

IN THE NET



PLAYING WITH FIRE

Indiana Youth Soccer Enjoys Two Youth Soccer Nights with the Chicago Fire

Indiana Youth Soccer and the Chicago Fire offered two opportunities for youth soccer members and their families to enjoy MLS soccer action at discounted pricing. The first event, held in celebration of Youth Soccer Month, occurred Sat., Sept. 6, at the Chicago Fire's game against the New York Red Bulls at Toyota Park in Bridgeview, Ill.

Indiana Youth Soccer members enjoyed Corner Kick seating at a savings of \$10 per ticket, free water bottles for the first 5,000 kids at the game, tailgating, live bands, inflatable games and face-painting at the fun, pre-game Fire Fest. US Youth Soccer also featured the "Giant Jersey" Tour and a \$10,000 kick-to-win opportunity.

On Thurs., Oct. 23, the Chicago Fire celebrated a second Indiana Youth Soccer Night at their last home game of the

season, also against New York and televised live nationally by ESPN. Indiana Youth Soccer members again enjoyed discounted tickets, ESPN MLS Primetime T-shirts, the Fire Fest pre-game fun and an opportunity to win an autographed Chicago Fire jersey. The winner of the jersey was Ramon Sanchez of Plainfield, Ind.

In addition, several Indiana Youth Soccer ODP and ISL players had the opportunity to participate in the pre-game fun as Flag Kids or Tunnel of Fire kids, and to play pre-game on-field scrimmages. Everyone had a lot of fun!

A big thank you goes out to the Indiana ODP staff Vince Ganzberg, Joy Tull, John Carter and Tony Hriczo and all of the staff at Chicago Fire for making this event possible.

Thanks to all and see you next year!

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Send editorial material to Shannon Stuart at
 shannon@indianayouthsoccer.org
 (We reserve the right to edit materials.)

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Calling all Leaders of Youth Soccer in Indiana



By Murray Clark
 President



I hope that many of you who participated in the fall soccer season are enjoying a well-deserved rest and that you have a wonderful holiday with family and friends. The “off-season” seems to be shorter now as many players and coaches prepare for the spring season by training indoors and/or seeking tournaments in warm-weather places.

Similarly, administrators use the “off-season” as a time to further plan and prepare- so that everyone involved in youth soccer has clearly-communicated rules, policies and procedures in place for the

next season and beyond.

The Indiana Youth Soccer Board of Directors will be meeting on Dec. 13 to once again review the Strategic Plan put in place in 2007. The staff will have met with many of you at District Meetings throughout the state of Indiana in November. These meetings are an important opportunity to exchange ideas and plans for the future, and to receive feedback from the membership to help Indiana Youth Soccer be more understanding and receptive to your needs.

If you were unable to attend a District

Meeting, please contact the Board of Directors with comments and concerns. Whether you wish to suggest additional areas in which Indiana Youth Soccer should take on more of a leadership role, or ways to improve Indiana Youth Soccer programs, events and services, please contact me directly at murray.clark@bakerd.com.

I strongly encourage all club and league administrators to join coaches and managers at the Indiana Youth Soccer Annual workshops on Sat., Feb. 7. I also look forward to seeing all clubs represented at the Presidents Breakfast and Annual General Meeting on Feb. 8. These are important events where we can all gather to exchange ideas and communicate better about the future of youth soccer in Indiana.

See you soon!

Congratulations to the following Indiana Youth Soccer Coach of the Month Winners!

Nick Hanna • Bloomington Cutters U-14 Boys (October)
D. Blake Sharpe • FWUSA Citadel, Fort Wayne U-12 Boys (November)

Challenge Cup Photo Correction

The following picture titles were reversed in the August 2008 edition of *IN the NET*. Indiana Youth Soccer apologizes for the error. The correct titles and pictures are below.



U11G Carmel United Academy



U12G Carmel United Academy

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Top Ten Reasons to Attend the Annual Events Weekend

10) Where else can you talk about soccer for 24-plus hours straight without getting the evil eye from friends, co-workers or loved ones?

9) It's free! Well, mostly. Workshops are free. Meetings are free. The Presidents' Breakfast is free (for presidents), and new for 2009 ... yes, even parking is free!

8) You don't want that "other club" to win bragging rights for filling up more tables at the awards banquet, now do you?

7) Fresh juice and hotel coffee in the morning. And for those who can't live without it ... yes, there is a Starbucks less than a mile away.

6) Come-as-you-are attire. Hint: you may feel overdressed at meetings and workshops if you aren't sporting some sort of soccer warm-up or club attire. "Put me in coach, I'm ready to play!"

5) You can count on chicken or pasta at the awards dinner. Everyone likes chicken — especially as served by the Renaissance Hotel catering team, winner of the Marriott International's Food & Beverage Excellence Award in 2008.

4) Are you ready for some futbol? New for 2009, the Annual Events Weekend is not on Super Bowl Weekend or AFC Championship Weekend, eliminating the need for quick trips to the bar, the car or fiddling with portable radio devices to catch the latest score. Go Colts!

3) You're the only one at your club without an Indiana Youth Soccer window decal, key chain or lapel pin. You know you want one.

2) "This lodging near Indianapolis boasts a connectivity panel which integrates your electronic devices," says the Renaissance Hotel website. That's some beautiful marketing copy right there. We assume this means you can bring your laptop, and it will work. Yippee!

1) Get your official "I voted" sticker. Limit one per club. Did you know that less than 40 percent of member clubs cast votes at the 2008 Annual General Meeting (AGM)? This is your opportunity to help shape the future of Indiana Youth Soccer by voting on behalf of your club, your kids and your money. Make your voice and vote count!

Indiana Youth Soccer Announces Plans for 2009 Workshops & Annual General Meeting



By Sarah Cantwell
Director of Member Services

Indiana Youth Soccer is gearing up for the 2009 Workshops and AGM weekend that will be held Feb. 7-8, 2009. This year, the events will be held at the Renaissance Hotel on North Meridian Street in Carmel. Rooms are now available for overnight stay under the Indiana Youth Soccer block by calling 317-816-0777.

Saturday, Feb. 7

The weekend kicks off at 8 a.m. on Saturday with a complimentary "meet and greet" coffee for all attendees. Workshops from 9 a.m.-4 p.m. will cover a variety of current administrative, organizational and coaching topics. Industry

professionals will present on such topics as: GotSoccer League registration training, Asthma and Athletes, Positive Coaching, Childhood Bullying, ACL Risk & Prevention, Risk Management, Club Development, U9-10 Academy Program, Creating a Better Environment and more.

The Indiana Soccer League (ISL) will hold a managers meeting for all teams playing in the spring season, while the 2009 State Cup team bracket selection will be held in a public draw. To take full advantage of all the workshop sessions, clubs and leagues are encouraged to have 3-5 administrators and coaches in attendance.

In the evening, Indiana Youth Soccer will host the Annual Awards Banquet, which will include the Indiana Soccer Hall of Fame inductions. Finalists for all the Indiana Youth Soccer Recognition Awards will be honored and

the winner in each category revealed.

Sunday, Feb. 8

At 9 a.m. on Sun., Feb. 8, Indiana Youth Soccer Club Presidents are invited to attend the Fourth Annual President's Breakfast. This event is complimentary for all club presidents (or their official designee) by invitation only and will be held in the Carmel Ballroom.

All member clubs should plan to send a voting representative to the Indiana Youth Soccer Annual General Meeting at 11 a.m. Other club members are strongly encouraged to attend as well. The Annual General Meeting is the only official business meeting for the membership each year.

This promises to be a valuable and informative weekend for all members. The board and staff of Indiana Youth Soccer hope to see you there!

Indiana Youth Soccer Annual Award Categories and Descriptions

Just two months remain before the 2009 Indiana Youth Soccer Annual Awards Dinner, Feb. 7 at the Renaissance Hotel in Carmel! To ensure that your deserving candidates aren't left out, fill out the award nomination form at right, or download one from www.indianayouthsoccer.org.

Below are descriptions of the awards that will be given, along with the basic criteria for each:

Mike Berticelli Boys Travel Coach of the Year; Girls Travel Coach of the Year

These awards honor hard-working, dedicated and ethical coaches in travel programs. A deserving coach is one who is well prepared and knowledgeable, and teaches integrity, respect and sportsmanship to their players. Players, parents and other coaches should consider their coaching performance as exemplary and one who is influential in creating a better environment.

Boys and Girls Recreational Coach of the Year

These recipients (one each for boys and girls) dedicate their time and efforts to recreational soccer. They promote participation and fun to the players, as opposed to winning and losing. Players and peers view this person as an influential role model, a person who is in the game for the kids to have fun and creates a positive playing environment.

W. John Denkmann Referee of the Year

This award honors a referee that is regarded as professional in appearance, dependable, consistent in performance, has a positive attitude toward players and team officials. This referee has a high impact on referee development through mentoring or administering referees. This referee must have a considerable amount of experience on the field.

Young Referee of the Year (Girls/ Boys)

The recipient of this award should be a Grade-8 Official. The young male and female that receive this award are professional in appearance, dependable, consistent in performance and have a positive attitude toward players and team officials. This young referee must be a role model both on and off of the playing field. They also give that extra effort to the game of soccer.

Administrator of the Year Award

The recipient of this award gives an extraordinary amount of time and energy to the game of soccer. The recipient should be a positive role model for other volunteers. This administrator may assist a team, a club, league or the state organization.

Jay Fredrich Good of Soccer Award

The recipient of this award has made a significant contribution to youth soccer in the state of Indiana over a long period of time. The effect of this person's dedication will be seen for years to come. This award is also given to individuals that give extraordinary effort to a specific event or program over a relatively short period of time.

Volunteer of the Year Award

This award recognizes the soccer volunteer who is a positive role model for the community beyond soccer, yet receives no compensation for the efforts. This person demonstrates a willingness to promote soccer and helps increase the opportunity for others to participate in soccer.

Tournament of the Year

This award recognizes an Indiana Youth Soccer-sanctioned tournament that is considered exemplary. The tournament will be judged on all aspects of the event, from application to awards

ceremony; from the field set up, concessions and parking to the state tournament evaluation.

Club Director of Coaching

This award recognizes and promotes a Club Director in Indiana who is a licensed coach, supports the Indiana Youth Soccer vision of player development and Code of Conduct, and has the respect and admiration of the coaches, players and administrators within the club.

Team Manager of the Year

This award honors the countless hours that the team manager (the coach's "right-hand person") spends doing administrative tasks such as tournaments, emails, handouts, phone calls, assisting at team trainings and games. This person is invaluable.

Club Website of the Year

This award honors the club with the most pleasing, creative, user friendly and informative website.

The top four candidates for each award will be honored at the Indiana Youth Soccer Awards Dinner, Sat., Feb. 7, at the Carmel Renaissance Hotel, where the winner in each category will be announced.

Please include letters of recommendation to the Indiana Youth Soccer Annual Award Committee describing why you believe the nominee is deserving of such an award. Explain how the nominee has excelled or succeeded with improving youth soccer in your area, citing on and off the field dedication. Does the nominee work with recreational or travel programs? How long has the nominee been making contributions? It is recommended that nominators include supporting documentation such as letters from others, meeting minutes, newspaper articles, photos etc.

If you have questions, please contact Sarah Cantwell, Member Services at 317-829-0560 or 800-347-4972 or by email at sarah@indianayouthsoccer.org.

All Award nominations are due to Indiana Youth Soccer by Jan. 10, 2009





**INDIANA YOUTH SOCCER
2008 Annual Awards Recognition Application**

Select One (X) - (Detailed descriptions of each category are included with the attachment)

- Administrator of the Year
- Jay Fredrich Good of Soccer Award
- Volunteer of the Year
- Manager of the Year
- Tournament of the Year
- Website of the Year
- Club Director of Coaching of the Year

- Girls Travel Coach of the Year
- Boys Travel Coach of the Year
- Boys Recreational Coach of the Year
- Girls Recreational Coach of the Year
- John Denkmann Referee of the Year
- Young Male Referee of the Year
- Young Female Referee of the Year

Nominee (Candidate) Information:

Name: _____

Address: _____ City _____ Zip _____

Phone: (____) _____ email: _____

Member Club: _____ Role in Club: _____

Nominator Information:

Name: _____

Address: _____ City _____ Zip _____

Phone: (____) _____ email: _____

Member Club: _____ Role in Club: _____

Other References:

Name: _____ Phone: _____ email: _____

Name: _____ Phone: _____ email: _____

Please include letters of recommendation to the Indiana Youth Soccer Annual Award Committee describing why you believe the nominee is deserving of such an award. Explain how the nominee has excelled or succeeded with improving youth soccer in your area, citing on and off the field dedication. Does the nominee work with recreational or travel programs? How long has the nominee been making contributions? It is recommended that nominators include supporting documentation such as letters from others, meeting minutes, newspaper articles, photos etc.

This application is available on our website and can be completed there. Or, mail the completed application, with the letters of recommendation, and other supporting documentation by January 10, 2009 to Indiana Youth Soccer, 5440 Herbert Lord Road, Indianapolis, Indiana 46216, attention: Awards; or Fax to 317-829-0555.

If you have questions, please contact Sarah Cantwell, Member Services at 317-829-0560 or 800-347-4972 or by email at sarah@indianayouthsoccer.org. **The top four (4) candidates for each award will be honored at the Indiana Youth Soccer Awards Dinner, Sat., Feb. 7, 2009 at the Carmel Renaissance Hotel, where the winner in each category will be announced.**



2009

Annual General Meeting & Workshops

February 7-8, 2009

Renaissance Hotel

11925 North Meridian Street

Carmel, IN

Saturday, February 7

Coffee Social – 8-9 a.m.

Administrative Workshops – 9 a.m.-4 p.m.

Annual Awards Dinner and Hall of Fame Induction

Reception: 5:30-6:15 p.m.

Dinner: 6:30-9:00 p.m.

Sunday, February 8

President's Breakfast 9-10 a.m.

*Invitations will be sent - reservations required.

No fee for Club President or Designee

Open Discussion: 10:15 a.m.-10:45 a.m.

Annual General Meeting: 11:00 a.m.

Hotel rooms are blocked at the Renaissance Hotel for

Friday and Saturday night for \$109/night.

Please call 317-814-2515 and ask for the Indiana Youth Soccer Block.

Hey Indiana! What's New?

Introducing the New Parent E-news "Ripples"

Indiana Youth Soccer is pleased to introduce a new parent education e-newsletter called "Ripples". The Ripples parent education e-news joins IN the NET general e-news and the HEADS UP coaching education e-news in our family of electronic communication at Indiana Youth Soccer.

Ripples is the official Parent Education E Newsletter of Indiana Youth Soccer. The reason for the title is that the behavior of adults (including parents) both on and off the field can have a "rippling" effect in a young person's overall development. The development does not just apply to soccer and youth sports, but in life as well. Your guidance and love throughout a child's youth sport experience is vital in creating lifelong habits now and in the future.

If you or someone you know might like to receive any of the Indiana Youth Soccer e-newsletter communications, you may sign up on the Indiana Youth Soccer home page. Users may unsubscribe from an e-newsletter by clicking on the required unsubscribe link on the bottom of every newsletter.

Ganzberg Named to Bethel Hall of Fame



Indiana Youth Soccer Director of Coaching Vince Ganzberg was Named to the Bethel College Athletic Hall of Fame on Sept. 7. Ganzberg graduated from Bethel in 1989 with a B.A. in business education. Vince was a four-year letter winner on the soccer team.

