

Kenmore Soccer News

Volume 5, Number 7

Kenmore/Tonawanda, New York

June 2011

Last Chance - Sign-Up For Summer Camp

Summer Camp sessions will be held on the weeks of June 27th and July 11th, with the camps to be based at Green Acres Elementary School.

There are two options for camp registration:

1. Register through Ken-Ton Community Education. You can use the forms in the Community Education booklet recently mailed to residents in the Ken-Ton School District. **If you use this option and have Independent Health, Flex-Fit can be used to cover the cost of the camp.** If you did not receive the booklet, e-mail us at doc@kenmoresoccer.com and we will send the necessary forms to you.
2. Registration is also available on-line through the Club web site. However, we cannot accept Flex-Fit when you register through the Club.

Camp is open to any interested player, ages 7 through 13, whether or not affiliated with Kenmore Soccer.

Our Summer Camp will be led by Nick DeMarsh, the Kenmore Soccer Club Director of Coaching, and the Head Women's Soccer Coach at Buffalo State College.

As always, our summer camps are held in conjunction with the Kenmore-Tonawanda Schools Office of Community Education.



Don't Be Too Late!!!
++++++
Sign-Up **Now** For
Summer Soccer Camp



Stopper/Sweeper and Zonal Defending

By Nick DeMarsh
Kenmore Soccer Director of Coaching

For years there has been an ongoing debate about what defensive system to employ in youth soccer. Flat back four or stopper/sweeper. Tactics at a younger age are less significant but as players mature and the level of competition gets better, what is the best way to help players learn the game?

The traditional method has suggested that in order to provide safety and get results, youth coaches ask that their defenders "man mark" while a sweeper sits in behind and covers the space between the goal and the back line. Logically this tactic has benefits, but what about the players? Are the defenders learning the principles of defense? Will they come away with the knowledge they need to play at a higher level?

The two players in this scenario that are often overlooked are the sweeper and goalkeeper.

The sweeper has very little responsibility in terms of 1v1 defending and marking. They do not track players and rarely need to take any instruction from the other backs. The sweeper deals primarily with long balls served behind the marking backs. When the sweeper receives the ball, they generally have plenty of time to dribble, look up and distribute down field or clear the ball for safety. The result is usually a player who struggles to deal with combination play and 1v1 confrontations. On the ball, sweepers tend to make slower decisions. They are often called "smart" players but when you consider how much time they have to play, it is no wonder. In my experience, sweepers usually have lots of confidence but struggle with some of the fundamentals on the next level because of the nature of their position. They are rarely asked to cope with the demands of a high pressure, quick thinking modern game.



The idea of a sweeper can also have a negative impact on goalkeepers. One of the functions of the goalkeeper is to control the space between the backs and the goal. A sweeper allows the goalkeeper to completely abdicate that responsibility. These keepers generally sit very deep in their own area because they do not need to provide cover. They often become disengaged from the game and tactically irrelevant until called upon to make a save or deal with a cross.

The marking backs generally learn to be tough 1v1 defenders and tenacious trackers but often times do not understand the concept of offside. With a sweeper creating depth, man marking fullbacks must always drop off and track. The wide areas of the field provide an open invitation for teams to get behind using wing midfielders who can play higher in the attack. Plus, an attacking team that asks players to alternate positions can overload one side of the field and wreak havoc on a man marking system by creating huge gaps for 1v1 matchups.

.....continued on page 3

.....continued from page 3

In a "flat back four" zonal defending system or any zonal defending setup, each player must in turn cover the other. The name "flat back" is actually misleading. A good zonal defending scheme is rarely flat. Furthermore, within a zonal system, each player must learn to move within the collective and read the game in a variety of different situations. The principles of pressure, cover and balance are always relevant to each player depending on the location of the ball. The communication between all the players is also highlighted in zonal systems as players must pass on runners or track marks around the goal area. Furthermore, each player must understand angles and distance of support as well as recovery runs. Even the goalkeeper must become more connected to the team. They are required to play higher on the field and move with the team shape to provide a possession outlet in the buildup and cover for the entire line when dealing with direct service into the defensive third of the field.



