

# AVALANCHE SNOW REPORT



March 20<sup>th</sup>, 2009  
Volume 3, Issue 1

WHEAT RIDGE AVALANCHE SOCCER ASSOCIATION

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## Spring - Avalanche Newsletter!!

Welcome to the 3rd year of the Wheat Ridge Avalanche Soccer Association's "Snow Report"! This newsletter is intended to help keep you informed and up-to-date on all the events and stories happening within our club!

We need your help in keeping us informed of stories and information that

with the rest of our club. If you have any stories, topics, or soccer information that you would like to share about your team, or something that you would like to pass-on, please feel free to forward it to us for inclusion in the next newsletter.

( [kdoc4@aol.com](mailto:kdoc4@aol.com) )

## WE NEED YOUR HELP!

## Annual General Meeting for WRASA

The Wheat Ridge Avalanche Soccer Association is built upon the efforts of families and individuals within our community that volunteer their time and experience to make us one of the most unique soccer clubs within the state of Colorado.

The mission of WRASA is dedicated to providing soccer education, development, and participation to the advanced youth soccer player in a community framework and atmosphere.

We need you to get involved and participate in helping us to continue our proud tradition!

We are looking for new Board Members to be involved in WRASA. We will be looking to appoint the following positions at next months AGM Meeting: Vice President,

Secretary, and several Members-at-Large. If you are interested in becoming more involved, please contact Dave Osse or any of our other current Board Members. (It's a lot smaller time commitment than you may think, and it is a lot of fun helping set the direction of our club!!)

### • WHEN:

**TUESDAY 4/14/09 - 7:30pm – 9:00pm**

### • WHERE:

**Ye Olde Firehouse**

**3232 Depew Street in Wheat Ridge**

**For more information:**

**Dave Osse 303 947-7290c**

**Email: [kdoc4@aol.com](mailto:kdoc4@aol.com)**

***"Honor the Game!"***

## The British are Coming!!



### WRASA is once again sponsoring the Challenger Soccer Camp!!

British Soccer Camps provide players of all ages and abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the Challenger coaching staff provides your child with lessons in respect, responsibility, integrity, sportsmanship and leadership. Camp programs include a free ball and shirt and a free British Soccer jersey for on line registrations 45 days prior to camp!

*“You win*

*not by*

*chance,*

*but by*

*preparation.”*

-- Roger Maris

**When: Monday – Friday, July 27<sup>th</sup> thru July 31<sup>st</sup> 2009**

**Where: Kipling Field 4005 Kipling, Wheat Ridge, CO 80033**

#### Sessions Available:

<u>Type</u>	<u>Time</u>		<u>Price/\$US</u>
<input type="checkbox"/> First Kicks	11:00 AM - 12:00 PM	Ages 3	\$72.00
<input type="checkbox"/> Mini Soccer 1.5hr	5:30 PM - 7:00 PM	Ages 4 to 5	\$93.00
<input type="checkbox"/> Mini Soccer 1.5hr	9:00 AM - 10:30 AM	Ages 4 to 5	\$93.00
<input type="checkbox"/> Half Day	5:30 PM - 8:30 PM	Ages 6 to 16	\$122.00

REGISTER: You can register on-line through the Wheat Ridge Avalanche web-site. [www.wheatridgesoccer.org](http://www.wheatridgesoccer.org)

Click on the “Challenger” link (located in the middle of the home page) for access to the registration page. You may also register via mail – your teams should provide registration forms to you soon!

\*\*As a reward for signing up early, we will immediately ship you a free British Soccer replica Jersey value \$39.



