We put the cards in the holders alphabetically. We then write on the outside of each holder pocket the name of the store. When the pocket becomes empty it is easy to see what cards we need to order for the next week. We carry a permanent black marker and write on the cards the amount left on them. SCRIP has been a real help to our family in paying for soccer.

Money does not grow on trees but if you are willing to pick a few apples you can help pay for your child's soccer. - Lyle&Linda VanHemert

For more information about the Scrip Program, Please Contact Daniel Ohayon at 605-3325911 X111 or danielo@dakotaalliancesoccer.com

CALENDAR OF EVENTS

South Dakota State Cup

Pierre, South Dakota
Thursday April 28th through Sunday May 1st
<http://www.southdakotasoccer.com/>

Quality Roofing Senior Scholarship Application Deadline

<http://www.dakotaalliancesoccer.com/club-news/dasc-with-quality-roofing-announces-graduating-senior-scholarship>
May 1st, 2011
Contact Frank at frankg@dakotaalliancesoccer.com if you have questions

Gooalossal Soccer Bash

Sioux Falls Convention Center
Thursday, May 19th 2011
<http://www.facebook.com/dakotaalliancesoccerclub#/event.php?eid=193098544060231>

South Dakota Midcontinent / Kohl's Cup

Sioux Falls, South Dakota
June 3rd through June 5th
<http://www.southdakotasoccer.com/>

Legends Soccer Camp

Kenny Anderson Park
June 7th through June 9th
<http://www.dascprograms.com>

DASC Tournament

Sioux Falls, South Dakota
June 10th through June 12th
<http://www.htgsports.net/scoring/Home.aspx?EventID=701>

Check us out on Facebook.!

<http://www.facebook.com/dakotaalliancesoccerclub>