



# Green Hornets Soccer

Putting Kids First



VOLUME 1, ISSUE 1

## Severna Park Select Soccer Newsletter

NOVEMBER 2011

### Free Kick Training Tips From the Best

- *Want to bend it like Beckham? See how he does it: <http://www.youtube.com/watch?v=snyu3cg-MdM&feature=related>*
- *Watch Brazilian superstar Roberto Carlos teach the art of the free kick: <http://www.youtube.com/watch?v=O6Gi1jmLENs>*

Just highlight the link, copy and paste it to your internet browser.

### Inside this issue:

- Renovated field opens at Kinder Farm Park* 1
- Gali Sanchez Memorial Scholarship Awarded* 2
- Tetterer, Murray named as U8 Select Coaches* 2
- Team Updates* 3-7
- Training Tips from Dave Vincent* 7
- DC United's Jed Zayner provides skills training* 8
- Severna Park Hosts AAYSA Classic Games* 8

### Select Program Introduces Periodic Newsletter

The select program is pleased to introduce the new Severna Park Select Soccer Newsletter. The Newsletter is an attempt to help build upon the great sense of soccer community we already have in the Green Hornets and to further enhance the notion that we are one soccer program and not just a collection of individual teams.

As the largest soccer organization in Anne Arundel County and the second largest in the State of Maryland based on membership in the Maryland State Youth Soccer Association, we have been able to provide a wide range of playing opportunities for our play-

ers, ranging from our clinic for kids in the U4-U6 age groups to our in-house recreation program to the select program, which fields teams in a variety of leagues, including the most competitive in the area. While we have had some terrific successes within our select program — including teams winning the Maryland Cup, the regional championship and one team finishing third at the national championships — the current Executive Committee is committed to increasing the quality of our select teams across the board. To this end, we are taking steps to increase player training opportunities to match or exceed those avail-

able at other top clubs, improve our facilities, increase the exposure of our older players to college coaches, provide additional training and resources to our select coaches, and set higher standards and expectations for our teams. Some of our recent changes along these lines are covered in this issue.

As with most of what we do in the soccer program, the newsletter is the product of people volunteering to write articles and team updates. We welcome ideas for the newsletter. If your team does not have an update in the newsletter, please consider volunteering to help write one!

### Renovated Field Opens at Kinder Farm Park

After some delays due to weather, the Green Hornets opened the newly renovated Bermuda grass field at Kinder Farm Park in early October. The field, which matches the quality of the best fields in the State, is slated for small-sided NCSL and WAGS games for the balance of the season and will also be used for full sided

play in the spring. The Green Hornets wish to thank many people, but especially soccer coach Mike Kriel, Board of Directors member Tom Neuberger, and the GSPAA Executive Director Jim McCandless, and for the generous donation of expertise, material and manpower of the Brick Companies.



The Fury (BU12) in action versus Sterling Orange on the renovated Kinder Park field.

## Gali Sanchez Memorial Scholarship Awarded

The Gali Sanchez Memorial Scholarship Fund recently awarded \$1,000 scholarships to Sarah Peterson and Billy Zito. Sarah and Billy are long time members of the Green Hornets soccer program and are currently seniors at Severna Park High School. Both have excelled in soccer while at the same time showing a demonstrated commitment to academics and service to their families and the community.

The Scholarship Fund was created in memory of Moises Gali Sanchez, who played a pivotal role in establishing the Green Hornets select soccer program as it exists today and who worked tirelessly to promote soccer in Anne Arundel County, both at the club and high school level. The Scholarship is intended for members of the Severna Park soccer program who best exhibit not only athletic excellence, but respect for others, dedication to family and community, and a desire to achieve academic excellence.

Scholarship recipients, who must be seniors in high school, are chosen by a scholarship committee comprised of Dr. Sanchez's children – Gali Sanchez, Dr. Paul Sanchez, Dr. Ralph Sanchez, Laura Happel Sanchez, and Wayne Sanchez – and Select Director Mike Carlson and then must be approved by the Board of Directors of the Green Hornets.

