Advanced Academy Sessions Begin

The 2017-2018 session of the Kenmore Soccer Advanced Academy begins this Saturday December 2nd at Buffalo State College.

The Advanced Academy is an additional 75 minute session each week that focuses on building individual skills in the 4 fundamental skill areas—dribbling, passing, receiving, and shooting. It is designed for players who are in the 14 and above age groups.

Separate sessions will be held for boys and for girls. The full indoor schedule is linked to the Teams and Schedules page on the club web site. It begins with the boys’ session this Saturday 12/2 from 8:00-9:15am, followed by the girls’ session from 9:15-10:30am. Both sessions will be held in Houston Gymnasium.

Parking is open on weekends, but we suggest parking in Lot I-39, which is closest to the building. A campus map is available at http://suny.buffalostate.edu/sites/suny.buffalostate.edu/files/uploads/Documents/campusmap.pdf.

Our Academy for ages 13 and Below will continue on Monday evenings at Franklin Middle School, with that schedule also linked through the Club web site.

Indoor Schedules Posted On-Line

Team Training and Academy schedules have been posted to the Club web site at www.kenmoresoccer.com via links on the Teams and Schedules page.

A few reminders:

- We are guests in school facilities. Our use is restricted to the gymnasiums and hallways that lead from parking lots to the gymnasiums.

- If schools are closed due to inclement weather or other emergencies, all activities for that evening are automatically cancelled.

- The gymnasium space at the end of each usage must be returned to the same condition as when our usage began.

Please help us maintain the excellent working relationship we have with the school district by meeting these rules. Thanks!
To Grow Teen Athletes, Let Kids Try Lots Of Sports

by Andrew Yates (Reuters News)

The best way to get teens to play sports may be to let them sample a variety of different athletic pursuits earlier in childhood, a Canadian study suggests. Researchers followed 756 kids starting when they were 10 or 11 years old, giving them quarterly questionnaires for five years to see what sports they were playing.

Kids who dabbled in several sports at the start of the study were 55% more likely to participate in recreational athletics five years later than children who didn’t start out playing any sports or who specialized in only one, the study found. “Children have a lot to gain from engaging in a wide variety of sports,” said senior study author Mathieu Belanger of the University of Sherbrooke in New Brunswick. “Through sport diversification children get to develop a wider variety of skills which will contribute to their feeling of competence in sports, which increases the chances that children enjoy their experiences in sports,” Belanger said by email.

The findings come as a growing number of children are specializing in a single sport at younger ages and participating in it year round to pursue spots on elite teams that may boost their chances of college scholarships down the line.

Children who specialized in one sport at the start of the study were 65% more likely to participate in sports during adolescence than other kids, the study found. But the early specialists didn’t have lower odds of nonparticipation as teens. “If children specialize in only one sport and happen to drop out from that activity at one point, they risk having no other sport to fall to since they have not been exposed to them and have not developed complementary skills required to fully engage in them,” Belanger said. “Parents should therefore seek opportunities for their children to try different physical activities and also avoid having their children take part in any given sport year-round.”

In the first year of the study, 147 kids, or 19%, specialized in just one sport. Another 506 kids, or 67%, sampled a variety of sports and 103 children, or 14%, didn’t participate in sports at all, the researchers report online November 13 in Pediatrics. Children who specialized in a single sport also tended to spend more time participating in organized physical activity as opposed to informal pickup games with friends. With specialization, kids were also more likely to play sports competitively, with specific performance goals, and less likely to be involved in recreational sports as teens.

The study wasn’t a controlled experiment designed to prove whether or how sports habits in childhood influence how much physical activity kids get in adolescence. Researchers also didn’t look at the total number of hours kids participated in practices and competitions or examine whether youth played sports as adults. Even so, the findings add to evidence that early sports specialization may not have health benefits in the long run, said Jennifer Sacheck, a researcher at the Friedman School of Nutrition Science and Policy at Tufts University in Boston who wasn’t involved in the study. “Put simply, specializing at a young age puts a child at an added risk for injuries, burn-out and emotional stress,” Sacheck said by email. “Cross-training is known to be a good thing for functional movement skills and motivation should be equally cherished in kids.” For the kids who are truly motivated and gifted athletes, specialization needs to be handled with care, she advised. In particular, parents and coaches need to watch for signs of sports fatigue, such as when kids aren’t motivated in practice, get injuries or struggle to sleep well or to do well in school.

