

# Fredericksburg Area Soccer Association

## Hotspur News

January 2005

www.hotspurs.org

Happy New Year Soccer Enthusiasts! 2005 is off to a great start for the Hotspur Program! We added 5 new teams for our



upcoming spring season. We have a total of 21 teams playing this spring and 5 High School age teams that are doing tournaments only (26 teams registered). That is certainly incredible growth! We have also added a second small sided field to Hotspur Park giving us FOUR fields that are at our disposal 7 days a week year-round. We also added Legion Field as a Hotspur Game field and will once again play some of our home games there this spring.

### **Hotspurs accepted into NCSL!**

This is big news for all of our Boys teams! NCSL is the largest Boys Soccer league in the state and one of the strongest in the Region. Our plans are to enter our most competitive boy's teams into NCSL. We have six teams playing NCSL this spring – and plan to grow that number each season!



FASA is also now affiliated with **ODSL** and is in the process of becoming a direct member. We will have six girls' teams competing in ODSL this spring! Another very competitive and strong league competing in Northern Virginia & beyond! We are very excited to add NCSL & ODSL as options for our teams – in addition to RMYSL – which we have been a proud member for many years! We will place a total of 9 teams in RMYSL this spring (6 boys and 3 girls).

### **Fall Season SUCCESS!**

7 FASA teams were CHAMPIONS of their division this past fall season. They include U10 boys (M. Kelly coach); U11 boys (G. Gibson Coach); U13 girls (M. Allen coach); U15 girls B (T. Perrone coach); U15 girls Premiere (D. Berry coach); High School girls Premiere (P. Cinalli coach); High School Boys B (C. Carpenter coach). FASA also had MANY teams win tournaments this past fall season. For more information – go to our web site and click on the “Hotspur Success” button! Many of the teams also have web sites as well. You can go to our **TEAM CONTACTS & INFORMATION** page and find links to all our teams' sites!

### **Did you know?**

Here are some interesting facts about FASA's growth and community involvement:

- We have hosted 3 USSF licensing courses in the past 1.5 years and have licensed over 60 area coaches!
- We have added 2 practice fields for FASA teams to share – which is a first in our history.
- We hosted FIVE very successful soccer camps at Hotspur Park in 2004. Including Advanced Skills Soccer Camp (run by Hotspur staff), Elite ODP camp, Coerver Virginia Camp, DC United Camp, Elite Goalkeeper Camp. For more details on all of these camps – go to “Coaches Corner” on our web site. We will be offering more camps in 2005 – so keep checking our web site for registration information and details!
- We offer weekly Goalkeeper sessions at Hotspur Park during both Spring & Fall seasons. Our trainer (Keith Cox) is a former professional GK. FASA subsidizes our players (fee cut in

half). Info & details on the web site.

- FASA restructured the player fees again – which resulted in fees going DOWN for the second time in the past few years – while our benefits continued to expand and GROW!!! Players/Parents are getting more opportunities – and paying less – a great combination!!

- FASA has a contract with Eurosport which provides DEEP DISCOUNTS to our teams on all uniform & equipment orders.

- FASA provides practice facilities for our teams at Loriella Park under the lights when the time changes in the fall season.

- We started a TOPSoccer program in Fredericksburg – which is a soccer program for kids with physical or mental disabilities. The program is run by Hotspur volunteers and PLAYERS from our teams! Please go to our web site to find out more about this worthwhile program and how you or your children can get involved (as a volunteer or “buddie”).

- Our club added a WEATHER HOTLINE for game / event information & cancellation details. The Hotline number is 548.4303.

- Our Labor Day tournament doubled in size this year and was a tremendous success. It was a great team effort led by our new Tournament Director (Lisa Stretch). We used four locations (7 fields) to host the event – and site coordinators at each location. We look forward to additional growth this year!

- FASA Hosts SPECIAL EVENTS for FASA players / coaches / parents (i.e. College Night – where a expert in College recruiting will speak to our club)

- We Run Coaches Training Sessions & Events regularly including on-field demonstrations where Hotspur players / teams are used to demonstrate; coaches “chalk-talk” events; DC United

Technical Director spent an evening with our coaching staff to talk about developing youth soccer players, etc.

- Olympic Development Program (ODP). FASA has many players & coaches involved in ODP. We had several players make district & state ODP teams. We also had several coaches work the ODP tryouts as evaluators (Pete Cinalli, Grover Gibson, Matt Galligan, Craig Daniels) – and Pete is also on the VYSA staff as the Head Coach of the Girls 1988 ODP Central District team.

