

OCTOBER 2009

KICK

NEWS FROM THE WEST DES MOINES SOCCER CLUB



FALL SEASON IN FULL SWING

For the 2009/2010 seasonal year, the West Des Moines Soccer Club will field 25 competitive teams in the U11 – U18 age groups. The teams have been training since mid-August with many of the U15 and older teams training sooner and competing through the summer and early Fall. With a more inclusive tournament schedule, more of the teams are traveling and competing together. To date, the club has seen a fair amount of success in league and tournament play.

The Fall Season came early for the West Des Moines Soccer Club. The U18B AJAX and U17G ICE both played in the USA Cup with AJAX and ICE both taking 2nd place. The AJAX then played in the College Search Kick-off going 2-0-1. The U17B Fire has started the year quite well winning the Ankeny Fall Classic, Cornhusker, and a second place in the Urbandale Holiday Inn Fall Classic. The WDMSC currently has 4 teams participating in the Midwest Regional League U15G Freedom, U16G Celtic, U17G ICE, and the U18G WDM/JUSC.

In other tournament action, the WDMSC has been well represented and have come home with some hardware. At the NORCO tournament in St. Louis, the U14G were runners up, U14B Champions, and U17G Champions. At the Cornhusker Tournament, the U18G were runners up and U17B champions. At the Urbandale Holiday Inn Tournament the following teams were champions U14G, U15G, U16G, U18G, the following teams were runners up U11G, U17G, U17B, and U18B. The U15G Freedom White took 2nd place at the Fall JFG tournament. In last week's Orange/Blue tournament in Champaign the following teams were champions U12G Orange and U14G Royal and the U14B. The U11G White lost in a semi-final.

At the Johnston Select tournament our WDMSC had another exceptional tournament. We entered 12 teams...7 CHAMPIONS and 1 RUNNER-UP

- U11 Boys - Champions Competitive Division
- U11girls - Champions Premier Division
- U12 Girls - Champions & Runners-Up Premier Division
- U13 Girls - Champions Premier Division
- U14 Girls - Champions Premier Division
- U15/16 Girls - Champions Premier Division
- U17/18 Girls - Champions Premier Division

With State Cup competition for the U15 and older teams slated to be played the weekends of October 24th/25th and October 31st, we are hoping that this success continues for our teams. Best of luck to all teams as they continue through their fall seasons!

GREAT ACCOMPLISHMENTS FOR OUR RECREATIONAL TEAMS!!

Not only has our Select teams done well at various tournaments this Fall, so has our recreational teams. I am sure we are missing some but here are a couple of examples:

The West Des Moines Azul won the U14 division at the Oct. 3-4 Johnston Fall Soccerfest. Azul scored 28 points in four games; only giving up two goals to opposing teams throughout the tournament.



Pictured, l-r, front row: Mitchell York, Alex Stetson, Joel Weikert, Jordan Viers, Nick Gorham, Alec Berntson. Back row: Assistant Coach Keith Butters, Sam Jordan, Ben Klooster, Zach Butters, Alex VanSickel, Jonathan Miller, Quinn Perdue, Kyle Neuman, Coach Jon Woods, Andrew Eaton. Not pictured are Lexi Duve, Finn Hoogensen, Sachin Sehgal.

The WDMSC U12 girls, V12U, coached by Joe Majors also won their division at the Johnston Soccerfest. In an exciting final, the team beat a team from the Ankeny Soccer Club in a Shoot Out! What a way to win a tournament.

Congratulations!!

THIRD ANNUAL END OF THE YEAR CELEBRATION AT ALL PLAY NOV. 5, 2009

This year the end of the year party will happen at All Play, 615 Third St in Des Moines, on Thursday November, 5th. Festivities begin at 6:00 pm and will run until the game cards run out! Like last year we will be having a wonderful dinner provided by our host. It will include a pasta buffet with a garden salad, assorted dressings, and garlic bread sticks. You get all of this for \$7.50. Complimentary lemonade, water, or ice tea will be provided with the meal. There will be game cards that can be purchased at All Play from the U13 boys select team, for \$20.00. They will be located in the lower level in front of the dining hall. The costs for playing the games are LESS this year than they were last year!

After dinner we will be presenting the coach of the year awards and recognizing our State Cup teams. There are two categories for coach for the year award, U7-U10 and U11-U18. Nomination forms can be obtained by e-mailing Pete Olberding at PeteOlberding@EPTrueDental.com. This is a great way for you to recognize the volunteer recreational coach who has put in many hours of time and effort for your team.

Please watch your e-mail box for instructions on how to sign up for the dinner. We will coordinate the sign up by teams.

