

# OFF THE PITCH

## MicroMod | Recreation | Premier



Dear Membership-

Its been a busy couple of months since our January Newsletter. At our Association General Meeting in mid-March, each Board member presented their end of year reports and elections were held for the vacant VP of Premier position. There was a large crowd, thank you all that attended, and each candidate gave a short speech about their vision for the position and the Premier program. Voting resulted in the election of Patrick Mooney to VP of Premier. A week or so later, a new webpage with simultaneous links to social media sites was implemented. Please see the new webpage and its connections to Facebook and Twitter. Also, our year end Coaching Survey for all 3 divisions is now up and running, <https://www.surveymonkey.com/r/9QYQYXP>, please take a few minutes to provide us some feedback.

On the MicroMod and Recreational side, spring leagues recently got started. MicroMod has a new Director, Pedro Millan, and is targeted for 2010, 2011, 2012 and younger birth years. Thankfully, Patrick Mooney as the former VP of MicroMod is continuing to help out. Interested applicants for the now vacant seat of VP of MicroMod please write to the Board. It's a fun program! On the Recreational side, the 2008 and 2009 birth years are now a part of the Recreational side under the newly reformed South Sound United League. This league offers recreational and select divisions in the South Puget Sound region, and due to the reorganization, got off to a later start. They will play games between April 14<sup>th</sup> and June 19<sup>th</sup>.

Maple Valley Premier teams have recently wrapped up competing in the Washington Cup and are preparing for tryouts. Please see Tryout link on homepage, or here, <https://tinyurl.com/mvptryout>. For contact information and liability waivers, pre-registration is required. MVP Tryout dates and times can be found on page 7 in this newsletter. A proposed list of coaching assignments has also been posted, see page 6. As always, tryouts are time when your Association especially needs your help. Sign-up to volunteer a few hours at tryouts here: <http://www.signupgenius.com/go/60b094fabab2ca6f49-checkin>

We welcome your input and hope to see you on the Pitch.

Your Maple Valley Soccer Association Executive Board  
[MpVsaExecutiveBoard@maplevalleysoccer.com](mailto:MpVsaExecutiveBoard@maplevalleysoccer.com)

### Purpose

Maple Valley Soccer Association is a 501(c)3 organization who's purpose is to provide education, with charitable options, to teach and develop players and coaches the game of soccer within the greater Maple Valley community. Through the teaching of the game, our membership will develop mental, physical and emotional wellness, discipline, dedication, self- confidence, sportsmanship, commitment to teamwork, leadership, and volunteerism.

### Calendar Events

General Meeting	Apr 20 <sup>th</sup> 6pm May 18 6pm
Spring Rec 1 <sup>st</sup> Game	Apr 14
MVP Tryouts	May 2-3 May 7-10
MVP Break	May 14-Jun 3 <sup>rd</sup>
General Meeting	May 18 <sup>th</sup> 6pm
Tournament	June 16-17th



## ACL INJURY PREVENTION PROGRAMS: DO THEY WORK?

By Holly Pennington, PT, DPT/Outpatient Physical Therapy

We know that most ACL tears result from noncontact injuries, such as landing on a leg positioned in front of or to the side of the trunk, with a straight knee and a flat-footed position. Through plyometrics, athletes can learn new landing strategies that, with proper training and practice, will become automatic over time and therefore decrease their risk of such injuries. Analysis of the gender predisposition toward ACL tears provides direction for pre-injury testing of quadriceps/hamstring strength ratios, hip and core strength and degrees of genu-valgum (knock-kneed alignment) in female athletes. And, understanding that more injuries occur toward the end of games when athletes are fatigued suggests that sport-specific endurance training could decrease a player's risk for ACL injuries.

So, the reasoning behind ACL injury prevention programs is sound. But do they work?

The short answer: sometimes.

Research studies report up to a 74% decrease in ACL injuries resulting from participation in supervised prevention programs. In 2015, a meta-analysis showed that pre- and in-season neuromuscular training with an emphasis on plyometrics and strengthening exercises was effective in preventing ACL injury in female athletes, especially in those under 18 years of age. In general, the experts conclude that prevention works.

But, when scientists overwhelmingly agree that something works, funny things happen at the ground level. Well-meaning amateurs and professionals alike set out, with noble intentions, to put the science to work, and before long, what is happening in real-life looks little like what was researchers proved to be helpful. (Think: coconut milk.)

A better question to ask of ACL injury prevention programs may be this: what makes them work?

