



# WAA News

Now online at: [waa.woodbury.org](http://waa.woodbury.org)

email:[waaexecdir@popp.net](mailto:waaexecdir@popp.net) November/December 2006

## WAA Calendar

**At WAA Building**  
2630 Ojibway Drive  
651-731-0100

### **VOLLEYBALL**

Registrations close  
Monday November 13 at 6:00pm  
Important try-out information on page 5

### **BASKETBALL**

Timberwolves, Tuesday, December 26  
More information page 8

**Annual General Meeting**  
January 22, 2007

## **SPRING SIGN-UPS**

Developmental Baseball, Softball,  
Track, Golf, U5/U8 Rec. Soccer  
**at Dick's Sporting Goods**

Saturday February 3rd 9:00 to 12:00  
Tuesday February 6th 6:30 to 8:30  
Thursday February 8th 6:30 to 8:30  
Saturday February 10th 9:00 to 12:00

### **Traveling SOFTBALL**

Traveling Tryouts - March 24-25, 2007

**PLEASE SUPPORT OUR  
SPONSORS!**

## From The President

[waa.woodbury.org](http://waa.woodbury.org)  
651-731-0100

As we travel through the fall Football, Soccer and Volleyball seasons and transcend into Basketball, Wrestling and Winter Soccer I believe that it is time to really take a look at where we , where we have been and where will be in the future.

The Woodbury Athletic Association has been around in some form since 1971, in the early years, the Association existed for Baseball, Softball and Hockey. When Hockey split off in the mid seventies, the association added more sports and deleted sports along the way until we arrived at what we are today: "The largest organization in Minnesota youth sports". The Woodbury Athletic Association consists of nine different sports each governed by a board that is controlled by volunteers that create the rules, setup up the programs and enforce the rules of the sport. All of our sports report to the WAA board of directors who are elected to their positions at the annual board meetings in January of each year. Currently we have approximately 10,800 children from 5800 families in the WAA. We work very hard to communicate with the membership and to keep the WAA programs at the most efficient level possible. We ask for you comments and work hard to meet the needs of the community when ever possible.

The Woodbury Athletic Association operates under the guidance of by-laws and rules that have been passed by the membership and amended by the membership over the years as needed. The Association works very closely with the City of Woodbury to provide the necessary fields that we use for our outdoor activities and with all of the Schools in the

# From The President

(continued)

waa.woodbury.org

651-731-0100

*(Continued from page 1)*

City to secure the needed gym space for our indoor programs. When we deal with the City or the School Districts, they demand and expect that we will be operating under guidelines that we have established with them and other major organizations that govern youth sports in Minnesota. The Association has written agreements with these governing bodies that entitle us to use the facilities as long as we follow the set standards.

The Woodbury Athletic Association believes that we have set, met and exceeded the highest standards in dealing with youth sports issues in Woodbury. We will continue to project and work toward meeting and exceeding the highest standards. We do however need your help in doing this. If you see a problem that needs to be dealt with, bring that problem forward. We will deal with it. We have over 900 volunteer coaches in the organization and we are working toward certifying all of them to make incidents involving youth coaches disappear. But we need to know about issues. We will deal with them. Please convey any concerns that you have in the coaching area to the affected Director or call me.

I know I have repeated the fact that we follow rules many times so far in this article but I did this to try to help you all understand where we are coming from when we make decisions regarding the association. When issues come up to the level of the board of directors, we have discussions that entail a large variety of information before we make our final statements. The board has to make its decisions based upon what is best for the children within the association but still meet all the rules of all of the governing bodies that we are responsible to. We try very hard to keep the children first and still follow all of the rules, we appreciate encourage your input into those processes.

The association is governed by a body elected from the membership. Please look elsewhere in this issue of the newsletter for information on how to become a director by getting your nomination before the membership at the January annual meeting. You must be nominated thirty days prior to the meeting to be eligible for the positions.

Please have a safe and enjoyable winter sport season.

## Time for WAA Nominations

A reminder to all members of WAA, nominations for all offices within WAA for the coming year will open December 1 and will remain open until December 23, 2006.

To place a nomination, simply call Vice President, Laura Kallman at 730-1900 or mail your nomination to the WAA office.

