



[Click to view this email in a browser](#)

December, 2018  
Newsletter Volume 2

# The Vikings Explorer



[SFVSC.org](http://SFVSC.org)

## IMPORTANT SFVSC DATES:

**Dec 16th:** DOC  
Training Session  
([Free, sign up here!](#))

**Dec 19th - Jan 2nd :**  
Winter Break (no  
practices or games)

**Jan 6th:** Indoor Soccer  
League games start

**Jan 12th, 19th, 26th:**  
4V4 Dutch Tournament  
([Free, more info here!](#))

**Jan 20th:** DOC  
Training Session

**Feb 17th:** Fairmont 5v5  
Tournament

**March 16th :** Spring  
League starts

**CONTEST: WIN VIKINGS  
GEAR BY TAKING A PHOTO  
OF YOURSELF IN VIKINGS  
ATTIRE IN A RANDOM  
LOCATION AND SUBMITTING  
IT TO:**  
[office.sfvsc@gmail.com](mailto:office.sfvsc@gmail.com)

**Spirit Wear Sale!**



SF Vikings G10 celebrate State Cup win in Manteca. (Photo: Alejandro Velarde)

## President's Free Kick:

*When did I fall in love with the Beautiful Game?*

I was 10 years old when my family moved to Portola Valley from Tucson. My dad saw the signup for AYSO in our neighborhood, and signed me up for soccer, so that I could make some new friends. There were kids on our street that also liked to kick a ball, so often we would walk down the hill to Rossotti field and make a pick-up game. We liked to play a variation of the regular game, where whomever happened to be in the goal box was the goalkeeper, because that allowed everyone to have an attacking opportunity, and since we were neighborhood kids without scrimmage vests or goalkeeper gloves, this worked great all summer long.





Vikings has club gear available for order for the holidays! We have beanies, hats, sweatshirts, practice T-shirts, and customizable jackets and backpacks!

Sunset Soccer is having a Sale for Vikings gear! Use code "HOLIDAY" to enjoy 10% off!\*

[Click Here To Browse Options!](#)

\*(offer only valid by ordering through the vikings website, not in-store purchases)

## ***Feedback is the Breakfast of Champions***

What do you think of the Explorer? Send your feedback to [office.sfvsc@gmail.com](mailto:office.sfvsc@gmail.com)

When August came, and I received my uniform, I was so excited to play, I wore my jersey to bed. The next morning, we drove to the Woodside Priory for my first game. I will never forget when our goalkeeper was beaten and I ran behind her to catch the ball from going into the goal. I thought I was a hero, but instead it was a penalty kick. All the parents yelled at me, but my teammates were very kind, and I didn't give up the sport.

I kept joining up every season, all through middle school and then at Woodside High School, I was the defensive MVP my sophomore year. The next year, my family moved north to Mill Valley, and I was shocked that there was no soccer for girls who were 16 years old. I was going to have to play with the boys if I wanted to play. That is when I became a forward, because the coach didn't want a girl in the defense, but it was ok for me to be on the wing and run and cross the ball. I just wanted to play, so I learned the humility of going from playing the entire game, to playing 15 minutes a half. It was ok because there was still practice time and my school soccer team.

[Click Here To Read The Full Article.](#)

## **Meet our Coaching Staff:**

**Name:** Moe Merdanov

**Age:** 25

**Years with Vikings:** 1

**Team(s) you coach:**

09 Boys White Lightning

**Birthplace:** Turkmenistan



**Why do you coach?** Coaching is an honorary position, which can influence youth to become not only better players but also better individuals. I coach because I strongly believe that it serves as a purpose to my life. From the first day I started coaching, back in teenage days, Toby Rappolt was kind enough to have me help coach one of his teams, and at that moment I felt alive. It gave me joy to see kids having an AMAZING time on the field, competing and wanting to get better.

**How did you get into coaching?** I got into coaching because I came from a family of teachers, my mother, grandmother, grandfather are all teachers. I see coaching as teaching and soccer in this case is the subject. Ever since I started coaching, it's been helping me with my own soccer knowledge, with my leadership skills as well as my balance in life has revolved around coaching. But ultimately I love coaching before I know I can make a difference in the youth and the community.

**Top memory as a player?** Every year, Sheiks from Qatar and Bahrein hosts a cup called *Friendship Cup* in Turkmenistan as a

charity. The year was 2009, I was 15 years old at the time. Our team made it to the finals of Friendship Cup (which can only be played once). That year it was for players born in 1993. The Ashgabat Stadium was fully packed with over 30,000 viewers. It was a moment of my life where every millisecond of it was cherished. First half we were down 1-0, and the 2nd half our team 'Olimp' managed to win by 2-1. The whole stadium went crazy, The adrenaline of that moment will never be forgotten, holding the golden cup with the golden medal on our chests and running around the crowd to celebrate this moment. The joy and full atmosphere was a memory that will always exist in me.

**Who has influenced you in your development as player / coach?** I was born and raised until the age of 6 in a very small town north-east of Turkmenistan. In 1999 our family was blessed with moving to Ashgabat, which is the capital of Turkmenistan. My cousin Oraz played a massive role with influencing my passion for this sport. As a 6 year old, his dream was to become a professional soccer player. That energy of his has also been installed in me. We would play soccer 'futbol' as we call, everyday in the morning, at the school, after school all day long. We would play street verses street for a block of Coca- Cola, which was the great motivation for us to win and mark our new territories. When I moved to US at age of 16, I did not know anything about soccer in the States, but luckily I was blessed with my aunt Zada and Nader's (her partner at the time) support. They helped me make the team in San Jose called DeAnza Force Academy, and the rest is history...

