



# Thunder-Struck



TSC News

May 2002

[www.thundersoccerclub.org](http://www.thundersoccerclub.org)

## Thunder Girls Show Well in State Cup

### CONGRATULATIONS LADIES!!!

The Thunder Girls U13 Red coached by George Loveras, and the Thunder U15 Girls coached by Pete Klisas won their respective groups in State Cup round robin play and advance to the Cup Semi-finals at the Polo Grounds in Poolesville on June 1<sup>st</sup>. Great job ladies!!!

The U15s finished with 2 wins and 1 loss and advanced on a head to head tie-breaker over the CSC Arsenal. Group A pitted four well matched sides against each other and only 18 goals were scored in the 6 matches. They will face the Damascus Spirit in the Semis June 1<sup>st</sup>.

Loveras' U 13 Lady Thunder team went undefeated, winning all three matches in their group, scoring 13 goals and allowing only 1. The Lady Thunder will face the BFC Orange Crush in the semis. The U13s also had a great showing in preseason tournaments. Visit their web page for details.

**BEST OF LUCK JUNE 1<sup>st</sup> - FROM ALL THE THUNDER FAMILY!!!!**

### Upcoming Dates to Remember

- May 16 -- USA v Jamaica (friendly) ESPN2 7:30 pm
- May 19 -- USA v Netherlands (friendly) ABC 2:00 pm
- May 20 - June 6 -- Thunder Tryouts (See Schedule)
- May 22 -- Thunder Board of Directors Meeting
- May 28 -- Thunder Golf Tournament
- June 1- State Cup Semi-finals (Soccerplex)  
*Check MSYSA Website for schedules*
- June 2 - State Cup Finals (Soccerplex)
- June 1- June 28 -- FIFA WORLD CUP
- June 5 -- USA/Portugal World Cup ESPN2 4:55 am
- June 10 -- USA/Korea World Cup ESPN2 2:55 am
- June 11 -- Thunder Coaches Meeting
- June 14 -- USA/Poland World Cup ESPN 7:25 am
- June 17 -- Thunder Board of Directors Meeting
- July 22 -- Thunder Board of Directors Meeting
- June 15 -- Team Fall Club Dues Deadline



## THUNDER GOLF TOURNAMENT

Tuesday, May 28, 2002  
Shot Gun Start 12:00  
Oakmont Green Golf Course

Captain's Choice  
"Best Ball of Foursome"

75.00 per golfer - \$300.00 per foursome  
(includes steak dinner)

*Sponsor a Hole for the Golf Tournament for \$100.00*

Any questions,  
please call Patti Burford at (410) 442-1728

# FUTSAL

By Cliff Walcott

A unique fact of life for the true, sincere and knowledgeable soccer lover is that we really are most entertained by individual play. When that part goes well, we don't totally care that the game ended 0-0 after 90 minutes. My friends and I went to national team games to watch "Beef" and Pat Dyal fake opponents out of their shorts. We went to watch "Waterboat" put a ¼" (as we called it) cut on the right marking back, and cross to the opposite post with that sweet left foot for a full volley shot on goal by Shep. As if a building had fallen with that shot, "Braddam!" we would say as the ball flew by the keeper.

So, it follows that Futsal first developed in South America, where there are many fabulous individual players but a paucity of quality teams in some areas, like Guyana. By the way, the first black footballer played in the late 1800's in Scotland and was – yes – from Georgetown, British Guiana. Big up to the GT Posse! Yeh, mon!

