



## COACHES QUICK NOTES



- TBAYS will be hosting a referee **RECERTIFICATION** clinic on Dec 6<sup>th</sup> at TC West HS. Class runs from 10am to 6pm and you can register on site or online after receiving your renewal notice from USSF. Cost is \$55.00.
- TBAYS will also be hosting a new certification course **AND** recertification course on March 6<sup>th</sup> and 7<sup>th</sup> at TC West. Friday will be 6-9pm and Saturday will be 9am-4pm.
- There will be a coaches meeting on Wednesday November 5<sup>th</sup> from 6-7pm at JFK for ALL youth and club coaches.
- There will be a coach education session on Wednesday November 5<sup>th</sup> from 7-8pm at JFK and the topic will be goal keeping basics.



- TBAYS/JFK will be hosting the Juniors indoor program indoors for the first time ever this winter. Please encourage your outdoor teams to register for play at [www.tbays.org](http://www.tbays.org)



- Indoor registration is going on now! Session 1 begins November 8<sup>th</sup>, and there is STILL TIME to register your child or team. Please visit [www.tbays.org](http://www.tbays.org) for full registration details.
- We are running programs for Juniors, U8's, U10-U18, Women's only and Adult co-ed.
- JFK is available to rent for team parties, private practices, lock-in's and other events. Please contact the office for details at [office@tbays.org](mailto:office@tbays.org)



- North Storm is holding tryouts for boys age groups U15, U16 and U17 the weekend of the 8<sup>th</sup> at Keystone Soccer Complex. Please visit the NS site at <http://northstorm.cornerkicksystems.com/> for full details on the tryout times of each age group and for all necessary paperwork for tryout registration.



- The NorthStar winter academy is registering now at <http://www.northstarsoccer.org>. The academy sessions will be held on Friday nights beginning in January and running through February (6 total sessions) and is for girls ages U5-U12.



- MSYSA and USSF will be presenting the E coaching course in Petoskey.
- Details are: **Date:** Nov 8, 2008-Nov 9, 2008 - **Times:** 9:00am-5:00pm - **Location:** Petoskey High School, Petoskey - **Cost:** \$100 – This is an entry level coaching course and all are welcomed. Please go to <https://ssl.hammerhead.net/MICoaching/CoachingClinicReg.asp> to register.
- **U.S. WOMEN'S SOCCER TEAM TO PLAY CHINA IN DETROIT DECEMBER 17**  
First Motor City Appearance for USA in 15 Years SPECIAL PRIVATE SALE STARTS THIS THURSDAY (OCTOBER 30) AT 10 A.M.



- TBAYS will be hosting a NSCAA coach licensing clinic this February 21<sup>st</sup> and 22<sup>nd</sup> at West high school. The course will likely be a regional or advanced regional offering and will help prep coaches for practice planning, practice implementation and coaching youth players. Cost and times to be announced.
- The NSCAA National Coaches Convention is being held this January in St. Louis Missouri. Details are available at <http://www.nscAA.com/annual.php>



- DOC Singer will be continuing the coach education sessions throughout the winter. A schedule of dates, times and topics will be released shortly.
- **Ice or Heat?** When to apply ice to an injury and when to apply heat is confusing for some people. Since the application of heat in the early stages of injury can actually cause more swelling, it is important to know the appropriate time to use heat and ice to help recover.

#### ICE

- 1) Causes blood vessels to constrict, reducing swelling in an acute injury thus decreasing pain and speeding up the healing process.
- 2) Reduces the sensation of pain.
- 3) Reduces muscle spasm.
- 4) Application of ice directly to the skin can be uncomfortable at first.
- 5) After about 7 minutes the area becomes numb and pain is reduced.
- 6) Apply directly to the skin or over a wet towel if too cold.
- 7) Elevate the injured body part above the heart.
- 8) Leave in place for 20 minutes.
- 9) Repeat application every one and a half hours for the first couple of days following injury or as long as swelling, redness or heat/warmth are present around the injured area

*Do not use ice for people with sensitive skin or those with known skin allergies. When using frozen gel packs, place over a wet elastic wrap or wet towel. Never apply directly to the skin which may be damaged due to the extremely low temperature of the packs.*

#### HEAT

- Can be used on chronic injuries when there is no swelling present.
- May aid healing process in chronic injuries by increasing the amount of blood to the area.
- Causes blood vessels to enlarge, increasing swelling in an acute injury thus increasing pain and lengthening the healing process
- Best treatment for injuries without swelling, redness, warmth, and acute pain.
- This could be as long as a few days to several weeks after injury, depending on injury severity.
- Reduces muscle spasm.
- Heat should be left in place for only 15-20 minutes.
- Apply injured area with a heating pad, including cover or liquid heated pad with cover.