

The cross-town rivalry between Central High School and Stevens High School soccer teams has been re-scheduled to Monday evening, September 22. It had been set for Tuesday but Central is holding homecoming coronation on that evening. These games are always highly-charged contests on both the boys' and girls' sides. Games begin with Junior Varsity contests at 4:00 PM, at Sioux Park fields and in the stadium. Girls varsity game is at 6:00 and the boys play at 8:00 PM.

Because soccer players bear their own expenses, these games are fund-raisers for both team organizations. Pack up your young players, plan to visit their concession tables and show these young athletes that you believe their effort is important. You'll like what you see and your kids will think that being on the high school team would be really cool.

Rushmore Soccer Club is preparing for the Fall Classic Tournament, September 26-28. This tournament brings U10 through U14 teams together from the surrounding area for some competition and to remember a young soccer player whose life tragically ended just four years ago.

Chris Evans passionately loved soccer and to honor his memory his parents have established the "Play with Passion" award. Stan and Cathy Evans present this award to teams reaching the finals in each division. In addition, they present a sportsmanship trophy to the team that best exemplifies the qualities of passion and fair play.

Soccer is very fortunate to have the Evans family involved in supporting good sportsmanship and encouraging young players who love the game to play with intensity. Hopefully, coaches and parents will add their support to these principles throughout the season.

Rapid City Youth Soccer League has opened registration for the fall indoor soccer session. This is a 6-week season beginning November 1 and ending mid-December. This is available for U8 through U19 players and the teams from U12 and older are co-ed.

Players register, are assigned to teams on a first-come, first serve basis. They play 5V5 with a keeper. No practices other than a pre-game warm-up and no standings are kept during the season. Games are played at both the West and South Community gyms. Parents and players help with setup and take-down of the goals.

It is designed to sharpen skills by developing ball control while offering a low-stress game environment. This is a good introduction to the indoor game for players who have not had this experience. Registration is available online at [www.rcysl.com](http://www.rcysl.com).

On Sunday, September 21, the RCYSL “Sundays are Funday” will offer “soccerball”, a soccer variation on racquetball led by Brian Pitts. This session will be from 4:00 to 6:00 PM at the racquetball courts on East Main Street North (east of the Rapid City Boxing Club). Participants will need either indoor soccer shoes or tennis/court shoes for this and it will be cancelled if it rains. These events are open to all players, siblings, parents, and others.

Here’s another one of those forehead-slapping “DUH” stories. In East Palo Alto, California, right next door to Stanford University in Palo Alto, Dr. Dana Weintraub decided to test her theory that if you get obese kids involved in after-school sports, they would lose weight and have a healthier lifestyle. This is a low-income area where 21 fourth and fifth graders defined as obese were chosen to participate; 9 in daily soccer and 12 taking a health education class once a week. Researchers found at the end of the trial period that the soccer players lost weight, ate healthier, liked themselves more and were likely to continue in sports.

What if all fourth and fifth graders were offered a free after-school soccer program – say 40 minutes of pickup soccer – that didn’t cost them anything? The long term effects might be good for all of us.