

September 2009

# FYSL Onside News

## Office Hours

## Day Hours

Tues/Wed/Thurs  
10 AM - 3:00 PM  
Monday & Friday  
Meetings by  
appointment only

## FYSL

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We're on the Web!  
www.fysl.org



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## CHOCOLATE FUNDRAISER

### **A big thank-you to those of you who participated in our recent chocolate fundraiser!**

Your efforts enabled us to raise \$6000 for our Scholarship fund. In these tough economic times, we are seeing a huge increase in requests for financial assistance.

In 2008 we gave approximately \$2000 in scholarship money. So far in 2009, we have given out \$16,000.

We feel it is important to support Fremont soccer families in their time of need, and to enable their children to continue playing a sport they love.

You can feel proud that by selling the 'World's Finest Chocolate' you have played a part in this important program.

A special thank you to Meegan for helping.

With Sincere Thanks,

Andrew Donnelly  
Executive Director FYSL

## Stress in Youth Sports

In many circles, concern about stress placed on youth sport participants seems to be the most frequent topic of discussion when youth sports is mentioned.

Is there stress in youth sports? Of course there is! Not only do the athletes experience stress, but so do the coaches, the parents, the officials, and the administrators.

What is stress? Stress is produced when someone feels that their physical and/or psychological well-being is threatened. They perceive that they may be harmed in some way.

Is stress negative? Not necessarily. Actually, there are two types of stress: there is what the English FA calls "eustress", which is pleasant stress, and then there is distress, which is potentially harmful stress. Many of you may now be thinking, how can there be pleasant or pleasurable stress. Competitive sports activities are a source of both eustress and distress, as are any types of competitive activity. We might argue, for example, that the video game industry exists to provide a source of eustress!

The enjoyment of competition is reported by young athletes as one of the top three reasons for which they participate in youth sports. Why, then, does there seem to be such a concern about stress in youth sports?

One perception appears to be that youth sports are more distressful than other activities in which children participate. Fortunately, this is not the case. Simon and Martens, in a study reported in the 1979 issue of Journal of Sport Psychology found that youth sports participation produced state anxiety levels in the same range as other typical competitive youth activities such as band and classroom tests. In fact, of the nineteen activities they examined, band solos produced the highest level of anxiety. The more we understand about stress in youth sports, and the more we are able to keep extrinsic factors in check (see article Develop the Person – Develop the Player below), the less likely it is to result in significant problems for our young players.



Have your say

Would you like to see a topic posted or have an article placed in the onside news?

Please contact  
adonnelly@fysl.org

## SPECIAL ANNOUNCEMENT

Coaches Education  
Meeting

October 6<sup>th</sup> 2009

At ICP

7:30pm – 9:00pm

Session entitled  
"A Coaching  
Philosophy"

Please email  
Ricky Clarke at  
[rclarke@fysl.org](mailto:rclarke@fysl.org)

For more info

## EYE ON IT Soccer News

For the fall season (2009) we will now offer the following programs for the house and academy:

U4 – U6 Academy

U7 & U8 Academy

U10 House league

U12 House League

U14 House League

U16 House League

U19 House League

For further information about registration, please go to [www.fysl.org](http://www.fysl.org)

All the above leagues will be offered numbers permitting.

### Develop the Person – Develop the Player, Decisions, Decisions, Decisions (By John Allpress -From Insight Magazine 2009)

How easy it is to criticize from the sidelines? Instructions are easy to give but not always that easy to follow, especially if the person giving out the instructions is 35 years plus and the person receiving them is 11 years or under. Views of the world and frames of reference are totally different – a complete mismatch. What is vitally important to one person may not even have occurred to the other. In football great emphasis is placed on the result as a measure of success. Certainly for First Teams and First Team Managers at every club it is the points and the result that is paramount.



But is this still true in development football, where the greater emphasis should be, and so often is not, focused on learning. In development football some coaches 'play the game' for the players by constantly shouting instructions from the sideline and never letting the players make the decisions or solve the problems the match presents. There can only be one 'real' reason for this – the coaches' desire to cut down on players' mistakes so that their team will win the match. Some parents too can fall into this trap. It is sometimes said that parents may try to live out their past career or lack of one or even present insecurities through their children. Football in particular seems to lend itself to this kind of behavior, and could be especially true if parents were under-achievers but now find that they are parenting a child with the 'potential' to make the grade.