The what, who, when and how of prevention programs are crucial to their success. Exercises designed for improving soccer performance will not necessarily prevent ACL injuries. And, while everyone could benefit from participating in a program, we know that female athletes are at a much greater risk of sustaining an ACL injury. Experienced trainer Corinne Gaddis Lombino, LAT, ATC says "the ideal candidates for these prevention programs are adolescent females - the earlier the better so as not to develop habits that predispose them to injury." From the research, we know a few more important things about what makes ACL injury prevention programs work:

So, when the alarming statistics about ACL injuries in youth athletes makes you want to act, remember that prevention programs do work, but not all are created equal.

- **Multi-component training programs including plyometrics, agility training, strength, balance and agility and include feedback on quality of movement and technique are most effective**
- **Supervised programs (vs. home-based, DVD-led independent programs) are the only type of intervention known to reduce ACL injuries**
- **The timing of intervention is important: pre-season programs are more effective in reducing injuries than in-season**

### CORINNE'S ACL INJURY PREVENTION QUICK TIP



Corinne Gaddis Lombino, LAT, ATC

Always practice proper squat technique:

- Don't ever let your knees crash in!
- Make sure knees are shoulder width apart and stay this way throughout the entire motion, never allowing knees to go past toes (helps to act like your sitting in a chair – don't be afraid to stick that booty out!)
- This does not only mean when performing squats as part of strength training, but any time you bend your knees while bearing weight –lunging, decelerating, and especially when jumping and landing.

\*Yoo JH, Lim BO, Ha M, et. al. Knee Surgery, Sports Traumatology, Arthroscopy (2010) 18:824.

\*American Orthopedic Society for Sports Medicine, ACL Injury Prevention: Sports Tips.

\*National Athletic Trainers' Association

\*Madelbaum BR, Silvers HJ, Watanabe DS et. al. American Journal of Sports Medicine (2016) 33: 1003-1010.

# Important Housekeeping Notes

- **Association Wide Coaching Survey-** Please see the attached link to an Online Survey to review you player's coach from this past 2017/2018 soccer year. Please complete one survey per player enrolled in any MVSA program. Reviews for MicroMod, Rec and MVP are possible by selecting the right program. We value your thoughtful feedback. <https://www.surveymonkey.com/r/9QYQYXP>
- **Parent Sideline Behavior-** At the general meeting in March, the Director of the South King County Soccer Referees Association related a disappointing message that recent Parental sideline behavior has left Maple Valley in a bad light. This can hurt us when Referees select which games they want to sign-up for. Yelling or talking to referees by parents from the sidelines is not acceptable! Don't do it. The director related that the problem is correctable and has seen improvements elsewhere. Referee evaluations are welcome at their website <https://tinyurl.com/skcsra>. Upset reviewers are asked to wait 24 hours after a game to reflect on the whole game before submitting their evaluations.
- **Parking at Ravensdale.**
  1. A note from our Baseball friends- when dropping or picking up players, headlights shine in the first baseman's eyes on Field 1 and is dangerous. Baseball suggested picking up along the 3rd baseline and turning headlights off or down when at that end of the lighted parking lot.
  2. The painted yellow curb at the south end of the main parking lot at Ravensdale is clearly labeled as a Fire Lane. This area should be used for active loading and unloading only. Please move along or park. Please know that when all fields are in use, parking can be busy and tight, so your patience and courteousness is appreciated.
- **Sign-Ups to Volunteer at Tryouts-** Do you still need to fulfill your 8 hours of required volunteer service for the MVP program? We especially need your help during the two weeks of tryouts at the beginning of May. We can't run the program without the help and volunteerism of many of you. Primary needs are checking in players at the front desk at evening tryouts and picking up a load of pennies and returning them washed the next afternoon. Please sign up here - : <http://www.signupgenius.com/go/60b094fabab2ca6f49-checkin>
- **Complaint Process.** If you have concerns or disagreements with a coach or coaching decision, please ask to arrange a time to speak with the coach directly. This is the most efficient and effective way to discuss, understand and rectify the issue. Coaches want to hear your feedback, are sympathetic and may need a little time to investigate and get back to you. If the problem cannot be resolved with the Coach, please contact the Director of Coaching. Again, this is the most efficient way for all sides to learn more about the issue. Only after these avenues have been pursued, should issues be raised with the Board. The Executive Board are not involved in the daily on-field activities and are not the most efficient way to rectify a particular player or team issue.



