



OVER 100 CU TRAVEL PLAYERS IN PRESEASON CAMP – LOTS OF TOUCHES ON THE BALL!

Chatham United Newsletter

Fall 2015

QUICK NEWS

Chatham United Fall Season Begins!

by Chatham United Board

We are thrilled to begin another season of Chatham United Soccer! It takes an enormous amount of work to prepare for the season with our three programs (Recreation, Travel and U8 TDP). Thank you to all of our volunteers that make this happen every year.

US Youth Soccer Changes

On August 24th US Soccer announced significant changes to youth soccer (for 2017 implementation). These include standardizing small-sided game participation and field sizes based on player age groups and aligning birth-year registration calendars with the start of the calendar year to run from January to December. These changes are consistent with US Soccer's focus on long-term player development. The exact implementation of these standards in Chatham United and the Leagues we participate in is still to be determined however we have, and will continue to follow the guidance of US Soccer. You can read the US Soccer

press release [here](#). More to come in the future.

Fall Season

This season brings us a trip to the Red Bulls on October 3rd, the *Chatham United Cup* on September 26th for our U9-U11 players, and a Grade 7/8 Boys Recreation Program (for the first time in years). With our two U13 teams and the Grade 7 Recreation program we have over 50 7th grade boys playing soccer with us!

There's more we can do to make Chatham United even better. Please reach out to volunteer for the Club.

Thank you and we hope you and your child have a great season!

FOR MORE INFORMATION

PRESIDENT

Jesse Tracey
jesse.tracey@hotmail.com



Youth Sports Safety Symposium

The *Chatham Joint Recreation Advisory Committee* is sponsoring a one hour symposium on how to keep the youth athletes of Chatham on the field and healthy. There will be two expert speakers who will give you tips on how to help prevent injuries and what to do in the case of an injury. This event is free and will take place in the band room of Chatham Middle School on **September 16th (7-8 pm)**. See attached brochure at the end of this newsletter for more information.

CAF Septemberfest

The [Chatham Athletic Foundation](#) is holding their 4th annual Septemberfest on Saturday September 26th from 7pm – 12 am. This is a great event with live band, food and drinks. See attached brochure for more information and to register for this fun evening supporting Chatham youth athletics.

Did you know?

Chatham United Uniforms sent to Ghana Orphanage

Finn Grosso (U13 Mustangs) organized a drive to collect and send Chatham United uniforms to the [Osu Children's Home](#) in Ghana. Finn was inspired by his coach, the beloved Eddie Quarcoo, and wanted to give back to the children of Ghana who love soccer so much. Chatham United is extremely proud of Finn for his great work and to have put Chatham United in such a positive light! Thank you Finn and Coach Eddie!

Chatham United Travel Pre-season

We ran our first ever Club-wide pre-season camp for our Travel players this past August. Featuring coaches from the US Soccer Development Academy, former professional players and current college coaches, this camp gave our players a great start to the season.



Arden Alvarez (Ug Shock Wave) and her brother Tyler met US Women's National Team star and World Cup Champion Tobin Heath shortly after the World Cup this summer. Tobin played New Jersey Youth Soccer in Basking Ridge.

Look out for...

Chatham United Cup

On Saturday September 26th we are holding the first ever Chatham United Cup for our U9-U11 Travel players. This will be a "street soccer" type tournament with short fast-paced small-sided games.

CU Trip to Red Bull Arena

Tickets for the October 3 Red Bulls game vs Columbus Crew are now on [sale](#). This promises to be a fun night out for the CU community!

Goalie Training

Our fall Travel goalie training with Coach Sam from [Kickz](#) will be coming soon. Parent Managers will be providing more information.

FOR MORE INFORMATION

<http://www.chathamunitedsoccer.org>

<https://www.facebook.com/chathamunitedsoccer>

"Throw a ball in the midst of children and a game of some sort will break out. In most of the world that game will be football (soccer). And in that game, all elements of what we want in our training sessions would flourish: leadership (picking sides), governance (rules), ball control, movement, position play, behavior, fitness, and mindset.

What will not happen is that the children will do a few laps around the field, stand in a line, and then stop for a whistle. At times, our children are over drilled. Drilled to boredom and drilled in way that fails to honor the

innate desire of children to learn through play.

Some of the greatest players to have ever played the game learned the game on the streets – the humble streets of cities worldwide. Streets void of whistles and coaching tips. As Johan Cruyff comments, "I trained about 3-4 hours a week at AJAX when I was little. But, I played 3-4 hours every day on the street. So, where do you think I learned to play football?"

-Todd Bean, Cruyff Football on free play

FAST FACTS

1,700+

Chatham United Soccer practices and games currently scheduled for fall

1,200+

Chatham United players this fall

95

Chatham United teams

Chatham United Uniforms in Ghana!

Finn Grosso (U13 Mustangs) organized a drive to collect and send Chatham United uniforms to the [Osu Children's Home](#) in Ghana. Finn was inspired by his coach, the beloved Eddie Quarcoo, and wanted to give back to the children of Ghana who love soccer so much.

Chatham United is extremely proud of Finn for his great work and to have put Chatham United in such a positive light! Thank you Finn and Coach Eddie!

