

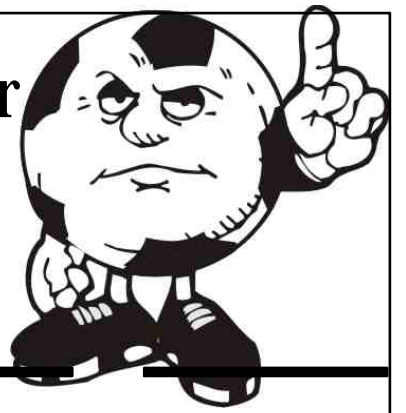


North Macomb Community Youth Soccer

Soccer News

FALL 2009 Published in Romeo, Michigan 48065

www.NMCYS.org Soccer Hotline: 586-615-9982 NMCYS P.O. Box 248 Romeo MI 48065 info@nmcys.org



NMCYS Season Schedule

GET ALL YOUR QUESTIONS ANSWERED @ www.askthef.com

Check for updates at www.nmcys.org

| FALL SEASON 2009 | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------|---------------|
| Peach Fest Tournament | Sept. 5 & 6 NM Peach Festival Tournament | Romeo/Washington | All weekend |
| Saturday Clinics Will be Announced Soon.... watch your emails and the Billboard! | | GAME FIELDS | See Schedules |
| GAME #1 | Saturday, September 12, 2009 | GAME FIELDS | See Schedules |
| GAME #2 | Saturday, September 19, 2009 | GAME FIELDS | See Schedules |
| GAME #3 | Saturday, September 26, 2009 | GAME FIELDS | See Schedules |
| GAME #4 | Saturday, October 03, 2009 | GAME FIELDS | See Schedules |
| GAME #5 WEEKDAY GAMES | Mon Oct 5., Tues. Oct 7, Wed Oct 8 WEEKDAY GAMES | GAME FIELDS | See Schedules |
| GAME #6 | | GAME FIELDS | See Schedules |
| WOW Award Nominations due at Information Table - Receive a Free Wow Award Patch | Saturday, October 10, 2009 | GAME FIELDS | See Schedules |
| GAME #7 | Saturday, October 17, 2009 | GAME FIELDS | See Schedules |
| GAME #8 | Saturday, October 24, 2009 | GAME FIELDS | See Schedules |
| SPRING SEASON 2010 (your child plays on the same team from Fall 2009 - we add new teams so get your friends to register early starting in January) | | | |
| Registration for Full Season Fall 2010/Spring 2011 | | GAME FIELDS | 9am to Noon |
| Every Saturday During Spring Season All Players Register for Next Year Soccer | | | |
| GAME #1 SATURDAY | Opening Day! | GAME FIELDS | See Schedules |
| GAME #2 SATURDAY | Clinic Day To Be Announced | GAME FIELDS | See Schedules |
| GAME #3 SATURDAY | Clinic Day To Be Announced | GAME FIELDS | See Schedules |
| GAME #4 SATURDAY | PICTURE DAY | | See Schedules |
| GAME #5 WEEKDAY GAMES | <i>WEEKDAY GAMES Memorial Day Week</i> | GAME FIELDS | See Schedules |
| ALL STAR GAMES | U8 Boys & U8 Girls | GAME FIELDS | See Schedules |
| | U10 Boys & U10 Girls | | |
| | U12 Boys & U12 Girls | | |
| GAME #6 SATURDAY | Earn your free juggle patches today! Visit the Info table. | GAME FIELDS | See Schedules |
| GAME #7 SATURDAY | Nominate Your WOW Award person today! | GAME FIELDS | See Schedules |
| GAME #8 SATURDAY | Picnic & Games & Trophies & Patches | GAME FIELDS | See Schedules |
| SOCCER CAMPS | To Be Announced... | GAME FIELDS | See Schedules |

Winter Indoor Soccer Season...
 If you are interested in playing or coaching indoor soccer this winter, now is the time to let us know. We will help you set up a team or find a team to play on. There is a significant skill increase when a player plays indoor soccer. It's a faster game where more agility and footwork is demanded. Please call Cris Patyi to play indoor this winter. 586-453-2894



PASS OR DRIBBLE?