The Selection Committee was thoroughly impressed by the field of applicants. Billy and Sarah received the scholarships based on their excellence in each of the criteria considered by the committee. Both not only maintain excellent grades, but do so while pursuing a wide array of honors and advance placement courses. Wayne Sanchez commented that "Sarah's and Billy's commitment to academics, and the community in general, clearly go beyond what might normally be expected of high school students; they demonstrated a true desire to improve

themselves. That they were able to do this while also playing soccer at the highest level made them perfect choices to receive the scholarship."



Gali Sanchez Memorial Scholarship winners: Billy Zito, above, and Sarah Peterson, below.



*"Sarah [Peterson's] and Billy [Zito's] commitment to academics, and the community in general, clearly go beyond what might normally be expected of high school students"*

### U8 Select Tryouts:

**Boys:** Nov. 5 and 6 (4:30 - 6:00 p.m.) and Nov. 7 (5:00 - 6:30 p.m.). Rain date: Nov. 8. Kinder Farm Park, Lower Field #2. For information contact Joe LaMore at [joseph@lamorelaw.com](mailto:joseph@lamorelaw.com).

**Girls:** Nov. 12-14. Details will be announced soon. For information, contact Kate Murray at: [katemurray401a@comcast.net](mailto:katemurray401a@comcast.net).

PAGE 2

## Tetterer, Murray Named As U8 Select Coaches

The Coaching Oversight Committee is pleased to announce the Lead Head Coaches for spring's U8 Select teams. For the boys, Sean Tetterer will lead the program. Sean is a former college player and long-time coach. He currently is the Boys' Varsity Head Coach at Broadneck High School and has coached his boys in the Severna Park Clinic and Club Programs. On the girls side, Kate Murray

will lead the program. Kate is a former GSPAA player and played at Severna Park High School and James Madison University. She, too, is a long-time coach in the Severna Park Clinic and Club Programs, and also has served as a League Coordinator.

Boys' U8 tryouts are set for November 5 – 7 at Kinder Farm Park, while the girls U8 tryouts will be a week later, November 12-14 at a location to be deter-

mined shortly.

As many teams will be formed as there are qualified and interested players. Teams will prepare for the spring season through futsal or indoor games during the winter. These teams will compete in AAYSA for the spring, then for the fall U9 seasonal year there will be additional tryouts and reorganizing for play in CMSSL for the girls and NCSL for the boys.

## Lasers Unbeaten, Surrender No Goals in Sixteen Games

The Lasers (U11G) have an impressive combined Fall 2011 record of 15 wins, 0 losses and 1 tie. In compiling this record the Lasers have scored 64 goals while allowing none thus far in their tournament and WAGS (Washington Area Girls Soccer League) regular season games.

On October 8-10, the Lasers participated in the WAGS Columbus Day tournament in Centreville, Virginia. The Lasers put on a dominant tournament performance, scoring 13 goals, while giving up none over the course of five games. The Lasers defeated teams from Loudon, Sterling and Arlington in the preliminary rounds by a combined score of 9-0, advancing to the semifinals, where they defeated Gunston Premier 3-0. The finals pitted the Lasers against Lower Merion Soccer Club, the reigning Division 1 champions of the Philadelphia Area Girls Soccer League. After a 0-0 first half score, the Lasers scored early in the second half and held on for a hard-

fought 1-0 championship victory.

The Lasers have claimed the championships of their past four tournaments, including: the WAGS tournament; Gettysburg Battlefield Blast (August 2011); Freestate Capitol Cup (March 2011) and Mountain Road Thanksgiving Tournament (November 2010). The Lasers will next appear at the Bethesda Thanksgiving Tournament.

*To the right:* The Lasers in Washington Area Girls Soccer League play against Olney, a 5-0 Lasers win.

*Below.* The Lasers celebrate their WAGS Columbus Day tournament championship. *Bottom row (L to R):* Hunter Chadwick, Valerie LaMore, Samantha Cremmins, Jessica Zimmerman; *middle row (L to R):* Camryn Levin, Rachel Spilker, Paige Gunning, Lisette Carneiro; *Back Row (L to R):* Coach Joe LaMore, Leah Campbell, Caroline O'Keefe, Julia Ryan, Sarah Davis, Assistant Coach Sean Zimmerman



*"The Lasers have claimed the championships of their past four tournaments"*

## Coach Camm's Teams Finding Success in Fall Tournaments

During the Fall season, our high school aged teams, for the most part, forego participation in their select league so that players can focus on High School soccer. Many of the teams, however, continue to enter a variety of Fall tournaments and have represented the club well in some very challenging tournaments.