If there are no nominees, nominations from the floor can be made at the **Annual General Meeting on January 22, 2007.**

All members of WAA are eligible to run for the offices serving the WAA. The current officers are listed on page 3 of this newsletter. To be on the ballot at the Annual General Meeting simply submit a nomination in writing 30 days prior to the meeting. Nominations may also be taken from the floor. A vote is taken of all members present.

# WOODBURY ATHLETIC ASSOCIATION

## ASEP SPORT NEUTRAL COACHING CLINIC'S

ALL CLASSES ARE AT THE  
WAA BUILDING

PLEASE CALL 731-0100  
BETWEEN 2PM AND 6PM TO  
REGISTER, OR SEND EMAIL  
TO [WAAEXECDIR@AOL.COM](mailto:WAAEXECDIR@AOL.COM)

PLEASE INCLUDE  
NAME, PHONE, AND  
EMAIL ADDRESS WHEN  
REGISTERING

PREREGISTRATION  
IS REQUIRED

## LOST & FOUND

WAA maintains a box of items found during athletic activities. If you lost it, you can look at the WAA office to see if it was turned in.

If you found it, please turn it in to the WAA office.

Thank You!

## 2006 WAA Board Members

Executive Dir. **Gene Johnson** 731-0100

### OFFICERS

President	<b>Gene Johnson</b>	738-2427
Vice President	<b>Laura Kallman</b>	730-1900
Secretary	<b>John Kokaisel</b>	731-0100
Treasurer	<b>Ryan Vaske</b>	501-4886

### DIRECTORS

Baseball:		
<i>Traveling</i>	<b>Joe Griesgraber</b>	245-9443 <i>Develop-</i>
<i>mental</i>	<b>Doug Larson</b>	501-4831
Basketball	<b>Russ Beebe</b>	730-5889
	<b>&amp; Kevin Keiger</b>	730-1759
Football	<b>Michial Mularoni</b>	459-0648
Membership	<b>Jeanne Derrick</b>	458-9017
Soccer	<b>Mike Muensterman</b>	735-7824
Softball	<b>Kim Moore</b>	702-7196
	<b>&amp; Bill O'Hearn</b>	702-7196
Track	<b>Corey Johnson</b>	738-1822
Golf	<b>Denise Kapler</b>	738-7096
Volleyball	<b>Pam Sullivan</b>	738-7601
Wrestling	<b>Doug Pasche</b>	578-6504

[waa.woodbury.org](http://waa.woodbury.org)  
651-731-0100

# WRESTLING

## WAA WRESTLING PARENTS

I want to thank you for participating in the WAA 2006-2007 wrestling season.

Most practices will be on **Monday and Thursday**. In order to have two practices a week other days will have to be scheduled. Those days have not been finalized at this time.

Because of our large numbers and limited space we will have 2 practice sessions.

**Session One will be from 6 PM till 7:00 PM**  
**Session Two will be from 7 PM till 8:30 PM**

Session One will be for 1st and 2nd year wrestlers (less experienced) and Session Two will be for the more experienced wrestlers.

Practices are held in the High School Wrestling room, which is located at the back of the High School Cafeteria. Please use Entrance 22 on the West Side of the High School. Wear loose clothing with no metal fasteners.

We will have water in the wrestling room, but we encourage you to bring a water bottle.

**November 13th will be the first practice**

### SPECIAL EVENTS:

November 11th Wrestling Camp at Woodbury HS (3rd yr wrestlers)  
9 AM -1 PM (pizza will be served after camp)

November 18th Wrestling Camp at Woodbury HS (1st & 2nd yr wrestlers)  
9 AM – 11 PM (Pizza will be served after camp)

January 25th WAA will travel to Park HS with the Varsity for youth wrestling.

February 4th Dual at Park HS. With Woodbury, Tartan and Farmington. We will have Wrestle-

offs to determine who competes. We will take two teams.

March 8th will be our awards banquet in the HS Cafeteria. Parents and siblings are invited to enjoy food, treats and see big smiles as our wrestlers receive trophies, medals and special awards.

November 30th, December 21st and January 18th are home matches for the varsity. Any WAA wrestler wearing their WAA t-shirt will be admitted free with a paying adult.

