



DYSA Soccer

NEWSLETTER



Issue 5

FALL 2010

For Players, Parents and Coaches

NEW!

DYSA BOARD OF DIRECTORS

Elected at the Annual Meeting 9-1-10

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MEMBER: Danny Klone

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DOC REPORT from Kate Stahlin

The Importance of a Clear Coach

Coaches need to be aware of their behavior in front of the athletes. A coach's success is determined by coaching behaviors, relationship with players, and clarity of communication. The use of clear coaching is imperative because it enables the athletes to understand the intent of the coach's message and reduces their apprehension. Athletes benefit from clear instructions and the use of effective examples.

Like teachers, coaches have to structure and present their practice topic clearly. It is important that coaches structure their lessons and messages plainly, and are verbally concise. Such details as the structure of the lesson and the verbal characteristics of the lesson impact the student's ability to learn. Coaches have to structure practices so that it is fluent, organized, and pertinent to the individual athletes and the needs of the team.

In order to be clear, the coach has to organize the practice session so that the athletes can integrate the material into the competitive game. The coach can reduce athlete stress by clear communication. Clear communication contributes to the development of a team culture and helps to minimize conflict among the team. An important role of the coach is to reduce, manage and resolve team conflicts. Copeland and Wida (1996) illustrated that, when athletes have a clear understanding of their roles, they gain a sense of identity and purpose within the team. This sense of belonging will lessen athlete apprehension. The more the athlete feels like he or she belongs, the more he or she will want to work for the benefit of the team.

A successful coach establishes player roles and clear expectations of acceptable behavior. Coaches can limit team conflict and player confusion by identifying and communicating to the players what their roles are on the team and meeting team goals. A successful coach encourages flexibility within the role

continued on page 3



WOMEN'S & MEN'S HOME SOCCER SCHEDULES



WOMEN'S Soccer Schedule

DATE	OPPONENT	TIME
August 21	Alumni/DYSA Day	1 pm
September 3	St. Cloud State	1 pm
September 5	Augustana	1 pm
September 24	UCCS	1 pm
September 26	Adams State	1 pm
October 1	New Mexico Highlands	1 pm
October 8	Colorado Mines	1 pm
October 10	Metro State	1 pm
October 13	Mesa State	1 pm
October 31	Regis	1 pm



MEN'S Soccer Schedule

DATE	OPPONENT	TIME
August 21	Alumni/DYSA Day	3:30 pm
September 19	CSU-Pueblo	1 pm
October 1	Colorado Mines	3:30 pm
October 3	Colorado Christian	1 pm
October 8	Metro State	3:30 pm
October 10	UCCS	3:30 pm
October 13	Mesa State	3:30 pm
October 31	Adams State	3:30 pm



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



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THE COMPETITION
IN THE DUST
AFTER YOUR
FIRST FEW STEPS?**

**CAN YOU LEAP
OVER FALLEN
DEFENDERS IN A
SINGLE BOUND?**

**CAN YOU CHANGE
DIRECTION FASTER
THAN A "WASCALLY
WABBIT"?**

Friday – Sept. 10 & 24, Oct. 8 & 22
5:30pm – 6:30pm Escalante Mid. Sch.



YOU ARE IN LUCK:

cont.

DOC Report from pg. 1

and has to emphasize that the role may change. With clear communication a coach can help players accept their roles by explaining why each of them is valuable and by promoting the importance of all roles in front of the team. Allow the players to have some feedback about their role and this will give them ownership in the position. Ultimately, the coach needs to provide the players with the necessary resources to be successful in their roles.

In order for these ideas to be successful, the coach has to create a positive team environment. Understanding their role will provide the athlete with a purpose and direction and help maintain discipline. Coach clarity and positive player/coach relationships will impact the athletes' feelings for the coach and their coaching techniques, competitive anxiety, retention of tactical material, and ability to improve their technical skills. The content of the instruction and the order in how it is presented are essential to athletes' absorption of the material. The player being able to understand the information and their role within the team, will further promote their development as soccer players and teammates.

