

**Roanoke  
Star Soccer  
Club**

**In the Stars!**



**Volume 2, Issue 3**

**October 31st 2007**

**INSIDE THIS ISSUE:**

<b>State Cup Final 4</b>	<b>1</b>
<b>Stretching Article</b>	<b>2/3</b>
<b>BRCL Update</b>	<b>3</b>
<b>VCCL round up</b>	<b>4</b>
<b>CASL Shootout</b>	<b>4</b>



**State Cup Final Four**

This past weekend Roanoke Star had a unique experience at the Virginia State Cup Final Four in Williamsburg. Unique in the fact that they had two teams represented, the 16 Boys and 17 Boys. Only one other club in Virginia was similarly represented so it was a magnificent achievement to get there in the first place.

The Club very nearly had 3 teams make the Final four with the 18 Boys just missing out after the cruelest of losses in the quarter final. The 18B lost on a penalty shootout to last year's runners up, MPS Maclean, after a tense 0-0 tie. They had played extremely well and can count themselves very unfortunate not to advance. These boys now have to regroup for a number of great college showcases including CASL Shootout, VCCL Showcase and the Tampa Sun Bowl.

At the final four the club represented very well. The 17 Boys were up first with a tough game against SYC Jr. Royals. After a hard fought 1st half the scores were even with Roanoke entering into a deserved early lead before the Royals pulled a goal back. The 2nd half was very even until about halfway through when SYC pulled away as a result of two poorly defended free kicks. In their attempts to redress the balance, Roanoke Star pushed forward and were caught out on the counter attack, giving up another goal. The final score of 4-1 was certainly not a fair reflection of the way the game was played but in the end, the 17 Boys could have no complaints as the SYC Jr. Royals deserved their win and played the game in a sporting manner.



The 16 Boys were handed a tough semi final game against old foes, Braddock Road (BRYC). These two teams had met in the final two years ago with Braddock Road winning 3-1 in overtime. This year the Star was determined to show just how much they had improved and set about BRYC with hunger and determination. An amazing 45 yard strike from Justin Scyrath set them on their way and despite

BRYC pulling a goal back it was to be The Star who would gain revenge in this semi-final match up. The game was a terrific advert for youth soccer in Virginia with both teams giving their all and it was not settled until the very last minute of overtime when Chase Barnett broke away and scored with a low strike that hit the far post and crept over the line. BRYC showed just why they are champions when they still managed to have one final raid on the Roanoke goal which, if it were not for a fairly controversial offside call, would have resulted in the game being decided by penalty kicks. Truthfully, if they had scored at that time it would have been cruel on the boys, who had played so well and deserved their victory.

The final saw the team matched up against GRFL 91 Crew and it was to end in a cruel 1-0 loss, again in overtime. The 16 Boys never hit the heights of the previous evening but still, in many observers eyes, did enough to warrant the victory. It was not to be however, as chance after chance came and went and in the end the GRFL Crew took their chance and ended up with the win. Looking back on the weekend it was a great experience and both the 16 Boys and the 17 Boys should be very proud of their accomplishments. Both teams showed that they are certainly deserving of their status as being amongst the very best in the State and will undoubtedly be looking to repeat their achievements in years to come.

**Roanoke Star Info**

- FNB Star Cup 2 weeks away
- CASL Shootout preparation begins
- Indoor Soccer Program info available on the website
- Roanoke College Men's and Women's programs both doing well in ODAC play

## Strength & Conditioning

The following is an article that recently was sent out to the State Staff coaches from VYSA concerning Stretching. The article is by Taylor Tollison and can be found in full with at <http://www.elitesoccerconditioning.com/>

As coaches and trainers we will perform anything from plyometrics to sprinting to reduce injury and increase performance. The real question is whether the type of stretching we chose to perform before activity will have an affect on the performance and injury levels of our athletes.

### STATIC STRETCHING

Many coaches advocate the use of static stretching prior to exercise. Static stretching involves reaching forward to a point of tension and holding the stretch. Static stretching has been used through out the years for two main reasons: injury prevention and performance enhancement. (1) Does static stretching prior to activity achieve the goals of injury prevention and performance enhancement? Research has shown that static stretching can be detrimental to performance and doesn't necessarily lead to decreases in injury. Below are a few studies done on the topic of static stretching:

Rod Pope an army physiotherapist in Australia, recently carried out a wide study to assess the relationship between static Stretching and injury prevention. Pope monitored over 1600 recruits over the course of a year in randomized controlled trials. He found no differences in the occurrence of injury between those recruits who statically stretched and those who did not.

