



International Football Club

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Information Bulletin

Bulletin #: IFC2020 – 010
Date: Apr. 14, 2020
To: IFC Membership, Staff
CC: IFC Directors
From: Frank Iazzo, Athletic Director
Subject: Keep Active From Home

Hi everyone,

I can't believe it's been nearly a month since soccer has been suspended in this country. Today our Academy should have been taking the field outdoors at St. Joan of Arc HS. Current events have required changes in our routines and cancellations or postponements of events and activities. This has all noticeably impacted all of our lives.

Now imagine being a child...

Their routines are disrupted, parents and guardians are adjusting to develop a "new normal" at home. There have been countless resources for parents about homeschooling, physical-distancing practices and trendy new words to learn such as "Instagram Live" and "Tik Tok".

But what about ways to keep our children active and healthy? The World Health Organization and the Government of Canada both recommend children and adolescents perform at least **One hour of moderate-to-vigorous physical activity daily**. As developing student-athletes, every step counts! And the benefits are not just those physically, but also mentally and emotionally.

Here are three tips to keep active and healthy from home:

Online Workouts

Weeks ago we saw an opportunity and a need to bring IFC home workouts on line through Instagram. We really accelerated to bring this free content into the home environment and to help viewers of all ages jumpstart their healthy COVID journey.



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Whatever online workout you and your children choose, it's really important that we give them screen time to get up and move, and stay healthy during this time. Try designating specific days and times to do these workouts (all 60 minutes of IFC workouts are recorded on IG Live per day for this reason), this could be a game-changer in their return-to-play and, most importantly, their overall wellbeing.

Soccer-Specific Exercises

As a soccer coach, we constantly stress to our players the importance of a good relationship with the ball – the ball is our best friend! So we explored digital options that would allow our student-athletes to keep working on their game through TeamSnap, YouTube and Instagram, which empowers young players to learn when all they need is a device and a ball.

Medical experts recommend avoiding gatherings of 5 or more people or maintaining physical-distancing of six feet from others in public, but there's nothing prohibitive of a young athlete kicking a ball against a wall, shooting into a goal or passing with a parent or family member they live with. As mentioned above, work with your children to set out the time of day to work on these soccer- and skill-specific sessions.

Parents, guardians and siblings you can be the voice and driving force behind these exercises and reduce the need to just rely on repetition. Much of IFC's training methodology entails visual cues and auditory elements, by helping your loved ones perform these sport-specific activities you can give players a boost in confidence, motivation and a deeper level of learning.

Be mindful of NEWSTAR

Here's a simple method you can easily remember to strengthen a healthy lifestyle and your immune system, it's called NEWSTAR.

NUTRITION: A healthy diet goes a long way in not only giving your immune system a boost, but also steers you away from those things which can weaken it.

EXERCISE: Whether it's going for a run, a bike ride, or doing anything active, exercise also boosts your immune system. Just remember to not over exert yourself, because that can work to suppress your immune system.



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WATER: Make sure to drink enough water daily to keep yourself hydrated. A popular suggestion is to take your body weight and to drink half of that number in ounces. For example, if you weigh 140 pounds, then you would try to drink 70 ounces of water daily.

SUNLIGHT: This is our main supplier of vitamin D which is key in regulating a healthy immune system.

TEMPERANCE: Suggests that we should use those items that are good for us in moderation, and try to avoid those things which are bad such as excessive sugar, alcohol, and caffeine which work to weaken the immune system.

AIR: Fresh clean air is also a key factor in keeping your immune system strong.

REST: Without proper sleep, our body's defense mechanism can be severely compromised.

Many of these tips, once again, offer beneficial routine to plan a time for a workout, for a meal and even a morning wake up call, which enables family members and athletes to have some measure of control or influence on the choices that are being made. Enjoy veggies and hummus instead of chips or cookies. Drink water – and plenty of it! – rather than pop or juice.

All the same, whatever you do, utilize this time to get closer as a family and to keep your children active and healthy!

Sincerely,
Frank Iaizzo, Athletic Director