



# Green Hornets Soccer

Putting Kids First



VOLUME I, ISSUE 2

## Severna Park Select Soccer Newsletter

JANUARY 2012

### Dribbling Highlights From The Masters

- Watch Johan Cruyff perform his namesake move and other dribbling feats:  
<http://tinyurl.com/CruyffGo>
- Watch Barcelona superstar, Lionel Messi:  
<http://tinyurl.com/MessiDribbling>
- If clicking on the link does not work, just highlight the link, copy and paste it to your internet browser.

## SPHS Girls, Boys Win Regional Championships

Featuring players most, if not all, of whom have played in the Severna Park Select program, Severna Park High School's boys and girls soccer teams entered this Fall's high school 4A playoffs as the number one seeds in the region. True to expectations, each team prevailed in the region finals, defeating teams from Leonardtown High School by identical, 2-0 scores.

The Severna Park girls advanced to the state championship after defeating Eleanor Roosevelt in the semi-finals.

The team then suffered a difficult loss in the State Final to Bethesda Chevy-Chase in a game that Severna Park dominated after the first 15 minutes. The game ended in a 0-0 draw and was decided on penalty kicks, with B-CC prevailing 3-2. The boys lost in the State Semi-final to Bowie 4-2.

Both teams played their regional games at home in back to back games. Severna Park Soccer supplied ball boys and ball girls for each of the teams' home games during the playoff run.



Severna Park girls (above) and boys (below) celebrate after their identical, 2-0, Regional championship victories over Leonardtown High School.



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## Green Hornets Players Excel in High School Play

Beyond the obvious success of the Severna Park High School teams, the All-County and All-State accolades handed out to individual high school players were a testament not only to their own dedication and hard work, but to the quality of the Green Hornets soccer program. The following eleven boys and fourteen girls who play or have played select soccer with the Green Hornets received All-County honors playing for their school teams:

### Boys:

Alex Moore (Severna Park)

Loic Barret (Broadneck)  
Billy Zito (Severna Park)  
Cole Strong (Severna Park)  
Joey Fontanez (Chesapeake)  
Zach Palmer (Broadneck)  
Daniel Kwon (Severna Park)  
Brandon Hanger (Broadneck)  
Matt Tumelty (Broadneck)  
Charlie Smith (Severna Park)  
John Neseth (Severna Park)

### Girls:

Amanda Ross (Severna Park)  
Gabby Moreno (Severna Park)  
Mo Ostrowski (Spalding)  
Alli Cislo (Old Mill)  
Jen Nance (Severna Park)

Victoria Luc (Chesapeake)  
Morgan Torggler (Severna Park)  
Laikyn Duffey (Spalding)  
Annie Hogan (Spalding)  
Summer Dean (Broadneck)  
Delia Repasky (Severn)  
Rachel Paganell (Broadneck)  
Erika Spilker (Severna Park)  
Jaclyn Ward (Chesapeake)

Seven of these players -- Alex Moore, Billy Zito, Alli Cislo, Tori Luc, Gabby Moreno, Amanda Ross and Jaclyn Ward -- received All-State recognition. Congratulations to all of these players on a great season.

## Severna Park Fever Gain Entry Into Prestigious Region 1 Colonial League

After two years of playing in the Division 1 of the highly competitive National Capital Soccer League, the Severna Park Fever (BU15) has been accepted to play in the US Youth Soccer Region 1 Colonial League, beginning in the Spring of 2012. Region I sponsors a series of regional leagues to provide a higher level of competition for teams above the state level. The Colonial League is a fully sanctioned league under Region 1.

There are two Colonial league divisions (Blue and Red) of eight

teams, and championship decided by a championship game between the two divisions.

The selected teams are comprised from Region 1 states: Connecticut, Delaware, New York, Pennsylvania, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, Pennsylvania, Rhode Island, Vermont, Virginia, and West Virginia.

"We are very proud to represent Severna Park Soccer in Region 1 competition. The players, coaches, families, and

club have worked very hard and committed a lot of time and energy to reach this level of play. Our next goal will be to qualify for the Region 1 Premiere League next year," commented coach Paul Kowalewski.



