



Upcoming Dates to Remember:

- July 23—26 U14 — U18 Boys & Girls Team Camps

- July 30—August 2 U13 and Under Team Camp

Welcome to the Mobile Soccer Club Team Tryouts !

Welcome to the tryouts for the MCS' 2008—2009 season. The club formed in 1998 and we are very excited about our 10th season. Director of Coaching Mohammed El-Zare has recruited a top notch staff to train your child to be the best they can be and have a lot of fun participating in "The Beautiful Game".

Over the next few days your child will be evaluated by a staff of coaches to be placed with a team appropriate for their age and skill level. It is important that you have your child at Cottage Hill Park on time and ready to play.

What to Bring to Tryouts

1. PARTICIPANTS SHOULD BRING A SOCCER BALL. Please make sure that your name is on your soccer ball. It is the player's responsibility to keep up with their soccer ball at the Tryout session.
2. Soccer cleats are required for participation.

3. Shin guards are required for participation.

4. Water or sports drink – We will provide some water but each camper should still bring their own water or sports drink.

5. Completed and NOTARIZED Player Information and Medical Release is required.

6. Copy of your insurance card (front and back).

7. Make sure your child wears appropriate clothing and consider bringing or wearing rain gear or sweat suits if appropriate.

MSC Tryout Schedule

Monday, June 2

U10 & U11 Boys & Girls 5:30pm—7:00pm

U12 & U13 Boys & Girls 7:00pm— 8:30pm

Tuesday, June 3

U14 - U16 Boys & Girls 5:30pm—7:00pm

U17 & U18 Boys & Girls 7:00pm— 8:30pm

Wednesday, June 4

U10 & U11 Boys & Girls 5:30pm—7:00pm

U12 & U13 Boys & Girls 7:00pm— 8:30pm

Thursday, June 5

U14 - U16 Boys & Girls 5:30pm—7:00pm

U17 & U18 Boys & Girls 7:00pm— 8:30pm

Friday, June 6

U14 - U16 Boys & Girls 5:30pm—7:00pm

U17 & U18 Boys & Girls 7:00pm— 8:30pm

Saturday, June 7

U10 & U11 Boys & Girls 8:30am—10:00am

U14 - U16 Boys & Girls 10:00am—Noon

U17 & U18 Boys & Girls 4:00pm—6:00pm

Sunday, June 8 Rain Makeup Day

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Submit a story about your team by emailing geoff@mobilesoccerclub.org

Four Common Myths About Nutrition Among Soccer Players

Dr. Donald T. Kirkendall

from U.S. Soccer Resource Center

There are more myths that coaches, players and parents may be following, but below four of the more common myths are dispelled. By following the nutritional guidelines below, players, coaches and teams can put themselves in an advantageous position before the match starts.

Myth 1: Game performance is not affected by what you eat.

Virtually every study on athletic performance for both team and individual sports shows that a diet rich in carbohydrates improves running performance. However, nutritional research from the 1970s to present day still show that soccer players choose a diet that is approximately 40 percent carbohydrates, 40 percent fat and 20 percent protein.

What is discouraging is that in the very early 70s, the Swedes conducted a study that showed soccer players with low muscle fuel (glycogen) walk about 50 percent of the game. Even 30 years later, a study showed that more than half of a national team in the 1994 FIFA World Cup thought food had nothing to do with their performance. The bottom line is that players eat what is put in front of them.

The more carbohydrates an athlete eats, the more endurance he or she will have. This means that when the end of the game approaches, the player will be able to run faster and longer if he or she consumed the proper amount of carbohydrates.

Myth 2: What you eat after the game does not matter.

At games and tournaments around the country, players will sometimes eat the worst post game snacks possible including soda, sweet drinks in soft packaging, potato chips, candy bars and fries. Everyone who has ever been to a soccer field on a weekend has seen this.

Muscles are most ready to receive a fresh supply of fuel during the first hour or two directly following exercise. The smart coaches and parents supply food that will start refilling muscles with carbohydrates at just that time.

A proper supply of carbohydrates is needed. It can come from a carbohydrate replenishment drink or other foods like bagels with jelly, pretzels, raisins or other dried fruit. This is even more critical between tournament games when the time between games is even shorter.

Myth 3: A diet is good as long as an athlete gets enough protein.

While most every survey of the athletic diet shows that players get all the protein they need from food, there is a problem. The vast majority of protein is consumed in conjunction with fat.

Marbled meat, ground beef, and fried chicken all are examples of protein that is combined with lots of fat. Red meat should be trimmed of fat, and ground beef should be very lean. Chicken should have the skin removed before cooking.

