



SPECIAL POINTS OF INTEREST:

- News from the president
- PACT Dates
- No PACT, No play policy
- Winter training opportunities
- Club contacts

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From the President

Welcome to the Northern Lights Soccer Club 1st edition of our e-newsletter. We will publish this newsletter to keep you informed of any updates, club policy changes, player or team spotlights, and any upcoming events that you may need to know about.

As we start looking towards the 2011 soccer season, we want you to be aware of the many improvements that we are working on as well as a few changes. First and foremost, we are hoping to improve our communication with you, our members. We are bringing you this newsletter every two months. We are also making many improvements to our website to make it more user friendly

and we will be doing more email and phone blasts for important reminders.

Second, we will become a PACT compliant club, PACT stands for parents and coaches together. New for the 2011 season is our PACT policy. One member from each family (from our U9-U13) will be required to attend a PACT training class. We will offer four different dates for you to choose from. We understand that many may see this as an inconvenience; however, we feel PACT training helps parents and coaches work together to create a positive climate for youth soccer players and their families. We have put a link on our website to help

answer any questions or concerns that you may have. There will be no cost to you, but, space will be limited for each class date so make sure you sign up early to reserve your spot.

Please visit our website at www.northernlightsoccer.org often to view the many changes and improvements and if we can do more for you or your child, please do not hesitate to call or email someone from the soccer committee.

Thank you for choosing to play for Northern Lights Soccer Club and we look forward to seeing you in the 2011 season. Happy Holidays!

Regards,
Bret Fields

Hot Topics

PACT Dates

- Wednesday, February 23rd, 2011 6:30-8:45pm (coaches only)
- Monday, February 28th, 2011 6:30-8:45pm
- Tuesday, March 15th, 2011 6:30-8:45pm
- Monday, March 28th, 2011 6:30-8:45pm
- Tuesday, April 19th, 2011 6:30-8:45pm

All PACT meetings are in the Alexander Ramsey room at:
Ramsey City Hall
7550 Sunwood Drive Northwest
Ramsey, MN . 55303





“Failure to adhere to this policy will result in the player’s pass being held until the parent attends a PACT seminar”

Hot Topics

Northern Lights Soccer Club “No PACT, No Play” Policy

Northern Lights Soccer Club is committed providing programs that focus on providing a positive soccer environment for all players, parents, coaches, team managers, officials, and fans.

Northern Lights Soccer Club, as an affiliate member of Minnesota Youth Soccer Association (MYSA), will provide an educational program called Parents and Coaches Together (PACT). Developed by the University of Notre Dame and provided in conjunction with MYSA, PACT is designed to assistance coaches and parents in creating a positive environment for players, parents, coaches, referees, officials, and fans. This policy affects all players, parents, and coaches in the NLSC Travel program.

Northern Lights Soccer Club will require the attendance of one parent of each new player to NLSC Travel program to attend a PACT seminar. NLSC will offer seminars at a variety of times to encourage participation. Once certified, player passes will be issued for participation in the upcoming season. For the inaugural year (2011), NLSC will require the attendance of one parent of each player in the NLSC U9-U13 Travel program. If the parent is also a coach and has attended the Coaches PACT session, he or she is not required to also attend the Parent Pact session. However, the attendance of both sessions by a coach is encouraged.

Failure to adhere to this policy will result in the player’s pass being held until the parent attends a PACT seminar. Without a pass, the player cannot participate in games or tournaments All Northern Lights Soccer Club Coaches (professional and volunteer) will be required to attend a PACT seminar. Failure to do so will result in the Coaches Pass being withheld until the requirement is fulfilled.

Important Dates

Registration Dates

Recreational Soccer:

January 2011

Traveling Soccer:

Now open at

northernlightsoccer.org

On-site registration for traveling and recreational soccer will be on January 31st and February 19th. More information to follow.

Winter Training Programs:

Now open at

www.northernlightsoccer.org

Soccer Committee

Meeting Dates

Sunday December 12th, 7PM

Sunday January 9th, 7PM

Sunday February 13th, 7PM

ARAA Board Meeting Dates

Sunday January 30th 6PM

Sunday February 27th 6PM

All meetings are at Central Park in the park building.

