



Billed as "The World's Largest Annual Gathering of Soccer Coaches," each year the NSCAA Convention draws approximately 4,000 coaches from our 30,000-plus members, and more than 10,000 attendees over five days for live field demonstration and lecture sessions, networking socials, coaching diplomas and more!





Were you promised more playing time? Told this might be your best opportunity to be seen by college scouts and win a National Championship? Or worse, assured a college scholarship? But you haven't had a fulfilling experience? Maybe your soccer expectations should have been based on more than just winning and losing. The game offers values that can support your success long after a game is over: teamwork, sportsmanship, leadership, commitment and honesty are all part of a memorable soccer experience. Only when you play around people who share your values and live them will you experience everything the game has to offer. It's critical to find the program that makes you a winner both on and off the field regardless of the score. There is **No Victory Without Honor**.





Change The Environment In Which The Game Is Played.

The No Victory without Honor® Program changes the environment in which the game is played to one that is positive. The program recognizes the commitment to values that support the success of the players long after the game has ended and creates a better soccer experience for all stakeholders. Be part of the program and build the foundation for your team's success and the creation of a memorable soccer season.

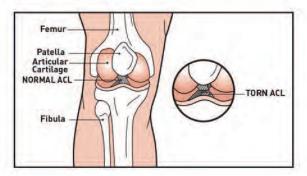
Lightweight Series

Select's LW Series Soccer Balls – Designed specifically for the strength and anatomy of the competitive female soccer player as well as to ease the transition from a size 4 to a size 5 ball.



Weight Reduced to Minimize the Impact on Knee and Ankle Joints

- Females are 5-8 times more likely to suffer a serious knee injury in competitive soccer
- Players ages 12-14 have a continuously growing and developing muscular and skeletal structure that is vulnerable to injury
- Kicking too heavy of a soccer ball impacts and fatigues the leg and muscle joints – potentially leading to injury



Reduced Weight Makes the Game We Love More Dynamic

- More comfortable and confident youth players means longer passes, more powerful shots and stronger performance for 90+ minutes
- Lighter ball means players are less afraid of impact from the ball – players become much more confident in striking, receiving and heading
- Increased confidence stimulates creativity and motivation to help players develop into well-rounded technical athletes
- Players can create more time and space with a ball that is easier to kick and control, thus making the game we love much more entertaining to play and watch
- Lighter weight ball requires less force to travel the same distance and reach the same velocity – less focus on force, more focus on proper technique
- Fatigue is minimized due to less energy used to pass and shoot a lighter ball – better performance at the end of the game
- · Approved by NFHS for all High School Matches







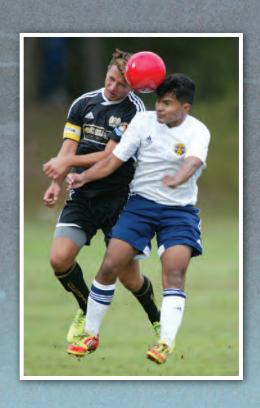
THE JOURNEY BEGINS AT U9...

***AND CULMINATES AT













The 2014 CSL Premier

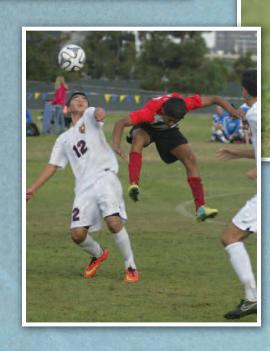
CSL PREMIER











Season in a Pictorial Review









Curtis Alexander Prince Anthony Lezama

Por those of you returning to UCI for another Premier season, you have probably noticed additional UCI Staff on the fields working to make your soccer experience just that much better. UCI has set up its own "Command Center" located near the food concession tents. Said Command Center is usually manned by two UCI staff personnel. They are present to assist you with any help you require from retrieving balls that go into the swimming pool area, to transportation for the handicapped to just answering questions that will make your day at UCI just that much better.

As a result, CSL Premier has enjoyed one of its best seasons ever. A great part of this year's success is due to the exemplary service provided by the University of California, Irvine. In realty, our UCI experience this year is in no small part due to the efforts of CURTIS ALEXANDER PRINCE ANTHONY LEZAMA. Curtis is the Assistant Athletic Director-Facilities and Operations at UCI and is primarily responsible for our exceptional year. Curtis is the CSL "Go to Guy". CSL and Curtis have partnered for over 15 years and every year gets better and better with the effort put in by Curtis and his outstanding staff.



Curtis is no stranger to soccer. Born in the Republic of Trinidad and Tobago, he grew up around soccer, moved to the US and played soccer in high school in NYC. Attended UCI for his undergraduate degree then went to Northwester School of Law, Lewis and Clark and became a tax consultant for IRS Dispute Resolutions. But once in California, always in California. Curtis moved back and has been with UCI ever since.

Curtis – thank you for all you and your entire staff have done for CSL Premier. Your efforts are truly appreciated.





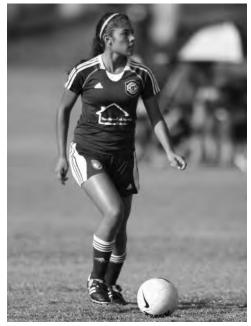




















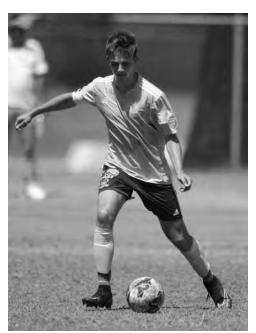
















































PREMIER CHAIRMAN MESSAGE

n the past four (4) issues, the majority of the CSL Premier Magazine articles were devoted to advising players of a few methods on how to take their soccer careers to a higher level: College, US National Teams and Professional Contracts.

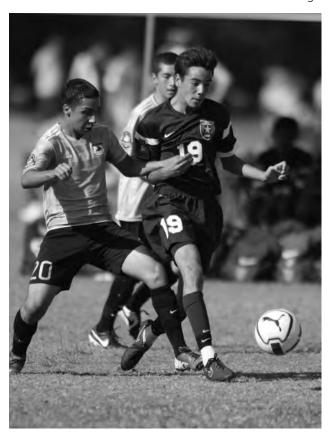
While this advice has some value to the players, many of the players, including the college bound ones, play soccer for an entirely different reason:

THEY LOVE THE GAME. PERIOD!

Over the past twenty five (25) years, I have met and become friends with many of the greatest American players. Players, both men and women, who have reached the highest levels of soccer in the World: College, MLS, WUSA, USA National Teams and professional teams all around the world. Everyone of these players had a common denominator as to why they played soccer.

That common denominator became evident in a letter I received a long time ago from

Sam George, a great player now in his forties. Sam was a member of the famed NHB Untouchables under George





Mitton and Roger Wyatt, a member of the National Championship UCLA Bruins, a NCAA All American, a CISL and MSL player.

In his letter he stated: "The next article in the Premier Magazine should be about the other intangibles that come out of soccer aside from college. Too many parents think that just because their kid played soccer for the last 13 years they deserve something for college. And if they don't

get it, they are bitter towards soccer. When I played we never dreamed of a college scholarship because it was nearly impossible to get it. We played because we loved playing. Not to mention, I made some lifelong friends, traveled all over the place and spent quality time with my family at different tournaments and weekend events. The college was just a bonus. No way you can tell people that now because there is too much money involved but in reality it is how it should be."

Sam is absolutely right! I admire his commitment to the game. And I have always admired how Sam tells it like it is. Sam played because he "loved playing". So did my two boys. They loved to play. In fact, they still love to play and they still do play and they are in their 30s. As to the kids that are playing today, I believe they also play because they love to play.

