



The Goalpost

April '08 Issue

USF Women's Soccer Announces Third Annual Spring Fling



USF and the Vera Bradley foundation for Breast Cancer partner to raise money for cancer research

The third annual Women's Soccer Spring Fling will be held on Saturday April 5, 2008 at Bishop D'Arcy Stadium. This year's schedule includes NCAA tournament teams University of Notre Dame, Indiana University, and Oakland University. Other teams include two time MAC champion Ball State University, 13 win Wright State University, and Horizon power University of Evansville.

The event will raise funds for the Vera Bradley Foundation for Breast Cancer. "The Vera Bradley Foundation for Breast Cancer was founded in 1998 after a very dear friend lost her courageous battle with this disease. We are focused on directly providing financial support to the critical research needed to understand and eradicate breast cancer. The Vera Bradley Foundation for Breast Cancer is committed to eradicating breast cancer as a life-threatening disease by providing financial support for research and research-related projects. Nearly \$6 million has been raised since we began our efforts. We've completed two major endowments to the IU School of Medicine to support the Vera Bradley Chair in Oncology and to establish the Vera Bradley Center for Breast Cancer Research."

"We are really excited about this year's schedule and teams who are participating", USF Head Women's Soccer Coach Ken Nuber says. "It is the best line-up we have had considering we do not have a team with less than 10 wins, and all the teams are above 133 RPI".

- 11:30** University of Saint Francis (12-9-1) vs Wright State University (13-6-1)
NAIA Regional Finalist 3rd in Horizon and 133 RPI
- 1:00** Oakland University (10-8-2) vs University of Evansville (10-5-2)
Summit champs, NCAA tournament team, and 101 RPI 2nd in Missouri Valley and 121 RPI
- 2:30** University of Notre Dame (19-5-2) vs Indiana University (13-7-3)
Big Est Champs, NCAA Final Four, and 8 RPI 4th Big Ten, NCAA Sweet 16, and 25 RPI
- 4:30** University of Evansville (10-5-2) vs Wright State University (13-6-1)
- 6:00** Oakland University (10-8-2) vs Ball State University (13-5-2)
Two time MAC champs and 86 RPI

Tickets for the event can be purchased in advance of game day from any of the participating soccer programs. Each soccer program is being challenged to raise as much money by selling tickets on their campuses. You can also purchase tickets by contacting Ken Nuber via e-mail at knumber@sf.edu or by phone at 260-434-3269. You can also purchase your ticket on game day at the gate. Tickets are **\$5.00**.

Visit our website for more information at http://www.sf.edu/athletics/soccer_women/index.shtml



Excellent recreational, select and premier soccer at affordable prices.

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Mission & Values

"Responding to the health-care needs of the community, we are committed to excellence in all aspects of care through education, prevention, treatment and support. We create a five-star experience by exceeding individual expectations for all who enter our door."

How to Contact Us...

Phone Number:

260.422.8575

Mailing Address:

P.O. Box 8163

Fort Wayne, IN 46898

On the Web:

fwunitedsoccer.com

Sponsored by:



From the Citadel President Larry Rowland

I want to begin this month by thanking Ms. Bonnie Doty for her years of service as the FWUSA webmaster. This February, the FWUSA website was recognized by the Indiana Youth Soccer Association as being the best in the state. Bonnie has chosen to pursue other interests, but her talent and service to FWUSA will long be remembered.

The FWUSA website is a valuable resource for players and parents alike. As our teams start their outside practices soon, please watch our website for practice cancellations should we experience inclement weather.

In the near future, we anticipate several new changes to the FWUSA website, including the addition of a new Player/Parent Handbook. This new handbook will articulate the club's policies and procedures ensuring that all who are a part of the Citadel family have access to the same information. We will try to place this new resource in PDF format so that should a player or parent need to refer to any section it will be able to be read from any computer. Additionally, this format will enable a copy of the handbook to be printed as well.

As we move our teams outside, I would caution each player to dress warmly during our first few weeks at Kreager. Our weather has been unpredictable this winter, and it can be cold during evening practice. Players are encouraged to get to practice early so that they will have an adequate time to warm up prior to running drills.