- FASA provides a list of impressive resources including: Team Manager Binders provided to all new teams; team & player registration support; Financial Aid on needs basis, etc., etc.

*This is just some of the exciting things that our club has done over the past few years. We invite you to visit our web site and see some of the other great things we are involved in!*

## Hotspur Park

Our facilities at Hotspur Park have also seen drastic changes. First, we have doubled the number of fields (4 total fields – 2 large & 2 small sided). More importantly, we have the fields professionally cut, serviced and maintained. In addition to the improved playing surface, we also cut out all of the weeds and overgrowth – added gravel to the road again this fall – added benches for the players – professionally treated the fields this winter and reseeded and covered the areas in front of the goals. These are just a few of the improvements -- we are committed to making Hotspur Park the best it can be for our players. Look for MORE improvements and features this season!

## Coaches Corner....

*Pete Cinalli, Director of Coaching:*  
This newsletter talks about a TON of exciting things going on in our club. The bottom line is that everything we do is centered on our PLAYERS – and player development. Quality coaching / training is the backbone of this process. We do our best to provide ongoing opportunities for our coaches to continue to grow, learn

& develop so that our players get the best possible training. It is mandatory for our coaches to be USSF licensed (within the first year) – and we have hosted several coaching courses in Fredericksburg up through the D-National level! We also have ongoing training programs for our coaches and many resources on the coaches corner web page. Ultimately, however, each player is responsible for their development. A coach typically sees a player 2 to 3 times per week for training. What that payer does between those sessions is what really accelerates growth and skills improvement. Finding ways to get more touches on the ball (juggling / dribbling / PLAYING pick-up soccer / etc.) and working on the skills they are taught at practice, soccer camps, etc. – is critical. If they have a love for the game – it is natural. Parents should encourage this – but not pressure them to do it (that makes it work – not fun). As players progress into higher & higher levels of play there are two key issues they must deal with..... **time & space.** They have LESS of both! When you play against better competition there is less time to make decisions and less space to work with because quality defenders are going to be there to take it away and limit options. Having the TECHNICAL skill to handle this additional pressure will determine the success a player will have. Have you ever seen a player that “dominates” in Park & Recreational soccer come to travel and almost disappear?... or a team that was very successful in a lower division struggle when they move up? That’s why it is so critical to continually work on technical skills – especially at the younger ages – and learn proper technique. Technical skills are dribbling, passing, receiving, etc. As players get older the focus becomes more TACTICAL (positions / shape / team defending & attacking). Talk to your coach / trainer if you want to know more about technical & tactical development. The other issue that I would like to mention is just a reminder of a very basic rule..... let the players – play..... and the coaches – coach!

Enjoy the game – cheer for the players – but don’t coach your child (or others) from the sidelines. Let them make decisions on the field – let them make mistakes so they can learn and improve. Many times a coach may give a player specific instruction(s) – and then a parent yells a conflicting instruction from the sideline. In this case the player is the ultimate loser! Does he/she listen to coach... or mom / dad / sibling / relative / etc.?.... it creates a no-win situation for the player – and certainly takes the fun out of the game. Relax and enjoy it.... the time sure passes quickly!  
I gave a very brief overview about competitive soccer and player development in this column. The most important thing to remember is that soccer is a game – not life or death. Youth sports has to be fun – and that is the real bottom line. Don’t put your main focus on winning & losing – look at ongoing and long-term player development. It’s a player’s game – and it’s all about them! For more details and training resources – go to the COACHES CORNER page on our web site.

## Hotspur Officers

- President / Commissioner – Wayne Zimmerman
- Director of Coaching – Pete Cinalli
- Program Director – Pete Cinalli
- Treasurer – Iris Jordan
- Registrar – Carmen Nicholas
- TOPSoccer Director – Jack Hitchens
- Tournament Director – Lisa Stretch
- Fields (game & practice) – John Haugh
- Secretary – Lynn Lacy
- NCSL Administrator – Lisa Stretch
- RMYSL Administrator – Ronda Vanreenen
- ODSL Administrator – Ronda Vanreenen
- TOPSoccer Administrator – Ronda Vanreenen
- Referee Assignor – Ron Magin



**REGISTRATION is open** for Advanced Skill Soccer Camp (U9 – U12 boys & girls! [www.hotspurs.org](http://www.hotspurs.org) for information and to register