



Tri-Cities Youth Soccer Association

Recreational Season Game Dates

Saturday March 10
 Saturday March 17
 Saturday March 24
 Saturday March 31
 NO GAME April 7
 Saturday April 14
 Saturday April 21
 Saturday April 28
 Saturday May 5
 Jamboree May 12



Inside this issue:

Advanced Coaching Classes	2
Dates to Remember	3
Have you touched a soccer ball today?	3
NCAA Div I Showcase	4
Three Rivers Meeting on Feb 28th	4

Letter from the President: Scott Ruf

To All T-CYSA Coaches and Parents:

Thank you for the opportunity to lead T-CYSA for the next two years. I look forward to working with you all as we move ahead and continue to build and shape soccer in the Tri-Cities. It is my goal to expand the opportunities that exist for our youth at all skill levels. The Board of Directors as well as the Executive Committee of the Three Rivers Club have all committed to developing these opportunities so we can reach as many of our youth and offer them these opportunities. Some of the things that have been discussed and are already being developed are expanding our recreational program, hiring a Coaching Director for the Three Rivers Club that include crossover opportunities for our players and coaches in our recreational program, hosting events that bring top quality soccer events to the Tri-Cities, and the continuation of making sure that our players have a fun, life learning experience they can take with them regardless of the paths they choose as they grow and develop their young sports careers.

I want everyone associated with T-CYSA to consider it their association and get involved where you can to help us all succeed, whether it is as a coach, committee person or some other volunteer capacity and understand that the little time you give has a terrific impact on the children we serve. You can only be involved if you are informed and it is my commitment to you that the workings of T-CYSA and the Three Rivers Club be open and transparent to everyone. We can achieve this by proactive communication approaches through the newsletter, website, and open meetings. The T-CYSA Board and I are always available for questions or comments via the T-CYSA office or email available on the website.

Again, thank you for the opportunity to work with you during the next two years and I look forward to seeing and speaking to as many of you as possible.

Yours in Soccer,

Scott W. Ruf, T-CYSA President

Quarter cans will raise money for Jamboree Registration Fees

Some teams are sporting quarter cans. What is a quarter can? A quarter can, will be different for each team! For one U6 team – the quarter can was a way to earn money for the end of the season party. For a U7 boys team it was to used to motivate and reward each player. How does the quarter can work? That also depends on what you are aiming for....for the U6 team the parents would add a quarter to the can for every goal that their team scored. (It added up quickly to \$100!) For the U7 boys team – the coach and parents would add a quarter if the player reached his goal. Each player had a different goal, for one player it was to score a goal, for another player it was to pass the ball, and for yet another player it was for dribbling the ball. The players were rewarded for trying to work on a skill – and the team had a great time watching the quarter can add up over the eight weeks. This is also a great way to earn your Jamboree registration fee. The kids will feel like they earned it – and they certainly will after 8 weeks of soccer. Talk with your team today about starting a quarter can this season!

If you have information that you would like to see in the T-CYSA Newsletter please send it to Christina Stout, Director of Communications via email christinastout@charter.net

Did you move this year? Did you change email addresses or phone numbers? Did your emergency contact information change? If so, please log into the registration system and update your information as soon as possible. If you don't remember your user name or password please call the T-CYSA Office at 544-0276 and they can help!

Parents: Have you stepped up to volunteer for one of the jobs that your coach needs help with? Please do so! Some of the jobs require very little time, eg. Bringing a first aid kit, or bringing extra water for the child that forgets. Your coach can spend more time working on soccer skills with your son or daughter.

Tri-Cities Youth Soccer Association

Advanced Coaching Classes

by Greg Thomas, VP of Development

The Three Rivers Soccer Club strongly urges anybody wanting to coach at the Premier or District Select levels to complete the E and D coaching courses. This year the E class will be held March 23-25 and the D class will be held April 20-22 and 28-29. You must register for the E by March 15 and the D by April 12. See the T-CYSA website (<http://www.t-cysa.org/coach/ed.html>) for details and registration instructions.

* E Certificate Course (18 hours)

The emphasis of the E course is on coaching players 10-14 years of age. It is a general certificate of 11-a-side play and is intended for those coaches who are in the transitional stage from coaching modified soccer to coaching 11v11 soccer. The course is best suited for those coaches with several years' experience or who have attended one or more of the youth module courses.

The E course focuses on coaching points and the teaching of technique, with an introduction to the Principles of Play (attack and defense). The E course also provides elementary information on the management and preparation of a team.

The E course usually requires one weekend (Friday night and all day Saturday and Sunday).

* D License Course (36 hours)

Note: You must have passed the E class in order to attend the D class, unless you meet certain criteria and apply for an E license waiver from WSYSA.

