



# THE SOCCER LIFE

The Monthly Newsletter of the Sandpoint Strikers Soccer Club

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## Hometown Hero KICKIN' IT IN EUROPE

If you have ever crossed paths with Tanner Williams, one thing is certain . . . you're lucky! From a distance, you will notice his dreadlocks and hear reggae tunes a'blazing. As you get to know him, you quickly realize it's his passion for soccer that is his true internal love. Tanner is humble, intelligent, and driven. The biggest thing to respect about Tanner is his ability to inspire people around him. Especially young kids.

A former Kitsap Soccer Club player and Evergreen State College graduate, Tanner spent the second half of the 2017 year with professional outfit FK Jurnieks based in Riga, Latvia. He tallied 15 goals and 9 assists in just over 20 games.

He scored a pivotal hat trick against Latvian Virsliga side FK Liepāja (10/6/17) and has been officially invited to their 2018 preseason and will make the trek back across the pond in January.

"My goal is to continue working hard and make the most of the opportunities presented in front of me.," Tanner said. "I'm excited to continue playing and progressing at a high level."

Follow Tanner's journey:  
[Tannerww10.wixsite.com/thefull90](http://Tannerww10.wixsite.com/thefull90)



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BULLDOG



HONORS

## GIRLS

## VARSITY

**All League (IEL):**

Casey Shaha  
 Rachel Meyer  
 Hadley Marshall  
 Jezza Hutto  
 Yeo Yarnell

**League MVP:**

Riley Walkington

**Golden Boot:**

Riley Walkington with 13 goals / 4 assists

**Most Assists:**

Hadley Marshall with 7 assists

**Most Inspirational**

Rachel Meyer  
 Casey Shaha

**Most Improved**

Kiley Webster

**Ms. Bulldog**

Yeo Yarnell

## JUNIOR VARSITY

**MVP:**

Alexa Zavala

**Offensive Player of the Year:**

Ella Perry

**Defensive Player of the Year:**

Brooklen Steiger

**Most Inspirational:**

Libby McLaughlin

**Most Improved:**

Hope Ambridge

## BOYS

## VARSITY

**All League (IEL)**

Lucas Koch  
 Mac Stultz  
 Terran Tvrdy  
 Julian Reichold

**League MVP:**

Tanner Kohal

**Coach of the Year:**

Evan Mcneley

**Dec-Jan-Feb STRIKER ARENA 2017/18 SCHEDULE**

<b>Day of Week</b>	<b>Time</b>	<b>Team</b>	<b>Location</b>
<b>Monday</b>	3:30 - 4:45	2008 Boys (U10)	Striker Arena
	4:45 - 6:00	2007/2006 Boys (U11-U12)	Striker Arena
	6:00 - 7:15	2007 Girls (U11)	Striker Arena
	7:15 - 8:45	High School Girls	Striker Arena
<b>Tuesday</b>	3:30 - 4:45	2005/2004/2003 Boys (U13-U15)	Striker Arena
	4:45 - 6:00	2005/2004 Girls (U13-U14)	Striker Arena
	6:00 - 7:30	High School Boys	Striker Arena
	7:30 - 9:30	Coaches Training	Striker Arena
<b>Wednesday</b>	3:30 - 4:45	2008 Boys (U10)	Striker Arena
	4:45 - 6:00	2007/2006 Boys (U11-U12)	Striker Arena
	6:00 - 7:30	High School Girls	Striker Arena
	7:30 - 9:30	Adult Co-Ed	Striker Arena
<b>Thursday</b>	3:30 - 4:45	2005/2004/2003 Boys (U13-U15)	Striker Arena
	4:45 - 6:00	2005/2004 Girls (U13-U14)	Striker Arena
	6:00 - 7:30	High School Boys	Striker Arena
	7:30 - 9:30	Coaches Training	Striker Arena
<b>Friday</b>	4:00 - 5:30	2007 Girls (U11)	Striker Arena
	5:30 - 7:00	SDP	Striker Arena
	7:30 - 9:30	Adult Co-Ed	Striker Arena
<b>Weekends by Reservation only: Please contact Rick</b>			
<b>Saturday</b>	4:00 - 5:30	2005/2004 Girls (U13-U14)	Striker Arena
<b>Sunday</b>	4:00 - 6:00	Coaches Training	Striker Arena
	6:00 - 8:00	Adult Co-Ed	Striker Arena

