



# Colorado Ice Soccer

## President's Pause

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Dear Members,

As the fall season comes to a close I wanted to take this chance to thank all of you for your continued support of Colorado Ice Soccer and give you an brief update on the State of the Club. I am very pleased to advise you that Colorado Ice is doing well both in terms of membership and finances.

Our enrollment from Fall 08 to Fall 09 was down only 2% from 1097 to 1061. Most of this can be attributed to the economic downturn. This drop is much lower than that experienced by some of our neighboring clubs. Financially we expect about \$45,000 in net income for 2009. This was mainly due to an increase in the number of competitive players and a decrease in our expenses, most notably at Rooney Road where higher than anticipated 3<sup>rd</sup> party rentals have reduced our payment obligations to the City of Golden.

The micro program has continued to blossom. In Developmental we have added the Academy program for those players desiring a more intensive training experience. In Competitive our teams are performing well at the midway point of the new year long season.

On the fundraising side our on-line auction will be starting in a few weeks. Please contact Laura to make a donation of new or used items, tickets, vacations etc to be put on the auction block. This is a major fundraiser for the club so please help by making a donation.

Once the auction begins log on early and often to pick up some great deals.

Lastly I would like you all to know that Matt Reveille has taken what we hope will be a short break from serving on your BOD. Matt has been on the BOD since 2003 serving as Secretary and most recently as VP of Referees. During his tenure he has created one of the strongest ref programs in the state especially with regard to youth referee mentoring. You will still see Matt on the fields refing and coaching, so stop and say hi and thank him for his years of unselfish service.

Again thanks for being a part of the Ice Family.

Sincerely,

Cliff Enten

President

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### Calendar of upcoming events

December 3	Coaches party at Rock Rest
December 15	Registration opens for spring 2010 Micro and Developmental (go online to <a href="http://www.coloradoice.org">www.coloradoice.org</a> then to Member Login)
February 1	Registration Deadline for spring Micro and Developmental players
March 5-7	Ice Breaker Tournament at Golden Goal (see pg. 6)
Early March	Developmental and Micro Coaches meetings
March 13	1st game for Competitive and Option 1 teams
March 20	1st game for Micro and Developmental teams
Mid April	U10 to U11 Transition informational meeting
Early May	U10 to U11 Transition informational meeting
June 1 thru June 4	Tryouts for fall 2010 Competitive soccer—More info. to follow

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# Rooney Road Sports Complex

**NO DOGS ARE ALLOWED WITHIN THE FENCED AREAS AT THE ROONEY ROAD FIELDS**

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## Parental Support—Bill McStraw VP Advanced Teams

### Parental Support – The Key to Peak Performance

In my role as vice president of advanced soccer and as a father of three soccer players myself, I can not understate the important role and influence we have as parents in their individual development and ensuring that they love the “*beautiful game*”. The role that we parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, here are some helpful reminders for *all of us* in our roles as soccer moms and dads. These reminders were published in an article titled “Parental Support – The Key to Peak Performance” by Jeff Pill who was the US U14 National Team Director at the time of the article.

1. **Let the coaches’ coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.
2. **Support the program:** Get involved. Volunteer. Help out with fund raisers, carpool, anything to support the program.
3. **Be your child’s best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
4. **Support and root for all the players on the team:** Foster teamwork. Your child’s teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **Do not bribe or offer incentives:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. **Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can’t make practice, etc., encourage them to speak directly to the coaches. This responsibility taking is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game – preparation for life as well as playing the game.
7. **Understand and display appropriate game behavior:** Remember, your child’s self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (their fitness, positioning, decision making, skill, aggressiveness, what the game is presenting them). If they start focusing on what he can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), they will not play up to their ability. If they hear a lot of people telling them what to do, or yelling at the referee, it diverts their attention away from the task at hand.
8. **Monitor your child’s stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in their lives.
9. **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
10. **Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life besides soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.
11. **Reality Test:** If your child has come off the field when their team has lost, but they have played his best, help them to see this as a “win”. Remind them that they are to focus on “process” and not “results”. Their fun and satisfaction should be derived from “striving to win”. Conversely, they should not be as satisfied from success that occurs despite inadequate preparation and performance.
12. **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child’s performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child’s experience.
13. **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their “*comfort level*” and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

## Developmental News By: Jim Treitman VP Developmental

As I write this, we are in the waning days of the fall soccer season. Our U8s and U9s are hopefully getting comfortable with new field and team sizes, and our U10s are preparing for their final season of developmental soccer and possibly thinking about competitive tryouts in the spring. The end of any season is a good time for us to take stock of where we are as a club and for parents and players to evaluate their soccer experience. Developmental soccer (U8 through U10) is about developing *players* not *teams*, so it is necessary for us to make these considerations asking, “Is our child developing the way they want to as a soccer player?” And, “Are we getting the most out of this experience?” Let’s also keep in mind that this should be the beginning of what we hope is a lifelong enjoyment of a wonderful sport.

