



SCOREBOARD

FC BOCA PREDATORS'
MONTHLY SOCCER AND FITNESS NEWSLETTER



TRAINING TIPS

SO YOU WANNA GO PRO? - PAGE 5
BY MIKE HOMAN

EATING TO WIN!

MAXIMIZE YOUR PERFORMANCE
BY MARIANA FRITSCH - PAGE 6

FEBRUARY 2020 CALENDAR

UPCOMING GAMES & EVENTS - PAGE 8

COACHES CORNER

BY JUAN VILLEGAS (COACH CHOCO) - PAGE 3

Dear Family &
Friends of FC Boca Predators:

We are delighted by our return to our home fields at the Peter Blum YMCA of Boca Raton. There are more exciting things ahead of us and we have created this monthly newsletter to keep you informed along the way. We hope that you will enjoy reading about our players' achievements as much as we have enjoyed putting it together for you.

Your FC Boca Predators Team of coaches and staff are proud of all player-accomplishments and we remain dedicated to train each to their fullest potential. Several of our FC Boca Predators Players were recently selected to play for international professional clubs while others have received athletic scholarships from different universities, including Clemson University. Our commitment to maintaining a high standard of excellence is reflected in our ability to create opportunities for our players. Our Director of Coaching (DOC), Juan Villegas (Choco), is committed to taking our players to the next level. His success is measured by the success of our players and he remains dedicated to the sport that we all love!

This monthly newsletter will provide us with an additional resource for communicating with our member-players, friends, families, and supporters. We will keep you informed on all noteworthy developments and we invite you to share your celebrations notices so that we may include them. Additionally, to offset some of the production costs, we have allotted space in the newsletter for low cost business advertisements as well as birthday or congratulatory wishes to your favorite player.

I would personally like to use this opportunity to congratulate our U16, U18 & U19 Teams for qualifying for the first round of the SFYSA Championship finals. We are very proud of their remarkable effort and we want to let them know that to us, they are already Champions!

Stay tuned!

Rackel Almeida
Director, FC Boca Predators

IN THIS ISSUE

- Page 3 & 4.....Coaches Corner
- Page 5.....Training Tips
- Page 6.....Health & Nutrition
- Page 7.....Sponsor Appreciation
- Page 8.....Team Calendar
- Page 9.....YMCA
- Page 10.....Your Message!



U19

U18/19



U16



FC BOCA PREDATORS

COACHES CORNER

BY JUAN VILLEGAS
(COACH CHOCO)

COACH CHOCO DISCUSSES TEAM LEADERSHIP



It is important to understand the responsibilities associated with being a Soccer Team Captain. A good Soccer Team Captain demonstrates leadership on and off the field. Leadership by example is a good quality for EVERY player to have but to become a Soccer Team Captain, you must be willing to be held to a higher standard.

Team Captains are representatives of the team and club, they not only find creative ways to motivate the team to victory, they keep players calm when they come under pressure. Captains are advocates for the team who serve as mediators between fellow players, coaches, and referees.

At FC Boca Predators, we believe that we all have the potential to become leaders and therefore we strive to show these qualities every day regardless of whether we are Captain.

“ WE BELIEVE THAT WE ALL HAVE THE POTENTIAL TO BECOME LEADERS AND THEREFORE WE STRIVE TO SHOW THESE QUALITIES EVERY DAY



Represent Team & Club

Good Team Captains lead by example. Captains will represent the team in decisions related to game procedures and sportsmanship but, they should also try to guide players towards making positive decisions off the field. Team Captains should do what they can to encourage team members to eat healthy, exercise daily, and achieve perfect attendance to practice and games; it is important to know the team roster in advance so there are no surprises on game-day. At the start of the game, the captains of both teams meet with the referee to decide which team will kick off and which team will defend which side of the field first. In disputes over questions or rulings, a captain mediates between the referee and the players. Team members often look to the Team Captain for clues on conduct. Captains must remain respectful under challenging circumstances and motivate others to get back on-task quickly after the other team scores.

