



# The Kick



Visit our web site at [www.ancastersoccer.com](http://www.ancastersoccer.com)

June / July 2005

## The 2005 Soccer Season is Under Way!

Now that the warm weather is here, and the 2005 soccer season is in full swing, we hope the players, coaches, and parents are having an enjoyable season thusfar. Please continue to refer to the **Parent/Player Handbook** for important information such as *Codes of Conduct, Important Dates for each league, Basic Rules of Play, Field Usage Guidelines, and a Map of Ancaster Fields.*

In addition, here is a list of important dates for all players, parents, and coaches.

**August 1<sup>st</sup>** - Fall/Winter Indoor soccer registrations are due. Call the Ancaster Soccer Club at 905-304-1491 for more information. Games will be on Saturdays starting in October.

**Mid-August** - Picture Day photos will arrive mid-August and will be distributed by coaches to all players.

**August 27<sup>th</sup>** - Soccer Day. Fields and times to be announced at a later date.

**January 21<sup>st</sup> and 28<sup>th</sup> and February 4<sup>th</sup> and 11<sup>th</sup>, 2006** - Registration 2006. To be held in the Ancaster Community Centre - Rotary Room. Reminders will be sent in the December mail bag!

### AYSC Weather Policy for Games

Just a reminder that in the event of RAIN, all games will kick off at their regular scheduled time. Games are not cancelled or re-scheduled due to rain. If after the start of a game a storm front fast approaches the park and THUNDER can be heard in the distance the game is cancelled. If after the start of a game LIGHTENING can be seen, the game is cancelled. Games are deemed as played if over 60% of the total time has been played and the score shall be recorded. Players are to report to the field READY to play at the scheduled kick off time. Games can only be cancelled by the referee and both coaches at kick off time. If time permits, cancelled games will be re-scheduled.

*It isn't hard to be good from time to time in sports. What's tough is being good every day.*

*Willie Mays*



## How well do you know soccer in Canada?

According to the Canadian Soccer Association, in 2004:

- 825,323 Canadians played soccer (a 0.04% increase from 2003)
- 356,768 of these players were from Ontario (representing 43.2% of the total!)
- 84.5% of these players were 18 years old and under
- In Ontario, 58% of players were male and 42% were female

Source: [www.canadasoccer.com/eng/docs/2004\\_demographics\\_report.pdf](http://www.canadasoccer.com/eng/docs/2004_demographics_report.pdf)



### Common Soccer Injuries

Soccer is the most popular sport in the world, with over **200,000** professional and **240 million** amateur players. The most common areas injured are ankles and knees, as well as the muscles of the thigh and calf.

#### Injury Prevention Strategies

- ✦ Warm up and cool down at all games and practices
- ✦ Tape or brace unstable joints (such as ankles or knees)
- ✦ If injured, adequate rehabilitation before returning to play
- ✦ Promote spirit of fair play
- ✦ Follow rules of the game
- ✦ Maintain good field conditions
- ✦ Condition body to handle demands of sport (ie. strength, flexibility, agility training)



*The rules of soccer are very simple, basically it is this: if it moves, kick it. If it doesn't move, kick it until it does.*  
~Phil Woosnam, 1974

### Soccer Trivia

Did you know .....

- Soccer is the most common team sport in the world
- In professional soccer games, ball speed can reach 130 km/hour
- Professional players head the ball an average of six times per game
- The average running distance per pro soccer player is 10 km per game





A Community Announcement:

**HAMILTON-WENTWORTH  
NEIGHBOURHOOD WATCH**

**A CRIME PREVENTION PROGRAMME FOR YOUR NEIGHBOURHOOD**

**You are cordially invited to attend a...**

**TAKE BACK THE** NEIGHBOURHOOD

# **BBO**

**Thursday August 11, 2005**

**4:00 p.m. to 8:00 p.m.**

**Ancaster Community Rotary Centre  
Jerseyville Road, Ancaster Ontario**

There will be tips on Crime Prevention, Fire Prevention,  
Paramedic Services, Home Security and Traffic Enforcement

**\*\*FREE HOT DOGS AND POP**

**Entertainment and events for children\*\***

*This is an opportunity to come out and meet your fellow neighbours,  
the police, fire and ambulance staff as well as your locally elected  
city councilors. A positive partnership between the  
community and those who serve the community is  
essential to the good of all involved.*

**Hamilton Police Service**