



TUCSON SOCCER ACADEMY

Southern Arizona's Premier Soccer Program

EXCELLENCE
COMMUNITY
DEVELOPMENT



News you can use. . .

Halloween 2016 Edition ❖ Special Issue

Jeannie Benavente, Editor



TSA is designated as the *only* Nike Premier club in Southern Arizona! TSA founded TSAFC - Women's Premier Soccer League team, and boasts the **Ann Kathryn Schmidt Kickin' It Club House** at Brandi Fenton Park.

Coming soon to a field near you

- **November - January, high school soccer season**
- **Poinsettia Club Fundraiser going on NOW \$**
- November 4-6, MS United Patriot's Cup
- November 11-13, 20, Tanque Verde SC Indoor Cup
- November 11-13, Arizona United SC, Kick for the Cure
- **November 18 - Coaches Clinic @ Brandi Fenton**
- November 25-27, Chelsea Cup, Sereno Soccer Club
- **November 26-27 Poinsettia pick-up**
- **December 27-29 Winter Camp @ Brandi Fenton (\$75)**
- December 2-4, Arizona United SC Kohl's Cup
- **December 3-4 Poinsettia pick up (final)**
- December 9-11, Legacy Holiday Classic
- **January 3-5 Winter Camp @ Brandi Fenton (\$75)**
- January 6-8, Copa Barcelona Cup, Barcelona, AZ
- January 13-15, Ft. Lowell Shootout, Ft. Lowell SC



This year's TSA Striker's Cup another success!

Nearly 200 teams from Arizona and other states participated in TSA's 38th annual event! We

want to report your team's accomplishments. Please email game stats from any tournament together with quality team photos in JPEG format to jeannie.benavente@live.com. Check out all game results at <https://home.gotsoccer.com>.

One word: Water!

H₂O, agua, acqua, νερό, eau, воды, wasser. . . doesn't matter what you want to call it. . . just drink it and plenty of it every day. Dehydration translates into so many sad things like fatigue, headaches, dizzy spells, lightheadedness, constipation (awkward but true) and more. <http://www.mayoclinic.org/diseases-conditions/dehydration/basics/symptoms/con-20030056>

Safety FIRST

Hamstring injuries are common. John M. Woolf, MS, PT, ATC, COMT of [ProActive Physical Therapy](http://www.proactivept.com) reported that they have seen several injuries already this season. Awareness makes the difference. Read about causes, diagnosis and treatments at: <http://www.proactivept.com/Injuries-Conditions/Hamstring/hamstring-injuries/a~322/article.html>



Letter from the Ted

Greetings TSA Families.



As we begin the 2016-17 season there are many things new and improved at the Tucson Soccer Academy, not the least of which is the reinvention of the TSA Newsletter. I am delighted to introduce to you Jeannie Benavente proud soccer Mom of Andreas Delfakis Benavente who plays on the 02 boys Blue Squad. Jeannie has volunteered to serve as our editor.

You can expect each of our future issues to be “must reads” for TSA families. We will use this vehicle to provide you with important and interesting information on a regular basis. We of course want you to both read and enjoy the Newsletter. With that in mind we welcome your comments and suggestions.

Good health and best of luck to all our TSA families in the coming months both on and off the pitch.

Expect the best,

Ted

Common Concerns. . . Q&A

Every so often we hear from parents with concerns about the changes in coaching styles when their child gets a new coach. Coach A’s rules are stricter than former Coach B’s rules or Coach A is teaching a style of play much different from Coach B. Why doesn’t TSA decide on a set policies and require all Coaches to comply with them?

There are two central reasons that TSA allows its coaches flexibility in how they coach their teams.

1. As players develop and grow they will find themselves encountering different coaches in high school and college. With each new coach comes different styles of coaching, different strategies and philosophies. TSA considers it a very good thing in the development of players that they get exposed to these differences. Not only will this widen the development of players, adapting to change on the pitch is a good lesson in how to adapt to change in life.

