

# The Far post



Soccer News from Jefferson County Youth Soccer League

Publisher: Angie Hill    Volume No. 4    Issue No. 1    Fall 2003

## Fal 1 03 Calendar

### AUGUST

- 15 Coach Meeting, NJE, 6:30 pm  
Parent Orientation, 7:30 pm
- 16 Referee & Coach Training,  
NJE, 9 – 5 pm
- 23 ST & CT Field Day, 9:00am - ?
- 25 Practices begin (if fields are  
cleared)
- 26 Referee Mtg., NJE, 7:30 pm

### SEPTEMBER

- 2 Team Parent Mtg. NJE, 7:30 pm
- 6 Game #1 – Start of Fall season!  
Games begin at 9 am
- 9 JCYSL Board Mtg., NJE,  
7:30 pm
- 13 Game #2
- 20 Game #3  
Action photo day  
Fundraiser order forms due
- 27 Game #4  
Action photo day
- 30 Fall Coaches Mtg.

### OCTOBER

- 4 Game #5
- 7 Board Mtg., NJE, 7:30 pm
- 11 Game #6  
Action Photo Sale
- 18 Game #7  
Fundraiser pick up @ the fields,  
10 am – 2 pm
- 25 Game #8 – Last game!  
Referee and Volunteer BBQ @  
Morgan Grove Park

### NOVEMBER

- 4 Board Mtg., NJE, 7:30 pm

### DECEMBER

- 2 Board Mtg., NJE, 7:30 pm

## Are You Ready to Play?

*From the Regional Commissioner*

Well the continuous spring rain has given way blistering heat and intense humidity; that can mean only one thing, its soccer time! The floodwaters have receded from Morgan Grove Park, and we are getting ready to play. You should be hearing from your coach soon, and we hope to start on the 25<sup>th</sup> of August. Please read everything in this edition of "The Far Post" so you know what is going on. Our playing schedule is in here too. Remember that our league is run entirely by volunteers, so please contact us to help out. We are now using our website ([www.jcysl.org](http://www.jcysl.org)) for as much as possible, so please check it regularly.

For those who are new to our league, please read carefully and remember that regardless of where you practice, our fall games are at Morgan Grove Park off Rt. 480 near Shepherdstown.

Thanks for your support, and see you on the fields!

A handwritten signature in black ink that reads "Dan".

## URGENT ... Field Committee

Our league is seeking volunteers to form a field committee. This group of individuals will need to go in-depth and examine our field needs, gain community support and contacts, and research available county land for our program. If you would like more information or to volunteer, please email Dan McVicar at [RCA322@aol.com](mailto:RCA322@aol.com) or call 876-AYSO.



## JCYSL Board of directors

### Regional Commissioner

Dan McVicar  
[RCA322@aol.com](mailto:RCA322@aol.com)

### Coach Administrator

Gregory Plourde  
[blumenigip@aol.com](mailto:blumenigip@aol.com)

### Secretary

Kim Brannan  
[kibrannan@aol.com](mailto:kibrannan@aol.com)

### Safety Director

Edward Hannon  
[ehannon@co.arlington.va.us](mailto:ehannon@co.arlington.va.us)

### Treasurer

Brent Andrews  
[Lisoo7@aol.com](mailto:Lisoo7@aol.com)

### Registrar and Assistant Registrar

Angie Hill and Edie Cooper  
[awhill@adelphia.net](mailto:awhill@adelphia.net)

### Referee Administrator

Steve Kubik  
[vthokie86@adelphia.net](mailto:vthokie86@adelphia.net)

### Child Protection Advocate

Stephanie Spencer  
[CVPA322@aol.com](mailto:CVPA322@aol.com)

### Division 3 Directors

Vicki Eckert/Kim Brannan  
[Vicki1538@aol.com](mailto:Vicki1538@aol.com)

### Division 4 Director

To Be Announced

### Division 5 Director

Tony Russo  
[trusso@aol.com](mailto:trusso@aol.com)

### Division 6 Director

Juan Carlos Saenz  
[Jcsaenz8@hotmail.com](mailto:Jcsaenz8@hotmail.com)

### Division 7 Director

Jinny Demastes  
[demastes@adelphia.net](mailto:demastes@adelphia.net)

### Field Director - Charles Town

John Robb  
[nicadmia@citlink.net](mailto:nicadmia@citlink.net)

### Field Director - Shepherdstown

Van Stemple  
[vstemple@titan.com](mailto:vstemple@titan.com)

## JCYSL Committee Chairs

Thanks to all our committee chairs and coordinators! With their help, our program runs more efficiently and effectively. If you see them on the field, please be sure to stop them and say thanks!