**What do you think is the best/worst aspect of youth soccer?** The worst aspect of youth soccer here in the US would be there's not enough street soccer. Kids here don't have enough time or the culture where kids go outside and play street soccer just for the PURE JOY of the sport, but rather they have full schedules and not enough free time to be just kids. But on the brighter side, soccer is getting more and more popular in the US.

**Favorite part of coaching so far?** My favorite part of coaching is working with the U8 - U11 kids. Because to me it is the critical time of their development stage, and for me as a coach, it is my duty to teach them the 'right' technique, exercises with bio-mechanics of soccer related movements, teach them sportsmanship, and most importantly install the PASSION for this beautiful sport.

---

## Referee Highlight:

**Name:** Seth Boor  
**Age:** 45  
**Where did you grow up:** Texas

**Did you play soccer?**

**Where/what team(s)?** I played in high school in Houston for my rag-tag school team that had just formed while I was there. We weren't very good.

**How many Viking kids?**

2 - Cecilie, 10 and Hugo, 4



**When did you become a STAR ref?** During the 2018 Fall Season.

**Was it easy?** Yes. The online courses were surprisingly involved and I knew practically nothing going in. Not sure how much I retained actually. But the process was easy, educational, and enjoyable.

**Do you enjoy helping the refs?** Yes, its fun to have a job during the games and a different perspective of whats going on. Also you have a fun vantage point of the play and you get to see the player interaction up close.

**Advice for future STAR refs?** Don't take it too seriously. It's kid's soccer. Just enjoy it.

**Advice to parents regarding referees in general?** Try being one for a while before getting all excited about bad calls.

**Favorite moment as a STAR?** I was right by a throw-in for a ball that had gone out. They other team was throwing and as the player went to pick up the ball they accidentally kicked away and then bumbled around with it for a second before regaining composure. Players from both teams laughed together in a good-natured way, and the player who had done the slap-stick routine had a big grin on her face. I couldn't help chuckling too - but when the players heard me they all stopped and glared at me with wry smiles on their faces and then played on. Apparently I wasn't supposed to laugh - my presence was only tolerated adjacent to their game.

**Favorite soccer team or player?** None. I am not at all sporty and don't follow any teams.

---

## Coaches Corner: Futsal

### What is Futsal?





Futsal, “5-a-side”, is a small-sided soccer game played by thousands of adults and children across the world. It is usually played on a basketball court with a smaller, lower bounce ball. Unlike traditional indoor soccer, Futsal is played with touchline boundaries (no walls).

Futsal is the only internationally recognized indoor game of FIFA.

### Why Play Futsal?

Futsal is an excellent game for any player who is seeking a challenge or just wants to get more touches on the ball. When I was introduced to futsal at the age of 12 years old, I immediately fell in love with the game. I was not the biggest or fastest soccer player, but I had good technique, so futsal suited my style of play. Besides being a fun game, it also made me a better outdoor player. The game encouraged me to play and think quicker and gave me more confidence on the ball. It also allowed me to express my creativity to solve problems on the field.

As a coach, I have found futsal to be an effective way to enhance the technical skills and tactical knowledge of my players. It is a great learning tool because it magnifies success and exposes areas of improvement. Futsal is also a physically demanding game, so players are getting fitness while touching the ball. Most importantly, it's fun and exciting for the players.

I sincerely hope you will join us this winter,

**-Joey Almeida**

S.F. Vikings B06 Red and B08 Red Coach

U.S. Futsal National Champion (1997, 2001)

### B06 Red are NorCal State Cup Champions!



*Coach Joey Almeida and his B06 Red raising their Champions trophy!*

The San Vikings B06 Red defeated the Alameda Islanders in the NorCal State Cup Gold 3 championship game. Last year, the team was knocked out in penalty kicks by the Islanders. It was another

exciting game with the Vikings leading by one goal halftime. The Islanders equalized off of a free kick midway through the second half. In the dying moments of the game, the Islanders were awarded a penalty kick. The Vikings' goalkeeper, Rhys Schmid, made a great save which led to the winning goal scored by Roy Martin. The B06 Red team has consistently improved over the past two years under the guidance of Joey Almeida. The team was previously coached by Forrest Cadam, who built a strong foundation. The team now is looking forward to the upcoming futsal season.

### Cool Stats:

- B06 Red, coach Joey Almeida - NorCal State Cup Champions
- G08 Red, coach Jim Broshar - NorCal State Cup Finalists
- G08 White, coach Joe Luppino - NorCal State Cup Finalists
- G10 Red, coach Barbara Moulton & Jim Broshar - NorCal State Cup Finalists
- G06 Red, coach Libby Rappolt - NorCal State Cup Semi-Finalists



*Coach Barbara Moulton and her G10 Red accepting Finalist medals.*

San Francisco Vikings Club  
1434 Taraval  
San Francisco, CA 94116  
Tel: (415) 753-3111  
office.sfvsc@gmail.com | [www.sfvsc.org](http://www.sfvsc.org)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

San Francisco Vikings Soccer Club  
1434 Taraval St.  
San Francisco, California 94116  
US

[Read](#) the VerticalResponse marketing policy.

**vertical  
response**  
A DELUXE COMPANY  
Free Email Marketing >>

