



CMYSA

CENTRAL MINNESOTA YOUTH SOCCER ASSOCIATION

NOVEMBER 2016



Fall Happenings

CMYSA players have been busy this fall in both our rec and travel programs. There were over 100 players in each respective program working on their skills. In addition, the US Women's National team visited US Bank Stadium and indoor tournaments have started which put players' foot skills, passing accuracy and decision-making speed to the test. Regardless of the location or event, our players compete, learn and most important have fun. Continue on page 2.

Save the Date

2017 Travel Coaches Meeting

Nov. 13th or 16th
7:00 to 8:00 PM Dunn
Brother's Coffee on
Cooper

Winter Training Registration

Mid November

Registration for Winter Training Series will open in mid-Nov. Like Central MN Youth Soccer on Facebook or visit www.cmyssa.org to stay up to date. Camps filled last season don't delay.

2nd Annual Battle of the Birds

4 v 4 soccer
tournament

November 25th
9 AM to 1 PM
at South Junior High

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. Registration is now open at:

<http://www.cmyssa.org/registrationpage> until Nov.

20th. 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

If you have any questions email: emily@cmyssa.org



Fall Happenings continued



Apollo Girl's Varsity Soccer team qualified for the MN State High School League State Tournament as the 8AA champions. They defeated local rivals Sartell-St. Stephen in penalty kicks after going scoreless through regulation and overtime in the championship. They were defeated by Benilde-St. Margaret's school in the first round of the State Tournament. Benilde-St. Margaret's is playing for the State Tournament Title on Thursday at US Bank Stadium. Congrats on a great post season run Eagles!

CMYSA had 3 teams compete in the Fall State Tournament in Rochester, MN at the end of October. The U11 C1 boys went 1 and 1 to wrap up their season. The U14 C2 boys went 1 – 0 – 1 and just missed getting out of group play. The U12 C2 girls ended up being crowned state champions after going 2 – 0 – 1 at the state tournament! A great weekend of success all around!



Very top: Apollo Girls Soccer at MSHSL StateAbove left: U14 C2 boys at the Fall State Tournament; Above right: U7 and U8 Rec soccer; Bottom Right: U11 Kick or Treat team



Skill of the Month

This month, players will combine 5 moves together. The moves are a scissors, cruyff, stepover turn, outside the foot cut, and inside of the foot cut. Players 10 and under need to complete the sequence 3 times in 60 seconds; players age 11 and 12 need to complete the sequence 4 times in 60 seconds; players 13 and older need to complete the sequence 5 times in 60 seconds. See the following videos for the individual moves and the full sequence:

Scissor Move:

<https://www.youtube.com/watch?v=5vENehfAMTc>

Cruyff Turn:

<https://www.youtube.com/watch?v=Kjsl6ZjYPIU>

Stepover Turn:

<https://www.youtube.com/watch?v=8Qc27VhWUo4>

Outside and Inside the foot cuts:

<https://www.youtube.com/watch?v=Gms0BBPdGiY>

Full move series:

http://www.cmyasa.org/news_article/show/717105?referrer_id=528675

Why would a player want to do several moves in a row? Repetition helps the move become ingrained in your mind and makes it more likely you would do it in a game. It also helps your footwork become smooth and fluid which would make your move more deceptive to a defender.

Congrats to Joe (2002 CMYSA boys team) for winning October's skill of the month challenge! Joe was able to complete the juggle ladder without a miss up to 10!



Club Grand

Looking for a way to improve your skills over the winter? Club Grand is the answer!

It's simple. Earn 1,000 points between Nov. 15th and March 15th by completing the exercises in the Club Grand packet. Log the points for each activity and send the log to Emily Willaert (Emily@cmyasa.org or CMYSA PO Box 651, St. Cloud, MN 56302) with your t-shirt size. Find the packet of information and explanation at: <http://www.cmyasa.org/camps>



CMYSA supporting US Women's National Team

The US Women's National Team took on Switzerland in a friendly match on October 23rd at US Bank Stadium. Many CMYSA players were part of the record setting crowd (23,400 which is the largest crowd for women's soccer in MN) who took advantage of the opportunity to see high-level soccer in the new stadium. Switzerland scored early off a rebound putting the US on its heels. However, Carli Lloyd responded in the 25th minute with a firecracker of a shot from 25 yards out in the upper corner. Lloyd again got the scoring going in the 51st minute and the US never looked back getting goal contributions from Christen Press, Crystal Dunn and Kealia Ohai. The final was 5 – 1 in the US's favor. The CMYSA players identified seeing Ohai score her first every goal in a US jersey as a highlight. Ohai scored just 48 seconds after entering the game. Another highlight was having the opportunity to meet players after the game. The US Women's National team does an amazing job showing appreciation to their fans by taking time to sign autographs and take pictures after the game. It was a great day for soccer in the state of Minnesota and an amazing opportunity for young players across the state.