Coach John Camm, the Green Hornets Director of Coaching, has guided his two boys high

school age teams to significant success in tournaments this fall.

The Rowdies (BU18) competed in the highly competitive Kirkwood College Showcase in early August. The team battled to a 3rd place group finish out of 8 teams, including a 2-1 victory over Spirit United Strikers of Pennsylvania, which had been ranked 21st in the nation by Gotsoccer.com. Rowdies players have excelled for their high school teams this fall.

Coach Camm's Inferno (BU16) competed in the Virginia Beach Columbus Day Tournament, finishing group play at 2-1, and just missed out on advancing. The team is well represented at local high schools with 8 sophomores and 1 freshmen making their various varsity teams. The Rowdies and Inferno will continue with league play in the highly competitive National Capital Soccer League in the spring.

John Camm's Rowdies down the 21st Ranked Team in the Country at the Kirkwood College Showcase.



## Extreme Off To Terrific Start

The Extreme (GU12) is off to a great start this fall season. Facing tough Washington Area Girls Soccer (WAGS) teams, the team's record is 3 and 1. Extreme also excelled and were a team finalist in the 23rd annual Horsham (Pa.) Soccer

Colleen Reilly Tournament in September. With many new players this season, the team has learned to play together more quickly than could have been expected. The team's strong offense is led by veterans Tori Bates, Madison Brady, Jenna

Farrell, Elizabeth Kiely, Heidi Meyers and new comers Taylor Critcher and Maeve Register. The team's stingy defense is led by veterans Abby McGuire, Alex Schepers and Allie Walsh along with new addition Mallory Martel. The goalies, Tori Bates and Sarah Sacker, round out the team and keep the ball out of the back of the net. "The competition is tough at this level but the girls have proven they can hold their own with any team in the league," commented Extreme coach Suzanne Bates-Crandall. Bates-Crandall, along with assistant coaches Mick McGuire and Henry Farrell look forward to the rest of the season, knowing that this team is only going to improve as they continue to learn how to play and have fun together.

*"The competition is tough at this level but the [Extreme] have proven they can hold their own with any team in the league"*



The Extreme are off to a fast start. Celebrating above: *Back (L to R):* Abby McGuire, Taylor Critcher, Tori Bates, Alex Schepers, Allie Walsh, Jenna Farrell, Elizabeth Kiely, Sarah Sacker; *Middle (L to R):* Heidi Meyers, Maeve Register, Madison Brady, and *Front Center:* Mallory Martel.

## Vipers Take Second In Columbia Tournament, Stellar In NCSL League Play

The Vipers (BU9) had a very successful weekend at the SAC Columbus Day Tournament. After Saturday's preliminary round games they finished as the #1 seed in their bracket, which also included Seneca and Broadneck. On Sunday the playoff round began, and in the semi-final game the Vipers overwhelmed SAC Premier four with a 5-1 victory. While the team was unfortunately defeated in the Championship game (to the other bracket's #1 seed), the Vipers still brought

home 2nd place honors, competing in the tournament's most-competitive division.

The team is especially proud of its depth and balance. In the game against SAC Premier four different players scored goals. Five different kids played in goal during the weekend, and all kids played different positions on both offense and defense. Coach Kory Barrett commented "To be honest I really wasn't sure what to expect with this tournament. With all the rain and cancellations we just

had no momentum going into it. But the kids really showed what they're made of and played their hearts out from Game 1 on, with great energy and teamwork all weekend. I could not be more proud of them."

The Vipers efforts have met with great success in league play, too, where the team currently has a 6-1-1 record in the highly competitive National Capital Soccer League. The team plays in the Mountain Road tournament on the weekend before Thanksgiving.



