

# Ohio Premier Newsletter



**Issue Date: April 28, 2008**

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**Please visit our website, as it is continuously being updated!**

**[www.opsoccer.com](http://www.opsoccer.com)**

# **PRESIDENT'S REPORT**

## **BY: MIKE ZAZON**

President's Message  
April, 2008

Thank goodness the weather is finally cooperating and not only are we finally training outdoors but also well under way with tournament and league play. Several of our older age teams traveled to the Las Vegas Showcase tournament last month. The aforementioned weather limited our ability to prepare but our teams were still able to compete in the tournament and gain valuable experience playing against some of the best clubs in the country.

Closer to home, I was able to roam the sidelines in Cincinnati at the Classics Hammer Tournament. It was nice to visit with some familiar faces but also meet some new parents as well. I had a chance to see all of our teams play that were entered in the tournament and I was very proud of the way the girls competed and handled themselves on the field as well as the parents on the sidelines. Only when I hear other team's parents negative comments about a bad call or bad play do I truly appreciate the manner in which we conduct ourselves. Our encouraging words and cheering for the players on both teams speaks volumes to others and most importantly to our daughters. Thank you for your leadership in this very important area of sportsmanship.

Regarding our partnership with Ohio State Sports Medicine, I was very encouraged with the good turn out for our first ACL Seminar. Thank you to Dr. Best, Tom Summinen, Bettina Schroeder and the rest of the O.S.U. staff that was present. We have a great resource for knee injury prevention with Ohio State. Look for more seminars down the road dealing with ACL prevention and other performance enhancing topics such as proper nutrition and sports psychology as it relates to mental toughness and success through visualization from Dr. Leif Smith. O.S.U. will also be providing us with some pertinent articles on sports psychology and nutrition via our website very soon.

Lastly, I will be getting to many matches this spring in both league and tournament play. I will try to meet as many of you as possible without interrupting watching your daughters play soccer. Please feel free to let me know what is on your mind regarding your daughter's team or anything else related to Ohio Premier and our progress as a club. Your feedback is very important to us.

See you on the fields!

Mike Zazon  
President

# DIRECTORS REPORT

## BY: WILLIE GAGE

As we approach the back end the of the spring season I think it is worth mentioning a few of the bigger upcoming events.

- \* The opening rounds of state cup this weekend. The U-12—U-14 age groups will be playing at Spindler Park so if you have some free time then come and support your club. U-11 and U-15 will be in Cincinnati while U-17 and U-18 will be in Dayton. Information can be found at [www.osysa.com](http://www.osysa.com) under State Cup.
- \* Tryouts begin the week of May 19<sup>th</sup>. All tryout information can be found at [www.opsoccer.com](http://www.opsoccer.com) under Tryouts.
- \* Our Women's Premier Soccer League team debuts for the first time June 1<sup>st</sup> at home versus FC St. Louis.
- \* MOSSL Tournaments begin the weekend of May16-17. Schedules and brackets can be found at the MOSSL web site: [www.columbusoccer.com](http://www.columbusoccer.com).
- \* We will be releasing summer camp dates and posting them on the OP web site. So, before you make those vacation plans be sure to sign up for camp.

Lastly, we have reached that time of the year where emotions seem to run the highest. I think it's always important to take a moment and remember why we encourage these young ladies to play this great game...Because it's supposed to be fun! Below is great piece on how you can help your daughter enjoy the game more.

### **Fifteen Things To Keep In Mind While Watching From The Sidelines**

by Michael Langlois

Michael Langlois is the author of "How Well Do You Communicate? A Guide to Better Communication with Player and Parents for Youth Soccer Coaches". His web site is <http://www.beoyndthegame.net>

1. **Let the coaches' coach.** If you are telling your son or daughter - or any other player for that matter - to do something different from what their coach is telling them, you create distraction and confusion.
2. It is very unnerving for many young players to try and perform difficult tasks on the field on the spur of the moment when parents are yelling at them from the sidelines. **Let the kids play.** If they have been well coached, they should know what to do on the field. If they make a mistake, chances are they will learn from it.
3. **Do not discuss the play of specific young players in front of other parents.** How many times do you hear comments such as, "I don't know how that boy made this team..." or "she's just not fast enough.". Too many parents act as though their child is a 'star', and the problem is someone else's kid. Negative comments and attitudes are hurtful and totally unnecessary and kill parent harmony, which is often essential to youth team success.
4. Discourage such toxic behavior by listening patiently to any negative comments that might be made, then address issues in a positive way. **Speak to the positive qualities of a player, family or coach.**

