

# The Far Post

Bonneville Youth Soccer League ▪ [www.byslsoccer.org](http://www.byslsoccer.org) ▪ January 2012



Bonneville Youth Soccer League (BYSL)

## President's Message

Happy New Year!!! I know I'm late but it is still a new year for spring soccer and a hope for good weather and a successful season. As we prepare, I have a few comments to help make a successful season and a more enjoyable time for all. All of us can remember respect. Respect for ourselves, our opponents, spectators, referees, coaches and of course for the game. Soccer is a global game. From the lush green fields to the rock hard streets and dirt fields soccer is played throughout the world.

Every team works hard to prepare for their games. All go into the contest with excitement and hopes of a victory. Victory? Is victory only measured by the score of the game? My answer, and I hope yours, is no! Victory/winning is many different things. The player that scores their first goal. That's a victory regardless of the outcome of the game. As you watch your team they play the game just like they have been coached, even if only for a time, that is a victory. The excitement from your son or daughter after the game is as high as before the game because he/she played well, that is a victory. Many more things become victories when we allow that to happen. Good sportsmanship, fair play, positive support and many more can all add to the enjoyment of the game. So I am not misunderstood, I am very competitive. Participating in the game for the better part of four decades has helped me to understand where victory/success can be found. It's not just on the scoreboard. Look for all the victories that come this spring and your stress level will go down. The season will be improved. Soccer is the world's greatest game. Good luck !! Check us out at [byslsoccer.org](http://byslsoccer.org) or **LIKE** us on Facebook (Bonneville Youth Soccer League).

**Dean Cook, BYSL President**  
[pigsrus@srsosa.org](mailto:pigsrus@srsosa.org) – 201-3808

## BYSL Director's Of Coaching Message

Greetings everyone,

This Winter I will just remind all of you to keep the players active in the off-season through Indoor soccer, ODP, strength conditioning, and even other sports (Basketball, hockey, etc.). It is extremely important for athletes to keep that edge to compete with teams from other areas who have longer outdoor seasons.

Likewise, proper nutrition and hydration should always be a focus for our players year-round. Just because it's cold out does not mean that our players aren't depleting their reserves and they will need to replenish that consumption on a daily basis. Our players need a proper diet and fluid consumption to perform their best. There is some very good information on this at the following website address: <http://successinsoccer.com/subscriber-benefits/nutrition-for-soccer>. Spend some time perusing this on the next stormy day (after the family watches a soccer match on FSC!).

For all of our new coaches (and those that have already begun their one-year time clock), District II is co-sponsoring our annual USSF E clinic (conducted by IYSA) here in Idaho Falls and Pocatello March 15-17<sup>th</sup>. For more information, please contact Bobbi Tracy at [bltsoccer@cablone.net](mailto:bltsoccer@cablone.net). If you are a BYSL coach working in any of our programs, the league will cover the registration fee for you.

And in finishing, looking forward to watching some of the teams compete on the new lighted fields located at the "NEW" Soccer Complex this Spring located on the corner of Broadway and Old Butte Road!

See you out on the pitch.

**Charlie Brizzee, BYSL Director of Coaching**  
[Charlie.brizzee@apria.com](mailto:Charlie.brizzee@apria.com); 681-2139

# The Far Post - Jan 2012

## BYSL Registrar's Message

Please contact Dean Cook to arrange to drop off paperwork. Bringing everything the first time will help to save multiple trips.

Registration forms, Coach Code of Conduct & VDR's are required for all teams (and can be downloaded off the BYSL website at [byslsoccer.org](http://byslsoccer.org)).

Parent/Player Code of Conduct is based on age of team.

Required U13, U15, & U17.

Birth Certificates are required unless you were notified by Dean that they were on file.

Independent teams may bring their paperwork to Dean and their money to Judy Brower.

Club teams must take their forms and money to their club registrar. The club registrar will take all paperwork to Dean. Judy will invoice the club for their fees.