This issue of the Premier Magazine, the last magazine of the 2014 season, is dedicated to the CSL Premier Players simply because of their love for the game. If they do not love this game, then how can they possibly play with so much passion? Please look at the pictures contained in this issue. Every picture reflects their passion and love for the game. Pictures do not lie and neither does the look on each players face. They play because they love the game. •



COAST SOCCER LEAGUE 2014 PREMIER COMMITTEE

Team Photographer Gary Campbell of NuPhoto
Webmaster David Fliegler
CSL Player Showcase Program Savraj & June Dhillon

Printer.....Sam George of PTS Marketing Group

IS TOO MUCH EMPHASIS PLACED ON WINNING IN YOUTH SOCCER?

By Steve Hoffman

Cal South Director of Coaching Education and Player Development

Photos © 2014 Cal South Soccer

think that most of us would agree that kids love to win the games they play. But, in regards to youth soccer, is there too much emphasis placed by coaches and parents on winning those games?

We know that players develop individually in a highly competitive playing environment, such as Coast Premier, which is a very high-level league where elite players are challenged week in and week out. As

are challenged week in and week out. As coaches, we



naturally consider recent results when preparing for the next practice session or the next game. Using our recent knowledge of our teams, we try to identify and implement changes that are needed to perform better in the next game.

With that said, the value we place on winning can often stifle the development of young players. Losing can be frustrating and

challenging for coaches and players, however, we must realize that it can help them grow, as a team and individually, equally as much as winning can.

Success should not be defined merely by positive results

Let me share a couple of my experiences when addressing 600 parents and 300 players attending a recent orientation to the Cal South Pro+/ODP program.

I asked of the parents in the Pro+/ODP orientation, "How many of you have played the game of soccer?" The responses typically range from 15 to 20 percent of the parents overall... in other words, a relatively small amount.



I then asked the players a couple of questions to reaffirm my perspective on winning versus performance.

"If you win a game 1-0 but your team played badly, what is the drive like on the way home?" I asked the players to clap loudly if they get a lot of bad criticism from their parents (remember, 80-85% of the parents have never played soccer before).

The response is a reliable one. What erupts from the players is a fantastically loud round of applause.

Then I ask them, "If your team loses a game 2-0 but played really well, what is the difference on your ride home from the game?" A majority of the players give me the indication that because their team performed really well, their parents give them very little negative criticism and the ride home was a comfortable one.

You can deduct from this that even spectators (in this case, the parents) intuitively understand that a team's good performance is what should be taken from the game as a positive, even if the final score is not.

The challenge then is for all coaches, parents and players to not use winning as the only tool for assessing how





the team is doing. I have coached teams in the highly competitive Coast Premier League. My goal there was to prepare my team to compete each week at a very high and consistent level. I believed this would determine my team's success because the reality is, when your team plays at the highest level, one or two mistakes can change a game and result. Winning is not everything.

You might wonder if winning plays a part in being selected for youth national teams, Pro+/ODP scouting or college recruiting. The reality is that scouts typically do not look at the score of a game. They focus on each individual player's technical and tactical abilities.

So, what other tools can you use to assess the development of individual players and the performance of your team beside league standings?

Coaches should set clear goals for their teams and individual players. The coach should always develop challenging practice sessions, including varied types of age-appropriate games. Coaches for older teams should have a seasonally-based plan to attend "exposure events" to allow players to be seen by college coaches, since many sophomores, juniors and seniors in high school are looking at college soccer as their final destination.

Some of the most important factors when choosing (and staying at) a club/team for your child should be based on the type of coaching and competitive environment. Here are a few different questions parents can ask to assess their child's team (besides wins and losses):

- Is the club/team player-centric?
- Is my child being challenged at every training session?
- Does my child receive individual player feedback at least once or twice a year?

- Does the coach build a tactical plan for each game?
- Does the coach evaluate the team based on performance (and not base his whole evaluation merely on winning and losing)?
- Will I see an improvement in the team and my child's performance over the course of a season?

Southern California is without a doubt the most competitive youth soccer environment in the country and your child is playing in one of the top leagues in the country. The very fact that we can play fifty-two weekends a year and develop players year-round attracts every college coach in the country to Southern California in order to recruit. Again, it needs to be stressed that college coaches and scouts look at the technical and tactical skills of the individual players.

They do not assess players based on which ones were on "the winning team."

If I could change one thing in today's youth soccer environment, I would ask parents to be more patient and loyal to their club and/or team, and to give coaches the time to develop players to their full potential. Parents should not automatically jump and pull their child off a team just because of a few bad results. ③



FULLERTON RANGERS WHITE

he Fullerton Rangers B99 White team plays in the top/Premier division of Coast Soccer League. Coached by Cristian Rus and managed by Jose Salazar, the team has been quite successful over the past couple of seasons, including 2014 Cal South National Cup Champions, 1st place in 2014 California Regional League, 2014

Coast League Cup Champions, 2014 Region IV Far West semi-finalists and 2013 Surf Cup champions. Currently ranked #32 in the country by gotsoccer.com, the team is looking forward this season to playing against some

of the toughest competition across the country.

In addition to CSL and California Regional League, the team will be traveling to North Carolina in December and to Las Vegas in March to participate in the prestigious US Youth National League competition. The team has high hopes for this season. The team's objective is to work

hard in order to play better game by game, hopefully qualifying to play in the National Championships in July and eventually see the boys go on to have successful college and/or professional soccer careers. •





ALBION SC WHITE

he Albion SC GU15 White team led by Coaches Anthony Scheri and Ernie Romero are looking forward to this season in the Coast Premier division again. We may have some changes on our roster and changes on the coaching side, but the heart, soul and core remain. With these changes we will look to compete even more effectively.

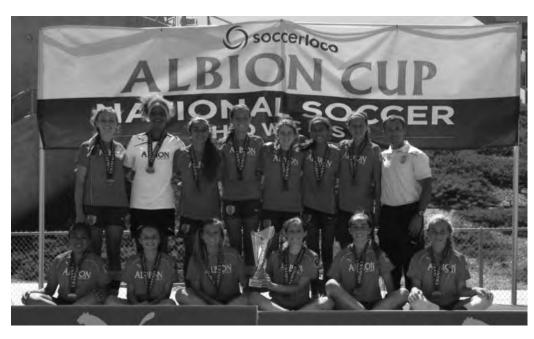
This team had a very successful season last year finishing in the 2nd spot of Coast Premier, taking home a Surf Cup Championship in November and a finalist position in Cal south National Cup to name a few. Looking forward to this season we will look to compete at the highest level again, growing and learning from each match. These girls continue to show true heart and passion on the field with each and every game with a never quit mentality. Stepping into the placement phase of club soccer these girls are adding more fitness and are



also driven to begin the college search and prepare to play at the next level beyond their club soccer years.

These next few years are going to be exciting for each and every player as their goals are achieved and they move on to the next chapter in their lives. •





OXNARD PAL

he Oxnard Police Activities League (PAL) is a city-wide, after-school crime prevention program designed to build positive relationships between youth, police officers and the community. Recreational, educational, enrichment and mentoring programs are offered to youth ages 7 to 18, at minimal cost to participants. Most of our coaches and trainers are vol-

unteers and funding for tournaments and leagues are financed by generous sponsors from the community. Our Soccer Program is still in the beginning phases. 4 out of our 10 teams will be playing at the highest level. The boys '98 team together with the boys '99 and boys



'00 teams are excited to represent Oxnard PAL in the Premier Division of the Coast Soccer League. Our boys '01 team will be playing in Gold - North.

