



DYSA Soccer

NEWSLETTER



Issue 7

FALL 2011

For Players, Parents and Coaches

DYSA ANNUAL MEETING

DATE: Wed. Sept. 7th

TIME: 6:30pm

PLACE: Christ the King
Lutheran Church – corner of
Florida Rd & Riverview Dr.

Agenda:

**STATE OF THE CLUB by Board
President Charlie Milliet**

ELECTION OF BOARD MEMBERS

Q & A FOR PARENTS

DOC REPORT from Kate Stahlin

DYSA is Forging Relationships with New Mexico Soccer

Durango Youth Soccer Association has gone through many changes over the recent years. All of our teams, with the exception of high school girls, compete in New Mexico leagues. The only reason our U15-U18 girls do not compete in these leagues is because there are no HS teams for them to play. New Mexico and Colorado have opposite high school seasons - N.M. high school girls play for their schools in the fall and Colorado high school girls compete for their schools in the spring. It was not too long ago when DYSA Coaches and Managers met in a room with representatives from Cortez and Telluride, and filled in play dates on a spreadsheet. That was how our team game schedules were created. Now we get schedules generated by leagues that I supplement with friendly scrimmages.

All of our teams attend New Mexico tournaments. Because of our location we find ourselves participating in more events put on by New Mexico Youth Soccer Association (NMYSA) than Colorado Youth Soccer (CYS). Also, we are fortunate to have NMYSA staff coaches coming to us to run coaching certification courses. Just this month we co hosted with Farmington, New Mexico the United States Soccer Federation (USSF) "D" Course. This was a great opportunity for our coaches to continue their coach education.

In September NMYSA will be hold a training and identification session for the New Mexico Young Olympian Program (YOP) and Olympic Development Program (ODP) in Farmington. Once again, because of our location we have been granted permission by both CYS and NMYSA to allow our athletes to cross state lines and tryout for these NMYSA programs. To this point we have had DYSA athletes participate in both YOP and ODP. These programs are great opportunities for our DYSA players who want to experience more and create more occasions for themselves to further their development.

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WOMEN'S & MEN'S HOME SOCCER SCHEDULES

MEN'S Soccer Schedule

Date	OPPONENT	Time
8/27/11	Alumni Game (exhibition)	3:30 p.m.
9/1/11	Montana State-Billings	3:30 p.m.
9/5/11	Hawaii Pacific	3:30 p.m.
9/9/11	Truman State	3:30 p.m.
9/11/11	Colorado Mines	1:00 p.m.
9/21/11	Colorado Mesa	3:30 p.m.
9/23/11	Adams State	3:30 p.m.
9/25/11	UC-Colorado Springs	1:00 p.m.
10/14/11	Metro State	3:30 p.m.
10/16/11	Regis	3:30 p.m.
10/21/11	Colorado Christian	3:30 p.m.
10/23/11	Colorado State-Pueblo	3:30 p.m.

WOMEN'S Soccer Schedule

Date	OPPONENT	Time
8/27/11	Alumni Game (exhibition)	1:00 p.m.
9/16/11	Colorado State-Pueblo	3:30 p.m.
9/18/11	Nebraska-Kearney	1:00 p.m.
9/21/11	Colorado Mesa	1:00 p.m.
10/14/11	Colorado Christian	1:00 p.m.
10/16/11	Metro State	1:00 p.m.
10/21/11	Adams State	1:00 p.m.
10/23/11	New Mexico Highlands	1:00 p.m.

For a complete listing of games, go to www.goskyhawks.com



cont.

DOC Report from pg. 1

Another opportunity to further player development is coming to fruition with our relationship with RIO Vista Futbol Club (RVFC) based in Albuquerque. By partnering with this club we are hoping to further player development by early DYSA player identification and high level guest playing opportunities, more formalized DYSA/Rio friendlies at the younger age groups, and RVFC running some Durango-based coaching education/training sessions for coaches/parents/players.

Because of the success of DYSA and our ability to develop soccer athletes, the Farmington and surrounding area New Mexico soccer programs are looking at us as a model they want to follow. The continuing development of soccer in this geographic area will only benefit DYSA by generating more competitive playing situations with less travel involved. The more games we have to play against equally matched teams, the better the development of our players.

We look forward to these new opportunities coming from our neighbors to the south and will continue to pursue options for both our teams and individual player's growth.