Contact Doug Pasche (578-6504), Mike Donnelly (702-7873), Steve Gansmoe (459-7175) or David Del Toro (373-0619) if you have questions prior to the start of the season.

### ***PRIDE: BRING IT***

Link to Youth wrestling tournaments: <http://theguillotine.com/tournal.htm>

# NOMINATIONS

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# BASEBALL

Traveling baseball has completed the fall tryout and team selection process for the 2007 teams.

This year's tryout was an exceptionally long process however the board felt that the data integrity outweighed the time issue. The board has met and discussed improvements for next year and we will feel we have found some areas that will speed things up next year in terms of flow and identified areas we need to improve for future tryouts. We appreciate everyone's patience.

**Team Selection:** Our team selection process involved a combination of the tryout data and player history. All age level coaches participated in open discussions about player abilities and the selection committees did the best possible job to place players. Some coaches have left roster positions open to provide an opportunity for sick, injured and new kids to tryout in the spring.

**Traveling Baseball has updated our web site.** The new web site offers much more flexibility and options than the previous site. Keep an eye for more information at our site. [www.woodburybaseball.org](http://www.woodburybaseball.org)

Traveling baseball is looking for a fund raising coordinator. If you are interesting please feel free to contact Joe Griesgraber or any traveling baseball board member.

All general questions regarding the program can be directed to Joe Griesgraber @ 651-245-9443.

**THANK YOU TO ALL  
WHO VOLUNTEER**

# VOLLEYBALL

The fall rec season is almost over. There are over 175 girls playing volleyball this fall. What a wonderful opportunity for girls to get exposure to the game of Volleyball and learn to love a life long game.

The Winter Competitive season or Junior Olympic (JO) season is coming soon. Registration for the winter season will begin on Thursday, Oct. 26<sup>th</sup> from 6:00-8:00p.m. There will also be registration on Saturday, Oct. 28<sup>th</sup> from 9:00a.m. to 12:00p.m. **We will take registrations until Monday, Nov. 13<sup>th</sup> at 6:00p.m.** Any player registered after this time will be put on a waiting list. **No player will be allowed to tryout if they are not registered.**

This year we will have 2 teams at the following ages:

12's girls born on or after September 1, 1994  
13's girls born on or after September 1, 1993  
14's girls born on or after September 1, 1992  
15's girls born on or after September 1, 1991

There will be 1 team at the following age:  
16's girls born on or after September 1, 1990

**Tryout information is as follows:**

- Tryouts for the 15's and 16's will be Tuesday, November 14<sup>th</sup>.
- Tryouts for the 12's, 13's and 14's will be Thursday, November 16<sup>th</sup>.

Due to space constraints some girls may be cut from the program.

Practices will start in December and go through the end of April.

If you have any questions regarding winter traveling (JO) Volleyball, please contact us at [woodburyvb@comcast.net](mailto:woodburyvb@comcast.net) or Pam at 651-738-7601.

# FOOTBALL

## TACKLE FOOTBALL

Leaves are blowing, long sleeves/jackets are needed and the kids are really starting to understand and execute what the coaches have been teaching since the beginning of August – and looking like a true football team.... Must mean the end of the season is here.

Throughout the season – I was able to attend a number of games. In retrospect – a couple of points..

- Over 450 kids participated in 3<sup>rd</sup>-6<sup>th</sup> grade tackle this year yet another record year. Incredible!
  - The transformation over 10 short weeks from of a group of 20 kids to a cohesive group capable of executing complex plays and function as a real team... always amazes me...
  - I heard it described best by a 3<sup>rd</sup> grade mother early on... I have kids who have participated in almost every sport but for some reason with football the testosterone level increases about 1000 percent once adults step on a football field. You know she's right... even with the mothers!
  - In an impromptu brain-search survey - The in-program incident levels were down compared to previous seasons. There are a number of factors we probably can contribute. (ie: Coach Certification, closer scrutinization/selection of coaches etc..) There are some things that we will be reviewing in the off-season to hopefully make this number decrease even further as well as improve other areas
  - Parents: I applaud you, the parents for the commitment and support you have given the kids, the coaches and the program.
  - Coaches: Hope you had a fun and memorable experience! Thank you for the untold hours of commitment you have given to the kids and the program. It is sincerely appreciated.
- Kids: Excellent Job – we hope you had fun, learned a couple of new things and will see you

back again next season!

