



SPECIAL POINTS OF INTEREST:

- Name the Newsletter Contest
- Coach/Player Conferences
- Priority Guidelines
- Communication
- Columbus Day Clinics
- Great Expectations
- Summer Camps
- College Mentoring
- Merger Celebration

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Winter Training

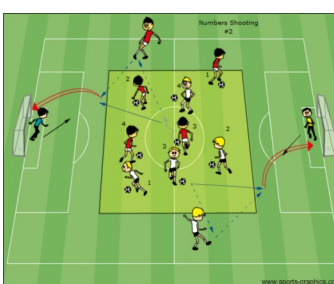
As we are closing down the 2011 fall season and planning for the winter training, I wanted to tell you of our intentions and objectives:

1. **Technical:** Sharpen up the players' technical ability.
2. **Tactical:** Improve their game awareness and decision making.
3. **Physical:** Raise their fitness level.
4. **Psychological:** Competitive atmosphere, attitude and approach to the game.

Depending on the age group the focus will shift more or less in any on the above four components of the game.

In addition, we'll focus in the following areas:

the defensive shape.



Creating better and smarter soccer players

- Defensive shape.
- Possession coming out of

the defensive shape.

- Attacking options from possession.
- Strength & Conditioning (age specific).

Everything we do is calculated and done for a reason, for a purpose and always for the players' benefit.

At different times we might challenge a player (s) to a different age group. The player will be informed to when and how.

Winter Training is highly recommended in January and mandatory in February/March.

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

Coach/Player Conferences

In an effort to effect much better the players' development, each team coach together with one or more Technical Staff will have 2-3 times per season a private one-on-one conversation with each player. We believe each player should take ownership of their own development.

Spring Season 2012

The spring season 2012 is due

Please be flexible and supportive in case we have to re-schedule. Make-up games could be scheduled during a week night, Saturday or double-header on Sunday. At times the

i.e. Memorial tournament, qualification tournaments, promotion/relegation games, State Cup games, etc., etc.

It is your obligation to the success of team, teammates and yourself to participate in any and all relative tournament games.

Your coaches, team managers and I will keep you informed in a timely fashion.

We're also exploring additional leagues and tournaments.

Just as a FYI: Training days might not be the same as they were in the fall.



to start April and runs for 7 weeks. Usually there are no games Easter Sunday, which is April 8th .

However depending on what kind of winter we have, we might have a number of cancellations. The league is very stern on make-up policies.

league might move games to different locations and different times, due to field closures. This can occur on Sunday mornings (but not after 10:00 am). Please be flexible!

The spring season is always shorter than the fall season with many things happening.

Benfica USA/SJSC is a non-profit 501 (c) 3 organization

Priority Guidelines

Mass Youth Soccer, the governing body in MA, and the leagues endorse "dual" roster for players up until U14.

Benfica USA/SJSC wants their players to play town soccer also. We feel it helps in their soccer development as well as their social skills. In the town environment the game is slower and gives the players the opportunity to practice and refine new skills. However, careful monitoring must be exercised not to form bad habits which will hinder in their overall development.

"Dual" rosters create conflicts with scheduling and prioritizing the player's time. Mass Youth Soccer have a set of "priorities rules". These can be found at www.mayouthsoccer.org

We at Benfica USA/SJSC view club soccer as an investment in the child's future in soccer. Therefore our policy is as follows: For the players on

teams that play Div I & II and higher color groupings, club will take precedence over town soccer. The age groups that have two teams: For the players on the top team, club will take precedence over town soccer. Development is a huge responsibility that takes discipline and commitment from both the coaches and players.

We are not in the penal business so we'll not punish a player for missing a practice. We are in the reward business and players will be rewarded by getting better with a high attendance rate.

Most clubs do not allow their players to play town soccer for the following reasons:

- To avoid the constant battle of conflicting scheduling.
- To avoid the manifestation of bad habits.

- To avoid injury.
- To avoid fatigue.

We believe town and club should coexist. Each offers the player unique experiences and I like to compare it with school.

