



the

BULLETin

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SUCCESS THROUGH EDUCATION

Sep-Oct 2007

Bulls Calendar

Mid Oct: MISO League Ends
10/11: Bulls Board of Directors' Meeting
11/30: Newsletter deadline for the Nov-Dec issue

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STRAIGHT FROM THE BULL'S MOUTH

Aloha! What lies Ahead? Specifically, what does every Club player want or expect from the beautiful game? For some, it is merely fast-paced exercise with friends. Others are in the sport because of parental pressure. Hopefully, most play for the love of the game. Players from the Bulls excel both in high school and college. When you get a chance, visit the Websites for Yale, Harvard, Boston College, Westmont, Irvine, Washington, Creighton, SMU, Rutgers, Alabama-Birmingham, and Hawaii, to name a few.

Part of our Club's mission is to provide the means for players to achieve their goals of playing in high school, college, professionally, and maybe even internationally. This is not an easy road and there are no guarantees. Expectations are high and what helps players succeed are sacrifice, determination, persistence, and practice to mirror their talent. Sacrifice involves balancing homework with training schedules and matches. Determination is seen in the player who juggles on his or her own time, taking extra shots on goal or penalty kicks when practice is over, or conducting speed drills individually. I am reminded of Coach Guidry telling me how he used to practice crosses into the box on his own at full speed between training sessions until he was exhausted. Larry Bird reportedly shot 1000 free throws a day to become the best in his sport (basketball).

One of our players has recently been rewarded for his years of sacrifice, determination, and persistence. Kenji Treschuk was picked up by the USL's Seattle Sounders just after the season started this past year. Initially when he got on board, he was coming off the bench; but soon after they recognized his talent and he began starting in his defensive position and continued as a starter for the remainder of the season. Kenji was a nominee for Rookie of the Year. He scored the winning goal in the quarterfinal match against Puerto Rico IN Puerto Rico to continue the Sounders' season. And just recently the Sounders defeated Atlanta to win their 4th USL title! Congratulations, Kenji, on a fantastic season! Hopefully he will be wearing an MLS jersey next season. If not, catch him on the pitch when the Bulls Division I team competes in the MISO league. His intensity is infectious. Great job, Kenji, we're proud to call you a Bull and you're proof that talent coupled with hard work definitely pay off!



BITS & PIECES

Congratulations to the HSC Board of Director Officers for this year:

President	Ken Perske
Vice President	Karen Ehrhorn
Treasurer	Glen Okazaki
Secretary	Miles Tsuruoka

No words can describe how grateful we are to have had Karen Ehrhorn as our Treasurer for YEARS, even after her daughter graduated from the Club. Karen brought us in to the 21st century by really organizing our finances, filing our taxes, looking for grant monies, organizing payroll, streamlining staff benefits, and being a consistent donor to the Bulls. Thank you so much, Karen, for all of your dedication! Karen has turned over the reins to Glen Okazaki, who has been working closely with her for the past year. A very big mahalo also goes out to Miles Tsuruoka, who continues on in his position as Club Secretary. This is in addition to his coaching duties, his continuance as Webmaster and computer whiz for all of our technical problems. And finally, the Club wouldn't be where it's at without the steady leadership of Ken Perske. Thank you Ken for your true dedication to the Club, the Coaches, the Staff, and the Players!

CLEATS UP!

Did you know that during a typical soccer match on a full sized field, up to 7 miles of terrain are covered by individual players! Two-thirds of this distance is covered by jogging and one third by sprints with multiple bursts of speed.

A quality soccer cleat must allow for comfort, support and function under these varied speeds and motions.

Excessive mobility in a cleat can lead to blisters and tendonitis. Most players want their toes right up to the end of the inside of the shoe. Resist the temptation to buy shoes that are big enough to allow for growth. Too much space can increase the risk of injury.

Field conditions can dictate the type of shoe the player needs:

- Hard Ground (HG) shoes have numerous short cleats uniformly spread across the sole and are ideal for very hard fields.
- Firm Ground (FG) shoes have 10-14 bladed cleats on the sole, are ideal for firm fields and are the most popular type of soccer shoe.
- Soft Ground (SG) shoes are for very soft or rain-soaked pitches and should not be used on hard surfaces. The cleats are generally longer, replaceable and have varied heights.

