



JULY 2020

# MONTHLY UPDATE



**GET YOUR MLSA INFO FAST & RUN WITH IT.**

## **Fall Registrations Close August 9th!**

We hope that all of our families are staying healthy and well.

We are busy preparing to run our fall season in the safest way possible. Our return to play guidelines are posted at the [top of our homepage](#). Keep in mind that they may be revised before the fall season starts.

**In the meantime, please hop on our [new website to register](#) for the following programs, all open through August 9th:**

- Lebo Cup
- U9 Academy
- FDP
- TOP Soccer
- RT 19 Soccer

## **AWESOME UPCOMING EVENTS:**

- Note that the High School is no longer able to run the summer camps this summer, due to COVID concerns. We hope to see you there in 2021!
- Our new masks are selling fast! Check out the next page for details on how to get yours.

Things are always changing these days. Watch your email & check [MLSA.org](http://MLSA.org) for all updates!

# MLSA MASKS AVAILABLE

## Gear Up!

MLSA has partnered with Le Way Enterprises to bring Sport Performance Activity Masks to our parents and players.

Show your MLSA pride with these new breathable masks. They stay cool and comfortable, and since they're designed for full coverage, they won't move or fall off like some of the flimsier masks out there.

They're also washable so they'll stay clean and can be used again and again.

**Cost:** Each mask is \$12 (includes \$2 shipping). Youth and adult sizes available.

**Deadline:** Order until August 9th.

**Delivery:** Masks will be mailed around August 20th.

**Styles:** There are three different masks, made to sync up with our most popular fall programs:

**Navy Blue – Travel Soccer**

**Royal Blue – Lebo Cup**

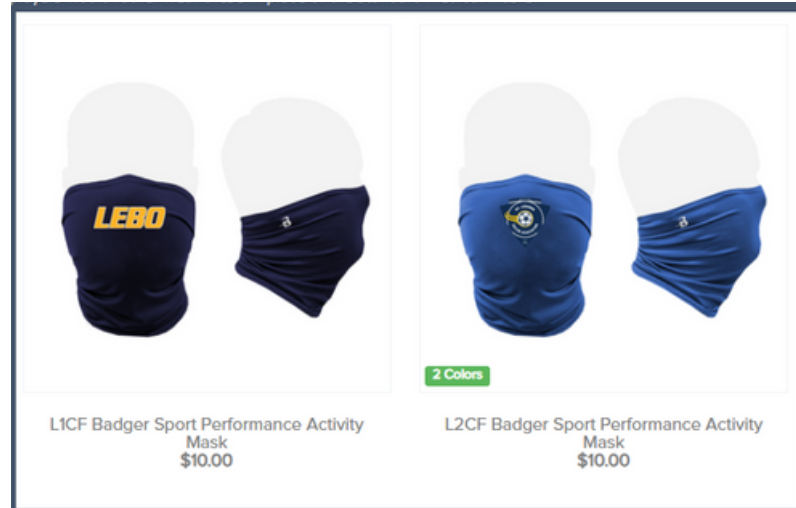
**White – Any Program**

**Other – May add more colors over the summer...**

**Store:**

<https://lebosoccermask2020.itemorder.com/product/14434761>

See our site for more info.: <http://www.mlsa.org/club-gear>



# SPOTLIGHT ON LEBO CUP

Lebo Cup was started more than 40 years ago when one of the early MLSA coaches, Dale Colby, coined the name for our inhouse soccer league - a program that gave Mt. Lebanon kids a way to team up with neighborhood friends and enjoy the beautiful game.

It runs every year from late August through early November, and games are played on Saturdays.

The big highlight for Lebo Cup happens in October, where teams compete for the Cup! Throughout a five week period, each team participates in a tournament featuring great fun, great pizza and great comraderie for all.

Lebo Cup has both a boys devision and a girls division for kids in grades 3rd-8th. This wonderful program gives them the opportunity to forge friendships that can last a lifetime while honing their soccer skills and growing their love of this lifelong game.