The field conditions this time of year can vary from day to day, therefore, players are encouraged to wear the appropriate shoes for the prevailing field condition.

Future issues of the Goalpost will contain more pictures of players and teams. The change to Daylight Saving Time will enable us to take more photographs of our players.

During the month of April, both individual and team photographs will be taken. Your team manager will inform you of the specific time and place for your team's photographs.

Finally, I hope that everyone has a safe and restful spring break. May you all return with a great desire to get out on the pitch.

Larry Rowland, President-Citadel



From the Select President

This is my second newsletter as President and I want to take this opportunity to provide some history about Select. This club was formed in 1983 as the McDonald's League, since McDonald's sponsored the club from their advertising budget. This was renamed Fort Wayne Youth Select Soccer League (FWYSSL) that next year. In 1985, Three Rivers Youth Soccer Association was formed, to bring together the Pepsi league, Fort Wayne Girls League, Huntertown, FWYSSL and UCT. The only group that did not join was the St. Joe Soccer League.

FWYSSL left this group in 1986 to pursue a high level of play. During the early '90s FWYSSL continued to grow, with a travel division hosting 8 – 10 teams and the city division having 18 teams in four zones. In the fall of 1993, a vote was taken to have a separate name for the travel division. The name chosen was Dragon FC. Over the winter, there was a movement to change this name and in the spring of 1994, the division was renamed Citadel FC. Also at this time, the city division became known as the Select League, with both being under the FWYSSL umbrella.

The travel side of TRYSA (girls) became part of Citadel in 1996, after TRYSSA decided that they wanted to concentrate on recreational soccer only. At the time, Citadel only provided travel soccer for the boys, so this was a good fit. During this time and ever since, Select has focused on a higher level of play, stressing the adage; "Travel Soccer without the Travel".

The 25th year of Select soccer is nearly ready to begin. Many teams are anxious to get outdoors and start practicing, but the weather will not cooperate. Regardless, we are still planning an April 13 opening day. Field schedules are being worked on and will be distributed as soon as they are complete.

During the up-coming season, remember that the player's safety is paramount. Nothing is more important, nothing more critical, than the players being able to play in a safe, supportive atmosphere. They should never be pushed beyond their capabilities, nor made to feel inferior for their inabilities. Coaching, encouragement and guidance will accomplish much more than degrading the player.

I would also ask that you request your team's parents to do the same. No child wants to hear adults using obscenities or being combative to the coaches, other parents, the referee, or especially the opposing players. I know that everyone wants to win their game, but the Sunday game day is supposed to be a positive experience, win or lose.

Now, everyone think warm thoughts and let's get outside for some soccer! **Opening day is April 13.** Pictures are currently planned for April 27 - more on that later. If you have any comments, questions, or concerns, please let me know. My contact information is on the www.fwunitedsoccer.com web site.

Thank you for your support.

Steve Moeller, President-Select

Select League





CITADEL SCRIP NEWS

Volume 1 Issue 6

April 2008

SPRING SCRIP SCHEDULE

Colette Boylen @
Trotter Law Office
6079 Stoney Creek Drive
Fort Wayne, IN

Tuesday March 18, 2008 Pick-up and Drop off
(OFFICE IS CLOSED 3/17)

Monday March 24, 2008** Pick-up and Drop off by 3:30pm
**Any orders placed on March 24, 2008, will NOT be available for pick up until April 7th at Kreager Park.

NO CASH AND CARRY AVAILABLE UNTIL 4/7/08

GREAT LAKES WILL BE CLOSED FROM APRIL 7, 2008 THROUGH APRIL 11, 2008 for inventory purposes.

Beginning April 7, 2008, once again the SCRIP Coordinators will be at Kreager Park for drop off and pick up of SCRIP orders. We will be located under the Pavilion for the FIRST HOUR OF PRACTICE. **Orders placed on April 7, 2008 will not be available for pick-up until April 21, 2008. Please plan accordingly.**

CASH AND CARRY

On April 7th, the SCRIP Coordinators will be back to Cash and Carry. Remember we do not have all items in stock. Those items not in stock will be ordered on Mondays and picked up the following Mondays as previously done. Items that will be on hand for CASH AND CARRY are restaurant/fast food vendors along with Marathon and Speedway gas cards. We will have a limited supply on hand.