A thank you note to Finn from the orphanage reads:

"Thank you sincerely for your benevolence in donating to the Osu Children's Home.

May the Good Lord shower his blessings on you for touching the lives of the children.

Please continue to donate to the less privileged in our society."



Finn and Coach Eddie!



Coaching: What is a Coach?*

To form or analyze a personal philosophy of coaching, first know what a coach is. A coach can be many things to many different people. A coach is a mentor, teacher, role model and sometimes a friend. Most of all, a coach must be a positive personality. A positive coach has the following traits:

- Puts players first
- Demonstrates consistent actions
- Develops character and skills
- Sets realistic goals
- Treasures the game
- Creates an enjoyable partnership with the players
- An ethical coaching philosophy
- A coaching philosophy compatible with the individual's personality
- Fair play is a top priority in the coaching philosophy
- Approach to coaching is educationally sound and appropriate for players

Coaching is much more than just following a set of principles or having a well-established club. Coaching is interaction in young people's lives. The players who come onto the field are students, family members and friends to someone. They are the same person in all areas of life with the same personality, ideals, flaws and struggles throughout all aspects. It is the coach's responsibility to help players make right and more mature decisions in all areas of their lives. Coaches must help them develop character, discipline, self-motivation, self-worth and an excitement for life. To achieve these objectives, the coach must set these standards for the players and others around them, and then help them reach those standards by developing appropriate relationships with them based on respect, caring and character. When character development is the foundation for a program, players will get the most out of their soccer experience. When that happens, the coach will also get the most out of players, for this approach makes champions.

The most successful coaches are not necessarily the ones who win the most games. Coaches who have successful experiences focus on team cohesion. The desire to see the players learn and improve their skills is the key to effective coaching. Coaches should commit to using all of their knowledge, abilities and resources to make each player on the team successful. The focus is to promote an atmosphere of teamwork, mutual respect and commitment. By achieving this, the coach will be successful and also win.

*US Soccer Player Development Manual

Chatham United Newsletter

PO Box 1038
Chatham, NJ, 07928



**Join us at Chatham Athletic Foundation's
One and Only Fundraiser**

4th Annual Septemberfest!

Saturday, September 26th 2015

7:00 PM until 12:00 AM

**Outside at Chatham Fire House Plaza and Gazebo, Chatham, NJ
(casual dress)**

**Live Band, Great Local Food, Specialty Martinis and Open Bar,
Beer and Wine**

No auction items - just good fun for a great cause!

Register Now for the Party of the Year!

www.chathamathleticfoundation.org

\$150.00 per person. This event is only for adults 21 and over

CAF is a 501(C)(3) Foundation. To find out more go to

www.chathamathleticfoundation.org



Chatham Youth Sports Safety Symposium

Sponsored by: The Chatham Joint Recreation Advisory Committee

When: Wednesday September 16th 7pm – 8pm

Where: Chatham Middle School (band room – next to auditorium)

Who: We encourage all parents of youth athletes to take one hour and attend this special presentation

The Chatham Joint Recreation Advisory Committee is proud to present a one hour symposium on how to keep the youth athletes of Chatham on the field and healthy. We will have two distinguished expert speakers who will give you tips on how to help prevent injuries and what to do in the case of an injury.

Dr. Jack Knightly – Longtime Chatham resident who has been critical in keeping the youth athletes and parents of Chatham informed on the issue of athletic head trauma. He will speak and take questions on head trauma. He will discuss what should be done and how often prior to a potential injury and what to do in the case your child was to have head trauma.

Bio - Dr. Knightly completed a research fellowship in the surgical neurology branch of the National Institutes of Health and in pediatric neurosurgery at The Children's Hospital in Boston, Massachusetts. He completed advanced training in trauma at the Shock-Trauma Center in Baltimore, Maryland. He is a co-founder and director of the Concussion Center at the Atlantic Neuroscience Institute, and has served as a Neuro-Trauma Consultant for the National Football League and New York Jets. Dr. Knightly is the Director of Neurosurgery at Morristown Memorial Hospital and the Vice-Chairman of Atlantic Health Institute, where he also serves as the Medical Director of the neuro-spine team.

Dr. Eric Black – Will speak and take questions on overuse injuries common in youth sports. He will discuss injury prevention, the need for rest, and how best to recover from sports related injuries.

Bio - Undergrad: Neurobiology, Magna Cum Laude, Harvard College, Cambridge, MA
Graduate School: Columbia University College of Physicians and Surgeons, New York, NY
INTERNSHIP: General Surgery, Massachusetts General Hospital, Boston, MA

RESIDENCY: Chief Resident, Harvard Combined Orthopedic Surgery Program / Massachusetts General Hospital and Brigham and Women's Hospital Orthopedic Trauma Service, Boston

Dr. Black, MD, working for the Summit Medical group out of their new Florham Park office, specializes in orthopedics, with special focus on overuse injuries, sports injuries, and traumatic injuries. Dr. Black's expertise includes arthroscopic surgery, reconstructive surgery, shoulder replacement, and fracture surgery of the shoulder and elbow. He has additional expertise in advanced fracture care from his experience as Chief Resident of the Massachusetts General Hospital and Brigham and Women's Hospital Orthopedic Trauma service.