



## The SAMGram, Issue 5

March 30, 2007

### Kicking off the Spring Season

The spring season is kicking off tomorrow, March 31st!!! SAM is very excited for the new season and wants to wish everyone good luck and have fun!

All schedules for the Recreation and Challenge leagues may be [viewed online](#). Additionally, SAM has created an email address specifically for score reporting. For home teams (those listed first on the schedule) in divisions where standings are kept, please email the scores of your match to [scores@samsoccer.org](mailto:scores@samsoccer.org). Scores should be submitted by noon on the first Monday following your game.

You may also view the [Pre-Kicks](#) schedule and [Kickers](#) schedule online.



### Ball Kids Needed

Attention SAM soccer teams! The Kicks Against Breast Cancer tournament is looking for ball kids. If you are interested, please contact Louise Waxler, [lwaxler@mdsoccerplex.org](mailto:lwaxler@mdsoccerplex.org) or call 301-528-1480. Teams should be in the U-11 age division or older.

This tournament, which raises money for the operating expenses for Howard County General Hospital's Claudia Mayer Cancer Resource and Image Center in Columbia, Maryland, will feature some of the country's best college soccer teams.

Teams in attendance include Old Dominion University, College of William & Mary, Loyola College, George Mason, U.S. Naval Academy, Syracuse University, and the University of Maryland.

**Two feature matches:**

4:00pm - University of Maryland vs University of Virginia (MEN)

6:00pm - University of North Carolina vs University of Virginia (WOMEN)

Date: April 14, 2007

Location: Maryland SoccerPlex

Admission: \$10.00 (all proceeds go to the Cancer Resource and Image Center)

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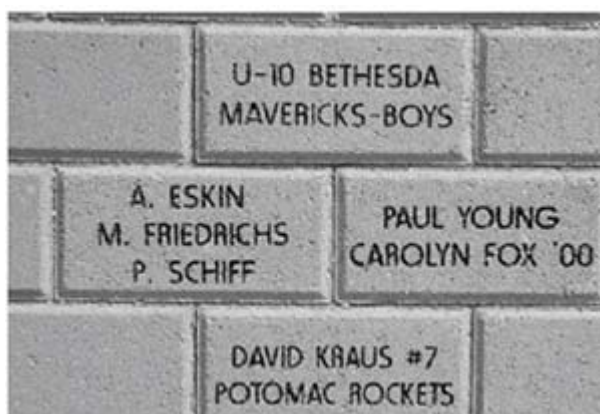
## Mid-Atlantic Cup

The Maryland SoccerPlex will be hosting the 3rd Annual Mid-Atlantic Cup, a soccer tournament geared to Recreation and Challenge/Classic level soccer teams! All teams are guaranteed three matches and all matches are played at the SoccerPlex. Don't miss this excellent opportunity for your team to participate in a fun summer tournament.

Date: June 16-17, 2007

Age Divisions: Boys & Girls, U9-U17

For all tournament information including the tournament application, please [click here](#) (then scroll down).



## Soccer Steppingstones

Steppingstones are a unique way to celebrate a championship, remember a team, thank a great coach or honor a player! Steppingstones are placed on the plaza above the championship stadium for all to see. It's a perfect coach's gift or buy one for your soccer player to become part of Maryland soccer history.

- Celebrate an Occasion!
  - Say Thanks to a Coach!
  - Immortalize a Team!
  - Support the SoccerPlex!
- Personalize It!

Please click here for the [order form](#).

## A Big Thank You!

If you were at the Maryland SoccerPlex last weekend, you may have noticed the new food vendors on site! Thanks to the following vendors, the SoccerPlex will now be offering more variety during tournaments:

- Chick-fil-a
- Hard Times Cafe
- Carmen's Ice



Enjoy the added variety!



## SAM Team Wins Tournament

Congratulations to the Under 10 UFC boys SAM Challenge team! This past weekend, UFC were champions in the top flight of the March Madness soccer tournament. The team played four matches with the following record:

UFC 1 vs 1 Alexandria Titans  
UFC 4 vs 0 Thunder Madrid  
UFC 2 vs 1 Loudon Falcons

### Championship Match

UFC 5 vs 1 SSA Screaming Eagles.

