



# The Goalpost

**June '08 Issue**

## **Indiana State Cup & Challenge Cup Finals this Weekend**

INDIANAPOLIS (May 29, 2008) – Indiana Youth Soccer hosted more than 3,200 players from 205 teams as they competed in the US Youth Soccer Indiana State Cup at six different regional locations in Indiana. Qualifying teams now move on to the semi-final/final rounds to be played May 31-June 1 in Fort Wayne. This will be the first of three legs in the National Championship Series.

The tournament features 106 boys' and 99 girls' teams ranging in age from Under-13 to Under-19. The US Youth Soccer Indiana State Cup winners and select runners-up will qualify to be among the more than 200 top boys and girls US Youth Soccer teams from states competing for regional titles in seven age groups, from June 21-25, at the US Youth Soccer Region 2 Championships in Rockford, IL.

Regional winners of the Under-14 through Under-19 brackets earn a berth at the 2008 US Youth Soccer National Championships to be played July 22-27, in North Little Rock, AR at the Burns Park Soccer Complex. Admission to the US Youth Soccer Indiana State Cup is free. For more information about Indiana Youth Soccer visit [www.indianayouthsoccer.org](http://www.indianayouthsoccer.org) or contact Shannon Stuart at shannon@indianayouthsoccer.org or 317-829-0560.

For more information on US Youth Soccer National Championship Series visit <http://championships.usyouthsoccer.org/>.

### **Indiana State Cup & Challenge Cup Finals**

Who:	Indiana Youth Soccer
What:	Finals
When:	May 31—June 1
Where:	Ft. Wayne, IN



Excellent recreational, select and premier soccer at affordable prices.

Dupont Hospital  
DISCOVER THE DUPONT DIFFERENCE

#### **Mission & Values**

*"Responding to the health-care needs of the community, we are committed to excellence in all aspects of care through education, prevention, treatment and support. We create a five-star experience by exceeding individual expectations for all who enter our door."*

#### *How to Contact Us...*

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**Sponsored by:**



### **From the Citadel President Larry Rowland**

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In May, the Citadel Futbol Club hosted both the preliminary rounds of the Indiana Challenge and State Cup Tournament. The tournament was a rousing success because of the leadership of Ms. Annette Zirkle. Annette had a strong group of volunteers to assist her plan and run the tournament, but Ms. Linda Lozo deserves special recognition for all of her hard work in helping Annette create a wonderful tournament experience for the players and their families and friends.

Thanks go as well to all of the volunteers who gave of their time to ensure that the tournament ran smoothly. Citadel F.C. is blessed to have such a fine group of parents who contribute to making such events not only possible, but also successful.

In the next several weeks, the Citadel Futbol Club will be the host for two major tournaments to be held in our city. We will host the State Cup semi-final and final rounds of play, followed by the robust Fort Wayne Invitational a week later. Our all-volunteer force has earned the respect of the Indiana Youth Soccer Association, who continues to ask the Citadel Futbol Club to host their most prestigious tournaments. These events will bring new visitors to our community, who will spend money in our hotels, stores, and restaurants. Let's make sure that we welcome every team, coach, and the members of each player's family, with open arms.

It is exciting to see the Citadel billboard located by Applebee's on Clinton. If you haven't seen this yet, make it a point to drive to Hefner Fields so that you can take a look. I think you will be pleased with what you see.

Congratulations go out to the U11 Boy's White, the U14 Boy's White, the U15 Boy's White, and the U17 Boy's White teams for reaching the semi-final round of the State Cup tournament. These teams performed well this past weekend and deserve special recognition for their achievement. Hats off to the coaches of these teams for their leadership during the tournament, and good luck to these teams as they move to the next level of competition in their quest to become State Champions.

I want to share with you some news about Ian Meyer, a U13 player. While in Indianapolis this past weekend for a tournament, Ian attempted to cross the street to join his teammates on the pitch across the street. No sooner had Ian stepped out into the street, a car hit him and threw him in the air. Ian was taken to Methodist Hospital where after several tense hours, the physicians there informed Ian and his father that he did not have any internal injuries or broken bones. Yet, Ian and his father were able to walk out of Methodist Hospital late Saturday evening. A physician remarked that it was a miracle that Ian had not been more badly hurt, and he surmised that Ian's injuries were not life-threatening because the soccer ball he was carrying absorbed some of the blow of the car. I would ask each of you to join me in wishing Ian a full and complete recovery.