**Equipment turn in** - We are fortunate that WAA Football does an excellent job providing your children with great equipment to protect them. To outfit a player it costs approximately \$200.00/player. There is also a time commitment by volunteers to collect, sort and gather the equipment. Please be courteous and return equipment on time... This season - for late equipment or equipment not returned there will be a fee assessed to the household. That must be paid before you will be allowed to register for another WAA sport. If equipment is damaged – bring it in and you will receive partial or full credit. For specific dates, please go to [www.waafotball.com](http://www.waafotball.com) for equipment turn in dates.

**HOW WOULD YOU LIKE TO EARN A FREE 2007 WAA YOUTH DEVELOPMENTAL FOOTBALL REGISTRATION???** Complete the online Coach/Program Evaluation feedback before November 10<sup>th</sup> and you will be entered into a drawing for 1 of 2 FREE Scholarships for the 2007 WAA Football Season... Names will be drawn at random from all participants regardless of feedback. One entry will be accepted per child who participated in the 2006 WAA Youth Developmental Football program.

**Coach and Program Evaluations** - This season we are soliciting your feedback on the program as well as a brief coaches evaluation. Your feedback will help us to improve the program. This is a tool for constructive criticism, ideas, recommendations and feedback. Please take advantage of this opportunity.... The Evaluation will be located at [www.waafotball.com](http://www.waafotball.com). Note – you will be asked for your child's name, grade and coach. One reason for this is so that if there needs to be any follow up on a point Mike Mularoni would be able to contact you privately. Aside from that names will be separated from replies to keep anonymity. These will be used for improvements, adjustments and as data to help determine coaching selections for next season.

Congratulations and Thank you to everyone involved in the planning and participation in one of the state's largest and most successful Youth Developmental Football programs!

## FLAG FOOTBALL

There are a whole load of reasons why Fall is tops on my list of the seasons us Minnesotans get a chance to experience...among a few are the cool weather, the end of lawn mowing and the fact that winter sports are right around the corner. At the top of the list is football...of any type...NFL, college, high school, WAA tackle and **FLAG!**

As I write this, the Flag Football season has come to a close for over 250 1<sup>st</sup>/2<sup>nd</sup> graders (20 teams) and more than 55 3<sup>rd</sup>/4<sup>th</sup> graders (5 teams) in two leagues. What a great turnout and a great year we had!

A few highlights to report from the 2006 Flag season:

- With over 300 kids in the program, we were in need of a great numbers of coaches. Our 25 teams were coached by over 60 designated coaches plus numerous parent assistants. Many, many thanks to everyone who helped coach in any form in the Flag program this year!! We appreciate the countless hours of work and support each of you supplied in 2006!
- Approximately 220 regular season games were held between the beginning of September and the first week of October at both Bielenberg and Bailey Elementary. If you drove by either of these locations on any Monday, Tuesday, or Thursday evenings or any Saturday morning, you probably could not have helped but notice the energy and activity on these fields!
- Several of our teams had the awesome experience of playing a scrimmage game against another WAA Flag team at halftime of the Woodbury High School games on September 1<sup>st</sup> and September 29<sup>th</sup>. I know a highlight for many of the kids involved was having the chance to “high five” the high school players as they came off the field for their halftime break. What a thrill for these players!
- In 24 “exhibition” games, the 1<sup>st</sup>/2<sup>nd</sup> grade teams also had the opportunity to participate in some friendly competition with our neighbors in Oakdale. These were fun games where each team had a chance to try out their newest plays!

The season was culminated October 7<sup>th</sup>-8<sup>th</sup> with 16 games at the Bielenberg Dome! The 1<sup>st</sup>/2<sup>nd</sup> graders had one final “tourney” game while the 3<sup>rd</sup>/4<sup>th</sup> graders played in a 2-day tournament of their own. Congrats to everyone for their effort as we finished out the year with these tournaments!

