



JANUARY 2020

MONTHLY UPDATE

What a Kick!

The MLSA is 50 This Year
Let's Celebrate!



Sophia Beaner brings her fearless Lebo spirit to Wall Street

GET YOUR MLSA INFO FAST & RUN WITH IT.

Calling All Refs!

Announcing a great way to stay involved with soccer, get some fresh air and exercise, make a buck, and help keep the game Safe, Fun, and Fair.

MLSA is sponsoring a New Referee Course on Saturday, February 22, 10am-2:30pm at the Municipal Building. More details at MLSA.org and wparef.com.

New referees typically start out doing younger-age games, with a wider range of assignments as they gain skills and experience. A bit like learning to drive--the classroom gets you ready for the practical experience of being behind the wheel (or the whistle, or the flag).

For those kids and their parents who've aged out of Travel, reffing is a great way to stay connected with the game. That said, it is not necessary to work all of Sunday or even every Sunday; many refs are players or parents of players, and often ref assignments can be woven in right alongside your games.

A note to existing referees: you should all have received information by e-mail on re-certifying for 2020. If not, see MLSA.org and wparef.com. MLSA's classroom session (returning this year) will be held on Monday, January 27th, and many other options are also available.

For questions, please contact MLSA's Referee Assignor, Brian Auer, refkeeper@gmail.com, c 412.608.8676

AWESOME UPCOMING EVENTS:

- Crossfit Program registration Jan. 15th (see next page)
- Summer Camp Dates Coming Soon
- RT 19, Development Programs Register in Late Jan./Early Feb.
- Travel Teams registration April 1st, subject to change
- U9 Academy Registrations in the Spring
- New Website Coming Soon

Watch your email & check MLSA.org for updates

**It's 2020 and MLSA officially turns 50 this year.
Happy Birthday to us!**

CROSSFIT KIDS MLSA PROGRAM



**Get Fit, Have Fun,
Feel Amazing**

The MLSA has teamed up with CrossFit Mt. Lebanon to give our members access to one of the best training organizations around.

Who: Players ages 10+

Where: Crossfit Mt. Lebanon
427 Washington Road
Pittsburgh, PA 15228

When: Choose Your Night:

Monday or Wednesday

Mon.: 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13,
4/20

Wed.: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15,
4/22

Times: 4:30-5:30pm

Cost: \$90 for 8 Sessions

Only available to MLSA Players

Questions?

Email info@mlsa.org

About the Program

- Responsible strength and conditioning program designed for kids
- Combines age-appropriate weight-lifting and gymnastics with training to deliver optimal fitness and performance
- Classes are similar to an adult CrossFit class incorporating barbells, advanced movements and load appropriate for an individual's developmental and skill level
- Addresses all 10 of the general physical skills: Cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, accuracy and balance.

**Register starting 1/15
at MLSA.org**

MLSA WINTER FUTSAL



Winter futsal is in full swing.

Send us your pictures!
marketing@mlsa.org

This fast and fun sport is a great way to complement the "on" season and gain some killer skills.

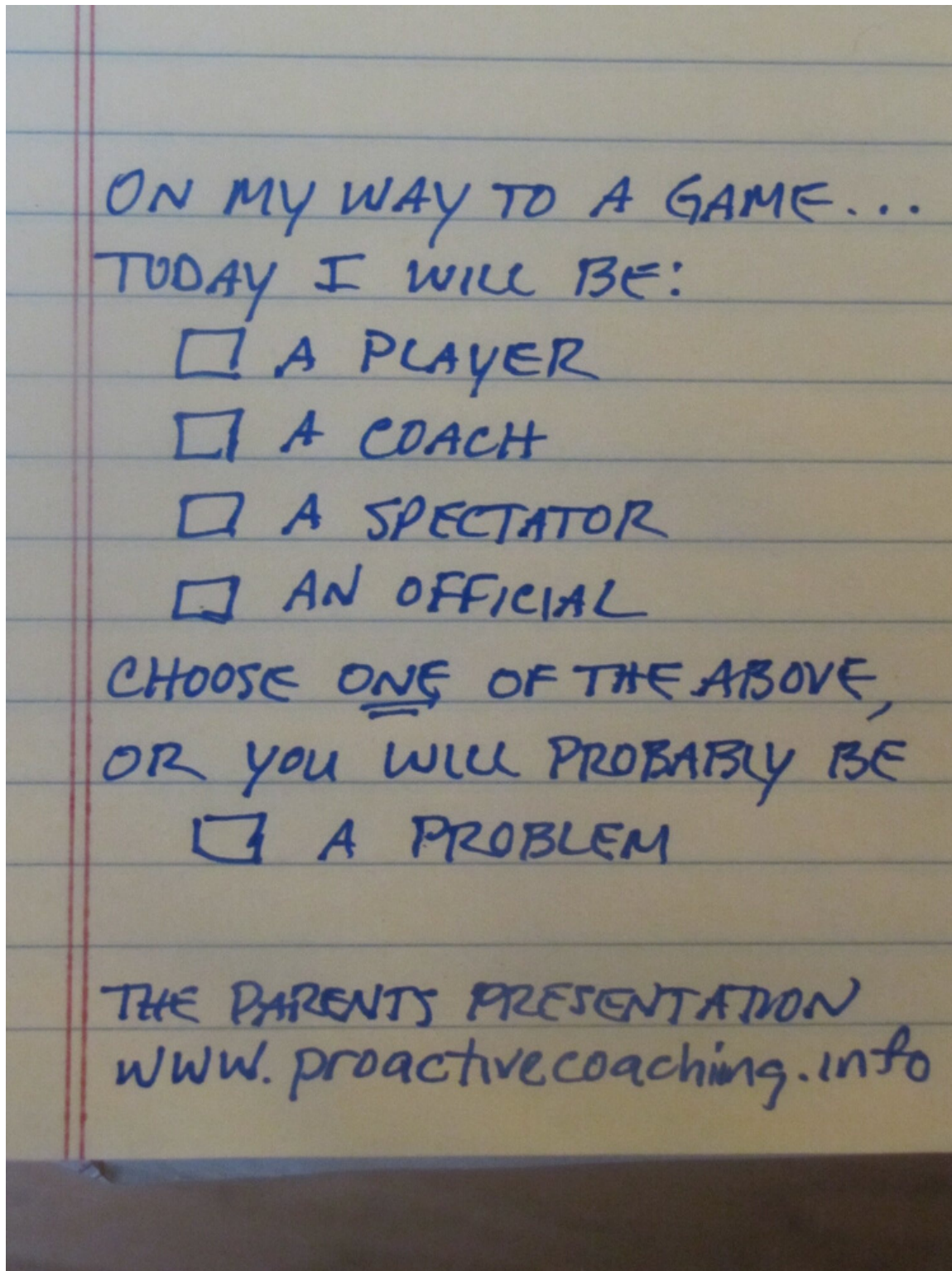
For more information, contact
info@mlsa.org or winterfutsal@mlsa.org



FAMILY ED CORNER

From the MLSA Director of Development,
Brienne Sembrat

Something interesting to consider before your child's
next game:





Your "Games to Watch" This Month

Also make sure to download the LiveSoccerTV app for game times and channels.

Jan 18 Real Madrid vs Sevilla

Jan 19 Liverpool vs Man Utd

Jan 26 Napoli vs Juventus

