The Outdoor season is still over two months away but it’s time to start thinking about the green grass. The SPDSA 2015 Outdoor Registration opened February 1st for all SPDSA programs (Community, Phoenix and Academy).

A reminder that all registrations must be completed online through the SPDSA’s registration system. Click the links on the right to be taken to the Program Outline.

For Jr. Phoenix and Phoenix information see page 2.
For Adult League information see page 2.

Access online registration [here](#).

Outdoor Season Information

Registration now Open

The SPDSA is seeking your help for the upcoming Outdoor Season.

Coaches are required for all community age groups (Little Kickers - U18) and are the backbone to our program.

All Coaches are supported in full by appointed Technical Leads at the Active Start, FUNdamentals, Learn to Train and Soccer for Life levels:

Technical leads can be used as resources for any questions or concerns you may have about training sessions and games. Our Technical Leads will also offer “Coaching Workshops” throughout the season for Coaches for further development and learning as a coach.

The SPDSA will also be offering the following ASA Coaching Courses before the season:

- Active Start (LK-U6)
- FUNdamentals (U7-U8)
- Learn to Train (U10-U12)
- Soccer for Life (U14+)

If you are interested in coaching in the community program this year please complete the [online coaching application](#).

If you have any questions with regards to coaching please contact your [age group coordinator](#).
Sherwood Park Phoenix Program Information

SPDSA Continues with Technical Staff led training at U10-U12 heading into Outdoor Season

The Sherwood Park Phoenix program is built for players looking to play at an elite level.

The program begins at U10 with the Junior Phoenix and ends at the Youth level with U18. Beyond youth the program currently has a Women’s team, with a desire to create a Men’s team in the near future.

U10 Junior Phoenix / U12 Phoenix
The U10 and U12 program are designed to help develop players and coaches under the strong guidance of the SPDSA Technical Staff. Teams will train twice a week with certified and appointed technical staff with age and skill appropriate activities. Coaches of these teams are expected to attend and assist in these sessions, while also learning and developing. Once a week a team training session will be led by the Coaches, where they will be able to utilize what they have taken from the technical led sessions. Games will be played during the weekends.

U14 + Phoenix Programs
Starting in U14, assigned coaches will take more control and responsibility in the guidance of their squad, with a recommended 3-4:1 Practice to Game ratio. Technical Leads and Staff will also be available for assistance in the U14 and older age groups.

More Information
Use the links below for more information on the Phoenix Programs
Phoenix Tryout Schedules
U10 Jr Phoenix | Boys | Girls
U12 Phoenix | Boys | Girls
U14 Phoenix | Boys | Girls
U16 Phoenix | Boys | Girls
U18 Phoenix | Boys | Girls

SPDSA Adult Leagues Seeking Teams

Soccer in Sherwood Park doesn’t have to stop after youth

During the 2015/16 indoor season, the association is running 3 leagues, consisting of 18 teams. The SPDSA will be offering the following programs for the 2016 Outdoor Season.

Women’s Tier IV
Our Women’s league has been highly competitive with 7 teams and combined with our U18 teams for this indoor.
The Women’s league is looking to expand to include an outdoor league that would run from the end of April into early August. The team finishing highest in the standings will receive a berth to the ASA Tier III Provincial.

Classics
Our over 35 Classics leagues has been running for a number of years. The division is recreational and allow players to register in EDSA or other Adult leagues as well. The league for the outdoor season will run from the end of April until the end of June.

Co-Ed
The SPDSA Co-Ed league began in the 2015 outdoor season with 6 teams and grew to 7 for the 2015/16 indoor season. The Outdoor program runs from the end of April to the end of June and follows a 7v7 format played on a U12 field.

Men’s Tier IV & Masters
The SPDSA will offer a Men’s Tier IV and a Masters league should a minimum of 4 teams join the league. The Men’s Tier IV program would follow the Women’s Tier IV format, while the Masters program would follow the Classics outline.

Women’s Phoenix
The SPDSA’s competitive Women’s Phoenix team is looking for players for the outdoor season. The team is competing in Division 1 of the EDSA.

