

BIRMINGHAM UNITED SOCCER ASSOCIATION

2012/2013 FALL 2

November 5th 2012



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Former BUSA 93 Player and Current University of Alabama Player Laura Lee Smith Interview:

BN: How did you end up at the University of Alabama?

LLS: I chose Alabama because I knew that I wanted to play in the South and when I visited I loved the program. Also, after going multiple visits I could not resist the unparalleled sheer passion for sports that permeates the entire university.

BN: What is the biggest difference between club soccer and college soccer?

LLS: The biggest difference between college and club soccer is the more business-like approach players and teams must have. Once you are in college, soccer is your job. It's a fun job, but it's a job and you are expected to perform and do things necessary to make sure that happens.

BN: What has been your favorite part about playing for the University of Alabama Women's Soccer Team?

LLS: My favorite part about playing for Alabama has been the people I've been exposed to. Not only do I feel as if I could not ask for better teammates and coaches, but also there is a sense of camaraderie between all the athletes of different sports at Alabama. We all support each other, no matter what sport. I don't think that is the case at a lot of other schools.

BN: What was the most intense college game you have ever played in?

LLS: The most intense college game I have played in was probably our game against Auburn my freshman year. Obviously that is a huge rivalry game and we won the game at the very end. That win put us through to the SEC tournament and resulted in a historic year for the program. We knocked out #1 seed South Carolina in the SEC tournament and got a bid to the NCAA tournament for only the second time.

BN: What was your favorite club memory?

LLS: My favorite club memory was when my BUSA 93 Elite team won the Region III Championships in Nashville. It was miserably cold and we were exhausted by Sunday, but we kept pushing. We won the final against Concorde Fire playing two men down and could hardly walk after, but nothing beat that feeling afterwards.

BN: I am not sure if you watched the U-20 Women's World Cup this fall, but two players you played against at club level, Morgan Brian and Chi both played huge roles in their championship. Do you have any thoughts from playing against those players several times?

LLS: After competing against a couple of players who played in the U-20 World Cup, I realized the level of soccer in states like Alabama is definitely rising to compete with the level in bigger "soccer states" like Texas and Florida. In the past, teams from Alabama and my home state Mississippi got dominated by these teams, but with more athletes dedicating themselves to high level soccer, this gap is getting smaller.

BN: Do you have any advice to current BUSA players looking to play college soccer in the future?

LLS: My pieces of advice for players looking to play college soccer are first, make sure you pick a school that offers degrees you are interested in. Don't forget you have to get a job after college. Second, be ready to work hard and embrace it. No matter what program you are in, this is the first step to being successful and there is no way around it!



2012 Birmingham Bash Recap:

The 2012 Birmingham Bash was a huge success and many of BUSA's recreational and competitive teams played well and worked hard and were rewarded with medals! Thanks for helping make for what was a great and successful weekend for our club!

Champions: BUSA North Mt. Brook Superstars (Girls Under 9), BUSA 02 North Blue (Boys Under 11 Gold), BUSA 02 South Elite Blue (Girls Under 11 Gold), BUSA 03 Primera North Blue (Girls Under 11 Bronze), BUSA Highlands Reid (Boys Under 11 Silver), BUSA Strikers (Girls Under 13)

Finalists: BUSA 02 Elite North Red (Girls Under 11 Gold), BUSA Primera 03 South Red (Girls Under 11 Bronze), BUSA 01 Elite Boys (Boys Under 12 Gold), BUSA 01 Elite Blue (Girls Under 12/13), BUSA 00 Elite Red (Boys Under 13/14 Gold), BUSA 97 Elite (Girls Under 16/17)



Ending and Start-up Dates for BUSA Programs:

