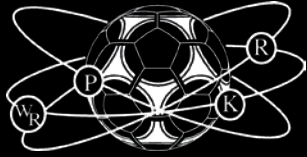


# Tri-Cities Youth Soccer Association Spring Newsletter

6160 BURDEN BLVD. PASCO, WA 99301 t-cysa.org



**Volume 2, Issue 1  
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## President's Message

### **Rick Dawson**

*President*

As I was reading a book the other day, and the words of the author struck me as being the true reason so many of us encourage our youth to participate in team sports. "When we send our kids to play organized sports –football, soccer, swimming, whatever-for most of us, it's not because we're desperate for them to learn the intricacies of the sport. What we really want them to learn is far more important: teamwork, perseverance, sportsmanship, the value of hard work, an ability to deal with adversity." (Randy Pausch, The Last Lecture)

That being said, many times the actions we take in the watching and cheering at our kids games can impact how well they learn these lessons. Some things that we as parents can do from the sidelines to support our kids are:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- Place the emotional and physical well being

of your child ahead of your personal desire to win.

- Insist that your child play in a safe and healthy environment.
- Support coaches and officials working with your child, in order to encourage a positive and enjoyable experience for all.
- Demand a sports environment for your child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- Remember that the game is for youth - not adults.
- Do your very best to make youth sports fun for your child.
- Ask your child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Help your child enjoy the youth sports experience by doing whatever you can, such as being a respectful fan, assisting with coaching, volunteering the organization or providing transportation.

## Your help is needed to make us all successful

Recently you were all notified of a substantial change in the bylaws of the Tri-Cities Youth Soccer Association, and the accompanying need for additional volunteers. Through a careful evaluation it has been determined that we need approximately 20 volunteers each Saturday to successfully complete the approximately 140 games that occur on a given day. In general, each day we need two people to set up the complex by putting out corner flags and garbage cans, two more to empty the garbage and put the cans and flags away at the end of the day, eight people (working two hour shifts) to serve as field marshals to keep sidelines under control, eight people (working two hour shifts) to assist in the concession stand.

This spring the work will be assigned to each club for two weekends of the season. On their assigned weekend the clubs of Kennewick, Pasco, Richland, West Richland, and Three Rivers will be responsible to see that these duties are fully staffed. I believe we will have little difficulty in filling these jobs, as each of you has the ability and desire to support the game our children love. Look for an announcement indicating which weekends are assigned to your club and please sign up to help. Our success depends on you!

# Some advice for our newer parents: relax and have fun

**Tom Brewer**  
*Treasurer*

As a soccer dad who has “been there, done that” and got lots of T-shirts, I thought perhaps I could pass some ideas along to the folks, who might be new to the fun of supporting players in competitive soccer.

First and foremost is that it will be a lot of fun, if you survive. You will remember the fun when you look back on the good times, tournaments and games you were privileged to watch. And yes it is a privilege.

For the folks who are transitioning from recreational play to competitive your thing to remember is to “Relax”.

Every parent believes his or her child is one of the best playing. It’s OK to believe that. You are supposed to.

The tryout period is stressful. The kids will be worried about getting to play on the team with their friends or their favorite coach. You will want your children to be happy. Again this is normal.

But what we as parents must do is remember to “Relax.” Step back. Allow the folks who have agreed to help run the Three Rivers Club program to use their experience of the game to select the best combination of players and coaches. This experience will



provide your child the best soccer training and experience, and you the parent with the least stress possible. It is our goal throughout the association to provide the youth of this area with an excellent soccer experience.

Once your family has made it through tryouts, your new team will be traveling in order to get that soccer experience. When our children were younger, playing in the recreational program and only playing here in town, the coach could pretty much run everything. With the transition to a

competitive team, this is no longer true.

Your coach is going to need a manager, a treasurer, a travel coordinator, possibly a uniform coordinator, and frequently a general “get-it-done” person. The coach is responsible for training the players and advising them in the art of the game. Sometimes you may not understand what the coach is doing but give him or her time as teaching the players sometimes takes a while. Support your coach.

Please see ‘Advice’ on page 6

## Registration for 2009-10 season begins March 1

T-CYSA has teamed with Washington Youth Soccer to bring you secure online registration. Simply point your web browser to [www.t-cysa.org](http://www.t-cysa.org) and click on Register.