Vipers: First Row L to R: Jack Chadwick, Michael O'Callaghan, Ben McLay, Connor McCoy, Christian Angel. Back Row L to R: James Shivery, PJ Roth, Owen Barrett, Charlie Kriel, Ben Jeffers, Alec Carey, Will Leshner.

## Fever Put On Impressive Showing In Virginia Beach

The Fever (BU15) put on an impressive display in the Premier Flight of the Virginia Beach Columbus Day tournament.

The Fever went undefeated, compiling a 2-0-1 record while scoring seven goals and giving up only one. The Fever's 2 wins were both by 3-0 margins.

The Fever's lone tie was against the #4 ranked team in South Carolina, Coast FA 96 Red.

The match was fast, physical, and intense. After giving up a set play goal two minutes into the game, the Fever dominated play. The South Carolina twin strikers were very fast, and the Fever defense frustrated them, holding them to no goals. The Game, which saw three players ejected, was finished with the Fever playing with nine players versus ten. Even playing two men down, the Fever narrowly missed winning the game when

a shot hit the post late in the second half. The Fever missed advancing on goal differential, which was increased to 4 this year, at 4-3.

The Fever is sitting out the Fall season as its players participate in High School soccer, but will resume play in the National Capital Soccer League in the Spring. The team will next appear at the Bethesda Thanksgiving Day Tournament.

Severna Park Fever go undefeated in the top flight of the Virginia Beach Columbus Day Tournament.



Left: Connor Arrildt attempts to score on a corner kick, as Chad Greber, and Ryan Gruss look on. The Fever tied Coast FA 96 Red 1-1

## Severna Park CMSSL Teams Excel in League and Tournaments

The Central Maryland Small Sided League (CMSSL) is the best place to find competitive soccer for younger girls select soccer teams. The three Severna Park teams in the league are off to a great start to the season, excelling in both league play and in competitive tournaments.

The Black Thunder (GU10) have won five consecutive league games in Division 1 of the CMSSL and currently sit in second place after narrowly losing their opening game. The

team, which has outscored league opponents 22-4, is deep in talent and has continued to progress nicely, passing the ball at a very high level. At the conclusion of the CMSSL season, the Black Thunder will play in the Bethesda Thanksgiving Day Tournament.

The Starfires (GU10) participate in the second division of the CMSSL. After starting the season with three close losses, the team has poured it on, winning three straight league games beating Freestate Sparks (Freestate's first team), Fura Roja, and SAC

United Royal.

The Pandas (GU9) are currently 3-3 in Division 1 of the CMSSL. The team had two losses in the first three games, but bounced back strongly, improving with each game. The team performed very well at the SAC Columbus Day tournament, including a 1-1 tie against highly touted SAC Premier Blue. The team finished in a 3-way tie for first in their division, but narrowly lost out on a tie breaker. Impressively, the team beat SAC Premier White, 2-0, in the consolation game.



The Black Thunder: Back Row (L to R): Olivia Altman, Masene Stimely, Kailyn McCulloch, Caitlin Hoffman, Payton Erbe, Madeline Altman; Middle Row (L to R): Skylar Fellyn, Leia Liberto, Lauren Campbell, Mia Camm; Front Center: Toni Fiocco-Mizer

## Sting Enjoying Fantastic Season

The Sting (BU12) participated in the SAC Columbus Day tournament. The boys faired pretty well, losing their first game on Friday night 3-1 to Real Takoma Park, a NCSL D4 team. On Saturday the team bounced back, defeating Thunder Napoli 5-0, a win that put the Sting in 2nd place and in the semi finals. The Sting's opponent in the semi's was CSA Red Bulls, who defeated their 2 opponents by scores of 4-0 and 2-0. After a very physical game, the score ended at 0-0. Unfortunately the Sting lost in penalty kicks 3-1. It was a great weekend for the boys.

In their season thus far, the

Sting, coached by Mike Aman with assistant coach Andrew Fowler, are 3-0 and tied for first place. They are the only team in their division that has yet to surrender a goal. The Sting have outscored their opponents 11-0. In their six games so far, the Sting have shut out their opponents five times. The defense is led by Quinn Freeman, Jack Goode, Mason Jones, Will Hoffman, and Cullen Figlioli along with goalkeeper Alex Fisher, they have stifled just about anyone who has tried to penetrate the team's goal.

