



# SALINE AREA SOCCER ASSOCIATION



## SASA Sidelines

### IMPORTANT DATES TO REMEMBER:

#### TIME CHANGE:

October 3:  
ALL Rec games, including  
Mink Kickers, will be  
played two hours later  
due to Chad Tough Run.

#### Chad Tough Run:

October 3<sup>rd</sup>

October 2, 2015

### About Dan Saferstein, Ph.D.:

I had the privilege of sitting down with Dan Saferstein, Ph.D., author of "Win or Lose," "Strength in You," "Your Coaching Legacy" and more. Dan is an established psychologist in Ann Arbor who has found his niche working with young athletes. As a sports psychologist, Dan works with many groups including the Under 17 and 18 USA Hockey National Team Development Program athletes who are based in Ann Arbor.

#### Some excerpts from Dan's book, "Win or Lose":

Unconditional love doesn't mean that you love everything that your child does; it rather means that you will keep loving your child in spite of what they do. In the context of sports parenting, it means that you will rise above your frustration and insecurity and show your love no matter what the outcome of the game, no matter how your child happens to perform. You will respect your child's best efforts, and through your respect, they will learn to respect themselves, as well as their teammates, coaches, opponents and officials.

Young athletes fall out of love with their sport when the learning process is no longer fun for them. As a sports parent you might not be able to control all aspects of your child's athletic experience, but you can at least make sure that you're not adding to their burden by putting pressure on them to succeed. You can try to make your sports relationship with your child a fun one, so that it feels that your family is winning no matter what ends up happening on the field.



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### IMPORTANT DATES TO REMEMBER:

#### Indoor Training:

**Where:** High Velocity –  
Canton, Michigan

**When:** Starting Nov. 6<sup>th</sup>

- Once a week
- Schedule and times to follow

October 2, 2015

Young athletes will have an easier time forgiving themselves if they come to accept that victory and defeat are just different sides of the same coin. Both sides are equally valuable. I tell my own children, “Don’t play competitive sports if you’re not willing to have your heart broken.” The good news is that mental kindness can help heal an athlete’s heart relatively quickly. As a parent, you may be able to facilitate this healing process with an accepting smile or pat on the back.

As sports parents, we owe it to our children to find our own glory, so that they can be free to find their own glory, or to do without glory if they so happen to choose.

The last thing your child is likely to want when she is feeling down after a tough loss is to hear you talk for the whole car ride home about what she did wrong or could have done right. Think for a second about what you want when you’re feeling down. Do you want someone to explain to you how you shouldn’t be disappointed? Do you want someone to list everything you did to bring the disappointment upon yourself? Or do you want them to just be with you and accept how you’re feeling?

Dan works with athletes to help them learn to play from a place of excitement rather than anxiety. He instills in his clients the ability to be at peace with their strengths and weaknesses. He is considered the “Sports Mentor” among many with whom he works.

I appreciated Dan’s time immensely and encourage everyone to read at least the book, “Win or Lose” which may take you an hour, but will add a lifetime of great advice!

You will see and hear more about Dan Saferstein, Ph.D. from SASA!  
-- Sue Ehman, SASA Executive Director



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### IMPORTANT DATES TO REMEMBER:

*First Rec Training on  
Sept. 25 was a success!*

#### Next Rec Training: **October 19 & 20**

U10 & Up Boys & Girls:  
Monday, Oct. 19  
6 – 7:15 PM

U8 & U9 Boys & Girls:  
Tuesday, Oct. 20  
6:00 – 7:15 pm

October 2, 2015

### Rec Training with Travel Coaches in October:

At the end of last week, we had the opportunity to train with some of our great Travel coaching staff. One of the strongest parts of our club - something that sets us apart from others in the area - are the great coaches we have leading our Travel teams. These coaches come from around the world – Ireland, Germany, England - including some coaches with advanced degrees in coaching.

Last Friday, we had the first of two sessions for our rec kids to train with our travel coaches – it was an absolute success! There is no fee or registration required; simply show up at the appropriate time with your soccer cleats, shin guards, water bottle, and a ball. The coaches will run the players through individual drills and provide a look at what training with our competitive teams is like. The skills we focus on with our rec players include technical fundamentals and tactical awareness.

Please come and join us, information on our two sessions is available below:

#### U10 and Up Boys and Girls

- Monday, Oct. 19
- 6:00 – 7:15 PM
- Campus Parkway

#### U8 and U9 Boys and Girls

- Tuesday, Oct. 20
- 6:00 – 7:15 PM
- Campus Parkway



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**IMPORTANT DATES  
TO REMEMBER:**

October 2, 2015

SEPT. 11 – OCT. 30:  
Skills training sessions  
occur every Friday from  
September 11th through  
October 30<sup>th</sup>. More info  
or online registration:  
[www.salinesoccer.org](http://www.salinesoccer.org)

### SASA Has Quality Showing at CAC! Capital Area Classic Tournament Results:

07 Swarm Black	U9	CAC	3-0
07 Sting Black	U9	CAC	3-0
07 Sting Gold	U9	CAC	0-3
06 Sting Black	U10	CAC	3-0
06 Sting Gold	U10	CAC	2-1
05 Swarm Black	U11	CAC	2-1
05 Sting Black	U11	CAC	0-3
04 Sting Black	U12	CAC	3-1
04 Swarm Black	U12	CAC	2-1
03 Swarm Gold	U13	CAC	2-1
03 Sting Black	U13	CAC	4-0
02 Sting Black	U14	CAC	3-1

#### SASA at CAC

27 - 12





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October 2, 2015

### CHAD TOUGH RUN



*On October 3rd, SASA is supporting the ChadTough run. We are pushing all of our Rec games back by 2 hours to support the usage of the fields and parking lots for the run. Please check your schedule carefully, and take the extra time to participate. At SASA, we are proud to be #ChadTough.*

*More information is available at the [2nd Annual RunTough for ChadTough](#) website.*

BUILDING A LEGACY

ONE PLAYER AT A TIME

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Please check out the SASA Website for information on lots of topics, such as:

- Find out information and registration details for our Friday skills sessions
- To catch up on all of the activities across our Travel and Rec Programs.
- Our Coaches Corner is updated with new drills to help all of our rec teams develop.

***SalineSoccer.org***





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## SASA Sidelines

October 2, 2015

### SASA Spirit Wear

Another order period will be available before Christmas. Stay tuned for more details.



[www.salinesoccer.org](http://www.salinesoccer.org)

Building a legacy one player at a time  
One Club, One Team, One Dream



ONE CLUB

ONE TEAM

ONE DREAM