Once IYSA returns roster and travel papers to Dean he will contact the team or club and arrange for them to pick up their paperwork.

PLEASE NOTE: Once spring season is complete registration information will go to BYSL's, new registrar; Cheri Cook. Her information will be available before registration for fall.

**Dean Cook is serving as temporary Registrar.**  
**Home: 730 E. 16th Street**  
**201.3808 or [pigsrus@srsosa.org](mailto:pigsrus@srsosa.org),**

## Idaho Falls Shoot Out

### 33<sup>rd</sup> Annual Idaho Falls Shootout May 11<sup>th</sup> – 13<sup>th</sup>, 2012

Deadline: April 13, 2012

Registration Fee:

U11/U12 (9v9) - \$320

U13 & up (11v11) - \$440

Tournament Directors: Jamie & Kirk Prestwich,  
[jamioprestwich@gmail.com](mailto:jamioprestwich@gmail.com)

Registrar: Debbie Shepherd, [debbie@vandals.us](mailto:debbie@vandals.us)

If you are interested in helping out or have any questions please contact Jamie Prestwich at [jamioprestwich@gmail.com](mailto:jamioprestwich@gmail.com) or 208-317-7732.

NOTE: The IFSO Referee application is in the process of being updated. Look for it in late February. It will be posted on both the BYSL ([byslsoccer.org](http://byslsoccer.org)) and the SRSOA ([srsosa.org](http://srsosa.org)) Referee websites; and forwarded through e-mails.

## South East Idaho Area Tournaments

2012 Dates:	Tournaments:	Tournament Director/Contact Info:	Application Deadline
March 23-25	ID Rush Spring Exchange	<a href="http://www.idahorush.com">www.idahorush.com</a>	
April 20-22	PVSC: Pocatello	<a href="http://www.gatecitysoccer.com">www.gatecitysoccer.com</a>	
April 27-29	Performance Cup: Boise	<a href="http://www.fcnova.org">www.fcnova.org</a>	
May 5 & 6	Canyon Rim: Twin Falls	<a href="mailto:twinfallsrapids@yahoo.com">twinfallsrapids@yahoo.com</a>	
May 11-13	IF Shoot Out: Idaho Falls	<b>Jaime Prestwich:</b> (208) 317-7732: <a href="http://byslsoccer.org">byslsoccer.org</a>	
May 18-20	President's Cup: Boise	<b>Craig Warner:</b> (208) 336 5256: <a href="mailto:CWarner@idahoyouthsoccer.org">CWarner@idahoyouthsoccer.org</a> <a href="http://www.idahoyouthsoccer.org">www.idahoyouthsoccer.org</a>	
May 25-28	State Cup: Boise	<b>Craig Warner:</b> - (208) 336 5256: <a href="mailto:CWarner@idahoyouthsoccer.org">CWarner@idahoyouthsoccer.org</a> <a href="http://www.idahoyouthsoccer.org">www.idahoyouthsoccer.org</a>	

## Local Summer Soccer Camps

Elite Soccer Camp is scheduled for: **June 11-15.**  
 ISU/OSC Mini Camp is scheduled for the **week of July 16<sup>th</sup>**

(Additional details for both these camps are being finalized. Please be sure to check the BYSL website ([byslsoccer.org](http://byslsoccer.org)) or **LIKE** Bonneville Youth Soccer League on Facebook to be updated as this information becomes finalized.)

