Kenmore Soccer News

Volume 8, Number 3 Kenmore/Tonawanda, New York April 2014

Training Shifts Outdoors This Month

Our gymnasium and Epic Center rentals end on April 4th. We will be commencing outdoor training as soon as the weather clears and the fields are dry and firm. At present, we anticipate that we will start in mid-April.

Outdoor team training and league game schedules will be posted by April 8th. E-mail notifications will be sent to each team as their schedules post.

In the interim, we ask that everyone stay off the outdoor fields so that they are in the best possible shape when league play begins on April 28th.

Academy to Begin Outdoor Session

As with team training, the Kenmore Soccer Academy will conclude its indoor session on April 4th. The outdoor session will begin in late April, with the schedule to be posted by mid-April.

As always, our structured Academy program is free to all Kenmore Soccer travel players, and all KidsPlay participants. There is a small fee for those participants who are affiliated with other local soccer clubs.

We will be welcoming Prisco back from his United Nations training program when Academy resumes, and we will be eager to hear about the tough regimen he had in Cancun!

Curriculum Development Continues

Nick DeMarsh, the Kenmore Soccer Club Director of Coaching, has completed additional work on the Kenmore Soccer Club curriculum.

His most recent work involves highlighting the specific skills sets that should be emphasized by age group. His next work is the development of sample lesson plans that address the identified skill sets.

All of this work is unique to Kenmore Soccer, and is in support of the National curriculum outlined by Claudio Reyna for USSF. It is just one more example of how Kenmore Soccer continues to be the leader for player development in our community.

Register for Summer Camp—see page 2

Kenmore Soccer and FC Buffalo Form Partnership

Kenmore Soccer and FC Buffalo are pleased to announce a partnership for the 2014 outdoor season. This effort will lead to Kenmore Soccer players participating in halftime matches at FC Buffalo games, serving as ball boys at FC Buffalo games, and walking out with FC Buffalo players during player introductions. In addition, FC Buffalo players will be part of the staff for the Kenmore Soccer Camp in July.

Discounted FC Buffalo season tickets are available through the Kenmore Soccer web site, and teams that buy at least 10 season tickets will receive a free clinic from FC Buffalo players. See page 3 for more information.

Summer Soccer Camp!!!



Think Spring!!! The weather will break soon and the outdoor season will be upon us. With that in mind, plans are well underway for our annual Summer Soccer Camp. As in past years, the camp will function through the Community Education office of the Kenmore-Tonawanda Union Free School District. This year's camp will be held from Monday July 7th through Friday July 11th, from 9:00am to Noon each day. The camp is open to all players ages 7 through 13 (born after 7/31/2000 and before 8/1/2007).

We had a record number of campers last year, and we are looking forward to this year's session. The camp will be led by Nick DeMarsh, the Director of Coaching for Kenmore Soccer and head Women's Soccer Coach at Buffalo State College. The staff will include Prisco Houndanon, the Director of the Kenmore Soccer Academy; Brian Knapp, Assistant Women's Coach at Buffalo State College and a former Division 1 player at the University of Buffalo; Tom Karanas, Assistant Men's coach at Buffalo State College; and several local college and amateur players.

Registration is now open through the Club website at www.kenmoresoccer.com. To register, simply login to your account and select Summer Camp. Independent Health Flexfit and personalbest! can be used by those with those programs. Others can pay on-line with their credit card, or can mail a check.

Registration can also be done through the Community Education office, once the Spring/Summer catalog is issued. Instructions for registering through Community Education will be listed in the catalog.

Based on last year's camp, and the growth of our programs, we are expecting to have another record number of campers. We encourage you to register as soon as possible so we can adequately plan, and ensure our camp continues to be the best in our community.

Apparel Order Coming

We will be distributing a Kenmore Soccer apparel order shortly. The deadline for ordering will be May 1st, and all transactions will be credit-card based through the vendor web site. Items will include shirts, backpacks, hats, and sweatshirts.

Need New or Extra Socks? – We have a limited supply in stock at $6/pair. Please e-mail Ken Voght at voght@msn.com with what you need—either Medium or Large.

