



DOC Thoughts...

1/25/12 Spring Registration and Uniform Ordering:

As we are embarking on a new season, with new fees due and players who may be moving in or out of teams, it is going to be necessary to construct a new season listing for the club. I have established this new season, titled 2012 Spring Season within the Blue Sombrero system. The next step will be to get ALL the players registered into the system for this new season. For the families of our U8-U14's please update your child's participation using the following instructions:

1. Click login on starsoccerclub.org website to enter your account.
2. click on REGISTER NOW
3. select the appropriate division (age group) for the 2012 Spring Season option for each of your participating children and click on NEXT
4. at Checkout, confirm selection(s) and click NEXT
5. provide Additional Participant Information where requested and click NEXT
6. at Volunteer Selection select season to view available roles and to volunteer or proceed by clicking NEXT
7. at STORE feel free to shop or click NO THANKS, to proceed
8. at CHECKOUT click Submit Order at bottom of page (there is no fee for registration).

When this process is complete you will receive an auto generated email confirming your order. Following this your child will be assigned to a team and you will receive a notification asking you to confirm their status and provide payment of the club fee in the appropriate amount. This payment can be made by credit card or via check. Payment details will be provided in the follow up email. For the Spring Season, the Club Fee per player will be the only fee payable via the club website. The remainder of each player's team fees will be paid directly to the team. If there are questions or concerns regarding this process please contact your team coach or myself.

If any of you are in need of purchasing either uniform items or club spirit wear, instructions for online ordering can be found on the website as a drop down selection under the Parent tab. Uniform orders should be placed by **Feb 1st** to ensure delivery before the beginning of the season.

11/6/11 Supplemental and HS Age Group Tryouts:

Before I begin, I want to take a second to thank all those who volunteered the last weekend of October to help out with the 40th Forest Park Invitational. From registration to site coordinators and field marshal's, everyone involved had a role in making our tournament another huge success. Congratulations to Mike Shuler and Dan Hummer for their leadership throughout. Congratulations also go out to our BU9 coaches and players who were able to capture the title in their division. Now on to the topic...

This weekend (Nov 12th and 13th) the club will conduct tryouts for HS age group teams (U15-U19) and

Supplemental tryouts for U8-U14 teams at Winton Woods HS. Current U8-U14 STAR SC players and families are reminded that their roster spots are secure for the Spring season, they do not need to tryout again. The Supplemental tryouts are intended to look at NEW players to fill open roster spots on current teams or, if there is enough interest, to form new teams within an age group. If you know of interested individuals or teams looking for a new challenge please encourage them to register online and attend this weekend's sessions. Details about times and dates can be found on the website.

Because there will be players interested in joining teams which may currently have filled rosters, it is important that you communicate now with your Parent Coach, administrator or the Director of Coaching if your son or daughter does not intend to play in the Spring. This will allow the coaches to properly evaluate and advise any new prospects or to look for replacements if needed.

9/19/11 Practice outside of Practice:

I am frequently approached by concerned parents wondering how their child can improve more, what can they do during practice to get better. While there are certainly some issues that can be addressed during practice; working harder and faster, paying close attention, being more involved, the real answer to the question lies more in what each player is doing outside of practice in order to get better. A study in the 90's indicated that in order to develop an adequate level of skill, players needed to get more than 10,000 touches on the ball before the age of 15. That total will never be reached looking only at touches achieved during practice twice a week.

In order to become comfortable with the ball and develop the skills necessary to be successful, young players must be practicing/playing on their own...at home, at school, anywhere. Juggling, dribbling, shooting/striking a ball, even passing against a wall or bench, can all be accomplished alone or with a small group. Every week the Videos of the Week offer a training suggestion. Soccer, which we have a link to on our website, offers video training suggestions as well. Most of these can be done with little or no support or equipment. Encourage your son or daughter to check these out and then take the ideas outside with them.

Every week I ask the players I am working with if they have been outside with their ball that week or how many of them have watched soccer (another key component to getting a better understanding of the game and seeing new skills to try.) Usually, less than half answer positively. In order for STAR players to grow and compete that number has to rise.

9/10/11 Positive Parent Support:

As the regular season kicks off tomorrow, I would like to take a minute to highlight the role that each of us plays as parents and spectators of the game.

First, please keep in mind that it is a GAME. It should be a chance for kids (the players) to have fun, try new things, explore the game and put into action the things that they have learned in practices. They are going to do some incredible things. They are also going to make some mistakes. It happens when you are learning new things and competing against others who want to win/score/play as much as you do. As parents we should be providing encouragement, support and enthusiasm to our sons and daughters, not criticism, disappointment or anger towards them.

This also extends to our referees as well. They are an integral part of the game, without them your children are not allowed to compete. They are trying their best to be in the right place, to see the whole game and to call it fairly. They too will make mistakes...it will be ok. Let them do their job without interruption or ridicule. Generally, the person screaming only looks silly and embarrassing to their child (and it doesn't model the type of behavior most of us would want from our children.)

Check out the STAR SC Family Code of Conduct for more specific expectations for STAR parents. In addition, visit USYSA or Ohio South for more ideas on how to be a Positive Soccer Parent. Most of all, enjoy the GAME!

8/17/11 The Importance of a Ball:

Congrats to the GU12 Lightning, last night they became the first team I have trained this season who all showed up with a ball. Now, that may not seem like a big deal but I assure you having a ball is critical to success in training. But, the ball needs to be inflated and it needs to be the appropriate size in order for it to be useful during the training session. All players U8-U12 should have a size 4 ball. All players U13 and older should have a size

5. With all the ball skills and control work that I am asking the coaches and trainers to focus on (this is the foundation of good soccer development) it is imperative that each player have their own, properly inflated and properly sized, ball so that they can maximize the amount of time they spend getting touches. I hope to have fewer and fewer requests for a ball out of my bag throughout the remainder of the season. Thanks and stay tuned for more thoughts to come!