



MENTOR SOCCER CLUB

A CLUB, A COMMUNITY, A FAMILY

October 2013

The DOC Is In - with Jim Buchan

Hi Mentor Family

Well our Fall season is almost at an end and our focus now rises on the winter program. We have had some great success with our teams in the Fall. We have a couple of games left and so far we have many teams who are either first or second in their respective leagues. This is totally a team effort, coaches, players and parents, all being on the same page.

Here is what is on the agenda for the winter, we have u5-6 on Sundays; please remember the first 40 to sign up for this is all we can take. We have FNL at 5pm and 6pm starting the first Friday the indoor starts. We will also have indoor GK trainings starting on Sundays, please keep your eye on your email for more details on these indoor activities. Another Sunday outing will be Might Mites for 3-4 yrs old, always a fun time for the wee ones.

We have a few tournaments coming up for our Travel & Premier teams, good luck to all.

Jim
DOC Mentor Soccer



In This Month's Issue:

(click on article title to be passed right to it)

[Exciting New Program for U15](#)

[Encouraging Commitment](#)

[After The Game](#)

[MSC Wave Spiritwear on Soccer.com](#)

[Follow and Like MSC Online](#)

[Club Calendar](#)

[Soccer Web Links](#)

[MSC Contacts](#)



The fog rolls into to a Wave practice.

Exciting New Program for U15's

Mentor Soccer Club (MSC) and Shaker Youth Soccer Association (SYSA) are proud to announce a new partnership to establish soccer teams in the High School age groups. This partnership will help ensure that both organizations will provide a continuous path of development from the earliest youth ages all the way through High School. For Winter 2013/Spring 2014, the intention is to provide a program for the U15 Boys and U15 Girls age groups. In future seasons, the program will expand to include teams in all High School age groups.

Tryouts will be held at Force Sports Indoor, 4505 Northfield Rd, Warrensville Hts. as follows:

BOYS : Monday, Oct. 28th from 7-8pm and Nov. 4th & 11th if needed.

GIRLS : Thursday, Nov. 7th from 6-7pm

Final details will be e-mailed to all who are pre-registered.

To pre-register for tryouts:

- Go to www.mentorsoccerclub.com and click on "Register" in upper right corner

- Enter parent information, child information, then Register for the 2013-14 PFC/Wave program

- **There is no cost to pre-register and no tryout fee.**

Deadline to pre-register is Oct 25.

Program Fee:

- 2013/14 Program Fee: total \$700 (payable in 3 installments)

- First payment: \$250 due November 22

- Second payment: \$250 due January 25

- Third payment: \$200 due March 25.

Encouraging Commitment

Gently encouraging commitment in your child

Child to parent – “Dad, I am tired I don’t want to go to practice.” Or “Mom, I have too much homework I can’t go to practice.”

Some typical responses from us – “You made a commitment you need to follow through”; “Get in the car it’s time to go.”; “You should have done your homework earlier” etc...

While your responses may be just what needs to happen, these things are often met with push back and angst...so what to do? As we know kids sometimes need a push but wouldn’t it be better if we could get them to want to do it on their own?

Last year my colleague and I wrote a book about this as well as other topics. The book is called “*Potentialing your child in soccer*”. The idea was to provide information and ideas in order to help parents help their children reach their potential. One of the topics we talk about is motivation and persistence....what I am really talking about is commitment. How can we gently, over time, get them to see the value of commitment?

Here is a suggestion: Do it together – build your team.

In the book we talk about working to build intrinsic motivation by building you and your child (your group). Here are some suggestions based on these concepts:

1. When these statements come – do you inject your thoughts right away or do you ask a question back? Meaning – when the child says I have homework could you respond by saying what the homework is? Is it difficult? What types of problems/assignments are you up against? From there perhaps it moves into let’s take a look at it together.
2. Once you take a look at it together perhaps there is some dialogue about how this is difficult, I can see why you are up about it. This can usually only take a minute or so...and that minute is better spent chatting together than yelling at each other.
3. What could be going on here is poor time management. This is not the time to solve that, but perhaps on the ride home after practice you can share how you have handled multiple responsibilities – gotten up early, late, during lunch, etc. Make it a chance to dialogue about setting time out early to do the homework.
4. Or what could be going on is she or he is frustrated and doesn’t want to go. Again, a time to chat about that isn’t right now. Perhaps on a car ride you can chat about times where the going got tough you had to dig in. Or talk about a popular figure that went through hard times and then pushed through.

Whatever you do here, try to build your group over time. Defuse the situation right away by listening and understanding. While they may still be upset when getting in the car at least you have laid the groundwork for a discussion about commitment and ensured they understand that you heard them.