How often do we see parental over involvement in the child's activities, almost to the point where the child rarely seems to have an opportunity to make a decision either on or off the pitch?

'Player development' is all about problem solving and decision making because 'player development' is about learning and learning is a long term, some would say 'life long' process where decisions, mistakes and consequences are vital if things are to truly stick. A football match is a short-term event and simply part of this process – a test where the youngster can experiment and find out what he or she currently knows and can do.

By constantly trying to make the decisions and solve the problems for the players those coaches and parents are in fact dis-empowering them in favor of short-term solutions with short-term rewards --- a win! Through dis-empowerment the players never learn to become self-reliant or trust themselves – because the coaches and parents obviously do not trust them. Therefore they find it more difficult to make the right decisions and solve their own problems both on and off the field. This is a major issue for 'player development' as football from the grass roots up to the world cup final is a decision-making, problem solving game.

### Bill Shankly's Quotes

'Football is not a matter of life and death, it's more important than that.' 1981.

'Of course I didn't take my wife to see Rochdale as an anniversary present, it was her birthday. Would I have got married in the football season? Anyway, it was Rochdale reserves.'

'Football is a simple game based on the giving and taking of passes, of controlling the ball and of making yourself available to receive a pass. It is terribly simple.'

'He has football in his blood' exclaimed a scout, 'You may be right, but it hasn't reached his legs yet' replied Shankly.

## EYE ON IT Soccer News

NEW YORK  
(September 23, 2009)  
– Comedic actor Drew Carey, host of "The Price is Right" on CBS, has formally accepted an invitation to join the Board of Directors for the USA Bid Committee in its endeavor to bring the FIFA World Cup™ to the United States in 2018 or 2022. Part owner of Seattle Sounders FC and Chairman of the club's member association, the Sounders FC Alliance, Carey is considered one of American soccer's most avid supporters from the entertainment industry.

"There's nothing but upside for soccer in America, and I think hosting another World Cup will show the world more evidence of that," said Carey. "Everyone involved in the USA Bid has a passion for soccer, a passion for winning and success. You can tell that in the effort that's being put into this campaign, which is why I'm excited to be a part of it." Before being named host of "The Price is Right"

## How sweaty are you?

Scientific research has consistently shown that physical and mental performance starts to suffer at or around the point that you become dehydrated by just 2% of your total body weight. So to train or race to the best of your ability, you need to counterbalance the sweat you lose through exercise by consuming the correct amount of fluid.

But it is not just a case of drinking during a run - a proper hydration strategy before, during and after exercise is crucial.

### Start your preparation early

The first thing to do is to try and ensure that you begin all your training sessions or races in a hydrated state. A tried and tested way to do this is to check the color of your urine. The darker the color, the more dehydrated you are, with a light, straw color the ideal target.

To hit this target the most recently published guidelines state that you should drink between 5-7ml of fluid per kg of body weight, three to four hours prior to playing or training.

### Drinking during exercise

Try to drink enough fluid to match your sweat rate, remembering that 1 liter in fluid = 1kg in body weight. If you can't drink enough during exercise to match your sweat rate and avoid weight loss, aim to consume enough to prevent a decrease in body weight of greater than 2%.

### Hydrate after running

Within a few hours of finishing exercise, you need to drink a total of 150% of the amount lost in body weight. For example, if you've lost 1kg, you need to replace this with 1.5 liters of fluid.

## FYSL Tournament Success

90 MVU Girls Red take 3rd Place at the Stockton Triad Tournament

95 MVU Boys Black win Hugh Kinnear/Celtic

96 MVU Girls 3rd place in the Hugh Kinnear/Celtic U14 age group (playing a year up)

93 MVU Girls Black Team took 3rd place this weekend at the Hugh Kinnear/Celtic

97 MVU Boys Black Team finalist at the Hugh Kinnear/Celtic

97 MVU Boys White team came away with a 4th place finish in the Hugh Kinnear

95 MVU Boys White team came away with a 4th place finish in the Hugh Kinnear

93 MVU Girls Black team Finalist at the West Coast Futbol Classic

95 MVU Boys Black win BUSC Summer Classic

94 MVU Girls Black win the West Coast Futbol Classic

94 MVU Girls Black are the California Odyssey Academy Cup U15 Champions

## Congratulations to all our teams

&

## Good Luck with the season!