Up and Coming!

Coach Mike Freitag, University of Indiana soccer coach, will be here just after Christmas to hold an **Elite Camp** for all Bulls' U12 players who apply. Coach Freitag holds a USSF A license and the Scottish Football Association B license. He has spent 22 years at IU as a player, grad assistant, assistant coach, and head coach. He has taken the IU to five of seven national championships and has a head coach record of 47-11-10! The Elite Camp will be held at the same time as the ProXtreme Camp but, unlike ProXtreme, it will only open to members of the Honolulu Bulls. Mark your calendars if you want to learn from one of the best in what promises to be a fun, but intense, experience.

The Club's 10th Annual **ProXtreme Camp** will take place December 26-30 at Waiālae Iki Park. Our own Brian Ching will headline the list of professionals in attendance. Clint Mathis, Duke Hashimoto, Ted Eck, and Kenji Treschuk will also be there. This camp is intended for players from 5-14 years of age of all skill levels and we want players outside of the Club to participate. Let all of your friends know about the camp. Details can soon be found for both camps at www.hawaiisoccercamps.com.



DA BULLZ!



By now, most everyone in the club is aware that our 94 Girls played an outstanding tournament in Hjørring, Denmark during the last week of July and won the prestigious Dana Cup in the U14 Girls class. The 94 Boys also participated in the tournament, won their pool with an undefeated record, and won their first game in the A finals before being knocked out in the round of 32.

While the play of the girls and the championship were quite an accomplishment, the trip and the experience were something the players and the family members that traveled with them will always remember.

We crossed two oceans and who knows how many time zones to bring a touch of Hawaii and the Bulls brand of soccer to the European continent. And everywhere we went, we were able to touch people as only those from Hawaii can. The girls learned a hula and the boys the haka, and we proudly, yet humbly presented these to a variety of guests as a gift. It was warmly appreciated by the vice mayor of Goldberg, Germany and his staff, the staff and coaches at the FC Hansa Rostok professional soccer club in Germany, as well as by the players and fans at the opening ceremony of the Dana Cup.

In Germany, the players stayed in the homes of German families. These were small town folks in somewhat economically depressed little villages, and we brought them warmth that put smiles on their faces. In return, they housed and fed our kids and let them see how other people in the world live.

We were able to see what was left of the Berlin Wall and other historical sites that most of us had only read about in books. We saw castles and churches and dungeons and wonderful street-side cafes; the players and parents did some shopping and our hosts were the most. And we did all this, even before we went to Dana Cup.

There our players also received the royal treatment. We helped light the Dana Cup flame that burned in the town square throughout the tournament before moving on to a private meeting with the mayor. We danced our dances and took part in the parade of nations into Hjørring Stadium. And then, it was all business...4 games the first 2 days, 4 more over the next 3 days. We played teams from Norway, Denmark, Germany, and Sweden, many of whom became our friends and followed our progress after we had eliminated them. We felt how the game was played in Europe, and how it was refereed. It is a little more physical than we are used to here, especially on the girls side. The mayor who welcomed us on Monday presented us our trophy and medals in what ended up being the completion of the circle.

That's not to say there weren't some bumps in the road...whenever you take 60 people anywhere for 16 days and nights, there are going to be some minor issues. But they pale in comparison to the outstanding experience the Dana Cup trip was for our Honolulu Bulls, and for the people who were lucky enough to be touched by the class and aloha we took abroad – a credit to the Bulls' organization, top to bottom.

Giving Thanks

Mahalo to all who donated to the Hunakai Field Fund. It is great to have a safe haven for our youngest Club players. Kudos, also, to those who donated to the Club through Foodland's Give Aloha program in September. Every little bit helps to buy equipment and gear for the staff, or to defray costs for financial aid recipients. Also, many thanks to the players who participated in weeding at Waipio Soccer Complex and with the Children and Youth Day Celebration on October 7th at the Honolulu Hale and the State Capitol. We also marked the unveiling of the Club's newest innovation of an inflatable soccer field at this event, which proved to be a huge success! Much aloha for all you do!