



Westside United Newsletter- April 2012



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Welcome to the April edition of the Westside United Newsletter! I hope you enjoy!

WSU History and Mission

Westside United Soccer Club, a division of Magic Soccer Club of Indiana Inc. (1988), is a Premier level soccer club based out of Avon, IN. Westside United was originated in 2002 by Dustin Ottesen and John Case. Many of our players come from the Central Indiana area, but also extend as far as Terre Haute, Columbus, Noblesville, and Ft. Wayne. The club has grown from 4 travel teams to 28 travel teams since it started in 2002. Our Jr. Academy which serves around 200+ kids has grown by over 150 kids the last 4 years. Westside United's reputation continues to grow within the state and region as one of the top level soccer clubs around.

In our few years of existence, Westside United has 15 State Championships, 23 state runner-ups, 1 regional finalist, 2 regional semi-finalists, and many Challenge Cup and President's Cup Champions, Finalist, and Semi-Finalist. We have produced over 200 college soccer players, and our numbers continue to grow every year. We have multiple players involved with the ODP program on the state, regional, and national level. We have two players involved with the Men's and Women's US U17 National Teams. We recently had one player drafted into the MLS by the Chicago Fire.

What makes us different than most clubs is our coach. Our directors and coaching staff truly have the bigger picture of soccer in mind and are here for the kids and the betterment of the game. We believe that individual development will lead to team development. The Westside United board fully supports our directors and their decisions within the club.

Westside United is dedicated to providing the best coaching for each and every one of our teams. We are committed to providing developmentally appropriate environments for all levels of players. Our experienced and nationally certified professional staff ensures that each club player receives appropriate instruction, quality leadership, and exposure to valuable life lessons. Our goal is to promote and teach youth soccer in the state of Indiana and provide Premier soccer to the central Indiana area.

MISSION: To teach and promote youth soccer in the central Indiana area and provide a unique, modern, and premier soccer experience to the Westside of Indianapolis.

Westside United Tryout Information Announced!

**Westside United FC Tryout Information
The Premier Travel Soccer Club in Indiana**



WSU Player Excellence:

*15 State Championships *23 State Runner-ups *200+ College Soccer players at the Division I, II, III, and NAIA Levels *1 Regional Finalist, 2 Regional Semi-Finalist *2 US U-17 National Team Player *3 ODP National Team Players *5 ODP Regional Team Players *74 ODP State and Pool Players (current) *1 MLS Player * Ranked 23rd club in the Nation in 2010 by National Soccer Rankings.com

WSU Coaching Excellence:

*Westside United’s coaching staff is made up of former pro players, college players, current/former college coaches, high school coaches, and state cup winners. *Qualified licenses with USSF, NSCAA, or other International Licenses. *Specialized Goal keeping coach with high level coaching and playing experience. *Established relationships with college, ODP, and high school coaches. *Best coaching staff in Indiana.

Tryout Information:

*All tryouts will be at the Dan Jones Complex. *Each player is expected to bring cleats, a soccer ball, guards, and water to tryouts. *Please pre-register online at www.wsusoccer.com. *Arrive 30 minutes prior to tryouts to check-in. *It is Westside United’s goal to make sure that we have a team for each and every player. Players will be notified within 48 hours of the last tryout on which team they have made at Westside United.

Online registration will open on April 9th. Rain out date will be on June 14th. Same location and times.

