

# PINNACLE SPORTS NEWSLETTER

## A Message From The General Manager -

"I've always made a total effort, even when the odds seemed entirely against me. I never quit trying; I never felt that I didn't have a chance to win." - Arnold Palmer

Did you watch the Women's World Cup game on Sunday, July 10<sup>th</sup> pitting the United States against Brazil? Every soccer fan - matter of fact, every sports fan should watch that game. I will take this one step further and say that every parent, every teacher, every coach, every person should watch that game. I would compare this game to the 1980 Olympic Hockey "Miracle on Ice".

The two sentence recap is that the US Women's team, who played half the game with only 10 players, ended up tying the game in the second overtime period with only 90 seconds remaining on the clock. The US Women's team ended up winning the game on penalty kicks and advancing to the semi-finals.

There were so many lessons that came from that game but the one lesson that jumps out for me is never give up. No matter what, no matter the circumstances, no matter the adversity, no matter if the odds are against you - NEVER GIVE UP! You may not always get the results you are looking for and you may not always win but you will be able to walk away feeling like a winner! Let's all pledge to make this a lesson that we constantly share with all that we meet - especially our young people.

Pinnacle Sports is committed to sharing positive lessons with all of the young people and families that we serve through our programs. We are committed to the development of the COMPLETE PLAYER. Of course we want them to become better athletes, but our main goal is to help make them better people. We will continue to teach them about fitness, nutrition, hydration, speed, strength and conditioning. We will continue to introduce and talk about character development using positive character qualities like sportsmanship, teamwork, positive attitude and perseverance (NEVER GIVE UP) in all that we do. We will continue to provide high quality coaches and role models who teach all of these things.

Do we - Pinnacle Sports - get it right all of the time? Absolutely not - but we will continue to tweak, manipulate, evaluate, fix, change and improve our programs, staff, facilities and offerings in order to better serve you and your family. We will NEVER GIVE UP in striving to make Pinnacle Sports the ultimate sports training facility in the area.

We appreciate your commitment and loyalty to us. As always, feel free to offer suggestions, comments, ideas and feedback to us.

The summer is not over - take some time to enjoy.

With Regards,  
Rich Garbinsky, General Manager



## Preventing Overtraining Syndrome

Burnout, or overtraining syndrome, is a condition in which an athlete experiences fatigue and declining performance in his/her sport despite continuing or increased training. Overtraining can result in mood changes, decreased motivation, frequent injuries and infections.

Burnout is thought to be a result of the physical



and emotional stress of training. Many athletes have some initial decrease in performance when they increase their level of training. Generally, however, after a short recovery period the athlete will see an improvement in performance.

Overtraining syndrome happens when an athlete fails to recover adequately from training and competition. The symptoms are due to a combination of changes in hormones, suppression of the immune system (which decreases the athlete's ability to fight infection), physical fatigue and psychological changes.

**Continued on Page 4 - Overtraining**



# The Game of Life - Swen Nater

Swen is a former player on two UCLA national championship teams coached by John Wooden. He went on to a long career in the ABA and the NBA. After his playing days, Swen has taught and coached and is currently an executive with Costco. He is a published author of several books and a frequent guest speaker. He also has produced three instructional basketball videos. Swen is a founding team member of BeLikeCoach and an amateur poet.

The Little League game was about to begin,  
On a perfectly, wonderful day.  
One team sprinted out,  
With a spirited shout,  
For the boys were excited to play.

His pitcher, an artist, poised to create  
On a canvas awaiting and bare.  
His stroke on the ball  
Made it spin and then fall  
When it curved and it carved through the air.

His outfield consisted of no lesser men:  
Three statesmen with not one reproach.  
On third was a preacher,  
And on second, a teacher,  
On first was a Little League coach.

As their coach saw the field, with his players  
in place,  
A vision took over his sight.  
Each Little League lad  
Grew the age of a dad,  
Complete with the beard and the height.

His catcher, a general, positioned in place,  
Was leading the rest of the pack.  
On his signal and sign,  
They joined to combine,  
With a quick and successful attack.