Finally, I want to publicly acknowledge that Cory Rodgers drove directly to the hospital immediately after his team finished their game, and sat with Ian and his father until Ian was released from the hospital. I know that Cory's presence meant a lot to the Meyer family, and we all should thank Cory for doing the right thing during a time of crisis. I am proud that Cory is a member of the Citadel family.

*Larry Rowland*, President-Citadel



**Citadel Futbol Club**

FWUSA's Premier Travel Division

## From the Select President

As I write this on Memorial Day, I would like to remind everyone to thank a veteran. Without them, we would not be able to enjoy the freedoms that we have today. Many extended families, including mine, have brothers, sisters, cousins, nieces or nephews that put themselves into harms way to preserve our way of life.

June is nearly upon us! It is hard to believe that, just a few short weeks ago, we were freezing out on the pitch, wishing for the warm weather that today brought us. I am sure that we will want some cooler weather now! Most of the Select Season has been played, with only 1 play date left on June 1. Don't forget, after the season is over, we still have the Select Tournament! This will be held June 7 & 8 at Kreager Park. June 7 will be the elimination play and June 8 will be championship games. The brackets are posted on the website, though the team names cannot yet be added.

Try-Outs for the 2008-2009 season will be happening June 12 @ Kreager Park. U10 – U12 will register from 5:30 – 6:00, with try-outs from 6:00 – 7:00. U14 will register from 6:30 – 7:00, with try-outs from 7:00 – 8:00. The Future Stars (5-8 years old) can register that day between 5:30 and 8:00, or can mail in registrations at any time. With the price of gas and many families wanting to stay close to home, we look for a good turn out. If you know someone that is interested in trying out for Select or joining the Future Stars, please pass on this information to them.

Parents, please remember that your child is here to have fun. It is not fun to be yelled at, embarrassed, or pushed beyond their capabilities. Coaching, encouragement and guidance will accomplish much more than yelling at the player.

Pictures will be delivered this Sunday. Coaches or the team representative will need to pick up the team packet at the Select tent either before or after the game. If there is a problem with the order, contact information for the photographer should be included with each picture. Hopefully, this will not be necessary.

As we put a close to the 25<sup>th</sup> season of Select Soccer, I would again ask for parents and coaches to step up and volunteer some of your time to help run the league. Your involvement would be as much or as little as you would like. Even with some of the difficulties surrounding all of the details of the league, there is nothing as satisfying as seeing 350 kids playing 20+ matches on a Sunday afternoon.

If you can spare a few hours a month, please let me or another Board member know. Without volunteers, Select cannot continue to operate as it currently does. If you have any comments, questions, or concerns, please let me know. My contact information is on the [fwunitedsoccer.com](http://fwunitedsoccer.com) web site.

Thank you for your support.



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**CITADEL SCRIP NEWS**

**Volume 1 Issue 8**

**June 2008**

With the spring soccer season coming to an end, this will be the last "Citadel SCRIP Newsletter" until the fall season starts again in August. We would like to take this opportunity to thank all of you who have supported the Citadel SCRIP program and helped make it a great success.

We also want to emphasize that YOU are the program's best means of communication. We hope you continue to spread the word to fellow soccer families on how easy SCRIP is to use and how we all benefit.

The Citadel SCRIP Coordinators would like to take this opportunity to say thanks to all of you who purchased SCRIP over the last 2 years. We met some really great families sitting under the pavilion, had lots of laughs with you at the ASH Centre, braved the weather at Kreager Park, and introduced how easy SCRIP is to use to too many non-users.

Like the soccer season coming to an end, we have both decided that it is time for us to end as Citadel SCRIP Coordinators and move on to new endeavors. Our last day as Citadel SCRIP Coordinators will be June 25, 2008 and we hope you will continue to support and take advantage of this great program.

