

Spring, Session 3, 2010

6 Corporate Drive  
Halfmoon, NY 12065  
518-383-0991  
www.sportsplexofhalfmoon.com

CHAMPIONS  
of Session 3

9v9



U12 Girls: Brunswick Barracudas  
U12 Boys: Clifton Park Soccer Club  
U14 Girls: Clifton Park SC Dragons  
U14 Boys: Burnt Hills  
U16 Girls: Saratoga Spitfires  
U16 Boys: Malta United  
U17/19 Girls: ESA Rotterdam  
U17/18 Boys: Whipple FC  
U18/19 Boys: Clifton Park SC U18  
Co-ed Open: Flippin Sweet



6v6

U12 Girls: Cohoes Mastedons  
U14 Boys: Fulton Force II  
Co-ed Open: Flippin Sweet

Capitalland  
Lacrosse  
presents

MEN'S 17 & OLDER  
PRE-MOHAWK  
SPRING & SUMMER  
LACROSSE  
PROGRAMS 2010

Programs continue to run  
on Tuesday evenings at the  
Sportsplex throughout the  
summer months.

Please visit

[Capitallandlacrosse.com](http://Capitallandlacrosse.com)

or contact Chad Fink at  
capitallandlacrosse@gmail.com



# SPORTS PLEX

## of Halfmoon

*Spotlight on...* Adult Soccer League

### WHY NOT LOOK YOUR BEST ALL YEAR LONG?

Sportsplex of Halfmoon runs adult soccer leagues all year. Come and participate in a team sport, and get in shape all while having a blast! We have women's and co-ed leagues with games starting around 7:30pm on Monday and Tuesday nights. Whether you're an individual or a team, we have an opening for you! Beginners are always welcome. Players will be put in divisions according to their skill level. Only \$40 per month to get in great shape and stay in shape! Check us out at [www.Sportsplexofhalfmoon.com](http://www.Sportsplexofhalfmoon.com).

For more information on this program and others, please contact Rebecca at the Sportsplex of Halfmoon by phone at (518) 383-0991 or by email at [rebecca@sportsplexofhalfmoon.com](mailto:rebecca@sportsplexofhalfmoon.com)

### Women's Open League

The Women's Open League is nearing the half-way point of Session 4. Session 5 starts in July. They play Monday nights around 7:30.

### Masters & Co-ed Pick-Up

Runs through the summer Wednesdays starting at 8pm and Fridays starting at 9pm.

### Co-Ed Open League

The Co-Ed League plays Tuesday nights around 8:30.



### *Not just for sports....*

The April Capital Region Home show was a huge success! The fall Capital Region Home Show dates are October 22nd-24th. Mark your calendars!

The Sportsplex hosted the NFACA Gunshow and Sportsman's Expo in May. New, collector, antique and investment firearms, swords & knives, Civil War to WWII militaria, artwork, books and more were on display and for sale.

The Sportsplex welcomes all events. Watch for special venues throughout the year....

To submit news and information, please contact [john@sportsplexofhalfmoon.com](mailto:john@sportsplexofhalfmoon.com)



The Spring League for IFL was a huge success. Visit [www.biggreenifl.com](http://www.biggreenifl.com) for upcoming programs and registration. New IFL dates and information on the DFL (Dad's Football League) will be posted soon !

## Happy Birthday!!

Celebrate your birthday at the Sportsplex  
With a pizza party & Field time  
Contact Taylor

[taylor@sportsplexofhalfmoon.com](mailto:taylor@sportsplexofhalfmoon.com)

Visit our website for more information



## The Sportsplex welcomes....

Top Form, Inc. provides sports medicine and strength and conditioning services to schools and youth sports programs throughout the Capital District. Furthermore, we also provide a variety of training programs that fulfill New York State requirements for coaches, as well as programs for certification in CPR, First Aid, and Red Cross courses. Please take some time to look through the vast assortment of services provided below.

**Strength & Conditioning** All services for individual and group fitness, facility design, and equipment planning and purchase

**New York State Coaches' Training Courses** We are a provider for ALL New York State Education Department mandated training courses for coaches

**School District Programs** Learn that a Top Form, Inc. contract will provide a wide range of services to school districts that extend far beyond Certified Athletic Trainers and Strength and Conditioning Specialists

**Current Contracts** A list of the following school districts and youth organizations that Top Form, Inc. is contracted by to



provide athletic training services  
**Community Services** A wide range of contracted services to business, community, and youth sports organizations

**Student Programs** Check out our student training programs and our award winning sport physicals available to students

Our programs are age appropriate and functionally progressive! Now what does that mean? A seventh grader will not train the same as a high school junior, nor will the high school junior train like a collegiate athlete. Programs and exercises progress according to the growth and development of each individual. It is commonly unknown that many exercises used in the college setting should never be used

at the high school level with inexperienced athletes because of the increased injury risk! However, Top Form, Inc. trains functionally, meaning that as an athlete stays with the training program and safely progresses in increasing levels of difficulty, the athlete has the potential to reach incredibly high training levels in their latter high school years.

Top Form, Inc. runs summer camps at several local schools during the summer with great success. These camps provide large groups of athletes access to the latest training techniques. Camps are a great way to introduce young athletes to the benefits of regimented training and we find that many campers take training to the next level by joining one of our performance centers.

**Top Form, Inc.** is proud to welcome **Mike Reeves** as the new Top Form franchise owner at the **Sportsplex of Halfmoon**. You can contact **Mike** for an appointment at **518-350-2966**.

Please contact [john@sportsplexofhalfmoon.org](mailto:john@sportsplexofhalfmoon.org) for advertising opportunities !

## Who is that Coach on the bench ?....

The Sportsplex will begin a new feature that profiles a coach from a team that participates at the Sportsplex.

Coaches or Assistant coaches will be asked the same standard questions and chosen randomly amongst the lacrosse, field hockey, IFL, and soccer leagues available at the Sportsplex.



Contact Rebecca at the Sportsplex to nominate your favorite coach!

- What team do you coach?
- Why did you become a youth sports coach?
- What makes the team successful?
- Do you have a specific "coaching philosophy"?
- What do you do when you are not coaching ?
- What is the most important thing you want your players to take with them after experiencing you as their coach?

Just a reminder to reserve your team indoor training time.

The best rates are available the earlier the team reserves !!  
Call John at 518-383-0991 for more information



@ The Sportsplex of Halfmoon  
[www.tumblingtykes.org](http://www.tumblingtykes.org)