Coach Mediator

A Team Captain should be prepared to be a voice for the Coach's instructions but, they should be equally prepared to be the voice for player's concerns. Good Team Captains help to find workable solutions between Coaches and Players. Implementing the coach's strategies, supporting the coach's directions, and informing the team of schedule changes are all a part of the job. But Captains must also fairly represent and communicate players' concerns to the coaches in order to find solutions that will benefit and further the shared vision and goals.



Motivate Team & Set a Good Example

Captains should be prepared to lead conditioning drills and pregame warm-up routines when coaches are busy. During games, good captains encourage players to do their best and promote good sportsmanship. Captains should encourage teammates to achieve their goals off the field as well. Team Captains are intended to be the example of good behavior. Captains should always attend practice, arrive early for games, put forward exhibit a "can-do" attitude, promote camaraderie among teammates, and work hard on and off the field. It is not enough for a Captain to just know the rules of the game but, the Captain must be able to apply and defend the rules with fairness. Captains earn the respect of their teammates when they treat others fairly, respectfully, and they set a good example for the team to follow.



CHOOSING THE RIGHT PERSON TO LEAD A TEAM IS AN IMPORTANT DECISION.

Choosing the right person to lead a team is an important decision. It's not about physical ability; who kicks the hardest, or runs the fastest, or even scores the most goals. It's about who puts in the work, who team members trust, who can be relied on to do the right thing, who can think and work through problems, who puts the team's interest above their own, who is respectful and honest, and who listens. It's the person who can show compassion when a teammate drops the ball and motivate himself and the team to work harder so that together, they can make their dreams a reality.

TRAINING TIPS

SO YOU WANNA GO PRO...?

BY MIKE HOMAN
(U13 MICHAEL'S DAD)

"Wow, that looks amazing," I usually say when I see a delicious dessert. I see the tasty-looking icing, the cake, and the fancy decorations, but I almost never recognize all the necessary ingredients, timing, hard work, or chefs who crafted the sweet dessert.

Remember this the next time you are watching your favorite footballer in action: you only see the refined player on the field. You only see the dessert. You don't get to see the countless hours players spend in training, practice, recovery, and therapy.

Your parents are "pro," although most likely in something other than football.

Professional footballers work just like your parents, only they work on football. Some people think pros show up on game day and just play for a couple hours and boom, it's a delicious dessert. The truth is much more realistic. Footballers train AT LEAST 6-8 hours daily on perfecting their skills, and the very best can often be involved in some facet of the game for 12-16 hours a day.

Get touches on the ball -- many coaches say 1,000 touches a day. If you want a good-looking dessert, you gotta put in the work!

“**FOOTBALLERS TRAIN AT LEAST 6-8 HOURS DAILY ON PERFECTING THEIR SKILLS**



WHO SAID IT BEST?!

WOODY ALLEN

"80% OF SUCCESS IS SHOWING UP"

JEFF OLSEN

"SHOWING UP IS ESSENTIAL. SHOWING UP CONSISTENTLY IS POWERFUL. SHOWING UP CONSISTENTLY WITH A POSITIVE OUTLOOK IS EVEN MORE POWERFUL."

HANNAH BRENCHER

"MAYBE LIFE ISN'T ABOUT AVOIDING THE BRUISES. MAYBE IT'S ABOUT COLLECTING THE SCARS TO PROVE WE SHOWED UP FOR IT."

NO MATTER WHO SAID IT BEST...

SHOWING UP TO PRACTICE ON TIME AND READY TO DO THE WORK IS ESSENTIAL TO BUILDING THE ATHLETE AND THE TEAM!

AS A TEAM, YOU RELY ON EACH OTHER NOT JUST FOR THE UNIQUE SKILLS THAT YOU BRING TO THE GAME BUT, ALSO FOR SUPPORT, ENCOURAGEMENT, AND CAMARADERIE.

HEALTH & NUTRITION

A REALISTIC GUIDE TO CREATING A BALANCED AND HEALTHY DIET FOR ATHLETES.