Age Group/Gender	Date	Time	Field #
*U8s will be part of a U9 Pool of Players			
U8, U9, U10 Boys	June 5 th and June 6 th	6:00-7:30 p.m.	1
U11 Boys	June 12 th and June 13 th	5:45-7:15 p.m.	1
U12 Boys	June 12 th and June 13 th	5:45-7:15 p.m.	4
U13 Boys	June 12 th and June 13 th	5:45-7:15 p.m.	2
U14 Boys	June 12 th and June 13 th	5:45-7:15 p.m.	3
U15 Boys	June 12 th and June 13 th	4:00-5:30 p.m.	2
U16 Boys	June 12 th and June 13 th	4:00-5:30 p.m.	3
U17 Boys	June 12 th and June 13 th	2:00-3:30 p.m.	2
U18 Boys	June 12 th and June 13 th	2:00-3:30 p.m.	3
U8, U9, U10 Girls	June 5 th and June 6 th	7:30-9:00 p.m.	1
U11 Girls	June 12 th and June 13 th	7:30-9:00 p.m.	1
U12 Girls	June 12 th and June 13 th	7:30-9:00 p.m.	2
U13 Girls	June 12 th and June 13 th	7:30-9:00 p.m.	3
U14 Girls	June 12 th and June 13 th	7:30-9:00 p.m.	3
U15 Girls	June 12 th and June 13 th	4:00-5:30 p.m.	4,5
U16 Girls	June 12 th and June 13 th	4:00-5:30 p.m.	4,5
U17 Girls	June 12 th and June 13 th	2:00-3:30 p.m.	4
U18 Girls	June 12 th and June 13 th	2:00-3:30 p.m.	4
*Please pre-register online at www.wsusoccer.com			

WSU Technical Training: Girls

Westside United will be offering FREE spring technical training sessions during April. Please take advantage of this opportunity to get more touches on the ball and become a more technical soccer player. Below are more details:

Instructor: Eric Nance, Avon High School Girl’s Head Coach

Date:	Age Group:	Time:	Location:
Tuesday, April 10	U8-U10 Girls	6-7pm	Dan Jones 5

Tuesday, April 10	U11 and U13 Girls	7-8pm	Dan Jones 5
Tuesday, April 24	U8-U10 Girls	6-7pm	Dan Jones 5
Tuesday, April 24	U11 and U13 Girls	7-8pm	Dan Jones 5
Tuesday, May 1	U8-U10 Girls	6-7pm	Dan Jones 5
Tuesday, May 1	U11 and U13 Girls	7-8pm	Dan Jones 5
Tuesday, May 8	U8-U10 Girls	6-7pm	Dan Jones 5
Tuesday, May 8	U11 and U13 Girls	7-8pm	Dan Jones 5
Tuesday, May 15	U8-U10 Girls	6-7pm	Dan Jones 5
Tuesday, May 15	U11 and U13 Girls	7-8pm	Dan Jones 5

Please make sure that you have a soccer ball as the majority will be 1 ball, 1 player approach or 1 ball, 2 player approach. They will also need to wear cleats and guards. Please bring plenty of water.

WSU Technical Training: Boys

Westside United will be offering FREE spring technical training sessions during April. Please take advantage of this opportunity to get more touches on the ball and become a more technical soccer player. Below are more details:

Instructor: Todd Frost, Brownsburg High School Boy's Head Coach

Date:	Age Group:	Time:	Location:
Monday, April 9	U8-U10	5-6pm	Crossroads 1
Monday, April 9	U11-U14	6-7pm	Crossroads 1
Monday, April 23	U8-U10	5-6pm	Crossroads 1
Monday, April 23	U11-U14	6-7pm	Crossroads 1
Monday, April 30	U8-U10	5-6pm	Crossroads 1
Monday, April 30	U11-U14	6-7pm	Crossroads 1
Monday, May 7	U8-U10	5-6pm	Crossroads 1
Monday, May 7	U11-U14	6-7pm	Crossroads 1
Monday, May 14	U8-U10	5-6pm	Crossroads 1
Monday, May 14	U11-U14	6-7pm	Crossroads 1

Please make sure that you have a soccer ball as the majority will be 1 ball, 1 player approach or 1 ball, 2 player approach. They will also need to wear cleats and guards. Please bring plenty of water.

Monical's Pizza Monthly Fundraiser



Westside United and Monical's Pizza are proud to work together to help support soccer in the local community. Please go to Monical's Pizza on any fundraiser night listed below and 20% of your bill will go back to Westside United FC. Please print off this page when you go in and mention that you are with Westside United FC so that the fundraiser slips can be filled out. Thank you for supporting Monical's Pizza and Westside United FC!

Date: Wednesday, April 25, 2012

PRINT OFF AND BRING TO FUNDRAISER NIGHT:

Monical's Pizza is proud of our staff, food, and the service we provide to the community. We couldn't do it without your help, and now we would like to say thank you in another way.

