

**From:** Your Friends At Grand Rapids Crew Juniors [bjorn@quickstepsports.com]  
**Sent:** Friday, October 26, 2007 1:46 AM  
**To:** ken.coviak@comcast.net  
**Subject:** Grand Rapids Crew Juniors e-News



## Grand Rapids Crew Juniors e-News

### IN THIS ISSUE

[Player of the Month](#)  
[Proper Nutrition](#)  
[From Columbus](#)  
[Message From The TD](#)  
[Sales at Studs Up](#)  
[Premier News](#)  
[Select News](#)  
[Facts and Figures about the Game](#)

### QUICK LINKS

[Newsletter Archive](#)  
[MVP Fieldhouse Schedule](#)  
[Academy Training](#)  
[More On GRCJ](#)

### OUR SPONSORS



Issue: III

October/2007

*Dear GR Crew Juniors Player and Parent,*

*Welcome to the third installment of our bi-monthly newsletter. As we continue to evolve and grow we are going to cover more material in these e-News letters.*

*The fall season of our inaugural year is coming to an end pretty soon and it has been a tremendous success. We have had our growing pains in getting use to a new way of doing business and in the use of our new home facility but as we move forward many of the issues have already been addressed internally and by the vendors.*

*It is wonderful to see how well the kids are performing and to monitor their progress both on and off the field. When they grow, we grow! Your strong support and believe in the organization is greatly appreciated as we are looking for new ways to improve YOUR club. As we have done before we would like to remind you that there will always be a need for volunteers and, as two non-profit 501c3 organizations, we will continuously be looking for sponsorship that can give our club a competitive edge or, more importantly, a chance for more kids to play the game we all love.*

*We invite you to explore this e-Newsletter and use the links to the website that will keep you posted on the latest news in and around soccer in West Michigan. Read up on proper nutrition for young athletes, find out who got player of the month, hear what our affiliate Columbus Crew has been doing and learn about the player philosophy of our Technical Director. If you are in the need of cleats, check out the sales coming up at Studs Up or if you want to learn about winter training opportunities click on the Academy Training Link under Quick Links.*

*If there is something missing that you would like covered in future editions of this e-News letter or if you have some questions or suggestions in how we operate, please contact us anytime via [info@grcrewjuniors.com](mailto:info@grcrewjuniors.com).*

*Enjoy and see you on the pitch.*

CLICK ON IMAGE

## Player of the Month



### Sean Conerty

*(As we continue to come up with features for our e-Newsletter we thought it would be appropriate to highlight some of our players who have shown great abilities both on and off the soccer field. Whether it be leadership, work ethic, GPA or perhaps some extra curriculum activity that has a positive impact, we would like coaches to nominate players on their teams for player of the month, when and if they feel it is deserved. Between the Director of Coaching and the Technical Director we will choose the player featured in the Monthly e-Newsletter).*

**Sean Conerty** is the captain of our U14 MRL Team. He is an enthusiastic, dedicated and hard working player on and off the field. His leadership has helped the team bring together a remarkable record this fall in the National League of 6 wins, 0 losses and a 27-2 goal advantage.

On the field Sean is a threat to any opponent as he can strike from any distance in the top third with his very capable right foot or send a team mate the perfect penetrating pass through the defends.

In describing Sean's

## From Columbus



*Dear Crew Juniors Parents,*

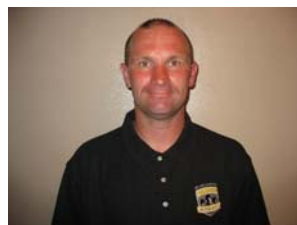
*With our fall seasons almost over, I wanted to let your family know how much we appreciate your involvement with the Crew Juniors and your support of The Columbus Crew.*