The attendees of a D course fall into two distinct categories: coaches who are using the course to prepare for the National C License and those who are using the course to qualify for a particular level of coaching within their state. Many of the latter are not required to further upgrade their license. In addressing coaches in these two categories, the D course can be seen as either preparatory or terminal.

The D course is for coaching players 14-18 years of age and emphasizes observing mistakes and providing information to correct the mistakes. A majority of the course schedule is devoted to practice coaching and practical examinations. Candidates will be examined by the analysis of videotape footage for their knowledge and understanding of tactics and methodology. There are also take-home examinations on soccer injury prevention and the FIFA Laws of the Game.

Based on how well they do in the D License course, candidates are awarded either a National D License, which allows them to attend a National C License course after a year, or a State D License. If a State D License is earned, the D course can be retaken by coaches interested in obtaining a National C.

The D course usually requires two consecutive weekends (Friday night and all day Saturday and Sunday the first weekend, and all day Saturday and Sunday the second weekend).

Three Rivers Soccer Club State Cup Results

January and February mark the start of State Cup games for three divisions - Champions Cup, Fred Meyer Commissioners Cup, and Challenge Cup.

Three Rivers Soccer Club had 12 teams participating in the three divisions. Those competing in the Champions Cup are summarized: The BUI3 team started off with a 1-2 loss. Their next game is Feb. 10th at home. The GUI3 is currently 1-1 with their next game on Feb. 17th in Lake Washington. The GUI5 team is currently 1-1 with their next game scheduled at the Columbia Timbers

on Feb. 18th. The GUI7 will play their first game on Feb. 11th in Emerald City.

In the Fred Meyer Commissioners Cup the GUI3 team went 3-0 before losing the Quarter Final game against SK United.

In the Challenge Cup, the BUI4 team went 3-1 before losing during the Quarter Final game against the BMSC Earthquakes. The BUI5 are 3-0-2 with their next game on 2/11 the Semi Final game. The GUI3 finished 0-1-2 and did not advance. GUI1 went 4-0 before losing the Quarter Final game 0-4.

Do you know where your registration fees go?

Everyone knows that it costs money to play sports, right? How much should it cost? Where does that money really go? T-CYSA wants to provide soccer at the lowest cost possible to everyone who wants to play. So what is the lowest cost possible? How much money does T-CYSA bring in through registration fees and where is that money spent? Would you like to see a new program started in T-CYSA? Is there money to start that program? If you attended the Monthly T-CYSA Board Meetings or the Monthly Three Rivers Executive Committee meetings then you would have an opportunity to learn and ask these questions. **WE WANT YOU TO KNOW AND UNDERSTAND WHERE THE MONEY IS SPENT IN OUR ASSOCIATION!**

Center of Excellence Registration

The 15th Annual Center of Excellence is now accepting registrations for U10 and U11 players that wish to participate in the training sessions. COE will take place on Monday nights beginning on March 12th from 5:30—7:00 pm through April 30th with no session the week of spring break (April 2nd). [If your child would like to participate please complete the registration form on the website and mail it \(or drop it off\) along with your payment for \\$55 before March 8th!](#)



T-CYSA has over 2300 soccer players! 2298 will go Pro in something other than soccer!

Development Tip: Have You Touched a Soccer Ball Today?

by Greg Thomas, VP of Development

One of the most important aspects of player development is ball control: using various parts of your body to make the ball do what you want it to do. Players who can control the ball well tend to have more self-confidence, enjoy the game more, and have more of a positive impact on the game than those players who cannot control the ball well.

The only way to develop ball control is by practicing. Thousands of touches on the ball allow your body to develop the muscle memory necessary for consistently correct technique. Players who aspire to elevate the level of their game must spend time on their own practicing; training twice a week with your team does not provide enough touches on the ball.

One way to facilitate extra practice is to find a partner or a wall to knock the ball against. Racquetball courts are wonderful because you're surrounded by four walls and have little chance of breaking anything. Pass the ball and control it when it comes back to you. Kick it on the ground, in the air, left foot, right foot, inside/outside/instep of foot; control it with your feet, thigh, chest and head. Experiment. This improves your kicking and receiving technique.

(Continued on page 5)

Dates to Remember

Please mark your calendar for the following dates:

2/15 - Richland Coaches Meeting 6:00 pm

2/24-25 Grade 9 Referee Clinic

2/27 Pasco Coaches Meeting 7:00 pm

3/2-4 Blue Mountain Exchange and NCAA Div. 1 College Showcase

3/3 U8, U10 Coaching Clinics

3/7 T-CYSA Board Meeting 6:00 pm

3/10 First weekend of recreational soccer

3/12 Center of Excellence Starts check in 4:30

3/17-18 District 6 Girls Spring Tournament

3/23-25 E License Coaching Class

4/20-22 and 4/28-29 D License Coaching Class

Soccer Fair is Coming!

