

FGL Community Newsletter



Club Spotlight: Tohoku University Futsal Club

A deep dive into the university's premier futsal
representatives



SENDAI SIZZLE: SUMMER HACKS TO BEAT THE HEAT
SUMMER SCREECHERS
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With buzzing cicadas and many hours of sunlight, a hot and humid summer has come to Sendai once again. Where do we even begin? From sports activities, bug hunting, to aquarium and beach days, there's so much to do over the summer break. Put on your favorite tank top and sunglasses, and follow us as we cover our favorite things about summer.

- The FGL Community Committee

Club Spotlight:

Tohoku University Futsal Club

Sathyanarayanan

History

The Tohoku University Futsal Club is the official representative futsal team for the university. Established in the year 2011, it started off as a collaboration between two different futsal “circles” deciding to come together and establish an official university team to participate in Japan Futsal Association’s (JFA) futsal leagues and tournaments. After its establishment, the team decided to be divided as two teams in principle: the top team D-GUCCI would represent the university in university related tournaments, and the satellite team or the second team GONRYO would participate in other miscellaneous tournaments.

Although being a team run without a coach and purely based on guidance from the seniors, D-GUCCI found almost immediate success, qualifying for the All Japan University Futsal Championship (referred to as Summer Nationals hereon) as the Tohoku region representative in their year of establishment and went on to make a pretty decent run in the group stages. This would serve as a platform— a catalyst— for D-GUCCI to establish their Golden Era. D-GUCCI qualified for the Summer Nationals for the 2nd consecutive time in 2012. Being frustrated on how things ended the year before, D-GUCCI were out for blood. They were able to place a Tohoku-Representative best finish of 3rd place, being the first ever time a Tohoku Representative made it out of the group stages. But they were not done yet. In 2013, they would outdo themselves once again, finishing the tournament as the runner-ups after a very close 1-0 loss against the Kanto first representative, Juntendo University Futsal Club- Gajeel.

Hungry for success, D-GUCCI would finally go on to win the Summer Nationals in the year of 2014, after 2 consecutive years of being so close to winning the tournament. For the first time in the history of the tournament, a Tohoku Representative lifts the trophy. History was made. D-GUCCI were finding constant success, with everything they touched turning into gold. But this wouldn't last long. D-GUCCI, although qualifying for the Summer Nationals in 2015 and 2016, couldn't get past the group stages, failing to win a single game in 2016. Something had to be done.

In 2017, as a “revenge” for the past 2 years, the team would go on to qualify for the semi-finals of the tournament, where they would face Osaka Seikei University for the first time in the history of the tournament, establishing a rivalry which would continue for years to come. The team would go on to lose in the penalty shootout, with the teams being at tie after full time, later winning against Doshisha University Futsal Club Trebol to finish 3rd. But the sailings would become rougher.

Tournaments and Leagues

In 2018, the team would fail to qualify for the Summer Nationals. To change things around, the coach-player-captain Ogawa Sohei would make drastic changes to the club, establishing a proper philosophy to the way of playing futsal. This would show immediate results where the club would go on to qualify for the Summer Nationals and placing 4th in 2019 and placing 4th again in the newly established Luxperior Cup (referred to as the Winter Nationals) hereon, ending the year before the corona virus on a pretty high note. Things would get pretty unfortunate in the following years of 2020 and 2021, with most of the club members deciding to return to their hometown, and the club barely functioning. Resuming activities in 2022, the club would fail to find as much success, finishing 7th in 2022 and 5th in 2023. D-GUCCI has set its sights on ensuring a top-4 finish in the Summer Nationals this year and we all are working religiously towards it.

How to Join

The club is open to people of all skill levels, so even beginners can take part in the club activities. Everyone usually starts off at GONRYO, slowly making their way into D-GUCCI as they improve. The club hosts various trial practice sessions in April, but you could also come around at any time of the year to have a look!

For international students, the 'Registration as a Player' process is quite tedious and time-consuming. Players are only registered once a year in April, so it is recommended to join at that time, along with the Japanese freshmen.

Schedule and Fees

The club operates four times a week– on Tuesdays, Thursdays, Saturdays and Sundays– with the Katahira Gymnasium being the main gymnasium. The club has a yearly Club-Fee of around 10.000 yen. You would see yourself spending money on Futsal Shoes, Rental-Car fees and your Uniform as well.