Bring your family, bring your friends, we will all have a good time!

Volunteer to be a member of the West Des Moines Soccer Club Board of Directors!

The club is looking for members who are interested in serving on the board of directors. The board of directors is comprised of nine members who oversee the direction of the club.

The immediate need is for the position of Director of Membership which is currently open for election at our upcoming annual meeting in November. We also expect other positions to open as we move into 2010.

If you are interested in serving on the board of directors or finding out more about a board position, please contact any board member.

Current board members and contact information can be found on the club website or contact Jerald Banwart at jdandboys@msn.com or 987-7394.

Thank You

ANNUAL COOKIE DOUGH FUNDRAISER

Thanks to all of our club members for their great support for our annual fundraising campaign. The cookie dough orders for the Select program were picked up on Thursday October the 8th and the recreational sales were picked up on October 15th. We will be awarding our sales prizes at our annual season wind-up at All Play on November the 5th! Good luck to all!

SPIRITWEAR – GET YOURS NOW!!

We have several orders that have been received and we expect our first shipment of WDMSC Spiritwear in the next few weeks. There is a display rack at Soccer Connections in West Des Moines so you can get a sense for sizes and the products we have available. Christmas is coming - help Santa out and make sure that favorite soccer fan in your house is clothed in WDMSC colors this year. Ordering is easy - go to the www.wdmsoccerclub.org and you'll find a link to place your order online.

BRICK PATIO UPDATE

Thank you for your support to those that have ordered a personalized brick for our donor plaza. To date we have sold 61 bricks! All bricks have been engraved with the names as you requested and you will soon see these bricks at our Hidden Valley fields. Right now we are working with locating a contractor and are hoping to have construction started this fall. If you have interest in donating your time and/or expertise to help us with this patio's construction, please contact Dale Ward at the.wards@mchsi.com. Thanks to all you have donated!!

WINTER TFA ANNOUNCED!!

The WDMSC will offer 2 sessions of the TOTAL FUTBOL ACADEMY. Come join the full-time staff of the WDMSC for a fun but challenging off season training program. The winter TFA program will focus on individual skills and small group play. This winter we will offer an Academy program tailored for the U9/U10 player who wants the extra training through the winter months. We will again create a high school program that will include instruction from area college coaches. Some of the staff in the past have been Lindsey Horner, Drake Women's Coach, Ventsi Stoimerov, Grandview College Women's Coach, Mike Wilson, Simpson College Men's Coach, to name a few.

For the younger players attending the TFA (U6 – U8) we have a program that teaches basic FUNdamentals. These skills are taught through fun action packed games and exercises. We want to foster a passion for the game and a desire to master the ball.

For the select players (U11 – U18) the focus of the program will be to prepare players for entering college programs and for the high school aged players for their spring seasons. The curriculum will include fitness, foot skills, and small group tactics. This program is staffed by the professional staff, area high school and college coaches, and former WDMSC players. This program prides itself of preparing all of the players in a fun but challenging atmosphere. We mix hard work and fun into the training so much that we have players returning year after year!! We hope you will put this program in your calendars.

These camps are offered to the entire membership and anyone from the metro area. This program is under the direction of John Pearson. John can be reached @ jjpceltic@aol.com or 778-6463. All registration information can be found @ www.wdmsoccerclub.org

RACCOON RIVER AND HIDDEN VALLEY FIELDS UPDATE

Both Hidden Valley and Raccoon River Soccer Complex were damaged by flood waters from the Raccoon River during the summer of 2008. While Hidden Valley Complex escaped devastating damage to the fields, we were not so fortunate at Raccoon River.

RACCOON RIVER

After extensive work on Raccoon River over the last couple of years following the installation of irrigation and drainage tile, the playing surface was a complete loss. The entire complex was under nearly 4 feet of water for over 5 days. The damage to the fields was extensive and required a complete grading of the complex. This process was completed in the fall of 2008. Seed was applied and winter set in. Spring saw the emergence of the seed. Much of the spring and summer was spent nursing the grass along, fertilizing and treating for weeds. After leveling of low areas and regrading and reseeding at the complex this fall, we believe will be playing soccer again in the spring of 2010. Some positive news at these fields is the parking lot is finished and we have a completely paved parking surface. It will be great to get back to these fields for our recreational program!