2. TSA coaches are not employees of TSA; They are independent contractors. TSA cannot dictate the specifics as to how its coaches teach and coach their teams. Other than requiring the US Youth and AYSA rules be followed, that safety rules be complied with and that practices be conducted at the times and on the fields TSA is able to secure, coaches have the independence to determine how they will coach their team. Otherwise, the cost to TSA to provide benefits to coach employees would have to result in a significant increase in the cost to you.

Allowing coaches the independence to coach the best way they know how, is the best thing for all in the long run and with TSA you should “Expect the Best.”

Ted Schmidt



Down for the Count is a mobile app that rewards drivers and passengers NOT to use their phones while driving. **Former Salpointe and TSA player, David Hazan, developed and launched DFTC** in August 2015. In the past year, Tucson drivers have driven more than 300,000 cell-phone-free miles with the app! Sponsors, typically

parents, can purchase gift cards to Starbucks, Sauce, Chipotle, Eegees and other favorites as reward for 5+ hours of cellphone-free driving. **Down for the Count is free to download and available on the Apple App Store by searching Down for the Count.** For additional information, visit their website at www.DownForTheCountApp.com or email David@PutItDownApp.com.

REFEREE: The “game Worden” speaks out

Michael Worden started playing soccer at the very cute age of six in Nebraska. He moved to Germany a year later and now appreciates having experienced playing soccer in Europe, including watching FC Kaiserslautern play in the Bundesliga! When he was 16, he started playing Tucson Metro Soccer League and in the Coed league. He also remembers fondly playing on the soccer teams with each command during his Marine Corps days. *Semper Fidelis.*

After a torn ACL and a detached bicep in December 2015, he put his game cleats in the memory closet. Still, Worden enjoys the game at another angle - refereeing since 2011. There's more. He coached soccer for 15 years with AYSO and PCJSL combined. He has not one, not two, not three, but *four* daughters, all of whom . . . you guessed it. . . played soccer. One daughter played with TSA from U14 through U18. It gets better. All four of Worden girls have refereed. So let's just say that this “game Worden” knows his soccer stuff! The good ref has kindly volunteered to respond to comments and answer questions from our readers. **Please email your comment or question to jeannie.benavente@live.com.** This could get juicy, right?

- **February 23-24 Rodeo Break**
- March 3-5, Sereno Soccer Showcase
- March 3-5, Pima Cup
- March 10-12, Legacy Ostrich Festival
- March 24-26, Arizona Soccer Club Desert Cup
- March 30-April 2, Yavapai Girls Cup
- **March 31 - TSA CASINO NIGHT fundraiser \$**
- April 7-9, CDO Challenge
- April 8-10, Yavapai Boys Cup
- April 21-23, Arizona State Cup Part 1
- April 28-30, Arizona State Cup, Part 2
- May 5-17, Arizona State Cup Finals 2017 (U12-U18)
- May 19-21, Flagstaff United Northern Arizona Girls Invitational
- May 24-29, Arizona State Cup 2017 (U19)
- May 26-28, Flagstaff United Northern Arizona Boys Invitational
- **Summer 2017 Camps (TBA)**

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Got Glycogen?

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Ahhh, the complexity of carbs. Many experts agree that many soccer players do not eat enough complex carbohydrates, one of the most important nutrients to the player's body. The soccer player's body must be prepared for intense sprinting and fast running for sustained periods, during which stored glycogen (supplied by carbohydrates) in the muscles and liver are quickly depleted. **Half-time exhaustion? Those glycogen stores may not have been properly filled.** A player's glycogen reserves must be available before a game and replenished after a game. So what to eat and when? A player should eat plenty of complex carbohydrates every day (approximately 4 grams for every 1 pound of body weight, assuming an ideal body weight), especially during the days before the game and immediately after a game. Good examples include whole grains, whole wheat breads, pastas and cereals, and plenty of whole, fresh fruits and vegetables.

