



# THE SCORE

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

Volume 2, Issue 6

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## Job Opening at DASC

### JOB DESCRIPTION:

Long term "team player" needed for challenging permanent work in an often chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24-hour shifts on call. Some overnight travel required, including trips to distant soccer fields on rainy weekends and endless tournaments in faraway cities. Travel expenses not reimbursed. Extensive courier duties also required.

### RESPONSIBILITIES:

Must provide on-the-side training in basic life skills, such as laundry duty, making of Gatorade and use of sports tape. Must have strong skills in negotiating, conflict resolution and crisis management, especially with players, referees and coaches during intense soccer competitions on the field. Ability to suture flesh wounds a plus. Must be able to think out of the box but not lose control when someone is fouled in the box. Must reconcile petty cash disbursements and be proficient in managing budgets and resources fairly, unless you want to hear, "He got more than me!" for the rest of your life. Must also be willing to schedule family holiday vacations around or in conjunction with out of town or out of state soccer tournaments. Also, must be able to drive motor vehicles safely under loud and adverse conditions while simultaneously practicing above mentioned skills in conflict resolution. Must be able to choose your battles and stick to your guns. Must be able to withstand criticism, such as, "You don't know anything." Must be willing to be hated at least temporarily, until someone needs \$5 to play video games, or \$100 for new soccer shoes or a replica jersey. Must be willing to bite tongue repeatedly, especially when your client thinks they know better than you, and also when you are under the assumption that you know the rules better than the referee appears to.

## DASC Soccer Parents Wanted

Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat. In case, this time, the screams from the field are not someone just crying wolf, or they have changed the game schedule. Must be willing to face stimulating technical challenges, such as small gadget repair, jammed air pumps, loose cleats, or broken shin guard straps. Must screen phone calls, maintain calendars and coordinate production of multiple homework projects and multiple practices, games and tournaments and prioritize and resolve any conflicts in these schedules. Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be willing to be indispensable one minute, and embarrassment the next. Must be efficient in operating air pumps of all kinds for inflating soccer balls, and in both tent and chair assembly and disassembly. Also, must have a highly energetic entrepreneurial spirit to encourage players on the field, and also because fund-raiser will be your middle name. Must have a diverse knowledge base, so as to answer questions such as "Why do I have to run?" or "Why was that called off sides?" on the fly. Must always hope for the best but be prepared for the worst. Must assume final, complete accountability for the quality of the end product.

Responsibilities also include floor maintenance and janitorial work throughout the facility as well as locating missing socks, jerseys and soccer balls in 3 minutes flat.

### POSSIBILITY FOR ADVANCEMENT AND PROMOTION:

Virtually none. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you.

*This funny job description of a soccer parent was borrowed from Annette Clifford who wrote the article for the Flyers Soccer Club. It continues on page 2.*

### Inside this issue:

Soccer Parents Needed	1/2
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### Special points of interest:

- Funny Out Look on Being a Soccer Parent
- Women's World Cup DVD and Trivia
- How to Protect the ACL
- Calendar of Events

## Coach's Profile

**Name:** Amanda Fox

**Team(s) Coaching:** U12 girls

**How Long Have You Been Coaching:** 15 years

**Hometown:** Long Beach, CA

**Favorite Athlete:** Ryan Giggs

**Favorite Sports Team:** University of Oregon (Any sport!!!)

**In Your Free Time You:** Play with 2 pups ( 1 lab 15 years old, 1 golden 5 years old)

**Interesting Fun Fact About You:** I sat 4 rows up from where Brandi Chastain scored the winning goal of the 1999 women's world cup!!!

**Favorite Coaching Moment/Memory:** taking the U17G Boise Capitals to the regional semi finals!

## Player's Profile

**Name:** Hattie Giblin

**Nickname:** Gibby

**Age:** 9

**Team and Age Group:** Lily - U9 Academy

**How Long Have You Been Playing Soccer:** 4 years

**School:** Discovery

**Favorite Athlete:** Mia Hamm

**Favorite Soccer Team:** USA Women's Team

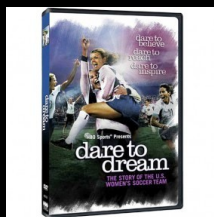
**In Your Free Time You:** Hang Out With Friends

**Favorite Soccer Moment/Memory:** Blain, MN Soccer Tournament



## DVD of the Month

### Dare to Dream



From their meager beginning in the 1980s as "the red headed stepchild" of sports through four World Cups and three Olympic games, *Dare to Dream* examines how Mia Hamm broke through as a media phenomenon, why Brandi Chastain's celebratory moment stirred so much controversy, and how Julie Foudy, Michelle Akers, and Joy Fawcett overcame daunting obstacles to help the team step into history, and in the process lift the aspirations of all young women. This DVD will surely get you ready for the 2011 Women's World Cup!