Recognizing that different families and players have different expectations and needs at this stage, this year Colorado Ice initiated our Developmental Academy program for players with a stronger commitment level to the sport. We decided that the best time to make this transition was between 2<sup>nd</sup> and 3<sup>rd</sup> grade. As the game moves from 6-a side to 8-a side and rosters grow, we thought this was a natural time to introduce this.

Our current U9s are the first to have the benefit of this option. We have 3 boys’ teams and 1 girls’ team in the U9 Academy this season. These teams play in a higher flight than other teams in the club in their age group, participate in tournaments, and the players are encouraged to attend clinics and camps. A very important aspect of our Developmental Academy is that the club forms the teams. We do so with the belief that players develop better when they are playing with teammates of like abilities and skill. So, as players enter the Academy, they relinquish the right to pick their coach or team.

Of course, Ice will continue to offer its Traditional or Neighborhood teams, and we anticipate that most of our members will continue to choose that option. The whole idea behind this is to offer choice to our members. The club will begin talking with our U8 coaches in the near future to get their thoughts. We ask all our U8 and U9 members to give consideration to the Academy vs. Traditional option-- this applies to our U8 players as they think about next year, as well as our U9 players (Traditional and Academy alike) as they think about the spring.

Since I assumed this role with the club two years ago, I have done my best to keep lines of communication open between the club, the coaches and the membership. Coaches who attend my pre-season meetings can attest to my harping on the issue of communication between coach and parents. I also ask the coaches to stay in touch with the club and me as the season progresses. In my early days as a soccer parent, I often felt a little lost in the process, not knowing what my options were. In my early days as a coach, I felt the same way, as if I were doing it on my own. Ice needs to hear from its membership. Specifically, I need to hear from our families in the developmental program. The Academy program came into being due to comments and suggestions from our coaches.

If there are issues that need addressing, we need to know about them. If there are ways that you think we can make the club better, we need you to let us know. And, it wouldn’t hurt to hear when we do something right once in a while. My contact information can be found on the [www.coloradoice.org](http://www.coloradoice.org) under the About Ice Board of Directors.

We are always concerned that your son or daughter is having a positive soccer experience. If they are not, we can often do something about it. However, sometimes we cannot. But we will always listen and always try. But if a matter is not brought to our attention, there is little that we can do.

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## Transition from U10 to U11 Soccer—Bill McStraw VP Advanced

As your child enters the U11 year of soccer, they will have two options available to them to play and enjoy soccer. At the U-11 age group, the two options are: “advanced” and “recreational” soccer. Colorado Ice Soccer will strive to provide a positive soccer experience for both options. This article will focus on the “advanced” soccer option.

The transition from playing recreational soccer to advanced soccer can be somewhat stressful and overwhelming for both the players and the parents, and hopefully this article will address some of the questions that you might have about participating in advanced soccer. Participating in advanced soccer requires more commitment from both the players and the parents than recreational soccer does.

**Tryouts/Player Placement** – An “advanced” team differs from a “recreational” team in that players are selected through a tryout process. The purpose of tryouts is to sort out the players and teams, so that players are lined up with teams with other players of similar skills, similar competitiveness, and a similar commitment to training.

Tryouts for the Colorado Ice U11 advanced teams are held the week immediately after the Memorial Day weekend. Tryouts for the “advanced” U-11 team are available to any player born between 8/1/1998 and 7/31/1999. This applies to almost all of the players playing on a U-10 team this spring.

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Tryouts usually consist of two hours sessions held on two consecutive days. It is important that the players attend all of the tryout sessions, so they can be properly evaluated on their individual soccer abilities. If your player can not attend any/or all of the tryout sessions, they should notify the Colorado Ice Executive Director, Laura Albrecht, at 303-279-3686, or the Director of Coaching, Radu Marcu at 720-936-8589. Details of the tryout sessions will be posted on the Colorado Ice website (<http://www.coloradoice.org>) and all current Ice players will be notified by email of the dates and times for tryouts.

