

Montclair Soccer Pitch



Special points of interest:

- Save the date: Photo Day is Oct. 10 (p. 4)
- Spaces may be available in U6 girls, U14 girls, U14 boys, and U16 girls programs (p. 2)
- MSC gets new soccer balls (p. 3)

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President's Message

Greetings Montclair Soccer Club Families, Volunteers and Friends;

Welcome to the fall season! The games have begun and our children are experiencing the fun, excitement, and growth that comes from working together with a team playing the beautiful game of soccer. We would not have a Fall Soccer Season without the hard work and commitment of the parents and volunteers within Montclair Soccer Club who coordinate the teams for our kids, schedule games, referee, coach, secure permits, and translate our frenzied, fantastic, love of soccer into organized games, hour upon hour, and week after week. We have forged new ground this year and we can build upon what we have accomplished to improve and deepen the positive direc-

tion that has come from the work of so many dedicated volunteers. We are pleased to have a partnership with Merritt College and King Estates. This month we will also be hosting a work shop for our recreational and competitive team coaches with first rate professional instruction from the 24-7 UK Soccer Academy. Mark Twain is credited as saying, "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." We have set sail on a journey to improve our local youth sports community by building relationships that will provide safe and quality fields and soccer programs for the

children of Oakland. Let's go forward with big dreams for what we can accomplish together and keep the wind at our sails. I look forward to seeing you on the pitch or on the sidelines.

On a somber note, Montclair Soccer Club is grieved to announce that an Oakland Soccer Club player was [killed in a shooting August 22](#), and two others were wounded. The player killed was a member of the team that won the Founder's Cup in 2007. The Oakland Soccer Club will donate \$500 to the family for burial expenses, and the club asks that the Jack London Youth Sports Soccer League match this amount, as it has for past tragedies.

Warm regards,
Meredith Brown,
MSC President

Calendar of Upcoming Events

Oct. 7	Class IV Goal Keeper Training begins
Oct. 10	Photo Day
Oct. 12	Monthly Meeting
Nov. 9	Monthly Meeting
Nov. 14	Last Games: U8-U19
Nov. 15	Last Games: U6
Nov. 22-23	End of Season Tournament
Dec. 7	Volunteer Appreciation Dinner

Coaches Day A Success



Susan Ruiz's U11 Girls Clippers team, the Firecrackers, came in 2nd at the Tiburon Fall Kickoff

On Sunday, August 23rd, over 40 Coaches and team representatives for our youngest age groups came together for our annual U6/U8 Coaches Day.

Our day started with a 2 hour on-field training session, led by Neil Bradford of SAY Soccer. Neil had led a similar training the preceding day, hosted by Jack London, and offered to all of our JLYSSL Club coaches, so we were very fortunate that he could stay over and join us at our Coaches meeting. Neil's presentation on coaching techniques, demonstrations on how to

run a practice, and general guidance on working with young soccer players was received with overwhelming enthusiasm. We look forward to collaborating with SAY and Jack London again in the future, as we continue to develop training and support for our coaches.

In addition to the field training, Coaches Day included a presentation by Csaba Peto, MSC Disciplinary Chair; discussion of U6 and U8 coaching topics; and an inspiring Positive Coaching Alliance workshop with an emphasis on coaching youth in sports. A very full agenda,

and a very successful meeting!

Thank you to all of the volunteers who helped to make the day run smoothly. And, a special THANK YOU to veteran coach Bob Montgomery, who stepped in to lead the U6 Coaches discussion, providing a wonderful first-hand account of how our program operates.

As a reminder, the U6 and U8 Coaches Guides can be found on our website, along with the U6 and U8 Parents Guides, the U6 Game Monitor Guide, and the U8 Referee information. If you have questions, check our website!

"We have about 100 teams, almost 200 coaches, and well over 1200 players!"

Registration Update

It is going to be another exciting year with Montclair Soccer! We have about 100 teams, almost 200 coaches, and well over 1200 players! Our players range in age from 5 years old to 18!

If you know of a child that would still like to play soc-

cer with Montclair, we may have just a few spots left in under 6 girls (these may be filled by the time the newsletter goes out), U14 girls, U14 boys, and U16 girls. Have the parents email me for more information.