*Continued from page 1 — DASC Parents Wanted*

#### PREVIOUS EXPERIENCE:

None required, unfortunately. On-the-job training offered on a continually exhausting basis.

#### WAGES AND COMPENSATION:

You pay them, offering frequent raises and bonuses. Trophies and medals and scholarships are a possibility, but not always guaranteed. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. If they are talented and ambitious enough, it is possible to help defer these costs if you are willing to promote and research the possibilities, and are fortunate enough to obtain a scholarship for them as a bonus. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

#### BENEFITS:

While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered, job supplies limitless opportunities for personal growth, respect, free hugs and high fives for life if you play your cards right and friendships and memories that can last a lifetime!!!!

**FROM DASC:** Though this is was a funny look at the thankless job of being a soccer parent, DASC would like to thank all the wonderful soccer parents for all they do to make soccer happen in their child's life. Keep up the great work. If you know any great parents out there, please recruit them to become soccer parents so we can share the beautiful game with more of the Sioux Falls Area Community.



## Sanford's Featured Article: Can We Protect the ACL?

**Scott Roggenbuck, ATC, CSCS, Athletic Enhancement Coordinator**

If you watch soccer and pay attention to the injuries that take place, you undoubtedly know that a tear of the anterior cruciate ligament (ACL) of the knee is one of the most common and serious injuries that can occur. Unfortunately for the female athlete, research has shown they are two to ten times more likely to sustain an ACL injury than their male counterparts. Knowing this, is there any way for a soccer player, especially the female player, to protect his/her knee against this devastating injury?

While there is no way to completely prevent an ACL injury, there are activities/exercises a soccer player can do to help reduce his/her risk. One of the most important actions a person can take is strengthening the hip and gluteal muscles. These are the main muscles that control the movements of the femur (thigh bone). If these muscles are too weak, the femur will excessively rotate internally (rotate to the inside), placing the ACL in a very susceptible position. It is particularly important for female players to perform strengthening exercises of these muscle groups, as research has shown these muscles to be weaker in females than in males.

Another helpful activity a soccer player can do is to work on jumping and landing techniques. Any sport played in an upright position (knees and hip close to fully extended) can leave the athlete in a position susceptible to numerous injuries, including a tear of the ACL. By jumping and landing with the knees bent and the feet shoulder-width apart, an individual puts the ACL in a much more protected position. As an athlete progresses, and his/her hip and gluteal strength improves, single leg hops should be incorporated into the jumping and landing program. This will help with balance and functional sport movements.

The third activity soccer players should be doing to help reduce their risk of ACL injuries is agility training. There are numerous agility drills that, if taught biomechanically correct, will help to enhance the coordination of an athlete. For a soccer player, learning how to change direction properly and figuring out how one's body moves can have dramatic effects on reducing the risk of any injury.

While there is no way to truly prevent an ACL injury from happening, there are steps an athlete can take to reduce his/her risk. Strength of the hip and gluteal muscles is the key to better control of the femur which then can lead to better jumping and landing techniques and better coordination of soccer-specific movements. Structured athletic enhancement programs, such as the Sanford POWER Program, are well versed in the instruction and administration of these important exercises to help reduce injury risk.

For more information call:

Sanford POWER Center (605) 328-1660

### Trivia Question of the Month

[Expand Your Soccer  
Knowledge](#)

#### [Last Month's Q and](#)

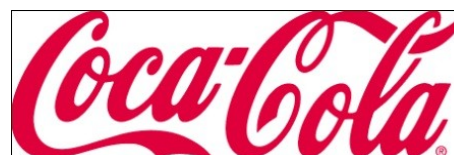
**A:** Out of the 21 players that have been chosen to the 2011 US Women's World Cup, how many have had previous World Cup experience? 9 players

#### [This Month's](#)

**Question:** Who is the only player to play in 5 World Cups?

**CHARACTER / ENJOYMENT / ENGAGEMENT / STEWARDSHIP / PASSION**

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



## CALENDAR OF EVENTS

### South Dakota Midcontinent / Kohl's Cup

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

### DASC 2011/2012 Competitive Tryouts

Dakota Alliance Training Grounds (Harrisburg)  
June 1st through June 17th  
<http://www.dascprograms.com>  
For More Information Contact Steve at [steveb@dakotaalliancesoccer.com](mailto:steveb@dakotaalliancesoccer.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>

### Region 2 Championships

Fox Cities, WI  
June 24th through June 29th  
[http://www.region2.com/regionii\\_championships/2011RegionalCup.asp](http://www.region2.com/regionii_championships/2011RegionalCup.asp)

### Recreational Guaranteed Placement

June 29th  
Online or at the Soccer Office

Check us out on Facebook.!

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