# The Far Post - Jan 2012

---

## BYSL YDP & U12 Information

---

**Registration Deadline for both U12s & YDP is: February 28, 2011**

Age Group Breakdown - 2011-2012 Season					
You are in this group	BYSL YDP & U12 If your birthday is:		You are in this group	BYSL CLUB: If your birthday is:	
--	On or after	On or before	--	On or after	On or before
<b>U5 - YDP</b>	August 1, 2006	July 31, 2007	<b>U13</b>	August 1, 1998	July 31, 1999
<b>U6 - YDP</b>	August 1, 2005	July 31, 2006	<b>U14</b>	August 1, 1997	July 31, 1998
<b>U7 - YDP</b>	August 1, 2004	July 31, 2005	<b>U15</b>	August 1, 1996	July 31, 1997
<b>U8 - YDP</b>	August 1, 2003	July 31, 2004	<b>U16</b>	August 1, 1995	July 31, 1996
<b>U9 - YDP</b>	August 1, 2002	July 31, 2003	<b>U17</b>	August 1, 1994	July 31, 1995
<b>U10 - YDP</b>	August 1, 2001	July 31, 2002	<b>U18</b>	August 1, 1993	July 31, 1994
<b>U11 - (U12)</b>	August 1, 2000	July 31, 2001	<b>U19</b>	August 1, 1992	July 31, 1993
<b>U12 - (U12)</b>	August 1, 1999	July 31, 2000	--	☺	☺

**Definition:** A Jamboree is an event where players play without being coached. These players are evaluated and placed into a variety of skill categories. The coaches then use these evaluations to create balanced teams.

### U12 Information: (Registration Deadline—2/29)

**BYSL U12 Program: (U11 & U12):** Director: Teresa Keim: **\$65**  
(P.O. Box 52121, IF 83405); 569-9220 - [keimfam@hotmail.com](mailto:keimfam@hotmail.com)

**U12 Jamboree:** The U12 Jamboree will be held at Community Park on the corner of 25<sup>th</sup> and Holmes from 5:30-7:15 pm. Boys are scheduled on **Monday, March 12<sup>th</sup>**, and Girls are scheduled on **Thursday, March 15<sup>th</sup>**.  
(NOTE: If weather dictates; the jamborees will be moved to an indoor gym at 1900 Grandview.)

### YDP Information: (Registration Deadline—2/29) (YDP-Youth Development Program)

**BYSL YDP Program: (U6-U10):** Director: Maurya Bourgeois: **\$50.00**  
(177 Richmond Lane, IF 83404); 521-8817 - [bysl.ydp.soccer@gmail.com](mailto:bysl.ydp.soccer@gmail.com)

**U10 Jamboree:** All players that are U9 & U10 are requested to be at the 1<sup>ST</sup> Church of the Nazarene located at 1900 Grandview (please enter through side – TAN door) on Monday, **March 19** from 5:30-6:30 pm. (Check the age chart above for confirmation of each age group.)\*

**U8 Jamboree:** All players that are U7 & U8 are requested to be at the 1<sup>ST</sup> Church of the Nazarene located at 1900 Grandview (please enter through side door) on Thursday, **March 22**, from 5:30-6:30 pm. (Note: There will not be a jamboree for U5 & U6 players. However, their first practice will be Tuesday, April 17<sup>th</sup> at the Sunnyside Fields.)

Note: **U10s** will play on Monday & Wednesday (5:30-6:30 pm), & **U8s & U6s** will play Tuesday & Thursdays (5:30-6:30 pm) practices and games will be at the Sunnyside Fields. Please check the BYSL website for additional information. If you're interesting in helping coach in the YDP program, please contact the BYSL YDP Director.

### Ball Special: Size 3 & 4 Soccer Balls

**Parents:** If you purchase a pair of soccer shoes for your YDP and U12 players at Kicks and Sticks between now and **April 25, 2012**; Raymund will throw in an age appropriate soccer ball for only \$5.00 more. [Size 3 (U6 & U8) or Size 4 (U10 & U12).] **KICKS-N-STICKS:** Sporting Goods, Soccer, Hockey, Swimming  
208-528-7878. 342 1st Street, **Idaho Falls**, ID 83401 -- Opens @ 11 a.m.  
(closed Sundays). Owner: Raymundo Rodriguez

# The Far Post - Jan 2012



## Bonneville Youth Soccer League— www.byslsoccer.org IYSA/BYSL Registration Form



**Circle Age/Level for tryouts/sign-ups:** (Note) \_\_\_\_\_  
(FYI--age group breakdowns are located at [byslsoccer.org](http://byslsoccer.org)--New seasonal year begins August 1.)

