

DATES TO REMEMBER:

- **November 15, 2008** —
Registration for Spring
2009 Recreation Soccer
Opens
- **December 1, 2008** —
Select Academy winter
training program begins
- **January 18, 2009** —
Registration for Spring
2009 Recreation Soccer
Season Closes

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Spring 2009 Traveling Update!

Registration for the 2009 Spring traveling season is closed and the selection committee has been busy placing players on teams. Those who registered should be notified by mail by mid-December as to what team they have been placed on.

The Spring/Summer 2009 Traveling season will run from mid-April through late-July. Teams will practice twice a week and have league games throughout the spring and summer, along with opportunities to play in tournaments. The Traveling league is a more competitive format than RYSA's in-house recreation program and RYSA teams play other teams throughout Southern Minnesota and the Southern suburbs of the Twin Cities.

For more detailed information on our traveling program, please check out the "Traveling" section of our website at www.rysa.org. We look forward to another wonderful season in 2009!



Photo courtesy of Paul Keller

2009 Spring Recreation Registration Now Open!

Online registration for the Rochester Youth Soccer Association's Spring 2009 Recreation season opened on November 15, 2008 and will run through January 18, 2009. To register, visit our website at www.rysa.org and follow the registration links. The Spring 2009 season is open to youth in grades 1-12 and will run seven weeks, from mid-April through early-June. Teams will practice for one hour, twice a week, in the evenings and games will be held on Saturdays.

The RYSA Recreation league is "in-house" and teams play other teams from Rochester and the surrounding areas. Each child plays at least half of each game, no matter their skill level. Scores and league standings are not kept, and the emphasis is on having fun and learning the game in a relaxed environment.

Cost: Grades 1-4 = \$60
Grades 5-12 = \$80

We will also be offering our "Kindergarten Kicks" program again, for four Tuesdays in May. To find out more about this program, please visit the "Recreation" page of the RYSA website at www.rysa.org.

Coaches Center Circle

Lessons from Other Sports

As you have probably heard by now I am leaving Well, I am back in the RYSA family. I am glad to be back and I hope to continue on with the coaching education and player development that was started.

The fall is the time of year that I get a chance to do some reading. I generally try to choose two books at the start of the college season to read on away trips. I always try to read books on other coaches from other sports.

The first book I read this year was, "My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon," by Bart Yasso, an ultra marathon runner who describes his low and high times out on the road.

The second and more insightful book I read was "Quiet Strength" by Indianapolis Colts Head Football Coach Tony Dungy. I thought this book was fantastic and the crossovers that can be made into soccer are outstanding. After reading this book I started to watch how Tony Dungy coaches and his demeanor on the sideline. Not once does he shout at his players or officials, or get over excited or over emotional. He has an even temperament which shows through his players. He is a teacher of the game and in my mind a role model for all coaches. I would urge you to read his book.

So, what are the lessons that can be learned from these books from other sports?

First, the need for determination is vital for those who run ultra marathons and do that as an individual. This



RYSA Coaching Director Neil Cassidy (right) and Player Development Director Chris Belcher (left) with former England national team manager Steve McClaren (middle) .

can be likened to the determination to improve as a soccer player, to put in the time with the knowledge and belief you will improve.

Second, as coaches, do we need to shout and scream on the sidelines to our children? Can we let our demeanor show through in how our players play? Our attitude as coaches can make the difference between us having calm positive players, versus panicky players who lack confidence.

The next time you are on a sideline, take a lesson from Tony Dungy and be respectful of your players, officials and opponents.

Neil Cassidy – RYSA Director of Coaching

RYSA Staff:

Frank Spaeth – Director

Diane Tloutan – Operations Director

Neil Cassidy – Director of Coaching

Chris Belcher – Director of Player Development

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RYSA Operations Committee:

Frank Spaeth – Director

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- **Roscoe's North, off of 41st St. NW and 18th Ave. NW, right near the Watson Soccer Complex.**
- **Roscoe's South, at 6th Ave. SE and 4th St. SE, close to the Fuad Mansour Soccer Complex.**

Roscoe's offers a great menu to satisfy every soccer player in the family.

