



AYSO Region 44

Sunnyvale, California
September 7th, 2005



Table of Contents

INTRODUCTION 3

NEWS 3

 U7 Division Referee's Needed 3

 U6 Division 3

 U8 and above Divisions 4

 Schedules released 4

 Team Parent Meeting 4

 Nearby Training - U5 to U10 Divisions 4

CALENDAR 4

POSITIVE COACHING 5

INTRODUCTION

Hello Coaches -

The season begins this Saturday! Have fun with the game, if you have those younger divisions - relax and enjoy the game. Introduce yourself to the Coaches and the Referee's. The first game everyone is learning, give the Coach on the opposite side of the field a break if they aren't sure what's going on yet. There will be many new referee's out there, introduce yourself and thank them for volunteering their time.

No matter what happens on Saturday, you could be at your home mowing the lawn or raking the leaves, so enjoy the day. It's always better to be at a soccer game in the park than at home doing work.

Darin Roland
Sunnyvale AYSO Region 44
Assistant Coach Administrator

NEWS

U7 Division Referee's Needed

Please provide 2 volunteer referee's from each of your teams. Right now, there are none and the U7 ref class is scheduled for Thursday, September 8th at Raynor Park (6:30 PM - 9:30 PM). The referee's for U7 division are "self-contained" meaning referee's are not pulled from upper divisions. If you don't find those volunteer's, the responsibility falls on the Coaches.

I will send out the flier from before to you in a separate Email.

U6 Division

Make sure you have 2 parents that have volunteered to be referee's. The referee training class is this Saturday from 3:00 PM - 4:00 PM. The training takes place by the small baseball backstop right next to the rebuilt playground area. Please have your parents that volunteered be there on time. They do get goodies - ref shirt, whistle and I think a hat.

The schedules lists 3:30 PM as the start time but the actual games start at 4:00 PM. For U6, use the 30 minutes before a game to practice. The schedule lists 3:30 PM so that the parents plan accordingly on Saturdays.

Also, I just spoke with the U6 Coach my team is playing this Saturday. I was suggesting we play our more timid/less experienced/younger players on one team and match them up. He liked the idea and we're going to try and matchup our players based on skill (age obviously is a factor here). The other game will have the older/more experienced players.

In my case, the players that are more timid are the 4 year olds on my team but it could be some of the older players are the same or you might have a 4 year old with 3 older brothers that isn't afraid of anything. In any case, you might contact the Coach or talk to him before the game. Our goal is to get all players involved, reduce the amount of 6-0 games and have all players challenged.

U8 and above Divisions

The goal storage combination is 5050. Remember, if you are the first team using a field your team is responsible for setting up the goals and if you are the last team on the field your team is responsible for taking down the goals.

Please lock the storage areas up even if you are setting up the goals. We don't want kids getting in and climbing on things during the day and this way the lock doesn't get lost - all teams should know the combination so at the end of the day the lock will be unlocked by the team that is storing the goals. Then locked again.

Schedules released

All schedules have been released and are available on-line for viewing.

Team Parent Meeting

If your team parent was unable to make the Team Parent meeting last week, please contact Michelle Philips. Her Email address is:

Michelle_Philips@yahoo.com

Send her your Team Parent name and Email address. She would like to get them the information she provided the other team parents.

Nearby Training - U5 to U10 Divisions

If you haven't had a chance to get any training, region 64 (San Jose) has a session this Sunday:

U5-U10 Division Training

Creekside Park (Off Miller between Bollinger and Steven's Creek)

Sunday September 11th from 10 AM - 1 PM

Laws of game 1:00 PM - 3:00 PM

PLEASE RSVP TO RCA@AYSO64.ORG

CALENDAR

Date	Time	Location	Event
September 8th	6:30 PM - 9:30 PM	Raynor Park Building	U7 Referee Class
September 10th	3:00 PM - 4:00 PM	Ortega Fields	U6 Referee Class
September 10 th The Season Begins!! - All Day and All Over			
			
September 24th	7:00 PM - 9:00 PM	Spartan Stadium	League Night for Region 44 at the Earthquakes Game
September 25th	11:30 AM - 4:00 PM	Ortega Park	League Picture Day

POSITIVE COACHING

There are three major elements to the "job description" of a Positive Coach. A Positive Coach:

- Redefines "winner"
- Fills Emotional Tanks
- Honors the Game

This week I'll expand on the Redefining Winner element.

Redefining Winner

In professional sports there is only one goal - to win. However, in youth sports (which is education), there is a SECOND GOAL: to produce young people who will be Winners in Life.

To help our children get the most out of competitive sports, it's important to redefine what it means to be a "winner". Winners are people who:

- Make maximum effort
- Continue to learn and improve
- Refuse to let mistakes (or fear of making mistakes) stop them

This is called a Mastery Orientation. The PCA says that the Tree of Mastery is an **ELM** tree where ELM stands:

Effort

Learning

Mistakes, it's Ok to make mistakes and in fact mistakes are an important part of learning

In a Mastery Climate, anxiety is reduced and self-confidence goes up. Mastery gives players a feeling of control. This means the players will work harder and stick to it longer. As Coaches, our time to make a difference is in practice.

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

Darin