Severna Park Fever in action at the Virginia Beach Columbus Day tournament. The Fever will play in Region 1's Colonial League in Spring 2012.

*"We are very proud to represent Severna Park Soccer in Region 1 competition. The players...committed a lot of time and energy to reach this level of play."*

## Moving the Program Forward

This spring the Severna Park select soccer program will continue its push to improve the quality of the program on many levels by providing training for players and coaches, improving our playing facilities, and creating additional playing opportunities for players.

The Green Hornets will be renovating both full sided lower fields at Kinder Farm Park later in the spring to improve drainage and convert both fields to Bermuda grass. These changes, along with the previous renovations to the Upper Kinder field, will give Severna Park Soccer one of the best soccer facilities in the State of Maryland. At the same time, there will be minor renovations to the Kinder Meadows field with the aim of increasing useable practice space.

We will also be offering multi-week training clinics by Dynamic Soccer

Training (DST) and Coerver this spring. DST will also offer specialized training for goalkeepers and a finishing camp. Details on these training opportunities will be announced shortly. In early February, we will also be offering coaching seminars for coaches of age groups up to U14 (see article on p. 3).

As part of our effort to raise expectations, all teams U13 and above will be required to participate in either the Maryland State Cup or the President's Cup, both of which will be held this spring. Details about both Cups will be announced on the website of the Maryland State Youth Soccer Association (MSYSA.org) in the near future.

Underpinning our efforts to improve the select soccer program will be our new focus on fundraising. While soccer has enjoyed tremendous growth both locally and nationwide

in recent years, efforts to improve the quality of soccer have been limited by the pay-to-play system existing at most major youth soccer clubs. This system requires players wanting to play competitive soccer to pay thousands of dollars each year to cover the cost of training, tournaments and league play. While some costs may be unavoidable, this system excludes or marginalizes many players who could otherwise play soccer at a high level and contribute to the development of the game. The Green Hornets already provides quality soccer at a significantly lower cost than most of our rival programs, but it is our goal, by establishing a vigorous fundraising program, to increase playing and training opportunities for our teams and players without adding additional costs and hopelessly with a reduction in costs.



*Severna Park Lasers (GU11) in action on the new Upper Kinder field. The Lower Kinder fields will be renovated this Spring.*

## Coaching Clinics Offered in February

Severna Park Soccer will offer coaching seminars for its U8 through U14 select coaches in February. The seminars, which will be taught by Director of Coaching, John Camm, and U8 boys coach, Sean Tetterer, will be broken into sessions based on age and will emphasize appropriate tactical concepts.

The seminars are currently scheduled as follows:

**Coaches for Ages U8 to U10:** February 6, 6-8 p.m. at Broadneck High School. This seminar will focus on ball mastery and simple tactics.

**Coaches for Ages U11/U12,** February 7, 6-8 p.m. at Broadneck High School. The topics will include creating space, team shape, moving as a group.

**Coaches for Ages U13/U14,** February 8, 6-8 p.m. at Broadneck High School. The focus will be on preparing players for high school play.

There will be a session for all select coaches on February 20, 6-8 p.m., at a location to be determined. This session will focus on imprinting a style of play, and preparing kids for high school and college soccer.

This session should paint a good picture of what our younger players should be working towards.

All sessions will involve player participation, including some of the best high school players in the State. John Camm and Sean Tetterer are the coaches of the Broadneck High School girls and boys teams and are co-owners of Dynamic Soccer Training.

In addition to providing in-house training for coaches, our select program encourages and helps pay for licensing courses for our coaches.

Severna Park Soccer is dedicated to providing all of its players with quality training to prepare them for the highest levels of soccer.

## Volunteers Needed for Fundraising, Fields, Equipment

As Severna Park Soccer looks to improve on all levels, we need a variety of volunteers to help us reach our goals. We are currently looking for volunteers who might be interested in fundraising, helping with field set up and lining, and assisting with equipment distribution and collection.

**Fundraising.** We are looking for people interested in helping establish a fundraising committee that will work with the Select Soccer executive committee to establish a broad reaching fundraising program. This effort will be key to the development of our program, which aims to increase player training and playing opportunities without increasing costs.

