



The Goalpost



www.FWUnitedSoccer.com

June 2007



June 16 & 17
Join the FUN!

How
to
Contact
Us



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FWUSA's Citadel FC Hosts State Finals

Teams from across the state will gather in Fort Wayne this weekend to battle it out to see who will be the best in the state! State Cup and Challenge Cup Finals will be held at Hefner Fields and hosted by Citadel FC. Tournament organizers, including tournament director, Heather Simerman, expect large crowds to come out and experience great soccer competition. Attending the event is free, but spectators are encouraged to arrive early so that they can park and get to the fields prior to game time.



FWUSA's Citadel & Select Hold Try Outs

On June 4 & 5th, Citadel FC will hold try outs for the 2007-08 seasonal year. The Select League will hold try outs on June 19th & 20th. The location for all events is Kreager Park. Players who are new to the club are asked to bring a birth certificate to verify age and all players are required to bring all necessary equipment to play. More information can be found on page 5 or on the web at www.fwunitedsoccer.com.



Executive Board

Citadel President

Drew Hirsty

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Citadel Secretary

Deb Kunkle

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Citadel Treasurer

Steve Helser

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Tournament Director:

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Registrar:

Martin Heiny

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Executive Board

Select President

Greg Cochran

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Select Secretary

Volunteer Needed

Select Treasurer

Angie Moeller

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Coaches Manager:

Dan Ybarra

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Equipment Manager:

Volunteer Needed

Registrar:

Buddy Devine

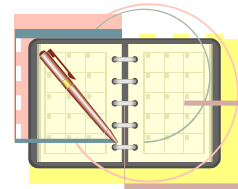
devineb0226@verizon.net

Referee Coordinator:

Steve Moeller

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FW United Soccer Calendar



Why I love to play soccer essay contest Sponsored by Indiana Youth Soccer!

Hey Indiana Youth Soccer Kids - In 250 words or less, tell Indiana Youth Soccer why YOU love to play soccer! If you are a current member of Indiana Youth Soccer under the age of 18, you are eligible to enter.

All qualifying submissions will be entered into a drawing for two complimentary tickets to an Indiana Youth Soccer night at the Chicago Fire. You could win a chance to see the Chicago Fire take on the New York Red Bulls on Saturday, September 15 at 7:30 pm in Toyota Park.

Entries must be received no later than June 1, at 5:00 pm. Winners will be notified and announced in the IN the NET e-newsletter and on the Indiana Youth Soccer website by June 15, 2007.

Send your essay submissions to: Shannon Stuart, Director of Communications Indiana Youth Soccer at shannon@indianayouthsoccer.org or via mail at Indiana Youth Soccer—Fire Essay Contest 5440 Herbert Lord Road Indianapolis, IN 46216.

Mark your Calendars Important Soccer Dates

June

- June 2 & 3 -State Cup/
Challenge Cup Finals
- June 2—Select Game Day - 5
- June 3rd—Select Game Day- 6
- June 4 & 5—Citadel Try Outs
- June—9th/10th Select Tournament
 - June 16th and 17th -
21st Annual Fort Wayne Invitational

July

- July 9-13—FWUSA Summer Camp
- July 9-13—FWUSA Basic keeper Camp
- July 16-20—FWUSA Summer Camp
- July 16-20—Advanced keeper Camp

August

- August 23-25 National Soccer Festival
- Aug. Practice Starts for U14 and under teams



From the Select President Greg Cochran

As another season comes to a close, the Select League would like to thank everyone for making this an enjoyable experience. Board members, coaches, players, parents and fans all working together is what makes the Select League and FWUSA the premier club in the area.

Again, thank you to the entire Select family. Spread the word to those individuals who don't know about the great things happening in FWUSA

IMPORTANT UPCOMING EVENTS

Tryouts

Tryouts for the fall 2007/spring 2008 season are quickly approaching. As mentioned last month, teams are formed each June through tryouts and all players are welcomed to attend. In order to reduce the amount of time that parents spend driving to practices, teams are formed by the coaches from each of the three geographic areas of the city. Players chosen for a team are on that zonal team for the following fall AND spring seasons. Additional information on the tryout process as well as dates, times and location can be found at www.FWUNITEDSOCCER.com.