VIP Coordinator- Vicki Apperson  
[AppersonVickiep@aol.com](mailto:AppersonVickiep@aol.com)

Auditor – Leota Speaker

Uniform Coordinator – Kim Brannan  
[kibrannan@aol.com](mailto:kibrannan@aol.com)

Fundraising – Jinny Demastes  
[demastes@adelphia.net](mailto:demastes@adelphia.net)

Sponsorship Coordinator – Alidra Creamer  
[alidra\\_creamer@fws.gov](mailto:alidra_creamer@fws.gov)

Photography Coordinator – Marie Carter  
[MCARTER@shepherd.edu](mailto:MCARTER@shepherd.edu)

GuyWhoDoesThe Web – Dan Cogswell  
[dan@kogswell.info](mailto:dan@kogswell.info)

To contact board members or committee chairs, please call 876-AYSO or email them.

## JCYSL Sponsors

Sponsors of JCYSL help us to keep our costs down with registration and uniforms and provide scholarships for disadvantaged kids. Show them you appreciate their support of JCYSL.

## Team Sponsors:

Get Wired

Edward Jones Investments

Terratech LLC

Jefferson Security Bank

Wal-Mart – Charles Town

Country Termite and Pest Control

Papa John's Pizza

S.G. Plumbing

Jefferson Pharmacy

College Loan Corp.

Harpers Ferry Family Medicine

Continental Soccer School

Mindcross Training and Consulting

Web hosting donated by Bill, Libby, Will and Nathan Howard.

## In kind Sponsorships:

Sleepy Hollow Golf Course

## Coaches Corner

From the Regional Coach Administrator

### Coaches meeting:

Our fall coaches meeting was held on August 15. Division directors were there and the coaches received their rosters, schedules, and other important information. You should have contacted your team already to verify your players are still planning to play. We often have a number of players who either move out of the area or are just unable to play. If you find that a player is not returning, let your division director know right away since we do have some players on a waiting list.

### Game Locations (tell your teams):

Fall games will be played at Morgan Grove Park in Shepherdstown unless otherwise noted on game schedules. The park is on Rt. 480 and is administered by the Jefferson County Parks and Recreation Department. Please obey all posted signs about parking and help us preserve this wonderful venue. Coaches are not permitted to hold practices or makeup games at the park without the permission of both league and park officials. The league is billed for unscheduled use.

### Forms:

Emergency Treatment Authorization, AYSO Kids Zone Pledge, and Soccer Accident Insurance Claim (SAIC) forms can be printed from [www.jcysl.org/coaches.htm](http://www.jcysl.org/coaches.htm) and are also in the sheds at the fields.

### Coach Training:

Coaches, if you have not attended the Level One and/or Division Specific Training you need to!

U6 through U10 and Safe Haven will be offered in Hagerstown, MD on Saturday, August 23. For more information, contact Heidi Tennant @ [heiditen5@myactv.net](mailto:heiditen5@myactv.net).

If you coach U-14 and up, you should have completed the Youth U-12



Course on August 16. To continue coaching in these divisions, you must complete the Intermediate Coaching Course that will be offered at Shepherd College in the winter. Please check our website for further information on this course and others. All AYSO coaches must be trained to be protected under the umbrella of the Volunteer Protection Act.

### Training Super Camp

AYSO Section 13 (that includes us) is running a super camp next spring at Shepherd College. This is a great opportunity to get more advanced training and take classes that are not often offered. For example the Intermediate Coach Class (what you take after U12) will be given as will the Advanced Coach Class.

Referees can take Regional, Area, or Section Referee Classes. We plan to combine our spring training with these dates so mark your calendar for March 19, 20, and 21! As usual there is no cost to any student, the league covers it all!

### MLS Camps Come to JCYSL!

June marked the first ever JCYSL and MLS Camp program ever. 56 campers from our AYSO program attended the week-long camp that took place at the Charles Town field complex the week of June 9<sup>th</sup>. The camp went well, as we dodged rainstorms, thundershowers, and the heat. We look forward to offering the camp again next June.