There are many people to thank...from the wonderful coaches to all the people that setup fields and help organize things for the Flag program and so on. We would be remised if we did not add a special thank you to all of the players and families involved in the league this year. Players: thanks for your hard work, dedication to learning some basics about football, and overall for just having fun being in flag football this year. Parents: thanks for shuttling your players to and from games/practices, for your help with the teams, and for your general support of the WAA Flag program.

Congratulations to everyone on a job well done! We hope to see all of you for WAA Flag Football again next year!!

Even with the season now finished, we could still use your help. Please go to the WAA football website ([www.waafotball.com](http://www.waafotball.com)) to provide program and coach evaluations. We value your constructive feedback on the positives and negatives of the Flag program so we can look to improve the program in years to come. Please note, there may be a Flag Football registration scholarship for your family as a reward (see details on the web site)!

### Support WAA at Champps

WAA has a pull-tab operation set up at Champps

Your support goes directly to WAA  
**THANK YOU!**

# BASKETBALL

## Minnesota Timberwolves Game

Back by popular demand, WAA Basketball is sponsoring a night out at a Timberwolves game. This year's event is scheduled for Tuesday, December 26, 2006. WAA players can bring friends and family. Kids in grades 1-8 are invited on the Wolves court before the game for a clinic, which runs from 3-4 pm. Forms are available on our web-site at [waa.woodbury.org](http://waa.woodbury.org).

## Traveling Tourney Volunteers

The Woodbury Traveling tournaments are January 27-28 for girls and February 4-5 for boys. Please keep your volunteer obligations in mind and do not schedule other events during your shift at the tournament. The success and great reputation of the Woodbury boys and girls Traveling tournaments is largely due to the leadership, hospitality, and hard work of our parent volunteers. Over the past few years, we have reduced parent time commitment through the use of additional resources such as the WHS Girls Basketball Booster Club and the Woodbury HS Key Club. This has allowed us to reduce most, if not all, families down to one shift for each player on a traveling team. Our tournaments are another way we keep fees as low as possible and your help is greatly appreciated!

## Refunds

The refunds for program changes and cancellations have been completed. Refunds for In-House Grade Coordinators and Traveling coaches will be completed in November. If you believe you have a refund due, please submit a reminder by e-mailing Kevin Kieger for boys ([kkieger@imation.com](mailto:kkieger@imation.com)) or Russ Beebe for girls ([beeblin@comcast.net](mailto:beeblin@comcast.net)). Your request will be handled by our Treasurer, Brad Maynard. Refund procedures are noted on the web-site. Please include your child's name, grade, and program in addition to parent's name, amount paid, reason for refund and mailing address.

## Gym Notes

As the season begins, please see the gym rules on the web site. The most common issues we have are unsupervised kids in the halls and gyms and handling balls in the hallways. All children must be supervised at all times. Make sure that your child is at the correct practice site at the right time when you drop them off. With the rotating schedule, it is very easy to make a mistake, and sometimes practices are cancelled for whatever reason. Coaches please make sure ALL your players have a ride home before leaving the site.

It is important to note that school functions always have priority over WAA. If for some reason a school program is in session even though WAA has been confirmed for permits, we must relinquish priority to the school function. If possible, just double-up that night with another WAA team. After practice, please notify your grade coordinator, who will escalate to our facility manager so that we can work it out with Community Education. Sometimes the junior high practices may run a bit late, or sometimes the schools make a late decision to use the facility and word doesn't get out quick enough.

WAA Basketball pays for damages that we cause and that comes from the fees that you pay. Please help keep fees low by respecting all properties and keeping activities under control at all times.

Thank you very much for your cooperation with the gym rules.

## Support WAA at Throwback's

WAA has a pull-tab operation set up at  
THROWBACK's  
Your support goes directly to WAA  
**THANK YOU!**

# SOCCER

## WOODBURY SOCCER CLUB

The Woodbury Soccer Club is excited to announce a new 18-week training program available to all incoming U9-U14 players registered for the 2007 summer traveling soccer season. Every player at these age levels will be able to come to a weekly training session led by professional soccer trainers inside the Bielenberg dome, starting in November and extending through March.

