

## INSIDE THE 18

MARCH 2003

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**COACHING YOUTH SOCCER—THE EUROPEAN MODEL**

*Coaching Youth Soccer—the European Model* is the result of Kevin McShane's extensive research on five European professional soccer clubs' youth development programs.

McShane compares and contrasts programs run by the Newcastle United, Munich 1860 (which plays in the shadow of their city rival Bayern Munich), FC Barcelona, Glasgow Celtic FC, and SK Slavia Prague. He offers recommendations on how the best "soccer practices" can be adapted in the US.

Looking at US soccer, he acknowledges high participation, parental willingness to help, and the game's inherent safety (when compared with other sports). Among the negatives, he counts the vast quantity of youth players who fail to translate into a sufficient number of spectators to sustain a professional league.

He observes how player numbers are not matched by the number of adult players, coaches, and referees. Many parents and coaches lack game experience, he says, and the courses that train them are shorter and less comprehensive than the European ones.

McShane's recommendations focus on organization, facilities, equipment, player evaluation, the training timetable and its components, coaches, and soccer philosophy.

While there is value in reading his recommendations in detail, here are some of particular interest:

**Appointment of a coaching director.** While a Director of Coaching may not enjoy the same authority over a club's

coaches as they might in Europe, they can hold seminars and assure certain key concepts are in the coaches' minds.

**Observe potential players several times with their own teams, then bring them in for a trial period of several weeks.** Watching players with their teams rather than in the artificial environment of a mass tryout provides a more fair chance to the player and a more realistic picture for the coach.

**The biggest difference in training by European clubs is the time spent playing is more purposeful than in the US.** The coach must be in charge and provide guidelines to parents that dictate how much "encouragement" they can provide players during practice and in games.

**The most important change is to change the attitude of adults who coach or manage youth teams.** Adults must find ways to emphasize long-term goals like player development, rather than short-term goals like winning a particular game or tournament.



Jack O'Toole  
Boys' Commissioner

## PLAYING SOCCER IN COLLEGE

More than forty players and parents heard Mike Brady (American University's Div. 1 womens' head coach), Roy Gordon (Mary Washington Div. 3 mens' head coach), and Gary Kingsley (American University mens' assistant coach) talk about *Playing Soccer in College* at ATSC's March 3rd seminar.

Brady summarized some of the rules governing college recruitment, including the date (July 1) when coaches can contact rising seniors directly, and discussed official and unofficial visits and registration with the NCAA

Clearinghouse. He described the best ways to contact college coaches, how to get "seen" at tournaments, and the pros and cons of player videos. He also provided attendees with a sample email and soccer resumé.

Brady outlined what coaches are looking for in players—mentally and physically. His basic message is that, at most schools, players first recruit the schools, rather than coaches initiating the contact.

Kingsley provided advice on how to prepare for college

play—everything from conditioning to mental toughness, and taking advantage of one's strengths. For example, a tall player is expected to be good "in the air." Minor weaknesses can be offset by a good "heading" game.

Kingsley explained that college players train as a team for 1-1/2 to 2 hours a day during school, much longer in the pre-season, and that players work out on their own in the off-season. He emphasized that "smart play"—a highly developed sense of the game's flow and how to exploit opportunities—is a huge asset.

According to Gordon, many Arlington players are likely to end up in Div. 3 soccer. While athletic scholarships aren't available in Div. 3, soccer can help get a player accepted to the school of the player's choice. He says the Div. 3 soccer experience can be just as rewarding—and the level of play just as high—as at many Div. 1 schools.

Gordon points out that recruiting regulations for Div. 3 are less onerous although recruiting budgets are smaller at Div. 3 schools, so knowing how to contact coaches is important.

## ATSC UNIFORM INFORMATION

ATSC places orders for uniforms the first day of each month. They are shipped on the last day of the month and usually arrive in Arlington two weeks later.

All uniform orders for the Fall 2003 season must be turned in to the Uniform Coordinators (Hilary Phillips and Ruth Macnamara) by June 27th. If a team is playing in a pre-season tournament, the coordinators ask that the dates of the tournament be noted on the order form.