He was the Ron Paulsen Award Winner in 1987 and a three-time team captain. Vince was named team's MVP four times and was a NAIA All-American (HM) during the 1987 season. He was named to the NAIA All-District Team three times ('86, '87, '88) and the NCCAA All-District Team four times ('85, '86, '87, '88). He is considered to be one of the best soccer midfielders in the history of Bethel College Athletics.

Congratulations, Vince!

Help Break the World Record for Longest Chain of Shoes

The U.S. Soccer Foundation is planning to break the World Record for Longest Chain of Shoes at the 2009 NSCAA Convention held in St. Louis, Mo., Jan. 14-18. Through partnerships with the NSCAA, Eurosport, and major athletic



apparel companies, the Foundation will collect and distribute new and gently used soccer cleats and athletic footwear to support the Passback Program and the Urban Soccer Collaborative.

The current record stands at 10,500 shoes, so in order to break the record, we need your help!

Ways to help:

1) Donate your shoes. Box up and send all shoes to the following address no later than Dec. 1:

Eurosport
Attn: Steve Fear/World Record Attempt
431 US HWY 70-A East
Hillsborough, NC 27278

**Please note (on the outside of the boxes) the number of cleats that are within each box

2) Donate \$10 to buy a pair of shoes for a child in need.

3) Spread the word! Join our Facebook Group

By donating, you are automatically entered in a drawing for prizes including tickets to MLS Cup and regular season games, Xbox, Wii and Play Station games, and other exciting prizes.

For more information, please contact Courtney Fischer by phone, 202-872-6659 or email, cfischer@ussoccerfoundation.org.

Field Equipment Needed for South Texas Youth Soccer Association

As clean-up continues from Hurricane Ike, a simple request of gently used field equipment has been made to assist those in the South Texas Youth Soccer Association, proud member of US Youth Soccer. Items of need include goals, nets, corner flags and field paint marking/stripping equipment.

Items can be shipped to:

South Texas Youth Soccer Association
c/o Tom Morrow
15209 Hwy 290 East
Manor, Texas 78653

If you would like to discuss additional opportunities or needs, please contact Tom Morrow, Executive Director for South Texas Youth Soccer Association, at 512-272-4553. You can learn more about South Texas Youth Soccer at www.stxsoccer.org.

Orbit Soccer is 2008 Youth Soccer Month Winner!

Congratulations to Lawrence County Orbit Soccer — the Indiana Youth Soccer 2008 Youth Soccer Month Winner!

During Youth Soccer Month 2008, Indiana Youth Soccer clubs across the state helped to promote the fun, fitness, family and friendship of youth soccer. Several soccer clubs teamed up with local high schools and colleges to offer special events, including youth soccer nights, field dedications, picnics, street soccer events and Youth Soccer Month Proclamations.

All Indiana Youth Soccer member clubs who participated in YSM 2008 were entered into a drawing. The winner was chosen at random from a total of nineteen events and proclamations. Lawrence County Orbit Soccer, of Bedford, is the 2008 YSM winner! The club received 20 adidas soccer balls courtesy of Indiana Youth Soccer and adidas.

Thank you to everyone who helped to make Youth Soccer Month 2008 a great success!

Indiana Youth Soccer Welcomes Monrovia Youth Soccer League

Indiana Youth Soccer welcomes Monrovia Youth Soccer League in District 10 as the newest affiliate member of Indiana Youth Soccer. The club is based in Monrovia and their Recreational soccer program will serve over 150 children in grades 4-8.

Monrovia Youth Soccer League was established to teach kids the fundamentals of soccer. The club is run entirely by volunteers. In their first season with Indiana Youth Soccer, Monrovia Youth Soccer League will offer a Recreational co-ed program. Children are separated into three age divisions and play on co-ed teams. Pre-k through first grade make-up the pee-wee division, second through fourth grade is the middle division, and fifth through eighth grade is the upper division.

Club leadership believes the added benefits and opportunities of Indiana Youth Soccer membership will provide a firm foundation for player development and

increased sport awareness in the community. Monrovia Youth Soccer League is led by Larry Smith, President.

Kohl's American Cup Comes to Indiana

The Kohl's US Youth Soccer American Cup provides recreational youth soccer players an opportunity to experience a consistent and high-quality statewide tournament in a fun, festival-like atmosphere. It fosters stimulation and excitement about soccer in an effort to increase the recreational players interest in and love for the game.

It is the Kohl's American Cup philosophy that all players should receive equal opportunities and benefits within their level of play. All players have the right to participate in competitions where they can develop and exhibit their skills while enjoying themselves. The Kohl's American Cup provides recreational players this opportunity and places emphasis on participation, as opposed to competition.

Kohl's American Cups were held in Bloomington, Fort Wayne, and Indianapolis this fall, and the goal is to offer a Kohl's American Cup in all 20 Indiana Youth Soccer districts in 2009.

Looking for a unique way to celebrate and reward your recreational soccer players? Why not consider hosting a Kohl's American Cup recreational tournament in 2008-09? Earn a head start on the 2008-09 soccer season by registering to host a Kohl's American Cup in 2009. Registration is now open and selection of tournament dates is on a first-come, first-served basis. To be considered for the truck route, registration forms are due no later than Dec. 1, but applications are accepted throughout the year.

NCAA Names 50th Anniversary Team

Three Hoosiers were selected to the NCAA Soccer 50th Anniversary Team, which included 11 players and one coach. Angelo DiBernardo, Armando Betancourt, and Jerry Yeagley will be honored at the 2008 NCAA Men's College Cup at Pizza Hut Park Frisco, Tex., on Dec. 12-14. A total of 32 players and six coaches were on the initial ballot. Fans had a chance to vote for the top 11 players and a head coach on NCAA.com during the month of October.

Brazil Outreach Camp a Success



By Gary Dorn

I just returned from Brazil last month where I put on another soccer camp for boys. The camp last fall in Pirracuru was so successful that they asked me to conduct one this year in Parnaiba, a city of 40,000 located on the Atlantic coast in the northeastern part of Brazil, in the state of Piaui.

It was a three-day camp with 110 boys ages 12-17. Unfortunately, we had to turn away many other boys, as the covered stadium used for basketball and soccer limited the number I could handle. Half of the boys came in the morning and the other half in the afternoon. I also had a group of girls from the school that wanted me to put on a camp for girls.

Assisting me was my interpreter from Sao Paulo and the physical education teacher, Eduardo. T-shirts provided by Carmel United Soccer Club were given

out to each participant on the third day, when I held a tournament. I was in awe watching the soccer skills of these boys while playing barefoot on a concrete floor. Eduardo told me that the government used to support sports in the schools, but does not anymore. They don't have any funds for organized sports and supplies, such as shoes and soccer balls, so he offers sports during physical education class.

I returned with a grateful feeling for these students and hope to return again next year, when I would like to have a camp for both boys and girls in one of their stadium fields — preferably in the evenings, when it is cooler. The days are too hot to have it outside. This is a dream of mine and, God willing, it will take place.

If you or your club would like to assist with future outreach camps such as this, please contact Gary Dorn at 317-507-0646 or gdorn@structurepoint.com.

Indiana Youth Soccer Mourns the Loss of Jimmy Carson II



Indiana Youth Soccer joined with the entire soccer community throughout Indiana and the United States in mourning the passing of long-time soccer ambassador Jimmy Carson. Jimmy passed away in Indianapolis on Sept. 12. A beloved figure in Indiana and Region II, Jimmy was president of Indiana State Soccer Association for 25 years. Jimmy stepped down as president this past April after serving the longest tenure of any member of the United States Soccer Federation.

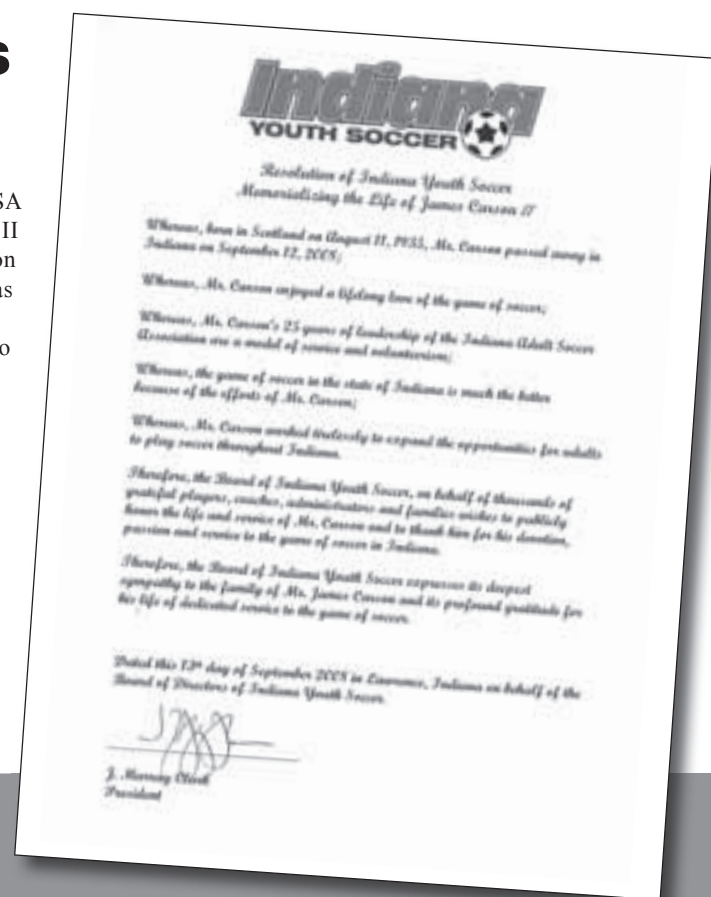
In 1967, Jimmy immigrated to the United States and worked as a machinist and inspector for General Motors before retiring in 2000 after 25 years of service. He first became involved with soccer in the U.S. in 1968 when he helped form the British American Football Club. For five years he served as the Secretary of the Central

Indiana Soccer Association. Jimmy served on the USASA Credentials Committee for four years and as the Region II Select Team Administrator for six years. He also served on the USASA Budget Committee for six years. Jimmy was an active member of the USASA since its inception.

Jimmy's service to the sport of soccer in Indiana also included:

- Secretary-Indiana State Soccer Association
- Organizer-Indiana State Select Team
- Host-National Amateur Cup and Open Cup Finals
- Co-founder of Indiana Soccer Hall of Fame
- Inducted into the Indiana Soccer Hall of Fame in 1999
- Inducted into the USASA Hall of Fame in 2006

The Indiana Youth Soccer Board of Directors passed a resolution (at right) honoring Carson for his service and dedication to the sport of soccer.



The Latest News and Notes From ISL



By Angel Hall
ISL Commissioner

Congratulations to the Fall 2008 MRL Teams!

Indiana Youth Soccer advanced five U14 teams into Midwest Regional League (MRL) for the Fall 2008 season. MRL is an advanced league for teams who have earned the promotion to play with other champions from the 14 states in Region II. Indiana Youth Soccer would like to congratulate the following teams for being promoted to the Premier Division of MRL for the Spring 2009 season:

U14 Boys: Carmel United Soccer Academy 95 Boys

U14 Girls: Carmel United Soccer Academy 95 Girls

Congratulations to the Fall 2008 League Champions!

Having finished its seventh full season, ISL is proud to present the League Champion title to the following teams. Congratulations to the entire team – players, coaches, managers, and parents. Your commitment to youth soccer in Indiana is outstanding! Every player will receive an individual award and a team award will be awarded to the club.

Division	Team
U13B Premier	Carmel United Academy 96 Sochacki
U13B 1st	Indiana Invaders FC 96B Black
U13B 2nd	Jr. Irish Impact 96B
U14B Premier	Dynamo FC 95B Red
U14B 1st	VYSA Fusion
U14B 2nd	Carmel United Premier Blue 95
U13G Premier	Noblesville United U13G National
U13G 1st	Columbus Express Orange
U14G Premier	Dynamo FC 95G Red
U14G 1st	NWI United FC 95G

Congratulations to the Fall 2008 Sportsmanship Award Winners!

ISL believes strongly in the Code of Conduct and the healthy environment that good sportsmanship promotes. It is important that ISL takes this time to remind the adults, team staff and parents, that your behavior

counts, too. We all know that the best way to teach young people is to set an example. Inappropriate behavior on the sidelines leaks on to the field. It can affect the players and the referees. Let's all strive to be the best model citizens and make our players proud of us!

During the season, match officials and coaches have been reporting on the sportsmanship displayed by the players, coaches, and parents. While ISL would like to recognize every team qualified for this category, the Advisory Council has selected the following teams to be recognized for their outstanding effort to be good sports. Congratulations! Each team will receive a team award to be displayed in the trophy room at their club.

Division	Team
U13B Premier	Westside Utd 96B Green
U13B 1st Division	NWI Utd FC 96B Blue
U13B 2nd Division	Citadel 96B White
U14B 1st Division	No winners
U14B Premier	Dynamo 95B Red
U14B 2nd Division	Duneland Chesterton Trojans
U13G Premier	Fever Academy 96G
U13G Premier	Zionsville Eagles 96G Select
U13G 1st Division	CenterGroveLadyRed Devils
U13G 1st Division	Jr. Irish Explosion
U14G Premier	Fever Academy 95G
U14G 1st Division	Indiana Invaders 95G

Spring 2009 Schedules

Team Managers will be required to attend the ISL meeting being held in conjunction with the Indiana Youth Soccer AGM. The AGM is being planned for Feb. 7-8, 2009. The ISL meeting will be held the morning of Sat., Feb. 7 at the Renaissance Indianapolis North Hotel in Carmel. Please check the website for the exact time.

During this meeting, we will discuss the new league updates, including rules and policy changes. The preliminary spring schedule will be released and all teams will have the opportunity to work together with each other and the league commissioner to manage the best schedules possible. There is no extended period of time to review schedules and submit changes at a later date. All reschedule requests must be made at this meeting. Please start planning now to attend.

It is best to have one representative per team available at the meeting. Managers trying to cover for more than one team

often find it difficult to participate in multiple discussions and are not able to effectively manage schedule changes for multiple teams.

If you have any questions about the process, please contact Angel Hall, ISL Commissioner, at isl@indianayouthsoccer.org or 1-877-269-3150.

Indiana Travel Leagues and GotSoccer System Training

Under the direction of the League Task Force, the travel leagues in Indiana chose to use GotSoccer for league management. GIRLS and CIYSL had been using the system successfully for several seasons. ISL and NISL began using GotSoccer during the fall of 2008. Combining the league management in one system gives the leagues, clubs, teams and referees a central location with unified information and simplifies the use of shared resources between the leagues.

As with any new software implementation, procedural changes and education are essential in making a smooth transition. The fall training sessions for GotSoccer were held during scheduling meetings and most information was provided using written documents. For the spring, Indiana Youth Soccer will be providing training in hands-on classes and/or live demonstrations at the AGM on Feb. 7.

These classes will be geared specifically towards training Managers and Coaches. Indiana Youth Soccer will be providing instructions on how to use the system to fit the needs of the teams and the leagues. Several changes, including the Club Pass — which requires managers to manipulate rosters prior to game day — will be discussed. The GotSoccer system is powerful and there are many useful tools for communicating with players and managing team business.

These GotSoccer training sessions are open to Managers and Coaches from all travel leagues. We will not be discussing specific league policies or rules, just training for the system for all leagues. Two meetings are being planned to provide double the opportunity for this important training. Please mark your calendar and plan to attend.

NOTE: There will be other training sessions throughout the weekend for club administrators, referees, and referee assignors. Please check the Indiana Youth Soccer website for details.

