Hello MSC family.
First of all I must comment on the success of our teams over the spring. The Katoch train keeps chugging along with a great showing in State Cup and now an invite to join the BIG DOGS with Midwest Region League. This is all come about because the coaches and the parents have joined together to be a complete unit all on the same page. Their commitment to practice, games and winter training has paid off. CONGRATS
The other teams of note the u9 boys who went thru the year winning both sessions in OASL, with a total of 13 wins, 1 lose and 1 tie, CONGRATS to them. The other teams all showed improvement, winning more games, and playing better soccer. This is not only a reflection of our coaches but also of the parents with their commitment to help their kids work on their game at practice or in the backyard.
Talking about kids working and backyards, a package called "Keeping in Touch" was sent to everyone's email. This is a six week session plan so your player can keep their touch with the ball. Plus there are some backyard games for you as a parent to work with your kid. These sessions have been produced with the help of Chris Andreano and many thanks must go to him. If you did not get the email here is a link to the program: MSC Keeping In Touch Summer Program

Well my last comment must be on the NUMBERS at try outs I was totally blown away with the boys, and girls kicking a soccer ball last week. This is a reflection on the commitment of Mentor Soccer, the VP of Rec Amy Meyers, great job Amy, and the coaches and parents of our teams. A BIG WELL DONE>

GO MENTOR
Jim Buchan
DOC Mentor Soccer

MSC Summer Camps!
Mentor Soccer Club is sponsoring the following soccer camps for Summer 2012. We have received great feedback on these camps, and they are very reasonably priced compared to other camps in the area.

Director for all camps is Jim Buchan, Mentor Soccer Club's Director of Coaching, USSF Level A coach, and Olympic Development Program (ODP) head coach. Camp instructors include many of the top MSC Wave coaches. Go to www.mentorsoccerclub.com to register.

MSC Wave Soccer Camp
June 18-22, Krueger Park, 9:00-10:30 am (1st-3rd grades), 10:45-12:30 pm (4th–8th grades)
Camp for all players in grades 1st-8th at the Rec, Travel, and Premier levels.
Cost: $60 per player, include camp t-shirt

MSC Goalkeeping Camp
June 18-22, Krueger Park, 9:30-10:30 am (4th-12th grades)
Goalkeeping camp for all levels, 4th grade and older, led by MSC Goalkeeping staff.
Cost: $50 per player. Discount of $20 if player attends both MSC Goalkeeping Camp and MSC Wave Soccer Camp.

MSC Wave Pre-season Soccer Camp
July 23-27, Krueger Park, 5:30-7:15 pm (U9-U11) and 7:15-9:00 pm (U12-U14)
Camp geared for more experienced players U9-U14. Note there are 2 different time slots depending on age. Limited enrollment.
Cost: $60 per player

MSC Rec Soccer Camp
August 6-9, Krueger Park, 9:00-10:15 am (U7-8), 10:30-11:45 am (U9-10), 1:00-2:15 pm (U11-14)
This camp is available ONLY to MSC Rec players who are registered for the 2012-13 season. Note there are 3 time slots, depending upon age.
Cost: $25 per player

The DOC Is In - with Jim Buchan

GO MENTOR
Jim Buchan
DOC Mentor Soccer
Congratulations Wave U13 Red Boys

Following their performance in the State Cup Tournament, Coach Tom Katoch’s U13 Boys Red team has been officially invited to play in the Midwest Regional League. This is one of the most prestigious leagues in the country, second only to the National Academy League. To be recognized by and to be invited to join the MRL is huge honor for Coach Tom and his team. Congratulations!

2012-2013 Season Registration is Open!

Registration for Rec teams is still open. Go to www.mentorsoccerclub.com for more information. Recreational play is $85. This cost covers the fall and spring seasons. Age levels fill up fast, so don’t wait.

2012-2013 Season Wave Tryouts

Tryouts for the 2012-2013 Wave Travel and Premier Teams were held at Krueger Park from June 4-7. Results of the tryouts were communicated via email. If your child was unable to tryout, there may be space available in certain age groups. Or if you have not received your email, contact wave@mentorsoccerclub.com for details.