Players that are registered

for fall 2009 are automatically registered for spring 2010. Not all teams choose to play in the spring. We will update parents in January/February about your spring teams.

Best Regards,

Pam Hoffman, Registrar



U12 Girls Clippers

U12 Girls Clippers Start Season Strong

The U12 Girls Clippers Team coached by Kimberly Guillen, Dan Jera-bek, Keith Holloway and John Walker (not pictured) kicked off the season with a tournament championship at the 9th Annual

Santa Clara Rotary Cup on August 15th and 16th. It was followed with a 3rd place finish at the Pacifica United Coast Cup tournament the weekend of August 22nd and 23rd.

CYSA F & E Licensing Courses

Montclair Soccer hosted two successful coach licensing courses in August. We are glad to have been able to host these courses for our coaches. Our coaches are the backbone of our youth soccer programs. We are glad you are coaching. Kids can't play without you. We want to support your coaching experience and we value your time.

We heard positive feedback from a good number of the coaches about one of the instructors, Coach Jerry Losson. Should you want to reach Coach Jerry Losson in the fu-

ture, his email address is: losson2@comcast.net.

Montclair Soccer has a section on our website just for Coaches, loaded with info and resources. There you will also find coaching guides developed specifically for our U6, U8, and U10 coaches. Should you have additional questions after reading our website and coaching guides, our Age Group Coordinators are the main contacts for answering coaching questions during the season. You can find a full list of Age Coordinators at our Club Directory at [montclair-](http://montclair-soccer.pbworks.org)

soccer.pbworks.org.

If you have not yet attended a PCA Workshop, you are required to attend one in August or September. Ideally you should attend the PCA Workshop offered as part of Coaches Day on Sunday, August 23. If you were unable to attend on August 23, you must attend one of the New Parents Nights this fall (9/2 and 9/10). All coaches in Jack London Youth Soccer League and in Montclair Soccer are required to attend a PCA Workshop at least once.

No Fridge Is Complete without... MSC's Fall 2009 Calendar! On our Club's home page you can find a link to our Club Calendar: montclairsoccer.pbworks.com. Check back frequently; we update the Calendar with new events frequently.

Help Wanted

There will be plenty of volunteer opportunities in the near future, but currently, Montclair Soccer has a need for the following:

Overall Field Coordinator

Equipment Coordinator (you would have a great team of equipment age group managers to work with)

Photo Day Coordinator... to be mentored this year by Jackie Leung.

Fundraising Coordinator... to be mentored this year by Elaine Connolly

These four key positions are looking for that special person that can lead their team and really contribute to the overall functioning of the club. We have details about these positions on our website. Please consider filing one of these needs.

I will be available to speak to

anyone who is interested. Just let me know if that might be you! I would be happy to meet you in the village over coffee and discuss... no commitment, no pressure, and I will pay for the coffee!

Best Regards,

Pam Hoffman, Volunteer Coordinator



U16 Boys finish second in Labor Day Wine Country Classis Tournament

New Club Soccer Balls

This year we are very proud to outfit our teams with MSC custom logo balls. Unfortunately, 90% of soccer balls made today involve child/slave labor. This year we bulk purchased Baden balls, certified free of child/slave labor. Montclair Soccer is committed to kids in our community, and kids around the world. Purchase of these balls was organized by longtime dedicated volunteer Steve Shub.

Check out our new Club logo on our balls! Having our Club logo on our balls will make for fewer lost balls. Montclair dad Mannie Rabara created 5 logos, with the winning logo selected by vote at our Annual General meeting this year.

Note: When you inflate any new soccer ball, it takes a couple of weeks to become fully round. Baden balls have a special bladder and take a little extra time to fully get their shape. You'll probably have to pump up these balls a little for the first few weeks of use. But, these balls will last longer!

For more information on the issue of child labor, see http://ihscslnews.org/view_article.php?id=69; <http://www.laborrights.org/stop-child-labor/foulball-campaign/news/11737>; and http://www.badensports.com/Baden/Social_Responsibility.htm.