If you have any questions, please contact a Citadel SCRIP Coordinator: Colette Boylen (744-9157) or Jodi Deiser (420-8999).

Tip of the Month

From the Citadel Director of Coaching:

Coach Hani Rabi



The Dribble:

Dribbling is a combination of guiding the ball, driving the ball, starting, stopping, turning on the spot, taking the ball around curves, changing directions and making feints.

Since a player must get by his/her opponent, the ability to make good feints forms the basis of good dribbling technique. The basic formula of keeping body between the ball and opponent is even more important when dribbling than when guiding the ball.

The dribble represents the most exciting personal maneuver of the soccer player. One of the keys to great dribbles is that they lower their center of gravity and are able to cut changes in direction quickly and maintain their balance under pressure.

The feint, which is essential component of the dribble, can be done in several ways. Either with the upper body, or with the legs and feet simulating touches on the ball or contact aimed to lure the opponent into an off balance position.

The following are the five major components required to develop good dribbling technique:

1. Concentration on working the inside and outside of the foot only when starting out.
2. Lowering the center of gravity
3. Fakes and feints
4. Concentration on deceptiveness and creating with the ball
5. Speed of execution

Wizards Youth Soccer Night

FORT WAYNE WIZARDS **YOUTH SOCCER NIGHT**
 WITH THE WIZARDS • 2008

FRIDAY
MAY 23

vs.
Great Lakes Loons
 (Los Angeles Dodgers)

GAME TIME:
6:00PM

PRE-GAME PARADE ON THE FIELD
 • Players and teams are encouraged to wear their jerseys!

ON-FIELD GAMES AND CONTESTS
 • Will be soccer-themed during the game!

SPECIAL GAMES ON THE CONCOURSE
 • The Speed Pitch will be converted to record kick speeds!

RUN (AND DRIBBLE) THE BASES
 • Come on the field & dribble around the bases after the game!

PURCHASE YOUR TICKETS TODAY!

- EXCLUSIVE TICKET PRICE: GRANDSTAND SEATS: ONLY \$6.00!
- GRANDSTAND TICKET/HOT DOG & SOFT DRINK COMBO: \$10.00!
- DEADLINE TO ORDER TICKETS: FRIDAY, APRIL 25

YOUTH SOCCER NIGHT • TICKET ORDER FORM
 Friday, May 23rd • Game Time: 6:00pm

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: (____) _____ ext. _____
 Email: _____

METHOD OF PAYMENT: Credit Card Check (Payable to Fort Wayne Wizards)

VISA Mastercard Amer Exp

Card #: _____ Exp: ____/____

3 Digit # on Back (For Security Reasons): _____

SEAT TYPE	#	PRICE	TOTAL
Grandstand Tix		\$6.00	
Ticket/Voucher		\$10.00	
Ticket locations based on availability			TOTAL

Return your ticket orders and money
 to your coach by Friday, April 25

**QUESTIONS? Brent Harring • Fort Wayne Wizards Baseball • 1616 E. Coliseum Blvd.
 Fort Wayne, IN 46805 • Phone: (260) 407-2816 • bharring@fortwaynewizards.com**



1st Annual Angels on the Pitch Tournament

ANGELS ON THE PITCH
3 V 3 SOCCER TOURNAMENT

JULY 18-20
KREAGER PARK
FORT WAYNE, INDIANA



Early Registration Deadline May 18, 2008

Proceeds will be donated to the IN Chapter of the Leukemia/Lymphoma Society.

Raffle for **Matthew Fackler**, a Bishop Dwenger Sophomore and bone marrow recipient - 100% of the proceeds will be given to his family.

PLAY FOR HOPE

Cruzbol International, LLC is an organization that was developed to help children stimulate their passion, confidence and creativity through the endorsement of soccer and fitness. Through camps, Cruzbol is able to help children develop fundamental skills for soccer while having fun and making social connections that enhance self-esteem.

Cruzbol International is also focused on community development offering programs that adhere to children on many levels from multiple backgrounds. Cruzbol International strives for excellence by creating an environment that is affordable and conducive for learning.

