



MARCH NEWSLETTER

NEW HEADING RULES:

Effective immediately Minnesota Youth Soccer Association is prohibiting heading for players participating in all U10 and younger age groups in order to be in accordance with the US Soccer's Player Safety Campaign.

The heading rule is aimed at decreasing concussions within the game of soccer for our youngest most vulnerable players. This rule will begin in the summer of 2016 season.

For U10 and under:

Players are not permitted to head the ball during games and there will be no heading during training for children U10 and younger. If a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the offense (regardless of if the header occurs inside or outside of the penalty area)

For U11 to U14 players:

Players will be permitted to head the ball during the game. However, heading in training will be limited to no more than 30 minutes per week or (continue on page 2)

ADVANCED TECHNICAL DEVELOPMENT (U13-U17)

CMYSA is offering a 6 week Travel Training Program. Players must be on a CMYSA Travel Team to participate. This series provides additional player development opportunities for CMYSA travel teams. Each session will be devoted to a soccer-specific theme or skill.

How it works: CMYSA recognizes that schedules change week to week. Therefore, CMYSA will offer 3 sessions per week. Your player can attend whichever session works best each week. For example, Week 1 s/he may come Thursday; Week 2 s/he may come Saturday; Week 3 Thursday; and so on. You don't have to commit to a time prior to showing up for a session. Cost is \$60 for the training series.

Sessions will be held from 6:00 to 7:15 p.m. on Thursday and Friday evenings and Saturday morning from 9:00 to 10:15 a.m. The first week in the series is April 14th to April 16th. Register at:
<http://www.cmysa.org/page/show/677898-registration-page>

SAVE THE DATES

CMYSA RECREATION PROGRAM

Early bird registration ends April 1st register your child today!

PARENT PACT MEETING

April 6th from 6:00 to 8:15 p.m.
at Great River Regional Library
in St. Cloud

First Annual CMYSA Golf Scramble

June 20th at Whispering Pines Golf Course.
Register your team today!

Register Rec and Golf Scramble at: <http://www.cmysa.org/page/show/677898-registration-page>



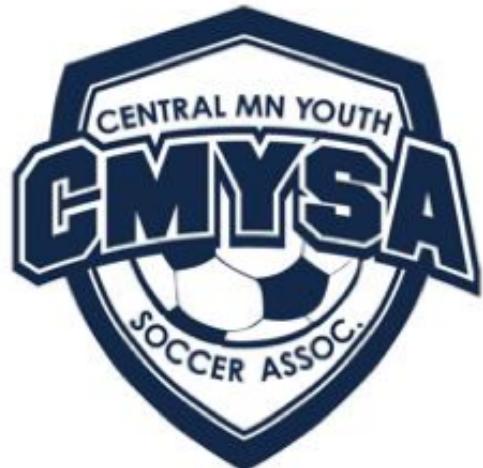
Parent Page

PACT

Parents and Coaches Together (PACT) is an educational program developed at University of Notre Dame's Center of Ethical Education and Development. The program is designed to help coaches and parents align on successfully creating a positive and motivating climate in Minnesota youth soccer. It is based on research from developmental, educational, and sport psychology with all presentations given by experienced trainers approved by the University of Notre Dame.

CMYSA is a PACT member and therefore requires all new families to attend a PACT meeting prior to the beginning of games. This is a one time obligation per family (NOT per player). This year CMYSA will be hosting a **PACT meeting at the Great River Regional Lake Library in St. Cloud (1300 W St. Germain Street, St. Cloud, MN)** on April 6th from 6:00 to 8:15 p.m. *If your family does not attend a PACT meeting your child's player card will not be issued and he/she cannot participate in games until your family has attended a PACT meeting.* If you are unable to attend the April 6th meeting, there are other dates and locations available. In order to register for the PACT meeting or find other locations and times click on the following link:

<http://www.mnyouthsoccer.org/page/show/680942-parents-and-coaches-together>



"PACT empowers coaches and parents to realize their unique roles in fostering athlete intrinsic motivation, character development, optimal performance, well-being and satisfaction."