“Too much of a good thing can sometimes not be a good thing,” Sacheck said. “If a child has strong desire to specialize in a particular sport at an early age, parents should still try to maintain engagement in other complementary sports activities throughout the year, and this could be on a much less competitive level like intramurals.”
Sports are a big part of life for many kids as they grow up. It's natural to want your child to do well in youth sports, but it's also important to make sure that you're helping and not hurting them. Here are nine ways you can help your child succeed at any sport.

1 Make Self-Improvement the Goal
It's easy to get wrapped up in winning and filling up the stats sheet, but those shouldn't be the goals for your child. Instead, they should focus on giving it their all and improving as a player and an athlete. Let them know that it's about being a better version of themselves. If they're improving, then they're doing well.

2 Stick to Constructive Criticism
Sometimes criticism can be just what your child needs to know where to improve. What's important is that you give them constructive criticism. You don't want to make your child feel bad about themselves or tune you out because they feel attacked. Explain what they could do better in certain situations without getting overly negative.

3 Provide Plenty of Positive Comments
The best way to soften the blow of that constructive criticism is to provide praise along with it. Positive comments are the best way to build your child's self-esteem, which will help them perform better. Look for a few areas where you can praise your child after any game or practice. Your words of encouragement can make all the difference.

4 Work with Them Outside of Practice
While natural talent and athleticism can help, the best players are almost always the ones who put in the work. Practicing with your child will result in them improving much faster. Try talking to their coaches to see what you can work on with them one on one.

5 Get Outside Help
Another way to help your child get much better at sports is to get them outside assistance. Private coaching sessions are one option, although this can be costly. A more affordable option would be coaching videos, which are great if your child enjoys learning by watching videos. There are plenty of videos available to teach concepts in just about any sport.

6 Explain Commitment to Them
It takes time and hard work to succeed in a sport. If your child wants to do well as an athlete, explain to them that it's going to require a serious commitment on their part. This isn't to discourage them. You're simply ensuring that they know what they're getting into. They won't have as much free time, and they'll likely need to make sacrifices in certain areas of life.

7 Manage Their Workload
Athletes at every level can only handle so much work before it brings them down in other parts of life. As the parent, it's your job to manage your child's workload and ensure that they're not doing too much. Keep their age and the other responsibilities they have in mind. If your child has too much on their plate, their performance across the board will suffer and they'll likely end up burning out.

8 Watch What They Eat and Drink
This is important whether your child plays sports or not, but healthy eating is vital for athletes. Your child won't perform at their best if they eat too much junk food. It's okay for kids to eat unhealthy snacks once in a while, as long as the bulk of their diet consists of nutritious foods. Don't forget to have them drink plenty of water, too. It's good for them and it prevents cramps.

9 Keep It Fun
Remember that at the end of the day, youth sports are supposed to be fun. When your child is enjoying themselves, they'll be able to relax and do better as a result. Make their happiness a priority and everything else will fall into place.

All the tips above are simple enough that you can implement them right away. When you do, you'll notice that your child is getting better at their sports of choice and having more fun along the way.
Kenmore Soccer Players Receive Accolades

With the close of the 2017 scholastic season, many players are now being recognized for their accomplishments. Kenmore Soccer is pleased to have a number of our players receive recognition:

- Alex Fusani—1st Team, Niagara Frontier League
- Jack Reilly—2nd Team, Niagara Frontier League
- Keenan Kasperak—3rd Team, Niagara Frontier League
- Trey Wojnar—3rd Team, Niagara Frontier League
- Matthew Baldwin—Honorable Mention, Niagara Frontier League
- Johnny Thawng—Honorable Mention, Niagara Frontier League
- Jeremy Walter—Honorable Mention, Niagara Frontier League
- Tara-Ann Perreault—Team MVP, 1st Team, Niagara Frontier League

These are ones forwarded to us to date, but we will add others next month as they are made known.

Kenmore Elite 17 and Under Girls Excel at Wallkill College Showcase Event

The 17 and Under Kenmore Elite girls recently travelled to the lower Hudson valley to compete in the Wallkill College Showcase event. With playing fields surrounded by over 60 college coaches, the girls competed against high-level teams from Long Island, Syracuse, Poughkeepsie, and Newburgh.

The girls opened play with a hard-fought 2-0 victory over Nirvana FC, and followed that up in the afternoon with a 1-0 win over East Rockaway of Long Island.