With the season quickly coming to a close, please note the following dates:

**JUNE 9**--will be the last date SCRIP will be done at Kreager Park for cash and carry. After this date, there will be no more cash and carry until new Citadel SCRIP Coordinator/s advises otherwise.

**JUNE 16**--pick up and drop off at Trotter Law Office. All pick ups and drop offs **MUST** be done on Monday--no exceptions.

**JUNE 23**--pick up and drop off at Trotter Law Office. All pick ups and drop offs **MUST** be done on Monday--no exceptions.

**JUNE 30**--orders placed on June 23 for pick up on June 30, will need to check the Citadel website or with their team manager as to where they can pick up their SCRIP with new Citadel SCRIP Coordinator/s.

Please use a current order form as percentages have increased/decreased. Also, disregard old order forms as they lead to mistakes.

Enjoy your summer!!!

Colette and Jodi

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**1st Annual Angels on the Pitch Tournament**

ANGELS ON THE PITCH  
3 V 3 SOCCER TOURNAMENT

JULY 18-20  
KREAGER PARK  
FORT WAYNE, INDIANA



**Early Registration Deadline (May 18, 2008) Has Passed!**

Proceeds will be donated to the IN Chapter of the Leukemia/Lymphoma Society.

Raffle for **Matthew Fackler**, a Bishop Dwenger Sophomore and bone marrow recipient - 100% of the proceeds will be given to his family.

***PLAY FOR HOPE***

*Cruzbol International, LLC is an organization that was developed to help children stimulate their passion, confidence and creativity through the endorsement of soccer and fitness. Through camps, Cruzbol is able to help children develop fundamental skills for soccer while having fun and making social connections that enhance self-esteem.*

Cruzbol International is also focused on community development offering programs that adhere to children on many levels from multiple backgrounds. Cruzbol International strives for excellence by creating an environment that is affordable and conducive for learning.

Our next endeavor will be hosting the **first annual "Angels On The Pitch" 3v3 Soccer Tournament July 18-20 at Kreager Park** in Fort Wayne, Indiana. This grand event is expected to draw the interest of teams from all over Indiana. The tournament will be hosted by Cruzbol International, LLC in conjunction with Soccer Kicks for Cancer and FWUSA (Fort Wayne United Soccer Association) to help raise money for the Indiana Chapter of the Leukemia/Lymphoma Society.

We are asking for donations, either monetary, service and/or product. Additionally, we will hold a raffle to generate funds to be given to a family in need of assistance for medical expenses. As a parent of a Leukemia survivor, I can assure you that the Leukemia Society does wonderful things to help families of Leukemia patients as well as aid cancer research.

I hope that you will consider a donation to this wonderful cause. Please feel free to visit our website [www.cruzbol.com](http://www.cruzbol.com). If your company would be interested in being a major sponsor of this tournament, please contact Jodie at 260.385.7506 or [jrcruz@cruzbol.com](mailto:jrcruz@cruzbol.com).

Thank you in advance for your consideration and support.

Jodie R. Cruz, Tournament Director



### **'08 Citadel Family Fun Fest Update**

Greetings Citadel Family and Friends,

I would first like to extend my *many* Thanks to all who participated and attended the 2<sup>nd</sup> annual **Citadel Family Fun Fest**.

All of the positive feedback regarding our event was greatly appreciated! I cannot express enough how impressed we all were with the Team Baskets. Combined, the Fun Fest Raffle and the Silent Auction yielded **\$2245.00**. Truly remarkable!

All proceeds from the Silent Auction and the Fun Fest Raffle will be utilized for **Citadel Family Fun Fest 2008-2009**.

We would like to congratulate the **92 Girls White** and the **98 Girls Blue** teams. The baskets entered by these two teams received identical bids, both determined to be the highest.

These teams will receive a pizza party for a job well done!

Congratulations, as well, to all of the winners in the **European Trip Raffle**. What great prizes! All of the players greatly appreciate your participation and support.

Proceeds from the **European Raffle** will go directly to each player, allowing them an experience of a lifetime.