Sit outside on our patio and enjoy the beautiful weather this spring and summer.

Note from the Director



Frank Spaeth

Quality Control

Over the past year and a half, the RYSA staff, with vital work from a group of core volunteers, has worked to expand our soccer offerings and programs. New programs include a spring Kindergarten mini-league, numerous additional summer camps and increased opportunities for winter training. Other accomplishments have included a new strategic plan and sponsorship program and a strong effort to improve awareness of RYSA and all that we do in the community.

This year, our staff has decided that, in addition to adding a few more programs, we also want to really focus on the ones we now have in place with an emphasis on improving them. We believe that we offer some very good programs, but we also know that with any endeavor there is always room for improvement.

We welcome your thoughts and ideas on ways we can improve upon what we do. And even more so, we'd love to have some folks offer to help implement those improvements! Please feel free to share your thoughts with us by e-mail at rysadirector@gmail.com or by phone at 280-7584.

Where's Your Money Go?

With the economy in its current state, many of us are spending our money more wisely. I thought some of you might be interested to know some about where the RYSA budget goes. Here's a rough breakdown of the major expenses for the 2007-2008 fiscal year, by percentage:

- RYSA staff costs – 25%
- Uniforms – 13%
- Referees – 10%
- Field and Facility Usage – 10%
- MYSA fees – 5%
- RYSA Field Development Fund – 5%
- Bank Charges – 3%
- Database Management – 3%

The rest of the money goes to cover a wide range of expenses, including everything from printing and postage, to accounting fees, to financial assistance and stipends for the licensed non-parent coaches that worked with some of our traveling teams this past spring.

Although our costs continue to rise, we are doing whatever we can to try to keep soccer affordable. That is where donations, sponsorships and fundraising activities can help. If you are able to help RYSA in any of these areas we would whole-heartedly welcome it!

Neil's Back...

For those of you who might not know yet, RYSA has re-hired Director of Coaching Neil Cassidy to re-assume his previous duties. We are glad to have Neil back and we continue to expect the same great work from him he has performed for RYSA over the past five years. Feel free to give him a call to welcome him back. I am sure he would love to hear from you!

"We believe that we offer some very good programs, but we also know that with any endeavor there is always room for improvement."

- Frank Spaeth

RYSA Director



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RYSA Traveling Teams Shine at State!

This past spring/summer season was one of great accomplishment for a large number of RYSA's traveling teams. We had 12 teams qualify for the state tournament! And once at the tournament, quite a few of our teams experienced great success.

Certainly, the biggest accomplishment at the State tournament came from our U13 C3 Girls team based out of Byron. This team won the U13 C3 Girls State title! They won their first game at the State Tournament, beating St. Croix Valley 2-1, and followed that with a 4-0 win over St. Anthony. A 1-1 tie with Waconia assured that they advanced to the championship game, where they beat Chisago Lakes 2-0 to claim the title.



Congratulations to team members Kaysee Beckstrom, Abby Beinborn, Brady Borowski, Darby Dodds, Logan Felten, Breanna Hemann, Kaitlyn Joseph, Lakin Koski, Deianerah Logan, Brianne Moore, Amanda Nandory, Paige Nelson, Molly Petersen, Alexis Pries, Lauren Timm, Brittany Turany and Maci Yungdahl and to coaches Doug Beinborn, Anthony Joseph and Tom Petersen on a wonderful season.

In addition to our State championship team, RYSA also had two teams finish as State runners-up. Our U13 C3 Boys team qualified for the championship game, where they lost to

Mankato 2-1. Our U16 C2 Girls team also made it to the final, where they lost to Eagan 2-1.

Congratulations to all our State Tournament participants. You all did RYSA proud by your good play this spring/summer!

Good Teams, Great Sports!

In addition to all the success RYSA teams had on the field, two of our teams were also recognized by MYSA for their sportsmanship. RYSA's U13 C2 boys team and U13 C3 boys team were both awarded with the MYSA OATHS award for their age group and level.