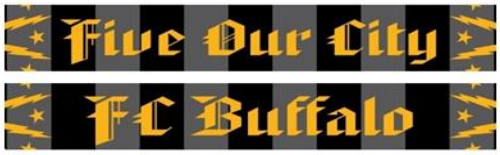
Kenmore Soccer Club and FC Buffalo Announce Partnership

Kenmore Soccer Club and FC Buffalo are pleased to join in a partnership for the 2014 season.

FC Buffalo is the highest level of soccer played in the Buffalo area, and is entering its fifth season as a member of the National Premier Soccer League. Playing against similar teams from the western Great Lakes area, FC Buffalo looks to build on its 2013 success which saw them set club bests for wins (8) and clean sheets (5), while earning FC Buffalo's first ever playoff berth and beating longtime rivals Erie for the first time. The second place regular season finish had the team ranked 8th in the 57-team league. FC Buffalo was also ranked in the Top 20 in the NPSL/PDL media poll, which ranks 121 teams across the country.

Some of our partnering activities include:

- Season tickets to the 7 FC Buffalo home games are available to Kenmore Soccer Club members at a special $30 price. Or you can get a FC Buffalo scarf to hold up at home games, which will double as your season ticket, for $50.Individual game tickets are available at $5/game. Tickets/Scarves must be ordered through Kenmore Soccer via a link on the Club web site at www.kenmoresoccer.com.



- Every 10 season tickets sold within a Kenmore Soccer team will result in a free clinic for that team by FC Buffalo players.

- The FC Buffalo home opener versus AFC Cleveland on Sunday May 18th will be "Kenmore Soccer Day". Kenmore Soccer Club players will walk onto the field with FC Buffalo players during player introductions, will serve as ball boys/girls during the match, and will play a halftime game.

- In addition, FC Buffalo players will serve as guest instructors at the Kenmore Soccer Summer Camp during the week of July 7th at the Hamilton Elementary School field.

We are excited to bring these opportunities to our players and families, and look forward to future activities that will help strengthen the ties between youth and professional soccer in our community.

What to Find in a Quality Coach

from the Argus Leader

If you ever participated in sports, I hope you can think back and remember a great coach. Someone who believed in you and helped you be your best, even under difficult circumstances. Coaches have the power to make or break the entire sporting experience for young athletes, so it's important to find and recognize what makes a great coach. I have attended my fair share of youth sporting events over the years, and I have been impressed with the quality and commitment demonstrated by volunteer coaches working with all ages of athletes. In my experience, there are "winning qualities" I think parents should look for in their coaches.

Winning is great, but it isn't why you are there. It is very easy to get absorbed in winning games and tournaments with youth sports teams. We all want our kids to succeed and be part of a winning program, but as coaches we have to keep perspective on what is important and teach kids to win and lose gracefully.

A coach's primary job has to be keeping things positive for every member of the team, and that means giving every athlete the chance to contribute on the field.

Winning a fourth-grade game or tournament is really not going to be the deciding factor in these young athletes' futures, but whether they enjoy themselves and feel like a valued member of the team will definitely dictate whether kids continue to participate. In youth sports, keeping kids involved and having fun is really what counts as a "win".

Developing skills and developing a person go hand-in-hand. Young athletes are there to learn the fundamentals of a sport. Coaches need to help them develop their athletic ability through practice and repetition, but there is so much more opportunity for development in youth sports.

We fully expect our kids to learn the rules of the game, fundamental skills, and safe technique, but coaches also can help kids learn to respect officials, opponents, and the game itself. Coaches are in an awesome position to help athletes develop respect, learn to play fairly, and practice solid sportsmanship. Take advantage of that.

Patience and process, process and patience. Working with young athletes is definitely about process, and if a coach cannot be patient and enjoy the ups and downs of individual and team development, then youth sports is not the place for them. Kids all have different learning styles, motivational responses and ability levels. A coach has to be able to take a step back and remember the process is extremely important to meeting the goal of youth athletics.

The best coaches have tremendous patience and a strong desire to see the process through to develop their team. Those coaches find tremendous reward in the milestones their athletes reach and in seeing their team get better over time.

Enthusiasm for the sport and for working with kids. Enthusiasm is a something that all coaches need to help motivate and inspire young kids to reach their potential.

Have you ever been around a teacher that didn't like kids? The same thing happens with coaches. It's important to find a coach who loves the sport, but who also loves teaching fundamentals and working with children. Their love of the game is enhanced by their young protégé's' understanding and skill development.

