



# AYSO Region 44

Sunnyvale, California

August 23rd, 2005



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## INTRODUCTION

Hello Coaches -

Only a few more weeks before the season starts, I'm sure many of you are getting ready for back-to-school and finishing up last summer time vacations. If you haven't had a chance to get your equipment, please make an effort to do so.

Darin Roland  
Sunnyvale AYSO Region 44  
Assistant Coach Administrator

## NEWS

### *Coaches Observation Clinic (Earthquakes August 27<sup>th</sup>)*

More details came out on this yesterday, if you attended the Positive Coaching Workshop and you did not receive an Email from me yesterday with the 2 attachments, please let me know. Given that there is also an all day U10/U12 Coach clinic, this should be a busy soccer day for some of you.

If you are attending, please send me a quick Email so we have a rough idea how many coaches are going.

### *Earthquake Coaching Clinic*

Another element of our "Student of the Game" partnership with the Earthquakes is having two sessions of an Earthquake Coach attend some of our Coaching clinics for an hour. The first of these is this Sunday, August 28<sup>th</sup> at the Intermediate Coaching Clinic at Raynor Park. The time has yet to be determined when we can schedule the Earthquake Coach to arrive (perhaps it's dependent on a victory or loss the night before - celebrating a victory or drowning sorrow in a loss).

Once we have the time determined, I'll send out a separate Email letting you know the scheduled time (or just plan on attending the clinic and you'll be there for sure when the Earthquake Coach arrives).

### *U16/U19 Area Coach & Referee Meeting*

On Tuesday, August 30th, our AYSO Area we will be holding the annual pre-season Coach & Referee meeting to distribute the game schedule and rules for the upcoming season. The meeting will be held at:

Graham Middle School's multipurpose room  
1175 Castro Street in Mountain View, 94040.

The meeting will start promptly at 7:30pm and end sharply at 8:30pm. Please allow extra time for parking at the school facility. Due to construction and other user groups on campus, the parking lot can be busy. If you are a Coach of a U16/U19 team and you can't attend, please send your Assistant Coach or ensure another Coach from your division will be going. There is significant amounts of information being given out for this meeting.

Contact Scott McGhee, U16/U19 Area Play Coordinator if you have questions at:  
ayso45@aol.com  
650/961-7532

## Equipment and Uniforms - All Divisions

Still a few Coaches left out there that haven't picked up your equipment and uniforms. Please contact Kat as soon as you can:

Contact Information and Address:

Kathryn (Kat) Caturegli  
 (408) 735-0875  
 660 Bend Drive

## Additional Safe Haven Courses

If you missed the August 6<sup>th</sup> Safe Haven course and you can't attend the Safe Haven course on August 20<sup>th</sup>, then here are some alternatives:

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Event</b>
August 24 <sup>th</sup>	7:30 PM - 9:30 PM	JLS Middle School Cafeteria Palo Alto	Safe Haven Course <a href="http://www.ayso26.org/">http://www.ayso26.org/</a>
August 25 <sup>th</sup>	7:30 PM - 9:30 PM	JLS Middle School Cafeteria Palo Alto	Safe Haven Course <a href="http://www.ayso26.org/">http://www.ayso26.org/</a>
August 31 <sup>st</sup>	7:00 PM - 9:00 PM	Cubberley A2 Palo Alto	Safe Haven Course <a href="http://www.ayso26.org/">http://www.ayso26.org/</a>
September 8 <sup>th</sup>	7:00 PM - 9:00 PM	Cubberley A2 Palo Alto	Safe Haven Course <a href="http://www.ayso26.org/">http://www.ayso26.org/</a>
September 13 <sup>th</sup>	7:00 PM - 9:00 PM	Cubberley A2 Palo Alto	Safe Haven Course <a href="http://www.ayso26.org/">http://www.ayso26.org/</a>

## CALENDAR

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Event</b>
August 27 <sup>th</sup>	8:00 AM - 5:00 PM	Raynor Park Building	U10/U12 Intermediate Coaches Clinic
August 27 <sup>th</sup>	Game is at 8:00 PM	Earthquake Arena	San Jose Earthquakes Game, Coaches Observation Clinic
August 28 <sup>th</sup>	8:00 AM - 5:00 PM	Raynor Park Building	Intermediate Coaches Clinic
September 8 <sup>th</sup>	6:30 PM - 9:30 PM	Raynor Park Building	U7 Referee Class
September 10 <sup>th</sup>	3:00 PM - 4:00 PM	Ortega Fields	U6 Referee Class
September 10 <sup>th</sup> The Season Begins!! - All Day and All Over 			
September 25 <sup>th</sup>	11:30 AM - 4:00 PM	Ortega Park	League Picture Day

## PRACTICE GUIDELINES

I will drop this section for the following week, so just one last reminder. These are guidelines but the guidelines should not be excessively exceeded (practicing 75 minutes for U8 is fine but for U6 would be too much).

<b>Division</b>	<b>Season</b>	<b>Length</b>	<b>Pre-Season</b>
U6	20-30 minutes before games ( Once every two weeks or a few times during season is OK)	30-45 minutes	2-3 practices total
U8/U7	Once per week	45-60 minutes	Max 2 per week
U10	Once or twice per week	60-75 minutes	2 per week
U12/U14/U16/U19	Twice a week	60-90 minutes	2-3 times per week

## AUGUST COACH OBLIGATIONS

Just a reminder of some duties for the month of August

- If you are planning on attending a Coaching clinic (27<sup>th</sup> and 28<sup>th</sup>), please Email john\_d\_robbs@yahoo.com to let him know you are planning on attending
- For the above, if you forget or decide late - please show up anyway! The more attendee's the better, the Email is mainly for an estimate
- Might be a good idea to pickup that equipment if you haven't already

Thanks for Coaching our kids and see you on the soccer fields.

Darin