5. **Do your level best not to complain about your son or daughter's coaches to other parents.**  
Once that starts, it is like a disease that spreads. Before you know it, parents are talking constantly in a negative way behind a coach's back. (As an aside, if you have what you truly feel is a legitimate beef with your child's coach - either regarding game strategy or playing time, arrange an appointment to meet privately, away from a soccer field.)
6. **Make positive comments from the sideline.** Be encouraging. Young athletes do not need to be reminded constantly about their perceived errors or mistakes. Their coaches will instruct them, either during the game or at half-time, and during practices. You can often see a young player make that extra effort when they hear encouraging words from the sideline about their hustle.
7. **Avoid making any negative comments about players on the other team, this should be simple:** We are talking about youngsters, not adults who are being paid to play professionally. I recall being at a rec baseball game some years ago, when a parent on one team loudly made comments about errors made by a particular young player on the other team. People on the other side of the diamond were stunned - and angry. Besides being tasteless and classless, these kinds of comments can be hurtful to the young person involved and to their family as well.
8. **Try to keep interaction with parents on the other team as healthy and positive as possible.**  
Who's kidding whom? You want your child's team to win. So do they. But that should not make us take leave of our senses, especially our common sense. Be courteous 'till it hurts; avoid the 'tit for tat' syndrome.
9. **Parents on the 'other' team are not the enemy.** Neither are the boys or girls on the other team. We should work to check any negative feelings at the door before we hit the pitch.
10. What is the easiest thing to do in the youth sports world? Criticize the referees. **Don't criticize the referees.** Oh, there are times when calls are missed, absolutely. And that can, unfortunately, directly affect the outcome of a contest. That said, by and large those who officiate at youth soccer games are hardly over-compensated, and give it an honest - and often quite competent - effort. At worst, they at least try to be fair and objective.
11. On that note, outbursts from parents on the sideline made toward the referees only signal to our children on the field that they can blame the refs for anything that goes wrong. **Blaming others is not a formula for success in sports.**
12. **Yelling out comments such as "Good call, ref" or "Thanks ref" may only serve to alienate an official.** The ref always assumes they made the proper call, that's why they made it. Trying to show superficial support because the call went 'your' way is simply annoying to the officials, and to anyone within earshot.
13. Walking up and down all game long along the sidelines, following the play, is unnerving to players and totally unnecessary - particularly so if you are trying to yell out instructions to various players, including your own son or daughter. It is likely embarrassing to the player/players involved and simply counterproductive. **If you want to coach, obtain your coaching certification and then apply for a job.**
14. We all feel things and are apt to be tempted to say things in the 'heat of the moment'. But we don't excuse athletes for doing inappropriate things in the 'heat of the moment' (there are penalties, suspensions, etc.) so we should apply similar standards to our own sideline behavior. **Quickly check yourself and ask: Will I be proud of what I am about to say or do when I reflect on it tomorrow?**
15. The parking lot is not the time to 'fan the flames'. Whether it is a coach's decision, a referee's call, a comment that was made, let it go. Don't harass the coach, or an official, or a parent on the other team after the game is over. **Go home, relax, and unwind. Talk positively with your child.** The ride home is sometimes as important as the game itself. Make that time a good memory for your son or daughter by discussing as many positives as you can about him/her, her coach, her teammates, etc.

## LOOKING FOR A NEW CABLE OR INTERNET PROVIDER???

We have just the opportunity for you...

You get a great package deal  
and you can help raise money for the club!

Please read the next page about this wonderful opportunity with AT & T that OP would like you to consider if you are thinking about getting or switching providers for internet, cable and/or phone services.

The AT & T U-verse program has some great features:

- \* You can bundle the programs they offer
- \* They offer free installation
- \* There are no additional fees for DVR
- \* You can record up to 4 programs at once, and have the ability to watch them on any TV, not just the one you recorded it on
- \* You can program the DVR even if you are away from home, using a PC or web-enabled cell phone
- \* Includes wireless home networking at no charge
- \* Has parental controls
- \* Carry BOTH Big Ten & NLF network
- \* There are no contracts to sign
- \* There are 350+ channels, 39 of which are HD

We believe they offer a great product and hope you will take some time to see if it may be right for you and your family.

