

The Red & Black

June 2001 Newsletter



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HALIFAX DUNBRACK SOCCER CLUB

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UMBRO
SOCCER IS ALL

Tropicana

Message from the President

As I write this report and consider the work of the past few months and that our season is scheduled to open in a few short days, I am truly amazed and grateful for the efforts of numerous volunteers who have come forward to take on responsibilities, small and large, to ensure this coming season is successful and memorable for all players of Halifax Dunbrack Soccer Club.

At the mini level since mid-April, the turf at the Soccer Nova Scotia Indoor facility has been utilized seven days a week by our youngest players. In preparation for next week's season openers, our youth and Senior players have been very active on the outdoor sites, including Weir, Dalhousie and Saint Mary's.

Teamwork is very evident at all levels throughout our club, and on behalf of your Board I would like to say thank you to the many volunteers for their collaborative and cooperative efforts. I would also like to commend your Board representatives on their contributions—while you still have experienced representation, for many it has been their first time serving and the commitment and dedication to a quality program for our young people is very evident.

The registration process is very efficient and the ongoing process has produced good turn around times for placement of players on teams. Communicating electronically is very popular and on a given day, our office administrator responds to upwards to 50 e-mails.

The Technical Committee is meeting regularly to review program delivery and to implement changes as deemed necessary. Our business committee is successful in renewing partnerships that are in existence and in developing new sponsorship relationships. The work seems to be endless, but as we focus on sharing responsibilities and delegating tasks we are meeting with success.

We are fortunate to once again secure Clayton Park Jr. High and Sheffield fields for our mini programs. Whether you play U-11, youth or Senior, I encourage our families to drop by these fields during the summer to experience the fun the minis have as they storm the fields. I also hope our minis will come out to support our U-11, youth and Senior teams as they take on their league competition. In the coming weeks, check out the HDSC web site for information on schedules and spend an evening cheering on other teams within YOUR CLUB!

Submitted by:

Lynn Haughn
PRESIDENT
HDSC



SOCCER SHORTS

- ⚽ The HDSC web site is now updated for the Summer 2001 season, compliments of the assistant coach of our U-14 Girls T2A team, Peter Strong. Many thanks Peter for the time you're giving us and our membership. Peter also welcomes information on individual team web sites—he will link our club site to your team page if you contact the Dunbrack office with the necessary information.
- ⚽ Halifax Dunbrack Soccer Club wishes to extend a thank you to those individuals who participated in the workshops on Volunteerism, Media and Sponsor Relations and Effective Boards at the recent Soccer Nova Scotia Annual General Meeting. The seminars were hosted by Halifax District Soccer and certainly brought new perspectives and ideas for clubs to explore.
- ⚽ For information on CISL and NSSL schedules, please visit their web sites at:
Nova Scotia Soccer League:
www3.ns.sympatico.ca/nssl/index.htm
Capital Interdistrict Soccer League:
www3.ns.sympatico.ca/cisl.soccer
- ⚽ **Summer Camps:** Many requests are coming in for information on summer camps. Brochures are at the printers and will soon be distributed to our players. The camps are scheduled for the first three weeks of July, and you can contact the HDSC office after June 6th for details.
- ⚽ **Field Usage:** All teams will be assigned training times once HRM releases fields. Clubs are provided with these times once league schedules are complete. Coaches and managers are limited to the fields and times they're assigned and any use of fields outside of the designated times could result in fines or loss of use. Therefore, we ask all teams to comply with the regulations. Should a team not be able to use their time because of a conflict, please advise the HDSC office so that another team can make use of your field time if they wish.

Mini Program Update

With preseason complete and outdoor underway, the Dunbrack Mini Program is in full swing once more. With almost 500 players registered, it has the makings of a busy summer. Thank you to all the coordinators, coaches and parents who helped make the preseason a success.

This year the U-7 boys and girls will play separately. All indications from preseason indicate this is a step in the right direction. The U-7s and U-9s will be involved in an in-house mini-fest with the date to be announced in July. All players will be involved in the end of summer send-off near the end of August. Watch for dates to follow.

The mini program couldn't operate without all its volunteers. The volunteers assume many different roles and wear many different hats while coordinating the program from behind the scenes. Thank you once again and let's have a great summer of soccer.

Submitted by:

Holly MacIntyre

MINI DIRECTOR

HDSC



U-11 Report

Welcome all parents and children to another new summer of soccer. As this is my first year as the Under 11 Director, I'm really looking forward to a successful year with Dunbrack. This year, based on the recommendation of Soccer Nova Scotia Technical Committee, it was recommended associations accept the small-sided soccer for the U-11 age group. Some of the benefits of this recommendation are:

- ⊕ better preparation for the 11 aside game;
- ⊕ children aren't physically ready to take on the challenges of the big field and game at ages 10 and 11;
- ⊕ in 7v7 soccer, children get many more touches on the ball and development is optimum;
- ⊕ the need for the transition year at U-12 is a progression and helps them learn the rules, etc. before moving up to age U-14;
- ⊕ 7v7 presents a much better opportunity to teach basic skills of the game.