Copeland, B. W., & Wida, K. (1996). Resolving team conflict: Coaching tips to prevent player conflicts. *The Journal of Physical Education, Recreation, and Dance*, 67(4), 52-55.

JOIN COACH LEO GARAND FOR FREE FRIDAY NIGHT SPEED AND AGILITY CLINICS

These one hour clinics are broken into three segments.

- > First segment will be warm-up, stretching and agility work. After stretching we will do agility exercises focusing on footwork, foot speed and agility.
- > Second segment will focus on running mechanics and sprint work. We will emphasize proper running mechanics to maximize field quickness and overall sprinting speed.
- > Third segment will emphasize running efficiencies. The focus here is about putting good mechanics to use to be effective throughout an entire game. There will be an element of conditioning interwoven into the last segment.
- > The athletes will need to bring their cleats, shin guards, running shoes (or tennis shoes) for the track, water and a good attitude. As with any activity that requires running, the clinic will require participants to push themselves in an aerobic capacity and conditioning will be a natural byproduct of the clinic.

See pg. 10 for more on Coach Garand

FREE – Friday Night Skills Clinic for DYSA players

Open to all ages - Boys &
Girls

Dates: Sept. 3, 17, Oct. 1, 15

When: 5:30 - 6:30 pm

Where: Escalante Soccer Field

How: Just show up

What Is A Skills Clinic

In the Fall of 2008 DYSA started the Junior Academy Program and "Monday Night Futbol," or "Friday Night Futbol." The Clinic sessions focus on skills and small sided games for all players. The skills and games are taught by DYSA staff and coaches.

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. This allows our coaching staff the opportunity to observe individual performance over an extended period of time allowing them to provide greater attention to individual improvement.

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



Monday GOALKEEPER TRAINING Schedule

Dates: 9/6, 9/13, 9/20, 9/27, 10/4,
10/18

Times: 6:00pm – 7:00pm

Christine (Cricket) Schmelzle: at
Riverview

Nate Bell: at Escalante

At Riverview meet at upper field.

**At Escalante meet by fencing nearest the
parking lot.**

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-COLORADO-

What to do in Durango?
Visit www.durango.org or call 970-247-3500.

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Follow us on Facebook and Twitter.

COPA del SOL 4v4 TOURNEY



The Copa Del Sol is an annual 4v4 tournament that is held at Fort Lewis College in Durango, Colorado. This year the Copa will be on Saturday October 2nd. 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
661 E. 7th Street
Durango, CO 81301



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2010

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A VERY SPECIAL KIDS CORNER



Dear DYSA (Durango Youth Soccer Association),

On January 12, 2010 I was diagnosed with a spinal column and brain tumor. The day before I was medevaced to the hospital all I could eat were Froot Loops. Then I had surgery and I couldn't even walk.

I would just eat crackers in my wheelchair in the corner. I was bored and sad cuz I never thought I would ever walk again.

I like playing soccer because I like being with MY team. The same team I played with before I got cancer. They're nice. They never get angry and yell at me even when my legs hurt and I don't have the same power as before to kick as hard.

They always say, "Good Try. Good stuff."

They include me in stuff and pass the ball to me instead of keeping it away. In my last game against Kirtland everyone scored a goal 'cept for me. They set me up with a bunch of chances to shoot on goal. I scored a goal!

It's hard to believe that I'm playing soccer with MY team and not paralyzed in a wheelchair.

Thanks for letting me play soccer.

Teddy, With the Gnarly Scar

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 2nd. We need help painting lines for fields, doing check-in, providing snacks for the FLC player referees, 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 6 – 8, 2012.





Donate your old GEAR

CAROL TYRELL is collecting used gear to send to different teams in Belize. This is a U11 team and they need whatever gear (especially cleats) you are no longer using.

A word from Carol: "The picture above is of a team I became acquainted with on a trip to Belize. The kids are great, their love of the sport of soccer goes even beyond the pain of wearing shoes 2 times too small for their feet. We became acquainted with their manager, Alicia Medina, who has been piecemealing their equipment together."