The club is currently devising a curriculum of training to cover the entire 18-week program that provides age specific skill training to improve every participant's ability. Assisting in the training sessions will be such professionals and current club coaches as Dickinson Vilme, Kevin Friedland, Tony Englund, etc.

The training is not mandatory, so players can come and participate as it fits their schedule. Teams may also conduct their own team-specific training during the off-season while utilizing this as individual skill training.

The training schedule for this program can be found under Winter Age Group Training. Please note the schedule only goes through February, as the March dome availability has yet to be released from the City of Woodbury. But know that this training has high priority for the club and training time will be made available. Check back to the training schedule frequently for updates.

Spring 2006 U8 recreational players are strongly encouraged to register for the U9 traveling level in order to participate in the off-season training program.

**Questions?** Please contact:  
Tom Stadler, Girls Competitive Director  
[tstadler@woodburysoccer.com](mailto:tstadler@woodburysoccer.com)

Tony Englund, Girls Coaching Director & Director of Player Development

[tenglund@woodburysoccer.com](mailto:tenglund@woodburysoccer.com)

## WINTER TRAINING SCHEDULE

Winter training will be scheduled from November 10 to the fourth week in March, , not including December 18 to January 4.

Friday's starting November 4  
U9 boys/U9 girls 5:30-6:30pm  
U10 boys/U10 girls 6:30-7:30pm  
U11 boys/U11 girls 7:30-8:30pm

Sunday's starting November 12  
U12boys/U12 girls 4:00-5:00pm  
U12 boys/U3 girls 5:00-6:00pm  
U14 boys/U14 girls 6:00-7:00pm

## Support WAA at BONFIRE

WAA has a pull-tab operation set up at BONFIRE

Your support goes directly to WAA  
**THANK YOU!**

# SOFTBALL

## TRAVELING FALL SOFTBALL

This fall we had a tremendous response from players wanting to try traveling. This was a great opportunity, especially for In-House players, to get a feel for traveling ball. Fall Ball was a bit less competitive with emphasis placed on skill development. We had 12 traveling Fall teams representing WAA this year.A

We have a STATE CHAMPION this year in Fall Ball! Congratulations to the players of the WAA 12U team coached by Jim Basten! 12U STATE CHAMPS!

More success! Tony Ronquillo's WAA 14U team reached the quarter finals in the State Tournament! CONGRATULATIONS to all!

Thank you to all the volunteers who helped organize teams, and for those who coached. We have high hopes for a great year in 2007, and look forward to more in-house players moving up to play traveling this summer.

## WINTER CLINICS

Keep an eye open for The NEW and IMPROVED winter clinics February 5- Mar 12, 2007. Players ranging in age from 10U-18U are all welcome, from both In-House and Traveling programs. Clinics are for all skill levels, and emphasize muscle memory, repetition, and proper mechanics. We are looking at the possibility of offering pitching and catching clinics again next year.

**Traveling Tryouts will be held the weekend of March 24-25, 2007.**

Watch for registration dates, times, and fees on the WAA Softball web site @ [www.waa.woodbury.org](http://www.waa.woodbury.org)

## IN -HOUSE NOTES

Thank you to all the Commissioners, coaches, and our In-House Coordinator, Jim Reetz, for all your

hard work and help, to ensure a great season! We could not have done it without YOU!

## EQUIPMENT RETURN

There were a few coaches who did not return equipment. If you still have your equipment please turn it in at the WAA building. The office is open 2-6 PM Mon-Fri. Make sure you give your name to the receptionist so we know whose equipment has been turned in.

Additionally, if your daughter may still have equipment at home please contact her coach, so he/she can return it to WAA.

**Thank you to all the volunteers who help make WAA softball a success!**  
See you around the field!

Bill O'Hearn/Kim Moore  
WAA Softball Co- Directors

WAA Thanks  
Donors to WAA this month:

***DICKS  
SPORTING  
GOODS***

***CUB FOODS***

# TRACK

## **Become A Member of the WAA Track Team or The Traveling Track Team!**

With fall weather and snowflakes fast approaching, ones thoughts may not be focused on spring and its upcoming track program. However, spring sports sign-ups are just around the corner. Spring sports sign-ups, including track & field will take place in February. Watch for the upcoming dates in the next newsletter.

