

# Kenmore Soccer News

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## *Registration for the 2022-2023 Season is Open*

Player registration for the 2022-2023 season remains open. This includes Travel Soccer, our Competitive Development Program for birth years 2014, 2015, and 2016, and our International Team programs.

There is also an option to register for Academy Only, where a player is only interested in participating in our Academy offerings—Junior, Intermediate, Advanced, or Goalkeeping.



If you are a player returning to Kenmore Soccer, registration is done through your [www.kenmoresoccer.com](http://www.kenmoresoccer.com) account. If you are new to Kenmore Soccer, you will need to create an account on the web site to get started.

As in past seasons, there is no cost to register for Travel Soccer or our International Team programs. Fees are due once you accept a roster offer. We encourage players intending to return to register as soon as possible. As with past seasons, we already have a significant number of players from other clubs that are looking to move to Kenmore Soccer, so be sure to register if you intend to return.

## *New Competitive Development Program for 2022-2023*

The 2014/2015/2016 Competitive Developmental Program is new for the 2022-2023 season. Players born in those calendar years will train and play in small-sided 4v4 games sponsored by the Buffalo/WNY Junior Soccer League against other soccer clubs in Erie and Niagara counties. It will get players accustomed to Travel soccer, without having to play outside their age group, and on fields appropriate for their age and physical size. If a team of 2014 players is assessed to be ready for full Travel Soccer, that option will be available.

## Celtic FC Summer Camp Rises to New Heights



If your child missed our Celtic FC Summer Camp, then they missed one of the area's greatest soccer camp experiences ever. Five instructors from the world renowned Celtic FC Academy in Glasgow, Scotland travelled to Kenney Field to instruct 104 campers for the week of July 18th. The camp was highly organized, with the campers divided into 5 groups. The instructors rotated daily, so that each group was exposed to each coach. Tactical and Technical sessions were included each day, along with small-sided play which was used to reinforce the lessons from the day.

The start of each day included campers demonstrating things they had learned the previous day. While it was hot and humid each day, the Town allowed us to run through the sprinkler, which the staff turned into a competitive event. While camp turned out to be a lot of work for the participants, everyone learned new things from the staff.

Celtic FC will return next year, with camp tentatively scheduled for the week of July 17th—July 21st,



## 8 and Under Teams Participate in Lancaster 4v4 Play

Pictured below are some members of our 8 and Under teams who recently participated in a series of 4v4 matches hosted by the Lancaster-Depew Soccer Club on their turf field at Westwood Park. These type of events will be part of our new Competitive Development Program, which is designed to prepare younger players for Travel Soccer.

The current 8 and Under teams will have their final 4v4 event for this season on August 13th at Mulroy Park in south Buffalo. The new 2022-2023 teams will start 4v4 play in early October.





# Confidence is a Feeling, Competence is a Behavior

by John O'Sullivan

We have all seen the interview many times. The star athlete comes off the field or court, and the first question the interviewer asks is "You were looking really confident out there today, what was your secret?" We might even say the same thing to our own young athletes that we coach and mentor: "Wow, you were playing with so much confidence today, well done!"

But is that the case? Can we really see confidence? Can we read minds? Or as Jonah Oliver, one of the world's top performance psychologists told me on a recent episode of the Way of Champions Podcast, "What looks like confidence or is called confidence is actually competence. Confidence is a feeling, competence is a behavior."

Every once in a while we do an interview that spurs me on to write an article and my interview of Jonah Oliver was one of those talks. Oliver, as mentioned, is one of the world's leading performance psychologists. Combining his training in sport psychology and neuroscience, Jonah brings a unique, simple and effective approach to facilitating peak performance, and his clients include a who's who in professional golf, Olympics and World Championships, professional soccer and AFL, even the Porsche Le Mans World Champion Racing Team. As he says, his philosophy is simple: "I try to help my people focus on the right thing at the right time."

Our conversation is relevant because so often we mistake confidence for competence, or believe that we can "make" people confident without them going through the long, arduous process of improving. And sure, confidence is influenced by parents, coaches and teammates, but the greatest influence on confidence is the development of competence. You want to feel better about your performance when you step onto the field? Then know you are ready to perform.

One of the myths Oliver likes to dispel is that the top performers we watch on TV every weekend do not feel fear, stress, anxiety, worry and doubt. They do, just like your young athletes do. They have just accepted that these things are the terms and conditions that they agree to when they play a sport, commit to a team, and chase something that matters to them. The problem, says Oliver, is that athletes often interpret that something is wrong with them when they have natural worries and concerns. "Why am I feeling this, there must be something wrong," they often say to themselves. Then they are told by parents, coaches, books, etc., "You have to be more positive, more confident, more calm, believe in yourself more, block out those thoughts, don't let them creep into your mind, you need to write a vision board, etc." Yet that is the worst thing you can do, says Oliver. Instead, you must accept them as natural and expected feelings and emotions. Or to put it more succinctly, in Oliver's words: "We worry about the things we care about. Welcome to being human!"

So how can we help our athletes understand this, and perform better in the moments when it counts? Oliver suggests three things:

1. It's not about positive thinking, it's about taking positive action no matter what you fear or feel: "There are no gold medals handed out for the best positive self talk," says Oliver. The medals are handed out for being able to perform no matter what the conditions, and you can only do that when you continuously focus on taking positive action, on the moment in front of you. Be where your feet are. And as you prepare for an event, practice well, practice often, develop competence so that you can perform your normal actions even under pressure. That is what will get you to the top.