The Oxnard PAL '98 boys team started in the Bronze division and gradually worked itself to the premier level. Hard work and the will to succeed are not just installed on the pitch but also required in school. All our players are student athletes that proudly represent their high schools.

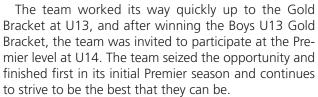
The PAL '98 team would like to thank all our parents and friends for your support on the sidelines, sharing rides and other thoughtful deeds. ①





LA PREMIER FC

he La Premier FC Bu16 White team embarks on its 3rd straight season in the CSL Premier League again under the direction of Coach Savio Silveira. The journey began in a Bronze Bracket in 2007 in Coast Soccer League at U9 when Savio Silveira took the reins of this team which had dreams of one day achieving the highest level of youth soccer – the CSL Premier Division.



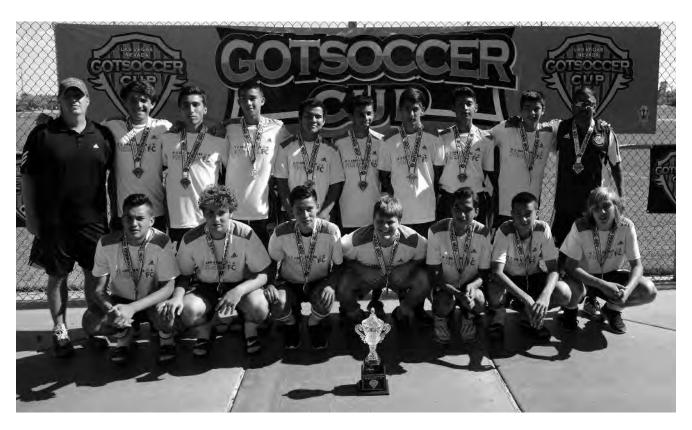
The LA Premier team has not only achieved success on the field, the team consists of committed scholar athletes with a combined GPA of 3.6. This underscores the balance that these players maintain between the importance of their education and athletics. The LA Premier B16 White team has participated in, and achieved success in, many competitions throughout their campaign. Among the list of the most notable accomplishments are:



FWRL Champions
Surf Cup Champions
SCNPL Champions
US Club National Championships
California Premier Championships
NPL Champions Cup
USYS Region IV Championships
Dallas Cup

Albion Cup Champions
United Cup Champions
Cerritos Memorial Champions
Pats Cup Champions
Gotsoccer Cup Champions
Cal Cup Champions
CSL Premier League Champions

The players are excited and are looking forward to another successful season in Coast Soccer League's Premier Division. They have trained hard and are ready to again perform at this top level. The team also displays a commitment to quality soccer and sportsmanship as evidenced in the 2013 Premier Season as the team did not receive a single card. ①



AC BREA

he AC Brea B00 Premier team is led by Coach Marius Rus (2 time AC Brea Coach of the Year). This is AC Brea's first Premier level team in its Club history and is excited to take on the challenge of blazing a solid foundation for the team and Club. The team had a solid summer tournament season winning 4 of the 6 tournaments it entered and finished the



summer with its highest Gotsoccer ranking in the team's history (2nd in CAS).

The team has brought on some exciting talent to supplement the existing team and hope to challenge for the 2014 Premier championship through its continued development and hard work. •



BOYS UNDER 19

ALBION SC WHITE

A lbion SC White BU19 has been honored with a 4th year of participating in the Coast Premier division for their final season of USYS Youth Soccer. Understanding the prestige of competing amongst the most talented players in the country and guided by the recent addition of Coach Andre Schmid, the team has collectively and individually shifted



gears towards greater focus on excellence and pursuit of a shared goal towards competing at the highest level of play as well as the pursuit of collegiate play opportunities.

With several college bound players and the pursuit of excellence both on the field and in the classroom, this group has raised the bar and is destined to achieve.

SANTA BARBARA SC ACADEMY

he Santa Barbara Soccer Club BU16 Academy team, led by coach Rudy Ybarra, is ready and excited to play in the Coast Soccer Premiere League. The development of our players as individuals, and a team can only be enhanced by playing in such a competitive and prestigious league. The SBSC BU16 Academy team has a roster of young men who have both played together and against each other in club, and together and against each other in high school.

Through it all they have been a united group and work



to support each other on and off the field. They have won numerous tournaments, including the prestigious WCDA Las Vegas Thanksgiving Showcase two years in a row. They are currently also competing in the California Regional League.

This group of boys started out being led by Rudy
Ybarra as a U10 team and Rudy is now back to
continue what he began and lead these boys in
their development as soccer players, as well as prepare
them for their future as college level players.

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LA PREMIER FC

A Premier FC's U19 Girls return to their third consecutive season of CSL Premier Bracket play under the direction of Coach Lauryn Pehanich. Coach Pehanich (who also leads the LAPFC U16 Girls Premier team) was a four-year starter for the Cal State Fullerton Titans from 2003-06 and a three-time All-Big West selection. She finished her career ranked seventh on the school's points list (46) and was tied for sixth we

school's points list (46) and was tied for sixth with 17 goals. Lauryn also played professionally in Germany in the 2nd Bundesliga for FC Guetersloh 2000 in 2008. Her experience as a player and collegiate coach is paying dividends in preparing the U19 girls for their CSL season and beyond, with many of the girls already committed to play at the collegiate level.

In addition to a new coach, this year's squad is a combination of returning players, promoted players from other LAPFC teams, and players new to the LAPFC family. Despite the reformulation of this year's squad, the



girls have found early season success, having played a rigorous off season schedule including semi-finalist appearances in the 2014 United Cup and Albion Cup, a 2014 Southern California NPL Championship, and strong showings in the 2014 NPL Finals in Greensboro, NC and the WCDA Showcase in Seattle, WA. The girls look to add to an already glowing resume' with a strong CSL or Bracket finish in 2014

Premier Bracket finish in 2014.

The U19 girls are one of nine CSL Premier Teams fielded by LA Premier FC. LAPFC has quickly grown into one of the largest soccer clubs in Southern California, fielding 57 teams in 2014. LAPFC teams compete annually in the Coast Soccer League, Western College Development Association, National Premier League, California Regional League and this year, the Boys' Club Championship League. LAPFC is host of the SoCal Showcase and is also the partner club of the 2014 WPSL Champion LA Blues. ①



EAGLES

he Eagles GU14 Premier team led by Coach Mikey Alexander is looking forward to a challenging 2014-2015 Coast Soccer League season. This Eagles team had a busy spring and summer participating in and winning the President's State Cup, Region IV President's Cup Tournament, and President's National Cup Championship that took them on travels from Morgan Hill, CA to Greenville, South Car-



olina. The team is committed to continued success preparing mentally and physically for the upcoming season.

The Eagles GU14 team will be looking forward to playing in the San Diego Surf Thanksgiving Cup, Las Vegas Players College Showcase, Dallas International Girls Cup, and Utah Avalanche Invitational.



FC MAN UNITED

C Manu G97 has been together for 6 years and has lost only 1 league game during the last two seasons. Half of today's team are from the original team

and the rest are girls who were

chosen for their talent, athleticism, attitude, and potential.

The team is directed by Coach Brent Broadhurst, who's impressive resume' includes an USSF "A" license, Technical Director of FC Man United, Assis-



tant coach of Cal Poly Pomona men's soccer team, and assistant coach for the USL professional men's soccer team, the Orange County Blues. Coach Brent brings a diversified coaching style to the team that not only focuses on player development but also emphasis on the importance of

education and personal growth.

