



Soccer for  
the City  
Supported by **Luther**

## Minneapolis United Newsletter

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### Recreation News

Summer Rec Registration Open; Winter Session II Underway

Winter Rec session II is underway at Augsburg. The registration for Summer Rec at Peal Park is now open on our website! The program offers an additional practice option for kids who are looking for more soccer!

Link: [Summer Rec Registration!!](#)



### GEAR UP!



Represent MU on the sidelines and in the community! Parent, grandparent or player, MU has swag for you. Check out our online store presented by Planet Soccer!

[CLICK HERE](#)

### IMPORTANT MU DATES:

- Spring/Summer 2020 team practice schedules will be released the beginning of March
- Summer Camp dates and details are listed on the MU website. [Click Here](#)
- Tryout dates for 2020-21 Season:
  1. **8U/2013 through 11U/2010** are Monday, July 20 (rainout makeup date is Tuesday, July 21)
  2. **12U/2009 and older** are Sunday, July 26 through Tuesday, July 28 (rainout makeup date is Wednesday, July 29)

*\*Each age group 12U/2009 and older will have tryout sessions on two of the dates listed above.*



Rec program! Check out the article below on how to stay healthy through the long winter months:

### **Vitamin D Deficiency**

If you live in Minnesota & Wisconsin, vitamin D deficiency is a real concern during the winter. Without the “sunshine vitamin,” athletic performance suffers, and it can cause depression & other health issues. In this edition of the Training HAUS Tribune, Sports Dietitian Kaela Colvard has tips and info on the warning signs, the foods your body needs, and what to do if you’re concerned.

[CLICK HERE](#) to access the full article

- The Winter Training schedule has been altered for President's day weekend, and a few Saturdays down the road; check your Teamsnap!
- Good luck to the seven teams in Phoenix this weekend! Hopefully they can follow up strong showings by MU teams who went to Disney and AZ over the last month!
- Congrats to our college commits!
  - Connor Elumba, Wartburg (IA)
  - Emmanuel Modupeoluwa, Superior (WI)
  - George DeMay, Superior (WI)
  - Jackson Negrete, Concordia College (MN)
  - Kyle Goettsche, Avila Univ. (MO)
  - Max Hand, St. Thomas (MN)
  - Mohammed Gubara, Anoka-Ramsey (MN)
  - Samuel Isaacman, Carleton (MN)
  - Steevie Lamarre, Creighton (NE)