

# KARL'S KOMMENT

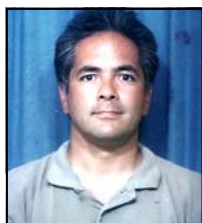
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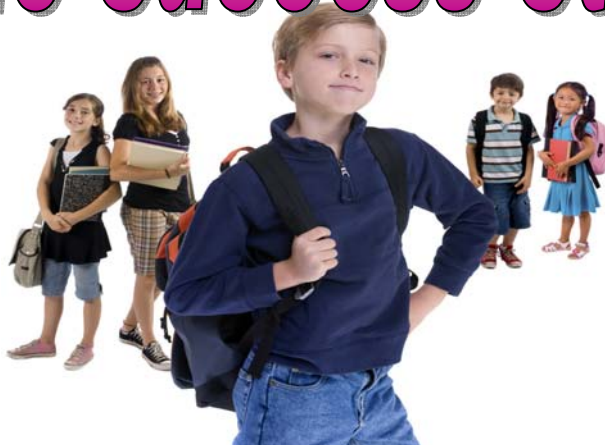
November 2008

Volume 1, Issue 8

## Some Success Stories



Submitted By:  
**Robin Kane**  
CYSO ODP  
Technical Director



94%

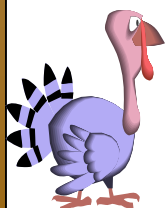
You may not be aware of the prime directive for **CYSO-North ODP** which is, "Identify, prepare and promote players to the next levels either the Region IV Regional Pool or straight onto the US Soccer National Player Pools!"

Thirty-six (36) Players in the 2008 US Soccer National Player Pools name Northern California as their place of residence. The Pools consist of the full National Team as well as the U23, U20, U18, U17 and U15 National teams.

While there are other alternate routes for Player Identification, our ODP continues to be "Route 1" to the national programs.

Thirty-four (34) of the (36) came through our ODP Program which is 94% and they are:

Name	City	Name	City
Akinsanya, Adedoja	Sacramento, CA	Jurado, Megan	San Jose, CA
Alexander, Cori	Martinez, CA	Kanu, Nkechi	Pleasanton, CA
Alvarez, Christian	Merced, CA	Klei, Olivia	Pleasanton, CA
Brunache, Danielle	Belmont, CA	Kufeld, Megan	Fremont, CA
Cortez, Victor	El Sobrante, CA	LaPonte, Jennifer	Castro Valley, CA
Cox, Stephanie	Elk Grove, CA	Medina, Jon-Paul	Fresno, CA
Dahlkemper, Abby	Menlo Park, CA	Mercik, Rachel	El Dorado Hills, CA
Dickerson, Lindsay	Los Gatos, CA	Noyola, Teresa	Palo Alto, CA
Fitzpatrick, Kaitlyn	Pleasanton, CA	Okugo, Amobi	Sacramento, CA
Foo, Kelsey	San Jose, CA	Pearce, Heath	Modesto, CA
Henderson, Val	Orinda, CA	Rapinoe, Megan	Redding, CA
Henninger, Bianca	Saratoga, CA	Rapinoe, Rachel	Redding, CA
Hill, Kamani	Berkely, CA	Ryan, Nicholas	San Jose, CA
Ianni, Patrick	Lodi, CA	Salciccia, Anthony	San Jose, CA
Igwe, Chioma	Belmont, CA	Smith, Ahsa	Oakland, CA
Jackson, Larry	East Palo Alto, CA	Wagner, Aly	San Jose, CA
Jahn, Adam	El Macero, CA	Weideman, Andrew	San Ramon, CA



You may also not be aware that, "Identification, preparation and promotion of these players to the next levels is carried out by 'VOLUNTEER' Coaches and Administrators." Of note is the fact that many of these same individuals are also on our **CYSO** Instructional Staff!

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# CELEBRATING LIFE

EVERETT GLENN

1959-2008



What a Site: [www.fundamentalsoccer.com](http://www.fundamentalsoccer.com)

*My Condolence.  
I am very sad  
today hearing  
this news.  
Everett is some-  
one I have spent  
some precious  
time. We were  
planning on  
working on  
helping the  
homeless people  
in the Bay Area  
through my  
street soccer  
program for the  
homeless.  
May His Soul  
Rest in Eternal  
Peace.  
Jules Ujeh*



The Celebration will be on Sunday Nov. 23rd from 5pm-7pm at the Ruggieri Center, 33997 Alvarado-Niles Road, Union City. It will be a potluck (main dishes and salads please). Come and share your memories of Everett.