One place protein isn't commonly found is the immediate post-exercise meal. A little protein helps in storing new fuel in the muscles faster than when there is no protein. Players can try to figure out a protein source after the game or drink a carbohydrate replenishment drink that contains protein.

Myth 4: Your body is the best indicator of when to drink; Mother Nature knows best.

For most mammals, it is OK not to drink until thirsty. However, the thirst mechanism of humans operates differently than the average mammal. In fact, the human thirst mechanism doesn't even kick in until a person has lost about two percent of body weight from sweating. At this level, a decrease in performance begins to become evident.

Players should drink before starting the game, every 15-20 minutes during play if possible, and at halftime. Make sure the team has drink bottles along both sidelines and in the goals so players have easy access to fluids during stoppages of play. Don't forget that playing in the cold is also dehydrating, so drinking fluids is just as important in cold weather.

Overall, it is important for the well-rounded player to keep an eye on what they eat and drink in order to get results on the field. For more information on nutrition in soccer, check out the Resource Center archives on the Services page of ussoccer.com.

Questions can be directed to Hughie O'Malley, U.S. Soccer's Manager of Sports Medicine Administration. Hughie can be reached at homalley@ussoccer.org or at (312) 528-1225.

Nutritional Information

Hydration Guidelines:

- 2 HOURS BEFORE EXERCISE - Drink 16 ounces (2 cups) of water
- 10 MINUTES BEFORE EXERCISE - Drink 4-8 ounces (1/2 to 1 cup) of water
- DURING HALFTIME - Drink 8-16 ounces (1 to 2 cups) of Sports drink
- AFTER EXERCISE - Drink 16 ounces (2 cups) of water for every pound of weight lost



Eating Guidelines (Glycemic Index for some common foods for pre- and post game):

Glycemic Index (GI) of Some Common Foods

Low and moderate glycemic foods are best to eat as a pre-game food because they provide energy over a longer period. High Glycemic foods are better to eat during or after strenuous exercise to help refuel the body. Nutritionist have developed this index of how quickly foods produce a glycemic response.

High glycemic index foods (Post-game or during)

Angel food cake	Cornflakes	Maltose	Rye flour bread
Bagel, white	Cornmeal	Melba toast	Shredded wheat
Barley flour bread	Couscous	Millet	Soda crackers
Brown rice	Cream of wheat	Molasses	soft drinks
Cake doughnut	Crispix cereal	Mueslix	sport drinks
Carrots	Croissant	Muffins	Sucrose
Cheerios	Glucose	Oatmeal	Total cereal
Cheese pizza	Grape-nuts	Potatoes	Waffles
Corn bran cereal	Hard candy	Raisins	Watermelon
Corn Chex cereal	Honey/syrups	Rice cakes	White bread
Corn Chips	ice cream	Rice Krispies	Whole wheat bread

Moderate glycemic index foods (Pre-game)

All-Bran cereal	Durum spaghetti	Mixed grain bread	Rye kernel bread
Banana	Fruit cocktail	Oat bran bread	Special K cereal
Basmati rice	Grapefruit juice	Oat bran cereal	Sponge cake
Bran Chex cereal	Grapes	Orange (whole or juice)	Sweet corn
Buckwheat	Ice cream, low fat	Parboiled rice	Sweet potato or yams
Bulgur	Kiwi fruit	Pastry	Wheat, cooked
Bulgur bread	Linguine	Pita bread, white	White rice, long grain
Cracked barley	Mango or papaya	Popcorn	Wild rice

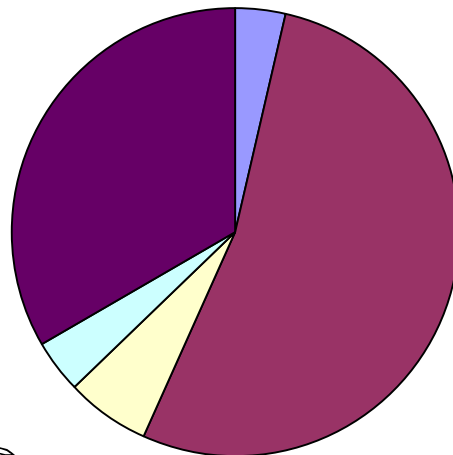
Low glycemic index foods (Pre-game)

Apples	Cherries	Milk	Rice bran
Apricots (dried)	Dried peas	Peaches (fresh)	Spaghetti
Barley flour bread	Fructose	Peanuts	Tomato soup
Barley kernel bread	Grapefruit	Pears (fresh)	Wheat kernels
Beans (all types)	Lentils	Plums	Yogurt (all types)



SHOW ME THE MONEY !

Club Expenses



- Equipment
- Coaching Fees
- Administrative
- AYSA
- Tournaments



We're on the Web!
www.mobilesoccerclub.org