Friday Finishing Ends: Fri. Nov. 16th 2012

Monday Finishing Ends: Mon. Dec. 10th 2012

Monday Goalkeeping Ends: Mon. Dec. 10th 2012

Thursday Goalkeeping Ends: Thur. Dec. 13th 2012

Competitive Training Ends: Thur. Dec. 13th 2012

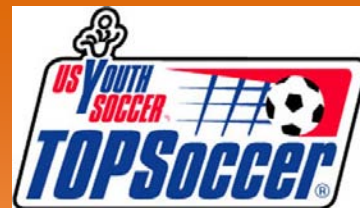
Competitive Training Resumes: Mon. Jan. 21st 2013

Monday Finishing Resumes: Mon. Jan. 28th 2013

Monday Goalkeeping Resumes: Mon. Jan. 28th 2013

Thursday Goalkeeping Resumes: Thur. Jan. 31st 2013

Friday Finishing Resumes: Fri. Feb. 1st 2013



Our first fall season of TOPSoccer was a huge success.

We had 55 players come out each week anxious to play some soccer. Huge smiles and laughter definitely defined what was seen each week at TOPSoccer. This season we were blessed to partner with Samford University's education department. A handful of students came out each week to help sidekick our players. We also were excited to join hands with Glenwood Inc. They brought out about 10 players and sidekicks each week and loved every minute of it. Each week, parents commented on how rewarding of an experience it was their child to get to participate in soccer. Sidekicks also commented on all that they had gained by participating in this unique program. We are anxiously awaiting and planning for the next season this Spring!



COLLEGIATE CHAMPIONSHIP JUNIOR SHOWCASE

hosted by: Birmingham United Soccer Association

December 7-9, 2012



We are very excited for the 2012 NCAA Men's College Cup event! Preparations are underway and the level of competition that has already applied will make this the best event yet! Be sure to register for the premier youth soccer tournament to be held during the 2012 Men's College Cup in Hoover, AL. All accepted teams will receive 18 tickets for 11v11 teams and 14 tickets for 8v8 teams to both Semi Final matches and the Championship game of the College Cup as part of their registration fees!

Prepare for strong competition as the Vulcan Cup is the Southeast's premier tournament for the month of March! Enjoy great location as with it being held in centrally-located Birmingham with its mild climate, the Vulcan Cup is an ideal early-season tournament for our more northerly neighbors! For our neighbors from our milder climates, it presents the opportunity to play teams you otherwise would have to travel far to see. All games are played on top-quality Bermuda grass fields!

2013 Vulcan Cup Boys Weekend:

Tournament Dates: Sat/Sun. March 2/3rd 2013

Registration Deadline: Wed. January 23rd 2013

Acceptances Posted: Fri. February 8th 2013

Schedules Posted: Fri. February 22nd 2013

Age Groups: Boys U/11 through U/16 – U/11 (8v8), U/12 (8v8) & (11v11), U/13+ (11v11)

Tournament Fees: U/11-U/12 8v8 (\$650.00), U/12-U/16 11v11 (\$700.00)

Team Check-in: Fri. March 1st 2013 at the Marriott Birmingham from 6:00pm-10:30pm

Marriott Birmingham
3590 Grandview Parkway
Birmingham, AL 35243

2013 Vulcan Cup Girls Weekend:

Tournament Dates: Sat/Sun. March 9/10th 2013

Registration Deadline: Wed. January 23rd 2013

Acceptances Posted:

Schedules Posted:

Age Groups: Boys U/11 through U/16 – U/11 (8v8), U/12 (8v8) & (11v11), U/13+ (11v11)

Tournament Fees: U/11-U/12 8v8 (\$650.00), U/12-U/16 11v11 (\$700.00)

Team Check-in: Fri. March 8th 2013 at the Marriott Birmingham from 6:00pm-10:30pm

Marriott Birmingham
3590 Grandview Parkway
Birmingham, AL 35243



Congratulations to our BUSA players ranked in the Top 150 within their age groups!

Britne Holderby (96 ECNL/2014), Audrey Sanderson (96 ECNL/2014), Claudia Day (96 ECNL/2014), and Addie Forbus (95 ECNL/2013)!



