

Strikers Network News

Volume 3, Issue 1

July 2010

Letter from the President

Training Facility

Pat Feulner, President

First I'd like to begin thanking all of you for your sideline conduct this spring. I appreciate that soccer is a very competitive game and sometimes our emotions get the better of us but we have to remember that in most cases our officials and assistants are part of our club and many have very limited experience. Let's stay positive and support everyone involved in the game.

Next I'd like to thank Tammy Milligan and the great job she again did organizing and assigning our referees this spring. For those who are unaware, it takes hours and hours to assign refs to all of our games and usually just when you think your work is done, it rains and you have to start over again. I know with State Cup and tournaments thrown into the mix how hard Tammy works to get this done and all I have to say is, "GREAT JOB"!

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"Strikers Annual Picnic"

***Strikers will again hold our annual picnic on Saturday, August 28th at Elfstrom Stadium, home of the Kane County Cougars. The picnic will run from 12:00 to 4:00 with food service beginning at 12:30 and the raffle at 3:00.**

***VOLUNTEERS ARE NEEDED...**please contact Robin Munoz at rtdmunoz@sbcglobal.net to see how you can help.

*** The Picture Schedule** for this year's team pictures will be available on our website after August 1st. a **Flyer** outlining the picnic details is available on the Strikers Fox Valley website now.

M.J. Klaput Pub Crawl

Saturday, August 7th, 3:00pm

Come join the fun August 7th and help to fund the MJK Scholarship Fund. Every year one college bound player is selected to receive a \$1,000.00 scholarship in the name of Michael J. Klaput, deceased husband of former Striker coach Cory Klaput. Please check the website for the pub schedule. This is a great cause and a lot of fun!

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Like everywhere in America we are seeing signs of the struggling economy. This year we will be operating on a very tight budget and some of the items we would have liked to get done will be put on hold a bit longer. We are planning on completing the following:

- Continued roof repair on large roof
- Replace flooring in Core Training room
- Gutters placed on the west side of building

We did everything we could to keep our fees in line with last year. We did have a slight increase due to the increased cost of tournament entry fees. Most tournaments are charging double what they did a few short years ago. We will again offer the additional technical training with Coach Kehoe that will start in August. Look at the website for times.

The Michael J. Klayput Annual Pub Crawl is coming up in August. For those of you who are unaware of this event, Mike was the husband of Cory Klayput who coached with the Strikers for four years. Mike was diagnosed with cancer and passed away in 2005. In Mike's memory, Cory gives a \$1,000 scholarship to a Striker player who is going off to college. Cory funds the scholarship with the annual MJK Pub Crawl. Please come out and enjoy the evening with all of us who knew Mike and what a special person he was. Information is on the website.

College Soccer in STC



U-23 Division News

The U-23 division of the Strikers consists of college players, both men and women, home for the summer and continuing to play for Strikers. Over the past years we have seen the U-23 teams grow in number with more and more of our players continuing to play in college.

This summer our teams are playing their home games at East Side Park in St. Charles. The teams are coached by Coach Greg Fink who's assisted by Amir StClair and Amy Feulner. Coach Fink says, "The best part of having a U-23 team in our club is it gives our younger players the opportunity to come out and see what college soccer is like." The schedule for the U-23's:

Men's Home schedule:

- *Wednesday, June 23- 8:00 PM- Strikers U 23 Men vs FC Twente 3
- *Wednesday, July 7- 6:45 PM-Strikers U 23 Men vs Galaxy
- *Saturday, July 17- 3:00 PM Strikers U 23 Men vs Chicago Eagles
- *Sunday, July 18- 12:00 PM- Strikers U 23 Men vs FC Milwaukee
- *Wednesday, July 21- 6:45 PM-Strikers U 23 Men vs Ajax

Women's Home Schedule:

- *Monday, June 21- 6:30 PM- Strikers U 23 Women vs CL Force
- *Tuesday, July 6- 6:30 PM- Strikers U 23 Women vs Rockford Raptors
- *Saturday, July 10- 10:00 AM-5:00 PM- Strikers U 23 Women's Tournament
- *Tuesday, July 20- 6:30 PM- Strikers U 23 Women vs Kickers United
- *Saturday, July 24- 11:00 AM Strikers U 23 Women vs Chicago Fire Juniors, 12:15 PM- Strikers U 23 Women vs FC Twente 3

Knee Injury Prevention Strategies for Female Athletes

Did you know that females are at greater risk for non-contact knee injuries than males?

Why?

- Body biomechanics: females naturally have a wider pelvis creating a greater angle from their hip joint to the knee joint, thus causing more pressure applied to the knee joint
- Improper technique for running, jumping, and stopping
- Poor leg and core strength or muscular imbalances
- Lack of training for agility and balance

How to reduce your risk:

Proper Training

- Participate in strength training programs that focus on core, hamstrings and quadriceps
 - Good core strength helps absorb impact when running
- Participate in agility and balance training
 - Good balance and agility increases the muscles' ability to react to sudden changes in movement creating better stability of the knee joint
- Learn proper landing and jumping techniques and exercises
 - Land softly with knees slightly bent and on the balls of the feet

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U-11, U-13, ROCKFORD SPORTS CORE

BOYS SEEDING TOURNEY – AUGUST 14TH & 15TH

U-10, ELGIN SPORTS COMPLEX

U-12, U14, ROCKFORD SPORTS CORE

Strikers Family Picnic – August 28th

KUDOS

Congratulations to the following Striker players on the following accomplishments:

- Kerry Savage, won the MJK Scholarship
- Leah DeMoss, Kane County Chronicle "Soccer player of the year"
- Lauren Steimle, Daily Herald Fox Valley "Female Athlete of the year".
- U-14 Premier Cup - 2nd place in State Cup
- U-16 Premier - Semi-Finalists in State Cup

Best wishes to our 27 Strikers Players beginning their College Soccer Experience! See where they are attending on our website at:

www.strikersfoxvalley.com/cm/Achievements.html



Uniform Information

Strikers FVSC has signed a contract agreement with Soccer 2000 for the 2010 year. Soccer 2000 is located at 136 Ogden Ave., in Downers Grove. If you are in need of any soccer gear, please stop by the store. We will also have apparel on line for purchase in the near future.



BLOW YOUR HORN

- Send team news, photos to Robin Munoz via email for submission to newspapers
- Send info to Brian Hoeg for website – Must be preapproved