This is how you do it: you, your family, your friends, and your neighbors come to the Avon, IN. Monical's located on 9271 E US Hwy 36 for a delicious meal on (). In return, Monical's pizza will donate 20% of each check accompanied by this flyer to your organization.

It's that simple!

Guest copy

Organization: WSU Soccer

Special Day: ()

Guest Check Total: \$ ()

(Before sales tax)

20% contribution: \$ ()

Spring College Clinics

All College Clinics are open to any and all participants who would like to attend as long as they are ages U7-U14. You DO NOT have to be a member of Westside United to attend. Please email Josh George at jguofi@yahoo.com if you have any questions.

University of Indianapolis Boy's Clinic- Monday, April 16, 2012 from 6-7:30pm

DePauw University Boy's Clinic- Wednesday, April 25, 2012 from 6-7:30pm

IUPUI Girl's Clinic- Wednesday, April 18, 2012 from 6-7:30pm

Butler University Girl's Clinic- Tuesday, April 17, 2012 from 6-7:30pm

Westside United Summer Training Camp

All Westside United teams (u8-u14) will participate in a training camp during the summer month of July. The camp will last three days and the cost for each Westside United player is \$25 which will be figured into each player's fall fees. The camp will be directed by Josh George, director of coaching for Westside United FC. Coach George will be utilizing other Westside United coaches as well as college coaches during the duration of the camp. The camp will be geared towards the technical and tactical side of the game in a challenging environment. All players are expected to bring a ball, wear soccer cleats, have shin guards on, and bring water to training.

<i>Age Group</i>	<i>Dates</i>	<i>Times</i>	<i>Location</i>
<i>U8-U9-U10 Boys</i>	<i>July 9-11</i>	<i>5:30-7:00</i>	<i>Dan Jones Complex</i>
<i>U11-U14 Boys</i>	<i>July 12-13, 16</i>	<i>5:30-7:00</i>	<i>Dan Jones Complex</i>
<i>U8-U9-U10 Girls</i>	<i>July 9-11</i>	<i>7:15-8:45</i>	<i>Dan Jones Complex</i>
<i>U11-U14 Girls</i>	<i>July 12-13, 16</i>	<i>7:15-8:45</i>	<i>Dan Jones Complex</i>

Congratulations to the following Westside United players who recently made college commitments:

- Josiah Philips- Cedarville University (WSU 94)
- David Stroup- Oakland City University (WSU 94)
- Austin Davis- Franklin College (WSU 94)
- Zack Hopper- Trine University (WSU 94)
- Adam Christenson- Lee University (WSU 94)
- Jack Griffith- Indiana University (Sophomore, WSU 96)
- Danielle Rader- Asbury University (WSU 94)
- Tawney Trickey- Marian College (WSU 94)

Good luck to Cassidy Blacha and Stephanie Burdsall who travel to Germany next week with the ODP team!

Jr. Academy News

The Jr. Academy season is set to begin next week. Our Jr. Academy (U4-U8) continues to grow each season. Please make sure you refer kids and parents that you know to Westside United to enjoy learning soccer in a fun environment. Players can sign up at anytime, even late. More information for our Jr. Academy and registration can be found online at www.wsusoccer.com.



Mental Preparation: Keeping Your Head in the Game

"Mental toughness is to physical as four is to one." - Bobby Knight



It's that nervous feeling in your stomach before a game.

It's the flutter of your heart before a meet.

It's that fear that's trying to overcome you as you lace up your cleats.

What I'm talking about is your body's response to the stress of competition. It's described in most physiology books as the sympathetic nervous system response (or fight or flight). Our bodies developed this response very early in our development as humans. Basically, when confronted with a saber toothed tiger, we had two options: stand and fight (fight) or run away (flight). Either way, that caveman will need to flip his lid and do something to survive. His body is making sure he has the proper physiological environment to do so. Like I've said before, [Psychology always trumps Physiology](#).

