



 **CAL SOUTH**

E-NEWS | January 2012

Excellence in Education. A monthly member benefit presented by Cal South. 

In the photo above: Recent action from the 2012 U.S. Youth Soccer Region IV ODP Championships in Phoenix, AZ | Photo credit: Cal South

[Cal South E-News for January 2012](#)

Each monthly issue of Cal South E-News is loaded with free educational content broken into useful categories for parents, coaches, players and referees. Drop us a line and let us know how you like our newsletter. Enjoy!

[COLLEGE PLANNING - NCSA Recruiting Corner](#)

Provided by the National Collegiate Scouting Association [NCSA]

Tips from College Coaches: NCSA Athletic Recruiting recently surveyed college coaches to find out additional information about what they look for in recruits. Every coach is different, but many coaches are looking for the same thing in a recruit. Here are some important questions and responses you should be aware of and keep in mind when speaking with coaches...

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[COACHING EDUCATION](#)

Provided by US Youth Soccer & Responsible Coaching

Tips for Managing Playing Time: One of the most challenging issues facing a coach is the allocation of playing time. As a responsible coach, want not only to win, but also to use sports to teach youth athletes life lessons. And warming the bench will not provide all of the life lessons that sports can teach...

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[NUTRITION EDUCATION](#)

Provided by Nancy Clark, MS RD

Recovering from Hard Exercise - How to Refuel: What's best to eat for recovery after a hard workout? That's what soccer players, marathoners, and body builders alike repeatedly ask. They read ads for commercial recovery foods that demand a 3 to 1 ratio of carbs to protein, tout the benefits of a proprietary formula...

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NCSA
ATHLETIC RECRUITING

LAWS OF THE GAME

Provided by U.S. Soccer

Ask the Referee: The USSF's National Referee Program office receives a multitude of inquiries regarding FIFA's Laws of the Game and numerous questions involving some often confusing rules and calls. Here is a quick sampling of recent topics and the resulting responses...

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PARENT EDUCATION

Provided by US Youth Soccer

How Parents Can Help: Parents of U6 and U8 players play an active part in the enjoyment their children have in youth soccer. Encouragement to try new things is step one. Now that they are out there kicking, running, laughing, falling down and all chasing the ball simultaneously, they need positive reinforcement...

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Comments? Questions?

If you have any comments, please send us an email at pjohnson@calsouth.com. We look forward to hearing from you!



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