Uniform order forms are available on the ATSC website.

Payment is to be made payable to ATSC as one team check, not as individual player orders. Payments are to be sent to: **Hilary Phillips, 1710 North Nelson Street, Arlington, VA 22207.**

Each team should have two spare uniforms on hand for use by guest players and additions to the team roster between seasons. This additional team cost should be incurred by the entire team as part of the team fee.

Call Hilary with questions or concerns at 703-276-0877. Her email address is: [hilarygersonp@hotmail.com](mailto:hilarygersonp@hotmail.com).



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## SPRING SWING 2003 GOLF TOURNAMENT



Prepare now for the Fifth Annual Spring Swing 2003 Golf Tournament. Proceeds benefit the Arlington Assault and Falls Church Impact.

The tournament takes place Friday, April 25th, at South

Riding Golf Club in Chantilly, VA. Participation not only supports the Assault and Impact, but your team as well. If you sign up a four-some, your team receives a \$40 "kick back" to your scholarship fund.

Spring Swing gets you and your friends together for 18 holes of golf, prizes, awards, gift certificates, and A and B flight competitions for cash

prizes.

Donations are welcomed from sponsors or to provide prizes for the golfers.

Donation checks should be made out to "Arlington Travel Soccer Club—ATSC Assault" and mailed to 648 N Illinois St., Arlington, VA 22205. For more information or questions, call 571-239-4522 or email [niklhead@aol.com](mailto:niklhead@aol.com).

## ATSC & D.C. UNITED'S KICKS FOR KIDS PROGRAM

D.C. United's "Kicks for Kids" benefits underprivileged and at-risk young people across the greater Washington, DC metropolitan area.

The program provides D.C. United game tickets free-of-charge to area youth organizations through the generous donation of area businesses and other benefactors.

For more information and to learn how *Kicks for Kids* can benefit your team (or to learn if your team is eligible for tickets), contact **Kim Beals** at [lacreme@aol.com](mailto:lacreme@aol.com) or call 703-524-9846.

If you'd like to become a Kicks for Kids benefactor, call the **D.C. United** at 703-478-6600.



"Contact Arlington County to support rebuilding of the Gunston Bubble."

## GUNSTON BUBBLE RECONSTRUCTION

Heavy snows at the end of February collapsed the Gunston Bubble and completely destroyed it. The "bubble" was the site of most indoor winter soccer practices for ATSC teams, an adult Futsol league, baseball and softball practices, and other Arlington activities. There is no facility to take its place.

The cost of rebuilding the Gunston Bubble is estimated by the *Arlington Journal* to be \$400,000. Insurance will pay only a part of that. Arlington County is "exploring options" and has not yet indicated any plan to rebuild it.

Please send a message supporting reconstruction to the Arlington County Board at

[countyboard@co.arlington.va.us](mailto:countyboard@co.arlington.va.us), County Manager Ron Carlee at [countymanager@co.arlington.va.us](mailto:countymanager@co.arlington.va.us), Parks Recreation & Community Resources Director Toni Hubbard at [thubba@co.arlington.va.us](mailto:thubba@co.arlington.va.us), and Sports Division Director Janis Wood at [jwood@co.arlington.va.us](mailto:jwood@co.arlington.va.us).

**HELLO & GOODBYE**

**Nancy Etkin** is the ATSC's new Executive Director by action of the Board of Directors upon the resignation of **Marta Cahill**.

Nancy has worked on federal and state issues for various associations and private industry. She is active in volunteer activities in her family's schools and church. Her son plays for the U12B Titans.

"Being part of the ATSC allows me to work where I live and to oversee a program that directly affects so many Arlington girls and boys," she says in explaining her reasons for seeking the job. "Travel soccer allows our youth to learn and develop superior soccer skills, and enjoy the camaraderie of teammates and coaches. The ATSC Board has developed a

terrific program and I look forward to working with the many volunteers who are so committed to Arlington soccer."