Some of you have asked about donations... Donations may be made to Bank of America account #1997940133.

*He'll be in our  
prayers, as well as his  
family.*

*Ernesto Farias*



*I remember Him really well. He was in the wheelchair, but he set his lap-top, the projector and all the other stuff by himself, without any help. It was the first time that I was giving that presentation. I'm sure that, every time it will be shown again, he will be with us repeating that lesson.  
Gianni Mininni*



*That is awful... I'm so sorry. He was a good man who genuinely cared about the kids and their development as players. I had the pleasure of taking the National D course with him (where my dad and him really connected) and then enjoyed seeing him and hearing his stories at the CYSA meetings. He will be greatly missed by all.*

*Jamie Howard*

*The de Graef family sends our most sincere condolences.*

*That is so very sad, I remember he would talk about his son, & only 49! May he rest in peace. Lorraine Siadat*



# Rod Gilchrist Named Monterey County Herald and Mission Trail Athletic League Coach of the Year

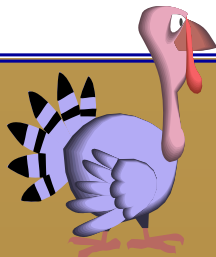


**Rod Gilchrist**

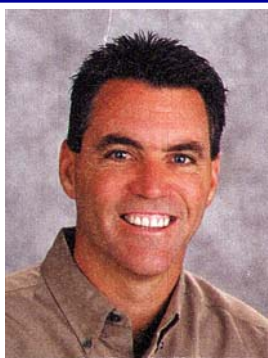
**CYSA Staff Instructor, Rod Gilchrist, who coaches the Santa Catalina Girls Varsity team was named Monterey County and Trail Athletic League -Coach of the Year.**

"With so many lopsided wins, Gilchrist kept Santa Catalina sharp as evidenced by the Cougars outscoring opponent 120-10. Not only did they win a sixth MTAL title in seven years, the team posted 20 wins and a playoff victory. Gilchrist wasn't interested in streaks and titles as much as progress. Santa Catalina took a step in the right direction this season." Stated the Herald article.

Coach Gilchrist was thrilled over the fact that he was named Coach of the Year by two entities. He, however, showed more pride in having placed, Meredith Evans, Ryann Woolf, Sarah Wright and Samantha Wai, four of his Santa Catalina players on the All-County Girls Soccer Team.



## "Proud Coach"



**Buzz Garvin**

Just thought I'd give you a little 'proud coach' update.

The little Sonora team "Tuolumne Typhoon" - which became my Sonora High School team. Has just about all graduated high school and I am now done coaching. You might remember these girls as you came to Fresno and watched us play in the Premier League North/South when we were underage and somewhat outplayed- maybe three or four years ago. It's been my hometown team since U10 for some and U12 for most.

The high school team won 3 consecutive CIF section championships, nationally ranked all three years by NSCAA and ranked #3 nationally in 2007. From the 2007 team there are currently 8 girls playing college soccer on scholarship, and another is one of the top players on Modesto JC's undefeated 11-0 squad. She will have the opportunity to move on and play if she chooses. On top of that, the last two high school seniors have both committed with scholarships; one at full tuition, over \$100,000 for four years!

We should have 11 scholarship players from my Typhoon team and all 11 played on my 2007 section championship team. All 11 are from Sonora. Two of the girls are in D-I, two in D-II and the rest in NAIA schools.

It's been a really fun ride for both me and the girls. The **CYSA Coaching School Program** was a big part of it along the way... So thanks for all you do!

One of my strong memories is the National D class at UOP - where it was hammered into me 'Left side - Left foot' and 'Right side - Right foot'. Believe me, my girls have received correctly ever since! J

**Buzz Garvin**





# Email before attending one of our courses...

I coached U6 for the past 2 years, and had a lot of fun, and won almost all our games. Now I moved up with my son to U8. Everything has changed! Now we have Goalies, Centers, Wings. I never played soccer, so I am kind of lost there but get most of it. So now I am learning all over for U8, but what is some of the most important parts to practice? We only have an hour to practice most nights, since I have to work night shifts right after practice. Where can I find more info on small games and U8 strategy tips? These kids are pretty smart and catch on real quick to be honest I am amazed at the skills they learned already. I just need to help them and me learn more secrets of the game.

