

SPECIAL
POINTS OF
INTEREST:

- News from the president
- No PACT, no play policy
- Little Lights
- Youth Module
- Coach Mentorship

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NLSC TIMES

VOLUME 2, EDITION 1

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From the President

As we begin a new year, we look forward to the upcoming 2011 soccer season. We are excited for the many changes that we are bringing to our members. Our winter training programs are up and running. Our Futsol league started on Friday night and was enjoyed by all of the players that were there. We anticipate more kids participating in the future as this is a great way to build foot skills in the 'off season'. For more detailed information on our winter training options, please visit our website at www.northernlightsoccer.org. Our Recreational program will be introducing a new "Little Lights" training program on Saturday mornings. This added training will benefit the

players by giving them a chance to practice with Michael O'Reilly, our Director of Coaching and several other skilled trainers. Our Travelling program will be starting a new 'age group' training program this season. Instead of having only team trainings, our players will also participate in Age-Group training sessions. Age-group training combines all players in a specific age group and allows everyone to train together. Age group training gives all players a chance to be seen by the trainers and coaches and to show their skills with the hopes of being able to 'play up' a level.

Our committee members are also working hard to improve the club. We will be partici-

pating in a 'Club Vision Meeting' in March to plan out a path for the next five years and beyond. We will discuss all new ideas and hopefully begin to implement them over the next few years. If you think you have a good idea for the club or a change that you would like to see, please feel free to contact me via phone or email and I can bring it to the Vision Meeting to be discussed. We are always looking for new ideas and thoughts as that is how we grow the club in a positive way. Thank you again for playing for Northern Lights Soccer Club and we look forward to seeing everyone on the field.

Regards,

Bret Fields

Important Dates

Soccer Committee

Meetings

Sunday February 13th, 7PM

Sunday March 13th, 7PM

Sunday April 10th 7PM

All meetings are at Central Park in the park building.

Registration

Now open online at:

www.northernlightsoccer.org

On-site registration

January 31st, 6-9PM at

Ramsey City Hall

February 19th. 9AM-1PM at

Central Park

Payments

Traveling soccer remaining balances now due.

Recreational soccer registrations after 2/28/2011 will include a \$20.00 late registration fee.

Pay online at

www.northernlightsoccer.org

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.

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



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



Recreation Round Up

On-line registration is now open for Recreational soccer. Register today online to reserve your spot on a team. Deadline for all age groups is 2/28/11. Onsite registrations will be January 31st at Ramsey City Hall (Alexander Room) 6-9PM and Feb 19th Ramsey Central Park North Building 9-1PM. **NLSC Little Lights Program** is a new addition to our recreation Program this year. Players will have the opportunity

throughout the season for additional training as outlined below. These clinics will be held on Saturdays at Ramsey Central Park during the season.

Recreational Coaches - This year, anyone wanting to be a NLSC Recreation coach will need to attend a MYSA Youth Module coaching course. We will be hosting the U4-U8 Youth Module on Saturday, April 16 (8:30am - 12:30pm) and the U10-U12 Youth

Module on Sunday April 17 (12:00pm – 4:00 pm), as part of our Recreational coaches meeting. Information on the Little Lights program is found below and the Youth Module on the next page.

Thanks,
 Josh Christoff
 Recreational Soccer Director
recdirector@northernlightsoccer.org

On-line registration is now open for Recreational soccer. Register today online to reserve your spot on a team.

Little Lights Program

New to our Recreation Program this year, players will have the opportunity to be trained by Michael O’Reilly (our Director of Coaching) and staff throughout the season. These clinics will be held during the season on Saturdays at Ramsey Central Park. Here, players will learn to master the ball and most importantly develop a passion for the world’s game! Players are asked to bring a soccer ball, shin guards, water bottle, and a lot of energy! There is no extra cost for this program, as it is included in the registration fee.