District Meeting Wrap Up



By Sarah Cantwell
Director of Member Services

The Indiana Youth Soccer Staff took to the road again this past November, holding eleven district meetings in all parts of the state. The purpose of these yearly meetings is to provide a convenient setting for members to receive and discuss information on Indiana Youth Soccer events, programs and services and to gather feedback that helps shape the future of youth soccer in our state.

By traveling to the individual districts, the staff has the opportunity to talk one-on-one with club members and club officials in a casual atmosphere. Each district is unique and has its own set of priorities and needs. Once recognized, these needs can be studied for possible changes or additions to Indiana Youth Soccer policies and procedures. Another goal of these meetings is to meet face-to-face with our membership — putting a face to a voice is a great benefit for us all.

This year, the staff traveled to Merrillville (Districts 1 and 2); South Bend (District 3); Ft. Wayne (District 4); Lafayette (District 5); Bloomington (Districts 8, 15 and 16); New Albany (District 20); Edinburg (Districts 13, 17 and 18); Evansville (District 19); and New Castle (District 14), plus three meetings in the greater Indianapolis area (north/east, south and west — Districts 6, 7, 9, 10, 11, 12 and 13).

The topics presented sparked quite a bit of discussion in the districts, giving the staff valuable feedback on the U9-10 Academy, the Indiana Soccer League (ISL) and the inaugural season for the new Club Pass System of League Play, along with proposals to change the competitive calendar in the state (league play dates, state cup dates, tryouts). Significant discussion centered around the continuing need to improve the playing environment in Indiana and the roles we all play in helping to accomplish this goal.

The Indiana Youth Soccer staff thanks you all for participating in the District Meetings this year.



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Mike Freitag, Coach, Indiana University

Avon Sports Apparel is proud to be the Official on-site Adidas store for Indiana University Men's Soccer Camp, Midwest Soccer Coaches Symposium, and supplier to Indiana Youth Soccer Association.

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Zionsville Youth Soccer Opens ZYSA Clarian Health Field

By Shannon Stuart
Indiana Youth Soccer
Director of Communications

with contributions from Gene Ford

Former Zionsville President Mark Inman chuckles when relaying the history of Zionsville Youth Soccer, remembering days when ZYSA was reliant on whatever green space local churches, schools and parks were willing to lend for playing fields. In those days, the idea of the club developing an indoor training complex was little more than a “pipe dream”.

But sometimes dreams do come true.

On Oct. 8, Zionsville Youth Soccer held a grand opening and ribbon-cutting ceremony for the new ZYSA Clarian Health Indoor Field. Current ZYSA President Joe Tanner, ZYSA Board Member/Project Manager Steve Lains, Clarian Health's Randy Yust and Indiana Youth Soccer Executive Director Don Rawson gave opening remarks to a large crowd who gathered outside the facility for the ribbon-cutting ceremony. Later, ZYSA's U10 Academy boys christened the new field with a “Kick-Off” scrimmage game, fittingly led by Coach Rick Fiege, a former ZYSA President. Finally, ZYSA members and the general public were invited to tour the facility and enjoy refreshments in a traditional open-house style event.

The facility is state-of-the-art, built for durability and longevity. The exterior of the building has an eight-foot-high, split-face masonry wall topped with ZYSA green metal siding and a white, low-sloped metal roof. The entrance includes a fully enclosed vestibule to reduce air exchange in the winter months and provide a safe place for child pick-up after training. The playing surface is approximately 180 feet long by 80 feet wide, with runner boards and top-of-the-line field turf. The runner boards on the spectator side are eight-foot-tall glass for easier viewing of the training

and games from the sideline. Three offices are included for staff and meeting space, along with a training room and additional conference space.

ZYSA Clarian Health Field will be used primarily by ZYSA players for winter training and indoor games, but will also provide an option for summer camps and clinics on days with inclement weather. Rec and travel players alike will share opportunities for small-group training, foot skills clinics and team events. Other time not being utilized could be scheduled to host 3x3 tournaments, expanded foot skills training, expanded rec player training sessions, speed and agility training sessions, and perhaps rental for other sports or activities.

ZYSA is pleased at what the indoor facility will mean to the club and to the development of its players. According to President Joe Tanner, the facility will provide a cost-effective alternative for the ZYSA travel teams who can avoid paying rental fees and transportation costs to train in gyms and other indoor facilities this winter. The current ZYSA usage plan for the new facility slates every ZYSA travel team with two hours per week of training time on the field with a mixture of training and “friendlies”.

The realization of the indoor facility is yet another step in the overall comprehensive vision for ZYSA — a plan more than a decade in the making.

In February 1995, under the leadership of Rick Fiege, Angela Smith Gunn, Gary and Teresa Grissom and others, ZYSA bought fifty acres of land at 5616 Co Rd., 700 E in Whitestown. The club was able to purchase the land with a cash down payment and an agreement to hold the note by a seller who was supportive of the idea of developing the land into soccer fields. Not having to apply for additional financing allowed ZYSA to apply additional monies toward field development. With a plan well underway, ZYSA received a \$50,000 USSF Foundation Grant in May of 1997 for the construction and development of 22 soccer fields. The club received a second \$10,000 grant from the Community Foundation of Boone



County in June of 1997. Zionsville High School was instrumental in developing the championship field, and assisting with support for the lights, press box, bleachers and scoreboard, in exchange for practice space for their rapidly growing teams. Finally ZYSA reached a sponsorship agreement with Pepsi in a \$100,000 deal of \$10,000 per year over 10 years.

Thanks to all these efforts, the ZYSA outdoor complex opened in the fall of 1999. A permanent building (housing offices, a meeting room, concessions and equipment to maintain the fields) and a paved parking lot soon followed. Former and current ZYSA Presidents Mark Inman and Joe Tanner were instrumental in implementing the Socctoberfest Tournament as a clubwide fundraiser to underwrite additional capital improvements and facility operating expenses. When current ZYSA Director of Coaching Carlos Zavala was hired in 2003, then-President Mark Inman promised Zavala that an indoor facility was somewhere in the foreseeable future.

Approximately five years ago, ZYSA began seriously discussing the benefits of a club-owned indoor facility. By 2007, ZYSA's programs had boomed to over 1,700 registrations, while the club's travel teams and ZHS soccer teams were quickly gaining reputation as highly competitive, state-ranked teams. Inman's promise became a running joke at ZYSA as Zavala would reportedly periodically remind the board of the indoor facility, asking, “Isn't it about time?”

Over the years, savvy business planning and appreciating land values allowed ZYSA to move ahead forward with the next step in their plan — an indoor facility. What was once a pipe dream became reality as the ZYSA board approved moving forward with the indoor facility in 2007. A team of volunteers of ZYSA and industry professionals have worked untold hours bringing the facility from idea to reality.

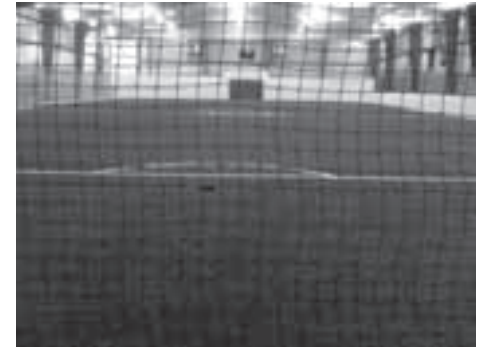
The ZYSA volunteers primarily involved included:

Joe Tanner	ZYSA Board President
Steve Lains	ZYSA Board Member Oversight of Entire Project
Steve Bignal	ZYSA Board Member Construction
Mark Inman	Past ZYSA Board President Sponsorships/Fundraising
Jake Koenig	ZYSA Treasurer
Tim Sheehan	ZYSA Board Member-Financing
Carlos Zavala	ZYSA Director of Coaching and Player Development
McKinley Jones	ZYSA Assistant Director of Coaching and Player Development
Aaron Cline	ZYSA Assistant Director of Coaching and Player Development
Linda May	ZYSA Club Administrator

Industry professionals involved were as follows:

Boone County Plan Commission-Rezoning
Myers Construction Management-General
Construction Contractor
Schneider Corporation-Feasibility Study,
Rezoning, Site Layout/Engineering
US Architects-Building Design
Baker & Daniels-Legal Counsel, Rezoning
and Land-Use
Zionsville Community Schools-Site Utility
Assistance

Construction on ZYSA Clarian Health



Field began in May 2008 and the facility was officially opened in October 2008. This newest ZYSA project is being financed through corporate sponsorship, community grants, individual contributions and club fundraisers like the 24+ hour soccer game currently planned for December. In this event, ZYSA kids will raise money by collecting pledges and having fun doing what they do best — playing soccer.

Individual contributions for the facility are made through membership in ZYSA's “Goal Keepers Society.” Members of the Goal Keepers Society are the chief individual stewards who allowed ZYSA to meet the goal of building its indoor facility. The name “Goal Keepers Society” comes from ZYSA's continued commitment to the true goals of ZYSA — providing a safe, fun and top-notch soccer experience for young athletes, and teaching, through soccer, to respect everyone involved in the game, including coaches, referees, other players and most importantly, themselves.

ZYSA partnered with Clarian Health and its affiliates — including Clarian Human Motion, Velocity Sports Performance and Methodist Sports Medicine/The Orthopedic Specialists, who serve as the exclusive health care, sports medicine and sports performance providers for the ZYSA.

“ZYSA is very excited about this partnership with Clarian Health, Velocity Sports Performance and Methodist Sports Medicine as we work very hard to expand and enhance our soccer program in the Zionsville community,” says Joe Tanner, ZYSA president. “The partnership makes sense for everyone as our growing organization continues to make a positive impact on the young athletes in the Zionsville community.”

Clarian Health representatives agreed that a shared commitment to health, community and wellness make the partnership a win-win.

“As a parent, I understand the vital role youth sports plays in helping children develop a lifelong appreciation for exercise and being healthy,” said Jonathan R. Goble, president & CEO of Clarian North Medical Center. “Clarian North has many associates and physicians from the Zionsville community on staff, and we are proud to partner with the Zionsville Youth Soccer Association to offer this phenomenal community resource.”

By staying true to a long-term vision of providing a complete soccer experience for players of all ages and abilities, ZYSA has shown what a once “little club” with a lot of heart can achieve in a few short years — a growing membership, an outdoor soccer complex with lighted championship field and now, a club indoor facility. The bold white “Z” emblazoned at center circle of ZYSA Clarian Health Field serves as a reminder that this indoor facility was built on years of ZYSA club pride, vision, dedication and a commitment to making dreams come true.

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Developing Your Coaching Philosophy

US Youth Soccer

You must have a clear-cut idea of what you want to achieve as a coach. This need is basically your personal philosophy of coaching. You must decide what's important and then use your attributes to achieve these goals. Consider ideas like:

1. Winning vs. Losing
2. Teaching the skills, even though you are likely to lose games to teams that rely on playing physically. The skilled players will be better in the long run.
3. Total development vs. single-position improvement
4. Relation of parents and spectators to players, referees and opponents.
5. Playing Soccer vs. "Kick and Run".
6. Development of all players on your team.

These ideas and many more will be part of your personal philosophy. As you form these ideas, you must have the ability to communicate them to everyone involved with your team (players and parents alike).

Any coaching action you take is preceded by a certain decision. Any decision you make is based on your philosophy. A person's philosophy encompasses your personal beliefs, motivation, experiences and methods.

To develop your own personal coaching philosophy, complete the questions within this framework. It will provide you a philosophical foundation as well as act as a sounding board before, during and after the season.

Coaching is a profession and an ongoing process. This is the beginning of that process, which will carry through a successful coaching career.

1. Beliefs

- a. Why do you want to be a youth coach?
- b. Why do we have youth soccer?
- c. What are your responsibilities? To each player, to the team, to yourself and to the community?
- d. Define a successful season?

2. Motivation

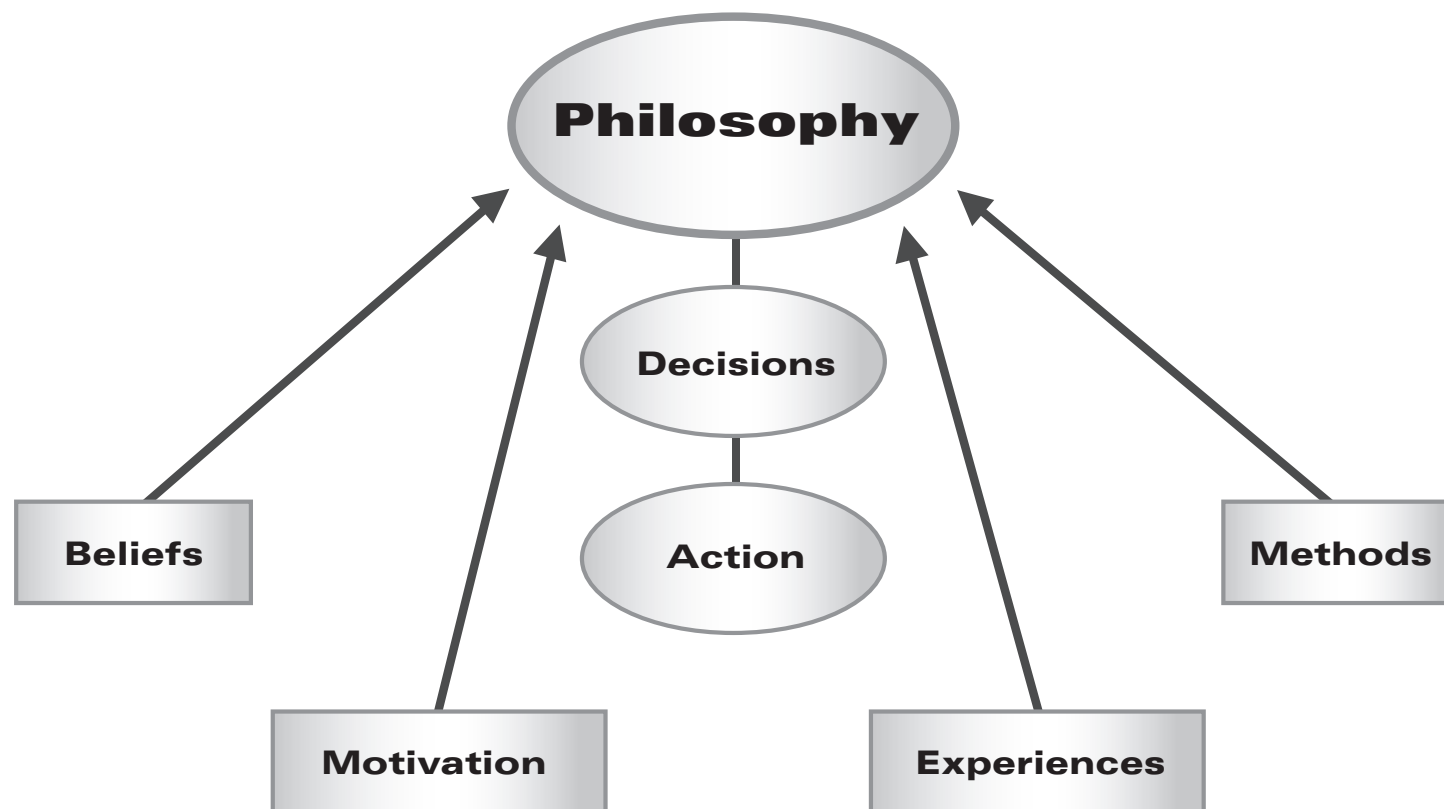
- a. I am interested in coaching because...
- b. What do you enjoy most about coaching?
- c. What do you like least about coaching?

3. Experiences

- a. PAST – what were your personal childhood experiences in soccer? Was it enriching or inhibiting?
- b. PRESENT: Self Evaluation – What are you doing now?
- c. FUTURE – What experiences will I seek to improve my coaching?