### Some of the functions of this website are:

- You can be notified by email of upcoming programs or T-CYSA events
- You can log on from ANYWHERE and sign up for a program
- You can pay for programs or events with your credit card online
- You can log on to review your payment history and membership information
- You can review the activities of all your children through one account
- You will be notified if your child is no longer on a waitlist
- You will no longer have to wait in registration lines
- You can sign up to volunteer

Open registration for the new league year (Fall 2009) will start March 1 and close June 30, 2009. Be sure to re-register all of your T-CYSA players and let all their friends know too! If you don’t have a computer you can come to the T-CYSA office at 6160 Burden Blvd. in Pasco during regular office hours 9am-2pm Monday-Wednesday, 2pm-7pm Thursday and use our computers at our registration station OR visit a public library.

## District 6 scholarship

Washington Youth Soccer District 6 has announced that applications are being accepted for 2009 college scholarships. District 6 awards four \$1,000 scholarships annually; a minimum of at least one for a female applicant and a minimum of at least one for a male applicant.

This is a merit based scholarship which recognizes graduating high school seniors demonstrating outstanding leadership, academics, athletics and involvement in community and volunteers activities.

To obtain additional information and an application please visit <http://www.wsyad6.org/doclib/Scholtot2009.pdf>. It would be great to have a Three Rivers and former T-CYSA athlete to come away with one of these scholarships.

# Introductory Coaching Classes

**Greg Thomas**  
*VP of Development*

T-CYSA will host the U8 and U10 introductory coaching courses at the T-CYSA Soccer Complex in Pasco on Saturday, February 21, 2009. You must register for these classes by February 16. See the T-CYSA website (<http://www.t-cysa.org/coach/ed.html>) for details and registration instructions.

There is no cost to attend any of these courses. Even better, coaches attending these classes are given a copy of the coaching DVD ("The Novice Coach: An Introduction to Coaching Youth Soccer") and the coaching book ("The Official US Youth Soccer Coaching Manual") from US Youth Soccer.

The better prepared you are as a coach, the better your chances are of facilitating a wonderful soccer experience for the players entrusted to your care.

## Online tool assists all coaches

**Greg Thomas**  
*VP of Development*

T-CYSA made a web-based coaching tool available to its coaches in February 2005. Since then, our coaches have used it thousands of times to help plan training sessions. The tool has features that make it useful for novice coaches as well as experienced coaches. For example, a novice coach can look at an entire season of complete training session plans; he/she can then simply organize the activities described in the plans, and the kids will learn and improve by playing in the activities, even if the coach is inexperienced. On the other hand, a veteran coach who knows his/her older team needs to work on the tactical aspects of shooting, for example, can use the tool's search feature to get a list of games that address that topic.



To access the online coaching tool, go to the T-CYSA website, click the "Coaches" link in the navigation panel on the left, click the "online coaching tool" link in the "Links" section at the top, then follow the instructions. The direct link is <http://www.t-cysa.org/coach/tool.html>. The username and password required to access the tool will be shared at the coaches meetings and emailed to coaches.

A new feature included in the tool is an online learning program for first-time soccer coaches. It contains video clips of practice sessions, tests, and answers. It takes less than one hour to complete the entire program, but you can also do it one part at a time; each part takes 10-15 minutes. Although this program is targeted at first-time soccer coaches, most coaches will benefit by reviewing it. To access this program, click the "First-Time Coaches" link in the navigation panel of the tool.

## Advanced Coaching Classes: E Certificate and D License Courses Offered this Spring

**Greg Thomas**  
*VP of Development*

The Three Rivers Soccer Club strongly urges anybody wanting to coach at the Premier or District Select levels to complete the E and D coaching courses.

This year the E class will be held March 27-29 and the D class will be held April 17-19 and 24-26. You must register for the E class by March 22 and the D class by April 12. See the T-CYSA website (<http://www.t-cysa.org/coach/ed.html>) for details and registration instructions.

### E Certificate Course (18 hours)

The emphasis of the E course is on coaching players 10-14 years of age. It is a general certificate of 11-a-side play and is intended for those coaches who are in the transitional stage from coaching modified soccer to coaching 11v11 soccer.