NEW HEADING INITIATIVE (con't)

15 to 20 headers per week per player whichever comes first. It is the coaches' responsibility to monitor these recommended header guidelines for his/her players.

These changes are not optional for coaches or players to decide whether to follow for games or tournaments.

These limitations were based on the recommendations of the U.S. soccer medical committee, which includes experts in the field of concussions and concussion management.

Additional information on the new guidelines and referee implementation can be found at:

<https://www.minnesotasrc.com/assets/courses/Heading>Youth/launcher.html>

The full documentation of the U.S Soccer Concussion Initiative can be found at:

http://assets.ngin.com/attachments/document/0093/3552/mysa_ussf_concuss_feb16.pdf

which includes information on the U.S. Soccer's Player Safety Campaign and the U.S. Soccer Concussion Initiative.



1st Annual CMYSA Golf Tournament

Did you know that CMYSA has been a Minnesota Youth Soccer Association club since 1980? During that time, the club has grown to 35 travel teams and 900 recreational players. CMYSA provides a soccer experience to over 800 families from 22 different cities. The organization only has 5 salaried positions and no paid team coaches.

CMYSA has relied primarily on player fees to function. No current board member can remember the club hosting a fundraiser. This is changing on **JUNE 20 with the 1st Annual CMYSA Golf Tournament**. This is a golf scramble at Whispering Pines Golf Course in Annandale.

The goal of this fundraiser is to increase club funds to help offset the growing cost of field rental, operational and program expenses. The target is to raise enough money to have a player fee freeze from the 2016 season to the 2017 season.

In order to make this a successful event, we need full club support. CMYSA has a dedicated fundraising committee who is diligently working on this big event. We are asking that every travel team enlist one volunteer to either help with pre planning or assist on the day of the event. We are also looking for interested recreation parents.

Here are two additional ways to be involved.

One of the best ways to make this event a success is to be a sponsor. Business sponsors receive a variety of advertising perks. We are looking for a Premier Sponsor (\$5000), Event Sponsors (\$1000), Beverage Cart (\$500), Hole Sponsors (\$500) and \$10,000 Hole-in-One (\$500). If you are interested in being a sponsor, email for sponsorship benefits:

CMYSAgolfScramble@gmail.com

Another way you can help is to recruit a golfing foursome. The cost is \$75 per golfer and includes 18 holes with cart, \$10,000 Hole-in-One contest, full dinner, putting contest for a free golf membership, plus the satisfaction of knowing you are supporting CMYSA.

Foursome registration is now open. Don't delay as we will only accept 35 teams. Register at: <http://www.cmysa.org/page/show/677898-registration-page> under 'CMYSA Golf Scramble 2016'.

As you can see, this is a large endeavor, but one that can continue to grow and foster relationships both within CMYSA and the Central Minnesota community. We hope you will consider helping.

CMYSA is on Facebook. Like us to stay up to date on all CMYSA happenings and help us reach 300 likes by April 1st!



CMYSA - Central Minnesota Youth Soccer Association



What's the deal with all these numbers: OUTSIDE BACKS

The United States Soccer Federation (USSF) has adopted new initiatives to help coaches and parents better understand how to assign players positions. This system is currently used around the world and will now be implemented into the US youth soccer curriculum.

This month we will focus on outside backs. The right outside back is NUMBER 2 and the left outside back is NUMBER 3. Successful outside backs have the following characteristics:

TECHNICAL:

The outside backs are responsible for collecting the ball efficiently and serving (crossing) the ball to players (on the ground and in the air). In addition, their passing needs to be crisp both short and long distances and they should be able to tackle, intercept and regain possession of the ball.

TACTICAL:

The outside backs are essential in creating numbers up in the attack by recognizing times to go forward on the flanks (side). They also have large roles in defensive shape by communicating and organizing the wingers in front of them (number 7 and 11), and balancing and covering for center backs (number 4 and 5).



PHYSICAL:

Outside backs must have speed endurance for repeated explosive runs forward and recovering towards their goal. Acceleration and change of speed in response to the ball are essential as well as endurance to be both an attacking and defensive presence.

MENTAL:

Outside backs must be confident and competitive for 1 v 1 defending and attacking roles. They are alert and quick for immediate transitions.

