

Hillwood Footnotes June 2011

Coaches Meeting:

Wednesday June 15th 7:30pm in the Ballinger room at the Shoreline Center.

Preliminary rosters will be available.

All Coaches and Managers must register online each year. www.hillwoodsoccer.com

Free Sports Safety Clinic:

All Hillwood Coaches and Managers are encouraged to attend.

Monday, June 20, 2011

Registration: 5:00 p.m.

Clinic: 5:30 p.m. to 8:00 p.m.

Harborview Medical Center Research and Training Building Auditorium

300 9th Avenue.

On-street or paid parking available in the View Park Garage (on west side of

HMC between Alder and Jefferson).

Sign up to carpool at the coaches meeting. Meet at Meridian Park main parking lot at 4:30pm.

For information on parking and a map of Harborview Medical Center please go to:
<http://uwmedicine.washington.edu/Patient-Care/Locations/HMC/Campus/Pages/Getting-to-Harborview.aspx>

â— Do you know about the new concussion law?

â— Can you recognize the signs of a concussion?

â— Want to learn about strength training exercises to prevent injuries?

â— Do you want to make sure your players are safe and healthy throughout the season?

If you would like to learn from the experts about preventing concussions and injuries, come to our clinic!

Key participants:

- Spokesperson: Dr. Stanley Herring
- Honorary Chairs of Sports Safety Initiative: Lystedt Family
- Lead Athletic Trainer: Phil Heywood
- Seattle Youth Soccer Executive Director: Ed D'Alessandro
- Safe Kids Seattle Director: Dr. Brian Johnston

This FREE clinic includes:

- Information about concussion prevention and screening methods
- Lessons on proper hydration and overuse injury prevention techniques
- A team of Athletic Trainers teaching specific stretches and strength-training exercises
- Refreshments
- Time for the experts to answer your questions

For more information visit the Hillwood website: www.hillwoodsoccer.com

Be sure to RSVP safekids@uw.edu or call 206-744-9448

Want to make sure there are enough handouts and materials for each age group.

Registration:

If you are already registered for Hillwood fall season thank you.

Hillwood is still accepting registration for fall soccer <http://www.hillwoodsoccer.com/>

A \$10.00 late fee goes into effect on July 15th.

All registration is online.

To register for fall soccer go to: www.hillwoodsoccer.com Select "Registration" from the left column of the home page. Read the registration overview page then select blue "Registration Website". Select "Fall Hillwood Rec. soccer League 2011-Players"

Complete the registration online form.

Payment must be received before players can be placed on a team.

If you have questions regarding the registration process Username, Password etc. contact: Bonzi link from the reg. website

If you have questions regarding teams, coaching etc. contact Hillwood at: hillwoodsoccerclub@hillwoodsoccer.com

Hillwood needs a photocopy of a certified Birth certificate on file for all players.

If you have not already sent one in please do so now.

Hillwood PO Box 60226, Shoreline, WA. 98160

<mailto:Hillwoodsoccerclub@hillwoodsoccer.com>

Club Treasurer Needed:

After many years of being the Hillwood Treasurer Pete Prekeges has decided this will be his final season. We would like to find a replacement now while Pete has volunteered to give some guidance. Pete recently set up a Quick Books Account. If you are interested in this position or would like more information please contact: 206-542-3353

Sue at: hillwoodsoccerclub@hillwoodsoccer.com or Pete at: prekeges@att.net

Soccer Equipment:

If you have equipment, soccer literature, uniforms, nets etc. that you are no longer using please return or donate to Hillwood.

Items may be dropped off at 20136 23rd PL NW or bring to the next meeting at Shoreline Center June 15th at 7:30pm.

Walk in the Shoreline Parade:

We are looking for enthusiastic soccer players and a few chaperones to walk in the Shoreline Parade on Sat Aug. 20. Wear your soccer jersey and bring a soccer ball.

We will meet at 11:00am at St Marks Church 18033 15th PL NE.

The Parade starts at 12:00pm. The route is along 15th Ave, and ends at the carnival at Ridgecrest Elementary School.

For more info contact Toni at: <mailto:tonimcsorley@gmail.com>

or cell # 206-227-1365

Hillwood Soccer Fields Work Party:

Needed one truck to haul soil.

This annual hole-filling, seed-spreading event is Saturday morning June 18th. If you can lend a shovel and an hour or so, many ankles will thank your efforts next fall.

Respond back and tell us you can come -- we'll spread the help around when we see exactly how many trucks and shovel-wielding helpers we get.

Send your "I can help" e-mail to Phil at: soccerfields@speakeasy.net

Summer Soccer Camps:

UK Elite: <http://www.ukelite.com/>

UK International Soccer: <http://www.uksocca.com/>

Washington Soccer Academy: <http://www.washsocceracademy.com/index.cfm>

More information about local soccer camps, dates and registration is on the Hillwood Website: www.hillwoodsoccer.com

More Information:

Hillwood web site <http://www.hillwoodsoccer.com/>

Maps to fields <http://www.sysa.org/>

Coach and player clinics <http://www.sysa.org/>

Tournaments and clinics <http://www.wsysa.com/>

Referee clinics <http://www.wasrc.org/>