From an article by the United States Futsal Federation:

## History of the Game

The game was created in Montevideo, Uruguay in 1930 for use in YMCA programs. The first international competition took place in 1965, when Paraguay won the first South American Cup. Six more South American Cup competitions were held between 1965 and 1979. The first FIFUSA World Cup was held in Sao Paulo, Brazil, in 1982 with Brazil capturing the title. In 1985 at the second World Cup in Spain, the Brazilians repeated as champions, but Paraguay dethroned them in 1988 at the third World Cup in Australia. FIFA, the international governing body of soccer adopted this game in 1987, and in 1989, U.S. Futsal was integrated into FIFA. At the World Championships that year, Brazil captured the title while the United States' team won its highest FIFA award ever, finishing third! In 1992, the U.S. team improved its world ranking by winning the Silver Medal. Then, in 1996, after winning the Gold Medal at the CONCACAF World Qualifiers, it finished 10<sup>th</sup> at the World Championship in Spain.

## What is Futsal?

Futsal is the international form of indoor soccer and it is played, under the banner of FIFA, throughout the world by more than 25 million players. Futsal/5-a-side is played on a variety of surfaces. The game does not require the use of expensive dasher boards, as do other versions of indoor soccer; therefore, it is a very economical and safe sport. Because the sport is a great skill developer, demanding quick reflexes, fast thinking, and pin-point passing, it is an exciting game for children as well as adults. Great soccer superstars such as Pele, Zico and Socrates grew up playing the game and credit Futsal with developing their skills. Futsal is played with a special, low-bounce ball, necessitating players to use their skills, rather than the ball's bounce, to propel it.

## Wrap up

Well, they didn't tell you that Brazil got into the game around 1940. And Socrates – remember Socrates? Walking up to take a penalty, he had that funky drop step that caused the keeper to move just before he struck the ball. That's back when keepers had to stay put.

The U.S. Futsal team is made up of a number of indoor "Wall Game" players including Denison Cabral. At the NSCAA Convention I was sitting next to a Brazilian lady who told me that some youth clubs have their players stay with Futsal until they're about 11 years old. I've also talked to Jim Oman and William Batista ( I took my "D" with him) about doing a presentation to our coaches. We'll do it prior to next winter's sessions.



**SHOTS ON THE NET** 

[www.thundersoccerclub.org](http://www.thundersoccerclub.org)

<http://www.deaconess-healthcare.com/library/orthopaedics/stretchingforsoccer.html>

<http://www.brianmac.demon.co.uk/>

<http://www.nevdgp.org.au/gin2/murtagh/Musculoskeletal/Sportsinjuries.htm>

<http://webcom.com/~mcrrc/archive/fluids.html>

[homalley@ussoccer.org](mailto:homalley@ussoccer.org)

# US Men's National Team: Road to World Cup 2002

By Mark Villegas

After their last place finish in the 1998 World Cup, the United States is looking to reinvent itself. The country has turned to Coach Bruce Arena to bring a winning tradition and attractive brand of soccer to the US Team. Arena, considered by many to be the most successful coach in US soccer, has won everything from college to MLS titles and even earned a cap (appearance) for the US as a goalkeeper.

Since taking over the managerial reins, Arena has pursued a much-needed infusion of youth. Arena immediately began bringing in new faces from all over the world and has thus far given over 20 players their first cap.

Arena cleared his first hurdle as US coach last year when the US narrowly qualified for the 2002 World Cup. The US finished third in qualifying for the North and Central American continental region. Now Arena faces his biggest challenge yet, a June 5<sup>th</sup> match against Portugal in their first game of the quadrennial World Cup. This summer's Cup is being co-hosted by Japan and South Korea and kicks off play May 31<sup>st</sup> in Seoul. The US is drawn in group D with Portugal, Poland and co-hosts South Korea for the initial qualifying round.

Arena has not officially named his squad for the finals, but has said he is using a recently played Germany match (a 4-2 loss in Germany) and an April 17th friendly in Dublin against the Republic of Ireland, to determine who will be in his starting line-up on when the U.S. meets Portugal in Suwon, South Korea.

