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BULLETin

Volume 9, Issue 6

June 1, 2006

Bulls Calendar

06/01: Hawaii International Cup (HIC) Registration Deadline

06/03: HSC Bulls Annual General Meeting (AGM), 8:00 a.m.--9:30 a.m. La Pietra Hawaii School for Girls in the campus office above the gym

06/03--06/04: HSC Bulls Open Tryouts, Kapiolani Park

06/07: Oahu League BOD meeting, 7:15 p.m., Hale Akoakoa 107, Windward Community College

06/10--06/13: US Club Soccer 2006 National Cup V Regional, Region F, Bettye Wilson Soccer Complex, Las Vegas, Nevada

06/12: Holiday - Kamehameha Day

06/14: HSC Bulls BOD meeting, 7:00 p.m., 900 Fort Street Mall

06/18: Father's Day

06/18--06/25: US Youth Soccer Far West Regional Championships, Simplot Sports Complex, Boise, Idaho

06/21--06/24: Maui No Ka Oi Girls Tournament, Wailuku, Maui, Hawaii

06/25: Newsletter deadline for the July issue

06/26--07/01: US Youth Soccer Region IV Girls ODP Camp (92s), Moscow, Idaho

06/28--07/02: US Youth Soccer Region IV Boys ODP Camp (93s), McMinnville, Oregon

Message from the President

June is a very hectic month for Bulls members. We start with Open Tryouts June 3 and June 4 at Kapiolani Park. This happens to be the same day as the Annual General Membership meeting at which time Board elections are held and new fee structures are voted on by the Board. We then have pre-Regional training sessions, usually twice a day, until

departure to the Far West Regionals in Boise, Idaho. A Club and State record of nine Bulls teams are now going to Boise, and we wish them all the best of luck. Let's get another star for our logo!

Registration will take place throughout the month, with the bulk being done right after tryouts and before our Registrar leaves for a goodwill soccer trip to Japan. Remember, registration is all done on-line for existing players, so even if you are away, you will be able to complete the process. New players to the Club will need to present a copy of their birth certificate and a 1"x1" picture for their player cards, but returning players have an easy time with the on-line process.

The Board would like to thank everyone returning to the Club for 2006-2007. The Club is committed to providing the best coaching staff in the State (which is what the bulk of your dues pay for). With the majority of players returning to the Club, it is a testament that this is what we all want for our soccer stars. We realize, also, that registration puts a strain on all of our finances especially since it comes right when we are all paying for travel.

Many ask why the Club charges what it does. As mentioned, the majority of the dues collected go to the coaching staff (salaries and benefits as required by law). League and two tournament fees, player registration fees, uniform and practice gear costs make up the rest of the allocation with a small amount going toward administrative needs.

Efforts for the remainder of the month will be geared towards getting the final touches ready for the HIC. Every Club team will be playing in the HIC with every team given an assignment to complete to make the

tournament one to remember by the participants. HIC staff members have been meeting with team parents on the touchlines to push the tournament and remind them of the advertising booklet and team duties. Please kokua.

Well done to all HSC Bulls teams participating in the Memorial Day tournament. Congratulations to Bulls teams with the following tournament results for the 2006 Hawaii Youth Soccer Association (HYSA) State Championships.

BU11 - Finalist (95 Boys)
BU12 - Finalist (94 Boys)
BU14 - Semi-Finalist (92 Boys)
BU16 - Finalist (90 Boys)
BU18 - Champion (88 Boys)
GU12 - Champion (94 Girls)
GU13 - Champion (93 Girls)
GU14 - Champion (92 Girls)
GU19 - Champion (88 Girls)

Thanks to all for your continued support of the Club and commitment to excellence.

Keiki Bulls Youth Soccer League

By Luke Baer, Keiki Bulls Coordinator

This spring the Keiki Bulls held their first ever Spring Season with 66 Keiki Bulls (ages 6 - 9 years old) participating in a league format. The Keiki Bulls coaching staff formed eight teams with four teams in the 6 - 7 year old division and four teams in the 8 - 9 year old division. In keeping with the World Cup theme, the Keiki Bulls coaching staff named the teams after the eight seeded countries at the World Cup Finals: Argentina, Brazil, England, France, Germany, Italy, Mexico and Spain.