Although the club is run entirely in Japanese, the members are very kind and caring, going out of their way to make sure one doesn't feel alienated and maintaining a very cheerful environment. The club's philosophy 「堅守速攻」 (Catenaccio) and the club's motto to have fun and bond while playing futsal together, can be seen in each of our practice sessions!

Contact Information:

Home Page- <https://tohoku-univ-futsal.jimdofree.com/>

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Sendai Sizzle: Summer Hacks To Beat the Heat

Kamila Putridifa

The weather keeps getting warmer day by day, and what was once a day with the panoramic views of the pinkish sakura trees, turned into sunny, hot days. Summer in Sendai can be uncomfortable to some, as just ten minutes outdoors might leave you drenched in sweat. The heat can even get more dangerous, potentially leading to heat stroke. This seasonal newsletter aims to help you stay comfortable in the summer weather.

1. Stay hydrated

Spending extended periods in the sun can cause dehydration and discomfort. It's crucial to maintain proper hydration throughout the summer. Carrying your water bottle ensures you always have access to a drink. Not only can it store your favorite beverages, but it can also provide peace of mind if you can't find a vending machine in sight.

However, if you go around town, you may not always need to carry your water bottle as it's relatively easy to spot vending machines along the streets. During summer, the machines often feature cold drinks, indicated by a blue button labeled つめたい (Tsumetai). After a long day under the sun, a cold drink is usually the first thing people seek.

To make your drinks even more refreshing, consider adding ice cubes. Stores like Daiso or 100 yen shops sell ice cube mold at an affordable price, ensuring you always have ice cubes ready. However, with the temperature rising to 30 degrees Celsius, it might be a hassle carrying cold drinks, as the condensation could seep into your books or electronic devices in your bag. To make things worse, your drink might no longer be cold by the time you thought of enjoying a few sips.

To avoid these issues, consider buying an insulated bottle. These bottles keep your ice cubes from melting quickly and prevent condensation on the bottle's exterior. Although some brands can get pretty expensive, some affordable options are available. Think of it as an investment, not only for summer but also for the next winter, since it can keep your coffee or tea warm.

2. Protect yourself against the sun

Some people might experience headaches after being in the sun for too long. While sunlight plays an essential role in vitamin D production, studies also found that prolonged and excessive skin exposure to UV radiation increases the risk of skin damage and even skin cancer ([Ultraviolet radiation \(who.int\)](#)).

As you walk around Sendai during summer, you might realize that many people have a brilliant idea of preventing heat: umbrellas. An opaque umbrella or a hat, accompanied with sunscreen, can help protect your skin from sun damage.

Moreover, Sendai's summer is not just about the heat; around July or August, Sendai typically also gets rainy days. Keeping a foldable umbrella inside your bag is a smart way to prevent sunny and rainy weather.

3. Comfortable clothing


Considering that Japan is a subtropical country with four seasons, the fabric used in clothes available in department stores varies in thickness and type. A breathable, sweat-absorbing fabric like cotton is a recommended choice to stay comfortable. Sendai's summer can be particularly humid, causing you to sweat more, also the fabric might stick to your skin because of it.

Things like a small handkerchief (ハンカチ, hankachi) can help prevent the discomfort of your moist clothes sticking to your sweaty body. Furthermore, if you are worried that your attire will be ruined as you arrive at some events, you might want to wear other clothes beforehand and change by the time you arrive.

4. Cautions

According to the news published by Nippon.com, the Japan Meteorological Agency issues heat stroke alerts when the wet bulb globe temperature (WBGT) heat index is predicted to exceed 33. The graph shown in the news showed an upward trend of the heat alerts between 2021 to 2023, with 2023 having more than 1,200 cases ([More than 1,000 Heatstroke Alerts Issued Across Japan in 2023 | Nippon.com](#)).

Heatstroke is a severe condition related to heat that can cause the body temperature to rise above 40 degrees Celsius. According to WHO, although the body has its natural ways of cooling itself down on hot days (such as sweating), excessive heat can put significant stress on the body as it forces the body to work harder for an extended period. These can potentially stress the kidneys and heart, leading to cardiovascular problems or acute kidney injury ([Heat and health \(who.int\)](#)).