**Fields.** We have always relied on individual teams to line fields

according to schedules. While we anticipate staying with that model in the future, we would like to establish a committee to work with the coaches and Green Hornets staff to ensure that fields are built and that lines are maintained throughout the playing season and to monitor fields periodically to ensure that goals are properly anchored and in place.

**Equipment.** Bill Newbill is our current Equipment Coordinator and has done a fantastic job working with our in-house club and select teams to order and distribute uniforms, team equipment, goals and flags for the field, and other equipment. Bill is looking for people who might be willing to assist him and particularly at peak times, such as when equipment is collected at the end of the season.

If you are interested in volunteering to help with fundraising or with the fields, please email Mike Carlson at mcarlson65@gmail.com. If you would be willing to help Bill Newbill with equipment, please contact him at pigmania@msn.com.

### GU14 Sweepers , GU12 Teams Looking For Players

The Severna Park Sweepers (GU14 A team), which plays in WAGS, and the three GU12 teams, two of which play in WAGS and one in AAYSL, are looking for players for all positions. Interested U14 players should contact Stacey Ryan at staceyllynn.ryan@gmail.com. U12 players should contact Suzanne Bates at sbates1971@Comcast.net.

Severna Park Soccer is looking to improve the program at all levels, including training, increased playing opportunities and better facilities.



## Severna Park Fever Win NSCAA College Showcase

The BU15 Severna Park Fever participated in the Bethesda Thanksgiving Day tournament and the NSCAA Baltimore College Showcase tournament in back to back weekends in November. The Fever compiled an impressive 5-1 record during the two tournaments, scoring fourteen goals and letting in only two, and winning the championship of their division at the Showcase tournament in Baltimore.

During the two tournaments, the Fever prevailed against highly touted teams including Pachuca FC (2-1), Thunder SC Rockets (2-0), Sterling FC Elite Black (3-0), OBGC Gunners (4-0), and the fourth ranked team in Delaware, Delaware United FC Rangers (2-1). The lone Fever defeat came against an



Top (L-R): Coach Paul Kowalewski, Daniel Kown, Chase Greber, Kieran Collien, Justin Hennen, Assistant Coach Wayne Gruss, Joe Shuey, Garrett McLendon, AJ Reza, Chad Greber, and Assistant Coach Matt Arrildt. Bottom (L-R): Nic Crockett, Tony Renaldo, Augie Pasquale, Griffin Kowalewski, Evan Monseu, Connor Arrildt, Ryan Gruss, and Josh Ridgely

academy team from New York state, 1-0.

The Fever will start the spring season by playing in the Jefferson Cup in Richmond, Virginia, where they reached the

semi-finals in 2011. After two years of playing in Division 1 of the NCSL, the Fever will start play in the U.S. Youth Soccer's Region 1 Colonial League this Spring. (See related article on page 2).

The Fever compiled an impressive 5-1 record during the two tournaments, scoring fourteen goals and letting in only two....

## Severna Park United Find Success At NSCAA Showcase

The GU17 Severna Park United completed a successful run in the NSCAA Baltimore College Showcase finishing first in their bracket with a 3-1 record.

This tournament appearance, which was highlighted by shut-out wins over teams from New York and New Jersey, was the first time the girls played together since their High School seasons ended. The girls, playing for the first time under new head coach and Severna Park Soccer Deputy Commissioner, Paul Kowalewski, came together and played very well in a



new system. The United will continue to play showcase tournaments and compete in the High School Division of WAGS in the Spring.

Top (L-R): Paul Kowalewski, Kasey Mcdowell, Jessica Walsh, Sophia Cologe, Madi Mcdaniel, Katrina Chow, Ashley Wilkins, Sarah Stovall, Katie Gerrity, Zoey Kowalewski, Perry Paganelli. Bottom (L-R): Kourtney McLain, Lauren Kieler, Michaela Duarte, Alyssa Hankins, Kayla Scheckles, Carly Snyder, Kelsey Hess, Rachael Paganelli. Back: Gary Stovall

United finished first in their bracket, shutting out teams from New York and New Jersey.

