



Welcome to Region 870: Fall 2011 Season

By Tricia Costa, Lebanon Registrar

AYSO Region 870 is excited about our Fall 2011 season. We encourage you to attend our team orientations so that we can all have a great start to our season. We all appreciate you putting in the extra time to get to know your coach and what team your son/daughter will be on. It will allow you to know when and at what time your practices will be throughout the season and have input about what days would be more beneficial to have practice on. It will also allow you to get direct contact information from your coach so that if needed you can contact him/her also. In addition, this year teams will be able to select their own team names at the orientation meetings. Team orientation is also a great time to volunteer, especially if your child's team has not been assigned a coach, or does not have a referee. Please check the dates below so that you will be able to make it to the correct orientation for your child's age division. We hope everyone is having a great summer and look forward to seeing everyone in August.

Orientation Dates for the Fall Season

Albany Orientations

*Sunrise Elementary School
730 19th Ave SE, Albany*

- Monday August 15th the Albany U6 boys will be meeting from 6:00-7:00pm. The Albany U6 girls will be meeting from 7:30-8:30pm.
- Tuesday August 16th the Albany U8-U10 boys will be meeting from 6:00-7:00pm. The Albany U8-U10 girls will be meeting from 7:30-8:30pm.
- Thursday August 18th the Albany U12-U14 boys will be meeting from 6:00-7:00pm. The Albany U12-U14 girls and U19 coed will be meeting from 7:30-8:30pm.

Lebanon Orientations

*Lebanon Elk's Lodge
630 Park Street, Lebanon*

- Wednesday August 17th ALL Lebanon boys will be meeting from 6:00-7:00pm. ALL Lebanon girls and U19 coed will be meeting from 7:30-8:30pm.

Please make sure that the address you used for registration is current. If you have any questions please contact either the Albany or Lebanon register. ayso870.org.

Field Building:

August 27 and September 3

Field building (measuring out and marking the soccer fields) is an excellent way to earn your volunteer credit, especially if you are new to AYSO. It's a fun way to meet soccer parents and get to know the (awesome) Region 870 board members.

- Lebanon's field building will be held at the new fields near Cheadle Lake on Saturday, August 27 at 9:00 am.
- Albany's field building will be held at Timber-Linn park on Saturday, September 3 at 9:00 am.

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Referee Training Schedule

Intermediate Referee - Lebanon

Part 1 - Aug 9 - 5:30-9:30pm

Part 2 - Aug 11 - 5:30-9:30pm

(Intermediate Referee Exam - TBA)

All trainings in Lebanon will be located at the Elk's lodge, 630 Park St. All Albany trainings will be located at the Hill Street Church of Christ, 1805 Hill St SE.

Refreshers for Referees and Coaches:

Intermediate Fouls & Misconduct - Lebanon

Sep 7 - 7:00-8:30pm

Intermediate Offside - Albany

Sep 8 - 7:00-8:00pm

U8 Official+Safe Haven - Lebanon

Aug 23 - 5:30-9:30pm

U8 Official+Safe Haven - Albany

Aug 30 - 5:30-9:30pm –or- Sep 6 - 5:30-9:30pm

Basic Upgrade - Lebanon

Aug 25 - 5:00-10:00pm

Basic Upgrade - Albany

Sep 1 - 5:00-10:00pm

Lebanon Referees to Work in Teams of 3

By Scott Bruslind, Assistant Referee Administrator

This year in Lebanon we'll be recruiting referees in teams of three.

"Oh no," you're thinking, "Now they want a coach, assistant coach, team parent, field painter/builder, AND three referees from each team? Seven parent volunteers on a team of 12-14 kids? I can do the math. I have a better than even chance of having to volunteer." That's right, Lebanon parents, the noose is tightening. Volunteer now and make it easy on everybody. It's just a matter of time.

Why *three* referee volunteers when we used to ask for only one from each team?

- 1) AYSO Region 870 has too many games where only one trained referee officiates the game and Lebanon relies too much on trained Albany referees to come over and cover games.
- 2) The quality of officiating increases exponentially (by a power of 3) when we have a center referee and assistant referees on each sideline.

Assistant referees help keep the game Safe, Fair and Fun.

They see player interactions that the center referee may miss.

Players see that the sidelines are covered by competent referees.

Parents see the game controlled in the manner intended by the Laws of the Game.

- 3) Referees can excel at their given job, knowing that the responsibility is split three ways: the center referee can focus on controlling the attitudes and actions of the player, and assistant referees on the sidelines can focus on details such as balls in/out of play, player contact and sportsmanlike conduct.

- 4) Parents benefit from volunteering and training as group, enabling them to: meet new friends and train together, discuss training with two other people and get help covering Saturday games.

