



# Everton Florida

## Register Now for Spring Soccer

It's fast. It's fun. It's 4v4. And it's right around the corner.

The spring soccer season will run from March 19 through April 23. Games will be on Mondays and Wednesdays, with each team playing two games per night. (Yes, that's four games each week but there are no practices for players U8 and older.) U8 and U10 games will be at 6:15 and 6:45. U12 and U14 will play at 7:30 and 8.

The fourth annual Ray Chassereau Tournament will

top off the 4v4 spring league with a friendly round-robin tournament.

Registration is open through February 26. After that, players will be accepted only if space is available. Registration is \$90. If there are enough registrants, there will be a competitive division and a recreational division; otherwise, the players will be combined. Teams may also be co-ed.

If there is enough interest, high school and adult teams also may be formed.

Questions? Read the rules for 4v4 spring soccer at <http://tinyurl.com/7clvy75>. Check out our FAQ at <http://tinyurl.com/7f3f2es>. Or email your questions to [raidersfields@yahoo.com](mailto:raidersfields@yahoo.com).

### U5 & U6 Spring Academy

The U5 & U6 Academy players will be trained by the Everton staff from 6 to 7 pm Mondays and Wednesdays. The format will be similar to the practice schedule for the fall/winter season with 30 minutes of instruction and skills games and 30 minutes of scrimmages.

## Everton Awards Banquet — Save the Date

Competitive and recreational players will reap the rewards of their hard work at the first St Pete Raiders/Everton Awards Banquet on Friday, March 30.

The gathering will be from 7 to 10 p.m. at Banquet Masters, 8100 Park Blvd. N in Pinellas Park. As the players receive their trophies, each coach may say a few words about the team. Dinner will be



served. The cost is \$15 per adult and \$9 per child.

The club will need a headcount as we get closer to the event, so please reserve that date for

the awards banquet. We want your children to know how proud we are of their progress and for them to feel part of the St Pete Raiders/Everton family.

# Summer Soccer Camps

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# Club Reaches Out to Its Alumni

From the desk of  
**Tony Paris**  
Everton FL CEO



As we head into the last few weeks of the junior competitive season, I cannot believe I have now been at the club for 12 years! Where has the time gone? I have seen many players/families come and go in my time here. It's always a thrill to see former players who pop in to say hello and have a family of their own! On that note we are trying to reinstate our Alum Association. I have seconded Barb Mallue who had two sons come through the program and was originally a board member and was partly responsible for hiring me all those years ago. If you know of anyone who played for the St Pete/NER Raiders, please give them Barb's email address: [jbbsmal@msn.com](mailto:jbbsmal@msn.com). She will be only too pleased to hear from our former players and will help them through the steps to become proud alum of our club!

## Technical Training Update

As many of you are aware, this important third night of training has been available since October. It gives me a chance to get with many of our players in one session and for them to get to me and vice versa. I, along with the coaches, can see the vast improvement gained by those in attendance. Those who do not attend are missing some good quality training and the chance to learn things that their coaches cannot fit in during their regular practices. So I urge you to attend. Our numbers have been outstanding thus far and we hope for much the same for the remaining weeks of the session.

The Speed/Agility/Quickness (SAQ) part of the curriculum is hosted by Ally Morrell, a native

Scot who has great credentials and is making a difference by offering this important piece of the jigsaw. ... Just to be sure everyone fully understands, this is NOT fitness training, but soccer-specific movement to help players become quicker and more agile. The more we can give them at this age, the better chance they have of success as they grow. For questions on SAQ, please email Ally at [allymorrell78@hotmail.com](mailto:allymorrell78@hotmail.com). He also offers small group training and parent bootcamps for those who want a little extra.

## Facility Improvements Continue

As you can see, the clubhouse has finally been finished and looks clean and bright. (Thank you, Greg Kasson and John Houser, for the great paint job.) We offer external Wi-Fi and an updated menu in our concession stand. Please feel free to gather around the clubhouse to work on your laptop and enjoy a gourmet coffee and biscotti. We are continuing to look to make the food menu interesting, and we offer signature dishes on Saturdays! So skip the local fast-food establishment and instead support the club by trying some English pasties or sausage rolls! Please watch for the current menus as they come into your email.

While we are very happy with the improvements, the work has been slower than I would like. We are solely volunteer-based. If you would help us make a difference, please contact Abby Rudderham at [rudderham2@tampabay.rr.com](mailto:rudderham2@tampabay.rr.com).