Each high school offers different level classes. The more serious student takes AP classes to be better prepared for college. All students attending are serious and responsible. They welcome the challenge and work load. They cannot choose to show up or study whenever they want and expect to get good grades and be able to stay in the AP class.

Similarly in soccer there are many levels. From recreational to elite and each comes with its own set of responsibilities.

Please re-read "[Great Expectations](#)" in the front page.



Summer Camps

George O'Neill making a move with John Amorim in goal and Arthur overlapping.

We're excited to offer three Camps and High School Team Prep Clinics in the summer, 2012.

Save these dates:

- July 16-20 in Lowell
- August 6-10 in North Reading
- TBD, Boston Location
- HS Team Prep Clinics can be at the above dates or can be arranged for different

dates and locations. More details and registrations can be found at our website, www.BenficaUSA.org

We're also excited about offering special discounts to our Benfica USA families along with sibling and volume discounts. We'll be sending detailed information shortly.

The camp staff are dedicated professionals and will be onsite working and not just attractive names on the brochure. We are proud to provide a week full of soccer.

Some of our camp staff ,including Camp Directors– Arthur Dimitrakopoulos and Mario Prata, are John Amorim– GK Director, George O'Neill, Efrain –"Chico"

Chacurian, and many more...

Name the Newsletter

Contest

Win a **FREE** full day camp if your name is chosen. Click on this link to name the Newsletter, <https://docs.google.com/spreadsheets/viewform?formkey=dGhZcmNRdExSdEloQ29ncXItSkZQakE6MQ>



Coaches' Profiles

The pride of our club, the **Coaches**, have the experience, licensure and soccer knowledge paired with the ability to coach it. They also have the charisma and personal characteristics needed to work with young players.

A different coach will be profiled in every Newsletter.



Mario Prata

Technical Director

- Former Professional Player - S.L. Benfica of Portugal
- USSF "A" License
- National BU14 Team- Former Assistant Coach
- New England Revolution - Former Director of the Youth teams, and head coach for the U16 & U18s
- Mass Youth Soccer - Former Development Coach
- Mass ODP Boys - Former Head Coach
- USSF Region I - Former Head Coach

- Coached professionally in Portugal and Mexico

Mario will take a more active role in working with DOC, Arthur to conduct extra trainings, observe and coach games, help design and implement coaches' seminars and mentoring in all facets in the club's soccer operations.



GU14-spring 2011

Benfica USA/ SJSC operates on a shoe-string budget. Your cooperation and support is greatly appreciated.

Communication

During the course of the year, there may be times when you see things that you feel are not right, that seem unfair to you, your child, or other members of the club. We, the Club Board, encourage you to make us aware of these issues so that we can correct any wrongs or injustices, or at least offer an explanation. Therefore, based on years of experience, we have established this "Chain of Communication"

<http://clubs.bluesombrero.com/Default.aspx?tabid=76470>

which provides an efficient means for the Technical Staff, coaches, team managers, registrar, and Board members to resolve an issue.

Coaching - It is the player's responsibility to discuss problems with the coach. Players should ask to meet with the coach prior to or after the next training session or

some other time when privacy is available. Parents agree to try to let players work out difficulties first with their coach. If a parent/coach meeting is required, the discussion will center on the player with constructive dialog between everyone. Parents may request a meeting with the Directors, if they feel that it is necessary to discuss/resolve a situation.

Administrative– Any paperwork or financial questions should be directed to the club Registrar Sheelagh@BenficaUSA.org

Team Managers– Are ONLY the ambassadors and keep us clued with the information and should not be burden with anything else.

Information & Technology

I'm always humbled by the support we have received over the years from all the Benfica families and especially from our dedicated team managers. Even though they do a great job in relating information, the feedback is that due to our busy schedules, there are times that we can do it better and faster. Or at other times, we have too much information circulating.

Now, thanks to the advanced technological breakthroughs, it is possible we can improve in this area and by having a better understanding of the communication protocol, we'll be kept informed only with the relative information on a timely fashion:

What's expected from us?

1. Keep you informed. An email will be sent out when information becomes available.
2. We'll update our website with new information.
3. We'll text, email and voice mail you with any last minute changes or emergencies. *(more on this under technology).*
4. If you don't receive an email or our website is not updated, this means we don't have it, yet. Be patient!