**OUTPATIENT  
PHYSICAL THERAPY**

Auburn | Covington | Covington Satellite | Kent Easthill  
Kent Valley | Maple Valley | Puyallup

# Maple Valley Soccer Day with Seattle Sounders April 22, 2018



**VS**



Join Maple Valley Soccer for the  
Sounders FC vs. Minnesota United  
FC match on April 22<sup>nd</sup> at 1PM!

- A special MVSA community event for Family & Friends
- Preferred seats in exclusive MVSA section in the 300 level with midfield view
- Tickets at special MVSA rate of \$24/ticket
- Purchase your tickets TODAY:  
[Click Here to Purchase](#)

Questions? Contact Austin Thompson at  
[austint@soundersfc.com](mailto:austint@soundersfc.com) or (206)512-1257



# MV Premier

## Some highlights of MV Premier Program:

- Licensed coaches with college, professional and/or US National Team experience
- Now Affiliated with Washington Youth Soccer Association leagues:
  - The majority of our teams will participate in the Region Club League, the highest level of youth soccer competition in Washington State
  - Some MVP some teams participating in the North Puget Sound League
- Premium game and training fields at Ravensdale Park
- Affordable pricing for Premier level program
- Specialized Goalkeeper and Technical Trainers and Trainings

## Coaching Philosophy-

Our style of play is based on a "Brazilian" possession style of soccer building up out of the back. We'll encourage our teams to take risk by playing negative balls and moving the ball around the defensive third of the field allowing us to control the tempo and dictate the game. The reason we like to build out of the back is with an objective to pull opposing teams into our half creating space in the offensive half to attack.

Our style of play will be very structured, organized and creative on and off the ball. This will prepare our players to understand the roles of each position. We want our players to "Let the ball do the work and be creative." Meaning we want the ball moving 1-2 touch allowing the defensive team to adjust to our team attack. Our main focus is to keep possession of the ball more than our opposing team and through our possession create great scoring opportunities. As we build up out of the back our goal is to get in behind the opposing team, whether that be with combination play or with the play going into our wide players to create crosses in behind the defense, to ultimately scoring a goal.

## New Faces

Maple Valley Premier is happy to announce several new faces. First, our Director of Coaching, David Mugambira, is approaching his first anniversary with the club and has been leading new programming and actively recruiting additional coaches. Pedro Millan is the new MicroMod program Director and hit the ground running as that popular and active program started their Spring season in March. The recently initiated Junior Academy, which is a division of MVP for younger ages, is directed by Seyti Sidibay. The Junior Academy program provides seasonal access to professional instruction and trainings similar to the MVP program but in an all-inclusive atmosphere. A new Goalkeeper coach, Jeff Koch, joins us from Seattle University where he has many years of experience, and Regional Titles, as their Goalkeeper coach. Lauren Thomas and Branden Kelly have recently been named as new coaches for MVP Teams for the upcoming 2018-2019 season. Please join us in welcoming all of them to Maple Valley.

# MVP 2018/19 Coaching Assignments

GENDER	BIRTH YEAR	TEAM	HEAD COACH
Boys	2011	B11	TBD
Girls	2011	G11	TBD
Boys	2010	B10 Navy	Brannon Wilson
Boys	2010	B10 White	Boyd Kinney
Girls	2010	G10 Navy	Seyti Sidibay
Girls	2010	G10 White	Lauren Thomas
Boys	2009	B09 Navy	John Peterson
Boys	2009	B09 White	John Peterson
Boys	2009	B09 Green	Lauren Thomas
Girls	2009	G09 Navy	Lauren Thomas
Girls	2009	G09 White	TBD
Boys	2008	B08 Navy	Seyti Sidibay
Boys	2008	B08 White	Boyd Kinney
Girls	2008	G08 Navy	Seyti Sidibay, Asst TBD
Girls	2008	G08 White	Seyti Sidibay Asst TBD
Boys	2007	B07 Navy	Tim Aguilar
Boys	2007	B07 White	TBD
Girls	2007	G07 Navy	Pedro Millan
Girls	2007	G07 White	John Peterson
Boys	2006	B06 Navy	Technical Director TBD
Boys	2006	B06 White	Brannon Wilson
Girls	2006	G06 Navy	Branden Kelly
Girls	2006	G06 White	John Peterson
Boys	2005	B05 Navy	Boyd Kinney
Girls	2005	G05 Navy	David Mugambira
Girls	2005	G05 White	Tom Tate
Girls	2005	G05 Green	TBD
Boys	2004	BO4 Navy	Brannon Wilson
Girls	2004	G04 Navy	Pedro Millan
Girls	2004	G04 White	Tom Tate
Boys	2003	B03 Navy	Scott Serpa
Girls	2003	G03 Navy	Shawn Utz
Girls	2003	G03 White	TBD
Boys	2002	B02 Navy	Jeff Koch & Lauren Thomas
Girls	2002	G02 Navy	Chris Wells
Girls	2002	G04 White	TBD
Girls	2001	G01 Navy	Daryl Green