Registration Deadlines
Women’s and Men’s Tier IV leagues will require 4 committed teams by February 19th. If on February 19th, a division has 4 teams, the league will go ahead and accept additional teams after this date. If on February 19th there is less than 4 committed teams, the SPDSA will inform the teams, in order to allow them to enter the EDSA if they desire.

For further information on any Adult Program contact Debbie (d.ballam@spdsa.net) and Graeme (g.dickson@spdsa.net)
Equipment Return Dates

With the Indoor Season coming to a close the SPDSA reminds Coaches to return their equipment.

RETURN DATES

Tuesday February 23  
Little Kickers - U6  
5:00pm - 8:00pm

Wednesday February 24  
U12 - U16  
5:00pm - 8:00pm

Thursday, March 3  
U8, U10, U18, All Age Groups  
5:00pm - 8:00pm

The SPDSA encourages teams to try and return equipment on the specific dates if possible.

Items to be returned: Bag, Balls, Cones, First Aid Kit, Goalie Gloves, Unused Jerseys, Pinnies

Volunteer Appreciation Night

The SPDSA will once again be hosting our volunteer appreciation night with a few games of soccer at Millennium Place followed by an array of appetizers at Average Joe’s Sports Bar as well as many door prizes to be given away.

Date: Friday March 4th

Volunteers Arrive at Millennium: 6:00pm
Volunteer Tournament: 6:30pm - 8:45pm
Average Joes: 9:00pm (Food out for 9:15pm)

For more information and to confirm your attendance please contact Graeme (g.dickson@spdsa.net).

February 15th is the deadline to confirm attendance.

Age Group Coordinators Needed

The SPDSA is still looking for age group coordinators for the 2016 Outdoor Season. Each age group coordinator will receive a $100 honorarium for their work through the season.

For further details on the role please click here.

Main Roles:
Finding and Selecting Coaches & Asst. Coaches
Formation of Teams
Assisting Coaches with Questions they may have
Assisting the SPDSA at events (Equipment handout & return, Festivals, Tournaments)

The SPDSA is looking to fill Coordinator positions for the following Age-Groups:
Under 5/6 Boys
Under 5/6 Girls
U7 Boys
U7 Girls
U8 Girls

If you are interested in taking on a coordinator position please contact Debbie (d.ballam@spdsa.net)

Sponsorship Opportunities

The SPDSA has sponsorship opportunities available for the 2016 Outdoor season.
Other unique sponsorship opportunities may also be available (Tournaments, Academies, Website, etc.)

For a detailed breakdown of our Sponsorship levels click here.

For more information about Sponsoring within the SPDSA please contact Debbie (d.ballam@spdsa.net).
Derek Douglas Awarded ASA Life Membership

SPDSA Referee mentor becomes the first referee to receive award

The SPDSA is excited to announce that Derek Douglas has been nominated and accepted as a Life Member by the Alberta Soccer Association during the ASA Annual General Meeting that took place in Edmonton on January 23rd. This is the first time that a Referee has been given this award and as you will see from Derek’s profile, it is very deserving. Derek has been working with the SPDSA as our referee assignor and mentor since 2010 and has been doing outstanding work with our young referees and the mentorship program.

Congratulations Derek!

Derek Douglas Accomplishments

Registered Referee from 1972 – 2000
First Albertan to reach this status
World Cup Qualifiers
CONCACAF Championships
National Championships
College / University Championships
Professional Soccer
NASL Referee 1982 – 1984
NPSL Referee 1995 – 2000

Awards
Canada Soccer Ray Morgan Award 1987
Alberta Soccer Golden Whistle 1994
SPDSA President’s Award 1991
Strathcona County Award of Excellence 1987

Staff & Committee Work
ASA Professional Staff 1996 – 2004
Includes being the first Referee Coordinator
CSA Referee Committee 1991 – 1992
SPDSA Referee Staff 2010 – Present
SPDSA Referee Mentor 2010 – Present

2016 Outdoor Referee Courses

Referees
April 12, 6:00pm - 9:00pm
April 21, 6:00pm - 9:00pm

Entry Level
(Must be 14 years old by end of April)
April 16-17, 9:00am-4:00pm

Mini Referee
(Ages 12 and 13 year old who are interested in the SPDSA referee development program)
April 23, 9:00am - 3:00pm

All referee courses will be held at the Community Centre.
401 Festival Lane
Sherwood Park, AB

Contact Derek Douglas (d.douglas@spdsa.net) for more information on refereeing in Sherwood Park

Contact Derek Douglas (d.douglas@spdsa.net) for more information on refereeing in Sherwood Park
SPDSA Referees of the Month

Recognizing officials their continued hard work on the pitch

All SPDSA Referees of the Month receive a Gift Card to Cora’s Breakfast and Lunch in Sherwood Park.

