

Lions' Den Newsletter



WELCOME TO THE LIONS' DEN!

Welcome to the February edition of the Lions' Den! The beginning of 2022 is off to an exciting start for the Bay Lions. League games have ended and restarted, and tournaments are beginning. Please read through the newsletter for important announcements and updates.

Bay Lions Gear:

- Bay Lions FSC t-shirts
- Bay Lions FSC Ladies Tank Top
- Bay Lions FSC Windbreakers
- Bay Lions FSC hoodies
- Bay Lions FSC golf umbrellas
- Bay Lions FSC Men's polos
- Bay Lions FSC hats
- RTIC 20 oz Coffee travel mug*
- Bay Lions FSC car magnets*

***these items available to purchase through Bay Lions FSC**



We are adding inventory to our already fabulous Bay Lions collection. In the next few weeks, we will be doing a bulk order for high quality Bay Lions logo branded umbrellas. They are wind resistant for up to 55 mph winds! Men's polos and baseball caps with embroidered logos are also coming soon. Remember that a percentage of the proceeds supports the Bay Lions FSC.

<https://www.rlprinting.net/bay-lions-soccer-club>



Important Upcoming Dates:

- Feb: Spring League Kickoff (EDP, Miami Dade & SFUYSA)
- Feb: Commissioner's Cup group stages U11 & U12
- Feb 14: Valentine's Day
- Feb 19-21: Weston Cup U11, U3 Blue & U13 Girls

Important Note Regarding GK Training:

We will be offering GK training on Mondays, Tuesdays, and Thursdays starting on Monday, January 3rd. The Coaching Staff will reach out to each team, and each goalkeeper family, to coordinate when to attend.



CHAMPIONS AGAIN!!!!

A huge congrats goes out to our U12 for winning the Miami Dade League championship last month! We are so proud of their accomplishment and we wish them luck as they head into the EDP league and Commissioner's Cup!



Wellington Shootout Finalists!

A huge congratulations goes out to the U13 White for making it to the Wellington tournament championship game. They fought through 3 tough matches to make it to the finals and we could not be more proud of them!



Say Hello to Veo!

We are so excited to announce the club has purchased two Veo cameras! You may have noticed them on the sidelines during certain games. This equipment allows for recording of the games as well as sharing certain aspects of the games with individual players for teaching and training purposes. It is important that we have everyone's email address so the players (or parent) can register on the Veo website to receive the video content. If you have not yet submitted your email information, please send it to your child's coach. Cameras will be rotated between all teams except U8 since they are playing in the cages where recording isn't possible.



SPONSORSHIP

Diamond Sponsors



Platinum Sponsor

Shells & Fish

Sponsorship is a great way to support the Bay Lions FSC while gaining visibility in the youth sports community. Sponsorship is also a crucial financial piece which has allowed the club to grow from just one team and one coach in its inaugural year, to 6 teams and 5 coaches in only 4 seasons! The club has many different packages available. They are posted on our website and we encourage you to share them with others. Please reach out to Coach Simon if you have any interest in becoming a sponsor this season.



Coaching Assignments 2021/2022 Season:

U8 Co-ed: Coach Chris

U11: Coach Tomas

U12: Coach Simon

U13 Blue: Coach Simon

U13 White: Coach Tomas

U13 Girls: Coach Chris

Assistant Coach: Coach Sam

Strength & Conditioning Coach: Coach Manny

Goalie Coaches: Coach Anthony & Coach Armando

A friendly reminder that coaching fees are due each month by the 10th.

Team Liaisons

U13 Blue- Donna (Dalton) & Ryan (Austin)

U13 White- Tammy (Cameron) & Andrea (Jacob)

U13 Girl's- Noel (Cata) & Beatriz (Anna)

U12- Andrea (Martin) & Sandra (Kory)

U11- Vero (Nico) & Elissa (Danny)

Coaches Pitch:

Hello there, Lions! As we've gone over in the past, what players eat has a huge impact on their performance and overall mood. We'd like to present a ****sample**** meal plan, to serve as a mere example of what players can eat on game days, to help enhance their performance. Meals should be modified according to specific dietary restrictions and preferences.

Morning Games

Breakfast :

Two whole eggs (12g Protein / 10g Fat)
Whole wheat toast or Oatmeal (20-35g)
Fruit (mixed berries / Banana / any other)
Plenty of water

Other options:

Greek yogurt with granola and fruits
Almond / peanut butter added as preferred

Note:

Good sources Of Whole Foods. Fat from eggs and butter slows metabolism of carbs to provide a long range of energy distribution.

Post Game Meal

Lean source of protein (chicken breast, turkey, white fish)
Source of carbs (rice, sweet potato, quinoa)
Source of fat (avocado / olive oil)
vegetables (broccoli / green beans / any other)
Magnesium Tablet as preferred

Note:

Mix these good sources of foods as preferred
(Ex: quinoa with chicken breast and vegetables)
This meal is essential for recovery, any choice taken should be with this goal in mind)

Afternoon/Night Games

Breakfast:

Follow above instructions.

Pre game meal:

Sources of protein 120g (chicken breast, salmon, turkey, white fish)

Sources of carb 100-200g (brown rice, sweet potato, salad)

Sources of fat (avocado, olive oil, nut butter, trail mix)

Note:

This meal should be easily digestible and light on the player. It is important to listen to what the player prefers and what foods he/she digests best or prefers that day.

Game 1-5pm (2 meals before game)

Game 6-9pm (3 meals before game or 2 meals + snack)

Post game Dinner:

Follow above instructions.

As we continue to climb the competitive ladder, we know the smallest of details will make a difference. We know it's very hard to get this done in tournaments, where there's hardly any time to cook. With that said, we've noticed the majority of our players eat inappropriately during these long competitions and we are looking to educate and guide in this regard.

Thanks for taking the time to read this. Wishing you guys a great second month of the year!





Roaring Birthdays-February

Pacheco U11- February 1

Marcell U13 Blue- February 2

Jacob G U13 White- February 20

Lucas U12- February 21

Marti U11- February 27









Relaxing with the family

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@SMITSEAS

@ANGUSNYC305

@TOMAS.SUN12

@NICKSUNER

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