**YDP:** U5/6 U7/8 U9/10 **U12:** U11 U12 **JR. HIGH:** JH Boys (M) \_\_\_\_\_ / Girls (F) \_\_\_\_\_

**CLUB:** U13 U14 U15 U16 U17 U18 U19 *Play-up Age Group:* \_\_\_\_\_

(FOR **YDP** PLAYERS ONLY: JERSEY SIZE: YS \_\_\_ YM \_\_\_ YL \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_)

**Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_ **Middle Initial** \_\_\_\_\_

**Birth Date** \_\_\_\_\_ **Age** \_\_\_\_\_ **Hm Phone** \_\_\_\_\_

**School you attend:** \_\_\_\_\_ **Last Season Played?** \_\_\_\_\_

**Parents/Guardians** \_\_\_\_\_ **Parents Wk # (M/D?)** \_\_\_\_\_

**Mom Cell#** \_\_\_\_\_ **Dad Cell#** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Parent E-Mail** \_\_\_\_\_ / **Player E-Mail** \_\_\_\_\_

**List any medical problems, allergies or prohibitions** \_\_\_\_\_

**Person to notify in case of an emergency** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Doctor** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Primary Insurance** \_\_\_\_\_ **Group/Policy Number** \_\_\_\_\_

I, the parent/guardian of the registrant, a minor, agree that the registrant and I will abide by the rules of the Bonneville Youth Soccer League; its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with soccer and in consideration for the BYSL accepting the registrant for its soccer programs and activities (the "Programs"), I hereby release, discharge and/or otherwise indemnify the BYSL, its affiliated organizations and sponsors, their employees and associated personnel, including the owners of fields and facilities utilized for the Programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the Programs and/or being transported to or from the same, which transportation I hereby authorize.

As the parent or legal guardian of the above-named player, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well being of my dependent.

*Revised Jan 2012*

**Signature of Parent/Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_

## BYSL Coaches' Corner

[www.byslsoccer.org](http://www.byslsoccer.org)



### USSF E Licensing Course

The USSF E & D license clinics are IYSA District II sponsored events, taught by Steve Adlard, IYSA DOC. IYSA District II runs from Marsh Valley to Teton. BYSL and GCYSL co-sponsors these events; and shares the cost of hosting these training sessions. The E course will be offered in Idaho Falls on March 15-16 and in Pocatello on March 17 (this is an 18 hr course, so yes, you MUST attend all three days to complete your training and receive your coaching license).

Please submit the registration form to: Bobbi Tracy @ [bltsoccer@cablone.net](mailto:bltsoccer@cablone.net). The form can be downloaded off the BYSL website ([byslsoccer.org](http://byslsoccer.org)) OR you can contact Bobbi to send you one electronically. (Note: If you are an approved coach for BYSL, they will cover the cost of the course. If you have questions you can contact Charlie Brizzee, BYSL Director of Coaching at [Charlie.brizzee@apria.com](mailto:Charlie.brizzee@apria.com) or 681-2139.

### March 15-17, 2012

DAY	DATE	TIME	CLASSROOM	FIELD WORK	NOTES
Thu	March 15	5:30-9:30 PM	Montessori School	Tie Breaker Elementary	2970 1 <sup>ST</sup> St. IF
Fri	March 16	5:30-9:30 PM	Montessori School	Tie Breaker Elementary	2970 1 <sup>ST</sup> St. IF
Sat	March 17	9:00AM-4:00PM	Highland High School	Bannock Fields	1800 Bench Rd. Poky



#### Idaho Youth Soccer Association (IYSA): Director of Coaching

Stephen Adlard played soccer at the professional level for several seasons in England. He was a member of the Nottingham Forest (first division) and Lincoln City (fourth division) teams, but never played at first-team level.