Every player's hope from our team is to play soccer at the collegiate level. Our cumulative team GPA of 3.6, shows the maturity, dedication, discipline, and understanding of the high academic and athletic excellence required to succeed at the next level. All players on this current team have a commitment to become the best soccer player and scholar they can be. •









SPORTS MEDICINE BY PAUL FU, JR., MD, MPH

STRAINS AND SPRAINS

ationally, there has been a steady growth in competitive youth sports over the past fifty years. However, there has also been an increase in sports-related injuries, like overuse, as youth athletes begin playing and specializing at increasingly younger ages. An overuse injury occurs when there is microtrauma to bone or soft tissue that is then subjected to repeated stress without sufficient time to heal. More than

half of youth sports injuries are due to overuse. Over time, prolonged competition intensity also leads to higher rates of more serious injuries, such as microfractures of the bony growth plates and ligamentous tears.

The type of injury varies by age and by gender. While lower extremity injuries are the most common overall, younger athletes (less than 13 years of age) are more likely to have upper extremity problems, evenly distributed between overuse and traumatic injuries. Teen athletes are more likely to have overuse injuries than traumatic ones. Still, high school athletes incur more than two million injuries annually, and more than 500,000 physician office visits. Female athletes are at significantly greater risk of overuse injury than their male counterparts and are also more likely to have specific traumatic injuries, like anterior cruciate ligament (ACL) tears. This gender difference in sports injury epidemiology is thought to be due to a combination of many factors, including differences in strength and flexibility, differences in physiology and anatomy, and differences in biomechanics that place adolescent female athletes in a period of rapid growth at risk for severe injury, or an injury that causes a loss of greater than three weeks of sports participation.

At the high school level, the most common injuries are fractures, complete ligament sprains, and the incomplete ligament sprains. Among severe soccer injuries, the knee is twice as likely to be injured than the ankle or the head/face area and girls are twice as likely to have a severe knee injury than boys, including three times the number of complete ligament sprains. Boys are twice as likely to have fractures, however, which may not come as a complete surprise to anyone who has watched a boys U19 game. In general, there are no specific soccer activities that raise the risk of injury, such as dribbling, defending, or chasing a loose ball. However, incidental contact with another player and rotation around a planted foot are the most common mechanisms of injury.

A strain is a tendon or muscle-tendon injury as opposed to a ligamentous injury. Grading is similar to that used for sprains. A 1st degree strain involves overstretching of the

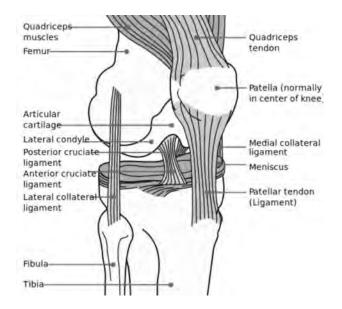


muscle or tendon fibers. It presents with minimal swelling, tenderness, and no significant weakness. It can be treated with Rest, Ice, Compression, and Elevation (RICE) and a return to active play can occur within 2-3 weeks. Re-injury is common, as frequently, the youth athlete feels "normal" long before the muscle fibers have sufficiently healed and returns to participation too early. Rehabilitation starts with gradually

stretching the muscle to elongate the healed muscle and progressively increasing the muscle strength. Once this has been achieved, the player can begin sport-specific exercises, such as running, jumping and kicking. A 2nd degree strain involves a partial disruption of the muscle or tendon fibers and is marked by moderate swelling and pain with moderate weakness. Treatment is similar, but the rehabilitation period can stretch over 1-2 months. It may be helpful to have physical therapy support this rehabilitation. A 3rd degree strain represents a complete rupture of the muscle or tendon and is marked by severe pain and weakness. This frequently requires surgical repair and should be evaluated by a medical professional.

A sprain is any injury to a ligament or joint capsule. Sprains are graded by extent of ligamentous disruption. A 1st degree sprain involves only slight stretching and limited ligament fiber disruption and presents with minimal swelling, tenderness, and no loss of joint stability. Treatment is simple with ice packs at the time of injury; no splinting or casting is necessary. Elastic bandage wraps can be used for comfort, but are not necessary. Weight bearing, range of motion, isometric stretching and strengthening exercises should be performed as tolerated. A 2nd degree sprain involves a partial disruption of the ligament (complete tears of some but not all of the ligamentous fibers) and is marked by moderate swelling and pain with limitation in range of motion and slight loss in stability. Again, sideline treatment should begin with cold packs to decrease swelling. However, these injuries should be immobilized with a splint. Physical therapy is frequently useful to support range-of-motion, stretching, and strengthening exercises. A 3rd degree sprain represents a complete rupture of the ligament and is marked by severe swelling and pain and a total loss of joint stability. These injuries should be immediately immobilized and then evaluated by a sports medicine expert to assess the need for surgical reconstruction. There is typically a prolonged rehabilitation phase.

Although very uncommon in the younger age sports participant, acute knee ligament injuries do occur and increase in frequency during adolescence, especially in



soccer. Sports which require rapid leg planting and shifts in direction have a higher incidence of these injuries.

The medial collateral ligament (MCL) sprain is the most common knee injury in contact sports. This usually occurs with a direct blow to the lateral aspect of the planted leg, such as collision incurred when challenging for the ball. Mild injury may not produce immediate disability but moderate to severe injury usually causes immediate pain and players often cannot return to play. There is usually a loss of active motion (player will not move the joint) and strong resistance to passive motion (examiner moves the joint) due to pain. If only the MCL is injured, treatment is fairly straight forward. Immobilization with complete rest for 2-3 days can be followed by progressive rehabilitation, assisted ambulation, ice, and careful and gradual stretching and strengthening programs. However, the mechanism of MCL injury predisposes to concomitant ACL and meniscal injury and any significant swelling should prompt an evaluation by an orthopedic surgeon, as surgery may be necessary. Athletes may return to play when there is with no pain with full range of motion, equal strength, and no limp while running.

Injuries to the lateral collateral ligament (LCL) are uncommon at all ages, but especially in younger athletes who are still growing as the LCL usually avulses, or pulls off part of the bone to which it is attached before the ligament is torn. As with MCL injuries, significant knee laxity suggests other injuries and should prompt medical evaluation. Partial tears may be rehabilitated similar to partial MCL tears. Complete disruption requires orthopedic evaluation.

The posterior cruciate ligament (PCL) sprain is also uncommon and unusual in patients with open growth plates. It occurs when force is applied posteriorly upon the proximal tibia with the knee in flexion. Although pain is sharp, the knee is usually stable. Most treatment is non-operative with relative rest, immobilization, ice,

anti-inflammatory medications, assisted ambulation, and stretching and strengthening rehabilitation. Radiographic studies are recommended, as surgical repair is necessary if avulsion fractures are present. Surgical reconstruction applies only for failed rehabilitation.

Anterior cruciate ligament (ACL) sprains are the most common ligamentous knee injury across all age groups. Complete disruption of the ACL presents with the classic "pop" sensation after the leg is planted, and either a sudden change in direction is attempted or a blow (or kick) is delivered to the side and back of the knee. An ACL sprain is exquisitely painful. Almost always, athletes cannot continue activity. Swelling worsens over several hours and bleeding can cause a distended hemarthrosis (bleeding into the joint) resulting in a painful, tender knee. A joint capsule effusion is highly suggestive of ACL injury. Many younger patients do well with non-operative therapy for partial ACL sprains: complete rest until no longer swollen or painful at rest, followed by stabilization, assisted ambulation, stretching and strengthening exercises. Athletes who are still growing should have radiographic evaluation to assess for any growth plate fractures. Orthopedic consultation is recommended for all ACL injuries, but not all ACL injuries require surgery. Many athletes may benefit from surgery and results from recent surgical techniques are good. Unfortunately, there is a substantial risk of re-injury to the repaired ACL and tearing of the other ACL as well. The reason for this elevated risk is unknown at this time. What is known is that the only way to reduce this risk is to stop playing. Prevention strategies have been tried but none have showed consistent efficacy in preventing ACL injury.