Carol is working with Alicia Medina in San Martin Belmopan, Belize and will make sure all donated gear gets to these teams in Belize.

You can bring your used gear by the office or can contact Carol directly: 970-563-4587 or 970-946-4952 ctyrr67685@aol.com

IT'S NOT TOO LATE TO

Donate your old uniforms

DYSA GOES TO HONDURAS with Mike Tichi

MIKE TICHI still welcomes all old uniform pieces for the children on the island of Roatan, Honduras.

If you have now received your new DYSA uniform and are ready to donate your old uniform, please drop them off at the DYSA soccer office located at 862 Main Ave. #203 (from the SE corner of 9th St. & Main Ave. go south to the glass doors past the restaurant, then upstairs to the middle of the 2nd hallway).

From Mike: DYSA's decision to support our mission to help children who have so little, will be received with great honor. Your old uniforms will be recycled into the village of Sandy Bay, Roatan, Honduras. This primitive community, known as the "Colonia", is home to roughly 3000 people, of which half are children and youth. The Colonia has limited water, electricity and no septic system. Regardless of these facts, it will be our goal to identify and train leaders within Calonia that will make the biggest difference.

To learn more about our mission you can check out our website at www.care4communities.com



DON'T MISS THE PHOTOS AND REPORT from the Ssejinja Children's Foundation on page 12.



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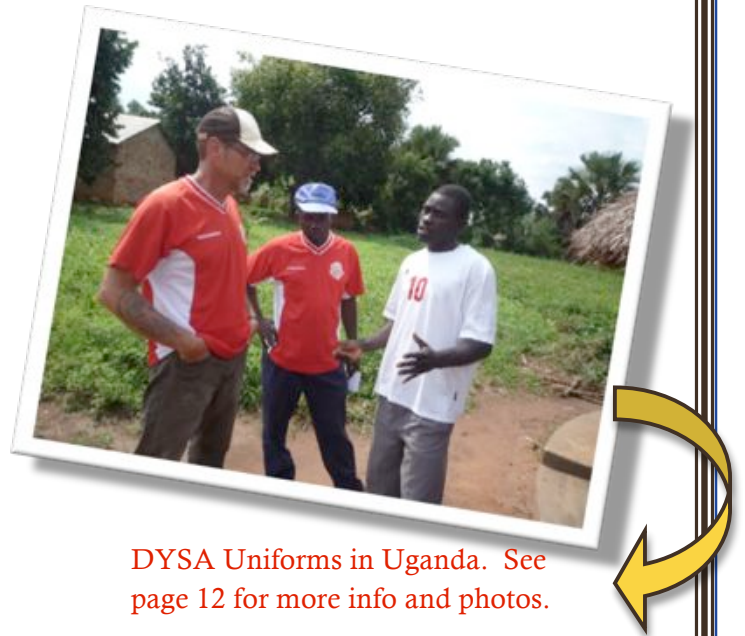
Go Out And Lead

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 2010, 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. 2nd. Donation boxes will be at the registration tent.
- **Uniform and Gear Donation:** Old uniforms and gear are being collected and will be sent to both Honduras and Belize. Thanks to all who have already donated. See page 7 of this Newsletter for more information.
- **Each DYSA team** will be doing a community service project

For more information visit: www.durangosoccer.com



DYSA Uniforms in Uganda. See page 12 for more info and photos.



Meet Director of Coaching Bree Baker



DYSA is proud to announce Bree Baker as the new Assistant Director of Coaching. Bree is a familiar face in DYSA and the Durango community. She has coached U10, U11, and U12 boys and girls and ran goalkeeper training for DYSA. Bree is currently the Assistant Women's Soccer Coach at Fort Lewis College. She also spent a season as the Assistant Varsity Girls Soccer Coach for Durango High School. Bree has a USYSA "E" Coaching License, is a Positive Coach Alliance Coach, and an ASEP Certified Coach.