Payments

Traveling soccer installment payments:

Wednesday, December 15th
\$75, (\$150 for U17G Premier)

Saturday, January 15th, 2011
Balance due

Winter Training Programs:

Wednesday, December 15th
last day to get registration discounts

www.northernlightsoccer.org



Recreation Round Up



2011 Spring Recreational Soccer registration will be opening in Janu-

ary 2011. With the start of the new year, we at Northern Lights Soccer Club are excited with all of the changes that will be taking place. The recreational program will again receive new uniforms as we know that the children love new things! We are also offering our winter training programs to our recreational players. Please visit our website for information and registration links. Northern Lights Soccer Club's recreational program is always looking for more HELP as well as

coaches for our teams. If you have questions or if you are interested in getting involved with our Rec. program please contact Josh Christoff at recdirector@northernlightsoccer.org. Please check our website often as we will be updating it regularly with all of the improvements that are taking place! Thank you for choosing to play with Northern Lights Soccer Club!



The recreational program will again receive new uniforms, and our winter training programs are available to our recreational players.

Soccer Committee News

There are several committee positions that are open at this time. There is a great need for these positions to be filled. Your time and talent is very much appreciated and could be utilized to further the NLSC mission. If you do not have the time to participate as a committee member, many other volun-

teer opportunities are available. Please contact a committee member, go to the website, or come to our monthly meetings at Central Park. The club contact information and dates for the meetings can be found in this newsletter. This newsletter is one of the tools that NLSC will use to improve communication.

A picture page will be added in the next edition. If you have any soccer pictures that you would like used, or if you have any ideas for future additions, please e-mail them to communications@northernlightsoccer.org. This is your newsletter for your soccer club. Send those ideas and pictures in.

Volunteer/Fundraising Update

Northern Lights Soccer Club will be selling hats, mittens and scarves at our on-site registration on Jan. 31st & Feb. 19th, and also at Goal Kick during the winter training sessions on Tuesdays and Sundays. The mittens are soft fleece with a double cuff, Northern Lights

Soccer Club will be embroidered in the cuff, the hats have the long flaps over the ears also with Northern Lights Soccer Club knitted into the design, the scarves will have the same. This is a great way to show your NLSC pride and assist the club with raising money for

their adversity fund. Quantities are limited! For more information call Marleen Cross, Fundraising Coordinator, 612-247-1614.