We're currently taking registrations for the upcoming fall 2020 season.

To learn more and register, head to the [girls](#) and [boys](#) [pages](#). We'd love to welcome you to this fun and time-honored Mt. Lebanon tradition!





# PUTTING THE SPOTLIGHT ON OUR PLAYERS

We've started to highlight our travel players with Player Spotlights on [Facebook](#) and [our website](#), and we'd like to include all MLSA players.

**Please help us put a spotlight on your player!**  
**It's easy, just:**

1. Complete the Google Form in full.  
<https://forms.gle/UaKrAf29joEBv9w18>
2. Email us a photo of your player wearing Lebo Soccer Gear (Action photo preferred) to [traveldirector@mlsa.org](mailto:traveldirector@mlsa.org).

Please include your players name in the subject line.



## Player Spotlight



**Name:** Rachel Boomhower (aka "Boom")  
**My School/Grade:** 4<sup>th</sup> grade; Hoover  
**My Team:** U10 Girls Tappe  
**My Position:** Goalie  
**Favorite Player:** Alex Morgan  
**My Favorite Team:** USWNT  
**Favorite Quote:** My goal is to deny yours  
**Future Career:** Pediatrician  
**Favorite MLSA Moment:** Undefeated season playing on the U9 Girls travel team!

# FAMILY ED CORNER

Summer getting a little long? We liked these ideas to help kids recharge and reboot!



## 7 Ways To Turn Your Kid's Isolation Into Motivation

From a post by Jill Schenk

[ilovetowatchyouplay.com](http://ilovetowatchyouplay.com) March 22, 2020

**1- Embrace the Break.** The pressure to specialize in a sport at an early age and to play year-round is now an accepted part of American culture. According to Active Kids, for those who do participate in sports, 60% of boys and 47% of girls are playing on a team by 6 years of age, and there are no more built-in breaks. Dr. David Geier, an orthopedic surgeon and sports medicine specialist cautions, "For competitive athletes in team or individual sports, long periods of rest are critical. All of the major professional sports – all of them – have off-seasons for their players' bodies to rest and recover. Young athletes need that same recovery period." Take this time without organized sports as that recovery period without worrying that you are falling behind. This does not mean you have to just sit around the house. Work different muscles and parts of the body than you typically would for your sport. If you are a pitcher, give your elbow and shoulder a break. If you play soccer, let your feet and ankles rest. Active Kids also reports that, according to Open Access Journalism of Sports Medicine, 80 percent of youth athletes quit their sport after age 15. Player burn-out is real; a mental break from the pressure of the sport itself is a healthy thing, and it may make you love the sport all the more when it is time to return.

**2- Do Chores.** The schedules today's youth keep when it comes to athletics, school, and other activities do not seem to allow time for chores, but the *Washington Times* reports how critical learning and doing chores is on successful outcomes in adulthood, using a study by Marty Rossmann of the University of Mississippi.



# FAMILY ED CORNER



The findings show, “Those who had done chores as young children were more likely to be well-adjusted, have better relationships with friends and family and be more successful in their careers.” Chores teach children the importance of contributing to something greater than themselves, empathy, and the value of hard work, which are all qualities found in successful athletes and teams. Take this mandated time at home to learn some chores and to create a regular rotation that works for your family.

**3- Become a Better Athlete.** Use this downtime to enhance your overall athleticism. Work on strength, cardio, speed, and agility training that is often overlooked in a season. No gym access due to isolation requirements? No problem. There are countless web resources offering in-home training for athletes of all ages using bodyweight only or common items from your house. This website has some ideas for multiple sports. Get creative!

**4- Work on Your Skills.** What gives many top athletes an edge is their skill level. True skills training may be often overlooked in today's youth sports world that focuses on playing and winning games. Athletes do not spend as much time drilling skills as they should. Take the time to perfect the form on your basketball shot, to practice ball control and footwork drills in soccer, to complete passing and setting skills in volleyball, or to improve your running form. Whatever your sport is, find creative ways to work on the skills at home.