## Black Friday Means Victory for BU15 United

The Severna Park United (BU15) team won three straight matches to win the 2011 NSCAA Baltimore College Showcase White Division over the Thanksgiving weekend.

Wearing all black uniforms, the day after Thanksgiving, a pre-game chant of "Black Friday," sent the United onto the field. Severna Park started strong as Alex Chrisman scored 3 first half goals against Penya Barcelonista FCB Gold. Penya answered with an early second half goal that turned out to be their only goal of the day. Severna Park Goalie, Drew Domshick had six saves and Noah Beall scored the fourth United goal of the game to cap off a 4-1 victory.

Saturday brought a much awaited rematch of the 2011 Freestate Spring Breakout tournament final against the Freestate Strikers. Severna Park avenged their prior loss with a 3-2 victory.

Beall struck a corner kick that curved into the net for the first of his two goals on the day. Mitchell Skopp added the third off an assist from Jake "Snake" Newbill. Co-Captain Adam Schaeffer had a dominant mid-field performance and Eamon Ryan had three big defensive plays at the end of the game to seal the win.

In the final match of the tournament, on Sunday, the United faced the Eastern Shore powerhouse, Robinsons FC TNT. The day turned largely on the defense as Co-Captain Nick Henault, Paul Bonner, Freddie Wall and Shane O'Neill, all freshmen at Archbishop Spalding High School and freshman Andrew Keith and sophomore Joe Shehade, of Severna Park High School, turned in a near perfect defensive performance allowing only one TNT shot-on-goal the entire game. The lone TNT shot came on a freekick that would have landed in the upper right corner of the net had

it not been pulled in by United Goalie Eamon Ryan.

Domshick, who had been Goalie in the first two games, proved to be equally effective out of the net as he scored an early goal to give Severna Park a one goal halftime lead. In the second half, United midfielders Schaeffer, Jake Sheldon and Alex Cauneac set the pace of the game and directed the attack. Fifteen minutes into the second half, Cauneac earned an assist when he bent a 30 yard pass that landed at the feet of sprinting Beall. Just off his freshman season as a Varsity forward at the Annapolis Area Christian School, Beall took the pass and buried it in the net two steps later for his fourth goal of the tournament. O'Neill put the Championship on ice with a 20 yard rocket just out of reach of the diving TNT goalie. Ryan notched a shutout in the United's 3-0 win.



Severna Park United. Front (L to R): Eamon Ryan, Andrew Keith, Jake Newbill, Mitchell Skopp, Shane O'Neill, Freddie Wall, Nick Henault, and Alex Chrisman. Back (L to R): Coach Stacey Ryan, Alex Cauneac, Adam Schaeffer, Joe Shehade, Paul Bonner, Noah Beall, Coach Andrew Domshick, Jake Sheldon, Drew Domshick, and Coach Emile Henault.

## U8 Girls Form Two New Teams

Severna Park U8 girls completed their first tryouts for select soccer from November 12-14 and were able to form two teams. The teams, which are coached by Kate Murray, are slotted to play a warm-up indoor season before playing in the AAYSL in the spring. After tryouts at the end of the spring season, the girls will have tryouts along with other Severna Park Select teams and will then form teams for play in the CMSSL and AAYSL. The girls are looking forward to their first season of select soccer!

## Lasers Complete Terrific Season

The U11G Severna Park Lasers ended the Fall 2011 season as finalists in the Bethesda Thanksgiving Tournament. The team posted impressive victories over Gunston Soccer Club (VA), Hockessin (DE) and FC Casa (MD) before losing in a hard fought championship game to Arlington Comets Red, 2-1. The loss was the first of the fall season for the Lasers.

The runner up finish caps off a terrific season for the Lasers, who posted a 20-1-1 record in all competitions. During this impressive run, the team scored 82 goals, while allowing only three. The Lasers finished at the top of

their division in WAGS with a perfect 9-0 record, scoring 49 goals and finishing every game with a shutout. The Lasers won two out of the three Fall tournaments they entered, including the championships of both the Gettysburg Battlefield Blast Tournament and the WAGS Columbus Day Tournament. The Bethesda tournament marked the fifth tournament in a row in which the Lasers appeared in the championship game and the first of the five that it lost.