According to the MYSA website, "OATHS (Outstanding Ambassadors of Teams Honoring Sportsmanship) is an encouragement education program for traveling Under 9 through Under 19 boys and girls teams that distinguish athletes, coaches and fans for their dedication to good sportsmanship. The goal is to allow the players to enjoy the sporting event as well as the total complement of fans, referees and coaches." For more information on the MYSA OATHS program, and a complete list of winners, please visit their website at <http://www.mnyouthsoccer.org>.

Congratulations to our OATHS winners! Keep up the good work and good sportsmanship...



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Winter Training on the Way

Once again, RYSA is offering winter training opportunities to our players. Tryouts have already been held for our “Select Academy” training programs. The actual programs will begin the first week in December and run through early March.

The idea behind the winter training program is to offer youth the opportunity to play soccer year-round. Winter training focuses on both individual and team skills.

RYSA Gear in Time for the Holidays!

RYSA is offering a small number of clothing items just in time for the holidays. Don't miss out on the chance to get your favorite soccer player an RYSA long sleeve t-shirt, hooded sweatshirt or cap this holiday season.

Orders for RYSA merchandise will be taken through the end of the business day on Wednesday, December 3, in order to guarantee they'll be ready in time for holiday gift giving. Orders can then be picked up on December 22, 23 and 24 from 10 am - 3 pm at Soccer World.

For a merchandise flyer and order form, please visit the RYSA website!

Channel One Open Gym Food Drive

Looking for a place to have the kids burn off their extra after-Thanksgiving energy, and the opportunity to give to a worthy cause? Then plan to come to Soccer World's Open Gym on Friday, November 28 and help support the Channel One Food Bank.

Bring in 2-3 cans of food and \$2 per child (extra donations welcome) and play for 1 1/2 hours at Soccer World. 100% of all proceeds will go directly to Channel One!

Times for each age group will be as follows:

9 am - 10:30 am = Ages 0-6

There will be a variety of activities including soccer, bounce house, gymnastics, floor hockey, kickball and songs.

10:45 am - 12:15 pm = Ages 6-10

Soccer World staff will coordinate structured games including soccer, flag football, hockey and kickball.

12:30 pm - 2 pm = Ages 10-14

Soccer World staff will coordinate structured full-field soccer games.

2:15 pm - 3:45 pm = Ages 15 and up

Soccer World staff will coordinate structured full-field soccer games.

For more information, please contact Soccer World at 424-3018.

Volunteers Needed!

RYSA has needs for volunteers to get involved with various committees and activities, in order for us to keep the organization moving in the right direction. We have opportunities for people to get involved with committees, as well as openings for a few key single-person volunteer positions:

Year-Long Committee Positions

Here are the committees we are looking to form. People involved in these committees will meet once a month and may be needed for select activities related to the committee (for example, people on the fundraising committee would help at a planned fundraising event). All told, people who volunteer for these committees could expect to put in approximately 20 hours of time over the course of a year.

Marketing & Communications Committee – This committee is charged with helping create and improve methods of communicating RYSA programs to both internal and external constituents.

Fund Raising Committee – This committee is charged with helping select and implement two or more fundraising activities.

Event Planning Committee – This committee is charged with helping select and represent RYSA at community-related activities and events.

Volunteer Committee – This committee is charged with helping with volunteer generation, retention and appreciation activities.

Sponsorship Committee – This committee is charged with helping generate sponsorship opportunities for area businesses, as well as helping RYSA staff make valuable business contacts and generate more sponsorship revenue.

Grant Committee – This committee is charged with helping identify, select and write grant proposals to help RYSA keep costs down and develop more programming.

Long-Range Planning Committee – This committee is charged with helping plan the long-term future of RYSA, keeping the association's needs in mind to keep the organization healthy and achieving its goals.

Field Development Committee – This committee is charged with helping look into future field development options and possibilities for RYSA.

Year-Long Individual Volunteer Positions

Here are the individual volunteer positions we are looking to fill. These positions will put in varying hours of volunteer time throughout the course of the year.