*From a youth perspective, we're in the midst of significant changes from the national level to the local level. In 2007 alone, we have formed a relationship with you, Grand Rapids Crew Juniors, as a regional partner, are developing potential partners throughout our MLS Home Territory of Ohio, advanced to the semifinals of the first MLS youth competition at the All Star celebration in Denver, and have been accepted into the US Soccer Development Academy. Combined with the other resources that are a part of our system (outstanding coaches, access to Crew players and facilities), we believe that we're creating a very unique opportunity and experience for our young players.*

*We're very excited about our new partnership with the Grand Rapids Crew Juniors. Our mission is to build the finest youth development system in the MLS, and forming a regional partnership with clubs as accomplished as the two that came together as Grand Rapids Crew Juniors is very encouraging in our first year. By sharing significant resources such as our club philosophy, curriculum, coaches, players, facilities and gear, we believe that the partnership will offer a unique experience and opportunity for youth players in Michigan.*

**Andrew Arthurs, Columbus Crew  
Vice President Soccer Business Development  
Executive Director Crew Juniors**

## Message from the Technical Director



abilities Coach Remco Bergsma says: "He understand that being a forward or midfielder is not just about making goals but also that he has to pressure the ball on defense, to make it easier for our defensive line." He continues, "If he keeps on improving like he is, he will have a change to become a National Team Player at his age group. With his technical and tactical capabilities and his winner mentalities he is a player that opponents have no answer too."

Sean is a good student and his goal right now is to study and train hard so he can stay on track to attend a Division I college.

He started playing competitive soccer in New York when he was 4 years old and continued once he moved to Michigan 6 years ago. He has been playing with many of his teammates on the U14 Premier team since he came to Michigan and has formed friendships that will last a lifetime.

The team is sitting on top of the table in the MRL (National League) but their focus right now is on defending their title at the Junior Soccer Showcase at Disney this Thanksgiving and winning State Cup in the spring.

## Proper Nutrition

### *My thoughts and philosophy on Football and player development*

#### **Philosophy**

*Training; The difference between being good and being great. The best players are the ones who are the last to leave the field, the ones who are fighting hardest for the ball, and the ones who treat training as if it were a real match. These players, who throw their heart and soul into training, are the ones who go from being decent soccer players to great players of the game at any level.*

*It's not about luck, it's not about skill, it's about hard work and sweat, it's about working harder than the next player, it's about training.*

*Those who mold and refine their individual game and talent through training hard will take their game to the next level.*

#### **Attitude**

- 1. Team mates; being friendly, helpful and responsive to team mates.*
- 2. Coaches; respecting and supporting coaches decision and directions, players and parents.*
- 3. Program; contributing to the reputation and growth of the soccer program by being positive at all times on and off the field.*
- 4. Self Development; having the desire to take extra specific steps to improve your game.*

#### **Performance**

- 1. Academics; 100% the same effort as you give on the field you should give in the class room as good grades will get you a Soccer Scholarship quicker.*
- 2. Practice; Be a touch practice player always hustling and giving 100%*
- 3. Training; following rigorous programs to protect yourself from injury and improve your athleticism and education of the game, always pushing yourself and others.*
- 4. Community; being responsible role model at all times to the program and especially to the younger players.*
- 5. Confidence; Having faith in your own abilities without being conceited or arrogant.*

#### **Character**

- 1. Mental; staying focused and not getting down on yourself, team mates, coaches etc. Take responsibility rather than distributing blame when the going gets tough.*
- 2. Reliability; making training and games on time, respecting facilities and equipment.*
- 3. Loyalty; staying positive about team mates and the club, maintains a real team atmosphere.*
- 4. Conduct; displaying behavior consistent with program Philosophy and moral principles.*

#### **Discipline**

- 1. Fitness; stay fit all year round, aerobically and anaerobic ally.*
- 2. Health; having the discipline to eat and drink the best foods in the correct amounts don't just look good but feel good as well.*
- 3. Self Development; having the ambition to become the best player not only in your team but in the Club, working on all your weaknesses, create your own training environment wherever you are.*
- 4. The will to Win; Having an understanding that everybody wants to win*

## Should be part of Training Young Athletes



*(This article was first published by Baylor College of Medicine. In the future we will have much more on the subject of nutrition on the website)*

Teaching young athletes about good nutrition should be as important as teaching them the skills of the game.