HIDDEN VALLEY – SOUTH

While the south side of Hidden Valley was under water for several days, the fields escaped severe damage. Reseeding of the playing surface took place in the fall of 2008. The parking area on the south side continues to create problems. We are working to minimize the issues, but continue to battle rain on the dirt parking surface. We have basically closed this side until next Spring and are working on various remedies. Hopefully, Raccoon River fields will be open in the Spring of 2010 and we will have all Cubbies through U10 at Raccoon River fields again. This in itself will go along way to correcting our field issues.

HIDDEN VALLEY – NORTH

Water covered several fields for 2-3 days. Fields 1, 4 and 5 sustained damage due to the flood waters. Field 1 is currently shutdown and is undergoing repairs to the entire pad. This field will be back in play in the spring of 2010. Field 4 sustained damage to the west edge of the pad. It is again supporting 2 small-sided fields. The damage to field 5 was to the west end and along the fence line. We currently have one small-sided field on #5.

It has been a long road to recovery for all these fields, especially Raccoon River fields, and we appreciate the member's patience. We are fully committed to spending the necessary money to have these fields open again.

FREE! FREE! FREE! WDMSC RECREATIONAL PLAYERS – FREE INDOOR TRAINING

The WDMSC is pleased to offer FREE indoor sessions for our recreational program during the winter months. Ben Brackett, Director of Recreational Coaching, will be conducting weekly sessions/practices for recreational players. Each session will be filled with activities, games and FUNDamental skills for development. The sessions will be offered to all players between the ages of 5-9 years old. Be sure to bring a ball and wear your shin guards. Tennis shoes or indoor soccer shoes are required. The dates and times are TBA. The WDMSC will be sending out emails communicated the dates, times and locations for all practices by mid November. Contact Ben Brackett, ben@wdmsoccerclub.org, with any questions regarding the programming. Hope to see you all there!

WDMSC HOUSE FUTSAL LEAGUE - Winter 2010

While it is still warm outside, it is never too early to think about playing soccer inside! WDMSC is one of the few soccer clubs in the Iowa that offers a winter futsal program. WDMSC has hosted its own league for over five years now with much success! Participation has increased every year. Last year we had over 250 select players participating and 24 recreational teams between the two sessions. Futsal starts around the first weekend in December and wraps up before Spring Break. Select players U11 and older register as free agents and the professional staff organizes teams based on age and ability. Recreational players may register as free agents or have their coach enter a team. This winter, we are looking to expand the cubbie (U6) age group to offer those newcomers an opportunity to play in the winter. Last winter we had 24 cubbies take advantage of this opportunity.

The WDMSC Futsal program also features a winter tournament over the Christmas Break. Last year, we hosted over 40 teams traveling from all over Iowa. Each team played four competitive games. This year the tournament will be one day events making it easier to schedule and participate in.

So why play soccer inside when it is so much fun outside? Futsal provides more touches on the ball in a shorter time period compared to outdoor soccer. Futsal also develops better control of the ball. Futsal helps promote quicker reflexes and fast thinking. Every player can benefit from the game of futsal. Keep a look out for the futsal league and futsal tournament flyers in the near future. We hope to see everyone in the gym this winter kicking a futsal ball!

Here is the tentative information for the winter Futsal program:
Futsal Tournament:

Dec 28th: U9 and U10 (Team Cost = 175)

Dec 29th: U11 and U12 (Team Cost = 175)

Dec 30th and 31st (if needed): U13 and up (Team Cost = 225)

Cubbies: 2 - 5 Week Sessions (\$30 per session for free agent for 1 session, both sessions \$50, \$150 per session for team max of 6)

Session 1: 12/5, 12/12, 12/19, 1/9 and 1/16

Session 2: 2/6, 2/13, 2/20, 2/27, and 3/6

Recreational: 1 - 10 Week Session

(\$50 per session for free agent, \$300 per session for team max of 7)

Dates: 12/5, 12/12, 12/19, 1/9, 1/16, 1/30, 2/6, 2/13, 2/20, and 2/27

Select: 2 - 6 Week Sessions

(\$40 per session for 1 session, both sessions \$65)

Session 1: 12/6, 12/13, 12/20, 1/3, 1/10, and 1/17

Session 2: 1/31, 2/7, 2/14, 2/21, 2/28, and 3/7

If you have any questions about the WDMSC House Futsal League, feel free to contact, Ginger Parson @ 229 -5757 or gsoccer6@hotmail.com I hope to see you in the league!

SOCCER HOMEWORK by Frank Gurnick

I had a conversation with some players recently in which they were seeking ways to improve their skills away from regularly scheduled training. I could tell that they really did not want drill work but, rather ways to improve their skills while having fun. I needed to take myself back to a time when I was in their shoes – literally.