## STRIKER ARENA - CONTINUED

Questions about training, the Arena, schedule times, etc. - Contact Rick Mullins at [doc@sandpointsoccer.com](mailto:doc@sandpointsoccer.com)

Questions about Registration? Contact Diane at [soccer@sandpointsoccer.com](mailto:soccer@sandpointsoccer.com) .

### Arena Dates

#### SESSION 1 DATES: (6 weeks of training)

Week 1	11/27 - 12/1
Week 2	12/4 - 12/8
Week 3	12/11 - 12/15
Week 4	12/18 - 12/22
VACATION	12/25 - 12/29
VACATION	1/1 - 1/5
Week 5	1/8 - 1/12
Week 6	1/15 - 1/19

#### SESSION 2 DATES (6 weeks of training)

Week 1	1/22 - 1/26
Week 2	1/29 - 2/2
Week 3	2/5 - 2/9
Week 4	2/12 - 2/16
Week 5	2/19 - 2/23

**ROLL OUT THE TURF!!!**

# THANK YOU!

Thank you to those who were able to help rake and install our turf into the Arena. It is greatly appreciated!

**Game On!**



## COACHING EDUCATION



# Preventing Hazing on Your Team

*"Hazing is the practice of rituals and other activities involving harassment, abuse or humiliation used as a way of initiating a person into a group."*

– Merriam-Webster unabridged dictionary, 2010

The first step in preventing hazing on your team is to understand what it actually means. Many people think of "hazing," only in its most extreme forms, such as pressuring new players to engage in dangerous activities as initiation to the team.

In the thousands of workshops for coaches and athletes that Positive Coaching Alliance (PCA) conducts, we ask people to reflect on their experiences with hazing and their team's or school's "traditions." Opinions differ about whether or not these constitute hazing:

- Requiring freshmen (or other new players) to always carry equipment.
- Making all of the new players get a specific haircut.
- Pressuring new players to wear embarrassing clothes.

Some coaches feel pressure to maintain such traditions. Players say things like, "I had to do these things when I was a freshman, and now it's their turn."

It takes a strong (student or adult) leader to reconsider these traditions and change them, when necessary. In our workshops, some athletes who were initiated this way say it was no big deal; others say they really did not like it. When we ask, "So, why are you now doing this to other people?" it can be an a-ha moment, as players see they have the power to change things.

For those who maintain that hazing brings athletes closer together and helps with team bonding, we share an Alfred University study reporting that 71% of students subjected to hazing report negative effects, such as getting into fights; being injured; doing poorly in school; having difficulty eating, sleeping, or concentrating; or feeling angry, confused, embarrassed or guilty.

However, there are ways to positively initiate new team members, many of which we have learned from athletes and coaches in our workshops:

- 1) **Pair new members of the team with more senior members to create a "Big-Brother" or "Big-Sister" program.** Big-Brothers/Sisters take responsibility for the new members and teach them what they need to know to succeed on the team.
- 2) **Create a tradition around new players getting their uniforms.** This can be a symbolic moment they always remember. The coach or captain might talk about what it means to represent the team/school when wearing this uniform and then welcome the new players to the "family."

*continues*

## COACHING EDUCATION—CONTINUED



### Preventing Hazing on Your Team, continued

- 3) **Kick the season off with an unusual whole-team activity.** Most high school sports have rules about when they can officially start practicing, so for example, some cross country teams set out on a team run with flashlights and headlamps at 12:01 AM on their first official practice day.
- 4) **Engage in activities outside of your sport together.** This might be as simple as cooking dinner or going camping together. Perhaps your team attends another sport's game together.

Regardless of your team's traditions, it is important to prevent hazing. In the moment, find the courage to be an "up-stander," who stands up for teammates who are being hazed and ends any humiliating or harmful treatment. If you feel at risk confronting the hazing alone, seek help (most often from an adult) as soon as possible.