Once BUSA Facebook page gets 500 likes we will draw one name from the LIKE list to receive a NIKE soccer ball. Link is below:

<https://www.facebook.com/BirminghamUnited>

Congrats and Thank You to Our BUSA U/18s:

Keith Adler (BUSA 95 Academy), **Anna Allen** (BUSA 95 ECNL/committed to Mississippi State University), **Jordan Box** (BUSA 95 Elite), **Dick Briggs** (BUSA 95 Elite), **Mallory Bubbett** (BUSA 95 Elite), **Nicklaus Butler** (BUSA 95 Elite), **Joshua Carpenter** (BUSA 95 Academy), **Lauren Collins** (BUSA 95 ECNL), **Katherine Crump** (BUSA 95 ECNL/committed to Regis University), **Mara DeLuca** (BUSA 95 ECNL), **Donald DeMetz** (BUSA 95 Elite), **Edward DeMetz** (BUSA 95 Elite), **Maggie Dodson** (BUSA 95 Elite), **Patrick Duggan** (BUSA 95 Elite), **Anna Eastis** (University of West Alabama), **Jacqueline Eden** (BUSA 95 ECNL/committed to Jacksonville State University), **Addie Forbus** (95 ECNL/committed to Ole Miss), **Annabelle Friedman** (BUSA 95 ECNL/committed to Furman University), **Julia Grace Gillen** (BUSA 95 ECNL & Elite), **Garrett Graham** (BUSA 95 Elite), **John Hablitz** (BUSA 95 Elite), **Walter Hall** (BUSA 95 Elite), **Tatum Harless** (BUSA 95 Elite), **Harry Harnett** (BUSA 95 Elite), **Taylor Horton** (BUSA 95 ECNL), **Kit Huddleston** (BUSA 95 Academy), **Abby Jones** (BUSA 95 ECNL/committed to Clemson University), **Matthew Jones** (BUSA 95 Elite), **Malcanisha Kelly** (BUSA 95 ECNL/committed to Samford University), **Kyle Kimel** (BUSA 95 Elite), **Joshua Kugel** (BUSA 95 Elite), **Connor Lee** (BUSA 95 Academy), **Nate Lowmiller** (BUSA 95 Academy), **Gordon Martin** (BUSA 95 Elite), **Alex McCullumsmith** (BUSA 95 Academy), **Joshua McMeans** (BUSA 95 Elite), **Joel Meek** (BUSA 95 Elite), **Paul Oberkor** (BUSA 95 Academy), **Sharon Osterbein** (BUSA 95 ECNL/committed to University of Alabama-Birmingham), **Madison Pearson** (BUSA 95 Elite), **Mary Morgan Prince** (BUSA 95 ECNL/committed to Samford University), **Lara Rice** (BUSA 95 Elite), **Chadwick Riggins** (BUSA 95 Elite), **Sara Smeltzer** (BUSA 95 ECNL/committed to Liberty University), **Ryan Tapley** (BUSA 95 Academy), **Abigail Thornton** (BUSA 95 ECNL/committed to Washington and Lee University), **James White** (BUSA 95 Elite), **Alexis Wiggins** (BUSA 95 ECNL & Elite), **Jessica Wilson** (BUSA 95 ECNL)

2013 Spring Tournament List (BOYS):

- 99 Elite:** Vulcan Cup, Mississippi Fire Invitational, FC Alliance Cup
- 00 Elite Blue:** Concorde Fire Invitational, Vulcan Cup, FC Alliance Cup
- 00 Elite Red:** Concorde Fire Invitational, Vulcan Cup, Soccer Elite Spring Championships
- 01 Elite Blue:** Concorde Fire Invitational, Vulcan Cup, Soccer Elite Spring Championships
- 02 North Blue:** Concorde Fire Invitational, Vulcan Cup, Mississippi Fire Invitational
- 02 North Red:** Concorde Fire Invitational, Vulcan Cup, Hoover Havoc
- 03 North Blue:** Vestavia Invitational, Vulcan Cup, Hoover Havoc
- 03 North Red:** Vestavia Invitational, Vulcan Cup, Hoover Havoc