**One important piece of information is that you will need the following code when you order so that our club gets credit for the services you choose.**

**Partner Code= OA0042**

**\*\* Must Give Partner Code to Earn Profit\*\***

All Installed Services Result in a **PROFIT**



## HELP SUPPORT

### The OHIO PREMIER GIRLS SOCCER CLUB!

**When you purchase AT&T services through the process below,  
AT&T will give up to \$225 to the OP GIRLS SOCCER CLUB!**

It's EASY...

Call **1-866-538-2148** to order.

**Partner Code= OA0042**

**\*\* Must Give Partner Code to Earn Profit\*\***

All Installed Services Result in a **PROFIT**

**AT&T U-verse Combines Digital TV with High Speed Internet to  
bring you New Features and Access up to 350+ Channel  
including 39 HD Channels**

#### **Why Buy AT&T U-verse TV?**

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- Free Professional Installation Included
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- Includes Wireless Home Networking at NO Charge
- Easy to Use Parental Controls
- Carries BOTH Big Ten Network & NFL Network

No Contracts to Sign

#### **How Much is It?**

- AT&T Offers Everyday Low Prices, NOT Introductory Rates
  - TV & Internet Bundles Start As Low as \$69/ month
- Participants Can Qualify to Receive Up to \$100 Cash Back

#### **Questions about Availability, Package Options, Price?**

Call your Local AT&T Manager, Taylor Wolfe @ 614-886-1556 OR email [tw3301@att.com](mailto:tw3301@att.com)

**REMEMBER...THE OP GIRLS SOCCER CLUB WILL ONLY GET CREDIT THROUGH THIS REFERRAL  
PROCESS. LET'S START RAISING MONEY FOR THIS GOOD CAUSE TODAY!**

*\*\*\*\*\*All Services Subject to Availability, but Please Check Back Often\*\*\*\*\**

# **PROFESSIONALLY ASSISTED PROGRAM AND OP JUNIORS REPORT BY: SHANE WOODRUFF (WOODY)**

## **PROFESSIONALLY ASSISTED PROGRAM**

We are off and running with another season of soccer after dealing with some wild weather to begin the season. All teams should have their training schedules, please see your coach if you do not. All Professionally coached sessions will last 75 minutes. Please remember to have your player bring their ball to all sessions.

The spring schedule can seem very hectic and condensed into a few short weeks, but I wanted to let you know of our tournament schedule. All teams from U-9 to U-17 will be attending they Sidney Mayfest, May 10-11. The webpage for this event is: [www.mayfestsoccer.com](http://www.mayfestsoccer.com).

May 24-25, the U-15 and U-17 teams will be competing in the Starburst Invitational. The webpage for this event is: [www.starburstsoccer.com](http://www.starburstsoccer.com).

The dates for the MOSSL tournaments are as follows:  
May 17-18 MOSSL Tournament u9, u10, u11  
May 31-June 1 MOSSL Tournament u12, u13, u14  
Locations are TBA.

## **OP JUNIORS**

**We are starting up our spring session of OP Juniors. This program is for boys and girls ages 4-9 who would like to learn the basics of soccer through fun activities. All sessions are held at Darree Park. We can still accept applications for this program, so please email Woody at [opwoody@yahoo.com](mailto:opwoody@yahoo.com) if you are interesting in participating.**

One final thing I wanted to share with you was a Parents Code of Conduct I came across. It really will put everything in the proper perspective.

### **PARENT'S CODE**

- **Children have more need of example than criticism.**
- **Make soccer participation for your child and others a positive experience.**
- **Attempt to relieve the pressure of competition, not to increase it. A child is easily affected by outside influences.**
- **Be kind to your child's coach and to the officials.**
- **The opponents are necessary and friends. Without them, your child could not participate.**
- **Applaud good plays by your team and by members of the opposing team.**
- **Parents should be cheerleaders**
- **Between the exuberance of the winner and the disappointment of the loser, we find a person called the referee. All of them follow the same creed to watch every move of every player and to call the game to the best of their ability. Do not openly question their judgment and never their honesty. They are a symbol of fair play, integrity, and sportsmanship.**
- **Accept the results of each game. Encourage the child to be graceful in victory and to turn defeat into a victory by working towards improvement.**

# DIRECTOR OF OPERATIONS REPORT

## BY: RUTH RUDIBAUGH

**OHIO PREMIER GETS INVOLVED IN COMMUNITY SERVICE** - Ohio Premier will be heading up several community service projects in the upcoming months.

