



KINDERGARTEN BOYS LINED UP FOR A ROUND ROBIN TOURNAMENT LAST FALL!

Chatham United Newsletter

Spring 2016

QUICK NEWS

Spring Season & Looking Forward

by Chatham United Board

The Chatham United U8 Technical Development Program and Travel Program are back outdoors for the spring season. Good luck to all our players and teams!

2016 – 2017 Season

We are busy preparing for the 2016-2017 season. Registration is open for our U8 Technical Development Program (closes June 15, 2016) and our U9-U15 Travel program (closes April 8, 2016). We expect to open registration for our **Recreation Soccer Program** in June (closes early/mid-August).

We recently held a club-wide parent meeting to go over the US Soccer Player Development Initiatives (including small-sided games and birth year registration). We also held a parent meeting for the 2002/2003 birth years due to the specific impacts on those players. We realize the transition to birth year registration may create anxiety among the players and parents so we are trying to keep the dialogue open.

Red Bulls Youth Soccer Summit

Board members Jesse Tracey and Matthew Andrews attended the Red Bulls Youth Soccer Summit at Red Bull Arena on March 13. The Summit focused on topics such as managing the change to birth-year registration and small-sided play, building an effective club culture and developing a successful recreation program. The Red Bulls also shared their development philosophy and demonstrated a technical session.

The CU Board is continually focused on improving the Club and providing the children of the Chathams with the best possible soccer experience.

Thank you for your support and we are looking forward to a successful season!

FOR MORE INFORMATION

PRESIDENT

Jesse Tracey
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Summer Camps from CHS Coaches

The CHS Boys and Girls Soccer coaches will be running soccer camps at the Chatham Middle School this summer. CHS Girls Head Coach Gary Adair will be running a camp for girls July 5-8th - sign up with this [link!](#) CHS Boys Head Coach Mark Maka will also be running a camp likely the week of July 18th. More information on that coming soon!



CU President Jesse Tracey with the MLS Supporter's Shield at the Red Bulls Youth Soccer Summit

U8 Technical Development Program

Chatham United, in conjunction with our partner Maestro Soccer, designed our U8 Technical Development Program following the recommended guidelines of US Youth Soccer. We believe we have created a fantastic program for your child and want to share with you more details on our approach.

The U8 TDP (open to players born in 2009) runs approximately 10 weeks in the fall and spring. The fall season has two training sessions and one game session per week. The spring season has one training session and one game session per week. There are no tryouts.

The U8 TDP is a true "Academy" experience. Each gender trains together with a set of dedicated U8 Maestro Soccer trainers throughout the season. In this way the players are exposed to several different trainers and their specific styles thus they learn in different ways. At the same time the players develop strong relationships with the training team since the same trainers work with the program all year.

A typical training session splits the girls or boys into 4 groups with each set working with a specific trainer on a skill or activity before rotating to the next trainer. Each session progresses from skills and activities

to game-like and then ultimately game condition play or scrimmages.



"Igniting a passion for the game must be the number one objective for coaches of this age group. The aim of the coach is to keep their soccer experience fun, enjoyable and to foster a desire to play. This love of the game keeps people in the game for a lifetime."

Each week the trainers select teams for that week's games. These are communicated to the parents prior to the game session via email and our website. This gives the player the opportunity to play with various children in their age group experiencing different styles of play. The focus is on developing the individual player not building out a team. Here is how US Youth Soccer describes this recommended approach from its Player Development Manual:

"The main idea is no organized league play. Players are not assigned to a specific team, but are scrambled on each game day, allowing them to play with and against different players, using a non-results oriented philosophy. This best practice is prefaced with research from sports and child psychologists and pediatricians. They assert that sport should be organized, if it is to be organized at all for children under the age of 10, to allow the children to play because they love to win, not have to win. The goal is to compete to do their best rather than compete to be the best."

Advantages to our U8 TDP:

- Player-centered coaching not coach-centered coaching
- Players train with different coaches and players
- Players learn to play in multiple environments
- More chances to play with and against better players
- Players will be developed based on a consistent Club philosophy
- More players participate
- More effective player evaluations

FOR MORE INFORMATION

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WEBSITE: <http://chathamunitedsoccer.org>

Did you Know?

DiMaggio's Honored by NYC Soccer

Pete and Michael DiMaggio (U13 Colts) were honored at the NYC Soccer Gala in early March. Pete, a long-time Travel and Recreation coach for CU, was honored for his soccer career including All-American and Ivy League Player of the Year Awards at Columbia University. Michael was honored with the Award of Courage for his incredible grit and determination in recovering from horrific injuries suffered when a car ran over him in the fall of 2014. In Michael's first game back with the Colts in the fall of 2015 he scored a goal in a wonderful and emotional moment for Michael, his family, teammates and coaches.



U13 Colts Player Michael DiMaggio is honored at the NYC Soccer Gala in March

Chatham United Parent Game

The Club is looking to host a Chatham United Parent game in June. We will be sending out more information to determine interest over the next month.

FOR MORE INFORMATION

<http://chathamunitedsoccer.org>

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

Look out for...

Travel Registration Volunteers

Our Travel Program needs volunteers to assist with our two *Registration Events* on April 5th and April 23rd. We simply need assistance reviewing registration paperwork. **Sign up here** – <http://vols.pt/LYCvyg>.

Travel Tryout Volunteers

We also need assistance with signing in players at our *Travel Tryouts* the weeks of April 18, April 25 and May 2. **Sign up here** - <http://vols.pt/4Bdsna>

New Travel Uniforms

There will be new uniforms for our Travel Program for the 2016-2017 season. Our long-time partner Adidas will continue as our Official Uniform Provider. We are working on a Uniform Fitting Event for June in one of the local schools. More details coming soon.

