



## Competitive Youth Soccer Newsletter

Jan 2009

A Division of Rapids Area Soccer, Inc

Volume 16, Issue 2

A Message from the President.

The season has already started and we're off to a good start. There is a schedule for the indoor practices in the newsletter on page 5. Also, make sure when your children go to the practices, that they bring shin guards, tennis shoes and water. This club appreciates your time commitment to make sure your kids are at practice on time and ready to go.

Our tournament is being held on June 12th-14th, 2009. What a great fundraising opportunity for us! We will need the help of everyone to make this a fun and successful tournament. If you would be able to help on a committee, please contact Dena Rank at 424-3973 or at [unluckyus@charter.net](mailto:unluckyus@charter.net).

The board had voted to reduce the registration fees to \$150.00 per player, due to the economic situation we are all facing. We are asking, in return, that you will now be required to fulfill 5 regular season volunteer hours, and 4 hours of tournament volunteer work per each registered player.

We would also like to encourage as many players as possible to participate in the indoor tournaments. What a great way to play more soccer which is what we all love to do.

Please take the time to thank your coaches for all of their time and effort helping out this club and your kids.

You can look up the club policies and any other information in regard to this club on our website at [www.wisrapidssoccer.com](http://www.wisrapidssoccer.com).

If you have any questions, please feel free to contact any board members. We are here to help in the best interest of the club.

Chris Yustus

### << Important Dates >>

Feb. 8th & 9th	MSTC Indoor Tournament
Mar 15th	Marshfield Indoor Classic
Mar. 22 & 29	Uniform Pick-up MSTC 12-4 pm
Mar. 14th	Spring Picnic 3-5 pm MSTC cafeteria Informational meeting 3:30-4:30 pm
June 12-14	Wisconsin Rapids Soccer Tournament

### Where are they now?

I had the great opportunity to interview two of our past players from competitive soccer.

The first player is Kayla Haupt. She played competitive soccer for 7 years. She played every position on the field and for competitive soccer, she also played goalie. Kayla's most influential coach was Coach Radner, because she was the first female coach that Kayla had had in soccer. Kayla also said she put a different spin on things and she pushed the talented players to be better players.

Kayla has refereed in competitive soccer here and also in the Madison area. She was the varsity coach for Oakfield High School. Kayla just graduated from Marion College with a Bachelors Degree in Science and Radiologic Technology. She starts classes at Rockford College for Radiation Therapy. When Kayla is done with college, she wants to come back to the Marshfield Area.

The second player that I had the pleasure of speaking with was Amy Haupt. She played competitive soccer for 9 years. She played halfback, forward and defense. Amy's most influential coach was Mr. Topp, the basketball coach at Lincoln High School. He taught her the value of the game and not getting mad at the referees for the calls they made.

Amy is in her third year at the University of Stevens Point. She is going to school to become a Physical Education Teacher. She wants to come back to the area to teach. Amy referees competitive soccer and middle school soccer. She is currently coaching the 7th grade girls basketball team at East Junior High. Amy is thinking about coming back to competitive soccer as a coach sometime in the future.

If you know of other past players that we could interview for this column please contact Christine Yustus at [rapidsresident@charter.net](mailto:rapidsresident@charter.net).

### **Volunteer opportunities:**

Jobs and qualifications below

#### **VICE-PRESIDENT:**

Someone who is willing to learn about club operations for one year, then become club President for a two year term.

#### **LEAGUE REP:**

Attend approximately 3 league meetings per year and work with the league on scheduling league games. This is a board position.

#### **MANAGERS REP:**

Oversee and organize all of the team managers.

#### **UNIFORMS:**

Help distribute uniforms on Mar. 22nd & 29th. 2 people needed for the 12-2 pm shift, and 2 people needed for the 2-4 pm shift. Contact Marianne Moede at 424-3347.

### **<<Important Information>>**

#### **PRACTICE FIELDS:**

The fields are used by all Rapids Area Soccer organization teams and are available on a first-come first-serve basis. Use the field space as needed. If you don't need the whole field for your practice, please share with other teams.

#### **UNIFORM PICK-UP:**

Uniform pick-up will be March 22nd and 29th at MSTC. Due to sizing issues in the past, this year's uniform handout will take place the last day of your scheduled indoor practice at MSTC. Parents, when dropping off your player, take a moment to come in and select their uniform. Goalie shirts/gloves will also be available. First come, first served. If you **ABSOLUTELY** cannot pick up your uniform on the dates assigned, you can contact Marianne Moede at 424-3347 to make other arrangements.

#### **REFEREEING CLINICS:**

A Level 8 refereeing clinic will be held in Wausau in February, and in Stevens Point and Marshfield in March. You will need to go to the WYSA website under Ref Training and then Level 8 Clinic to find the listings. You must preregister on this website to attend a clinic.



**MILK MOOLA:** Every little bit helps. Please continue saving those caps and strips from all milk, juice, water, flavored water quencher fruit drinks, Nature's Touch ice cream, and any Nature's Touch or Kwik Trip products. Turn them into Karen Stashek (424-0746) or another board member. This is a fantastic way for everyone to financially support Rapids Area Soccer, Inc. (RASI). The more we save, the more money soccer earns!