Player Development Model

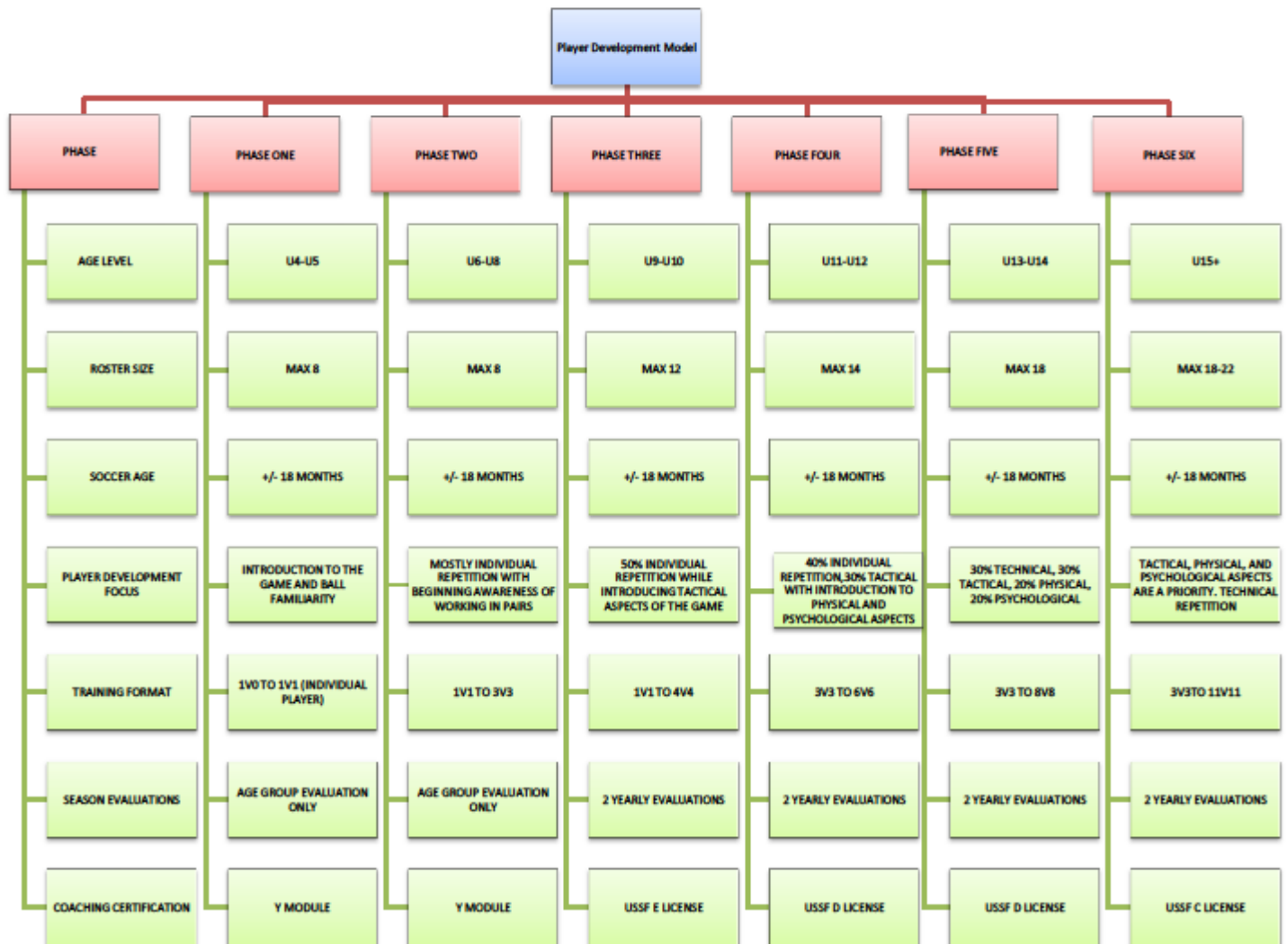
To be able to develop players to their fullest we must have an understanding of players’ developmental guidelines. This model provides a better understanding of the development rate of players and the expectations and limitations players have. A player must go through each developmental phase at their own rate, as it is important they not be hurried through or skip critical parts of their soccer development. Putting players in an environment where they do not have the foundation or tools to succeed will only stem their development and diminish the enjoyment they have for soccer.

It is important to understand that every child varies in their development and these are strictly guidelines. Guidelines are meant to be flexible as all players of the same age are certainly not at the same developmental level. It is essential we challenge all players at a level that befits their ability. We must also recognize that players will develop at different rates throughout each phase. When we focus more on their development rate, rather than their level of play, we will find they make it through each phase a more complete player.

The information in this model comes not only from the NLSC Director of Coaching and the State Developmental Coaches but also from the National Director of Coaching and other National Staff Coaches. The information is not solely based on observation and experience in soccer, but also on research and practice in psychology, child development, physiology, child education, and learning theory.



Northern Lights Soccer Club



Northern Lights Soccer Club

2011 Winter Training Programs



Team Training
Goal Keeper Training
Player Development Academy
Futsal League

2011 NLS WINTER TRAINING PROGRAMS

Player Development Academy

Led by Michael O'Reilly, NLS Director of Coaching, players will work to improve their individual ability in three areas: Ball Mastery, 1v1s, and Shooting/Finishing.

Ball Mastery- The fundamental skill in soccer is mastery of the ball and creativity that comes with it.

1v1's- Improve one's ability to beat an opponent through trickery and creativity.

Shooting/Finishing- Improve the technical ability to shoot and the tactical understanding and decision-making that top goal scorers need.

SESSION ONE: \$85 (\$100 after Dec 15)

Sundays (January 2-February 13)

3:00-4:00pm: U9-U13

4:00-5:00pm: U14-U17

SESSION TWO: \$85 (\$100 after Feb 15)

Sundays (February 20-April 10)

(No training on March 13)

3:00-4:00pm: U9-U13

4:00-5:00pm: U14-U17

Register for both sessions together to receive a discount!

