



From the Director of Coaching



Hi everyone

I hope you have enjoyed a fun and exciting Fall season as much as myself and our coaches.

Our affiliation with FC Dallas seemed to inspire and encourage our players, teams and coaching staff to work harder and reach higher performance levels. I feel that our teams were stronger this year and more competitive than ever. The teams have performed very well at play-dates and tournaments. The developmental progress made in particular by the younger teams has been very encouraging. At the DSR there were multiple tournament champions and runners up. It has been very pleasing to see players and coaches smoothly making the transition from YDP to STARS and onto FCDEC. Well done to all our young teams. The

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Emerald Coast United is now officially FC Dallas Emerald Coast! Shown below is Director of Coaching Phil Rose and Board President Mike Rarick signing the Affiliation Agreement with FC Dallas Sr. Director of Youth Business Development, Katie Solomon Edgar.



Tuscaloosa Relief Effort

Over \$500 worth of school supplies collected from FCD-EC members were handed out on Aug 27 at a Tuscaloosa High School and Middle School. The team of people from Okaloosa County partnered with the Mayor’s Task Force coordinating tornado relief in the most “at risk” area of Tuscaloosa. The area was one of the most hardest hit and school enrollment has actually increased this year. The group initially began with Dr. Jeff Waits (Parkway Veterinary Hospital and member of First Baptist Church Niceville) driving hamburgers and hotdogs, water, and his backyard grill to Tuscaloosa the weekend after the tornados. This was the group’s 5th trip. A significant contribution to this effort was also made by Walmart and Office Max.

older teams have also performed to a higher level and have certainly gained attention from clubs from other regions and out of state.

In October FCDEC held its first FC Dallas College Prep event and it was an outstanding success. Good feedback came from several families, coaching staff and board members. FC Dallas Youth Director Chris Hayden and FC Dallas College Program Director Scott Dymond were our clubs special guests and both gave excellent presentations and gave out great information. They were very impressed with our club and plan on returning in 2012.

For those players who would like to continue training through the winter FC Dallas Emerald Coast will be providing winter training opportunities for FCDEC younger players. A schedule of events is posted on FCDEC website.

The vast majority of FCDEC players who tried out for school teams successfully made the team. FC Dallas EC has members from multiple counties across the region and it's a great achievement for our players, coaches and club that so many of our players are representing their school at soccer. This is a great indicator of successful player development from FCDEC coaches. Well done to all of you who made the school team.

Spring tryout information will be posted on the club website. If anyone knows of players who would like to play for FC Dallas EC please direct them to our club website and encourage them to try out.

I will be visiting FC Dallas during the spring season in 2012. During the visit I will be meeting with the FC Dallas Youth directors regarding a year round calendar of events, including College Prep, camps and coach education, for FCDEC members. I will also be observing FC Dallas team practices and Academy games. At the end of the week I will be attending the FC Dallas College Combine.

I would to say a big thank you to our professional coaching staff, players, team managers, parents and volunteer board members. Together we are building a terrific club that I feel confident will continue to grow, both in size and in strength, for many years to come.

See you on the fields

Director of Coaching
November 2011

Destin Soccer Rodeo

FCDEC Members,

Congratulations to our new Tournament Director, Joy Andrews, on a highly successful Destin Soccer Rodeo. This was the smoothest tournament I've ever seen, as evidenced by the fact that we were all packed up and I was home by 5pm Sunday night. We have to total all the receipts, but I'm confident we netted over \$10,000 profit—which was our goal to maintain the club budget. Without these tournaments, all of our dues would be much higher.

THANK YOU to all the volunteers who made this event "uneventful." All of our field marshals showed up and did an excellent job, pointing out discrepancies and handling problems on many occasions. Our Site Coordinators did an outstanding job keeping everything moving in the right direction and on schedule. Everyone on our tournament committee who organized medals, programs, T-shirts, volunteer schedules, trainers, team check-in, vendors, referee lodging/provisions/pay, setup/breakdown, scorekeeping and all the other details did a great job. As usual, our hard-working board of directors spent most of their weekend at the fields.

I can tell you that every team in the club from YDP to the 93 girls pulled their weight, including several teams that didn't even get to play. Consider yourselves all trained for the Emerald Coast Cup in May! Speaking of which, mark your calendars for that tournament—May 12-13. Sorry moms, that's Mother's Day weekend.

Congratulations to all our coaches and players on a great showing, including the following teams who made it to the Championship games:

00 Boys Red – Champions
99 Boys Red – Champions
97 Boys Red – Finalists
94/95 Boys Red – Champions
99 Girls Red – Champions
98 Girls Red – Champions

Mike Rarick
President, FC Dallas Emerald Coast

CALENDAR OF EVENTS

Christmas Parade – Saturday, December 3

Christmas Camp (Session 1) – December 20, 21, 22

Christmas Camp (Session 2) – December 27, 28, 29

Spring Tryouts – Saturday, January 28, 2012

Niceville Christmas Parade

It's time again for the Niceville Christmas Parade! It's a great opportunity for the FC Dallas EC club to get together and have a lot of fun off the soccer field. The memories made, supporting the community, and spreading the word about our soccer club is a "win-win" for all. This event brought in a lot of new players last year.

WHEN: Saturday, 3 December, 9:00 showtime. Parade starts at 10:00 and should be over within one hour. We will need a small number of kids and parents to show-up at 8:30 (CVS parking lot) to help decorate the vehicles.

