

# YOUTH SOCCER

ASSOCIATION



Ages 4-18

**Join us for another fun-filled season of the most popular sport in the world, **SOCCER!****

## Benefits of Youth Soccer:

Article: Healthykids.com

- **Practice begins the week of March 8th**
- **1st games will be Saturday, April 10th**  
(Following Spring Break & Easter)
- **Last games of the season will be May 29th**

1. **It's easy to learn.** Children don't need to be taught to run or kick a ball (okay, running and kicking in the right direction does take some work), and the object of knocking the ball through a goal is simple to grasp. Soccer's fast pace allows it to hold the attention of kids who would frequently get bored playing other sports. Kids as young as 4 years old can participate with a smaller ball and on a smaller field than older children.
2. **It doesn't discriminate.** Boys and girls of all shapes and sizes can play.
3. **It's an excellent form of exercise.** It's continuous action helps kids build stamina, strengthen their heart and muscles, and develop coordination. Soccer can also help keep kids fit and trim -- an important benefit now that one in every five children in America is overweight. Studies show that children who play organized sports, such as soccer, at an early age are more likely than non-athletes to adopt healthy habits that stick for life.

## Some of the benefits include:

- Development of social traits such as discipline, teamwork, leadership, fairness and self-esteem
- Cardiovascular endurance
- Muscle strength
- Flexibility
- Coordination
- Balance
- Weight control

**REGISTER TODAY!!!**  
Registration Open  
until February 15th

For more information (including forms and online registration) please visit our website at:

<http://www.libertyhillsoccer.org/>

Or call us at:

512-944-7720

Registration Forms may also be dropped off at:

Blue Moon Video (On Hwy 29 next to the LHISD Administration Bldg.)

**VOLUNTEERS NEEDED, PLEASE LET US KNOW IF YOU'RE INTERESTED**