Summer Camp

Be sure to pickup a brochure for the FWUSA Summer Soccer Camp at the fields on Sunday or follow the link to print an online brochure. www.FWUNITEDSOCCER.com/fwusa_summertimecamp.shtml.

Elections

FWUSA elections will be held in August. Individuals interested in joining a great group and bettering the FWUSA soccer experience for the kids can contact any board member for further information.

The Select League is looking very strong and is poised for the upcoming season. We are excited about our future and everyone at FWUSA is working hard to further improve the club. We would love to have you be part of the excitement!!!!

Tryouts are right around the corner. I hope to see you there.

Greg Cochran

President-Select



From the Citadel President Drew Hirsty

Soccer is alive and flourishing in Fort Wayne. I have been very pleased during the past several weeks as some great articles about Fort Wayne soccer have appeared in the newspaper. As the soccer community continues to grow it's nice for the kids to be recognized.

Over the past several years our Director of Coaching, Hani Rabi has done a remarkable job in clarifying who Citadel is, what the club stands for, and our commitment to the local middle and high school soccer programs. Hani has put together a tremendous team of coaches where every single one of them now has a national coaching license. We also have 5 active college coaches working with our older teams, along with a goalkeeper coach and numerous staff coaches.

I would like to also comment on a few other items.

- Our 1st club picnic was remarkable, thanks to all who helped and all who attended. Next year's I'm told will be even better.
- State Cup / Challenge Cup – Our teams were very competitive and several have moved on to the finals. Good luck to all.
- State Cup Finals. – We are hosting the finals for the first time and encourage all of you to come and watch some great youth soccer with the top teams from throughout the state here playing in our neighborhood.
- Tryouts – ARE HERE NOW. Tell your friends, your school teammates, anyone you think might like to tryout
- Board Elections are coming up in August. I hope all our wonderful board members are retuning, but we are always looking for new volunteers. Please email or call me if you'd like to get involved more.

As we move to the close of another season soon, I would like to close this letter by thanking our counterparts on the Select side of the club. What a great group of dedicated leaders who work so very hard to provide 'the best sports value in the state'. While soccer starts with the recreational level, SELECT is a one of a kind organization that advances the dream of so many kids in the area. Look at every travel club in town and you will find kids that fell in love with the game playing for SELECT. Bravo.....

Drew Hirsty

President – Citadel F.C.



FWUSA 07-08 Try Outs

Citadel Futbol Club and Select League, both divisions of Fort Wayne United Soccer Association, are proud to announce the 2007-08 Teams Try Out Sessions. Teams are formed each spring for the 07-08 soccer year which begins each August and runs through July of the following year. Players who commit to a team and/or division of FWUSA are bound to our club for the full seasonal soccer year. All players new to Citadel and Select are reminded to bring a copy of their birth certificate to verify age group and all equipment necessary to try out. Good Luck!

Citadel Futbol Club

<i>Citadel Tryouts for 2007/2008</i>				
Check-in	Location	Ages	Dates	Time
5:30	Kreager	U16, U17, U18	June 4 & 5	6:00 - 7:00 pm
6:30	Kreager	U10, U11, U12	June 4 & 5	7:00 - 8:00 pm
7:30	Kreager	U13, U14, U15	June 4 & 5	8:00 - 9:00 pm

Select League

<i>Select League Tryouts for 2007/2008</i>				
Check-in	Location	Ages	Dates	Time
6:30	Kreager	U11, U12 Coed & Girls	June 19	7:00 - 8:00 pm
6:30	Kreager	U13, U14 Coed & Girls	June 20	7:00 - 8:00 pm

Parents: If your child is U9 or under they will be enrolled in the [FWUSA Academy](#). Space is limited so get your child registered as soon as you can. There are no tryouts for this age group. Please contact the Academy Director, [Cory Rodgers](#) at academy@fwunitedsoccer.com.

FW United Soccer



Scrip Tips!