I can remember as a kid having games and challenges that would help me elevate my ‘game’. We would play games for hours without having to play a formal game. For example two baseball games that I loved to play were ‘500’ and ‘homerun derby’. In ‘500’, one player would hit the ball to a group of players. A point value was assigned for each catch. Catching a pop-fly was 100 points, on one bounce 75 points, two bounces 50 points, anything else 25 points. The first player to reach ‘500’ got to be the next hitter. This game improved not only hitting but fielding. In home-run derby, we would create an imaginary field and wherever the ball was hit to a base-limit was set. Each batter would get 12 pitches to see how many runs they could score. There are other examples that cross into other sports such as ‘P-I-G’ and ‘Around the World’ for basketball as well as ‘21’. The games were endless and our skills improved. It was all accomplished in an unstructured setting and the pressure of a parent or coach offering their input. There are several games and challenges that I’d like to offer to the players to get them to take ownership of their skill development.

Game #1 ‘CROSSBAR’ – Just as the name implies; each player from a predetermined spot on the field take turns trying to hit the ‘crossbar’ of a goal. Play to 3 points OR whoever hits the crossbar first gets to choose the next spot on the field.

Game #2 ‘4 – SQUARE’ - Four square is a good replacement for juggling. The ball approaches the player from different angles, there are many touches, it is easy to set up and the players are competing against each other. The grids have a value with one being the lowest and four the highest. The object is to knock out players in grids above your own so that you can advance to the top. The player in #4 tries to see how long he can stay there. Start: a player can volley the ball from hand into another player’s grid. That player can let the ball bounce once, and then has to return it into another grid and so on. This continues until someone misses the grid or allows two bounces. The player that loses the point moves down a square and that player moves up. The rules can be adjusted to increase the challenge such as – before playing the ball into another square the player must juggle twice.

Game #3 ‘Soccer Tennis / Volleyball’ – This game can be played on grass or on a tennis court. Players can use their bags to create a ‘net’. The game starts with a player bouncing a ball and volleying it over the net. The player or players on the other side have to play the ball back before it bounces twice on their side. A point is awarded anytime the ball cannot be returned or it is played into the net or out of bounds. Games are played to 15 points and must be won by two points and cannot be won on the serve.

I hope that these games can kick-start our players’ imagination to get out and play or create games of their own. They will quickly find out that their skills will improve and they will have a blast in the process.



West Des Moines Soccer Club
P.O. Box 25023
West Des Moines, IA 50265

WDMSC STAFF ATTEND AED TRAINING

On Monday September 28th, the West Des Moines Soccer Club staff including Bill Scott, Executive Director, Julie Waggoner, parent of several players, and Pete Olberding with his family attended a heart-saving and AED training program. This program was led by Jenna White with the West Des Moines EMS. The goal of the program was to educate the students with CPR and use of an AED. AED stands for Automated External Defibrillator. It is a device that is used to diagnose and treat life threatening cardiac arrhythmias. This program is being offered as a kick start to a program called “Kayla’s Angels”. Kayla was a soccer player who suffered a cardiac trauma at a Valley High School soccer match. The EMS was able to get to Kayla in time and perform the necessary life-saving techniques. It is the goal of the West Des Moines EMS to train as many “Kayla’s Angels” and to provide an AED to sporting events. The WDMSC is proud to support this program and made the training mandatory for its full-time staff.

We will be looking to organize another training program for the month of October or November and will encourage coaches, players, referees, and family members who wish to learn more about operating an AED and CPR. Pete Olberding has donated an AED to the WDMSC which is kept in the coach’s locker room adjacent to the concession stand.

WEST DES MOINES SOCCER CLUB NOTICE OF ANNUAL MEETING NOVEMBER 19, 2009

The Annual Meeting of the West Des Moines Soccer Club will be held on November 19, 2009, 7:00 P.M. at the West Des Moines Learning Resource Center located at 3550 George M Mills Civic Parkway. West Des Moines, Iowa. At the Annual Meeting, the following subjects will be considered:

1. Report by the President and Treasurer on the activities and finances of the Club
2. Election of Directors for the following positions:
 - President
 - Treasurer
 - Director of Membership

The following individuals have been nominated by the Nominating Committee and approved by the Board of Directors.

President – Peter Olberding (current Director of Recreational)
Treasurer – Rick Grewell (current Treasurer); and
Director of Membership – nomination in process

2. Transaction of such other business as may properly come before the meeting.

Pursuant to the bylaws of the corporation, voting is by team membership, with each team receiving one vote. Proxies are not allowed. The Board of Directors regular monthly meeting will occur immediately following the Annual Meeting.

Jerald Banwart, Secretary