



ARIZONA SPORTS COMPLEX NEWSLETTER

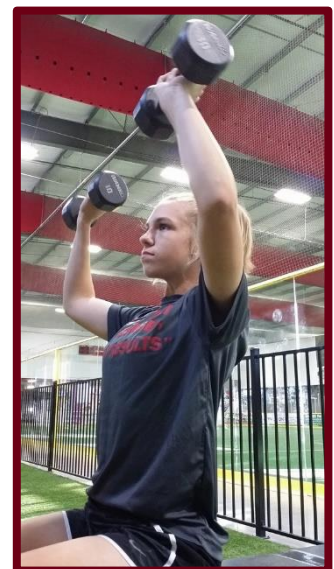
Good day! Before we get into this week's newsletter, I wanted to let you know about an opportunity to get a **100 Dicks Sporting Goods Gift Certificate**. If you register early, you will be entered in to a drawing for **\$100 Dicks Sporting Goods Gift Certificate**. This drawing will be held for all players registered by **May 5th, 2018**.

REGISTER HERE



It wasn't too long ago that athletes thought that lifting weights would make them muscle bound and less athletic. That is a myth and with the proper training you will evolve as an athlete. It is now known that strength builds the foundation for all athletic qualities including relative body strength, which is the most important for athletes. Your strength in relation to your own body weight is the cornerstone for agility, quickness, speed, and jumping ability. The stronger you are in relation to your body weight, the more you will outperform your weaker opponents.

At any level, if you have two evenly skilled soccer players, the one who is stronger will always outperform the weaker. What does that mean for you? If you're a soccer player and want to dominate, that means you need to get stronger.



Another great benefit of strength training for the soccer player is injury prevention. I don't care how good of a soccer player you are. You can't do much for your team if you're injured. Athletes who strength trains have fewer injuries, and if they are injured, they usually recover quickly. The reasoning behind this is that strength training strengthens muscle attachments, tendons, and ligaments and increases bone density.

As a soccer player, you need to be strong and powerful. If you are, you will be explosive and have a quick, powerful step. You also need upper body strength and power. Upper body strength may not seem important at first glance, but soccer is a very physical sport. There are times when you must hold your own with the upper body against an opponent as you fight over the ball. Upper body strength and power also come into play in many areas of the game. If you're weak, you will get overpowered every time.

Now strength training doesn't mean to just start grabbing weights and go at it. There are so many things that come into play before you start even using weights. You must be careful in weight training at a young age as it can damage a child's growth plates. Now even when you are ready to implement weight training, these injuries are almost always the result of using too much weight with improper technique. Make sure you are working with a qualified and certified trainer.

Core exercises, double/single leg squats, lateral/anterior step ups and pushups, just to name a few exercises, are a great start to do just using your body weight as well as the best approach for younger kids. Now as they reach that middle and high school age, you can start implementing more of a structured approach to strength training.

First, they must master the basics and they can be tested with some simple exercise like overhead squats and pushups. The key is for them to do these exercises with flexibility, perfect form and no pain. Any slight deviation from form on these will be an indication they are not ready for weights.

In closing, strength is key to your performance and its never too early to start teaching our childing. The right program will be vital in building strength, which will result in better speed, agility and performance. If you need any guidance, please reach out to me and I help.

We also want to take a moment to congratulate last week's Character Card Winners! Great Job to all the players!

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If you didn't get your prize, please stop by the front desk to pick it up next time you're here.

Thank you for taking the time to read our newsletter and if you haven't registered already for our Summer Youth Soccer Session, please get it done right away. It's our busiest time of the year and spots are filling up fast. I wouldn't want your child to end up on a waiting list or miss our summer session, because you waited too long to sign them up.

George Archuleta – ASC Director Youth Soccer

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