"Sometimes coaches and parents overlook this important part of the training process," said Becky Gorham, a registered dietitian and research nutritionist at the CNRC. "It's up to parents and coaches to learn and teach kids what is good for the body."

Knowing how much to feed young athletes, what to feed them, and when to feed them is important.

"Foods high in carbohydrates will provide athletes with the energy their muscles need," said Gorham. High carbohydrate snacks are recommended to meet the energy needs of young athletes.

Weight-bearing exercises can strengthen bones, but only if there is enough calcium in the diet.

"Young athletes should also be encouraged to eat at least four servings

*but what distinguishes the Champions from the rest is that they have daily, weekly, monthly and yearly Goals set in their lives to be the best. The most important thing is they carry out these plans and discipline themselves to be the best, it's not easy, but it will always separate you from everyone else.*

Regards,

Jeff Brown

---

## Studs Up Sale for Crew Juniors Families



Season Ending Soccer Sale November 2,3, & 4 for Crew Juniors Players ONLY

- All soccer shoes on sale  
(25-50% off in stock footwear - Puma, Adidas, Kelme, Hummel, Diadora)
- ALL apparel on sale  
(30% off shorts, warm ups, training shirts, goalie gear, winter warm gear....)
- ALL accessories onsale  
(20% off balls, shinguards, gloves, socks...)

Store Hours: Friday - 11/2 11am-7pm, Saturday 11/3 10am-6pm, Sunday 11/4 Noon-4pm.

**\*Free Jersey Junction Ice Cream with each purchase!!!**

Do not forget **Crew Corner** at Studs Up as Christmas is coming up fast.

We are now fully stocked with GRCJ club wear. Fun items include flannel sleep pants, blankets, caps, knit hats, sweatpants, drawstring backpacks, tote bags, as well as the popular hoodies and zip up hoodies, all emblazoned with the GRCJ logo. Car decals and water bottles have arrived. Many items can be personalized and special ordering is available if you can't find your size (just ask the staff for a form)! 100% of Crew wear profits come back to your club, so please join us in supporting GRCJ in this important fundraiser (cash or checks only, please)!

In the future Gazelle Sports will also have a limited selection of items.

a day of calcium-rich foods like milk, cheese, and yogurts," said Gorham.

Few things hamper performance faster than dehydration. "Children should drink three to eight ounces of water every 15 minutes of practice to avoid dehydration," said Gorham. "Children need to be taught, and reminded during workouts, to drink water even when they are not thirsty, because thirst is not an accurate measure of hydration."

Contrary to popular belief, vitamin supplements will not provide a direct source of energy for young athletes. If the child is following the guidelines from the USDA Food Guide Pyramid, vitamins are not necessary.

"Providing young athletes with healthy food choices is one of the keys to helping them reach their full athletic potential," said Gorham. "And in most cases, these healthy food choices will stay with them for the rest of their lives."

### **Healthy high-carbohydrate snacks for young athletes**

- Whole-grain ready-to-eat cereal with low-fat or skim milk
- Low-fat fruit flavored yogurt
- Peanut butter on whole wheat toast and 1/2 apple

---

## **Premier News**

### **Grand Valley State University and Grand Rapids Crew Juniors Girls College Experience**



**Friday November 2<sup>nd</sup> 2007**

**3:00 PM: College Campus Tour (Allendale)**  
(meet at fieldhouse)

**4:00 PM: GVSU Women's Conference Game**  
(Group rate; adults \$4, kids \$2)

**App. 6:00 PM: Casual gathering with Coach Dilanni**  
(Topics to be covered will be the importance of Academics, ACT's, Differences in play in NCAA Div. I, II, III and NAIA)

### **Parisi Speed Training schedule**

#### **Option 1:**

If a player intends to purchase individual training they can add three free sessions to their package. They need to contact Caleb from MVP at 616-328-8115 to take advantage of that option.