What about protein? The average American gets ample protein. The rule goes like this: 0.5 to 0.8 grams of protein per pound of body weight. That translates into about 65 grams of protein per 100 lbs of body weight. Consider that there are 6-8 grams of complete protein in 1 oz of cooked meat, fish or chicken. That means that an average 6 oz serving of meat, fish or chicken has a whopping 42 grams of complete protein. Just one half cup of pinto beans is hiding 20 grams of protein! Who knew? That doesn't count protein found in all the food groups. In other words, Americans, including youth soccer players, are not generally protein deficient. In fact, too much protein can be harmful, but we will save that topic for another issue.

What should a player avoid before a game? Fried, fatty, rich, high-protein foods, artificial sweeteners, processed foods, sodas (aka junk). Lean proteins and healthy fats are absolutely essential nutrients, but they are also digested slowly, making them less than ideal before a game or training session. If a player gets a few pre-game nerves, consider an easily-digested nutrition shake or smoothie containing 60-70% of its calories as carbohydrate, i.e., yogurt/banana/berry/melon smoothie. Then, as soon as possible after a game or training session, dine on complex-carbohydrate-rich foods and beverages to rapidly begin replacing those depleted glycogen stores.

SOURCES: Eleni Delfakis, MS, RDN, <http://dietandhealth.org/index.html>;
<http://www.gssiweb.org/Article/sse-94-creatine-carbs-and-fluids-how-important-in-soccer-nutrition->
<https://www.ncbi.nlm.nih.gov/pubmed/3296088>;
<http://thesoccerdiet.blogspot.com/2010/04/carbohydrates-for-soccer.html>
<http://usafootball.com/blogs/health-and-safety/post/9634/3-foods-to-avoid-before-practices-and-games>;
<http://usafootball.com/blogs/health-and-safety/post/9634/3-foods-to-avoid-before-practices-and-games>;
<http://www.ussoccer.com/stories/2014/03/17/12/34/10-nutrition-rules>

NOTICE: This article is for general information purposes only. It should not be used to diagnose or treat any condition and does not constitute medical advice. Please consult your registered dietitian or doctor.



Coach's Corner with Ledge Ledwith

When did you start playing soccer? I started team play at 8 years old but had a soccer ball at 2 years old.

Tell us about your career: I played locally in my hometown in Ireland until I was 16. I was then asked to go train with the Longford Town U18 team. I was told I was too young, but within a month of the season I was starting on what turned out to be one of the best teams in the country.

When did you move to the states? I moved to the United States in 1987 and began coaching in 1990.

How would you describe your coaching style? My coaching style may be different than most in the United States. I like my teams to attack with speed, but train for a possession game and I talk a lot about the importance of defense.

How do you motivate your players? I work them hard at practice and make it a personal goal for each player to never get outworked.

How do you foster a team spirit among your players? I ask my players to communicate at every opportunity but the real team spirit comes when we travel and players, coaches and parents get to know each other better. When you like the people you work with, you will work harder for them.

What makes TSA a unique soccer club in your view? TSA is unique in the professional attitude they take as a club. The club is always working to improve the organization, the players and the community.



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Sponsors rock TSA's world

Our sponsors care about us and we care back! Please join us to show appreciation of our sponsors by using their services or patronizing their businesses. Their contributions help make this soccer club what it is today.

If you are interested in becoming a sponsor, please contact Dave Cosgrove at daclhc@gmail.com. There are multiple levels of sponsorship, various programs and ways to donate.



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COCINA Y CANTINA



Cooking up fun

Easy BBQ Meatball Sliders. Serve them on warm mini rolls with your favorite barbeque sauce!

3 slices whole-wheat bread
¼ c. milk or chicken broth (to make it dairy-free)
1 lb. ground turkey, chicken or lean beef
1 T. extra virgin olive oil
3 green onions, finely chopped
2 small cloves garlic, minced
2 tbsp. chopped fresh basil
1 large egg
1 tsp. salt + black pepper to taste

Soak the bread in the milk or broth while you combine the remaining ingredients. Then add the bread and mix until incorporated. Form meatballs using 2-3 T. of the mixture (a small ice cream scooper makes it easy-peezy). Roast in the oven for about 12 minutes at 400°F or until cooked through.

Enjoy at your next dinner or game party.

