

East Bay United/Bay Oaks

September 2021

Vol. 4

Girl's Program Newsletter

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Back to School Tips & Tricks



Community Service
Opportunity



Supporting Our Players:
Weekly Feature Games



Coach Spotlight:
Paola Barron



Connect

Email:

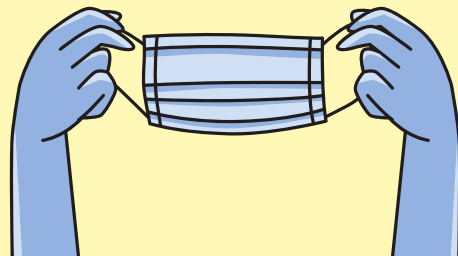
EBUBOcommunity@gmail.com

Website:

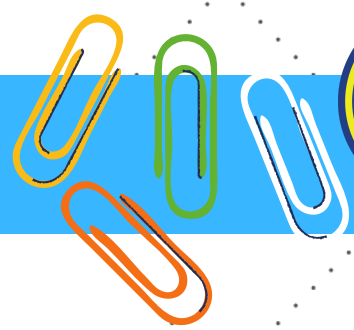
ebusoccer.org/community-engagement



Keep washing your hands
and wearing your facemasks.
We'll get through this
together if we continue to
practice safety first.



Back to School!



DAILY AFFIRMATIONS

Daily affirmations are a great way to get in the right mindset for the day!

I am smart, I am strong, I am brave, I am kind, I am loved!

Today is going to be a good day!

Stay Motivated While Studying

Use sticky notes in different colors to stay organized, draw attention, and offer a little creativity.

Use colorful pens, pencils, and highlighters.

Take 15 minutes breaks to stand, stretch, juggle, move your body.

Change study positions or locations to stimulate your mind and keep your body in motion.

Make a check off list to keep track of what you need to do. Bonus: getting the satisfaction of crossing items off your list when you've completed the task!

Helpful Tips:

Writing something out is equivalent to reading it 7 times!

Listen to calming music like atmospheric sounds, classical music, or non-verbal music to stimulate your brain.

Stay hydrated!










































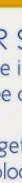


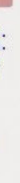
Keep healthy snacks nearby.

Stick to a sleep schedule.

Peppermint stimulates the brain and helps with concentration.

The most effective way to study is in intervals of 30-50 minutes of study and 10-15 minute breaks.

How to Pack a School Lunch

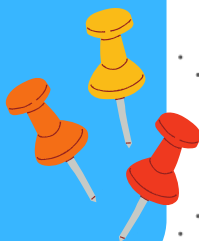
A Main Course		A Fruit or Veggie	
Sandwich		Orange Segments	Peach Slices
Hot Dog		Apple Slices	Banana Coins
Meat Rolls		Pineapple Chunks	Green Beans
Pizza Pretzel		Mandarin Oranges	Fruit Cocktail
Quesadilla		Carrot Sticks	Dried Fruit
Tuna Salad & Crackers		Cucumber Sticks	Pepper Slices
Tortilla Roll Ups		Celery Sticks	Broccoli
Muffin Pot Pie		Jicama Sticks	Cauliflower
Pizza Muffin		Cherry Tomatoes	Pear Slices
Pita & Hummus		Grapes	Watermelon
                               			
A Snack		A Drink	
Cheese		Water	Make substitutions and additions as desired.
Pretzels		Juice	
Popcorn		Lemonade	High protein foods will help kids stay fuller longer.
Craisins		Capri Sun	
Boiled Egg		Fruit Water	
Rice Cake			
A Treat		TIPS FOR SUCCESS:	
Crackers		Fruit Snacks	Choose one item from at least three categories.
Pickle		Cookies	
Trail Mix		Brownie	
Cereal		Fruit Leather	
Go-gurt		Candy	
		          	
		Don't forget to seal all the ziplock bags.	

whilehewasnapping.com



All you need is love.
But a little chocolate
now and then
doesn't hurt.

CHARLES M. SCHULZ





Community Service

Call for Clothing/Gear Donations!

We will be collecting soccer clothes, equipment, cleats, and other relevant supplies to be sent to Takoradi-Sekondi, Ghana.

Donations can be dropped off at ECCL from now until [Monday September 13th](#). Gear is being shipped later that week.



WE

Me

Supporting our girls



Game of the Week

Saturday 8/28
07G Gold VS Allstars United

Sunday 8/29
05G Gold VS AFC

Saturday 9/11
10G Blue VS Piedmont Highlanders

Sunday 9/12
03/04G VS Palo Alto FC

Saturday 9/18
11G Gold VS West Coast SC

Sunday 9/19
10G Gold VS NFC

Saturday 9/25
09G VS San Ramon FC

Sunday 9/26
05G Gold VS Pleasanton Rage
ECNL



Post your photos from
the game on social
media and tag us!


WE

ME




@eastbayunitedbayoaks

@EastBayUnited.Soccer



WeOverMe





Coach Spotlight: Paola Barrón



1. Name, where you've played, former EBU coaches, etc.

My name is Paola Barrón, I played for Bay Oaks Storm 99/ Bay Oaks Botafogo 00. My coaches started off with Mike Woitalla & Tom DeWit, I also played for Robin Hart, Jessica Pool, Jenya Jawad, Bri O'Dowd, Tony McKnight and last but not least Raul Uribe and Thomas Daniels.

2. Best advice you've ever received?

The best advice I've ever received is to act on my dream because no one else will.

3. Best advice you've ever given?

The best advice I've ever given is "in order to get something you want in life you have to believe you can do it first because no one will believe in you until you start to".

4. Why youth soccer is important?

Youth soccer is important because it's where kids develop all of their social skills that they will need through their life.

5. Why girls in soccer/sports is important?

Girls in soccer/sports are important because they give other girls confidence to be sporty. Sports have always been dominated by men and having women like Sydney Leroux and Alex Morgan as role models give us confidence to be rough, muscular, sweaty and competitive.



Coach Spotlight: Paola Barrón

6. What makes a player good? And what makes a player great?

The number one thing that makes a player good and stand out is effort. Effort can not be coached so it has to come within. When a player puts in extra work it is always noticed. That extra work can be running, going over set pieces or doing technical work outside of practice.

The thing that makes a player great is coachability. Being able to listen to what a coach says, process it and then execute what they tell you to do will always make the biggest difference.

7. What professional teams you support? Country teams you support? Why is soccer important to you?

My favorite local team is Oakland roots. Having so many local players is so motivating for the youth of Oakland. The country team I support is the men's and woman's Mexican soccer teams. Soccer is important to me because it has given me a lot of life skills that have helped me throughout my life.

8.. What motivated you to come back to EBU as a coach?

I was motivated to come back to Bay Oaks to coach because I wanted to give back to the club because everyone involved helped me and keep on helping me out with my soccer career. Every parent from the teams I've played in, every coach, manager, staff member always contributed to making me a better person in one way or another.

9. Where you're playing now and your home schedule:

<https://hnuhawks.com/sports/womens-soccer/schedule>