- Shop Linens and Things, Bed Bath and Beyond, or William Sonoma for those wedding and graduation gifts
- Father's Day is quickly approaching. Dad would love Sear's, Dick's Sporting Goods, Best Buy or Border's.
- Vacation, vacation, vacation...get your American Airlines SCRIP, hotel SCRIP, and gas SCRIP with us!
- Take a break from soccer and take in a Wizards Baseball Game
- Use Penney's and Kohls SCRIP to pay on those credit cards you used to purchase summer clothes,

Tips for Try Outs

- Be accompanied by a parent.
- Arrive 30 minutes prior to the posted start time to check in, warm up and meet the coach.
- Bring \$1 for Registration Fee.
- Wear all required equipment: shin guards, socks which cover the shin guards, and soccer cleats.
- Please dress appropriately for the weather conditions.
- Attend both days of tryouts for your best "look". If you cannot, let the coach know.
- Players should not wear uniform items and insignias from other clubs.
- Bring plenty of water, enthusiasm and get your socks dirty.
- Relax, HAVE FUN, take some chances.
- If multiple teams are offered in your same age group, players may register to tryout for any/all.
- HAVE FUN....good luck to all.
- For more info visit our webpages at www.fwunitedsoccer.com.



Citadel Director of Coaching

From the Citadel Director of Coaching

Coach Hani Rabi



As I watched most of our Teams competing at the Warrior Tournament over Memorial Day weekend, I was not surprised to see how much the Club has advanced in a short period of time. The credit goes to all of our coaches, who brought in the development of players and continuing to emphasize technical training, and to the parents, who were patient all this time, and who have seen how well their kids have developed.

I received many compliments from other DOC's at the tournament and they commented on what a pleasure it was to watch our teams' style of play. They appreciated the building from the back and utilizing our mid-fielders; playing soccer the right way. Also, I observed many of our parents served and the great support they give their kids and the Club. They do so with great sportsmanship and with pride to be part of Citadel.



compliments from other tournament and they commented on to watch our teams' style of the building from the back fielders; playing soccer the served many of our parents

We had 10 teams be in the final rounds, our U18B, U18G, U14B and U13B were in the Semi Finals and our U15G, U10B, U11B, and U16G received second place and our U13G received 1st Place.

Congratulations to our entire Club. I also want to thank all the players and parents for their dedication, patience and belief in our program. We do not only develop players, we build character and take pride in wearing Citadel colors.

Finally I want everyone to know that we totally support Middle School Soccer and believe that this is something for the kids to enjoy at this point of their lives and we will not take that away from them.

Of Interest to Parents & Coaches

Hats Off to ...!



To “Tip Your Hat” to a parent, coach or volunteer for a job well done, please send your submissions to either Cindy Price Verduce, Citadel Communications Director at cpverduce@verizon.net or Select Communications Director Sheldon at Rheinheimer srheinheimer@verizon.net



**Congratulations
to the Select U12
Girls All Star
Team for their
Finalist Finish at
the Troy
Strawberry
Festival Soccer
Invitational!**

**Congratulations
to the Citadel '94 Girls
Team for their
Championship Finish
at the Adidas Warrior
Classic Tournament
over Memorial Day
Weekend!**





From the Web

Any questions, comments or suggestions should be sent to Lawrence@finesoccer.com or they can be posted on the [FineSoccer Forum](#)

I was watching a collegiate sporting event on TV recently and before the game each of the starters were asked to introduce themselves by saying their name as well as who they were playing the game for. The first teams players said they were playing for their parents, their friends etc. The second teams players all said they were playing for their team, their school, their teammates etc. Would you like to guess which team won? The team whose players were playing for their team and their teammates won (despite the fact the two teams played earlier in the year and the other team won with a lopsided score).

If you are a player, do you play for yourself or for your team? Are getting good stats (goals, assists etc) more important to you then the team improving? Is the sum of the individual greater than the performance of the team, or, does the team perform at a higher level than the sum of the individuals? As a coach, do you do things that encourage camaraderie and team play or do you encourage individual accomplishments?