PCA hopes that adults (coaches, parents and sports leaders) reading this article might come away with questions. Perhaps you're thinking about your team's or school's traditions in a new way. Use this as a chance to talk with your fellow coaches and athletes about the kind of culture you want to create and be intentional about it. Breaking the cycle of a negative tradition may not be easy, but this may be one of the most important leadership moves you can make.

For more Resources, visit: [www.PCDevZone.org](http://www.PCDevZone.org)  
For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)

# CONCUSSION MANAGEMENT PLAN



The Sandpoint Strikers has recently worked with Jake Hardee, Community Relations Coordinator, St Luke's Sports Medicine Concussion Clinic, to develop a concussion management program for our recreational and club programs. The program is designed to educate coaches, parents and players on concussion management and develop a protocol for returning to play.

<https://www.youtube.com/watch?v=C6KRFOM5J3g&t=764s>



Sandpoint Soccer Association Concussion Protocol (2).pdf



Sandpoint Soccer Association Concussion Acknowledgement Form English.pdf



Sandpoint Soccer Association Concussion Acknowledgement Form\_Spanish.pdf



2017 Sandpoint Soccer Association Concussion Medical Release.pdf



# PLAYERS OF THE MONTH

## BOYS

## GIRLS

Hobbes "the Natural" Conley is our

Boys December player of the month. Hobbes is an amazing kid.!

He currently plays in our Sandpoint Developmental Program. Although he is not the biggest player, his effort and love for playing is inspiring.

We're happy to have him in the program.

Congrats Hobbes!

**Hobbes Conley**



Ava Glahe is our Girls Player of the month. Ava always has a smile on her face.

Ava plays on the 2007 Girls

Brinkmeier team. She puts in extra work to improve her soccer skills and is a great teammate

This is a well-deserved honor!

Congrats Ava!

**Ava Glahe**



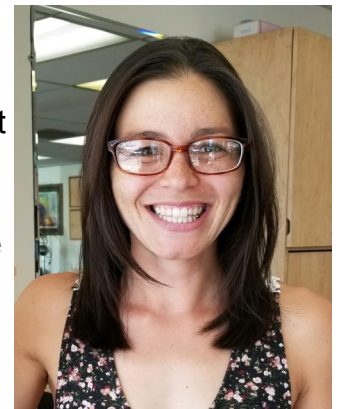
# COACH OF THE MONTH

Jen Treman (2008B Black) has been named December Coach of the Month.

Jen has been a great addition to our club. Due to work conflicts, her husband Cory was unable to commit to full-time coaching this fall. No problem. Without skipping a beat, Jen stepped in and coached the team that her two soccer twins (Jack and Jasey) play on.

What is amazing is Jen's willingness to learn the game to make the kids have a better experience.. We are so glad to have her on staff .

Congrats, Jen!, You deserve it.



**Jen Treman**



# SESSION OF THE MONTH



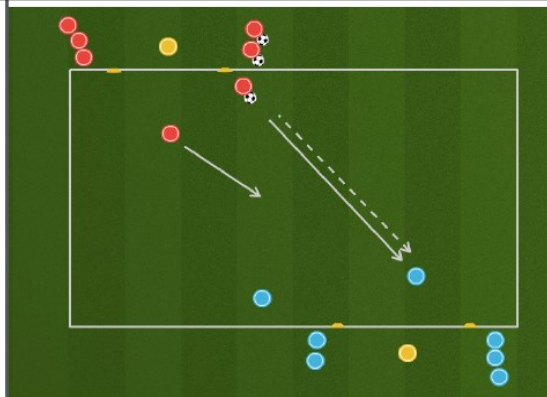
**Topic:** Controlling the game when we don't have the ball  
**Objectives:** Establishing a compact team shape — preventing opponent from using space between the lines — recognizing and acting on pressure cues  
**Mental Impact:** Organization — Communication

## Key Questions and Concepts

- If we're preventing the opposition from playing through the center, where will they go?
- If we know where they will go, how do we take advantage of that knowledge?
- How does the pressure on the ball affect their ability to play in behind us?
- How does your body position affect your ability to do your job when you're a balancing defender?
- How can you change gears as you become the pressure? How about when you vacate the role of pressure?

