

The Importance of Nutrition and Hydration for Athletes

Soccer is a physically demanding sport that requires a combination of endurance, speed, agility, and strength. Proper nutrition and hydration are critical for soccer players to meet the physical demands of the game and maintain peak performance. Soccer players need to consume a balanced diet that includes carbohydrates, proteins, and fats to provide energy, repair and rebuild muscle tissue, and support overall health.

Carbohydrates are particularly important for soccer players as they provide the energy required for the high-intensity running and explosive movements needed on the field. Protein is also essential for soccer players as it helps repair and rebuild muscle tissue damaged during training and games. Additionally, soccer players should consume foods rich in vitamins and minerals to support overall health and wellbeing.

Hydration is equally important for soccer players, as dehydration can lead to decreased performance and increased risk of injury. It's recommended that soccer players drink fluids before, during, and after games and practices to replace fluids lost through sweat and maintain proper hydration levels. Water and sports drinks are the best choices for hydration, and soccer players should avoid consuming sugary drinks, which can lead to dehydration. By paying attention to their nutrition and hydration needs, soccer players of all ages can optimize their performance on the field and stay healthy and energized throughout the season.



2023/24 Girls ECNL Coaching Staff



2005/06
David Baillie



2007
Dan Richards



2008
Ruben Rodriguez



2009
Tom Hutcheson



2010
Ruben Rodriguez



2011
Anthony Glenn

2023/24 Girls ECRL Coaching Staff



2005/06
Dan Richards



2005/06
Alvaro Castellon



2007
David Baillie



2007
Alvaro Castellon



2008
Frank Robledo



2008
Ruben Rodriguez



2009
Frank Robledo



2010
Marco Serrano



2011
Anthony Glenn



2011
Tom Hutcheson

College Corner



COLLEGE SUCCESS WORKSHOPS



FREE 1-hr online workshops that are designed to prepare players for college. For more information, visit the website.

TOPICS INCLUDE

- WORKSHOP 1: ROADMAP AFTER HIGH SCHOOL
- WORKSHOP 2: CHECKLIST FOR PLAYING COLLEGE SOCCER
- WORKSHOP 3: PLANNING YOUR FUTURE AND RESEARCHING COLLEGES
- WORKSHOP 4: COST FOR COLLEGE AND YOUR OPTIONS
- WORKSHOP 5: RECRUITMENT AND ELIGIBILITY



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8:00 pm-9:00 pm

HOSTED BY YOUR
COLLEGE ADVISOR



COLLEGEADVISOR@SPORTINGCA.US

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TODAY!**





COLLEGE CORNER

Weekly Tip #7

DO YOU KNOW THE DIFFERENCE IN ALL 3 DIVISIONS? ACCORDING TO NCAA,

DIVISION I SCHOOLS GENERALLY HAVE THE BIGGEST STUDENT BODIES, MANAGE THE LARGEST ATHLETICS BUDGETS AND OFFER THE HIGHEST NUMBER OF ATHLETICS SCHOLARSHIPS.

DIVISION II PROVIDES GROWTH OPPORTUNITIES THROUGH ACADEMIC ACHIEVEMENT, LEARNING IN HIGH-LEVEL ATHLETICS COMPETITION AND A FOCUS ON SERVICE TO THE COMMUNITY.

DIVISION III EXPERIENCE OFFERS PARTICIPATION IN A COMPETITIVE ATHLETICS ENVIRONMENT THAT PUSHES COLLEGE ATHLETES TO EXCEL ON THE FIELD AND BUILD UPON THEIR POTENTIAL BY TACKLING NEW CHALLENGES ACROSS CAMPUS.

visit our website and sign up for one of our workshops to learn more about how you can prepare for college!



Sign Up For Our College Workshops

State Cup Finalist

Congratulations to the Girls 2008 Corona - Cadena

These girls fought hard over the course of 4 weekends and made it to the State Cup Finals before losing 1-0.

Very proud of these girls and their success.



Thank you to those that continue to submit
Pictures and Videos

Save of the Week



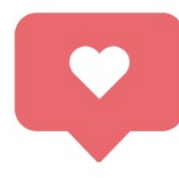
MEDIA@SPORTINGCA.US

SUBMIT YOUR TRAINING,
GAME PICTURES AND VIDEOS

ECNL/ECRL Girls Tryout Pics



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CALIFORNIA USA**

July 8 - 10, 2023

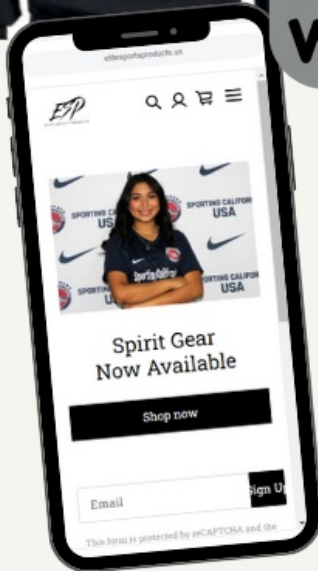
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