

August Communication

The Fall Season Set to Begin

Camps are over, trainings have begun and in the next few weeks, every LNSC team should be playing in a preseason event or two. We are excited about the upcoming season and look forward to watching our players grow and teams find success in the coming year. We have announced our new standards and expectations for the club and feel that these consistencies throughout will help make LNSC a club unlike other clubs in the region. A brief recap of changes that LNSC families should expect to see in the coming year:

Improved communications at the team and division/branch level: expect to hear from your coach EVERY Monday following a play weekend with a recap of the weekend and focuses for the upcoming week. Expect to hear from your division/branch director at least once a month with information that pertains specifically to your division or branch.

Added speed and agility and injury prevention curriculum provided by Champions Sports Performance: for some teams this will take the form of weekly training, for others special sessions at Champions' facility. For all teams, there will be new curriculum specially designed for LNSC incorporated into every training session.

Specific club-wide focuses on consistent style of play including:

- Teams building from the back
- Teams that are highly organized in the back 2/3 of the field
- Players that exhibit good technical habits
- Teams focused on attack-minded, creative play in the attacking third
- Teams that compete for aerial balls
- Teams that are dangerous on set pieces
- High quality goal keeping from the most thorough specialized training in the state

If you have any questions regarding these initiatives or do not feel like you are seeing evidence of these things on your team, please inquire following the proper communication channels described below.

LNSC European Success

This past summer, 18 boys and 31 girls from Lake Norman Soccer Club traveled to Europe to play soccer and represent LNSC and the United States. In two separate trips, both groups found a great deal of success and personal growth. Highlights of the trips include:

Boys trip – late June/early July. The boys traveled to Denmark to live and train at FC Nordsjaelland which is a Champions League club. The boys trained with professional coaches on the stadium field, met professional players, and played several friendly matches against local teams. The team then traveled to the town of Pitea Sweden which is located less than 20 miles from the Arctic Circle where they experienced 24 hours of daylight and competed in an 800 team tournament against teams from Denmark, Sweden, Norway, Finland, Germany and Estonia. Overall, the boys played 12 games on the trip and finished with a record of 4-1-7. The boys concluded their trip with several days of sightseeing in Stockholm, Sweden.

Girls trip – late July/early August. The girls traveled to Germany where the players stayed with families from the host club of Steinhorst, near Lubeck, Germany. The players were able to visit a concentration camp, see the medieval town of Lubeck and get a glimpse of German

life. They also trained and played in friendly matches with the host club. The group then traveled north to Denmark where they competed in the 700 team tournament, the Vildbjerg Cup. With many players doing double duty, the girls competed in three age divisions, played a total of 21 games and won a gold, a silver and a bronze medal. The girls concluded their trip with a little down time in Copenhagen, Denmark.

For a more in depth review of the trip as well as a slide show from the European adventures, please visit the LNSC website.

New Weather Plan for Central

On days when the grass is closed at Mazeppa, we have created a new weather plan. This is a set schedule that features 3 1-hour sessions instead of the normal 2 1.5-hour sessions. Session will run from 5:30 – 6:30, 6:30 – 7:30 and 7:30 – 8:30. These sessions are pre-planned for each day of the week and your coach should communicate the rain plan to the team – if you do not know the rain plan, please ask your coach. The purpose of the rain plan is to eliminate over-crowding and provide each team with adequate training space.

Weather Safety

It is NCYSA's policy that teams must leave the field if lightning is observed or thunder is heard. Teams must remain off the fields for 30 min. after the last lightning strike or thunderclap. Also, players must be INSIDE a building or automobile. Players sitting under a pavilion are not safe from lightning and we will not allow players to do so. If players parents have dropped them off, we will ask other parents to put players in their cars to keep them safe or players will need to sit in restroom facilities or other shelters to be safe. Please help us enforce these policies – every year several soccer players/coaches and spectators are killed by lightning strikes and our main concern is player safety above all else.

Pick Up / Drop Off Procedures at Central

These are VERY IMPORTANT safety procedures at Mazeppa. Please DO NOT stop to watch, wait, drop off or pick up kids along the driveway at Mazeppa. Please pull into a parking space before letting any children out of the car. Or, you may pull all the way up to the curved drop off area near the concessions stands to let your children out of the car. Not only does stopping to drop off your children along the road back up traffic, but it creates a very dangerous situation for kids crossing the road. Please be considerate and safe – even if you are running behind, another minute is worth the wait.

A Friendly Reminder

The second installment of LNSC club fees was due on August 1. Thank you to everyone who has taken care of this obligation already. If you have forgotten to pay this, please take care of this outstanding bill at your earliest convenience.

Communication Protocols

Communication, in any organization, is important. And communications is a two way street. While LNSC has committed to developing new lines of multi-level communications, we also welcome parent feedback in the form of questions, concerns, compliments and suggestions. When doing so, however, please observe the following protocols:

- 24 hour rule: if you have a game specific question about your child's play, role or team's performance, please wait 24 hour after the conclusion of the game to reach out to your coach or director. This allows everyone involved a chance to relax, reflect and process the

game and also allows the coach a little downtime after what is often a hectic weekend. In short, Monday morning emails are always welcome - Sunday night emails are not.

- If you have any team specific questions, please address your coach first. If you do not feel like you have received a satisfactory answer, please follow up with your division/branch director. If you still do not feel like you have received a satisfactory answer, please reach out to the administration as follows:
 - Leslie Gerwitz – Finance and Administration (financial policies, registration, carding, etc.)
 - Jeremy Weeks – Club Operations (scheduling, tournaments, facilities)
 - Chad Metzler – Executive Director (overall club policy, direction and philosophy)

Save the Date

GOLF TOURNAMENT - We have fantastic plans to continue the tradition of the LNSC golf tournament this year and expect to make this year's event the biggest and most successful tournament ever. Rather than holding the tournament in the late summer as we have in the past, we have decided to move the tournament to early spring. This year's tournament will be held on March 31 at the Mooresville Municipal Golf Course which will be newly opened after its multi-million dollar renovation. Stay tuned for more details to book your spot in the event.

LNSC Night at Davidson College (Men's and Women's) – September 9

Annual LNSC College Recruiting Seminar – October 24, Charles Mack Citizen Center

New NCYSA Heading Policy

After nearly a year of discussion and speculation, the NCYSA Classic Council has approved new guidelines for heading the ball in youth soccer. These are consistent with the United States Soccer Federation's guidelines and will go into effect immediately. All LNSC games and trainings will conform to the following new guidelines:

U9 – U10 – Players will not be allowed to head the ball in training or games. Intentional heading will result in a free kick for the opposing team.

U11 – U12 – Players will be restricted to 30 min. of heading per week during training. There will be no restrictions on heading during games.

U13 + - There are no restrictions on heading for players playing U13 and up.