### JCYSL VIP Program

JCYSL would like to continue our VIP program. The AYSO VIP program provides a quality soccer experience for children and adults whose physical or mental disabilities make it difficult to successfully participate on mainstream teams. VIP teams may include those who are blind or have impaired mobility, autism, Downs Syndrome or cerebral palsy. Pass the word to anyone who might benefit from this program! For more info, contact 876-AYSO.

## Soccer Games & Glossary

Div.	Players	Time
U-14/16	11 V 11	(4) 15-minute quarters
U12	9 V 9	(4) 12-minute quarters
U10	7 V 7	(4) 10-minute quarters
U8	6 V 6	(4) 8-minute quarters
U6	3 V 3	(4) 6-minute quarters

#### No goalkeeper!

Here are some soccer terms to get familiar with:

**Assistant Referee:** officials who assist the referee; formerly called Linesmen

**Attacker:** a player who is moving into position to score

**Breakaway:** situation when an attacker penetrates the defense and is 1v1 with the goalkeeper

**Caution:** when a referee calls a player for misconduct and issues a yellow card to the player.

**Crossing:** sending the ball across the field from the sideline; also called 'center' or 'service'.

**Clearing:** when the defensive team kicks, throws or heads the ball out of the goal or penalty areas.

**Covering:** when a defensive player backs up a teammate.

**Curving the ball:** kicking the ball so it curves as it travels through the air.

**Defender:** players that play closest to the goal they are defending, also known as a fullback.

**Direct free kick:** a kick awarded to a team because of a major foul committed by it's opponent; a goal may be scored directly off the kick.

**Dribbling:** advancing the ball with a series of short kicks or taps.

**Drop ball:** when the referee drops the ball between two opponents who each attempt to kick it to a teammate; the soccer equivalent of a jump ball in basketball or a face-off in hockey.

**Endline:** the lines at each end of the field

**Feinting:** using deceptive moves, usually of the head and shoulders, to put an opponent off balance.

**Formation:** the way a coach positions the players on a team; a 4-3-3 formation means four fullbacks, three midfielders and three forwards.

**Forward:** players who play close to the goal they are attacking, also known as a winger, striker and center forward.

**Goal kick:** a kick awarded to a defending team when the attackers advance the ball over the endline.

**Hand ball:** the illegal use of the hand or arm by a player.

**Heading:** the use of the forehead to pass or shoot the ball.

**Indirect free kick:** a kick awarded to a team because of a minor foul committed by its opponent; another player must touch the ball before a goal is allowed.

**Marking:** guarding an opponent.

**Midfielder:** players in the middle of the field and are the link between the defenders and the forwards, also known as a halfback.

**Offside:** the referee may rule a player offside when he or she is ahead of the ball in the attacking zone with fewer than two defenders between the player and the goal; the rule does not apply to free kicks, throw-ins or drop balls.

**Penalty kick:** a kick awarded to an attacking team when the defending team commits a major violation in the penalty area.

**Referee:** the official in charge of a soccer game.

**Sideline:** lines on each side of field, also known as touchline; player then uses throw-in to restart play.

**Striker:** forwards who play toward the middle and final thirds of the field.

**Sweeper:** back player positioned behind the defenders

**System of Play:** player positions on the field. 4-4-2 is 4 defenders, 4 midfielders, and 2 forwards.

**Tackling:** the technique for taking the ball away from an opponent using the foot or shoulder; tackling is the only situation in soccer in which deliberate body contact is permitted.

**Throw-in:** awarded to a team whose opponent last touched the ball before the ball went over the sideline.

**Wall:** a human barrier of at least three players created to provide assistance to a goalie defending against free kicks.



## Team Principles of Attack

- ? Width (support along touch lines)
- ? Depth (support behind the ball)
- ? Penetration (support in front of the ball deep into opponents territory)
- ? Mobility (forward, lateral, angled and backward movement especially by marked players)
- ? Communication (mostly visual; this means knowing the location of all players, spaces, and reading visual and audio cues of opponents and teammates).



JCYSL uses a new program to maintain good sportsmanship on the sidelines. It's called Kids Zone.

All parents **MUST** sign a pledge to be on their best behavior when they are at the games or practices (i.e. the Kids Zone). The limits of the Kids Zone will be posted, and all adults must exhibit appropriate behavior while in the Kid's Zone. Be on the lookout for the postings and get more information from your coach.