What's expected from you?

1. Check your emails on a regular base.
2. Refer to our website for information and any last minute scheduling changes.
3. Check, frequently the League's website for information and changes.

How can we be sure our expectations match up?

1. Provide us and team manager with all your emails. If you have no access to your work email during the weekend, it will do us no good. Same for your home email if you're at work.
2. Be patient. If you have not received the information, we don't know it yet. As soon as we have it, we'll pass it along.
3. Update your account at www.BenficaUSA.org with the latest emails and especially your cell phone numbers.

Technology

Our website will be updated to include:

- SMS Text Messages. This will prove to be very useful to all and especially our older players.
- Team Pages.
- Player Profiles.
- Pictures and videos.
- Individual team calendar and scheduler.
- Easier, faster registration and navigation system.



College Mentoring & Technology

Two years ago when our older teams became of age to be looking at colleges and the possibility of playing, we started the college mentoring program.

What we can offer?

1. Write recommendation letters.
2. Open doors to various college coaches; Division I, II & III
3. Bring you to College Showcase Tournaments.
4. Organize our own Showcase Tournament. We're planning one for March 2012, weather permitting. *More details to follow.*
5. Organize forums with current college coaches; both men's and women's.
6. Help you become a better player and prepare you for the higher levels.
7. Play in additional leagues. i.e. Region I.

8. Recommend you for ODP and National Training Centers.

What can you do?

1. Work hard in school; NO grades, NO college, NO kidding!
2. Show-up at all trainings, games, tournaments and forums.
3. Listen and work hard at what you can do.
4. Work on your nutrition, fitness and monitor your fatigue, by not overdoing other activities.
5. Talk to us. Arrange to have an open, honest and constructive discussion of your plans.
6. Give us your feedback. What else can we do, together or separately.

Technology

What can we do together?

We're researching the option of contracting a professional company to videotape games. This could be a very expensive proposition if undertaken by yourselves and if not done correctly, could prove to be useless.

A coach will not look the highlights of a player. They want to see him or her in a full game with all the successes and failures. By videotaping the whole game, each player can share in the cost and have their own personalized CD.

Once we have a proposal we'll present to you for a decision.





Benfica USA Shalrie Joseph SC

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anne@shalriejosephsc.com

Creating better and smarter players

BENFICA USA/SJSC is a non-profit, 501 (c) 3 educational organization whose mission is player development for all ages. We will be working closely with the towns of the Northeast and metro-Boston to form a collaboration to create a soccer culture for the youth. We will dedicate ourselves and adhere to the following objectives.

We will strive to:

- ✦ Develop players at all levels, from non-competitive (developmental), premier to elite.
- ✦ Make players soccer smart, creative and love the game.
- ✦ Promote and offer continuous education for the coaches through licensing courses, clinics and constant feedback.
- ✦ Keep open communication with parents and town officials.
- ✦ Offer educational seminars about child development and the game.

BENFICA USA/SJSC maintains an active membership in Massachusetts Youth Soccer Association and participates in the Massachusetts Premier Soccer League (MAPLE), Massachusetts Soccer Conference (MASC) and New England Premiership (NEP).

www.BenficaUSA.org

Columbus Day Clinic and Merger Celebration

Columbus Day Weekend 2011, proved to be a historic event. The formal announcement and celebration of Benfica USA/Shalrie Joseph SC took place on Saturday October 8th. We had 135 players and parents from Benfica USA/Shalrie Joseph SC attended the Revs game against San Jose at Gillette Stadium. Although the Revs lost 2-1 it was a great bonding experience for players and parents and many players got field passes and talked to Shalrie on the sidelines before the game began.

At our traditional Columbus Attacking & Finishing Clinic on Sunday October 9, 2011, NE Revolution captain Shalrie Joseph joined our re-

nowned coaches, Mario Prata and George Oneill. He help coach, played and even posed for pictures.

A lot of the pictures have been posted at the Benfica USA FACEBOOK, <http://www.facebook.com/pages/Benfica-USA/109809685764717>.

Like



Mario, George and Shalrie Joseph