Teams will come in during their assigned time slot to be coached by our trainers. Coaches are encouraged to attend, as it is important they view this as an opportunity to learn new activities which they can use during their practices. This also allows for more consistency in the training the players receive, improving their development level. For more information or any questions, please contact Michael O’Reilly (doc@northernlightsoccer.org).

Preliminary NLSC Little Lights Program Schedule

(Final dates and times are not finalized and are subject to Recreation registration numbers).

Time	Boys Group	Girls Group
9:00am - 10:15am	U4 Boys (May 7th, 21st, June 11th)	U4 Girls (May 14th, June 4th, June 18th)
10:15am - 11:30am	U6 Boys (May 7th, 21st, June 11th)	U6 Girls (May 14th, June 4th, June 18th)
11:30am - 12:45pm	U8 Boys (May 7th, 21st, June 11th)	U8 Girls (May 14th, June 4th, June 18th)
12:45pm - 2:00pm	U10-U12 Boys (May 7th, 21st, June 11th)	U10-U12 Girls (May 14th, June 4th, June 18th)
Make-up Date is June 25th.		

Youth Module

MYSA Youth Module Certification

This year, anyone wanting to be a NLSC Recreation coach will be required to attend a MYSA Youth Module coaching course. We want to be able to provide our coaches with more knowledge and confidence in teaching the game and hope this will give our coaches a more enjoyable experience. Just as we want to see our children succeed while they are playing, we also want our coaches to feel they are succeeding in laying the important foundation for our players. Our volunteer parent-coaches may feel overwhelmed by the responsibilities of being a coach, or perhaps don't have the knowledge or background in the game. The Youth Module Course explains the development stages of players and provides age-appropriate activities coaches can use during their practices. It is important our coaches are given as much information and help as possible to allow them to succeed in nurturing the enjoyment of playing soccer and the development of the players they coach.

We will be hosting the U6-U8 Youth Module on Saturday, April 16 (8:30am -12:30pm) and the U10-U12 Youth Module on Sunday April 17 (12:00pm – 4:00 pm), as part of our coaches meeting. U4 coaches are required to attend the U6-U8 Youth Module. All travel coaches are also encouraged to attend, regardless of their coaching certifications. The 4 hour course will be part classroom and part field sessions. Team equipment bags and schedules will be given out to each coach at the completion of the course. If you cannot attend the NLSC hosted clinics, you may attend a clinic hosted by another club to complete your certification. If you have any questions, please contact Michael O'Reilly (doc@northernlightsoccer.org)

Coach Mentorship Program

One issue every club faces is finding enough coaches. To help solve this program, Northern Lights Soccer Club started a Coach Mentorship Program to encourage and develop older players (U15-U18) into coaches. Studies show that a large percentage of people will return to live in the area they grew up in and we want to begin providing coaching opportunities to encourage our players to give back to the game as coaches. I am looking for players who are ages 15-18 and interested in becoming coaches and working with our young players.

These coaches will begin their apprenticeship as trainers for our Saturday morning "Little Lights" clinics during

the summer recreational season. The coaches will learn how to run age-appropriate activities for younger ages and how to organize and guide a successful session. Each young coach will be mentored in all aspects of coaching, but must always bring with them plenty of enthusiasm and a passion for the game.

The coaches will be evaluated along the way, and those who show the desire and ability will continue to move up the ranks. After successfully completing time as a recreational trainer, a coach will then be placed with a team as an assistant coach. If the coach continues to show desire to further him or herself in the coaching field, the following season he or she will be placed as a head coach

with a team. While it will take time, commitment, and further education, it is my hope this program will begin to develop young, enthusiastic coaches who will continue to coach in our club. Any player ages U15-U18 who is interested is encouraged to get in touch with Michael O'Reilly (doc@northernlightsoccer.org).



