

BENEFICIAL NEWS

JANUARY 2013

SPECIAL POINTS OF INTEREST:

- Winter Training schedule
- NEP
- Coaches' Profiles
- Pre-Season and College Showcase Tournaments
- Great Expectations
- College Decision Time for Athletes
- Benfica USA/SJSC College Day

**Our best wishes
for a Happy,
Healthy and
Successful
New Year
2013**

Winter Training Sessions

As we are about to start the 2013 winter trainings, I wanted to review our intentions and objectives. Our focus, as always will be in the following areas:

- Sharpen up the players technically.
- Improve their game awareness and decision making.
- Raise their fitness level.
- Enhance their frame of mind, attitude and approach to the game.



Every session includes a technical box, focusing on the players' "foundation", ball control and passing/receiving. This is the easy part. The hardest part is to help the player turn the technique into skill and apply it to the game.

Watching us work, you might think or ask, "what are they doing"? Everything we do is calculated and done for a reason, for a purpose and always for the players' benefit. This has proven very successful and that's why it is included in the players' soccer development plan.

The club's policy on participation is as follows: For our younger players, it's highly recommended in January and mandatory in February and March. For our older players, participation is mandatory. We do understand there could be conflicts and unforeseen emergencies from time to time but please treat this as a developmental investment.

Your coach will expend on this further because some teams will be playing in additional leagues and preparation is vital.

Winter Training Schedule is posted on our website, www.BenficaUSA.org under OUR TEAMS tab.

NOTES:

1. Congratulations to our BU14, BU16 and BU17 teams for being accepted in the Region 1 league. Also accepted was our BU13 team but due to lack of teams to form a Northern Division we have decided not to participate in the Colonial Division since travel distances were much longer.
2. Alvaro, our fitness expert had put together an "OFFSEASON" workout program. We are hoping all of you took advantage of this and you are better prepared to jump into the winter trainings.
3. Your coaches with Alvaro's assistance will be conducting a set of tests to determine your fitness level.

New England Premiership League

Our partnership with Seacoast United has given us the opportunity and choice in placing our teams in different leagues to enhance the development of our players in a per team basis.

Starting the 2013 spring season some teams will continue to play in MAPLE, while others will play in the New England Premiership league. Lengthy discussions with our coaches and Technical Staff and careful considerations and reasons went behind the decisions in which league each of our teams will participate.

Your coaches will expand further in which league your team will be playing in the spring.

Founding Principles

Why the New England Premiership?

- Focus on development over winning - 6v6 at U10, and 8v8 at U11/U12 allows for improved player development – more touches on the ball
- Minimum standard for coaches and facilities
- Clubs to have a Director of Coaching with minimum USSF B License
- Games split into single regional games and festival format (2 games per day)
- Festival format reduces travel distance
- Regional games played against opposition based on geographical location
- Each full participating club assigned a seat on the Board of Directors
- Three pronged evaluation system for clubs controlled by the B.O.D – Self Analysis, Peer Review and “Third Party” review
- Regular meetings and communications between D.O.C's
- Recommended playing times for players / US Soccer recommended Substitution Rules U15 – U18
- College exposure for U16 – U18 players
- No promotion/relegation. Team placement is done by all the DOCs recommendations. This ensures the focus to remain on player development
- Each player will have a Club pass card, instead of a team pass card. This means players can play league games for another team within the club without getting stuck there for the remainder of the soccer year.

NEP Substitution Rules

U10 - U12 Substitution Rules

Players should have at least 15 minutes of playing time before substitution.

This is to ensure equal playing time for all.

Also so that players can have time to perform and develop.

U13 - U15 Substitution Rules

It is strongly recommended ALL players get equal playing time to ensure development.

The league recommends that once a player is substituted they do not return to play that same half.

U16 - U18 Substitution Rules

When a player is substituted from a half they are NOT allowed to return to play that same half.

If a player is substituted in the first half, they are eligible to return to the second half.

The only time it is recommended that a player return in the same half of play is if a team mate is injured and all other subs have been used.

Benfica USA/SJSC - Coaches' Profiles

Technical Director and Clinician

Dr. Dina Gentile



- Professor of Sport Management at Endicott College
- Former College coach at Division II and III colleges
- NSCAA National Diploma
- Former Player Development Officer at Beverly Youth Soccer
- Organizer of Soccer Camps for 19 years on the North Shore
- ⇒ Published author in Camp, College and coaching business



Dina giving instructions to her players

Technical Director and Clinician

George O'Neill



- Played Pro in Scotland from 1962 - 1973, with Celtic, and as Captain for Partick Thistle.
- Came to Philadelphia Atoms, and won the soccer bowl that same year.
- Played for National Team on tour of Haiti, Italy and Israel.
- Coached Pro-indoor - Philadelphia Fever.
- Coached many men's amateur teams, youth teams, and the University of Penn. College.
- Region 1 ODP U16 boys Head Coach



George making a move in one of Benfica USA's Summer Camps

Pre-Season and College Showcase Tournaments

Spring 2013 Pre-Season Tournaments

SUSC Spring Showcase - U15-U18 Boys March 2-3, 2013

SUSC Spring Showcase - U15-U18 Girls March 9-10, 2013

Premier Invitational - U11-U14 Girls March 16-17, 2013

Premier Invitational - U11-U14 Boys March 23-24, 2013

Premier Tune-Up Games— U10 Boys and Girls Dates: TBA

At our last coaches' meeting, all the coaches and Technical Staff agree that it's beneficial for our teams to participate in a pre-season tournament for preparation and showcase our older players to college coaches. Our partnership with Seacoast has provided us with this opportunity and Benfica will commit all our teams to the tournaments, per above schedule. The Club will pay for this tournament as part of the player's tuition, unless the club has already paid for a different tournament as requested per team.