Along with all her coaching roles in Durango, Bree played goalkeeper for the Fort Lewis Women's team from August of 2005 thru December of 2009. She is a two-time Rocky Mountain Athletic Conference (RMAC) Champion, RMAC tournament MVP in 2006, team captain, received RMAC athletic and academic awards, and holds 7 FLC goalkeeper records. Bree grew up in Canon City, Colorado where she played for Canon City High School. She was a four-year starter, four time all-conference selection, three-year All-State selection, and holds 9 CCHS goalkeeper records.

Bree has a lot of experience working with youth. She teaches Secondary Science for Durango School District 9-R. Bree was a summer academy leader and instructor for the Upward Bound Program. She tutors student-athletes in chemistry and biology thru the Fort Lewis College Program for Academic Achievement. In her free time Bree enjoys all of Durango's outdoor activities.

Wisdom From Bree

Be A Prepared Coach

There are many coaches that have the ability to stroll out on to the pitch and piece together a bunch drills and call it a practice. The ability to improvise is vital on and off the field; however, I would like to share some ideas about the importance of practice preparation.

When a coach sits down to prepare or plan a session there are many advantages. This planning allows a coach the opportunity to identify a clear goal of his/her practice; teachers call this a learning objective. What is the particular skill or tactic that the coach would like their team to work on? This can be a simple skill such as passing or as complicated as group defending. No matter the topic or the age group, progression is key, start with the basics. By having an organized plan coaches have the ability to make sure that all of the drills reinforce the learning objective and show clear progression from simple tasks to more difficult tasks and eventually to game situations.

Many coaches will say that they don't have the time or the need to plan out their sessions and I would strongly disagree because the players are the direct beneficiaries of an organized practice. If a coach plans the session effectively then it can minimize confusion for players, transition time between drills and allow players to really focus on the learning objective. Coaches who are asking for 90 minutes of hard work and a focused mindset from their players should be willing to give their players the same for the 15-20 minutes that it will take to plan an effective practice.

COACH PROFILE:

Get To Know DYSA U12G

Birthday: 2-10-1984

Birthplace: Grand Junction, CO

Occupation: Gardner and Landscaper for my Own Company "La Jardinera"

High School: Central High School

College/Degree: B.A. in Both Spanish and History

Position played: Forward

Player Accolades: My Polka Dot Underwear, when I played at Fort Lewis. *We had white shorts!*

Coaching Experience: FLC Soccer camps from 2003-2006. While playing at FLC, I assisted coach Loren Wickstrom in 2003-2004, coached a U10 girls team the spring of 2008 & fall of 2009.

Marital Status: Boyfriend

Children: The Durango United Dynamite

Favorite Soccer team: Barcelona FC

Favorite Food: Gouda cheese, pizza and Risotto

Favorite Movie: Too many to have a favorite

Most listened to on IPOD: Anything and Everything



Two More GREAT COACHES

MORE ON COACH LEO GARAND who is heading up the Speed and Agility Clinics

TEACHER: I'm a certified elementary school teacher, beginning my career here in Durango, teaching at the second grade level.

COACH: I started coaching youth sports 31 years ago at the age of 14 with my father (he coached at the youth level for 26 years). Over the years I have coached sports from the youth level through college, with numerous years at the high school level. I have coached soccer, track, wrestling, football, golf and baseball.

PLAYER: I began playing organized sports at the age of seven. I played three to four sports a year from that point through college. At the junior college level I played football for Fullerton College and wrestled at Cypress College (sister schools). At Fullerton we were National Champions, and third nationally in my two years. As a wrestler I was a two time state finalist and a National All American.

I also played soccer with the Fullerton College soccer team on their summer club team. I received a scholarship to Southern Utah University for both football and track. At SU I competed on both the indoor and outdoor track teams as a sprinter and javelin thrower, qualifying for Division 2 Nationals for the indoor 50 meter dash and the outdoor javelin. During my summers I continued to play club level soccer for fun and off-season conditioning.