#### **Option 2:**

MVP is providing three free group speed and agility trainings. The dates are November 11, 18, and 25 at MVP Fieldhouse on the speed field indoors.

- For 7-12 year olds the times are 2-3pm.
- For 13-18 year olds the times are 3-4pm.

Registration is required. To register you must email Dana Hoebeke at [Chip.hoebeke@rehmann.com](mailto:Chip.hoebeke@rehmann.com)

---

## **Select News**

### **Grand Rapids Crew Juniors Spring Team Try-Outs**

- Lean meat on pita bread with ½ cup orange juice
- Graham or animal crackers and a box of raisins
- Low-fat frozen yogurt and 100% grape juice
- Oatmeal raisin cookie and low fat milk
- Low-fat pudding Bagel and 100% apple juice

#### JOIN OUR LIST

[Join Our Mailing List!](#)

On Wednesday November 7th from 5:00PM to 9:00PM GRCJ will have try-outs for older boys select teams. They will take place at the "new" MVP Sports Spot.

-U15/U16 boys: 5:00PM - 7:00PM

-U17/U18 boys: 7:00PM - 9:00PM

### Parisi Speed Training schedule

#### Option 1:

If a player intends to purchase individual training they can add three free sessions to their package. They need to contact Caleb from MVP at 616-328-8115 to take advantage of that option.

#### Option 2:

MVP is providing three free group speed and agility trainings. The dates are November 11, 18, and 25 at MVP Fieldhouse on the speed field indoors.

- For 7-12 year olds the times are 2-3pm.
- For 13-18 year olds the times are 3-4pm.

Registration is required. To register you must email Dana Hoebeke at [Chip.hoebeke@rehmann.com](mailto:Chip.hoebeke@rehmann.com)

---

## Facts and Figures About the Game

By Stan Nixon, formerly of Middlesbrough FC, England

1. Each team has an average of 240 possessions per game
2. Two-thirds (66%) of the game is '0' passes
3. Each match on average lasts around 55-60 minutes of playing time
4. There are approximately 110 set piece situations per game
5. On average, a stoppage occurs every 80 seconds for a set piece situation
6. On average, a player has possession for around 2.5 minutes per game
7. The long ball through the middle is 80 percent ineffective
8. 75% of all goals arise from
  - set pieces

- crosses
  - regained possessions in the attacking third
9. 60+ % of all goals come from moves commencing in the attacking third
  10. An average of 6.5 reaches is needed to produce on shot
  11. On average a team needs nine shots to score a goal
  12. 58% of set pieces are created by dribbling past opponents
  13. A gully pass/channel pass into the attacking third has a 50% possession success
  14. "Through balls" produce only 20% of goals
  15. 30% of all goals come from '0' pass moves
  16. 20% of all goals come from '1' pass moves
  17. 18% of all goals come from '2' pass moves
  18. 13% of all goals come from '3' pass moves
  19. 8% of all goals come from '4' pass moves
  20. 80% of all goals come from '3' passes or less
  21. 90% of all goals come from '4' passes of less
  22. An average of 10 regains in the score box produces 1 goal
  23. Passing and controlling the ball are the most used skills in the game.

---

*Thank you for your interest and look for future installments of the Grand Rapids Crew Juniors e-News. If you need more information right away go to:*

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

*Sincerely,*

***Your Friends At Grand Rapids Crew Juniors***

**[Forward GRCJ e-News to a friend](#)**

**✉ SafeUnsubscribe®**

This email was sent to ken.coviak@comcast.net, by [bjorn@quickstepsports.com](mailto:bjorn@quickstepsports.com)  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

