



Summer 2016- 9/16

The Piscataway Soccer Club Newsletter

Important Dates

Sept 15 – Instructional Coaches Meeting @ 6:00 @ Patton Cafeteria, Piscataway HS
Sept 15- General Membership Meeting @ 7:00 @ Patton Cafeteria, Piscataway HS – Elections
Sept 15 - Board of Director's Meeting @ 8:30 @ Kerwin's
Sept 17 - Start of the instructional season
Sept 17-18 – Start of the traveling season
Sept 23 – Elk's Soccer Shootout
Oct 20 - Board of Director's Meeting @ 7:30 @ Kerwin's
Nov 17 - Board of Director's Meeting @ 7:30 @ Kerwin's

Fall Membership Meeting

The Fall General Membership Meeting is being held on Thursday, **September 15 at 7:00 at Patton Cafeteria, so mark it on your calendar now!** Please come and provide input to your Board Members. Also, we will be able to explain the age changes that have gone into effect if you still have questions. **Each Instructional, Inter-county Youth Soccer League, and Travel team is responsible** for supplying at least one person. Immediately following the meeting will be the Board of Directors' meeting to be held at Kerwin's in Middlesex at 8:30. Interested members are welcome to attend.

Instructional News

The instructional season will start on Saturday, September 17. Always remember that our SAGE pledge and Code of Conduct must always be followed, by both kids and parents alike! Great sportsmanship is something we pride ourselves on at PSC.

USA is again providing training for the instructional program. **ALL PROGRAMS WILL BE HELD AT THE GREEN ACRES SOCCER COMPLEX**

If you have not heard from your coach, please contact Jeff Sundelof immediately.

Travel News

The PSC has, for the first time, several teams playing in the Inter County Youth Soccer League (ICYSL). Similar to the Mid-NJ Youth Soccer Association (MNJYSA) league, this is a travel league that has a 10 game season, with 5 games played at home, and 5 games played away. Good Luck to all the teams.

Piscataway Soccer Club & Elks Soccer Shoot Out!!!

A Soccer Shoot Out event will be held on **Friday, September 23**, at the PHS Turf Field at 7:00.

Check in time starts at 6:30. The event is open to all children up to U14 (ages 13 and under), whether or not currently in the Soccer Club. Come on out and check it out. Invite your friends who may not be in the club too.

The Grand Lodge Youth Activities Committee of the Elks intends to bring every Elks State Association on board and increase participation in soccer on every level. The Elks Program includes a Local, District and State Shoot Out. The Elks work with local Soccer Associations and Recreation Departments to increase Elk participation. **Thanks again to John and Maureen Chapman for running such a great event.** The Soccer Shoot Out program consists of two different contests that test different level skills at different ages:

The "Five Goal Contest" consists of a series of five goals, decreasing in size from 48 inches to 17 inches. The age groups that use these goals are divided into two categories; a U-8 group that contains all ages seven years old and younger and a U-10 group that contains ages eight and nine. The contest is open to boys and girls, who will shoot separately. The U-8 contestants kick from 15 feet from the face of the goal, while the U-10 contestants kick from 18 feet from the goal.

The Grid Goal Contest consists of a full-size goal sectioned off so points can be scored when the ball is kicked into certain sections. The age groups that use this goal are U-12, which contain the ages ten and eleven, and U-14, which contain ages twelve and thirteen. The contest is open to both boys and girls, who will shoot separately.

Winners at this Local Shoot Out will advance onto the Elks District Level. The Piscataway High School Athletic Booster Club will open the Concession Stand with a limited menu of Hot Dogs, Pretzels, Hot and Cold Drinks for your purchase if you so desire....

2016 Fall Tournament

The 36th Annual Fall Classic Travel Soccer Tournament was held on September 10-11, 2016, at Green Acres. It was a tremendous success. The weather was extremely hot on Saturday which hurt our food sales and we had several people with heat exhaustion, but Sunday was an absolutely beautiful day. **Thank you to all the**

