



KARL'S KOMMENTS

www.cysanorth.org



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District Coaching Coordinators

District I—José DeAraujo

415.387.1984
brasil94@pacbell.net

District II—Tim Nixon

650.591.4223
busrevolution@aol.com

District III—Steve Hartland

925.556.1112
coach_stephen@sbcglobal.net

District IV—Steve Shott

707.747.5529
shott4@sbcglobal.net

District V—Bruce Weaver

707.578.3822
district5commissioner@cysanorth.org

District VI—Linda Padilla

916.342.0381
linda.padilla@blueshieldca.com

District VII—Clay Ice

559.348.1119
clayrosie01@hotmail.com

District VIII—Eugene Hammerson

209.951.2831
ehammerson@yahoo.com

District IX—Keith Stewart

530.244.8464
kstewart@sbcinc.net

CONTACTS

Karl Dewazien

State Coaching Director
559.447.1869
cysakarl@comcast.net

Ray Erlach

2nd Vice Chairman, Coaching Committee
Chairman
415.788.3322
2ndViceChair@cysanorth.org

Joyce Pineda

CYSA Programs Coordinator
925.426.KIDS
jpineda@cysanorth.org



Ever Wonder?

If you have ever wondered why CYSA has hired you to become a member of it's very prestigious Instructional Staff and have asked you to focus on the total development of the child. Read the following letter which was sent to the parents of a Girls U-7 squad:

Congratulations on being selected for Team 7 (Forest Green shirts) of the XY Soccer League! My name is Coach A.B. and I have been fortunate enough to be selected to coach what I know will be a wonderful group of young ladies.

OK, here's the real deal: Team 7 will be called Green Death. We will only acknowledge "Team 7" for scheduling and disciplinary purposes. Green Death has had a long and colorful history,



and I fully expect every player and parent to be on board with the team. This is not a team, but a family (some say cult), that you belong to forever. We play fair at all times, but we play tough and physical soccer. We have some returning players who know the deal; for the others, I only expect 110% at every game and practice. We do not cater to superstars, but prefer the gritty determination of journeymen who bring their lunch pail to work every week, chase every

ball and dig in corners like a Michael Vick pit bull. Unless there is an issue concerning the health of my players or inside info on the opposition, you probably don't need to talk to me. Coach C. has been designated "good guy" this year.

Some say soccer at this age is about fun and I completely agree. However, I believe winning is fun and losing is for losers. Ergo, we will strive for the "W" in each game. While we may not win every game (excuse me, I just got a little nauseated) I expect us to fight for every loose ball and play every shift as if it were the finals of the World Cup. While I spent a good Saturday morning listening to the legal liability BS, which included a 30 minute dissertation on how we need to baby the kids and especially the refs, I was disgusted. The kids will run, they will fall, get bumps, bruises and even bleed a little. Big deal, it's good for them (but I do hope the other team is the one bleeding).

If the refs can't handle a little criticism, then they should turn in their whistle. The sooner they figure out how to make a decision and live with the consequences the better. My heckling of the refs is actually helping them develop as people. After listening to the head of the referees drone on for about 30 minutes on the dangers of jewelry (time which I will never get back), no player will be allowed to play with pierced ears, hairclips, etc. We used to tape the earrings, but that practice is no longer acceptable.

CONTINUED ON PAGE 2.



Ever Wonder? CONTINUED FROM PAGE 1.

The political correctness police are not welcome on my sidelines. America's youth is becoming fat, lazy and non-competitive because competition is viewed as "bad". I argue that competition is good and is important to the evolution of our species and our survival in what has become an increasingly competitive global economy and dangerous world. Second place trophies are nothing to be proud of as they serve only as a reminder that you missed your goal; their only useful purpose is as an inspiration to do that next set of reps. Do you go to a job interview and not care about winning? Don't animals eat what they kill (and yes, someone actually kills the meat we eat too - it isn't grown in plastic wrap. And speaking of meat, I expect that the ladies be put on a diet of fish, undercooked red meat and lots of veggies. No junk food. Protein shakes are encouraged, and while blood doping and HGH use is frowned upon, there is no testing policy. And at the risk of stating the obvious, blue slushies are for winners.