The Keiki Bulls coaching staff kept no standings, but every team had two small-sided "official" games every Saturday for the duration of the



season. The Keiki Bulls Youth Soccer League will culminate with tryouts for the competitive Bulls program at the start of June. There will be many Keiki Bulls graduates playing for the Honolulu Bulls this coming year.

Many thanks to the older players who helped coach during this spring season, the League could not have been as successful without their support. The Keiki Bulls Youth Soccer League looks forward to holding a league like this again next year as the Keiki Bulls continues to expand!

HSC Bulls Open Tryouts

Open tryouts for the 2006/2007 playing year will take place for the U07 - U19 boys and girls Saturday June 3 and Sunday June 4 at Kapiolani Park. The Schedule is as follows:

- 2000 U07 B/G 08:00 a.m. - 09:00 a.m.
- 1999 U08 B/G 08:00 a.m. - 09:00 a.m.
- 1998 U09 B/G 08:30 a.m. - 09:30 a.m.
- 1997 U10 B/G 09:00 a.m. - 10:00 a.m.
- 1996 U11 B/G 09:30 a.m. - 10:30 a.m.
- 1995 U12 B/G 10:00 a.m. - 11:00 a.m.
- 1994 U13 B/G 09:00 a.m. - 10:30 a.m.
- 1993 U14 B/G 10:00 a.m. - 11:30 a.m.
- 1992 U15 B/G 11:00 a.m. - 12:30 p.m.
- 1991 U16 Girls 12:00 p.m. - 02:00 p.m.
- 1990 U17 Girls 12:00 p.m. - 02:00 p.m.
- 1989 U18 Girls 12:00 p.m. - 02:00 p.m.
- 1988 U19 Girls 12:00 p.m. - 02:00 p.m.
- 1991 U16 Boys 01:00 p.m. - 03:00 p.m.
- 1990 U17 Boys 01:00 p.m. - 03:00 p.m.
- 1989 U18 Boys 01:00 p.m. - 03:00 p.m.
- 1988 U19 Boys 01:00 p.m. - 03:00 p.m.

Tryouts are successful if players and teams are arranged so every player finds a team having the training and competitive plan fitting the player's interests and needs, with a budget and time commitment matching the parent's willingness to support the player.

Parents and players ask many of the following questions, so we are sharing these answers for your convenience. For more details or additional questions, contact Luke Baer, the Honolulu Bulls Club Registrar at bulls-info@hawaii.rr.com or (808) 561-4663.

Q: Are tryouts open to all players?

A: Yes, tryouts for each team are open to all players of that age group.

Q: My son/daughter wants to try out for the team. Do they have to attend both tryout dates? They like other teams. If they come to both Bulls tryout days, how can they try out for other teams?

A: The open tryout dates are important because they give your player the best opportunity to be seen playing with the current team or the core portion of the current team that will continue in the year ahead. Each year at tryouts, there are some players who arrive during the week following the open tryout and, in some cases, these players train with the team and eventually join these teams. This is a little less helpful because some decisions might already have been made, and, secondly, some players from the core team may have left for after school summer vacation activity.

Q: What about on or after the date when contact is allowed?

A: On contact day, you can still call the coaches, talk with them about their tryouts, and discuss your player's interests with them. If they have had the chance to see your player, you may get useful feedback from them. Stay after the first tryout date with any team. Greet the coach and find out how your player stands. If it's not looking good, then you can let the coach know that you are still interested but have to move on. If the news is good, stay.

Q: How soon will my son/daughter start with his/her new team?

A: Technically, players are bound to their old teams until 31 August, after their June tryout. In practice, most players and families prefer to move on to their new team immediately where possible. If summer tournaments are planned for the new team, HYSA players from other clubs will need written permission from their current coach before they can guest play with the new team. Non-HYSA players can join the Bulls at any time. Generally, players will be able to start training with their new

team right away depending on release from their current coach.

Q: Can team players from the Bulls try out for Ka'ula teams?

A: Yes. At the Bulls, all players in the Club and from the public have the opportunity to try out for the Ka'ula team in their age group, theoretically the most competitive team in the age, without sacrificing a position on their current Ka'ele team. Ka'ula and Ka'ele teams will try out at the same time allowing all players within an age group to be seen together. Ka'ula teams are the most competitive and have a significant travel obligation. Ka'ele teams have somewhat less travel requirements, but do have a similar training requirement.