parents who worked during the tournament. Without all the duties of parking, field marshal, set-up take down and concession it would not be possible. A big thanks to the PHS HS girls soccer team for all their help doing all the venues! An extra thanks to all the parents who put in extra time preparing for the tournament. Some of the coaches and parents were out there for every field building night. James Optiz, Bob Martineau, Mark Caputo Tad Powell, Matt Raitano, Ilia Myers were all part of the crew, along with Board members Jeff Sundelof, Scott Marshall, Tom Roberts, Joe Wojtowicz, Mike Majorczak, and Chuck Myers. There are likely others we are missing mentioning. A special thanks again to Jeff for masterminding the scheduling and Chuck and Ilia Myers who were out there every day figuring out parking lines, nets, preparing the referee score cards, running the scoring tent, etc, etc.. It was amazing how Chuck got Ilia out there every day by saying they were going to dinner, but then had a side-stop at the field and she kept falling for it ☺ We also had many parents from several teams help put nets up and paint lines. Calls for rock cleaning our regraded area brought out many parents cleaning the field of rocks along with scouts of Troop 20. We could always use more helpers on the committee, so if you are interested please email Mike Majorczak at mw.majorczak@gmail.com. Meetings of the committee will start in April, and will meet once or twice a month. Next year's tournament is the weekend after Labor Day, All parents of travel team players are required to put in shifts for each child they have on a travel team (1-child= 1-shift, 2 children=2-shifts, etc), so leave that weekend booked for soccer! You won't know what days you will be called on.

Green Acres Leveling Program

For those who had the pleasure of playing on Field 5 at the Fall Classic, you know the ups and downs of that field. This area along with some of the adjacent fields did not have a uniform pitch. The area has been leveled and seeded. As many of you know due to the drought the seed from the spring did not do well and is mostly weeds. We utilized the fields for the tournament, but will be seeding it immediately after the tournament. As mentioned under the tournament, we had a big crew cleaning rocks. Here are a couple of the volunteers.



PSC Alumni Goes to the Olympics

In case you haven't heard, Sydney McLaughlin of Dunellen participated in the 2016 Olympic Games in the 400 Meter Intermediate Hurdles. Sydney was on the Piscataway Warriors for many seasons and all her teammates were rooting for her. Sydney had just turned 17 and was the youngest US track athlete of the games. Hope you got to see her interview on NBC. Both Mom Mary and Dad Willie were at the games and got some air time (Willie had his New York Giants jersey on). Sydney's brother Ryan was a member of the PSC Vipers for several seasons and her dad used to help train the boys in track techniques and was at the Olympic trials in 1984. Sydney caught a cold before the games but still made it to the semi-finals, which is fantastic. We can't wait to see her in Tokyo in 2020!

USA Schools Out Soccer Camps

Looking to have your young athlete do something other than play video games on their day off from school? Check out the USA Soccer camps, run by our training partner. See the separate constant contact sent out by e-mail to register.

School's Out Mini camps are condensed versions of USA's most popular summer camps and take place year-round on days when schools are closed. United Soccer Academy is pleased to offer its flagship soccer camp & NetBursting Camps over the Rosh Hashanah, Yom Kippur, Election Day and Teacher's Convention breaks!

School's Out! NetBursting Soccer Camp

Dates: Mon Oct 3 (Rosh Hashanah)

Wed Oct 12 (Yom Kippur),

Tue Nov 8 (Election Day)

Age: 5 - 14 yrs

Location: Green Acres, Piscataway

Details: 9am-12:30pm

School's Out! Soccer Camp

Dates: Thurs Nov 10 - Fri Nov 11 (Teacher's Convention)

Age: 5 - 14 yrs (players split by age and ability)

Location: Green Acres, Piscataway

Details: 9am-12:30pm

5 Things You Can Do Today To Become a Better Soccer Player

5. Juggle

Juggling is the simplest of drills. All you need is a ball and a tiny bit of space and yet the benefits it has to your game are immense. The better you get at juggling, the better your touch and control of the ball will be.

Practice using both left and right feet as well as thighs.

Although, you will probably never juggle in a real game, the skills you develop are 100% applicable to game like scenarios.

4. Dribbling

As simple as it seems, dribbling is a great skill to work on in your backyard. When dribbling, you need to be able to think a couple of plays ahead. You need to be able to push the ball into a space where you can get the ball and the defender cannot. When dribbling, work on keeping your eyes looking diagonally down in front of you. This will allow you to see both the ball as well as what is in front of you. Also, if you have a dog and he or she likes to chase a ball, then you can use your dog as a defender. Try moves to get past your dog.

3. Trapping

After you are tired of juggling, you should work on trapping the ball out of the air. Here is how to do it in your back yard: Throw the soccer ball straight up into the air 5-10 feet. When the ball is coming down, use the laces (the top of your foot) to settle the ball to the ground. As you are settling the ball, you do not want it

to bounce high off your foot. Also, the ball should not bounce away from you. You should be able to perform a move with your next step; this is really the key because you are keeping the ball close and will be able to play quick. Once you master that, throw the ball a little bit higher and trap that.