On Sunday morning they battled Quickstrike and held a 1-0 lead with 12 minutes to play, before a series of bad breaks and defensive errors led to a 3-1 loss.

The team completed play with a 1-1 draw versus the Syracuse Development Academy—the #2 ranked team in the state. A series of point blank saves by Alyssa Piazza late in the match kept the score even, after Erin Stockman’s blast off the crossbar had nearly put Kenmore ahead.

It was a great experience for the girls, many of whom had contacts from coaches following the event. Although the entire team is just sophomores and juniors, it will hopefully be the first of several events this year where the girls can showcase their skills for potential college play in the future.
Registration Open for 2017-2018 Season

Registration for the 2017-2018 season remains open on-line through our web site at [www.kenmoresoccer.com](http://www.kenmoresoccer.com). As with past years, we guaranteed placement on the Kenmore Soccer travel team for all returning players who registered by July 15th. Many teams are full at this point, but we will try to accommodate as many players as possible.

This season sees a continuation of our Academy programs, and an expansion of Futsal. In conjunction with our affiliate club in Canada, the Elite Development Academy, we will be offering expanded indoor futsal programs with international competition. We will also be expanding coaching education.

The 2017-2018 season is also seeing a change in our uniform kit, as our former Inaria kits are being phased out and replaced by new Joma kits.

We have a significant number of new players who have already joined Kenmore Soccer for 2017-2018, and we hope to have as many of our current players back as possible, as we continue to grow the community’s soccer program.

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**Important Reminder**

You must accept your roster offer in order to be placed on a Kenmore Soccer team for the 2017-2018 season.

Roster offers are being e-mailed, and contain instructions on Accepting/Declining the offer.
Kenmore Coach Selected to Lead Medaille College Women’s Program

Congratulations to Angela Nicholas-Tolsma on her recent selection as the head coach of the Medaille College women’s soccer team.

A former player with the SUNY Buffalo Division 1 program, Angela most recently was the head girls soccer coach at Tonawanda High School, her alma mater.

Angela also served as coach for the Kenmore Krazies, and led them to successful seasons in the 10 and Under through 12 and Under age groups. She recently moved to coach the 11 and Under Kenmore Talons.

Our best wishes to Angela as she embarks on her new position. She has a lot of recruiting to do, so if you have an interest in Medaille, we are certain she would like to hear from you!

Apparel Orders

The new Joma apparel is shown on the web site, with a link for placing an order. Orders will be placed on the 1st and 15th of each month and parents will be invoiced through the web site.

Trivia Question

(answer on page 7)

When was the first international soccer match played, and what two countries participated?
Trivia Answer - from page 6

The 1872 match between Scotland and England was the first ever official international match to be played.

It was contested by the national teams of Scotland and England. The match took place on November 30, 1872 at West of Scotland Cricket Clubs’ ground at Hamilton Crescent in Partick, Scotland. The match finished in a 0–0 draw and was watched by 4,000 spectators.\footnote{1}

Submissions Anyone ??????????????

We want this to be your newsletter. We also want you to be a part of the Club web site. So, we are looking for your ongoing input—articles, pictures, match highlights, team and player recognition, etc. Each team should consider having a designee that can channel information to the Club for inclusion in the newsletter or web site.

Send your submissions to us at voght@msn.com. Pictures are welcome, but should be in a jpg or gif format.
Kenmore Soccer Club Goals

➢ To be the best club in our community
➢ To recruit and retain the finest youth soccer coaches in Western New York
➢ To continually evaluate and revise our coaching curriculum to insure that all of our players are participating in practice sessions that are challenging, interesting, and fun
➢ To encourage our players to develop healthy and responsible goals of their own

The Kenmore Soccer Club belongs to all of us, and we encourage you to bring your contributions and expertise to the club. If you have any suggestions or concerns, please speak to your child’s coach or contact us directly at your convenience.

Fund Raising

The Kenmore Soccer Club is able to conduct fund-raising, but each activity needs to be approved by our Board of Directors.

If your team wants to conduct any fund-raising, just e-mail us at voght@msn.com with the details of what you propose, and the eventual use of the funds raised. We will get back to you promptly.

Contacting Us

Web Site — www.kenmoresoccer.com
E-Mail — voght@msn.com

Telephone — 716-837-1627
Mail — 57 Greenleaf Avenue, Tonawanda, New York 14150