If you are in a club, is it a true club where teams and coaches work together to make each other better or is it simply a collection of teams that use the same name? Do your players play for the name on the front of the jersey (the team name) or on the back (the individual players name)?

How can a coach emphasize team over individual? Rather than making a big deal about the player who scores the winning goal, make sure to acknowledge all of the players' performances after the game. Realize (and recognize) the player who won the ball that resulted in the goal just as much as the person who made the pass or who scored the goal. If part of a club, encourage the older players to work with the younger players and encourage the younger players to go out and watch the older players. If a high school team, have the varsity players watch (and support) the junior varsity players and vice versa.

When older players are helping the younger players, when more experienced players are helping less experienced players, when everyone gets the credit (and the blame) for the teams actions, it encourages the belief in club and team over individual.

When the sum of the whole is greater than the individuals, then you have developed a true team.

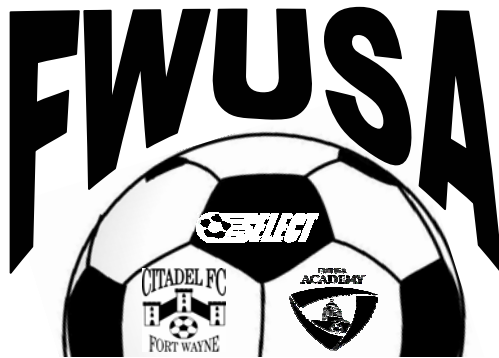
Coming Soon

Congratulations to the Citadel '92 Boys

For Advancing to the State Cup Finals! Good Luck, Boys!



FWUSA is proud to announce 2007 Summer Camp Schedule



Soccer Camp

To register go to
www.fwunitedsoccer.com.

July 9-13 U14 and Below

Session 1: 8:00 am to 11:00 am (\$75.00)

or

Session 2: 6:00 pm to 9:00 pm (\$75.00)

Basic Goal Keeper Camp 5:00 pm to 6:30
(\$90.00)

July 16 Thru 20 U15 and Above

Conditioning Camp: 6:00 am to 7:30 am (Free)

Camp: 8:00 am to 11:30 am (\$100.00)

Advanced Goal Keeper Camp: 6:00 to 8:00
(\$150.00)

Kreager Park– Home of FWUSA

**Congratulations to the following players
for making their Olympic Development Teams**



Lizzie Foss, ODP '94 Girls



**Clint Hoffar,
ODP '93 Boys**

Take Pride and Care of Our Fields and Park

Kreager Park is owned and operated by the Fort Wayne Parks and Recreation Department. **HOWEVER**, it is our responsibility, as patrons of the park, to keep the grounds clean and safe for all the players, their families and other guests of the park.

Please make sure your team puts **ALL** trash in the trash cans at the end of the game. Water bottles, sports drinks containers and other trash should not be left on the

ground near the bench.

In addition, while pets are welcome to the park, please be considerate and clean up after your pet.

We're blessed to have such a nice, clean and well maintained facility to enjoy games at. Let's show our pride in keeping it clean!



Citadel Players of the Month

April Players of the Month



Chris Fox (U16B) Chris is one of the best Goal Keepers with one v one saves. He has soft, firm hands on some hard shots and high wind-swirling floaters. Highly recommend Chris to be the player of the month. He makes all of the routine plays and he comes through with the big saves when demanded. He shows great courage in his ability to read, close down, and smother balls from attackers' feet. His four penalty keeping saves in Lexington at the Bluegrass tourney gave the team a chance to win the tournament. The U16B won the event while only allowing three goals. Chris was the advantage. In the three matches at the MASC tourney Chris received two of the three patches awarded by the opposing coach for player of the match. The team plays with confidence mainly due having Chris in the net.

Nicole Musi (U15G) The U15G has 9 new players and they are working very hard to improve their technical and tactical skills. Nicole has shown tremendous leadership by going out of her way to help the new players to improve. In addition, Nicole played forward the last three seasons, however, this season she was asked to play in the Back and she embraced the opportunity and took charge of the defense. Nicole said "Coach, tell me where to play and I will do anything to help the team succeed". Nicole attends all practice sessions and games and determined to go to the next level.