The Lasers are currently playing indoor and preparing for the Jefferson Cup in Richmond, Virginia, and WAGS league play.

The Lasers finished the season with an impressive 20-1-1 record in all competitions, two tournament championships, and first place in league play.



## Strikers Enjoy Strong Finish to Season, Win Mt. Road Tourney

The Strikers (BU9) finished the Fall season strong by winning the Mountain Road Tournament held November 18-19. After giving up two goals in the first half of their first game, the team did not give up another goal until a penalty shot in the second half of the Championship game. The team went 4-0 in the tournament scoring 25 goals and allowing only three.

All of Strikers' players participated on offense and defense. The team really worked well together and gave a true team effort. Ten of the Strikers' twelve players scored goals and eight different players had assists. The tournament capped off a strong second half of the season for the Strikers, which was the first season together

and their first experience in the very competitive NCSL league.

The Strikers started with a tough early schedule in NCSL and had a record of 1-4. The team's improved team defense and a good semi-final finish in the SAC Columbus Day tournament helped grow the players confidence going into the second half of the NCSL season. The Striker's best game came against the Calvert Soccer Club Gunners. The Strikers started off to a 2-0 half-time lead. After getting a 4-0 lead the talented Gunners quickly scored 3 amazing top-shelf goals to make it 4-3. Using some terrific passing, the Strikers finished the second half by exploding for 4 unanswered goals to win 8-3. This was one

of the strong performances that helped the Strikers go 4-0-1 to finish its NCSL season.

The players continued to get better this season as they became closer on and off the field. One of their bonding experiences was getting to be the ball boys for the Boys Severna Park High School soccer team's play-off game versus South River. The boys not only enjoyed a great win that night but coach Roy Dunshee and his staff really made the boys feel like they were a part of the team before and after the game. Many of the boys came back to the next game and cheered together as the Falcons moved on in the playoffs. The Strikers are looking forward to the Spring season as they continue to develop and improve as a team.



BU9 Strikers: Mountain Road Thanksgiving Day Tournament Champions!!



## Supreme Capture Mountain Road Championship

The Severna Park Green Hornets Supreme, girls U12 soccer team, placed first in the Mountain Road Thanksgiving soccer tournament in Pasadena, MD, held November 18-20. With a tournament finish of 3-0-1, the team gave up only one goal and scored seven during an impressive tournament run. Coached by Amy Vance and assistants Ralph Lopez and Janet Rumsey, the girls used all of their training to win their division. Goalie, Delaney Vance, and defenders Hanna Drilling, Maura Register, Amanda Rumsey and Abby McGuire, worked hard to keep the ball away from the goal. Mid-

fielders Maeve Register, Maura Griesser, and Reagan Morris consistently put the ball in scoring position for the offensive line. Sarah Lopez, Katie Stolarczyk, Sydney McConkey, Chloe Cannon and Abby

Lizewski completed the offensive front.

The Supreme competes in WAGS during the fall and spring soccer seasons.

The Supreme captured the Mountain Road tournament, scoring seven goals while giving up only one in their four games.



## U12 Extreme Completes Impressive WAGS Season

The Extreme finished an impressive WAGS season with a strong 1-0 victory over Arlington. The victory capped a four game win streak to end the season, which included wins over MSC Academy White (3-2), Seneca Soccer Association Legend (4-1), Olney Galaxy (4-1), as well as Arlington.

With an overall WAGS record of 7-2, coach Suzanne Bates-Crandall, was pleased with the season. "I'm very proud of all our girls achieved and look forward to rematches with the two teams we lost to," says



Coach Bates-Crandall. The team will stay busy this winter, playing in the first session of indoor at the Soccer Dome in Harmans as well as training weekly. The Extreme will resume outdoor training early in the spring. The team ea-

gerly awaits the Spring WAGS season when teams will be sorted by competitive ability. The Spring season will be the last season before the team moves to 11 v. 11 competition in the Fall of 2012.