## 2009 SPRING TEAMS!!

Spring is in the air and it is time to get out on the pitch again!! We are all excited that we have started play already! With a solid Fall performance by all of our teams, we have a total of 12 teams representing WRASA this season. (2 teams are currently playing HS and will return in the Fall). Following is a quick list of our Spring teams:

<b>U11B</b>	<b>Challenge 1</b>	<b>Coach: Scott Kanger</b>
<b>U12B</b>	<b>Classic</b>	<b>Coach: Mike Catalano</b>
<b>U12B</b>	<b>Challenge 2</b>	<b>Coach: Mike Catalano</b>
<b>U12G</b>	<b>Classic</b>	<b>Coach: David Osse</b>
<b>U12G</b>	<b>Challenge 2</b>	<b>Coach: Tony Baker</b>
<b>U13B</b>	<b>Classic</b>	<b>Coach: Aldo DelPiccolo</b>
<b>U13B</b>	<b>Challenge 2</b>	<b>Coach: Patrick Paranto</b>
<b>U13G</b>	<b>Challenge 2</b>	<b>Coach: Dean Miller</b>
<b>U14B</b>	<b>Classic</b>	<b>Coach: Aldo DelPiccolo</b>
<b>U14G</b>	<b>Classic</b>	<b>Coach: Scott Kanger</b>
<b>U15B</b>	<b>Premier 2</b>	<b>Coach: Dan Umbdenstock</b>
<b>U16B</b>	<b>Classic</b>	<b>Coach: Jon Husby</b>

**“We wish you all the best of luck and an exciting, enjoyable, and competitive Spring season!!”**

### **“FRIDAY NIGHT LIGHTS”**

Friday Night Lights will be held Friday evenings at Paramount Park  
Time: 5:30 to 6:45. (These sessions began on March 13<sup>th</sup>.)

These sessions are geared for Wheat Ridge Avalanche  
players from U-10 to U-13.

*We will focus on technique and skills. Sessions will focus on topics such as heading, escape moves, first touch, shooting, and juggling. The games and activities will have limited contact and conditioning - we want all our players fresh and ready for their Saturday matches. There will also be games not focused on specific theme skills such as tennis or volleyball.*

## Important Dates

### March:

- March 7, 14, 15, 21 - CYS LEAGUE GAMES
- March 10<sup>th</sup> – WRASA Board Meeting 7:30pm  
@ Ye Olde Fire House
- March 13, 20, & 27<sup>th</sup> - WRASA "Friday Night Lights"
- March 28<sup>th</sup> & 29<sup>th</sup> – SPRING BREAK W/E – NO CYS GAMES!!

### April:

- April 14<sup>th</sup> – WRASA AGM & Board Meeting 7:30pm  
@ Ye Olde Fire House
- April 4, 11, 18, 25 & 26 - CYS LEAGUE GAMES

### May:

- May 2, 9, 16 - CYS LEAGUE GAMES
- May 12<sup>th</sup> – WRASA Board Meeting 7:30pm  
@ Ye Olde Fire House
- May 17<sup>th</sup> – CYS State Cup Finals
- May 26<sup>th</sup> & 27<sup>th</sup> – WRASA 2009/10 TEAM TRYOUTS!!
- May 31<sup>st</sup> - Last Day for CYS LEAGUE GAMES



Follow your local High School teams. For the upcoming high school girls' spring 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 play their season opener vs. Chivas in California on Saturday, March 21<sup>st</sup>.

They then have their home opener at DSG on Saturday, March 28<sup>th</sup> @ 7:30pm vs. Kansas City. There are a lot of great family ticket packages and seats still available. For more information check-out your Colorado Rapids at: [www.coloradorapids.com](http://www.coloradorapids.com)

## Spring Weather!!

As we roll into the Spring 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. (warm-ups, under armour, gloves, hats, etc in bag if needed)
- 2) Water! (regardless of temperature)

# 2minute drill

*for parents*

(monthly tips from Positive Coaching Alliance)

## Self-Control Routine

Second-Goal Parents™ help develop their children's character by modeling behavior that Honors the Game. No matter how much you intend to Honor the Game, there will be moments during competition when you feel yourself losing your temper. Having a specific routine that you have rehearsed in advance can help you keep your cool.

Your routine could include:

- Counting to ten in your head
- Moving further away from the field
- Taking deep breaths
- Drinking from your water bottle
- Checking in with another parent whom you trust to help you stay calm

Practice your routine while you're watching sports on TV, during rush hour traffic, or at other times when you feel that you might let your emotions control your behavior. As in many other aspects of sports, practice makes perfect!



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)