We hope to improve each year, any suggestions and or comments are eagerly welcomed. Thank you all once again for your participation and consideration.

Aimee Black,

Citadel Family Fun Fest Committee Chair







**Kudos Korner**



Academy   Citadel   Select

- Congratulations to our Citadel **U10BW** on winning the U11 NISL Silver League! Hani Rabi, DOC
- Congratulations to the **U11BW** for winning the NISL league Gold Division! Hani Rabi, DOC
- Congratulations to our Citadel **U17B** on winning the Indiana State Challenge Cup! Hani Rabi, DOC
- Congratulations to our Citadel teams: Indiana State & Challenge Cups Finalist's : **U11BW, U14BW, U15BW, and U17BW!** Hani Rabi, DOC
- Congratulations to our Citadel **U15BW** for a second place finish in the Indiana State Challenge Cup! Hani Rabi, DOC
- Congratulations to our Citadel **U11BW** for finishing third in the Indiana Challenge Cup losing 4-3 to Carmel's A team which is ranked 1st in the state and 5th in the nation! Coach Jozsef Feher
- Congratulations to the **U15BW & U17B** for their success! *Great job coaches!* Coach Jozsef Feher



• Congratulations to Citadel player **Melinda Earnest** for making the 94 State ODP Team!



• Congratulations to Citadel player **Lizzie Foss** for making the 94 State ODP Team!



• Congratulations to Citadel player **Skyler Reed** for making the 94 State ODP Team!

*Anyone can submit names for the Kudos Korner!! We are an organization full of dedicated volunteers and paid professionals . Let's recognize our coaches, board members and parent volunteers within the FWUSA!*

*Just hanging out after Citadel Academy...*





**Citadel FC May Players of the Month**

**Alex Simerman, U14BW**

Alex helped his middle school team win the middle school title and has kept his commitment to our citadel team. He is also a great student.



Alex , U14BW Goal Keeper, has helped our Citadel team to only having 4 losses this whole season. Our team allowed 2 goals in the state tournament where we have advanced to the semi finals. Our team has reached the semis of the NSR Tournament in Rockford and the semis of the Warrior Tournament. He has been one of the most consistent and committed players on our team.

**Desiree King, U16GW**

Desiree is the Goal Keeper for the U16G. Desiree has been outstanding this season and kept her team in many games. The U16GW team had more than their share with injuries this season and had to play without 5 of their starters and Desiree continued to make saves to help keep her team in the match.



Desiree attends all practice sessions including the Goal keeper training, her commitment and desire to compete and win can only be described by watching her perform game after game this season.





**Citadel FC 2008/2009 Tryouts Announced**

**Pre-Register TODAY!**

**Tryouts to be held at Kreager Park 7255 N. River Rd.**

**BOYS ~ Monday, June 2 and Wednesday, June 4**

5:30 -7:00pm: U15B, U16B, U17B, and U18B

7:00 -8:30pm: U9B, U10B, U11B, U12B, U13B and U14B

**GIRLS ~ Tuesday, June 3 and Thursday, June 5**

5:30 -7:00pm: U15G, U16G, U17G, and U18G

7:00 -8:30pm: U9G, U10G, U11G, U12G, U13G and U14G

Monday June 16 ( Invitation Only) 5:30 - 8:30pm



For complete information and **pre-registration**, visit us at

[www.citadelfc.com](http://www.citadelfc.com) or contact DOC Hani Rabi at 260.460.0434!

HELPFUL INFORMATION AND FORMS at [http://www.fwunitedsoccer.com/citadel/citadel\\_tryouts.shtml](http://www.fwunitedsoccer.com/citadel/citadel_tryouts.shtml)

- [Age Chart](#)
- [Maps and directions](#)
- [Online Tryout Registration Form](#)
- [Tryout Exemption Form](#)
- [Play Up Process](#)



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**Dupont Hospital – Heart Healthy Tip**

**Staying Active – and Safe**

Sports and exercise are beneficial for everyone. Now that the weather is warmer, it is definitely time to get outdoors and play! But it's important not to overdo it, or take unnecessary risks. Statistics show that most sports-related injuries (especially among people who are not professional athletes) are caused by their not being in the proper physical condition – or not having adequate knowledge about injury potential and not using appropriate sports gear and equipment.

