

# AVALANCHE SNOW REPORT



August 31<sup>st</sup>, 2009  
Volume 3, Issue 2

WHEAT RIDGE AVALANCHE SOCCER ASSOCIATION

## Avalanche & P.C.A. - "Honor the Game"

### Inside this Issue:

"Honor the Game"	1
Summer Tournament Results	2
2009 WRASA Fall Teams & Coaches	3
New Club Coaches	3
Important CYS Dates	4
Colorado Rapids	4
Fall Weather	4
PCA 2 Minute Drill - for Parents	5

Many people talk about "sportsmanship," or what it means to be a "good sport." What does it mean to you to be a good sport? Answers to this question vary widely. Unfortunately, many coaches equate being a good sport with being soft or weak. PCA believes the time has come to unite behind a powerful new term, "Honoring the Game." Coaches, parents, and athletes need to realize that an Honoring the Game perspective needs to replace the common win-at-all-cost perspective. If a coach and his or her team have to dishonor the game to win it, what is this victory really worth, and what sort of message is this sending young athletes? If Honoring the Game is to become the youth sports standard, it needs a clear definition. At PCA we say that Honoring the Game goes to the "ROOTS" of positive play. Each letter in ROOTS stands for an important part of the game that we must respect. The R stands for Rules. The first O is for Opponents. The next O is for Officials. T is for Teammates, and the S is for Self.

### **R** is for Rules

Rules allow us to keep the game fair. If we win by ignoring or violating the rules, what is the value of our victory? PCA believes that honoring the letter AND the spirit of the rule is important.

### **O** is for Opponents

Without an opponent, there would be no competition. Rather than demeaning a strong opponent, we need to honor strong opponents because they challenge us to do our best. Athletes can be both fierce and friendly during the same competition (in one moment giving everything to get to a loose ball, and in the next moment helping an opponent up). Coaches showing respect for opposing coaches and players sets the tone for the rest of the team.

### **O** is for Officials

Respecting officials, even when we disagree with their calls, may be the toughest part of Honoring the Game. We must remember that officials are not perfect (just like coaches, athletes and parents!). Take time to think about how to best approach an official when you want to discuss a call. What strategies do you have to keep yourself in control when you start to get upset with officials' calls? We must remember that the loss of officials is a major problem in most youth sports organizations, and we can confront this problem by consistently respecting officials.

### **T** is for Teammates

It's easy for young athletes to think solely about their own performance, but we want athletes to realize that being part of a team requires thinking about and respecting one's teammates. This respect needs to carry beyond the field/gym/track/pool into the classroom and social settings. Athletes need to be reminded that their conduct away from practices and games will reflect back on their teammates and the league, club, or school.

### **S** is for Self

Athletes should be encouraged to live up to their own highest personal standard of Honoring the Game, even when their opponents are not. Athletes' respect for themselves and their own standards must come first.



## Summer Tournament Results!!



I've missed over 9,000  
shots in my career. I've  
lost almost 300 games.

26 times I've been  
trusted to take the  
game-winning  
shot...and missed.  
I've failed over and  
over and over again in  
my life. And that is why

I succeed."

-- Michael Jordan

### May/June:

#### Glenwood Springs Tournament:

The U12G team posted a 1-2-1 record losing a heart breaker after a penalty kick was reversed against the home squad. The team showed very well playing toe-to-toe with some of the top teams in their classic division!

#### Kelvin Norman Memorial Tournament:

The U12B & U13B teams participated in tough groupings in a combined U12/13 competition. The U12B team dropped their 3 games to 2 Fusion teams and a squad from Arsenal. The U13B also found the play difficult dropping games to Rush, Fusion & Guadalajara.

#### Front Range Invitational Tournament:

The U14G team captured second place! The team dropped their opener, but came back strong defeating Canon City 6-1 & Pikes Peak Rush 2-1 to move to the next round. The team then went on to lose in the finals to Colorado Rush. Well Done!

### July:

#### Steamboat Springs Tournament:

The Wheat Ridge Avalanche was represented by 3 of our teams on the third weekend of July in Steamboat Springs! The U12B, U14G and the U14B all gave a great showing in the mountains!

The U14B team played outstanding soccer; capturing the championship title with a nail-bitter of a finish that they ended up winning via shootout!! The team split their 1<sup>st</sup> 2 games with a 2-1 win over Rush & a 2-3 loss to NCSC. The team came back to win 1-0 over Steamboat and avenge their earlier loss by defeating NCSC with a 5-3 shootout score! Outstanding!!

The U12B team also played very well. They had a great 3-1 weekend with wins vs. the Strikers 5-3, Westminster 3-0, and 2-1 over the '97 Cosmos. Their lone loss was to Colorado Rush the eventual champions. Another great job!!

The U14G team was also outstanding in play. The team fought to a 1-1 draw against Riverside, then came back to pound Club United 3-0! The team then dropped an extremely competitive match against the eventual tournament champions - Broomfield by the score of 3-2. This team played in the largest age group with 14 teams competing, and they played their 1<sup>st</sup> game with 10 players and their others with only 11!! Way to go ladies!!