Wave Uniforms

As promised, the Wave will be keeping the same uniform style for this coming season. We realize kids grow, so if you need replacement pieces, they can be order on our team uniform site: http://www.soccer.com/teamRoster/teamLinks/teamLinkStart.php?club_id=701460 Just select your child’s team, and choose their name to display the customized items to order. The new 2012/2013 rosters will be updated on the site by the end of June.

This is the second season for the uniforms, Adidas has guaranteed their availability through the fall of 2013, so we may be changing kits for the 2013/2014 season. We will announce that as we get closer. And don’t put those uniforms in the dryer!

Volunteers Needed!

The Mentor Soccer Club could not survive without its volunteers. Several volunteer positions are now open. Hopefully you can lend a hand in making this one of the best clubs in the area. If you are interested in any of the positions below, please email rec@mentorsoccerclub.com

FUNDRAISING COORDINATOR - Responsible for overall fundraising organization and direction. The fundraiser coordinator will work with our fundraiser contact, club treasurer and coaches to get families involved and raise funds for the club. Our fundraiser the last few years has been in the fall selling cookies and food although the coordinator has the ability to drive the direction of fundraising activities for the club. Fundraiser coordinator will receive a commission on monies raised for the club.

Picture Day Coordinator - Picture Day for Rec this year is Saturday September 8th! The picture day coordinator will meet with the photographer and work with VP of Rec before the event to help coordinate and schedule the teams. If you are looking for a volunteer position that is focused on a specific project and ends in September, this is a perfect role for you!

Sponsorship Coordinator - Sponsorship coordinator will help in June and July with gathering corporate sponsors for the team for the following year. This would include calling on prior sponsors and contacting new sponsors for the year. If you would like to donate time to the club but really only have time in the summer, this is the perfect role for you!

NOGSL Representative - Responsible for representing the Mentor Soccer Club with the Northern Ohio Girls Soccer League (NOGSL) and handling administrative activities including registration, scheduling, and game changes. Works closely with VP-Wave Academy, coaches, and team managers. Good communication skills, efficient in using a personal computer, and an ability to work within in a team environment to achieve position objectives. This position may require some travel 1-3 times during the entire season no more than an hour from Mentor.
Soccer Head Injuries & Protection
C. J. Abraham, Ph.D., P.E., FRSC, DEE, JD * Technical Director-ForceField FF Ltd.

How many times has a parent or coach of a child playing a contact sport either seen the child/adult get "bonged" or "dinged"? How many times does that experience go unreported?

For decades we have all enjoyed watching athletic teams of all ages, face off and score those points. As participants, they have taken pride in stretching their athletic performances. Whether we block the offense, make a winning pass, or simply run up and down the field, sports will always be a source of pleasure, challenge and fitness.

Unfortunately, contact sports and some recreational sports carry risks for serious head injury. While many people may think that this is obvious, most are not aware that small repetitive brain injuries that can cause long-term damage. There is documentation that continuous sub-concussion level impacts can also result in long term neurological deficits that manifest themselves during the playing time or after the individual is retired from the sport. Soccer is now only second to football in the incidence of concussion in children playing sports. Medical data is mounting on the long term effects on the brain. Literature has indicated that there is a significant risk of permanent brain injury for serious soccer players. Further, there is a high incidence of concussions among youth soccer players. The American Academy of Pediatrics classifies soccer as a "contact/collision sport". J. Scott Delaney, MD, et al. of McGill University in Canada has published, "Concussions Among University Football and Soccer Players: A Pilot Study (on the Internet) and Head Injuries Presenting to Emergency Departments in the United States From 1990 to 1999 for Ice Hockey, Soccer, and Football" (1). He concluded that the, "rates of head injuries for these (3) sports are comparable not only in elite athletes but also in the athletic community as a whole."

* www.scientificadvisory.com

A peer reviewed article, "Heading the Ball in Soccer: What's the Risk of Brain Injury?"

by Michael J. Asken, et al. and published in THE PHYSICIAN AND SPORTSMEDICINE - VOL 26 - NO. 11 - NOVEMBER 98, concluded that:

- soccer players' reports of increased neurologic symptoms such as headaches, heading-related migraine, neck pain, and dizziness;
- the report by Tysvaer and Lochen of neuropsychological changes in soccer players as compared with hospitalized controls;
- neurodiagnostic findings of ventricular changes and atrophy in 10% to 33% of former soccer players;
- MRI changes in 9 of 20 members of the US National Team, some with focal atrophy; and
- more frequent abnormal EEGs in active soccer players as compared with male non-athletes.