There is no good evidence to support the use of a knee brace post-operatively following ACL repair. In general, there are no knee brace designs that can prevent the type of sudden force delivered to the back and side of the knee that causes ACL injury or re-injury. Many orthopedic surgeons do not recommend their use routinely as they may give the wearer a false sense of protection.

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PAUL FU, JR., MD, MPH, is a pediatrician at Harbor-UCLA Medical Center with experience in sports medicine. He is also Clinical Professor of Pediatrics and Health Policy and Management at UCLA. A former AYSO coach and current referee, he is the father of three current Coast Soccer League players and feels like he has been to every pitch in Southern California. He supports Everton FC, LA Galaxy, and the 4-2-3-1.









FIELD SCHEDULES SATURDAY, OCTOBER 18, 2014

UCI FIELD 1							
8:00 AM	15660	MAMBA	NHB BLACK	GIRLS U12 SILVER SOUTH			
9:30 AM	18060	TFA L.A. BARCA	IE SURF BOO ACADEMY DM	BOYS U14 PREMIER			
11:10 AM	17993	OLIMPIA SC	LA PREMIER FC	BOYS U14 PREMIER			
12:50 PM	17982	ALBION SC WHITE	FULLERTONRANGERS BOOWHITE	BOYS U14 PREMIER			
2:30 PM	20801	ie surf G99 premier TS	Carlsbad elite G99	GIRLS U15 PREMIER			
4:15 PM	21526	UIFC SAN LORENZO	BREAKERS B98 BLACK	BOYS U16 PREMIER			
UCI FIELD 2							
8:00 AM	24377	FULLERTON RANGERS WHITE	ALBION SC WHITE SOUTH	BOYS U19 PREMIER			
10:00 AM	24386	SANTA MONICA UTD B96 BLUE	ALBION SC WHITE	BOYS U19 PREMIER			
NOON	24432	RIVERSIDE FC CHIVAS	OC PREMIER B96 BLACK	BOYS U19 PREMIER			
2:15 PM	23921	WOLFPACK G97	FC MAN UNITED G97	GIRLS U17 PREMIER			
4:15 PM	19795	CORINTHIANS SC B99	FRAM - LAWSON	BOYS U15 PREMIER			
UCI FIELD 3	3						
8:00 AM	24394	CORINTHIANS SC B96	CARLSBAD ELITE B96	BOYS U19 PREMIER			
10:00 AM	18012	FRAM - ZICO	CELTIC HARPS	BOYS U14 PREMIER			
NOON	24435	FC GOLDEN STATE WHITE	SANTA MONICA UTD B96	BOYS U19 PREMIER			
2:00 PM	25070	LA PREMIER FC	CARLSBAD ELITE G96	GIRLS U19 PREMIER			
4:00 PM	20743	BREAKERS G99 BLACK	CORINTHIANS SC G99	GIRLS U15 PREMIER			
UCI FIELD 4	4						
8:00 AM	25119	ALBION SC WHITE	ALBION OC WHITE G96	GIRLS U19 PREMIER			
9:40 AM	18058	OXNARD PAL AC	CARLSBAD ELITE BOO	BOYS U14 PREMIER			
11:20 AM	18964	FULLERTON RANGERS BLUE	SAN DIEGO FA GU00A	GIRLS U14 PREMIER			
1:00 PM	18003	AC BREA BOO	EMPIRE SC B00 ORANGE	BOYS U14 PREMIER			
2:40 PM	20734	TFA BARCA I.E.	CROWN CITY UNITED G15	GIRLS U15 PREMIER			
4:20 PM	19778	NOTT'S FOREST FC BU15	CELTIC HIBS	BOYS U15 PREMIER			
UCI FIELD 5							
8:00 AM	25116	OC PREMIER G96 ORANGE	WOLFPACK G96	GIRLS U19 PREMIER			
10:00 AM	25078	SANTA MONICA UTD G96	FREEDOM FC G96 GOLD	GIRLS U19 PREMIER			
NOON	25061	VENTURA FC	FC GOLDEN STATE-PREMIER	GIRLS U19 PREMIER			
2:00 PM	21542	CFC UNTOUCHABLES BLACK	CUSC BLUE 98	BOYS U16 PREMIER			









FIELD SCHEDULES SUNDAY, OCTOBER 19, 2014

UCI FIELD I							
8:00 AM	22347	GREATER LB SPEED DEMONS	IE SURF G98 PREMIER TS	GIRLS U16 PREMIER			
9:45 AM	22405	ALBION SC WHITE	OXNARD WAVE	GIRLS U16 PREMIER			
11:30 AM	18013	EMPIRE SC BOO ORANGE	FRAM - ZICO	BOYS U14 PREMIER			
1:05 PM	17994	FULLERTONRANGERS BOOWHITE	OLIMPIA SC	BOYS U14 PREMIER			
2:40 PM	21607	FREEDOM FC B98	ALBION OC WHITE B98	BOYS U16 PREMIER			
4:15 PM	18986	LA PREMIER FC	ALBION SC WHITE	GIRLS U14 PREMIER			
UCI FIELD	2						
8:00 AM	23892	CORINTHIANS SC G97	ALBION SC USA	GIRLS U17 PREMIER			
10:00 AM	22402	LA PREMIER FC	IE SURF G98 PREMIER JS	GIRLS U16 PREMIER			
11:45 AM	19862	FC GOLDEN STATE B99	FC MAN UNITED B99 RED	BOYS U15 PREMIER			
1:30 PM	23221	OXNARD WAVE SC	CFC UNTOUCHABLES BLACK	BOYS U17 PREMIER			
3:30 PM	22364	BYSC CORONA UNITED G98	FRAM - GIDNEY	GIRLS U16 PREMIER			
UCI FIELD	3						
8:00 AM	19865	FC DEPORTIVO PANTERAS	OXNARD PAL	BOYS U15 PREMIER			
9:45 AM	23224	AUTOBAHN SC B97 RED	FC GOLDEN STATE BLACK	BOYS U17 PREMIER			
11:45 AM	22371	SELECTCITIESAVALANCHE98	NOTT'S FOREST FC GU16	GIRLS U16 PREMIER			
1:30 PM	23856	FRAM - BOSWELL	TFA BARCA I.E.	GIRLS U17 PREMIER			
3:30 PM	23875	NHB BLACK	LA PREMIER FC BLACK	GIRLS U17 PREMIER			
UCI FIELD	4						
8:00 AM	20755	GREATER LB FURY	LA PREMIER FC	GIRLS U15 PREMIER			
9:40 AM	18984	EAGLES WHITE	CARLSBAD ELITE G00	GIRLS U14 PREMIER			
11:15 AM	20810	GRANADA UNITED FC G99	CARLSBAD ELITE G99	GIRLS U15 PREMIER			
1:00 PM	21561	UIFC SAN LORENZO	SANTA BARBARA B16 ACADEMY	BOYS U16 PREMIER			
2:40 PM	17983	OXNARD PAL AC	ALBION SC WHITE	BOYS U14 PREMIER			
4:15 PM	19784	CUSC 99 BLUE	CELTIC HIBS	BOYS U15 PREMIER			
UCI FIELD	5						
8:00 AM	23181	DMS11 ACADEMY	FULLERTON RANGERS WHITE	BOYS U17 PREMIER			
10:00 AM	18976	FC GOLDEN STATE G00	San Diego fa Guooa	GIRLS U14 PREMIER			
11:30 AM	23173	LA PREMIER FC	IE SURF B97 ACADEMY DM	BOYS U17 PREMIER			
1:30 PM	23923	IE SURF G97 PREMIER RS	SOUTH VALLEY G97-CARTER	GIRLS U17 PREMIER			
3:30 PM	19822	FULLERTON RANGERS WHITE	OLIMPIA SC 99	BOYS U15 PREMIER			