**TAKE CARE OF YOUR PLAYER:** As in past newsletters, the following are important reminders to keep your player(s) healthy, happy, and ready to play. Whether you are a new or returning "Soccer Mom or Dad," your responsibilities are the same. Your job includes preparing your child for practice or a game. Ensure that your child has:

Proper rest and nutrition

- \* Supplement water with a sports drink, both before and during practice/games
- \* Begin hydrating up to 3 hours before a game, with about 8 oz. 20 minutes before the start of the game (8 oz. of water per game or practice is not enough)
- \* Skip soda and caffeine – carbonation is hard on the stomach and caffeine increases fluid loss
- \* Pre-game meals should be about 2 hours before the start of play, including carbohydrate-rich foods which are easy to digest and provide energy (quick snacks between games should be energy or fruit bars, fresh fruit, fruited yogurt, bagels, muffins, cereal mixes with dried fruit and nuts)

Equipment

Shin guards, cleats for outdoors, athletic shoes for indoors, ball (size 4 for U10-U12 and size 5 for U13 and above) - keep it inflated!, and an equipment bag with anything else your child may need. Prepare for the elements. If there is a chance of rain, be sure your child has rain gear to wear and a large plastic bag to put their equipment bag in. If it's cold, they should wear multiple layers of clothing.

Be on time for practice and games

Arriving at the scheduled start time is too late. Players should plan on being early in order to stretch prior to beginning practice or a game. If your child cannot attend a scheduled practice, please inform the coach and ask what skill or tactic will be missed so your child can practice at home.

Most of all —SUPPORT YOUR CHILD!

Maybe your child will be a great athlete some day, and maybe he/she won't be, but they will be a better athlete if you follow these rules. And, if you follow these rules, they will enjoy soccer a lot more, too!

Make sure your child knows you love him/her and that you appreciate their effort. Let him/her know you won't be disappointed if they fail. Be the person in their life they can always look to for support.

Try to be completely honest with yourself about your child's athletic ability, competitive attitude, sportsmanship, and level of skill.

- \* Be helpful, but don't coach your child on the way to a game or at the breakfast table. Think how tough it must be to be continually inundated with advice, pep talks, and criticism.
  - \* Teach your child to enjoy the thrill of competition, to be "out there" trying, to be constantly working to improve their skills.
  - \* Get to know your child's coach. Keep the lines of communication open between you and your child's coach.
  - \* Show respect for the game officials, other teams and coaches, and spectators. Set a good example for the players, even if you disagree with the official's decision.
- Keep in mind our behavior and attitudes are a reflection of our club and Wisconsin Rapids. Be a good ambassador of our soccer club.

**SUCKERS FOR PARENTS?** A parent mentioned a simple solution for loud boisterous fans – assign one parent to give out suckers to parents along the sideline who are loud. That way the spectators can suck on the candy instead of making noise. Simple!

Comments about this newsletter? If you have any questions about this newsletter, or if you would like information that would be of interest to our club members included in the next newsletter, please contact Chris Yustus or Denise Kohl.

**Club Uniforms** -By wearing club uniforms, you agree to the following:

**Reminder** - uniforms are to be worn for league games and tournaments **ONLY!**

**Laundering** - cold water, wash separately, hand dry if possible. **Do not iron!**

Damaged uniforms (stains, rips, tears, etc.) are the responsibility of the parents. Cost for damaged jersey (\$42.00) and shorts (\$28.00).

Our Club Policy is now updated  
and you can find it on  
our web site.  
[www.wisrapidsoccer.com](http://www.wisrapidsoccer.com)

***Indoor Practice Schedule:*** We are grateful to the administrators at MSTC for allowing our teams to use their facility for indoor practices until spring arrives. We ask all players to respect the facility. As a reminder, the gym is the only place you can play (no hallway practice). Gym shoes shall not be worn to practice as they leave salt residue on the floor. Coaches have been sent their team rosters and should be contacting you to discuss the indoor practice schedule. The coaches have also been sent the indoor practice schedule, which is their guideline for practices. If you are not contacted by your coach, please have your child at the practice date and time listed for their age/team in the *MSTC INDOOR PRACTICE SCHEDULE* table below. Your coach will then inform you of the next scheduled practice. Some coaches may also schedule supplemental indoor practices at other facilities.

Coaches, if you are unable to use one of your scheduled time slots at MSTC, please contact Jim Wendels or Jon Byom so that others can be notified of the opening and/or administrative staff at MSTC can be notified of the change.

