



DOC/E NEWSLETTER

VOLUME 1

IN THIS ISSUE

Welcome to Spring, 2018

By Coach Bradstreet

Can you feel it yet? I know I can. It's that indescribable feeling you get when you know, you just KNOW, something great is happening. Hurst United is on the precipice of greatness. I know it, I feel, I believe it. We have recently partnered with the soccer Global Super Power, Bayern Munich. For those of you that this may be new information, not to worry, as I'll explain. Part of my role here as your Director of Coaching and Education is to elevate Hurst United to a status that is second to none. FC Bayern Munich is easily one of the top clubs in the world. Their youth Academy is recognized throughout the world as the leader in training players. Where FC Bayern really exceeds expectation is their coaching. They train their coaches unbelievably well. They provide almost unlimited resources to surround the coaches with excellence. Everything from onsite training, to web-based tutorials. FC Bayern provides it all. Hurst United now has access as well. Our North American Partner with FC Bayern is known as Global Premier Soccer (GPS for Short). FC Bayern needed a well-established club to administer the North American Operations of FC Bayern. This combination of partners will create a very unique and special environment for Hurst United.



In Memoriam



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Lee Goggin died in a tragic accident while on a family trip to Florida. He was a loved member of the HUSA soccer family and will always be remembered for the time, patience and caring attitude he provided to the players he coached. Please keep the Goggin family in your thoughts.



Why Warm Up

By the Guide to Sports Medicine

What is a warm-up?

A warm-up is a session which takes place prior to doing physical activity; usually a warm-up will consist of light cardiovascular exercises combined with stretches.

What happens in a warm-up?

Most warm-up sessions will include a combination of cardiovascular exercises, stretching and strength drills. The cardiovascular exercises are designed to increase circulation, increase body temperature and bring the heart rate up, while stretching warms the muscles and prepare them for the movements they will be required to carry out during the activity. Explosive strength exercises, which may include sprint drills or jumps, gently increase the level of intensity and prepare the body for sudden movements in the game which will follow; these exercises should only be done once the muscles are warm; this will prevent injuries.

Effects of the warm-up

The warm-up should gently prepare the body for exercises by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles. Stretching the muscles prepares them for physical activity and prevents injuries. The warm-up is also a good opportunity for an individual to prepare themselves mentally for the game ahead and for a team to work



together prior to the start of the game. Warm-ups can also be used to practice skills and team drills.

How long should a warm up last?

Most warm up sessions last between 20 minutes and half an hour; this gives the body plenty of time to gradually get ready for physical activity and gives the player time to prepare themselves mentally.

Preventing injury

The most important reason for doing a warm up is to prevent injury during exercise; keeping the muscles warm will prevent acute injuries such as hamstring strains and will stave off overuse injuries by allowing the body to prepare steadily and safely. In more static sports, such as cricket, it is a good idea to stretch throughout the game as this will keep the muscles warm and allow them to function effectively; substitutes should also continue to run and stretch while they are waiting to join a game; this is commonly seen in football matches where the substitutes jog, jump and stretch along the sidelines.



SMOOTHIE KING

By. Sabri Garcia, General Manager,
Smoothie King

Hi Hurst Coaches!!!

My name is Sabri Garcia and I'm the General Manager at the Smoothie King right across the way from the Hurst Soccer Fields! We are BEYOND excited for this season to get started!! I will be giving each coach coupons to give to their teams for this season!!!

We are extremely excited to be a part of this season especially since I am a ball player myself! I want to wish each team good luck and I hope you have a great season!! Please let me know if there is anything I can do for you!!!

Sabri Garcia

Sabrigarcia56@gmail.com

ACE NIGHTS



Eric Bell

Eric Bell is the head coach of the TCU Women's Varsity Coach will be our Special Guest for our first ACE night

More About A.C.E Nights

What is "ACE"

ACE stands for Achieving Club Excellence and I am incredibly excited for each of them. They are curriculum based and each week will build on the week prior. In addition, we are having specialized Goalkeeper training as well.

FIRST ACE NIGHT:

Tuesday, February 27th – Goalkeepers only

Wednesday, February 28th – All Player

ALL TRAINING SESSIONS ARE FROM 630-730PM AT HURST ATHLETIC COMPLEX

ACE NIGHT PROMOTION

During the Spring, 2018 season, we are running a promotion for ALL players. Here are the details : Each week, when your player arrives for training, they will be entered into an end of season drawing. If we host 9 ACE nights, and your player comes to each one, that means they will have 9 entries into the drawing. On our last ACE night, we will draw 1 ticket from all combined ACE nights. That player will win a 100% Fall Soccer registration as well as a \$100 gift certificate to Soccer Corner... !!



Player of the Week

Coming Soon

Coach of the Week

Coming Soon

A Message from the President, Brent Schneider

On behalf of the entire Hurst United Soccer Association Board, we would like to welcome you to the Spring 2018 season. This spring, we are welcoming nearly 100 new players to our recreational program - that is fantastic! Thank you for choosing HUSA to be your new soccer home! Our goal is to provide the best environment to safely learn and use the skills necessary for soccer. We hope the next few months are incredibly fun for you and your child as we watch some great soccer being played.

There are so many new opportunities THIS season for your child to grow their soccer skills! Make sure to check out our **new** ACE nights and all of our **new** camps that will be launching this summer! Your HUSA board is here for you - please contact us anytime if we can be of assistance or answer any questions. Look forward to seeing you out on the fields - have fun!

Brent Schneider

**Hurst United Soccer Association
President**

New Badge Contest

by Coach Bradstreet

As noted earlier, a huge change is upon us at Hurst United. Everything from a massive emphasis on our Recreation Coaches, to the Re-Launch of our Advanced program. We have incredible special guests lined up and we are deploying as many resources as possible to our club. We want a new logo for our badge. Here are the details:

WE WANT OUR PLAYERS TO DESIGN OUR NEW LOGO..!

Have your players create a new Hurst United badge and submit it any way you wish. Email is preferred but if they draw it, hand it to a Board Member and they will get it to me. Please have your submissions in by March 30th. Thank You



Thank you again, and from all of us here at Hurst United, Enjoy your spring, 2018 season..!!!!