Nicole played beyond the coach's expectations as a sweeper and her leadership and positive attitude earned her the right to be the player of the Month.



May Players of the Month



John McMillin John has not missed a practice or a game this season for his citadel team. He is always on time and ready to train. His attitude has been great. He has moved from the midfield to the forward position and is the leading scorer on our team. His self confidence, I believe is starting to be contagious on our team. The rest of the team is feeding of his goal finishing ability. He has shown he has a nose for the goal. With his teammates help John has been scoring more goal than he has been use to.

Opposing defenders have not been so kind to John, but John just scores, goes and celebrates his goal with his teammates. I enjoy players that can let their game speak for it self. John is our leading scorer during the ISL and also in the three state qualifiers he score seven goals to lead the team to the state finals.

Marlee Disher (U15 G) Marlee Disher has demonstrated her leadership the entire month on and off the field, even though she had a tragedy off the field, she continues to support her teammates and show her determination to make everyone around her better. She scored over 10 goals this month and is the leading score for the team. During the Warrior tournament scored the goal that ultimately allowed the team to advance to the finals.

Her determination to not allow her teammates let down during any game this past month is something that comes from within. She is firm with her teammates but respectful and she leads by example.

Marlee is always focused during the game and plays almost every minute of every game; she works very hard on staying in soccer shape and asks all the right tactical questions as she wants to be a better player each and every game. I strongly recommend Marlee to be selected as the May, 2007 player of the month.





The National Soccer Festival will encompass 10 games from Aug. 23-25 at the Fort Wayne Sport Club. Men's and women's teams will participate including: Indiana's men's team, both of Notre Dame's teams, and teams from New Mexico, Virginia, Michigan State, Akron, Toledo, Xavier, Illinois-Chicago and IUPUI.

Ticket Information - 3 Day Pass: Adults \$15.00, Students \$10.00 or 1 Day Pass: Adults \$10.00, Students \$5.00 Team packages available. Please call for information. Terry Stefankiewicz Phone: 260-705-3967 or email him at terrystefankiewicz@gmail.com.

Severe Weather

Courtesy of US Youth Soccer

Each year, about 400 children and adults in the U.S. are struck by lightning while working outside, at sports events, on the beach, mountain climbing, mowing the lawn or during other outdoor activities. About 80 people are killed and several hundred more are left to cope with permanent disabilities. Many of these tragedies can be avoided. Finishing the game, getting a tan, or completing a work shift aren't worth death or crippling injury.



- All thunderstorms produce lightning and are dangerous. Lightning kills more people each year than tornadoes.
- Lightning often strikes as far as 10 miles away from any rainfall. Many deaths from lightning occur ahead of the storm because people try and wait to the last minute before seeking shelter.
- You are in danger from lightning if you can hear thunder. If you can hear thunder, lightning is close enough that it could strike your location at any moment.

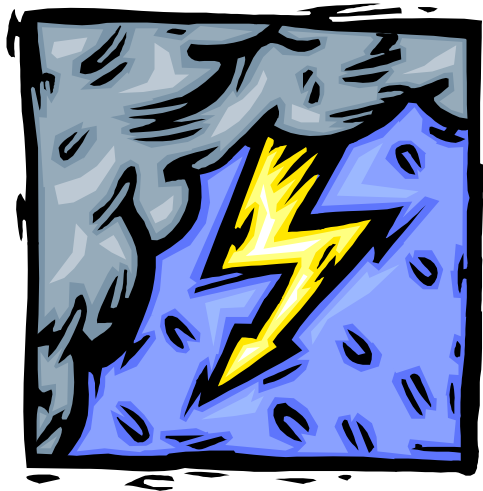
Severe Weather Continued

- Lightning injuries can lead to permanent disabilities or death. On average, 20% of strike victims die; 70% of survivors suffer serious long term effects.

- Look for dark cloud bases and increasing wind. Every flash of lightning is dangerous, even the first. Head to safety before that first flash. If you hear thunder, head to safety!