Your player will receive “a number” at tryouts for identification and evaluation purposes. Registration paperwork will be handed out at the tryouts and should be completed and turned in before tryouts are completed. A copy of your player’s birth certificate and payment for the team fees and state fees will also need to be turned in at tryouts. A photograph of your player will be taken at tryouts for their player ID card, which will be good for one year. Your payment will be held until you commit to a team.

The coaches for the U11 advanced teams are selected by the club and club coach in February. This enables the coaches to attend the U10 recreational games and to participate in the clinics for the U10 players during the spring season, where they can also evaluate the performance of Colorado Ice recreational players prior to tryouts.

Coaches of the U11 advanced teams, the Colorado Ice Director of Coaching, Radu Marcu, and other Ice coaches assisting in the evaluation process, will put the players through a number of drills, small sided games, and full sided games, in order to help evaluate their soccer skills and abilities. The players are being evaluated for such things as: speed, strength on the ball (ability to shield and control the ball), winning the ball on the ground and out of the air, passing ability, demonstrating good field vision, dribbling, correct positioning, ability to play quickly, aggressiveness, movement off the ball, one vs. one ability, attitude, work rate, and defense.

Once tryouts have been completed, one of the U11 coaches will contact your player within 48 hours and invite them to participate on their team. Each advanced team will usually consist of approximately 14-16 players. There may be some player movement between advanced teams in between the fall and spring seasons, if the director of coaching determines that the player has the skills and ability to compete at the higher level, or if it may be more beneficial for a player to compete at a lower level to more fully develop their skills.

**Team Placement** - Colorado Ice typically has two to three teams for the U11 age divisions. The number of teams formed depends on the number of qualified players and committed parents. There are five different divisions of advanced soccer in Colorado which are directed by Colorado Youth Soccer (CYS). The five divisions are (from highest to lowest): Premier 1, Premier 2, Classic, Challenge 1, and Challenge 2. The teams will be placed by the club in a division that is deemed suitable to their skills and abilities.

**Advanced Team Playing Seasons** – The year for advanced soccer is broken out into two separate seasons. The fall season which typically runs from the first week of August till mid-November and the spring season which runs from the first week of February till the end of May. It should be noted that when a player tries out and makes an advanced team, they are making a commitment to playing for their team for the full year (both the fall and spring seasons). Most advanced team coaches also like their teams to participate in 2-5 tournaments per calendar year.

**Practices** – Advanced teams will hold practices at least two times per week and the higher level teams may practice up to three times per week. Practices are typically 90 minutes long. All advanced team practices are typically held at the Rooney Road fields. Advanced team players are also expected to attend approximately 3-5 clinics per season. These clinics are skills clinics conducted by the director of coaching, and speed and agility clinics which are conducted by the club trainer. Special goalkeeper training sessions are also provided for goalkeepers.

**Game Schedules** – Leagues and game schedules for advanced teams are determined and set up by Colorado Youth Soccer (CYS) and the club is not involved with the schedules. Ten games are played in the fall season and ten games are played in the spring season. These games are typically played on Saturdays, with a few scheduled for Sundays. Each team will be playing five home games (at Rooney Road fields) and five away games each season. Travel distance for away games will be dependent upon the teams that are placed within the division your team will be playing in.

**Expenses** – The costs associated with playing advanced soccer are listed on the Colorado Ice website. Here is a breakdown of costs:

CSYSA/Referee fees - \$55 for fall season and \$25 for spring season per player

Team fees per season - \$275 per player

Coach fees per season - \$100-180 per player

Uniform costs - \$126 per player (includes home and away jerseys, shorts and socks. Uniforms are typically used for 3 years)

Tournament fees - \$50-\$150 per year (dependent on number of tournaments)

The state fees and team fees are due at the time of tryouts for the fall season and by December 15<sup>th</sup> for the spring season. The coach’s fees are due the first week of August for the fall season and the first week of February for the spring season. Players are measured for uniforms after the teams have been formed and the uniforms are typically ordered in June. Payment for the uniforms is due when the uniforms have been delivered.