This year we have 160 children registered with the U-11 group, which consists of four girls team and six boys teams. It will be the responsibility of the coaches and Andy Atkins, our Mini Technical Director, and his staff to further develop these children. Emphasis will now be on BETTER – Controlling of the ball, Passing, Communication and Position playing.

Special thanks must go out to Ian Dempsey, the U-11 Boys coordinator, for all his hard work in organizing his age group. Also special thanks to all of the volunteer coaches and assistant coaches who, without their hard work, patience, knowledge and commitment, this program would not exist.

I would also like to thank our sponsor—Subway—for their tremendous help this year for the U-11 program.

Submitted by:

Mike Malone

UNDER 11 DIRECTOR
HDSC

Girls Director Report

Within days the summer soccer season will begin; all of the teams are in place and ready to go. However, before the season starts I would like to report on some of our recent accomplishments.

Dunbrack Girls Make Regional Team

Eleven out of approximately 30 girls were chosen for the Regional Team and all four of our Dunbrack girls who attended regional training were selected for the team. Congratulations to Molly Allen, Morgan LeBlanc, Aleisja MacDonald and Gracie Haupt. The girls played in a one-day tournament representing Halifax District. Great playing girls! We're very proud of you. Laura Mitton and Dana Holmes coached the Regional Team.

Dunbrack U-14 Tier I Girls

Our U-14 Tier I Girls won first place honors in the indoor NSSL play, as well as winning Gold in the playoffs. The team also captured the title of U-14 Indoor Provincial Champions. Congratulations to all the girls and their coaches Laura and David Mitton.

Dunbrack U-18 Tier I Girls

The U-18 Tier I Girls Team, coached by our Technical Director Jacques Boudreau, are nominated for the fair play award, which will be announced at the SNS AGM. The team also won first place in Indoor NSSL play and won Gold in the playoffs.

Dunbrack Girls Make Summer Canada Games Team

The following girls were selected for the Summer Canada Games Team: Leah Kutcher, Laura Scarf, Nadia Ibrahim, Zoe Dyer, Lindsay Vandenburg and Angela Rogers. Good Luck to the girls and the team!!

Submitted by:

Deborah MacDonald

GIRLS DIRECTOR
HDSC

DFMACDONALD@HFV.EASTLINK.CA



Business Report

On behalf of every member of the Halifax Dunbrack Soccer Club, I want to extend a sincere thank you for the continuing support of the following teams by their long-term sponsors:

- ⚽ U-14 boys and girls T-1: Zellers and Dairy Queen, Bayers Lake and Cole Harbour locations;
- ⚽ U-18 Girls T-1: M&M Meats, Farnham Gate Road Store;
- ⚽ U-18 Boys T-1: Scotia Tire Services, Bedford Highway and Robie Street Outlets; and
- ⚽ the new sponsorship of the U-16 Boys T-1 by The Breg Brace Shop.

All of these companies give the teams and our club their full support, and we as club members should do our best to support them, and all of our corporate partners.

I also want to extend a special thank you to Dooley's for hosting once again our Volunteer Appreciation Night. This is the second such event that Dooley's assisted us with, and it's proving to be a popular success.

Submitted by:

Mark Mosher
BUSINESS DIRECTOR
HDSC

A Winning Diet

It's true! Proper nutrition guidelines can benefit any athlete pursuing an energized, healthy lifestyle. The best "formula" is no secret—follow Canada's Food Guide to Healthy Eating as your starting point.

Aim for five to 12 servings of grains (go for the whole grains or enriched products most often), five to 10 servings of fruits and vegetables (try the dark green and orange veggies, and orange fruit most often), two to four servings from the milk products group and two to three servings from the meat and alternatives group.

The nutrition from the grains and fruit and vegetables groups provides the carbohydrates so important to an athlete's performance. Try to moderate the "other foods"—most are higher in fat and sugars, and have larger amounts of hidden fats.

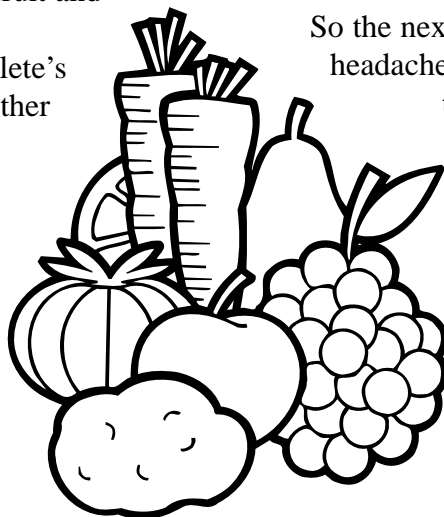
FLUID FIRST! Water is one of the nutrients that deserves top priority from any athlete, regardless of what level you're training at. It's often minimized and overlooked but it's simple, can

be found with no packaging, no gimmicks and should not be ignored.

