

## MARCH 2009

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## QUOTE OF THE MONTH

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the things you think you cannot do.

*-Eleanor Roosevelt*

## DID YOU KNOW

The only father and son to hit back-to-back home runs in a major league baseball game: Ken Griffey, Jr., and his father, Ken Griffey, Sr., both of the Seattle Mariners in a game against the California Angels on September 14th, 1990.

## SPORTS OFFICE

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

Cancellation Line:  
375-4094 ext. 6

Check daily game status at:  
[www.salemva.gov](http://www.salemva.gov)

## NEXT MONTHS ISSUE

## E-Newsletter Contest Winner



Congratulations to Clayton Austin for being selected as our "Name our E-Newsletter Contest" winner. Clayton is a fourth grader at East Salem Elementary school and participates in various recreation leagues offered by the City. His favorite sports are basketball and lacrosse, but also enjoys swimming and playing football. Thanks again to all those who sent in entries and be on the lookout for more contests coming up in the next few months on the Recreation Connection.

## Boys and Girls Youth Basketball Update

The 2008-09 youth basketball season concluded this past week with play being wrapped up in several age divisions. Thanks goes out to all volunteers who helped make this another great season.

When you get a chance, please take a minute to fill out one of our online [program evaluation](#) forms. This information will help us gain valuable feedback on your experiences this season and ways we can continue to better our programs.

### Basketball Tournament Winners

Division	Champions (Red)	Champions (White)
9U Boys	SS Red Hawks	SS Lakers
9U Girls	SS Spartans	
10U Boys	WS Celtics	WS Heat
10U Girls	WS Twilight Birds	
11U Boys	Maroons	
11U Girls	Lightning	
12U Boys	Jaxx	
Junior Boys	Not yet determined (Championship rescheduled to 3/3/09)	
Junior Girls	Twilight Zone	

## Spring Sports Player Evaluations

The following dates and times have been scheduled for player evaluations in all central draft leagues. These evaluations will be used to assess each players ability levels within their chosen sport and are designed to give coaches an opportunity to view all participants with the goal of creating the most balanced leagues possible.

If for some reason your child is unable to attend his or her designated evaluation, they will still be placed on a team as long as they are on the registration list. Please remember you must register in order to be eligible to participate. Late sign-ups will be placed on a waiting list and added only if space is available.

### U13 Boys Soccer (Ages 11-12)

When: Tuesday, March 10  
Where: Spartan Field  
Time: 6p-7p

### Girls Softball (Ages 9-12)

When: Monday, March 9  
Where: Moyer Sports Complex  
Time: 6:30p-7:30p

- **Spring Sports Preview**
- **MLB Pitch, Hit & Run**
- **Dixie Baseball All-Star Information**
- **Dixie Youth/RAVSA Softball Night**

### Boys O-Zone Baseball (Ages 11-12)

When: Thursday, March 12  
 Where: Moyer Sports Complex  
 Time: 6:30p-7:30p

### Spring Sports Dates to Remember

March 16 Youth Practices Begin (baseball, softball and soccer)  
 April 20 Baseball and Softball Games Begin  
 April 25 Softball Games Begin  
 April 26 MLB Pitch, Hit & Run Competition  
 May 30 Dixie Youth/RAVSA Softball Night  
 June 22 RAVSA Softball Tournament Begins (Moyer Complex)

### MLB Pitch, Hit & Run Competition

The City of Salem Sports Office will once again host a local qualifier for the 2009 MLB Pitch, Hit & Run Competition. This event is intended to encourage youth participation and emphasize the "FUN" element of baseball and softball. Since there is NO registration fee, everyone has an opportunity to participate. Pitch, Hit & Run tests three of the most fundamental aspects of the sport (throwing, hitting and running) in a fun and enjoyable way.

Winners of the local competition advance to a sectional competition and from there to the team championships. The culmination occurs at the National Finals which will be held at the 2009 MLB All-Star Game. This event is scheduled for Sunday, April 26 at the Moyer Sports Complex. Times have not yet been set.

### WORTH A LOOK

#### By the Numbers...

A University of Connecticut Health study found the percentage of injuries due to overuse among youth athletes rose from 10 percent in 1980 to 70 percent in 2005.

### 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.*

### Fueling Up With Energy Drinks

The following information was recently published in Sporting Kid Magazine concerning the use of energy drinks. We are not endorsing it's content either way, but merely thought it was interesting and something worthy to pass on to parents. The question was asked by Sporting Kid with the answer coming from Dr. Kate Miller who is a research scientist for the Research Institute on Addictions and the University of Buffalo.

**Question:** Is it okay for children to drink energy drinks before games or practices?

**Answer:** It's probably not a good idea for children to drink energy drinks before games or practices, for three reasons. First, caffeine isn't really good for kids. Although low doses improve alertness and reaction time, heavier doses can have negative health consequences, ranging from mild (jitteriness, headaches) to moderate (insomnia) to severe (heart palpitations). Because children are smaller and less physically developed than adults, they are more caffeine sensitive.

Second, kids, parents, and even some coaches, confuse energy drinks with sports drinks. This is a problem for youth athletes because, where sports drinks (like Gatorade provide hydration and replace electrolytes lost through physical exertion, caffeinated energy drinks actually contribute to dehydration. While these drinks may give you a short-term boost of energy, they are not recommended for use while exercising.

Third, energy drinks don't contain just caffeine. Most include a combination of refined sugar, amino acids, B vitamins, and plant extracts. Advertisers' claims regarding the health benefits of these extra ingredients are not monitored by the FDA. It's not clear yet what, if any, interactive effects these untested cocktails have on adults, let alone children.

An occasional energy drink is probably no more harmful than a cup of coffee, but parents and coaches should monitor for signs of excessive caffeine intake (flushed face, irritability, trouble sleeping); keep kids away from high-dose drinks and, where possible, encourage healthier alternatives, such as water, sports drinks, or juice.

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](mailto:shall@salemva.gov) or call (540) 375-4094.