Communication is key. Great youth coaches need to be solid communicators. They have to be able to communicate with athletes during practice and games, and they need to communicate well with parents. Many team issues arise in youth sports because of poor communication. A coach that understands his/her responsibility to communicate rules and decisions to the athletes and to their parents is a coach you want to keep. People tend to fill in with misinformation and negatives if they aren't provided adequate information and details.

Thanks to the many volunteer coaches who keep our youth sports organizations functioning. It is great to have people in our community who will commit to improving our kids' abilities and sportsmanship.



New York State West Youth Soccer Association Shop Day

April 5, 2014 10am-7pm
All Central and Western NY Store locations

DISCOUNT EXAMPLES	
SOCCER BALL	$20.00
20% DISCOUNT	- $4.00
FINAL COST	$16.00
SOCCER CLEATS	$24.99
20% DISCOUNT	- $5.00
FINAL COST	$19.99
YOUTH SHORTS	$12.00
20% DISCOUNT	- $2.40
FINAL COST	$9.60

DICK'S

TAKE 20% OFF THROUGHOUT THE STORE

Limit one coupon per customer. Cannot be combined with any other offers, coupons, team discount or Guaranteed In-Stock markdown, or used for gift cards, licenses or previously purchased merchandise. **Coupon valid on in-store purchases only.** No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or other discount was applied may result in an adjusted refund amount. Excludes guns/ammo/select launch, new release merch, PINS, Ugg Australia, Babolat. Some additional exclusions may apply. See store for details.

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EVERY SEASON STARTS AT DICK'S SPORTING GOODS COMMUNITY PROGRAM

TO LEARN MORE ABOUT DICK'S COMMUNITY PROGRAM VISIT DICKS.COM/COMMUNITY.

Registering with Kenmore Soccer for 2014

Registration for the 2014 season is open for just 4 more weeks using the "Join Kenmore Soccer" link at www.kenmoresoccer.com, although we have very limited openings, and no space at all in Under 10 Boys and Under 15 Boys.



Starting with this season, dual registration is no longer permitted in any age group. That means that you will not be allowed to play for more than one soccer club, although players can attend training programs for multiple clubs.

Kenmore Soccer continues with its policy of not conducting formal tryouts, since we believe that does not allow for coaches, players, and parents to best determine if a team is the "right fit". Instead, we will continue to invite interested new players to attend training sessions to see if Kenmore Soccer is a fit for them.

Our younger teams began training in November, with the older teams beginning in January. Players can join at any time prior to May 1, 2014. However, as noted above, some teams have full rosters, while others have only a few openings, so the sooner a player registers, the more likely we can accommodate them.

We encourage our existing players to invite interested friends to register on-line, and we will invite them to attend upcoming team training sessions. Questions regarding our programs can be directed to Ken Voght, our Operations Manager, at 837-1627.

If you know someone interested in joining Kenmore Soccer, please encourage them to register ASAP.

Trivia Question

(answer on page 10)

What is the only English city that has had at least one team playing in the top level of English soccer since the start of league play in 1888?

Cross Training for Soccer

In soccer, cross training is defined as every other sports training except the one in which a soccer player is specializing in. The function of cross training is to keep the athlete conditioned during the off season and during the season, to provide variation in the training regime. Injuries are inevitable in the life of the endurance athlete. When they happen they are painful, debilitating, and frustrating. The most frustrating part of being injured is knowing that your hard-earned fitness is deteriorating while you take time off from training to heal. In fact, this frustration can be so great that soccer players are often unwilling to take time off or are tempted to resume training too soon. Consequently, injuries become worse or last longer than they should.

One way to prevent this sort of self-sabotage is to choose a favorite go-to cross-training activity that you can switch to whenever an injury makes normal training impossible or unwise. Having such a fallback option greatly reduces the temptation to train normally when you should not because it enables you to preserve fitness even when you are hurt. The best alternatives to your primary sport discipline are those that are most similar to it.
Whichever cross-training activity you choose to pursue while recovering from an injury in your primary sport discipline, try to replicate your main sport workouts as closely as possible in terms of frequency, intensity, and duration. This will serve to minimize fitness losses during the period of convalescence.