UFC is coached by Francisco Rubio and Ebrahim Fernandez.

## FootNotes by Dr. Juice

### Who me? A volunteer coach?

Many first time coaches volunteer are volunteered to the job. The first thing to do is take a deep breath. Relax and think about how much fun you are going to have with these little soccer players.

Goal: Create a fun, learning soccer environment for your players in training and in games.



### **How?**

- Talk to the program director and request helpful coaching materials and coaching aids. SAM has videos available to check out.
- Talk to other soccer coaches in the program or in your community who have worked with these age groups before.

### **Team Management:**

Prepare a list of simple and clear rules for your players and their parents. Conduct a preseason meeting to review these rules, to go over other important information, and to complete important administrative paperwork.

*Consider the following:*

- Schedules and locations for training sessions and games.
- Drop off and pick up times for training sessions and games.
- Player responsibilities and behavior at training sessions and games.
- Parent responsibilities and behavior at training sessions and games.
- Player equipment (soccer ball, shin pads, soccer shoes or sneakers, water, appropriate clothing).
- Coaching equipment (soccer balls, 25-30 cones, 10 vests/pennies, basic first aid kit, small cooler of ice and zip lock bags).
- Fill out program registration forms and medical release forms.
- Discuss the procedure for canceling training sessions and games.
- Discuss your philosophy of coaching it's about player development, not winning and losing!

### **Risk Management:**

Provide proper age appropriate activities at training sessions and games. Assure that training and playing areas are safe. Make sure that all players are wearing the correct equipment and that it is appropriately sized. Make sure that you are assisted by another adult when coaching the players (This includes the time when players arrive and when they depart from training sessions and games).

Create a plan for any medical emergencies/injuries.

*Dr. Majewski is a former US National Team player and professional soccer player. He is the foot and ankle specialist for D.C. United, and his office is located in Germantown, MD (301) 515-FEET. Send any comments to Dr. Majewski at [christofoot@hotmail.com](mailto:christofoot@hotmail.com). The views and opinions expressed in this column are those of the author's, and not necessarily those of SAM.*





## Meet Christian - D.C. United Midfielder

Already a League First XI selection for his outstanding 2005 season, Christian Gomez raised the bar in 2006 with 14 goals, 11 assists and two playoff goals. For his efforts, he was named 2006 Honda MLS MVP, making him the second United player to ever claim the award. He re-asserted himself as the best player in the United States in the opening game against Olimpia in the CONCACAF Champions Cup where he burned the Hondurans with two world-class goals in Tegucigalpa.

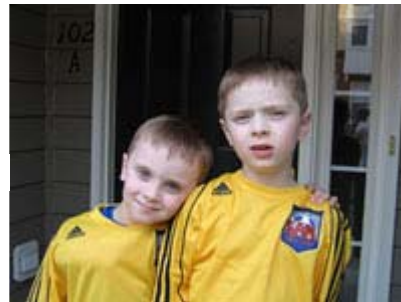
Come see Christian and D.C. United open the MLS season on April 14 against the Kansas City Wizards. Kick-off at RFK Stadium is set for 7:30 p.m. For tickets, call Ben Hawkins at 202-587-5422 or [click here](#). See you at RFK Stadium!

You also have a chance to meet last issue's featured player, Luciano Emilio! On Thursday, April 12th, Luciano will be making an appearance at Aqui Brazilian Coffee from 6:00pm to 7:30pm. Aqui Brazilian Coffee is located at 12615 Wisteria Drive, Germantown, MD, 20874 (same shopping center as Outback Steakhouse).