Mark your calendars for Saturday April 28th 2007 at the Greater Tacoma Convention & Trade Center. Soccer Fair offers over 100 exhibits, coaching clinics, workshops, kids zone, door prizes and more! Do you want to shop for soccer gear, or learn a few things about coaching? Soccer Fair is a great opportunity!

Do you own or work in a business that would benefit from advertising in the T-CYSA bi-monthly newsletter? We would love an opportunity to talk with you about different advertising options. If you would like to discuss these options please contact Christina Stout, Director of Communications via email at christinastout@charter.net.

Come and tell us what you want at the Three Rivers meeting on February 28th at 6:30 pm

Three Rivers Soccer Club will be having a Town Hall type meeting on Wednesday **February 28th at 6:30 pm in the T-CYSA Meeting Room**. T-CYSA Board Members will be on hand to hear where YOU want your Club to go. We want to hear from every coach and parent in regards to the possibility of raising fees and the direction that Three Rivers is headed. Please make this a point to come and share your opinions.



Blue Mountain Exchange Tournament and NCAA Division 1 College Showcase Move to Pasco

T-CYSA is pleased to be hosting the Walla Wall Blue Mountain Exchange Girls Tournament on March 2-4 in Pasco. The Tournament was relocated from Walla Walla due to the increasing demand for more fields and hotels. The NCAA Women's Division 1 Soccer showcase Tournament will be held at Edgar Brown Stadium on the same weekend. The following teams will be featured during the College Showcase:



League Placement Tournament coming fast

T-CYSA is pleased again to host the Washington State Youth Soccer Association League Placement Tournament this June at our complex in Pasco. LPT's are perhaps the single largest soccer events in the State and T-CYSA will be host to the U14 age group. WSYSA runs the LPT Tournament over three weekends in June. The placement during this tournament decides where teams will play during regular season games. The LPT Tournament is the single biggest fundraiser that T-CYSA has. In 2006 the LPT Tournament brought in over \$20,000 just in parking revenue. T-CYSA is in need of volunteers to help with the LPT Tournament on all three weekends. In the past - teams have worked as a fundraiser. If you, or your team are interested in helping or working the LPT Tournament this June please contact Scott Ruf, T-CYSA President via email at swr911@verizon.net

Development Tip: Have You Touched a Soccer Ball Today?

Greg Thomas, VP of Development

(continued from page 3)

If you don't have a partner or a wall, practice dribbling and juggling. Soccer juggling means keeping the ball in the air without using your hands and arms.

Elite players (and players who want to be elite) spend hours each week practicing on their own, but even spending 5 minutes a day will greatly help novice and intermediate players. Parents should not force players to spend extra time practicing, but if the player wants to improve and asks how to do it, facilitate the extra practice for the player by finding them a ball, some space, perhaps a wall, and maybe a partner. Remember that you can serve as an effective partner even if you aren't intimately familiar with soccer – just act like a wall!

If you want to be inspired and amazed by ball control exhibitions, two of the many online videos you can watch are (1) <http://www.youtube.com/watch?v=qRjsLUy72x4> (Ronaldinho's "crossbar" Nike ad) and (2) http://www.ussoccer.com/sights/index.jsp_videoGallery-261-1.html (2006 Best all_access video #2, featuring two US U20 WNT players doing ball tricks).

Board Meeting Agenda Wednesday Feb. 7th at 6:00

The following is a copy of the Agenda for the Board meeting this week. Please know that the Board of Director's want to take this Association in the direction that the MEMBERS want to go. If we don't know where you stand on an issue we can't go the direction you want! Please get involved!

Introductions

Recreational Coaching Issues

Three Rivers Club Direction

Possible increase of Three Rivers registration fees

U12 Age Group schedules

Budget Review

New Business (if any)

This would be a great time for coaches and parents to come and be heard and voice any concerns that you may have.

Board Reports -

Executive Session - This portion on the meeting will be closed to all non voting members of the Board. This is where we discuss personnel and salary actions, among other things.

Recreational Registrations for the Fall 2007/Spring 2008 season will begin on March 1st, 2007. Register online by following the links from our website www.t-cysa.org



Are you a parent of a U12 player? Did you know that T-CYSA will be offering a U13 recreational program for the Fall of 2007? How do you determine if your son or daughter is ready for Three Rivers? Do you have questions about the different levels of play? Please feel free to contact the T-CYSA Office, Mike Nolan, or Greg Thomas to help answer these questions.

Submit your Soccer Trivia questions with answer by February 27th, to Christina Stout for inclusion in the next newsletter. All entries will receive a small gift for their submission.