## Registration News

*From the Registrar*

Registration for 2003-2004 was a great success due to the wonderful volunteers who came out to help us. Many of you provided feedback and signed up to help with registration next year. I will be in contact with by the end of fall season to plan for next year.

*Registration is still open.* If you know of anyone who would like to register, please have them call 876-AYSO and press 2 to leave a message for me.

## Referee Facts:

With 80+ teams we need to cover 45 games each week with at least one referee. Division 1, 2, and 3 games are better with 2 or 3 refs. Refereeing youth soccer is a great way for kids to fulfill their community service requirements for school. Children as young as 10 can be certified as a U8 referee and officiate U8 and U6 games. If you coach, refereeing is a great way to learn more about the rules.

We train all our referees, supply them with a cool referee uniform, then start them out with young players. Once you are more comfortable on the field, you can move up and do division 6 or 5 games. We even offer a mentor program for those a little more uncomfortable. Referees only volunteer on game days, so its great for those that work late and can't help out coaching. For example, you can come to the field early (a great way to get a good parking spot) and referee a game before your child plays. Another option is to hang around after your child's game, and referee a game before heading home. If you are interested in becoming a referee, please email Steve Kubik, our Referee Administrator at [vthokie86@adelphia.net](mailto:vthokie86@adelphia.net).

## Safety Notes

*From the Safety Director*

As we go into another new season of JCYSL soccer, please remember to report injuries to your Coach, a Referee, or me personally, so an injury report can be recorded. The paperwork helps protect the kids and is required for proper insurance coverage. These simple forms could save you a lot of money! I'm looking forward to another FUN season, and appreciate your help in keeping our kids safe.

## Thanks Guys!

Over the last year, several members of the board of directors have moved on. Tammy Jones served on the board of directors as Div. 4 Coordinator, Shelly Holliday served as our secretary, and Holly Frye for many years as our fundraising coordinator. These folks gave up lots of time to help with bring hundreds of kids a fun, fair, and safe soccer experience. Be sure to thank them if you see them on the fields or around town!

## Field Day and Soccer Swap

Shepherdstown Field Day and Soccer Swap is scheduled for Saturday, August 23, at 9:00am (rain date is the following day). We need as many people as possible to come

down and give us an hour or 2 of your time. We need to prepare the fields so the kids can begin practice on time. We now rotate field positions as much as possible, which means that all the fields need to be redrawn. We are also doing our soccer swap again, so bring your outgrown soccer shoes and gear, maybe you can trade up. We will begin at 9:00am and will go until the fields are ready. Please come help if you can. If we drop the ball here, the fields will not be approved by the safety director, and the practices and games will not start on time! Please show your support for the league and come for any time you can. Contact Van Stemple (ST) or John Robb (CT) for more information about field day.

## Do's and Don'ts For Practice and Games

### DO:

- Bring a water bottle
- Bring an appropriate size soccer ball
- Wear shin guards
- Wear soccer cleats or sneakers
- HAVE FUN!!!!

### DON'T:

- Wear any jewelry
- Wear any type of head gear (i.e. hats or scarfs)
- Wear baseball or football cleats
- Chew gum
- Have hard candies on the field

### DON'TS for Everyone

- Bring dogs near the fields
- SMOKE in sight of the fields
- Drink adult beverages in sight of the fields

### Reminders for Parents

- ? Please remember that the games in the Fall are played at Morgan Grove fields.
- ? Help out the coaches by volunteering to set up and line the fields for game day.
- ? If yours is the last game of the day, gather the corner flags for your coach and put them in the shed.
- ? Come out for ST field day on 8/23/03 at 9:00 a.m. and help set up the fields for the upcoming season.



- ? Let your coaches know if your child will be unable to make it to practices or games.
- ? We are always looking for volunteers to help out the league. If you are interested in helping in any capacity, contact the regional commissioner at 876-AYSO.
- ? Most importantly, remember that our league is all about the kids. *Having fun is the key.* Be positive and supportive and honor Kids Zone!

## Ball Sizes by Division

Division Ages	Ball Size
1,2,3 U19, U16, U14	5
4 and 5 U12 and U10	4
6 and 7 U6 and U8	3

## New U8 Officials

You'll be seeing some new referees with black uniform shirts instead of yellow. They have been through official training and will be helping us on the U8 and U6 fields. We thank you for volunteering your time and efforts!