# MV Premier Tryout Schedule

Birth Year	Date	Day	Time	Field
2010 & 2009	May 2 May 3	Wed Thur	5-6:30pm	Boys Rav3 Girls Rav4
2008 & 2007	May 2 May 3	Wed Thur	6:30-8pm	Boys Rav3 Girls Rav4
2006	May 7 May 8	Mon Tues	5-6:30pm	Boys Rav4 Girls Rav3
2005	May 7 May 8	Mon Tues	6:30-8pm	Boys Rav4 Girls Rav3
2004	May 9 May 10	Wed Thur	5-6:30pm	Boys Rav4 Girls Rav3
2003, 2002, & 2001	May 9 May 10	Wed Thur	6:30-8pm	Grl03-Rav 3 Grl02-Rav 4 Grl01-Rav 4

**\*\* Please bring water, shin guards, and no Team apparel please\*\***

Please see Tryout link on homepage, or here, <https://tinyurl.com/mvptryout>

For questions about the Tryout Process, please contact:

[mpvsa-vpcompetition@maplevalleysoccer.com](mailto:mpvsa-vpcompetition@maplevalleysoccer.com)

## Maple Valley Uniforms 2018-19

In partnership with Could 9 Sports, we have some updates to our uniform ordering options. Please see our new uniform page where orders can now be placed at any time and shipped directly to your home! Yea!!!

(<https://maplevalleysoccer.itemorder.com/sale>)

We are also actively seeking a uniform coordinator. In the interim, the VP of Recreation, Kurt Audett has kindly agreed to handle any uniform questions that can't be addressed via the website. His email is: [MpVSA-recreation@maplevalley.com](mailto:MpVSA-recreation@maplevalley.com)



This organization can't run without volunteers!!!

### *General Membership Meetings and Executive Board*

Are you looking for a way to contribute to your Association? Maple Valley Soccer has an open VP of MicroMod board member position. Officer positions are also available. Appointment to volunteer positions require approval by the Executive Board and may require attendance to the monthly general membership meetings. Executive Board Member positions are voted on every 2 years. Please contact: Sean Mallery at [mpvsa-president@maplevalleysoccer.com](mailto:mpvsa-president@maplevalleysoccer.com) directly for further details on any of these positions.

All Members are welcome to attend the general membership meetings. Attending the monthly meetings is the best way to stay up to date on what is happening in your Association. Check the online calendar to confirm dates and times for any changes. New agenda items can be submitted to the MpVSA-Secretary@maplevalleysoccer.com, preferably a week ahead of the meeting.

Upcoming General Meeting held at Fire Station 81 starting at 6:00pm on April 20<sup>th</sup> and May 18<sup>th</sup>.

## Fundraising Sponsorship Opportunities



Looking to build brand awareness in our community for your business? Interested in supporting your local soccer association?

Maple Valley Soccer is looking for sponsors for our programs. Your sponsorship dollars will directly impact the players in our MicroMod, Recreational, or Premier programs.

We have developed a new Program Sponsorship Levels program which offers our sponsors a number of opportunities to build name recognition while accommodating your budget!

For more information and pricing, please contact: [MpVsa-VPCompetition@maplevalleysoccer.com](mailto:MpVsa-VPCompetition@maplevalleysoccer.com)

### Employee Giving

Do you work for a company that offers an employee giving program for non-profits? Companies like Boeing and Microsoft have development opportunities for employees to generate donations to groups like Maple Valley Soccer that directly impact your player, team and Club. Your volunteerism is already an amazing benefit to the kids, how about adding your companies support as well?

**Does your player have something to share? Do you have an idea for the newsletter? Send us an email!**

**[MpVsa-VPCompetition@maplevalleysoccer.com](mailto:MpVsa-VPCompetition@maplevalleysoccer.com)**