

Clayton Sports

The MDSA Under-10 boys' soccer team, AC Milan, wins Concord Cup



THE AC MILAN soccer team displays their championship trophies.

Palacios and Kellen Simons. Milan controlled the ball at the midfield during the entire game due to exceptional play by Milan's midfielders Luca Scheller, Josh Kirmsse, Anthony Bellafronte and Doug Macy. Jeremiah Stielow, Milan's goal keeper, deflected more than eight shots on Milan's goal by the aggressive, offensively-minded Concord Predator forwards.

After this first contest, a tired AC Milan faced the Davis King Cobras in Saturday's second game, losing 3-0. Despite multiple shots on the goal against the Cobras, the Milan players just could not find the net, and the Cobras' keeper did a fantastic job throughout the game of blocking several good shots.

On Sunday morning, AC Milan, knowing it was their last day together as an all-star team, arrived fired up and ready to play. "On Sunday, every AC Milan player knew that we would be saying goodbye, and

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Dispelling the myths of youth strength training



NABIL LANGKILDE
SHAPE UP

As youth sports participation increases and sports become more competitive, more athletes are turning to strength training to try to gain the competitive edge. But with the growing popularity of strength training programs have come numerous reports, studies and statistics, many of which are misleading. Based on some reports, you may be wondering, "Is my child too young to participate in strength training?" Before you decide to run in the opposite direction of the weight room, let's set the record straight.

The most common myth is that if children start strength training too early it will stunt their growth. This fear stems primarily from early reports of potential damage to growth plates. More recent studies have shown that with proper training and techniques, strength training can actually reduce the risk

of damage to growth plates, joints and soft tissues. Studies have also shown that strength training in young children will increase bone density, thus lowering the incidence of fractures that are a risk for all active youth. Furthermore, resistance training can increase growth hormone levels, therefore facilitating growth in some youth who adhere to a resistance training program.

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DANA HEINZ
Special to the Pioneer

The Mount Diablo Soccer Association's under-10 boys' soccer team played a scrappy tournament with a lot of heart and soul to take the title at the Concord Cup May 14-15. Seven Clayton area players play on the AC Milan team, joined by others from Concord.

In game one against the Concord Predators, AC Milan prevailed 2-0. Both of Milan's goals were scored by center midfielder Ryan Phillips, with assists by forwards Mateo

Sports Shorts

CV YOUTH SUMMER FOOTBALL CAMP
Fourth annual Football Camp for boys entering grades 5-9, June 27-July 1, 9 a.m.-2 p.m. daily at Clayton Valley High School, 1101 Alberta Way, Concord. Herc Pardi, Head Football Coach at CVHS is the Camp Director and Jerry Coakley CVHS Defensive Coordinator is the Assistant Camp Director. \$125 fee and \$75 deposit for equipment rental includes practice jersey, awards, evaluation and an on-site Trainer. Camp Phone: 925-682-7474 x 3115. Applications are available at

Ed's Mudville Grill, Mavericks and the CVHS Office

CLAYTON VALLEY HIGH LOOKING FOR COACHES.
Clayton Valley High School is looking for coaches for cross-country, varsity girl's soccer and varsity wrestling as well as an athletic trainer for the upcoming seasons. Contact Pat Middendorf at middendorf@mdusd.k12.ca.us

YMCA SUMMER 2005 PROGRAMS
This summer the Concord/Clayton Branch of the Mt. Diablo Region YMCA will be hosting a variety of programs in Clayton at the Diablo View Middle School, Clayton Community Gym off Clayton and Marsh Creek Roads. These programs involve sports activities for children of all ages (beginning from pre-K) as well as for adults.

Programs are also available for children with special needs in the newly formed Quest

League. This new league begins June 4 and runs eight weeks. There will be a different sport played every Saturday. Call Delise Young at 889-1625 or email at dyoung@mdrymca.org for more information.

LOCAL YOGA STUDIO OFFERS FREE CLASSES TO HIGH SCHOOLERS
Yoga Sol, a local yoga studio, is offering free yoga classes to high school students in Concord and Clayton. The program runs from June 27 through August 27. Students are required to sign up in advance and attend three classes a week (exceptions can be made for prior commitments).

Yoga Sol is located at 4425-I Treat Blvd and offers regular classes of traditional hot yoga, Astanga, Vinyasa Flow, power yoga, self-defense, meditation and classes for kids. Each class is designed for the beginner to the very experienced practitioner. For more information regarding Yoga Sol, please visit their web site: www.yogasol.net. If you have any questions, please contact Tara Clay at 925-288-9642 or info@yogasol.net

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