

# COVINGTON

The Newsletter of the Covington Youth Soccer Association

# SOCCER NEWS Dec 2005

## Announcements:

### Referee Courses

Referee Clinic: January course is not scheduled yet.

### Calendar

Jared Montz (Chicago Fire) Winter Pro Soccer Camp – Jan 14-15-16

Practices Start in January (check with your coach)

Annual General Meeting – Open Board Meeting Jan 16

Games Start Feb. 4

Ozone Tournament (U12-U14) Feb. 18-19 (No league play that weekend)

Mardi Gras weekend Feb. 25-26 – No games

Last league weekend April 15<sup>th</sup>



## Registration

If you signed up in the fall you stay on the same team. No need to register again. New players must be 4 years of age to play in the Spring season. Print an application from our web site at [covingtonsoccer.com](http://covingtonsoccer.com).

## Jared Montz Pro Soccer Camp

CYSA is proud to host the return of local soccer star Jared Montz to run our winter soccer camp Jan 14-16 from 9 a.m. to noon at the CYSA fields for players 6-14 years of age. Jared is a graduate of Mandeville High School, a member of the 2003 undefeated Lynn University (Boca Raton, FL) National Collegiate Championship team, and a defender for MLS's Chicago Fire. He has played internationally and has scrimmaged against the US National Team. Jared has offered to bring his soccer experiences moving from high school to college to the professional ranks to our kids and provide a fund raising event to benefit Katrina Relief efforts. This would be a great Christmas present for a young soccer star! Registration before Jan 1<sup>st</sup> will be \$115 and \$125 by Jan 12<sup>th</sup>. Free Nike ball to the first 40 registrants. See the enclosed application or check out web sites at [covingtonsoccer.com](http://covingtonsoccer.com) and at [jaredmontz.com](http://jaredmontz.com).

## Katrina Aftermath and Thanks

Our hearts and prayers go out to our friends and neighbors who are still suffering from the storms. A number of our members suffered severe losses but only a few players were forced to leave the area. Welcome to those evacuated soccer families that are with us for a short while or for as long as it takes. Please let us know if there is anything we can do to help.

As many of you know the CYSA was very lucky. Our light poles were displaced and twisted but quickly repaired. The pavilion which has served us well for about 10 years collapsed and a few portable goals had minor damage. Construction on our new bathroom facility was delayed but no storm damage occurred. It appears that grants administered through LSA and USYSA may be available to recover some of those costs and Jared Montz, Chicago Fire team member and clinician at our winter soccer camp, hopes his fund raising efforts will be returned to our club. We are very grateful to USA Galex Corp. in Stoudsburg, PA who sent us two cases of soccer balls and some gear. This relief effort was coordinated in Louisiana by our good friend, Gary Buete, the coaching director of Baton Rouge Soccer Association. We would also like to acknowledge the generous uniform discount extended to us on our last minute order of uniforms from SCORE American Soccer Co., Inc. The last couple of team orders and some of the individual special orders were provided at no cost.

Best Christmas wishes to our extended soccer family, our neighbors, and our new friends.

## Players: Improve your skills with a few minutes a day - 1,000 touches a day

The holidays are over and the spring season is just around the corner. The following activity, developed by Dennis Mueller Coach of Boys U-16 Bulldogs and Director of Travel Teams for the Princeton Soccer Association (taken from Colorado Soccer Net) will improve your skills and help you get ready for the season. Note to keepers: I strongly suggest that you spend the time to work on these activities. These will improve your foot skills and make you a more complete player. The foot work activity is designed to give you about 1,000 touches in seven minutes. And I know that everyone can find seven minutes a day to work on their soccer skills. The full workout takes about 25 minutes.

### SEVEN MINUTE DRILL

2 Rolls (4 each foot)

- 1) Inside Roll
- 2) Outside roll

3 Foundation (4 each foot, alternating feet 3 touches between moves)

- 1) Side to Side Push-Pull
- 2) Side to Side Step-On
- 3) Side to Side Front Roll

4 Pull back and go. Do sequence with one foot then switch (4 times each foot)

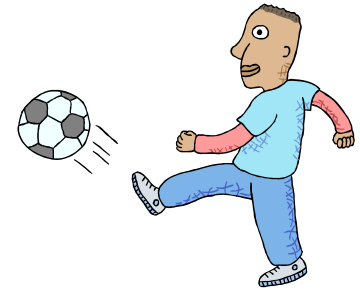
- 1) Pull, Instep Push
- 2) Pull a Vee
- 3) Pull & Take with Outside of foot
- 4) Pull & Roll Behind

5 Turns: Travel 10 feet turn 180 degrees use 3 touches between turns (4 times each foot)

- 1) Pull Turn
- 2) Inside of foot turn
- 3) Outside of foot turn
- 4) Cruyff
- 5) Stepmover Turn