Q: Which team does my son/daughter try out for?

A: First, decide which age group corresponds to your player's date of birth and school grade. A player born on July 31, 1993 would play in the U14 age group, according to the age group chart. This player would normally attend 8th grade during the 2006-2007 school year. If the player is ahead one year in school and depending on the skill level, the player may be eligible and possibly encouraged to play in the U15 age group. This exception aids in maintaining the integrity of teams, as the players enter high school and graduate together. It also assists those college bound student athletes who wish to be seen playing with others who graduate at the same time.

Q: How can I send my name in to be contacted when coaches can call players?

A: Players and parents can send information anytime; however, Club officials, parents or coaches cannot make formal contact with the player or parent until the HYSA official contact date. Send your information to bulls-info@hawaii.rr.com. When allowed, coaches will want to know the basics, including:

- Your date of birth
- Your grade in school
- Your phone number



Your parent's names and mailing address
Your e-mail address
The positions you play
Your current team

Stephen Fung
Kea Hashimoto
Cameron Holm
Justin Katto
Jason Shon
Dustin Taniguchi
Jeremy Wittig
Dana Yoshizu
Reid Woodward

Thanks for the memories, guys!

Q: Are you moving to Hawaii?

A: Players moving in from out of state or players who have not yet registered with another club can contact the HSC Bulls by e-mail at bulls-info@hawaii.rr.com, by phone at (808) 561-4663 or they may contact a coach directly from the contact information provided on hscbulls.com.

On a Personal Note:

By Ken "DP" Perske, Team Manager

I would like to take the liberty in this June issue of the newsletter to thank the families and players of the 88 Boys. Most of them have been with the Club since they were U12, as confirmed by their signatures on the team bench. The players placed their signatures there after each of the Regional Qualifier victories, except in 2004. They have persevered as a team; and I, for one, applaud their conviction and dedication to each other and the Bulls. When they were U12, I was always worrying about the team sticking together. I remember coaches saying we would be lucky if 10% stayed with the team over the years.

DOC Neddo refers to them as underachievers in major tournaments. Maybe they can prove him wrong in the upcoming Far West Regionals.

The parents have been unwavering in their support of the Club and the team. We have all endured the endless pizza sales, garage sales, food booths at tournaments, strains on team cohesion, terrific wins, the trouble at U12, ugly losses and countless hours at airports or in vans.

Way to go 88 Boys!

Justin Akai
Alvaro Andres
Eli Bowman
Matthew Bush
John Chow
Dylan Langley
Ken Ogata
Bennett Pang
Scott Perske
Daniel Phelps

Nutrition for Youth Soccer Players

With good nutrition, youth players can discover a whole new level of soccer performance. A good soccer diet can help prevent injury, can reduce recovery time between games and can create a lifetime of good eating habits. Soccer tournaments can include four or five games within three to four days - a grueling schedule for any player. It is important to fuel players well during these matches. Following are ideas you can use.

1. Encourage your youth player to eat a lot and often. Youth players should fuel like endurance athletes and should eat plenty of calories with unsaturated fats. Use the pyramid. The recommendations of the U.S. Department of Agriculture and the U.S. Department of Health and Human Services Food Guide Pyramid include a heavy emphasis on carbohydrates (55 to 60 percent). Watch out for iron and calcium. Youth players are at increased risk for deficiencies in these.
2. Make sure your youth player eats a good meal before playing. Players should have a good meal at least two hours before playing and snack on fruit and/or sports drinks during the games.
3. Choose the right foods. Fruits, whole grains and easy-to-digest foods. Avoid fried and junk food. It can hamper good performance.
4. Remember the fluids. Proper hydration is the most crucial aspect of sports nutrition.
5. Parents must be flexible and creative. Do not feed your youth player in the car on the way to a game or practice. Pack an extra lunch for the after game or school practice.
5. Choose right on the road. Even fast food is fine if you make the right

choices. Try to choose steamed or baked over breaded or fried foods.

6. Provide extra water and rolls or bread with each meal.

7. Make sure food is available. Do not count on tournament concessions stands or supermarkets, which may not offer healthy foods or be convenient to your location. Bring a stash from home to be sure.