You should always be aware of the potential for injury in whatever sport you undertake. No sport is without risk, which is why it's vital to fully understand the risks and protect yourself by taking appropriate precautions. Perhaps most important of all, take the time to warm up and stretch before engaging in any physical activity. If you experience persistent pain during any physical activity, it's best to stop whatever you're doing and consult your doctor. Taking pain relievers to mask the pain won't solve the problem and could even be dangerous to your health. Also, if you suffer a sports-related injury, take care that you do not return to the sport too soon. The wisest course is to follow your doctor's advice. Coming back to the sport before you're properly healed could cause you to injure yourself even more.

Above all, choose a sport or physical activity that's right for you. If you've never been very athletic, for example, an intense contact sport is probably not your best choice. If you're undecided about which sport to engage in, ask your doctor for suggestions. And, if you're looking for a place to exercise or engage in sports practice, [check out the Community Sport & Fitness Park located just southeast of Dupont Hospital.](#) You'll find a paved walking track that's ideal for walking, running, riding a bike or rollerblading. Along the track are ten fitness stations with exercises you can perform and information on health-related topics.

For more information about sports safety, including a host of articles on sport-specific topics, visit <http://www.nlm.nih.gov/medlineplus/sportssafety.html>.



**Citadel Executive Board**

**Citadel Comments,** [Citadelcomment@yahoo.com](mailto:Citadelcomment@yahoo.com)

Larry Rowland, President [larryrowland2@mac.com](mailto:larryrowland2@mac.com)

Deb Kunkle, Secretary [debkunkle@msn.com](mailto:debkunkle@msn.com)

Pat Murphy, Treasurer [MurphyTreasurer@comcast.net](mailto:MurphyTreasurer@comcast.net)

**Citadel Board of Directors**

Aimee Black, Uniform Coordinator [aimcblack@gmail.com](mailto:aimcblack@gmail.com)

Jami Beard, Communications Coordinator [jbeard@chosenlan.com](mailto:jbeard@chosenlan.com)

Volunteer Needed, Sponsorship Coordinator

Annette Zirkle, Tournament Director [azirkle2000@verizon.net](mailto:azirkle2000@verizon.net)

Linda Lozo, Manager Coordinator [chubbyspizzas@verizon.net](mailto:chubbyspizzas@verizon.net)

Martin Heiny, Registrar [mdheiny@msn.com](mailto:mdheiny@msn.com)



**Executive Director**

Steve Helsler [fwusa\\_exec\\_director@comcast.net](mailto:fwusa_exec_director@comcast.net)

August 23 - 25



**Select Executive Board**

Steve Moeller, President [Moeller\\_5@verizon.net](mailto:Moeller_5@verizon.net)

Phil Seidel, Secretary [shelby\\_philip5@yahoo.com](mailto:shelby_philip5@yahoo.com)

Angie Moeller, Treasurer [Moeller\\_5@verizon.net](mailto:Moeller_5@verizon.net)

**Select Board of Directors**

Volunteer Needed, Communications

Al & Deb Wildrick, Match Scheduler [dawildrick@verizon.net](mailto:dawildrick@verizon.net)

Preston Benzinger, Coaches Manager [pbenzinger@msn.com](mailto:pbenzinger@msn.com)

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John Fyfe, Registrar [jsfyfe@verizon.net](mailto:jsfyfe@verizon.net)

Steve Moeller, Referee Coordinator [Moeller5@comcast.net](mailto:Moeller5@comcast.net)

## Juggling Records

Readers of the Goalpost (FWUSA members) can now be recognized for achievements in juggling! If you can juggle a soccer ball 25+ times without it touching the ground, submit the following to the Communications Director. You will receive a star behind your name for every 25 times that you can juggle!

1. Your full name
2. The club/s and team/s within FWUSA that you are rostered with
3. Your juggling record
4. The name of the FWUSA coach or parent that observed your juggling record
5. The date of your achievement



Report all juggling records at [jbeard@chosenlan.com](mailto:jbeard@chosenlan.com).

