



The Goalkeeper



Volume IX, Issue 1

First Issue of the Spring 2009 Season



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732.617.0866

www.ManalapanSoccerClub.com

The Manalapan Soccer Club

P.O. Box 895
Manalapan, NJ 07726

Visit us online!

Celebrating our 32nd year in 2009!

Club Calendar

- | | |
|--------------|----------------------------|
| ◆ March 29th | Week 1 of the Rec season |
| ◆ April 5th | Sky Blue Opening Day |
| ◆ April 21st | General Membership meeting |
| ◆ April 26th | First Picture Day |
| ◆ April 26th | Tournament team tryouts |

Healthful Snacks for Kids in Sports

by Anne M. Fletcher, M.S., R.D., L.D.

Healthful snacks don't defeat the purpose of all that exercise on the field, track, or court. Here are some ideas for children and teenagers following games:



Healthful Snacks

(Combinations of any of the following would be great, too—e.g., fruit and graham crackers, pretzels and cheese)

Fresh fruit: bananas, apples, berries, melon or cubes, sliced oranges, grapes, plums, etc.

Other snacks:

- Fruit kabobs
- Cheese sticks, string cheese
- Yogurt in a tube (e.g. Gogurt, refrigerated or frozen)
- Pretzels
- Popsicles (made with fruit juice or frozen yogurt)
- Crackers with peanut butter or cheese
- Dried fruit (mixed with nuts)
- Graham crackers
- Pudding cups
- Rice cakes
- Non-sugared cereal/popcorn mixes
- Fruit bars (like Fig Newtons)



Beverages

Most kids and teens playing recreational sports don't need special sport drinks that are little more than sugar-water. And most kids don't need the extra calories. The best way to quench thirst is to drink water. If you do choose to drink fruit beverages, stick with 100% fruit juices — not soda pop or fruit drinks that are mostly sugar water.

<http://annemfletcher.com/soccersnax.html>

Coaches and Assistant Coaches

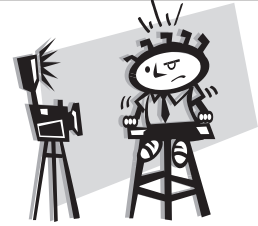
You **MUST** wear your volunteer badges while on the fields. Officials from Manalapan Township will be walking the fields to monitor this, and they will remove you from the sidelines if you are not wearing your badge.

VOLUNTEER



Volunteers are needed to help with the two Picture Days on April 26th and May 3rd.

Your assistance is needed to help set up the teams and for apparel sales.



Each family is required to volunteer a minimum of one (1) hour per child per season, as noted on the Registration form.

Please contact Staci Aimone, Volunteer Coordinator, at Stay719@aol.com to discuss how and when you can help.

Coaches Development:

All MSC coaches are required to take the Rutgers Safety Course. This is to protect the children, yourself and the Club. To locate other upcoming S.A.F.E.T.Y. Clinics - Please call Rutgers Safety directly at (732) 932-6537, 7178 or Email: ysrc@rci.rutgers.edu

After their second season, all coaches are required to take the F License training. Please go to

www.NJYouthSoccer.com for dates and towns that offer the training.



In the *Recreation Program* section of our website you can pull up and then print:

- * Field Lining Schedules;
- * UK Elite training schedules;
- * Game schedules;
- * Medical Release forms and Incident Reports.

Contact us at the Goalkeeper

Phone: (732) 617-0866

e-mail: PublicityDirector@ManalapanSoccerClub.com

Write: P.O. Box 895, Manalapan, NJ 07726

Editor: Elon Ronberg

The Goalkeeper is published every Sunday that MSC recreation games are played. It is available on the fields at the Field Marshal Stations.

Delivery is guaranteed by 8 am !

MANALAPAN SOCCER CLUB

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From Mike Hammer, Manalapan Soccer Club President:



Dear Parents, Coaches and Players,

I am so happy to be welcoming over 1000 players along with their parents and coaches to another fun filled soccer season in Manalapan. I look forward to seeing the excitement on the kids faces, the roar and support of the parents and the friendships made along the way.

