



MENTOR SOCCER CLUB

A CLUB, A COMMUNITY, A FAMILY

February 2014

The DOC Is In - with Jim Buchan

Dear Mentor Family,

Well our indoor second session is going well and with this comes our end of season tourney always a fun time. We are hosting a spring holiday camp at Heisley March 17 in the mornings. The response has been great with about 16 already signed up!. We will have a limited amount of spots. The Friday Night Lights is going well, with about 16 coming later at six. However would like to see more 7,8,and 9 year olds there. Marco and Meghan do a superb job.



We are going to host another U10/12 coaching course in the late spring. I am delighted with the response from our coaches, at present we have 9 already committed to do it. This truly reflects our family atmosphere, where coaches are taking their coaching seriously. This will only improve our club.

Keep warm and see u at Heisley

Jim
DOC Mentor Soccer

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PENNY STATION FREE Small Sub with purchase of any Regular Priced Sub (240 Mentor Ave) (One use per Card per Visit)	BUFFALO WILD WINGS FREE 5 Wings with purchase of any 12 Wings (Excludes Combos, Boneless & Tuesdays)	DIEBELLAS'S SUBS FREE Medium Drink with any purchase (7824 Reynolds Rd.)	McDONALD'S FREE Big Mac with purchase of a Large Big Mac Extra Value Meal (6083 Andrews & 5745 Heisley)
MANCO'S PIZZA FREE Medium Pizza (Equal or less toppings) w/purchase of a Regular Pizza (24 Large Pizza (200-7000))	MOKEY HOUSE SPORTS PUB & GRILL 10% OFF Entire Regular Menu Priced purchase (Excludes Alcohol) (1881 Reynolds Rd.)	SUBWAY \$1 OFF 12" Sub with purchase of a Medium Drink (Excludes \$5 Footlong Subs)	TONY'S OLD FASHIONED STYLE SUBS FREE 20oz. Drink & Chips with purchase of any Giant Size Sub (7011 Mentor Avenue)
BASKIN ROBBINS FREE One Scoop Sundae with purchase of a Two Scoop Sundae (Mentor & Chardon)	QUINO BIANCHI'S PIZZERIA 50% OFF A Pizza (Equal or less value) w/purchase of a Regular Priced Pizza (152-1100)	EL RODEO MEXICAN REST. \$2 OFF Any purchase of \$10 or more (Excludes Alcohol)	HARRY BUFFALO \$1 OFF Any Food or Drink purchase (Excl. Alcohol) (2119 Mentor Ave.)
AUNTIE ANNE'S PRETZELS FREE Pretzel with purchase of 2 Pretzels or Pretzel Dogs (Any Variety) (All NE Ohio locations)	DUNKIN DONUTS \$1 OFF The purchase of One Dozen Donuts (Chardon & Mentor)	DAIRY QUEEN \$6 OFF Any Blizzard purchase (GRANDE DILLUS) \$1 OFF Any Smoothy purchase	FROYO TWIST 20% OFF Regular Priced Frozen Yogurt purchase (Both Mentor locations)
FREEMWAY LANES FREE One Game of Bowling w/purchase of Two Games of Bowling (Any location)	GENERAL NUTRITION CENTER 20% OFF Entire purchase (Mentor, Willoughby, Avon, Bainbridge & Wooster)	ATLAS CINEMAS Buy One Adult Admission. Ticket after Sun for Matinee Price (Sun thru Thurs only)	PLEASANT HILL GOLF COURSE FREE One Green Fee w/purchase of a Green Fee (Mon thru Fri, anytime / Weekends after 1:30pm) (Motorized Cart Mandatory) (285-2428 / Chardon)

Valid only at participating locations. Offers not good with other Discounts, Coupons or Offers.
2 for 1 means Equal or Less Value Item. Cashholder pays all Sales Tax. ONE use per Merchant per Day.
FOR ALL YOUR FUNDRAISING NEEDS VISIT - WWW.YOURFUNDRAISERCARD.COM

MSC Discount Cards Expire 2/28/14

MSC 4v4 Indoor Soccer Festival

When: March 28-30, 2014

Where: Heisley Indoor Soccer Center

Questions or to sign your team up: Contact Melissa

Read at soccer22mom22@yahoo.com

Cost: \$150 per team

Mentor Soccer Club will be hosting their Third Annual 4v4 Indoor Soccer Festival again in March of 2014. This is a fun filled, fast paced small sided soccer festival for all teams age U8 and up. Game format is 4v4 with 12 minute games. There will be MSC and Wave apparel for sale, a Chinese auction and a giant prize board. Winning teams are awarded trophies and all teams get at least 3 games.

We are currently taking sponsorship donations for the Festival. If you or your company would like to donate a prize for the Prize Board, contact Melissa Read at soccer22mom22@yahoo.com

Spring Break Camp

Spring Break is just around the corner and we have a cure for your cabin fever if you are looking for something to do. For the first time we will be holding an Indoor Soccer Camp at Heisley Soccer Center! Why sit at home when you can come out and kick a ball around?! The camp will run from Monday-Thursday March 17-20 for any players in Rec or Wave as follows:

U7 - U9 : 9:30am - 11:00am

U10-U13 : 11:00am - 12:30pm

The cost is only \$50 and will be run by our Wave Coaches. They will have skills and drills followed by a scrimmage each day. Indoor soccer shoes or tennis shoes are allowed, NO cleats though! Registration is now open on our website and space is limited so sign up now.

Any questions or registrations problems can be sent to me at wave@mentorsoccerclub.com

Hope to see you there!

Rec Spring Registration Now Open

For those that did not sign up for the Fall season of Rec Soccer, you can still sign up to play in the Spring season. Registration for the Spring season opened on January 1, 2014. There are limited spots open in some age groups and waiting list in others. To register, go to www.mentorsoccerclub.com.