DYSA Day @ Fort Lewis College

CHEER ON YOUR FAVORITE CURRENT AND PAST PLAYERS



Come Celebrate DYSA Day at Dirks Field on the Fort Lewis College Campus Saturday, August 27, 2011

FLC Women vs Alumni @ 1pm
FLC Men vs Alumni @ 3:30pm

There will be a BBQ provided by FLC Soccer. Have your player wear their DYSA jersey or DYSA practice shirt. Before the alumni matches and at halftime there will be scrimmages between DYSA teams. Come out and celebrate soccer in Durango!

Donate your old GEAR

Bring any old soccer gear; jerseys, socks, short, cleats. We are collecting old soccer gear to donate to Ethiopia and Honduras. There will be a donation box at the entrance of Dirks Field



U10 Fireballs Help Annie's Orphans with a Dog Food Drive



U16/17 Boys run skills camp for Boys and Girls Club

**FREE – Friday Night Skills
Clinic for DYSA players**

Open to all ages - Boys &
Girls

Dates: 9/9, 9/23, 10/14, 10/21

When: 5:30pm – to follow FLC men's
games that begin at 3:30.

Where: FLC Soccer Practice Field (just
north of Dirks Field)

How: Just show up

FREE Skills Clinics

**Skills Clinic to be run by FLC Coaches
and Players**

We want to encourage DYSA players to attend the
FLC games and then roll right over to the practice
pitch for some individual skills training!

The Skills Clinic is an optional training to your player's regular
team practice. It is designed as a "bridge" program between
recreational and competitive soccer; with the primary focus on

providing an enjoyable learning environment where participants can continue to develop basic and
intermediate techniques and tactics.

The Skills Clinic will provide a focused training environment to compliment regular team training sessions. Our
Clinic staff will implement a developmental philosophy, demonstrate techniques effectively, and establish a
positive rapport with participants through patience and encouragement.

For more information on the DYSA Skills Clinic, contact the DYSA Director of Coaching, Kate Stahlin at
kstahlin@durangosoccer.com or 970.946.7719.



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**Monday GOALKEEPER
TRAINING Schedule**

Dates: 9/12, 9/26, 10/10, 10/24,

Times: 6:00pm – 7:00pm

**Locations: Both Riverview and
Escalante**

At Riverview meet at upper field.

At Escalante meet by fencing nearest the
parking lot.

COPA del SOL TOURNEY

NEW FORMAT!!

Some Changes have been made to the format!!

U09-U12 will play 4 v 4 – no goalkeeper
(6 player roster)

U13-U18 will play 6 v 6 - goalkeepers allowed
(8 player roster)



The Copa Del Sol is an annual small sided tournament that is held at Fort Lewis College in Durango, Colorado. This year the Copa will be on Saturday October 22nd. Last year the Copa drew over 100 teams and this year it is shaping up to be even bigger. Applications can be accessed at www.durangosoccer.com, under "Tournaments", "Copa del Sol". Please mail your team's application to:

Copa del Sol Tournament
FLC Athletics – Women's Soccer
1000 Rim Drive
Durango, CO 81301

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Another Great KIDS CORNER



Why I Like Soccer by Taylor Klone

My name is Taylor Klone. I am 11 years old and have been playing soccer for 7 years. I play on the U12 Colorado Cleats. Soccer is, by far, my favorite sport.

My favorite thing about soccer is the competition. I love the adrenalin rush before kick-off and working with my teammates on the field.

One of the most fun things I did this summer was watch the Women's World Cup games with my friends. Watching the U.S. women's team made me want to practice even harder so when I get older, maybe I can be in the world cup. It made me proud to be a soccer player.

This summer I've really been working on my "nutmegs." I can't wait to use one during a game this Fall. I've also enjoyed juggling the soccer ball in my spare time. I'm hoping I can get to 500 one day.

There are so many things I like about soccer but maybe the best thing is being on a team with friends that I know I will have for the rest of my life.

Clinic for New Grade 9 Referees. This is a great opportunity to learn more about the game and to earn some money when you have the time to referee.

Grade 9 Clinic for brand new referees Saturday August 27th 8:00am - 6:00pm
LaPlata County Fairgrounds Extension Building Animas Room 2500 Main Ave. Durango, CO 81301

COST: DYSA will cover the fee for new referees related to an enrolled DYSA player. These referees will be paid for each game they referee after they referee 4 games within a season (you will get paid for those 4 games. If you don't referee at least 4 games you will not be paid for those games).

The Colorado Referee Administrator is asking that people who want to attend clinics go to the state web page, www.coreferees.org, and register. That way the instructors are sure to have the correct amount of materials for all in attendance.