4. Methods

- a. What is my coaching style?
- b. At what point will I involve the players in the decision making process? Pre-, During, Post-Practice?



Goal Safety Is No Laughing Matter!

As you close up the fields for the winter, please keep these goal safety points in mind:

During Practice or Play:

- Always instruct players on the potential dangers associated with movable soccer goals.
- Movable soccer goals should only be used on level (flat) fields.
- Soccer goals - especially movable goals - must be securely anchored or counterweighted at ALL times.
- Check the structural integrity and proper connecting hardware BEFORE EVERY USE.
- Replace damaged or missing parts immediately.

- NEVER allow anyone - especially children - to climb on the net or goal framework.
- Ensure safety/warning labels are present and clearly visible (placed under the crossbar and on the sides of the down-posts at eye level).

When Moving or Storing Goals:

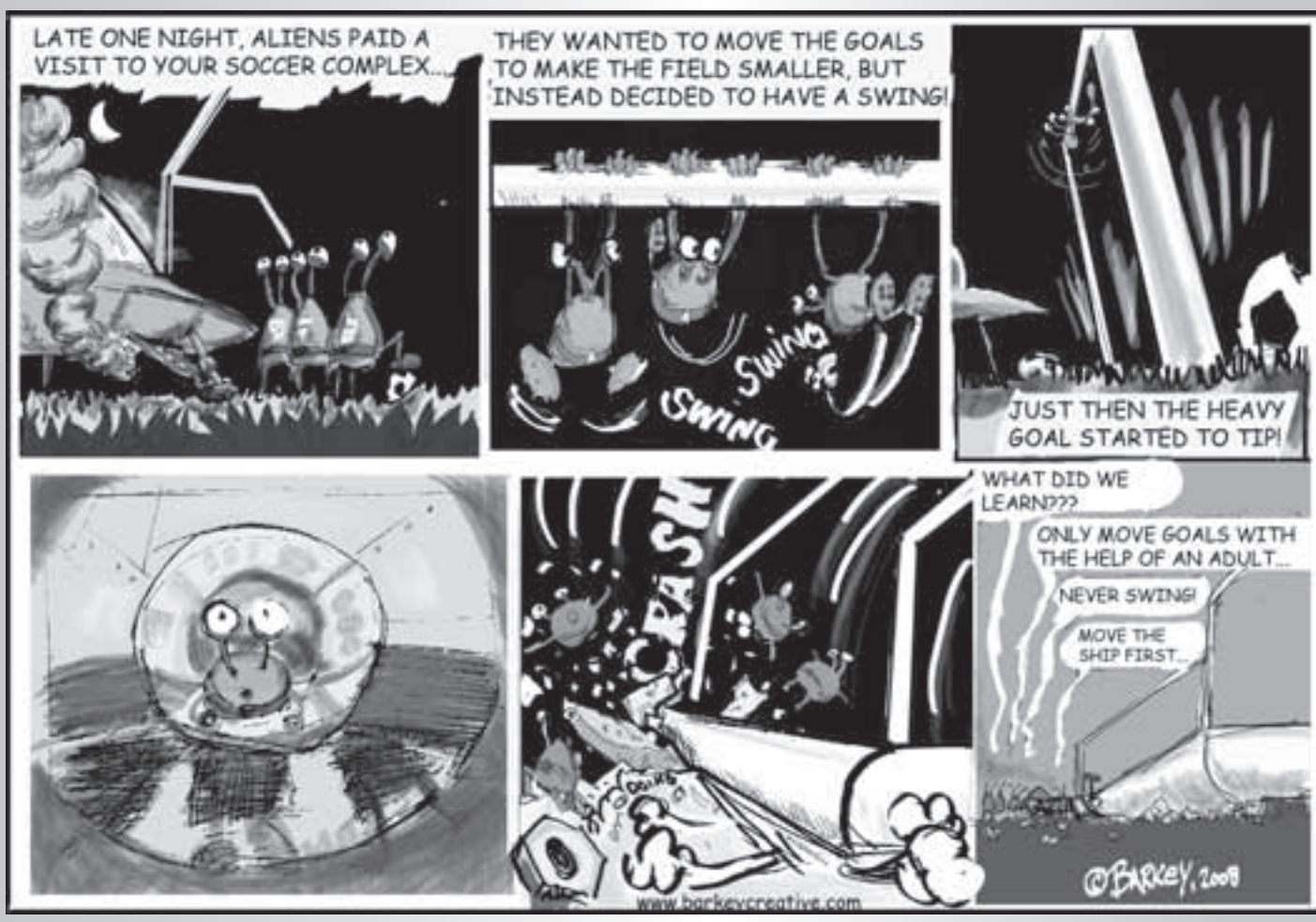
- ONLY AUTHORIZED AND TRAINED PERSONNEL SHOULD MOVE SOCCER GOALS.
- Children should NEVER be allowed to move soccer goals.
- Adults must always exercise extreme caution when moving goals, allowing

- adequate manpower.
- Remove nets when goals are not in use.
- Fully disassemble goals for seasonal storage.

For storage:

- Chain one goal to another, to itself in a folded down position, or to nearby fence posts, dugouts, or other similar sturdy fixture.
- Ideally, store movable soccer goals where children WILL NOT have access to them.

Safety Tips Courtesy of Anchored for Safety www.anchoredforsafety.org



The Indiana Soccer Foundation: Shaping Lives and Changing Behaviors

by Dean Vinten

Indiana Soccer Foundation,
President

We all know how soccer shapes the lives of young people. Each of us can close our eyes and picture a child who gained self esteem, learned sportsmanship or became a more social person because of their involvement in soccer. It might have even been our child.

Unfortunately many children throughout Indiana cannot be exposed to the extraordinary benefits of soccer because of financial limitations or lack of facilities. These children lose out not only on learning a game, but more importantly, the many values that are taught in soccer.

Every child benefits from soccer. Removing or minimizing these barriers is the objective of the Indiana Soccer Foundation. The fundamental structure of the Foundation was discussed in the April 2007 issue of *IN the Net*. Originally formed in 1995 as the Indiana Youth Soccer Foundation, the original Foundation's mission was to provide a permanent endowment fund to assist in the development of players, regardless of their abilities to pay.

Today, the foundation is known as the Indiana Soccer Foundation. The Foundation remains committed to its primary goal of long term development of youth through fostering, supporting and enhancing soccer-related programs. These programs will focus on player character, social development, leadership and self discipline.

Developmental Strategies – Focusing on the Future

With consulting assistance from the Indiana Youth Institute (IYI), the Foundation is building a strong base in support of the future of youth soccer in Indiana. Several areas being worked on include:

- **Volunteer Recruitment** — This includes new board members, supporting organizations know as "Friends of the Foundation" and "The Friends of Youth Soccer," and possible involvement of members of the Indiana Soccer Hall of Fame.

- **Multiple Fundraising Efforts** — This will incorporate direct mail and e-mail campaigns, as well as added visibility and contribution capability on the Indiana Soccer Foundation website. There will also be planned giving and corporate sponsorship opportunities.

- **Collaborative Efforts** — This is envisioned to include other organizations such as the YMCA, Indiana YouthPRO Association, Indy Parks, Indiana Youth Services Association and others.

- **Marketing** — This involves development of a foundation logo, slogan, expanded collaborative efforts, promotional campaigns and fundraising events.

The Foundation will continue to ensure that under-served youth are given equal opportunity through identification and removal of barriers. The focus will be Indiana Youth Soccer and its TOPSoccer and Soccer Start programs, as well as selected scholarship opportunities for Olympic Development Program (ODP) players.

Financial Resources

The Foundation balance sheet shows cash on hand of \$15,795.71 and an endowment fund balance of \$77,593.74. The endowment is currently invested in the Central Indiana Community Foundation (CICF) Legacy Fund.

The CICF Legacy Fund is shown as an asset on the balance sheet at its fair market value. The CICF mission is divided into three areas: endowment building, grantmaking, community convening and consensus building. CICF continues to grow and positively impact the charitable sector of quality of life in Indiana.

Volunteer Assistance – Helping to Succeed

Currently in its conceptual stage, the "Friends of the Foundation: Making a

Difference in a Child's Life" is envisioned to be the support base for the Foundation. It will provide volunteer support, help with fundraising and provide other support as the foundation may need. Organizationally, there would be a Board of Directors that would elect officers. The Board of Directors would also commission a variety of committees to assist with the work that needs to be done.

A second conceptual idea being studied is "Friends of Youth Soccer". Under the tagline of, "Kids Helping Kids," youth members of this group would be empowered to provide input into, and work with, Indiana Youth Soccer and The Indiana Soccer Foundation to disseminate age-appropriate information to their peers. Its goal would be to increase awareness in youth players of the larger aspects of the game of soccer with the focus on player character, social development, leadership and self discipline.

Incorporated within this group would be an Adult Advisory Board made up of one member each from the Indiana Youth Soccer and Indiana Soccer Foundation boards, plus an appointee of the Executive Director of Indiana Youth Soccer. The Advisory Board shall not have a vote on board matter, but will serve only in an advisory/consultant status to the Board.

How Can You Help?

The Indiana Soccer Foundation is committed to the goal of making the life-changing benefits of soccer available to every child, regardless of income or geographic location. The programs I outlined above are just the first steps towards accomplishing that goal.

What we really need now is help from adults who have seen the benefits of soccer in the lives of children, and who want to help youth throughout Indiana experience these benefits. There are so many ways you could help – volunteering on a committee, serving on our Board or donating time at an event. With your help, we CAN make a difference in the lives of children – through soccer! Please see our web page at www.indianasoccerfoundation.org or contact me directly at 704-808-9206.



Soccer Start Update

by Rick Fiege

Soccer Start Chairman

On behalf of the entire Soccer Start Committee, I would like to thank everyone who helps to make the Soccer Start program a success.

Soccer Start is designed to introduce the sport of soccer to youngsters living in communities not yet served by existing clubs and leagues. Focused on making soccer available to lower-income children in underserved communities, Soccer Start provides soccer training and administrative guidance to players and organizations that might not be exposed to the sport.

Soccer Start also helps new programs find the funding and equipment to begin and then expand their activities. Over the past several years, Indiana Youth Soccer's Soccer Start program has donated thousands of dollars in financial support, equipment and administrative assistance to programs across the state of Indiana.

While most of our programs run through the winter, spring and summer, Soccer Start is a year-round endeavor. We are thankful for both monetary donations and donations of equipment, supplies and manpower that help bring youth soccer to rural and urban disadvantaged areas.

If you would like more information about the Soccer Start program, please contact me at:

Indiana Youth Soccer
5440 Herbert Lord Rd.
Indianapolis IN 46216
Cell Phone: 317-694-1472
Email: soccerstart@indianayouthsoccer.org

Thank you for your continued support of Indiana Youth Soccer Soccer Start!

Birds Eye® Voila!® Named Official Frozen Meal of US Youth Soccer

(Courtesy of US Youth Soccer)

The United States Youth Soccer Association (US Youth Soccer) announced Birds Eye Voila! as the Official Frozen Meal of US Youth Soccer. The partnership will last through both the Fall and Spring seasons and will include sampling and advertising at key US Youth Soccer events. In addition, Birds Eye Foods will be giving away more than \$80,000 in equipment and field renovations to clubs all over the country.

"We are excited to have Birds Eye Foods join the US Youth Soccer family," said Larry Monaco, President of US Youth Soccer. "Birds Eye Voila! products will be a great partner and supporter of our organization. Both US Youth Soccer and Birds Eye Foods know the importance of balancing activities with family time."

Birds Eye Voila! signage will be on display at the Kohl's US Youth Soccer American Cups and throughout the US Youth Soccer National Championship Series. At select events, Birds Eye Foods will also be distributing samples of its Birds Eye VOILA! family-friendly meals, product coupons and fun prizes.

As part of Birds Eye Voila!'s support of US Youth Soccer, it has launched a national sweepstakes devoted to assisting US Youth Soccer teams and clubs. By purchasing Birds Eye Voila!, individual teams have the chance to win thousands of dollars in prizes including uniforms, soccer balls and equipment. In addition, clubs will be eligible to win \$50,000 in field improvements to assist local communities. For more information and official rules visit www.birdseyevoila.com.

"We are extremely pleased to be partnering with US Youth Soccer," said Michael Merritt, Senior Brand Manager of Birds Eye Voila!. "It is a fantastic organization that teaches millions of boys and girls about the benefits of exercise and teamwork. We also know that on game night, parents struggle with providing their families with quick, yet well-balanced meals. Birds Eye Voila! is the perfect solution for parents who want to provide a healthy meal in a time crunch."

Birds Eye® Voila!® is proud to sponsor US Youth Soccer this year. Birds Eye® Voila!® is giving away \$80,000 worth of prizes, equipment

and field renovations!

- Over \$30,000 in team prizes, including new soccer balls, practice goals, team duffle bags and more!
- Grand Prizes – We're giving away a total of \$50,000 in field renovations to the five winning clubs!
- Visit www.birdseyevoila.com/soccer today for more details

It's simple! Get started now!

1. Encourage your team(s) to collect the product UPCs (scannable barcode on packages) from any Birds Eye Voila! bag
 - The more UPCs you submit, the greater your chances are of winning. So stock up on the perfect game night meal!
 - In addition, each UPC contributes toward your club's chance to win \$10,000 in field renovations (Five clubs total. See Official Rules at www.birdseyevoila.com/soccer)
- Collect the UPCs from your team(s) in

- an envelope
- Complete the entry form for your team(s).

Downloadable form at
www.birdseyevoila.com/soccer

Mail the UPCs and completed entry form to the address below so that they are received no later than Dec. 31:

Birds Eye® Voila!® Soccer Sweepstakes
Dept. 6020
PO Box 5008
Stacy, MN 55078-5008

We can help get you started! Log onto www.birdseyevoila.com/soccer today for a FREE starter kit for your team! Both US Youth Soccer and Voila! encourage all kids and families to live well-balanced lifestyles. By working with US Youth Soccer we are able to reach millions of student athletes and educate them about a proper well-balanced diet.

Thank you for your participation - we look forward to a great season together!



Power Soccer Puts The Game On Wheels

By Karen Russo

Power Soccer Indy, President

Soccer has been making great strides in the United States, starting from the intermediate levels all the way up to the professional teams. It is an exciting and captivating sport available for all ages and genders. The sport has many varied forms — one that may not be very well-known happens to be the fastest growing adaptive sport in the nation and across the world ... power soccer!

Power soccer is similar to regular soccer, with a few adaptations. The sport combines the skill of the athlete with the speed and power of the wheelchair. The game is played in a gymnasium using the boundaries of a regulation-sized basketball court. Two teams of four of attack, pass, dribble, defend and maneuver an oversized soccer ball using specialized foot guards attached to their wheelchairs in an attempt to score points on a goal.

Power Soccer of Indy is the driving force of growing power soccer in Indiana. The league began in late 2003 with 12 eager kids looking for an activity in which they could participate independently. Little did they know the impact it would have on their lives and others throughout the state of Indiana and the Midwest region.

Now just five short years later, Power Soccer of Indy has grown to 11 teams and 90 participants who have competed regionally, nationally and internationally, bringing home accolades, awards and a World Cup! Three Indiana players

were selected to represent the nation on Team USA, and last October they competed in and won the Inaugural World Cup in Tokyo, Japan! In the 2008 Power Soccer National Tournament, RHI Sudden Impact (Carmel) won the Championship Title for Division-I and Turnstone Fantastic Flyers (Fort Wayne) earned the same for Division-II. Second place in both divisions was also awarded to Indiana teams, Circle City Rollers (Greenwood) at D-I, and Turnstone Fearless Flyers (Fort Wayne) at D-II.