She will be able to give you information on what other jobs need to

be completed. We are not looking for much, a few hours here and there, as this can make all the difference to our progress. Remember, this is your club!

## Dogs at the Park

A few weeks back, you should have received a letter via the Internet regarding the city's dog policy. It's pretty clear and a city ordinance: ***"Dogs to remain on a leash at all times and no dogs allowed in the fenced areas of the park at any time."*** This is a city rule. It applies to club members, homeowners in the locale, and anyone else that uses the park. We as a club have been given the job of policing this problem, so please set a good example. We must enforce this rule equally for everyone. I am, as many of you know a true dog lover; however, the rules are the rules and must be followed. This is partly due to more than 1,000 dog bites each day being reported nationally, with most of these attacks on children. We must be proactive and protect the children at our park. Other statistics are in the letter that was sent out. Please feel free to email us if you need another copy.

On a final note, I want to thank you all for your continued support and patience. Please remember that soccer is only a game and should first and foremost be fun for your child and also the coach, so please look to keep things in perspective. Sit back and enjoy watching your child as, believe me, this time will come and go in the blink of an eye!

## Power Up Your Body

### Coach's Corner George Arroyo Jr. Everton U12 Boys



The sweat is still coming off your face as the referee blows the whistle. You gasp for air as you walk off the pitch knowing that you played with heart and intensity. After the coach congratulates the team for a job well done, the first thing that should come to mind is, "What should I eat?"

Soccer can be one of the most physically demanding sports. The nutritional needs of endurance athletes such as soccer players differ from non-endurance sports such as golf and baseball. In a professional match, soccer players can run 4 to 8 miles, sprint for 750 to 1000 yards, accelerate 50 times, and change directions every 5 seconds. In addition to skills on the field, soccer players need to practice nutrition fundamentals.

Carbohydrates, the major source of fuel for the body, can be found in foods such as pasta, bread, rice, granola, milk, fruit and vegetables. As carbs enter into the body, they convert into glycogen, which in turn, powers the body to run, kick and jump for headers. Think of your body

as a storage unit for carbohydrates that you use later. After a game, an athlete's glycogen storage may be nearly empty. It is critical that it be refilled before the next training session or match.

When athletes consume a poor diet, glycogen storage may be half empty at the beginning of the match. If this occurs, players may experience heavy legs, bad performance and a deterioration of skills before the first half ends. For this reason, it is crucial to consume a proper diet every day. Consuming carbohydrates 3 to 4 days before a match will ensure that the body is primed for the game. The morning of the match athletes should consume carbohydrate-rich meals that can include a whole grain bagel and cheese, bananas in yogurt, a small portion of pasta, or an energy bar high in carbohydrates. A couple of hours before the match, a sandwich, or liquid meals such as soup for those that cannot tolerate solid foods, will keep glycogen stores high. About 1 to 2 hours before the game, foods

such as crackers and fruits will help suppress hunger. Finally, less than an hour before, consuming liquid carbohydrates in the form of Gatorade or Powerade will not only help the glycogen stores in the body, it will also provide much needed electrolytes. Directly after a match, athletes have a 2-hour window in which they need to consume carbohydrates as most nutrients are absorbed into the body during this period. This is the time to get granola bars, bananas and sport drinks into the body.

During the 2011 Gold Cup Tournament, US National Soccer player Landon Donovan, during a Gatorade commercial, said, "My mindset, as soon as the game is over, is that now this is the start of the next game. Success is not an accident." Practicing proper nutrition can separate a good team from a great team. For those athletes looking to play at the next level, I encourage you to eat healthy and treat your body with the utmost respect. A healthy mind and healthy body produces a well-rounded athlete.

## Something Is Better Than Nothing

### Coach's Corner Ally Morrell Everton Trainer



We all have time constraints, and life can get in the way of our fitness goals. From someone staring out toward a healthier lifestyle to the seasoned athlete, life's demands often give us a reason to procrastinate when it comes to training.

If you planned a half-hour run but have only 10 minutes open, you might decide to wait until another half hour becomes available. Instead, make the most of your 10 minutes. For example, look into HIIT (High Intensity Interval Training) where performing exercise-to-rest on a 2:1 ratio gives fantastic results. This could mean jumping jacks for 30 seconds followed by 15 seconds of rest, then 30 seconds of Spiderman pushups followed by 15 seconds of rest, etc. Such 10-minute full-body workouts may be far more beneficial than your planned 30-minute run. Gone are the days when long slow miles equalled fat burning. Get the most out of the time you have. Enjoy the variety such sessions can bring and you will see for yourself the overall results.