In short I was a ten-time, four sport college letterman, a National All-American and national champion in two sports, who is dedicated to working with children.



Positive Coaching Alliance

Determining Goals for Our Kids in Sports

The "life lessons" portion of Responsible Sport Parenting starts with getting on the same page with our kids.

Why do your children want to play youth sports? Why do they want to participate?

Once you consider those answers and recognize where you and your child agree and differ, you can establish common ground for conversations that will help you and your child get what you want from youth sports.

To start, let's talk about possible goals that you might have for your child. (And keep in mind, this is the beginning of a list – feel free to add others to the list.) Consider ranking them from 1-10 – what would be your top 3?

- Become a good athlete
- Learn to play the sport
- Win
- Gain self-confidence
- Learn to deal with defeat
- Physical fitness
- Learn "life lessons"
- Have fun
- Make friends
- Earn a college scholarship
- Other (specify: _____).

Now, consider asking this same question of your kids. What are their top 3? You might be surprised to see what they are thinking. Getting "level set" through this conversation helps both of you get on the same page. And in the end, that helps both of you get the most out of the youth sports experience.

The ranking exercise serves several purposes:

- Helps us as parents articulate and prioritize our goals
- Reminds us of the educational and character-development opportunities in youth sports
- Helps us talk with our kids -- as equals and in a spirit of partnership -- about their goals.

What also is interesting about this exercise is the diversity of responses – of our fellow parents as well as our kids. Why did you rank what you did as number one? And what did you think of your child's number one ranking? We encourage you to have this dialog with your son or daughter and really begin to understand what your goals are and the goals of your child for their youth sports experience.

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

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



**Durango United Hats & Beanies
T-shirts, Sweatshirts**



FROM Kathryn Darnell, President & Director of Sseinja Children's Foundation – Durango Chapter

I want to take this opportunity to follow-up with you to thank you again and give DYSA a report/photos on the balance of the 2008 Durango United soccer jerseys which were donated by DYSA and given Sseinja Children's Foundation.

This summer, Sseinja Children's Foundation-Durango (SCF) volunteers joined forces with Youth Vision and spent 3 weeks in Gulu, Northern Uganda, working and training with the "Set Future," an ex-child soldier soccer team. I was able to bring our last segment of Durango jerseys to the Gulu team. The goal of this team is to re-integrate innocent child victims who were captured and turned into war soldiers, back into society. This team gives them a place to express themselves in a structured environment, bringing a sense of pride, purpose and dignity back into their lives through the sport of soccer.

In 2008 Eric Sarno, a DYSA staff member, travelled with SCF to Uganda where he connected with the children and witnessed 1st hand their love for the sport of soccer. Upon his return, he inspired DYSA to donate old uniforms and equipment to the SCF orphanage soccer teams in Uganda. Since then, we have dispersed many and helped create a team spirit in children as they proudly wear their Durango United uniforms. We often saw children washing and carefully folding their own uniforms directly after a game, then placing them in wrapped newspaper until the next game.

This story below and these photos represent a recent follow-up trip made by Professor David Kozak from FLC as he looks into SCF/FLC future involvement. As you can see they are very much enjoying the jerseys and are so appreciative.

I would like to request the opportunity to personally share this story and convey my gratitude to your Board, Staff and maybe even Team Members.

AND FROM PAT ROBERT IN UGANDA

Hullo Kathy and Mike,

I hope you are all doing well below you will find abrief narrative of our time with professor david Kozak accompanied with some pictures and hope this helps us all understand how work is progressing from all corners.

Professor David Kozak with Sseinja Children's Foundation-Durango visited Youth Vision Uganda on the 9th August 2010 with the help of Kathy Darnell and below are just the highlights of his visit.

Under the care of Godfrey (Driver) the team left Kampala at about 9:45am and reached Gulu at exactly 4:00pm. Myself, Pat Robert (Director of Youth Vision), had an orientation session with him and told him all that pertains to the work we are doing on behalf of the voiceless youth and children in Kati Kati village.