Montclair Soccer Merchandise



Do you ever see people waking around in Montclair with Montclair Soccer T-shirt, sweatshirts, caps? You wonder, how can I get one for me!?

Well...you can! Please visit the online store on our website. Click either the T-shirt on the opening page or the online store link on the tool bar. There are items there for adults, kids and coaches! You can even get a BBQ apron!

Bring Your Own Dirt

In this time of budget cuts, it's up to us to rehab and maintain the fields we use. We're asking every team to bring at least one bag of dirt to their practice each week and fill a hole. You can find a bag of topsoil at Home Depot. Just fill the hole and tamp it down with a gallon or two of water. We will organize an Earth Day for Shepherd Canyon and Merritt College later this season. But in the meantime, we need every team to bring a bag of topsoil, a gallon of water, and fill a hole

Refunds of Volunteer Deposits

This year parents in the U8-U19 age groups paid a \$60 volunteer deposit when they registered. To receive a refund of your deposit, all you need do is give to the club 4 hours of your time.

As opportunities arise, we have been sending out notices, and I have to say that we have already returned much of the deposit money! Thank you all for helping us out! We each do what we can. Some people can commit more time than others, while some families simply are thankful that they can pay their deposit and just enjoy watching their children play! No matter in what manner you can contribute it is appreciated.

If you have completed your 4 hours, please email me at PamOfOak@aol.com and I will provide you with instructions on how to receive your refund. Simply let me know what you have done for the club.

Best Regards, Pam Hoffman

Volunteer Hero: Mike Greening

Soccer Families,

As the season begins I want to point to one of the biggest factors in allowing our monstrosity of a season to develop successfully: Mike Greening!

This year Mike has worked tirelessly to secure new fields & prepare all our fields for the season.

There is now a Full-size field at Bushrod; Caldecott 1 is now a Sunday field; Both Raimondi Fields & Mills College are now open to us on a part-time basis; Lowell U12 field is available on Sat/Sun. These additions have saved our season re: the demands on full-size fields. Kudos to Mike!

Don Levine

Volunteer Hero: Andy Kleiber

Since 2004, local Montclair coach & dad Andy Kleiber has been our Field Coordinator. He's led field set-up training, helped to organize maintenance of our fields, and worked tirelessly to help get the fields ready for games each season. We are grateful for Andy's many years of service. Andy is passing the baton for the job of Field Coordinator. We're looking for 4 volunteers to sign up for this position, with the idea of breaking this big job into 4 smaller jobs. Please email vp@montclairsoccer.org to sign up and get your \$60 volunteer fee refunded. And again, thank you to Andy Kleiber for his dedication to our Club families.

Save the Date: Picture Day is October 10

Picture Day is fun! Don't miss it. In addition to showing those pearly whites with your teammates (and for that special Buddy Picture), you can also:

- Turn in your outgrown soccer jersey
- Fulfill your family's volunteer hours for the \$60 volunteer fee refund
- Buy tasty treats from our fundraising teams
- Donate your used soccer cleats & gear towards teams in need in our community
- Get Montclair swag at blow-out prices

Purchasing Soccer Shoes

Dear Soccer Parents,

It is essential to make sure your child has comfortable, supportive soccer shoes. If your child is a highly engaged soccer player, on average s/he will run about one mile for every 10-15 minutes in a game. A good portion of that mileage will be a full sprint. In a typical 10 game season, your child will put 20 – 30 miles in a season on her feet in just the games alone, not to mention practices and tournaments. ***If you were going on a 40 – 60 mile hike, how careful would you be in selecting your hiking boots?***

Regular cleats are ideal for wet grass and mud. But the majority of the year we play on dry, firm, hard, uneven ground. When fields are wet and muddy, chances are players aren't allowed to use the fields. Outdoor fields are often overused, with uneven grass and exposed dirt.

Turf shoes, pictured on the right, are ideal for dry, hard natural grass and astro turf. Turf shoes have cushion and support like a running shoe, with soft nubs on the bottom for grip on the pitch. They provide significantly more heel stability than a cleat.

