



MIGHTY BLUEBIRDS



NEWSLETTER



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U13 SUPERCLUBS CHAMPIONS
Mighty Bluebird Boys Red Team!!
May 14-15th, 2011

Life Champs Football
Champions 2006, 2007
and 2008

Wrestling State
Champions
2009, 2010, 2011

Soccer State Cham-
pions 1999, Oops,
2001, 2002, 2003,
2004, 2005, 2006, 2007,
2008, 2009 and 2010

June
11th!



**REGISTER
ONLINE**
CLICK HERE



GetMeRegistered.com
* A BETTER WAY TO REGISTER

BE A VIRTUAL RUNNER
OR VOLUNTEER TO HELP
SUPPORT THE BLUEBIRDS!

CLICK HERE

BLUEBIRD 5K

Call Shannon or email
shannon@hatcheragency.com if you can help or have
any questions.

VOLUNTEERS NEEDED

*"Winning takes talent, to repeat takes
character." ~John Wooden*



**U10 SUPERCLUBS CHAMPIONS
Mighty Bluebird PINK GIRLS Team!!**



I think Alonso has had
enough of
me!!!!!!!!!!!!!!!!!!!!!!
- Coach Owen 😊




NEW DATES!
2011 WINDSTREAM
Bluebird Spring Classic
Sat. & Sun., Aug. 27-28th 2011
MARK YOUR CALENDAR

Mighty Bluebird Soccer State Champs



2011 U-11 BOYS State Champions Mighty Bluebird Green Team



*Mighty Bluebird Soccer U13 Red Boys
Team President's Cup Runner-Up*



**2011 U-13 BOYS President's Cup
Mighty Bluebird Red Team
Runner-Up**

Mighty Bluebird 5k Cross Country Run

Saturday, June 11, 2011

**100 Yards Past Mighty Bluebird Fields
at 6900 Pinnacle Valley Road**

Women/Girls Race begins at 7:30am

Men/Boys Race begins at 8:30am



\$30 Registration fee (100% Tax Deductible Donation)

(Click Here to Register)



Pick up race packets at Easy Runner in the Pleasant Ridge

For more information please contact Race Directors:

Bill Torrey 501.231.3730

bjtorrey@sbcglobal.net

OR

Shannon Wooley 501.375.3737

shannon@hatcheragency.com

www.mightybluebirds.com

Checks can be mailed to

PO Box 3505

Little Rock, AR 72203

**REGISTER NOW WITH EASY
ONLINE REGISTRATION!**
www.getmeregistered.com

**Top 3 Male & Female Winners
in each age group will
receive Awards!**



The Mighty Bluebirds is a
501(c)(3) Organization

Age Categories	
9 & Under	40-44
10-14	45-49
15-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70+
Oldest & Youngest Winners	

- True Cross Country Course
- Computer Timed Results
- Dry-Fit, High-Tech Finisher Tee-Shirts & Awards
- Post-Race Snacks & Goodies!





Mighty Bluebird Soccer Tryouts



~BLUEBIRD SOCCER TRYOUTS~

EVERY WEDNESDAY, BEGINNING JUNE 1st 5:00 – 6:30 P.M.

U10 Boys - No Tryouts - All Players that want to sign up will be accepted
More than welcome to attend Wednesday training sessions at Bluebird Field
5:00 – 6:30 p.m.

EVERY WEDNESDAY AT 5:00 – 6:30 P.M. Starting June 1st

U11 – Girls
U12 - Girls
U13 – Girls
U11 – Boys
U12 – Boys
U13 – Boys



EVERY WEDNESDAY IN JULY 5:00 – 6:30 P.M. (Starting July 6th)


U14 – Boys
U15 – GIRLS
U18 – GIRLS



Mighty Bluebird Soccer Camps



Don't forget to sign up for Bluebird Summer Camps!

Click  [HERE](#) to see the full camp schedule and to print off our camp brochures.

KEEP YOUR SKILLS SHARP OVER THE SUMMER! DON'T MISS OUT!

**ARKANSAS
WRESTLING
ACADEMY**

Summer Camps

(for wrestlers ages 5 & up)

**ARKANSAS
WRESTLING
ACADEMY**

TAKEDOWN CLINIC

June 3-4th, 2011

Pat Smith Wrestling Clinic @ Arkansas Wrestling Academy facility. Price: \$60 per athlete and coaches
Sign Up at the door Friday, June 3rd 5:30 - 6:30 p.m.

Session Times: Friday, June 3rd 6:30 - 8:30 p.m. Saturday, June 4th 9:30 - 11:00 p.m.
& 12:00 - 1:30 p.m.