From 1982 to 1986 Adlard was an Assistant Coach for the University of Evansville soccer team. From 1986 to 1988 he was the Head Coach of Davis and Elkins and then moved on to become Director of Soccer at UNC-Asheville from 1988 to 1991. From 1991 to November 2005 he was the Head Coach at Marquette University.



#### Idaho Youth Soccer Association (IYSA): Assistant Director of Coaching

Skyler Bell started playing as a youth in Boise, ID. Played club in Boise, High School for Centennial High, and ODP for Idaho and Region IV. A knee injury after his senior year ended his competitive playing career before playing in college, but continues to play in local indoor and outdoor leagues.

Since he began coaching in 1999, the teams/clubs Bell has coached include the Utah FC '91 Boys, Utah Force '92 girls, Utah Avalanche '96 Girls, Brighton High School, and Utah ODP '94 and '96 girls. Bell received his USSF National B coaching license in January 2010, and plans on getting his USSF National A license in 2011. He began working with IYSA and Steve Adlard in June 2010, where he is in charge of such programs as the Olympic Development Program (ODP), outreach and coaching courses, among others.

#### BYSL COACHING REQUIREMENTS

Coaches (and assistant coaches) MUST have a soccer coaching license in order to coach for BYSL. New coaches have a one year grace period in order to get their coaching license. USSF E & D courses are taught annually in IYSA District II. Check the BYSL website for information.

#### USSF D Licensing Course

USSF D License Course planned for July. Taught by: Steve or Skyler; IYSA DOCs. This is a 36 hour course, taught over two weekends; in Idaho Falls AND Pocatello. (You must attend both weekends in order to receive your certification.) Stay tuned for additional details.

*"True champions aren't always the ones that win,  
but those with the most guts." Mia Hamm*

# The Far Post - Jan 2012

## BYSL Approved Coaches

Spring 2012 - (U13 & Above)

<b>BSC</b>	<a href="http://www.ballisticsoccer.org/">http://www.ballisticsoccer.org/</a> <b>BALLISTIC SOCCER CLUB:</b> (Colors: Green, Black, & White)	<b>OSC</b>	<b>ODYSSEY SOCCER CLUB:</b> (Colors: Yellow, White, & Black)
☺	<i>President: Ron Stewart - 522-6841</i> <i>- ron.stewart@gmail.com</i>	☺	<i>President: Dean Cook - 201-3808</i> <i>- pigsrus@srsoc.org</i>
U15B	Nick Josten;	U13G	Bobbi Tracy, Stephanie Pena
U17B	Wes Stumbo;	U14G-W	Gary Orchard, Aliece Bright, Jeremy Christensen, Daryn Brasher
U17B	Chris Borg; Mike Lehto	U14G-T	Bobbi Tracy, Mike Lehto
U18B	Ron Stewart	U16G	Brett Schweider;
		U18G-R	Randy Gardner, Marilee Hauge
		U18G-U	Earl Mattson, Brad Ball, Hugh Foster, Matt Nye
<b>XSC</b>	<b>XTREME SOCCER CLUB:</b> (Colors: Black, White, & Red)	U13B	Saul Yanez, Scott Staker, Dean Cook
☺	<i>Acting President: Mike Abbott,</i>	U14B	Dean Cook, Annie Rae
U13G	Charlie Brizzee, Mark Oliver, Jenny Skeen, Haley Terry	U15B	Dean Cook, Scott Staker
U14G	Mark Oliver		
U15G	Mark Oliver; Scott Ferrera,	<b>IND</b>	<b>INDEPENDENT TEAMS:</b>
U17G	Charlie Brizzee; Paul Wood, Peter Klaass, Mike Abbott	☺	<i>POC: BYSL-DOC - Charlie Brizzee - 681-2139</i> <i>- Charlie.brizzee@apria.com</i>
U13B	Scott Ferrara, Pete Nawrocki, Mike Fish	U16G	Ryan Reilly; Kari Reilly (Orange & White)--Fusion
U14B	Jose Munoz	U16G	Gary Lenon, Loren Winterholler, Ali Siahpush (Lt Blue)
U16B	Mike Meyer	U13B	Jade Siddoway, Maegan Whitman (Red & Black)
U17B	Lupe Garcia	U16B	Tony Salmon; Bret Hansen, Brigham Redd, Paul Sanders
U18B	Jose Munoz		