These are my views and not necessarily the views of the league (but they should be). I recognize that my school of thought may be an ideological shift from conventional norms. But it is imperative that we all fight the good fight, get involved now and resist the urge to become sweat-xedo-wearing yuppies who sit on the sidelines in their LL Bean chairs sipping mocha-latte-half-caf-chinos while discussing reality TV and home decorating with other feeble-minded folks. I want to hear cheering, I want to hear encouragement, I want to get the team pumped up at each and every game and know they are playing for something.

Lastly, we are all cognizant of the soft bigotry that expects women and especially little girls, to be dainty and submissive; I wholeheartedly reject such drivél. My overarching goal is develop ladies who are confident and fearless, who will stand up for their beliefs and challenge the status quo. Girls who will kick @\$\$ and take names on the field, off the field and throughout their lives. I want these girls to be winners in the game of life. Who's with me?

Go Green Death!

Routines- Help Athletes do the Right Things

By Sean McCann, PhD,
U.S. Olympic Committee
Performances Services
Sport Psychologist

A routine increases the sense of familiar in a new environment. Routines are portable, transferable, and adaptable. Remind your athletes that an iPod and headphones can mentally transport you from a treadmill in a hotel basement to a familiar run in the woods when you last listened to this music. Similarly, a routine can make even the strangest sport environment seem normal, familiar, and most importantly, comfortable. This is a powerful effect when the environment of the competition is full of distractions. I cannot overemphasize how helpful this has been to countless Olympic medal winners I have known when faced with the circus of the Games.





What a Site: www.fundamentalsoccer.com

for the Staff

What else can we do to further improve our coaching school program?

Here is a coaching/candidates reply:

The Friday Session was a little dull. Here are some suggestions:

- ◆ Have people talk to each other. In the introductions (or break into groups) this way people introduce their classmate instead of themselves (to break the ice)
- ◆ Bring more visuals: A ball, A clipboard; Magnetic board, etc.
- ◆ Walk around the class instead of staying in the same spot

Do group activities. For instance groups of four where they have an assignment. One group could give an example of cooperative play vs. competitive play. Another, 'What it means by positive reinforcement' or 'Talk about what to expect when you talk about good behavior'

These types of activities encourage people to get to know each other and also to benefit from other people's coaching expertise.

When you ask an individual you are putting them 'on the spot!' This way the group is coming up with the answer and you will get more input -Guaranteed

KD - Let's aim at making our classroom sessions more inter-active in 2009..!

from the Staff



I felt that the E/D course went very well, and that both myself and the candidates got a lot out of it. They had a slew of last minute cancellations (no deposits!), several fill-ins, then 4 no-shows for the start of the course! This left only 8 candidates for both weekends, but for positive notes, we bonded well, and could work through all their challenges for a very thorough understanding of how to apply the **CYSA** 9-step routine for all the E/D topics.

The approach of giving them three assignments, and letting them run with them, proved to be a big challenge for them in the beginning, but the self discovery/evaluation process helped to give them that deeper understanding in the long run. It also brought out more creative approaches to maximize their themes/topics. A much more effective learning environment than simply having them regurgitate what the instructor had just shown them.

Several candidates applied what they learned the first weekend to their mid-week practices, and were impressed with how much more their kids understood from the practice, as well as having more FUN!

This comes back to what one of our instructors was talking about at the instructors meeting I attended and that was how little the candidates have retained/applied from the "F" and "E" courses. While he expressed a lot of frustration about reviewing "F" course 1+1 and "E" 2+1/1+2, that's what the E/D may be partly about. When many were "F" or "E" candidates, especially without a lot of soccer knowledge, their game awareness was less developed, now that it's a couple of years into coaching, they are only now ready to take it to the next level. So my rewards are seeing these "young" coaches have that light bulb go off, and be recharged and refreshed with new tools in their coaching box.

In my opinion, without the E/D, many candidates would be unprepared for what is expected of them to pass the "D" - but that's why we offer it!