This is a normal response to competition, however, if it isn't properly harnessed, it can be more of a liability than an asset. In severe cases, it can turn to anxiety and cause the person to get physically ill. The best competitors know how to use this stimulus to compete at their best and not let it be a hinderance. Here's a few of the things I've used to mentally prepare myself for competition:

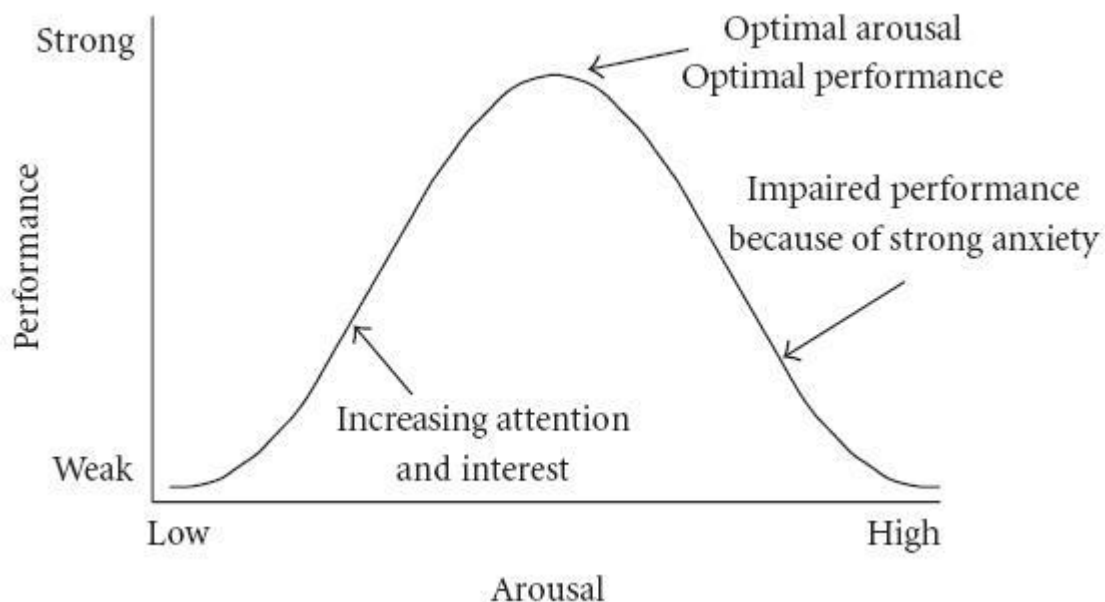
Mental Rehearsal

My training partner once told me a story about a guy who was a POW in the Vietnam war. This guy was probably experiencing things the rest of us couldn't even imagine. To get himself through this ordeal, he pictured himself building a house. When he was imagining building this house, he made sure to visualize every minute detail – all the way down to the type of nails used. When he was finally released, he returned home and built the house he imagined. He did it so quickly it caused the rest of the people in town to take notice. When they asked him how he did it so quickly, he told them it was easy. He had already rehearsed building the house while sitting in his cell.

These same principles can apply to competition. Before each of my competitions, I imagine every detail of the event – all the way down to the clothing I'm wearing. What will the playing surface be? What are my opponents tendencies in certain situations? I go through all of these things prior to the event. That way, I can do it perfectly when its game time.

Calm Down

One thing I see a lot is guys who get super fired up (over aroused) before a competition. These are the guys who are banging their heads into lockers and just going nuts. These guys tend to burn out towards the end of the event. They get so “jacked up” that they are mentally and physically exhausted by the end of the competition. Personally, I'm a naturally aggressive person. So, I'll end up exhausted by the end of the meet if I don't learn to control it.



As you can see, strong anxiety can impair performance. So, it's important for the athlete to learn what their optimal level of arousal is and learn to maintain that. Visual imagery like either imagining themselves in a quiet place or visualizing their performance can help tremendously.

Find a Distraction

Constantly worrying about an upcoming event can lead to over arousal and anxiety. In the days leading up to an event, I usually will try to find something to take my mind off the game. Usually its writing or reading. Anything that you enjoy doing that has nothing to do with your upcoming competition will work. Don't get it confused, spending an hour or so per day rehearsing is a good thing. Spending your entire day rehearsing is not.

