



The Storm Watch

VOLUME III ISSUE 3

NOVEMBER 6, 2015

Inside this issue

Birth Year Registration 2
Fundraising Team Meeting 2
Meet the Board Member 3
Fall Fun Day 3
Space Coast Logo Clothing 4
3V3 Tournament Preview 4

Board of Directors

- President: Mike McGonagle
- VP: Kevin Murtha
- Treasurer: Lynn Spadaccini
- Secretary: Ann Fuller
- Directors:
 - Susan Eaton
 - Toby Gutierrez
 - Les Hatter
 - Kevin Koegel
 - Brian Lundy
 - Gran Roe
 - Matt Shelton
 - Steve Snow
 - Stephen Spira
 - Nick Walker

Staff

- Director of Coaching: Scott Armstrong
- Junior NPL Director: Dean Flexton
- Director of YDP/Academy: Rob Dinnie
- Administrator: Marisa Whisel
- Director of Coaching Assistant: Bev Gibbs



Soccer Fuel: Snack Right, Play Great

What are the best pre-game or pre-practice snacks for energy and stamina that won't slow a player down?

Kristine Van Workum, Brevard Nutrition Inc.:

Within 60 minutes or less before a game or practice, it is best to choose foods that are easy-to-digest carbohydrates that provide energy. Examples include fruit such as bananas, apples, berries, grapes, raisins, or applesauce pouches. A few whole grain crackers or mini bagel that is moderate in fiber would be a good choice; avoid very high fiber grains since they are harder to digest. Even a glass of low-fat milk/non-dairy milk would provide fuel if the extra liquid does not bother the athlete. Swishing in the stomach while running can sometimes be an issue, so if that's a problem for your player, try low-fat yogurt instead. If you have to make a quick stop at a convenience store on the way to practice, avoid foods high in fat like chips, hot dogs, and fried foods as they take longer to digest and will be more likely to slow you down. Instead, look for dried fruits or 100% fruit juice, whole grain granola bar/cereal bars, dry cereal, or pretzels. Some convenience stores or coffee shops even offer fruit cups, bananas or single-serving yogurts to purchase.



SCUSC would like to thank Kristine Van Workum, RD, CSSD, LDN for offering nutrition information to power our players. She can be reached at Brevard Nutrition, Inc., 122 4th Avenue, Ste 200, Indialantic, FL 32903. By phone, 321-327-3793 x 105. Her website is www.brevardnutrition.com.

Birth Year Registration Coming to FYSA

As many of you are already aware, US Youth Soccer will implement the best practice of calendar year age grouping for player registration beginning with the 2016-2017 soccer year for US Youth Soccer programs and competitions.

Using the school calendar for age groups is practiced only in the United States and Canada; as all other FIFA members go by the calendar year. Birth Year Registration applies to all age groups of players and not just players 12 and younger. This change will align players with the international standard and allow directors and coaches to be better informed to combat relative age effect when making teams for youth players.

While the Florida Youth Soccer Association (FYSA) is allowing clubs until 2017 to fully implement the change, Directors of Coaching throughout the state are already evaluating the potential affects and some may comply fully in 2016 rather than wait until 2017.

Space Coast United Soccer Club's DOC, Scott Armstrong, is aware this change will impact quite a few of our members and is sensitive to parent and player concerns. This is not an entirely straight forward process as the impact to teams throughout the club varies considerably.

We share your frustration with the uncertainty of the situation, and ask for your patience and understanding as Coach Armstrong and his staff review our current rosters to decide whether immediate, phased, or delayed compliance will make the most sense for each age bracket and team. Appropriate due diligence is necessary to determine the best course of action to meet and exceed the needs of our players, teams, and the Club.

For more information please visit the US Soccer site at <http://www.ussoccer.com/coaching-education/resources/2015-player-development-initiatives> where you can access an FAQ pdf.

Let's make sure we can always get the kids off the bench and playing soccer!



Fundraising Meeting

Tuesday, November 10, 2015

12:00 – 1:30 p.m.

Murtha Law Office, 7351 Office Park Pl, Melbourne, FL 32940
(near intersection of Wickham and Murrell)

If you are at all interested or curious about fundraising efforts at Space Coast United, please plan to attend an introductory meeting of the Fundraising Team on Tuesday, November 10 at noon.

This is an excellent opportunity to make a real difference at the Club.

The expenses of our programming cannot be met with registration fees alone. We welcome anyone who is interested in being a part of the success of Space Coast United as our community continues to grow by leaps and bounds.

Please RSVP to Kevin Murtha at vicepresident@spacecoastsoccer.org



Our sponsors help make programming at Space Coast United a reality.

Thank You!



THE STORM WATCH



Eaton Applies Volunteer Ethic to Board Work

Susan Eaton has been involved with Space Coast United since the spring of 2006 when her son started mini-kickers at the age of four. Susan coached U6, U8 and U10 teams in the YDP program until her son transitioned to the competitive program. John is now on the U14 NPL Travel team. She was elected to a three-year term on the board of directors in March of this year.