As the vision grew fainter, he sobered and  
thought.  
The epiphany cut like a knife.  
Baseball was more  
Than a game and a score;  
He was coaching the game of life.



His shortstop, a surgeon, whose quickness  
and skill,  
When it seemed like death cast the fate,  
On the double, he caught,  
What the grave almost got,  
And threw lifelessness out at the plate.



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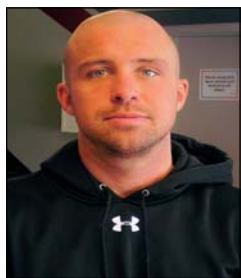
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# Strength Training for Youth - Truths vs. Myths - Brian White



Whether in a competitive league or a more recreational one, a greater portion today's youth (ages 9-15) are playing sports today. This has resulted in an in-



**Brian White**

creased interest in strength training for youth. Modern scientific studies and journals describe the effectiveness, safety and relevance of strength training in developing youth athletes for sport. We are given parameters for developing prudent, purposeful, productive, and progressive regimens from these

studies. More importantly, we are being told what *can and can not* be done and expected from such programs from educated, unbiased sources.

In adolescents, strength gains are accompanied by muscle growth. In pre-adolescents, strength gains are primarily due to neuromuscular development. Either way, added strength has been shown to aid in the prevention of all injuries and lessen the severity of possible "catastrophic" injuries.

In addition, it has been shown that strength training can improve cardiovascular fitness, metabolic rate, bone min-

eral density, blood lipid profiles, mental health, & long term health. It also enhances skill acquisition & execution.

When selecting a strength training program, you should look for certified coaches who specialize in youth strength training with a specific program for youth including appropriate training modes, frequency, intensity and duration. Lastly, parents should team with the trainer to keep the youth athlete's health the primary concern

# Sarver to be inducted to Ohio Soccer Hall of Fame

Keri Sarver, Internationals Soccer Club Women's Coach and former college and professional player, will be inducted in the Ohio Soccer Hall of Fame on August 20, 2011 in Columbus.

The Ohio Soccer Hall of Fame's Purpose Statement states that "The Hall of Fame recognizes those individuals who, by their sacrifices and extraordinary efforts have enhanced our sport to the benefit of all involved. To be considered for induction into the Ohio Soccer Hall of Fame, candidates may be nominated as players, coaches, referees, administrators or contributors." Sarver, of Akron, is being recognized for her accomplishments as a player and for her many years of service to the game of soccer.



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Fame, candidates may be nominated as players, coaches, referees, administrators or contributors." Sarver, of Akron, is being recognized for her accomplishments as a player and for her many years of service to the game of soccer.

Zdravko Popovic, Internationals Soccer Club co-owner and Director of Coaching, expressed his delight at the award, "This is an incredible honor for Keri and our soccer club. She is a wonderful role model for all the girls in our program and all girls who strive to play the game of soccer."

A true student of the game, Sarver is a USSF "A" License coach, the first female in Ohio North to achieve this level. Prior to coaching, Sarver was a standout player at every level. While in high school at Massillon Jackson, Sarver was a Parade All-American selection, and Akron Beacon Journal Player and Athlete of the Year. Sarver holds every offensive school record in the University of Maryland Women's Soccer history (including career and single-season goals, assists and points), and was the University's Athlete of the Year her senior year.



Keri was a star in the classroom as well, winning the University of Maryland President's Cup Award for Academic Achievement, the Maryland Association of Collegiate Directors of Athletics Outstanding Academic Achievement Award, and was a regular on the Dean's List before graduating with a Degree in Computer Science.

Following graduation from college, Sarver played professional soccer with the Washington Freedom, New York Power and Carolina Courage. Sarver played her club soccer with the Cleveland Internationals, and attributes much of her success to Popovic.

Keri will be recognized along with the rest of the HOF Class of 2011 on August 20, 2011 prior to the MLS's Columbus Crew v Philadelphia Union game at Crew Stadium in Columbus.

Congratulations Keri – the Pinnacle, Internationals and soccer communities are proud of you and your accomplishments.