These are a few of the things I use to keep myself focused mentally. Good luck!

By. Jason Nunn

Westside United Team Accomplishments in March

Congratulations to the following teams who either won tournaments or finished as a finalist in March!

WSU 2000 Boys White- Kick in the Bluegrass Champions, Middletown Spring Blast Finalist

WSU 99 Boys Green- KSA Turf Classic Finalist

WSU 98 Boys Green- KSA Turf Classic Champions

WSU 96 Boys White- KSA Turf Classic Champions

WSU 97 Boys Green- Ohio Elite College Showcase Champions

WSU 94 Boys Green- Ohio Elite College Showcase Champions

WSU 97 Girls Green- Ohio Elite College Showcase Champions

Westside Players to Train at Indiana University Coaching Symposium



A group of 13-14 year olds from Westside United has been chosen by Indiana Soccer DOC, Steve Franklin, to train at the IU coaching symposium on April 7 at Indiana University. Coach Franklin will run a training session with them in front of over 100 college coaches from around the country. Westside United frequently gets asked for special events such as these as coaches around the state and country know what a great job we do developing our players and teams. Good luck and make us proud!

Westside United Juggling Club

As you walk around the fields right now, you see a growing number of juggling club bag tags which is great to see. Please keep going out and getting touches on the ball and strive to reach your next benchmark. More information on the juggling club can be found online at www.wsusoccer.com.



WESTSIDE UNITED INVITATIONAL

August 10 - 12, 2012

We will be hosting our second annual, award winning Westside United Invitational on August 10-12, 2012 at the Al and Jan Barker Sports Complex in Plainfield.

- ⚽ All WSU teams U9-U14 (boys and girls) will again be required to participate this year.
- ⚽ Coaches – please be sure to contact other teams and clubs that you would like to see attend and compete against.
- ⚽ We are accepting sponsors and if anyone you know may be interested, please have them contact Brian Holmer at this email wsusoccer15@att.net

- ☛ **We will be requiring each team to provide a list of volunteers to assist with the tournament. More info will be provided at a later date**

A word from the DOC

Many of you have probably heard about the recent Fusion-Indy Burn merger. I want to assure you that this does nothing to our status as THE premier travel program on the Westside. We are still THE premier travel program as recognized by not only higher positions in the state, but also the region and the nation. We were engaged with talks with Fusion for a few years but their beliefs on developing soccer players, teams, coaches, parents, and a club were not on the same level as ours. They were/are very much focused on the recreational side of things for ages U9-U18 where we are focused on travel for those ages. Our Junior Academy (U4-U8) is structured to teach players the skills needed to develop into a "travel" player and therefore lead to a feeder program for our travel program at Westside United. Fusion and Burn are all about parent coaching where we believe in putting player development in the hands of not only licensed qualified directors but licensed and qualified coaches as well. Not many clubs around the state can say their coaches actually have coached and played at a high level like our coaches can where the majority played in college or beyond. The stats and data is all there to back us up and we will continue to put successful travel teams and players at the next level for many years to come. WSU has THE premier teams and will continue to do so as we know how to develop soccer players and teams. Development is what it is all about. A very telling sign is the fact that Burn and Fusion together have over 40 years of travel soccer experience and only 6 state championships to show for it (all the same team). Westside has 10 years travel experience with 15 state championships to show for it. State Championships aren't necessarily what it is all about but it does show that we are developing soccer players that lead to great team development as well. This helps get the players to next level whether it be high school varsity team or college. We are here to give every kid that wants to play travel soccer that chance in an environment in which they can learn and develop. We wish Burn and Fusion nothing but the best of luck but Westside United will continue to strive and plug away at being THE premier travel program in Central Indiana and on the Westside of Indianapolis!