WHERE: Drop off and pick up will be in the parking lot of CVS (corner of Juniper and Johns Sims parkway near Food World and K-Mart).

ROUTE: About one mile in length, goes around NHS and RMS triangle (in a clock-wise direction).

WHAT: We have an actual fire truck with lights and siren to ride on, additional kids can walk beside the truck. Players should dress in the ALL RED FC Dallas uniform and wear a Christmas hat, fun socks, bright beads, etc. (we will have some Christmas hats available if you haven't unpacked yours yet)

The club will have candy to throw at the kids in the crowds (you can bring some of your own candy to throw too if you want) and will be handing out flyers about our club - advertising next season and STARS.

Note: Toys for Tots is part of this parade too and if you wish to support simply bring an unopened/unwrapped toy to donate.

Please come out and support this fun event!

DUES PAYMENTS

*Just a friendly reminder that **NO** board member, coach or manager will be accepting dues on the field. Please mail your payment to FC Dallas Emerald Coast, P.O. Box 832, Niceville, FL 32578 or you can log into the Club Web site and make your payments on line with by Visa, Mastercard or Discover. You may also contact our treasurer at treasurer@fcdallas-ec.com.*

STARS

Spring time brings out the STARS!

The second season of our recreational soccer program will start with sign ups at Northwest Florida State College on Saturday January 21st and Saturday January 28th from 9:00 to 12:00. When you see the Red STARS signs on the highways, it is time to find a 1st, 2nd, 3rd or 4th grade boy or girl who wants to play soccer. STARS placed 18 players on FC DALLAS teams this past fall. We ALL started our somewhere in recreational soccer.

STARS need PLAYERS, volunteer COACHES, and business SPONSORS. All STARS games and practices are held at Lewis School. Kick-Off games are February 25th and the End of Season Festival is April 28th. Volunteer hours toward Bright Futures Scholarship can be earned by volunteering with STARS. Contact Maria Jordan or Beth Mixon at rec@fcdallas-ec.com for more information.

Christmas Camp

**School is out . . .
but Soccer is IN at the Christmas Soccer Camp.**

FC DALLAS-EC Coach Tim Seketa will keep the intensity high for 6 hours of technical training, passing drills, and small sided matches. If "All you want for Christmas" is better ball control and crisp one-touch passes, this is the camp for you.

Non-FCD-EC players, if you're considering January Try-Outs for an FCD-EC team, this will give you serious spin-up.

Week ONE: December 20, 21, 22 weather makeup 23

Group ONE: U8-U9-U10-U11 9:00 – 11:00
Group TWO: U12-U13-U14 11:30 – 1:30

Week TWO: December 27, 28, 29 weather makeup 30

Group ONE: U8-U9-U10-U11 9:00 – 11:00
Group TWO: U12-U13-U14 11:30 – 1:30

FC DALLAS-EC players pay \$40 for 6 hours of training, non-FC DALLAS-EC players pay \$50.

Guidelines for Fluid Replacement

The following guidelines for maintaining body fluid balance, improving performance in the heat, and preventing heat-related illness appear to be prudent based on current scientific knowledge.

For intense training and long workouts, such as soccer games, a fluid replacement drink containing carbohydrates may provide an important source of energy. A 6-8 percent carbohydrate beverage is typically most effective in maintaining fluid balance while supplying the muscles with fuel.

The fluid consumed during activity should contain a small amount of sodium and electrolytes. The sodium may be beneficial for quicker absorption.

The beverage should be palatable and taste good.

Soccer players should drink 10-16 ounces of cold fluid about 15-30 minutes before games.

Drink 4-8 ounces of cold fluid during games.

Start drinking early before the game because thirst does not develop until 2 percent of body weight has been lost, by which time performance may have begun to decline.

Avoid carbonated drinks, beverages containing caffeine and those promoted as "energy drinks."

Fluids and Hydration

Fluid replacement is one of the most important nutritional concerns for an athlete. Approximately 60 percent of body weight is water. As an athlete trains or competes, fluid is lost through the skin through sweat and through the lungs while breathing. If this fluid is not replaced at regular intervals during practice or competition, it can lead to dehydration. A dehydrated athlete has a decreased volume of blood circulating through the body, and consequently:

The amount of blood pumped with each heart beat decreases
Exercising muscles do not receive enough oxygen
Exhaustion sets in and the athlete's performance suffers

Preventing Dehydration

The best way to prevent dehydration is to maintain body fluid levels ("euhydration") by consuming plenty of fluids before, during, and after a game. Often, athletes do not realize that they are losing body fluids or that they are impacting their performance through dehydration. Athletes who are not sure how much fluid to drink can monitor hydration using two helpful techniques:

Many times athletes wait to drink until they are thirsty. Thirst is not an accurate indicator of how much fluid an athlete has lost. Waiting until you are thirsty can affect your performance. When athletes only drink enough to quench their thirst, they may still be dehydrated.

Article by Stacey Dancer, FCD-EC parent (U13B)

Uniform Policy Reminder

All players must wear red shorts (Equipo or Striker), red socks (Formotion or 3-stripe), and blue practice T-shirts to all practices

Cold Gear - Should be white.



FC Dallas-EC would like to wish all the middle school and high school team good luck for a safe and successful soccer season. See you in February!!

FC Dallas Emerald Coast would like to thank our corporate sponsors:



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