If you are interested in coaching, please contact Corey Johnson at 738-1822 or at [igottarun@comcast.net](mailto:igottarun@comcast.net). If you are looking for a more competitive program, please contact me regarding the Competitive Track Program.

WAA Track Program's mission is to enhance the skills of young runners and introduce them to the sport of Track & Field. The club has a goal of developing each person's leadership potential both on and off the track and field. The club is looking for kid's who enjoy competing and have some interest in, track and field or just running to enhance their overall fitness.

### **Practice**

Practices will be held twice a week for one hour (in the past practices have taken place on Tuesday and Thursday evenings from 6:00 to 7:00 P.M. The season will start in May and run into July as determined by the state meet date for 2007. The practice format provides flexibility for athletes that participate in other sports (i.e. soccer, softball, baseball) or activities (i.e., gymnastics or dance) that coincide with our season. The club asks that you attend all practices that you are able to but does not require attendance at every practice. Also families and athletes often have vacations or other plans that occur during the summer. The club attempts to keep our focus on sport in perspective, recognizing that family comes first.

### **Competition**

Prior to the start of the track & field season, each participant will receive a "welcome" letter on-line, (or hard copy if requested) that outlines all of the available meets for us. Participants pick which meets they

will attend, and participate in as many, or as few meets as they choose.

### **Joining**

You may stop in the WAA office during regular operating hours to register (typically open Monday-Friday from 2:00 to 6:00 P.M.) But call 731-0100 to verify hours.

A Welcome Letter with additional information will be sent out at the end of April.

### **Coaching Philosophy**

The program is based on introducing and refining the sport of Track & Field through a positive feedback coaching process. This process emphasizes fundamentals, fitness, flexibility and form. Most important however, is the presentation of running as a fun, enjoyable, and rewarding athletic activity that can become a lifelong healthy lifestyle.

### **Additional Questions**

If you have any additional questions, please feel free to contact me at [igottarun@comcast.net](mailto:igottarun@comcast.net), or call me at 651-738-1822. I will try to get back to you within 24 hours.

### **Cost of the Program**

The cost of the program for the 2007 season will be \$75.00 for new participants. This cost includes a running singlet & shorts, the coaching, and fees for the WAA home meets. The cost for returning participants will be \$60.00, this fee is for members that have their uniforms from the 2006 season and will not require a new uniform.

### **Coaching**

For those of you interested in returning as coaches, please contact me with the age that you are interested in Coaching. For those of you that would like to find out more about coaching or assisting a coach, please contact me as soon as possible. We will be holding our annual Track coaches meeting in January to discuss the upcoming season, its needs and the direction of the program. Also, please watch the newsletter for upcoming Coach's Certification classes. This certification is now a mandatory part of coaching for the WAA programs. If you have any questions regarding coaching, assistant coaching, or the program itself, please contact Corey at (651)738-1822 or [igottarun@comcast.net](mailto:igottarun@comcast.net).

# Woodbury Athletic Association

## Registration Information

At WAA Building

2630 Ojibway Drive

## VOLLEYBALL

Registrations close

Monday November 13 at 6:00pm

Important try-out information on page 5

## Annual General Meeting

January 22, 2007

## SPRING SIGN-UPS

Developmental Baseball, Softball, Track, Golf, U5/U8 Recreational Soccer  
at Dick's Sporting Goods

Saturday February 3rd 9:00 to 12:00

Tuesday February 6th 6:30 to 8:30

Thursday February 8th 6:30 to 8:30

Saturday February 10th 9:00 to 12:00

## Traveling SOFTBALL

Traveling Tryouts - March 24-25, 2007

For More details on these and all registrations: [waa.woodbury.org](http://waa.woodbury.org)

Mark your calendar for **future registrations:**

**Traveling BASEBALL** - September

**WRESTLING** - October

**SOCCER** July - Summer Competitive

September - Winter Recreational

October - Winter Competitive

U5-U8 - February

**DEVELOPMENTAL BASEBALL** - February

**SOFTBALL** - February, March

**GOLF** - February

**TRACK** - February

**VOLLEYBALL**—June and October