Westside United Goalkeeping Training

Westside United Goalkeepers

Starting Tuesday April 3rd we will start offering our Club goalkeeping sessions. They are free to all goalkeepers within the club and will be led by Brandon Cook, who is in his third year of goalkeeping training with Westside United FC. In a previous role, Brandon was the goalkeeper coach at Plainfield HS and currently serves as the goalkeeper at Franklin College as well as a trainer for the Indiana Goalkeepers academy. For those of you that have participated in training sessions in the past, the format of the sessions will be similar however the grouping will be slightly different from years past. In order to create a more competitive practice environment, there will be 3 groups this year instead of the 2 from previous year. The schedule will be as follows

Tuesdays (starting April 3) U11 and younger 5-6 pm Crossroads Complex
Wednesdays (starting April 4) U12-U14 5-6pm Dan Jones Complex
Thursdays (starting April 5) U15-U18 5-6pm Dan Jones Complex

I will also be moving some goalkeepers to different groups based on ability. This will allow all goalkeepers to maximize their potential at each training session. If you cannot make it on a certain night and want to attend on a certain night please email me and we can work out an agreement.

I encourage all teams to send me their goalkeepers on a weekly basis because each session will build from the previous session. To date I have worked with the majority of the goalkeepers either in individual sessions or in a group setting and look forward to training again with you all this spring. If you are interested in private lessons, please contact me and I can give you more details at that time. Thanks.

Brandon Cook- brmcook8@gmail.com

WSU Player at a Glance: Jason Hofer



Name: Jason Hofer

Team: U10 Boys Green

Number: 17

Favorite Pro team: FC Barcelona

Favorite Player: Lionel Messi

Favorite College: Kentucky

Most memorable soccer moment: Magic 3v3 Tournament

Individual goals: 100 Juggling Club

Team goal: Win a tournament

What you like most about WSU: Good coaches and working to get better.

DOCs comments about Jason: Jason is a great kid that works hard on and off the field. Almost every time I saw him this winter, he wanted to be tested for the 100 Juggling Club. He always has a ball at his foot which is the sign of a bright future for Jason. Keeping working hard Jason!

WSU Player at a Glance: Emily Bridegroom



Name: Emily Bridegroom

Team: WSU '99 Green

Number: 5

Favorite Pro team: USA

Favorite Player: Abby Wambach

Favorite College: Butler

Most memorable soccer moment: Scoring a goal to tie a tournament game to send it to overtime. We ended up winning the tournament.

Individual goals: Continue to improve as a team and individual player and play high school and college soccer.

Team goal: Continue to improve, win our division and more to a higher league

What you like most about WSU: The coaches are knowledgeable and we play as a team.

DOCs comments about Emily: All winter long, if you were at the indoor facility, you would see Emily there.

Whether it was for her team's indoor training, speed and agility training, or winter camp, she was always there.

That tells you a lot about her character and drive as a soccer player and you can see it increasing the older she gets. She has a bright future as long as she keeps on working hard! Keep it up Emily!

Westside Alumni: Report from College

Stanson Baskin- University of Southern Indiana (Division II)



Stanson Baskin-University of Southern Indiana- WSU 93 Green Boys

Hello Westside Family!! My name is Stanson Baskin. When I was asked to write about my soccer career and my time at Westside United, I knew that it would take me a while to conjure up just a few brief moments to talk about out a plethora of great memories. As I grew up I started playing soccer when I was about five years old and I immediately fell in love with the sport. From there I played 4 years of rec and then my u10 year I started playing travel soccer for Pike Soccer club. After a year of playing there I went to play for Carmel United for three years where I won my first State Championship my u13 year. It wasn't until u15 when I finally joined the Westside Family.

Coming into the club I had already known a few guys on the team so the chemistry was instantly there. I had never experienced anything like it before, the camaraderie that we had on our team from the coaches, the manager, and the players was a truly great experience for me at such a young age. From that u15 year on we swept the State winning 4 consecutive State titles and winning a lot of major tournaments along the way. Not a lot of kids who play soccer in Indiana get to experience the competitive level of play and get the exposure that I received while playing at WSU and I am grateful for that. As we became older, of course the level of play became more demanding and more strenuous and I feel that the coaching that I received at Westside readily equipped me and prepared me for the level adjustment.