## Current Board Members and Directors

E-mail addresses posted on the BYSL website at [byslsoccer.org](http://byslsoccer.org) under Directors

President:	<b>Dean Cook</b>	201-3808	Director of Coaching:	Charlie Brizzee	681-2139
Vice President:	<b>Brigham Redd</b>	757-7262	Jr. High Director:	Mark Oliver	520-6879
Secretary:	<b>Sally Sailer</b>	681-2771	U12 Director:	Teresa Keim	569-9220
Treasurer:	<b>Judy Brower</b>	529-2139	YDP Director:	Maurya Bourgeois	521-8817
Registrar:	<b>Cheri Cook</b>	523-6776	Editor, Far Post:	Bobbi Tracy	524-4352
Webmaster:	<b>Maurya Bourgeois</b>	521-8817	Soccer Under The Lights:	Mackay Hanks	390-6749
Member At Large	<b>Eric Langley</b>	390-0379	BYSL Referee Assignor	Shel Williams	552-2494
Member At Large	<b>Sharitie Espinoza</b>	524-1677	IFSO Tournament Director:	Jamie Prestwich	317-7732
Member At Large:	TBA	TBA			

# The Far Post - Jan 2012

Bonneville Youth Soccer League (BYSL)

## Organizational Chart



**President:** Dean Cook, 201-3808, [pigsrus@srssoa.org](mailto:pigsrus@srssoa.org)

**Director of Coaching:** Charlie Brizzee, 681-2139, [charlie.brizzee@apria.com](mailto:charlie.brizzee@apria.com)

SPRING SEASON	FALL SEASON
<p><b>BYSL YDP Program – U6-U10</b>                      Director: Maurya Bourgeois                      521-8817 - <a href="mailto:Bysl.ydp.soccer@gmail.com">Bysl.ydp.soccer@gmail.com</a></p>	<p><b>BYSL YDP Program – U6-U10</b>                      Director: Maurya Bourgeois                      521-8817 - <a href="mailto:Bysl.ydp.soccer@gmail.com">Bysl.ydp.soccer@gmail.com</a></p>
<p><b>BYSL U12 Program – U11 &amp; U12</b>                      Director: Teresa Keim                      569-9220 - <a href="mailto:keimfam@hotmail.com">keimfam@hotmail.com</a></p>	<p><b>BYSL U12 Program – U11 &amp; U12</b>                      Director: Teresa Keim                      569-9220 - <a href="mailto:keimfam@hotmail.com">keimfam@hotmail.com</a></p>
<p><b>BYSL Clubs &amp; Independent Teams – U13-U18</b>                      Director of Coaching: Charlie Brizzee                      681-2139 - <a href="mailto:Charlie.brizzee@apria.com">Charlie.brizzee@apria.com</a></p>	<p><b>BYSL Jr. High Program</b>                      Director: Mark Oliver                      520-6879 - <a href="mailto:oli@ida.net">oli@ida.net</a></p>
<p><b><u>BYSL Clubs:</u></b></p> <p>Ballistic Soccer Club: President—Mackay Hanks – 390-6749</p> <p>Odyssey Soccer Club: President—Dean Cook – 201-3808</p> <p>Velocity Futbol Club: President – Gary Lenon – 528-2395</p> <p>Xtreme Soccer Club: Mike Abbott – (TBA)</p> <p>Independent Teams: DOC--Charlie Brizzee - 681-2139</p>	<p><i>Effective leadership is not about making speeches or being liked; leadership is defined by results not attributes.</i>                      Peter Drucker</p> <p><i>In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better.</i>                      Harry S. Truman</p>