Team Training

Session I

Cost is \$600 per time slot. If the team would like a professional trainer, there will be an additional \$300 cost.

Tuesdays (January 4-February 15)

6:00-7:00 pm

7:00-8:00 pm

8:00-9:00 pm

Sundays (January 2 - February 13)

2:00-3:00 pm

Session II

Cost is \$600 per time slot. If the team would like a professional trainer, there will be an additional \$300 cost.

Tuesdays (February 22 - April 12)

(No Training March 15)

6:00-7:00 pm

7:00-8:00 pm

8:00-9:00 pm

Sundays (February 20 - April 10) (No Training on March 13)

2:00-3:00 pm

Goal Keeper Training

Once again, NLS will hold a Goal Keeper Clinic with Joe Warren, a former professional goalkeeper and one of Minnesota's top Goalkeeper trainers. Goalkeepers will work on their Footwork and Body Mechanics, Shot stopping, Diving, and Angles and Body Position.

Session I: \$90 (\$100 after December 15)

Tuesdays (January 4-February 15)

7:00-8:00 pm: U9-U13

8:00-9:00 pm: U14-U19

Session II: \$90 (\$100 after February 15)

Register for both sessions together to receive a discount.

For more information and/or to register, go to:

www.northernlightsoccer.org



Northern Lights Soccer Club

Anoka Ramsey Athletic Association (or ARAA)

Attn: Soccer

PO Box 265

Anoka, MN 55303

www.northernlightsoccer.org

ARAA Sports Hotline (763) 422-9555 Press 6

Northern Lights Soccer Club was formed in 1985 and our mission is to provide quality recreational and competitive soccer programs for youth ages 4 to 19 in the communities of Andover, Anoka, Coon Rapids, Elk River, Nowthen, Ramsey and surrounding areas. Our soccer programs are affiliated and regulated by Minnesota Youth Soccer Association (MYSA), United States Youth Soccer (USYS) and we are a division of Anoka Ramsey Athletic Association.

Northern Lights Soccer Club, celebrating it's 25th year in 2010, is dedicated to bringing a high level of soccer to the youth in the Anoka, Ramsey, Andover, Coon Rapids and surrounding area. We focus on training our players to become quality players while gaining lifelong lessons and experiences. We are committed to developing strong community relationships with our players, families and community businesses and organizations. We are continuing to grow and develop winning teams over time, without compromising our beliefs and values.

Soccer Committee Members

Committee Position	Name	Email Address
President	Bret Fields	president@northernlightsoccer.org
Director of Operations	Tammy Hayft	directorofops@northernlightsoccer.org
Treasurer	Tammy Hayft	directorofops@northernlightsoccer.org
Secretary	Kristen Villarreal	secretary@northernlightsoccer.org
Recreational Soccer Director	Josh Christoff	recdirector@northernlightsoccer.org
Traveling Soccer Director	Bret Fields	president@northernlightsoccer.org
Girls Competitive Director	Joe Helback	girlsdirector@northernlightsoccer.org
Boys Competitive Director	Kotchi Prosper	boysdirector@northernlightsoccer.org
Registrar	Sport Services, LLC	registrar@northernlightsoccer.org
Coaching & Player Development Director	Michael O'Reilly	doc@northernlightsoccer.org
Referee Assignor (In-house)	M&D Sports (Merry Hilger)	mrefassignor@comcast.net
Player Development Assistant	Jim Verkuilen	training@northernlightsoccer.org
Referee Assignor (Traveling)	M&D Sports (Merry Hilger)	mrefassignor@comcast.net
Field Coordinators	Dennis Lehman	fielddirector@northernlightsoccer.org
Fundraising Coordinator	Marleen Cross	fundraising@northernlightsoccer.org
Equipment Coordinator	John Bednorz	equipmentmgr@northernlightsoccer.org
Awards Coordinator	Open	
Tournament/Event Director	Robyn Hellwig	tournaments@northernlightsoccer.org
Communications	Kent Boldt	communications@northernlightsoccer.org
Apparel & Uniform Director	Jason George	uniforms@northernlightsoccer.org
Volunteer Coordinator	Open	
Webmaster	Open	