










## MEDWAY YOUTH SOCCER

[www.medwaysoccer.com](http://www.medwaysoccer.com)

### ON YOUR MARK, GET SET...



This weekend (April 29-30) marks the opening day for Instructional, Micro and Intramural seasons. Here are a few reminders:

-  Game shirts will be provided for new or first-year players.
-  Shinguards are mandatory for all players; cleats are optional but recommended.
-  Please make sure your child brings water to all practices and games.
-  Try to have your child arrive at least 15 minutes before the start of each game.
-  Please treat all referees and players with the utmost respect.
-  Please refrain from bringing pets to the soccer fields.
-  Micro and Intramural seasons will end June 25. Instructional will end June 24.

### WHO WANTS TO PLAY GOALIE?

For many kids, the answer to that one is, "Not me!" But it doesn't have to be that way. There is a great goalie clinic being held this Wednesday (April 26), featuring Fred Guarino, a Medway resident and former professional soccer player. Fred has worked with Medway soccer in the past and we are excited to have him back again this spring. His fast-paced clinic will cover the basics (ball handling, positioning and more) with an emphasis on fun. Don't miss a great opportunity for your soccer player to learn about this position. Any coaches or parents who would like to volunteer are welcome.

**When:** April 26:

-  5-6 p.m. for intramural and U-10 travel players;
-  6:15-7:45 p.m. for U-11 and above.

**Where:** Idyllbrook Fields complex.

**What to bring:** Regular gear (shin pads, cleats, water, soccer ball)

### DON'T MISS MYS NIGHT WITH THE REVS

Last year, nearly 500 Medway residents and friends attended our first annual get-together at Gillette Stadium, where the Revs notched a thrilling 1-0 victory over the MetroStars. If you were not one of those, mark this date so you don't miss the fun this year:







**SATURDAY, SEPTEMBER 23**

The Revs host the Kansas City Wizards at 7:30 p.m. that night and you and your family not only will watch the game in a section reserved for Medway Youth Soccer, but can be a part of our exclusive Tailgate Party, including an all-you-can-eat buffet. Stay tuned for more details.

**And speaking of the Revs**, MYS has purchased flex tickets for New England Revolution games. Tickets are priced at \$12 apiece and they may be used at any Revs home game. The tickets are General Admission seating. Tickets may be purchased by contacting Penny Kelley ([pakelley@comcast.net](mailto:pakelley@comcast.net)).

### **MEDWAY CUP TOURNAMENT**





The 14<sup>th</sup> annual tournament, which benefits Medway Youth Soccer, will be held May 27 and May 28 at the Medway Middle School. This year's tournament features:

-  Competition involving U8 through U12 teams with tournament pins given to all participants.
-  Guaranteed four games and trophies for all U8, U9 and U10 teams.
-  Guaranteed three games for all U11 teams, and trophies awarded to first- and second-place teams.
-  Guaranteed three games for U12 teams, including an all-new 8v8 format and trophies for first- and second-place teams.
-  Appearances by New England Revolution team members and mascot.
-  Reduced-price tickets to Saturday's Revs home game against Houston.

**Volunteers are needed and welcome.** If you wish to volunteer or are looking for more information because your child is interested in playing, check out the Web site at <http://www.medwaysoccer.com/medwaycup/details.htm>.

### **TRAVEL EVALUATIONS**


It's never too early to start thinking about next year. With that in mind, we will conduct travel team evaluations during the month of May. Once again, players will be evaluated on a two-night basis, over a span of two weeks. Here is the schedule. Girls will be at Idyllbrook, while boys will be at Oakland. Times are set for 6-7:30 p.m.

-  U10 GIRLS AND U11 BOYS: Monday, May 8 and Monday, May 15.
-  U11 GIRLS AND U10 BOYS: Tuesday, May 9 and Tuesday, May 16.
-  U12 GIRLS AND BOYS: Wednesday, May 10 and Wednesday, May 17.
-  U13, U14 GIRLS AND BOYS: Thursday, May 11 and Thursday, May 18.

More information will be available on our Web site at [www.medwaysoccer.com](http://www.medwaysoccer.com).

### **PRACTICE, PRACTICE, PRACTICE**

**A TIP TO TRY AT HOME:** Soccer is a game of receiving, passing and shooting. Here's something to try in your backyard:

-  Set up a net or pitchback or something to represent a goal.



Get a ball and dribble around the yard using the inside, outside and bottom of your foot. Do this for a few minutes to warm up your body and help stretch out the muscles. It is always important to warm up properly to avoid injury.



Take the ball and tap it around, practicing shooting at the net. Strike the ball as it is moving -- this is a game played on the run. This will help with your timing and ball striking abilities.



Use your left foot and right. You need to have the ability to shoot with both feet. This will make you a multidimensional player.

### **IN THE SUMMER TIME**

Due to its huge success last summer, Medway Youth Soccer is pleased to announce its support for the **CHALLENGER BRITISH SOCCER CAMP** again this year. The camp is being offered **July 17-July 21** and **August 21-August 25**. Half-day, full-day and evening camps are available.

Each MYS coach has been given camp flyers to distribute to team members. Be sure to ask your child's coach for your copy. Remember to register early because space is limited. You can do this at [www.challengersports.com](http://www.challengersports.com) or by calling 800-285-6861.

### **A BIG THANK YOU**

Medway Youth Soccer would like to thank all of our generous sponsors, including:

Outback Steakhouse of Bellingham

Medway Cooperative Bank

Roche Brothers Supermarkets

A full list of sponsors can be located on our Web site at [www.medwaysoccer.com](http://www.medwaysoccer.com).

### **MYS MISSION STATEMENT**

Medway Youth Soccer's main purpose is to provide a recreational youth soccer program for the town of Medway and to ensure all players have an enjoyable soccer experience. Medway Youth Soccer is a non-profit organization dedicated to the youth of Medway. Membership guarantees equal playing time regardless of ability. As an association, we strive to foster fair play, sportsmanship, teamwork, self-confidence, self-discipline, and competition. Medway Youth Soccer's goal is to encourage these values in our players, coaches, parents, referees, and volunteers. We hope to instill a lifetime passion for the sport of soccer and provide an overall safe and fun experience.