Dwayne Lukion.

Dwayne is one of more experienced referees who enjoys the challenges of a high level competitive game. He has been involved with SPDSA for a number of years and continues to enjoy refereeing.

Elijah Papineau-Couture.

Elijah joined the Referee Development Program in 2015 and continues to show promise as a referee. A highly motivated young man who loves to explain his decisions to the younger players. The coaches have been praising Eli for his style of refereeing.

Jennifer Edgar

Jennifer recently joined the Referee Development Program and enjoys working with the younger players. She is continuing to develop her style of officiating and is learning some of the traits required to become a competitive referee.

Joseph Abrahart.

Joseph is in his third year of the Referee Development Program. During this time Joseph has enjoyed many positive comments from coaches, parents and fellow referees. Joseph returned to England for a short time and while there he continued to referee and develop his skills. We are glad he has returned to Sherwood Park.

U18 Boys Phoenix host Canadian Special Olympics Team

On January 15th the U18 Boys Phoenix team took part in a friendly game against the Canadian Special Olympics team. The Special Olympics team is made up of players with various intellectual disabilities and involves athletes from all ability levels with participation from a full range of intellectual disability. During competition, Special Olympic athletes are placed in divisions with other athletes of similar ability, with each division being a “Final” to allow all athletes a fair opportunity to compete with a chance to win. This model is designed to challenge each athlete to do his or her best while providing a meaningful and enjoyable experience.

The U18’s committed with a great turnout on Friday night to host the Special Olympics team and were given details about how to play against their opposition. Both teams played the game in great spirit and was a fun experience for all involved.
The first few days at a new school can be scary for anyone, let alone a new school in a whole new country, but for Prosper Maniema, those nerves dissipated thanks to a common love of soccer he shared with some classmates. These classmates were about to be heading to tryouts for their U14 Tier II Boys Phoenix team and encouraged Prosper to come out to the assessments.

Assistant Coach, Asaph Fernandes met the family’s sponsor and Uncle with regards to attending tryouts and see what the team could do to assist the family. Some used shin pads, shorts and cleats were found for Prosper and the coaches and technical staff were impressed with his ability and he was selected to the U14 Tier 2 Boys Phoenix team.

Fast forward to January 12th, Prosper and his family have started to settle into life in Sherwood Park when an apartment fire suddenly left them with nothing.

When asked about what transpired after finding out the news, Asaph told the SPDSA

“I contacted the family to confirm it was their apartment building which it was and specifically their apartment. I asked how they were doing and where they were at and found out they were in a hotel and about to be displaced. I sent an email to the team immediately advising them what had transpired and then my email, texts and phone starting going crazy.

My team Manager Noreen Hendershot took the lead with another parent Darcy Hilkewich who both left work and coordinated with their family and myself. After finding out they were about to be displaced, they had limited food, water and funds, I felt it prudent to cancel our practice that night and meet with the team to see what we could do to help. An email went out by Noreen advising that we were going to meet at Coach Mike’s place with the players and I met with all the parents. We also asked parents if they had some winter clothes, shoes etc. to bring them as they lost everything in the fire. When I walked into Coach Mike’s place I was overwhelmed by all the clothes and financial generosity from this team. As I gathered the parents I advised them of the situation which made all of us realize how fortunate we all are.

Noreen and Darcy have been instrumental in this situation. They were able to help the family stay at the hotel until they could find a place to relocate and helped provide them assistance over and beyond money, clothes etc. The family has a big language barrier and communication with the various agencies has been difficult. What has gone from a lets help with shelter, food etc. turned into a full time job liaising with the various agencies. The team has now put them in contact with what we hope gets them back on their feet and back to as much normalcy as possible.

