

Mooredale Soccer Club  
Home of the "Lightning"

Volume 5, Issue 2

April 2010



## "Mooredale Midfielder"

~ Kick-Off 2010 ~

### Coming Soon to a Soccer Field Near You!!!

It's here, it's finally here! After 7 long months, soccer season is arriving with the green grass. We're just two weeks away from kick-off and the anticipation is building:

*What team am I on? When does the season start? Who are my coaches? What colour is my jersey?*

These are some of the questions that preoccupy the minds of our players and our parents alike.

This newsletter helps answers some of those questions, and also provides an opportunity to win a 2011 Soccer Registration (see Page 4).

*Welcome to the Mooredale Soccer Club for 2010.* We are very excited about the upcoming soccer season, and hope

that everybody is gearing up for the first game on May 1.

The Mooredale S.C. strives to provide the most updated information on our website at

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

so if you need information regarding schedule, rosters, or division standings the website is the best place to find it.

**Team Rosters will be posted during the week of April 26**— so surf over to see what team you have been placed on for the season. Any new information will be posted as soon as it is available, so check for updates regularly.

The season would not be possible without our dedicated volunteers.

Volunteers are the lifeblood of any community association, and at Mooredale we are no different. To all convenors, coaches, assistant coaches, and team managers, "thank you" does not nearly express the gratitude we have for all your hard work and dedication to the Club.

We also want to thank our sponsors, who help keep our soccer program affordable. Please visit our website to see a list of our sponsors, and visit them if you ever require their services. Mooredale Soccer is your Club so give us your ideas and feedback, by e-mail at [sports@mooredale.on.ca](mailto:sports@mooredale.on.ca)



### Need to Know: If You Read Nothing Else, Read This!

**Start Date:** May 1, 2010;  
[www.mooredale.org](http://www.mooredale.org) for complete schedule

**Team Placement:** Each player should arrive 15 minutes early to meet the coach and get the uniform. You may or may not be contacted by the coach prior to the start of the season; so be sure to check for your team placement & schedules at [mooredale.org](http://mooredale.org) during the week of April 26, 2010.

**Uniforms:** Each player will be provided a complete

uniform (shirt, shorts, socks) at the first game. Each player is **required** to have a pair of shin pads, and appropriate footwear (soccer cleats) at all soccer activities.

**Garbage:** Due the **excess amount of garbage** discarded on the field—the Mooredale Soccer club is encouraging every player or spectator to **bring their own bottle of water, and to take that bottle home**, not simply discard it on the field at the conclusion of your game or practice.

#### ~ Parking ~

The Mooredale Soccer Club remains committed to ensuring that its members park in a courteous manner, obeying all parking signs, not blocking private driveways, or alleys in and around the park. Private security and **City Parking Enforcement** will be on hand each Saturday morning to ensure that the members park in a respectful and orderly manner.

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#### Penalty Kicks

1. Sun screen to protect your self from harmful rays.
2. Refreshments (in a reusable container) to keep you hydrated.
3. Bug repellent to protect yourself from those pesky mosquitoes and bugs.
4. Wear cleats and shin pads to all games and practices.
5. Wear your uniform to all games and practices.

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

## “Help Make a Difference in Your Community” Volunteer for Soccer Today

The Mooredale S.C. is always looking for volunteers to assist in the operation of the program. We encourage members of the community to be involved in youth programs, whether it be through coaching or helping to organize the team. Whether big or small, we appreciate your help.

**'Emblazon these words on your mind ....learning is more effective when it's fun!'**

If you are interested in helping out please contact Mooredale by email at [sports@mooredale.on.ca](mailto:sports@mooredale.on.ca) or give us a call at (416) 922-3714 ext. 102

### Mooredale Soccer: The Program

Mooredale prides itself on offering a non-competitive soccer league to its members.

The **real essence** of the Mooredale Soccer Club is that everyone who registers gets to play on a team in a recreational environment, where winning is second to having fun with friends, while improving his/her game.

## Referees @ Mooredale “Trained and Certified”

The U5 – U7 divisions will be officiated by the coaches of the playing teams. Each coach can take turns officiating a part of the game.

Mooredale will appoint certified referees to officiate all games starting at U8. **Please respect our young referees and encourage them as you would your players. The Ontario Soccer Association has trained and certified these referees.**

Please let us know if a referee does not show up at your game by emailing [smcketsy@mooredale.on.ca](mailto:smcketsy@mooredale.on.ca)

## SIDELINE SUGGESTIONS:

### 10 Things Kids Say They Don't Want Their Parents to Do

by Darrell J. Burnett, Ph.D

1. Don't yell out instructions. During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. Don't put down the officials. This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.
3. Don't yell at me in public. It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong."
4. Don't yell at the coach. When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. Don't put down my teammates. Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.
6. Don't put down the other team. When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports."
7. Don't lose your cool. I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. Don't lecture me about mistakes after the game. Those rides home in the car after the game are not a good time for lectures about how I messed up -- I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during game!
9. Don't forget how to laugh and have fun. Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.
10. Don't forget that it's just a game! Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

*From Playbook for Kids: A Parent's Guide to Help Kids Get the Most Out of Sports. Dr. Burnett is a clinical psychologist and certified sports psychologist specializing in youth sports. He has been in private practice in southern California for 20+ years.*



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“A sport where the players actually enjoy getting hit in the head by a ball”

Soccer advertisement, Published for the MetroStars Major League Soccer, 1997

## Coaches' Corner "The Soccer Sandwich"

To make the practice stimulating and fun for the player, consider using the following format:

Remember - **It has to be fun!**

### Intro Activity (7-10 min)

This is a lively start to the first minutes of practice. For instance, pair activities, dribbling and passing. Plenty of ACTION and ACTIVITY to get the players off and running and bubbling.