Thoughts from the Red Bulls Youth Soccer Summit

"Every player is on their own personal timetable of development" – Sam Snow, US Youth Soccer Director of Coaching

"Mobility is at an all-time high – it unbalances the opponent."

"Players play for the moment. Coaches coach for tomorrow."
-Paul Marco, National Soccer Coaches Association of America and Men's Head Coach, Binghamton University

"Effort. We'll give our best effort in every practice and game. It's more important to me that we try our hardest than if we win."

If we win without giving it our best effort, that win doesn't mean much. But if we play a strong team and try our hardest and lose, I'll still be proud of our team."

Learning. Let's continue learning and improving every time we come out here. If we continue to learn, we will get better. Getting better than we are now is more important than whether or not we are better than some other team. We can

also think of ourselves as competing with ourselves; if we get better than we used to be, than we are winning that competition."

Mistakes. Nobody likes to make mistakes, but mistakes are part of learning. You can't learn without making mistakes, because to learn you have to try things that are new and challenging, so of course you are going to make mistakes. On our team, it is okay to make mistakes."

-Positive Coaching Alliance on Redefining Winning

Sideline Etiquette: 6 tips to make youth soccer better for parents and players

The below is an excerpt from the US Youth Soccer website:

When playing in a game, youth soccer players' minds are focused on making split-second decisions as they maneuver around and survey the field. Every once in a while, however, a player's attention may be drawn to his or her hyper parent yelling instructions or making a scene from the sideline. While parents' actions may simply be the result of wanting the best for their child, their behavior can have a negative effect on their young athlete's enjoyment of the game.

US Youth Soccer spoke to Dave Carton, the director of coaching for Discoveries SC in Rock Hill, S.C., to hear his opinion on some areas in which many parents could improve their sideline etiquette. Here are six things to keep in mind when attending your child's game...

1. Avoid 'coaching' from the sideline while watching your child's game

A common problem in youth soccer is the impulse parents have to shout instructions to their young player from the sideline. It's especially difficult for a child because he or she has a tendency to refer to what a parent says, which often conflicts with the instruction from the coach. Carton said parents should imagine being in a room and having multiple people yelling instructions at them in order to see the confusion it could cause a child.

"Another thing about yelling instructions is that the tone a parent yells with is typically a lot more aggressive than the coach," Carton said. "The coach is instructing with a teaching mentality. 'This is what we have to do to improve. This is part of the process to get better and improve your level of play.'

"The instructions that the parents are yelling have an immediacy to it. They want it done now because they want the gratification of the instant result. It's conflicting with what the coach is trying to do."

2. Do not criticize the referee

Carton said this is an epidemic, and spectators should realize that referees are people and will make mistakes — even those officiating at the highest levels of play. When parents go after a referee for what they perceive as a mistake, it begins to make the game about the adults rather than the kids.

"A referee is ideally going to make an objective decision on what he or she sees. A parent is going to interpret that same situation through the prism of the team that their child plays on," Carton said. "If it's a decision that goes against their team, they're automatically going to have a subjective view on it.

"The problem comes when there is an aggression to how the parents react to that. The bigger problem is when the child sees that, the child thinks it's accepted. Parents need to remember they always need to be a model for their child."

3. Focus on the benefits of the game rather than the score

Far too often parents worry about the numbers formed by illuminated lights on a scoreboard rather than the experience their child has while playing youth sports. Carton said parents are naturally from an older generation in which there was a larger focus on the result of a game. While it's natural for everyone to want to win, he said parents need to keep focus on the larger picture.

"It's natural instinct to want to win. The key thing is to keep things in perspective," Carton said. "If we didn't win, how can we go into the next game to improve on what we did wrong? Coaches talk about the development process, and losing is part of that process. If your team always wins, their mentality won't be able to handle setbacks. It's a big part of a child's development."

He went on to talk about a hypothetical 1-0 loss.

"Very few of the parents are asking their child if they had fun today. The child will take the parent's reaction to the result of the game as the norm. They'll then relate their experience to the result of the game, which is really counterproductive.

4. Think when interacting with opposing fans

"This is one that should be common sense. Grown adults should be able to go and enjoy their child's experience without having any confrontation," Carton said. "We get that at our club, too. We always say, 'Don't forget, you're not just representing the club, you're representing your child. The way you're acting right now — if you could see yourself through the eyes of your child, what would you think of yourself? Why are you making a public spectacle over a U-11 girl's soccer game? Are you proud of what you're doing right now? Would you allow your child to act like this?'"

5. Don't stress out over the game

Do you find yourself pacing up and down the sideline — anxiously following the action as it unfolds on the field? Stop it. Breathe.

"Just calm down. Enjoy it. Stop being so attached to it. It's not your game," Carton said. "Don't base your enjoyment or happiness on what is going on out there.

"Look at your child. Is he having fun? Is he active? Is he enjoying the social nature of the game? Is he getting as much out of this experience as he can? Don't worry about the rest of it. Some parents just give themselves aneurysms pacing up and down the line. Keep perspective. There are more important things."

6. Save issues with the coach for the next day

Maybe you don't agree with how much your child played in a game or another decision the coach made during the match. It's important to take some time to think about it rather than confronting the coach in front of your child and the team.

"Directly after the game, the parents should not approach the coach. It's an emotionally charged conversation and very little good can come from that," Carton said. "At that time, there's very little a coach can say that will make the parent feel any better. Go home. Talk to your family. Sleep on it. Get in touch the next day, whether it be by phone, email, or even going for a cup of coffee with the coach and asking for feedback.

"If the coach communicates well enough, the expectation should be there and the parent should understand the situation. If that's not the case, the parent is totally in his or her right to bridge that communication gap."

"I love watching you play"

-Parent on the ride home

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