

Newsletter- April 2009

Pinnacle Sports in the news:

Click here for Post Newspaper article dated 12-28-08 [Medina Post Article](#)

Click here for [Zdravko Popovic Positive Coaching Alliance Award National Finalist](#)

Click Here for Akron Beacon Journal Article about [The Heartbeats](#)

A Message From the General Manager

Good things come in 3s!

We have three exciting announcements that we want to share with you regarding Pinnacle Sports, our programs and facilities.

1. Our Outdoor Field Complex is up and running. Read the article with all of the details later in this newsletter

2. Pinnacle Sports is proud to announce our partnership with the EDGE Sports Performance Academy in Twinsburg. Continuing with the fine tradition of athletic programming here in Medina, Pinnacle Sports will also be operating programs out of the Twinsburg facility at 9550 Ravenna Rd. The Twinsburg facility offers a full indoor turf, non-boarded field along with four full size basketball/volleyball courts. Same quality training will now be available in Medina and Twinsburg.

3. The EDGE Sports Performance Academy will be running Speed, Strength and Conditioning Training out of the Medina facility for youth of all ages. Currently running Speed, Strength and Conditioning out of the Twinsburg facility, the EDGE will bring their expertise and passion for youth to Medina. Specific sport training, character training through our relationship with Coaching 4 Life and now physical training will help Pinnacle Sports and the EDGE develop the entire athlete.

The times are changing for the GOOD! Please stop by and talk to us about our mission, our vision and our expansion.

Our goal is serve you and your family!

With Regards,
Rich Garbinsky
General Manager

COACHES SPOTLIGHT

Keri Sarver

This past January, Keri Sarver reached a coaching milestone when she passed her "A" license through The United States Soccer Federation in Bradenton, FL.

Sarver, who now possess the highest coaching certification in the country, has been a member of the Pinnacle Sports soccer staff for the past three years. "Keri

is a prime example, of our goal at Pinnacle sports, to hire coaches with good heart, not just a coach who is proficient in their particular sport ", comments General Manager Rich Garbinsky. "While we are very proud of Keri and her great achievements, this certification not only demonstrates that she is at the top level of coaching in her sport nationally, what matters most to us is what a great mentor Keri is for young soccer players ".

Keri Sarver grew up in Massillon and played for the Cleveland Internationals as a youth. She enjoyed a successful career at the University of Maryland and played for many years in the W-league after graduation. In addition to coaching at Pinnacle, she is also a member of the Cleveland Internationals coaching staff and works in the information technology field.

Congratulations!

EDGE-

One of the most powerful and critical aspects of optimal athletic performance is the practice of sound nutrition. Unfortunately, for the student athlete (at least the pre-college athlete), this crucial factor is often one of the most overlooked or at least one of the more difficult to practice perfectly. This is due to MANY factors; some in the control of the athletes and their parents and some not in control of the athletes or their parents. Here is a basic list of those factors:

Time: Waking up on time, preparing meals & snacks, practices, games, school, schoolwork, other commitments, life in general, etc.

School: Aside from the time it consumes each day, most schools have policies on outside food and drink being brought into the school and being consumed at times other than lunch periods.

Practices/Games: Specifically addressing the time of these, both in relation to the proximity to the end of the school day and the duration of the practice/game itself.

Knowledge & Understanding: Its safe to say a majority of parents, teachers, coaches, and athletes are not Registered Dieticians specializing in nutrition's role in relation to athletic performance. What should the athlete eat? When? How much? Even those who attempt to research and take time to prepare healthy meals for their athletes might not cover all the bases. (Hence the reason for this series of articles)

Life In General: With school comes homework, projects, studying, and other circumstances that take the athletes mind off of fueling their body. Outside of school, social lives, medical appointments, work, siblings extra curricular activities, family events, etc., can take the focus off of healthy eating.

Having stated all of this, this series of articles is intended to educate each athlete and their respective parents and coaches on a very important part of athletics. Because there is so much to cover on this topic, it is beyond the scope of this first installment to delve any further into it. However, in order to prepare you for the successive installments, I will leave with you with a little piece developed by Dan Riley, the Strength & Conditioning Coach for the Houston Texans and Registered Dietician Roberta Anding.

Our primary concern in the area of nutrition is to enhance the quality of your life, not performance enhancement.

To reach your full potential physically you must develop a disciplined approach to eating, exercise, and getting enough rest. How disciplined are you in the area of nutrition? Ask yourself the following questions

Do you..

