

## Girls soccer to begin at Scottsburg High School

Written by Administrator

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The Scottsburg sports scene is growing again. The '09-'10 school year will introduce the first girl's varsity soccer team at Scottsburg High School. The team will start to prepare for the season on Tuesday and Thursday nights at open field and conditioning practices. These practices begin June 9 and go every Tuesday and Thursday, except for the week of July 4, from 6 to 8 p.m. at the high school field. Players are asked to bring their own water, shin guards and cleats.

On July 20, the summer two-a-day practices begin. Physicals need to be performed before attending these practices. Specific times and locations for these practices will be passed out at the open field sessions. The first game is on August 17th at Madison. The complete game schedule is still being compiled at press time, but includes various conference games and an invitational tournament in Batesville.

The coach of the team will be Scott Craig. Craig has been the Scottsburg Middle School co-ed coach for the past 3 years. He was part of the middle school's first winning season, first undefeated season, expansion of the co-ed team and an all-girl's middle school team this past fall. He is co-founder, president and coach for the Scott County Soccer Club. Craig is a United States Soccer Federation licensed coach. He holds several national coaching certifications. His National Youth license allowed him to assist with coaching with the Seymour U-19 boys travel team this spring. He brings over 10 years of coaching experience to the new program.

When asked about the team, Coach Craig stated, "A lot of the girls won't have extensive soccer backgrounds. We'll focus on performing the basic skills, techniques and tactics correctly. To perform at a high level you need to do the simple things well, and quickly. They won't have the bad habits that experienced players can fall into and miss open shots due to poor technique. An advantage to having a girl's team is that the girls will be more accessible to college recruiters versus just being on a co-ed team. There are several girls with aspirations of playing in college and now they will have that advantage. It also gives the girls at Scottsburg another option to enhance their athletic ability through cross training in different sports."

Craig is a local chiropractor at Health Centered in Scottsburg and will use his sports injury background to add an injury prevention program during the open field practices. The Santa Monica Prevent Injury/Enhance Performance (PEP) program has been shown to reduce the risk of ACL injuries and has an added benefit of improving athletic performance. The program is used at nine Division One college soccer programs. Craig states, "As a coach, and a father of soccer players, I am personally as well as professionally aware of the need to reduce injuries. Over the last several years, in soccer, basketball and other competitive sports, the incidence of ACL injuries in girls is up to 8 times greater than in boys. This type of program incorporates agility, plyometrics, neuromuscular training and overall strengthening. It is well suited for high school athletics."

Any girl interested in the soccer program can attend open field practices this summer or if you have questions you can contact Coach Scott Craig at 752-6202.