

# THE BUZZ

Stingers Soccer  
Club

North Central, WV

April, 2006

Issue 4

## Spring Season Starts Up!!

### News Letter and Pictures

**Wow the fourth edition of the Stingers news letter already!**

As you will see over the next few months this is a work in progress and we need your help. Any time you catch a great picture of a shot on goal or even just a great pic of the team having fun and acting crazy, we want to give everyone a chance to share it here in The Buzz.

We want **parents, coaches, team managers** and anyone interested to be a part of the news letter by contributing, team info, tournament info, colorful play by plays, and of course those awesome pictures. To



submit something for an upcoming newsletter just email Nathan Thomas at [nate4kwv@msn.com](mailto:nate4kwv@msn.com)

As the season progresses we will update the newsletter along with some special additions after tournament play and individual accomplishments.

Thanks in advance for everyone's help in making this an awesome season!!!!

### Stingers Select Showcase

The WV Stingers Select Showcase U16 Girl's Team participated in the March Madness College Showcase Soccer Tournament in Baltimore Maryland the week end of March 11<sup>th</sup>. In the preliminary rounds the Stingers Select finished 1<sup>st</sup> in their bracket.

There first opponent was the Westminster Wolves (MD), the number 10 ranked team in the state of Maryland. With Goals from Shasta Andrick, Kaylee Beevers, and Katie Roberts the Stingers Select prevailed 3 - 0, the goals were assisted by Gwen Brand and Katie Roberts.

There second opponent was the Bayside Flames, the number 4 ranked team in Eastern New York. The Stingers Select prevailed 1 - 0, on a corner kick from Cassie Schneider who dropped the ball in the box for Shasta Andrick to knock home. In both preliminary games the defense and goal keeping was outstanding.

In the Semi Finals the Stingers Select played the Maine State Champion Odyssey. The Stingers came up a little short in losing 3 - 0. This tournament was very challenging and a great experience for the Girl's.

Good job girls and way to represent the WV Stingers in a major college showcase tournament. We can't wait to see you guys at the State Championships in Beckley.

**Good Luck!!!**

## Upcoming Events

On April the 22 and 23 and May 6 and 7 we will be entering the **Huntington Friendly's** which will be a great opportunity for teams to see exactly where they are technically and where they need to be as the season progresses. We will also be attending the **Colonial Cup in Richmond VA** as a club on May 27 and 28.

A couple of our teams will be entering the **WV State Championship** in Beckley on May 20 and 21. We wish them good luck and let's hope for a Stingers sweep!

**Mark your calendars!** On June 17 we will be having an elimination dinner sponsored by the Stingers Fundraising committee and the U-16 girls. More info to come!

We also have some other fundraisers coming up soon that will be sponsored by other Stingers teams. Check with your team manager or contact Kathy Beevers at [katabeevers@wmconnect.com](mailto:katabeevers@wmconnect.com) or Craig Wilson at [kcwilson@ma.rr.com](mailto:kcwilson@ma.rr.com) for more information or to volunteer to help out.

## Reminders to Players

- Bring plenty of H2O, overdoing it on sports drinks such as Gatorade and Propel will not help with your endurance or recovery. What they will do if you consume too much is throw off your electrolytes and make you sick leaving you feeling week and out of it.
- Make sure you always have your alternate jersey in your soccer bag. You never know when you will need to change at the last minute and moments before a game is to start isn't the time to run across the field looking for your shirt.

## The Latest "STING"

The **U12G** have played 3 games so far. They have started out strong going 3 and 0 with wins against RVSC U11G 4-1 in Parkersburg. K'Cee Miller scored 2 goals, Alexis Alastanos and Maddison Freeman each had a goal. We then played our first 2 WV Travel League games in Buckhannon on Sunday. We beat 33FC U12G 4-1. Maddison Freeman had 3 goals and Alexis Alastanos had one. Our second game was against VSA U12G and we won 2-1 with Alexis Alastanos scoring both goals. In those games Cassie Spangler and Victoria Carvelli shared the goalie duties and both made a number of great saves (Cassie and Victoria both played goalie vs RVSC, Cassie vs 33FC, and Victoria vs VSA. The team passing and team play improved greatly from week 1 to week 2.

The **U14** girls played their first two WVTL games of the season on March 26 against the USC Eagles losing 3-1 and then with a big turnaround winning against the RVSC Hurricanes 4-1. Savanna Thomas finished out the day with 4 goals along with Haley Hamilton with 1 goal during the second game. The previous day the U14 girls were in Fairmont for a 7v7 tournament where they were split into two teams, Stingers Gold and Stingers Blue. The Stingers Blue team ended the day with two draws and one win against the Teal Tigers while the Stingers Gold finished the day with a final record of 3 and 1. In an emotional final the Stingers Gold team pulled off the upset winning the championship in double overtime against WV United.

## The Sidelines

### Here's a thought for the month.

Soccer is perhaps the most demanding of all sports. In today's game - at any level - soccer training is essential. No other sport has as large a playing field. No other sport lasts as long without regular rest periods. Players run virtually non-stop, oftentimes sprinting, for an hour and a half. Midfield players can cover as much as 8 miles during a match.

**You simply cannot be the best player you can without spending some time on conditioning.**