The Extreme are also proud that two of its players --Elizabeth Kiely and Taylor Critcher -- made Maryland's Olympic Development Program's Project 100+ team. Project 100+ is a new entry level team designed to identify and train the top 100 boys and girls from across Maryland born in 2000 or 2001.

The Extreme won their last four games to finish the season, bringing their record to an impressive seven wins with only two losses.

## Hammers Post Significant Gains In NCSL Play

The BU14 Hammers had played county level soccer (AAYSL) until Fall 2010, when they entered NCSL Division 5. The team's first season in NCSL, along with the transition to 11 v. 11 play, was quite difficult and the record of 1-7-1 reflected those challenges. During the first NCSL season, the Hammers had a goal differential of -23 and they ended the season in ninth place.

The Fall 2011 season saw a dramatic improvement for the Hammers. Playing in NCSL Division 5 again, the team improved to 4-3-2, finishing in fifth place and posting a +4 goal dif-

ferential. This +27 change in goal differential led to an impressive 40% improvement in placement in just one year. It was a total team effort involving the players, coaches, manager and parents.

The Hammers also had a solid performance at the SAC Columbus Day tournament with a record of 1-1-1. The Hammers sole loss in the tournament was on penalty

kicks and they tied the team the team that won their division.

The Hammers boast a roster of dedicated and talented players, including Bronson Bathras, Dalton Bathras, Matt Byrd, Connor Egan, Drew Haste, Doug Hill, Ethan Hyde, Zane Jeka, Daniel Kraft, Connor Murray, Jack O'Keefe, Dalton Odom, June Park, Jack Roscoe, Stephen Shivery, Adam Stovall, Brooks Watson, Connor White. The team is coached by Justin Roscoe, along with Assistant Coaches Kevin O'Keefe and Gary Stovall. The team manager is Denise Hill. The Hammers will continue with NCSL league play this Spring.



The Hammers increased their goal differential by 27 goals and moved up four places compared to just one year ago.



## U11 Storm Capture AAYSL League Title

The Storm, a Girls U11 Select soccer team, capped off their fall season as AAYSL Division 1 Champions. After a 10 game slate the girls were undefeated with a record of 6-0-4. Even more impressively, the Storm led the league in the most goals scored (25), while allowing the fewest goals against, giving up just two goals all season.

A key strength of the team is its players' versatility. Some players have primary roles, but all play multiple positions and contribute in all areas of the field. A huge reason the team only allowed two goals all season was rock solid defending from Brooke Atcheson, Reese

Barrett, Emily Knight, Bridget O'Callaghan, and Kacie Orgera, with stellar goalie play from Shelby Chasser and Dylan Davidoff. Yet these versatile players also contributed on offense, with many goals scored by this group as well.

The midfield and attack were lead by Olivia Burkowski, Lauren Carlson, Emily Cronin, Sami Drummond, Hanna Duncan, Macy Iams, and Flo Pribble. The girls' use of space, passing, and superior ball skills were key reasons that the team performed so well and lead the league in scoring.

The AAYSA league champion-

ship was not the only success the girls achieved this fall. The Storm also participated in two tournaments, the Arundel Cup and the Mountain Road Thanksgiving Day Tournament, bringing Finalist trophies home in both events.

Coach Kory Barrett said of the team, "the girls worked hard and continually improved all season. Individually they showed great skills, but their play as a cohesive unit and support for each other were the keys in finishing the season with championship honors. Speaking for myself and our assistant coaches Mike Carlson and Dani Davidoff, we could not be more proud of them."

*"The girls worked hard and continually improved all season... their play as a cohesive unit and support for each other were the keys in finishing the season with championship honors."*

## U13 Strikers Take AAYSL

The U13 Severna Park Strikers completed an outstanding season by winning their division of the AAYSA. The team was in second place with three games remaining, but won their final three matches to take the championship with a 7-2-1 record. The final stretch was highlighted by a victory over then first place Arden Attackers, whom the Strikers defeated by a score of 3-0 on goals by Jessica Barnard and Natalie Schilling, with two assists from Sydney Weisgerber. The team attended the Baltimore Blast game on December 16 to receive their 1st Place trophy.