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## U13 Girls Trip to Europe—Scott Albertson

### U-13 Girls Europe Trip

From June 27 to July 12, fifteen girls from last year's U-13 Ice White team traveled to Germany and Denmark, after 10 months of planning and fundraising. The team spent the first week at a youth hostel located on a beautiful lake outside of Munich and trained every morning for 2 hours with two German professional coaches, Joe Albersinger and Oliver Beers. Each late morning and afternoon was spent sightseeing, including a visit to Neuschwanstein (the castle used as the model for Disneyland), a walking tour of Munich, a bike ride through German countryside, a tour of Dachau concentration camp and a day in the foothills of the German alps. The girls played 2 friendly scrimmages with teams of local German girls (see picture) and enjoyed a barbeque at the hostel with one of them and we celebrated the 4th of July on the lake dock serenading the hostel staff with the Star Spangled Banner.

We had a 14 hour night train ride from Munich to Copenhagen on July 5 and the team played in the Tivoli Cup tournament in Hillerod, Denmark from July 6 to 10. The girls won their first 4 games, won in the semifinals in shots from the mark and lost in the finals in shots from the mark, finishing in 2nd place. The travel highlights in Denmark included a tournament sponsored disco for all players each night, a trip to the Baltic Sea, a day at Tivoli Gardens amusement park and attending a scrimmage between the top Danish professional team and Eindhoven.

All in all, it was a remarkable journey and not just the travel itself but the work the girls did all year in selling concessions at Rooney, babysitting, sponsoring the soccer sleepover at Golden Goal, doing a team yard sale and other fundraising efforts and in participating in the trip planning. This all gave the girls ownership of the trip. Thanks to all the ICE families that helped the girls raise the money to make the trip possible! The whole experience was truly priceless.



## Ice Breaker Tournament

The 4th Annual Ice Breaker Indoor soccer tournament will be held March 5, 6 and 7 at Golden Goal Sports Complex.

This is a fun way to start off the season for U7 through U10 teams. Guaranteed 3 games and top teams in points will go on to Championship games.

For Competitive teams we will once again form Coed teams. This has been a big hit in the past as it allows players from different teams (A, B etc) to play with each other and to play coed. We take all players that want to play and mix them on as equal of teams as possible. Guaranteed 3 games and top teams in points will go on to Championship games. For High School boys we will mix ages to form teams.

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## Micro Program News — Matt Cohen, VP Micro

### A Macro View of Micro Soccer

Micro soccer was again in full swing this fall as children from ages 3 - 7 played in the U4-U7 leagues. As we come to the end of 2009, Colorado Ice continues to provide a supportive and encouraging environment to those young soccer players just being introduced to the game. The purpose of this program is to serve as a gateway to the rest of the club. The fun of the game is emphasized over the technical elements and children are encouraged to develop at their own pace. More importantly, children are given opportunities to explore socializing with each other and to develop new friendships. Enrollment in this program has remained fairly steady, even in the current economic slump, with an average of 380 young soccer players participating each season over the last two years.

As a sport, soccer remains the world's number one because it has the ability to bridge both cultural and geographic boundaries in a way few sports can. Anyone with a soccer ball, a little bit of space and a few friends can immediately have fun and exercise without the need for much more. And that is what we continue to attempt to provide for this age group. The old adage, "The game is the best teacher" really is true. We strive to create practices for this age that are fluid and active emphasizing as many touches on the ball as possible per child. The games should be extensions of that with minimal emphasis on boundaries and structure, and more emphasis on play and fun. To that end, I need to remind all parents that the children model the behavior they see in us. If we are supportive of both teams having a positive experience, the children will put less importance on winning and losing. And please remember, we don't keep scores, standings or any other record of the games at this age group. We just want them to have a positive experience. To that end, we can all do a better job of offering more praise than criticism. Let the children play because they want to, not because we want them to. Some kids want to watch the grass grow and others want to kick the ball. Both are okay at this age. Our expectations should be focused on the experience and not the outcome. (A not so subtle reminder that we need to let go of the need for our children to be winners in everything they do.)

All of the teams at this age are a part of the same club, Colorado Ice. The kids your child is playing against today could be a teammate in just a few short years. So please, let's set the bar high in terms of how we behave on the sidelines with each other. I know the emotions run wild sometimes, but if we can't control our own behavior with each other, why should we expect anything different from our kids?

As always, those of us on the Board continue to strive to make this club the best it can be. Your comments, suggestions, concerns or questions are always welcomed. Feel free to contact me or any member of the Board when the need arises.

I look forward to seeing you on the fields in the Spring.

Have a wonderful Winter and Holiday Season.

Matt Cohen  
Micro Soccer V.P.