The offense is lead by Joey Aman, who has scored a total of 8 goals and has tallied at least

one goal in each game, including a 4 goal output in the second game of the tournament. The team wouldn't have much of an offensive attack though if it were not for its midfield, led by Hunter Evans, Michael Moore and Cameron Ehnat, Jake Howell and Ethan Romesburg. Their play, both offensively and defensively, is a huge reason why the Sting are sitting atop the conference.

As the Sting get deeper into the season, the outlook for this team gets brighter and brighter. Their chemistry at such an early time has given the coaches, players and parents something great to look forward to.

*"The Sting have out scored their opponents 11-0. In their six games so far, the Sting have shut out their opponents five times."*

## Falcons Making Strong Showing

The Falcons (BU13) are off to a great start this season playing in Baltimore Beltway Soccer League, Division B. The team, coached by Brian Levay, has started out the season with a 4-1-1 record, which places them solidly in second place in the division. The team, which has had a well balanced attack and defense, has secured victories over very strong teams from Thunder Soccer Club and Bethesda Soccer Club. Once the team concludes its fall season, it will play in the Mountain Road Soccer tournament and will field two Futsal and two Indoor teams this winter.

## Tigers Off to a Roaring Start in AAYSL League Play

The Tigers (GU9), participating in the Anne Arundel Youth Soccer League (AAYSL), have made great strides this year in their first full year of select soccer. The players have greatly improved their individual skills and have really started working as a team. Coach Zadock Cropper observed that, "the girls have become a pretty tight knit group and have built up a lot of trust with each other and always seem to be looking to pass the ball so they can all be involved (sometimes a little too much!!); they have learned how to 'attack' and 'stalk' on defense (they are Tigers after all)."

The players are also quite creative and have created a fantastic cheer, which can be heard quite loudly before each game they play. The girls always comment to their coach how much fun they are having.

At the end of the summer, the Tigers played in the Frederick Scrimmage Fest and learned a lot about who they could be as a team. The team has since fared very well in the first division of AAYSL with a respectable record of 3-3-1. At the conclusion of their season, the Tigers will play in the Mountain Road Thanksgiving Tournament in November.

*The players "have learned how to 'attack' and 'stalk' on defense (they are Tigers after all)."*



## Storm Undefeated in League Play, Aiming for AAYSA Classic Tournament Championship

The Storm (GU11) is battling hard this Fall. Competing in Anne Arundel Youth Soccer League's 1st Division, the team is undefeated with a record of 5-0-3, just 1 point out of first place. To date the girls lead the league in scoring with 22 goals for, and even more impressively also lead the league in fewest goals against, giving up just two goals in eight matches. With two games remaining the Storm is well-positioned to make a run at the league Championship. They are next set to

play Mountain Road Madness, which currently sits in first place, for what will undoubtedly determine the league championship.

The Storm also recently participated in the Anne Arundel Youth Soccer Association Classic, a double elimination, three week tournament. Despite a strong performance from the entire team, the Storm lost in a penalty kick tie breaker to the Broadneck Tornadoes following a 0-0 tie. Following the open-

ing loss, the team fought for impressive victories over ASA, Linthicum-Ferndale and Broadneck by margins of 3-0, 2-0 and 2-0. The team went on to narrowly lose to Mountain Road Madness in the final by a score of 1-0, but have a lot to be proud of in their performance.

Following the conclusion of league play, the Storm will participate in the Mountain Road Thanksgiving tournament, where it will defend its championship from last year.

*"To date the [Storm] lead the league in scoring with 22 goals for, and even more impressively also lead the league in fewest goals against, giving up just two..."*

## Training Tips from Dave Vincent: The Importance Of A Dynamic Warm Up For Soccer Players

The importance of a proper dynamic warm up will prolong your soccer career, reduce the risk of injury and minimize soreness after training and games. Not to mention it will also improve your flexibility as well as on field performance. It prepares your muscles for competition and ensures you are ready to compete at the highest level.

