



# October News

## Mark the Calendar

- October 19<sup>th</sup> 6:30 p.m.  
CMYSA annual meeting  
at Lake George Complex  
- Sunroom
- November 27<sup>th</sup>  
Battle of the Birds a 4 vs.  
4 soccer tournament (U8  
to U17)
- Christmas Break  
Attacking and Goal  
Keeping Camp  
(U9 to U16)
- U6 and U8 training series  
Jan. and Feb.

*More information inside*



## Player Skill of the Month:

### Juggling with your feet

Why??? Juggling challenges a player's mind and body with the ball. It helps you learn to control the ball when it is in the air which is more difficult than when it is on the ground. It teaches you to be more comfortable and confident bringing the ball down out of the air and makes your first touch more effective no matter how the ball is being delivered.

Age group challenge:

- U8 and under: 3 juggles with your feet and then catch the ball in your hands
- U9 and U10: 5 juggles with your feet and then catch the ball in your hands
- U11 to U13: 10 juggles with your feet alternating left and right
- U14 and above: 26 juggles with your feet alternating left and right

# Parents Page

## Best advice for soccer parent: Keep quiet on the ride home

By John O'Sullivan

Full article at: <http://www.soccerwire.com/blog-posts/best-advice-for-soccer-parents-keep-quiet-on-the-ride-home/>

One of the saddest things I had to do as a Director of Coaching was conduct exit interviews: meetings with players whom had decided to leave the club. My job was to see what we could learn, so we could improve the experience for other children.

I'd asked them "what was your least favorite moment in sports?" I often got sad answer: ***the ride home after the game.***

It has amazed me how a moment off the field can have such an effect on it, yet, the toxicity of the ride home makes perfect sense. ***Emotions are high, disappointment, frustration, and exhaustion are heightened for both player and parent, yet many choose this moment to confront their child.*** There could not be a less teachable moment, yet it is often the moment that well intentioned parents decide to do all of their teaching.

One of the biggest problems on the ride home is that a simple question, often meant to encourage your own child, can be construed as an attack by your child. As Bruce Brown states in his book *Teaching Character Through Sport*, "Athletes do not need adults to question their actions, the actions of other players, or the coach's decisions concerning strategy or playing time." A simple comment such as "Why does Jenny get all the shots?" may be meant to construe to your child that you think she is a good shooter who should also take shots, but is interpreted by your daughter that "Jenny is a ball hog!" and cause confusion and uncertainty for your child.

Many children indicated that conversations after games made them ***feel as though their value and worth in their parents' eyes was tied to their athletic performance***, and the wins and losses of their team. Ask yourself whether you are quieter after a hard loss, or happier after a big win. Do you tend to dissect your child's performance after a loss, but overlook many of the same mistakes because he or she won?

Coach Brown urges parents to be a source of confidence and comfort in situations (i.e. when your child has played well in a loss, when your child has played poorly, and especially when your child has played very little or not at all). It is important that you do not bring the game up for them, but give them the time and space to digest the game and recover physically and emotionally. When your child is ready to talk about it, be a quiet and reflective listener, and make sure he/she can see the big picture and not just the outcome of a single event. Help facilitate growth and education by guiding him/her toward his/her own answers. Kids learn a lot when they realize things (i.e. we had a bad week of practice and coach told us this was coming). Most importantly remember that your child always loves hearing you sincerely tell them "I love watching you play."

As many youth sports are entering the season of playoffs and state championships, emotions are higher than ever, stress and pressure are more prevalent, and it is crucial that you let the Ride Home belong to your son or daughter.

### Exception to the Rule:

The ***only exception to the above 'Ride Home' rule is when your child engages in behavior that you would not accept at home.*** In these cases, initiate the conversation, not as a parent to an athlete, but as a parent to a child. Even then you must be careful and considerate of the emotions of the match, and choose your words wisely. Deal with the issue, and then put it to bed; do not use it as a segue to a discussion of the entire game.

Not every child is the same, and some children may want to discuss the game on the way home. My advice is let them bring it up, and let them end the conversation. If you are unsure, ask your kids whether they want to talk about the game, and honor their feelings and their position on this issue.



## Annual Meeting

Top 6 reasons to attend the annual meeting:

1. Meet the new board members and director of coaching for both travel and recreation programs
2. Learn about opportunities to get involved and use your skills to benefit the soccer community
3. Learn about the future direction of the club
4. Ask questions and get answers
5. Meet other parents and coaches who are interested in soccer and the youth in the area
6. IT IS ONLY ONCE A YEAR  
COME ON OUT

Meeting starts at 6:30 p.m. and will occur at the Lake George Complex – Sunroom

## First Annual Battle of the Birds

November 27<sup>th</sup>

4 vs. 4 soccer tournament

What to do? What to do? Yesterday, I ate all this food and lounged around. Now it's Friday and I have nothing to do but think about those people standing in lines all day at the mall. YOU'RE IN LUCK!!! This year CMYSA is here to help. Instead of hitting the stores, find 3 to 5 friends (they don't have to be current members of CMYSA) and create a team for the Battle of the Birds. It is a 4 on 4 soccer tournament and a chance to reunite with your friend...a soccer ball. Run off some of the extra energy you consumed yesterday and most important a chance to hang out with your soccer buddies.

Rosters can have 4 to 6 players and champions will be crowned at the following age groups:

- U8 to U10
- U11 to U13
- U14 and older

Registration will open at the end of October so start putting together your teams!

If you have any questions email: [emily@cmysa.org](mailto:emily@cmysa.org)

# Player Recognition:

- To our 135 rec soccer players for completing a successful season
- To our girls and boys travel teams as they finish up their fall season
- To all the high school players as they enter into high school play-offs
- To Jacob Manar, Joseph Pearson, Ethan Miller, Zachary Plante, Conner Drong, Gavin Fenstad, Eli Perry, Zachary Randolph, Isabella Randolph, Elayna Schroeder, Madison Kruse, Reese Kloetzer, and Jaden Perry who participated in the district select portion of ODP and the fall festival in Coon Rapids on Oct. 3<sup>rd</sup>

## Sponsorship

*Want an easy way to advertise and support CMYSA???*

*Sponsor a recreation team. For \$250 your business, family, or organization name will be a Spring/Summer rec team name and have a logo on the team t-shirt. The players will send you a team picture along with a letter about their season and we will recognize you as a sponsor in our newsletter. For more information contact:*

*Chris Schueller at 320-253-5936 or*

*[chrismysa@outlook.com](mailto:chrismysa@outlook.com)*



## Soccer Central

*Games to watch:*

*10/9: SCSU Women at Husky Stadium 7 P.M.*

*10/11: SCSU Women at Husky Stadium 1 P.M.*

*10/14: CSB Women at CSB soccer field 4 P.M*

*10/14: SJU Men at Collegeville, MN 4 P.M*

*10/24: SJU Men at Collegeville, MN 1 PM*

*10/24: CSB Women at CSB soccer field 3 P.M*

*10/30: SCSU Women at Husky Stadium 7 P.M.*

*10/31: SJU Men at Collegeville, MN 1 PM*

*10/31: CSB Women at CSB soccer fields 3:30 P.M*