

 FOOTHILLS SOCCER

newsletter

SEPTEMBER 2020

WOMEN IN SPORT, VIDEO ANALYSIS INFORMATION, AND MORE





Dear Foothills Members;

If you are re-registering your child with our club, welcome home. For those new members joining Foothills for the first time, I would personally like to extend you a warm welcome into the Foothills Family. We call ourselves that as over the course of time that you spend with us often equates to as much time as you spend at home and therefore we naturally become a second home to each other. Once a player steps into our training facility aptly known as “The Fieldhouse”, they will feel a sense of belonging through the training they receive, friends they meet and peers they interact within our vibrant culture.

Our club has been operating officially since 1972 and has developed some great players over the course of that time. However, we pride ourselves on two key things as part of our development ethos; to create great players and outstanding individuals. Not only do we proudly boast a strong and highly qualified coaching roster that can develop players, our club culture also places a heavy emphasis on developing the person behind the player. The lessons a player and coach learn within the vehicle of sports and in our circumstances, soccer will only help to strengthen the character and personality of your child as they embark on their personal journey through life better equipped as a result of their experiences with us.

We are firm believers in the long term player development model and ensure we do our best and placing every player in the right environment for their current stage of development. Every child unlocks their gift at different maturation stages of their development, so it is essential that we recognize the needs of the individual within our team programs. So whether your child is joining us for their first ever soccer experience at U4, or soccer for life through our adult program and pathway, we will strive to make their soccer experience the best it can be.

Welcome to Foothills. See you on the sidelines

Leon Hapgood, Technical Director



At Foothills Soccer Club, we have a very clear vision, which is to change the landscape of Canadian soccer. Everything we do is to accomplish that vision, which is why when COVID-19 hit Canada we did not stop our soccer programming. As the situation developed, we gathered as a staff and decided that our players always come first, so the priority had to be keeping soccer going for our young athletes.

Despite new challenges, Foothills Soccer responded quickly to the changing circumstances and continued to provide soccer sessions for our young athletes via Zoom calls. These were set up by our highly trained staff to keep kids physically active and mentally engaged. With the loss of school and social groups, it was critical to offer programming to keep a sense of normalcy and contribute to the social development of young children. The online sessions help them to build their technical skills but also allows them to talk to their peers about what they are experiencing in a changed world, after a session that got their hearts racing and smiles on their faces, from the safety of their home. As we entered Phase 2, Foothills adapted into cohort games and AHS approved practices sessions that allowed our players back into the game.

MENTAL HEALTH

We take mental health seriously at Foothills. In 2019 we introduced a 3-part mental health initiative for our U13-U15 players and their families to bring awareness to mental health issues. Our aim was to provide our members with key information related to specific topics that teens are struggling with today, and encourage our Foothills family to look out for each other and provide support when and where it's needed.

We partnered with Youthsmart to offer three 90-minute workshops covering stress management, mental health awareness and suicide prevention. The focus was on dispelling myths surrounding these topics, understanding the warning signs, and connecting players and

their families to the resources available for help. Our plan is to continue these mental health workshops and expand the program to include other important topics that affect youth mental health as soon as Covid-19 restrictions ease.

So What is Mental Wellness?

Mental wellness comes from feeling balanced, connected to others, and ready to meet life's challenges. Mental wellness includes:

- Physical health
- Staying active
- Eating well
- Getting good sleep
- Staying connected to others and having close relationships.

Soccer is a great way to support overall mental wellness. The positive effects of soccer on the developing brain and body are significant.

Staying Active/Physical Health: Benefits of Playing Soccer:

FACTS:

1. The average player runs 8 to 11 kms in a full game.
2. Soccer is a sport that engages both your slow-twitch and fast-twitch muscle fibers, which is great for developing an overall strong body.
3. The repeated weight-bearing loads on the body, during a soccer match are an excellent way to increase the strength of our skeletal frame.
4. Soccer helps increase skills in concentration, persistence, and self-discipline because it is a fast-paced game that requires quick decisions on the field.

SOCCER & MENTAL WELLNESS:

1. Exercise in general increases blood flow to your body & brain.
2. Research shows that exercise increases growth factors in the brain which makes it easier for the brain to grow new neuronal connections.
3. Studies have shown more cell growth in the hippocampus, an area of the brain responsible for learning & memory.
4. Soccer is a great sport to relieve stress through physical exertion. Playing soccer releases chemicals in your brain that make you feel good (mood-booster) and strengthens the immune system, which will help you fight off illness.

WOMEN IN SPORT

Foothills Soccer Club is proud of our many graduating alumni that have found news home on teams around North America. For the first time in years, Foothills sent more female athletes to school on scholarship than male athletes! Ruthie Adekugbe, Jade Kao and Olivia Kranjcec are just a few of the over twenty females that will be representing their university this Fall. We are proud of this accomplishment, because we think it proves the value of our Grow Our Girls program.