Please mark the above dates in your calendar.

Great Expectations

Here are some tips to help you meet your soccer club expectations – and ours.

What can you expect from us?

- Improvement. We promise that with us, your player will become better.
- Professional coaches, including national, regional and state coaches, as well as ex-pro players and coaches
- Specialized GK Training
- Specialized Strength & Conditioning
- Opportunities to play in additional higher level leagues
- Efficient service and management
- Information about State, Regional and National level programs and opportunities
- Countless extra opportunities: clinics, summer camps, tournaments etc.
- Committed and dedicated staff at all levels

What do we expect from you?

- Attendance at all games and practices
- Commitment to soccer as your main sport, especially in older players
- Commitment to healthy nutrition and remaining fit

How can we be sure our expectations match up?

Some players progress more quickly than others. This is not by chance! To make the most of what we offer, you need to:

- Take the opportunities offered – try out for ODP; attend high level Benfica USA/SJSC camps and clinics
 - Watch pro soccer – go to games, watch as many games as you can on TV
 - Practice at home – juggle, play with friends, keep fit
 - Consider other commitments – if you are playing 4 sports, or many teams, you may not progress as fast as a player who is focusing on 1 sport and place club soccer as the #1 priority
- Play year round – find winter training opportunities, join summer leagues, attend our camps in off season

Remember, the coaches open the door, but it is the player who must enter

College Decision Time for Athletes

So many questions rush in and out of a high school athlete's head when they need to decide on where to study and where to play in college. The college process starts out as an exciting journey filled with trips to small and large campuses, meetings with admissions counselors, and one on one time with college coaches. As we approach the end of the college process, timely concerns need to be addressed before the final decision is made. Ideally, the decision becomes easier because the institutions considered have the student-athletes major and the coach you have met with has watched you play (evaluated your skills) and has expressed interest in you by extending an invitation to try out for the team or through an athletic scholarship. Still the prospect of a 17 or 18 year old deciding their fate (and moving away from home) is daunting.

Parents, here are some solutions to ease the stress of your student-athlete:

1. Discuss which school has the best academic offering for their program of study including class size, internship opportunities, study abroad options, and statistics on employment post graduation.
2. Determine which athletic program is the best fit for your student-athlete by taking a realistic look at the level of competition and the ranking of the team within the conference or nationally. Take time as a family to discuss the similarities and differences between Division I, II, and III programs you have considered.
3. Share the pros and cons, likes and dislikes of the top 5 schools visited. Every family member should be able to weigh in and provide their insight regarding the college decision. Student-athletes have a difficult task at hand and will appreciate learning what each family member thinks about their choices of institutions.
4. Spending time with the college coach and members of the team are extremely important components to making the right decision. Student-athletes need to feel a level of comfort and understand the team culture before making the college selection. An overnight visit including class visits, watching a practice, and spending casual time with the team will reveal a great deal of information about the program. When a student-athlete can ask questions free of adult eyes they will be able to get some true insights regarding the school and team. The key is to ask questions and then determine if the school is the right fit.

Decision making is never easy especially when high school students are trying to find academic and athletic matches at a wide array of diverse institutions. When a student feels comfortable about the athletic program and confident in the academic offerings they will get that "gut feeling" which will help them make one of the most important decisions in their lives.

by
[Dina Gentile](#)

Benfica USA/SJSC College Day

January 26, 2013

Breakaway Sports World-Dracut

Schedule

Team	College Process-Q & A (Players & Parents)	Field Session
BU16-2	1:40-2:00	2:00-3:00
GU16	2:40-3:00	3:00-4:00
BU15	3:40-4:00	4:00-5:00
BU16-1	4:40-5:00	5:00-6:00
GU17	5:40-6:00	6:00-7:00
BU17	6:40-7:00	7:00-8:00

Our top participant will be Manfred Schellscheidt: Former Seton Hall men's coach, BU14 National Team coach, Region 1 ODP Head Coach, USA Olympic Coach and USA Men's National Team Coach. Manfred will probably lead some sessions as well as other coaches if it does not conflict with NCAA rules and regulations.

We have confirmed participation from Seton Hall-men's & women's; American University-men's & women's (if a new coach is in place by then); Princeton University-men's & women's; UMass/Lowell-men's & women's; Lesley College-men's & women's; Emerson College-men's & women's; Ana Maria College-men's & women's; Dean's College-men's & women's; Philips Academy coaches and many more are in the process of confirming.

Dr. Dina Gentile, our own Technical Advisor and Clinician, will have a 15-20 minute Q&A session prior to each team's start. Please arrive early and prepared to ask questions. To help you prepare, please read the article Dina has written on the subject, <http://www.korrio.com/parenting-lifestyle/college-decision-time-for-athletes/> and included in this newsletter.

This is unique opportunity for our players and a first in any club offerings. All the coaches will be focusing and watching our players without having to shuffle back and forth to different fields and catch hundreds of kids playing. Our players might not make a good fit for their program or our players might not have any interest in the colleges at hand. However their input could prove to be valuable to other college coaches in their extensive network circles. For example, coach Schellscheidt is well known and respected in the soccer communities and his opinion carries a lot of weight. If he says, "this young man/woman will make a great fit into your program", it's like a done deal for any college coach.

Your coaches and team admins will be putting together a player's profile packet to be handed out to the college coaches. Please assist in their efforts.

Parents and players of the younger teams are invited to drop in at anytime.

Benfica USA/SJSC is a non-profit 501 (c) 3 organization and operates on a shoe-string budget. Your cooperation and support is greatly appreciated.