Competing in contact sports exposes both children and adults to higher risks of a head injury. This can result in a change of mental status. The injury that causes a change in mental status is called a concussion. The contact sports that expose the participants to concussions include, but are not limited to: full contact karate, soccer, football, ice hockey, lacrosse, rugby, wrestling and boxing. The head injury can be caused without contact the head directly. A direct blow to the neck or upper body can also produce a concussion. Significantly less force is required to produce a second concussion.

When a player has a fractured leg or fractured arm and other injuries that are visible to the rest of the team members, it is understandable why he/she is not participating in the game. However, when a player receives a concussion or head trauma and is not playing, it can be embarrassing and the peer pressure can force the player back into the game when he/she does not admit to the severity of the condition and how he/she truly feels. This is a hidden danger to the player, his parents, his coach and the athletic trainer for the team. The "win at any cost syndrome" can be a detrimental one to all concerned especially the injured player.

According to Michael Collins, Ph.D., a neuropsychologist from the University of Pittsburgh, there are 3.8 million sports-related concussions per year, most of which go undiagnosed. He went on to state at a William "Pinky" Newell Lecture that the injured victims continue in their chosen sport and are re-injured risking the possibility of permanent problems for the rest of their lives.

In most cases, concussion diagnosis is flawed because there is a dependence on the injured player to report his symptoms. Even with all the technologies available, the medical profession is still dependent on the player telling the coach, trainer and/or parent that, "I just don't feel right." What is worse is that most of the young children receiving head injuries in a contact sport do not have access to a medical specialist to whom they can make that statement.

There is no helmet or protective headgear available that is capable of eliminating concussions. The helmets are designed to reduce the risk and/or eliminate subdural...
hematomas. The helmets have solved that problem but not the problem of concussions and the damage caused by impacts at sub-concussion levels. In soccer, the risk is higher when the player in not wearing any protective head protection.

With reference to the sport of soccer, the ForceField FF Headband protector looks just like a regular sweatband. It is lightweight, ventilated and adjustable. An impact absorbing polymeric layer is located within the sweatband, The band wraps completely around the head offering increased protection at crucial impact zones at the forehead and temples where many impacts to the head occur. It is an advanced technological patented design that does not detract from any of the techniques involved in playing the sport.

Because of the design of the headband, the ball will always play as true as if it were coming directly from a player's head (without protection). The only difference, which is significant, is that the player will experience between 50 to 80% less impact force to the brain.

The ForceField FF Headband has been independently tested extensively at McGill University in Montreal, Canada and at Intertek Laboratories in Cortland, New York. The test data shown on the ForceField website (www.forcefieldheadbands.com) is self-explanatory.

What is important to note is that the headband, by itself, passes the impact test for an actual hockey helmet. In contrast, the Nike sweatband does not absorb or dissipate any impact force of significance.

Although still not widely known, it is now accepted by pediatric neurologists that children, especially infants and preschoolers up to the age of seven, have a substantially higher vulnerability to neurological trauma than adults. Some of these long-term effects do not manifest themselves until after the child has reached adulthood (2). Dr. Beaulieu recently published findings showing that children who sustained injuries in their first five to six years exhibit less recovery of and greater impairment to intellectual skills as compared with children who are aged between six and sixteen. The age of injury and the injury's severity dictate the rate and extent of recovering from deficits in language, memory, attention, and academic and decision-making skills (3).

From a neurological standpoint, the ForceField FF Headband is highly beneficial for all players. Every time a player absorbs a direct impact to his/her brain area, neurons can be either destroyed or damaged. A brain contains billions of neurons. The neurons process all of the information that flows from within, to, or out of the central nervous system (CNS). All of the motor information through which we are able to move, all of these sensory information through which we are able to see, taste and to touch, and of course, all of the cognitive information through which we are able to reason, to think, to dream, to plan, to remember, and to do everything else that we do with our minds is affected. Each of these neurons is connected to between 5000 and 200,000 other neurons.