Please register at: <http://coreferees.thereflink.com/phpEventCalendar/index.php>

Click on the Durango Clinic listed on Aug. 27th and follow directions.

You can contact Barb at DYSA 247-1177 if you have any questions.



Volunteer For the Copa del Sol:

This will be your first opportunity to "earn back" those Volunteer Deposits of \$40.00/family. The Copa del Sol 4v4 Tournament is scheduled for October 22nd. We need help painting lines for fields, doing check-in, mending nets, pre and post tourney set up, picking up trash, etc. Be prepared to VOLUNTEER when your team manager emails or calls asking for your help.

If this weekend isn't good for you – DON'T WORRY – there will be more opportunities to earn back those dollars in the spring during our Durango Shoot Out Tournament, May 11-13, 2012.

Olympic Development Program (ODP) Training & Identification Opportunity

Farmington Soccer Complex	Sept 18, 2011	Boys: 12:00 PM - 1:30 PM Girls: 1:30 PM - 3:00 PM	1995 thru 2000
Farmington Soccer Complex	Sept 18, 2011	Boys: 12:00 PM - 1:30 PM Girls: 1:30 PM - 3:00 PM	1995 thru 2000

September 18, 2011

Boys: 12:00-1:30pm

Girls: 1:30-3:00pm

Farmington Soccer Complex

For the 2011-12 seasonal year, the New Mexico ODP Program includes players born in calendar years '96-'99 and the YOP Program includes players born in calendar year 2000.

For more information and to register go to: <http://www.nmysa.net/LeftNav/ODP.htm>



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Thank you, DYSA teams, for your
service projects this year!

PLAYERS: Wear your team jersey or DYSA t-shirt when you visit the Rocky Mountain Chocolate Factory store on Main Street and receive any of our dipped Oreos™, Grahams, Pretzels, or dipped marshmallows - *buy 1 get 1 free!*

PARENTS/FRIENDS: Order online at www.rmcf.com (choose Durango, CO store at checkout) and enter code DYSA2. 10% of your order will be donated to DYSA's GOAL program.

Rocky Mountain Chocolate Factory
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Durango, CO 81301
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G - O - A - L

Go Out And Lead

Durango Youth Soccer Association in partnership with Rocky Mountain Chocolate Factory introduces a program to encourage players to give back to their community with off-field volunteer efforts in community service. Over the years several teams have stepped up to assist with volunteer projects that they found rewarding and a teambuilding experience.

For Fall of 2011, DYSA with the assistance of Rocky Mountain Chocolate Factory is planning to host 3 fall volunteer team initiatives:

- Food Drive: Bring a canned food item to the Copa del Sol 4v4 Tourney at FLC on Oct. 22nd. Donation boxes will be at the registration tent.
- Uniform and Gear Donation: Old uniforms and gear are being collected at DYSA Day on Aug. 27th and will be sent to both Ethiopia and Honduras. There will be a donation box at the entrance of Dirks Field. Thanks to all who have already donated.
- Each DYSA team will be doing a community service project. [Check out the service project photos scattered throughout this newsletter.](#)



U16 Boys work at the Manna Soup

For more information visit: www.durangosoccer.com





Wisdom From Bree

Communication is an essential component of every successful team's ability to [win matches](#). It is the glue that holds the team together, a helpful source of guidance for players during the game, and it can also be a form of **motivation** if conducted properly. Without proper communication players and coaches can kill the game. Funny isn't it that not talking about talking may be the single most important technique we are forgetting to coach.

For your soccer team to be well organized, both [offensively](#) and [defensively](#), good communication is very important. On defense, players will have to quickly communicate with one another to ensure they are in the [proper positions](#), that opponents are tightly marked, and that there are no flaws in your **defensive shape**. On the offensive end, communication is important for informing teammates about [attacking opportunities](#), increasing the speed of your team's decision making, and ensuring everyone is in the proper position. Encourage your team to do most of the communication for you.

When a team provides its players with helpful information it allows players to make better, more informed decisions, as well as increases the [speed of their decision making](#). And believe me; the pace of decision making gets more and more important as the level of play increases. Below are some tips I like to give to our college girls:

Communication Tip #1 – Give directions.

Get in the habit of supplying communication along with your pass. If a teammate has time and free space behind him, let him know and tell him to turn. Don't forget names, the more descriptive the information, the better decision the player receiving the ball can make. It is important to provide communication when you are [passing the ball](#), but it's also important to communicate when you want to [receive the ball](#). Our teammates can't read our minds.

Communication Tip #2 – Demand the Ball!