One thing is certain; the US team will be strong in goal. The US is fortunate to have two world-class goalkeepers in their stable of players: Kasey Keller and Brad Friedel. Keller is likely to be the first choice goalkeeper for the World Cup. To complement their strength in goal, the red, white, and blue have finally found some consistent midfield and forward play. This improvement is in no small way due to midfielder and captain Claudio Reyna and winger Earnie Stewart - the US' leading scorer in World Cup qualifiers with eight goals. Both ply their trade in Europe, Reyna with Glasgow Rangers and Stewart with Netherlands outfit NAC Breda.

The US Team's primary weakness is their backline. Age, depth, and a flagrant lack of speed in the back have become apparent over the last two years. The US squandered several leads during the team's final World Cup qualifying games last year due to poor defense play and, most recently, the shakiness of the US defense contributed mightily to the 4-2 loss to Germany in a World Cup warm-up. Unless the US is able to address this problem area, their chances of advancing past the qualifying round are slim.

## **U.S. Men's National Team – World Cup Schedule**

<u>Date</u>	<u>Time</u>	<u>Teams</u>	<u>Venue</u>
June 5	18:00	USA vs Portugal	Suwon
June 10	15:30	USA vs S. Korea	Daegu
June 14	20:30	USA vs Poland	Daejeon



## **Glenwood Park** **Reminder!!**

***No Parking is allowed  
on the grass along Route 97!!  
or for that matter any grass at the park.***

***IT IS NOT PERMITTED  
IT IS NOTSAFE!!***

***If it is allowed we will lose our permit to  
use these fields!***

Coaches and Managers must communicate this to the opposing teams when they contact them to confirm game times and directions. **You must also** enforce this on game days.

We have been advised that *if we do not comply*, our **permits** to play at these fields **WILL BE REVOKED.**

Advise the visiting teams of the availability of parking at the Middle School and require parking at the School for both TSC families and visitors when games are on the field closest to the School. *We cannot afford to lose these fields.*

***It's no fun not having home games!!***

## **VOLUNTEERS NEEDED**

***If you don't help, you can't complain.....DO IT FOR THE KIDS !!!!***

**NEWSLETTER STAFF** – Intermittent efforts to collect articles and information on teams from Coaches, Parents, and Players to help the Club communicate. NO SKILLS NEEDED! Will assign work commensurate with abilities and train on the job. Contact Jim Havey at [havey@erols.com](mailto:havey@erols.com) OR (410) 549-6902.

**Program Help** – Coaches, Players and Parents needed to help out with our Futsal, Thunder Threes and Micro Soccer programs. These programs are held to continue player development and to share the benefits of the Thunder Club with the community. Coaches, Players and Parents we need your help make them a huge success. Contact Tony Corbett at [tclondon@comcast.net](mailto:tclondon@comcast.net), or at (410) 740-5597, or Cliff Walcott.

### **Thunder Three's**

By Tony Corbett

With this being the inaugural year, I knew there would be some serious challenges in persuading a mass of players and parents that 3v3 futsal would be an exciting opportunity... and I was right!

Thunder Three's was conceived as a way of playing valuable short-sided soccer during the off-season. Teams could be formed with rosters of 5 players and the players would be encouraged to control the game themselves... make their own substitutions, arrange their own line-up and tactics, and most importantly correct themselves and each other when the inevitable mistakes occurred.

To that end, the program was a resounding success. I heard a lot of positives from players, coaches and parents... with many of the adults telling me they saw their child do some things that they hadn't seen them do before. It was a perfect environment for the quiet players to step up and talk, and for the leaders to do their part organizing their teams. It was also interesting to watch as some teams chose to strategize between games so they could improve their performance.

We attracted teams from BFC, CSC, Laurel and Thunder and with a bit of luck, along with some 'second year growth', and some better promoting, next year we hope to attract teams from SAC, Burtonsville and Olney.

Thanks for helping to make the program successful and I look forward to arranging this again next year.

### **NCSL UPDATE**

A thumbs up to all players, coaches and parents. After checking the NCSL sit-out list, I'm happy to report the club did not owe any sit outs for the spring season.

There are 57 clubs in the NCSL, we are rank 7th for the lowest amount of penalty points. That is a GOOD thing!!!