The course is best suited for those coaches with several years of experience or who have

attended one or more of the youth module courses.

The E course focuses on coaching points and the teaching of technique, with an introduction to the Principles of Play (attack and defense). The E course also provides elementary information on the management and preparation of a team. The E course requires one weekend: Friday night and all day Saturday and Sunday.

### D License Course (36 hours)

*Note: You must have passed the E class in order to attend the D class, unless you meet certain criteria and apply for an E license waiver from WSYSA.*

The attendees of a D course fall into two distinct categories: coaches who are using the course to prepare for the National C License and those who are using the course to qualify for a particular level of coaching. Many of the latter are not required to further upgrade their license. In addressing coaches in these two categories, the D course can be seen as

either preparatory or terminal.

The D course is for coaching players 14-18 years of age and emphasizes observing mistakes and providing information to correct the mistakes. A majority of the course schedule is devoted to practice coaching and practical examinations. Candidates are examined by the analysis of video footage for their knowledge and understanding of tactics and methodology. There are also take-home examinations on soccer injury prevention and the FIFA Laws of the Game.

Based on how well they do in the D License course, candidates are awarded either a National D License, which allows them to attend a National C License course after a year, or a State D License. If a State D License is earned, the D License course can be retaken by coaches interested in obtaining a National C License.

The D License course requires two consecutive weekends: Friday night and all day Saturday and Sunday.

# COE helps upcoming stars shine

**Greg Thomas**  
*VP of Development*

T-CYSA's 17th annual "Center of Excellence" soccer camp for U10 and U11 players will be held Mondays from March 9 to April 27, except March 30 (spring break), at the T-CYSA Soccer Complex in Pasco.

Daylight savings time begins March 8, so all the sessions will be 5:30-7:00pm. See <http://www.t-cysa.org/coe.html> if you are unfamiliar with this program.

Coaches from the Three Rivers Soccer Club and other programs will conduct 7 sessions based on youth soccer training programs developed by US Youth Soccer and under the guidance of the T-CYSA development program. Training topics include dribbling, passing, receiving, shooting, and defending.

We are again providing some of the best coaches in the area to work with our younger players. This is a valuable opportunity for younger players to receive additional instruction from somebody other than their regular coaches. Coaches and parents are encouraged to observe the training sessions. Each player will receive a size 4 soccer ball and a Center of Excellence t-shirt.

The registration deadline is March 5, but you should sign up as soon as possible to ensure you get a spot. See <http://www.t-cysa.org/coe/app2009.pdf> for the registration form.

## 2009 T-CYSA sponsorship opportunities

**Ryan McMenamin**  
*Director of Communications*

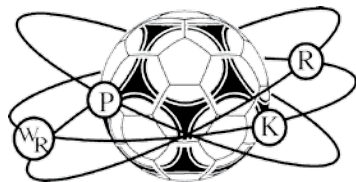
As approximately 2,300 soccer players hit our complex each Saturday in the Spring and Fall, T-CYSA has determined that in order to continue our path toward providing the best experiences for all ranges of abilities, we must begin to raise funds for some needed facility improvements.

Among the items we hope to purchase include: lights around the main field, the addition of an artificial "field turf" surface, restroom facilities apart from the main building, bleacher seating, a much needed infusion into our equipment fund and donations to our general soccer scholarship fund.

We would love not only in-kind donations, but also those of time, energy and volunteer effort to encourage local and national companies to help us achieve our goal.

There are many available pricing levels of sponsorship opportunities ranging from a Wall of Fame plaque to field naming rights. Custom opportunities are also available; every little bit helps.

For more information on how you can help the future of T-CYSA either through the donation of money or personal time, please contact Ryan at [soccer@chair10.com](mailto:soccer@chair10.com) or call the main T-CYSA office at 509-547-0276.



## Coaches needed for Three Rivers Soccer Club

Three Rivers Soccer Club (TRSC) is looking for soccer coaches for its premier and select soccer programs. Past playing or coaching background is preferred.

Qualified premier coaches will be paid stipends according to experience, licensing etc. Please respond to [trsc96@gmail.com](mailto:trsc96@gmail.com) if interested.