PREMIER STANDINGS STANDINGS AS OF OCTOBER 13, 2014

BU14 TEAM	W L I PIS GF GA AC	GU14 IEAM	W L I PIS GF GA AC
1 AC BREA B00 2 CARLSBAD ELITE B00 3 TFA L.A. BARCA 4 NOTT'S FOREST FC BU14 5 EMPIRE SC B00 ORANGE 6 FULLERTONRANGERS B00WHITE 6 FRAM - ZICO 8 IE SURF B00 ACADEMY DM 9 LA PREMIER FC 10 OXNARD PAL AC	6 0 1 19 18 3 2 5 1 2 17 18 7 7 4 0 3 15 15 5 4 3 1 4 13 13 5 0 3 3 2 11 12 10 8 2 1 4 10 7 6 3 3 3 1 10 10 11 5 3 4 1 10 8 12 4 2 2 3 9 9 9 9 2 2 5 0 6 7 17 4	1 BREAKERS GOO BLACK 2 FC GOLDEN STATE GOO 3 FULLERTON RANGERS BLUE 4 EAGLES WHITE 4 LA PREMIER FC 6 ALBION SC WHITE 7 CARLSBAD ELITE GOO 8 SAN DIEGO FA GUOOA	4 0 3 15 10 3 1 4 2 3 15 20 11 1 2 0 6 12 6 4 7 2 3 3 9 7 8 0 2 3 3 9 11 12 4 1 1 5 8 8 11 1 1 3 3 6 8 7 2 1 5 2 5 2 16 3
11 CELTIC HARPS 12 ALBION SC WHITE 13 OLIMPIA SC BUIS TEAM	1 4 3 6 11 15 2 1 4 2 5 7 12 3 0 7 0 -1 3 26 20	GUIS TEAM 1 CORINTHIANS SC G99 2 CARLSBAD ELITE G99 3 FRAM - AGUINALDO	W L I PTS GF GA AC 6 0 2 20 17 5 11 6 0 1 19 25 2 2 5 3 0 15 13 15 3
1 FULLERTON RANGERS WHITE 2 FC GOLDEN STATE GOLD 3 NOTT'S FOREST FC BU15 3 CELTIC HIBS 5 FRAM - LAWSON 6 OLIMPIA SC 99 7 CORINTHIANS SC B99 7 CUSC 99 BLUE 7 FC DEPORTIVO PANTERAS 10 FC MAN UNITED B99 RED 10 VALLEY UNITED	W L I PIS GF GA AC 8 0 1 25 29 7 7 6 1 2 20 23 10 9 5 1 2 17 16 12 4 5 4 0 15 12 17 10 4 3 2 14 15 12 11 4 5 0 12 15 14 16 4 5 0 12 15 17 13 4 5 0 12 18 18 15 2 3 4 10 12 14 11 3 5 1 10 13 18 17 3 6 0 9 18 25 10	4 IE SURF G99 PREMIER TS 5 LA PREMIER FC 6 ALBION SC WHITE 7 REBELS SC G15 GOLD 7 GREATER LB FURY 9 GRANADA UNITED FC G99 10 ALBION OC WHITE G99 11 CROWN CITY UNITED G15 12 TFA BARCA I.E. 12 FC GOLDEN STATE 14 BREAKERS G99 BLACK	4 0 1 13 13 4 4 4 2 1 13 10 5 1 4 3 1 13 18 12 2 3 3 2 11 10 9 1 3 3 2 11 17 17 1 3 4 1 10 11 19 5 2 4 1 7 7 9 0 1 3 3 6 7 13 1 1 6 1 4 2 16 2 1 6 1 4 10 18 5 0 6 1 1 7 23 1
13 ALBION SC WHITE 13 FC GOLDEN STATE B99 BUI6 TEAM	1 8 0 3 7 22 19 1 8 0 3 7 23 2 W L I PIS GF GA AC	1 ALBION OC WHITE G98 2 CARLSBAD ELITE G98 3 NOTT'S FOREST FC GU16	6 0 0 18 16 2 1 5 1 1 16 15 7 4 4 1 2 14 12 8 6
1 BYSC CORONA UNITED B98 1 FC GOLDEN STATE PREMIER98 3 LA PREMIER FC WHITE 3 FC HEAT BOYS 98-99PREMIER 5 SANTA BARBARA B16 ACADEMY 5 CUSC BLUE 98 7 OXNARD PAL 8 ALBION SC WHITE 9 BREAKERS B98 BLACK 10 UIFC SAN LORENZO 11 CFC UNTOUCHABLES BLACK 12 CA PREMIER CAPO FC BLUE	6 2 0 18 15 5 5 6 2 0 18 19 7 13 4 2 2 14 17 7 4 4 2 2 14 15 14 12 3 1 4 13 8 6 3 4 3 1 13 11 11 17 3 2 3 12 10 12 10 3 2 2 11 15 14 2 3 3 1 10 6 8 6 2 3 1 7 9 13 11 2 5 1 7 7 14 3 2 6 0 6 9 15 10	4 ALBION SC WHITE 5 GREATER LB SPEED DEMONS 5 SELECTCITIESAVALLANCHE98 5 BYSC CORONA UNITED G98 5 FRAM - GIDNEY 9 IE SURF G98 PREMIER JS 10 LA PREMIER FC 11 OXNARD WAVE 12 IE SURF G98 PREMIER TS	3 2 2 11 9 6 2 2 3 2 8 5 6 6 2 3 2 8 11 9 0 2 3 2 8 4 10 2 2 3 2 8 11 12 6 1 2 4 7 6 8 5 2 5 0 6 5 10 5 1 4 2 5 5 11 4 1 4 1 4 3 13 2
13 ALBION OC WHITE B98 13 FREEDOM FC B98 BUI7 TEAM	0 4 4 4 5 12 11 1 6 1 4 7 15 12	1 ALBION SC USA 1 SOUTH VALLEY G97-CARTER 3 CARLSBAD ELITE G97	7 1 0 21 22 2 0 7 1 0 21 21 5 2 6 1 1 19 20 3 1
1 SANTA BARBARA SC B17WHITE 2 DOWNEY FC - AQUILES 3 FULLERTON RANGERS WHITE 4 DMS11 ACADEMY 5 HG EAGLES SC 6 CFC UNTOUCHABLES BLACK 7 FC GOLDEN STATE BLACK 8 OXNARD WAVE SC 9 LA PREMIER FC 9 IE SURF B97 ACADEMY DM 11 CARLSBAD ELITE B97 12 AUTOBAHN SC B97 RED	W L I PIS 6F GA AC 7 1 1 22 28 11 8 7 1 0 21 26 11 13 6 1 1 19 17 6 6 6 2 1 19 21 8 9 6 2 0 17 15 10 21 4 3 1 13 15 16 15 3 5 1 10 16 14 16 2 4 2 8 15 19 18 2 5 1 7 14 21 19 2 4 2 7 12 26 22 2 5 0 6 7 7 12 4 1 4 3 6 15 16 15	4 LA PREMIER FC 5 NHB BLACK 6 UIFC CERRITOS LIVERPOOL 7 LA PREMIER FC BLACK 8 WOLFPACK G97 8 FRAM - BOSWELL 10 CORINTHIANS SC G97 11 FC MAN UNITED G97 11 IE SURF G97 PREMIER RS 13 TFA BARCA I.E. 14 SAN DIEGO UTD 97-98 BLACK	6 2 0 18 15 5 2 4 2 1 13 14 13 7 4 3 1 13 16 14 0 3 3 2 11 11 13 3 2 3 3 9 6 12 5 3 5 0 9 12 18 5 2 5 1 7 6 24 10 1 4 3 6 8 14 12 2 6 0 6 11 15 2 1 5 2 5 9 16 3 0 7 0 0 2 19 0
13 VALLEY UNITED-MIER 14 FC GOLDEN STATE PREMIER	1 6 2 5 6 22 14 1 7 1 4 13 28 4	GUI9 TEAM 1 FC GOLDEN STATE-PREMIER 2 CARLSBAD ELITE G96	W L T PTS GF GA AC 5 0 2 17 17 5 14 5 0 1 16 24 1 0
1 FC GOLDEN STATE DIAMOND 2 SANTA MONICA UTD B96 BLUE 3 FC GOLDEN STATE WHITE 3 FULLERTON RANGERS WHITE 5 CORINTHIANS SC B96 6 SANTA BARBARA SC B19WHITE 7 ALBION SC WHITE SOUTH 8 RIVERSIDE FC CHIVAS 8 SANTA MONICA UTD B96 8 CARLSBAD ELITE B96 8 OC PREMIER B96 BLACK 12 ALBION SC WHITE	W L I PIS GF GA AC 6 0 1 19 23 12 5 5 0 2 17 15 6 9 4 0 3 14 21 6 22 4 1 2 14 16 6 10 4 2 0 12 15 7 6 3 3 1 10 14 19 13 2 2 3 9 7 6 19 1 5 1 4 11 18 14 1 5 1 4 9 19 6 1 5 1 4 7 21 10 1 5 1 4 11 22 15 0 4 2 2 12 19 8	3 LA PREMIER FC 4 WOLFPACK G96 5 ALBION SC WHITE 6 SIMI VALLEY ECLIPSE 6 DOWNEY FC G96 8 VENTURA FC 9 OC PREMIER G96 ORANGE 10 FREEDOM FC G96 GOLD 11 SANTA MONICA UTD G96 12 ALBION OC WHITE G96	5 2 0 15 14 6 6 4 1 2 14 9 5 3 4 1 1 13 10 7 0 3 3 1 10 16 11 2 3 3 1 10 10 14 4 3 4 0 9 14 16 2 2 4 1 7 6 10 4 1 6 0 3 5 23 3 0 5 2 2 1 1 6 3 0 6 1 1 2 14 3