Let's keep up the good work and continue to demonstrate good sportsmanship on the field and the touchline again this season.



### **Nutrition and Intermittent Exercise Performance**

It has long been accepted that nutrition is vitally important in endurance sports such as cycling, swimming and distance running. Many times, athletes do not follow as strict a diet as do marathoners, triathletes and long distance swimmers, which is far from ideal. Nutrition plays as vital a role in soccer as it does in a marathon.

**(continued next page)**

## (NUTRITION and PERFORMANCE Continued)

To further examine how important nutrition can be, let's take a look at some facts:

### We have known . . .

- for the better part of the 20th century that the storage form of carbohydrate (muscle glycogen) can influence exercise time.
- since the mid 1960's that exercise can deplete glycogen and that the right make-up of the diet (2/3 of calories as carbs) can put lots more glycogen in the muscles.
- since the early 1970's that running volume and intensity in soccer is reduced when muscle glycogen is low
  
- also from the early 70's, that teams that drank a 'glucose syrup' (what we now think of as a 'sports drink') on game day scored more goals, conceded fewer goals, had more ball touches, and more scoring efforts in the 2nd half of competition.
- since the early 80's that the general dietary choices of soccer players were little different from the spectators in the stands. And the player's muscle glycogen was about the same as a non-athlete. Not good.
- since the late 80's that drinking a 'sports drink' before and during a game would increase running volume and intensity during competition during thesecond half.
- since the late 80's that the window for fastest glycogen replenishment is in the first hour after exercise.
- since the mid 90's that when players consumed a carbohydrate-rich diet for 24 hours, they ran significantly farther on an intermittent running test than they did when they ate a 'normal' diet.

The data is pretty overwhelming. A high carbohydrate diet puts more fuel in the tank (more muscle glycogen), and this increased fuel is effective in improving intermittent exercise performance. More glycogen means a player can run longer and faster late in the game. If your team has done this and your opponent hasn't, the end result could be goals.

So make the right choices - eat high glycemic foods in the first hour after training or competition. Foods like this include Cheerios with skim milk and raisins, peanut butter and jelly/jam on bagels or sourdough bread, graham crackers and cottage cheese, Chex mix, Nutri-Grain bars and low-fat vanilla wafers. Later meals should include moderate glycemic index foods like bananas, orange juices, corn, pita bread, oatmeal cookies, pasta. The goal is 8-10 grams of carbs per kilogram of body weight in 24 hours. An acute supplement of a high carbohydrate drink can be effective in adding some alternate fuel to help save glycogen for late in the game.

Don't complain that you feel listless if your idea of eating after a game is a bag of chips and a soda. It is important that soccer players pay attention to their diet. The players and teams that eat right are putting a better machine on the field and are better prepared to be a force late in the game when so many scoring opportunities and goals occur.

In a game such as soccer, when the deciding factor in a game can be an inch here, or a cleat there, something as vital as nutrition should not be overlooked, nor should it be ignored. On the field, players are looking for any advantage they can find. By eating a proper diet, players can gain advantages off the field that will translate to better on-field performance.

Reproduced article by Hughie O'Malley, U.S. Soccer's Manager of Sports Medicine Administration. Hughie can be reached at [homalley@ussoccer.org](mailto:homalley@ussoccer.org) or at (312) 528 1225.



# NSCAA CONVENTION, 2002

## Clifford Walcott, Youth Advisor TSC

The following is a review of some of the sessions I attended, which I would like to share with our coaches, our players and you:

### "Tactical Functional Training for Midfielders: Reading Teammates"

Given that midfield players have to understand play on both sides of the ball, this session required them to play balls in both directions, with low defensive pressure at first. It progressed into a 3-zone game, very appropriate for the focus.

### "Maximizing Performance"

Interesting presentation on achieving soccer fitness. For example, it was recommended that hardest training occur prior to playoffs. At playoffs training should be tapered to a maintenance level. For league play, this equates to the latter third of the season. The term "lactate threshold" was referred to and described as high intensity training for a long period of time.