Being a coach on this team, we are here to develop the players in the game of soccer. I’ve said for many years it’s not just about the soccer, its teaching players through life experiences to be better people and contributing positive members in their community.”

Noreen Hendershot, manager of the team was full of praise and nominated the team for Team of the Week:

“Within a few hours (of hearing the extent of what had transpired to the Maniema’s) the Coaches, Boys and Parents collected over 10 bags of clothing, winter coats, boots, hats, financial donations and an extensive list of household donations to fully furnish their new home, from bedroom sets to dishes. This is a wonderful group of Coaches, Boys and Parents, and they came together so quickly and in such a generous way to help this family. I am very proud to be manager of such an amazing team of people.”

The SPDSA would like to commend this team and coaching staff on their generosity and family like approach in helping Prosper and the Maniema’s through this difficult time.
SPDSA Team of the Week
Recognizing Team's for their successes on and off the field

December Team of the Week Awards
Nominated By: Lisa Stewart
Age Group of the Team: U16 Girls - Team 5 Stewart/Hopkins
Please explain why you feel this team should be awarded the Team of the Week: My team deserves the Team of the Week because twice a week they come out at practice, work hard and give their 100% at games. They have so much drive and energy. I love how my team laughs together when something silly happens and are concerned when there's a injured player or a team member is feeling down. A lot of these girls have never played or even known each other and in this short time they are already a little mini family!

Nominated By: Samantha Hallett
Age Group of the Team: U7 Girls - Team 2 Butt/Hallett/James
Please explain why you feel this team should be awarded the Team of the Week: The girls on the team have come so far in learning physical literacy. Their skills are becoming more and more fine tuned, and their sense of team work is amazing. I am extremely proud to have been a part of their learning experience, and to have been able to watch them grow!

Nominated By: Janet Deane
Age Group of the Team: U16 Girls Phoenix Tier II (Fleming)
Please explain why you feel this team should be awarded the Team of the Week: Thank you for giving me the opportunity to vote for our daughter’s 2001 Phoenix Girls team. This group of girls have worked hard this indoor season, training and challenging themselves. They have played against the National Champions - Foothills, Calgary team on many occasions, and each time they work harder and stronger, striving for the best in themselves and individually. The girls are dedicated and aren't afraid of the hard work it will take to be the best in the Province. Being new to the team, we are proud to be a part of this team and appreciate the time and effort Coach Sean Fleming, Coach Lee Ballam assistant Coach Emily Keller and our manager Alana Achtymchuk.

January Team of the Week Awards
Nominated By: Steve Horvath
Age Group of the Team: U14 Boys - Team 1 Horvath
Please explain why you feel this team should be awarded the Team of the Week: We struggled early in the season winning only one game up to the Christmas break. We entered the Polar Cup Tournament, we lost only one game and missed the final on goal differential. Since our last game prior to the Christmas break we have lost only one game including the Polar Cup games. Boys have improved tremendously!! They are working real hard and it is showing with their play on the field.

Nominated By: Tyler Rilkoff
Age Group of the Team: U7 Boys - Team 4 Rilkoff
Please explain why you feel this team should be awarded the Team of the Week: the boys have had a great season. Everyone has at least one goal. They all buy in to our mini system and implement it in gameplay. We don’t officially keep score and tell them this but they haven’t lost a game all year. They overcame not having one of their better players last week and still managed to score 2-0. More importantly, they really get in to the message we were giving at practice regarding ball control and team play. Couldn’t be happier with these little guys. Much deserving of this award. Thanks :)

Nominated By: Noreen Hendershot
Age Group of the Team: U14 Boys Phoenix Tier II (Tennant)
Please explain why you feel this team should be awarded the Team of the Week: Please see the Team Spotlight on Page 6 with regards to the U14 Boys Phoenix Tier II team being named a team of the week

Nominated By: Steve Cicchini
Age Group of the Team: U12 Girls - Team 2 Cicchini
Please explain why you feel this team should be awarded the Team of the Week: Our team has been in a stage of continual growth. We started out having a few girls playing soccer for the 1st time and we ran into a bunch of injuries. The girls that came out have played their hearts out and given it all for their teammates/ coaches and parents. We have had everything from 8 players to our full 14. The team decided to enter into the Polar Cup over the holidays and we won the Silver Medal winning 2 out of 3 games and scoring 13 goals. As one of the coaches and a parent I am proud of the girls as they have never quit on us and have given us their all at practice and games.