We couldn't start this season without first thanking all of the volunteers who are giving their own personal time to help the kids and the program. Whether coaching, being a team parent or helping with the lining of the fields on behalf of the Board of Directors THANKS for helping out.

A very big thanks and gratitude goes to the amazing Board of Directors, 17 strong, who have already put many hours in getting us ready for today. Look at the list of directors in the GoalKeeper and realize that each of them work very hard to make our program one of the most organized best run soccer programs in the state. They have been busy planning many great events for the kids. If you see any of them on the field walk up to them and tell them thanks.

We have some very successful programs coming back for the season including our Monday night UK Elite skills training, our partnership with the Red Bulls and of course our wonderful Memorial Day weekend travel tournament. We also have some new exciting things going on. We just signed up to be partners with SKY BLUE the new professional woman's league featuring NJ's own Christie Pearce Rampone (Pt Pleasant) and Heather O'Reilly (East Brunswick). We have tickets for many games including opening day on Sunday April 5 in the late afternoon. We also this year are doing a MSC Skills day on May 2nd. This will be a great fun filled day for any MSC player who wants to show off their skills. For more information on these exciting programs and others please check our website www.manalapansoccerclub.com.

Please remember to Set A Good Example (SAGE) to everyone on the field. We as parents can have a lasting positive influence if we are positive, encouraging and appreciative towards the players, coaches, referees and other spectators.

Have a great season. See you on the fields.

Mike Hammer

President, Manalapan Soccer Club



*** Coaches ***

Please send in your **game reports** as soon as possible. They can be emailed to us by going to the Coaches Reports section of the website. Please remember to mention all of your players by name, use either first name only or first name and last initial, use positive comments only, and, for U10 and below, do not include the game score.

ATTENTION ALL REC COACHES AND PLAYERS

SPRING RECREATION TOURNAMENT TRYOUTS
WILL BE HELD

SUNDAY APRIL 26TH

Where: Meet between Clark Mills & Milford for Registration at 4:30pm



Tryouts are from 5:00-6:00pm.

Coaches interested in coaching a Tournament Team please send your letter of intent to Elayne Levine at Elayne@M-Streetcreative.com



MSC - Sky Blue Soccer Partnership

From Elayne Levine, *Fundraising Chairperson*



MANALAPAN SOCCER CLUB FORMS PARTNERSHIP WITH SKY BLUE FC WOMENS PRO SOCCER TEAM

TICKETS AVAILABLE THRU CLUB FOR OPENING DAY, SUNDAY APRIL 5TH - 4PM GAME TIME

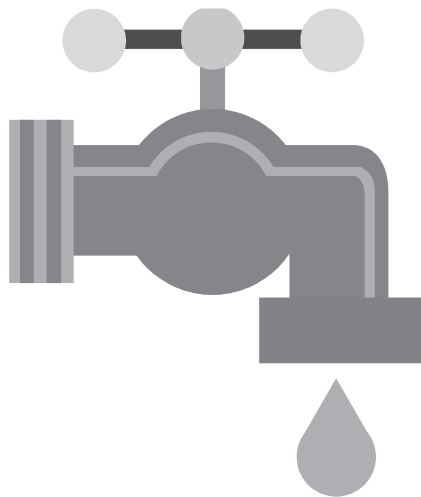
See Sky Blue FC play its first Women's Professional Soccer game ever against **FIFA World Player of the Year Marta** and the Los Angeles Sol at TD Bank Ballpark in Bridgewater, NJ.
Join us on Opening Day - Ticket Price: \$19

For tickets please contact Elayne Levine at [Elayne @M-Streetcreative.com](mailto:Elayne@M-Streetcreative.com) (be sure to put Sky Blue in the subject line)!!!

Come route for our hometown favorites! .