6 Change of direction with fakes, 3 touches between turns (4 times each foot)

- 1) Hip Swivel
- 2) Mathews
- 3) Cap
- 4) Stepmover
- 5) Scissors
- 6) Rivolino



### Board Members

Pete Didier (Pres) 892-7759  
Gary Schwabe (Sec) 893-7277  
Bryan Huval (Treas) 893-0030  
Paul Baudean (Premier)  
Mike Hunley (At Large) 893-1283  
Kevin Cleveland (At Large) 893-9589  
Wayne Cook (At Large)  
Rob Mingo (Past Pres) 893-4809  
Rich Heffernan (Dir. Coaching) 809-7851  
Ed Cloos (Referees) 893-3109

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

You can substitute any of the "Moves to Beat an Opponent". Complete daily. Drill is almost 1,000 touches on the ball. Spend another ten minutes passing against a wall, both feet, both one and two-touch, instep and inside of feet, include fake kicks. Keep feet moving and work on accuracy. Spend ten minutes juggling the ball trying to get 100 consecutive juggles. Do 50 to 100 situps, then stretch.

Try to do complete workout every day. This workout can be done anywhere that there is little danger of breaking things, for instance in a basement, playroom or outside. Total time for complete workout about 25 minutes. I suggest that you run at least 3 days a week in addition to this workout. Dennis Mueller

NOTE: Coaches and parents: Obviously, if this is what 15 year olds are doing in Princeton, scale this down for your 6 year old. Pete Didier

**Covington Youth Soccer Association**  
P.O. Box 1983  
Covington, LA 70434

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**Coaching Courses:** None scheduled

**Full referee course :** None scheduled

## Jared Montz Pro Soccer Camp

January 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>

2006

At Covington Youth Soccer Assoc.  
74202 Penn Mill Rd

CYSA is proud to host the return of local soccer star Jared Montz to run our winter soccer camp Jan 14-16 from 9 a.m. to noon at the CYSA fields for players 6-14 years of age. Jared is a graduate of Mandeville High School, a member of the 2003 undefeated Lynn University (Boca Raton, FL) National Collegiate Championship team, and a defender for MLS's Chicago Fire. He has played internationally and has scrimmaged against the US National Team. This will be a fund raising event to benefit Katrina Relief efforts and a great Christmas present your young soccer star will never forget!

Free Nike ball to the first 40 registrants.

Fee paid by     Jan 1, 2006     \$115  
                         Jan 12, 2006     \$125

Cancel three days prior to camp and receive full refund less Katrina donation of \$45.

### Cost Includes:

- Autographed picture
- Camp T-shirt
- Donation to Hurricane Relief
- Chances to win Jared Montz Jerseys
- Chances to win Jared Montz gear
- Question & answer/autograph session

### Campers Provide:

- Water
- Ball
- Cleats and shin guards

### Mail registration and check payable to:

Jared Montz  
215 Walnut Street  
Mandeville, LA 70471

### Questions or comments:

985-237-0763  
www.jaredmontz.com

\*\*\*Retain this half for your records\*\*\*

## Jared Montz Pro Soccer Camp

January 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>

2006

Player Registration Form

Name \_\_\_\_\_  
Last First

Address \_\_\_\_\_  
Street

City State Zip

Age \_\_\_\_\_ Gender \_\_\_\_\_

Phones: (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Home Work

(\_\_\_\_) \_\_\_\_\_  
Cell E-mail

Emergency Contact \_\_\_\_\_

Contact Phone Number(\_\_\_\_) \_\_\_\_\_

Shirt Size: Youth M L  
(circle one)  
Adult S M L

Cost: \$115 prior to Jan 1, 2006  
\$125 prior to Jan 12, 2006

### RELEASE

This release is made to allow my child to participate in the Jared Montz Pro Soccer Camp. This release also insures that my child is in good health and is able to participate. Permission is granted for my child to receive emergency medical treatment if needed. I recognize that my signature on this release is a condition permitting my child to participate. I agree that you may photograph and/or video tape my child during camp and that you retain rights to these visual images without compensation to my child or me. I hereby release Jared Montz, Covington Youth Soccer Association, and all of their respective employees from liability claims and demands for any injury or illness incurred at the Jared Montz Pro Soccer Camp. I hereby assume complete financial responsibility for any personal injury or property damage created as a result of an intentional or negligent act of my child or ward while he or she is attending the Jared Montz Pro Soccer Camp. This release will be in effect for the above camp dates. I represent that I am the parent/guardian of the minor named above and I agree that the release contained therein binds the minor and me to all it's terms.

Signature \_\_\_\_\_  
Parent/Guardian Date

\*\*\*Mail this half with your check\*\*\*