**Your juggling records may very show up on the FWUSA website soon so start practicing today!**

Juggling is a key training element which is often overlooked. Juggling allows the player to gain a feel for the ball. These touches build confidence and makes players aware of parts of their body used to control or pass the ball. With a larger range of comfort with the ball, imagination is often sparked in game play.

Juggling should become a daily routine that only takes a few minutes a day. Develop good juggling technique.

- Use all parts of the body (head, chest, thighs, and feet) and alternate feet. Don't get caught only juggling with your dominant foot!
- Focus on good controlled touch to realize the full potential of juggling. If a player does not have good body control this will lead to bad touches.
- Be able to control the ball in different situations. So if a player has a bad touch, they should try to recover it rather than starting over.
- Be able to maintain good body position.
- Find rhythm and harmony between the player and the ball.
- Practice while standing still, then progress to walking slowly and then with some pressure by either time or opponents.
- Practice juggling about 20 minutes each day.

**Achievements In Juggling**

Jason Buckmaster Citadel U9 Player	****	<b>129</b>	Hani Rabi, DOC	05/08
Brianna Cruz Citadel U11G	*****	<b>150</b> (alternating feet)	Hani Rabi, DOC	04/08
Brennan Cochran Citadel U11BW	*****	<b>343</b>	Hani Rabi, DOC	03/08
Ryley DeJong Citadel U11BW	*****	<b>222</b>	Hani Rabi, DOC	03/08
Hunter Cone Citadel U11B W	***	<b>92</b>	Hani Rabi, DOC	03/08
Hannah Dolfuss Citadel U10G/U11GW	**	<b>73</b>	Coach Hein	02/08
Max Baker Citadel U10B	**	<b>53</b>	Coach Hein	02/08
Hannah Tkac Citadel U10G	*	<b>41</b>	Coach Hein	02/08
Alex Baker Citadel U10B	*	<b>47</b>	Coach Hein	02/08
Derek Sutton Citadel U10B	*****	<b>161</b>	Coach Jozsef	02/08
Hunter Cone Citadel U11B	***	<b>90</b>	Coach Jozsef	02/08
Walter Li Citadel U11B	**	<b>60</b>	Coach Jozsef	02/08
Bradley Lancaster Citadel U11B	*	<b>43</b>	Coach Jozsef	02/08
Chris Clemens Citadel U12B White	*	<b>47</b>	Hani Rabi, DOC	02/08
Kyle Payne Citadel U12B Blue	*	<b>42</b>	Hani Rabi, DOC	02/08
Delaney Carroll Citadel U11G	*	<b>41</b>	Hani Rabi, DOC	02/08

### Using the Body to Win High Balls

When a ball is dropping between two players, the player who uses their body properly will win the ball almost every time.

In the diagram below, you can see the ball is dropping (or has dropped) between the red and yellow player. At this point, it's basically a 50/50 ball.



If, while the ball is coming down, the yellow player steps in front of the red player, this will position their body between the ball and the opponent, it will make it much easier for the yellow player to gain possession.

As long as you are within playing distance of the ball when you do this, you are legally shielding the ball and this is perfectly within the laws of the game.

This is an extremely effective way to win the majority of high balls.

### **Attacking And Defending With An Emphasis On Balance And Support**

This is a three team, 3 v 3 v 3 competition in a 30 x 30 area. There are three goals, each 3 yards wide. Each team is assigned to defend one goal.



A ball is played into the middle and each team works on scoring in either of the other two goals and defending their own goal.

If yellow scores in the goal defended by red, yellow gets one point, red loses one point and white stays at zero.

This quickly becomes a very tactical game with teams deciding when it's worth attacking, when it's better to play a ball toward another goal and maintain their defensive shape and which direction to attack.

It's a five minute game and the team with the highest number of points wins.

If you have 18 players in a training session, you could have three games going at one time and after 5 minutes, teams could rotate fields so they are playing against different teams.

This is a great way to work on team shape and balance while the players are having a great deal of fun!