Parents and Coaches—Please go to the MSC website to download a coupon for discounts from **Modell's**



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MSC Skills Day: May 2, 2009

On May 2nd the Manalapan Soccer Club will kick off its inaugural **MSC Skills Day** - a competition that has been created to allow our soccer players to compete and test their skills in a variety of disciplines & events that comprise the fundamentals of soccer. The main goal is for as many of our players to come out, display and test their skills, while having fun doing it. Prizes will be awarded to the top 3 finishers in each event/bracket, with ribbons going to all participants. An overall winner in each bracket will also be crowned.

The competition will be organized by age group, gender, and Recreation/Travel player categories.

Events/disciplines will include the following:

Shooting/Kicking

Accuracy

Distance

Throw-in – Distance

Speed – 60/40/30 yard dash depending on age bracket

Dribbling – timed by running with a ball through and around cones

Juggling – Ability to keep ball off ground without using hands.



For more information go to our website at www.manalapansoccerclub.com or contact Mitch Cohen @ cohenmj@optonline.net or Chris Thorsheim @ cth@optonline.net

Training

UK Elite will provide training to anyone that is interested each Monday night at the Wemrock Brook School.



Times are as follows:

5:00-6:00 U6-8

6:00-7:00 U9/10

7:00-8:00 U11 and up

Articles Needed

Parents and Coaches -

The MSC Goalkeeper welcomes submissions of articles to be published here and on our website. Please send them to our Publicity Chairperson through the *Contact Us* section of the website.

Your Ad Can Be Here

Publicity@ManalapanSoccerClub.com



*** Parents - No Eyeglasses Allowed on the Fields ***



A NJ law has been in effect since 7/11/06 that requires participants in youth sports who wear eyeglasses to now wear **protective sports glasses** while playing certain sports - including soccer! If your child needs to wear corrective lenses, they **must** be sports glasses.



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**Picture Days are April 26th and
May 3rd**



MSC apparel
will be

available for sale at the Kutchick
Pavilion at the Rec Center.



Coaches Game Reports

The Goalkeeper is the weekly news-
letter of the Manalapan Soccer
Club.

Recreation coaches are encouraged
to submit *Game Reports* for publica-
tion in the next issue. These can be
sent in through the section of the
website that explains how to do it.

Please mention all players, use first
name only or first name and last ini-
tial, use positive
comments only,
and for U10 and
below do not men-
tion the score.



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Coaches

Please make sure you have ice, bandaids, etc. with you for games.



There are first aid kits at the Field Marshal stands, but it helps to have these items along the side lines in case of an injury.

At the Rec Center please look for the Parks & Rec workers riding around in carts.



**Manalapan Soccer Club Night at
GIANTS STADIUM
N.Y. Red Bulls vs Houston Dynamo
Saturday, May 16th, 2009**



DO NOT MISS WHAT HAS BECOME ONE OF OUR MOST SUCCESSFUL FUND-RAISING EVENTS!

PARTICIPATING TEAMS WILL VIE FOR THE CHANCE TO PLAY ON THE FIELD AT GIANTS STADIUM!!!

Manalapan Soccer Club has purchased a block of tickets to the game. Game time is 7:30 pm.

Ticket cost is only \$20 per ticket – Great seats near Midfield!

THE TOP 4 PURCHASING TEAMS WILL WIN THE CHANCE TO PLAY ON THE FIELD AT GIANTS STADIUM PRIOR TO THE MATCH. OTHER TEAMS WILL GET TO PARTICIPATE IN PRE GAME CEREMONIES!

