

Spring 2010

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WEATHER HOTLINE

(540) 966-6900

QUOTE OF THE MONTH

Do you know what my favorite part of the game is? The opportunity to play.

- Mike Singletary

DID YOU KNOW

More than 2,500 athletes representing over 77 countries from around the world will travel to Vancouver, Canada for the 2010 Winter Olympics.



Click logo for Olympic Schedule

SPORTS OFFICE

925 Union Street
Salem, VA 24153
(P) 375-4094 (F) 375-4032

Cancellation Line:
966-6900

Check daily game status at:
www.salemva.gov

WORTH A LOOK

In a recent survey conducted by the American Academy of Neurology, 41% of athletes who suffer concussion and return to the game too soon put themselves at risk of "second impact syndrome." A condition where the brain swells rapidly and catastrophically after a person suffers a second concussion before symptoms from an earlier one have subsided.

BOOSTER CLUB INFO.

East Salem Booster Club

President: Brian Bowles
Phone: (540) 375-7333
Cost to join club: \$10 per yr.
Club meetings are held on the 1st Sunday of each month at 6p at the Salem Sports Office.

North Salem Booster Club

President: John Bayne
Phone: (540) 389-2001
Cost to join club: \$10 per yr.
Club meetings are held on the 3rd Sunday of each month at 4p at the City of Salem P&R Main Office.

South Salem Booster Club

President: Mike Jones
Phone: (540) 375-2860
Cost to join club: \$10 per yr.
Club meetings are held the 2nd Sunday of each month at 7p at the Salem P&R Main Office.

West Salem Booster Club

President: Jeff Clifton
Phone: (540) 387-0936
Cost to join club: \$10 per yr.
Club meetings are held quarterly.

Booster Clubs are comprised of Elementary School zones. The school your son or daughter attends represents your designated club. For more information on becoming involved in a Booster Club please call one of the numbers listed above.

News and Notes

Spring Sports Registration

Registration is now underway and will continue until Wednesday, February 24 for the following youth spring sports leagues:

- Boys Baseball (Ages 7-18)
- Girls Softball (Ages 6-18)
- Co-Ed Tee Ball (Ages 6-7)
- Boys Soccer (Ages 6-12)



This is an online registration system that is available 24-hours a day, seven days a week. You can use this system to register yourself and family members for upcoming activities that are currently listed in our program guide. To get started please click on the "Register Online" button above.

Please remember that in order to complete the registration process, all fees must be paid in advance. If you have any questions you may contact us at athletics@salemva.gov or (540) 375-4094.

Dates to Remember

February 24	Spring Sports Registration Ends
March 15	Spring Sports Practices Begin (Baseball, Softball, Soccer)
April 19	Baseball, Softball & Soccer Games Begin
May 22	Youth Football Combine

Youth Basketball Update

- **Reschedules:** With all the winter weather we've had over the last couple of weeks, our youth basketball season has been turned up side down. At this point we are doing our best to re-schedule as many games as possible, however with the number of games we've missed there's no guarantee that we will be able to make up every game. We know that these games are important to the kids and if time permits we will try to make every accommodation possible to play all we can. To view your teams re-schedules please click [here](#).

- **Playoff brackets** are now available online for all leagues ages 9 and up. Please click [here](#) to view your specific league bracket.

Youth Football Combine

The City of Salem Parks and Recreation Department along with Parisi Speed School will conduct a Youth Football Combine for all boys and girls ages 7-18 on Saturday, May 22 at Salem Stadium.

Over the last nine year, the Parisi School has been the nation's authority in preparing college football players for the NFL Combine. Parisi have produced the fastest 40 yard dash at 10 different positions, including the overall fastest man at the 2001, 2004, 2005 and 2006 Combine. These impressive results have helped over 125 of the players trained get drafted over the past nine years.

Participant's will learn the cornerstone to the Parisi Speed School's Combine Training methods. Each running and jumping test will be broken down to specific teaching points of instruction to help maximize results. Testing events include: 10, 20 & 40 Yard Sprint, 60 Yard Shuttle, Vertical Jump, Standing Broad Jump, 5-10-5 Pro Agility Test (20 yard shuffle), and L Drill.

Ages	Time	Cost
7 - 12 Yr. Olds	9:00 am - 11:00 am	\$25.00
13 - 118 Yr. Olds	11:30 am - 2:00 pm	\$25.00

Participant's must register in advance and can do so by clicking [here](#). (Link will open ActiveNet, from there select "Activities", then "Youth Football Combine"). For more information please contact the Sports Office at (540) 375-4094 or at athletics@salemva.gov

Making Goals Manageable Ones

Young athletes who play with the burden of unrealistic expectations - either self imposed or from coaches or parents - can see their confidence crushed when they fail to perform to that level.

High expectations from parents and others can sink you athletes' confidence. Let's begin by taking a look a Jon, a 12 year old basketball player who often begins games telling himself that he has to break all his personal records and score at least 25 or 30 points, in addition to getting eight assists and four rebounds. His coach often hold similarly high expectations for Jon, which he quickly adopts as his own.

If Jon begins a game by losing a few balls or missing a few shots, he starts playing more tentatively, worried that he's going to make even more mistakes. He gets frustrated, then begins to try too hard. He keeps trying to make "perfect" shots. But he fees wooden and tight. He feels like a failure because of his overly high expectations. He needs to play in the moment more and rely more on his natural ability.

Not only does Jon have to cope with expectations he imposes on himself, but he must deal with his coach's expectations. Once his coach starts pointing out mistakes or pressuring Jon to score, he freezes up even more. He starts focusing on avoiding mistakes - avoiding shooting air balls, for example. Not matching his expectations, Jon gets frustrated and doubts his abilities. He begins to wonder how he's ever going to block his opponent's shots. He starts punishing himself for not being in better shape.

Focusing on the positive instead of indulging in such negative thinking, Jon needs to think about his positive qualities: his strength, his coach's belief in him, his hours of practice and his ability to get the ball in the basket in the past. Remember: if your young athlete has strict expectations, fails to meet her expectations and begins focusing on her errors, she crushes her self-confidence.

Jon's confidence would not sink so quickly if he entered the game with no expectations about the quality of his performance or scoring. Jon's coach and parents could help him by telling him to forget about scores and focus on executing the plays. They should help him play "in the moment." Jon should look at the basket and throw the ball without attempting to make a perfect shot or without trying to avoid an air ball. He should react to the target and trust himself.

He should also focus on what's happening right now - not on the score or the win. Jon could concentrate on nabbing rebounds or ensuring his passes are well executed. His coach could also remind him to focus on these small objectives or mini-goals rather than on the score.

As parents and coaches, you can keep an eye out for kids with high expectations. They often:

- Set unreasonably high goals for themselves
- Beat themselves up mentally when they don't perform to their expectations
- Call themselves names, such as "loser," "choker" and "wimp" when they make mistakes
- Feel pressured to perform will for parents, coaches and peers
- Play it safe and don't take risks when they get ahead of their opponents because they want to protect their lead.

Again, parents and coaches need to help these young athletes set small, manageable goals and reward them when they achieve them.

Source: Cohn, Lisa and Cohn, Pat, PhD. "Making Goals Manageable Ones", *Sporting Kid*. Winter 2009: Page 24.

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Questions or comments? Email athletics@salemva.gov or call (540) 375-4094.