For all players interested in outside back play, this is a fun role because it allows you to be involved in almost every play and provides ample opportunities to serve the ball for those diving header goals!



Skill of the Month

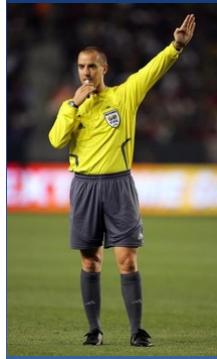
Part II of the 6 Surface Challenge

Link:

<https://www.youtube.com/watch?v=B5KF05U2Ke0>

Goal: 2 Thigh juggles + 2 shoulder juggles + 1 head (skip if 10 and under) + 1 chest

You must hit them all before repeating any of them. Meaning once you do 2 thigh juggles you can't count another thigh juggle until you have done the 2 shoulder, head and thigh juggles. Go for one minute and count how many times you can get through the cycle. If you are a younger player you can play the ball off one bounce off the ground. Older kids start over counting if the ball hits the ground! If you watch the video it is the second part of the cycle (after the completion of the feet). Notice that the example person always does thigh, thigh, shoulder, head, shoulder chest. See if you can do it in different orders once you get the hang of it.



REFEREE CLINIC

If you have ever considered becoming a referee for travel soccer for CMYSA now is the time to begin your training to be prepared for the upcoming season.

CMYSA is hosting a referee clinic on Sun. April 17 (8am-5pm) at Discovery Elementary School in Waite Park.

There is some online coursework that is required prior to attending the clinic and more information can be found by following this link:

<https://www.mnrefsrc.org/index.php?PAGE=newref>

If you are a parent of a child that is interested here is a link to specific information just for you:

<http://www.mnrefsrc.org/assets/courses/Parents/presentation.html>

There is a need for more referees in our area so we strongly encourage those that are interested in more information to visit the MN State Referee Committee website:

https://www.mnrefsrc.org/Referee_Pages/Registration/cliniclist.php

or to reach out to our local representative:

Mike From state ref mentor, MSHSL ref, CMYSA board member:

micafr2003@yahoo.com

home 252-8820

work 259-9339

cell 250-7738



Recognition

Current Club Grand Members:

Lauren Gazdzik (1000), Teagan Gazdzik (1000), Claire Quinn (1000), Madden Quinn (1000), Riley Quinn (1000), Eli Perry (1475), Jaden Perry (1280), Grace Virtue (1115), Luke Virtue (1260), Renee Virtue (1100)

Team Recognition:

The U10 boys competed at the Four Score President's Day Tournament at the National Sports Center and took 2nd. Congrats to Will Pearson, Caleb Campina, Marcus Congdon, Landon Austin, Blake Newiger and Teagan Gazdzik

The U13/U14 boys also competed at the Four Score President's Day Tournament and took 3rd place. Congrats to Joe Pearson, Ethan Miller, Nick Sanderson, Aidan Forberg, Liam O'Donnell, and Ray Waldusky.

Save the Date

Please save the date for the 1st Annual CMYSA Golf Scramble.

This fundraiser will be held on **Monday, June 20, 2016** at [Whispering Pines Golf Club](#). The purpose is to support CMYSA recreation and travel players. Registration is now open!

This event will not be successful without your help! Many volunteers are needed.

If you can donate time to support youth soccer in CMYSA, please email:

CMYSAgolfScramble@gmail.com

Soccer Central

Games to watch:

March 9th: US Women's Nat'l Team v. Germany at 6:30 PM on ESPN3

March 19th: Chelsea v. West Ham. United at 10:00 AM on NBC Sports Live

March 20th: Manchester City v. Manchester United at 11:00 AM on NBC Sports Live

March 25th: US Men's Nat'l Team v. Guatemala at 9:00 PM on beIN Sport or NBC Universo

March 29th: US Men's Nat'l Team v. Guatemala at 6:00 PM on ESPN2

April 6th: US Women's Nat'l Team v. Colombia at 6:00 PM on FS1

April 10th: US Women's Nat'l Team v. Columbia at 1:00 PM on ESPN