



Chatham United Newsletter

Spring 2018

10U BOYS POSE BEFORE A HALFTIME FRIENDLY MATCH AT RED BULL ARENA!

QUICK NEWS

Chatham United Spring Update

by Chatham United Board

2018 – 2019 Season

Registration for our 9U-15U Travel program has closed and [tryouts](#) are ongoing. 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 May.

Red Bulls Youth Soccer Summit

Board members Jesse Tracey and Jonathan Yee and Parent Manger Patrick Edwards attended the third annual Red Bulls Youth Soccer Summit at Red Bull Arena on March 18. The Summit focused on topics such as creating cohesion within the club model, building parent and coach education into the club's DNA, how to structure tryouts and information on developing a TOPS soccer program (for players with special needs). The summit 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.

Volunteers

We will be sending out a list of volunteer positions and responsibilities to our members. We really need more parents to help out given some key volunteers are aging out of the program. There are some important initiatives we cannot execute on without more day-to-day assistance. We all know how difficult it is to find volunteers, however when you consider the primary difference between CU and many clubs' travel programs that cost \$1-2,000 more, is primarily driven by the admin volunteer work, each parent is getting a significant discount. Please consider how you can help when we send the full list of opportunities.

As always thank you for your support!

FOR MORE INFORMATION

PRESIDENT

Jesse Tracey
jesse.tracey@hotmail.com



New Jersey Youth Soccer releases new Concussion Protocols

With a continued focus on safety, New Jersey Youth Soccer has released a new [Concussion Protocol](#). We have provided this to our coaches for use in games. Parents should familiarize yourself with these also, as well as our other [concussion resources](#).



Spring Flighting (Travel)

After our most successful fall season in years (seven flight winners including five in flight one), we now have nine teams competing in flight one of MCYSA this spring and one team playing in a very competitive flight in EDP. This presents a great opportunity for our players to continue to push themselves in their development.

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 four 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 at 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. This gives the player the opportunity to play with various children in their age group experiencing different styles of play. We also participate in festivals to play games against other towns through either MNJYSA or MCYSA.

The focus of our program 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 16-20 for boys/girls entering grades 4-9 and CHS Girls Coach Gary Adair is running a camp July 23-27 for girls entering grades 3-9 (both at Haas). Information on these camps is [HERE](#).

CU Trip to Red Bulls Game

Over 50 of our members went to the NY Red Bull - Chicago Fire game at Red Bull Arena on April 21st. At half-time, 16 of our 10U Boys ran onto the pitch to play a friendly match in the Field of Dreams halftime experience. So much fun to see the excitement on the boys' faces as they took the field before a cheering Red Bulls' home crowd!



CU Players at the SheBelieves Cup enjoying the US Women vs France



Two of our Recreation Soccer players battle for the ball!

Look out for...

New Travel Uniforms

There will be new uniforms for our Travel Program for the 2018-2019 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.

NJYS Chipotle BOGO Day

NJ Youth Soccer and Chipotle will team-up for a Wear Your Jersey BOGO Day on Saturday, May 12. To celebrate the partnership, Chipotle will offer a buy-one, get-one free deal on burritos, bowls, salads, or tacos on Saturday, May 12. Soccer players across New Jersey can head into any New Jersey Chipotle location wearing their youth soccer jersey to score this "BOGO" deal.

FOR MORE INFORMATION

<http://www.chathamunitedsoccer.org>

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

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

"Well, I would hope every coach in the country, and every organization didn't care about rankings, and player rankings, and team rankings, and state rankings, because it means absolutely nothing.

They should focus on creating the right environment for players. We have a lot of sites that rank players, and rank boys and girls on all this kind of stuff that, unfortunately, people buy into, in our country, and think that it's important, but it's absolutely meaningless for young players, boys and girls, in their development of learning the sport.

It's a unique, American phenomenon. There's no other country in the world where you go, and there are team rankings of all ages and coaches who are getting ranked.

And what I would say is, we lose sight and focus of what's most important. And it's not just soccer, it's all the youth sports in the United States which are, unfortunately, focused on the wrong things."

- Claudio Reyna, Sporting Director, NYFC and former US Men's National Team Player on the focus on recruiting and retention rather than development

FAST FACTS

64

Total World Cup matches to be played June 14 – July 15 in 11 Russian cities

32

National teams appearing in the World Cup including 20 making back-to-back appearances

1

Team who will take home \$38 million to if they win the final on July 15 in Moscow

Why we Encourage Parents to “Chill” on the Sidelines

The following is from isport360.com by Kyle Massa

Youth sports parents are some of the most passionate people around. You drive your kids to endless games and practices, you invest time and money into the youth sports experience, and you are your athlete's biggest fan. Truth is, without the parents, youth sports as we know them wouldn't exist.

However, there is one area where parents might be a little too involved: coaching from the sidelines! Encouragement is important, but sometimes it can be a real “slippery slope”. What starts as cheering, can turn to subtle instructions and then full-on intense coaching. Here are three reasons why it's often best to zip our lips on the sidelines....and it's NOT because we think your coach always knows the sport better than you.

Reason #1: Shouting is Distracting

Ever tried taking multiple directions from multiple people at the same time? Yep, it's just as difficult as it sounds. During games, young athletes should receive instruction from the coaches—and only the coaches. Any additional suggestions—a parent's calls to “be aggressive!”, for instance—are simply distracting. Then your child, already under pressure in the middle of a game, has to decide whether to listen to you or the coach.

If you can't contain yourself, consider taking a walk. Head back to the car, grab a snack from the concession stand, or take a bathroom break. The important thing here is to separate ourselves from the game and have the discipline to control our human “fight or flight” instinct. Sometimes a minute is all it takes to regain our parental stoicism (yes, that's a thing).

Reason #2: Shouting Takes the Fun From Everyone

Imagine you're playing your favorite game with some of your best friends. You want to win, sure, but for you it's more about the experience than the result. You're playing your game and enjoying it...and then you hear shouting from nearby. Someone's screaming about how you need to hustle, pass the ball, make better decisions, and more.

Does that sound fun to you? My guess is no. How about the thought that the embarrassing yeller is your parent? Ouch!

The truth is, constant chatter on the sidelines isn't fun for the athletes, the coaches, the other parents, or even for you. I mean, you presumably didn't sign up to be the coach. So why not sit quietly, enjoy the game and perhaps a latte?

If you feel like shouting, take a moment to ask yourself why you're shouting. Is it because the ref made a bad call? Of course the ref made a bad call. They're human! Or, did your young athlete make a poor play? Of course they did. They're just kids! It's likely that your basic human instinct to protect your child is taking control of your words and actions. But remember, this is just a game....and a youth sports one at that.

Reason #3: Shouting Makes the Game About Us, Not the Kids

There's a reason they're called “youth sports” and not “parent sports.” Youth sports are about the kids!

When we shout from the sidelines, we're taking away from the real focus of the event. Eyes will inevitably turn toward the loudest voice at the game, when all eyes should be on the field of play. Furthermore, our young athletes aren't going to get the coaching they need if their coaches are constantly managing the loudest parents.

To keep ourselves from getting too worked up, let's remind ourselves who the experience is really about. It's not us out there on the field, court, or ice—it's our young athletes. Shouting instructions diverts focus from where it should be.

Let's try to stay quiet on the youth sports sidelines. Not because the coaches are control freaks....or because they are always right. It's just about improving the experience for our athletes.

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PO Box 1038
Chatham, NJ, 07928