One of the biggest mistakes an adult can make is to force a passing game on children too early. Young players should dribble as much as possible -- because dribbling is the first step to mastering all ball skills.

Resist the temptation to shout at young players to pass the ball. U.S. Soccer's Best Practices Player Development Guidelines stress that coaches should "Encourage the dribbler at the younger ages ... Dribbling, at the younger ages, is the child's attempt to gain control over the ball. Controlling the ball is the primary skill that every other skill in soccer depends on. ... Do not expect him or her to look to the pass or to pass with any level of competence or awareness, until he or she has mastered this skill."

BE PATIENT. Children will naturally, but slowly, begin to comprehend the benefits of sharing the ball. Even if the adults do

nothing to encourage passing, players will begin to ask each other for the ball. They will learn from each other and from the game.

POINTS FOR PASSING. Scrimmaging and small-sided games should be the main part of practice sessions. Demonstrate the wall pass - or give-and-go - and tell the children that whenever they complete a wall pass, it counts as a goal.

You don't want to discourage individual creativity or risk-taking.

Two-touch serves some valuable purposes. It forces players to focus on their first touch. It's crucial for players to learn that trapping a ball dead is not as effective as a first touch that positions the ball so that they can pass, shoot, or embark on a dribble with the second touch.

But two-touch should be used sparingly and not at all before the player masters some ball skills. www.usyouthsoccer.org

NMCYS Select Teams are DOING GREAT!

Four of our NMCYS Select Teams played in the St Clair Shores Soccer Invitational.

The NMCYS Romeo Football Club **Fire** coached by Chris Behring was first in their division 3-0-1.

The NMCYS Romeo Football Club **Yellow Jackets** coached by Cris Patyi did very well for an under 9 boys team playing in the U10 Division with one win. That's a big deal for an Under 9 team!

The NMCYS Romeo Football Club **Vortex** Under 9 Girls played awesome in the Under 10 division as well.

The NMCYS **Richmond Fury** ended up 2 and 2.

Our Under 9 Girls Tempest won their division at the Memorial Day Tournament.

A big woo-hoo to our Select Teams.

Our teams will also be playing in the North Macomb Peach Fest Soccer Tournament. Good Luck!



Thanks for your patience with our coaches and referees and players and other parents....
 Respect in the Game of Soccer

Is a Big Deal!
 Help us to make our League a fun place to be!
 Thanks the NMCYS Team.

For concerns about a referee, player or coach... please wait until the game is done.

Please talk to Chris Newby or Cris Patyi or email us at info@nmcys.org or call the Soccer Hotline at 586-615-9982.

Our club can only get better with information from you.

Romeo Football Club

For the Love of the Game...

NMCYS Select Teams
 NMCYS is expanding. Ready for the next level of soccer?

Looking for more competitive play? Want more training? Do you know of another team that would want to be part of the NMCYS **Select Division?**

We invite coaches with their own teams to check us out. Call Cris Patyi 586-453-2894



Motivating Your Child.....
 Are you frustrated with your child not focusing on the game? Do you need some help with their motivation? Try using the soccer ball patches available at the information table. Every time they score a goal you can buy a **soccer ball patch** for 50 cents. If they made a great play you can buy the **star patch**. NMCYS has had great success in using these patches as a tool from ages 2.5 until 16. The kids learn that they can collect patches and it fires them up! We have the juggler patches so they practice on their own at home. We have the end of year custom patches to complete their collections every year. Come to the information table every Saturday and show off the designs to your child. Or buy a few samples to carry in your pocket. It works! Try it!



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Notes to Parents:

- Please be polite to the referees. They are still learning and we are glad to have them. Imagine the referee is your own child and don't comment during your games.
- Please show up 15 minutes before game time, **games will start on time.**
- Contact your coach if you cannot attend a game or practice
- Remember Coaches are volunteers; please assist them when you can.
- Please do not leave your child unattended at any NMCYS event.
- Clean up your teams garbage **always!**
- Please park in designated parking lot.
- **No Smoking is allowed.**
- **Absolutely No Dogs allowed.**
- Yelling, profanity, or general misconduct is not allowed from Coaches, Players, Parents, Referees or Anyone involved with NMCYS.
- Let your coach "coach." Parents please refrain from "sideline coaching."
- If you are interested in coaching let us know at any time.