Soccer Committee News

Our club is guided by the parents and coaches on the Board. Like most boards, these individuals share many common traits and qualities that enable them to lead our organization creatively and effectively. Think of the board as the heart of Northern Lights Soccer Club. At the legal level, we cannot live without a board, and, at a practical level, the mission, direction, key strategies, and policies all flow from the board's decisions and leadership.

Your time and talent is very much appreciated and could be utilized to further the NLSC mission.

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 volunteer 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.

Fundraising Update

Fundraising is a great way to assist in paying your registration fees, training fees, tournaments fees and to purchase apparel. Fundraising is available to both the recreation and traveling programs. Northern Lights Soccer has been able to offer you 3 different fundraising opportunities in the past few months. The Green valley Greenhouse was a huge success. (Watch for the upcoming Easter lily sale), many families participated, making nice profits at approximately 40%. Many families have also participated in the

Papa Murphy's pizza cards fundraiser, also a great profit at 80%. The most recent fundraiser Annicks Gourmet Coffee and Tea's also offers a 40% profit. Papa Murphy's pizza cards will be available until they are gone. I hope to offer other great ways for you to make more profits.

Northern Lights Soccer is also selling knitted hats, fleece mittens and scarves. We will be selling these items at various training sessions at Goal Kick in Coon Rapids, Futsol, on-site registration, PACT trainings or by contacting Marleen Cross. Profits from these items will help fund an adversity fund for NLSC.

Thanks to everyone that has participated!

Marleen Cross

Fundraising Coordinator

Northern Lights Soccer Club

fundraising@northernlightsoccer.org

Our new online store is also up and running. Cool NLSC apparel delivered right to your door.

Check it out at:

www.northernlightsoccer.org, then click on the "enter" button.



Prices are as follows:

Hats- \$21.00

Scarves- \$15.00

Mittens- \$15.00

Picture Update

Hello all, spring is on the horizon and soccer is soon to follow! We have taken a little time this winter to take a look around at other photographers out there. I was looking for something that was unique, different, and to make sure that we have the best product and price for your child. In saying that, when I had spoken with club members, low and behold the company that we have been using for many years came to me with the best product. There will be a new look to your memories this year. Instead of the same scene we have had for years, there will be a futuristic look to the pictures with amazing color and some lighting to jazz it up. You will see a larger picture of your child on the memory mate with their team picture below that.

We also are going to have a few days set up at Elmcrest Park and at Alpine Park, giving all traveling teams a real opportunity to get their pictures done without having to leave the park. We are trying to make things just a little easier for the traveling players/parents to get the same memories without additional travel.

I am very excited about the new look for pictures and the new things happening within NLS, and can't wait to get this year started! See you on the fields!

Robyn Hellwig

Tournaments/ Events Coordinator

Northern Lights Soccer

tournaments@northernlightsoccer.org

Super Soccer Saturday Pictures



If you have any soccer pictures that you would like used, or if you have any ideas for future editions, please e-mail them to communications@northernlightsoccer.org. This is your newsletter for your soccer club. Send those ideas and pictures in.

Northern Lights Soccer Club

2011 Winter Training Programs



Team Training Goal Keeper Training Player Development Academy Futsal League

2011 NLS WINTER TRAINING PROGRAMS

Team Training

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: Registration Closed

Sundays (January 2-February 13)

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

[For more information and to register, CLICK HERE](#)

Session I

Registration for Session one is Closed.

Cost is \$600 per time slot.

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

[For more information and to register, CLICK HERE](#)

Session II

Cost is \$600 per time slot.

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

[For more information and to register, CLICK HERE](#)

Goal Keeper Training

NLSC will be holding GK Clinics led by Tim Haselberger, MN Kings Goalkeeper. Goalkeepers will work on their Footwork and Body Mechanics, Shot stopping, Diving, and Angles and Body Position.

Session I: Registration Closed

Tuesdays (January 4-February 15)

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

Tuesdays (February 22- April 12, no session March 15)

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

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

[For more information and to register, CLICK HERE](#)



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	