Optionally, throw the ball against a wall and vary the height and speed of the ball coming back at you and trap that

2. Watch Soccer on TV/Online

Become a student of the game, watch every game of soccer you can. When I say watch, I mean study. Study the movements of the players. Study their touches and when/why they decide to do the things that they do, study the general flow of the game, study the defensive team tactics, watch where Messi runs to when he doesn't have the ball, learn from the best players in the world. If there is no soccer on TV, then head to YouTube or FootyTube, where you can find full games or highlights for free. The Internet is a terrific resource, utilize it! Learning from the pros will help raise your soccer IQ tremendously.

1. GO PLAY. RIGHT NOW!

Just go outside and play with the ball. It's so simple, just go and play. Everyone always looks for the best drill to do, but going out and just playing for an hour is better than researching the best drills for 5 hours and then never going out and doing it. Go outside, or in your garage, or even in your bedroom and just play around with the ball. Take your brother or friend outside and just try to nutmeg each other or juggle. If you read this list and end up just doing one thing here, do this. Go play.

Player of the Week

Sponsored by DICK's Sporting Goods The Piscataway Soccer Club (PSC) will begin a new recognition program during the Fall 2016 soccer season. This program will recognize a player of the week, based on their performance at practice.

PSC players that are given this award will receive the following:

- Their picture on the PSC web site and in the Newsletter
- Recognition Player of the Week Pin
- Recognition Player of the Week Bag Tag
- Official Certificate, suitable for framing
- \$25 Gift Certificate from DICK'S Sporting Goods

Requirements: The player must be a current member of the Piscataway Soccer Club, be

present during their team's weekly practice sessions, abide by the club's code of conduct, and exhibit a desire and a willingness to learn new skills on the field.

Background Checks

As a requirement for coaching with the club, all coaches, whether instructional or traveling, are required to fill out the Kid Safe form, as well as filling out an on-line background check. The form is used to complete and cross check with back ground checks. All information requested on Kid Safe forms must be filled in. If it is not completed, you will not be able to coach.

The information will be kept confidential with one board member only assigned to review the findings before the records are deleted. You will be forwarded a link by your respective Vice Presidents once all names are confirmed for the Spring 2015 season.

Coaches Licenses

We require that parents have their F-License to coach (and to be an assistant coach) U6 - U10. We require a State F-License, which is a two day class. It is typically a 3 hour class on Friday noight and then an 8 hour class on Saturday or Sunday.

Head coaches in travel U11 and up must have at the minimum an E license. The E-license is a national class. As prerequisite, you must take the on-line National F-License class. That on-line F-License class is a fairly short class but very informative. This is not a substitute for the state F-license class. The National E-License class is typically 4 days, with a Friday evening 3 hour session and a Saturday or Sunday session for two weekends. There is a test given that must be passed. Upon completion of each class, you will be reimbursed by the club. If you would like to take either the F or E-license course, you may find a class location by visiting either www.njyouthsoccer.com/coaching/fsched.htm or www.njyouthsoccer.com/coaching/esched.htm Registration must be done through the NJ Youth Soccer web site listed above.

Reffing Info

Interested in reffing or having your child ref traveling games? Go to www.mnjysa.org or www.njrefs.com and look for referee course information for level grade 8 referee classes. You must be at least 16 years to take the reffing class. Level 9 refs are for instructional games, though you do not need the license Please keep checking the website to see if any classes are added to the current list and **look for information on the club website.** However, if you have done traveling soccer and know the rules, you can ref instructional games. Please contact Brian Hinds if you are interested. If you

get your reffing license and ref instructional, there is a bonus pay.

Team News

Want to have some fun information about your team's season put in the newsletter? Just send them to the public information officer at groussey@erols.com. As you can see by the following, there is great information to share.

03' Wolverhampton (Wolves) Boys Team
The following was penned by Head Coach Keith Koenig.

The Wolves finished as CHAMPIONS in the 3v3 Live Regional Tournament held in Edison, NJ on August 20, 2016. The Wolves participated in the U14 Boys Silver Division and defeated Stronghold Rochdale 5 to 2 in the Championship Game.

The Wolves advanced to the Championship game with a record of 3 wins and 0 losses in Pool play, including an impressive 4 to 3 comeback victory in which the Wolves scored 4 unanswered goals after trailing 0 to 3 early in the match.

The following players (left to right in photo) participated in the event: Krish Patel, Parker Blaney, Hamza Azeem, Thomas Koenig, Alex Enfield, and Diego Cosme.

Coaches Note: 3 v 3 soccer is a wonderful game to play because it increases the opportunity for players to be in 1 vs 1 and 2 vs 1 attacking and defending situations. Since there are fewer players on the field, each player can be more creative with the ball and improve their soccer skills.



Web Site

Please visit our website on a regular basis. There is a lot of great information and coaches can create their own team page. Also, you will notice the **coupons from Dick's Sporting Goods.** Put them to good use! www.PiscatawaySoccer.org