BY MARIANA FRITSCH

(U13 MARCELLO'S MOM)

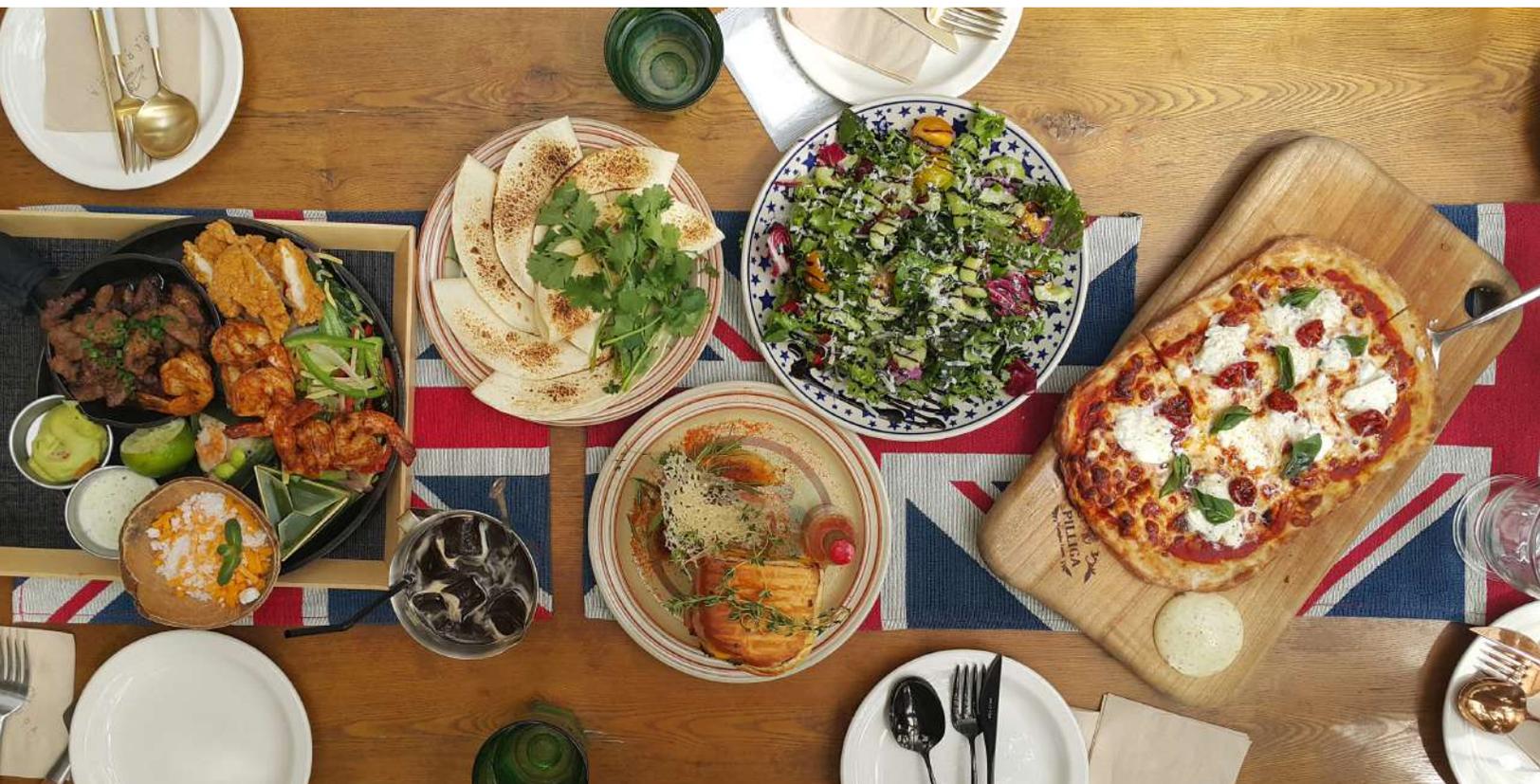
For maximum energy and top performance, what you eat and when you eat is important. How you perform during your game depends on what you eat and drink not the day of the event but days prior to the game. Most of your energy during the game will come from foods you ate the day before. Focus on a healthy dinner the night before that is high in carbohydrates. Try to stick with complex carbs because they tend to take longer to breakdown allowing energy to be stored for later. Some examples of complex carbohydrates are whole grains, whole wheat breads, pasta and rice.

