



Davenport Associated Dads' Club
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Mission Statement- To develop and deliver quality youth sports programs through the involvement of local schools and volunteers dedicated to building character through participation in a fun, family environment based on the Dads' Club philosophy.

Our Philosophy Statement: We will make our game fun for our players, not a glory for ourselves. We will, by our actions and attitudes, practice true sportsmanship, remembering that by example we are teaching the young players to win with humility and lose gracefully. We will strive to teach the skills of the game with patience and understanding. We will praise when deserved and encourage, not condemn, when a mistake is made. We will remember that the feelings and welfare of our players are far more important than the outcome of any game.

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Have something you want to know or read about in a future newsletter? Send story ideas to us at:
davdcsport@netexpress.net

[How to make the most of your pre-game time](#)

It's 15 minutes before your game, how do you prepare for a fun and safe game.

- Always dress in layers, you can always take layers off as you get warm
- Have plenty of water, to stay hydrated
 - Before stretching, you need to get the blood flowing to the muscles
 - Walk for 5 minutes then stretch
 - Never bounce or push during a stretch
 - Ease into the stretch, start with trying to hold it for 10 seconds then work up to and eventually 90 seconds
 - Exhale as you stretch
- If you cannot stretch both before and after a game, most experts advise stretching after the body has warmed up
- Never stretch an injured muscle

Below are some basic stretching exercises that target all the major muscle groups. Do the whole workout, or stretch a particular part of your body that's feeling tight.

Neck: Standing straight with feet shoulder-width apart, drop the right ear toward the right shoulder and hold. Roll the head forward, stopping to rest the chin at your chest, then continue until the left ear is over the left shoulder. Lift the head and repeat starting on your left side.

Chest: Lying face-down with arms by your sides and palms facing down, tighten the abdominals to support the low back, then slide the shoulder blades down and together (like a "V") as you float your hands off the floor and lift your upper spine slightly off the floor.

Side/Back: Standing straight with feet shoulder-width apart, interlace the fingers and reach the arms overhead (do this only if you have no shoulder limitations). Lift up and out from your waist as you bend to each side, being careful not to shrug your shoulders.

Hamstrings: Lying face up, wrap a towel around the arch of the right foot, extend your leg and pull toward you gently, keeping hips and back on the ground. Strive to hold for at least 30 seconds. Repeat on the left leg. The knee can remain slightly bent during this exercise if the hamstrings are tight.

Quadriceps: Standing straight with knees, hips, and shoulders aligned and abdominals tight, bend the right knee, drawing the right heel toward your buttocks. Reach the right hand around to hold the top of the right foot (use a towel or strap if necessary). Strive to hold for at least 10 seconds. Repeat on the left leg. (You can also do this stretch lying on your side or stomach.)

Inner thighs: Sitting, place the soles of the feet together, and pull up slightly on the feet, hinging your body forward

Calves: Using a wall for balance, step the right foot as far behind you as you can with your leg straight and the heel down. Lean forward, slightly bending the left leg. Repeat with your left foot behind you .



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From the Youth Sports Director

Another season of basketball has ended. What a great season it was. I believe Dads' Club has the best coaches in any organization as well as some great parents and some terrific kids.

Dads' Club was organized as a recreational sports organization and we work very hard at keeping it recreational but at the same time incorporate enough competitiveness for those children who want a little more. This season in basketball we added for 2nd – 3rd grade picks and fast breaks starting the 5th week of the season. This enabled coaches to concentrate on fundamentals at the beginning of the season and then add a little more advanced skills. For 4th – 5th grade we allowed fast breaks and picks. Coaches seemed to like the addition.

Dads' Club continues to strive to make our sports a fun, learning, developmental environment. We value your input and appreciate your willingness to volunteer.

We are falling short in areas of referees and umpires for our sports. We continue to try and develop young people in hopes that they will stay with us. It does get difficult though when they tire of being "yelled" at. They don't want to stay...and who can blame them. So as Dads' Club develops youth referees, we ask for your patience and understanding. We also would welcome you as a referee or umpire. They do get paid a stipend. It's another great way to participate in some terrific sports.

Before you know it, soccer will begin. We'll all be outside, hopefully in warmer weather, enjoying our kids play another terrific sport.

We'll see you out on the pitch.

Nancy Dirschel
Youth Sports Director

Letter from the Vice President

Welcome to the spring edition of the *Davenport Associated Dads' Club Newsletter!* I hope everyone has a great upcoming soccer season. I am really looking forward to some warm weather. I wanted to take the time here to thank all of the volunteers. These are coaches, school coordinator and league coordinators, there are approximately 600 gracious people who give their time to help us out. Thanks again.

I wanted everyone to have a little more knowledge about playing in the cooler weather and our children going onto the fields. If it's soccer, football or even softball we all have to be aware of how our children are dressed and prepared for a game. It may be the coaches responsibility to teach them game skills but it is our responsibility as parents to give them some common sense about their bodies. As a coach myself, I was always having the players stretch before a game but in this cool weather I wasn't getting them warmed up properly. Remember that an athlete can collapse from dehydration in cool weather or while playing indoors.

Enjoy the Newsletter! If you have a topic of interest please submit it to davdcsport@netexpress.net for consideration.

Rhonda Mastin
Vice President, Dad's Club Board