TUCSON SOCCER ACADEMY

WELCOMES PAUL NAGY TO THE CLUB

Mr. Nagy is the Assistant Coach for the University of Arizona Women's Soccer Team and now also . . .

TSA's new Head Goalkeeper Coach!

☆ Star Alumni: An in-depth interview with Brandy Carr ☆

When did you play with TSA? I played with TSA the first year that was available for girls my age at the time. That was 2002-2007 (U15-U19).

Why did you choose TSA? My parents ultimately made the decision for several reasons: (a) Lisa Fraser (my then coach for a different club) recommended TSA as the next stepping stone in my soccer career; (b) It was the most competitive team for girls soccer in Tucson, and © many of my friends and the girls I had been playing with were going to be trying out for TSA. During my time with TSA my position was mostly right outside midfielder due to my physical endurance, and ability to play on both sides of the ball (offense and defense).

What did you like most about TSA? Beyond what you enjoy with being on any club team, i.e. hanging out with friends and being goofy together, the things I liked most about playing with TSA was the variety of coaching staff, traveling to new places, individual training, and of all things the discipline. I had the pleasure of working with so many coaches: Mark Frances, Charlie Kendrick, Dave Cosgrove, Maryanne Aguilar, Juan Pena, and many others who impacted my career but names that are lost to me. We traveled all over the country together, Washington D.C., Las Vegas, Virginia, Washington State, California, Texas and many other places. It opened up a whole new world for me outside of Tucson, Arizona.

Having gained a little wisdom at the age of 27 (key word "little" here), looking back I have also come to appreciate things I used to dread - things like one-on-one training and being treated as a single unit when someone made a mistake. I sometimes felt put on the spot and or not good enough during one-on-one sessions but I now realize these were the key steps to making me the player I eventually became. These training sessions helped me to take responsibility for my play and fitness level. As far as team mistakes, it was highly known that if one player was late (when we were old enough to drive ourselves of course) or if somebody did something that reflected the team in a bad light that the entire team would be in store for some serious fitness testing. During these times of pushing my physical and mental limits I learned lessons in respecting my fellows/superiors and understanding that all choices have impacts that can hurt or help others. Lessons that would later be helpful in college athletics and my career in nursing.

Describe your overall TSA experience and how it affected/shaped your future. After graduating high school and spending 4 fantastic years with TSA, I received an athletic and academic scholarship to attend Northern Arizona University. There I received multiple athletic and academic awards and double majored in Public Health and Nursing graduating in 2011 and 2012 respectively. I now have been working as a nurse for over 4 years. TSA laid the ground work for my success. The club kept me out of trouble, taught me the importance of time management, hard work, and respect and introduced me to many people with whom I continue to network today.

Why would you recommend this club to a young player? I would recommend this club to young players who are serious about having a soccer career after high school or are trying to become a better player. The coaching staff is the best Tucson has to offer and they will give you the most competitive experience available.

Your most memorable moment? October 24th, 2004 (I only know the exact date because my mother is a meticulous record keeper and has a photo of this moment). We were playing in a tournament in Phoenix and playing the toughest club in our league. We only ever beat them two times in my career with TSA. It was the second half tied 0-0 with 15 minutes or so left to play. I was playing right outside mid when one of my teammates, defender Analisa Marquez, won the ball from the other team and I found myself alone at the half line with yards of space in front of me. I called for it, received the ball, dribbled down field and shot it into the net. We won 1-0 and I remember feeling like a hero. Coaches, players and parents were screaming in excitement and I soaked in the moment. I don't remember if we ended up winning the tournament but to this day . . . I remember the moment play-by-play.

Do you have a concern or question you would like to be addressed anonymously in the newsletter? Please email your question to jeannie.benavente@live.com and your question will be routed to one of the directors for a response. Thanks for reading!

~ Jeannie Benavente



Andreas Delfakis Benavente ("Dre") #14
'02 Boys Blue, Forward, Coach Vince Phillips

What is a ghost's favorite soccer position? Ghoul keeper.

**Why can't Cinderella play soccer?
Because she always runs away from the ball.**

Bwa-ha-haaaaa. . . Happy Halloween!

