



THE SCORE

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

Volume 2, Issue 7

Aug 2011

A Word From the President, Mark Glissendorf

The buzz around high school soccer tryouts is an unmistakable sign that summer is coming to an end and a new soccer year is upon us.

This season has a very different feel in my house. Our youngest has graduated from high school. So I guess that makes us "soccer empty nesters". Wow, did that happen fast! It seems like just yesterday I took my oldest to his first soccer practice. Fifteen years of filling water bottles, buying treats and smelling shin guards has passed in the blink of eye.

When my soccer life flashes before my eyes, it goes something like this...

I took my son to his first game at Spencer Park when he was five years old.

The weather was beautiful.

The families were wonderful.

My son scored a goal and fell in love with the game.

I fell in love with the game.

Somebody hung a whistle around my neck and asked me to coach.

I started asking other coaches a lot of questions.

My daughter fell in love with the game.

I bought a few soccer books.

I audited a Sioux Falls Spitfire soccer camp to learn more.

Somebody asked me to bring my whistle to the Advanced League tryouts and coach.

My teams moved up to the bigger fields at Tomar Park.

I learned that U10 girls love venison sticks for an after game treat.

My team spray painted my hair green at the end of a season.

I stopped coaching and turned my kids over to the professionals.

A New Soccer Year

I followed my kids' club teams to nearly every major city within a day's drive of here.

Their teammates' families became some of our closest friends.

I racked up tons of points on my rewards credit card.

I spent several high school seasons sitting in between the boys and girls games watching both of my children play at the same time.

Somebody asked me to serve on the Board of Directors.

My daughter graduated from high school.

I have a million great soccer memories and some bag chairs I don't know what to do with.

End of story.

There are countless people to thank for the wonderful experience this former basketball family has had with soccer in Sioux Falls. It starts with the visionaries who created the Sioux Falls Soccer Association which successfully launched its "soccer for all" mission in 1981. Six years later Dakota Gold Soccer Club was created with a focus of providing kids age-appropriate skills training led by professional coaches and the opportunity to compete regionally at the highest possible level.

Two years ago the volunteer leaders of those two organizations unanimously voted to merge into one superior organization, Dakota Alliance Soccer Club, with the stated vision of being nationally recognized as a leader in both recreational and competitive youth soccer. The goal was to remove organizational boundaries that limited kids' abilities to connect with other players of similar ability and desire.

Today, DASC has programs that range from a recreational league where players are teamed up with their friends and neighbors and coached by their parents to competitive teams that are coached by

Inside this issue:

A Word From the President

1/2

Coach/Player Profile

2

Concussion in Youth Sports

3/4

DASC Online Resources

5

Calendar

5

Special points of interest:

• See one parent's heartfelt journey from the start to the end of his children youth soccer careers

• Website of the Month

• Trivia Question of the Month

• 2nd 4 v 4 Scramble

Coach's Profile

Name: Daniel Ohayon

Team(s) Coaching: U11B, U15G, Washington High School Girls

How Long Have You Been Coaching: 30+

Hometown: Paris, France

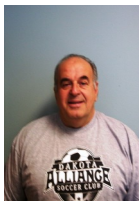
Favorite Athlete: Michel Platini (France)

Favorite Sports Team: Barcelona (Spain)

In Your Free Time You: Watch as much soccer as possible, Cook, Read.

Interesting Fun Fact About You: Bicycle Europe during the 1982 World Cup; Took the Region IV Women's team to France for 2 tournaments which they won.

Favorite Coaching Moment/Memory: Winning the 1999 Region II Championship U13B. 1993 Ventura County Hall of Fame



Player's Profile

Name: Sidney Peters

Nickname: Escobar

Age: 10

Team and Age Group: DASC U11B

How Long Have You Been Playing Soccer: 4 years

School: RF Pettigrew

Favorite Athlete: Chris Kluwe #5, now #4 for the Vikings. He's their kicker.

Favorite Soccer Team: USA

In Your Free Time You: I like to go camping and boating.

Favorite Soccer Moment/Memory: When I made a soccer goal at the Elkhorn tournament and our team took second place.

Website of the Month

<http://www.mlssoccer.com/>

Do you have a favorite professional soccer team? If not, jump on www.mlssoccer.com and find one to follow throughout the season and into the playoffs. We encourage to get on the soccer watching bandwagon and buy a jersey to represent your favorite team.

A Word From the President, Continued from Page 1

licensed professionals and successfully compete at a regional level. If that recreational parent coach has a question, they can walk into the office or pick up the phone to get an answer from a licensed soccer professional. And if a child wants to try out for a competitive team, they will be evaluated by a group licensed coaches and placed according to their ability and desire.