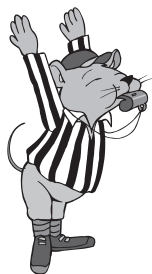
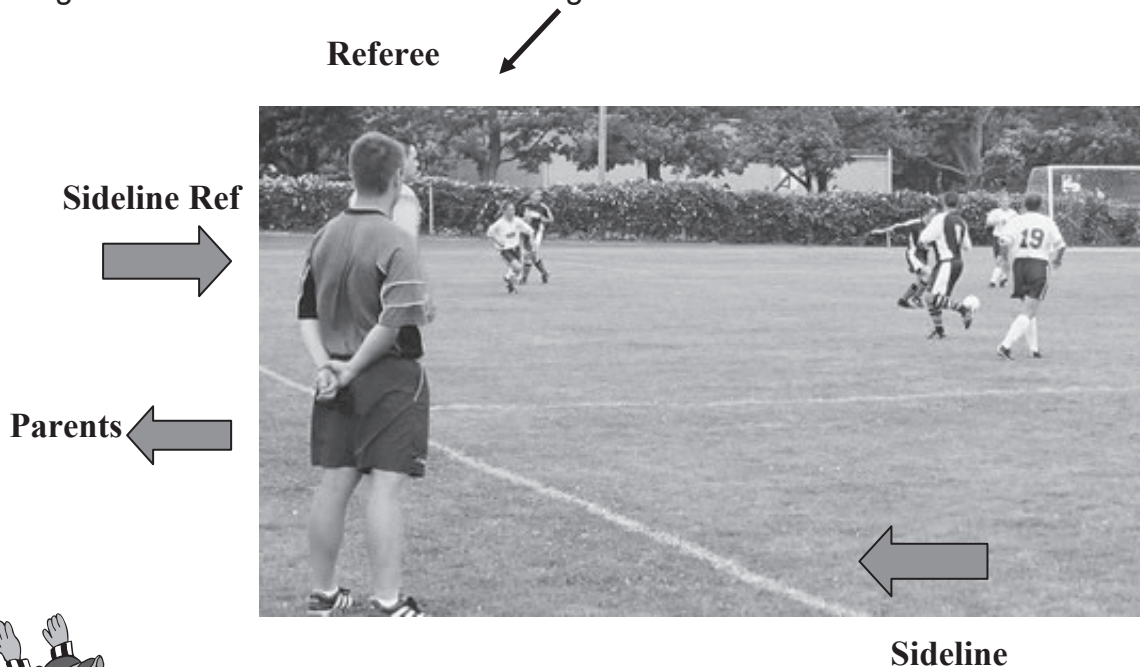
INVITE YOUR FRIENDS AND FAMILY FOR A TRULY MEMORABLE NIGHT. AGAIN, THE MORE TICKETS YOU SELL, THE BETTER YOUR CHANCE TO SEE YOUR CHILD PLAY AT GIANTS STADIUM!

For more info contact Elayne@M-streetrcreative.com (write Red Bulls in subject line)

Country roads .pdf

Parents and Spectators — Please Stand Back Behind the Lines

It is very important for all spectators to stand back from the sidelines so that they do not interfere with the coaches and sideline referees. They need to be at least 3 feet from the touch lines so that they do not get run into and our referees do not get hurt.



Field Marshals—Please make sure that fields have referees. If a referee has a problem with an assignment or there are too many referees there, they need to get in touch with Gary Kaiser, Referee Coordinator.

Parents—Please get the players to the field on time. Allow sufficient time for parking, warm-up and practice before the game. If a team is short and the start of the game is delayed, the referee is instructed to shorten the game the appropriate amount of time. This is so that the games that follow do not get pushed back, so the referees aren't late for their next assignments, and so that the travel games aren't delayed.



* Please keep our Fields Clean *

Garbage cans are located in several areas at each location where the fields are. Please remember to clean up after yourself, your child and your team. Plastic water bottles, straw & candy wrappers and other items are being left on the ground and hurt the fields.