Thanks for all your help!

Coach Ken



# Email after attending one of our courses...

I attended one of your **CYSA** coaching courses and was introduced to your '9-Step Practice Routine.' Well I have to say, the method really works. I followed the 9 steps, and the kids play like a completely different team. The only thing I added was give them candy when they do something well. It's working great. The candy thing makes them try harder. I wanted to use iron on patches, but we have to turn in our uniforms. Now, I need to get the kids passing better. Other than that we are looking 100 times better than before the '9-Step' plan.

Thanks,

Coach Ken



# Another - After course Email...



Larry Rouen

**Larry Rouen was great!** I will say that for U-10 girls I have tried the complete program. The girls had a hard time getting the 'Serve' pattern and it seemed a little advanced for them. But, I did some revising and everything is now working great.

The girls are able to go from Warm-up to One + One and One vs. One with little or no help or prodding from me -just like Larry said they could.

This is a great program and all coaches should be required to take your **CYSA** courses and apply the methods being taught. I know that this is probably impossible to do but I think you should give it a try because all kids should be as happy as mine are now!



Coach Hal



# Just A Reminder

## Veterans Day - Honoring All Who Served.

President Bush has proclaimed Tuesday, Nov. 11, 2008, as Veterans Day and the week of November 9th - 15th as National Veterans Awareness Week and encourages Americans to recognize our veterans through ceremonies and prayers.

If you know someone in your soccer community who served, just thank them for their service to our country, it will mean a lot to them!





# Female coaches look to turn male soccer programs around



Photos by Bryan Higashino  
Shauna de Graef decided to quit playing soccer in order to focus on coaching when she accepted the varsity boys head-coaching position.

She tries not to say too much during games. But during practices, Monterey Trail boys soccer coach Shauna de Graef has her team's undivided attention.

They all listen intently as the first-year head coach instructs her team to limit their dribbling and be more aggressive at the goal.

She may be young and a female but she had no problems gaining the respect of her athletes.

"We respect our coach just as much she respects us," said junior defender and captain Jas Bains. "There are no problems whatsoever. We are just happy to be here. There is nothing else we'd rather be doing than this.

"She is just a regular coach like everybody else," continued Bains. "She motivates the team to do things and she is a good coach. She is going to lead us to some good things. I think we are going to have a good season with her. She is not any different from any other coaches just because she is a woman; we have the same amount of respect for her as we would for all our other coaches."

Since Monterey Trail began its varsity soccer program three years ago, the Mustangs have had a different head coach each season.

"We just wanted a good coach we could go far with," said Monterey Trail senior goalie Jose Calderon. "We didn't have a preference or anything, we just wanted a coach who showed up."

Thus far de Graef has done a lot more than being present at practices and games. Since taking the job in August, the 25-year-old has worked on establishing a stable soccer program at Monterey Trail.

"If I started something I put all my effort," said de Graef. "I already anticipated being here for a while; I mean at least four years to see the freshmen all the way through. I would like to see things improve and being here one season wouldn't be enough to do that, and honestly I get too involved."

With the help of her husband, John, who coaches the junior varsity boys and her father-in-law, Hans, the de Graef's have turned coaching the Mustangs into a family affair.

Shauna is not the only female boys soccer coach in the Delta River League. Florin's Jennifer Hilleary-Zdobnikow guided the varsity boys to a 6-4-2 record as of last Friday.

Valley, of the Delta Valley Conference, is also coached by a female, Krissy Collyer.

"I like coaching boys better because I can push them harder," said Shauna de Graef, who has had experience coaching co-ed teams in her family business, Cleat's Soccer. "I can be more aggressive with my coaching style with guys than I do with girls. I love the JV girls. They are so much fun and they are willing to learn. I just have more fun coaching guys because I can push them harder and raise my expectations when it comes to sprints, distance runs, going for headers in the air; they are willing to try everything at least once even if they are scared they do not show it."

De Graef admits she was a little nervous taking on the role as head coach of a boys team, but quickly realized the type of athletes she possessed.

"I didn't know how it was going to be," she admitted. "For whatever reason Monterey Trail gets the stigma of bad kids, so I was a little apprehensive at first but this is a really good group of guys. I'm impressed by what they are doing and it shows me that I pretty much gained their respect and trust."