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2. It's not about reducing pressure, it's about building the capacity to embrace more: The secret is not telling athletes to forget the pressure, distract yourself, or ignore the moment. Those things are counter productive. The secret is to grow one's ability to embrace pressure and stress, overcome perfectionist tendencies, deal with anger and disappointment, and retain full focus. In team sports, this means creating a team culture that promotes psychological safety, and creates accountability that celebrates an athlete's willingness to take the potential winning shot, or ask for the ball when the game is on the line. For elite performers, "Competition is an ordinary performance on a special day," says Oliver. Don't make it more than that.
3. It's not about motivation, it's about connecting to what matters: The rah-rah speech makes for good Hollywood movies, but it's not what gets athletes to perform at the highest levels under pressure. Motivation must be intrinsic. As Oliver says, "*It's not how hard, painful and scary things in life are, it's how important things are.* If you lose connection to the importance, our brains will always orient to the pain. Because our brain has neural architecture that is so threat and fear oriented, it always wants to focus on threat and pain. But, it's not about that, it's about connecting to what matters. If you can connect to something that is so deeply and intrinsically important to you, then you are willing to feel immense pain. You don't try to block out the pain or distract the pain, though. You connect with why you are doing it, what it's about and why it's important to you." Give your athletes the autonomy to find their why, and they will endure more than you think they are capable of.

So how do we best help our athletes when they encounter stress, fear, anxiety, pressure, and so much more that can negatively affect performance? Just normalize the human experience. "Let the truth be the truth," says Oliver. "Acknowledge fear, anxiety and the other challenging feelings and emotions in your child athlete. Use available moments to help them understand the normality of human cognition and brain function and the fact that we all experience the rich tapestry of feeling human. And, if we can help them just see that as just being human, it then frees up their pre-frontal frontal cortex to focus on executing motor patterns, rather than spending all their time in their head."

"Normalizing frees up so much of people's energy trying to control their internal psychological state vs. realizing that it's the price of entry, that it's ok," concludes Oliver. "All you need to do is make room for it, embrace it, bring yourself back into the present in order to focus on the task at hand and get after it!"

So go ahead, give it a shot. Help your athletes focus on developing their competence, and embracing any fear, stress and anxiety as the welcome price of admission for signing up to play a sport. Treat it like a muscle group in the weight room. You cannot ignore or distract your way to a new personal best in the deadlift. You show up, do the work, and build capacity and strength over time. Good luck!

## Kenmore Teams Excel at Tournaments



Kenmore teams continue to excel at various tournaments in the area, with the 11 and Under Kenmore Invaders Boys capturing the Niagara-Pioneer Tournament, and the 10 and Under Kenmore Bluebombers Girls having a strong showing there as well.

The Invaders played in an 11/12 Division, and scored 18 goals in four games while surrendering only 3. Their efforts culminated in a 3-0 championship game victory over the Chili Vortex from Rochester.

The Bluebombers played some solid competition, including two teams from the Rochester area. Since their age groups does not record scores or maintain standings, everyone receives a participation award.



## Trivia Question

(answer on page 10)

Germany and England play in the 2022 final of the UEFA Women's Championship, which is the 13th edition of this competition. Who won the initial event?

The Kenmore Boltz 12U Girls captured the Buffalo/WNY Junior Soccer League 12 and Under Girls North Division championship, finishing with a 9-1-0 record. Congratulations girls!



The Kenmore Invaders 13U Boys captured the Clarence Soccer Classic, handing the Clarence Pre-Black Inferno their first loss in over a year with a 4-0 win in the championship match. Congratulations boys!





## Minor Athlete and Parent SafeSport Training



United States Youth Soccer requires members to offer SafeSport training to youth participants and their parents. The U.S. Center for SafeSport offers this training free of charge to anyone.

This training is available without creating an account, but please note that parental consent is required for any minor athlete to complete the training.

[Link to Training](#)

## Kenmore United 11 and Under Boys Have Strong First Season

Hard work and persistence paid off for the 11 and Under Kenmore United Boys, a first-year team. The boys finished Buffalo/WNY Junior Soccer League play with a record of 5-2-3, which was good for 2nd place in their flight. Keep up the good work boys!





## Kenmore Soccer is in the Social Media World

Kenmore Soccer has joined the social media experience by creating sites within Instagram, Twitter, and Facebook. Links to the all of the platforms are on the left hand side of our web site landing page.

Teams (or parents for that matter), can post information on these sites by following these instructions:

### Instagram:

If someone posts a picture to their account and wants to tag Kenmore Soccer or include us in a comment, tag our account by using @kenmoresoccerclub

### Twitter:

Anyone can tweet to the Kenmore Soccer page or include us in a post by tagging us using @KenmoreSoccer

### Facebook:

Anyone can post to the wall on the Kenmore page, write a comment on posts, or post a picture/video to the page.

If someone wants to tag Kenmore Soccer Club in a post or picture, they need to type @kenmoresoccerclub

All other photos/videos can be sent to [kenmoresoccerclub@gmail.com](mailto:kenmoresoccerclub@gmail.com).

We have a number of followers on these sites, and you might notice that it includes Celtic FC who has posted information. Most importantly, we have uploaded video of several individual training sessions.

## 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 [doc@kenmoresoccer.com](mailto:doc@kenmoresoccer.com). Pictures are welcome, but should be in a jpg or gif format.

## Contacting Us

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*Answer to Trivia Question*  
(from page 6)

Sweden defeated England in penalty kicks in the initial event held in 1984.



HomeLight



2375 Elmwood Avenue  
in Kenmore



Fund Raising

The Kenmore Soccer Club is registered to conduct fund-raising, as is required by law, 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 [doc@kenmoresoccer.com](mailto:doc@kenmoresoccer.com) with the details of what you propose, and the eventual use of the funds raised. We will get back to you promptly.