"Gleim & McHugh (1997), would also challenge the premise that stretching, or indeed increased flexibility, reduces the risk of injury"

New research has shown that static stretching decreases eccentric strength for up to an hour after the stretch. Static stretching has been shown to decrease muscle strength by up to 9% for 60 minutes following the stretch and decrease eccentric strength by 7% followed by a specific hamstring stretch.

Rosenbaum and Hennig showed that static stretching reduced peak force by 5% and the rate of force production by 8%. This study was about Achilles tendon reflex activity.

Gerard Vanderpoel stated that static stretching caused a specific decrease in the specific coordination of explosive movements.

Three 15-second stretches of the hamstrings, quadriceps, and calf muscles reduced the peak vertical velocity of a vertical jump in the majority of subjects (Knudson et al. 2000).

Moscow (1993) found that there is no relationship between static flexibility and dynamic flexibility. This suggests that an increased static range of motion may not be translated into functional, sport-specific flexibility, which is largely dynamic in most sporting situations .

Static based stretching programs seem best suited following an activity.

In soccer it is vitally important to have explosive muscles that allow a player to jump higher for the winning header or to explode past an opponent to get to the ball quicker. Almost every movement in soccer is preceded by an eccentric movement. For example, when you run you bend your legs first then explode forward. In jumping you must bend your legs first then jump. Finally, cutting in soccer requires a lot of eccentric power. Wouldn't it make sense to have optimal power, coordination and eccentric strength to succeed in soccer? If we shouldn't static stretch before a game or practice then how can we stretch to optimize performance on the field? The answer is dynamic stretching.

### DYNAMIC STRETCHING

Many of the best strength coaches support the use of dynamic stretching. Dynamic stretching consists of functional based exercises which use sport specific movements to prepare the body for movement. "*Dynamic stretching*, according to *Kurz*, "involves moving parts of your body and gradually increasing reach, speed of movement, or both." Do not confuse dynamic stretching with ballistic stretching! Dynamic stretching consists of controlled leg and arm swings that take you (gently!) to the limits of your range of motion. Ballistic stretches involve trying to force a part of the body *beyond* its range of motion. In dynamic stretches, there are no bounces or "jerky" movements. Several professional coaches, authors and studies have supported or shown the effectiveness of dynamic stretching. Below are a few examples of support for dynamic stretching:

Mike Boyle uses a dynamic warm-up with his athletes. He goes through about 26000 workouts over the course of a summer. In 2002 he did not have one major muscle pull that required medical attention.

Flexibility is speed specific. There are two kinds of stretch receptors, one measures magnitude and speed and the other measures magnitude only. Static flexibility improves static flexibility and dynamic flexibility improves dynamic flexibility which is why it doesn't make sense to static stretch prior to dynamic activity. There is considerable but not complete transfer of static stretching to dynamic stretching.

One author compared a team that dynamically stretched to a team that static stretched. The team that dynamically stretched had fewer injuries.

There are few sports where achieving static flexibility is advantageous to success in the sport. Therefore according to the principle of specificity it would seem to be more advantageous to perform a dynamic warm-up which more resembles the activity of the sport.



Dynamic Flexibility increases core temperature, muscle temperature, elongates the muscles, stimulates the nervous system, and helps decrease the chance of injury. Another author showed that dynamic stretching does increase flexibility. As coaches, trainers and parents we all want our athletes to lower their incidence of injury and increase performance. Dynamic flexibility has been used successfully by trainers and coaches to increase flexibility and possibly lower the incidence of injury. It is the job of the coach or trainer to pick the method they feel is best suited for the sport and athletes. The above evidence suggests the possibility that static stretching prior to activity is not the best solution. Static stretching doesn't necessarily lead to a decrease in injury and but may actually decrease performance. If one purpose of the warm-up is to warm-up the body, wouldn't static stretching actually cool the body down? If static stretching is not the solution to a pre-game warm-up what is? Dynamic stretching.

A sports performance program could look like this:

Beginning- Dynamic warm up

Middle- Actual workout

End- Cool down/static stretching



*All the best players in the world stretch thoroughly before games. Here, Ronaldo and Roberto Carlos combine stretching with freestyle juggling!*



### BRCL UPDATE

Most Roanoke Star BRCL teams had this past weekend in limbo as a result of the bad weather that hit our area late last week. This was disappointing for a lot of teams as they had been in fine form and were eagerly awaiting some game time. A few of our teams did see action however, starting with the 11 Boys who had a tough game against Valley FC. This Valley team had won the previous encounter at the start of the season by the score of 5-2 so the boys were a little nervous to begin. However after the opening minutes it became apparent that the professional coaching and unique soccer environment that Roanoke Star offers was going to pay dividends. The 11Boys showed the difference a couple of months of quality training makes as they stormed to a 5-2 victory. Well done Boys on a great showing! Keep up the good work.