This took us some time as he asked me several questions regarding Gulu's history, my personal history and how we are now coping with situations.

At exactly 5:00pm we moved out to Alokolum parish to support the youth group who we having a friendly match with our team. Luck was on our side our boys beat the opponents 5-2 and this was so good. The professor express happiness as he had never gone out to watch such kind of matches. Just an hour before the match he had rained so heavily that we though the game would not take place but the boys insisted that rain was not an issues in soccer so off we drove to the pitch to see what happens there. See the boys play bear footed and in such a muddy left the professor laughing all time long as the boys could not contain their feet's on ground but kept on falling time and again.



(continued next page)



At about 6:45pm the game came to an end with our youth thrashing the opponents seriously before the professor got a chance to talk to all of them. They expressed their issues and concern to the professor who promised to look through them and see where he could be of help to them.

After that moment before we drove off back home Jimmy the team captain asked me to give them something to refresh them up but I wondered what he was talking about until he told me the boys wanted some sugar cane to eat as they move back to the house in Kati kati and that's what I did exactly for them, they clapped and shouted. In my heart I said YES this is the world to them of living and surviving.

Back in the house we had another moment with the professor talking about possible projects, work plan the role of volunteers, safety and health precautions before mum interfered and called us for dinner.

In addition to the Durango United jerseys Kathy brought us in June, the Youth team also received (via Professor Kozak) 10 more red Durango United soccer jerseys and four white Adidas T-shirts from Kathy and on their behalf I want to say thank you madam. "small things sometimes is better" and for sure the youth are very happy. Francis requested me to tell you that of the five goals they scored, two are for you, one for Mike, One for professor David, one for me -Robert because its through us that they are able to go out and play. With their new sets of uniform from Durango United they would feel so embarassed if beaten so they are ready to work extra miles to make sure they keep on truck. Thanks

After dinner we had a movie preview in regards to the bloody history of northern Uganda just to give the visitors an oversight on the previous Gulu and the one we have now. Hey guess what it time for bed so we jumped to our beds and being so tired we slept till 7:00am in the morning.

Day 2: 10th August 2010

After breakfast we moved to the project site (school) to check on a few things where we met Susan the head teacher, Bright destiny Academy, for an interview with Professor David. With the school having a quiet and conducive atmosphere we also took our time to interview Opiru Francis, Karama Simon Komakech Jimmy, Akello Kevin and Rubankene Robin. The stories of these teenage youth and their life experience as war victims and former child soldier reflects how hundreds of youth in the region have become pawns through no fault of their own.

After the interview we sailed through the sub camps to visit Francis mum who was not feeling well and concluded our visit to Kevin's home before we moved back to the site and drove off for lunch at Lacor refreshment and finally to Kampala.

Thank you, Kathy (Ssejinja Children's Foundation-Colorado), Professor Kozak (FLC) and Durango (DYSA) for joining us to give the youth of Gulu a life vision.



DYSA SUPPORTS YOU

PLEASE
Keep me
Home !!

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.**"



Be sure to take advantage of the Free Skills Academy being offered this fall. See page 4 for details.

DYSA has sponsored new referees for the past 2 years in an effort to develop a great group of local soccer referees. Any new referee affiliated with the club, who attended our fall Grade 9 clinic was certified compliments of DYSA.

Each season DYSA provides Free Goalkeeper Sessions for any player interested in being a Keeper. See pg 4.

DYSA is offering free SPEED & AGILITY CLINICS this fall. See info on page 3.

This Fall each player received a "player bag" with a Durango United Practice T-shirt, local coupons, FLC soccer schedules and other goodies.

REMEMBER THAT SOCCER ACCESSORIES MAKE GREAT CHRISTMAS GIFTS FOR PLAYERS

Fans can order Durango United Gear online.

See ad on page 11.



<http://store.selectgear.com/index.aspx?orgid=DurangoUnited>

Uniform ACCESSORIES



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Warm-up Jacket



Warm-up Pants