Snacks:

- Your coach and team may decide how you want to handle snacks and treats for games. Some teams choose to have the players bring their own snacks.
- Under 4 Division Players are to bring their own drinks and snacks for breaks
- Please pay attention to potential allergies when handing out snacks.
- To keep germs from getting out of control, parents have suggested putting fruits in individual portions such as a baggie for grapes, oranges etc.
- We encourage healthy snacks and treats for end of game snacks.
- Sugar after exercise can be unhealthy.
- Be patient with your child,

NMCYS will be patient too.



PATCH GIVEAWAY

This fall we are giving away **free WOW Award patches** to anybody who can earn one. They also get to be in the eternal WOW Hall of Fame on the NMCYS Website.

Did someone you know do something great? It could be a player, a coach, a parent, a referee. It has to be someone involved with NMCYS.

Did someone display a great attitude or maybe they did something pretty cool that deserves an award. Nominations for the WOW Award are Due Saturday October 3rd. Please email your nominations or let us know at the information table at the game fields.



Basics of Soccer Video Training

<http://www.usyouthsoccer.org/players/SkillzSchoolVideos.asp>

INJURIES...

A medical kit is always at the information table if needed.



If an injury requires more than what is in a First Aid Kit see a professional.

Minor Injuries: Remember RICE!

Rest: stop all activity that would further aggravate the injury.

Ice: Ice for the first 15 minutes then 10 minutes on/10 minutes off for the first 24 hours.

Compression: To prevent swelling wrap the injury with an elastic bandage.

Elevation: If possible raise the injured body part above heart level.

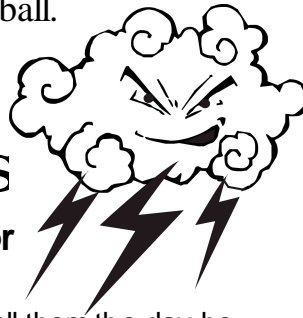
Blood Spills: Go to main tent for help and supplies



NEED AIR IN YOUR BALL?

We have ball pumps at the main information table. Come and borrow one for proper air pressure in your soccer ball.

Weather Questions



Call your coaches for all weather issues.

- If you have a concern call them the day before.
- The soccer hotline will update field conditions every hour starting at 8am if there is questionable weather.
- If NMCYS OFFICIALLY cancels games you will hear the message on the hotline.
- If your coach does not notify you, **assume your game is STILL as scheduled.**

NMCYS PATCH PROGRAM

Did you score a goal? Buy a soccer ball patch for 50 cents.

Did you assist to a goal? Buy a star assist patch for 50 cents.

Parents... buy them for your coach to hand out.

Last year we sold out they were so popular. Our kids are excelling fast trying to earn them. Get your patches at the Information Table on Game Days. **Juggle Master Patches** Test every Saturday at the information . All Juggler Patches are free if you earn them. **Practice at Home! Come to the table and check out the Banner with all the patches!!! Kids are putting them on their game shirts, banners, and bags.**



STAR



SOCCER BALL



DEFENSE



GOALIE



What do I wear ?

- ⇒ **Soccer cleats** are not required but are recommended for ages 6 and up.
- ⇒ **Shinguards** are required for every soccer player. Wear socks over the shin-guards. Not shin-guards over the socks.
- ⇒ **No Earrings or Jewelry.** Wait to pierce your ears after the season.
- ⇒ **For cold weather** wear uniform shirt over jackets.
- ⇒ **If you have a cast** let us check it out for safety, bubble wrap works great.



JUGGLING TIPS...

LEARNING TO JUGGLE... will make you a better player. Your feet will feel the ball like your hands do if you practice enough. That's how the pros dribble their way to goals. Patience - You can't expect to become good at juggling in few weeks. This is something that takes time and the more effort you put in, the more you will get back. Practice often -practice on your juggling at least 30 min per day. Use a small ball - This one is great for your overall soccer skills and not only for juggling. Keep your focus on the ball - While juggling, don't lose focus on the ball. Try to shut down everything around you and just concentrate on keeping the ball in air. Try to break your record - Each time you practice on your juggling skills you should try to break your record. Relax - One of the most important things in juggling is to keep your body relaxed. The more relaxed you are the better juggling skills.