Some of the common and well fitted cross training exercises which any athlete can chose in his/her rehabilitation period or in off season are:

1. Cycling and Swimming

Cycling and swimming are useful activities for soccer players at certain stages of rehabilitation. Their main benefits are in preventing muscle atrophy through disuse and in activating the oxygen transport system. Their benefits for elite players at peak fitness are limited since both histochemical changes in muscles and effects on V.O2 max tend to be specific to the activity in already well-trained individuals.
Soccer players need to develop aerobic capacity and muscle strength at the same time. Gains in strength and power output can be acquired at the same time as endurance is improved, provided neither is neglected. Increases in muscle strength tend to be greater when strength training is conducted on its own than when it is combined with endurance training. In contrast endurance training does not seem to be affected by conducting a resistance training program in combination with it.

2. Steep Uphill Treadmill Walking

Research has shown that the human brain uses exactly the same motor pattern to run or walk briskly on steep uphill gradients. In other words, when you crank the treadmill incline up to 12-15 percent, running becomes walking and walking becomes running. Therefore, walking on a steep incline is a highly specific way to maintain running fitness when you're injured. But impact forces are reduced drastically compared to running, so steep uphill walking is possible with most common running injuries. Many runners don't think of walking as a good alternative to running when injured because they assume they cannot match their normal intensity.

3. Pool Running

Pool running, or aqua-jogging, comes in a close second to cycling. With no impact forces, your chance of injury is very low. Because you’re in the water and the nature of pool running, you will have to work extra hard to ensure your heart rate is at a high enough level. That’s why it’s OK to pool run at a “tempo” effort for the majority of your exercise session. You can also do short intervals at a high effort almost every day. The water will keep your heart rate lower and your legs aren't being damaged by impact forces, so you can get an amazing workout day after day! Unless you’re a seasoned veteran with pool running, use an Aqua-jogger (pool running flotation belt) to help keep your form in check. Keep your back tall, and do a running/cycling motion with your legs. The trick to successful pool running is to keep a high cadence (rotations per minute of your legs). Try not to overextend your legs or you may irritate your lower hamstrings.

.....continued on page 8

.....continued from page 7

4. Yoga
Yoga provides the perfect cross training routine for athletes who play sports that use repetitive movement patterns over and over. Yoga allows you to unwind, and unfold tight, overused muscles while it provides a gentle all-body workout. Yoga improves flexibility, balance, breathing and overall strength.

5. Kayaking
Give your legs a break while you build upper body and core strength with kayaking. The rhythmic motion of paddling a kayak through lakes and open water is a great cardiovascular workout that can be as vigorous or soothing as you want to make it.

6. Crossfit
The Crossfit Workout is an extremely popular basic training type of workout routine that is popping up all over the world. CrossFit builds strength, power and endurance in a fun, fast workout alternative. Use in the off-season, or as part of your standard routine, and you will be a much stronger
athlete.

7. Hiking
Hiking is a great cross training activity that adds a little variety to your exercise routine. Getting outdoors for a long day of endurance exercise helps build endurance, agility and balance as you navigate rocks, roots and uneven surfaces. Be prepared for the extreme weather conditions, and be sure to take a few hiking safety precautions to ensure a great day in the wilderness.

8. Core Strength Training
The core muscles (muscles supporting the trunk and torso) are the most critical muscles for all athletic movement. These muscles stabilize the spine from the pelvis to the head and allow athletes to transfer power to the arms and legs. All powerful movements in the extremities originate from the center of the body so building core strength is essential for coordinated and strong athletic movements. All athletes should do basic core strengthen.

Five Tips for Cross Training
Here are some basic rules of thumb for cross-training to make sure its effective and relatively risk-free.

1. Training intensity should be roughly 80% of your max effort. This will make sure you're not over-training and keeps you safe from injury.

2. Training should be of shorter duration than a normal soccer practice or game. So you can cross-train for 30 – 60 minutes depending on the workout and your current training schedule.

3. Training frequency should be roughly 3-5 times per week. So if you're already running or practicing soccer 3 times per week, only add 2-3 days of cross training.

4. Focus on activities that are non-impact. You will get enough impact training from running at least 3 days a week, so you should focus on non-impact training like cycling or strength circuit training. This will allow you to keep your intensity higher on the days you do run or play soccer.