You can use this dynamic warm up before your workouts, training sessions, and games. Remember to move slowly through each movement and really attempt to push the range of your flexibility. A dynamic warm up prepares the body for the demands of a work out, practice or game, increases heart rate, respiratory rate and blood flow to the muscles, in-

creases core body temperature, and enhances muscle elasticity.

The warm up should be 10 to 20 minutes and may vary depending on the athletes age, current physical condition and prior exercise experience. A soccer player should:

- Warm up with exercises for both the upper and lower extremities
- Progress from low to a higher intensity

The following includes several different exercises that can be utilized during the dynamic warm up. Remember to progress accordingly

Slow jog

Walk on toes•30' x 2•Works on ankle motion, strengthening and working on balance

Arm swing (working on shoulder range of motion)

- Work on running form
- Start at slow speed and increase
- Slowly increase the range of motion

Straight leg kicks (maintain alignment of stance leg)

- Stand tall, kick leg up in front
- knee hugs

•"Open and close the gait"-Hip motion,

- Reach for the toes (avoid slouching forward when reaching for the toes

THE ATHLETE SHOULD BREAK A SWEAT WITH A DYNAMIC WARM UP AND FEEL LIKE THEY ARE WARMED UP.

*David Vincent is Owner of Active Body and Health. He has a BS in Health and Fitness, is CSCS certified, and is a Combine 360 certified Trainer*

# Severna Park Soccer

PUTTING KIDS FIRST.

The mission of Severna Park Soccer is to provide the youth of our community with a rich soccer experience that is educational, fun and safe, and promotes a life-long love, and respect, for the game. The goal of our select program is to develop players to compete at the highest level of individual and team play.

## DC United's Jed Zayner Provides Training to SP Players

DC United's Jed Zayner provided individual training for forty Severna Park select players over the course of six sessions at Kinder Farm Park. The training, which was available to U9-U14 players from a variety of Severna Park teams, covered a range of individual skills and provided a unique chance for the players to interact with a true professional. During the training, Jed also gave away two pairs of tickets to DC United games, which gave the kids and opportunity to sit in the mezzanine section

at RFK stadium with DC United players who were not suiting up for the game.

Jed joined DC United last season from the Columbus Crew and had previously played at Indiana University where he was a semi-finalist in the MAC Herman Trophy, soccer's equivalent of the Heisman Award.

The Select Program is dedicated to increasing the training opportunities for select players. We will continue to pro-

vide a variety of training opportunities, including position related training, tactical training and skills training. This spring we will offer multi-week training sessions by Dynamic Soccer Training and Coerver. We are also hopeful that Jed will return to Severna Park to provide future training sessions. Many thanks to Jeremy Simpkins, coach of Severna Park Storm (BU9), for helping to arrange the training with Jed Zayner.



D.C. United's Jed Zayner appeared at Kinder Farm Park to conduct training for U9-U14 Severna Park players

## Severna Park Soccer Hosts AAYSA Classic Games

Severna Park Soccer hosted eight games of the AAYSA Classic tournament at its fields at Kinder Park during October. The Classic is a double elimination tournament for teams participating in the Anne Arundel County Youth Soccer League or recreational leagues within the County. The tournament takes place over the course of three weeks.

This year 94 teams covering age groups ranging from U8 to U18 entered the competition. While the tournament was set to conclude on October 30, weather has extended play.

Severna Park currently has two teams vying for the championship. The Sting Rays (GU12) have won three straight games without surrendering a goal and play Arundel Soccer Association (ASA) Spirit Royal in the final. Because it is a double elimination tournament, ASA would have to beat the Sting Rays twice to prevail.

The Storm (GU11) are in the finals after bouncing back from shoot out tie breaker loss in its opening game. The Storm will have to defeat Mountain Road Madness twice to claim the championship.

## Severna Park Soccer

Commissioner: Melvin Novak  
Deputy Commissioner: Paul Kowalewski  
BOD Representative: Jeff DeCaro  
Director of Coaching: John Camm  
Clinic Program Director: Kory Barrett  
Club Program Director: Joe Shehede  
Select Program Director: Mike Carlson  
Referee Program Director: Phil Otis

Visit us at our website at  
[SevernaParkSoccer.com](http://SevernaParkSoccer.com)