

THE LEAGUE

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THE BIGGER PICTURE

POWER OF SPORTS

Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand."
- Nelson Mandela

THE MONTHLY HIGHLIGHT

INTRODUCING FUTSAL



For the first time in 13 years the Dallas Parochial League is introducing a new sport to the league – Futsal. Known as “Five-a-Side Soccer”, Futsal has taken off in the United States as a great developmental game for youth over the last couple of years. This is a version of soccer that is played on a basketball-sized court with, as the nick-name indicates, five players per team, the use of a smaller ball, and no walls or boards. The sport of Futsal promotes players to work on ball control, passing, and creativity on the court.

The DPL is introducing this sport at the Junior Varsity level, 5th and 6th grade. “Youth development through sports is a key focus of the DPL and Futsal seemed like a natural addition to our league’s offering,” says Theresa Mosmeyer, the Athletic Director of the DPL. “After researching the benefits of Futsal as a youth sport, the decision was an easy one. We are definitely excited for our inaugural season starting in April.”

The inaugural season of Futsal is scheduled to kick-off on March 25-26 with a pre-season tournament and then April 1st for the regular season games. Anyone interesting in seeing this new and exciting sport in action, the schedules will be posted soon to the DPL website.

HYDRATE, HYDRATE, HYDRATE

Proper hydration, before, during and after exercise, is vital. Not only is it one of the most important aids to athletic performance, it will ensure your child doesn’t dehydrate. An hour before exercise, your child should drink an oz of water for every 10 lbs of body weight. “The key is water and electrolytes,” says Albert C. Hergenroeder, professor of pediatrics at Baylor College of Medicine and chief of the sports medicine clinic at Texas Children’s Hospital.

THE STATS

Over four eventful nights, sixteen Championship basketball games were played. All teams demonstrated great sportsmanship and passion.

5th Girls – St. Rita-White

5th Boys – St. Thomas

6th Girls D1 – SPX

6th Boy D1 – St. Rita

6th Girls D2 – CKS

6th Boys D2 - MIS

7th Boys D2 – All Saints

7th Girls D1 – St. Thomas

7th Boys D1 – St. Thomas

7th Girls D2 – All Saints

8th Girls D1 – St. Rita

8th Boys D1 – St. Rita

8th Girls D2 – St. Joseph

8th Boys D2 – St. Joseph

VGD3 – Bishop Dunne

VBD3 - Highlands

The DPL would like to congratulate all teams on a successful and inspiring

Upcoming Events

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| March 28 | DPL Night at Ursuline Softball |
| March 30 | PLC Workshop at St. Monica |
| April 1 | JV Track at BL |
| April 1 | Coed soccer/Futsal season to start |
| April 2 | Baseball/Softball season to start |