Our next endeavor will be hosting the **first annual “Angels On The Pitch” 3v3 Soccer Tournament July 18-20 at Kreager Park** in Fort Wayne, Indiana. This grand event is expected to draw the interest of teams from all over Indiana. The tournament will be hosted by Cruzbol International, LLC in conjunction with Soccer Kicks for Cancer and FWUSA (Fort Wayne United Soccer Association) to help raise money for the Indiana Chapter of the Leukemia/Lymphoma Society.

We are asking for donations, either monetary, service and/or product. Additionally, we will hold a raffle to generate funds to be given to a family in need of assistance for medical expenses. As a parent of a Leukemia survivor, I can assure you that the Leukemia Society does wonderful things to help families of Leukemia patients as well as aid cancer research.

I hope that you will consider a donation to this wonderful cause. Please feel free to visit our website www.cruzbol.com. If your company would be interested in being a major sponsor of this tournament, please contact Jodie at 260.385.7506 or jrcruz@cruzbol.com.

Thank you in advance for your consideration and support.

Jodie R. Cruz, Tournament Director



Citadel Family Fun Fest

2nd Annual Citadel Family Fun Fest

May 9, 2008

******New this year: Silent Auction******

The Family Fun Fest Committee would like for every team to put together a "theme" basket to be awarded to each basket's top bidder during the evening's silent auction. Possible theme ideas include: soccer (of course), Colts, ultimate sports fan, chocolate, movie night, and gift cards galore. Be creative and have fun choosing your theme! Once your players decide on a theme, they are encouraged to bring in items to help fill their team's basket.

Once the baskets have been filled, a team representative can drop them off in the pavilion at Kreager Park on April 30.

The team that has the highest selling basket will receive a pizza party (and bragging rights).

ALL funds raised through the silent auction will go toward off setting the costs of the Family Fun Fest.

QUESTIONS? Contact Kerri Williams at KerriLWill@aol.com or Aimee Black at aimcblack@gmail.com



Announcing Family Fun Fest Details

2nd Annual Citadel Family Fun Fest

May 9, 2008

Come for the fun the food and the friends

Date: Friday May 9th

Time: 6 pm to 10 pm

Location: Walb Union Ballroom **IPFW**

Mark it down on your calendar.....

Tickets will be on sale through your team manager beginning

Monday, April 7th

\$8.00 per person

Events:

- Team Basket Silent Auction
- Great Prizes to be raffled
- '08-'09 coach announcement
- Winners for the European Trip raffles will be announced

Food will be provided by Ceruti's



Kudos Korner



Academy Citadel Select

- Congratulations to Philip Seidel on obtaining his USSF "National "D" Coaching License.



- Congratulations to Chris Evard on obtaining his USSF National "D" Coaching License.



Anyone can submit names for the Kudos Korner!! We are an organization full of dedicated volunteers and paid professionals . Let's recognize our coaches, board members and parent volunteers within the FWUSA!

Select League News

Select Future Stars Spring 2008

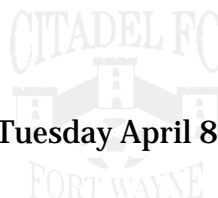


Select is please to announce the reinstatement of the Select Future Stars program. This is for youths 5 - 7 years of age (U6 - U8 age groups). The program will provide training and a scrimmage game at Kreager Park each Select Game Day. Players can register individually for this program. To do so please download the [Select Registration Form](#), the \$65.00 fee (checks made to FWUSA Select) and a copy of your child's birth certificate, and mail all to:

John Fyfe 1828 Kenwood Ave Fort Wayne, IN 46805

Depending upon the number of registrations, players will be grouped into zones and placed on "teams" to train and play with. Each Sunday, the players will receive 30 minutes of skills training, and then participate in an organized game. Select will work with volunteer parents to act as "coaches" to these teams, helping to make sure that all players have a safe and enjoyable experience, while learning the game of soccer.

If you have any questions about this program, please contact [Steve Moeller](#), Select President at moeller_5@verizon.net.



Just For Feet

JFF (Just For Feet) starts Tuesday April 8 at Kreager from 5:30-6:30!