The first opportunity available is for kids currently a mature 11 and up to volunteer in the Miracle League Buddy program at Darree Park. We have had a wonderful response thus far and it is not too late to register. If interested please log on to [www.ohiomiracleleague.org](http://www.ohiomiracleleague.org) and go under group list OHIO PREMIER. Please consider 'giving back to the community' on behalf of Ohio Premier by getting your player involved.

The second opportunity in our continuing efforts to 'give back' to the community is with Nationwide Children's Hospital. We are excited to announce that Ohio Premier will be heading up a donation drive for Nationwide Children's Hospital beginning May 19. There will be collection boxes available during tryouts for you to drop your donations. We will be collecting items such as craft kits, model kits, journals, disposable cameras, lotion and bath sets, fingernail polish, stationery sets, playing cards, books, puzzles, and much more! Please note that we respectfully request that these be new items. Please watch OP website and email for further details!

Other upcoming events are to include: A beautification project, a food/clothing drive and many others. Contact Ruth Rudibaugh at [admin@opsoccer.com](mailto:admin@opsoccer.com) for further information.

We have an OP group doing the Race for the Cure  
(for breast cancer awareness)  
on May 17th.

If interested in joining the group,  
please contact Kathy Schlemitz at  
[kschlemi@columbus.rr.com](mailto:kschlemi@columbus.rr.com).

WANT TO HELP SUPPORT THE  
FIELD DEVELOPMENT FUND?

COMING SOON - Ohio Premier will be  
holding a Max & Ermas fundraiser  
as well as a Wendy's fundraiser to  
support our field development fund.  
Stay tuned for further information!

**OP TRYOUTS BEGIN IN MAY**—Ohio Premier 08-09 tryouts will be here before you know it! Information and dates are posted on the OP web site at [www.opsoccer.com](http://www.opsoccer.com). We are in need of volunteers to assist with registration. If interested in lending a hand, please contact Ruth at [admin@opsoccer.com](mailto:admin@opsoccer.com).

**OP EXPO SLATED FOR JUNE 28. MARK YOUR CALENDARS**—Ohio Premier club-wide registration will be held Saturday, June 28th at Coffman HS. All players will need to submit 08-09 season registration materials as well as order any necessary uniform pieces at this time. More information will be posted to the website in mid May. Volunteers are needed to help the registration process run as smoothly as possible. Please contact Ruth at [admin@opsoccer.com](mailto:admin@opsoccer.com) if you can help.

# **FIT 2 PLAY REPORT**

## **BY: JEFF TURNER**

### OP STRENGTH

Many of you have heard me say that I'm not a fan of the quick fix, short-term training approach and that our main priority should be developing the fundamentals through a long-term strength and conditioning program. We also need to focus on efficient running mechanics and correct movement patterns and then put it into a plan that can be worked over time. The last few weeks I've witnessed some running form that was pretty darn ugly and some that was close to perfection. It's time to close the gap between the two and get the club as a whole a little tighter. While there are many qualities that make a great athlete the question of strength keeps coming up so I thought I'd talk a little about it.

Strength helps build the foundation for all other athletic qualities. For example, if you do not possess great relative strength (strength in relation to your body weight), you may not reach your true potential for speed. This is due to the fact that proper running technique requires high levels of muscular strength. In other words, if you can't achieve the proper knee drive, arm swing and push-off due to a lack of strength, you will not be able to produce the force needed to be explosive which in turn will not give you the speed we're all looking for on the field.

Just as there are many different types of strength, there are also many ways to get strong. Over the next few weeks I will be asking the 15's 16's 17's and 18's to come to my gym and go over their plan. For those have not started a plan, the timing is perfect, for those that have been training for a while, consider it a check up with possible modifications. Also, some of you have been working with trainers and or friends which is great, but let's just make sure we're all on the same page especially with such a busy schedule and college around the corner for some. By planning volume and intensity we minimize injury and over training and peak at the appropriate times throughout the year and yes...we are Fit 2 Play.

Stay Strong,  
JT