Nominate Your Team
Nomination Forms found here
December Coaches of the Week

Nominated By: Roxanne Ross
Age Group of the Team: U7 Boys - Team 4 Rilkoff

Please explain why you feel this Coach should be awarded the Coach of the Week: Coach Tyler Rilkoff has done an amazing job as both coach and role model to this group of boys. It's clear that Tyler has a solid understanding of the game. His emphasis on team work, passing, and passing is unparalleled during games. Watching the kids develop their game over the past couple months has truly been noticeable. It has been during this indoor season, under Tyler's coaching that I have seen a noticeable acquisition of skill and team play. All the above mentioned would be enough to set Tyler apart from the rest. However, what truly sets him above the rest is how he interacts with the boys. A kind, friendly and fun mannerism truly makes him a 'kid's person'. The U7 Penguins are a great team, under the direction of an amazing coach!

Nominated By: Danica Levesque
Age Group of the Team: U8 Girls - Team 1 Dunsmore

Please explain why you feel this Coach should be awarded the Coach of the Week: Coach Pat is constantly showing his desire to instill the same passion he has for the sport into our young girls. He goes out of his way to ensure the girls get the game/practice time they deserve even when the facilities we normally use are booked up. Using his own time and resources to schedule games with the team who practices after us or renting a different gym. He is constantly utilizing one-on-one moments to ensure the skills they are learning are done properly while ensuring the team has fun at the same time. He definitely deserves the nomination, and to win!

Nominated By: Beatriz
Age Group of the Team: U6 Boys - Team 5 Miskolzie

Please explain why you feel this Coach should be awarded the Coach of the Week: Les Miskolzie is a great coach, dedicated, always has fun and educational pre-game exercises. He encourages commitment and discipline from his young players in a supportive and positive way. He's also supporting to new volunteer coaches, Adam and Fernando in their way to becoming great coaches. Great work. Thanks coach!

Nominated By: Makayla Talsma
Age Group of the Team: U12 Girls - Team 4 Hodges

Please explain why you feel this Coach should be awarded the Coach of the Week: I want to nominate my coach, Jordan Hodges, because he is patient and gives good instruction. He treats each player the same no matter what their skills are and encourages us to have fun and play fair. He also talks about being a good sportsman but to still play hard and to play for a win. Jordan is a competitive coach but teaches us about being humble. I love playing soccer with Jordan as the coach because he helps us be a good team and work together!

January Coaches of the Week

Nominated By: Morgen Thaleshvar
Age Group of the Team: U14 Phoenix Girls Tier II - Mellissa Willisko

Please explain why you feel this Coach should be awarded the Coach of the Week: I want to nominate my coach, Mellissa Willisko. Most of the girls on my team are now in grade 7, meaning lots of us, including myself have started playing school sports as well as club soccer. She is always supportive of our school sports. I love to play soccer and lots of the sports at school like basketball and volleyball as do many other girls on my team. It can be very busy but I love all these sports and it helps to have a coach who isn’t telling me to stop playing school sports! I think she knows that in the end playing other sports will make us better soccer players.

Nominated By: Sharon Moore
Age Group of the Team: U16 Boys - Team 4 Angotti

Please explain why you feel this Coach should be awarded the Coach of the Week: Nathalie has been so wonderful with our boys. She encourages them to be their best whether it’s in soccer or in their personal lives outside of soccer. She is always positive and the team never seems discouraged after a loss, but celebrates the great things they did do during the game. Nathalie sent each player a personal email outlining their strengths and how much they are appreciated on the team. I could only imagine how much of her personal time was spent completing this task. I believe that she should be the "Coach of the Week". She is truly an inspiration!

