



## Lady Pirate Soccer 2005 Season News

March 18, 2005

*Over the next months, we will be providing a regular take-home newsletter via the school, and will also have information up on BUCSBLOG – Take the opportunity to read everything and be ready for the coming season!*

John Doty, Head Coach  
Jerry North, JV Coach  
Dan Watkins, Assistant

additional coaching staff will be named shortly

### CAMPS, JAMBOREES, FRIENDLIES

Like previous seasons, Lady Pirate Soccer will be providing training, fitness, skill, and match-like preparation throughout the summer months.

The center piece of the effort will be a visit from Concordia University coach Grant Landy, with a repeat of the 2004 camp, this time down on OUR fields. Another featured camp will be a visit from several coaches with an English background, coordinated with FC Phoenix. Both camps will feature components during the day for the younger FC Phoenix players and in the evening for the high school group. Concordia will come to us on July 22 for four days of evening camp. The FC Phoenix coordinated camp is scheduled for the first week in August. Costs are still being finalized.

We also hope to have three small Jamborees this year. The aim is to have them hosted at North Mountain (Ashland), New Hope (Hidden Valley), and Colver. Each Jamboree will feature 4 or 5 teams and will spread 120 minutes of play as either four 30 minute or three 40 minute matches.

The final component of the summer competitive schedule is a trip to Bend for one or two matches over two days. Again, details are pending.

### FITNESS and SKILLS OPPORTUNITIES

In addition to the camps and the competition options, fitness and skills opportunities will exist throughout the summer.

- ☒ Huff-n-Puff Hill is always available, with scheduled runs three mornings (M,W,F) a week, from 8am to 9am starting June 13 and going until the end of July.
- ☒ Open Fields will be held every Wednesday from July 6 through 27 at Phoenix HS. GK sessions start at 6pm, everyone else at 7pm. Play for ≈ 1 hour.

### OTHER NEWS:

#### Uniforms

No NEW uniform items will be added this season. The Navy and White Jerseys will get embroidery added during the summer (IF YOU HAVE A JERSEY – TURN IT BACK IN!!!) We will stay with the white short from 2004 and the white and red socks from 2004. Talent High jerseys will be worn with the white shorts and a provided Orange sock.

#### Boots

Blisters and shin splints suck. Your shoes can contribute to both and you WON'T KNOW IT until it is too late, unless you get your "season boots" early enough to test drive them. So if you are in the market for new shoes for the 2005 season, get them early enough to try them out during the summer, in case you need to make adjustments before the season starts. PERSONAL note – the extra \$30 or so dollars to get up into the "midrange" boots (\$80 to \$95ish a pair) is worth the headache when compared to sore feet in \$40 boots. Don't look at the top line boots (\$120 and up) unless you really are playing top soccer and are getting some benefit from adding textured insteps and losing 2.1 ounces of weight.

#### Nutrition

Nutrition is a key to match fitness – having energy level on game day, having a healing rate that makes an injury a quick recovery vs a long one – these factors are just part of nutrition. We will include a lot more in future handouts, but bottom line is the TOP nutrient for a working athlete is WATER. Drink it.

#### Technical

Juggle Juggle Juggle. Find a wall and pass to yourself with every surface you can imagine using. The goal on juggling is 50 touches without having to restart.

#### Tactical

Want to learn soccer? Watch soccer. MLS, Men's National Team World Cup Qualifiers, Rogue Valley Cup (if you aren't IN it), etc... It needn't be telecast in English to be beneficial. Watch with a teammate – talk about what you are seeing. TV Schedules will be on the website. I will host viewings for games – pizza and big screen – we'll do breakdowns as we watch. More info to come.

*Lady Pirate Soccer on the Web*

[www.johndoty.us/phx/](http://www.johndoty.us/phx/) links to EVERYTHING Phoenix Soccer. Your first stop should be the BUCSBLOG!