Coming into College my freshman year at the University of Southern Indiana I felt as if I was mentally and physically prepared for the college game. I started 8 games as freshman in the fall and have gotten quality playing time against big Universities such as the University of Kentucky and SIUE.

While I better myself everyday technically, physically, and constantly adjusting to the college game I never forget what I have learned and experienced at Westside United. During my crucial developmental years at Westside I can honestly say that there is not a better club in the State of Indiana that can provide you with the family like atmosphere that Westside can. I am proud to say that I am WSU alum. Thank You!

Tyler Fritcha- IUPUI (Division I)



Tyler Fritcha –IUPUI – WSU 89 Green Boys

Greetings Westside family, friends, and community! My name is Tyler Fritcha, a former Westside United player and current coach. I wanted to take some time and not only thank the club for everything it's done for me but share a little bit about myself, my career, and how grateful I am to Westside for the opportunities it has provided me with.

I didn't take the most traditional route to my collegiate playing career, nor did I have a very good foundation of the game early in my life. I'm the only soccer player in my family and it was difficult getting my parents to understand the importance of being technically sound and playing at the highest possible level as early as possible. I played recreational soccer and on a small and non competitive club until I was in 8th grade. Finally I made the move to Westside from what was at the time Royal Premiere (currently Fusion) and had the opportunity to play on the '89 White team for one of the new coaches at the club (at that time), current DOC Josh George.

My relationship with Josh and his coaching style took my game to the next level. Coupled with individual training sessions with Josh and the new experience playing at a high level I become a strong high school and club player. My parents were initially hesitant of the time commitment necessary to play for the Green team; however after 2 seasons with the club I was able to take the next step to the green team. Following a successful season with the Green team I was reunited with Josh once again as he took over our team and continued to coach me throughout my high school career.

Going into my senior year at Brownsburg I began looking into getting my coaching license and in December of 2007 took the next step to becoming a licensed coach. Westside provided me the opportunity to begin coaching in the spring of 2008 when I helped work with the Youth Academy and Westside Summer Camp as well as helped Josh out with the State Champion WSU 93 Green Team.

After High School, my career and experiences at Westside opened yet another door for me as I had the opportunity and privilege to play Division I soccer at IUPUI. While at IUPUI I wanted to continue to give back to the game and remain involved in the club as much as possible. Once again Josh provided me with the opportunity to work winter camps and coach one of the youth teams the following spring. Since then I have coached teams from U-10 all the way up to U-18.

Having completed my 4 years of eligibility in college I began to reflect on the memories I have not only playing but the lessons I've learned and growth I've made as a coach. The highlight of my coaching career is without a doubt, along with former teammate at Westside and IUPUI Derek Craig, Co-Coaching the U-18 white team and leading them out of our state cup group into the state semi-finals where we were eventually defeated by defending and Reining State Champion Westside United 93 Green team, 4 time state champions. To take a second team out of our group was a true accomplishment and testament to the commitment, work ethic, and determination of our players. Stories like that make, to me, is part of what makes Westside such a proud and respected club not only in the State but a crossed the country. Most of Westside's second teams (white teams) are still better than almost the majority of other clubs top teams across the state.

I have lived, breathed, and loved Westside since the first season I was with the club and will forever be grateful for the opportunities they have provided me. I doubt I would have been able to play collegiate soccer if not for the coaching I received at Westside and the help of all my teammates throughout the years let alone play at the Division I level.

Over the years I've learned from my playing and coaching careers that Westside has the coaching staff top to bottom as well as talented players and resources to continue to flourish not only in Central Indiana but throughout the Midwest and Nationally. I am a better player, coach, and person having been able to work under the talented and passionate coaches at the club and will continue to represent Westside in the professional and respectful manner consistent with the History of the club.

Meet the Coach, Mark Nirrengarten



Hello Westside family. This spring is my tenth season as the Junior Academy Director at WSU. It has been a very rewarding experience to see the growth of the academy over the last five years. The Junior Academy introduces the game of soccer to U4-U8 players in a fun and developmentally appropriate format. Most of the players in the club on the U8-U12 travel teams began their playing careers in the Junior Academy. I remember them as U5's and to see them now play the game at a very high level is amazing. The Junior Academy has also been the starting point for many of the clubs coaches.