# FAMILY ED CORNER



**5- Go Old School.** Play outside if you can. Play frisbee or hide and seek. Play knockout in your driveway, or swing at the park. Go for a walk or jog around the block as a family. An article from *Harvard Health* explains 6 important reasons children need to play outside including the benefits of Vitamin D for overall health and wellness, improvement in executive function, the advantage of risk-taking, and socialization. In a typical schedule that does not often allow for much free play, take advantage of time without structured sports to play outside, and see how this benefits your sport later.

**6- Become a Student of the Game.** Most focus on improving the physical aspect of their sport, but working on the mental aspect is just as important. One way to do that is to study athletes and teams who are mentally strong. Read a biography of an athlete you admire. Do some online research on a team you respect. Watch old games, matches, or meets of some of your favorite teams or athletes. Study what it is that sets them apart. Apply those concepts to your game; they could be a difference-maker.

**7- Improve Gratitude.** This may be surprising, but research shows important benefits directly related to gratitude including stronger relationships, improved physical and psychological health, enhanced empathy, reduced aggression, better sleep, greater self-esteem, and mental strength. Many pro-athletics teams and programs are embracing this budding research with the help of sports psychologists.

Try some of these simple ideas while you are home, and see the edge you have when organized sports return!



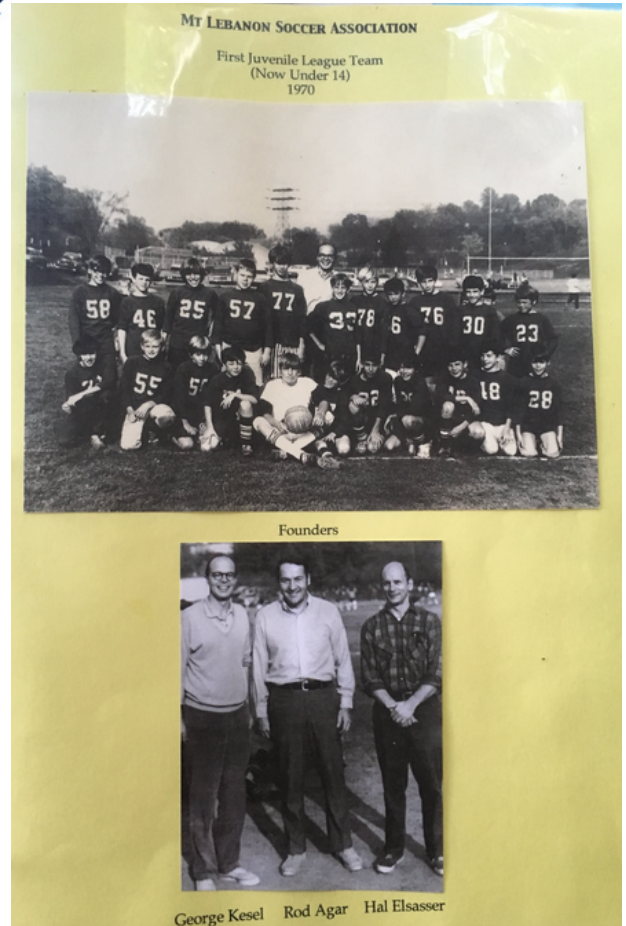


## MAC 50

Keep Saving the  
Date of 11/21/20 for  
our Big  
Celebration!

Please send any photos you  
have to [marketing@mlsa.org](mailto:marketing@mlsa.org).  
We especially need current  
photos and those from the  
last 10 years.

And check the [MLSA](#)  
[Facebook](#) page for fresh  
photos and updates!



If you know some of the names from the team above, email  
[marketing@mlsa.org](mailto:marketing@mlsa.org)!





## Your "Games to Watch" This Month

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

July 20 Juventus vs. Lazio

July 26 Leicester City vs. Man Utd

Grab some friends and watch a game or two!

