

A Bright Future For Croatia Jrs.



Croatia Juniors have had a wonderful 2017-2018 season. As we move into the spring season we would like to recognize our Academy Staff. Our Academy program known as **Kicks For Kids** is run by long time club member and coach Jonathan Brickman. Jonathan's wealth of knowledge has been integral in producing tomorrow's players. Along with his direction the club is blessed to have an amazing staff of coaches. Kathy Van Winkle, Ivica Miljak and Rosa Villa have helped shape and mold our young players into confident little soccer players. The Academy, which starts working with boys and girls as young 4 years old, provides a developmental path that makes players really comfortable when placed in games for the first time. Recently our boys and girls Pre-CASA teams led by Kyle Delpra and Ivana Samardzija took the field for the first time and came away with wonderful results. The number one result is the kids had a great time competing against another team other than ourselves. The Academy serves as a very important purpose for the construction of future Croatia Juniors teams and with the guidance of our staff, success follows. The staff puts in many hours with the boys and girls stressing the importance of skill development, teamwork and providing an environment that is structured yet is fun in the process. Our staff's goal is to create a positive experience that will lay the foundation for success in sports, in the classroom and in life. We would like to wish the boys and girls much success as they transition into the CASA League.

Thank you,

~ Croatia Juniors Directors

Soccer Player Guide To Hydration

Hydration Tips For Today's Soccer Player

By Dev K. Mishra, M.D.

Today we will be discussing signs of heat illness and how to protect yourself. Now we will discuss an even more important strategy -- preventing dehydration and possible heat illness through a good hydration strategy. Start your spring / summer sports activity by being properly hydrated. One of the most important points is that the young athlete should start an exercise activity while well hydrated. The amount of fluid an athlete needs depends on the intensity and duration of the activity as well as weather conditions and the types of clothing and equipment worn. In general, high school athletes require 10 to 12 cups of fluid (water, fruit juice, milk, etc.) per day consumed at meals and snacks so they start exercise properly hydrated. During exercise, athletes generally require 4 to 8 ounces of fluid every 15 to 20 minutes.

Here's an easy way to tell if you're hydrated: check the color of your urine. If it's less than 2 hours before training for competition and you notice that your urine is dark in color, you are not properly hydrated and you should drink more fluids.

Tips to Prevent Dehydration and Heat Illness:

- ◆ Sports drinks are an excellent choice for hydration. Athletes can usually find a flavor they like, and the electrolytes (like sodium chloride) will stimulate thirst, help the body hold onto fluid, reduce the chance of cramping, and possibly improve performance.
- ◆ Water is fine too, for events lasting up to about two hours.
- ◆ Avoid any drinks with caffeine or high fructose corn syrup, and no carbonated sodas. "Energy drinks" such as Red Bull contain caffeine and should be avoided.
- ◆ Low-fat chocolate milk is another great after-game alternative.
- ◆ The athlete should have 12-16 ounces of fluid up until about 30 minutes before the game or practice (*remember that most sports drinks come in 20 ounce bottles*)
- ◆ Keep sipping sports drinks or water during the practice or match, about 4 ounces at a time at the end of periods or halftime.
- ◆ Start re-hydrating within 20 minutes of the conclusion of the match. Research shows that the first 20 minutes are the most efficient time to start refueling. Try to take in 20 ounces; no need to guzzle this down, but once you start drinking try to finish the bottle over the next several minutes.



Croatia Juniors Players Recognized



Croatia Juniors Directors, Coaching staff, as well as family and friends of the club would like to congratulate the following players for their inclusion in the United States Olympic Developmental Program otherwise known as **ODP**. The following Croatia Juniors players have been recognized for their exemplary play on the field. The following players will be representing **OHIO NORTH** at regional camp held this in **Saginaw, Michigan**.

Luka Dedic	2004
Andrew Ferenac	2004
Reagan Swinarski	2004
Amelia Swinarski	2006



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