Power Soccer of Indy is associated with the national power soccer organization, the United States Power Soccer Association (USPSA). USPSA is the governing body for power soccer in the United States. Not only does Power Soccer of Indy have the highest concentration of power soccer players and teams in the nation, but Fishers will also be the host of the 2009 USPSA National Tournament next June! This tournament will feature 20 of the best teams in the country.

Power Soccer of Indy is looking to start teams in Terre Haute, Lafayette, Bloomington and South Bend. Power Soccer of Indy will host a Power Soccer referee certification course in January. If you are interested in becoming a Power Soccer referee, please see our website. Please refer anyone interested in this awesome sport of power soccer, whether it be a athlete, referee or a coach, to Karen Russo, President, at power-soccer@indy.rr.com or 317-706-8977. Please visit the Power Soccer of Indy website at www.powersoccerofindy.org or the USPSA website at www.powersoccerUSA.net.

Indiana Youth Soccer Winter Coaching Clinic

Coaches that attend all four dates, along with the pre-course work, will earn a Youth Technical Certificate. The YTC is the minimum standard of coaching for U9-U14 travel coaches.

Dates: Jan. 5-8, 2009

Location: Zionsville Youth Soccer Indoor Complex; Zionsville; 5616 South CR 700 East (in Boone County, just Northeast of the I-65 and SR-334 interchange)

Price: \$10 per session or \$30 if you attend all four dates.

Times: 6:00-8:00 p.m.

Jan. 5

Presenter: Ian Mulliner, Director of Coaching-Illinois Youth Soccer

Topic: TBA (To Better Attacking)

Jan. 6

Presenter: Vince Ganzberg, Director of Education-Indiana Youth Soccer

Topic: "Backyard" Training Games for the youth and senior level player

Jan. 7

Presenter: Brett Thompson, Director of Coaching for Ohio South

Topic: "Introduction to Zonal Defending"

Jan. 8

Presenter: Mike Sanich

Topic: "Training the Goalkeeper"

6:00-7:00 p.m. — Focus on the U11-14 age group

7:00-8:00 p.m. — Focus on age groups U14 and up

Coaches must pre-register for these sessions individually, or select the option to attend all four dates via the Indiana Youth Soccer website, www.indianayouthsoccer.org. For further questions or information contact Vince Ganzberg, Director of Education at vince@indianayouthsoccer.org.

Increased Occurrences of ACL Injuries in High School Female Soccer Players

By Centers for Athletic Performance, Inc

OVERVIEW

The objective of this article is twofold:

1) To raise the awareness in the coaching community that ACL tears have doubled in female high school soccer players over the last two years, and,

2) To spur a more in-depth research study of the extrinsic factors possibly related to the increased number of ACL tears in high school soccer players.

Centers for Athletic Performance (CAP) recently performed a survey on the female soccer teams of 29 high schools and 33 club teams (U15 to U19) in the greater Kansas City area, including the majority of the major high schools and club competitive teams. The survey specifically looked at the frequency of ACL tears among these teams.

FINDINGS

Upon taking a closer look inside the numbers in the chart above, you can see two different trends emerge. The first trend is the significant rise of ACL injuries in high school age soccer girls (basically 2-3 times as many injuries in 2004 as 2003).

The second trend is maybe more staggering. According to this survey, the likelihood of tearing an ACL during the high school season is over FOUR times greater than injuring an ACL during the club season, which has almost twice as many opportunities (i.e. number of practices/games) as high school soccer – 108 compared to 55 opportunities.

DISCUSSION

There are a number of reasons why this is happening. The first is obvious ... FATIGUE! The girls are tired during the high school season. High school practices are typically two hours long with some running as long as three hours, as opposed to the typical 90-minute practices conducted by club teams. Another fatigue problem is that high schools typically practice or play games for five or six days a week, as opposed to taking days off in between practices. This scenario sees the risk of fatigue (both mental and physical) start to rise. In a recent study, researchers found a "remarkable alteration in the subject's ability to reposition their knees in a fatigue state" (2).

This 'alteration' leads to the athlete becoming out of position and not having the awareness (proprioception) to be able to readjust to avoid injury.

In dealing with 250 female athletes per week at Centers for Athletic Performance, Inc., we have found that there are proprioceptive deficiencies with a great number of high-school age female athletes, even when they are not in a state of fatigue! We time every sprint, measure every jump and record every lift on a daily basis. When the athletes come in after a weekend tournament, there are noticeable reductions in speed, strength, and attention span. This fatigue of the body and mind, coupled with a loss of proprioception, leads to improper movement mechanics and flawed technique, which puts them at risk.

Another scenario that comes to mind is when a higher-level club athlete is asked to lead her high school team. The dynamics of "normal" playing conditions change; double teams, less rest time, more time with the ball, etc., can lead to fatigue-based injuries.

"Fatigue is influenced by various factors such as tactics (playing position and opposing teams), fitness levels and the physiological demands of the

first half, especially if players tax their maximal working capacity" (1). So, not only does rest time between games seem to play a part, but also rest time during a game.

As for the second reason high school athletes are at a greater risk of tearing an ACL, you must dig down deeper. During club season, many of them are involved in some type of SSA program (Speed, Strength, and Agility). We have many competitive girls' soccer teams (and individual players) attend our workouts and programs during the months of June-February. These programs are typically geared towards improving speed and reducing the risk of injury by stabilizing, strengthening and increasing an athlete's proprioception. This is done by focusing on proper movement mechanics. Unfortunately, because of the time-consuming high-school season (March-May), many girls find it difficult to have time to attend SSA workouts and the number of girls participating in our programs drops off significantly. It seems that during the high school season, this type of focus work (along with the strength training) diminishes. The focus turns more towards tactical work and conditioning. The girls start to lose power, as well as proprioception, due to fatigue. During the club season, the girls are spending 2-3 days practicing or playing their sport, and 1-2 days sharpening their athleticism (speed, proprioception, strength, etc.).

CONCLUSIONS

The findings suggest that not only are the number of ACL injuries in female soccer athletes rising, but that the occurrences of these injuries is significantly larger for high school female soccer athletes.

There are many possible solutions to combat the rise of female soccer athlete ACL injuries during the high school season. Based upon the study's findings, current supplementary research, and our experience training female soccer players, we propose the following:

Incorporate a more periodized approach to practice during the high school season.

Increase the emphasis on functional strength maintenance and proprioception drills, while decreasing the length of the session.

Increase the rest and recovery periods with light days of technical work, mixed with recovery-based conditioning, or even days off, when possible.

Allow for proper nutrition and hydration before, during and after games to keep energy levels up and recovery process at optimum levels.

Although this seems to be a daunting task that will challenge coaches to step outside of the standard high school practice schedule, the impact could be tremendous! The fact of the matter is that the girls are getting faster, stronger and much more explosive than ever. They come into the high school season playing at a high level. An SSA program designed to maintain this athleticism while keeping them fresh should lead to physical peaks at the end of the season and is critical in helping reduce the instances of ACL injuries during the high school season.

Some schools are doing something right. Several schools we surveyed reported no ACL tears over the last two years, and, not surprisingly, they were teams that battled for state championships at the end of the year. Centers for Athletic Performance, Inc., is looking into these programs to see if possible, a solution could be found. Obviously more research needs to be done, but hopefully CAP is on the right path!

Season Type	Teams Included	Approx. Number of Participants	Approx. Number of Practice / Games	2003 ACL Injuries	2004 ACL Injuries	Increase	2004 ACL Injuries Injured to
High School	29	20 / team = 580	66 per season (3 months)	13	22	41%	1 in every 26 girls
Club	33	18 / team = 594	108 per season (9 months)	2	8	67%	1 in every 110 girls

Youth Soccer Month 2008

By Shannon Stuart

Indiana Governor Mitch Daniels proclaimed September 2008 Youth Soccer Month in Indiana, one of 10 states and 19 cities/towns/counties across the United States to do so. Indiana was represented with the state proclamation and 15 city/county proclamations including Avon, Bedford, Bloomington, Carmel, Dyer, Fishers, Greencastle, Indianapolis, Monroe County, MSD Washington Township, Muncie, Portage, Shelbyville, Valparaiso and Westfield.

A big thank you also goes out to all of the soccer associations, high schools and colleges who held YSM events this year including:

- Orbit Soccer
(2008 Overall Youth Soccer Month Winner)
- Cutters Soccer
- Fusion Soccer Academy
- Westfield Youth Soccer
- Indiana University
- Portage High School
- Hamilton Southeastern High School
- Vigo County Youth Soccer Association
- Butler University
- Valparaiso University
- Westfield High School
- DePauw University
- Putnam County Youth Soccer
- Indiana Wesleyan
- University of Evansville
- Anderson University
- Dynamo FC
- IPFW
- Purdue University
- Saint Mary's College
- North Side Soccer
- Millennium Soccer Club
- IUPUI
- Huntington College
- St. Joseph's College
- Marian College

We are proud to support this effort and further the goals of Youth Soccer Month:

1. Emphasize soccer as the No. 1 youth participation sport in America and a leading contributor to the healthy lifestyle of millions of American families.
2. Bringing kids and families of all ages and all abilities together for fun, friendship and fitness.
3. Highlighting the various programs available to children interested in participating in soccer, including inner city, special needs, recreational and elite soccer programs.

Youth Soccer Month is dedicated to increasing awareness of the benefits of playing Youth Soccer in America. Each year, state associations work with their membership to help increase community awareness and recognition for youth soccer. Building a positive image for youth soccer on a grass-roots basis is a great way to increase interest and support from local sponsors and businesses and help youth soccer grow.

For more information on Youth Soccer Month visit www.YouthSoccerMonth.org.



Coaches Corner: Laps Not Required!

By Vince Ganzberg
Director of Education

As I travel the state, I often observe other coaches while waiting to work with a group of players. While more and more sessions have young players moving around with the ball, there are still far too many sessions where young players are moving without the ball. Running laps and sprints really isn't necessary for young players, because they are developing fitness on the field every day.

Endurance training without a ball doesn't make too much sense for players who are 6-12 years of age. One reason is that Peak Height Velocity (PHV) isn't effective until 13 1/2 years for boys and 11 1/2 years for girls. PHV is a unique point in each child's life in which they reach their maximum growth rate and enter a critical stage of development where the effects of certain types of training can be maximized. Prior to PHV, players will benefit most from activities focused on fun and fundamentals.

Recently, I received a Garmin GPS watch as a gift, and I wondered if it could be used to track the amount of mileage a player covers in a well-planned training situation. This watch is more accurate than a pedometer because it uses satellite technology to track duration, pace (mine is pretty slow) and total mileage. I had an idea to put these on a couple of players at different ages to see how far they actually do run in a normal practice. My goal was to identify how much speed and endurance training is inherent in a regular training session without adding laps, sprints or other "without the ball" activities.

Below are a couple of training sessions that I did with both a U12 girls' team and also a U8 girls' team. In each session, I selected an "average-to-above-average" player for the age group to wear the Garmin watch during the session. I think you may find the results surprising (many of these and other activities can be viewed online at www.indianayouthsoccer.org. Click on "Coaching" and then, "Player Development Videos").

In the U6-U12 age groups, I hear a lot of "Go faster,"

"Get moving," and "You are not running enough!" coming from the parent sidelines. So, I decided to share the results of my Garmin experiment with the parents at the end of the U8 session. They were surprised at just how much ground the average seven-year-old player could cover in a training session. It was good to see the parents' reactions and hopefully, helped them better appreciate how much effort their children were putting forth in training and in matches.

I plan to continue using my Garmin watch to collect more information on training characteristics of more players of all ages and genders to see if this data is consistent. I am curious to see how far a five-year-old runs, a 10-year-old, and eventually older ages in a training session.

So LOSE the laps and LOSE the sprint tests. Have players active in training and they will eventually reach the fitness level needed to play a match. The players are moving! They are becoming FIT! They just don't know it.

And any time you can create an environment where players have fun while working on something (without them even knowing they are working on it), it's a bonus!

Activity Name	Description	Diagram	Purpose/Coaching Points
Session: U8s Theme: Cooperation-Passing Distance covered by seven-year old girl: 1.3 miles Duration of training: 50:23 Space of field used: A normal 4v4 size field (40L x 30W)			
Warm-Up "Retrieval in Pairs"	Players pair up with a partner. The coach throws out a ball and has each pair bring the ball back in a variety of ways: 1) all four hands on ball; 2) three hands and an elbow; 3) back-back; 4) with the feet (passing); 5) give them a certain number of passes that they have to do to get the ball back to you. Coach moves to another spot after throwing.		Heads Up! "How can you get the ball back quicker?"
2nd Activity (Maze activity) "Gates"	Players partner up and try to pass the ball between the gates to each other. Time them and see how many they can get. Build into having parent(s) and coach walk around and stand in a gate. If an adult is in a gate, they can't go through it. This introduces a defender.		Guided Discovery Question: "What part of the foot can you use to pass the ball?" (Toes, side, maybe outside) "How can you and your partner pass the ball between two gates quicker?" (Not stop the ball after receiving a pass, pass sooner)
3rd Activity Four Gate/Goal Game	Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc., in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. The coach gets four volunteer parents to stand in the goals. When the ball is played in, the coach points to one of the adults standing in one of the four goals. When that happens, the parent steps back leaving the goal open. The coach can then tell the parent/adult to step back in and then points to another gate to open up that goal. The object is to find the goal that is open and score through it.		Guided Discovery Questions: "Where should your head be?" (Up!) "What happens when a goal is closed?" (Need to find the open goal/space). "How can you and your teammates work together?" (Passing the ball)
4th Activity 4v4 game with no goalkeepers.	Play 4v4 game with no goalkeepers		LET THEM PLAY!
Session: U12s Theme: Movement without the ball Distance covered by 11-year-old girl: 2.84 miles Duration of training: 1:25 Space of field used: Half of a normal 8v8 field			
Warm-Up "Checkout" passing	Players pair off. They pass and move in an area. After they pass a ball they run around a cone. When they come around a cone, their teammate passes them the ball. After they pass they then run around a cone but on a different side. Progress to giving two players a bib/vest and they are "it." They try to tag someone that has a ball. They can only "tag," not steal the ball. This will force the player checking out to go faster and the player with the ball to move quicker. When a pair tags someone with a ball then he/she is it, along with their partner.		Quality of pass Eye contact. Movement quickly after ball is passed.
2nd Activity Wall Pass Game	Split group into two teams. Use 4-5 balls. The object is to wall pass around someone from the other team. Each team counts up how many successful wall passes they had around someone from another team. Teams can steal the ball away. This is an abstract game. Need to be patient and show them ways to get the task done.		"If you don't have the ball, what can you be doing?" (Looking to go and help a teammate with a ball so we can wall pass around someone) "How do you know your teammate needs your help?" Show technique of a wall pass; two diagonal balls.
3rd Activity Multiple Gate Game	Divide into two teams. One ball is used although you could add a second ball if needed. A point is scored every time a team passes the ball through a gate and it is received on the other side by their teammate. Play for points or for a period of time.		"How many players need to be around the player with the ball?" (at least 2). "How can you play faster?" (take less touches on the ball)
4th Activity 8v8 game with goalkeepers	At first, play "Silent Soccer." They can't make ANY noise while they play or it results in the other team getting the ball. This will force them to play with their head up and also move without the ball. Go for five minutes, then allow them to talk. Play 8v8 game with goalkeepers.		LET THEM PLAY!