When you are open and in a dangerous position, let your teammates know. Don't stand silent and hope they will notice you. Demand the ball, scream for it, and make sure the ball gets to you where you want it. Again the more descriptive the information is the better chance of quick play.

Communication Tip #3 – Don't stop talking!

Sometimes I have trouble trying to get my players to be quiet when they are off the field, but when they step on the pitch they become silent. This is your player's time to talk as much as they want. Keep the [communication](#) constant and you will become a valuable asset to your team. Try to avoid being the loud screaming coach, teach your players how to communicate properly and you won't have to say so much.



COACH PROFILE:

MEET COACH COLE SWEETSER

DYSA U12 Boys Head Coach

Birthday: 04-22-84

Birthplace: Bedford, Texas

Occupation: Coach/Branch Manager Southwest Soccer Sports

High School: Richland High School

College: Fort Lewis College

Degree: Business Administration - Marketing Concentration

Playing Experience: 23 years

Position played: Forward

Player Accolades:

Fort Lewis College All-Century Team (2011)

America First Team (2005)

All-Midwest Region First Team (2005 and 2003)

All-Midwest Second Team (2004)

All-RMAC First Team selection (2005, 2004, 2003)

All-RMAC Second Team (2002)

Named to the RMAC All-Tournament Team (2005 and 2002)

Named the RMAC Offensive Player of the Week twice.

Coaching Experience: 4 yrs DYSA, 1 yr Durango High School JV/asst. Varsity

Coaching License: USSF D license

Marital Status: Single

Children: None

Favorite Soccer team: FC Dallas

Favorite Food: Mexican

Favorite Movie: Scarface

Most listened to on iPod: Red Hot Chili Peppers



APPAREL - GET DYSA GEAR on line through Half Price T's

<http://dysa.deco-apparel.com>



Durango United Hats & Beanies
T-shirts, Sweatshirts





Positive Coaching Alliance

PCA Responsible Sports Weekly Coach Tip

While your players are competing, try to limit your instruction. It can be distracting. Instead, use trigger words, one or two-word phrases, to remind them of previous instruction.

PCA Responsible Sport Weekly Parent Tip

Let your kids know that whether or not they win or lose, you will still love them and will be proud of them. Kids see how much their parents are investing (time and money) in their sports, and they worry they'll upset their parents with anything other than victory.

Responsible Conversation: Parent & Coach

This section contains suggestions to help Responsible Sports Parents build effective Coach/Parent Partnerships.

Research shows when we as parents support our children's teachers, students learn more. This concept can be transferred to sports, where kids will have a better sports experience if we work in unison with the coach to create a positive youth sports environment.

Recognize the Coach's Commitment

Coaches commit many, many hours of preparation beyond the hours spent at practices and games.

Recognize that they do not do it for the pay! Try to remember this whenever something goes awry during the season.

Continued on next page

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- Day Out With Thomas™ → June 17 - 19
- Independence Day Express → July 4

Daily Service to Silverton begins May 7.

www.durangotrain.com 970-247-2733 479 Main Avenue, Durango, Colorado

Make Early, Positive Contact with the Coach

As soon as you know who your child's coach is going to be, introduce yourself, let him or her know you want to help your child have the best possible experience, and offer to assist the coach in any way you are qualified. Meeting the coach early and establishing a positive relationship will make conversation easier if a problem arises during the season.

Fill the Coach's Emotional Tank

When coaches are doing something you like, let them know about it. Coaching is a stressful job, and most coaches only hear from parents when they have a complaint. A coach with a full Emotional Tank will do a better job.

Don't Instruct During a Game or Practice

Your child is trying to concentrate amid the chaotic action of a game and do what the coach asks. A parent yelling out instructions hardly ever helps. More often than not, it confuses the child, adds pressure and goes against the coaches' instruction, which undermines the player-coach relationship, the player-parent relationship and the parent-coach relationship.

Don't Put the Player in the Middle

When parents share their disapproval of a coach with their children, it puts the children in a bind. Divided loyalties hinder people. Conversely, when parents support a coach, it is easier for children to put forth maximum effort. If you think your child's coach is mishandling a situation, do not tell your child. Just take it up with the coach.

Observe a "Cooling Off" Period

Wait to talk to the coach about something you are upset about for at least 24 hours. Emotions can get so hot that it's much more productive to wait a day before contacting the coach. This also gives you time to consider exactly what to say.

DYSA ANNUAL MEETING

JOIN YOUR CURRENT BOARD OF DIRECTORS AT THE DYSA ANNUAL MEETING OF THE MEMBERSHIP

Wednesday September 7, 2011 at 6:30 p.m. Christ the King Lutheran Church 495 Florida Rd.

