



Dear PL players and parents,

As our spring season winds down it will soon be time for family vacations and some R&R and even a little break from football. Please bear in mind that this last part is very important, it is not possible for a growing body to continue non-stop playing and training year round. Eventually injuries and wear and tear, not to mention the possibility of staleness, will set in, even as much as we may all love this sport. So take a break, go to the pool, cycle your bike, and try another sport or activity. Let your body, muscles, and joints relax a little bit and soon you will feel that unmistakable enthusiasm and longing coming back for the new season ahead.

Having said all that, let's be honest, we are not going to ignore our sport, and we are very, very lucky in this area because we have numerous wonderful opportunities to go watch top level football right here locally. Below is just a sampling of what is on offer for our viewing pleasure in the coming months:

Philadelphia Union

<http://www.philadelphiaunion.com/schedule>

Lancaster Inferno

<http://www.lancasterinferno.com/>

Harrisburg City Islanders

<http://cityislanders.com/schedule/2015-schedule/>

Lancaster Lions

<http://afclancasterlions.com/index.html>

And of course on the box:

Champions League Final, Saturday June 6th.

Women's World Cup, starts Saturday June 6th.

MLS games on all summer.

Enjoy your time off, enjoy your families, and enjoy watching (and hopefully being inspired by) some top-notch football!

Seamus.