### MSTC INDOOR PRACTICE SCHEDULE – 2009

Sunday Dates	Time 12:00p-1:30p	Time 1:30p-3:00p	Time 3:00p-4:30p	Time 4:30p-6:00p
JAN 4	U14G U16G	U11G-Hunn U11G-Panzer	U12G U13G	U10G-T U10G-NT
JAN 11	U10C-T U10C-NT	U12C U14C	U18C	U16C U13C
JAN 18	U14G U16G	U11G-Hunn U11G-Panzer	U12G U13G	U10G-T U10G-NT
JAN 25	U10C-T U10C-NT	U12C U14C	U18C	U16C U13C
FEB 1	U14G U16G	U11G-Hunn U11G-Panzer	U12G U13G	U10G-T U10G-NT
FEB 8	MSTC Indoor Soccer Tournament			
FEB 15	U10C-T U10C-NT	U12C U14C	U18C	U16C U13C
FEB 22	U14G U16G	U11G-Hunn U11G-Panzer	U12G U13G	U10G-T U10G-NT
MAR 1	U10C-T U10C-NT	U12C U14C	U18C	U16C U13C
MAR 8	U14G U16G	U11G-Hunn U11G-Panzer	U12G U13G	U10G-T U10G-NT
MAR 15	U10C-T U10C-NT	U12C U14C	U18C	U16C U13C
MAR 22	U14G U16G	U11G-Hunn U11G-Panzer	U12G U13G	U10G-T U10G-NT
MAR 29	U10C-T U10C-NT	U12C U14C	U18C	U16C U13C
G = Girls & C = Coed T = Tournament & NT = Non Tournament				

#### Reminder!

**Always be prepared for practice! Always be dressed and ready BEFORE the practice time begins. Always drink plenty of water!**

## Up-coming Events

### Spring Picnic:

Saturday, March 14th, 2009, from 3:00-5:00 pm at Mid-State Technical College in the cafeteria. We will be serving food and providing the opportunity to buy club apparel. All players will be required to stop by during this time to sign players cards. All new players are requested to attend an informational meeting on this day from 3:30-4:30 pm. Returning players are welcome to attend this meeting also.

**Badger State Games:** Feb. 6th-8th — Oshkosh YMCA

**MSTC Indoor Soccer Tournament:** Feb. 7th & 8th

**Marshfield Inferno Indoor Classic Tournament:** Mar. 15th

### Coaching Clinic:

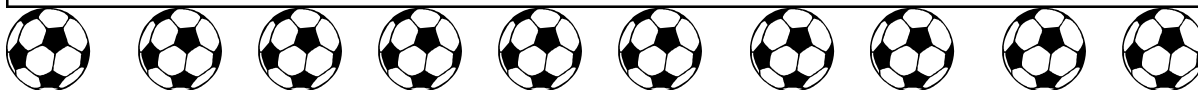
We have a G/Y1 coaching clinic being offered on March 25, 2009 from 6-9 pm at Pitch Elementary School. The Rapids Competitive Soccer Club will pay the \$10.00 fee for any parents from our club that would like to take this course. If you are interested, please contact Jim Wendels or Jon Byom.

### Your second payment:

If you have chosen to split your payments for competitive soccer, the balance is due on Feb.6th.

### Wisconsin Rapids Competitive Soccer Tournament:

June 12th - 14th, 2009. This is our one and only fundraiser for the year. We need everyone's help to make this a success. If you can help, please contact Dena Rank at 424-3973, or at [unluckyus@charter.net](mailto:unluckyus@charter.net).



### Facility improvements this year:

Concrete walk between the concession building and the parking lot — A BIG thank you to Curt Yustus, Ken Alft, and Pat Buss for donating their time to this project.

The fields at Pitch Field — Another BIG thank you to Bob Hunn and Phil Hamilton for donating their time to this project

Great Job Guys!!!

PRESIDENT	CHRISTINE YUSTUS	715-213-3035
VICE PRESIDENT	OPEN	
SECRETARY	DENISE KOHL	715-325-3914
NEWSLETTER EDITOR/COORDINATOR	WENDY ROBAIDEK	715-424-5205
TREASURER	VICKI HESS	715-423-8378
REFEREE REP	KAREN STASHEK	715-424-0746
LEAGUE REP	OPEN	
DIRECTORS OF COACHING & PLAYER DEVELOPMENT	JIM WENDELS JON BYOM	715-423-3496 715-423-1910
DIRECTOR OF FALL SOCCER	BARRY GRUETZMACHER	715-421-5783
REGISTRAR	PAUL STOLTZ	715-421-5828
TOURNAMENT REGISTRAR	JOHN HOKAMP	715-423-1277
TOURNAMENT DIRECTORS	DENA RANK	715-424-3973
MERCHANDISE MANAGER	ANGIE BREY	715-323=1249
TEAM EQUIPMENT & UNIFORMS	Marianne Moede	715-424-3347
VOLUNTEER COORDINATOR	RACHEL KRAUSE	715-423-4761
MEMBER AT LARGE	MIKE MUELLER	715-421-0615
WEB SITE COORDINATOR	LORI PITCHER	715-544-0233
INDOOR SOCCER COORDINATOR	RON NELSON	715-421-3710
FINANCES	DAVE WOLFE	715-421-5260
LEAGUE CONCESSIONS COORDINATOR	Mark & Sharon Dykstra	715-421-3399