### Adult Fitness Classes

In addition to training Everton players in speed, agility and quickness, Ally and Rachel Morrell offer adult fitness sessions at 6:15 p.m. Mondays and Wednesdays at Puryear Park. These group classes provide challenging workouts tailored to individual fitness levels. They are suitable for beginners through advanced. And they are fun! Everyone is welcome, not just Everton parents,

Classes are \$10 apiece, or \$64 for an eight-session package. The package must be taken within a month, but two sessions may be carried over into the following month, as long as you alert Ally or Rachel 24 hours ahead that you'll be absent.

Please email Ally and Rachel at [allymorrell78@hotmail.com](mailto:allymorrell78@hotmail.com) to let them know you are coming so that they will have enough equipment set up for the class.

# Know Your Coaches

*A lighthearted look at how these guys get their kicks ...*



**Academy Director  
Greg Zak**

**Best moment you have experienced in soccer?**  
Meeting and talking with Pele.

**The worse moment in your soccer experience?**  
Losing High School Championship on PK's

**Your funniest Soccer Moment?**  
I was coaching U11's, my son's team actually. One of my players was carded by the referee for making faces at one of the other players on the team. (Can you imagine this?)

**Favorite food?**  
CHOCOLATE

**Favorite TV show?**  
*M.A.S.H.* (Current show, *Leverage*)

**Favorite film?**  
*Slap Shot* with Paul Newman

**Favorite Book?**  
*Cutting Down the Nets ... Jimmy V.*

**Most embarrassing moment in your life?**  
Getting "megged" by Michele Akers in a celebrity match.

**Happiest moment in your life?**  
Birth of my two children, Greg and Gloria.

**Best country visited?**  
The UK

**Favorite Soccer Team?**  
Liverpool F.C. YNWA

**Favorite Hobby?**  
C'mon Seriously? Who has time for hobbies?

**Favorite Band?**  
Yes (seen them 24 times live) and Bouncing Souls (godfathers of alternative/punk)

# Volunteer Spotlight

*Sharing their time and talents to help the kids ...*

A big thank you to Greg Kasson and John Houser for painting our clubhouse!



**John Houser** has been with the club for years. His daughter plays on the U12 girls team. He has coached recreational teams and assisted with competitive teams. He is quick to lend a hand when needed.



**Greg Kasson** has also been helping out the club for a long time. He has a son in our U8 Academy program, and his older children played soccer here as well. Greg consistently steps up when he is needed. In addition to the recent painting project, he volunteered for parking lot patrol during our fall tournament.

## Rec Season to End with Annual GYSA Cup

The St Pete Raiders will host the annual GYSA Cup tournament at Puryear Park on Feb. 25-26 and March 3-4. Hundreds of rec players will be on our fields, competing for medals and bragging rights.

This tournament is great fun for the children, but it's also a lot of work for the adults, as we're responsible

for keeping things running safely and smoothly. We need volunteers for field marshals and for the concession stand. Please take a minute right now (since you're on the Web anyway) and email [raidersfields@yahoo.com](mailto:raidersfields@yahoo.com) to offer your time. The hours will count toward your volunteer commitment.

## Academy Winding Up Eventful Fall Season

Academy teams this season are progressing well, according to director Greg Zak.

"The U10 boys and girls are finding out what competitive soccer is all about," Zak said. "The U9 boys are one of the best teams in the area. And the U8 team is having a blast and doing well. They're playing in a coaches league."

\*\*\*

Everton will host a Spring Academy Challenge tournament.

The U8s and the U9 girls will play April 27-29, and the U9 boys and the U10s will play May 4-6.

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Parents may participate in Parent Education Classes, which the club plans to offer annually. Each session will run from 6 to 7:15 pm in the clubhouse. Topics are:

Jan 30 — The role of referee and rules

Feb 6 — Football 101

## U10G Has Openings for 3 Players for 2012-13 Season

The U10 Girls Academy team is undefeated after 9 games with 8 wins and 1 tie. This tournament class team is considered one of the top teams in the Tampa Bay area. It went 3 and 0 in the Braden River tournament but was eliminated from finals due to point differentials. Next up is the Gator Showcase in Gainesville

over the President's Day weekend.