A wooden boat is shown from a high angle, floating on blue water. The boat is made of polished wood and has a pointed prow. The water is a deep blue color with some white foam or ripples. The boat is positioned diagonally across the frame, pointing towards the bottom left.

Some symptoms include hyperthermia (body temperature gets too high) combined with disorientation, rapid heartbeat, rapid breathing, and in the cases of classic heatstroke, the lack of sweat was also observed ([Heat stroke - Wikipedia](#)). If you start feeling unwell after or when being in the sun, find shade under the trees or buildings and rest. However, if the symptoms persist or worsen, seek immediate medical attention **by dialing 119**.

The Sounds of Summer

Steven William

After escaping the cold clutches of winter, we were met with the warm embrace of the sun followed by the cool breeze of spring, and as the weather gets warmer, summer is right before us. The time has come for us to enjoy shaved ice and play on the beach, and also for a group of insects to crawl out of the ground and embark on a new life. Yes, the creatures that accompany the warm summer air with a buzzing cry among the trees, cicadas!

Whether you like or dislike insects, I'm sure at one point you had wondered how a small creature is capable of making such a loud sound. Unlike other noise-making insects such as crickets that make their chirping noise by rubbing their hind legs, cicadas have a specialized organ called tymbals. However, the loud clicking sound that you would hear is only produced by the male, as the sound is a mating call specific for each species. A female cicada would approach a male of the same species and produce a clicking noise by flicking her wings as a signal to initiate mating. The female would then lay her eggs inside tree bark. After hatching, the nymphs emerge from the eggs, fall from the tree, and burrow into the ground, where they remain in darkness for several years. The duration of this larval period varies between species.

If you pay attention to the noises cicadas make, you may start to notice some unique patterns. Personally, upon looking at a youtube video of the sound patterns different cicada species make ([youtube.com/watch?v=4E7rX_uWd1E](https://www.youtube.com/watch?v=4E7rX_uWd1E)), I am able to recall hearing two of them directly. The first is known locally as ミンミンゼミ (*Hyalessa maculaticollis*). This local name comes from its distinct sound pattern of going 'mii... mii... mii... miiii-', where it will go in a repeating pattern of short bursts followed by a longer chirp. Among the relatively monotonous screech, this pattern stands out to me. Another species with a unique cry is called ツクツクボウシ (*Meimuna opalifera*). Have you ever walked by a tree that sounds like it has a lot of birds chirping in it, however, no matter how hard you try, you won't see any birds. It is in fact the crying sound of that cicada species. It chirps in short lengths, very much resembling a bird's song.

The rest of the species listed in the video, such as アブラゼミ (*Graptopsaltria nigrofuscata*), ヒグラシ (*Tanna japonensis*), and ニイニイゼミ (*Platypleura kaempferi*) have a rather monotonous and long chirping noise, which probably makes it hard to single out their cry within the choir of cicadas, at least in my opinion. Though, they each have their own distinct frequencies recognizable by one of their kind. For instance, the アブラゼミ got its name from the word *abura*, meaning oil, due to the color of its wings resembling oil paper and its cry that is considered to be the bubbling noise of hot oil. According to a survey (<https://www.biodic.go.jp/reports/5-2/n029.html>), the most common cicada species found in the parks within the Tohoku region are アブラゼミ, followed by ヒグラシ, ミンミンゼミ, and other species.

If you ever walk by a tree during the summer, please try to observe the crying patterns of the cicadas, but not too close that you would deafen your ears! Perhaps by doing so, you can find a new side to nature to love. Enjoy the summer!



Ask Sensei: Ryoichi Nagatomi

Avin Sharma

In this edition of the FGL newsletter, we are pleased to introduce Professor Ryoichi Nagatomi, the Director of the Future Social Health Design Base and the Sports Medical Science Core Center. His research focuses on the molecular biology of exercise, health promotion, and the impact of physical activity on the immune system. Professor Nagatomi also teaches Football in Sports A and Health classes to FGL students,

What inspired you to pursue a career in sports and health? Were there any specific events, mentors, or personal experiences that influenced your decision? How has your passion for this field evolved over the years, and what keeps you motivated to continue your work in this area?