The merged organization is young and working through some expected transitional things. But just as my soccer journey has passed in the blink of an eye, DASC will grow stronger and better in a flash of time. We have a solid foundation of vision, mission and values. We have highly committed staff, coaches, volunteers and board of directors. Here are just a few indications of how things are going:

About 5,000 youth participated in our programs last year.

We met our budget and adopted next year's budget with no fee increases.

About 2,000 people attended the first annual Gooalosal Soccer Bash end of season party. In June, the 24th annual DASC competitive tournament was the largest ever in South Dakota with 212 teams.

More than 20 of last year's graduating seniors from DASC are going on to play for a college soccer team this fall.

In this new soccer year DASC will continue to focus on goals like bringing the 13-state regional tournament back to town, fully funding a needs-based scholarship program, developing a full-size field indoor facility and more. As we pursue those dreams please join me in thanking everyone who makes this possible. Soccer in Sioux Falls simply would not happen if it weren't for an impressive army of volunteers. So if somebody hangs a whistle around your neck or asks you to help with any of the countless soccer-related tasks that you don't feel qualified to do, give a shot. You'll have a blast! There is nothing quite like watching a five-year-old kick a soccer ball at Spencer Park. Perhaps the only thing that comes close is the smile on their face while they share a venison stick and a juice box with their teammates after the game.

Have a great 2011-2012 soccer year wherever the game takes you! My soccer nest is technically empty but my bag chairs are not fully retired. They will be following my daughter and her Bemidji State University Beavers soccer team around the Northern Sun Intercollegiate Conference this fall. It can get pretty cold up there in late October. Perhaps I should trade them in for a heated model.

Sanford's Featured Article: Concussions in Youth Sports

**Verle Valentine, MD, Sanford Clinic Orthopedics & Sports Medicine
and Sarah Ronning, MA, ATC, Sanford USD Medical Center**

A concussion can occur in any organized or unorganized sport; however, they are most commonly associated with contact-collision sports such as football, hockey, soccer and basketball. It is estimated that over 3 million sports and recreational-related concussions occur in the United States each year. The American Academy of Neurology defines a concussion as, "any alteration of mental function following a blow to the head that may or may not involve a loss of consciousness." Soccer players sustain all kinds of contact blows throughout a practice or game to their body. However, a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head is a main cause for a concussion injury. The signs and symptoms of a concussion are critical to the evaluation and treatment of a soccer player who may have a concussion.

These signs and symptoms of a concussion can be subtle and they may not appear right away. Symptoms can last for hours, days and in some cases weeks or longer. Each concussion is unique to the person who has one and there is no exact timetable one can follow for returning to play after a concussion. The following is a list of possible signs and symptoms of a concussion:

Immediate Signs and Symptoms: confusion, amnesia, headache, loss of consciousness, ringing in the ears, drowsiness, nausea, vomiting, unequal pupil size, convulsions, unusual eye movements, and slurred speech.

Delayed Signs and Symptoms: headaches, irritability, depression, sleep disturbances including insomnia or difficulty waking, fatigue, poor concentration, trouble with memory, getting lost or becoming easily confused, increased sensitivity to sounds, lights and distractions, loss of sense of taste or smell, and difficulty with gait or coordination of arms and legs.

It is important to recognize that the reporting of concussion symptoms may not always be reliable or accurate from an athlete. This is primarily due to the fact their desire to play outweighs the value of an honest response. It is also because athletes are taught to be tough and not to complain about every bump or bruise. Any player with a suspected concussion should be monitored closely and evaluated by a medical professional as soon as possible.

Allowing enough healing and recovery time after a concussion is critical in the prevention of any further damage or complications. Current research shows the effects of multiple concussions in athletes can be cumulative. Most athletes who have had one concussion can recover completely as long as they don't return to contact sports too soon. After suffering from a concussion there is a period of change in brain function that is variable in severity and length with each individual. Throughout this period, the brain is more susceptible to another concussion and the risk of a more serious brain injury increases. A progressive concussion treatment plan is necessary to ensure the safest return to participation for all athletes. The important steps to such a treatment plan will be discussed in Part 2 of this article which will appear in the next edition of the *SCORE*.

The following key items are important steps in the treatment of a sports related concussion:

REST This is the most important thing you can do after a concussion. Rest allows your brain to heal and return to normal function. Increasing your sleep and relative rest is critical. Relative

Trivia Question of the Month

[Expand Your Soccer Knowledge](#)

Last Month's Q and A: Who is the only player to play in 5 World Cups?
Kristine Lily

This Month's Question: Which US Women's player just broke Michele Akers for the most goals scored in World Cups?