The relationship between maintenance and peaking was equated to low volume training with periods of high intensity. It was noted that the volume (of training) is a significant factor in overtraining.

### "NSCAA Women's Forum Breakfast"

Speeches and presentations focused on the WUSA's first successful season. Noteworthy guests included Michelle Akers, Louise Waxler and Judith Crane.

### "Combination Play"

- Emphasis on making runs after serving pass.
- Use of wall pass, overlap, and double dropped pass, resembling "pick and roll" run for pass behind defender was demonstrated.
- Well-organized 2-zone game: 3 offense & 3 defense + GK in each zone; player passing to teammate in opposite zone joins play for 4v3. Produced lots of combinations and transitional play, quick counter-attacks.

### "High School Soccer Battleground Revisited", Panel discussion

- What it means to coach high school soccer, and why coaches do it.
- Directing kids to appropriate colleges based on what they (the kids) have to offer.
- Importance for the coach to maintain the support of the school administration.
- Looking at ways to help parents and players have realistic expectations.
- The challenge of competing with club and ODP.
- NSCAA has a plan in place to qualify/certify high school coaches through an on-line course.

## **"NSCAA High School Coaches Breakfast"**

Opened my eyes to getting high schools and players national recognition through NSCAA. They gave awards to various conference champs, division levels, and to all sizes of schools.

## **"The 2002 World Cup: A Panel Session"**

Highlight for me was the response to a question on how would US ever produce a dangerous, attacking player. Juergen Klinsman said that we are far too "organized" for the youngest players to ever develop any creative ability. We, parents and coaches, "teach" them how to play from the time they show any interest in the game, taking away their opportunity to discover the demands of the game by themselves, in their own way, and thus be challenged to be creative at an early age.

### "Futsal – The Official Indoor Sport of FIFA", Keith Tosher, US Futsal National Team Coach

- Coach Tosher made it clear that he supports all soccer-like games and has been involved professionally with all of them, indoor, outdoor and futsal.
- He provided us with a document describing his coaching methods of futsal: Offensive Patterns & Defensive Responsibilities.
- Showed clip of Brazil's excellence in this game vs the Russian National team.
- Noted that the U.S. National team is among the top four in the world currently.

### "Soccer: A Tool for Urban Youth Development", Paul Caccamo

An enthusiastic presentation of a unique program designed to bring soccer to the inner cities. The organization, America Scores, combines soccer with the writing of poetry, a very unique approach. They hire teachers, local to target schools, and train them to coach the game. Thus, that teacher is dealing with kids and a community he or she is already familiar with. All kinds of positive benefits show up in the student.

One of these teams kicked our suburban butts at a recent tournament in Bowie.

### "The Nine-Step Practice Routine", Karl Dewazien

An absolutely novel approach to running training sessions:

- Allow players to play their fun games prior to practice, for 10-15 minutes. Benefit? Players will want to get to practice on time.
- Session should be in two halves like the game: 1st half coach demonstrates, explains and teaches; 2nd half, coach observes, takes notes, steps in to correct only when necessary.
- End practice with cool-down, and review of session plus homework assignment.

**Karl insists that this approach would easily be accepted, since it so closely resembles the classroom routine.**

**Thunder Board and Administration**

**Executive Board**

**President – Dave Gould**

**Vice-President/Tryouts – Jim Gormley**

**Vice-Pres./Manager Liaison – Mike Hasty**

**Treasurer – Dave Walter**

**Secretary – Mike Fowler**

**At-Large Board Members:**

**Ken Boras - Coach Liaison**

**Ralph Kompare - Sponsorship**

**Cliff Walcott - Youth Advisor**

**Jim Havey - Newsletter**

**Patti Burford - Parent Rep**

**Tom Kuba - Fields**

**Dan Ennis - Advisor**

**Administration**

**Coaching Advisor – Tony Corbett**

**ThunderWear Coordinator – Cheryl Gould**

**NCSL Representative – Gina Clapp**

**WAGS Representative – Robert Holcomb**

**Registrar Assistance – Debbi Hasty**

**Club Voice Mail: 410.207.2213**

*(For contact information, coaches and other news, See the Web Site)*

[www.thundersoccerclub.org](http://www.thundersoccerclub.org)