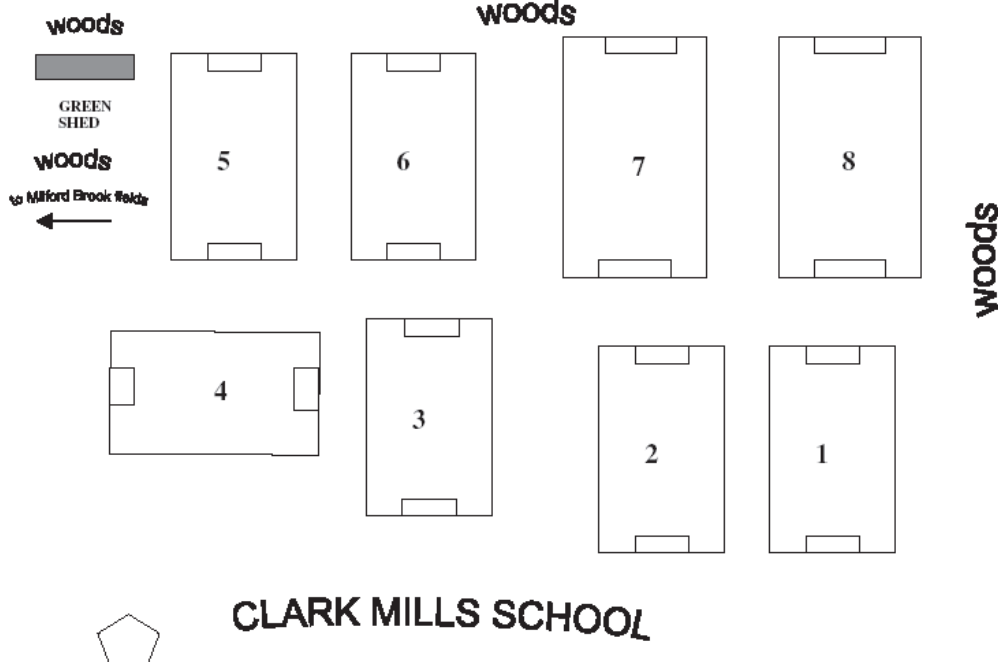


Please keep our fields in good playing order...and help save our Earth!



Clark Mills Field Map

Manalapan Soccer Club
REC Field Setup Spring 2009



**Smoking is
Prohibited
at all fields**

located at schools,
and is only allowed at the

Rec Center in the
parking lot.

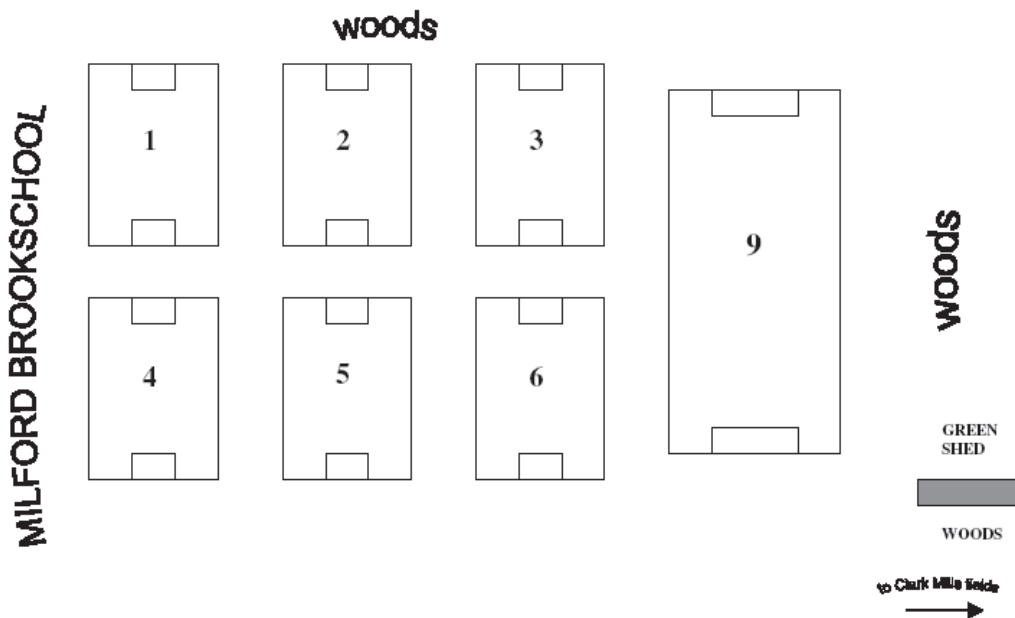
This is a Manalapan
Township ordi-
nance.

*We thank you in
advance
for your coopera-
tion.*



Milford Brook Field Map

Manalapan Soccer Club
REC Field Setup Spring 2009



*Please—
No dogs on
any fields!*



Apparel Zone ad