"I like coaching boys better because I can push them harder"

-Shauna de Graef



# Female coaches look to turn male soccer programs around

Despite the lack of games this season, Monterey Trail is currently 4-3-1 and, although there's been some frustration along the way like not having an adequate field, de Graef has enjoyed her time thus far.

"A nice goal would be to finish at .500, but the best goal would be to make it to section playoffs," de Graef said. "It is for sure something the seniors want to do. I think for sure this team can make it to playoffs, it's just a matter of finding cohesive jell to keep everybody moving and a better understanding of positions. I don't play a dribbling style game, I like quick counter attacks, nice passes, kind of a Dutch style opposed to a Latin American-Hispanic style which dribble a lot, so we like to pass the ball around and then try to change our point of attack." For de Graef, her goal is to continue to challenge her players.

As an athlete, de Graef always wanted more from her coaches and always wanted to improve her knowledge of the game. Although she started playing soccer her freshmen year in high school, de Graef started coaching at the age of 14 after attending some CYSA coaching license courses. Since then she has been an USSF license holder and is constantly upgrading her license.

De Graef also played last year for Cosumnes River College as a starting midfielder, but will hang up her cleats this season as she concentrates on coaching and the family business.

Cleat's Soccer is a 19-year-old training and camp program for competitive and non-competitive soccer athletes.

"I ended up learning a lot when I was playing about coaching and what I want to do with my teams based off experiences, good and bad," explained de Graef. "I tried to use my experiences to try to motivate the guys."

Besides trying to continue to educate her team, de Graef runs an efficient program and emphasis fundamentals.

"I always want to make sure that I never overlook fundamentals because other coaches have a tendency to put unrealistic expectations on their players," de Graef said. "I like to make sure they have the fundamentals. I'm always letting them know what their jobs are and what they need to do, holding them responsible. The boys are open to having a more authoritative coach. They don't really take things as personally, so that's kind of one of the reasons why I took the varsity boys."

For Monterey Trail athletic director Rick Arcuri, having the de Graefs run the soccer programs is everything he had hoped for and more.

"Shauna and John are quality coaches and they've proved that with the women's program," Arcuri said. "In terms of knowing soccer, knowing how to work on skills, techniques, getting the kids better, and being good role models that's what the boys needed. Just some structure, discipline, and consistency. I was real excited when they were able to commit."

"We are not trying to prove a political statement or anything, Shauna is a quality coach and she can coach," emphasized Arcuri. "She's got a positive attitude and has a confident belief about her and in the kids."

John agrees and believes his wife will shock a lot of people this season.

"I honestly think people won't take her serious and that is going to kill them because they're going to underestimate her," said John. "We are just not here from three to five but we are talking at night afterwards, it's kind of like a family project."



Monterey Trail's Shauna de Graef is one of two female soccer coaches in the Delta River League. Florin's Jennifer Hilleary-Zdobnikow also coaches the boys team.