Our Grow our Girls program puts the emphasis on female strength and empowerment, through sport and leadership opportunities. We have partnered with Fast and Female, an organization that delivers empowering programming to give all girls the role models and skills they need to succeed in sports and life. The goal of the Women in Sport Initiative is to enhance the culture for women in soccer within our community. Our program is built around three pillars;

1. *Building the capacity and retention of girls in sport | More Girls playing More Often*
2. *Leadership Development and Mentorship for the Future Generation of Female Leaders*
3. *Building the Professional Pathway for Women's Soccer*

Currently we do not have any events planned due to COVID, but check our website and social media for updates on new events in the areas or ways that we are supporting females in sport! Would you like to help our or be a part of our program? Email katie@gofoothills.ca to become a female leader, volunteer or to participate in our program!



FOOTHILLS IN THE COMMUNITY

Providing food to those in need can be difficult at the best of times. With COVID-19, that task just got harder. Yet food banks continue to be leaders in their communities in providing food to those that live with food insecurity.

Food Banks Canada is in regular contact with the network of food banks across Canada and already there are signs of COVID-19's devastating impact on the food bank system:

- Food banks are already seeing drastic declines in the number of volunteers that are able to support their work in the days/weeks ahead.
- Food banks are concerned about the

amount of stock they have access to as a dwindling workforce means fewer pickups.

- Most food banks are worried about how to financially support themselves through this crisis and beyond.
- While the public prepares for possible impacts of COVID-19, food bank users cannot afford the same measure, leaving them more vulnerable.

To help our community and in the spirit of friendly competition, Calgary Foothills Soccer Club is challenging Edmonton Scottish United Soccer Club to a competition to see who can donate the most food to our local food banks between November 15-December 15th 2020. The losing club will have to tweet a picture of their Technical Director wearing a clown outfit.



HEALTH & WELLNESS

Recovery: Cooling Down

The purpose of a cool down is to prepare the body to enter a relaxed state, following a period of heightened heart rate and body temperature.

If a warm-up raises the heart rate and elevates body temperature, a cool down is just the opposite of that.

- Many sources have cited the importance of staying on one's feet following cool down, (i.e. NOT sitting or lying down) within the first 1-2 hours training completion.

- This will keep the circulatory system active in the most affected areas of the body, helping to flush out damaged tissue and other "junk", speeding up the recovery processes.

- Following, is a proper cool down example. It should be noted that if followed, cool down procedures help to REDUCE, but DO NOT PREVENT soreness that is felt following a hard session.

1. 5 min - Active recovery (dynamic stretches)

- A. Walking Hamstring sweeps (20m) - Alternate 2s hold per side

- B. Walking Quad Stretch (20m) - Alternate 2s hold per side

- C. Walking Knee hug (20m) - Alternate 2s hold per side

- D. Walking with arm swings across chest (20m) - alternate above and below

- E. Forward and back leg swings against wall(10/side) - SLOW

- F. Left to right leg swings against wall (10/side) - SLOW

2. Foam Roll (approximately 15-20 minutes) - slow and controlled on each body part, repeat x2

- A. Glutei (butt) - 60s/side

- B. Hamstrings (back of thigh) - 60s/side

- C. Quadriceps (front of thigh) - 60s/side

- D. Calves (back of shin) - 60s/side

- E. T-spine (upper back to mid back) - 60s

Overnight Oats (easy for breakfast or to keep in the fridge for a quick snack)

Ingredients:

1. Oats
2. Milk (2% or skim)
3. Chia Seeds (optional)
4. Greek yoghurt
5. Vanilla Extract (optional)
6. Toppings (cinnamon, berries, various fruits)

Method:

- 1 part oats + 1 part milk + 1/8 part seeds
- To start, combine old fashioned oats and chia seeds. You can use a bowl, a mason jar or just some glass cups like I did here.
- Add Greek yoghurt and vanilla extract
- Add Milk and toppings
- Mix and add more milk, yoghurt or oats to achieve desired viscosity
- Leave in fridge overnight - Add fruit as garnish before eating in the morning for a healthy start to your day!