Indiana Teams Fare Well at Regional Camp Tournament

Congratulations to the Indiana ODP Teams for a summer of success at Regional ODP Camp tournaments. The '92 Boys, '93 Boys and Older '95 Boys all brought home Regional Camp championship titles, while the '91 Boys and Younger '95 Boys were both semi-finalists in their respective tournaments. The '92 and '93 Boys will both advance to the National ODP Championships, to be held Mar. 19-22, 2009, in Frisco, Tex.

Older '95 Boys - Regional ODP Champions

Head Coach: Tony Hriczo
Assistant Coaches: Jeff Haley, Dutch Vigar, Luis Prato, Cory Rodgers

Players: Joseph Amico, Bryson Basaran, Josh Brockman, Jalen Brown, David Capone, Landon Cochran, Pierce Crawley, Derek Dedman, Zach Eagle, Kody Lobsiger, Dalton Mudd, Bryce Neumann, Michael Riedford, Evan Smith, Kyler Smith, Al Stovall, Tyler VanCamp, Travis Wannemuehler

Younger '95 Boys - Regional ODP Semi-Finalists

Head Coach: Tony Hriczo
Assistant Coaches: Jeff Haley, Dutch Vigar, Luis Prato, Cory Rodgers

Players: Andre Abedian, Riley (James) Belding, Jonathan Blake, Alex Fenn, Cory Fox, Nicholas Garcia-Vicente, Jack Griffith, Patrick Holden, Luther Jacobs, Mason Krupa, Bay Kurtz, Max Lang, Hollis Malkowski, Logan Miller, Frederico Ortiz, Trevor Sarsfield, Luke Sartino, Eric Witt

'93 Boys - Regional ODP Champions

Head Coach: Danny Jeftich
Assistant Coach: Idu Ikudabo
Players: Ryan Beck, Christian Carter, Vince DiPrimio, Zach Dedman, Michael Granitz, Clinton Hoffar, Matthew Ingram, Joe Mills, Jide Oluyedun, Josh Pigg, DJ Schillinger, Julian Shamsaie, Josh Smith, Trey Sorrells, Vincent Straight, Chris Vasquez, Parker Victor, Justin Witzke

'92 Boys - Regional ODP Champions

Head Coach: Gary Yohe
Assistant Coach: Mo Cato
Players: Alex Casteel, Daniel Keller, Max Lachowecki, Brandon Leonhard, Ian MacDougall, Charlie McClarey, Joseph Meyer, Aaron Mickel, Matt Mummert, Max Odgaard, Eric Ong, Chad Rigg, Bryce Rockwell-Ashton, Nate Snyder, Jacob Tasher, Fabian Urquiza, Tyler Vieth, Matt Whicker

'91 Boys - Regional ODP Semi-Finalists

Head Coach: Sean Bray
Assistant Coach: Ajay Silva
Players: Alex Abedian, Mason Cassady, Greg Efiom, Ryan Fier, Philip Gase, Kegan Harkenrider, Michael Hayes, Brent Helton, CJ Jackson, Keenan Johnson, Alex Kapsalis, Dylan Lax, Corey Nelson, Trevor Spangenberg, Brett Troeger, Michael Walbridge,

The US Youth Soccer Olympic Development Program (ODP) was formed in 1977 to identify a pool of players in each age group from which a National Team would be selected for international



competition. The US Youth Soccer ODP provides high-level training to benefit and enhance the development of players at all levels; and, through the use of carefully selected and licensed coaches, develops a mechanism for the exchange of ideas and curriculum to improve all levels of coaching.

From 1982 until the present, international events for youth national teams have increased substantially and the US Youth Soccer Olympic Development Program has kept pace by instituting trials and player pools for five age groups in the boys' program, and five age groups in the girls' program.

Each State Association holds ODP try-outs on an annual basis, conducted by state association coaches who are recognized for their ability to identify and train players with superior skills. The state association head coach or State Coach will, in most cases, be assisted in the selection process by several other qualified coaches from the club or league level. Players are evaluated on four major components that make up a soccer player: technique, tactics, fitness and a psychological component or attitude.

Indiana holds district and state ODP pool trainings throughout the fall. Players must be identified through district training and invited to participate in state pool training during the winter. Indiana ODP teams are selected in the spring and train together in preparation for camps. Each team attends an age-appropriate Regional camp during the summer where the players have the opportunity to train and play with elite-level soccer players and coaches from 14 state associations, including: Illinois Youth Soccer, Iowa Youth Soccer, Kansas Youth Soccer, Kentucky Youth Soccer, Michigan Youth Soccer, Minnesota Youth Soccer, Missouri Youth Soccer, Nebraska Youth Soccer, North Dakota Youth Soccer, Ohio North Youth Soccer, Ohio South Youth Soccer, South Dakota Youth Soccer and Wisconsin Youth Soccer.

At the end of each camp, the teams participate in a Regional ODP Camp Tournament for the Regional ODP Championship Title. Winning teams in certain age groups advance to the National ODP Championships the following winter. In addition, exceptional players in certain age groups may be identified or "held over" at Regional Camp by the Regional ODP staff and considered for invitation to Regional ODP teams and/or participation in Regional and National events.

Indiana Youth Soccer is pleased to announce the following ODP players were held over at Regional Camp 2008:

'91 Boys: Greg Efiom (Bloomington), Brent Helton (Ft. Wayne), Michael Walbridge (Ft. Wayne)

'92 Boys: Ian MacDougall (Westfield), Max Lachowecki (Evansville), Joseph Meyer (Greenwood), Bryce Rockwell-Ashton (Ft. Wayne), Nate Snyder (Carmel), Brandon Leonhard (Indianapolis) served as team captain but was injured and sent home for treatment prior to official hold-over announcements.

'93 Boys: Jide Oluyedun (Westfield), Josh Smith -injured - (Decatur)

'94 Boys: Andrew Oliver (Indianapolis), Cody Schweitzer (Ft. Wayne)

'95 Older Boys: Jalen Brown (Indianapolis), Dalton Mudd (Greenwood), Travis Wannemuehler (Evansville)

'95 Younger Boys: Jack Griffith (Danville)

'91 Girls: Sarah Carlisle (Sheridan), Jordan Pawlik - injured - (Ft. Wayne)

'92 Girls: Sarah Killion (Ft. Wayne), Chrissy Tchoula (Noblesville)

'93 Girls: Meghan Day (Newburgh), Katie Reed - injured - (Coatesville)

'94 Girls: Elaina Musleh (Carmel)

On the boys' side, Brown, Wannemuehler, and Griffith also attended National Camp in August in Concord, Mass., while girls Killion and Tchoula were named to the Regional ODP team, and Musleh attended National Camp in California at the end of July.

Musleh Joins US Soccer U14 Girls' National Team

Elaina Musleh (Carmel - Carmel United Soccer Club) joined the US Soccer U14 Girls' National Team for the Women's Nike Friendlies in Carson, Calif., Aug. 18-24, 2008. Congratulations!

Zavaleta Accepts US Soccer Residency with U17 Men's National Team

After a busy summer crisscrossing the world with soccer, Eriq Zavaleta (Westfield - FC Pride Soccer) headed to residency with the US Youth Soccer U17 Men's National Team in Bradenton, Fla., in August. The Bradenton Academy is a residential school and training facility for U.S. Soccer. Congratulations also to Austin Oldham (Carmel United), who was also in consideration for residency.

Cheney Joins US National Team for Gold

Indiana's Lauren Cheney made appearances for the U.S. Women's National Soccer team in three Olympic matches — including the gold-medal winning 1-0 game against Brazil on Aug. 21. Congratulations to Lauren and the entire U.S. Women's National Team!

ODP Girls Invited to Interregional Events/Camps

Elaina Musleh (Carmel), Sarah Killion (Ft. Wayne), Katie Reed (Coatesville) and Chrissy Tchoula (Noblesville) participated in the 2008 US Youth Soccer Thanksgiving Interregional ODP event, Nov. 22-28 in Coral Springs. Jessica Gwin (Lafayette), and Jordan Pawlik (Fort Wayne) will participate in the Winter Interregional Camp. Congratulations!

ODP Boys Invited to Interregional Events/Camps

Andrew Oliver (Indianapolis), Jack Griffith (Danville) and Jalen Brown (Indianapolis) participated in the 2008 US Youth Soccer Thanksgiving Interregional Event at Disney's Wide World of Sports Complex, Nov. 28-Dec. 1. Max Lachowecki (Evansville), Bryce Rockwell-Ashton (Fort Wayne) and Jide Oluyedun (Westfield) will participate in the Winter Interregional Event in Orlando, Fla.

ODP Team Selection Date Changed

The 2009 ODP Team Selection date has been changed to Apr. 19, 2009. Please watch the Indiana Youth Soccer website for more information!

ODP "Stars" Program



By Vince Ganzberg
Indiana Youth Soccer
Coaching Director

This past fall, a new program was implemented called the ODP "Stars" program. This program was open to any child age 8-14 (not in high school). These skill sessions took place at participating college campuses throughout the state of Indiana. Each participating college/university soccer program selected four days/nights for players to come and work on a different skill either before or after one of their matches. The focus for this year included dribbling, juggling, receiving and passing.

The "Stars" program day/nights were conducted by the college programs' coaching staffs, or a member of Indiana Youth Soccer's ODP or coaching education staff. There were many times when college players joined along in the fun. Players paid a one-time fee of \$10 to attend one, two, three or four sessions.

The purposes of this program include:

- Promoting individual skill development for players 8-14 (not in high school) years of age.
- Encouraging players to practice on their own. The coaches focus on how players can develop in each of these four skills at home. Coaches demonstrate "backyard" games so players will hopefully go home and try them on their own.
- Promoting college and university soccer programs throughout the state of Indiana. It is important that youth players see soccer at a higher level.

Players that attended all four sessions will receive an Indiana ODP "Stars" Scarf and certificate and will be acknowledged at Indiana Youth Soccer's AGM. It is estimated approximately 300 players will have gone through this first season.

Participating schools for this Fall of 2008 included (both men and women unless otherwise indicated): Butler University (Men only), Indianapolis; Evansville University, Evansville; IUPUI, Indianapolis; Indiana State University (Women only), Terre Haute; IPFW, Fort Wayne; University of Notre Dame, South Bend; and Saint Joseph's College (Men only), Rensselaer.

Indiana Youth Soccer hopes to offer more of these skill sessions next fall, with additional participating colleges and universities throughout the state of Indiana. Due to the positive response, the program will also be extended to the spring. In future sessions, different skills will be introduced during these "Stars" sessions, but the emphasis will remain on showing players how to work on these skills on their own.

Indiana Youth Soccer thanks the above colleges/universities for their commitment to help grow the game throughout our state. We look forward to seeing new and returning players in future "Stars" programs.

ODP Calendar

Event	Players	Location	Date	Time
ODP State Pool Training	96, 97 Boys	Sports of All Sorts, indy	Dec. 22	10 a.m.-12 p.m.; 2:30-4 p.m.
ODP State Pool Training	96, 97 Girls	Sports of All Sorts, Indy	Dec. 22	12-2 p.n.; 4-5:30 p.m.
ODP State Pool Training	95,94,92,92 Boys	Sports of All Sorts, Indy	Dec. 23	10 a.m.-12 p.m.; 2:30-4
ODP State Pool Training	95,94,93,92 Girls	Sports of All Sorts, Indy	Dec. 23	12-2 p.n.; 4-5:30 p.m..
ODP District Training	97,96,95,94 Boys/Girls	Hallmark Sports Club II - Merrillville (indoor)	Jan. 9	5-6:30 p.m.
ODP State Pool	95, 96, 97 Boys	Wabash College-Crawfordsville	Jan. 10	10 a.m.-12 p.m.; 2:30-4 p.m.
ODP State Pool	94, 93, 92 Boys	Wabash College-Crawfordsville	Jan. 25	10 a.m.-12 p.m.; 2:30-4 p.m.
ODP State Pool	95, 96, 97 Girls	Wabash College-Crawfordsville	Jan. 31	10 a.m.-12 p.m.; 2:30-4 p.m.
ODP State Pool	94, 93, 92 Girls	Wabash College-Crawfordsville	Feb. 1	10 a.m.-12 p.m.; 2:30-4 p.m.
ODP District Training	97,96,95,94 Boys/Girls	Hallmark Sports Club II - Merrillville (indoor)	Feb. 6	5-6:30pm
ODP State Pool Training	95,96,97 Boys	Wabash College - Crawfordsville	Feb. 14	10 a.m.-12 p.m.; 2:30-4 p.m.

indianayouthsoccer.org

Indiana
YOUTH SOCCER

Bench Control and the Referee Crew



By Rick Balak, SDI

As we all know, the referee crew's responsibility means controlling the players on the field, as well as the team benches. Just as players become emotional, coaches and substitutes become emotional, too. As a referee crew, we need to keep the bench area in check and not let their behavior become a distraction to the game or undermine the referee crew's authority. Working as a referee team, let's look at some ideas for success.

First let's think about how the bench area should be:

- Subs should be seated on the bench, unless they are warming up.
- Subs should return to the bench if they are done playing or done warming up and did not enter the game.
- While seated, they should wear a different color bib or penny so as not to confuse the referee crew.
- Only one coach should stand to give tactical information to their team.
- Coaches and trainers should stay in the technical area at all times.
- All occupants of the technical area must behave in a responsible manner.
- No one is permitted onto the field without the referee's permission.

Second let's look at the techniques the referee crew can use to ensure good bench control.

If the crew has a fourth official, he/she will be the first line of control for the referees:

- Be cordial. The fourth will introduce themselves to the coaches and trainers. Establish a relationship.
- Be sure the subs have bibs to distinguish colors from the field players and are seated on the bench (having bibs may not be possible at all game levels).
- Have the teams keep equipment and balls out of the way.
- As a fourth official, your primary position is at the half way line.

New Referee and Recertification Classes

Many new entry-level and recertification classes are being posted on the new SRC web page. Go to <https://ssl.hammersoccer.com/IndianaRef/RefereeClinics.asp> to sign up to recertify your license for 2009 or to become a new soccer referee.

Below are a few of the rewards for becoming a soccer referee:

- Stay active in the game if your playing days are over.
- Earn a lot of extra money.
- Learn the Laws of the Game in depth.
- Learn leadership skills.

If you want to become a referee, once you log in, select "Entry Level" and then select "Change View" and the list of beginning course will show. Then select "e-REGISTER" to sign up for the class and see the current list of classes available.

To recertify as a referee, do the same as listed above, except select "Recertification" instead of "Entry Level".

Soccer is a growing sport and the need for referees is growing right with it. Sign up today!

- Emotions from the benches will vary during the game, so be a good listener to their issues and use phrases to calm them down.
- Defuse emotional situations with words like:
 - A. I understand
 - B. I will relay that to the referee when I get a chance.
 - C. The referee has a different angle than us.
 - D. Keep your head in the game.
 - In all cases, do not be critical of the referee crew if a mistake occurs.
 - Be professional, but be firm.
 - Remind bench personnel when necessary that you can have them dismissed from the game.

The AR on the sub side will be the next line of control for the referees. He/She can:

- give support and backup to the fourth official.
- add explanations to support the fourth.
- deliver their own verbal warnings if emotions are running high.
- call the Referee over for final support.
- The Referee is the final line of control.

- He/She:
 - during play, can give a quick word to coaches and bench personnel and move on.
 - at a stoppage, can go over and issue a warning but avoid a conversation.
 - can caution/Send off substitutions as needed.
 - can verbally dismiss coaches and trainers.

In many of the games you do, the AR on the sub side will need to assume many of the control duties of the fourth official. You will need to defuse situations, but not at the expense of losing concentration on the game or offside. Handle the AR game duties first, and at a stoppage, deal with the bench. Or, as necessary, signal for the referee to come over and be the final line of control for the situation.