Concussions in Youth Sports, Continues on Page 4

4v4 Fall Classic Scramble – Saturday, September 24th, 2011

Entry deadline is September 12th 2011

The 4v4 Classic Scramble is a club event for boys and girls recreational, academy, and competitive player U9 through U14. Players sign up individually and are placed on teams by the DASC Professional Staff. Players are guaranteed 3 games. All games are played at the DASC Training Grounds.

For more information and to register, please visit <http://www.dakotaalliancesoccer.com/tournaments>

For Questions Please Contact: Daniel Ohayon by phone at (605)521-6113 or E-mail at – danielo@dakotaalliancesoccer.com

Concussions in Youth Sports, Continued from Page 3

rest refers to resting your physical activity as well as your mental or cognitive activity as much as possible. This includes all physical activity (no physical education class or exercise) and limiting activity in school work, housework, computer use, video games, reading and any other activities that stimulate the brain.

EDUCATION Understanding a concussion injury and how to identify and treat it is very important. By knowing these things, you can receive care quickly if you get a concussion in the future, therefore reducing your recovery time and long term risks of damage to your brain.

COMPUTERIZED NEUROCOGNITIVE TESTING Sanford Clinic Orthopedics & Sports Medicine utilizes computerized concussion testing (ImPACT) to help provide objective measurement of how your brain is functioning. This tool helps the physician in determining the severity of the injury and gives guidance for safe return to play in sports.

STUDENT ADVOCACY It is important to remember this is an injury to the brain and affects memory, learning and processing. Your physician should work with your family and school faculty to assist you so your academic achievement does not deteriorate as a result from your concussion. Guidelines regarding studying and testing should be discussed with you, your family, your doctor and your school for appropriate recommendations and accommodations.

PHYSICAL EXERTION TESTING Once you are symptom free at rest, your physician will guide you in a plan for gradual resumption of physical activities as well as cognitive activities. If activity is tolerated without a return of concussion symptoms, your physical activity can be progressed. It is important that this return to activity is monitored by your school's Certified Athletic Trainer or other healthcare provider.

RETURN TO PLAY Once you are symptom free at rest, your neuropsychological testing is back to normal and you are symptom free with exertion and sports specific activity, your physician may allow you to return to sports participation. If at anytime during your return to play you experience a return of concussion symptoms, it is critical you notify your parent, coach, Certified Athletic Trainer, or Physician.

It is important to understand a concussion is an injury to the brain and all should be considered serious. Concussions can occur with or without a loss of consciousness and they can happen in any sport or recreational activity. Recognition of this injury and proper management of concussions when they first happen can prevent further injury, long term problems or even death.

Sanford Clinic Orthopedics & Sport Medicine offers a comprehensive Sports Concussion Program to meet the unique needs of the patient. Sanford is a Certified ImPACT Consultant site utilizing computerized neurocognitive testing software to guide treatment and a safe return to activity.

For more information about ImPACT baseline testing, please contact Tryg Odney, Sanford Sports Medicine Outreach Manager, at (605) 328-1727.

CHARACTER / ENJOYMENT / ENGAGEMENT / STEWARDSHIP / PASSION

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



Now That We Are Kicking Off a New Soccer Season Look to the Below Resources on the DASC Website to Get You Through the Soccer Season!

For Practice Plans That Are Age Specific: <http://www.dakotaalliancesoccer.com/coaches/practice-plans>

For Training Programs That Provide Priorities for Specific Age Groups: <http://www.dakotaalliancesoccer.com/coaches/training-programs>

For Resources and Articles Ranging from Parent Education to Soccer 101 to Small Sided Games: <http://www.dakotaalliancesoccer.com/coaches/resources-and-articles>

CALENDAR OF EVENTS

Start of the Match Up League

Yankton Trail and Tomar Park
Saturday, August 20th

<http://dakotaalliancesoccer.com/schedule/DASC%20Fall%202011%20Schedule-Web/1013.htm>

Start of the Recreational League

Sioux Falls, South Dakota
Saturday, August 27th

<http://dakotaalliancesoccer.com/schedule/DASC%20Fall%202011%20Schedule-Web/leagues.htm>

Start of the High School Soccer Season

August 19th

<http://www.prairiedogsoftware.com/HS/SDSSA.aspx>

Soccer-Nastics, Joga, and Toca

Dakota Alliance Training Grounds
Sept 10th through Oct 17th

<http://www.dascprograms.com>

Questions? Contact Leo at leog@dakotaalliancesoccer.com

2nd 4 v 4 Scramble

Dakota Alliances Training Grounds
September 24th

Registration Will Be Up Online Shortly

Questions? Contact Daniel at danielo@dakotaalliancesoccer.com

Check us out on Facebook.!

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