

COVINGTON SOCCER NEWS

January 2005

The Newsletter of the Covington Youth Soccer Association

Spring Season - Schedules are being drawn up now! Games begin after Mardi Gras, Feb 12. Practices will start in late January or early February. Check with your coach.

Registration for the spring season is unnecessary if you played for CYSA in the fall. We continue with the same teams and will replace vacancies with new registrants. Give the blank form on the last page to a friend. Spring registration fees:

REC U6 thru U10	\$50
REC U12 thru U14	\$55
REC Plus U12 thru U19	\$75
PREMIER	\$65

<p><u>NEW REGISTRANTS:</u> See "CYSA Reg Form" On the CYSA Web Site</p>
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CYSA Board Members

Pete Didier (Pres/Registrar)	892-7759	Ron Broussard (Premier Com)	792-1911
Bob Monahan (VP elect)	809-0148	Rob Mingo (At Large)	893-4809
Bryan Huval (Treasurer)	893-0030	Kevin Cleveland (At large)	893-9589
Mike Hunley (Registrar elect)	898-0303	Wayne Cook (At Large)	892-1617
Gary Schwabe (Sec)	893-7277	Rich Heffernan (Dir of Coaching)	809-7851

Coach, what about our team pictures? Sorry about that. Unforeseen circumstances forced us to put off taking those important team photos in the fall but we'll get that scheduled in the spring.

Referee Course: The next recreational referee course will be held Sunday January 16 from noon to 8:00PM at Mandeville Soccer Club office and Purple 2 field in Pelican Park, 12 years and up, \$50. Review and test will be Tuesday Jan 18 at 7:00 PM at the Mandeville Soccer Club office. Call MSC to reserve a spot at 624-8080.

Referees are desperately needed particularly for U10 and U12 games. Once trained, there are opportunities to get more experience during the off season officiating at junior high and high school matches. It's a great hobby for teenagers and adults alike.

January Board of Directors Meeting is open to all members of CYSA. We will meet at Mingo Ventures, 516 West 21st Ave, Covington (near CVS – the former "Eckerd's"), on Wednesday, January 25th at 7:00PM to review our financials, future building plans, and the impact of recent LSA rule changes. Come join us! Call 875-0078 for directions.

SOCCER HOT LINE: 867-1665 (for weather related field conditions and messages)

Coaching Courses:
None scheduled locally

Important Dates in 2005:

- 1/25 Open Board of Directors meeting, 7:00PM at Mingo Ventures Headquarters
- 1/27 Interleague scheduling meeting at St. Timothy's (Mandeville) - 7:00 PM
- 2/12 Game Schedule Begins
- 2/26 No Rec Games - Ozone Tournament at CYSA
- 3/15 Last Rec Games

Reacting to your child's performance

Richard K. Stratton

As part of your child's sports environment, you are expected to be a source of feedback about their performance. You need to be sensitive to this role. When your son or daughter first started participating in this sport, you probably discussed with them some of your expectations about their performances. Depending on how much you know about the sport, it might have been something as simple as "We just expect you to try hard and do your best" or it may have been much more specific and detailed. Now that your child is performing it is important that your reactions to their performances are built around the framework of the previously discussed set of expectations. Be prepared to react to both good and poor performances. As was discussed in the feature article in this issue, feedback is used for three purposes: error correction, motivation, and reinforcement.

You should be especially aware of opportunities to provide motivation and/or reinforcement. Team environments often tend to utilize feedback only for error identification and error correction purposes, sometimes causing an athlete to develop feelings of frustration or a feeling that they are not doing anything right. This focus on mistakes/errors in sports is a universal problem. I even heard a television sports commentator recently lament the negative tone of most sportscasts and the frequent failure to comment on positive plays when they occur.

We must convince ourselves and our children that mistakes are a natural part of sports, and most activities in life, for that matter. While it is true that athletes should strive to reduce the mistakes they make, they will never totally eliminate them. Perfection rarely occurs in sports. Even the very best athletes, the professional athletes and Olympic level athletes make mistakes. Consider how rare the "Perfect Game" is in baseball. For that matter, consider how rare an error-free game is. In one of the recent major league baseball all-star games, the best players in baseball made 5 errors! We certainly should never expect children in youth sports to play without making mistakes. It is important that they understand this and set realistic performance expectations for themselves. Accentuate the positive!

(Article contributed by Coaching Youth Sports, an online newsletter presenting information about learning and performing sport skills.)