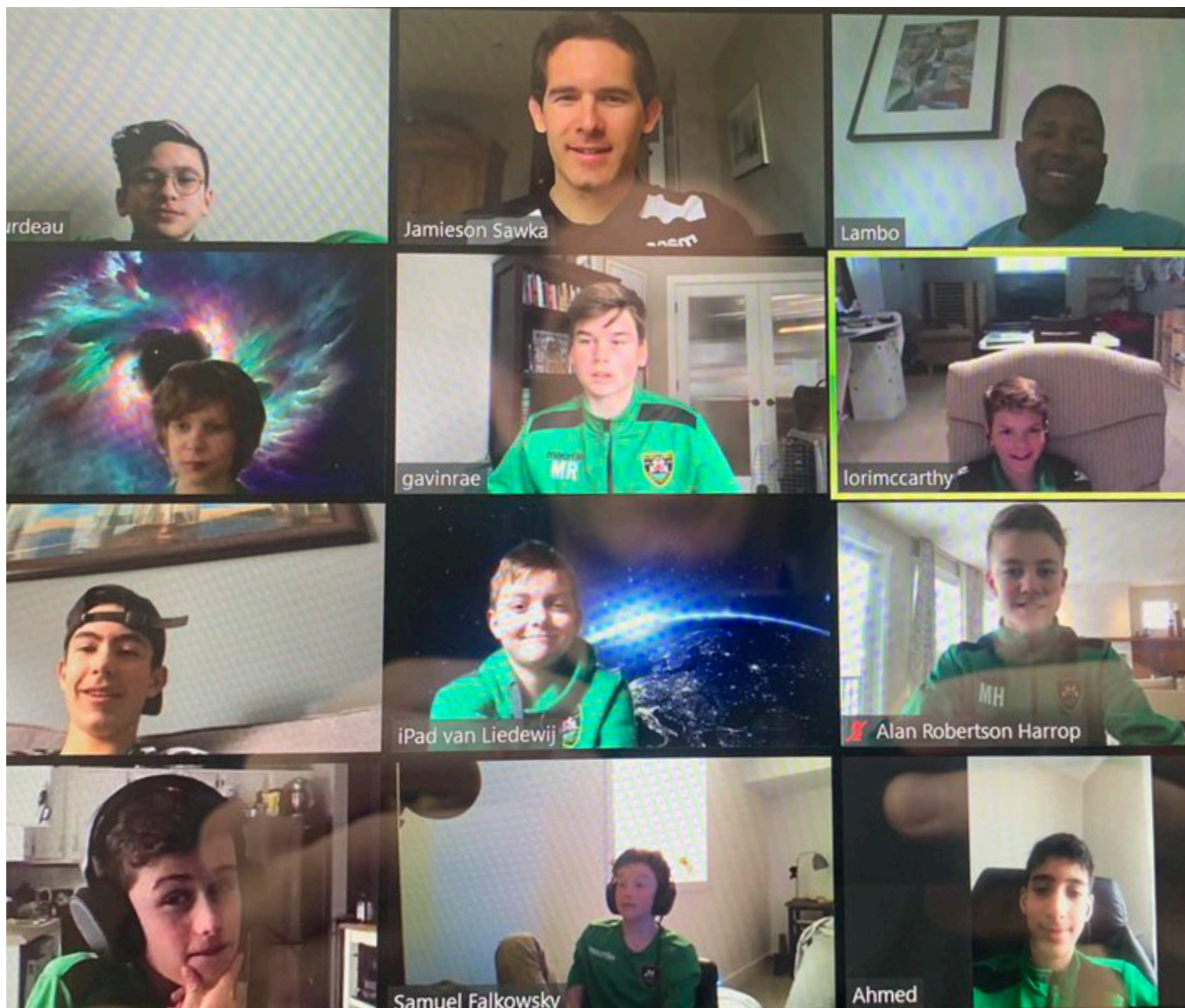
VIDEO ANALYSIS

Prior to COVID, Foothills Soccer Club saw the value in technology and how it can benefit our parents, players and coaches, but after COVID it became apparent that adapting technology into sport was crucial. Zoom calls helped with our immediate need, but how could we turn this threat into an opportunity?

Jamieson Sawka was the answer we needed, because as our new Head Video Analyst he had the solution software: Pro Soccer Data. This program allows us to videotape all of our games and sessions, and then use this information to benefit our coaches and players to have more data driven results, and less emotional decision making. It works

by recording data that can then be snipped and reviewed by the players for a unique learning experience, which adds to their individual player profile. By the time they graduate from our club, they will have a detailed player profile with their strengths, weaknesses, performance statistics and personal details that can be shared with pro clubs and universities directly, or used to make a highlight reel from years of continuous footage.

This program will be doing a soft-rollout with certain teams this year and will hopefully be Club-wide by next fall. Stay tuned for updates and important information on this exciting new program!





Important Dates & Information

Café hours will start in October and will be 4:30PM-9:00PM on the weekdays and 8AM to 6PM on the weekends.

Legacy Night's new date will be announced upon the start of Alberta Relaunch - Stage 3.

Christmas Camps

- Grassroots Camp: December 28-30 Foothills Skills Centre

- International Camp: December 28-30 MACRON Performance Centre