

# Foundation Soccer Club North

Foundationscnorth.com

Dear FSCNorth Families:

Welcome to all players and families for the 2016-2017 season. Foundation Soccer Club North is beginning its third year of operation. We have seen tremendous growth in our program and players. Our coaches are experienced and look forward to creating a fun, positive, and challenging learning environment. Our coaches will work with players in the tactical, physical, technical and psychological components of the game. We will also teach the importance of responsibility, good sportsmanship, teamwork, respect for self and others, and an ability to learn from both winning and losing.

To those players and families new to FSCN or Premier Soccer, I want you to know that no question is a bad question. Please feel free to contact us with any questions or concerns.

Foundation Soccer Club North have high expectations for our players. We expect all players to attend all FSCN functions, whether training, matches or team/club activities. In order for developmental progress and growth to take place, players need to be immersed in an environment that is challenging yet nurturing. We believe that we create such an environment.

We are pleased to announce that we have John Gannon and Bill Bilyak on board as the Boys' Director of Coaching and Associate Director. They bring an enormous amount of experience with them and have a long history of successful player development.

We hope you enjoy your summer and look forward to seeing you on the field!

Yours in soccer,

Ken



## Upcoming Events

### August 11

FSCNorth players drop in summer soccer - George Hersey Robertson School, 227 Cross St, Coventry 6:30-8:00

### August 15

Girls High School pre-season clinic at Eastern - [register now](#)

### September 17

Applebee's Flapjack Fundraiser

Check the website for event details

## Thank you to our sponsors!



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## FSCNORTH STAFF



Ken Goodale  
Executive Director  
Director of Coaching



Kyle Ayer  
Girls Director



Maria Tata  
Director of Administration



Chris D'Ambrosio  
Technical Director  
Goal Keeper Coach



John Gannon  
Boys Director



Bill Bilyak  
Associate Boys Director



Kevin Urso  
Strength and Conditioning Coach



Julie Dutton  
Athletic Trainer



Carrie Noheimer  
Registrar



Kim Lachut  
Website and Media Relations



Becky Murphy  
Uniform/Spiritwear Manager



Terilee Boulanger  
Financial Clerk

## In the Community



### Warming Families Makes Cents



Anna Murphy (2001 team) started her own charity. She raises funds to help heat homes for families who struggle to do so on their own. Look for our teams penny challenge to start during the first few weeks of practice in support of Anna's charity. Read more on her website, [warmingfamiliesmakescents.com](http://warmingfamiliesmakescents.com)

### Family Sponsors



FSCNorth works with Coventry Human Services to sponsor families for Thanksgiving meals. Stay tuned for details as the season approaches.

## ASSOCIATE COACHES



Phil Stevens  
GoalKeeper Coach



Hailey Lehning



Joanna Weir



Hannah Goodale



Nick McAneny



Bryce Aston



Rob Judd

## TEAM MANAGERS



Melissa Tiberio  
2007G



Carrie Noheimer  
2006G



Maureen Connolly  
2005G



Terilee Boulanger  
2004G



Renee Palmer  
2002G



Maria Tata  
2001G



Cathy Bristol  
2000G



Wayne Roderick  
Boys Manager

## Reminder

All player's initial deposits were due upon acceptance. Your second installment is due on or before August 15<sup>th</sup>. Players not in good standing will be unable to start the season.

## New Policies

In an effort to promote player safety, all FSCNorth Staff will have visible identification during practices and games. Staff will wear lanyards displaying their credentials.

CJSA and Mass Maple have adopted the US Soccer and US Youth Soccer recommendations regarding heading and the protocol for suspected concussions. These new protocols will be enforced by FSCNorth staff. See the detailed policies on our website.

## Uniforms

Players will receive new uniforms this year. Uniforms and practice gear will be handed out at the start of the season. The package will include 2 pair navy shorts, 2 pair navy socks, navy game jersey, light blue game jersey, sweat top and bottom, bag, and 2 practice shirts. Practice players and goalies will have different packages. Spirit wear orders will be available at the start of the season. Be on the lookout for more information.

## Fall 2016 Season

The Fall 2016 season will be upon us shortly. We wanted to let you know what to expect. Each team will practice 2 nights a week. Goal Keeper training will occur one night per week. The Girls 2000, 2001, and 2002 teams will not play in the Fall because of high school. The girls 2003, 2004, 2006 and boys 2006/2007 teams will be enrolled in the Mass Maple Fall league. The girls 2005 team will be enrolled in both Mass Maple and CJSA (A/B split). All Mass Maple games are played on Sunday and are scheduled by the league. The boys 2008-2009 and girls 2007-2009 developmental teams will play friendlies. As the season approaches, we will communicate specific game schedules and practice nights, times, and locations.

### Soccer Players – What to do in the summer?

Julie Dutton, PTA, ATC, LAT

It's summer and the heat is ON! While soccer tends to be a year-round sport, many athletes are getting a well-deserved rest from the soccer schedule that starts in late August and goes through June. Young athletes require rest and recovery to reduce the risk of injury. Here are some tips for "active rest" for our FSCN kids this summer:

1. Keep moving! Enjoy outdoor activities such as swimming, beach volleyball, biking, hiking, walking or jogging. These activities help to maintain a general level of fitness.
2. Stretch what is tight on you- growing athletes typically have tight hamstrings and calf muscles. Keeping up with these stretches will help you be prepared for your fall season, and lessen your risk for overuse injuries.
3. Do your Fab Five glutes exercises! These core exercises done three times per week will strengthen the large muscles that contribute to control and power in soccer and all sports. Fab Five includes single leg bridges, clam shells with the band, leg lifts on all 4's (two-ways) and lateral band walking.
4. Juggle! All you need is your ball! Juggling promotes balance, control of the ball, and gets you to use all surfaces of your foot, which is great for game play. Don't get frustrated- keep practicing. Motor skill learning requires time and repetition.
5. In mid-August, check your cleats. Get them early and break them in- and don't forget a shock absorbing insert, they really help reduce complaints of ankle pain, especially early in the season.

Enjoy your summer- and put the phones down! Stay active and do your part to be the best you can be!

### Parent Meeting

We will be holding informational parent meetings at the start of the season. Meetings will take place during a practice night. We will provide an overview of the club, season, and expectations and hope to answer any questions you may have. Look for specific dates and times to be sent to you via email.

### Fields

Our club uses any of the following fields based on season, availability and field conditions:

Eastern CT State University  
Coventry Public Schools  
River Road Athletic Complex  
Star Hill

Directions can be found on our website.