As the oldest coach in the club my soccer history is very different than most of our young coaches. I didn't begin playing the game until the age of eight. Later I played on the first Avon travel team as an under 14 player. As a sophomore in 1985 I started in goal for the first varsity soccer game played by Avon High School. After graduating high school I attended Ball State University and left the game behind. However, my Dad convinced me to assist him with the high school program after college graduation and the game has been a big part of my life ever since.

I continued to assist the Avon High School boys program from 1992-1996 and in 1997 was named the varsity coach. From 1997-2005 my teams compiled a record of 121-54-20 and won four conference titles, three Hoosier Cup crowns, three sectionals, and a regional championship. Many of my former players now coach travel teams for Westside. To watch them positively influence another generation makes me extremely proud.

In 2005 I resigned from the high school program to ensure that I wouldn't miss any of my children's school or athletic events. Both of my children play travel soccer for Westside. Chloe is a U11 on Dave Holmer's team and Trey plays under 8 for Coach Wey.

Soccer has been a big part of my family for over 25 years. My father, Ed, was the first varsity soccer coach at Avon High School and would later help to create and coach the Marian College Men's program. My brother Matt set the state record for goals in a season during Avon's final four campaign in 1992. He would continue his playing career at Marian College where he was recognized as an All-American performer. After graduation Matt took over as coach of the Knights for four seasons leading them into the top 20 NAIA programs in the nation. My wife Haley played for Butler University for two seasons and coached the Danville High School girl's varsity team for four seasons. My father in law Scott Miller coached the Danville boy's varsity team and my brother in law Matt also played college soccer at USI. Needless to say soccer is a topic at every family gathering.

I'm proud to be a part of this great club and am excited to see our teams compete this spring. If you know of any little ones who may be looking to play soccer please refer them to our website or contact me via e-mail nirrycoach@aol.com.

Meet the Coach, Lisa Gebhard



Hello Westside! My name is Lisa Gebhard and I coach the 97 Girls team with Brian Holmer. This is my second season coaching with WSU.

I grew up in Fond du Lac, Wisconsin and played soccer since I was five. Soccer is ultimately what brought me to Indianapolis. I was recruited by and learned about IUPUI. After visiting the campus and the city, I decided it was where I wanted to study. Upon graduation in 2008, IUPUI Women's Soccer took a team trip overseas. First, we visited London and played friendly matches against Arsenal Ladies and Leicester City. We also had the opportunity to watch an EPL match between Birmingham City and Blackburn. Our next stop was Cologne, where we played a friendly against FFC Brauweiler. This trip led to one of the best experiences of my life: the opportunity to live in another country and an offer to play soccer at a very high level after college. For two years, I lived in a city called Gütersloh which is in the northwest part of Germany and played for a team in the 2nd Bundesliga, called FSV Gütersloh. While there, I lived with a host family and worked a part time job at Sony BMG European Services.

After an injury and the imminent expiration of my visa, I decided it might be time to move on. My life has been defined by soccer, so I wouldn't know what to do without it in my life somehow. The next logical step for me after I was done playing, was to get into full time coaching. I took a job as the Assistant Women's Soccer Coach at IUPUI. I coached there for two years and am now trying to make a transition into sports administration/management or sports event operations.

I knew many people who at WSU and heard good things about the club, so when I was looking to get more involved with youth soccer, naturally I followed my mentors—Martin Cole and Chris Wey—out to the west side ☺

My overall goal in coaching is to help shape young athletes and teach them all the same invaluable characteristics I learned from soccer: hard work, teamwork, leadership, commitment and how to overcome challenges. I want to be able to share what knowledge I have gained from my experiences, help them develop and reach their goals on and off the field. I have high hopes for the girls I coach and look forward to the next couple months of MRL play!

Make sure you visit our website for more information on Westside United FC at www.wsusoccer.com. Follow us on twitter, [WestsideFC2012](#). Follow us on Facebook.

Please contact the Director of Coaching, Josh George, at jguofi@yahoo.com if you have any questions.