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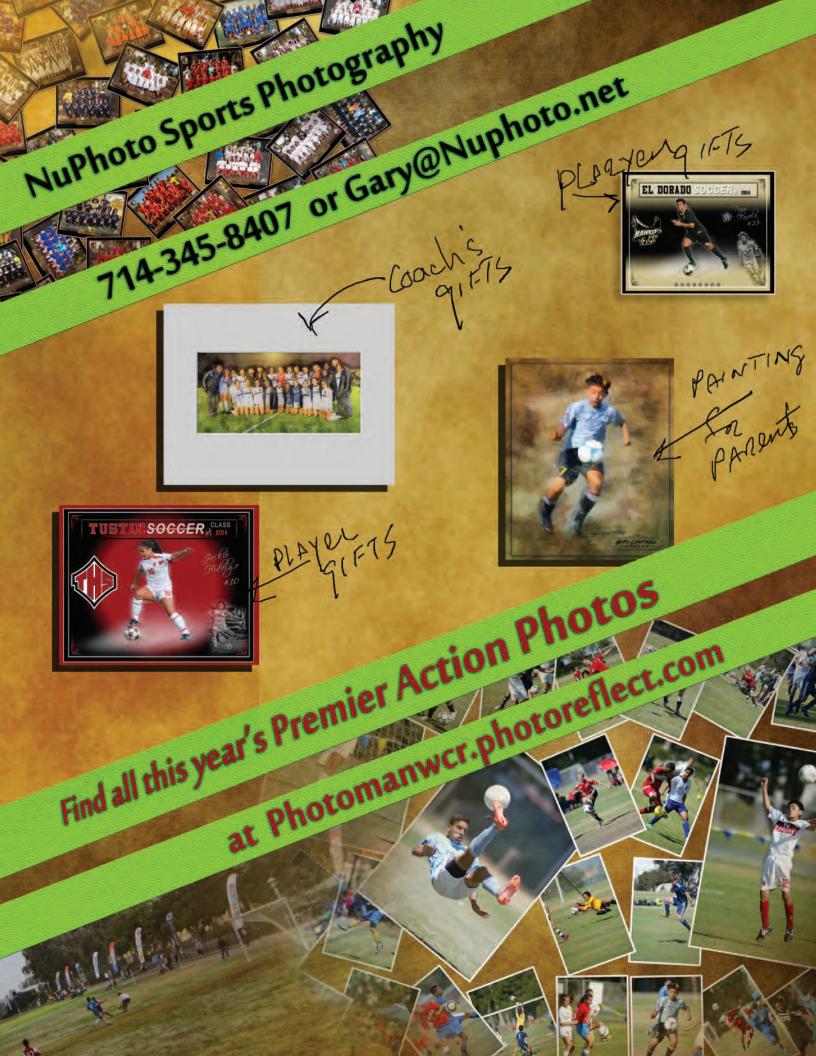
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ABOUT THE CSL PREMIER PHOTOGRAPHERS

PREMIER PHOTOGRAPHY: NUPHOTO SPORTS PHOTOGRAPHY

.... A snap shot of Gary Campbell's Company

t will be 15 years this January that I started Nuphoto Sports Photography. My goal at the time was to take Action shots on the weekend and sell them on Web. I had this desire to do Soccer as I was very active with all my children by coaching, administration etc. There were no web sites that helped sell photos on line that allowed

me to do this. I tried to create my own web site, but that failed. I worked on what we did right and what we did wrong, and that lead to shooting and printing on site. At that time, by my standards, we were successful. I was not a photographer then, however by the end of the summer I was. Self taught with a desire to get better. We started doing other Action photos in the fall like Football, Lacrosse, Basketball etc.

Special Gifts and Items:

In my earlier days I was always

looking to add value or be unique when it came to Action Photos. I designed some posters to offer our customers. Over the years we have sold over 3000 posters. You may have seen the digital painting that I am now offering. My main goal is to be creative and be unique, not just work on volume.

Here is a quick story about the posters. A Client asked me to produce 4 to 5 poster's of his daughters. I would meet him at different tournaments he would order more. I asked what was he was doing with all of them. He described his home and it sounded like the posters were not making a dent in his large recreation room. He sent many of the photo's we took at premier games to different colleges to grab the coaches attention. He has said many times it helped by getting his girls noticed and into Loyola Marymount and USC as goalies.

Corporate and Event photography:

Parents at the fields would ask if we could do the same at other events. They wanted us to photograph people

and print right away. That started our corporate events part of our business. One customer of action shots asked if we could do her companies Christmas party. So for 5 years straight we would take 500 photos in 3 hrs, print them, and then hand them to couples at Quicksilver annual Christmas Party. We do theme parties with Green

Screen and now do the popular Open Photo Booth where everyone dresses up with hats, sunglasses etc.