Nominated By: Tanya Hryniw
Age Group of the Team: U12 Boys - Team 1 McKnight

Please explain why you feel this Coach should be awarded the Coach of the Week: Josh McKnight goes above & beyond what a community coach usually does. He believes in the boys and their ability to learn and succeed. He makes sure that the team is always working together, has respect for others, and teaching them self reflection, perseverance and problem solving.

Nominated By: Bev Braat
Age Group of the Team: U16 Girls - Team 3 Douziech

Please explain why you feel this Coach should be awarded the Coach of the Week: Jason Douziech is a fantastic Coach. He coaches the U16 Girls Community team. Girls at this age are... interesting! He is so patient, but firm. He has very funny ways of getting his point across. Which makes everyone laugh. He keeps it light and fun, but still teaches! Our daughter even says he is one of the best coaches she has ever had. So, Thank you, Jason!

Nominate Your Coach
Nomination Forms found here
**Why are We Still Competing For Results?**

In the last 10 years, the structure of youth soccer competitions in Ontario and Canada has undergone some significant changes. The advent of Soccer Academy Alliance Canada (SAAC) in 2006, the Ontario Player Development League (OPDL) in 2013, as well as changes to the competition structures of various leagues from Under-8 to Under-18 across Ontario, have all provided a platform for the implementation of Long Term Player Development (LTPD), which is the strategic plan of the Ontario and Canadian Soccer Associations. One basic tenet of Long Term Player Development, which has been embraced by SAAC, the OPDL, and other competitive soccer leagues across Ontario, is the use of age-appropriate competitions. Several rule changes have been instituted in the various different competitive leagues in this province to make them more age-appropriate, including:

- Switching to smaller-sided games, ranging from 3 vs. 3 to 9 vs. 9, for ages ranging from Under-8 to Under-12
- Smaller-sized playing fields (used in accordance with the number of players on the field)
- Elimination of promotion/relegation, league standings and, in some cases, even scores from games and tournaments

Of course, there are very legitimate science/evidence-based reasons that the Long Term Player Development plan has recommended these changes. For example, Scott and Norman (1978) were some of the first people to conduct research into skilled performance and motor learning, and their findings indicated that children learn best through variability of practice and competition. Scanlan and Lewthwaite (1986) found that children who participate in sporting environments where they are pressured to win by a parent or coach are far less likely to enjoy their sport, and are subsequently far more likely to want to quit their sport during high school. More recently, Ann-Cyr et. al. (2014) determined that children and adults learn best when they are allowed to make mistakes and come to an answer on their own, rather than being directed by a coach or teacher.

From a coaching perspective, it is very easy to see the practical applications of this evidence. In youth soccer, the pressure to win games works completely against player development, as there is simply no way for a coach to allow players to make mistakes during competitions when they will be punished (either through dropping points and position in league standings and/or through relegation to a lower-level league) for losing those competitions. Thus, the rationale for instituting age-appropriate competitions which include elimination of promotion/relegation, standings, and scores is that, by shifting emphasis away from results, coaches and players can focus on what really matters—the development, improvement, and maximizing of individual technical soccer skills, and tactical knowledge of the game.

Over the course of my career, I have worked with coaches and parents at all competitive levels in the game, including the higher levels (Ontario Provincial teams, Canadian National teams, and Toronto FC Academy teams) as well as the lower amateur club and academy levels. During this time, I have found that, out of all of the aforementioned changes to competition structure in youth soccer, it is the elimination of league standings and scoring from games that has seemed to be the least popular amongst many coaches and players in Ontario. Many times, when I ask players, parents, or coaches competing in the new leagues which have eliminated standings (and in some cases scores) like SAAC or the OPDL how their last game went, the first answer I hear is “we won” or “we lost.” Often, these same people will comment on the quality of another club’s or academy’s developmental program by saying things like “their program is no good, we beat them 5-0 last time we played them.”

I cannot help but wonder why, even in environments like SAAC and the OPDL (which have clearly indicated that player development is their primary focus—the words “player development” are literally part of the acronym “OPDL”) so many people are still competing for results and measuring the success or failure of their programs based on these results. Unfortunately, what these people fail to realize is that the results of any youth soccer competition really do not matter, because they will have no impact on the technical, tactical, physical, or psychological development of the players who are competing. Furthermore, and perhaps more importantly, I can say from my own experience that the coaches in the various different higher-level adult soccer environments in which most aspiring youth soccer players wish to play (Canadian and U.S. college/university teams, Canadian and international professional clubs, and the Canadian National teams) do not care about the results of youth soccer competitions either. What these coaches do care about is technical skill, tactical knowledge, physical fitness, attitude and work ethic, all of which are qualities that are best developed without pressure to get results and win games.