The 16 Boys blue managed to get a game on Sunday away against the Franklin County team and continued their good form with a 4-2 victory. This team is finely placed to challenge for the BRCL league win and have a couple of big games coming up. Improvement has been steady throughout the season and the boys are all practicing hard and working to raise their game every week.

Their counterparts, the 16 Boys white team also played on Sunday against the Wythe Revolution and recorded a fine 3-0 victory away from home. At present the team is one point from the top of the league and has been dazzling observers with their possession style of soccer and great team spirit.

Other than those games all teams had a rest week. The coming weeks will see the schedule hot up as teams scramble to fit in make up games, the FNB Cup and finish the regular season. It will be very important that players make sure they are taking care of their bodies in this hectic run in. Make sure you are eating the right foods (no fast foods!), drinking plenty of water and getting to bed early for a good nights beauty sleep!

Good luck to all our BRCL teams as we finish out the Fall season.



Roanoke Star Soccer club  
2502 Broadway Avenue, Suite A  
Roanoke, VA 24014

Phone: 540-345-7820  
Fax: 540-345-7820  
Email: roanokestar@rbnet.com



VCCL play is complete for Roanoke Star but the final standings have not been released at this time due to a couple of unfinished games involving other clubs. What is certain however, is that Roanoke Star has had its' best ever year, especially on the Boys side. As things stand it looks like Roanoke Star will finish 2nd or 3rd in the Boys standings—what an achievement! Since records have started we have never finished higher than 6th place and this year we have certainly made a massive jump. Two of our boys teams finished the league season as **champions**, the **14B** and **16B**. Great stuff Boys!

The following is a breakdown of final positions in the league for each team:

11B—8th place. Certainly a learning experience for the younger boys but they have shown signs that they have the potential to improve in coming years. Historically, our younger teams have never done well in the VCCL as they adjust to playing teams who have been together for a number of years playing good competition week in, week out.

12B—7th place. 1 win and a number of tough losses for the 12B. In most games however the 12B competed and will look to improve again next season.

13B—2nd place. Great accomplishment for a team who only lost 1 game and really stepped up their performance levels this year.

14B—**CHAMPIONS**. 2 years ago this team won two games in their inaugural VCCL season. This season they are champions! Great work!

15B—6th place. Steady improvement for a team that has shown at times that they can compete with anyone. This included a great 2-2 tie with Beach FC, State Cup finalists and VCCL winners.

16B—**CHAMPIONS**. A perfect record for the 16B as they record victories in all their games.

17B—2nd place. A great year after a shaky start, the 17B have responded exceptionally well and also finished in the Final Four of State Cup.

18B—2nd place. Could still move down a place depending on results but a good year none the less. The team really grew as players this year and got a lot of experience playing against college teams.

12G—7th place. Every game was close for the 12G in their inaugural season. The future looks good for this great group.

13G—5th place. After the highs of last season it was always going to be tough to keep expectations a little lower. The girls are capable of playing with the best though and will be satisfied with most of their play this year.

14G—8th place. A rebuilding year for a great group of players. This team has spirit written all over it and never gives up.

15G—7th place. Another team with rebuilding in mind and they have come through the year a better team than when they started.

16G—5th place. Improvement was the goal for the season and they certainly accomplished that. A very enjoyable group of girls who have made steady progress over the year including a finalist appearance at the Beach FC tournament.

18G—5th place. Capable of great performances the 18G struggled a bit with consistency. However, they still have shown that they are a force to be reckoned with when they play well and had some great moments this year.



The 2007 CASL Shootout is amongst the best youth soccer tournaments in the USA. Only the best teams in the country are accepted to this event. Roanoke Star is delighted to announce that this year we have a total of 8 teams that have been accepted. The 13B, 14B, 15B, 16B, 17B, 18B, 13G and 18G have all been accepted into the tournament. This is a marvelous accomplishment and to put it into perspective, 4 years ago the club had one team participating and they were in the bottom bracket of the tournament. This year the 13B will lead the way as they have been placed in the Elite Silver bracket and are the highest ranked Virginia team in the tournament. The focus of the players and coaches at this tournament will be in making sure that the players perform to the best of their ability. If we do that then we will be happy and the wins and losses will take care of themselves.