



11U TRAILBLAZERS AFTER A GAME ON LUM TURF LAST FALL!

Chatham United Newsletter

Spring 2017

QUICK NEWS

Spring Season & Looking Forward

by Chatham United Board

Our 8U Technical Development Program and Travel Program are back outdoors for the spring. We realize it has been a difficult spring so far with the weather. Thank you for your patience!

2017 – 2018 Season

Registration for our 9U-15U Travel program has closed and [tryouts](#) have begun. Our [8U Technical Development Program](#) continues to be open for registration through June 15 (see page 2). We open registration for our [Recreation Soccer Program](#) in June.

Red Bulls Youth Soccer Summit

Board members Jesse Tracey and Jonathan Yee attended the second annual Red Bulls Youth Soccer Summit at Red Bull Arena on March 18. The Summit focused on topics such as shaping club culture, building a modern soccer club, board structure and lessons learned from recent US Soccer regulation changes and also provided opportunities to network with other NJ-

based youth soccer clubs. Our Club continues to benefit from our partnership with New York Red Bull Training Programs.

Club Developments

Other recent initiatives include a club trip to see the US Women’s National Team play England, a partnership with the NSCAA (see article to right), and new optional technical training sessions for our 9U and 10U Travel players. The Club also attended a recent Head Injury in Soccer conference sponsored by US Soccer, MLS and the NWSL. Important information on concussions can be found at the end of this newsletter and at www.recognizetorecover.org.

As always thank you for your support!

FOR MORE INFORMATION

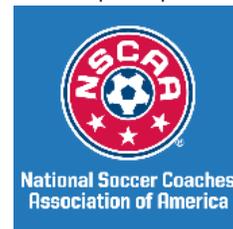
PRESIDENT

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National Soccer Coaches Association of America

Chatham United is proud to announce we are now a member club of the world’s largest soccer coaches’ organization that serves members at every level of the game. The [National Soccer Coaches Association of America](#) (NSCAA) membership will provide both our Travel and Recreational coaches with access to an online [Foundations of Coaching](#) course as well as provide the Club with additional coaching and education resources to enhance player development.



Summer Training Opportunities

There are some great programs for our players over the summer. We maintain a page on our website with training and camps – click [HERE](#) for more information.

8U Technical Development Program

Chatham United, in conjunction with our partner Maestro Soccer, designed our 8U 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 8U TDP (open to players born in 2010) 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 8U TDP is a true "Academy" experience. Each gender trains together with a set of dedicated 8U 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.



The greatest benefit of the 8U TDP is the chance to play with and against your friends in Chatham. The most important thing as this age is to fall in love with the game and the best way to do that is play with your friends and neighbors locally in Chatham.

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 8U 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

EMAIL: chatham.united.u8@gmail.com

WEBSITE: <http://chathamunitedsoccer.org>

Did you Know?

CHS Coaches Summer Camps

The CHS Varsity Coaches run summer camps for youth players. CHS Boys Coach Mark Maka is running a camp July 17-21 for boys/girls entering grades 4-9 and CHS Girls Coach Gary Adair is running a camp July 24-28 for girls entering grades 3-9 (both at Haas). Information on these camps is [HERE](#).

Travel Uniforms

Returning players will be able to use their existing uniforms in 2017-2018. For incoming 9U players and those needing a new uniform there will be a Uniform Fitting Event on June 9th at CMS. More details coming soon.

Becoming a Referee

Two of our 15U players recently completed referee training and can be an Assistant Referee for Travel or a Head Referee for Recreation. For more information on becoming a referee go to njrefs.com.



10U Girls brave the cold to watch the US Women's National Team take on England in the SheBelieves Cup this past March

FOR MORE INFORMATION

<http://chathamunitedsoccer.org>

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

Look out for...

CU Trip to Red Bulls Game

The Club has already booked a trip for our members to see the Red Bulls take on the Vancouver Whitecaps at Red Bull Arena on October 7th at 5pm. 16 of our Travel players will also get the opportunity to play a game at halftime on the field!. We will be sending out more information on this opportunity after our 2017-2018 Travel teams are formed.



New Travel Registration Process

New Jersey Youth Soccer is looking to move to a new process for registration for 2017-2018 which means less paper and a more automated process! As a result we will not be collecting the typical paperwork that NJYS requires until we are provided the new requirements by the state.

"All coaches talk too much about running a lot. I say it's not necessary to run so much. Soccer is a game that's played with the brain. I want players to learn how to think fast. I want them to learn how to run little, but run smart. You need to be in the right place at the right time, not too early, not too late."

- Johan Cruyff, Barcelona and The Netherlands, former coach

"We are asking our players to compete before they have learned how to play."

- Jay Miller, U.S. U-20 Men's National Team, former coach

"It's amazing how much more technical and organized soccer training is now. When I was growing up, we practiced twice a week (three times when I got older) and played one game on the weekend, unless there was a tournament, and I didn't start playing in tournaments until I was 11. Today, with year-round soccer (which I didn't play until I was nearly in college), there are an incredible number of games being played. Too many in my opinion ..."

- Brandi Chastain, U.S. Women's National Team, retired player

FAST FACTS*

*concussiontreatment.com

78

Percent of concussions that occur in games rather than practices (all sports)

47

Estimated percent of athletes who do not report feeling any symptoms after a concussive blow (all sports)

5-10

Estimated percent of athletes who will experience a concussion in a given sport season (all sports)

Let Them Play

The below is an article from the [Player Development Project](#) website.

