

OCTOBER 2009

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WEATHER HOTLINE

966-6900

QUOTE OF THE MONTH

Adversity causes some men to break; other to break records.

- William A. Ward

DID YOU KNOW

For the first time in over 38 years this year's MLB World Series weekday telecast will begin at 7:30pm with the first pitch to be thrown around 8:00pm. Young fans were cited as a huge factor in this big change in addition to the hopes of drawing the largest number of viewers possible.

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

- **News and Notes**
- **Dates to Remember**
- **Sandlot Super Bowl Results**
- **Youth Basketball Try-out Dates**

WORTH A LOOK

Statistics show that only **8%** of all high school athletes ever go on to receive a college athletic scholarship.

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 booster club. For more information on becoming involved in a Booster Club please call one of the numbers listed above.

News and Notes

ActiveNet Registration

Our youth basketball registration began on October 1st, and to date we have had very few complications with families setting up accounts to register their son or daughter for a specific league. We know that this process is a little different from the way we've taken registrations in the past, so if for any reason you encounter a problem or get confused with what to do, don't hesitate to give us a call and we'll be happy to walk you through the process.

Sandlot Super Bowl

The dates for this year's Jim Carroll Regional Sandlot Super Bowl have been set for the first weekend in November at Salem Stadium. Salem league champions will once again face Bedford City/County league winners for the right to be named Super Bowl Champions. Salem teams will play on Saturday, November 7. Daily ticket prices are \$2.00 for everyone ages 6 and above. Children under 6 will be admitted free of charge. Game times are listed below.

Division II

Pee-Wee Championship 2:30p
Little Championship 4:00p
Junior Championship 5:30p

Dates to Remember

- October 1-23** Winter Sports Registrations Begin (Youth Basketball)
- October 9** Sandlot Night (Salem HS vs Cave Spring, Salem Stadium)
- November 7-8** Jim Carroll Regional Sandlot Super Bowl (Salem Stadium)

Sandlot Night

Youth football "Sandlot Night" will be held on Friday, October 9, 2009 at Salem Stadium as the Spartans play host to the Cave Spring Knights. Gates will open at 6:30pm for all players, cheerleaders and coaches listed on a current team roster. Admission is free for these individuals by simply showing up in your team jersey or coaches shirt. Please mark this date down on your calendar and make plans to join us for another great night of Salem High school football.

League Playoff Brackets

Playoff brackets for both youth football and soccer are now available online. Please click on one of the links below to take you to those websites.

- [Youth Football](#)
- [Youth Soccer](#)

NFL Punt, Pass and Kick Competition Results

We would like to congratulate all those that participated in our local qualifier for the NFL Punt, Pass and Kick Competition held at Spartan Field on Saturday, September 26. Despite the dreary weather conditions we had a nice turnout and a lot of fun. Attached is a link to the [SoSalem](#) website that has some great pictures of the days activities for those of you who might not have seen it.



Local Champions pictured from Left to Right
Elliot Hall: 8/9 Division
Jake Preston: 10/11 Division



Local Champions pictured from Left to Right
MacKenzie Edwards: 12/13 Division
Zack Wright: 14/15 Division

8/9 Division		10/11 Division		14/15 Division	
1st	Elliot Hall	1st	Jake Preston	1st	Zach Wright
2nd	Jake Williams	2nd	Austin Kirtner	2nd	Rodney Hearse
3rd	Trevor Gallagher	3rd	Davey Pollard		

For Coaches: Making a real difference during practices and game day

The following article is found in the Fall 2009 edition of Sporting Kid Magazine. Included are some tips to help you get the most out of your practices whether you're a seasoned coach or a first timer. Either way there's some pretty good information included that I'm sure will help someone out there.

PRACTICE PLANNER

Every time you conduct a practice you have to focus on making sure that *all* the players - and we stress all - benefit from their time with you. You'll probably have quite a mix of kids, each one with their own distinct set of skills, as well as being at different levels in their development. Be confident in your abilities and know that you're qualified to give your whole team a good experience in practice. Remember that you get a real sense of satisfaction from making your practices fun and effective for all your players. The following pointers can help you use your practice time efficiently.

No loitering allowed: Do whatever you can to make standing around time at your practices nonexistent because the moment kids stop being actively involved in practice, their learning stops, too. When their learning stops, they can't improve their skills or prepare for game day. After all, your players don't come to stand around in boring lines—they come to practice, right?

Split up the drills: If you have assistant coaches you can run a couple of different drills in the different areas of the field/court at the same time. Running multiple drills lets children get in more repetitions, which is especially helpful when you have a large group of kids to work with. If you're running the team solo, try to focus on specific drills that the kids can work on in small groups. This small group setup give them more offensive ball touches or more opportunities to defend, depending on which skill the drill targets.

Maintain a good pace: Avoid lengthy pauses between drills because they sabotage the high energy level and enthusiasm you want to maintain through constant motion during the whole practice. (Just be sure to mix in plenty of water breaks.) Maintaining constant motion has some great team benefits, including holding kids' attention and enhancing their conditioning.

GAME DAY

A well-structured pre-game warm-up helps minimize the chances of injuries, as well as decreasing the severity of them if they occur. The also prepare players for action. Keep the following tips in mind while putting together your pre-game warm-up:

Pre-game rehearsal: During practices leading up to a game day, spend a few minutes going over your practice warm-up to help familiarize the kids with the order of stretches and drills. You don't want to waste valuable time before the game organizing players, introducing drills and giving lengthy instructions on how to perform certain stretches.

Cover the key muscles: In a sport like volleyball players rely on their legs a great deal, so stretches need to cover the hamstrings, calves and quadriceps; while a sport like baseball requires stretching the shoulders and torso, among others.

Hit all the skills: Besides getting your players loosened up, you want to get them comfortable performing all the skills that they will use during the game. So make sure that your warm-up is varied enough to accommodate all the skills so that when the game begins the players are prepared to execute anything that is required.