Traveling Uniform Coordinator – Coordinate ordering, printing and distribution of jerseys for the RYSA traveling teams.

“Volunteer Opportunities” Continues on Page 10.

“Volunteer Opportunities” from Page 9.

Recreation Age Group Coordinators – Age group coordinators are responsible for finding coaches for their particular assigned age group and gender (for instance, 3rd grade boys) and for assisting with team formation and placement. In addition, they are members of the recreation committee and help make decisions on the direction of the recreation program.

Single-event Individual Volunteer Positions

Here are the single-event individual volunteer positions we are looking to fill. These positions will put in a few hours on a single occasion.

RYSA Event Representatives – Of ten times, RYSA is invited to attend and/or set up informational tables at various events in the community. In order to do this, we often need people who are willing to work at the tables and answer questions people might have. Many of these opportunities are Saturday or weekend events and we would like people to work 2+ hours helping.

Recreation Field Marshals – These people work for a few hours on game Saturdays for the Recreation program, answering questions and helping people. They are also responsible for referee check-in and check-out. Other responsibilities may include helping facilitate the setting up and/or tearing down of the portable goals for the youngest players. Shifts run 2.5 hours in the fall and 3 hours in the spring.

Soccer Shed Clean-up Crew – This group meets one Saturday in the fall for each of RYSA’s sheds, to help clean up and sort through them. A shed clean-up shift will run approximately 4 hours.

If you are interested in helping RYSA out in any of these capacities, please contact Frank at the RYSA office at 280-7584!

Good Luck,
Play Hard,
Have Fun!

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Soccer in the Schools

RYSA Teams up with PAL to Create New Community Outreach Program!

Mustapha is Somali. Jose is of Hispanic descent. Zhe’s family comes from China. And while they all may come from different cultures and speak different languages, they all have one thing in common — soccer. It was with that idea in mind that RYSA teamed up with the Rochester Police Activities League on a program called “Soccer in the Schools.” The thought behind the program was that soccer could serve as a way of showing students that, despite their potentially diverse backgrounds, they can all find some common ground.

RYSA actually started the program last fall, when our Director of Player Development, Chris Belcher, worked in a couple Rochester elementary schools, including Elton Hills Elementary. This past spring, RYSA and PAL began to talk about how they could work together to continue and grow the program. The result is a program that ran at Rochester’s Longfellow Elementary School this fall.



RYSA Director of Player Development, Chris Belcher, talks soccer with a group of Longfellow 3rd graders



Police officer John watches some Longfellow 5th graders work on their dribbling skills

This fall’s program focused on the 3rd, 4th and 5th grade students at Longfellow. On Thursday mornings for four weeks this fall, Belcher and several Rochester police officers volunteered their time to teach the kids new soccer skills. They also spent a little time discussing social and cultural issues such as teamwork and dealing with bullies. Each soccer session lasted 40 minutes per grade level, with a majority of the time spent playing soccer.

Longfellow was seen as a great school to work with due to its cultural diversity. And the “Soccer in the Schools” group leaders were impressed with the students. “The kids are very well behaved,” said Belcher. “They all seem to get along very well and have a lot of respect for each other.”

The program was really a “win-win” for all the parties involved. The

kids at Longfellow got to enjoy learning about soccer from a highly-trained professional. RYSA got a chance to introduce the club and its programs to kids who might not otherwise know about them. And PAL got to promote its programs and develop positive interactions between the students and the police officers who volunteered.

The program has been made possible thanks to generous donations of money and equipment from PAL, Dick’s Sporting Goods and the St. Paul Soccer Club. RYSA and PAL hope to be able to continue to offer this program at Longfellow in the spring and eventually to expand to other schools in Rochester. However, it will take additional donations of money and time to make this possible. To find out more about what you can do to help, please contact RYSA!



Police officer Craig works on shooting a soccer ball with some Longfellow 4th graders.

Thank You 2008 RYSA Sponsors!

RYSA is able to run a wide range of programs thanks, in large part, to the help of sponsors! We'd like to take some time and space here to thank all those who are sponsoring the Spring 2008 RYSA season!

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