By way of farewell, Marta says she is convinced that Nancy will do an outstanding job. "I will truly miss serving as Executive Director," she says. "I have loved helping the club develop over the past six years, seeing a shift from individual teams playing under the Arlington name to a club structure that provides administrative support, coaching assistance, tryout coordination, player clinics, improved communications, scholarship aid, and many other services to teams, players, coaches and parents."

Marta says she has met many talented, dedicated

and fun people during her tenure - all of whom are committed to improving the soccer experience for their and other peoples' children.

"I've learned a great deal about soccer and player development," she explains. "I even started playing soccer myself. Those games have been among my most fun parts of any given week. While I'll miss the job, I intend to keep on playing soccer!"

Nancy Etkin's phone number is 703-532-6887 and her email is [n.etkin@verizon.net](mailto:n.etkin@verizon.net).

**Marta Cahill departs as ATSC Executive Director, Nancy Etkin takes the reins.**

**REDUCED FEES FOR HIGH SCHOOL GAMES**

Yorktown, Washington-Lee, and Wakefield high schools now offer \$1 admission to inter-county games for elementary and middle school soccer players who attend games in uniform. That saves \$3 on regular admission and is a great deal for Arlington soccer players who hope to play varsity in a few years.

ATSC urges teams to organize team outings or create a "family night" around one of the games. Adult supervision

is required, do not simply drop off young players.

**Washington-Lee v. Wakefield** Friday 4/11. Girls play at W-L and boys at Wakefield. JV at 5:30 and varsity at 7:00.

**Wakefield v. Yorktown** Tuesday 5/6. Girls at Wakefield and boys at Yorktown. JV at 5:30 and varsity at 7:00.

**Yorktown v. Washington-Lee** Thursday, 5/8. Girls at Yorktown and boys at W-L. JV at 6:00 and varsity at 7:30.

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**Serving the Community for Over a Decade!**

**THE PERFECT "STORM"-JERRY ELLISON, COACH**

Arlington's Storm are about to take the field for their fourteenth and final season together. Nearly all the players who started with the Storm in 1996 play again this season. They are part of a closely knit team that has made wonderful additions over the years.

The team measures success not by its wins or championships, but by its continuity and its joy in The Game. This spirit helps Storm avoid most of tensions and the player turnover that often plague travel soccer.

While Storm lost a few favorite players to family moves and a few to higher division teams, most came back year after year and none (that we know of) left because they are unhappy. When players do leave, the girls manage to attract another great player who quickly becomes part of the Storm "family."

Storm benefited from a wonderful set of coaches. After **Karen Parks** helped put the team together, **Darcy Trick** and **Beth Prange** taught them the basics over the course of several seasons. In the spring of 1998, **Jerry Ellison** arrived with a notebook full of plays (and orange hair from time to time). Together with assistant coaches **Don Chap-pell** and **Ian Smith** - Coach Ellison took the Storm the rest of the way.

Ellison is one of a rare breed in travel soccer - the pure volunteer who is unsalaried and non-parent who coaches for love of the game and, over the seasons, love of his team.

Storm has had their share of hard work to succeed at competitive travel soccer, but fun and laughter are their hallmarks.

Storm never won a WAGS division, but nearly always finished within the top three and only rarely dropped into a lower division from season to season.

Along the way they won four tournaments. As they enter their final season, they hope to take the spring season by "storm" and make a serious bid for a division championship.

Win, lose, or draw, Storm will celebrate their years together with a week at a beach house on the Outer Banks at season's end. For many, there will be soccer in college. But it is unlikely they ever can reproduce the experience of playing continuously over so many years with a group of soccer-loving friends.

