

## SCSC U16 Scorpions Orange Classic Tournament Journal

### Saturday 12/26~

We meet at the airport at 8:15 a.m. Go to group checkout and then on to security. It was a very long line but everyone made it through! We go to our gate F10 and hang out there for a while waiting to board the plane. We pass time by getting food, juggling, and making up handshakes. At 10:45 we board the plane. It was about a 3-hour flight. We arrive in Ft. Lauderdale at 3:21 to sunny and warm weather! We take a sweet city bus that looks like a jungle on the outside to the car rental place, taking up about the whole bus with 14 girls, a coach, and plenty of family members. At the rental car place it took forever to get our cars so we kept juggling, except we kept hitting the ceiling... Once we get our 3 mini vans we go to the hotel, but get lost on the way. We finally make it to the hotel and get settled in. The room assignments are #1 Lizzie, Alex, Coco, and Ellie, #2 Monica, Claire, Kierra, and Allie and #3 Abbey, Hannah, Marissa, and Momo. The hotel rooms were pretty nice they had 2 double beds and a couch for the 4 girls in every room. We have our first meeting and training at 6:30 p.m. in the hotel parking lot. We ran a little bit did some partner passing and touches, except it was kind of hard to do on the tar. At the meeting we talked about wanting to make our mark and being one of the only Minnesota teams to be here and working our butts off over holiday break. Also we got our Foot Tech shirts! After we got Olive Garden brought to our hotel and ate as a team in the breakfast area. We spend the rest of the night hanging out and finally get some sleep! It was a very long day!

### Sunday 12/27~

Wake up by 8:30 for breakfast at the hotel. It wasn't very good though. The team meets in the lobby at 9:45 (10 according to Jenny, she got lost...) we go to the soccer fields across the street for some training. There we practiced long balls, touches, and shooting to get used to the grass after playing indoors for the whole winter. After we go back to the hotel and eat lunch. The parents went to Costco for food for the whole week and got some good sandwiches. We rest up in the hotel before our game at 5. We leave for the field at 3:30 in our mini vans. The fields were about 20 minutes away. We warmed up in a little corner doing passes, touches, volleys, headers, and trapping. After we watched some other games while waiting for ours. We played a Florida team called the Wellington Wave. In the first half Hannah scored with a great shot outside the 18. Then Abbey scored by dribbling through and shooting. Allie scored then off of a cross from Ellie. In the 2<sup>nd</sup> half Coco scored on one of the best header goals I have seen our team do. Lizzie scored after her from following up a shot and the goalie bobbled it. Overall we played pretty good. We still needed to get used to playing on grass at this point but the earlier trainings helped with this factor. The final of the game was 5 to 0. After we talked about needing to switch the ball more and push it to the outsides so they can take it down line for a cross. Also we talked about needing to lower our shots and have more shots on target. The weather was very nice compared to the freezing temperatures in Minnesota. After the game we went out to eat at Bokamper's, it was like a sports bar and grill. After we rest up at the hotel and are in bed by curfew at 10:30.

### Monday 12/28~

Wake up at 8:30, and have breakfast in the lobby. Everyone hangs out in each other's rooms until we meet in the lobby at 12:20 for our game at 2. The game is against a Key West team. It is at the same fields as our Sunday game. This time we warmed up on the side of a field. We did passing and a bit of running. Also some forwards shot on our goalies against the fence surrounding the fields. The game started a tiny bit late cause the other team took forever to show up. In the first half Hannah scored the first goal off a PK

from Abbey getting tripped in the box. The next goal was by Abbey with a shot from inside the 18. In the 2<sup>nd</sup> half Coco scored with a shot from following up the goalie. Natalie also scored on a header from Allie. The final score of this game was 4 to 0. Also Hannah and Coco got injured this game, this is not a good thing when you only have 14 field players. Overall our touches were off... it was definitely not our best game. After we did sprints and some passing and long balls to try and get back to our old game. Later that night there was a team dinner at Duffy's sport's bar and grill. We were lucky enough to get our own party room because of how many of us there were. Once we were done eating we went back to the hotel and watched movies and went to bed early for an 8 o'clock game the next day.