Adding Power to Your Soccer Kick

I don't care if you are 8 or 38 years old, a funny thing happens when we place a soccer ball on the grass in front of a goal. Something in our mind seems to 'snap' and we try and strike the ball as hard as we can. Most of us however don't realize this actually slows down the soccer ball's speed.

Researchers had the pleasure of capturing literally hundreds of hours of soccer players and thousands of soccer kicks. This research showed some interesting results. Trying to kick a soccer ball 'harder' often slowed down the speed of the ball. Why you ask? Well let's start with another sport that will help us understand.

Talk to the "long drive golf champs" and you will find a common thought among them. Swing at 80% of your top force. Now, why would a golf ball go farther at 80% vs. 100%? It comes down to the "speed of the club head" which is the last part of several body parts involved. Swinging, or "kicking", at 100% of force often causes us to TENSE UP many of the muscles involved in the full "multifunction process" of the swinging / kicking motion. Think of this as a "whipping" motion. Staying slightly "loose" during the kick allows our foot to be at the end of an accelerating chain of events. Tighten up any of those events and you slow it down. Try throwing a baseball with a totally STIFF arm. The ball travels about half the speed. Keeping a loose arm with a whipping motion increases the speed greatly. The same applies to the soccer kick.

A couple of key points to a stronger, longer and faster soccer kick.

1) **Relax.**

Allow your entire body to go limp. Shake it out. Let your head, neck legs and every part of your body relax.

The only part of your body that will have tension is your ankle.

- 2) **Large last stride / loading.**
Make your last stride a long “forward hopping” load. Your heel should come close to your behind.
- 3) **Allow your knee to come through first.**
This is known as “storing the load”. Your lower leg will form a V shape. Keep that V shape as long as possible and at the last minute let it extend in a WHIPPING motion through the ball.
- 4) **Kick with the big toe knuckle.**
Approach the ball from a slight angle. The largest bone in your foot is the first metatarsal which is just above the big toe knuckle. This translates into FORCE or energy at impact.
- 5) **Break the pane.**
Pretend that the ball is sitting in front of a large pane of glass. You want to break the pane with your body, not just your leg or foot. This means that your forward momentum should continue through the shot. This will also cause you to land on your SHOOTING foot, not your plant foot.
- 6) **Watch your foot contact the ball.**
If you can see your foot strike the ball you are kicking properly. Doing this also keeps your body in a slightly “bent over” position. Straightening up will kill some of the power release.

To prove this point to younger players you should have them start VERY close to the goal. Have them move back little by little WITHOUT changing their kicking effort. When you see them “forcing” their shot, have them move back very close and feel the loose shot again a few times. Then have them move back out to a far point and use the same “close kick”. Both of you will be amazed.

On a final note it is suggested you video tape the player kicking. Try and set the “frames per second” as high as you can. This will allow you to slow the kick down to a frame by frame view. Younger players will be amazed at the footage and trust me, if you tell them they are doing something wrong they will disagree. Show them through video and they will understand.

MSC Looking for Rec Coaches

Mentor Soccer Club relies on volunteer coaches for our Rec Division. Our age groups were full for the Fall season, and we would like to be able to open up more teams in the Spring for kids that want to play, but did not sign up in the Fall. To do this, we need more volunteer Rec coaches. You don’t need to be a former player or an expert in soccer. We hold a training class before the season to get you up to speed and supply you with the necessary practice items like cones and pinnies. If you would be interested in becoming a coach, and your child’s hero, contact Amy Myers at Rec@mentorsoccerclub.com.

Mentor Soccer Club and Wave Spiritwear

Soccer.com has opened its new MSC Wave Spiritwear Online shop. Check it out at this link for some of the coolest Wave gear available:

MSC WAVE SPIRITWEAR

Mentor Soccer Club gear with the new Mentor Logo as well as Wave gear is now available at our other Spiritwear shop:

MSC SPIRITWEAR



Follow and Like Mentor Soccer Club online.



Mentor Soccer Club is on Facebook and Twitter! Keep up to date with all the latest team news and announcements as well as having fun and seeing

pictures of some of our teams. We would love for you to like our page and post whenever you can. The link is:

<https://www.facebook.com/pages/Mentor-Soccer-Club/325866336713>

https://twitter.com/intent/user?screen_name=mentorsoccer



We are also on Twitter. Keep up to date on field closings and other important announcements by following us at:

Club Calendar

Feb 17 th	Heisley President's Day Tournament
Mar 9 th	Board Meeting at Longo's on Lakeshore 7pm
Mar 17-20 th	Spring Break Soccer Camp at Heisley
March 28-30	MSC 4v4 Indoor Festival
March 31 st	Outdoor Spring Rec Season begins (weather permitting)
Apr 13 th	Board Meeting at Longo's on Lakeshore 7pm
May 11 th	Board Meeting at Longo's on Lakeshore 7pm
May 23 rd	Rec All-Star Day - The World Comes to Krueger
May 31 – Jun 1	Rec Tournament

Soccer Web Links

Mentor Soccer Club: www.mentorsoccerclub.com

MSC Wave Spirit Wear: http://www.soccer.com/teamGateway.php?club_id=701460&spiritwear=1

MSC Spirit Wear: www.mentorsoccerclub.shopgraphx.com

Ohio Youth Soccer Association North: www.oysan.org

Northern Ohio Girls Soccer League: www.nogsl.com

Club Contacts

For general club questions:

admin@mentorsoccerclub.com

440-954-4326 (voice mail)

For questions about Rec Soccer:

rec@mentorsoccerclub.com

For questions about Wave Academy Soccer:

wave@mentorsoccerclub.com