She said she decided to run for a position on the board due to pressure from Scott Armstrong and Ann Fuller, but admits that is only partly true. "After seeing how much time and energy the club had put into my son's development and enjoyment of the game, it only made sense to give them back some of my time and energy. The club is almost entirely volunteer led and operated. So with the growth over the past decade, it's an imperative that parents get involved. The timing was right for the skill set I could bring to the club and the board."

Susan says she loves the structure of SCUSC now. Her son was just one year ahead of the formation of the Academy which she considers a wonderful concept to transition players from YDP to competitive teams. She appreciates the level of coaching Space Coast United is committed to providing and says she doesn't see its equivalent elsewhere in the county.

The "One Club" mentality is very important to Susan. She says, "I want to see the club and its members continue down that path. Regardless of what program they are in - YDP, Academy, Competitive, Recreation - I want players and their families to identify themselves as members and supporters of Space Coast United. As a board member, I'm also part of the communications team, updating our social media sites, the website, etc. and I would love to see more people get excited about seeing their club featured publically in our community."

Susan works for AAR Airlift Group, an airline that primarily operates for governments providing humanitarian and expeditionary services for the U.S. Department of Defense, the United Nations, and the U.K. Ministry of Defense. For example, we have a fleet of helicopters that resupply naval ships at sea.

She has been married to her husband, Chris, for eighteen years. They love to travel with their son and try to experience a new international destination every year or so. They recently booked a trip to France next summer to coincide with the UEFA Euro 2016 tournament and have tickets to a game in Paris on June 12.

"We won't know who we're seeing play until the draw on December 13, but we don't care," she said. "We're just looking forward to the atmosphere. We're also taking my nephew, Colin, who is on the Space Coast United U15 NPL squad and just as soccer mad as we are."



Fall Fun Day Features Food, Games, Inflatables

It's time for bounce houses, field games, food and drinks for the Space Coast United families!

Come out Saturday between 1:30 and 4:30 to take part in the festivities that celebrate the hard work by our players, coaches, managers and volunteers this fall.

The event will take place at Viera Regional Park. A DJ will be on-hand, along with a dunk tank, vendor marketplace and hot dogs and hamburgers fresh from the grill.

It's not too late to sign up for a 90-minute volunteer shift or bring a food or drink item, either. Volunteer shifts are available to supervise an inflatable station, dunk tank, and field games. You can sell raffle tickets or grill burgers and dogs. Sign up now at VolunteerSpot <http://vols.pt/82EzUR>





P.O. Box 410301
Melbourne, FL 32941

Phone: 321-541-0445

Email: info@spacecoastsoccer.org

Website: www.spacecoastsoccer.org



Established in 1984, Space Coast United Soccer Club is a non-profit run by volunteers dedicated to families who wish to enjoy the sport of soccer and to provide opportunities to play at all levels from ages three to eighteen with the highest quality of programs available in the State of Florida. Our efforts and energies are directed to the following objectives:

- We strive to develop players at all levels of play – recreational and competitive – by building and improving their skills, confidence, fitness, initiative and a sense of teamwork.
- We are committed to developing coaches and referees to the highest level through a quality instructional, licensing and mentoring program.
- We aim to ensure all of our players' personal goals are met whether they be enjoying recreational soccer, playing on an elite or premier competitive team, playing on your high school team, playing in college, or on a U.S. National team someday.
- We promote and encourage high standards of sportsmanship and fair play and strive to ensure all players are doing it "For the love of the Game!"

Space Coast Challenge 3v3 on Dec. 5!

The 15th annual Space Coast 3v3 Challenge is less than a month away.

Taking place at Viera Regional Park and hosted by Space Coast United, the 3v3 tournament kicks off the tour season and offers a chance for our players to get some touches on the ball during the holiday break.

The top four teams in each division qualify for the 3v3 national championships. The event again will offer a Toys for Tots drop-off location. For more, go to www.challengesports.com/3v3

SCU Logo Gear Now at Viera Lacrosse & Sport

Space Coast United logo gear is now on sale at Viera Lacrosse and Sport. They are starting with a very comfortable t-shirt made from a breathable, sweat-wicking material. Four different styles and colors are available, two with sleek, sublimated patterns.



As the store becomes increasingly established as our preferred spirit wear provider in the near future, they will expand into socks, hats, and shorts. They also plan to start carrying Warrior and Brine soccer gear by early December to meet our gear needs.

The store is located at 5410 Murrell Rd, # 205 in Viera. Look them up online at <http://www.vieralacrosseandsport.com/>

Our Programs

Micro/Mini-Kickers
Ages 3-5

Youth Development and Academy
Ages 4-11

Competitive: Select/NPL
Ages 9-19

Recreational
Ages 13-18

Goalkeeper Academy
Ages 9-19

TOPSoccer
Ages 4-19

Youth Soccer Websites

[Florida Youth Soccer Association](#)

[National Premier Leagues](#)

[US Youth Soccer](#)

[Brevard Youth Soccer League](#)

[Greater Central Florida Youth Soccer League](#)