

Greetings Pursuit Soccer Club!

Good info in the BLAST this week, as well as some training updates, so be sure to read all the BLAST!!!

The weather is getting BRISK, so be SURE the ladies dress appropriately for training and matches over the next few weeks! A quick reminder, in matches, ALL undershirts must match the dominate color or alternate color of the jersey, and ALL players must be consistent--i.e., all white, or all blue--there can not be a half and half! SOME officials will let it go, but not all of them!

Additionally, we are still seeing a LARGE amount of equipment left at the end of training, soccer balls, water bottles, jackets, etc. Please remind them to be sure to leave with everything that they brought out!

This last week we appreciate everyones flexibility in adjusting to the modified schedule, and I want to thank CATZ Sports for allowing us to utilize space at Northwest Indoor for NO COST and in providing certified fitness coaches to work out the girls on the 2 days we were inside. The work was certainly beneficial to everyone and aides in prevention of injuries.

Speaking of injuries, we are seeing some of the small nagging type injuries, especially in our High School aged players. Lets not forget, not only are these girls training 2 nights a week with Pursuit, and playing matches on weekends, they are also working out daily in their school activities, and many are competing in events, so the rest to recovery ratio is extremely poor. With this, our trainers are structuring sessions that get quality work done without over-working players, especially over the next few weeks as the season winds down and they prepare for High School soccer trials on December 1. LIFESTYLE factors also can help players to deal with minor injuries and prevent many by getting adequate amounts of rest, eating correctly, staying hydrated and reducing stress. These can help all players throughout the club and keep them fresh, regardless of age!

ALL goalkeeping training this week and next will be on TUESDAY night, U-11-U13 keepers will come from 6:30-8 and U-14 and up from 8:00-9:30. This is for THIS week and NEXT week!!!!

There will be NO training November 26 and 27, in observance of the Thanksgiving Holiday!!!!!!!!

Our final PDF practice will be Dec 3.

Results for this weekends matches are posted below, with some info on matches!

99 PDF - Loss 0 - 1, the girls played strong all game, conceding a goal in the last minutes of the match

98 Midnight - Loss 2 - 4

98 Royal - Loss 0 - 1, a strong performance by the ladies, controlling most of the game, but

unable to finish.

98 Cobalt - Loss

98 Navy - Loss 0 - 2

97 Blue - WIN 1 - 0, the girls continue to play very well, and are currently in first place for Round 2 after finishing 2nd place in Round 1

97 White - TIE 2 - 2

97 Black - Loss 0 - 3

96 Blue - TIE 0 - 0 Outstanding defensive performance

95 Blue - WIN 1 - 0 The team extends their unbeaten streak to 6 matches!

94 Blue - Loss, the girls still control their own destiny in qualifying for National Cup, sitting currently in 5th.

94 White - TIE 1 - 1 The team extends their unbeaten streak to 7 matches, and goes into the last match of league with a chance to qualify for Division I

93 Blue - No game

92 Blue - WIN 5 - 2, the girls went down 0-2 early, but rallied back to collect the win--the team is preparing for the Texas Cup Shootout in Dallas over Thanksgiving

91 Blue - No result as of 8:06

90 Blue - No result as of 8:06

I think thats about it!!!

As always, let me know if you need anything, and we will see you on the pitch!!!

GOOOOO PURSUIT!!!

scott