The team is searching for three players to add to its roster for next year when it moves up to U11. If you know of any solid 10-year-old female soccer players looking for a team, please contact Brandon Vesely, U10G manager, at (727) 510-7060.



### More About Rec Soccer

*U5 and U6 Academy Developmental League*  
<http://tinyurl.com/44cptej>

*The U7 Academy Program*  
<http://tinyurl.com/3btq7m9>

*The U8 Recreational Program*  
<http://tinyurl.com/3m4vywe>

*The U10 Recreational Program*  
<http://tinyurl.com/3td2cqm>

*The U12 Recreational Program*  
<http://tinyurl.com/3or3738>

*The U14 and Older Recreational Program*  
<http://tinyurl.com/3f15yeg>



The U10 Boys Academy team took runner-up in the Everton Fall Classic. It missed making the championship game in the Braden River Halloween tournament on goal differential.

## Senior Teams Log Successful Fall Season

Everton's senior boys teams had a good showing during the fall competitive season.

The U19 boys team took second place in Division 2 of the USA leagues.

The U16 boys team finished sixth place in Division 2 of USA.

The U15 Boys were second in the Premier Division of USA.

## U12 Girls Look to Continue Winning Ways

The U12 Girls had a fantastic start to the 2011-2012 competitive season.

The girls took second place at the Everton Fall Challenge, falling to Braden River 2-0. In the FASL pre-

season, their record was 2 wins, 1 loss and 2 ties -- a great improvement over last year! The girls have been working really hard and have a winning record so far in the regular season.

### Upcoming Events

**January 30:** Academy parent class — "Referee and Rules"

**February 1-March 14:** School of Excellence, 6:30 - 7:30 pm. By invitation only. \$50 per player

**February 6:** Academy parent class — "Tactics ... Football 101"

**February 12:** Academy season end (except U8s)

**February 26:** U8s Academy season end

**February 26:** Registration for 4v4 Spring Soccer ends

**March 1:** Announcement of free soccer clinics in April and May

**March 5:** Academy extended training begins

**March 19:** 4v4 Spring Soccer begins

**March 30:** Everton Awards Banquet, 7 - 10pm

**April 9:** Academy begins training for tournaments

**April 16:** Free one-hour soccer clinic

**April 23:** Free one-hour soccer clinic

**April 25:** 4v4 Spring Soccer ends.

**April 27-29:** Academy Spring Challenge tournament, U8s and U9 girls

**April 30:** Free one-hour soccer clinic

**May 4-May 6:** Academy Spring Challenge tournament, U9 boys and U10s

**May 7:** Free one-hour soccer clinic

**May 25-May 28:** Everton teams compete in Disney's Memorial Day Soccer Shootout tournament

**June TBD:** Tryouts for competitive teams

### Summer Camps

#### GFL Enterprises

June 25-29, Puryear Park

August 6-10, Puryear Park

August 13-17, Puryear Park

Play the German Way! Soccer with Arne.

Contact Eddie Loewen at [gqloewen@gmail.com](mailto:gqloewen@gmail.com).

#### British Soccer Camp

June 18-22, Puryear Park

For competitive or rec players, ages 3-14

Includes free ball, shirt and jersey

Offered by Challenger Sports, the British soccer camp will include individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages and a daily tournament. The coaches also promote respect, responsibility, integrity, sportsmanship and leadership. See <http://tinyurl.com/6u78qjc>.

#### Brazilian Soccer Camp

July 23-27, Puryear Park

For competitive/travel players ages 9-18

Includes free ball and jersey

Offered by Challenger Sports, the TetraBrazil camp will teach Brazilian techniques, footwork and moves. See <http://tinyurl.com/73ktdr9>.

# Sponsors

## Get the Word Out - Advertise in our Newsletter

Are you a business looking to target families with active lifestyles? Maybe you want to help children who can't afford to play soccer without financial assistance? Or perhaps you are a diehard soccer fan and you want to share your love of the game?

Let us help get your message out to our membership.

We are accepting ads in our newsletters scheduled to publish in March, May, August and November. A full-page ad in all four editions costs \$200.

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\*We are a proud sponsor of Everton's Player Scholarship Fund.\*

A half page ad is \$100. A quarter page is \$50, and a business card is \$25. (See example of a business card ad above.) The deadline to submit copy is the first day of the

month of publication.

Email your questions to Rhonda Holifield at [everton-flnews@gmail.com](mailto:everton-flnews@gmail.com).



# Everton

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