TUFF ON TOP

July 15-16, 2011

With Pat Smith 4-Time NCAA Champion @ Arkansas Wrestling Academy facility.
Price: \$60 per athlete and coaches

Sign Up at the door Friday, July 15th 5:30 - 6:30 p.m.

Session Times: Friday, July 15th 6:30 - 8:30 p.m. Saturday, July 16th 9:30 - 11:00 p.m.
& 12:00 - 1:30 p.m.

BOTTOM POSITION / DEFENSE COUNTERS

July 29-30, 2011

With Pat Smith 4-Time NCAA Champion @ Arkansas Wrestling Academy facility.
Price: \$60 per athlete and coaches

Sign Up at the door Friday, July 29th 5:30 - 6:30 p.m.

Session Times: Friday, July 29th 6:30 - 8:30 p.m. Saturday, July 30th 9:30 - 11:00 a.m.
& 12:00 - 1:30 p.m.

**YOUR LEGACY
STARTS HERE**

**ARKANSAS
WRESTLING
ACADEMY**

**ARKANSAS
WRESTLING
ACADEMY**



Chapter 62 – Very Few Players are Ready to Play for the First Second of the



Order a Book @
Tigerbooks.net

BUY NOW!

Ballgame, but It's Just as Important as the Last Second

We are what we repeatedly do.

Excellence, therefore, is not an act but a habit.

Aristotle

I have been coaching now for twenty years and been playing for about thirty eight years. One of the things that I have always tried to get across to my teams is that we have to be ready to play the first second of the ballgame...that those seconds count just as much as the last seconds of a ballgame on the scoreboard, there just may not be as much pressure on you in those first few seconds as the last few seconds.

In baseball, a baseball player will play in a game that will last approximately two hours. During those two hours the player that is a shortstop, which is one of the positions that gets the most action, he may only get four or five plays in the field and four at bats during the game. That's not much action over a two hour period. As a baseball player to get ready for those four at bats I generally would hit at least 100 balls before the game working on hitting to right field, left field, center field, working out of different stances based on what the count might be when I was batting. By the time I got through taking batting practice and hitting 100 or more balls I was generally in a full sweat. I would then follow that up by playing catch and taking grounders. I would practice making every possible type of throw I might make during a game. A straight overhand throw, a sidearm throw, a throw on the run on a slow hit ball, a throw off of a backhand in the field where I might have to plant my back foot and come over the top. I wanted to practice every single game possibility before the game to make sure I was ready for those four or five plays I would have the opportunity to make during the game.

So many players, especially in baseball or softball, will just show up at the game, play a little catch and then expect to be their best at the beginning of the game. This simply doesn't happen, even in the Major Leagues. Most hitters hit better later in the game on their third or fourth at bat than they do early in the game. Some of the reason for this is that they have already seen the pitcher once or twice, but a large part of the reason is they're simply not as prepared to play from the first inning as they are in the seventh, eighth, and ninth innings. My favorite pitch to hit as a lead off batter was one of the first couple pitches the pitcher threw me. I knew that they were just now getting started and most likely would throw a fast ball right down the middle thinking that I might take the first strike or they just wanted to get the first strike of the game. What a boost it gives your team when you hit the first pitch for a base hit and you're standing on first to help get your team going.

Whether it's basketball, football, golf, or swimming, or any other sport, practice all the different things that you're going to do in the game in your warm up and be prepared to knock it out of the park on the very first pitch. If you're ready to play the first second you will become a much better player.

CURRENT PRACTICE TIMES
BEGINNING, MONDAY, April 11th

Mighty Bluebird Wrestling Practice will occur from **4:00 – 5:30 p.m.** on **Mondays**, all boys ages 4 through 15 are welcome to attend.

Mighty Bluebird Girls Basketball Practices – will be held from **5:15 – 6:30 p.m.** on **Mondays** and **Thursdays** from **4:00 – 5:30 p.m.**

Mighty Bluebird Soccer Practices – will be held on **Wednesdays** from **5:00 – 6:30 p.m.**

Mighty Bluebird Baseball Practices – will be held on **Tuesdays, Wednesdays, Thursdays,** and **Fridays** from **5:00-6:30 p.m.**

Mighty Bluebird Football (Football Quarterbacks/Receivers)- on **Mondays** with Clint Stoerner **5:30-6:30 p.m.**



2011 Mighty Bluebird 5K
 Saturday, June 11, 2011
MARK YOUR CALENDAR

Nutrition Tips of the Month

- Try lower fat choices more often including vegetables and fruit, lower fat dairy products and leaner meats.
- Instead of salt, flavor foods with lemon, herbs and spices.
- Limit rich desserts and baked goods.
- Compare the Nutrition Facts table on food labels. Choose products that contain less fat, saturated fat, sugar and sodium.

COACHING CONTACT LIST

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