

Kenmore Soccer News

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October 2020

Kenmore Soccer Prepared to Commence Indoor Training in November

As in past years, Kenmore Soccer has planned to hold indoor Team and Academy sessions in Kenmore-Tonawanda School District gymnasiums. The proposed starting date is the week of November 16th. However, due to current closure of school facilities, the availability of school gymnasiums cannot be guaranteed on that date.

As a result, we have made arrangements to rent an indoor field at the Epic Center in Williamsville on Saturday afternoons commencing November 7th. We will be scheduling Team and Academy sessions there starting that date, and when we are able to utilize school facilities, we will still retain use of the Epic Center field for Goalkeeper training, scrimmages, and added team sessions.

We are aware that current plans have school soccer playing into early to mid November. As a result, our older teams may be delayed in the start of indoor team sessions.

The Epic Center has expended substantial funds to address COVID-19 requirements, and players will find enhanced ventilation, hand sanitizer stations, and masking requirements.

We have worked diligently to employ foresight that ensures our players can continue to train and play in the safest environment possible. A few area soccer clubs have ceased operating, but we are committed to ensure our players have options that allow them to continue to participate in soccer programs now and in the future.

Mini-Mite Clinics Wrap Up

Kenmore Soccer is pleased to have run three weeks of Mini-Mite Clinics for area players aged 4-6. Coordinated by the Town Youth, Parks, and Recreation Department, the free clinics attracted 42 players. Led by Prisco Houndanon, and assisted by 10 players from 16 and Under Kenmore teams, the sessions focused on fun activities that helped kids learn the basics of dribbling and shooting.

We are hopeful of holding additional free sessions for young children in our community in the future. Our thanks to the kids, parents, and our staff who made this fun for everyone, and to the Town of Tonawanda for offering this opportunity when their Brighton Indoor Soccer program could not operate.

Kenmore Soccer Teams Off to Strong National Premier League Start

- The weekend of September 26th-27th marked the start of National Premier League play for two of the five Kenmore Soccer teams playing in that league this season - the 12 and Under Kenmore Spurs and the 14 and Under Kenmore Spurs. Both teams faced strong competition from highly ranked teams from Ohio. The combined record on the weekend was 2-1-1, with the only loss coming against the #1 ranked 14 and Under team from Ohio.
- The other 3 Kenmore teams playing in the National Premier League for the 2020-2021 season will start play in February.

Returning Players Need to Have Re-Registered To Continue Participating

Don't forget that all of our current players who intend to return for the 2020-2021 season must be re-registered through the web site. We have begun to roster new players, and have over 40 who have already joined for next season. We continue to welcome those who have been at other clubs but are looking for a change.

If you have not re-registered, you are not eligible to continue at this time, as we must re-insure everyone and will not do so for those who have not committed to return. If you have questions about the registration process, please contact Operations Manager Ken Voght at voght@msn.com.

Contacting Us

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Strength and Conditioning Training for Youth

from SoccerWire.com

Strength and conditioning for youth athletes has been shown to have many positive benefits which include: improved gross motor skills and performance, injury prevention, reduced body fat, and increased muscle mass, psychosocial well-being, and bone mineral density.

Most parents are not certified strength and conditioning specialists and tend to have many questions in regard to when is a strength and conditioning program safe to start for their child, how often should it be done, what type of exercises are appropriate, and should I hire a trained strength and conditioning specialist? This article will attempt to answer these normal questions that most parents and youth coaches may have.

Who is appropriate:

- Children that can follow directions and demonstrate adequate balance, which usually occurs by 7 or 8 years of age.
- Children who have been cleared and screened by a qualified health professional to participate.

Who is not appropriate:

- Children with cardiomyopathy, pulmonary hypertension, or Marfan syndrome.
- Parents who feel their child is not physically, cognitively, or socially mature enough to participate.

Fears

There is no evidence that strength training stunts growth. Additionally, injuries to the growth plates can occur but this is usually due to improper technique and too much weight. When injury did occur to the growth plate it rarely affected growth. To prevent injury children should never attempt a one-repetition maximum.

Stages and Progression

The Long-Term Athletic Development Model (LTAD) and the National Academy of Sports Medicine (NASM) Optimum Performance Training (OPT) model are two sound pathways for youth strength and conditioning progression. The LTAD has useful information in regard to realistic progressions specific to age and skill level to keep physical activity fun and safe, along with maximizing performance level as children age. There are three stages of the LTAD which we will go into more detail on for ages 6-14 years old. The NASM OPT model for young athletes progresses through three levels: stabilization, strength, and power training. This model also provides general guidelines for youth resistance training in regard to sets, reps, intensity, and recovery.

Fundamental Stage (Males 6-9 and Females 6-8)

Per the LTAD, in this stage children participate in less-structured activity with a focus on physical literacy and multiple sports that include running, jumping, and kicking that challenge balance, coordination, and speed. It is not necessary to have formal strength and conditioning training during this phase that is separate from multiple sport participation.

