

Lakehill Soccer Association

September 2012 Newsletter

WELCOME BACK TO ANOTHER SEASON AT LAKEHILL!

Welcome to another season! Based on your feedback from last season, we have implemented "club managers" and monthly duties to share the volunteering. We hope that this will ease the burden of volunteering, and provide more opportunities to volunteer within the club. We are also looking into implementing a self-reporting online volunteer form to ease the burden of team managers, and hopefully provide a better and smoother experience.

We are excited to announce our first Lakehill Soccer Boot Swap!

It will be happening Saturday, September 22nd, from 10-2 p.m. at Braefoot, near the playground. Bring in your clean, tied-together, and clearly sized cleats from 10-11:30 a.m. and get a ticket to pick out a 'new to you' pair from 12-2 p.m. that same day. All cleats are donations, so if you do not find a pair to

take home, please consider giving your ticket to a family that needs one. More details on the website.

Thank you to all those who have already stepped up to volunteer. I will be going through the online registration system, and emailing those who have selected positions. Please be patient, if you have not received an email by the end of September, please contact me via email. We are still looking for a manager for the mini-jamboree held on the last play day in March, 9-2 p.m. We can't hold the jamboree without one, so please consider volunteering for this, either by yourself, or with one other person.

Rebecca Sorensen, Volunteer Director



REMINDER: REGISTRATION CLOSSES SEPTEMBER 23RD!

COACHING POINT FROM TECHNICAL DIRECTOR:

When coaching your teams at Super 8's and older, encourage your players to turn their heads to look behind them before they show to receive a pass. This is very important for midfielders in particular.

Manchester United's central midfielder Paul Scholes turned his head 2000 times in one half in a game. The player who turns his head before receiving the ball knows whether he can turn or not and where

teammates are that he may pass to BEFORE he gets the ball. It is being proactive rather than reactive. Many players receive the ball, then turn their head to see whether they can turn or who they can play to and it is too late. Players then do not rely on team mates to tell them if they can turn but more important players know where and who to play it to.

Professional players do this so let's work on that skill.

NEW PHOTO POLICY

Lakehill has introduced a new photo policy this year, and we have created a new Flickr group which is open for players and families to add photos to. Learn more at <http://lakehillsoccer.com/photo-gallery/photo-policy>



NO HANGING ON NETS!

Parents, coaches and managers are to tell players not to hang on the goal cross-bars or climb posts or netting. This must be made clear as there is a risk of the portable goal falling, causing serious injury. Teams and parents are responsible for making sure the kids play safely around the portable nets. Large grass nets do have a bar to anchor them into the ground so please, anchor portable nets if you see one loose. Everyone, let's be on the look-out so that no child is harmed!

EQUIPMENT NEEDED:

Each player will need a pair of Soccer Cleats, Shin guards, Shorts (prefer black or dark shorts at SandBlaster's, U7/8, U9/10.), and Water bottle with their name on it. Lakehill Soccer will provide each player a team shirt and pair of socks that both can be worn on practice or game days.

PRACTICE SCHEDULES:

Under 6

No weekday practice. Play on Saturday consists of 30 minutes of practice designed as a fun learning session, followed by a 20 minute game.

Parents are to surround the field to help keep the ball in play. No throw-ins, no sideline stoppage, simply direct the ball (and players) back onto the field so the kids can keep going.

Under 8

Teams practice once a week and game play on Saturdays. Play on Saturday consists of a 10-15 minute warm-up play and then game play of 2 15-minute halves. Total field time is 50 minutes.

Under 10

Teams will practice once a week and be encouraged to attend an additional development session each week.

Game play on Saturdays consists of a 10 minute warm-up, then a game of 2 20-minute halves. Total field time is 50 minutes.

U11 +

Each player is expected to maintain and be responsible for their personal soccer gear. The club will issue shorts, socks and a Lakehill team jersey (\$50 jersey deposit required). Teams practice 2 times a week with a game on weekends.

Individual and team photo day for Lakehill Soccer will be on October 20th, 2012.

We'll send out times as we approach the date. Stay tuned...

NEW PLAYERS:

Game time schedules for MINIS (U6-U10) are posted on the Lakehill website.

Games are played Saturday mornings.