## About Bonneville Youth Soccer League - BYSL

BYSL is a volunteer-run, non-profit organization whose charter is to promote youth soccer in the Idaho Falls area. BYSL works closely with the City of Idaho Falls to fund maintenance and the purchase of soccer fields, goal posts, and restrooms. The league also uses its funds to provide equipment for its volunteer coaches (balls, nets, and flags). It also funds coaching and referee clinics and certification courses. Additionally, the league pays BYSL fees for any players who want to play but would be otherwise unable to participate due to financial constraints. And currently is helping to support Soccer Under The Lights. BYSL supports other local youth soccer-related programs, such as the YMCA's indoor soccer arena. The money raised (and/or collected) by the league is put back into soccer programs to directly benefit the players.

*Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision. Muhammad Ali, American Boxer*

## Prevention of Knee Injuries

BYSL & OSC would like to thank Nate Hunsaker, PT, MSPT, Cert. MDT, from Rehab Authority for giving a presentation in mid-January to several BYSL players reviewing some proper stretching techniques that can be used to help prevent knee injuries. Nate said the latest information is to use dynamic stretching before & static stretching after training sessions. A few of the stretches that were demonstrated at the presentation are listed below. If you have any questions, please contact Nate at directly at Rehab Authority.

### RehabAuthority

Physical Therapy \* Back & Neck Specialists

**Nathan Hunsaker, PT, MSPT, Cert. MDT**  
Physical Therapist / Certified Spine Specialist

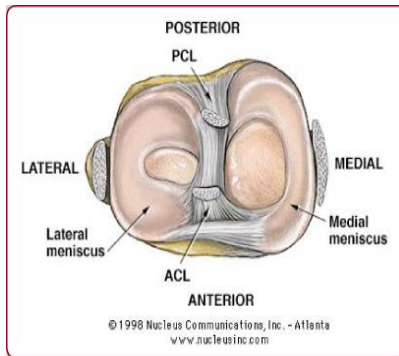
3155 Channing Way, Suite D  
Idaho Falls, ID 83401

Clinic: 208-552-2700  
Fax: 208-552-1533

[nate@rehabauthority.com](mailto:nate@rehabauthority.com)

[www.RehabAuthority.com](http://www.RehabAuthority.com)

## Dynamic Stretches



### Knee Injury Treatment Options

Unfortunately, there are no quick cures for knee injuries. You typically have the option of physical therapy or surgery combined with physical therapy, depending on the severity of the injury.

Physical therapy usually consists of two components: 1) **ROM and strengthening** – exercises specifically designed to help motion and strength of the knee, and 2) **return to function and maintenance** – exercises specifically designed to help you return to activity and keep your knee healthy.

### Preventing Knee Injuries

Build strength by doing exercises. (i.e. good stretches: static and dynamic), Be sure to stay active; (a decrease in activity level can contribute to the vulnerability of your knees.) Take preventative measures to protect your knees.



Take a large step forward. Descend down after stepping forward reaching with the elbow. Use the same side elbow as the leg that stepped. If you have the flexibility try to touch the elbow to the inside of the foot. After touching the foot come up to the start and repeat on the opposite leg.



While stepping forward grab the leg behind the body and pull it up. Put your leg back down so you can take the next step. Then lift the next leg up and pull. Do not walk fast. Walk slowly. You should go up on the toe of the foot that is on the ground for each step.



Do this drill while stepping slowly. Go up on the toe while stepping and lifting the opposite leg as seen in the image. Pull the leg up with the two arms.



Same as above. Do the drill walking, go up on the toe and pull the knee to your chest. Put the leg back on the ground, take a step and pull the opposite leg up to the chest.



While stepping forward go down and touch your toe. Try to keep a straight line from head through ankle. Do not compensate by twisting the body. This will take the stress off the hamstring and glutes, which is where we want it.