Dr. Lee Hancock is a USSFA licensed coach, Associate Professor in the Kinesiology Department at CSUDH in California, and sport psychology consultant for youth, college and professional athletes, parents, teams and coaches. If you would like to contact connect with him at www.potentialing.com. If you would like to purchase a copy of "Potentialing your child in soccer" visit Amazon [here](#) or their E Store [here](#).

After The Game – the ride home

Hundreds of college athletes were asked to think back: "What is your worst memory from playing youth and high school sports?"

Their overwhelming response: "The ride home from games with my parents."

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive Coaching LLC are devoted to helping adults avoid becoming a nightmare sports parent, speaking at colleges, high schools and youth leagues to more than a million athletes, coaches and parents in the last 12 years.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame.

Their overwhelming response: "I love to watch you play."

There it is, from the mouths of babes who grew up to become college and professional athletes. Whether your child is just beginning T-ball or is a travel-team soccer all-star or survived the cuts for the high school varsity, parents take heed.

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren't stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can't help but initiate conversation about the contest before the sweat has dried on their child's uniform.

In the moments after a game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they'd prefer if parents transitioned

from spectator – or in many instances from coach – back to mom and dad. ASAP.

Brown, a high school and youth coach near Seattle for more than 30 years, says his research shows young athletes especially enjoy having their grandparents watch them perform.

"Overall, grandparents are more content than parents to simply enjoy watching the child participate," he says. "Kids recognize that."

A grandparent is more likely to offer a smile and a hug, say "I love watching you play," and leave it at that.

Meanwhile a parent might blurt out ...

"Why did you swing at that high pitch when we talked about laying off it?"

"Stay focused even when you are on the bench."

"You didn't hustle back to your position on defense."

"You would have won if the ref would have called that obvious foul."

"Your coach didn't have the best team on the field when it mattered most."

And on and on.

Sure, an element of truth might be evident in the remarks. But the young athlete doesn't want to hear it immediately after the game. Not from a parent. Comments that undermine teammates, the coach or even officials run counter to everything the young player is taught. And instructional feedback was likely already mentioned by the coach.

"Let your child bring the game to you if they want to," Brown says.

Brown and Miller, a longtime coach and college administrator, don't consider themselves experts, but instead use their platform to convey to parents what three generations of young athletes have told them.

"Everything we teach came from me asking players questions," Brown says. "When you have a trusting relationship with kids, you get honest answers. When you listen to young people speak from their heart, they offer a perspective that really resonates."

So what's the takeaway for parents?

"Sports is one of few places in a child's life where a parent can say, 'This is your thing,' " Miller says.

"Athletics is one of the best ways for young people to

take risks and deal with failure because the consequences aren't fatal, they aren't permanent. We're talking about a game. So they usually don't want or need a parent to rescue them when something goes wrong.

"Once you as a parent are assured the team is a safe environment, release your child to the coach and to the game. That way all successes are theirs, all failures are theirs."

And discussion on the ride home can be about a song on the radio or where to stop for a bite to eat. By the time you pull into the driveway, the relationship ought to have transformed from keenly interested spectator and athlete back to parent and child:

"We loved watching you play. ... Now, how about that homework?"

New Soccer.com MSC Wave Spiritwear!

Soccer.com has opened its new MSC Wave Spiritwear Online shop. Check it out at this link for some cool gear:

MSC WAVE SPIRITWEAR

Mentor Soccer Club gear with the new Mentor Logo as well as Wave gear is now available at our other Spiritwear shop:

MSC SPIRITWEAR



Follow and Like Mentor Soccer Club online.



Mentor Soccer Club is on Facebook and Twitter! Keep up to date with all the latest team news and announcements as well as having fun and seeing pictures of some of our teams. We would love for you to like our page and post whenever you can. The link is:

<https://www.facebook.com/pages/Mentor-Soccer-Club/325866336713>



We are also on Twitter. Keep up to date on field closings and other important announcements by following us at:

https://twitter.com/intent/user?screen_name=mentorsoccer

Club Calendar

Nov 10 th	Board meeting at Longo's Lakeshore 7pm
Nov 2-3	Madison Invitational Tournament
Dec 8 th	Board meeting at Longo's Lakeshore 7 pm

Soccer Web Links

Mentor Soccer Club: www.mentorsoccerclub.com

MSC Wave Spirit Wear: http://www.soccer.com/teamGateway.php?club_id=701460&spiritwear=1

MSC Spirit Wear: www.mentorsoccerclub.shopgraphx.com

Ohio Youth Soccer Association North: www.oysan.org

Northern Ohio Girls Soccer League: www.nogsl.com

Club Contacts

For general club questions:

admin@mentorsoccerclub.com

440-954-4326 (voice mail)

For questions about Rec Soccer:

rec@mentorsoccerclub.com

For questions about Wave Academy Soccer:

wave@mentorsoccerclub.com