FREQUENTLY ASKED QUESTIONS:

Do I really need soccer cleats? Yes, otherwise your child will slip on the grass when it gets wet. Multi-studs are good for most beginning players and are good for hard ground. Blades are good for regular grass fields and 6-studs for soft muddy ground and slick conditions. Turf shoes are best for turf play.

Do we play in the rain? Yes, but only if the fields are open (check the website). Wear a rain shell and finger gloves. Kids like to get dirty so have a towel waiting in your car. Team shirt needs to be ON TOP of layers.

Do we play in cold weather? Yes, but again only if the fields are open (check the website). On cold weather days, wear LAYERS of clothes so clothes can be shed when your child gets hot. Also, finger gloves and toque. Team shirt needs to be ON TOP of layers.

Who provides half-time oranges or bananas for the players? This is a team decision and whatever you do for your team is up to you and other parents to organize.

Where is the lost and found? There is a lost and found box by the concession where items found around the field can be placed. Keys, phones, or watches may be found/turned in at the concession. Lakehill Soccer cannot be responsible for your personal items, left on the field, in your bag, or even locked in a change room. Your stuff is your responsibility.

Who is in charge of setting up our fields? Lakehill Soccer will provide the necessary fields, corner flags, and nets for game day however teams are responsible to make sure their field is setup correctly for their games, including adding cones where needed and providing a game ball. Remember, we're a volunteer run organization so YOU are needed help make things happen for your team. If you see a job needs doing, by all means volunteer to do it.

I wish to coach/manage my child's team, what do I need? Volunteer coaches and managers help run our soccer program and Lakehill Soccer will try to provide coach training sessions, coaching materials and guidance to help you success in coaching and managing your team. The key to coaching is to have a plan before your arrive. If you do volunteer to coach or manage a team, you will be required to submit a Criminal Record Check (CRC) to our Risk Management officer. CRC's are a required for all adults who could be expected, in performance of their duties, be with any minor (Coaches, Team Managers). This is a rule governed under the rules and regulations of BC Soccer.

What do we do if the coach or manager can't make it? Do the best you can and if you need to borrow a ball, do so. Lakehill Soccer is a volunteer run organization and there are times when people cannot make a practice or game or a director is not around to help solve a problem. Parents are encouraged to find a solution to help keep things going.

I need to speak to someone at the club, who can I talk to? The club executive is available to take your questions. Though we cannot be everywhere, there should be club executive at Braefoot park on Saturday mornings or weekdays 6-8 pm (either coaching or on the sidelines). Other times, contact our club administrator to help direct your inquiry. Contact info is listed on Lakehill website.

Club Linesperson Training

Al Moir, Head Referee and Fields Coordinator will be hosting a Club Linesperson clinic in October.

The club provides one Assistant Referee (for your team) for all your "home games" but usually your team is required to provide someone to "run the line" at your "away games." Whomever that person(s) is needs to understand the basic duties and responsibilities of a club linesperson.

Watch for the upcoming details on the Lakehill soccer webpage.

Small Side Refereeing

The Peninsula Soccer Association will host a Small Side Referee Clinic on Sunday, September 20th, 2012 at the Alex Campbell Clubhouse, 10714 McDonald Park Road, in Sidney.

The clinic runs from 9:00 a.m. until 3:30 p.m. The fee is \$27.50, and must be paid by cash or cheque at the clinic, with cheques made out to 'PSA Referee'.

Participants must be at least 12 years old by September 30th 2012.

Seating is limited, so please get your registration in early.

To register, email secretary@peninsulasoccer.ca with the following information:

First and Last Name
Mailing Address, incl. postal code
Telephone Number
Date of Birth
Home Club

All registration is contingent on the participant being registered with a soccer club due to insurance requirements.

Bring: Running Shoes (no boots), a whistle (if you're buying one, make it FOX 40 or similar, pen/pencil, something warm for outside session, and lunch, snacks, drinks for the day.

Referees needed for Lakehill!

If you as a parent or a player are interested in refereeing for Lakehill Soccer please contact Al Moir at referees@lakehillsoccer.com

Al will provide the training and mentorship necessary to make this a positive experience for you or your child.



www.lakehillsoccer.com