



HIGHLIGHT REEL

News & Information from Centennial Soccer Club of Circle Pines, Minnesota

MARCH 2010

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From the President By Paul Rome

For many Centennial SC families, this time of year soccer just begins to creep into the consciousness. However, February actually marks the end of the first half of our year. The United States Youth Soccer Association soccer year begins September 1st, which is one of the reasons that evaluations and team formation for summer traveling programs happens so early. The summer program is the culmination of the annual cycle. This can be confusing for some, who are not training and playing year-round and whose principal interaction with the club is through summer play.

We have seen marked increases in participation in our so-called 'off season' programs. Our census for fall play and for winter and spring training programs has risen notably. And with our emphasis in providing year-round activity, we have responded directly to many of you who have indicated that this is a needed component of your player's soccer trajectory.

You may also have seen increased media attention for our sport of late, as June marks the start of the quadrennial World Cup, taking place in South Africa in 2010. We are actively planning opportunities to promote soccer in conjunction with the World Cup frenzy. Stay tuned, we'll be announcing some fun events!

Running Efficiently and Soccer By Stacy Ingraham, PhD

One of the greatest skills needed in soccer development is often the least addressed. Running form and efficiency are predictors in soccer success. Running is an evolved efficiency. An athlete must spend time conditioning away from soccer practice to develop the mechanical and physiological efficiency to improve their productivity on the soccer field. Conditioning with a ball does not develop mechanical efficiency in running.

The fact that running form is an evolved efficiency diminishes the opportunity for today's athlete, who spends little time in free play and minimal time in pure conditioning for a sport away from the ball. Running form and efficiency are not improved dramatically without the long run on a regular basis. U11-U14 soccer athletes should be developing endurance and ultimately be able to maintain a conversation pace from 30-40 minutes of continuous running. U15 and older should be able to run a continuous run of 60 minutes.

The advantages of endurance development coupled with sprint form running will result in more ball touches on the field, significantly decreased injury and more productivity during tournaments. The endurance component of conditioning will allow the athlete to progress to more explosive conditioning without the risk of injury when compared to the non-endurance trained athlete. Your most productive athletes on the field will be the best conditioned athletes.

Editor's note: Stacy Ingraham has volunteered with her daughter's CSC U11 soccer team this past season. Stacy is a lecturer and graduate faculty member in the Division of Kinesiology at the University of Minnesota.





Current Registration Events

- **2010 Indoor** Registration NOW Open! The league is geared toward players of all skill levels and includes youth programs from U6 through U12. Register at www.centennialsoccer.org Games are in March and April. Sign up now!
- **2010 Indoor "Just For Fun League"** is now taking registrations, for players in the 7th and 8th grades, and 9th through 12th grades. For the price of a movie – have a lot more fun! Games: Saturday nights in March & April – NOT on Prom night... Get your friends and sign up – Remember: it's Just for Fun!
- **Spring Technical Training** is now open! The 2010 Spring Technical Training will consist of six one hour training sessions beginning the week of March 8th and concluding on April 20th. (No Spring training during Centennial School District's Spring Break - March 29th & 30th). At these sessions, the emphasis is more on team tactical skills, in addition to technical instruction. All training sessions will be conducted at the Centennial Sports Arena, which is located next to Centennial HS, and will take place on either Monday or Tuesday evenings between the hours of 5 and 9pm. Visit the Centennial Soccer Club www.centennialsoccer.org to register.



Special Interest

- Current & past CSC players comprised nearly 50% of the recently honored CHS National Honor Society members! Congratulations to these young men and women for their scholastic achievements and community service. This is homegrown proof of how involvement with soccer helps our children grow in areas besides fitness and health. For the class of 2011, having been involved with the Centennial Soccer Club and making the National Honors Society - was nearly triple what would be normally expected.
- Congratulations to the U14 boys C2 team for an undefeated Fall Soccer season and wins over teams that were promoted to C1. They capped off their season at Rochester Harvest Cup, finishing 3rd in State.
- We need YOU! Got a story? Contact mktg@centennialsoccer.org





2009 Tournament Recap

As you prepare for the coming outdoor soccer season, you may be evaluating which tournaments to consider. Our own Centennial SC coaches & managers provide some of the best feedback and ideas for what tournaments to play in – as does our Director of Coaching, Gavin Pugh. We surveyed Centennial SC coaches and managers and received some excellent responses from last year.

Furthest Tournament: Sioux Falls (2 teams), Duluth (several teams), Des Moines, Rochester (multiple teams), Eau Claire (several teams), River Falls, Lakeland (multiple teams).

Favorite Tournament (and why):

- MYSA U-9 Jamboree - Hastings (great experience)
- Coon Rapids (appropriate level of competition)
- WalMart All American
- USA Cup (diversity of teams, high level of competition)
- Eden Prairie Spring Kickoff (well organized, one day, nice giveaways).

Teams tend to like the out-of-town tournaments as they provide ample bonding opportunities for the team, such as group dinners and recreational activities (swimming in the hotel pool).

Great Stories:

- Raeven (U16) forgot her cleats on a Duluth trip and had to borrow coach Mike's. She looked like she was wearing clown shoes!
- U17 boys coach lost a bet (and some dignity) when he thought he could kick a ball across a river!
- Our U13 girls C1 team playing shorthanded (9 players) beating a U15 team!

Awards:

- U11 C1 girls: -St. Croix Cup (as U10) 2nd place
-Apple Valley: 2nd place
-PSA: 2nd place (Boyer)
- U12 C2 girls: -Father Hennepin: 1st place
- U13 C2 boys: -Thunder Invitational: 1st place (Brown)
- U15 C2 boys: -Coon Rapids 2nd place
-OATHS Award (MYSA – statewide)
-River Falls 1st place
- U16 C2 girls: -All-American Cup 2nd place
- U15 C3 boys: -Coon Rapids: 2nd place
- U17 boys: -Eau Claire: 1st place
- U13 C1: -Eau Claire: 1st place
-Apple Valley Tuneup: tied for 1st
- Two U12 boys guest-played with Columbia – which lost the USA Cup championship 1-0 to Brazil.



A tradition of soccer excellence:

Congratulations to the Centennial High School soccer teams this fall!

- 2009 boys finished 10-4-1
- 2009 girls finished and were section 3 champions, with a record of 11-2-2



Centennial Soccer Club is a community-based non-profit sports organization located in the northern part of the Twin Cities metro area of Minnesota and is dedicated to the growth and development of soccer in our area. The Club provides competitive and recreational soccer programs to all young players motivated and willing to participate in the world's number one sport.

We provide educational opportunities for coaches and referees, who play a major role in the development of our youth.

Our club primarily serves players in the Centennial School District communities of Centerville, Circle Pines, Lexington, Lino Lakes and Blaine. Our programs also include players from the cities of Arden Hills, Columbus, Forest Lake, Ham Lake, Hugo, North Oaks, Shoreview, Vadnais Heights and White Bear Lake.



Contacts

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VP & Chair, Technical Committee vp@centennialsoccer.org Allen Payne

Registrar Office Hours:

Sunday: 7pm - 10pm
Monday: 11am - 2pm
Wednesday: 11am - 2pm

We need volunteers – your skills and help are needed! Stay tuned for ways that you can help Centennial Soccer Club.

CENTENNIAL SOCCER CLUB

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