8. Post-game nutrition is often overlooked, but nutritious foods consumed after the game speed muscle recovery for the next game.

A few tips:

Feed players even if they say they do not feel hungry. The appetite can dull with excitement and adrenaline, as well as a rise in body temperature during exertion. Start with fluids if necessary.

Have the players eat as a team. This encourages camaraderie and is helpful in spurring appetite.

Pack nonperishables in your player's soccer bag. Include a constant supply of foods such as pretzels, crackers or sports bars. Always pack foods that your youth player is familiar with. A game or practice is not the time to try something new.

Save treats, including candy, ice cream and fast foods, for after the game or tournament.

Scope out the eateries while on the road. When traveling to tournaments, scout the supermarkets and restaurant choices when you arrive at your destination.

Trivia Question:

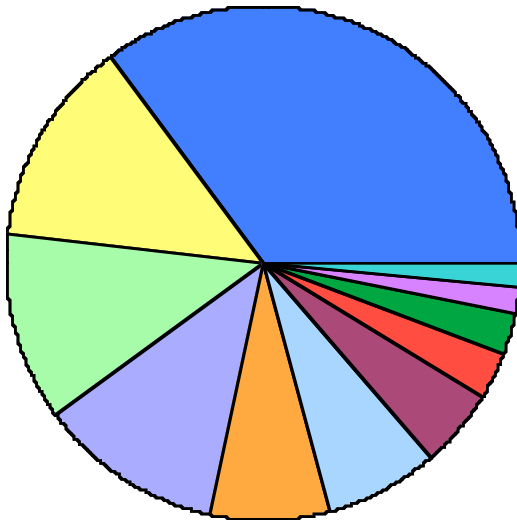
By Ken Perske

What Law of the Game gives the referee the discretion to allow play to go longer based on times for substitutions, injuries, time wasting or any other cause and what year was the law invoked?

Follow-up question;

How many rules are there for the game of soccer?

First correct answers to kperske@hawaiiantel.net will receive a prize.



| | |
|----------------------------------|--------------|
| Payroll | %35.17 |
| League&tournament fees | 12.97 |
| Uniforms and equipment | 11.88 |
| Events exp. | 11.69 |
| Payroll tax and benefits | 7.59 |
| Coaching fees | 7.06 |
| Give Back payments out | 4.96 |
| Travel | 2.98 |
| Processing costs | 2.54 |
| Other-supplies,office, mtg, fees | 1.65 |
| Other... | 1.57 |
| Total | \$514,812.06 |

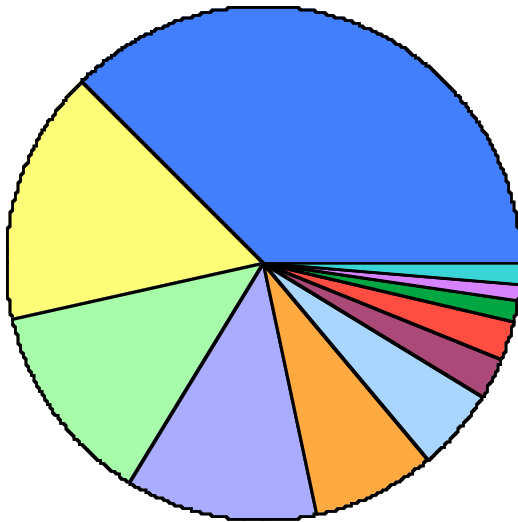
OBSERVATIONS

ACTIONS

[Customize](#) this graph

[Analyze](#) my spending

Double click a segment for more details



| | |
|----------------------------------|---------------------|
| Payroll | %37.52 |
| Events exp. | 16.07 |
| Uniforms and equipment | 12.64 |
| League&tournament fees | 12.23 |
| Payroll tax and benefits | 7.65 |
| Coaching fees | 5.04 |
| Processing costs | 2.67 |
| Travel | 2.38 |
| Communications | 1.23 |
| Other-supplies,office, mtg, fees | 1.12 |
| Other... | 1.49 |
| Total | \$415,361.03 |

OBSERVATIONS

ACTIONS

- [Customize](#) this graph
- [Analyze](#) my spending
- Double click a segment for more details