# Upcoming T-CYSA Events

**Three Rivers Tryout Schedule**  
Go to: [t-cysa.org/tryouts.html](http://t-cysa.org/tryouts.html)

### Feb. 17

Kennewick Coaches Meeting,  
5:30-7 p.m., Southridge High School

Pasco Coaches Meeting, 6-8 p.m.,  
T-CYSA Conference Room

### Feb. 18

Grade 8 Referee Training for the spring season begins

### Feb. 21

Recreational Coaching Classes,  
11 a.m. – 5 p.m., T-CYSA Complex

### Feb. 28 – March 1

Blue Mountain Exchange Tournament,  
T-CYSA Complex

### March 1-June 30

Open registration for the new Recreational League Year that begins play in the Fall

### March 7

First Saturday of the Recreational Spring Season

### March 9

First Monday for Center of Excellence for U10 & U11 rostered players

### March 21-22

District 6 Girls Select Tournament,  
T-CYSA Complex

District Boys Select League Play begins, off-site

### March 27

First Night of E Certificate coaching class, 7-9 p.m.

### March 28

District Girls Select League Play begins

### April 17

First Night of D License Coaching class, 6-9 p.m.

### May 2

Last Saturday of spring Recreational league play

### May 9

Recreational Spring Jamboree

# Kennewick coaches meeting Feb. 17, Congrats U-11 Bullets

The Spring season is almost here and while the coaches and players are shaking off the Winter cold, many people are working hard behind the scenes putting the season together.

The coaches meeting for Kennewick will held on February 17 in the Southridge High School cafeteria. The meeting will be from 5:30 to 7 p.m.. Coaches will receive their Spring rosters at this time.

The Kennewick Club has started meeting on a semi-regular basis to ensure we are doing everything possible to offer the best

soccer experience in the Tri-Cities. A special thanks go out to Becky Patterson and Shawna Cox who are volunteering as Age Group Coordinators. Please contact me if you would like to join us in putting the seasons together.

The biggest change this season will be a push to get more people involved in helping out. Each coach will have a list of volunteer opportunities, and I hope everyone takes the time to give something back to the Association. This truly is a volunteer organization.

Congratulations goes out to the U-11 Girls Bullets. They advanced to the Semi-Final weekend of the President's Cup in Burlington WA. The team is coached by Will Thielemann. The girls ran into some tough competition at the State level but had a great time representing Kennewick and the Tri-Cities. Good job girls!!!

Thank you to all the coaches and parents who donate their time to make soccer available for our kids.

Your dedication is appreciated more than you know.

## Pasco coaches set to meet Feb. 17

Robin McCarter has been named the Pasco Club Director for the 2009 Spring season. She brings endless enthusiasm to the position and dedication to youth soccer.

The Pasco coaches' meeting is currently scheduled for Tuesday, February 17 from 6-8 p.m. at the T-CYSA meeting room

"I hope to see all the coaches at the meeting," said McCarter. "I also need to stress the need for volunteers for not only the two weekends in the spring we are scheduled to work but for their Pasco teams as well."

T-CYSA is proud to have such an incredible volunteer coaching staff and appreciates all of their hard work. Anyone interested in playing or coaching for the Pasco club can contact Robin through the T-CYSA main office.

## *Richland, W. Richland coaches ready to go*

Richland and West Richland club coaches should have received their team rosters via email on Monday, Feb. 9. If you did not, you can contact your club director -- Lisa Seed, Richland or Ryan Neilsen, West Richland.

Practices can begin following the Presidents' Day holiday (Feb. 16) with the first game scheduled for March 7. U-9 and above teams must contact a field coordinator for practice space.

## *Spring pictures scheduled for March 21, 28*



Teams can have their pictures taken by Northwest Photography on March 21 and March 28. Coaches will receive an email shortly with complete details.

Northwest Photography is scheduled to take team photographs at the T-CYSA Complex on Saturday, March 21 and Saturday, March 28. Coaches will be contacted by Northwest Photography via email prior to that date to schedule their team's appointment.

Coaches will be directed to a website where a time and date that works for the team's schedule can be selected. Teams that have had a large shift in players, or were unable to take part in the fall photo sessions are encouraged to stand in front of the cameras and say 'Cheese!'

For more information about team photos, please contact T-CYSA Communications Director, Ryan McMenamin at [soccer@chair10.com](mailto:soccer@chair10.com).