### Game (10-15 min)

Children want to play. Set up a 'game' activity or practice that gives them the opportunity to do just that. Not a 'scrimmage' but a game between small groups (3 v 3) focusing on specific skills. Suggested games are available from Mooredale.

### Skills Practice (10-12 min)

Having identified your 'objectives' for the practice session, take 10 minutes to concentrate on one or two skills developers

### Game (12-15 min)

The end-of-session scrimmage is seen as a 'free-er', less structured opportunity for fun and self expression where the coaches can join in, too.



The Soccer Sandwich, well presented with the right ingredients, will be well accepted. But don't give children "soccer indigestion" with over-sized portions of game or practice.

Remember the 'bread and butter' of soccer is the 'game'. The meat of the practice is the 'skills' segment in the middle.

The format suggested will take as little as 45 minutes and no longer than 60 minutes - the perfect practice length.

## Mooredale's Commitment to Fair Play "Simple Expectations for A Great Season"

The following expectations were agreed to by all registrants prior to the acceptance of the registration form, for this season.

### From our Coaches we Expect:

- Inclusiveness where everyone is encouraged and praised for taking part in practices and games and everyone receives equal playing time.
- Consistent and effective communication to keep everyone up to date on all aspects of the soccer program.
- A commitment to improve the performance of the players on the team both physically and mentally.
- A respect to be shown to all human beings. Opponents and officials must be treated with respect.
- An enthusiastic and positive approach to games and practices to ensure that they are generous with their praise when deserved.
- A maintenance of high standards

regarding personal conduct and fair play.

### From Our Players We Expect:

- Maximum effort to strive for their best performance during games and practice sessions.
- A display of good sportsmanship to set a positive example for others, particularly younger players and supporters.
- Acceptance of success and failure, victory and defeat equally and to treat opponents with respect at all times.
- That players accept the decision of the game official without protest and to show respect towards all game officials.
- That players abide by the instructions of his/her coach and team volunteers, provided they do not contradict the spirit of this code.
- That players arrive on time for all games or practice, or notify the coach in advance, for any activity for which the player will be late, or absent.
- That players show respect for the

facilities and equipment that is used.

### From Our Parents We Expect:

- That parents must inform the coach, as far in advance as possible, if the player will not be available for a practice session or game.
- That parents must inform the coach of any illness or ailment that may affect the performance or health of the player.
- That parents must always encourage ALL players during the game regardless of the result of the game.
- That parents shall not give instructions to the players during the game or at half time, unless requested (or okayed) by the coach.
- That parents must be courteous and polite at all time towards opponents, coaches, managers, referees, and officials.
- That parents shall feel free to approach the coach to discuss any aspect of the

# Kids' Korner ~ What have you learned???

Name: \_\_\_\_\_

Complete the quiz below, and submit the answers to Mooredale. Correctly answer all 7 questions, and your name will be entered in a draw to win a free soccer registration for the 2011 season. All answers are found within this newsletter. Must be registered in Mooredale Soccer 2010 to be eligible to win the prize.

Q1: What date will the 2010 Mooredale Soccer Season Kick—Off? \_\_\_\_\_

Q2: Name two things that you must wear to every Mooredale Soccer Activity? \_\_\_\_\_

Q3: What is the best way to find out what team you are on for the 2010 Soccer Season? \_\_\_\_\_

Q4: Provide one expectation that Mooredale S.C. has for its players? \_\_\_\_\_

Q5: If you bring a water bottle to a game or practice, what should you do with it after? \_\_\_\_\_

Q6: Are the referees at Mooredale S.C. trained? \_\_\_\_\_

Q7: When will the 2010 rosters be posted? \_\_\_\_\_

**Submission Details:** You may cut-out the answer page ~ mail, fax (416) 922-4523, or drop-off at Mooredale. You may also e-mail your answers to [sports@mooredale.on.ca](mailto:sports@mooredale.on.ca) (be sure to correctly number your answers in an e-mail). Submissions must be received by April 30, 2010. The draw will be conducted on May 7, 2010.



The Rosedale - Moore Park Association operates Mooredale to provide recreational, cultural and educational programs for our members. A non-profit, charitable organization, Mooredale strives to be a focal point for the community. Membership at Mooredale enables families or individuals to enroll in any courses, activities or clubs offered by Mooredale.

## Mooredale Sport

*Get in the Action, Get in the Fun, Get in the Game!*

Mooredale prides itself on offering the above non-competitive sports leagues to its members. The **real essence** of the Mooredale Sport Program is that everyone who registers gets to play on a team in a recreational environment where winning is second to having fun with friends while improving your game.