# COACH'S SPOTLIGHT on Glenn McCoy

## Cleveland Plain Dealer High School Coach of the Year

Glenn McCoy, Director of Fast Pitch Softball for Pinnacle Sports, was recently named the 2011 Plain Dealer High School Coach of the Year. McCoy is in his fourth year as head coach of the Copley High School Indians.



This year, the Indians had a stellar season under McCoy, who formerly led St. Vincent-St. Mary High School. Copley ran off 22 straight victories after an opening loss to Division II state runner-up

Keystone. The Indians captured the program's first Suburban League title before having their season end in a regional semifinal loss to Division I state runner-up Gahanna Lincoln.

McCoy is an Ellet resident, has compiled an 82-23 record at Copley (165-39 overall).

Copley HS has a long tradition of athletic honors and McCoy told the girls that he felt something was missing from the school's list of honors. "In the first day of practice in March, I walked the [softball team] out, and I told them, 'I am going to put a lot of pressure on your shoulders this year.' I made them look at the walls of the Copley gym and [the banners that cover them]. Copley is obviously very successful in every sport," McCoy said. "The only problem is that softball did not have a banner for anything up there. I told them that this would be the year that we would get a banner. I told them that wasn't just what we wanted to do. I told them that this would be the year that we would do it."

Copley finished the 2011 season with a 21-2 overall record and earned a perfect 14-0 mark in Suburban League play — winning the league title in the process.

"This is the first Suburban League championship for the softball team ever," McCoy said. "The girls should be proud of that. They did a great job."

Making the year even more impressive, he said, was the team's difficult schedule.

"We had a schedule that one [sports] writer told me on a scale of one to 10 was a 12, and we did," the coach said. "We played some very good teams this year."

McCoy said the two games his team lost this season were the first game and the last game of the season.

"We lost the first game at the end of March, and we then went undefeated until the last game of the season, which was the regional game," he said. "We lost in the regionals 7-6 to Hannah Lincoln on [May 25]. We made it to the final 16 teams."

"This year's team is probably as close to me as any team has ever been," he said. "This team just had that special chemistry. I'm disappointed that we're not still playing, but for the inexperience we had, I'm very proud of where they've gone. I just love these players to death."

Congratulations to Glenn and to the Copley HS Girls Softball team.



## Overtraining (continued from Page 1)

Trainers, coaches and parents need to be intentional about identifying and preventing burnout. Specific guidelines include:

1. Make training fun and interesting with age-appropriate games and workouts.

Specific guidelines for the athletes include:

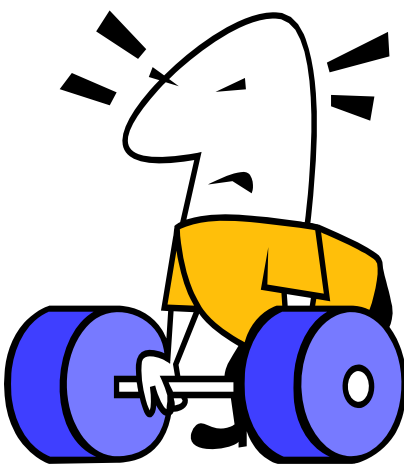
1. Spend 1-2 days per week resting from organized sport participation or participating in alternate activities.

2. Allow slightly longer breaks (a couple of weeks) from training and competition every 3 months. This time could be spent focusing on other activities and cross training without intensive training or competition.

3. Maintain a healthy, balanced diet. Drink plenty of water.

4. Listen to your body. Take a short break or alter your training if your body needs a change.

5. Try to be a well-rounded athlete who participates in many different activities.



and wellness and be open to conversations about these issues.



# Welcome



Tumble Athletics is now a partner with Pinnacle Sports in Medina. Classes began at the new facility in the Spring of 2011.



Previously located in Brunswick, Tumble Athletics offers tumbling classes, a practice facility for competitive cheerleading teams, co-ed cheerleading stunt instruction, private lessons, dance teams and open gyms.



and connections with some of the top cheer programs throughout the country due to our staff training with them.”

Tumble Athletics’ staff has more

than 30 years of coaching experience. Coaches come from some of the best cheerleading programs in the country including the University of Kentucky, the University of Akron, The Ohio State University and the University of Alabama.