# The Far Post - Jan 2012

## Referees' Corner

IYSA District II Referee's website:  
[www.srsoa.org](http://www.srsoa.org)



*"To ignore dissent is to encourage it.  
 To deal with it is to reduce it  
 to a minimum." Syde Stokes*

### Upcoming Referee Courses

#### USSF Entry Level (Grade 8)

Thursday, March 1, 2012, 6:00 to 10:00 PM  
 Friday, March 2, 2012, 6:00 to 10:00 PM  
 Thursday, March 8, 2012, 6:00 to 10:00 PM  
 Friday, March 9, 2012, 6:00 to 10:00 PM

Idaho Falls Parks and Recreation Activity Center  
 at 1575 North Skyline Drive: (on the road to the airport)

Questions? Contact Jeff Brower 529-2139 (H) or  
[jbrower@cablone.net](mailto:jbrower@cablone.net); Website [www.srsoa.org](http://www.srsoa.org)

Note: The course is 16 hours; including 1 hr for the written test and 1 hr  
 to grade it, and finish registration paperwork.  
 Cost is \$25 for the Clinic + \$40 to certify. **(\$65)**

#### USSF Referee Educator Dan Heldman is coming to Boise

Idaho State Referee Committee  
 to host a clinic

The Idaho State Referee Committee will be  
 hosting a clinic on Feb 17, 18, 19 and has invited  
 Dan Heldman a foremost ambassador of soccer  
 refereeing to be the guest clinician.

Check the SRSOA.ORG website  
 for additional details.

### USSF 2012 - Recertification

You have probably all been wondering what happened to the recertification clinics we usually hold during November. Well, the short answer is we didn't have them. Why? Because USSF has gone to a totally on-line recertification process.

Not only will you register for 2012 on-line as you have done the past couple years, but you will also take the examination. No clinics will be held anywhere in the state. Go to the [www.srsoa.org](http://www.srsoa.org) website and click on the link to download a copy of the instructions for completing your registration and recertification for 2012.

**This MUST be done prior to January 31, 2012.**

#### **BYSL Referee Assignor:**

Shel Williams - Phone: 552-2494  
 e-mail: [shel@cuzs-soccer.net](mailto:shel@cuzs-soccer.net)

*NOTE: If you're interested in refereeing at the PVSC Soccer  
 Tournament (April 20-22), the new PVSC Assignor is  
 Roger Castro; please contact Roger at 251-8290 or 237-2838.*

Fees paid for Certified Referees doing BYSL (IYSA District II) matches are listed below.  
 (NOTE: Referee fees vary from tournament to tournament.)

Year	U17-U19 Center	U17-U19 AR	U13-U16 Center	U13-U16 AR	U11-U12 Center	U11-U12 AR	Comments
<b>2012</b>	<b>\$41.00</b>	<b>\$22.00</b>	<b>\$34.00</b>	<b>\$17.00</b>	<b>\$19.00</b>	<b>\$12.00</b>	<b>W/current Certification</b>

*"If you referee and coach, remember that you have certain responsibilities;"  
 By Harris & Harris*



# The Far Post

Bonneville Youth Soccer League  
P.O. Box 51665  
Idaho Falls, ID 83402

\*\*\* Important Spring 2012 Information included \*\*\*

## Bonneville Youth Soccer League Monthly Meetings

February 2, 2012	Thursday	1575 N. Skyline	7:00 pm	East Room
March 1, 2012	Thursday	1575 N. Skyline	7:00 pm	East Room
April 5	Thursday	1575 N. Skyline	8:00 pm	East Room
May 3	Thursday	1575 N. Skyline	8:00 pm	East Room
June 7	Thursday	1575 N. Skyline	7:00 pm	East Room

*FAR POST PUBLISHING DATES: JANUARY, JUNE, SEPTEMBER*

To view past Far Post issues, click on the BYSL website, under "[league documents](#)," then "[BYSL the Far Post Issues](#)"



"Communication is not about saying what you think.  
It's about ensuring others hear what you mean."