- Blue Skies and Lightning. Lightning can travel sideways for up to 10 miles. Even when the sky looks blue and clear, be take cover. At least 10% of lightning occurs without visible clouds in the sky.

The Single Most Dangerous Place Outdoors is the most lightning storm. When heard, or when dark move indoors or into a there until well after the forecasts and warnings or your local TV and radio stations. If lightning is forecast, plan an alternate activity or know where you can take cover quickly.



ous Place dangerous place to be during a lightning is seen or thunder is clouds are observed, quickly hard-topped vehicle and remain lightning storm ends. Listen to through NOAA Weather Radio dio stations. If lightning is fore-

The U.S. lightning season is summer but lightning can strike year round! The Fourth of July is historically one of the most deadly times of the year for lightning. In summer, more people are outside, on the beach, golf course, mountains or ball fields. Outdoor jobs such as construction and agriculture, and outdoor chores such as lawn mowing or house painting are at their peak, putting those involved in danger.

Safety Rules

1. Postpone activities promptly. Don't wait for rain. Many people take shelter from the rain, but most people struck by lightning are not in the rain! Go quickly inside a completely enclosed building, not a carport, open garage or covered patio. If no enclosed building is convenient, get inside a hard-topped all-metal vehicle. A cave is a good option outside but move as far as possible

Severe Weather Continued

from the cave entrance.

2. Be the lowest point. Lightning hits the tallest object. In the mountains if you are above tree line, you ARE the highest object around. Quickly get below tree line and get into a grove of small trees. Don't be the second tallest object during a lightning storm! Crouch down if you are in an exposed area.

3. Keep an eye on the sky. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.

4. Listen for the sound of thunder, go to a safe shelter

5. If you see or hear a hair stands on end, impractic and instruct building or car. Sturdy be. Avoid sheds, picnic bleachers. If no sturdy vehicle with windows tion. The steel frame of protection if you are not touching metal.



of thunder. If you can hear thunder immediately.

thunderstorm coming or your immediately suspend your game or everyone to go inside a sturdy buildings are the safest place to shelters, baseball dugouts, and building is nearby, a hard-top closed will offer some protection the vehicle provides some protection

6. Listen to NOAA Weather Radio. Coaches and other leaders should listen for a tone-alert feature during practice sessions and games.

7. If you can't get to a shelter, stay away from trees. If there is no shelter, crouch in the open, keeping twice as far away from a tree as it is tall.

8. Avoid leaning against vehicles. Get off bicycles and motorcycles.

9. Get out of the water. It's a great conductor of electricity. Stay off the beach and out of small boats or canoes. If caught in a boat, crouch down in the center of the boat away from metal hardware. Swimming, wading, snorkeling and scuba diving are NOT safe. Lightning can strike the wa-

Severe Weather Continued

ter and travel some distance beneath and away from its point of contact. Don't stand in puddles of water, even if wearing rubber boots.

10. Avoid metal! Drop metal backpacks, stay away from clothes lines, fences, exposed sheds and electrically conductive elevated objects. Don't hold on to metal items such as golf clubs, fishing rods, tennis rackets or tools. Large metal objects can conduct lightning. Small metal objects can cause burns.



11. Move away from a group of people. Stay several yards away from other people. Don't share a bleacher bench or huddle in a group.

What to do if someone is struck by lightning:

- Call for help. Call 9-1-1 or your local ambulance service. Get medical attention as quickly as possible.
- Give first aid. If the victim has stopped breathing, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, address any other injuries.
- Check for burns in two places. The injured person has received an electric shock and may be burned. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge that can shock other people. You can examine them without risk.

Stay Informed About the Storm

Listen to NOAA Weather Radio or local media for the latest severe thunderstorm WATCHES and WARNINGS. Severe thunderstorms are those storms with winds in excess of 58 mph or hail larger than 3/4 inches in diameter. When conditions are favorable for severe weather to develop, a severe thunderstorm WATCH is issued.

Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue severe thunderstorm WARNINGS for areas where severe weather is imminent. Remember, however, that ALL thunderstorms produce deadly lightning.

For more information visit the National Weather Service web site below: [Web Site Link](#)