The jury is still out but for me, I believe that as players mature and look to the next level, they must be exposed to zonal concepts. The best systems can blend man marking in the box with zonal defending concepts outside scoring range. Zonal defending will create knowledgeable players who are more versatile and interchangeable rather than position players like sweepers. As a former college sweeper, I do see value in that position. As a coach, I see a bigger return teaching players the principles of zonal defending.

Joining Kenmore Soccer



- We are always looking to grow and include more players from our community. Have a friend that might want to play travel soccer with Kenmore Soccer? Know someone that might benefit from our Under 9 developmental program?
- New players can sign up anytime under the "Join Kenmore Soccer" link at www.kenmoresoccer.com and then join in at our training sessions. Make that referral—it helps kids and our community.

Season Off to Soggy Start Field management a Key

As we enter the month of June, games are now underway for all 21 of our teams. Record rainfall created significant challenges for our teams and the Buffalo/WNY Junior Soccer League, but careful field management protected our playing venues without doing significant damage that occurred on the fields of many area Clubs.

A total of 293 League games were cancelled during the month of May due to weather-related issues. The Amherst, Grand Island, Clarence, Orchard Park, and Hamburg Soccer Clubs had multi-day field closures, with Amherst being closed for 3 weeks during May, and their tournament being cancelled on Memorial Day weekend. Many other Clubs, including Kenmore, had periodic closures resulting from the rain. While our fields have drainage tiles under them, the sheer volume and intensity of the rain resulted in some standing water and soft turf on several days.

The Buffalo/WNY Junior Soccer League and Referee Unit did an excellent job moving and rescheduling matches. There were some frustrating moments, such as Clubs failing to inform their opponents of field closures on a timely basis. In addition, everyone realizes that the rescheduled games present some challenges where families have conflicting activities.

Our thanks to our coaches for holding training "outside the lines", or cancelling altogether in order to protect the fields.

Our thanks to our team managers for communicating schedule changes as timely as possible.

Our thanks to our parents for handling the ever-changing schedules during this difficult weather period.

While the number of changes was unprecedented, so was the rainfall.

So, we are back to normal (we hope). Let's enjoy the soccer season, and remember

.....it is not about winning, it is not about scoring goals, it is not about preventing goals, it is not about trophies, it is not about who is the captain, and it is not about which parent brings the best post-game treat.....it is about everything else. Having your child surrounded by good coaches, using soccer as a means to teach life lessons, and focusing on how to improve instead of dwelling on what went wrong.....that is what it is about.

Enjoy the summer, and that brief period in your life where you get to see your child having fun playing soccer.

Kenmore Soccer Stars Headed Back to Costa Rica

During the last week of July, the Kenmore Soccer Stars, a group of high school girls from Western New York, will be traveling to Costa Rica for a soccer mission trip. The team will be coached by John Rojek from the Kenmore Soccer Club and Tony Pariso of the Grand Island Soccer Club. On top of playing friendly games against local teams, the girls will be performing mission work through the sport of soccer. The players plan to feed the homeless, play with kids in an orphanage and provide soccer shoes and balls for the poor.

If you want to help the Kenmore Soccer Stars they are looking for donations of soccer shoes and balls. If you want to make a tax-deductible donation to the group, please make any checks payable to SCORE International and send to John Rojek, 60 Brookville Drive, Tonawanda, New York 14150.

Trivia Question

(answer on page 9)

The English Premier League is often cited as the top competitive soccer league in the world. What year was the English Premier League founded, and who won the title in the inaugural season?



Kenmore Soccer On-Line Store

Remember that the on-line Kenmore Soccer store has numerous items that can be purchased to show your support for your son or daughter. Jackets, polo shirts, t-shirts, hats, fleeces, and logoed blankets are just some of the items available.

You can charge your purchase, and it will be shipped to the address of your choice via UPS. The link to the on-line store is on the landing page of the Club web site, or can be directly accessed at [Kenmore Soccer Store](#).

Esther Kim

(from *Companions in Courage* by Pat LaFontaine)

We talk about courage in its many forms. We look at the private wars people fought against their inner demons, their struggles with disease, loss of limbs, loss of life. I know I'm a better person for the knowledge I've gained. The grace and dignity we've witnessed is astounding and touching.