PLAY IS A FUNDAMENTAL HUMAN RIGHT FOR CHILDREN. IT IS EVEN RECOGNISED IN ARTICLE 31 OF THE UN CONVENTION OF RIGHTS OF THE CHILD. SO, WHY IS IT THAT ADULTS FEEL THE NEED TO INTERFERE WITH THIS? JOHN HAIME FROM NEW EDGE PERFORMANCE DISCUSSES THE IMPACT OF PARENTS AND COACHES LIVING VICARIOUSLY THROUGH YOUNG PLAYERS AND OUTLINES A FEW STEPS TO MAKE POSITIVE CHANGE.

In my work, I see a lot of games, a lot of athletes and a lot of interesting coach and parent behaviour. Parent behaviour is a critical piece in how much young players enjoy the game...and whether they eventually keep playing.

The sad reality is that the majority of young athletes, including young football players, drop out of competitive sports by the time they are 14-years of age. A study from the National Alliance of Sports tells us that over 70% of young athletes leave competitive sports by that age. The fun goes away and they lose interest. Why? It has nothing to do with the game. It likely isn't the competition, the work involved or the effort required. Instead, it is the young people's greatest fans, their parents (and sometimes their coaches) who take the fun away and make the experience of football too complicated and too pressurized for the child to enjoy.

Instead of the pure joy of playing and achieving, young footballers-in-the-making get bogged down by heavy expectations, the pressure to win and other complications introduced by the very adults who are most invested in them playing the sport.

Coaches and parents can have a major impact on the motivation and desire of kids to "love the game" and want to keep playing. They can also have a major impact on turning kids off the game and never coming back. This may not be you, but if you think it may be, read on.

Egos Run Amok

I've run a number of sessions on high performance for young footballers recently and one of the hot topics is always pressure and how a young player handles it. Part of the complication of this is that Mom and/or Dad are often the biggest source of the pressure – creating expectations that might be difficult to reach, and over time, sucking the fun out of the game.

Is it really about the kids or the parents' ego? The kids, enrolled in high-end private academies with their new, \$300 boots move toward mini-professional status, one step from the Premier League. What seems to start out as a desire to want the kids to be active and play a game they love, can sometimes shift into something else. Motives change, and often not for the better.

Do You Have a Frustration Gap?

Many parents see their child on the pitch or the training ground for what they'd like their child to be and not what the child truly is. The gap between what we would like to see from the young player, and what the young player is at this moment, is what I call the *Frustration Gap*. Parents watch their kids perform and the frustration builds ... and builds ... and builds, as the parent waits for the child to reach the performance level the parent hopes to see. While this frustration is not much fun for the parent, it is less fun for the child who is constantly trying to live up to the parent's expectations. Usually, those expectations are unrealistic and not in line with the child's abilities or motivations. This tension is both a performance crusher and can send the young footballer to the land of video games.

The Mini-Van Football Prison

Is your vehicle a “mini-van football prison?”¹ Is your child trapped in the vehicle as you express your frustration? While your intentions are good, your budding professional becomes the target for all sorts of emotions you felt while watching and expecting more. Your son or daughter is conveniently trapped in the vehicle and must listen to your frustration.

“What happened out there today?”

“You looked tired out there. Was that it?”

“Why don’t you try harder?”

“I’m surprised you didn’t shoot when you had the chance...”

These questions all begin a spiral of frustration between a young athlete and parent. Unfortunately, these opening lines often lead to deeper criticisms and questions all resulting from the parent’s frustration as the child doesn’t quite reach the expectations created by ... the parent! I really wish I could measure how much confidence the mini-van prison syndrome has destroyed in young players. All I know is that it’s a problem and awareness of your own car rides after the match is something to consider.

Some Ideas to Help

To help you and your young footballer avoid the frustration gap and the min-van prison, and keep them in the game playing for a lifetime, here are a few ideas to consider:

- Step back emotionally. Don’t forget this is your child’s life and experience. It’s a joy of being a parent to live through our kids but this can be taken too far. If you become obsessed with your child succeeding in the game and living up to expectations you set, you may need to re-evaluate and step back.
- Make the car rides positive experiences. Don’t talk about the match or training in the car. The only game talk should focus on effort and not result. Let the child know you are their biggest supporter and will be whether they play well or make mistakes, win or lose.
- Praise achievement. Don’t be critical or instructive. Learn to praise achievement and not focus on your child’s limitations. Make sure the child knows you are proud of a great play/match etc.
- Focus on process and effort. Don’t be too results-oriented. Your priority for your child needs to be that they feel good about themselves and happy so that they are motivated to play again tomorrow.
- Let your young footballer do what is right for them now. Don’t push the child based on your desires. Encouraging your child is great, but don’t cross the line and push your child further than he or she wants to go right now.
- Let coaches coach! Don’t be both the parent and coach. Getting coaching and instruction both from parents and coaches confuses the child and has little positive impact.
- Adjust your expectations. Don’t allow your frustration to build. Letting your Frustration Gap build is not helpful for both you and the child. A parent who bottles up frustration becomes a ticking time bomb waiting for an opportunity for the frustration to become uncorked.
- Every child makes mistakes! Don’t hyper-focus on your child. Parents put their own children under a microscope and live and die by each movement the child makes. This hyper-focus on your own child, watching their every move, creates a lack of perspective relative to the other kids on the pitch and the game in general.

So, keep this in mind when your son or daughter is playing. If they are one of the chosen few that do go on to college scholarships, big academies or professional football, great. But, 99% of kids won’t go on to reach these levels. The important thing is set the table for these young players to go and enjoy what is the most beautiful game of all...for a lifetime.

Our Training Partners



TRAINING PROGRAMS



Chatham
United
Newsletter

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RECOGNIZE TO
RECOVER

Presented By THORNE

CONCUSSION: LET'S TAKE BRAIN INJURIES OUT OF PLAY - PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1 **Seek medical attention right away.** A health care professional with knowledge in concussion management will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2 **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play on the same day the injury occurred and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3 **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.