With regard to the E/D manual, the diagrams had the server/receiver starting on the older(?) front flag routine, but I had my candidates start off the back flag. I even gave out some "F" and "E" manuals to those that had misplaced theirs or had older formats.

Thanks for giving me the opportunity to do this course - it was definitely my favorite!

Rod Gilchrist



KD - Let's aim at getting more 'light bulbs' to go off in 2009



From the Field

What a Site: www.fundamentalsoccer.com



Jaime Howard,

I am a "master trainer" in 3 different programs: soccer referee instruction and sales and technical training programs in my industry. I have attended, and even led, numerous "train-the-trainer" programs over the last 25+ years in soccer and business. After so many years of teaching and giving presentations, I am sometimes used to help others to be more successful as trainers or presenters. Here is my feedback for you of the clinic that you did for EYSC on Saturday morning: GREAT! You did everything right on Saturday, namely:

Jaime Howard

You were well prepared — you covered exactly what we asked you to teach and then some.

You asked the group for their concerns which always serves to motivate any audience.

You involved the audience (great participation strategies).

You repeated the key information thereby promoting retention.

Your timing was excellent — the classroom/field session was an excellent balance.

I am copying the State Coaching Director so that he knows what an excellent representative he has here in District VI. Please keep Larry and I informed if you give any other clinics in the area — we would like to participate and encourage other EYSC coaches to do so. This is especially true if you do any advanced topics.

Please plan on repeating the session on Saturday, July 18 for our recreation coaches — we should have all teams and coaches listed by then.

Good luck on your A License. My guess is that you'll ace the course and then we'll have to pay you more. Please thank Melissa for sharing her morning with our coaches and players.

Thank you on behalf of the Eureka Youth Soccer Club

Tarek Khan

KD — Let's aim at all of us receiving such glowing evaluations in 2009





PRESS RELEASE

What a Site: www.fundamentalsoccer.com

Pleasanton, CA - May 7th, 2009

CYSA Board of Directors Approves Changes for Tournaments

Effective May 4th, 2009, Teams applying to CYSA sanctioned tournaments will submit their application and fees directly to the tournament. Applications will no longer be submitted to the District Tournament Coordinator for processing.

A team may apply to only one tournament per weekend whether it is a CYSA, Out of State or International Tournament.

A team may apply to another tournament on the same weekend only after being rejected from the tournament to which they originally applied or after withdrawing from the tournament to which they originally applied. **TEAMS FOUND TO HAVE VIOLATED THIS POLICY WILL FACE SEVERE PENALTIES.**

Teams withdrawing from a tournament should be aware that a tournament may include in its rules a provision that allows the tournament to keep the entry fees for any team that applies. Please check with the tournament regarding their refund policies. In addition to the possibility of forfeiting their entry fees, teams withdrawing from a tournament less than 14 days before the start of the tournament may be fined \$300 by the tournament for a late withdrawal.

A (Partial) Fond Farewell,

I regret my new career precludes weekends off in the summer. I lost my old job and got a great new one with a large corporation. But, the company tax return is done over the summer.

CYSA coaching courses have been the highlight of my summer for so long, it has been difficult for me to give it up. But, it looks like the new generation has to take over for me. I hope that sharp **Jamie Howard** can teach quite a bit for you.

Thank you for over 10 years of fun,!

Diane Boettcher

KD — Fortunately, Diane has agreed to continue writing articles and answering coaches' questions for the **CYSA** Coaching School Program. We wish her much success in her new endeavor and thank her for ten years of dedicated service to the children of **CYSA..!**

The Cal Interscholastic Federation requires all of its coaches (at least in the San Joaquin section) to take a 9 or 10 hour course entitled: COACHES' EDUCATION COURSE. In which they teach sportsmanship, victory with honor, drugs and the psychological aspects of coaching. **Len Marks**, passed the instructors test and he is now a Cal Interscholastic Federation Instructor.



Len Marks

KD — Congratulations **Len** on this prestigious accomplishment. Hint...Don't hesitate to send us materials from their curriculum to improve ours.

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the SURVEY says!