### Tuesday 12/29~

Wake up at 6 in the morning for an 8 o'clock game against FC Sarasota. It was at a different field this time and it was a very cold morning! We left at 6:30 from the game. It was even still dark when we left! Game started at 8 and in the first half Abbey scored twice, one was a great shot and the other was from a cross off a corner. In the 2<sup>nd</sup> half Allie scored from using her knee and Abbey scored again making it 3 goals for her that game! The final score was 4 to 0. This game was much better than our Monday game. We shocked that team because they were very good and possibly nationally ranked. Also at the time they were undefeated in this tournament like us. We did a much better job that game of switching the field and being more aggressive and pressuring harder. This helped us because the other team couldn't play their style of game. The only bad part about this game was we had many injuries. Hannah and Coco were injured yesterday and couldn't really play in today's game. Also Monica and Erin got reinjured again, they both had previous bad injuries from past seasons. After our game we went to Ft. Lauderdale beach for some swimming and relaxation! There we went swimming; collected seashells, played beach volleyball, and tanned! We were there from about 11:45 till 4:20. Once back at the hotel we all got dressed up nice and went out for dinner to a nice Italian grill called Carrabbas. Then we went to Dairy Queen for some dessert! After we went to the hotel and had to go to sleep early again for another 8 o'clock game.

### Wednesday 12/30~

We got to sleep in a little more than yesterday because the fields were only 5 minutes away! We were still all up by 6:30 for an 8 o'clock game against a Boston team. This was our last game of the tournament. We left for the fields by 6:50 but got a little lost on the way... It was a little warmer this morning. The Boston team was better than we thought and played very tough. In the first half Lizzie had 2 goals (1 was a header and the other was a PK). In the 2<sup>nd</sup> half Hannah got a goal off of a PK as well. Hana even got to play in the field this game for the last 7 minutes! The final of this game was 3 to 0. Overall it was an ok game, definitely not as good as our Sarasota game. We underestimated the team and this led to us not playing our hardest or best. It was a good lesson to learn though because we will constantly be facing teams we don't know much about and need to take every team seriously and try our hardest. It was our last game of the tournament and it was nice to leave with 4 wins! After we had practice for about a half hour to 45 minutes. We had a 5 v. 5 game with two 8 minute half's. After that we did some small touches, abs and 2 sprints. For lunch we went to Subway, taking up about the whole restaurant. After we went to South Beach in Miami. It took us a while to get there because traffic was so bad. It was very crowded but we played beach volleyball again for some team bonding and swam a little. We went out to dinner at the Fox Café. This night was our last night in the hotel. We had a lot of relaxation and fun and overall became tighter as a team. Finally we got some sleep before we had to leave the next day.

## Thursday 12/31~

New Years Eve! Today was the day we were finally able to sleep in. We all packed up and met in the lobby at 10. We then left for the car rental return place and later the airport. At the airport we all get checked in, but it wasn't quite as smooth in security this time. Erin and Lizzie got stopped for having a tiny bit of water in their carry-on. Erin even got questioned! After we ate in the airport and stayed at our gate D8 for about 2 hours till we could board our flight. We left on time at 1:25 on flight 2333. It was expected to be about a 3 hour 22 minute flight but we actually made it there faster! We landed at 4, back in Minnesota in 9-degree weather. We all then went to baggage claim, said our goodbyes and went home, only to see everyone again Monday at practice!

## Overall Trip Highlights!

- 0. Winning all 4 games! (Getting orange shorts!)
- . Going undefeated for 2 months straight
- 0. Having a shut-out every game
- 0. Nights at the hotel and team bonding! We got MUCH closer as a team, which helped our chemistry on and off the field!
- 0. Excitement in waiting for the plane
- 0. Abbey and Jenny falling while boarding the plane to Ft. Lauderdale
- 0. Hana getting to play on the field!
- 0. Getting out of freezing Minnesota winters!
- 0. The beach (volleyball included)
- 0. Late night gas station runs
- 0. Shopping in Miami