Getting to the game at least 30 minutes prior to kick-off will help the whole crew prepare properly for the match and discuss their techniques for controlling the benches.

Bench control problems can be a form of gamesmanship and referee intimidation. By working as a professional team, you can — line-by-line — keep benches in check and have them act respectfully.

YOU MAKE THE CALL

By Rick Balak, SDI

Choose the best answer for the following questions:

- A. Caution (yellow card)**
B. Send Off (red card)
C. First show the yellow, then show the red
D. For this incident, no caution or send off is directed by the Laws Of The Game

1. At the taking of a penalty kick, the kicker plays the ball a second time before another player has touched it.
2. In a hard-fought match, a free kick is awarded to the visiting team with about two minutes left in the game. One of the defenders picks up the ball and, although he is carrying it generally toward the location of the restart, he resists having the ball taken from him by a player on the visiting team.
3. A player is attacking the opponent's goal from inside the penalty area. With the defending goalkeeper and a fullback guarding the goal, another defensive player carelessly tackles the attacker and causes the shot to deflected wide of the goal.
4. To prevent the ball from entering the goal, a defensive player (not the goalkeeper) standing in the penalty area punches the ball out of the penalty area with his/her fist. That defensive player already received a caution 22 minutes earlier in this game.
5. At a stoppage, you instruct a player who is bleeding from a wound to leave the field. The player leaves, is treated and re-enters the field while the ball is in play and without the referee's permission or the permission of any AR or fourth official.
6. At a U9/U10 Academy game, the goalkeeper punted the ball to a teammate who was 50 yards away from his penalty area. The teammate made one move with the ball, beating the opponent and scored. The restart should with a:
 - A. Corner Kick
 - B. Goal Kick
 - C. Penalty Kick
 - D. Kick-off
 - E. Indirect Free Kick
7. A player tackled an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
 - A. Direct Free Kick
 - B. Penalty Kick
 - C. Indirect Free Kick
 - D. Dropped Ball

ANSWERS: 1. D; 2. A; 3. D; 4. B; 5. A; 6. E; 7. A

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Referee Clinics

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Nov. 29
Time: 9:15 a.m.
Area: 8
City: Newburgh
Location: Newburgh Central Library Conference Rooms, 4111 Lakeshore Drive, 47630
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Dec. 6
Time: 9:00 a.m.
Area: 3
City: Garrett
Location: Garrett YMCA, 1200 E. Houston 46738
 Driving Directions: From Ft Wayne take Coldwater north to Garrett. Turn right or east on Houston. Go to the end of the street.
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Dec. 6
Time: 9:30 a.m.
Area: 8
City: Evansville
Location: North Park Branch Library, Conference Room, 960 Koehler Drive, 47710
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Dec. 7
Time: 1:00 p.m.
Area: 12
City: Carmel
Location: Village Farms Clubhouse, 453 Greyhound Pass Carmel
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Dec. 7
Time: 1:00-6:00 p.m.

Area: 4
City: Terre Haute
Location: Duke Energy Bldg., 301 Home Ave., 47803
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Dec. 27
Time: 12:00 p.m.
Area: 5
City: Danville
Location: Conference Rooms 7-8, Hendricks Regional Hospital
Driving Directions: Take US36 (Rockville Rd) west toward Danville. Turn right at the first light in Danville (opposite Kroger). The hospital is on the left. Go in the Main Entrance and take elevator A to the basement.
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Jan. 3

Time: 10 a.m.-3 p.m.
Area: 7
City: New Castle
Location: Henry County Public Library, 376 South 15th Street, New Castle, 47362
Instructor: TBD
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Jan. 4
Time: 10:00 a.m.
Area: 1
City: Valparaiso
Location: Valpo University, Gellersen Hall Room 120
Driving Directions: East entrance to VU from Hwy 2. Gellersen is the first building on south side. Parking directly across from hall.
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8

Dates: Jan. 17
Time: 8:00 a.m.
Area: 13
City: Fishers
Location: Hamilton Southeastern High School Cafeteria
Driving Directions: 13910 East 126th Street, Fishers, 46037
Cost: \$40

Referee Clinic Type: Recertification
Grade Level: 9,8
Dates: Jan. 18
Time: 12:30-5:30 p.m.
Area: 8
City: Jasper
Location: Habig Center, 1300 St. Charles St., Jasper
Cost: \$40

Referee Clinic Type: Entry Level
Grade Level: 8
Dates: Jan. 23
Time: 6:00-9:00 p.m.
Area: 11

City: Indianapolis
Location: 6321 La Pas Trail, Indianapolis, 46268
Cost: \$60

Referee Clinic Type: Entry Level
Grade Level: 9
Dates: Feb. 6
Time: 6:00 p.m.
Area: 11
City: Indianapolis
Location: 6321 La Pas Trail, Indianapolis, 46268
Cost: \$55

Referee Clinic Type: Entry Level
Grade Level: 8
Dates: Feb. 6-8
Time: 5:30-10 p.m.
Area: 7
City: Connorsville
Location: John Miller Center, 2900 N. Park Road, Connorsville
Cost: \$60

Youth Soccer in America - How do we measure success?

From the US Youth Soccer
Technical Department,
www.USYouthSoccer.com/Blog

Indeed how do we measure player development?

Too often in America, a professional sport model is used in measuring youth sports success. Youth soccer is not immune to this misapplied standard. For soccer, the situation is made worse by a desire of many adults to use measuring tools from other sports. In fact, it is maddening to many adults that soccer is not as black and white as with some sports in judging successful play. Many team sports played in our nation are statistically driven and coach-centered.

Soccer is neither of those!

Indeed, just like the Laws of the Game, our sport has many shades of grey within it. As a player-centered sport, some coaches become disillusioned as they learn that they are the "guide on the side" and not the "sage on the stage." Too many soccer coaches bring a military-focused attitude to the youth sport environment. This coach-centered perspective has been handed down to us from other sports and coaching styles of past generations.

In many sports, the coach makes crucial decisions during the competition. In soccer, players make the primary decisions during the match; the coach's decisions are of secondary importance. Ego-centric personalities will find coaching soccer troublesome. The other significant group of adults at a youth soccer match is parents. They too often have their view of the match colored by the professional model and by a view of "coaching" that is portrayed in the media. Although it is changing, the majority of parents watching their kids play soccer have never played the game. In fact, the statistics show that most of today's parents never played any team sport. So their only exposure on how to measure sporting success is gleaned from the sports media, which predominately reports on adult teams at the college and professional levels. These adult measurements of team performance should not and cannot be applied to youth sports.

The analogy can be made to a youngster's academic development in preparation for work in the adult business world. While the child is in primary and secondary school, the corporate world measurements of success are not applied. Those business assessments are not yet appropriate because the school-aged student does not yet have the tools to compete in the adult business environment. The knowledge and skills to be a competitor in business are still being taught and learned. This holds true in soccer as well!

Soccer is an adult game designed by adults for adults to play. Adults enjoy the game so much that they have shared it with their children. Yet, adults make errors when we bring our adult performance



and outcome-based thinking into the developing player's world.

Alright, fine, you say. So how do we measure success? How do parents know if the team's coach is doing a good job of teaching soccer to the players? How does the novice coach know if the kids are growing within the game?

As a way to measure success, let's look at the facts provided by a study by the Youth Sports Institute, on what players want from their sports experience.

TRUTHS about children and sports

- Fun is pivotal - if it's not fun, young people won't play a sport
- Skill development is a crucial aspect of fun - it is more important than winning, even among the best athletes
- The most rewarding challenges of sports are those that lead to self-knowledge
- Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than extrinsic rewards (victory or attention from others)

During childhood, allow the kids to have a good time playing the game while instilling the passion to love playing soccer on their own. Only a passion for the game can lead to success.

"Success is something players take ownership of and, in time, it becomes personally meaningful. Success is a process, not a product. The process of doing one's best is the key to success. The determining criterion of success is whether a player gave his or her best that day. Doing one's best is the most important statement a player can make about the importance of an activity and the meaning it has. With years of experience comes

self-knowledge and self-awareness. So players learn over time what it means to do your best, to give 100 percent."

Motives for Participation in Youth Sport

Reasons for Participating in Non-school Sports (study of 3,900 7 to 12 graders)

Boys

1. To have fun
2. To do something I'm good at
3. To improve my skills
4. For the excitement of competition
5. To stay in shape
6. For the challenge of competition
7. To get exercise
8. To learn new skills
9. To play as part of a team
10. To go to a higher level of competition

Girls

1. To have fun
2. To stay in shape
3. To get exercise
4. To improve my skills
5. To do something I am good at
6. To learn new skills
7. For the excitement of competition
8. To play as part of a team
9. To make new friends
10. For the challenge of competition

Truths & Motives for Participation

1. Have fun and to enjoy participating in sport.
2. Learn new skills and to improve on existing sports skills.
3. Become physically fit and to enjoy good health

4. Enjoy the challenge and excitement of sports participation and competition.
5. Enjoy a team atmosphere and to be with friends.

Suggestions for Parents

Remember the truths and talk to your children with them in mind. After a game, ask questions about fun, skill improvement, learning experiences and having a good time with friends.

See yourself as part of the team and be supportive of the coach; avoid setting up a conflict in your child's mind between his or her parents and coaches. If you want to affect the coaching, volunteer to help.

Develop perspective — remember what you could do at your children's ages and don't judge them by what you can do now. Kids will not become great players overnight.

Develop an understanding of what your children want from sports — not all children want the same things. Determine if they want to be involved at all.

Basic Urges of Children

The basic urges of children are:

- Movement
- Success and Approval
- Peer Acceptance & Social Competence
- Cooperation & Competition
- Physical Fitness & Attractiveness
- Adventure
- Creative Satisfaction
- Rhythmic Expression
- To Know 5

In general the benefits of youth sports for children include character building, humility in winning, leadership growth opportunities, cooperative skills, social skills and dealing with obstacles, losing and competition. We employ soccer to develop well-adjusted, good citizens.

Measurements of Success in Youth Soccer

Short-Term

- Fun - Do the players smile and laugh? Do the players look forward to playing? The first question from the player's family should be, "Did you have fun today?"
- Fair Play - Does a player demonstrate a sense of sportsmanship through words and actions?
- Laws of the Game - Do the players know and follow the rules of soccer?
- Health and Fitness - Are the players physically fit enough to meet the fitness demands of the game? Are they developing good nutrition and

Continued on next page...

An Executive Director for a Change



By Don Rawson
Executive Director

EXECUTIVE DIRECTOR'S MESSAGE



The Board of Directors and I have assessed the needs of this organization and we are agreed that in 2009 about 80 percent of my time needs to be spent in two areas — **Membership Development and Resource Development.**

Indiana Youth Soccer has many services and programs available to assist clubs in providing a fun, safe and healthy youth soccer environment. It

is critical that clubs have the best information and resources available to assist the parents, coaches, managers and players involved in their clubs.

In the area of Membership Development, I will be focused in two areas:

1. **Communicating much more often with current members** to ensure everyone is familiar with current programs, services and events sponsored by Indiana Youth Soccer. It is also critical that members receive timely communications regarding important policies and procedures.
2. **Seeking new affiliated members.** Increasing membership is important to help keep the costs of membership as low as possible.

If you are a current member and have concerns that need immediate attention, please contact me at don@indianayouthsoccer.org. If you know a soccer organization that is not a

current member of Indiana Youth Soccer and needs to be contacted, please have them contact me as well.

In the area of Resource Development, I will be focused on:

1. **Securing corporate partnerships** to increase non-fee based revenues and/or value-in-kind support.
2. **Improving the incorporation of volunteers and staff roles** to support programs, events and services provided by clubs, leagues and Indiana Youth Soccer. To secure the future of youth soccer, it is important to find and educate new and younger volunteers to learn and take on leadership roles in youth soccer.

If you wish to volunteer on a committee or as a District Commissioner, or if you are familiar with a company that you believe would be an outstanding corporate partner, please contact me at don@indianayouthsoccer.org.

The role and primary focus of the Indiana Youth Soccer Executive Director is changing. The change is long overdue and necessary if Indiana Youth Soccer is going to continue to provide the best programs, services and events for everyone involved in youth soccer throughout Indiana. The change is necessary if the agreed-upon five major goals and many specific objectives of the Strategic Plan are to be successfully met and delivered in a timely basis.

a site to see
indianayouthsoccer.org

Indiana
YOUTH SOCCER

Continued from previous page...

hydration habits befitting an athlete?

- Friendships - Are the players creating new friends within the team and with players from other teams?
- Skills - Are the players demonstrating a growing number of ball skills and are they gradually becoming more proficient in those skills?

Long-Term

- Commitment - How do the players answer when asked at the end of a game, "Did you try your best?"
- Roles in the Team - More important than learning a position, are the players learning about positioning? Knowing where the right back or the center forward spot is on the field is important, yet learning how to move tactically within the game is far more important. Do all of the players get exposed to playing all of the positions?
- Leadership - Are players being given the opportunity to take on leadership roles and responsibilities? Are the coaches and team managers teaching leadership?
- Tactics - Are the players experimenting with new tactics in matches? The coaches must teach new tactics to the players in training sessions and then allow them to try out the tactics in a match, regardless of how that might affect the outcome!
- Retention - Do the players come back year after year?

Retention is recognized as a short-term measure of success in youth soccer; developing well-adjusted citizens is another long-term measure of success in youth sports. In a 2007 US Youth Soccer survey, 96 percent of parents responded that one of the benefits they desire for youth soccer to provide to their child is fun. Ninety-seven percent of the parents surveyed feel the reason their child participates in youth soccer is fun.

What Parents Can Do

- Talk positively with their children before and after activities
- Supply transportation
- Assist with supervision
- Officiate games
- Help with administration
- Assist with the organization of special events

Statistics (win-loss records, goals for/goals against, saves, number of corner kicks, etc.) are straightforward ways to measure what happened in a game. Those unfamiliar with soccer find the use of those measurements comforting as they help them define a sport they find confusing. Yet those measurements fail to show the complete picture of a random skill, open-ended, transitional sport with no timeouts. There is an immeasurable organized chaos factor in soccer.

How can one measure or quantify the unexpected 60-yard dribble and goal of Diego Maradona in the 1986 World Cup? What measurement of success can explain how some player, somewhere in the world, decades ago, spontaneously did a bicycle kick in a match, making that move a part of soccer from then on?

The bottom line is that statistics in soccer are largely meaningless. From this thought springs the reality that soccer is perhaps the cruelest of team sports. It may be the only team sport where a team could have the majority of ball possession, outshoot the other team and still lose the match. If you have played soccer long enough you have been the team that was much better than the opposition and lost. You have also been the team that was outplayed by the

opposition and won. The win-loss record does not accurately show how the game was played, how the players performed or how well the coach prepared the team to play the game.

Scientific research has concluded that it takes 8-12 years of training for a talented player to reach

"There are already a multitude of articles saying that winning and losing are not the correct measures of success in youth soccer, instead we should measure the development of the players. OK, perfect. The next obvious follow-up question then is, 'How do we measure the development of a single player?' If US Youth Soccer can answer this question in a way that is helpful to committed coaches and understandable to parents with limited playing experience (and paying the money to have their kids involved), they may be able to turn this overly organized youth soccer system of ours into a much more effective development program."

- Cary McCormick, Arlington, Va.

elite levels. This is called the 10-year or 10,000-hour rule, which translates to slightly more than three hours of practice daily for 10 years. Unfortunately, parents and coaches in many sports still approach training with an attitude best characterized as "peaking by Friday," where a short-term approach is taken to training and performance with an over-emphasis on immediate results. We now know that a long-term commitment to practice and training is required to produce elite players in all sports.