Citadel Indoor at the ASH Centre





Dupont Hospital – Heart Health Tip

Let's Eat!

What your child eats now can affect them throughout their life. To help them later, take action now. Using the school lunch menu, decide with your child which days he or she will buy the school lunch and which days he or she will take it. If you feel there are several days with unhealthy lunch options, talk to your principal about offering healthier choices. This applies to vending machines as well, where high fat and empty calories tend to congregate and loiter.

Did you know a 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories? Drinking just one can of soda a day increases a child's risk of obesity by 60 percent. Restrict your child's soft drink consumption. A little effort can go a long way to a healthy life.



**Derek Sutton is the U10B Juggling Champion!
Congratulations Derek!!**



The juggling competition for the U10G will be held on April 7. Good luck girls!!!



Citadel Executive Board

Citadel Comments, Citadelcomment@yahoo.com

Larry Rowland, President larryrowland2@mac.com

Deb Kunkle, Secretary debkunkle@msn.com

Pat Murphy, Treasurer MurphyTreasurer@comcast.net

Citadel Board of Directors

Aimee Black, Uniform Coordinator aimcblack@gmail.com

Jami Beard, Communications Coordinator jbeard@chosenlan.com

Volunteer Needed, Sponsorship Coordinator

Annette Zirkle, Tournament Director azirkle2000@verizon.net

Linda Lozo, Manager Coordinator chubbyspizzas@verizon.net

Martin Heiny, Registrar mdheiny@msn.com



Executive Director

Steve Helsler fwusa_exec_director@comcast.net

August 23 - 25



Select Executive Board

Steve Moeller, President Moeller_5@verizon.net

Phil Seidel, Secretary shelby_philip5@yahoo.com

Angie Moeller, Treasurer Moeller_5@verizon.net

Select Board of Directors

Volunteer Needed, Communications

Al & Deb Wildrick, Match Scheduler dawildrick@verizon.net

Preston Benzinger, Coaches Manager pbenzinger@msn.com

Heidi Bercot, Equipment Manager hmbercot@hotmail.com

John Fyfe, Registrar jsfyfe@verizon.net

Steve Moeller, Referee Coordinator Moeller5@comcast.net

Juggling Records

Readers of the Goalpost (FWUSA members) can now be recognized for achievements in juggling! If you can juggle a soccer ball 25+ times without it touching the ground, submit the following to the Communications Director. You will receive a star behind your name for every 25 times that you can juggle!

1. Your full name
2. The club/s and team/s within FWUSA that you are rostered with
3. Your juggling record
4. The name of the FWUSA coach or parent that observed your juggling record
5. The date of your achievement



Report all juggling records at jbeard@chosenlan.com.

Your juggling records may very show up on the FWUSA website soon so start practicing today!

Juggling is a key training element which is often overlooked. Juggling allows the player to gain a feel for the ball. These touches build confidence and makes players aware of parts of their body used to control or pass the ball. With a larger range of comfort with the ball, imagination is often sparked in game play.

Juggling should become a daily routine that only takes a few minutes a day. Develop good juggling technique.

- Use all parts of the body (head, chest, thighs, and feet) and alternate feet. Don't get caught only juggling with your dominant foot!
- Focus on good controlled touch to realize the full potential of juggling. If a player does not have good body control this will lead to bad touches.
- Be able to control the ball in different situations. So if a player has a bad touch, they should try to recover it rather than starting over.
- Be able to maintain good body position.
- Find rhythm and harmony between the player and the ball.
- Practice while standing still, then progress to walking slowly and then with some pressure by either time or opponents.
- Practice juggling about 20 minutes each day.