Eat plenty of vegetables to provide the body with vitamins and minerals needed to stay healthy. Drink plenty of water to keep your body hydrated. Eating healthy all the time is essential for your performance. Please remember that these are just general guidelines.

See you on the field!



EVERYONE'S BODY IS DIFFERENT, AND WE ALL METABOLIZE FOOD DIFFERENTLY.



THANK YOU TO OUR SPONSORS

FC BOCA PREDATORS IS A NON-PROFIT ORGANIZATION. OUR COMMUNITY PARTNERS ARE ESSENTIAL TO OUR SUCCESS.

AS A COMMUNITY-PARTNER, YOU ENABLE US TO PROVIDE OPPORTUNITIES TO WELCOME ALL PLAYERS INTO THE GAME!

IN THIS FIRST EDITION WE THANK OUR CURRENT SPONSORS WHO RECOGNIZE AND SHARE OUR COMMITMENT TO SOCIAL RESPONSIBILITY.



PARTNER WITH US!

BECOME A SPONSOR, CONTRIBUTE YOUR TIME & EXPERTISE, OR ADVERTISE IN OUR MONTHLY NEWSLETTER. YOUR TAX-DEDUCTIBLE CONTRIBUTION WILL PROVIDE AN OPPORTUNITY FOR A CHILD TO DEVELOP SKILLS BEYOND THE SOCCER FIELD. TO DONATE NOW, PLEASE CONTACT US AT 561.801.3808.

FC BOCA CALENDAR

IN CASE YOU MISSED IT...

JANUARY BIRTHDAYS

3rd	Christian Espinoza
4th	Christopher Singh
4th	Travis Trujillo
5th	Miguel Cruz
5th	Giancarlo Mercuri
9th	Mathias Motta
12th	Samuel Cantor
15th	Daniel Laverde
25th	Ian Tuesta



hugs + kisses

COMING YOUR WAY

Happy Birthday

FEBRUARY BIRTHDAYS

3rd	Fabricio Bodanese
3rd	Lucas Leoncini
10th	Joao Pedro Assis
10th	Natan Obeid
10th	Anthony Smolinski
11th	Julian Grisales
13th	Ryan Gombos
14th	Gianpiero Kasbar
15th	Jorge Novoa
15th	Bernardo Rego
18th	Sebastian Nunez
18th	Yan De Araujo
21st	Carlos M. Conde
26th	Edgar Nalbandyan

CLICK BELOW LINK
FOR YOUR DIVISION
SCHEDULE

[U10 SCHEDULE](#)

[U12 SCHEDULE](#)

[U13 SCHEDULE](#)

[U15 SCHEDULE](#)

[U16 SCHEDULE](#)

[U17/18 SCHEDULE](#)

[U19 SCHEDULE](#)

IMPORTANT NOTE

Schedules change daily.
Please check frequently for the
most updated information!

OUR FAMILY IS GROWING...

Congratulations to the Family
of U13's Matthew Vallego.
It's a boy!



THIS IS WHO WE ARE

Peter Blum Family YMCA of Boca Raton



The Y is a leading non-profit committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, We focus on empowering young people, improving health and well-being, and inspiring action in and across communities. The Peter Blum YMCA serves as a community anchor in Boca Raton by enriching lives and strengthening this community through youth development, healthy living and social responsibility.





SHARE YOUR MESSAGE HERE!



INTRODUCTORY RATES STARTING AT \$20

- Personal Message \$20
- Business Card \$25
- Logo & Link \$30
- 1/4 Page Ad \$50
- Full page Ad \$75
- Advertorial \$100