Before training, drink two litres or eight cups throughout the day. Prior to competing, drink as much water as you can handle up to two hours before the competition, then stop drinking. Five to 10 minutes before the event, consume as much water as is comfortable. During the competition, drink one cup for every 15 to 20 minutes of playing time. If it's warmer out, drink more! After the event, drink enough water to satisfy your body's need for water, as quickly as possible from finishing.

So the next time you're sluggish, tired and have a headache, reach for the water. Making an effort to drink more water throughout the day will soon help you to feel better and improve your performance.

There's no magic food or drink that will make up for poor training. But among athletes of similar ability, the right food choices are an important part of improving athletic performance. The choices are yours to make—make the best of them.

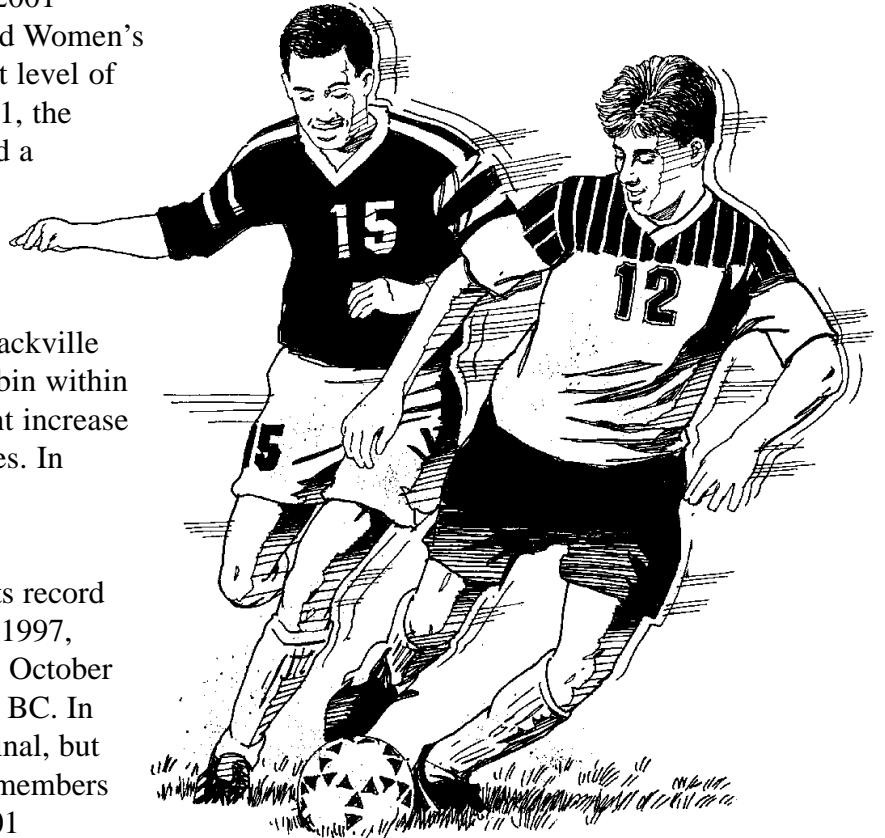


Halifax Dunbrack Tropicana Senior Teams

It's my great pleasure to introduce the 2001 Halifax Dunbrack Tropicana Men's and Women's Teams. These teams play at the highest level of senior competition in the province. In 2001, the Nova Scotia Soccer League has introduced a new format for the men's teams. The eight teams are split into a Premier Division (Dunbrack, King of Donair, Halifax Celtics, Dartmouth Panhellenic) and a First Division (Scotia, Pictou, FH-Sackville and Cole Harbour). With a triple round robin within a division, there's bound to be a significant increase in the number of competitive quality games. In addition, there will be a new parallel Cup competition going on in June and July.

The Dunbrack Men's Team is proud of its record as the Provincial Championship winner in 1997, 1998 and 1999. The team placed 4th at the October 1999 Nationals Tournament in Chilliwack, BC. In 2000, the team made it to the Provincial Final, but lost narrowly to King of Donair. Thirteen members of the 2000 team have returned for the 2001 season, and we are pleased to welcome new additions: Matt Boulton, Sean Fitzgerald, Wayne Francis, Jamil Ibrahim, Kristin Kirincich, Mike O'Brien, Phil Serieys, Anthony Thomas, and Richie Tobin. With the departure of last year's coaching staff—Graham Lawlor, Mike Hudson and Dave Coughlan—we start the 2001 season with a familiar Dunbrack figure at the helm, Ian Bilek. Ian has been a player on the Men's team for several years, and there is much confidence that he will be just as successful as a coach. Together with its enhanced roster, the team is certain to be a very strong contender for the provincial championship in 2001.