Parent Page

Delaying Sports Specialization to age 15 or 16

A report from the American Academy of Pediatrics found young athletes who focus one sport and play it year round are more susceptible of overuse injuries and mental burnout. About 50% of athletic injuries are related to overuse and 70% of children drop out of organized sports by the age of 13.

Overuse injuries include stress fractures, muscle tendon damage and abnormalities in growth plates. Symptoms of emotional burnout include fatigue, personality changes and little enthusiasm about practice or games. Athletes who feel a lack of personal control over sports decisions and face intense time demands and frequent negative feedback are at higher risk. Unfortunately, parents, kids and coaches feel pressure to specialize and it's tough to resist.

However, many athletes don't need to pick a single sport early. Children who play multiple sports learn different skills that transfer over to their primary sport. They're training different muscles and allowing other muscles time to recover. If they do the same sport with no break, they can start to feel a lot of stress and anxiety and perhaps not want to remain physically active at all.

Some players and parents think only focusing on one sport enhances skills. It is good to dream big, but dangerous if players start to base their self-worth on how they do in sports. The reality is chances of "making it" are very slim and kids can sometimes miss out on the fun of being a kid by focusing on one thing too early.

There are several general suggestions for young athletes. Athletes should take at least 3 months off from their primary sport during the year in month-

long increments as well as 2 days off per week. Athletes should try to participate in sports that don't use similar motions. For example swimming, baseball, volleyball, tennis and lacrosse all involve overhead motions that can lead to shoulder issues. The reason is the body isn't designed for that much repetition. Athletes need to work their bodies in opposite movements. Those who use lots of overhead motions would benefit from strengthening their back muscles. Finally, make sure your child is participating in activities or additional trainings because s/he wants to and they are participating in unstructured play/practice.

We've got to remember what the real benefits of sports for most these kids are: life-long exercise participation, learning social and leadership skills, teamwork, and problem solving in safe environments that can be transferred to other venues.

CMYSA encourages all teams to take the month of November off for organized practices. The month of December is for each team to make team decisions. There are built in breaks in mid-March to mid-April; parts of July, August and October. We encourage our highest competing teams touch their soccer ball once per week from January through October and prioritize soccer from April through July, but do not ask that players give up other sports. The club offers opportunities for players to train year round but it is important that players select additional options that allow for rest and recovery. The full article can be found at: <http://www.dailypress.com/health/dp-spt-health-report-youth-risk-20160903-story.html>

Soccer Central

Nov. 5th: Chelsea v Everton at 12:30 PM on NBC

Nov. 6th: Arsenal v Tottenham at 8:00 AM on NBCS

Nov. 10th: US WNT v Romania at 9:00 PM on ESPN2

Nov. 11th: US MNT v Mexico at 6:45 PM on FS1

Nov. 13th: US WNT v Romania at 8:30 PM on FS1

Nov. 15th: US MNT v Costa Rica at 8:00 PM on NBC Universo

Nov. 19th: Southampton v Liverpool 9:00 AM

Nov. 26th: Chelsea v Tottenham 11:30 AM

Nov. 30th: US U17 MNT v Portugal at 6:00 PM on ussoccer.com

Player Recognition

Congrats to the Central Lakes All-Conference Players:

Boys: Gabe Villalobos (Tech, CMYSA 1998s), Khalid Gelani (Tech, CMYSA 1998s), Luke Dorn (Tech, CMYSA 1998s), Parker Beumer (Sartell, CMYSA 1998s), Riley Sanderson (Sartell, CMYSA 1998s), Travis Forst (Sartell, CMYSA 1998s), and Uriel Rodriquez (Rocori, CMYSA 1998s)

Girls: Allison Seehusen (Tech, 1998s), Anna Hasbrouck (Sauk-Rapids Rice, 1998s), Anna Carson (Apollo, CMYSA 1998s), Ashley Koepp (Apollo, CMYSA 2001), and Emma Plemel (Sauk Rapids – Rice, CMYSA 2001)

Congrats to the Central Lakes All-Conference Honorable Mention Players:

Boys: Christian Rodriquez (Rocori, CMYSA 2001), Dylan Michaud (Sartell, CMYSA 1998s) and Jose Rubio (Rocori, CMYSA 1998s),

Girls: Allyson Walz (Sauk Rapids – Rice, CMYSA 1998s), Erin Schoborg (Tech, CMYSA 1998s), and Megan Mantanich (Apollo, CMYSA 1998s)