



TUCSON SOCCER ACADEMY

Southern Arizona's Premier Soccer Program

EXCELLENCE
COMMUNITY
DEVELOPMENT



News you can use

MARCH 2017

Jeannie Benavente, Editor



TSA is designated as the *only* Nike Premier club in Southern Arizona! TSA founded TSAFC - Women's Premier Soccer League team, and boasts the **Ann Kathryn Schmidt Kickin' It Clubhouse** at Brandi Fenton Park.

Coming soon to a field near you

- April 21-23, Arizona State Cup Part 1
- April 28-30, Arizona State Cup, Part 2
- May 5-17, Arizona State Cup Finals 2017 (U12-U18)
- May 24-29, Arizona State Cup 2017 (U19)
- **Summer 2017 Camps (TBA)**

Letter from Ted

As president of TSA I am delighted to announce that **Omid Aldaghi** has agreed to serve as our new Fundraising Coordinator.

Omid worked for me in my law office a few years back as a clerk and intern and in fact did a great deal of research for me on this very topic. He is smart, enthusiastic and a natural born salesman. The apple doesn't fall too far from the tree.



I am very confident that Omid is exactly what TSA needs to take our fundraising to the next level and consequently take TSA there as well.

Please join me in welcoming Omid to this position and please work with him in identifying those TSA families best suited to support our program with sponsorships and donations.

Ted

Bragging rights:

Nike has selected TSA as one of its Premier Clubs to test new Nike Gear! Currently TSA players are testing new bags and shorts. . . nice.

Kinerk, Schmidt & Sethi, PLLC
ATTORNEYS



WE CARE.

**1st Annual TSA
Casino Night Join
us for a night of
fun **THIS FRIDAY!****

The Rat Pack is BACK one night only! Experience an evening in Hollywood's Vegas where the Sands Hotel is still hopping and Ol' Blue Eyes is holding your seat in the Copa Room!



Date: Friday, March 31st

Time: 6pm to 10pm

Location: St. Philip's Plaza 4280 N Campbell Ave

General Admission \$75: Enjoy complimentary food sampling from over a dozen of Tucson's local restaurants and drinks on the house! Be the judge of the Martini Madness Competition and vote on Tucson's Martini King. Join in the Lucky raffle for awesome prizes and bid on fabulous silent auction items. Win prizes for best costume and enjoy live entertainment Vegas style.

Casino Buy-in \$25: Calling all High-Rollers for the Casino Night competition. Top three winners are awarded prizes. Try your luck at the Blackjack, Roulette, Craps, and Poker tables. Limited spots available.

VIP Experience \$150: Get the red carpet treatment! Access to all the general admission perks. Join the Casino competition and win prizes! Enjoy reserved seating in the Copa room with exclusive Drink and food sampling. Limited spots available.

All proceeds raised from the TSA Casino Night will go towards player scholarships and program development in order to further advance the growth of Tucson's Youth!

Questions? Contact Lisa Fraser at 520-907-7278 or LisaFraser@hotmail.com.



PROACTIVE

PERFORMANCE PROJECT

Tucson Soccer Academy and **ProActive Physical Therapy** have joined together to optimize the health and safety of its team members and families.

The Tucson Soccer Academy (TSA), is a first class organization that values the health and wellness of it's members. Through education and and community partnerships, TSA provides opportunities for injury prevention and optimal injury management.

ProActive Physical Therapy was founded upon the treatment of elite level athletes. John Woolf, PT, ATC, its founder was the Head Athletic Trainer and Director of Medical Services for the University of Arizona between 1995 and 2001. With 9 locations throughout Tucson and Oro Valley, ProActive continues to provide cutting-edge evaluation and treatment.

ProActive Serves the Tucson and Oro Valley Community with:

Prompt injury and pain assessment: Many families struggle to get in to see their primary care provider to get the information they need to better understand an injury. We are experts in injury assessment and management.

Injury Prevention Screenings: How do you know if your child is at risk for an injury? ProActive works with leading experts in injury screening to provide a scientific approach to identifying risk factors.

Injury Prevention Programs: Injuries can be prevented with the right kind of program for the right athlete. If your child is at risk, the investment to prevent an injury will far outweigh the cost of getting the injury.