On the Women's side, there has been a complete turnover. After this year's winter season, many players on the 2000 team decided to join with other clubs, mostly because of the uncertain coaching situation. Our new team is based on last year's U-19 Tier-I Girl's team, headed by the energetic and enthusiastic coach and manager combination of Jim and Meredith White. This is a young team, and they are certain to grow and gain valuable experience over the season.



As we watch and enjoy each of the games over the summer, it's not always obvious that a great deal of effort goes into a senior program of this type on a year-round basis. First, we must acknowledge and thank the players and volunteer coaches and managers for their huge commitment of time and effort in training. Second, none of what we do would be possible without the tremendous support of our sponsors. Our principal sponsor in 2001 is TROPICANA, and particular thanks go out to John Zafiridis for his ongoing effort in facilitating our partnership with Tropicana. In addition, we thank Umbro and Oland's Brewery, as well as all the members of the Dunbrack Youth Club for their very significant contributions.

Submitted by:

John Coxon
DIRECTOR, SENIOR PROGRAM
HDSC

Halifax Dunbrack Youth Players and Parents Support their Senior Teams in Record Numbers

Since our inception in 1993, Halifax Dunbrack has become the premier club in Eastern Canada. We are all very proud of that. We have a superb program for our youth at all ages and levels, and we have a Senior Men's Team that is second to none. What we need to see now is significant increase in Club spirit in terms of a large base of enthusiastic Dunbrack fans at the senior games. All players, younger or older, Tier-I or Tier-II, and

parents, will all find a lot of interest and enjoyment in following the games and getting to know the players, many of whom coach at the youth levels. So please, take a look at the 2001 schedules, and come on out. We will appreciate it very much, and you will not be disappointed. (At home games, there is no charge for Dunbrack youth players, and a nominal charge of \$2 for adults).

Halifax Dunbrack Tropicana Men's Team: 2001 Schedule

Date	Time	Opponent	Location
June 1	7:30 pm	Cole Harbour	Dal Turf
June 3	3:45 pm	Scotia Olympics	Dal Turf
June 8	7:30 pm	Halifax Celtics	Dal Turf
June 10	6:00 pm	NS Canada Games	Dal Turf
June 12, 14	6:30 pm	<i>Challenge Cup 1st Round</i>	S. Com/ Beazley
June 16	4:00 pm	HCW King of Donair	S. Commons
June 22	7:30 pm	FH-Sackville	Dal Turf
June 25	6:30 pm	DU Panhellenic	S. Commons
June 26, 27, 29	6:30 pm	<i>Challenge Cup 2nd Round</i>	S. Com/ St. Francis
July 1	4:00 pm	Halifax Celtics	Dal Turf
July 8	4:00 pm	DU Panhellenic	Beazley
July 10, 11, 13	6:30 pm	<i>Challenge Cup 3rd Round</i>	S. Commons
July 19	6:30 pm	HCW King of Donair	Beazley
July 22	3:30 pm	<i>Challenge Cup Final</i>	Dal Turf
July 30	6:00 pm	Halifax Celtics	S. Commons
August 3	7:30 pm	DU Panhellenic	Dal Turf
August 12	2:00 pm	Pictou County	Parkdale
August 17	7:30 pm	HCW King of Donair	Dal Turf

Halifax Dunbrack Tropicana Women's Team: 2001 Schedule

Date	Time	Opponent	Location
May 27	11:15 am	Clearwater NS Canada Games	SMU
June 9	3:00 pm	Pictou County	S. Commons
June 11	6:30 pm	Dartmouth United	Metropolitan
June 13	6:30 pm	Halifax Celtics	S. Commons
June 23	4:00 pm	Athens United	S. Commons
June 27	6:30 pm	Halifax Celtics	Metropolitan
June 30	2:00 pm	Clearwater NS Canada Games	S. Commons
July 07	4:00 pm	Pictou County	Parkdale
July 08	1:30 pm	Dartmouth United	S. Commons
July 11	6:30 pm	Scotia Olympics	Metropolitan
July 15	4:15 pm	Scotia Olympics	Weir
July 17	6:30 pm	Halifax Celtics	S. Commons
July 28	12:00 noon	Dartmouth United	Beazley
August 1	6:00 pm	Athens United	Metropolitan
August 8	6:00 pm	Scotia Olympics	S. Commons
August 11	2:00 pm	Pictou County	Parkdale
August 15	6:00 pm	Athens United	S. Commons

Tropicana



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