

AUGUST 2009

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QUOTE OF THE MONTH

For me, winning isn't something that happens suddenly on the field when the whistle blows and the crowds roar. Winning is something that builds physically and mentally every day that you train and every night that you dream.

- Emmitt Smith

DID YOU KNOW

College footballs and NFL footballs are the exact same size. The only difference is the white stripes on the college ball.

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**

NEXT MONTHS ISSUE

- **Fall Sports Information**
- **Dates to Remember**
- **Winter Sports Registrations**
- **Coach of the Year Award Winner**

WORTH A LOOK

In a recent SI for Kids nationwide survey, when asked "What is the most important part of organized sports", kids responded with the following:

1. Having fun
2. Trying my best
3. Winning the game
4. Being a true team player
5. Making new friends
6. Getting Exercise

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: Randy Peregoy
Phone: (540) 389-6508
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

 **New Game Information Hot Line**

Our game information hot line number has changed. Beginning with youth football and soccer this year - coaches, parents and players will need to call **966-6900** for the daily status of all youth and adult athletic games and events scheduled by the Sports Office. This new line is a local call and is capable of accepting up to 99 calls at the same time, so some of the problems we have experienced over the last few years with people not being able to get through because of the large volume of incoming calls should be a thing of the past. As a reminder, decisions on game cancellations and postponements will not be made until 3:30pm daily. You may also check our website for current weather related information.

New Participant Fee Structure

The City of Salem has adopted a new youth league participant fee structure which will take effect beginning in October of 2009. Under the new structure the following fees will apply to all participant's and must be paid in full upon registering for any league.

Sports Uniform Fee: \$35.00

This fee is required of all participant's who play the following sports.

- Football
- Baseball
- Softball
- Soccer

Non-Resident Tuition Paying Students: \$50.00 per sport

This fee is required for all participant's that do not live within the City of Salem, but pay tuition to attend one of the schools located throughout the City. This fee is in addition to any uniform fee that may be required depending on the sport.

Dates to Remember

- August 3** Cheerleading, Football and Soccer Practices Begin
- August 4** Soccer Evaluation's
 - Girls Ages 12-14 (U14 League)
 - 6-7:30p at Spartan Field
- August 5-6** Junior League Football Evaluation's
 - Ages 11-13 (8th graders are not eligible to participate)
 - 6-7:30p at the Salem High School Field House
- August 22** Youth Football Jamboree (Spartan Field)
- August 24** Youth Football and Soccer Games begin
- October 9** Sandlot Night (Salem HS vs Cave Spring, Salem Stadium)

Adult Softball Update

Adult Softball playoff brackets are now online and can be viewed by clicking on the following link. ([Brackets](#))

Dennis McDaniel Coach of the Year Award

Do you know a volunteer coach for the City of Salem Parks and Recreation Department who places the emotional and physical well-being of players ahead of any personal desires to win? Does he or she treat each player as an individual? Are they an enthusiastic team leader, a positive role model and do they have thorough knowledge of the techniques and rules for the sport while being an understanding and caring friend? Are you proud to have them coaching your child and, most importantly, does your child like having them as a coach? If you answered yes to the above questions, then they deserve to be nominated for the Dennis McDaniel Coach of the Year Award.

This award will recognize and honor that special coach who goes above and beyond the X's and O's to ensure that each kid has a fun and meaningful experience while participating in our youth sports program.

Judging will be based on the following: The nominee...

- Treats each player as an individual and understands the range of emotional and physical development for the age group he/she coaches.
- Does his/her best to provide a safe and positive playing environment for all players.
- Is a knowledgeable teacher of the rules for each sport that he/she coaches.
- Uses coaching techniques appropriate for the skill level of the players.
- Remembers that he/she is a youth sports coach and that the game is for the kids, not adults.

The winning coach will be recognized at halftime during this year's youth football sandlot night. Please click [here](#) to fill out an online nomination form. **Nominations must be submitted by August 28, 2009.**

Tips For Sidestepping Overuse Injuries

Too many activities - with not enough rest can sideline youth athletes for extended periods of time with overuse injuries. "We want children involved in physical activity outside, especially since we have an obesity crisis," said Dr. James Gamble, orthopedic surgeon at Lucile Packard Children's hospital at Stanford. "Yet you can have too much of a good thing."

If children are participating in too many activities, there may be a breakdown in their bones, ligaments and tendons, creating overuse injuries. To help avoid overuse injuries like stress fractures, Gamble stresses the importance of maintaining proper volume and intensity. "If kids are involved in an activity that stresses their bones, ligaments and tendons every day, their body doesn't have time to heal," he said. Warming up to minimize injury is another important factor.

"You can't just go out and start running or playing soccer," he said. "There needs to be a very aggressive warm-up period when children regain their flexibility. There's also the need for proper stretching and using the proper equipment, even in practices."

Gamble strongly stresses hamstring flexibility, especially during pre-season conditioning. "Hamstring strains are one of the most common conditions we see," he said. "Strengthening and toning of abdominal and gluteal muscles are highly important, too, as these muscles protect the back."

Source: "Tips for sidestepping overuse injuries." *Sporting Kid* Summer 2009: Pg. 9

From the Sports Office...

With football and soccer just around the corner, we thought you might want to take a look at the website below to get some insight on Dynamic Stretching and how incorporating some of these exercises into your team warm-ups might increase each participant's flexibility and reduce the potential for player injuries over the course of the season.

<http://www.momsteam.com/health-safety/general-safety/injury-prevention/dynamic-stretching-recommended-as-part-sports-warm-up>

Please do not respond to this email.

To remove your name from our mailing list, [please click here](#).

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