<http://www.proactivept.com>

Bumps and Bruises

Mondays from 4:30pm-6pm | TSA Club House
John Woolf, MS, PT, ATC, COMT

REFEREE: The “game Worden” speaks out

Q: When a parent or coach feel that a referee made a bad call that affected the final score, is there a protocol that allows parents and coaches to communicate their concerns?

A: The policy is that only a coach should approach the referee after the game. If a coach or parent wants to speak to a referee about a call/non-call, chances are it was a heightened game. There was a change in policy at least three years ago in which "Rate the Ref " was implemented. Recently, I was threatened with it by a coach. The game was being dominated by his U10 team and they were winning big. I stopped play for what I perceived as a potential safety risk to players. Personally, I prefer to speak to a coach from a "how did you see it?" perspective because it is less adversarial and polite. I have had to remind coaches who approach me with anger that I too have been a coach and a player for many years. I also explain that I welcome criticism as long as they are interested in my critique of their coaching. Out of a dozen coaches with whom I've had that exchange, only one took me up on that offer.



Sponsors rock TSA's world

TSA is looking for a sponsor to place on one of the peaks of the 43 TSA tents we have. The tents are used most weekends throughout the year. Almost all U11 and above teams have a TSA Tent. The tents are seen in Tucson, Oro Valley, Phoenix, Las Vegas and Southern California. It is TSA goal to provide all TSA teams a tent in the near future. We should put a picture of the tent in newsletter as well.

Our sponsors care about us and we care back! Please join us to show appreciation of our sponsors by using their services or patronizing their businesses. Their contributions help make this soccer club what it is today.

If you are interested in becoming a sponsor, please contact Dave Cosgrove at daclhc@gmail.com. There are multiple levels of sponsorship, various programs and ways to donate.

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Let's chew the fat . . . on fat:

Healthy Dietary Fats

Fats, also called lipids and oils, are often misunderstood. Healthy fats are needed for good health when consumed in just the right amount. Healthy fats and essential fatty acids such as monosaturated olive oil, avocado oil, omega 3's and omega 6's.

Healthy fats help to maintain healthy skin, insulate the body, cushion the organs, maintain body temperature, support cell function, and help transport and absorb the fat-soluble vitamins A, D, E, and K.

Fats also help support energy levels, but should be consumed in moderation (20-35% of the daily calorie total) as they contain more calories per gram than carbohydrates or protein (1 gram of fat = 9 calories). Read the food labels carefully and avoid the unhealthy fats, such as saturated fats found in animal products, and trans fats / hydrogenated oils found in processed and fast foods, which increase the risk of heart disease. A healthy diet promotes heart health and will increase stamina and athletic performance.

The general rule: Avoid fast food and processed foods. Try to get most of your fat sources from extra virgin olive oil, salmon, avocados, nuts and other whole food, healthy fat sources.



Eleni Delfakis, MS, RDN

Professor of Nutrition, University of Phoenix

Registered Dietitian Nutritionist

<http://www.dietandhealth.org/index.html>

Sports, Cardiovascular and Wellness Nutrition, Member

<http://www.scandpg.org/>

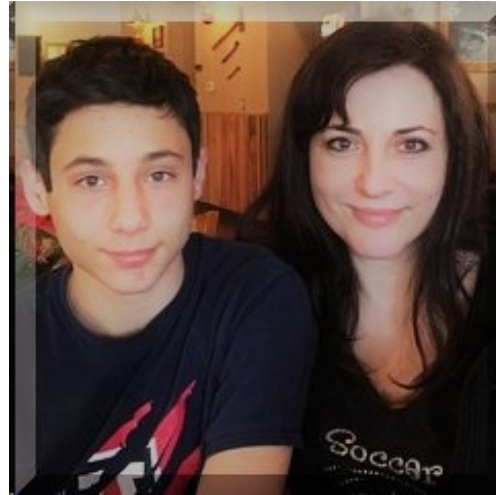


Note from the Editor:

Do you have a contribution for the newsletter? Do you have a concern or comment? Do you have a question for one of the TSA directors, referee or coach? Please email TSAnews1@gmail.com and your question will be routed for a response.

Thanks for reading!

Jeannie Benavente



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Tucson

HOTEL & SUITES

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