But there's another aspect of courage – the will to do the right thing, even at great personal expense. This is no small mountain to scale. If doing the right thing were easy, everyone would do it. Unfortunately, we don't live in that world.

Now ask yourself this: What would you do for your friend? What sacrifice would you make for a person you love and respect – even if it meant giving up your own dream? Let me tell you about Esther Kim and her willingness to part with her own goals for the sake of her friend.

We'll go back to May 2000, at the U.S. Olympic taekwondo trials. Competing in the flyweight division, and ranked Number 1 in the world, is eighteen-year-old Kay Poe. Olympic observers figure she's a sure thing for a gold medal in Australia. But, in her semifinal victory, she dislocates her left kneecap.

She is clearly in no condition to compete in the final, and her opponent, Esther Kim, knows it. Esther, twenty, and Kay have been friends and training partners for years.

Understand this: In order for Esther to make the team, she would have to defeat Kay. She also knew that, with both of them healthy, she probably would not win. In her heart, Esther knew Kay was the better of the two.

Now how many of us would have felt pity for our pal but, with any Olympic berth on the line, gone ahead and kicked their butt? Yeah, a lot of people. Hey, breaks of the game, that sort of stuff, right? We're a society that judges on wins and losses. We say things like, "All's fair in love and war" and "To the victor go the spoils" and "It ain't cheatin' if you don't get caught."

But not Esther. Esther wanted to win in a sportsman-like way or not at all. She needed to defeat the reigning top-ranked fighter in her division in hand-to-hand combat, with the better person winning. This, of course, could not be. And so she decided to forfeit the match, sending Kay to the Olympics. "It would have been unfair to fight someone with one leg," Esther said.

I still find myself saying "Wow!" when I tell this story. You work at a sport your entire life and it gets added to the Olympics just as your career is peaking and you forfeit the key match out of a sense of fair play and respect for a friend. Let me say it again – Wow! Know what? This story gets better. Esther still gets to go to Australia.

Moved by her gesture, IOC president Juan Antonio Samaranch offered to pay for Esther and her father, who coaches both women, to go to Sydney to see Kay Poe compete. He called from an OOC meeting in Rio de Janeiro to express his thanks for her living the Olympic ideal.

The two Houston natives, friends for thirteen years, embraced and bowed after the match that never was. Esther told Kay, "We won." Her father puts it this way: "I hope that this act that Esther took [sends] a message to all athletes how important it is to make sacrifices."

As Esther's decision was announced at the trials, she and her father escorted the limping Kay to the mat. The crowd cheered and applauded. Who had ever seen anything like this? Yes, some tears were shed. It doesn't matter that Kay lost her first and only Olympic match in Sydney.

"A few years from now, I'll look back on this," Esther says. "I will smile a lot and feel proud." Esther, there is no point in waiting and no time like the present. You have touched us in a way that no victory, no gold medal, no accolade or award, ever could.

Changing the Game on Youth Concussions; Precautionary Measures Imperative

by Erik Brady, USA Today

Shannon Parker got knocked in the head at soccer practice at Fairfax High School. She sat out for weeks until passing a comprehensive clinical evaluation that included a computer test showing she was back to normal brain function, same as if she played for the Washington Redskins.

Athletes at the 25 public high schools in Fairfax County, an affluent suburb of Washington, take baseline tests such as the ones used by NFL players. The ImPACT tests are one tool doctors and athletic trainers can use to tell when it is safe to return to the field. That's crucial, because a second concussion when not fully healed from a first one is dangerous.

But baseline tests are also important because they get students back to class more quickly, says Jon Almquist, administrator of the county's athletic training program. Without them, athletic trainers must err on the side of keeping kids from class longer. "The NFL is in the football business," Almquist says. "We're in the education business." Concussed athletes need cognitive rest, meaning no reading, writing or arithmetic -- not to mention Facebook, TV or texting. "I'll admit I wasn't the best about that," says Parker, 16. "I was too bored. But the more I stayed off (electronics), the better I felt."

The junior forward was running backward during a practice drill in March when she collided with a teammate. She got up and tried to clear her head. "I felt a little fuzzy, but I tried to run," Parker says. "Then I felt a little lightheaded. Things were spinning, and my eyes were fluttering -- not a fun feeling."