Keep an open mind regarding becoming a referee and free up this first date to see if refereeing is for you-U8 Official+Safe Haven - Lebanon Aug 23 - 5:30-9:30 pm

Coach Volunteers:

Our Albany AYSO Region has close to 1000 players and over 90 teams. Handling this size of an organization for our community can only be accomplished one way: with volunteers like you and I. Each summer we hold registration sessions, board meetings and team formations in preparation for our upcoming season. The toughest item for me, being Regional Coach Administrator, is assuring all teams have a coach assignment.

I estimate we will have enough coaches already volunteered to cover at least 80% of the teams. The remaining teams, with no coach volunteer, will need to select a parent for running the team during the team orientation. Our region cannot be successful without coach volunteers. AYSO Coaching is the most rewarding volunteer position available and very easy to get started. I will be there to support you every step of the way.

As an AYSO Volunteer coach you will receive all your necessary coaching equipment including balls, ball bag, cones, pinnies, first aid kit and age appropriate Coach Manual. We also have age appropriate coach training: online, in person and on field. Trust me, you do not have to be a soccer player to be a successful coach. We are looking for leaders, managers, teachers, athletes and enthusiastic parents. We can provide you with everything you need to be successful. And don't worry if someone starts saying, "*well they haven't even coached U10, or even played soccer*", because it is all about the basics. Even pros like David Beckham, Landon Donovan and top MSL coach Sigi Schmid will tell you, it is all about the basics, hard work, and having a good time at this age. And for the older kids in U12, U14 and U19, we know these coaches are well qualified. So if you are looking for what volunteer position to sign up for, want to have a good time with your kids, and help others do the same, please consider being a volunteer coach or assistant coach!

I look forward to seeing you on the pitch!
Dane Campbell, Regional Coach Administrator

Coach Training Courses

On Field Regional Coach Training August 20th at Timber Linn Soccer field

New Coaches: 9am-10:30am Returning Coaches: 11am-1pm

Note: If you have good coaching and/or soccer experience, but are a new AYSO Coach, please consider the "Returning Coach" training session.

We are planning another on field Coach Training session Friday, September 9th 6:00-8:00pm at Timber Linn. Keep an eye on the web site!

Intermediate Coach Training in Eugene August 27 – 28

The Intermediate course is an intensive/comprehensive coaching course and covers most aspects of the game. This is a 15 hour course taught over two days. The classroom portion will be at the Eugene AYSO office (4697 Isabelle Street, Eugene) and the field portion will be at Churchill High School. Saturday 8:30-12:30 and 1:00-6:00, Sunday 8:30-12:00 and 12:30-3:00

There will be a \$20 fee per participant to cover copies and lunches.

Coaches can contact Joel Anderson directly to reserve a spot or ask any questions.

Joel Andersen: 541 521-8100, coach@eugeneayso.org

NOTE: Coach training sessions will be out on the soccer field. Please come prepared to be on the field and to actively participate. Any physical limitations that you may have will be respected, but the more you are able to participate, the more you will take away. Please bring along cleats or tennis shoes, shin guards, water bottle, sun-screen and comfortable clothes that you can play soccer in.

Progressive Training Sessions

By Dane Campbell, Regional Coach Administrator

Our AYSO Region will once again hold special training sessions for motivated players who want more touches on the ball and enjoyed getting extra workouts and knowledge. I have been fortunate enough to be around many of the top “Clubs” in the state of Oregon and know it is not much more than executing the basics. We will ensure to teach each player new skills every session, and let them try them during a live game situation at end of each session. As always, teams do get formed, and enter tournaments, or compete in Friendlies with other areas. The key is having the volunteers and players that show enough consistency to be successful.

Progressive training session will start in Albany August 19th and August 26th, 6:30-8pm. We will then include sessions in both Albany AND Lebanon this year. We will post final schedules on website soon.

Tools For Parents: *The following ideas may be helpful for learning how to be a supportive AYSO parent.*

By Russ Allen, Regional Referee Administrator

Conversations before the games

- Tell your child you love him/her regardless of the outcome.
- Tell him or her “Go for it, give it your best shot and have fun!”

During the game

- Understand that kids are over-stimulated during games. The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle. To a youth sports participant, the atmosphere is much like that of a fighter pilot with enemy jets racing all around. Do not yell instructions to your child during the game because it only adds to the confusion. Sometimes the best thing you can do as a parent is to be quiet.
- Cheer and acknowledge good plays by *both* teams.

After the game

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts. After a difficult loss, recognize that it is not a good time to question a coach.
- Thank your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts.
- Compliment individual players on good plays they made in the game.

During the car ride home

- Point out a good play your child made during the game.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:
 - o Did you have fun?
 - o Did you give it your best effort?
 - o What did you learn from the game?
 - o What was the best play you made and how did it feel?
 - o Did you bounce back from your mistakes?