### 2v2 to Offset Goals 15x10 yards

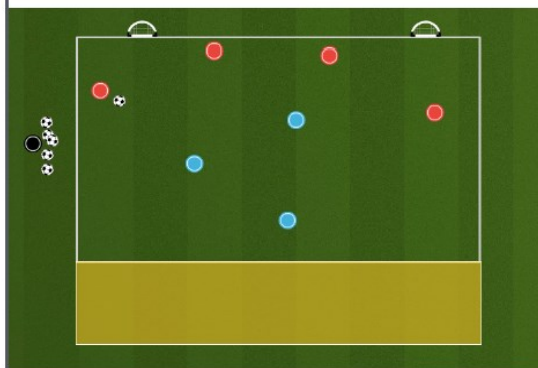
- Defenders play the ball to attackers and then defend their goal/target
- If defenders win the ball, attack the counter goal



- Pressure
  - Prevent forward progress
- Cover
  - Prevent penetration by pass, dribble, shot
  - Become pressure as needed
- Transition
  - Can we catch the opposition unbalanced when we win the ball?
- Ways to win the ball
- Footwork
  - How to break down when stepping to a player

### 4v3 to End Zones/Counter Goals 15x15 + 10x15 End Zone

- Four attackers receive the ball and look to gain possession in end zone
- Three defenders look to prevent, win the ball, and score in the counter goals



- Pressure
  - Must channel the play
- Cover
  - Must be active and recognize cues to step to ball
- Pressure cues
- Communication
- Transition
  - When we win it, how does the player who is not on the ball help us transition into attack?
  - When we win it, how does the player who is on the ball help?

### 1-4-3-0 v 0-2-3-3 to Big Goal and Dual Counter Goals Half Field

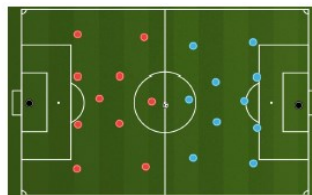
- Attacking team always starts with the ball
- Defending team looks to defend, win the ball, and score in the two counter goals



- Compactness
  - Vertical
  - Horizontal
- Density in the direct goal channel (DGC)
- Directing play wide, players must pick up on the pressure cues
  - Not only the pressuring player, the covering and balancing players, too

### Full Game Full Field

(As dimensions and numbers permit)



- Briefly reinforce coaching points from above and then allow the players to play with minimal instruction or stoppages





## BONNER COUNTY HOMELESS BLANKET DRIVE

Keep others in need warm during the winter. Please bring any extra blankets to the arena for the month of December. Rick will collect the blankets and donate them to the on behalf of the club to the Bonner County Homeless Task Force

The two players who collect and donate the most blankets will receive a free lunch on Rick.

Bonner County Homeless Task force and Bonner Homeless Transitions (BHT) has been providing Transitional Housing to homeless families since 1994. Having served hundreds of families from Bonner and Boundary County BHT strives to help families identify housing obstacles and become self sufficient. While families live in one of thier temporary units they create a case plan, addressing mental, physical and emotional issues while getting help finding employment and overcoming obstacles to work. They provide individual assistance and partner with agencies in the community regarding client needs.

The community doesn't usually think of children as being homeless but because BHT serves families sixty five percent of participants are children under the age of 18. BHT serves anywhere from 12-25 children everyday. They support parents in getting children into services they may need. Homelessness is a severe trauma for children and nationally 20 percent of children that experience homelessness will go on to become adults that experience homelessness.

Eighty five percent of people that go through the program move on to permanent housing. Historically BHT has been funded by a grant from Housing and Urban Development (HUD). They are no longer funding Transitional Housing nationally and BHT is now dependent on private donations and foundational grants.

## CONTACT SSA

### Coming Next Month

Alumni Spotlight

Interview from Colleen Lindsay  
National Champion Western Washington University

Eat like a champion

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