**Parents, Players, Coaches and Managers**

**FALL CLUB DUES AND LATE FEE**

Congratulations on the completion of a great Spring Season. Great strides are being made in our competitiveness as a Club.

As we look forward to the Fall, it is important to know that the leagues we participate in expect their league fees to be paid early in the summer of 2002. Other Club payments related to field usage and maintenance are also due.

The Thunder Board is requiring that ALL teams participating in FALL leagues pay their Club dues no later than **June 30<sup>th</sup>** to provide the funds needed to do this. **Teams failing to pay by that date will be assessed a Board approved late fee of 10% and may not be registered for their league.**

We appreciate your cooperation in making this happen

Mail to: TSC c/o Dave Walter, Treasurer  
11698 Foxspur Court  
Ellicott City, MD 21042  
(H) 410.730-0939

**Mission**

**The Thunder Soccer Club will, by putting players first, establish and maintain a youth soccer environment that provides to young people the opportunity for growth through competition and the continuous education and improvement of players and coaches.**

**– THUNDERWEAR –**

Check out the web: [www.thundersoccerclub.org](http://www.thundersoccerclub.org)

**New TSC team uniforms** Copa jerseys, shorts and training suits.

Have a supply of **gray Thunder sweatshirts** with "Thunder Pride" on back.

Show your support with a **Thunder Soccer Window Decal** only \$2.00.

*To place Team or individual orders contact Cheryl Gould*

E-mail [CAGX4@cs.com](mailto:CAGX4@cs.com) or (410) 313-8858.

## Any aspiring journalists out there?

In an attempt to bring club members and teams closer together, an idea came to me to tap into some of the brightest, freshest and least corrupted minds within us!!.... our elder players. I am interested in talking to any U-15 and older players about developing their journalistic skills. I am convinced that some of you out there will be heading that way when you get into college.

So why not earn some experience writing for us? It will look great on your college applications, and it might even contribute towards those community service hours that you need to graduate high school! You will work closely with a couple of the club's best kept secrets: Scott Maurer, who is the club webmaster, and Karen Napolitano (yes, Julie's mum!), who is a professional writer and editor. Between the two of them, you will learn valuable skills such as web design and the do's and don'ts (Karen, did I spell that right?) on content development, editing, grammar and interview techniques etc.

I have MANY ideas for article subject matter, but I'm not going to give them away here(!), and of course you, the journalist, will be welcome to come up with your own suggestions. With the power of Microsoft Word, e-mails and digital cameras, most of your efforts could be accomplished on weekends and from home.

Anyone that is interested should contact me at [tclondon@comcast.net](mailto:tclondon@comcast.net), or at (410) 740-5597.



TRYOUTS - CHECK [www.thundersoccerclub.org](http://www.thundersoccerclub.org) for Updates

### **THANKS**

The TSC Board would like to offer it's heartfelt thanks to a few of the unheralded volunteers who are essential to keeping the Club functioning. In particular, our NCSL and WAGS representatives, Gina Clapp and Robert Holcomb respectively, are called upon to spend significant time and effort attending league meetings and coordinating applications and paperwork submittals each season. Their dedication and attention helps make things a little easier for all of us.

They are the Club's point of contact for these leagues and all issues relating to the leagues must go through them.

We would also like to recognize and thank Scott Maurer for his many hours designing, creating and updating the TSC website. Each season we try to take steps to become a little more organized and to provide better communication amongst the coaches, parents, players and Club. The website is one of our tools for doing this and Scott's efforts have been a tremendous asset.