"Congrats to all our teams for outstanding play & great sportsmanship  
- you all represented WRASA well!!"

\*\*[Coaches & Team Managers](#): Please send stories, scores, tournament results, etc. to be included in future Avalanche Snow Report Newsletters!!\*\*

## 2009 FALL TEAMS!!

Fall has arrived air and it is time to get out on the pitch again!! We are excited that we have started training & games are right around the corner already! With a solid spring performance by all of our teams, we will have a total of 12 teams representing WRASA this season. (3 boy's teams are currently playing HS and will return in the Fall). Following is a quick list of our Fall teams:

U11B	Challenge - North	Coach: Jeff Pond
U11G	Classic - South	Coach: Kelly Fredrick & Heather Christensen
U12B	Challenge - North	Coach: Les Pasquini
U12G	Challenge - North	Coach: Jennifer Szabo
U13B	Classic - North	Coach: Mike Catalano
U13G	Classic - North	Coach: David Osse
U14B	Classic - North	Coach: Aldo DelPiccolo
U14B	Challenge	Coach: Patrick Paranto
U14G	Challenge - North	Coach: Dean Miller
U16G(G)	Division 4	Coach: Jeff Amato
U16G(B)	Division 3	Coach: Kendra Gothard
U18G	Division 3 - Metro	Coach: Jon Husby

"We wish you all the best of luck and an exciting, enjoyable, and competitive Fall season!!"

### New Head Coaches to WRASA

I would like to take this opportunity to welcome some new Head Coaches to our club for the Fall season!

- 1) **Jeff Pond will be leading the U11 boys team this year!**
- 2) **Kelly Fredrick & Heather Christensen will be working together with the U11 girls group!**
- 3) **Jennifer Szabo is joining us as coach for the U12 girl's team!**
- 4) **We are excited to have Les Pasquini leading the U12 boys this year!**
- 5) **And Kendra Gothard is heading one of the U16G teams this season!**

**All of these coaches bring strong playing and coaching experience to their teams. We wish to thank them in advance for their time & efforts with our players this year, and also wish them nothing but success both on & off the pitch!!!**

# Important Dates

## August:

- **August 29, 30 - CYS LEAGUE GAMES**

## September:

- **September 5<sup>th</sup> - NO CYS LEAGUE GAMES - HOLIDAY**
- **September 8<sup>th</sup> - WRASA Board Meeting 7:30pm  
@ Ye Olde Fire House**
- **September 12, 19, 26 - CYS LEAGUE GAMES**

## October:

- **October 3<sup>rd</sup> - NO CYS LEAGUE GAMES - CYS Cup Finals**
- **October 10, 17, 24, 31 - CYS LEAGUE GAMES**
- **October 13<sup>th</sup> - WRASA Board Meeting 7:30pm  
@ Ye Olde Fire House**

## November:

- **November 7 - CYS LEAGUE GAMES**
- **November 14<sup>th</sup> - Last Day for CYS LEAGUE GAMES**



Follow your local High School teams. For the upcoming high school boys' fall schedules use the following link: [www.highschoolsports.net](http://www.highschoolsports.net)

Wheat Ridge, Lakewood, Golden, Green Mountain, Arvada West, etc.

## Colorado Rapids:

**The Colorado Rapids are currently two thirds of the way thru their season. The team is currently clinging to the 3<sup>rd</sup> place position in the MLS Western Conference.**

**Their next home game at DSG is on Sunday, August 30<sup>th</sup> @ 1:00pm vs. division leading Houston!! There are a lot of great family ticket packages and seats still available. For more information check-out our Colorado Rapids link at: [www.wheatridgesoccer.org](http://www.wheatridgesoccer.org) (bottom of main page)**

## Fall Weather!!

As we roll into the Fall season, please assist your player in being prepared for the drastic changes in weather that we can encounter here in Colorado! Whether they are heading to a training session or game check to make sure they always have:

- 1) Clothing for both hot & cold temperatures. (Sun screen, warm-ups, under armour, gloves, hats, etc in bag to use if needed)
- 2) Water! (regardless of temperature)

# 2minute drill

*for parents*

*(monthly tips from Positive Coaching Alliance)*

## Knowing your Role

Let's say your child has just had an opportunity to make the winning play in a game and blew it.

If you competed in this sport growing up (and perhaps even if you didn't), you may have suggestions for how your child could have made the play. Suggestions from parents are often not well received by their children.

Athletes get so much coaching already – from coaches, from teammates, and from the game itself. When parents add to this flood of feedback, it often overwhelms the child, like the proverbial straw that breaks the camel's back. Rather than obsessing about the skills and strategy of the game, engage your children around the life lessons from their experience.

This is your role as a Second-Goal Parent!



for more *Positive Coaching in a Nutshell*, please visit  
[www.NutshellBook.org](http://www.NutshellBook.org)  
adapted from *Positive Coaching in a Nutshell* by Jim Thompson



We're on the Web!

Visit us at:  
[www.wheatridgesoccer.org](http://www.wheatridgesoccer.org)