5. Cross-training should still be functional. All training should still be based around high-intensity

Kenmore Soccer Teams Excel at Buffalo State Futsal Tournament

Kenmore Soccer was well represented at the recent Buffalo State 5v5 Futsal Tournament. All three of our Under 13/14 Kenmore girls teams were in the semi-finals of the Under 14 Division, with the Under 14 Ambush losing a tough 1-0 match to South Buffalo in the final. The Under 12 Boys Crew also reached the semi-final of their age group, but the team that won it all in their age group was a split squad from the Under 10 Girls Kenmore Krazies. They finished 1 point ahead of the Kenmore Flash, the other half of their team. The winning Krazies team is pictured below.



In the Skills completion, Lyra Schmidt from the Under 14 Kenmore Ambush captured the Juggling and Power Shooting competitions.

Thanks to all of the Kenmore parents for giving up a day of their weekend to allow the players to participate, and congratulations to the players for their excellent work.

Other Summer Camp Options

As in past years, we get inquiries about summer soccer camp options, especially for those that are too old for our Kenmore Soccer Camp.

We are pleased to make two recommendations:

- Buffalo State Youth Soccer Camp—the week of July 21st-25th at Buffalo State College from 9:00am-4:00pm for ages 8 through 16. Cost is $120 ($100 if registered before May 1st).
- Buffalo State College ID Camp—for Girls in high school as of September 2014. This is a residential camp to be held on August 14th-15th.

More information on both camps is being e-mailed to all of our Kenmore Soccer parents that are on our newsletter distribution list.

Trivia Answer - from page 6

Liverpool - home to Liverpool FC and Everton FC, who between them have ensured that the city of Liverpool has had at least one team (and often two) in the top division for 126 years.

Colvin Cleaners
GreenEarth Cleaning
we do it all!

2375 Elmwood Avenue
in Kenmore

Pizza Hut

serving the area's best pizza,
and supporting our
youth soccer teams

Submissions Anyone ????????????

We want this to be your newsletter. We also want you to be a part of the Club web site. So, we are looking for your ongoing input—articles, pictures, match highlights, team and player recognition, etc. Each team should consider having a designee that can channel information to the Club for inclusion in the newsletter or web site.

Send your submissions to us at voght@msn.com. Pictures are welcome, but should be in a jpg or gif format.

Soccer Word Search

V G Y Q X G F C C G F G E X B
J M Y N P T J W X B O O I A B
F C K G P L Z D P R R A L V F
Q Y C C N R G H V N W L A W F
M I D F I E L D E R A X O U T
P N H Z L K F E P Y R U G L A
C L I F D A Y G L Y D N I H S
S Q A G N I N N U R C N E Z C
J H J Y R U S G U A R D S K D
A P O P E T R N I V P K C E N
W B B O A R Y E Q S L E F D V
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Z K L I S Y G A E A N D E R E
T C Y X H H A X L S E F X H Q
C F W T L J D X E G L H S W P

Ball
Cleats
Defense
Forward
Goal
Goalie
Guards
Header
Kick
Midfielder
Players
Running
Shin
Shoot

Kenmore Soccer Club Goals

- To be the best club in our community
- To recruit and retain the finest youth soccer coaches in Western New York
- To continually evaluate and revise our coaching curriculum to insure that all of our players are participating in practice sessions that are challenging, interesting, and fun
- To encourage our players to develop healthy and responsible goals of their own

The Kenmore Soccer Club belongs to all of us, and we encourage you to bring your contributions and expertise to the club. If you have any suggestions or concerns, please speak to your child's coach or contact us directly at your convenience.

Fund Raising

The Kenmore Soccer Club is able to conduct fund-raising, but each activity needs to be approved by our Board of Directors.

If your team wants to conduct any fund-raising, just e-mail us at **voght@msn.com** with the details of what you propose, and the eventual use of the funds raised. We will get back to you promptly.

Contacting Us

Web Site — **www.kenmoresoccer.com**
E-Mail — **voght@msn.com**

Telephone — 716-837-1627
Mail — 57 Greenleaf Avenue, Tonawanda, New York 14150

Kudos

"I recently watched one of your teams play in an indoor game and was very impressed with the quality of their play, as well as with their sportsmanship. How can I get my children involved with Kenmore Soccer?"

"We had been searching for a soccer program that teaches children skills, without all of the pressure that often comes from overbearing coaches who simply want to win. We are so happy we found Kenmore Soccer."