It is a known fact that when neurons are damaged or destroyed they can regenerate and/or repair themselves. Since they generate electrical signals called action potentials that provide all of the motor information described above, it is important for every child, teenager and adult to reduce the risk of damaging or destroying any portion of the neurons in their brain. Neuronal reorganization after head trauma has a significant impact on long-term development.

Even if regeneration and repair take place, there is no guarantee that the individual's brain will normalize to its initial state. No neurologist, brain surgeon or medical theoretician has been able to disprove that statement. As a result of continuous damaging and destroying neurons, without receiving a concussion, one can permanently affect his/her behavior, memory, maturity and learning capacity. No one has been able to measure the magnitude of the initial deficit. However, as the individual ages, there have been numerous reported cases where his/her brain starts to deteriorate. This has been recognized and reported in the sport of boxing and football.

Sporting authorities around the world are beginning to digest reports published in medical and scientific journals concerning an Italian study that suggests that footballers are six times more likely to develop motor neuronal disease (MND) than the general population.

The illness is incurable. Neurons that carry the brain's messages to the body degenerate as described above. In Britain, neurologists have connected related illnesses such as MND, Parkinson's or Alzheimer's to repeated brain trauma either from heading the ball, clashing of heads or an elbow into the temple to be the precursor to the ultimate neurological problem.

In 1974, The Sunday Times quoted that the British coroners' findings relating to eight deaths was directly caused by heading in football (soccer). It is only through well directed epidemiological and prospective studies that accumulated data from the past can now be accurately analyzed.

A London neurologist, Professor Andrew Lees studied the case of Ray Kennedy who developed Parkinson's Disease soon after helping Liverpool win three European Cups. He concluded that Mr. Kennedy's illness could have been detected 14 years before he was diagnosed at the age of 35. It is also known that Jeff Astle died at the age of 59 from brain injuries caused by repeatedly heading a football in his 20-year career.

Ballistic engineers at the University of Glasgow demonstrated that they soccer ball can approach a speed of 80 mph prior to impacting with one's head. It
should also be noted that Billy McPhail, a player with the Glasgow Celtics in the 1950's, wound up disabled with pre-senile dementia and died in 2003. Other football players of note was Celtic player Jimmy Johnstone who, in 2002 was diagnosed with ALS; former England manager Don Ravie-ALS; Derby's Rob Hindmarch-ALS and Middlebrough's Willie Maddren-ALS.

A 1992 Norwegian study found that 35% of active soccer players in that country had abnormal brain scans, and another study in that country of retired professional players found one third (33%) of them had brain atrophy or a shrinking of brain tissue that resulted in behavioral and cognitive problems. The study concluded that the damage was directly related to repeated heading.

Although young children and teenagers do not experience the extreme force of the ball that the professionals experience, their skulls and skills have not matured and are constantly at risk. Rob Hughes, a columnist for The Sunday Times, stated in 2005 that, “The line between a hardy and a foolhardy sportsman is sometimes too blurred to sense, let alone to see.”

One of the major benefits of wearing the ForceField FF Headband when participating in soccer is to reduce the risk of damaging and/or destroying neurons. Another benefit is that the impact force required to cause a concussion is increased significantly because the headband is able to absorb and dissipate a significant amount of the force. It will take a much larger force to cause that same injury when the ForceField band is worn.

Additional benefits are that the headband absorbs and dissipates perspiration just like a regular sweatband. It is easily washed by hand. It can be placed in cool water and then worn while playing on very hot days, and it looks just like a regular sweatband.

There have been opinions expressed that if “helmets” are worn, soccer will start resembling American football. Others state that a helmet would be annoying and look “silly” The fact is that the ForceField FF Headband looks and acts just like a headband except for the added protection and the appearance will not look silly or be annoying. Headbands are worn in many sports from tennis and track to basketball.

The risk of head injuries to players colliding with one another, hitting the goal post and the ground will also be reduced. Those are the other ways soccer players are injured and must be protected. It should always be noted that concussions will not be eliminated, but the severity of the injury will be reduced by wearing the ForceField FF Headband.