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## Sports Plus

SPORTS PLUS is a Montgomery County Maryland based 501(c)(3) non-profit organization that offers year-round, uniquely structured, co-ed sports programs for verbal children able to follow multi-step directions between the ages of 5 and 11 with mild to moderate autistic spectrum disorders, ADD/ADHD and other developmental disabilities. These children have capabilities that fit between existing mainstream sports programs and adaptive sports programs. SPORTS PLUS offers both indoor and outdoor programs that feature innovative techniques, the participation of neurotypical siblings and a comfortable, supportive and productive environment for all participants and their parents.



SPORTS PLUS was founded in fall 2005 and is directed by Tom and Natalie Liniak, the parents of two children, one of whom is on the autistic spectrum. The program is specifically designed to create opportunities and fill a void for children and their families that were previously unable to meaningfully participate and enjoy soccer, baseball, basketball, volleyball, floor hockey and other sports related activities. In Spring 2006, SPORTS PLUS became affiliated with the Soccer Association of

Montgomery (SAM), the Discovery Sports Center and the Maryland SoccerPlex.

If you have any questions or would like more information, please contact SPORTS PLUS at [sportsplus@comcast.net](mailto:sportsplus@comcast.net) or (301)452-3781. Additional information will also soon be found on the SPORTS PLUS website at [www.playsportsplus.org](http://www.playsportsplus.org) scheduled for launch in late March 2007.

### [Spring 2007 Registration Form](#)



### **Don't go on the soccer fields! WHY?!**

The Maryland SoccerPlex has two important, often neglected, maybe forgotten, rules pertaining to our outdoor natural grass athletic fields.

- Please, do not use the goals or goal mouths for any pregame warm up or drill.
- Please, do not stand or sit on the field\*\* while watching the children participate in a game, practice or soccer camp.

\*\* the field is any short grass in or outside the touch lines. It includes the 5 yard safety area outside of the touch lines on both sides and behind both goals on every soccer field at South Germantown Recreation Park.

The reasoning behind both rules is similar. Any repeated motion in the same spot, on natural grass results in decreasing the resiliency and over all health of turf grass plants. A healthy, resilient plant springs back into shape after stress is place on it. Single foot steps left by walking or running across the field will return to their original shape a few moments later. Look behind at your foot steps next time.

When unnecessary pro longed stress occurs (cleat marks from a goalie, or a spectator shifting weight from foot to foot or sitting in the same spot), the plant cell walls are damaged and even burst. The plant now looses its resiliency and its ability to protect the plant crown. (the crown is the part of the plant where all life begins) Damaging the crown will eventually kill the entire plant. The roots will eventually die and break apart. Now there is nothing left to hold the soil particles together. A small bare patch can quickly grow in size. When dry, the patch can be soft, fluffy and dusty. When wet, the area will become muddy and squishy. The roots not only provide footing for the plant, help dry a field after a rain event. More water is gulped up by roots than you think.

### **Did You Know?**

them. The roots, thatch layer, and turf canopy provide an ever so slight cushioning effect. Perhaps just enough to be the difference of a minor head injury and a damaging concussion.

- The dashed white lines are called Spectator Lines. We ask you to watch from outside those lines to help preserve the grass and, most importantly, provide enough area for a charging player to fall, free of metal chairs, bottles and other people.

Understandably, one person in one spot for one game does very little damage. But over the course of a day 6 (full sided) to 9 (small sided) games are played on each field. More or less, 12 hours a day. Double or Triple (3 day holiday tournaments) that, and lush thick grass becomes stamped and flattened down, quickly.

Our 5 person full time maintenance staff diligently works to maintain and present our fields in the best possible condition, each and every day. With your help and cooperation, a lot less time and money could be spent repairing areas that should never really need repairing. So please, when watching your child, grand child or a friend, stay outside of all dashed white lines. Bring a blanket and sit on a hill. The hills around each field are unique to the SoccerPlex. A lot of time and care went into the design and construction of this facility. It's similar to stadium seating at TPC golf courses. You'll find a great view of all the action and the entire park.

I'm hoping everyone has a fantastic season, finishing it happy and healthy.

David D'Orazio  
Sports Turf Manager, Maryland SoccerPlex