Storm Playing High School

**Cailin Remedios** (Jr, Washington & Lee) **Margaret Dalton** (TC Williams, Sr) **Amber Bay** (Stonewall Jackson, Sr) **Alex Krafchek** (Wakefield, Jr)

**Yasmine Cathell** (Washington & Lee, Sr) **Bocca O'Brien** (Washington & Lee, Sr) **Elsa Gaito** (HB Woodlawn/Washington & Lee, Sr) **Anna Raven-Hansen** (Georgetown Day, Sr) **Sharon Prange** (Washington & Lee, Sr) **Carin Usrey** (Yorktown, Sr) **Dana Mueller** (Sidwell Friends, Sr) **Megan Wilhelm** (George Mason, Sr) **Delmy Hernandez** (Wakefield)

Games Played - 126, Wins - 56, Losses - 41, Ties - 29, Points - 197, GF - 192, GA - 138, **Win % - 44%**.

**Spring 2000** - Virginia Beach Memorial Day Soccer Fest: U15 Premier Champion

**Fall 2000** - Lehigh Columbus Day Tournament: U16 Champion

**Fall 2001** - Herndon/Dulles pre-fall Tournament: U17 Champions Division Champion

**Fall 2001** - Liberty Belle Columbus Day Tournament: U18 Champion.



**"During fourteen seasons, Storm didn't measure success in wins and losses, but in continuity and joy of the game."**



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Fax: 703-940-8388

Email: [n.etkin@verizon.net](mailto:n.etkin@verizon.net)



**SCHOLARSHIP INFO**

Teams applying for financial assistance must make application by March 31. *No applications will be accepted after that date.*

A team is eligible to receive reimbursement of the \$45 ATSC fee for its first player requiring assistance, but is expected to fund other costs for that player.

Additional players requiring financial assistance are eligible for reimbursement of an equal, pro-rated amount that will be determined by the number of requests made and funds that are available.

For additional information or an application form, contact **Pat Cardillo** at 703-531-0992 or email [p.cardillo@verizon.net](mailto:p.cardillo@verizon.net).

**ATSC OFFICERS & COMMITTEE CHAIRS**

**President** Phil Keating 703-237-9274 philipkeating@comcast.net

**Girls Commissioner** Celeste Szewczyk 703-525-9057  
73140.720@compuserve.com

**Boys Commissioner** Jack O'Toole 703-241-0616 jackotoole@aol.com

**Secretary** Andrew Rude 703-527-2314 andrew.robin@verizon.net

**Treasurer** Ron Greenhalgh 703-241-0555 rkg0@aol.com

**Try-outs Chair** Stephanie Shea-O'Connor 703-237-5432 stephsoc@aol.com

**Girls Coach Rep** Tim Andrews 703-933-2217 tim@interlogic-data.com

**Boys Coach Rep** Matt Barlow 703-533-2422 oppong@rocketmail.com

**Girls Player Representatives** Anna Raven-Hansen msanglana@aol.com and  
Dana Mueller dmueller03@sidwell.edu

**Boys Player Representative** Ian Handerhan laxalot217@aol.com

**Member at Large** Les Crane 703-841-1665 lescrane@mitre.org

**Executive Director** Nancy Etkin 703-532-6887 n.etkin@verizon.net

**Director of Coaching** Grant Smith 703-534-8657 grantwsmith@cox.net

**NCSL Club Rep** Steve Lent 703-276-6671 lent@metronaviation.com

**WAGS Club Rep** Celeste Szewczyk 703-525-9057 73140.720@aol.com

**ODSL Club Rep** Dawn Dekker 703-525-8484 arlingtonvipers@aol.com

**Fields & Equipment** Les Crane 703-841-1665 lescrane@mitre.org

**Fundraising** (Volunteer urgently needed)

**Referees** Tom Johnston 703-536-6411 tjohnston@milchev.com

**Scholarships** Pat Cardillo 703-531-0992 p.cardillo@verizon.net

**Publicity** Randy Custer 703-525-2369 rancus@aol.com

**Uniforms** Hilary Philips 703-276-0877 hilarygersonp@hotmail.com

**DC United Kicks for Kids Coordinator** Kim Beals 703-534-9846  
lacreme@aol.com

**Newsletter** Ned Leonard 703-538-5759 ned@westernfuels.org

**Klurfeld Travel Scholarship Fund** c/o Arlington Community Foundation,  
2525 Wilson Boulevard, Arlington, VA 22201 arlcf@erols.com