# HAPPENINGS

**December 2008**



What a Site: www.fundamentalsoccer.com

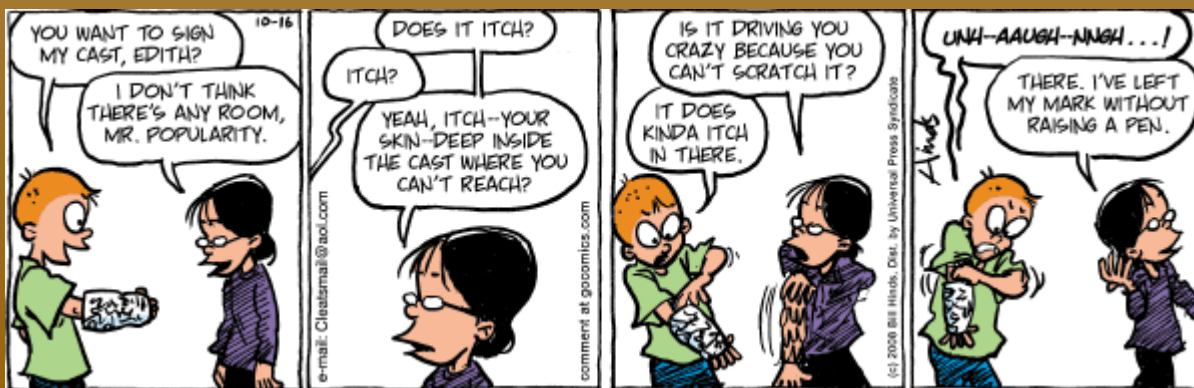
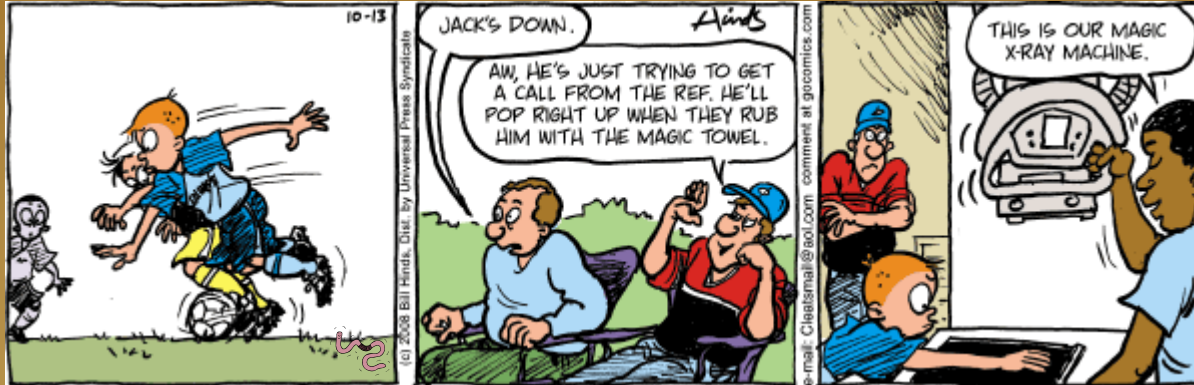
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Applications to Host a Tournament Due 	2	3	4	5	6 State ODP Try-Outs
7 State Board of Directors Meeting State ODP Try-Outs	8	9	10	11	12	13 State ODP Try-Outs Tournament Weekend Founders' Cup Prelims
14 State ODP Try-Outs Tournament Weekend Founders' Cup Prelims	15	16	17	18	19	20 Founders' Cup Qtr Finals & Semi Finals
21  Founders' Cup Championships	22 	23	24	25 	26	27
28	29	30	31			



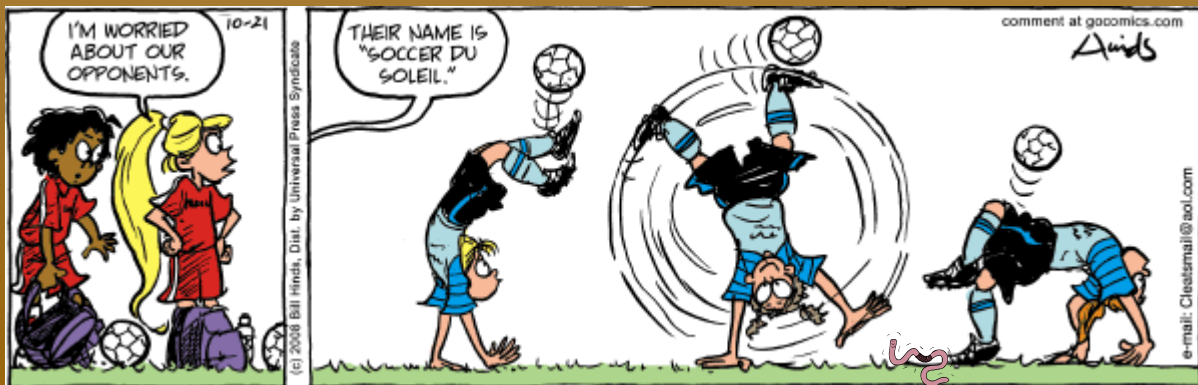
- 1st Application to Host a Tournament due to CYSA Office
- 6th-7th State ODP Try-Outs
- 6th District Commissioners Meeting
- 7th Board of Directors Meeting
- 13th-14th Tournament Weekend
- 13th-14th State ODP Try-Outs
- 13th-14th Founders' Cup U12-U14 Boys and Girls Preliminary Games
- 20th CYSA Founders' Cup U12-U14 Boys and Girls Qtr Final & Semi Final Games
- 21st CYSA Founders' Cup U12-U14 Boys and Girls Championship Games
- 25th CYSA State Office Closed



# Cleats Comics



# Cleats Comics



What a Site: www.fundamentalsoccer.com