Traditional soccer cleats are good for wet weather. But on dry, uneven natural grass surfaces, traditional cleats offer less stability than a turf shoe. More heel stability is important because it aids in the prevention of knee and ankle injuries.

Cleats tend to stick in astro turf, with less give. With a foot locked on the ground, it predisposes the knee for overextension (lock & pop ACL tears). The worst kind of cleats for dry, hard ground and astro turf are hard plastic blade cleats, ironically some of the most popular cleats around since they have caught on in Europe.

Concerned that you'll have to buy too many pairs of soccer shoes as your kid's feet grow? Turf shoes double as great indoor and outdoor shoes; a pair of good fitting, comfortable turf shoes can be used all year round. They are also great for baseball, softball and lacrosse.

Remember, this is the most important piece of soccer equipment you'll buy for your child. It's worth getting

a good fitting pair of turf shoes for your soccer player given the amount of mileage s/he is going to put on them and to help protect knees and ankles from injury.

The best place local place for turf shoes is Soccer Post (510-523-5700) in Alameda. Turf shoes are hard to find in regular sports stores like Sportsmart. If I can't find shoes that fit for my child at Soccer-Post, I order turf shoes from <http://www.pittsburghsoccer.com/youthturfs.htm>, a store in Pennsylvania where turf shoes are required by the local leagues for astro turf. Eurosport (www.soccer.com) carries turf shoes, but folks are often reluctant to buy a shoe their child can't immediately try on.

From my experience, brands do not all run true to size. Two years ago I ordered over 40 pairs of shoes for girls ages 6 – 12. Here's what I found: Nike tends to run a bit small, so consider ordering a half size up. Nike tends to run a bit narrow in the heel cup, but will stretch out to accommodate width at the toes. Puma's run a bit wide and a smidgen long. Puma's also can pitch forward a bit, providing more heel cushion. Adidas, Diadora, Lotto and Mitre tend to run standard in size. Remember: your child will be wearing a thick soccer sock. Avoid buying a pair of turf shoes more than a full size bigger than what your child normally wears. **Your child's turf shoes should fit comfortably for THIS season.**

I wish you the best as you help your soccer player's feet, knees & ankles last a lifetime both on and off the field.

Best,

Kimberly Guillen



Jump Start Your Team

This fall we are offering an exciting new program for our U8 and U10 recreational teams - Jump Start Your Team. You can bring your team to a practice with a professional trainer for the first 2 weeks of the season. The professional trainer will lead coaches and their teams through a practice, providing exercises and ideas for running and organizing practices for U8 & U10 players. This practice would be in addition to (and not a substitute for) your team's regular practice. The goal is to train our coaches. The idea for this program came directly from our Club's coaches, and we're excited about it. Look for an announcement next week for more info and directions on signing up. We hope you, your players, and your team families have a blast this season in the Beautiful Game.



Montclair Soccer Club

montclairsoccer.pbworks.com

We generally meet on the second Monday of each month. Meeting changes are always reflected in our online calendar.

Everyone is invited to attend these meetings. They are a good opportunity to find ways to help make a difference within our Club.

Our meetings take place at Bishop O'Dowd in the Dominican Hall Board Room. Bishop O'Dowd is at 9500 Stearns Ave (I580 to Golf Links Rd exit; continue on 98th Ave up the hill to Stearns Ave; right to campus entrance). The Dominican Hall Board Room is the first building inside the gate on the left just past the chapel. There will signs directing you to the meeting room on the first floor. Park anywhere.

Newsletter Submission Guidelines

The Montclair Soccer Pitch is a once-a-month newsletter for members of the Montclair Soccer Club community. This newsletter is our primary communication mechanism for information and announcements. However, we will continue to use email to disseminate time-critical information.

The newsletter will include such content as open volunteer positions, recruiting coaches or players, upcoming events, referee news and information, tournament results, and general interest local soccer news.

Submit news items and announcements by the 24th of

each month to newsletter@montclairsoccer.org. Items should be as complete as possible and include appropriate contact information. Most articles should be limited to a couple of paragraphs.

If you have comments or suggestions about newsletter content or format, please email newsletter@montclairsoccer.org. We welcome your input.