Team and Individual Photos:

A trip to Dallas one year for a Sports Photographers convention, I met a photographer who had worked for Sports Illustrated and I hired him to come to California to teach me some of his ideas doing Team photos. Thus the team photo part of our business was born. I have taken team photos of up to 500 kids for a large swim club. High

Schools use our services for Swim, Water Polo, Lacrosse, Soccer, Football, Basketball and Volleyball. In all these sports I we offer our services to create Senior Gifts utilizing our graphic capabilities to create unique gifts.

Studio and location photography:

In 2008 I moved our very large office in Irvine to a smaller office and studio in the City of Orange. Tired of lifting and carrying my lights up and down stairs every time I had an event I looked for a 1st floor location. I found a really cool spot in the circle (Plaza) of down town Orange. If you call, we can make plans for coffee at the Starbuck's next store.

I added a sub company CJ Alley Photography. Along with taking studio photos on site photography, this location also led to me become a freelance photographer for a local paper the Orange Review. The editor of the paper does write ups and photos of new and existing business. Every year is different. In the Fall I focus on Club Soccer team and Individual photos. In the winter I do High

School team photos while also doing events and family photos. I like to do pets, Senior in High school and Family photos. While meeting store owners in Orange I do some product photos for their web sites and my most favorite projects are my own family photos and their growing up families.

Travel Photography:

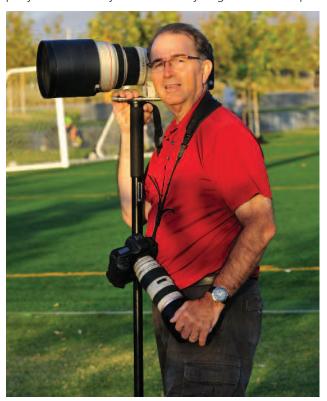
My wife and I like to travel and some of my photos have won awards at the Orange County fair. Over the past 4 years we have been to Argentina, Chile, New Zealand, Asia the Czech Republic.

Help along the way:

Over the years I have had help from many full and parttime employees. They have been important in Nuphoto growth and reputation with our returning and new customers. I can't thank all of them enough.

Exceptional Action Photographer: Bill Reese

If you attended a soccer tournament in the last 10 years, there's a good chance you ran across an action photographer named Bill Reese. Bill previously worked with an action photo company that was much bigger than NuPhoto. Bill's workflow would blow a lot of people's minds by the number of photos his team of photographers would take on the first day of a tournament. Try 12,000. They would be printed, packaged and ready for sale the next morning. I thought long and hard if wanted to grow that big and I'm really glad I did not. Bill's company went the way of several very large Action compa-



nies, either downsized or out of business. It is very difficult to keep a big company moving in a recession, parents taking their own photos and in general feeling that the market was saturated.

Bill came to Nuphoto with new ideas: a customer base who wanted Bill to do their work and is now a valued employee of NuPhoto. Every action shot taken for this year's Premier Magazine was shot by Bill along with his trusty Canon cameras (I like Nikon) and very expensive lenses. He is very organized and efficient with his time and does his best to makes sure every team is covered each weekend. Bill has posted his entire 2014 CSL Premier photo catalog at http://photomanwcr.photoreflect.com. Be sure to take a look. ②



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THERE IS ONLY ONE ELIAS IN SOCCER

f you have ever played or are playing soccer in Southern California or if your child has ever played or is playing soccer in Southern California and you hear someone mention the name of ELIAS, you know exactly



whom they are referring to. There is only one ELIAS in soccer.

For the last 26 years, ELIAS and his family have owned and operated Sportspage Soccer Warehouse. For too many years count, Sportspage Soccer Warehouse (Sportspage) was, and still is, the mecca for all soccer related activities whether it be to meet and greet old or new friends,

make new friends, find out the latest gossip, complain about your coach or any coach for that matter or to just enjoy listening to ELIAS tell stories of the years gone by and what the future of soccer holds in store for each of us.

And if you were, or are, a Club, player or parent in need in one way or another, if it was at all possible, ELIAS would be there to help in one way or another. He is always there to help.

If you walked into the store, he would be behind the counter, always smiling and talking with a patron but he would nevertheless shout out a friendly hello and wave you welcome. And, there would be no way you could leave his store without having a personal encounter with ELIAS.

ELIAS is many things to many people, but to those of us who call him friend, we know just how much he has done for soccer and how much he has done for us.

This article has been published because everyone who knows ELIAS needs to be aware that he has suffered a serious heart attack and needs our good thoughts and prayers for his speedy recovery. ELIAS is one of the great ones and it would be a tragic loss for him to leave us so early in his life.

For those of us who know ELIAS but not really know his history, or for those of us that do not know him, CSL has asked his daughter, Manal, to provide some background material. What we received from Manal deserves to be published in its entirety.

"Elias Shehadi is the strongest and kindest human being I have ever met. He is also our father. Elias sacrificed a lot to come to this country and his strength and passion shine through in any situation.

Elias began playing soccer at a very young age and until this day; soccer remains to be his driving force. At the age of 17, Elias played for Maalot, Tarshiha in his hometown country, Israel.

In 1973, Elias was involved in a near fatal car accident that put him in Intensive Care for two weeks. He came to the United States to visit his uncle, Badei Khoury. Badei helped Elias enter a physical rehabilitation center.

In 1974, he attended DuPage College where he helped turn his community college soccer team into one of the best in the nation, beating the number one college team in their bracket. His biggest accomplishment there was becoming an "All American."





In 1976, Elias made an immediate impact on Sangamon State University's soccer team (SSU) and led the Prairie Stars to multiple wins from 1976 to 1978. Elias will be inducted into the first ever hall of fame at the University of Illinois, Springfield (UIS) October 11, 2014. Elias played two years at Sangamon and is in the record book with 61 goals.



In 1979, Elias continued to play soccer in Phoenix, Arizona. At this time soccer in the US was on the downfall, Elias returned to Israel in 1981 to play soccer. In 1988, he married Soheir and they returned to the United States to open Sportspage Soccer Warehouse in 1988. They built a business together and after 2 moves and 26 years later of being in business they continue to be well known and well respected in the soccer community.

Elias has refereed over 100 games, coached Edison high school women's team from 1989 to 1991, coached the Olympic Development Program (ODP) from 1991 to 1996, and coached Newport Harbor high school men's team from 1993 to 1995.

My brothers and I are very proud of what our father has done for the community and we continue to see the kindness he displays for all. We still continue to see him offer advice to those seeking to learn the game inside and outside the store. We are proud to call him our father and we know he will leave an everlasting impression within the soccer community.

ELIAS SHEHADI is a Legend in the Southern California soccer community. Let us hope he will still be able to greet us when we walk into Sportspage for many years to come. ��



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Every coach has to answer the question: how do I want to be judged? Is the won / loss record the true measure of a coach? Is everything else secondary to achieving this end? Or is the character with which your team plays the game the balance to a win at all costs approach? Many players leave the game every year never to return. Most had a coach that left them soured by the experience. Will you contribute to the building of character among your players so that every parent can be proud of what their child took from the experience? Will your players take away lessons that will be used long after a game is over? Competing to win is part of the game but always remember there is **No Victory Without Honor**®.





Change The Environment In Which The Game Is Played.

The No Victory without Honor® Program changes the environment in which the game is played to one that is positive. The program recognizes the commitment to values that support the success of the players long after the game has ended and creates a better soccer experience for all stakeholders. Be part of the program and build the foundation for your team's success and the creation of a memorable soccer season.

