Parker left practice for the office of Brett Gustman and Emily Kelly, the school's athletic trainers; each of Fairfax County's high schools has two. "That's highly unusual," says Gerard Gioia, director of neuropsychology at the Children's National Medical Center in Washington. "Almost 60% of our high schools (nationally) don't have even one." Parker told the athletic trainers how she was feeling. This sort of self-reporting is a result of the recent national conversation on the effects of concussions. "We're seeing more self-reported and peer-reported concussions as awareness grows," Almquist says. "That's a big step."

National attention on concussions often centers on the NFL and other pro leagues. Gioia thinks it is time that athletes of high school age and younger get similar consideration. "The pros, as much as we spotlight them, have the better resources," he says. "It's our kids who need them more."

That's because "brains that are not fully developed are most at risk for catastrophic injury," says Kevin Guskiewicz, director of the Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center at the University of North Carolina. The center is named for a 15-year-old high school football player who died in 2008 after a hit to the head. "When we look at rare catastrophic outcomes -- deaths or permanent disability associated with brain bleeds -- they are happening in our teenagers and kids," Gioia says.

Think of sports participation as a pyramid, he says, with pro sports at the top and youth sports at the base: "When you look at the percentage of the people on this planet in professional sports, it is a minuscule number relative to the bottom of the triangle, which is our youth, recreation and competitive sports."

The National Alliance for Youth Sports estimates 30 million play sports below the school level. The National Federation of State High School Associations estimates more than 7.6 million play high school sports. Concussion awareness is up in many schools, but a gap remains in youth sports below the school level, where volunteer coaches, often fathers of a kid on the team, are often pressed into service.

The Centers for Disease Control and Prevention offers an online course called Heads Up: Concussion in Youth Sports, which tells coaches and parents how to recognize the signs and symptoms and what to do about them.

.....continued on page 8

.....continued for page 7

The CDC also offers a variety of resources such as posters for schools, fact sheets for parents, quizzes for athletes and stickers for coaches' clipboards.

The Children's National Medical Center today will announce a smartphone application developed by Gioia and Jason Mihalik of UNC's Gfeller Center. It shows what to do step-by-step when a concussion is suspected. "We're trying to educate the non-medical provider not to diagnose but to have a first-aid, almost 911 approach," Gioia says.

Jim Ellis, a volunteer on the sidelines at his grandson's 10-and-under football team, says youth sports in Forsyth County, Ga., have 800 coaches and 10,000 players. Ellis says he grew frustrated at the difficulty of obtaining enough materials to educate parents and coaches. Ellis is building a website -- Mothers4ConcussionAwareness.com -- designed for coaches and parents of athletes 12 and younger. "We must reach the dad-coaches who just might want to say, 'Tough it out, you're going back in,' " Ellis says.

One reason there is less focus on concussions in younger athletes: There's less data, says Andrew Lincoln, head of the MedStar Sports Medicine Research Center at Union Memorial Hospital in Baltimore. Lincoln and Almquist are among co-authors of a study published this year that shows concussions in Fairfax County schools are up more than fourfold from the late 1990s.

The study looked at athletes in a dozen sports at the county's public high schools for 11 years (1997-98 to 2007-2008). Researchers recorded 2,651 concussions in almost 11 million athlete exposures in games or practices. Athletes suffered one concussion for every 10,000 times they got on a field in 1997; that number rose to five per 10,000 chances in 2008, according to research published in the American Journal of Sports Medicine. Lincoln thinks the numbers might be skewed because coaches, athletic trainers and parents are better versed in the signs and symptoms of concussions. "But at the same time," he says, "the games are getting more aggressive and the kids are getting stronger and faster."

During the 11 years of the study, boys suffered concussions at a rate of three of every 10,000 chances and girls one per 10,000. Football was riskiest for boys (six per 10,000) and soccer for girls (3 1/2 per 10,000). But when boys and girls played similar sports -- basketball, soccer or baseball/softball -- girls were twice as likely to suffer concussions. Of those who were concussed during the study, 290 had two; 26 had three or more.

