



Towns County Herald's Sporting News



YHC hosts the 2009 girls weekend overnight soccer camp



Forty-seven girls attended the 2009 YHC women's soccer camp.

Photos by Jim and Lisa Bryant



JIM BRYANT

Sports Writer

They rolled in at 4:00 on Friday, registered and it was off and running for forty-seven soccer girls. This year the annual soccer camp for middle school, JV players and high school varsity girls saw another large group and a very wide variety of locations represented. According to Head Soccer Coach at YHC, Kathy Brown, the girls ranged in age from nine to seventeen and came from all around the tri-county area, from Florida and even from Hong Kong, China.

After registering, the players spent the night in the dorm rooms, at their meals in the cafeteria and utilized the student center and classrooms for educational soccer sessions. The camp was designed to provide players a great opportunity to develop both technically and tactically while having soccer fun. The camp focused on individual skills in the morning sessions and tactical development in the afternoon sessions.

Assisting coach Brown

was former YHC Women's Team player, All-American, Roberta Pelarigo from Brazil, National Championship winners

and tournament MVPs Aline Pugliesi and Sam Spradley and YHC Men's Team player, John Calderwood from the

United Kingdom. Players were also given tips on getting recruited to play collegiate soccer.

Incredible edibles that amaze kids

STICK COOKING

One of the most commonly utilized methods of outdoor cookery is stick cooking, which can be an exciting way to involve each camper in the preparation of his/her own meal. This method is most often used to prepare meats, breads and roasting marshmallows for S'mores. Much like using a rotisserie, food is placed on a stick and held near the coals while rotating until cooked. The most common type food prepared with this method is Shish Kebab, which is a combination of meats fruits and vegetables. Be sure not to place the food too close to the coals or the outside will burn and the inside will not get properly cooked.

Cut a green stick with a sharp point or use a previously prepared coat hanger. A 3'-4' length is best. They should be burned or stored carefully after use to avoid accidents. Please, no horsing around with sharp pointed objects!

If you want an elaborate skewer, untwist a wire coat hanger and thread three empty spools on one end and bend the wire around the front of them. It is highly recommended that you pre-burn the hangers to remove any materials placed on the during manufacturing. Wire kebobbers can be cleaned easily by placing the food end into the coals to burn off any remaining food residue. They can be stored and used over again.

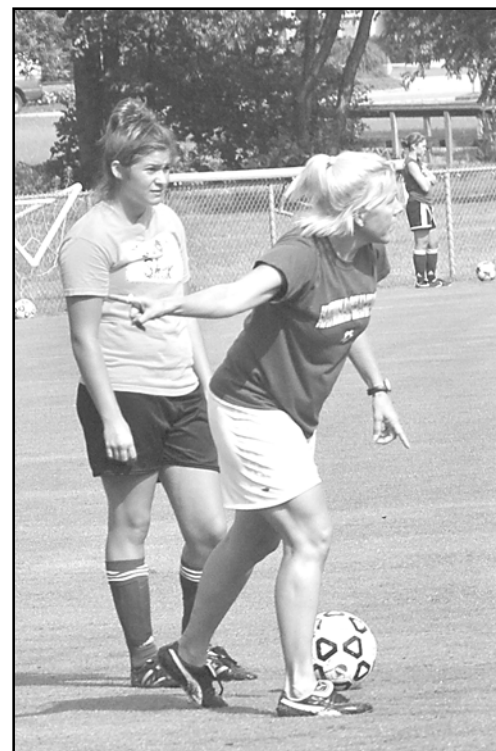
Place food(s) to be cooked on the skewer. Foods should be cut into small pieces so they are not too heavy.

Meats can be cut into thin strips and doubled threaded to assure even cooking. If one of your foods takes much longer to cook, you can par-boil it before placing it on the skewers. Be sure to turn the food frequently to avoid burning. Another alternative to variable cooking times is to place meats on one skewer and vegetables on another.

