



Spring Cup e-Program

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21-22 March 2009
SBSC Spring Cup

Tournament Director's Welcome

Welcome you to the Santa Barbara Soccer Club 2009 Spring Cup. Thanks for coming to play—we're glad to have you, whether you're from near or far. And this year we have teams not only from out of state, but from as far away as Tahiti! Ole!!

Spring Cup 2009 is a Class I CYSA-South, USYSA-sanctioned tournament for boys and girls U9 through U19. Age is based on the 2008-2009 playing year. U.S. Club and AYSO credentials are valid. ALL

players must have laminated picture cards and medical releases issued by their registering organization.

One of the best features of this tournament is that many of the games will be held at the University of California at Santa Barbara. Not only will you be able to watch a variety of teams in different age brackets, but players and their families can enjoy a range of activities such as walking to the beach just minutes from the playing

field.

On behalf of Tournament Committee and Santa Barbara Soccer Club, please let me convey our best wishes to all players and coaches.

Sincerely,
Pamela Buffon-Reid

Tournament Director,
Santa Barbara Soccer Club



Thanks To Those Who Make Summer Cup Happen

Santa Barbara Soccer Club would like to thank all of the parent volunteers who make their contribution of time and talent to make all our club's activities (and not just tournaments) happen for our kids. The Tournament Committee would also like to extend our thanks to our sponsors for helping us make this tournament possible—so a big Santa Barbara "Thank You" to Morborg, Toyon, Onesoccerschools and Soccer in the Sand for your support!

Teams are required to check in at least 90 minutes prior to the first tournament game. Check-in will start at 7:00 am on Saturday. Check-in will be at the venue of your first game (see map on last page) with the following exceptions.

- Isla Vista, Girsh Park and La Patera Elementary check-in will be at UCSB
- Mt. View, Kellogg, Hollister and San Marcos High check-in will be at La Colina
- SBCC check-in will be at Santa Barbara Junior High

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CHECK-IN EXPRESS

Six Suggestions on How to Build Sportsmanship in Your Child

1. Unless you're coaching your child's team, you need to remember that you're the parent. Shout words of encouragement, not directions, from the sidelines (there is a difference!).

2. When you're talking to your child after a competition, it's important not to dwell on who won or lost. Instead, you might ask your child, "How did you feel you did during the game?"

3. If your child mentions that he or she didn't do well at a particular skill, like throwing or catching, offer to work on these skills with your child before the next game.

4. Applaud good plays no matter who makes them.

5. As your child gets older, let your child choose the sport he or she wants to play, and let him or her decide the level of commitment he or she wants to make to it.

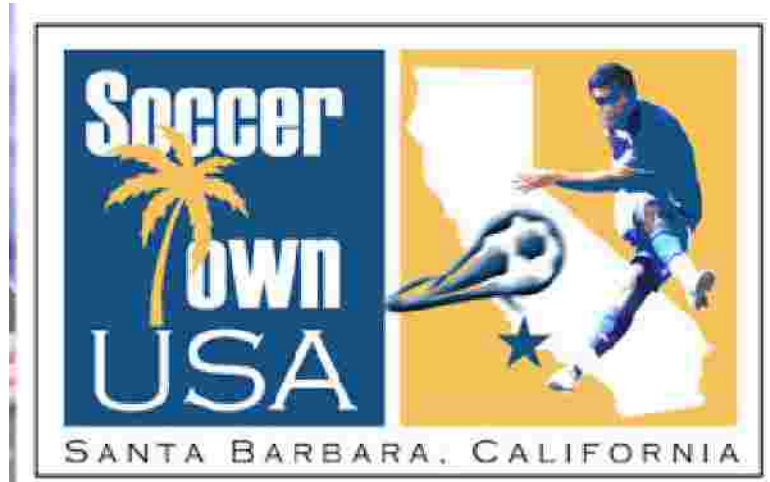
6. Finally, don't forget to have fun. Even if your child isn't the star, enjoy the game while you're thinking of all the benefits your child is gaining - new skills, new friends, and attitudes that can help him or her all through life.

Be sure that your player gets enough to drink before during and after games. Avoid fluids that have caffeine or sugar.

Santa Barbara is Soccer Town USA!