When Parker felt fuzzy after that collision, she recognized her symptoms because she had had a concussion before, after getting knocked in the head during a game in her freshman year. That time she blacked out briefly. This time she didn't. The athletic trainers gave her a standard sideline assessment and had her lie down with a blanket until her parents arrived. She went home and slept for hours. "We call that killing the clock," Gustman says. "The more the brain is at rest, the better." Parker sat out of soccer for about a month. She stayed away from class for two weeks. Then she slowly eased back with partial days and makeup work but no tests or quizzes. "The more I caught up in school, the more I was able to start back to the athletic field," Parker says. "I started on the bike, then stretching, working up a sweat. As days went by, I started running, and then I was back on the field. "But I had to catch up with class first. That's why they call us student-athletes -- the student part comes first."

Fairfax County has given its athletes 35,000 ImPACT tests in the last four years. The American Academy of Pediatrics recommends all athletes in contact sports take baseline tests. Fairfax is moving toward athletes in all sports taking them.

ImPACT, which stands for Immediate Post-concussion Assessment and Cognitive Testing, is a computer test involving sequences of words, shapes and colors -- sort of a stress test for the brain. Concussed athletes retake the tests, measured against their baseline, to see when they are back to normal brain function. If a concussed athlete has no baseline, he or she can be tested against a national norm.

There is a key difference in the amount of testing required for a pro and a kid: ImPACT suggests on its website that college and pro athletes take the baseline test once. The company suggests that youth athletes take baseline tests at the start of seventh, ninth and 11th grades -- because young brains are developing.

Trivia Answer - from page 5

The English Premier League began play in 1992, and Manchester United was the league champion in that initial season.



2375 Elmwood Avenue
in Kenmore



serving the area's best pizza,
and supporting our
youth soccer teams

Submissions Anyone ??????????????

We want this to be your newsletter. We also want you to be a part of the Club web site. So, we are looking for your ongoing input—articles, pictures, match highlights, team and player recognition, etc. Each team should consider having a designee that can channel information to the Club for inclusion in the newsletter or web site.

Send your submissions to us at voght@msn.com. Pictures are welcome, but should be in a jpg or gif format.

Word Search

Players, Field and Gear

S O C C E D L E I F S S A R G
R I S C D S H O R T S D T S A
E L E V E N P L A Y E R S S G
A M T E F N P L A R I A Y O E
D W U I E T T H T H I U W C N
O T T E N A R R S M S G S K O
S O I F D E E L A E E N H S I
T V T E E N P P E L L I A T T
A Y S E R R E R S A N H D I A
E S B P S R E K I R T S L A M
L Y U E D F K I N T W O F O R
C E S R E D L E I F D I M R O
T Y F R F I A V D R A W R O F
E M I T N U O U T F I E L D T
E H A T W O G O A L S L V E S

CENTRAL	OUTFIELD
CLEATS	REFEREES
DEFENDERS	RIGHT
ELEVEN PLAYERS	SHIN GUARDS
FORMATION	SHIRT
FORWARD	SHORTS
GOALKEEPER	SOCKS
GRASS FIELD	STRIKERS
LEFT	SUBSTITUTES
MIDFIELDERS	TWO GOALS

Kenmore Soccer Club Goals

- To be the best club in our community
- To recruit and retain the finest youth soccer coaches in Western New York
- To continually evaluate and revise our coaching curriculum to insure that all of our players are participating in practice sessions that are challenging, interesting, and fun
- To encourage our players to develop healthy and responsible goals of their own

The Kenmore Soccer Club belongs to all of us, and we encourage you to bring your contributions and expertise to the club. If you have any suggestions or concerns, please speak to your child's coach or contact us directly at your convenience.

Fund Raising

The Kenmore Soccer Club is registered with the New York State Attorney General to conduct fund-raising, as is required by law, but each activity needs to be approved by our Board of Directors.

If your team wants to conduct any fund-raising, just e-mail us at voght@msn.com with the details of what you propose, and the eventual use of the funds raised. We will get back to you promptly.

Contacting Us

Web Site — www.kenmoresoccer.com

E-Mail — voght@msn.com

Telephone — 716-837-1627

Mail — 57 Greenleaf Avenue, Tonawanda, New York 14150

Our thanks to M.J. Peterson for helping sponsor our teams