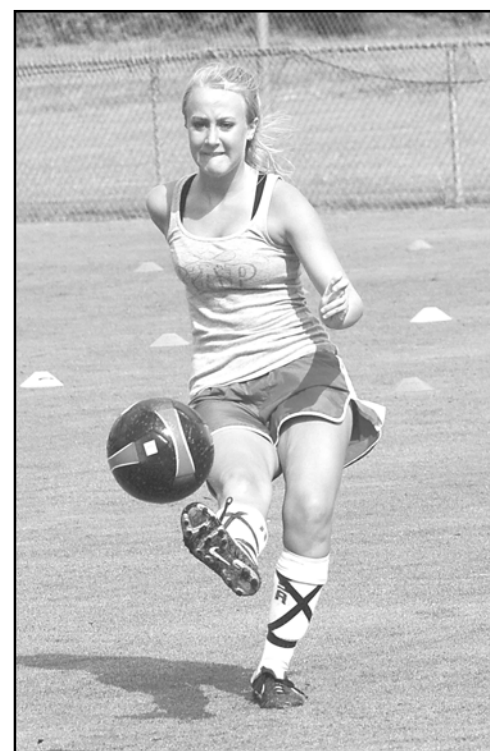
SPIT COOKING

Cooking on a spit is generally reserved for the serious cooker. Spit cooking is very similar to stick cooking. The main difference is in the amount of food to be cooked. Large amounts of food such as chickens, duck, lamb, slabs of beef or pork can be cooked on a spit. Due to the items needed to cook this large amount of food, a great deal of watching is necessary and consumer by the camper, unless you are fortunate enough to have a motorized spit cooker.

Prepare the food to be placed on the spit by washing it, centering it on the spit (pole) and basting it with sauce. If the food needs to be fastened to the spit, begin at one end with a wire and wire one item at a time, making sure the wire is occasionally threaded through the spit to prevent slippage. Be sure to wire and legs or wings closely to the spit so they will not burn. Place the food laden spit over the fire and watch closely for several minutes to check the cooking speed. Raise or lower the spit to adjust the cooking speed. Keep the spit moving very slowly, with intervals of three to five minutes.



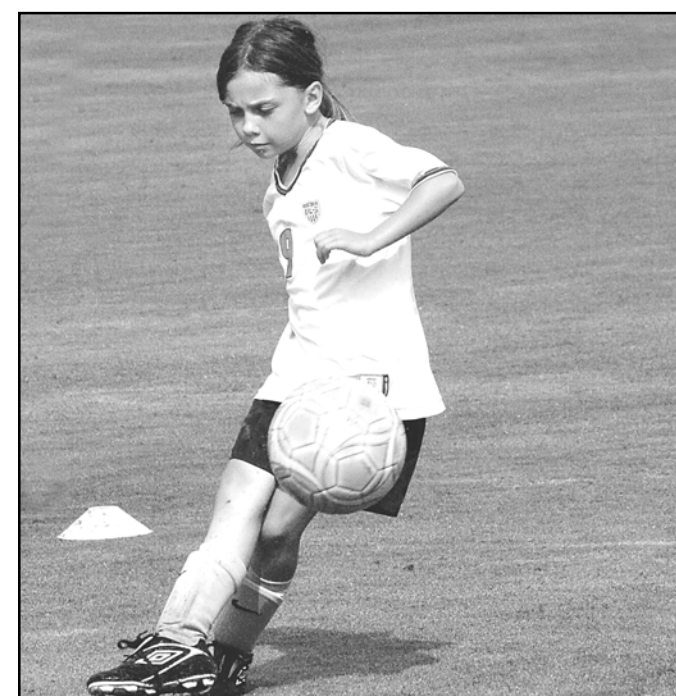
Coach, Kathy Brown gives instructions during a soccer exercise.



One of the older players taking a shot on goal at the YHC Soccer Camp.



Goal tending skills were practiced during the Saturday morning sessions.



One of the youngest player attending the 2009 camp.