Achievements In Juggling

Brennan Cochran Citadel U11BW	*****	343	Hani Rabi, DOC	03/08
Ryley DeJong Citadel U11BW	*****	222	Hani Rabi, DOC	03/08
Hunter Cone Citadel U11B W	***	92	Hani Rabi, DOC	03/08
Elizabeth Helser Citadel U16G	****	116 (alternating feet)	Hani Rabi, DOC	02/08
Hannah Dolfuss Citadel U10G/U11GW	**	73	Coach Hein	02/08
Max Baker Citadel U10B	**	53	Coach Hein	02/08
Hannah Tkac Citadel U10G	*	41	Coach Hein	02/08
Alex Baker Citadel U10B	*	47	Coach Hein	02/08
Derek Sutton Citadel U10B	*****	161	Coach Jozsef	02/08
Hunter Cone Citadel U11B	***	90	Coach Jozsef	02/08
Walter Li Citadel U11B	**	60	Coach Jozsef	02/08
Bradley Lancaster Citadel U11B	*	43	Coach Jozsef	02/08
Chris Clemens Citadel U12B White	*	47	Hani Rabi, DOC	02/08
Kyle Payne Citadel U12B Blue	*	42	Hani Rabi, DOC	02/08
Delaney Carroll Citadel U11G	*	41	Hani Rabi, DOC	02/08



What to Eat During Soccer Tournaments

Published: 4/24/2007 5:37:38 PM by Chris Johnson from Dallas, Texas

As a soccer coach, I don't have to tell you that coaching a youth soccer team while traveling in tournaments is a difficult task. One of the hardest responsibilities as a soccer coach while on the road is monitoring your players' food intake. As their soccer coach, it is important for you as their coach to give the players a list of foods that will help their bodies recover quickly and give them the most energy for the following games.

First of all, some of the tournaments I have coached in often play games with only a brief time between games. This is often not enough time to leave the complex to eat. In this situation, instruct your players to bring energy snacks that are easy and are an excellent energy source. These snacks are easy to carry and won't spoil.

SOCCER SNACK FOODS

Apples	Bananas	Dried Banana Chips	Apricots
Raisins	Fig Newton's	Graham Crackers	Bagels
English Muffins	Blueberry Muffins	Oatmeal-raisin cookies	Popcorn
Granola bars	Hard Pretzels	Bread Sticks	Cold Cereal
Corn Flakes	Juice in a box	Raw Vegetables	Fruit snack

Coaches and parents, make sure your team/child has items off of this list the next time they travel to an out of town tournament Or to the pitch for regular season games!





Soccer Players & Foods High In Carbohydrates

Published: 8/28/2006 8:44:13 PM by Chris Johnson from Dallas, Texas USA

Why should soccer players eat foods that are high in carbohydrates?

Carbohydrates are the most efficient fuel for energy production. They function as a readily available energy source as they are stored as glycogen in muscles and in the liver. This is most beneficial for athletes engaged in strenuous exercise. With this being said, carbohydrates may be the most important nutrient for sports performance. Some foods high in carbohydrates are: grains, bread, cereals, crackers, rolls, pasta (all kinds), rice, muffins, bagels, fruit, starchy vegetables, and low fat yogurt.

VEGETABLES

- Corn
- Broccoli
- Potatoes
- Carrots
- Peas
- Beans
- Cabbage
- Yams
- Cauliflower
- Turnips
- Green Peppers

FRUITS:

- Peaches
- Apricots
- Raisins
- Oranges
- Grapefruit
- Kiwi
- Pineapple
- Plums
- Dates

BREADS/CEREALS

- Bagels
- English Muffins
- Granola Bars
- Rice
- Blueberry Muffins
- Toast
- French toast
- Dry Cereal
- Pancakes
- Waffles
- Oatmeal
- Pasta

DAIRY FOODS

- Milk
- Yogurt

Soccer Players should **AVOID** foods that have high fat content or high in calories because these slow down the digestion process. Some foods that are high in fat or calories are: butter, margarine, mayonnaise, nuts, seeds, salad dressings, cream cheese, fried foods, sauces, gravies.

Soccer players should cut down on foods that are high in protein and high in fat such as: meat, fish, poultry, cheese, milk (unless skim milk), nuts, and seeds.

Another important nutrient is water. Dehydration, which is the loss of too much water, is the most common nutrition problem among athletes. Players should bring water to all practices and games and drink plenty of water before, during, and after practices and games.

For pre-game meals, make sure the athletes eat at least 2-3 hours before practice or game. This allows for good absorption.

Consult your doctor, practitioner, and/or pharmacist for any health problem before making dietary changes.