Sports can be classified as early-specialization or late-specialization sports. Late-specialization sports, including athletics, combative sports, cycling, racquet sports, rowing and all team sports require a generalized approach to early training. For these sports, the emphasis during the first two phases of training should be on the development of general motor and technical-tactical skills.

Late Specialization Model**Stage 1 – Fundamental Stage**

Age: 6-9 years

Objective: Learn all fundamental movement skills (build overall motor skills)

Stage 2 – Learning to Train Stage

Age: 8-12 years

Objective: Learn all fundamental soccer skills (build overall sports skills)

Stage 3 – Training to Train Stage

Age: 11-16 years

Objectives: Build the aerobic base, build strength towards the end of the phase and further develop sport-specific skills (build the "engine" and consolidate soccer specific skills)

Stage 4 – Training to Compete Stage

Age: 15-18 years

Objectives: Optimize fitness preparation and sport, individual and position-specific skills as well as performance (optimize "engine", skills and performance)

Stage 5 – Training to Win Stage

Age: 17 years and older

Objectives: Maximize fitness preparation and sport, individual and position specific skills as well as performance (maximize "engine", skills and performance)

Stage 6 – Retirement/Retention Stage

Objectives: Retain players for coaching, administration, officials, etc

It is certainly the stance of US Youth Soccer to focus more on match performance than outcome; yet this is not to say that players should not strive to win. There's nothing wrong with winning! Trying to win is desirable and praiseworthy. It means trying your best. Indeed, trying to play your best (match performance) often leads to winning — but not always! Remember, the outcome of the game is not a reason why kids play. Players and coaches should diligently work to improve their performance. This is the drive for excellence as opposed to success.

Success does not breed success; it breeds failure. It is failure which breeds success. If that advice seems patently absurd, think about the careers of many famous winners:

- **Babe Ruth** struck out 1,333 times. In between his strikeouts he hit 714 homeruns.
- **Martina Navratilova** lost 21 of her first 24 matches against archrival Chris Evert. She resolved to hit more freely on the big points and beat Evert 39 out of their next 57 matches. No woman tennis pro has ever won as many matches or as many tournaments, including a record nine Wimbledon singles titles.
- **Abraham Lincoln** failed twice in business and was defeated in six state and national elections before being elected president of the United States.
- **Michael Jordan** was cut from his junior high school basketball team before becoming a sports icon.
- **Theodor S. Geisel** wrote a children's book that was rejected by 23 publishers. The 24th publisher sold six million copies of it — the first Dr. Seuss book — and that book and its successors are still staples in every child's library.

Consider the times when you tried to learn a new game or sport. Were you perfect the first day? Not likely. A former teammate once told me that he did get one sport right the first time he tried it. We asked what he meant and he said, "It was the first day of snow skiing classes. I skied all day long and I didn't fall down once. I was so elated; I felt so good. So I skied up to the ski instructor,

and I told him of my great day. You know what the ski instructor said? He told me, 'Personally, I think you had a lousy day.' I was stunned. 'What do you mean, 'lousy day?' I thought the objective was to stand up on these boards, not fall down.' The ski instructor looked me straight in the eye and replied, 'Sir, if you're not falling down, you're not learning.'"

The ski instructor understood that if you can stand up on your skis all day long the first time out, you're doing only what you already know how to do, not pushing yourself to try anything new or difficult.

If you always play it safe, you aren't going to improve yourself because when you try to do something you don't know how to do, you'll fall down. That's guaranteed! Nothing is ever done perfectly the first time someone tries it — not in business, not in school and most certainly not in soccer.

The point isn't to promote failure for failure's sake, of course. We don't advocate for a moment that failure ought to be the objective of any endeavor. Instead, we advocate learning. We want American players to be leaders and not look for someone to blame when mistakes are made while expanding their soccer horizons. Instead ask, "What can be learned from the experience?"

Trying new ball skills or new tactics, a new set play or a new formation will cause errors during matches. Yet if the players do not feel they are allowed to try out these new talents in a match, when will those talents become a part of their game? The sounds coming from the spectators at a youth match should be cheers for when a player tries something new. Parents can measure their child's success in soccer by the improving athletic ability of their child, by the growing confidence and self-reliance of the player, by the emergence of refined ball skills, by the opportunity afforded by the coach to play in different positions on the team, by the taking on of leadership and responsibility, by the demonstration of fair play and by the smiles.

The parents will know that there is a chance for success when they see the players and coaches striving for excellence!

"There are many people, particularly in sports who think that success and excellence is the same thing and they are not the same thing," says Penn State football coach Joe Paterno. "Excellence is something that is lasting and dependable and largely within a person's control. In contrast, success is perishable and is often outside our control. If you strive for excellence, you will probably be successful eventually. People who put excellence in first place have the patience to end up with success. An additional burden for the victim of the success mentality is that he is threatened by the success of others and resents real excellence. In contrast, the person fascinated by quality is excited when he sees it in others."

Striving to improve individual, group and team performance is more important at the youth level than the outcome. Simultaneously, players should play to win. Coaches should teach and develop the players as they learn how to win. Parents should support the players and coaches. Intrinsic success is by its nature more difficult to measure than extrinsic success. A trophy is more tangible to an adult than the exhilaration a child feels while playing soccer.

The final measure of success will require a good deal of patience from the adults — that measurement is the free choice of the child to stay in the game!

In soccer circles it is agreed that four groups of adults support the youth game — parents, coaches, administrators and referees, each of whom have an equal obligation to the players. That obligation is to live by the vision you have just read!

"We must work to create an environment to develop the American player's growth and development!" says Dr. Thomas Fleck. "In the past we have tried to train the Dutch way, the Brazilian way, etc. We can and will together create the finest players in the world if we understand the growth, development and specific characteristics of our youth. Distributing the body of information from the "Y" License is the first step."

In matters of style, swim with the current. In matters of principle, stand like a rock.



2009 Sanctioned Tournaments

Dynamo Round Robin
 Dates: Mar. 20-22, 2009
 Location: Indianapolis
 Website: <http://www.dynamoroundrobin.org>
 Contact: Cynthia Johnson
 Telephone: (317)752-1527
 Email: RoundRobin@DynamoFC.org
 Age Groups: U10-U17,U19,U9 Girls
 Fees: U9,U10 - \$400; U11-U12 - \$450; U13-U17,U19 - \$500
 Tournament Type: Unrestricted
 Teams Accepted: Select
 Referee Assignor: Tony Delois, RefAssignor@DynamoFC.org

Crossroads of America Girls Showcase
 Dates: Apr 24-26, 2009
 Location: Carmel
 Website: <http://www.crossroadsshowcase.com>
 Contact: Russell Gee
 Telephone: (317)575-8890
 Email: geecusc@aol.com
 Age Groups: U15-U18 Girls
 Fees: U15-U18 - \$695
 Tournament Type: Unrestricted
 Teams Accepted: Select
 Referee Assignor: Liz Crosby, enc_crosby@yahoo.com
 Referee Assignor Telephone: (317)403-4222

White River Classic
 Dates: May 8-10, 2009
 Location: Noblesville
 Website: <http://noblesvillesoccer.org>
 Contact: Laurie Schillinger
 Telephone: (317)409-0726
 Email: laurie.schillinger@sai-rep.com
 Age Groups: U9-U15 Boys and Girls
 Fees: U9-U10 - \$380; U11-U12 - \$440; U13-U15 - \$475
 Tournament Type: Unrestricted
 Teams Accepted: Select
 Referee Assignor: Brian Kwiatkowski, brian.kwiatkowski@gwrs.com
 Referee Assignor Telephone: (317)292-6552

Thomas C. Murray Memorial Cup
 Dates: May 22-25, 2009
 Location: Carmel
 Website: <http://www.murraycup.com>
 Contact: Frank Dixon
 Telephone: (317)373-9761
 Email: dixonf@ameritech.net
 Age Groups: U9-U19 Boys and Girls
 Fees: U9-U10 - \$425; U11-U12 - \$475; U13-U19 - \$495
 Tournament Type: Unrestricted
 Teams Accepted: Select
 Referee Assignor: Ray Sahn, rsahn@mail.ref4indy.com
 Referee Assignor Telephone: (317)414-4348

Boys 2009 Crossroads of America College Showcase
 Dates: Apr 17-19, 2009
 Location: Carmel
 Website: <http://www.crossroadsshowcase.com>
 Contact: Joe Sochacki
 Telephone: (317)575-8890
 Email: jscho3316@yahoo.com
 Age Groups: U15-U17 Boys
 Fees: U15-U17 - \$695
 Tournament Type: Unrestricted
 Teams Accepted: Select
 Referee Assignor: Elisabeth Crosby, enc_crosby@yahoo.com
 Referee Assignor Telephone: (317)403-4222

Red Lion Invitational 2009
 Dates: May 1-3, 2009
 Location: Indianapolis
 Website: <http://www.redlioninvitational.com>
 Contact: Brent Paulson
 Telephone: (317)432-4844
 Email: bep@fcpride.org
 Age Groups: U9-U18 Boys and Girls
 Fees: U9-U10 - \$475; U11-U12 - \$550; U12-U18 - \$600
 Tournament Type: Unrestricted
 Teams Accepted: Select
 Referee Assignor: Dave Howard, fshoward@sbcglobal.net
 Referee Assignor Telephone: (317)849-8981

24th St. Mary's Soccer Classic
 Dates: May 8-10, 2009
 Location: Newburgh, IN 47630
 Website: <http://www.svisasoccer.com>
 Contact: Jeff Johnson
 Telephone: (812)490-2282
 Email: jeffkathy@aol.com
 Age Groups: U9-U19 Boys and Girls
 Fees: U9-U10 - \$350; U11-U12 - \$400; U13-U19 - \$450
 Tournament Type: Restricted
 Teams Accepted: Select
 Referee Assignor: Skip Basing, Skipbasing@gmail.com
 Referee Assignor Telephone: (812)490-3117

23rd Fort Wayne Invitational 2009
 Dates: June 19-21, 2009
 Location: Fort Wayne
 Website: <http://www.fwunitedsoccer.com>
 Contact: Linda Lozo/Tournament Director Assistant
 Telephone: (260)637-6654
 Email: annette.zirkle@wachoviasec.com
 Age Groups: U9-U19 Boys and Girls
 Fees: U9-U10 - \$375; U11-U19 - \$425
 Tournament Type: Restricted
 Teams Accepted: Select
 Referee Assignor: Mary Denton, marydenton03@verizon.net
 Referee Assignor Telephone: (260)637-6873

2009 Events Calendar

December

1 2009 Kohl's American Cup Registration Deadline
 5-7 'E' Coaching Course @ Canterbury HS - Ft. Wayne
 5-14 National Youth License @ FC Indiana - Lafayette
 6 Youth Technical Course @ Canterbury High School - Ft. Wayne
 6-14 'D' Coaching Course @ Indiana Youth Soccer / Sports of All Sorts
 12 ISL Spring 2009 Application Closes
 13 League Task Force Meeting
 13 Indiana Youth Soccer Board Meeting
 22 ODP State Pool Training @ Sports of All Sorts
 23 ODP State Pool Training @ Sports of All Sorts

January

5-8 Winter Coaching Clinics/Youth Technical Certificate @ Zionsville Indoor Soccer Complex
 9 ODP District Training @ Hallmark Sports Club II
 10 League Task Force Meeting
 14 NSCAA Annual Convention @ St. Louis
 24 ODP State Pool Training @ Wabash College
 25 ODP State Pool Training @ Wabash College
 31 ODP State Pool Training @ Wabash College

February

1 ODP State Pool Training @ Wabash College
 6 ODP District Training @ Hallmark Sports Club II
 7 Indiana Youth Soccer Workshops
 7 Indiana Youth Soccer Awards Banquet

7 Indiana Soccer Hall of Fame Induction
 7 ISL Spring 2009 Managers Meeting
 7 Indiana State Cup Bracket Draw
 8 Indiana Youth Soccer AGM
 14 ODP State Pool Training @ Wabash College
 15 ODP State Pool Training @ Wabash College

March

5-7 US Youth Soccer adidas Workshops @ San Jose
 6 ODP District Training @ Hallmark Sports Club II
 6-15 D Coaching Course @ Canterbury HS - Ft. Wayne
 7 ODP State Pool Training @ TBD
 8 ODP State Pool Training @ TBD
 9-11 Dynamo Round Robin Tournament
 21 ODP State Pool Training @ Louisville, KY

April

4 ISL Spring 2009 League games begin
 17-19 2009 Crossroads of America Boys Showcase
 19 ODP State Pool Training @ TBD
 24-26 2009 Crossroads of America Girls Showcase

May

1-3 Red Lion Invitational 2009
 9-10 White River Classic
 9-10 St. Mary's Soccer Tournament
 22-25 TC Murray Memorial Cup

June

19-24 US Youth Soccer Region II Championships

July

21-26 US Youth Soccer National Championships



March 5-7, 2009 | San Jose, Calif.
San Jose McEnery Convention Center
 408 Almaden Blvd.
 San Jose, CA 95110

Basic Schedule

Thursday, March 5

2:00 p.m. - 8:00 p.m. • **Workshop Registration**
 6:00 p.m. - 9:00 p.m. • **Exhibit Hall Opening**

Friday, March 6

7:30 a.m. - 4:00 p.m. • **Workshop Registration**
 9:00 a.m. - 4:00 p.m. • **Educational Sessions/Demonstrations**
 9:00 a.m. - 5:00 p.m. • **Exhibit Hall**
 6:30 p.m. - 7:30 p.m. • **President's Reception**
 7:30 p.m. - 10:00 p.m. • **US Youth Soccer Awards Gala**
 10:00 p.m. - midnight • **The After Party presented by adidas**

Saturday, March 7

8 a.m. - 11:00 a.m. • **Workshop Registration**
 9:00 a.m. - 4:00 p.m. • **Exhibit Hall**
 9:00 a.m. - 4:00 p.m. • **Educational Sessions/Demonstrations**

Save 50 percent (\$100) off registration before December 15
 Admission: \$100 through Dec. 15, \$150 Dec. 16-Feb. 1, \$200 Feb. 2-13
 Register Online at: <https://www.e7sports2.com/E7/Registration/Event/USYS08/>

Registration

Full and One Day Pass registrations are available for this event. Attendees may register through USYouthSoccer.org, U.S. Postal Service or onsite. Full registration fee includes admission to all activities and functions. All official activities of the event are intended for adults. No discounted registration is available for youth or children.

Early Registration by December 15, 2008	\$100
Regular Fee by January 31, 2009	\$150
Pre-registration between February 1, 2009 and February 13, 2009 (internet only, no mail-in accepted)	\$200
Onsite Fee	\$200

Registrations will be confirmed but no mail-in pre-registrations will be processed if postmarked after January 31, 2009. You may still register online between February 1, 2009 and February 13, 2009, but the fee is \$200. Onsite registration is required after February 13, 2009.

There are no refunds for registration fees.

Name (for name badge) _____

Title _____

Association/Club _____

Mailing Address _____

City _____ **State** _____

Zip/Postal Code _____ **E-mail** _____

Daytime Phone () _____ **Fax ()** _____

Emergency Contact _____ **Phone ()** _____

Check All That Apply: Coach Referee

Administrator Other _____

How will you pay? Check enclosed

Amount _____

Name appearing on credit card _____

Account # _____ **Exp. Date:** / /

Signature _____

Your email address could be used for updates and promotional messages concerning the workshop.

Mail your registration to: US Youth Soccer
 9220 World Cup Way
 Frisco, TX 75034

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