## Calling All Referees

### WHAT A GREAT GROUP OF REFEREES WE HAVE!!!

Last year was outstanding in terms of referee and volunteer participation, in general. We are very fortunate to have a number of quality referees again this year, and we mean to take care of you to keep you coming out to the fields. We will be able to sign up for referee games via the web site this fall. Please attend the Referee Meeting on Tuesday, August 26, at 7:30 pm at NJE to find out more. If you are unable to attend, an e-mail with more information will be coming prior to the start of the season.

A quick reminder – when you do your pre-game equipment check, players must have the following: their uniform shirt tucked in (some flexibility with the shorts); shin-guards (a must – no

one plays without shin-guards); regulation soccer shoes, gym shoes or sneakers (with or without rubber cleats – no toe cleat); no head coverings, jewelry, gum, cast or splint, or anything else which may cause injury to themselves or anyone else.

Once again, we really appreciate all our volunteers, but there is a special place in the heart of the Regional Referee Administrator for the Referees. Play on!!

## Frequently Asked Questions (FAQs)

### When do I hear from my coach?

Coaches get their teams on the 16<sup>th</sup>. You should hear from them soon thereafter.

### What if the practice days / times don't fit my schedule?

Sorry, but we cannot move kids to accommodate parent schedules. Our league is way too big. Remember that JCYSL players are not penalized if they miss a practice here and there.

### When do we get our uniforms?

Our uniforms will not be in by the Shepherdstown Field day, so they will be distributed to the coaches the first week of practice. Others need additional printing and will get to coaches during the second week of practice.

## [www.jcysl.org](http://www.jcysl.org) News

Our website is loaded with league information. Please be sure to check it out. Don't forget the AYSO website at [www.soccer.org](http://www.soccer.org).

Our league greatly appreciates the great work by Dan Cogswell, who maintains our website!

## Be an AYSO

### Administrator:

Assistants are desperately needed for several of the league administrators. When involved with the operations of the league, you will see first-hand the pleasure our program brings to the children of our county. We are looking for volunteers to help cut teams, teach

coaches, plan fundraisers, order uniforms, handle registration, and make the operational decisions that determine the makeup of the league. Support comes from outgoing people and the national organization. Training is available for all positions. Simply stated, if you do not do it, the league will cease to be. Please help keep JCYSL viable for the children of Jefferson County by calling Dan at 728-0675.

## "Hand Ball!"

Remember the rule says that for a handball to be called it must be intentional! If a player's hand contacts the ball while they are protecting their face or body, it is not a penalty. The player must intentionally contact the ball for the foul to be called. Like many other rules of soccer, calling this penalty is *at the discretion of the referee.*

## Estimated 2003-2004 Budget (for 800 Kids)

Registration Fees	51250
Sponsor Income	2000
Fundraising Income	10000
Interest	300
Other	0
<b>Total in</b>	<b>63550</b>
Player Fee to AYSO	8925
Fundraising Costs	1000
Uniform Costs	14000
Soccer Equipment	2000
Field Expenses	15000
Tournament Expenses	0
Trophies and Awards	3825
Postage	1500
Travel/Phone	7500
Newsletters	200
Clinics	1000
Other (Field fund)	5600
Required Contingency	3000
<b>Total out</b>	<b>63550</b>

## The Adult League

JCYSL has started an adult league. This venture is made possible by the partnership between AYSO and US Amateur Soccer. For further information, please contact Grant Prillaman at 725-4553.

## Uncle Ralph Cookie Dough Fundraiser!

**Everyone  
loves  
cookies!**

Make plans now for our 2003 JCYSL fundraiser. Last year, with just 50% participation, we made over \$10,000 selling cookie dough! IMAGINE what we can do with 100%!

The board would like to let you know that Uncle Ralph has increased our cost, but has also increased our profit. Please continue to support this wonderful fundraiser since it offers great assistance to our league.



### Schedule:

September 4: Order forms distributed to team parents

September 7-20: Selling time

September 21: Turn in Money & Order Forms

October 19: Cookie dough delivered

Jefferson County Youth Soccer League  
AYSO Region 322  
537 Tuscawilla Hills  
Charles Town, WV 25414

NON-PROFIT ORG  
US POSTAGE PAID  
PERMIT NO. 7  
SHEPHERDSTOWN, WV