Tumble Athletics has relocated to the second floor of Pinnacle Sports in Medina and currently offers classes four days a week with expanded services in the near future.

“We chose to go into a sports facility such as Pinnacle Sports for the great sports atmosphere,” Birch said. “They are a great fit to our growing and expanding program.”.

Tumble Athletics also is the home of the Ohio Athletic Twisters Cheerleading Team.

“Our business is all about cheer,” Tumble Athletics owner Shannon Birch said. “We also run a competition company that travels around Ohio hosting cheer competitions. We are very well in tune with what is happening in the cheer industry. We have many contacts

“We are pleased to partner with Tumble Athletics to offer tumbling and cheerleading programs to the families of our area,” said Rich Garbinsky, Pinnacle Sports General Manager. “Pinnacle Sports mission of Developing Athletes for Life is exactly in line with that of Tumble Athletics. We have seen that first-hand in the work they have done with Heartbeats Jump Rope which is also housed at Pinnacle Sports,” Garbinsky said.



## REGISTER NOW FOR FALL CLASSES

### SEPTEMBER 6TH-OCTOBER 24, 2011



**SOCCKER:** Little Tots Soccer, Pinnacle Preseason Soccer, *\*Dribble Pass Score*, Footskills for all abilities and High School Skills Practice with Games

**BASEBALL:** Little Tots Intro to Baseball, *\*Hit Run Score*, Developmental Hitting, Middle and High School Hitting , Pitching Classes for all levels Catching Classes.



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*\*Signature Classes*

In each class and team training, Pinnacle Sports with Coaching 4 Life, integrates Character Development. We are proud to prepare kids for a summer, a tournament, a season and a lifetime.



## OTHER PROGRAMS AT PINNACLE SPORTS

BASKETBALL

VOLLEYBALL

FOOTBALL

ROLLER HOCKEY

LACROSSE

DODGEBALL

JUMP ROPE

MENTAL COACHING

MEETINGS

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MARTIAL ARTS

PHYSICAL FITNESS

CORPORATE EVENTS

BIRTHDAY PARTIES



**AND MUCH MORE!**



# Congratulations Mike and Welcome Kaitlyn

Pinnacle Sports Soccer Coach Mike Stoerkel has recently earned his "A" License from the United States Soccer Federation (USSF). At 28 years old, Coach Mike is one of the youngest coaches in Ohio to ever receive this license.



"This is an accomplishment known to 'few' in the game of soccer. It definitely gives Mike a place among the best. It is a great privilege that Mike has been part of our staff and an integral part of Pinnacle Sports," said Zdravko Popovic, Director of Soccer for Pinnacle Sports.

In related news, Coach Mike has recently left Pinnacle Sports at the end of May to pursue his passion for coaching at Ohio University. Coach Mike will be a graduate student in the College of Education pursuing a Masters of Coaching degree. He will also be an assistant coach for the Ohio University Women's Soccer Team.

"Mike has been a wonderful part of the family and staff at Pinnacle Sports for the past six years," said General Manager Rich Garbinsky. "He has been instrumental in the development of our soccer program and in all that

we do at Pinnacle Sports. Mike truly cares for young people and helps them strive to be the best they can be. We wish him the best and know we will one day see him coaching his own program at a high level," Garbinsky said.

Stoerkel's position has been filled by recent University of Akron graduate Kaitlyn Beahn. Beahn has been a part time member of the Pinnacle Sports staff for six years. She will work closely with Zdravko Popovic, Director of Soccer, to maintain and develop quality soccer programs for the young people and families of the Pinnacle area.

Beahn, an Intervention Specialist Education major, will also bring her expertise to Pinnacle Sports to develop new programming for young people with special needs. "We have had many recent requests for programs for young people with special needs and Kaitlyn will be the person to lead those programs," said GM Garbinsky. "We currently have relationships with HEART (a parent support group for children with autism), the Autism Society of Greater Akron and Akron Rotary Camp to provide programming for those with special needs and we fully expect to expand in the future," Garbinsky said.



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\*Excludes Appetizer Sampler, Trio and 20/30 count Buffalo Wings.