

Lions' Den Newsletter



WELCOME TO THE LIONS' DEN!

Welcome to the October edition of the Lions' Den! Things are already off to an exciting start. Our U12 competed in the United Cup Tournament and brought home the championship trophy. Our U13 Girls team saw their first tournament action and the U13 White team is up next at the West Pines Classic. Please take a moment to read through the newsletter to find important club information.

Bay Lions Gear:

- Bay Lions FSC Youth and Adult t-shirts
- Bay Lions FSC Ladies Tank Top
- Bay Lions FSC Youth & Adult Windbreakers
- Bay Lions FSC Youth and Adult hoodies
- Bay Lions FSC hats coming soon!
- RTIC 20 oz Coffee travel mug*
- Bay Lions FSC car magnets*



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

We are happy to continue to partner with R&L Printing for our Bay Lions swag. Simply go to [rlprinting.net](https://www.rlprinting.net) and browse our currently available inventory. Place your order directly on the website and then proudly show off your new gear! A percentage of the proceeds supports the Bay Lions club.

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



Important Upcoming Dates:

- Oct. 2-3: U13 Girls West Pines Classic Tournament, Davie
- Oct. 9-10: U13 White West Pines Classic Tournament, Davie
- Oct. 9-10: U8 League kickoff games
- Oct. 23 : **Third Annual Pink Lemonade Stand**
- Nov. 13-14: U13 Blue & U13 Girls Alliance Cup Tournament, Naples

Congratulations to our U12 United Cup Champions!



U13 Girls Team:

This season is historic for the Bay Lions FSC as we proudly announce and introduce to you our first ever girls soccer team. The team is led by our very own Coach Chris and they are already off to an exciting start. They just participated in their first tournament, improving with each game and even going into a PK showdown. " It's been an absolute pleasure to be able to work with these young ladies. They've learned so many things in such little time, they continue to surprise me and the whole club on and off the field. This is a very special group and we can only get better as time goes on. I can't wait to see what the rest of the season has for us." -Coach Chris



SPONSORSHIP

Diamond Sponsors



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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.

Coach Sam's Bio:

Hi! My name is Samuel Henao and I am 15 years old; about to be 16 in November. I am the little brother of both Coach Simon and Coach T. I'm currently attending Coral Reef Senior High and I am in my sophomore year in the IB academy. In terms of coaching, I'm still learning the reins, so I am the assistant of all teams and I plan to help out more in the future, potentially acquiring a team. I am honored to be able to work with an incredible group of players, and I can't wait to see who they grow up to be!

Sincerely, Samuel Henao

Coach Armando's Bio:

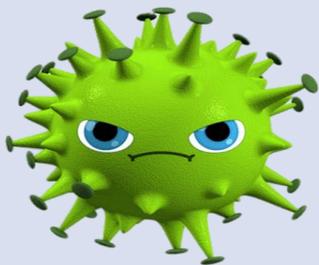
Coach Armando was born and raised in Costa Rica, where he began playing soccer at the age of 8. At the age of 23 he was recruited by a second division team called Barrio Mexico. After lots of playing, he is now committed to coaching and has been for the past 4 years. His goal is to help the game of soccer grow and is excited to bring his knowledge, dedication, and passion for the game to our Bay Lions family.

Welcome aboard Coach Armando!

Team Liaisons are as follows:

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)
U8: TBD

Covid Update: We are so glad that Coach Simon is finally back to feeling like himself. As we all know, breakthrough Covid infections are still a reality despite vaccination. We must remain vigilant when in crowded spaces especially as all teams are now actively participating in tournaments. Please make sure all the players have masks that are easily accessible when needed. We thank the U12 Blue team for all their cooperation with testing and sharing of results after the exposure to Coach Simon. As this age group is all unvaccinated, it helped to provide reassurance and ensure the possible spread of Covid was contained.



Coaches Pitch: by Coach Manny

Bay Lions Nutrition Guide

Every athlete strives not only to get better every single day but to also get an edge over the competition. From training multiple times a week to playing in highly competitive games every single weekend, proper nutrition is what can give an athlete that competitive advantage to continue to improve. The key to peak physical performance on the soccer field is just as much how hard you train as it is how well you can maintain proper nutrition. In the case of our athletes I want to focus on three major things: macronutrients; micronutrients; and hydration.

Macronutrients (carbohydrates, fats and proteins).

- Carbohydrates serve as the primary source of energy especially during activities of high intensity such as a soccer match. Healthy carbohydrate food options include whole grains, breads, pasta, fruits and vegetables.
- Protein plays the key role in muscle repair and growth. As we all know soccer is a very physically demanding sport, and strength as well as recovery play a huge role in the game. Preferred sources of protein include lean meats, eggs, legumes and dairy (yogurt, milk, cottage cheese).
- Healthy fats are a great source of energy and in my opinion some of the most important nutrients an athlete needs. Healthy sources of fat include nuts, avocados, eggs, olive and coconut oils instead of others such as vegetable oils.

Micronutrients (essential vitamins and minerals)

- The essential vitamins all athletes need include the b-vitamins, and the essential vitamins such as vitamin C, A, D,E,K.
- The minerals also crucial to all athletes include calcium, magnesium, potassium, sodium, zinc, iron and many others we get from our foods.

In addition to getting our vitamins and minerals from healthy and nutritious choices, a quality multivitamin is recommended for athletes.

Hydration

- Consuming plenty of fluid is necessary for peak performance and to avoid cramping. In its simplest form, it is important to constantly remind players to drink plenty of water throughout the day. Water and 100% juice is recommended reserving sports drinks for competitions when it is more useful.



Roaring Birthdays-October

Jayden U12 - October 1
Rafaele U13 White- October 1
Dariane U13 Girls- October 2
Jaelyn U13 Girls- October 4
Damian U8- October 5
Cameron U13 White- October 20
Lucas F. U13 White- October 27
Neil U11- October 28
Dillon U12- October 29
Gavin U12- October 31



Giving Back:

As part of our continued efforts to give back to the community, this month we will be participating in activities that focus on the importance of Breast Cancer Awareness. We will be hosting our Third annual Pink Lemonade stand on October 23rd at Coral Reef Park. Some of our teams have games there throughout the day so come out, wear your pink and support the club and a great cause. All games will be played with pink soccer balls. All proceeds will be donated to the Miami Cancer Institute. If you are interested in volunteering in any way please reach out to our Bay Lions Breast Cancer Ambassadors Noel (Cata U13) and Beatriz (Anna U13) who will ultimately lead this event.



Kudos Corner: The expansion of the Bay Lions FSC club has been possible in part because of the great support we receive from the parents. If you would like to volunteer in any capacity, please reach out to Donna (Dalton U13, Dillon U12).







+Bay Lions Social Media:

We encourage all our Bay Lion families and friends to follow our Bay Lions social media platforms.



<https://www.facebook.com/BayLionsFSC/>

<https://www.instagram.com/baylionsfsc/>