2013 Spring Tournament List (GIRLS):

- 99 ECNL:** Concorde Fire Invitational, Vulcan Cup, ECNL Showcase
- 99 Elite:** Concorde Fire Invitational, Vulcan Cup, FC Alliance Cup
- 01 Elite Blue:** Concorde Fire Invitational, Vulcan Cup, Mississippi Fire Invitational
- 01 Elite Red:** Concorde Fire Invitational, Vulcan Cup, FC Alliance Cup
- 01 Elite White:** Concorde Fire Invitational, Vulcan Cup, Mississippi Fire Invitational
- 02 South Blue:** Concorde Fire Invitational, Vulcan Cup, FC Alliance Cup
- 02 North Blue:** Concorde Fire Invitational, Vulcan Cup, Mississippi Fire Invitational
- 02 North Red:** Concorde Fire Invitational, Vulcan Cup, Soccer Elite Spring Championships
- 02 North White:** Concorde Fire Invitational, Vulcan Cup, Hoover Havoc
- 03 South Blue:** Vestavia Invitational, Vulcan Cup, Hoover Havoc
- 03 South Red:** Vestavia Invitational, Vulcan Cup, Hoover Havoc
- 03 North Blue:** Vestavia Invitational, Vulcan Cup, Hoover Havoc

2013 Spring Tournament Dates:

2013 Concorde Fire Invitational (GIRLS)

Feb. 16-17 2013
Atlanta, GA

2013 Concorde Fire Invitational (BOYS)

Feb. 23-24 2013
Atlanta, GA

2013 Vestavia Invitational

Feb. 23-24 2013
Birmingham, AL

2013 Vulcan Cup (BOYS)

Mar. 1-2 2013
Birmingham, AL

2013 Vulcan Cup (GIRLS)

Mar. 9-10 2013
Birmingham, AL

2013 Mississippi Fire Invitational

Apr. 6-7 2013
Jackson, MS

2013 FC Alliance Cup

Apr. 20-21 2013
Knoxville, TN

2013 Hoover Havoc

Apr. 20-21 2013
Birmingham, AL

2013 Soccer Elite Spring Championship

Apr. 20-21 2013
Memphis, TN

Alabama High School Athletic Association Concussion Information Sheet:

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | | |
|----------------------------|---------------------------------------|------------------------------------|
| * Headaches | * "Pressure in head" | * Nausea or vomiting |
| * Neck pain | * Balance problems or dizziness | * Blurred, double, or fuzzy vision |
| * Feeling foggy or groggy | * Drowsiness | * Sensitivity to light or noise |
| * Change in sleep patterns | * Confusion | * Concentration/memory problems |
| * Amnesia | * "Don't feel right" | * More emotional |
| * Fatigue or low energy | * Sadness | * Nervousness or anxiety |
| * Irritability | * Repeating the same question/comment | |

What can happen if my child keeps on playing with a concussion or returns too soon? Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to a student-athlete's safety.

Due to the volume of concussions that are seen in soccer we want you to be aware of what a Concussion looks like. If you have any questions comments or concerns about what a concussion is or if you/your child has sustained a concussion please do not hesitate to call the BUSA Athletic Trainer, Carrie Bush, (all coaches and team managers have her cell phone number) or the BUSA office, which will be happy to direct you to our Athletic Trainer. We take the health and wellbeing of all of our BUSA athletes very serious and have connections with concussion specialists to make sure all of our athletes suspected of a concussion are appropriately cared for. When in doubt sit out. There is no such thing as a "bell ringer".

For more information, see the Alabama High School Athletic Associations full Concussion Information Sheet at <http://www.ahsaa.com/Portals/0/pdf/forms/2012%20Concussion%20Information%20Form.pdf>.



***CONGRATULATIONS
BIRMINGHAM BASH CHAMPIONS/FINALISTS!***

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