Ultimately, the solution to the problem of the unpopularity of age-appropriate competitions with reduced emphasis on scores and standings in youth soccer lies in coach, parent, and player education. Coaches should ensure that they follow the guidelines of Long Term Player Development and, in addition, should do their own research into how their approach and attitude towards competition affects the development of their players. It would be great if parents, too, were able to take part in basic coach education programs and courses which emphasize the positive impact that age-appropriate competitions can have on their children’s soccer development. Finally, players should be encouraged both by their coaches and their parents to find other ways to measure their performance in competitions, rather than simply by looking at the score line. If we truly want to improve and maximize player development in Canadian soccer, then we need to stop competing for results.

This article was written by Richard at Soccer Fitness Goals on January 25, 2016. To view the article click [here](http://soccerinthepark.com/soccer-fitness-goals/).
Youth Goalkeeper Camp Review

The SPDSA hosted a goalkeeping workshop on January 17 and 24 for our Community players from U7-U18 that hold a passion for the position between the sticks.

The workshops were led by LK-U6 Technical Lead Richard Espinoza, U7-8 Technical Lead Sarah Smyth and Technical Coach Eric Munoz.

The SPDSA saw a very positive response from our members with 50+ players attending the 2-Day Workshop. Players were split into three groups based on their stage of learning: FUNdamentals (U7-U8), Learn to Train (U10-U12) and Soccer for Life (U14+).

The workshops focused on basic goaltending principles including: Diving, Catching, Positioning and Distribution.

Drummond & Munoz renew agreements with SPDSA

Sherwood Park, AB, January 26, 2016– The SPDSA Technical Department are excited to announce the continued roles of both Daniel Drummond and Eric Munoz through 2016 & beyond.

Daniel Drummond will continue his role as Technical Coordinator while also taking on the responsibility of the U10 (Learn to Train) Technical Lead role. Eric Munoz will be a constant figure in the technical training as a Technical Coach and will also be working closely with our U12 program as the U12 - Learn to Train Technical Lead.

We are delighted to continue our relationships with these two key contributors. Both Daniel and Eric have been the faces of our department providing consistency and leadership in the delivery of our technical programs. I look forward to working with them in taking our programs to the next level. Ian Skitch – SPDSA Director Technical

Both Daniel and Eric will be on field with significant roles in our grassroots program. Please take the time to say hello and talk soccer.
**Key Coaching Points**

- General Handling techniques dependant on angle, trajectory and speed of ball
- Varying distribution techniques
- Awareness of personal position on pitch and that of other players
- Communication amongst players

**Details**

- Area can be adjusted according to age, number, and ability of players
- Catching high balls under pressure
- Above head-height distribution
- Variations in distance of throws and range of distribution
- Appropriate Footwork
- Getting into set position to collect

**Practice Organisation**

Area 40x30 yards, with goals at each end, 3 yards wide, as illustrated

12 Goalkeepers, in 2 teams of 6, 1 ball

No goalkeeper in goal: the last player acts as goalkeeper

Players cannot run with ball: they must pass using under arm throw technique

Opponents can intercept the ball as it is passed from one player to another

 Goals are scored by throwing the ball into the goal
Sherwood Park District Soccer Association

Administration Office/Equipment Room
Mon-Wed-Fri 9:00am - 5:00pm
Tues-Thurs 12:00pm - 5:00pm
Weekends/Holidays Closed
#102 - 241 Kaska Road
Sherwood Park, Alberta

Technical Office
Mon-Wed-Fri 9:00am - 1:00pm
Tues-Thurs-Weekends/Hol. Closed
131.2 Millennium Place
2000 Premier Way
Sherwood Park, Alberta

Phone: 780-449-1343 | Fax: 780-464-5821

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Thank you to our Sponsors

[Images of various sponsors logos]