

Although the SDHSAA has sanctioned soccer, the actual transition has not begun and the current structure will continue for a couple of years. That means, if you want to coach high school soccer, submit a resume to Rushmore Soccer Club as soon as possible. Tell them which team you want to coach, what your experience is, who would be your staff, and that you can commit to two years. Send it to Rushmore Soccer Club, PO Box 34, Rapid City, SD 57709. Even returning coaches must re-apply.

In only three weeks, Christmas will be a memory. We will have scoured the internet and big box stores to provide gifts that beep, light up, and move cold plastic arms or legs to reach some pre-set goal. Wow.

What about a gift-giving that really meant something our kids and we would always remember? What about the gift of time and exercise? What about the gift of moral support for a kid who is shy, awkward, and less than a perfect physical specimen? What about engaging in a physical activity that we could share with our kids or grandkids? What about walking briskly for 30 minutes a day? What about kicking a soccer ball back and forth for 30 minutes? What about doing a silly celebration dance when our 4 year olds trap the ball and return it? What about telling our 14 year olds that we're proud of them for always showing up to practice, or joining an indoor team, or spending the time to teach us how to juggle the ball?

Our kids face an onslaught of fast food, overly-salted processed food, and school lunches that ride on high salt and fat. They are not alone. Our adult diet is equally undermining. We need to open the refrigerator and throw out anything with high salt and high fructose corn syrup. Endure the screaming and the moaning. Get this stuff out of your family diet.

Buy fruit and veggies that are in season. Drink real juices (read the labels) and plain water. This nation has the safest municipal water system on the planet but we spend billions buying bottled water each year. We don't need the plastic garbage but we do need the water. Invest in a re-usable bottle for

each member of the family and fill them every morning before the family scatters for the day. With cold and flu season settling in, this is an important health hint. Drink lots of water and only from your own bottle.

Filling out your holiday gift list should include opportunities for exercise. If you have a soccer player, sign your kid up for indoor soccer tournaments, or swimming, or karate, or weight lifting, or skiing lessons, or hockey, or horseback riding, or figure skating, or basketball, or anything that takes the place of couch sitting and video connecting even if it means you being directly involved in the activity.

Recent studies are indicating that our kids are developing a condition called “osteopenia”, an indication that they are not growing strong bones and may develop osteoporosis. Exercise and good nutrition in childhood build the bone and after age 25, you start to lose that. If it isn't in the bank in big numbers before that, there isn't anything to withdraw as you age. It isn't nice to let your kids vegetate. You need them to be strong as you age so they can help you into your nursing home.