




MEDWAY YOUTH SOCCER

www.medwaysoccer.com

FEBRUARY '07 NEWSLETTER


ALL ABOARD

 Two new members were elected to the Board of Directors at Medway Youth Soccer's annual meeting on Monday, Jan. 22 at the Senior Center. **Jeff Selby** and **Janice Steffens** will join the board and serve three-year terms. Jeff, who has previously coached and volunteered for MYS, has two children in the program. Janice, who ran the Medway Cup with her husband, Rob, the last two years, has three children playing soccer.

Also re-elected to three-year terms were current MYS president **Todd Robinson**, as well as travel directors **Tom Irwin** and **Sean Anderson**.





Everyone involved at Medway Youth Soccer would like to offer their thanks to **Rob Steffens** and **Wendy Reagan**, who are leaving the board after years of service. Rob and Wendy were tireless contributors to the program, whose efforts were invaluable.

HELP IS ON THE WAY

 This spring season, there will be an extra set of eyes helping us out as we've hired a professional soccer trainer from the staff at Challenger British Soccer. Challenger is the group that runs our successful and highly popular summer camps.


Other towns have taken advantage of this opportunity and the feedback has all been positive. These trainers attend soccer schools, and some have played semi-pro soccer. Unlike all the volunteers for MYS, soccer is their actual profession.



To start, the trainer will be on hand for a four-week period, beginning in mid-April. He or she will provide a number of services:

-  **Evaluate how we coach:** The trainer will watch team practices and consult with the coaches as to what's working, what's not, and what else we could be teaching.
-  **Run clinics:** We will benefit from clinics for all age groups, focusing on appropriate skill sets.
-  **Individual training:** Teams will have the opportunity to have the trainer coach a practice session geared specifically to their needs.
-  **Evaluate games:** The trainer will watch games with a critical eye and then report back to the coach with strengths and weaknesses, helping to make future practices more productive.

We are very excited about this prospect and will report back as the season grows near.


GETTING BETTER ALL THE TIME

 Whether you currently coach, are thinking about giving it a try, or have hopes to coach a travel team down the line, don't miss this great chance to improve your soccer skills: Medway Youth Soccer is offering **G and F license courses** and will reimburse any coach that takes these courses. Both courses will be held at the St. Joseph's Parish Center in Medway.

-  **G License (Saturday, Feb. 10, 8:30 a.m.-1 p.m.):** This is a great, introductory course into teaching the fundamentals of soccer and player development. The course is geared to learning the proper skill sets to instruct U-6 and U-8 players.
-  **F License (Saturday, March 3, 7:30 a.m.-5 p.m.):** You must have your G license to take this course. Medway Youth Soccer recommends all travel coaches take the F License course.


These classes fill up quickly. In order to register, contact Steve O'Connell ASAP at num3okie@comcast.net.

BETTER LATE THAN NEVER

 There is still time to register for the spring in-town season. Keep in mind, however, that there will be a \$25 late fee charged for each family, since we are past the original cutoff date.

You may register on our Web site at www.medwaysoccer.com and any questions may be directed to Penny Kelley at registrar@medwaysoccer.com.

ICE-BREAKER JAMBOREE


 For a number of years, Medway Youth Soccer has financially supported the sub-varsity soccer program at the high school. We will continue to do that, but this year we have taken it a step further by forging a partnership with the Medway Mustang Soccer Club (MMSOC) to jointly run **The Medway Ice-Breaker Jamboree**.



The jamboree is an early-season soccer tournament that serves as the major fundraiser for the MMSOC. Our hope is that the funds raised from this tournament will allow this group of volunteer parents to keep the sub-varsity program self-funded for the foreseeable future.

The jamboree begins March 16 and takes place over a three-week period with games on weeknights and weekends. It is a special event in that the teams will all play on the Medway High School turf field, with some games being played under the lights.


Three games are guaranteed for 11v11 teams and four games for 8v8 teams. Registration closes on Feb. 21, so spread the word. Teams from all over the area are welcome. It's a fun tournament and raising money for this cause helps everyone involved. For more information, visit www.medwaymustangsoccer.com.




LET'S GET IT STARTED

 It's not too early to start thinking about spring soccer. BAYS (www.bays.org) has already posted its initial placements for travel teams. The travel season begins Saturday, April 7 (field conditions willing, of course).

-  As for Medway Youth Soccer, the spring coaches' meeting is scheduled for Saturday, March 31, at 9 a.m. at the VFW. We urge coaches to attend. We are thrilled to have Framingham State College women's soccer coach **Tucker Reynolds** on hand to share his vast knowledge of soccer with the coaches. Tucker, a Medway resident, is also a coach in the Mass. Olympic Development program. He was honored in 2003 as the MassYouth Soccer Association's Boys Coach of the Year.
-  We will update you soon with the starting date of the 2007 spring in-town season. Teams will largely be the same as they were in the fall season. When those teams are set, we will post them on our site at www.medwaysoccer.com.


READY FOR ACTION

 If they haven't started already, many of your children will be playing indoor soccer in the coming weeks. After a long layoff from the fall, it's important that they limber up before they take the field. Otherwise, you're going to have some sore kids on your hands. Here are a couple of things for them to remember:

-  **Check your equipment:** It's been a while since your children have worn those cleats and shin guards. Make sure the shoes still fit and the protection protects.
-  **Warm up:** Many of the indoor facilities do not have much room for kids to warm up. Nevertheless, when you arrive, make sure your child carves out a little space and does it anyway. Have them pass the ball back and forth with a friend to get the blood pumping.
-  **Stretch, stretch, stretch:** There are many muscles your children haven't used since they kicked that last ball of the fall. Have them go through many of the stretches they use for the outdoor season: Knees up to chest; reaching down to toes; hip rotations; jumping up from a squat position. It's important to get those dormant muscles back into shape.

Pretty soon, the skills and the stamina will return. And before you know it, so will the warm weather. Enjoy!

THINGS TO REMEMBER:

-  Parents are encouraged to go online and fill out coaching evaluations. Your input is important to us. The feedback we receive will help us identify the strengths and weaknesses of our coaches as well as the entire program. The form is located on

the home page (www.medwaysoccer.com) and must be printed out and mailed to
MYS, PO Box 11, Medway, MA 02053.

A BIG THANK YOU:

Medway Youth Soccer would like to thank all of our generous sponsors, including:

**COAKLEY CHIROPRACTIC
TRI-VALLEY SPORTS
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For a list of all of our sponsors, go to:

<http://www.medwaysoccer.com/info/sponsors/default.htm>

MYS MISSION STATEMENT

Medway Youth Soccer's main purpose is to provide a recreational youth soccer program for the town of Medway and to ensure all players have an enjoyable soccer experience. Medway Youth Soccer is a non-profit organization dedicated to the youth of Medway. Membership guarantees equal playing time regardless of ability. As an association, we strive to foster fair play, sportsmanship, teamwork, self-confidence, self-discipline, and competition. Medway Youth Soccer's goal is to encourage these values in our players, coaches, parents, referees, and volunteers. We hope to instill a lifetime passion for the sport of soccer and provide an overall safe and fun experience.