Eat breakfast daily and at breakfast consume approximately 25% of your daily caloric needs? Eat at least three meals/day?

Consume a nutritious snack between meals?

Eat from all food groups?

Consume 60% of your calories from carbohydrates?

Restrict your intake of fat calories to 25%?

Read the labels?

Eat five servings of fruit daily?

Eat at least one vegetable a day?

Consume at least 25 grams of fiber/day?

Drink at least eight (8 ounce) glasses of water each day in addition to replacing water lost through sweat?

Avoid low calorie diets and fasting?

Avoid losing more than 1 lb. of fat/week?

When losing weight, find out how much food you can eat (not how little) and continue to lose fat?

Avoid spot reducing/rubber sweat suits?

Pay attention to body composition instead of bodyweight?

Avoid random supplementation and testimony?

Rely upon a Registered Dietician and the academic community for sound nutrition advice?

Laugh and walk away if something sounds too good to be true?

Until next time, eat well and train hard

Brian White

References:

Riley, Dan and Wright, Ray. HoustonTexans: Strength & Conditioning Program (Players Manual). 2007.

Camp

Summer Camp Is For EVERYONE

For more information on how to choose the appropriate summer camp and give your child the gift of a lifetime, visit American Camp Association Parent Resource website, www.camppartents.org.

The C4L Game Plan Evaluating the Final 4

It is that time of year for sports - March Madness and the road to the Final Four. With that in mind it brings me to a thought for coaches and parents - what is your Final four when it comes to your players and kids?

How do you really evaluate what really has gone on in your program this season and does it last? Is it Balanced? Does it Satisfy? Is it the "Inside Stuff"? Does it go beyond winning and More than a game? Has your season delivered the "Goods"?

Ultimate Goal when it is all over is I believe comes down to Final Four and you can filter your entire season and career through these four, no matter what your record was:

1. Joy - Play Hard - Contentment regardless of circumstances - Did we have fun and was it a Joy to Play

2. Peace - Play Smart - Mental Calmness - a peace of mind that we did everything we could (not perfect) and learned the game more

3. Love - Play Together Sacrificing ones self to benefit others - does everyone on this team still love, trust and care for one another

4. Hope - Play True - Always positive and looking up - We did not lose hope this year

This is the Coaching 4 Life Final Four and it is the ultimate goal to be after and attain!!! That should be what you are really shooting for as you coach and go through your season.

I know some coaches are having great seasons and moving on to the playoffs, some are finishing .500 and some of you have struggled - but truly if Joy, Peace, Love and Hope are still there and have a presence in your team - WOW what a year regardless of records or circumstances.

It all gets back to your Vision and what are you shooting and aiming for - The Final Four. So let's have a little March Madness excitement developing Joy - Peace - Love - Hope as we play the game!!!

BE Coaching 4 Life ... not just a Season

Wade Salem

www.coaching4life.us

Akron Children's Hospital

Pinnacle Sports and Akron Children's Hospital continue to work together to

educate parents and children. This issue of ACH's [HEALTH UPDATE](#) addresses concerns related to teen issues.

Outdoor Field Project Update

Our outdoor fields are now open! We are excited about the opportunity to continue to offer your family the quality you are so used to, year round. This Spring Session will be our first full session of classes OUTSIDE!! We are even more excited about the NEW PROGRAMS we will be able to offer on a year round basis.

The addition of the new outdoor fields will allow us to expand our training by introducing the new PINNACLE SPORTS ACADEMY, intended to help develop area youth baseball, softball and soccer players. Pinnacle Sports Academy Programs and Teams will start in the fall of 2009 and are designed as a year round program where athletes will train a minimum of twice a week plus participate in league games. The focus of the Academy is to create a year-long development program to help improve each players fundamental, technical and tactical skills, in their particular sport, through proven on-the-field practice regimens, drill work, and quality repetition in a team environment. Each academy participant will play on a Pinnacle Academy team.

Our program will not only work on making players better athletes, but we will also provide them with a positive setting that supports teamwork, leadership, respect, and confidence. The Pinnacle difference is our focus on the Complete Player concept, an innovative idea integrating athletic skills training, physical training and character development. This concept uses baseball, softball and soccer as a platform to impact young people and DEVELOP ATHLETES FOR LIFE.

For more information on usage of the outdoor fields or the Pinnacle Academy program. Check out our website at www.pinnaclesports.org or give us a call at 330-239-0616.

Feel free to check out our [Progressive Aerial Photos](#)