The Strikers also enjoyed an appearance at halftime of the Navy v. Holy Cross women's soccer game, entertaining the

fans with an intra-squad scrimmage during halftime. The winning side took a 1-0 victory on a goal from distance by Abbey Drummond.

The Strikers are coached by T.J. Wieber and Pat Killpatrick and have enjoyed their success this season on the strength of outstanding play from the entire roster of Kaleigh Molinari, Jessica Barnard, Hannah Guglielmini, Sophia Lundeen, Parker Morris, Sydney Weisgerber, Jenna Holthaus, Abbey Drummond, Abby Single, Peyton Cleary, Megan Killpatrick, Natalie Schilling, Jessica Wieber, Elaina Wall, Shannon Stokes, and Mackenzey Adams.

"Coaching this team has been a joy," said Strikers' Coach T.J.



The U11 Storm won the AAYSL Division 1 title and was a finalist in two tournaments.

Wieber. "They are an amazing group of girls who have worked very hard to quickly come together as a team. They've worked so much that Coach Pat [Killpatrick] and I tried to give them a night off practice last week and they complained that they didn't need a break and wanted to practice more." The team is playing futsal at the Maryland Sportsplex and will compete in indoor soccer at the Soccerdome later in the winter.

*"Coaching this team has been a joy... They are an amazing group of girls who have worked very hard to quickly come together as a team."*



# 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.

## Training Tips From Dave Vincent: Off-Season Training for Soccer Players

The Fall soccer season is over and it's time to think about next season. When the next soccer season starts up, you want to be ready and that means you need to make the time between seasons count. There is not much time between seasons because soccer is now a year to year sport with very small breaks in between. When it's time to start playing again you want to be ready because who knows who will be there to compete for your spot on the team or the starting lineup.

The primary focus is to get better, quicker, stronger and faster. Not only should you get better physically but also mentally. To make it clear, you need to work on your soccer skills and soccer specific conditioning speed, agility, flexibility, balance and strength. Before engaging in any training, consult with the appropriate professional and look for a training program that will assess your capabilities before and after the off season training.

Here is how the break down of your off season training should look:

Skills/competitive (get plenty of touches to improve your ball control): 1) juggling drills will help with touches and ball control in the air, 2) dribbling drills will help with ball control on the ground, 3) shooting drills will

help with accuracy or ball placement, 4) watch others play and learn the game in a different way, 5) compete in a indoor league or engage in scrimmages. This will help you keep competitive edge

Strength/Conditioning: 1) Warm ups; dynamic warm ups should be incorporated in any physical activity especially in sports like soccer. Dynamic warm ups prepare the body by warming the muscles up and increasing the core temperature thus helping with injury prevention; 2) Aerobically. Two 30 minute cardiovascular exercises. This can include running/jogging, bike, swimming or anything continuous that will challenge your aerobic endurance; 3) Speed and agility. Sprints with and without the ball are important because the nature of the game includes both types of speed. 40 yards sprints straight as well as with change in direction should help improve your speed; 4) Interval training. A soccer game is full of short bursts of intense movements in different directions so it's important to incorporate that into your training; 5) Balance/Core training. One of the most important part of any athletic sport and the most neglected aspect of training and in my opinion the easy fix to help prevent joint injury. Balance

and core training help prevent injury because with balance and a strong core an athlete can better control their bodies when making sudden movements in any direction; 6) Strength. A strength training program needs to be age appropriate and activity or sport specific. You shouldn't allow a 13 year old to power lift or body build. Start with age appropriate movements like body weight lunges and modified push ups for starters and then progress appropriately from there. Other considerations like injuries and over all fitness

goals are important, too. 7) Flexibility. Static stretching can improve your flexibility after a game, practice or workout and help prevent injury.

Make sure to have all the parts of your off-season training in place and be sure to measure your capabilities before your off season training and after. This will give you a bench mark on your progression as well give you information what you need to work on to get better.

—  
*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

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  
NCSL League Coordinator: Dan Gawitt  
WAGS League Coordinator: Mick McGuire  
BBSL and AAYSA Coordinator: Art Morrison  
Fields Administrator: Norm VanOrder  
Equipment Administrator: Bill Newbill

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