I developed an interest in sports during high school, enjoying activities like table tennis and skiing, though I wasn't particularly skilled. Growing up in Germany, I was impacted by the Japanese senpai-kouhai culture when I returned to Japan. Despite the challenges, I joined a soccer team, where I discovered my endurance sprinting abilities. Initially, I pursued medical school, interested in biology rather than clinical practice. My experiences in medical school and clinical training, especially dealing with internal medicine and pathology, shaped my understanding of the human body. Eventually, I was assigned to a sports education unit, which sparked my curiosity about the connection between exercise and the immune system. This led me to explore the role of biomechanics and physiology in sports science, ultimately fueling my passion for research in this field.

What advice would you give to students who are interested in pursuing a career in sports or health? What are some essential skills or experiences they should focus on developing? Are there any common misconceptions about this field that you would like to address, and how can students best prepare themselves for the challenges and opportunities they may encounter?

Curiosity is essential for students pursuing a career in sports or health. It's important to critically evaluate information, especially from the media, and always ask why. Investigate the background of the information you receive, and if something seems unclear or questionable, dig deeper. This process of inquiry is the beginning of your journey in the field.

Additionally, focus on developing a broad skill set. Don't narrow your focus too early—explore different areas, even those that might seem unrelated, like philosophy or engineering. This can lead to unexpected insights and a more well-rounded perspective. Remember that the contribution to society should be at the forefront of your work. If you find what excites you, pursue it with passion, as that will drive you to succeed in this field.

Outside of your professional work, what sports or fitness activities do you personally enjoy? Do you have any personal fitness routines or habits that you follow regularly?

I believe that many of us enjoy the excitement of discovering something new, whether through a journey or trying out new activities. Personally, I don't follow a specific exercise routine, but I do stay active by cycling, especially when traveling to work or other places. It's important to choose activities that you enjoy and that challenge you to improve. The key is to find something that excites you and motivates you to develop your skills and fitness over time.

How can students balance their academic responsibilities with maintaining a healthy lifestyle? What practical tips or strategies can you offer to help students incorporate regular physical activity and healthy eating into their daily routines?

While academics are important, it's essential not to get too consumed by them. If you focus solely on your studies, life can lose its excitement. I encourage students to find an activity outside of their academic life that they enjoy, whether it's playing a musical instrument, engaging in a hobby, or exploring something new. These activities can provide your brain with much-needed stimulation and excitement, which is crucial for overall well-being. Make sure to spare some time for these interests, even when you're busy, to keep a healthy balance in life.

Can you share a memorable experience or story from your international travels that had a significant impact on you? How did this experience shape your perspective on sports and health, and what lessons did you learn that you have applied to your work or personal life?

A memorable experience was attending a conference in Scotland that combined Chemistry and sports. This event sparked my interest in the intersection of these fields and led to my involvement with the European College of Sports Science. As a member of their scientific committee, I helped review and select research for their Young Investigator Awards, which was incredibly rewarding. This experience taught me the importance of nurturing young talent and highlighted how sports science connects with broader disciplines like pathology and psychology. It also inspired me to bring similar initiatives to Japan, emphasizing the value of international collaboration in advancing science and personal growth.

We're very funny

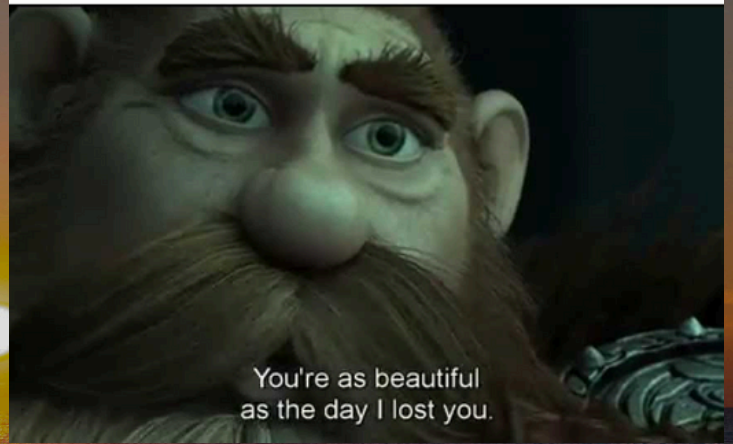
When you're in the middle of the exam and see the questions from lessons you skipped (it covers 50% of exam)



(Well, I'm cooked)



Nothing on your to-do list right now
Check back later for new assignments



You're as beautiful as the day I lost you.





Thank you for reading the summer 2024 issue of the FGL Community Newsletter! See you next season!