Hank House is completing his masters in Athletic Training. His thesis study is observing the ability of the youth soccer coach in recognizing and managing a concussion. This study is not intended to point out what the youth soccer coach does not know, but to discover what may be added in the education of concussions for the soccer coach.

He would appreciate it if you would participate and also pass on this study to your peers.

The link to the online survey is: http://www.surveymonkey.com/s.aspx?sm=i64_2boggetZFRPqSukl8nNQ_3d_3d

Hank thanks you for your time in helping him out.

The CAL/EPA Evaluating Artificial Turf

The California Environmental Protection Agency (CAL/EPA) is evaluating the new generation of artificial turf playing fields. Past studies suggest these fields are safe. Cal/EPA's evaluation will add to the body of health information on these playing fields.

To accomplish this we need to estimate how many hours athletes spend playing organized sports each year. For hours spent playing soccer, we believe soccer coaches can provide the most accurate estimates. Please consider using the link below to take our very short survey. This survey asks coaches to estimate the time soccer players spend at **organized** practices and **organized** games each year (in an **organized** soccer league: youth, school or adult).

The results of this survey will be published in our final report, scheduled for completion in the spring of 2010. Thank you very much for taking the time to help make our study possible. Feel free to call or email me if you have any questions.

Charles Vidair, Ph.D.
Office of Environmental Health Hazard Assessment
California Environmental Protection Agency
510-622-2070
cvidair@oehha.ca.gov

To take our short survey, please click on the following link:
<http://www.zoomerang.com/Survey/?p=WEB229592CGAC8>



HAPPENINGS

June 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 <small>Tournament Weekend</small>
7 <small>Tournament Weekend State BOD Meeting</small>	8	9	10	11 Region IV Presidents Cup—Tri Cities, WA	12	13
14 <small>Region IV Presidents Cup—Tri Cities, WA</small>	15	16	17	18	19	20
21 <small>Far West Regionals— Lancaster, CA</small>	22	23	24	25	26	27
28	29	30				

Far West Regionals—Lancaster, CA

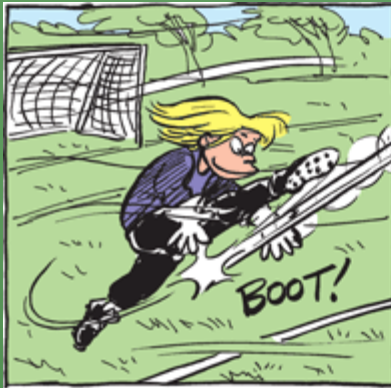
- 6th–7th—Tournament Weekend
- 7th—Board of Directors Meeting
- 11th–14th—Region IV Presidents Cup
— Tri Cities, WA
- 13th–14th—Tournament Weekend
- 15th–21st—Far West Regionals
— Lancaster, CA



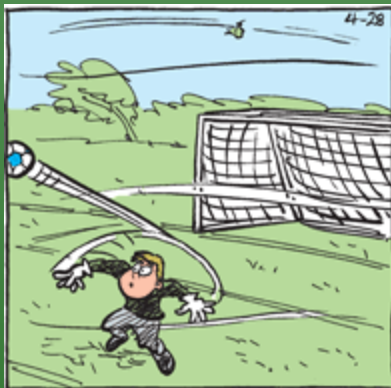


Cleats Comics

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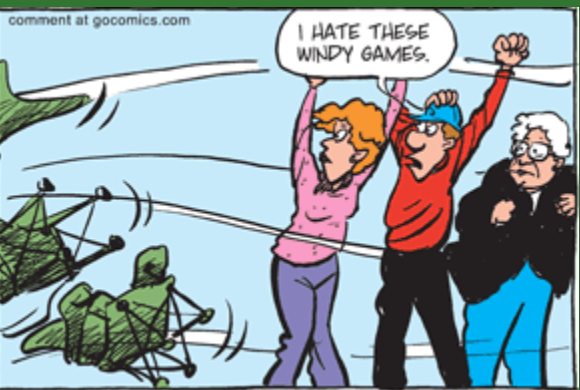
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