Learn to Train Stage (Males 9-12 and Females 8-11)

In this stage, there is a low to moderate structure and focus on technical competency. Again, multiple sports are strongly encouraged (three or more) and in this stage, children can learn proper bodyweight training. These exercises would include push-ups, bodyweight squats, pull-ups, planks, lunges, and external resistance with medicine and stability balls or rubber tubing. Per the NASM OPT model, this stage of training would start with foundational stabilization exercises with a dosage of 1-3 sets, 12-15 reps, at low intensity, with a recovery of 0-30 seconds between sets. Children can improve strength by 30-50% after 8 to 12 weeks at two times per week of a well-designed strength training program.

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Train to Train Stage (Males 12-16 and Females 11-15)

This stage involves moderate structure with the focus on technical skills and the secondary focus on performance outcomes. Aerobic training becomes a little more important, but the focus is still on skill, speed, and strength. Periodization can be incorporated slowly with multiple phases and foci and focus may shift to only two sports. Once young athletes have demonstrated great exercise technique with bodyweight and stabilization training they may progress to strength resistance training and eventually power exercises..

Free weights, weight machines, rubber tubing, and medicine balls can be incorporated for a variety of resistance types. Each training session would consist of 6 to 8 exercises that train the major muscle groups with a balanced effort between flexors and extensors and between upper and lower body. Sample exercises could include dumbbell squat and lunges, seated tubing row, staggered stance tubing chest press, and seated dumbbell overhead press on bench. Per the NASM OPT model a dosage of 1-3 sets, 6-15 reps, at moderate intensity, with a recovery of 30-90 seconds between sets is recommended for strength training. The initial load selected for children would be 10 to 15 repetitions that can be completed with some fatigue but no muscle failure. In general, resistance can be increased by 5-10% when the child easily performs 15 repetitions. If the child fails to complete at least 6 repetitions per set or is unable to maintain proper form, then the weight is too heavy and should be reduced.

Power exercises use explosive movements, so to progress to these exercises young athletes need to show great exercise technique and resistance training skill. Examples of power exercises include medicine ball soccer throw, medicine ball chest press, squat jumps, speed squat to overhead press, and eventually olympic lifts starting with just bar weight.

The American Academy of Pediatrics recommends that children and adolescents avoid competitive Olympic-style weight lifting and power lifting until they reach physical and skeletal maturity. The snatch and clean and jerk are complex movements that require skilled coaching and such lifts should never be performed without proper training and supervision. Therefore, we recommend that during the later stages of strength training and onset of power training your child train under the supervision of a strength and conditioning specialist. Many experts have recommended that there should be an appropriate athlete-to-coach ratio of one coach per 10 youth athletes to minimize risk. The NASM OPT model also recommends 1-3 sets, 3-6 reps, at high intensity, with 1.5-3 minutes rest between sets for power training.

Goalkeepers Wanted



Kenmore Soccer is looking for individuals who are current goalkeepers looking for a change, or for players interested in becoming a goalkeeper. We offer specialized training and playing opportunities, and all you need is a desire to play the position and a willingness to work hard (and a set of gloves!).

We have spots in most age groups, so if you are interested, or know someone who may be interested, please let us know - e-mail at voght@msn.com, or telephone Operations Manager Ken Voght at 837-1627.

A Use for Gently Used Uniforms and Equipment

Due to the current health concerns and limitations involving International travel, the mission trip to Africa led by Evans Christian from our 16U Kenmore Blue Devils team was rescheduled to 2021.

If you have gently used uniforms or equipment, and are willing to donate them, we will hold another collection at Kenney Field on Saturday October 17th from 10:00am-11:30am in the shelter area by the Brighton Road parking lot. We will have additional donation dates and locations which we will publicize later.

Trivia Question (answer on page 7)

Who was the first American to play in the English Premier League?

Kenmore Soccer Joins the Social Media World

Kenmore Soccer has joined the social media experience by creating sites within Instagram, Twitter, and Facebook. Links to all of the platforms are on the left hand side of our web site landing page.

Teams (or parents for that matter), can post information on these sites by following these instructions:

Instagram:

If someone posts a picture to their account and wants to tag Kenmore Soccer or include us in a comment, tag our account by using @kenmoresoccerclub

Twitter:

Anyone can tweet to the Kenmore Soccer page or include us in a post by tagging us using @KenmoreSoccer

Facebook:

Anyone can post to the wall on the Kenmore page, write a comment on posts, or post a picture/video to the page.

If someone wants to tag Kenmore Soccer Club in a post or picture, they need to type @kenmoresoccerclub

All other photos/videos can be sent to kenmoresoccerclub@gmail.com.

We have a number of followers on these sites, and you might notice that it includes Celtic FC who has posted information. There are also photos from the Buffalo State Futsal Tournaments, featuring a number of our Kenmore Soccer teams. Most importantly, we have uploaded video of several individual training sessions.

Join in by following Kenmore Soccer, and by submitting information to post and share with the world!

Follow Us on Twitter, Instagram, and Facebook!!!

Answer to Trivia Question
(from page 5)

John Harkes, who played with Sheffield Wednesday.

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 doc@kenmoresoccer.com. Pictures are welcome, but should be in a jpg or gif format.



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in Kenmore

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Fund Raising

The Kenmore Soccer Club is registered to conduct fund-raising, as is required by law, 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 doc@kenmoresoccer.com with the details of what you propose, and the eventual use of the funds raised. We will get back to you promptly.