Agenda:

State of the Club Address; Report from Director of Coaching; Election of Board Members;
Question and Answer Time from Membership Hope to see you there!!!!



190 Turner Drive, Units B & H Durango, Colorado 81303 phone 970 259-1845 www.closetsplusdurango.com



U16 & U18 Girls Volunteer at the Humane Society Animal Shelter.



Our Fields are a:

No Tolerance Zone

NO DOGS ALLOWED!

Durango School District 9-R

Facility Use Rules:

- "6. Possession or consumption of alcoholic beverages or any illegal substance is strictly forbidden on school grounds and in school buildings at all times.
- 7. State law strictly **prohibits smoking** in the building and on school grounds at all times. **Animals (pets) are strictly prohibited from all school property.**"



U12 Boys Heat Make a clean sweep of the baseball diamond at Escalante!



U11 Girls Pack Attack clean Closets at Safehouse



This month's Fundamentals article talks about creating a Responsible Sports 'Mistakes Made Here' environment.

Did you know that kids learn faster from mistakes than from repetitive “correct” practice? Sure, conventional wisdom, especially in sports, is that kids learn best when they practice over and over the “right” way to do something. But back in 2009, researchers Nate Kornell, Matthew Hays and Robert Bjork at U.C.L.A. published a study in the *Journal of Experimental Psychology: Learning, Memory and Cognition* that found that kids actually learn material faster when they make a mistake first!

It's a finding similar to that of PCA National Advisory Board member, Carol Dweck, who notes in *Mindset: The New Psychology of Success*, that athletes who have a “growth” mindset -- and therefore love a challenge and learn by making mistakes -- are more successful than those athletes with a “fixed” mindset who rely on innate talents and fear failure.

So this month, we ask: **Are you creating opportunities for mistakes?**

Create an environment for mistakes? Seems a bit counterintuitive doesn't it? But when Responsible Sports Parents and Responsible Coaches actively foster an environment where youth athletes can make mistakes and learn from them, performance soars for both individual athletes and teams.

How do you create a space for mistakes?

- 1. Tell your athletes you want them to make mistakes.** Yep. You heard right. Let them know that if they are not making mistakes, they aren't learning. Let them know that you are happy when they make a mistake and proud of them for challenging themselves to get better and risking making a mistake.
- 2. Give them space.** Mistakes happen when coaches and parents give athletes the space to make mistakes. When you let them test their limits, try new things, and experiment. Avoid having practices and games so structured that there is no room for them to experiment and try. Some of the best coaches – like Tom Landry – understood that mistakes by star players like [Tony Dorsett](#), even on the biggest of stages, helped those players learn and grow.
- 3. Analyze mistakes.** Don't just let mistakes happen and assume your athletes learned from them. Sit down and talk with players about their mistakes. Have them analyze what went right, what maybe didn't go as planned, and talk them through a strategy for doing it differently next time. But don't overanalyze here. Kids know when they have made a mistake. They don't need criticism – they need [positive reinforcement](#) and a game plan.
- 4. Practice a mistake ritual.** PCA Founder Jim Thompson loves the “flushing it” mistake ritual. Players, coaches and parents alike make the motion of flushing a toilet when mistakes are made, reminding players to just “flush it.” The team at Responsible Sports loves the [“brush it off” mistake ritual](#) – like flicking dirt off your shoulder, you just brush off the mistake and move forward. It might seem silly at first, but that little hand motion helps re-center the mind and focus on what's ahead instead of the mistake that just happened.
- 5. Watch your reaction.** How you handle yourself as a coach or a parent when players make a mistake is a critical part of creating an environment where kids can make mistakes. Do you unknowingly stare at the ground when a player strikes out? Do you become quieter on the sidelines when things aren't going well? Adults need to model behavior that is positive in reaction to both success and failure in order to give kids the courage to fail.
- 6. Reward failure.** Some top companies do this: a best mistake competition. An award for making a mistake where the best lessons were learned. Let players nominate themselves (don't have anyone else – including you – point out the mistake). Then let them explain what happened and what they learned. If you're committed to promoting both successes and learning from mistakes, then reward both equally.

The ability to both bounce back and learn from our mistakes is one of the greatest gifts that sports can teach. But as Responsible Coaches and Responsible Sports Parents, we should resist the urge to shield players from failure. Instead, by creating and encouraging an environment where making mistakes is a good thing, our kids will learn the true life lessons that sports offers.