## Referee Corner By: Matt Reveille Former VP Referees

**REFEREE CORNER:** Fall 2009 brings forth another group of grade 9 referees into our mentor program. We held a very successful August class before the season began. We are pleased to welcome Deanna Duncan-Allen and Heather Hanson as our new Assignors from Soccer Colorado. They bring experience and professionalism to the task of assigning. Referee coverage with a more diverse group of officials at competitive and recreational games has been more reliable and of an improved quality this fall. We continue to work toward our ultimate goal of having a sufficiently large referee contingent that all games, both competitive AND recreational games U9 and above, are covered with crews of 3 and U8 games have centers. We were able to cover more U8 games this season than ever before but we did not hit our goals for this age group. We still need MORE referees to achieve this goal in the future. We also need adult referees who are interested in mentoring our younger referees. We will hold 1-2 referee mentor meetings each season now, one at the beginning of the season and one midway or at season's end. The club will be sponsoring another entry level grade 9 referee course and a grade 9-to-grade-8 "Bridge" course in January/February. Youth that are nearing age 11 through 13 can apply. Referees that have had 1 season as a grade 9 can "bridge" to the grade 8. A course pre-registration e-mail will be sent out after the fall season is over. Classes are limited to 30 participants. You may have noticed a rule change this fall. The new substitution rule for all youth games is that either team may substitute any number of players during "any" stoppage of play with the referee's permission. This was done to allow more players a chance for greater participation during a match. This rule change is much more in line with FIFA Laws of the game. It seems to be working well. Our referees have done an excellent job of applying this new rule at our Rooney and Applewood fields. As a reminder, OUR club has a ZERO TOLERANCE policy on referee abuse. As members of the ICE Soccer club we must protect our youth referees against outbursts and physical threats from out of control coaches and parents. ICE Coaches are charged with that same responsibility. Thanks to you, our parents and coaches who continue to support this program.

Matt Reveille  
VP Referees  
CO ICE SOCCER

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## Competitive Coaches Corner—Radu Marcu, Director of Coaching

Now that the fall season has come to an end, I would like to talk about couple of things for the off season. Every player should take a couple of weeks off and relax, including the coaches, and parents from driving everywhere. Some of you are playing indoor (for fun only) this will keep you touching the ball. Off season training is excellent with plenty of rest after the regular season. 1. running, 2. ball touches, 3. sprinting, 4. ball moves, 5. running with ball at you're feet working on (cuts, changing direction), 6. shooting.

Through the fall season I have seen a lot of games, some good, some excellent, (and some lets not talk about). Overall our kids are developing, learning and having fun.

Have a great off season and I will see you in the spring.

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## Lightning Notification System

### Lightning Procedure Update

As most of you should know, this year was our first year using Skyview Weather's lightning warning service. Skyview is a Colorado-based company that provides real-time weather information. Colorado Ice contracts with Skyview to provide us with lightning detection warnings for the Rooney Road Soccer Complex. Due to Rooney's proximity to our other playing and practice fields, we are able to use this monitoring to serve all of our facilities. If Skyview deems there to be any threat of lightning, our coaches are called, and they are under strict orders to clear the fields immediately.

Although we do not have exact numbers as to how many warnings were issued, Skyview did issue 95 lightning warnings in Jefferson County through Oct. 1. According to Skyview, we can safely assume that we were impacted by a vast majority of those calls.

This lightning detection service is just one component of Colorado Ice's risk management policy. We hope that it gives you some degree of comfort knowing we are doing our best to ensure the safety of our players especially when it comes to the hazards of severe weather.

# ODP—Olympic Development Program

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Congratulations to Colorado Ice Players that were selected for the Olympic Development Teams:

Rhea Pedler—U14 Girls

Robert Malone—U13 Boys

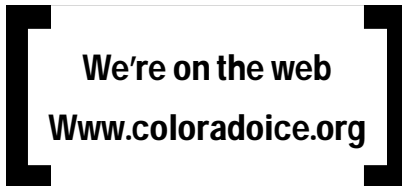
Bobby Marcu—U13 Boys

Jake Bergstrom—U12 Boys

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## A HUGE THANK YOU TO MATT REVELLE

Matt has been a member of the Colorado Ice Board of Directors since 2003. He has tirelessly worked with the referee program and transformed it into one of the best programs in the state. Matt has stepped down from the Board but will continue helping with the referee program and will be coaching a Micro team. We appreciate all that Matt has done for Colorado Ice!



## How to Contact Us

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