## Stay in touch. Become a fan of T-CYSA Soccer

In addition to the wonderful content available at <http://www.t-cysa.org>, parents and players alike can become fans of T-CYSA Soccer on social networking site Facebook (<http://www.facebook.com>).

To become a fan of T-CYSA Soccer, simply search for 'Tri-Cities Youth Soccer

Association' or simply 'T-CYSA'.

The most up-to-date information about T-CYSA will still be at our main website, but this is a way to get vital T-CYSA news sent direct to your Facebook feed.

# Advice from the inside: simple tips to make it fun for everyone

From page 2

## Team Manager

The team manager will help with general coordination, planning and organizing. The advent of email, text messaging and online applications such as "Calling Post" (callingpost.com) has made the job of team manager much more survivable. Email is a great way to provide parents with maps of where the games are. Yes it is necessary to remind the players of these things. They are kids after all.

The Manager will be the one who typically fills out the applications for the tournaments your coach has determined as appropriate and as a team you have agreed to support. As such, the Manager will have a need to get money to pay for the entry fees. This is where the Treasurer comes in.

## Treasurer

The team Treasurer is a position that is optional, but highly recommended. Because the team will need to collect money in advance to pay for the admission to tournaments, I always wanted to have a system of checks and balances to track where the money is going. It is best to get a separate account at a bank or credit union and the Association has a Tax ID number you can use for the paper work.

## Travel Coordinator

The travel coordinator finds rooms for the team to stay in. Some of the great tournaments are in towns with limited hotel rooms. They will fill early, so if you are going to places like Bellingham, reserve early.

## Uniform Coordinator

The uniform coordinator has a challenge at the beginning. Everyone will need the two uniform shirts, a pair of shorts, a warm up outfit, multiple pairs of socks, (I personally recommend buying only one color as it is easier to get everyone in the right color that way.) The players need to have a gear bag to haul their uniform and stuff like a ball and water jug.

## Get-It-Done Person

Then there is the general "get-it-done" person. This person takes care of everything else. Things like bringing the team bench (yes the team should raise some money and get one). I have found that a big water jug comes in handy as kids never bring enough water and

a 5 gallon jug on a stand or table will really help during the hot summer tournaments. A pop up shade and rain cover is a must. Your team will need one and you will be buying it so look for one that is not too expensive. With care one will last for many years but if the dust starts blowing on the hills take it down immediately.



## First-Aid Kit

The other thing that every team (and every car for that matter) needs is a first aid kit. I recommend a small tool or tackle box filled with things like big Band-Aids, instant ice packs, ACE bandages, possibly an arm sling, suntan lotion and electricians tape.

Yes, electricians black tape. It holds socks up, it holds shin guards in place, it can be wrapped around a toe that is trying to blister and prevents a blister, it can be used to bind fingers together if one is jammed, and best of all it does not leave a sticky residue on cloth or skin like duct tape does. You can include some pain killers like Advil or Tylenol, but remember you need the parent's permission to give it to the kids. If any of your players have special medical needs like diabetes make sure the parents let you know and provide you with some glucose tabs. Some rubber gloves are advisable as well and I have used several packages of steri -strips as well as the players get older.

## Expected Costs

You need to collect some money. Most

teams end up needing about \$150 or so per family, depending on how many and which tournaments. If you have a non-parent coach, then there will be a bit more to cover travel expenses and such, but that will vary. An initial collection of \$100 and payments after that is common. Remember some of our friends and neighbors do not have the

same economic resources as others. As a result, the team will need to plan on having some level of scholarship to help with the costs. This is something no one outside of the Coach, Manager or Treasurer needs to know about -- especially other players.

## It's More Than Just Soccer

Another of the things I have found is that when you go to tournaments, it is great to get together and have a bonding function. I have found that something like a picnic or barbeque is a great thing to do. With a couple bags of sandwich buns, some meat and lettuce, and you have sub sandwiches, or if someone brings a portable barbeque you can have burgers after the game. A bit of coordination and you have everything you need for a great time. If you need advice on how to pull something like that for a small group of say 100 people, let me know and I would be happy to let you in on a few tricks.

## And Don't Forget...

Remember: relax and have fun. This will be a great time. Relax.