It is no secret that Santa Barbara is a soccer mecca. The UCSB's men's trip to the NCAA Division 1 playoffs (plus this year's UCSB women's trip to the NCAA's, Westmont's NAI A tourney trip and SBCC men's Western State Conference Championship) has gotten the town's attention. In an effort to support its bid to host the 2010 NCAA Men's Soccer College Cup at Harder Stadium, the UCSB Department of Athletics has announced the "Soccer Town, USA" campaign.

"We feel the need to showcase the beautiful Santa Barbara and Central Coast area and the amazing support for soccer overall," UCSB Athletics Director Mark Massari



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said. "If chosen, we'll work tirelessly with the local communities to show the nation why we're a great choice."

"College Cup is such an amazing experience," said UCSB's two-time national coach of the year Tim Vom Steeg.

Game Day Tips



Please help us keep Santa Barbara beautiful by using containers provided for your trash and recyclables.

Thanks!

Before The Game

- Tell your child to play hard AND have fun.
- It takes 11 players to play soccer and everyone has a job to do.

During The Game

- Let the coaches coach.
- Cheer, good plays, on both sides.
- Remember the good calls by the refs.

After The Game

- Tell your player that you are proud of them.
- Ask them what they enjoyed the most.

What If?

- Bad calls happen sometimes—you have to get over them.
- Have realistic expectation about your child and your child's team's results.
- Playing well against a much better team won't always get your team the win, but it will improve their game.

Notable Quotables

Soccer is simple, but it is difficult to play simple.

-Johan Cruyff, noted Dutch player and manager

The vision of a champion is someone bent over, drenched in sweat, to a point of exhaustion, when no one else is watching.

- Anson Dorrance, American women's soccer coach



www.santabarbarasc.org/tournaments



Boys & Girls U16-U17

Silver Elite - Premier Competition ONLY!

Register Now

www.santabarbarasc.org/tournaments

Preliminary round point scoring

Win: 6, plus 1 per goal (up to 3), so 10 total points max.

Tie: 3

Shutout: 1 (0-0 tie is 4 points)



Things to do in Santa Barbara:

http://www.santabarbara.com/community/visitors_center/things_to_do/

Local Favorites ...

Historical Sites

Mission Santa Barbara
Santa Barbara Maritime Museum

Kid's Play

Santa Barbara Zoological Gardens
Santa Barbara Museum of Natural History
Stearn's Wharf and the Sea Center

Beaches

Arroyo Burro Beach (PS the locals call it Hendry's)
Isla Vista Beach (near UCSB) down to Devereux Point
Leadbetter Beach (near SBCC)

Links You Can Use

Schedule and Scores: <http://www.t7sports.com:8080/2005/b102155.htm>
Field Directions: <http://www.santabarbarasc.org/tournaments/tournamentFields.htm>
Rules: <http://www.santabarbarasc.org/tournaments/tournamentRules.htm>
Text Score Updates: <http://www.eyouthsportsusa.com/cgi-win/esked2.exe?pS102155>

For the Adults

State Street and Paseo Nuevo (food, shopping, people watching)
Santa Barbara Botanic Garden

Food

OK, this is TOUGH. Santa Barbara has a TON of great restaurants. So, keeping this list down to ones that could handle a team of soccer players is the deciding criterion. Here goes...

Freebirds (an IV legend)
Longboard's (on Stearn's Wharf)
Santa Barbara Brewing Co. (downtown)
The Press Room (hey, it's a bar, BUT it's a SOCCER bar, sorry, NO FOOD)
Woody's BBQ (Goleta)
Zodo's Bowling & Beyond (Goleta)
And yes, you can find all the typical fast food too.



In case of rain call the mudline: 805-882-2066

About Santa Barbara



The Santa Barbara area includes the cities of Santa Barbara, Goleta and Carpinteria; the unincorporated communities of Montecito, Summerland, Isla Vista, and Hope Ranch; and adjacent areas—with a population of approximately 200,000. Santa Barbara is sometimes referred to as the American Riviera for its Meditera-

nean climate and Pacific Ocean (and Channel Island) views. The Santa Ynez Mountains rise behind the city, covered with chaparral and with sandstone outcrops, they make a famously scenic backdrop to the town. Remember the mountains are north here, and the ocean is south!



The Most Dynamic and Educational Soccer Program in the U.S.

ELITE RESIDENTIAL WEEK
 June 28th - July 4th
 Overnight Residential Camp
 Dumm Boarding School, Santa Ynez, CA

For more information on our other programs contact us at:
www.onesoccerschools.com or 805.845.6801

Santa Barbara Soccer Club - Map to Spring Cup Tournament locations