For all of the young participants involved in football/soccer throughout the world, the sport provides an experience and an environment in which each of the young participants can grow and develop physically, mentally and socially. It is the responsibility of the sponsors of these programs to provide an environment that minimizes the foreseeable risk of injury. There is nothing more important than to protect the brain of a child. His/her future is at stake and the ForceField FF Headband will help reduce the risk of injuring it.

There is no method of reducing the risk of head injuries when a player is hit in other parts of his/her body and not the head. The percentage of head injuries that relate directly to head impacts relative to impacts to other parts of the body that also result in head trauma is not of significant consideration. From a risk analysis standpoint, when there is an inexpensive product available that will reduce the risk of head injuries from direct blows to the head, then the benefits are certainly desirable. The choice would be obvious.

Year-round, sports are the leading cause of injuries in the 11-to-18 population. The U.S. Centers for Disease Control and Prevention estimates that one-half of the 1 million-plus sports injuries seen among young children each year could be avoided with proper education and the use of protective equipment. The ForceField FF Headband is one of the positive choices a player, a parent and/or a coach could make in behalf of the safety and welfare of the player and the sport.

Kevin Guskeiwicz, director of the Sports Medicine Research Laboratory at the University of North Carolina at Chapel Hill has stated, "While many parents and athletes think that concussions rarely occur in sports such as lacrosse, soccer, softball and baseball, recent data suggests that concussions occur more frequently in these sports than previously thought.”

Experts say that because the brains of teens and those younger are less developed, the possibility of head injuries and concussions should be seriously considered. If the risk of injury to a child's brain can be reduced by wearing a ForceField FF Headband, the choice is rather

The Mentor Soccer Club does not endorse the ForceField headband, the article is provided for informational purposes only.
The Mentor Soccer Club goalie coach will be continuing his career as a soccer player after signing a professional contract with the Union05 Käl Téiteng Football Club in Luxembourg.

After a 10 day try-out with Union05 Käl Téiteng, the team reached a three-year contract with the Storm's all-league goalkeeper. His contract has an out clause that will allow him to transfer to a bigger European clubs throughout the deal.

Carreira leaves Lake Erie College as arguably the most decorated player in program history. A two-time All-Great Lakes Intercollegiate Athletic Conference (GLIAC) first team goalie, Carreira finished second in the GLIAC with 98 saves in 2011. In 2010, he led NCAA Division II with 168 saves. Carreira was in the goal for two shutouts in 2011 and even assisted a key goal against Northwood in a 2-1 overtime win on Oct. 16. Against Saginaw Valley State on Oct. 14, he made his 280th Union05 Käl Téiteng Football Club, who play in the commune of Kayl in south-west of Luxembourg, were crowned the 2010/1 Champions in the League of Honor and were promoted to play in the top professional league, the National Division-BGL League for the first time in their history in the 2011-12 season and will remain in the National Division-BGL League next season.

Prior to reporting to pre-season camp on July 1st, Carreira plans to learn Luxembourgish, the national language of Luxembourg. Carreira, a dual citizen of Canada and Portugal, is already fluent in Portuguese.

Before the opportunity to play professional arose, Carreria intended to play for the newly-formed AFC Cleveland this Summer and return to Lake Erie in the fall to pursue a master’s degree while using his final year of eligibility.

Congratulations Coach Ricky!

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**Club Calendar**

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<td>6/11/12</td>
<td>MSC Board Meeting 7:00 pm – Longo’s on Lakeshore – Open to Public</td>
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<tr>
<td>6/18-6/22</td>
<td>MSC Wave Soccer Camp (see page one for details)</td>
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<tr>
<td>8/6-8/9</td>
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**Soccer Web Links:**
Mentor Soccer Club: [www.mentorsoccerclub.com](http://www.mentorsoccerclub.com)
Ohio Youth Soccer Association North: [www.oysan.org](http://www.oysan.org)
Northern Ohio Girls Soccer League: [www.nogsl.com](http://www.nogsl.com)

**Club Contacts:**

For general club questions:
admin@mentorsoccerclub.com
440-954-4326 (voice mail)

For questions about Rec Soccer:
rec@mentorsoccerclub.com

For questions about Academy Soccer:
wave@mentorsoccerclub.com
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