

- From the President
- Important Dates
- Uniform Sizing
- Traveling Program Comparison
- Winter Training opportunities
- Club Contacts

INSIDE  
THIS ISSUE:

Traveling Program Comparison 2-3

Winter training Programs 4-5

Club Contacts 6

# NLSC TIMES

VOLUME 7, EDITION 1



DECEMBER 2011

## From the President

We are in the midst of soccer's off-season. While you are taking a much needed break, all of us at Northern Lights Soccer Club are busy preparing for the winter training sessions and upcoming spring season.

We have many things planned for you in the 2012 soccer season. The first, being our winter training. We are pleased to announce that the cost of our winter training sessions will be included in your registration fees. We are one of the only clubs in the State to offer winter training at **no** additional cost.

Many of you may have noticed that we have kept our registration fees the same and have not increased our prices in over 5 years. We are trying to offer a top notch soccer program at a price that everyone can afford and will do our best to keep

soccer an affordable sport for your child to participate in.

We would like to extend our sincere gratitude to our members that signed the Elmcrest building and playground petition. We are well on our way to pushing this project through the Ramsey city council. Please watch for future emails as we will need members to show up at upcoming city council meetings to show support for the project. If you haven't signed the petition, please do so by [CLICKING HERE](#). If you know of someone that would benefit from this building and/or playground, please forward them this link. The building at Elmcrest will provide safety in the event of a storm, concession stand and eating area, and public restrooms.

Also, we will be changing our

registration software this spring. Please watch your emails sometime in March 2012 for directions on entering your household information into the new software. It is imperative that you do the household registration in order to be included in future mailings, team formations, and registration information.

There are many important changes happening this year within Northern Lights Soccer and we are happy that you are a part of it!

Have a great Holiday season and we will see you in January at the Kings Dome in St. Michael!

Regards,

Bret Fields  
President  
[president](#)

[@northernlightsoccer.org](http://northernlightsoccer.org)

Northern Lights Soccer Club  
(763) 286-1195

## Important Dates

### Soccer Committee Meeting

Sunday, Dec. 11th, 7 PM

### ARAA Board Meeting

Sunday, January 22nd 2012, 6 PM

All meetings are at Central Park in the park building.

### Green Valley and Chip Shoppe Fundraising pickup

Saturday, December 10th  
10am- noon  
Central Park

### Registration for Spring/summer Soccer

Now open online at:

[www.northernlightsoccer.org](http://www.northernlightsoccer.org)

Payments can be made online at

[www.northernlightsoccer.org](http://www.northernlightsoccer.org)

### Uniform Sizing Dates

Saturday, Dec. 3rd, 10am - Noon

Saturday, Dec. 10th, 2pm - 4pm

Saturday, Dec. 17th, 10am - Noon

All sizing sessions will be held at Central Park in Ramsey

Northern Lights Soccer Club has changed from our current uniform to a new style for the 2012 soccer season. This will be a 2 year uniform (please keep this in mind when choosing a size).

It is imperative that you order the correct size when you register your child. If you have already registered your child and need to change the size, please follow these steps to update: Go to [www.arsports.org](http://www.arsports.org), click on Online Registration, click on 'begin online registration', choose OPTION #4 to update your household, enter your household information, click on your child's name and update their size.

# A Comparison of NLSC travel Program

This is the time of year virtually every parent asks why competitive soccer is so expensive (unless you are a hockey parent). The winter, our club's budget will be available on our website and with details of where every dollar is going. As you might expect the budget is comprised of referee compensation, field rental, field lining, field maintenance, coach compensation, administrative overhead, and more. Of course the real number you need to know is \$0. The club's net income was approximately \$0, since all the registration fees were spent on running the program.

So the real question isn't where does the money go. The real question is "Are the program fees at Northern Lights S.C. fair and reasonable?" and "Am I getting my money's worth"?

Those are very fair questions. The easiest way to answer this question is to compare our costs to the other clubs in the area. NLSC has a great respect for the clubs in our area and it is not our intent to disparage any of them. Further, we recognize that "value" means different things to different people and respect your right to choose a club that meets your needs.

## **THE MAJOR COMPONENTS OF SOCCER FEES ARE COMPRISED OF THE FOLLOWING**

- **REGISTRATION FEES**

The base registration fee varies by age. Our U9 and U10 Developmental Levels are cheaper than our U11-U19 Competitive levels as we recognize these levels incur different costs.

- **Uniform**

Each player needs a uniform. Most clubs simply ask the parent to purchase a new uniform each year, on top of their registration fee. This year NLSC is moving to a two year uniform. We include this cost within our registration to help provide an upfront cost of our program.

- **Coaching Costs**

NLSC includes the cost of providing a team coach in the base registration. If a parent coach doesn't step forward, the club will provide assistance for the team to help lower the cost. For many local clubs, if your team does not have a parent willing to coach, your team is fully responsible for paying whatever wages the coach negotiates with the team. At NLSC, we have developed a strict coach-salary pay scale so teams know up front what costs they may incur.

- **Master Coaches**

NLSC provides Master Coaches (highly qualified trainers) for all our teams. These coaches work weekly with our teams throughout the season, helping enhance the players' experience and improve our coaches as well.

- **Winter Training**

○ This year we have included winter training for all our players within the registration fees. Typically, each winter adds another \$150 to the cost of playing soccer. Due to added sponsorships and renegotiating with our uniform supplier, we are able to provide all our members with weekly winter training sessions at the MN Kings Dome.

We also hold our own Futsal League and Player Development programs all at reduced costs for NLSC players.

- **Preseason Indoor Training**

Outdoor preseason training is not really possible in Minnesota until a week or two before the season starts...unless you are indoors. This spring we have limited time at the MN Kings turf field for our teams to hold scrimmages on. Training space for coaches that want additional indoor preseason training sessions is also available at NLSC at a reduced rate.

- **Goalkeeper Training**

Starting April, bi-weekly Goalkeeping clinics are offered at no charge by NLSC. While we have always had GK training during the summer seasons, this year was the first we offered weekly sessions during the fall and we will be offering GK training for free during our winter training sessions as well. In all, our GKs can receive up to 30 sessions led by our GK coaches....for free.

- **Summer Clinic**

○ NLSC offers a Team Camp for all our players, led by top coaches from the metro area.

The real question is "Are the program fees at Northern Lights S.C. fair and reasonable?" and "Am I getting my money's worth"?

# Competitive Program Analysis

PROGRAM ELEMENT	NLSC	TRSA	COON RAPIDS	NORTH METRO	MAPLEBROOK	
<b>REGISTRATION FEE</b>	U9-U10=\$265 U11-U17=\$285 U18-U19=\$205	U9-U10=\$270 U11-U18=280	\$300	\$175	U9-U10=\$320 U11-U12=\$330 U13-U19=\$335	
<b>DIRECTOR OF COACHING</b>	YES	YES	YES	VOLUNTEER	YES	MICHAEL O'REILLY
<b>MASTER COACHES</b>	YES	NO	Some trainers	NO	YES	10 SESSIONS PER TEAM, GAME EVALUATIONS, AGE GROUP SESSIONS
<b>UNIFORMS</b>	INLCUED	EXTRA (\$75+)	EXTRA (\$75+)	EXTRA (\$90+)	EXTRA (\$150+)	NLSC PLAYERS RECEIVE NEW UNIFORMS EVERY TWO YEARS
<b>TEAM COACH EXPENSE HELP</b>	YES	NONE	NONE	NONE	NONE	Paid Coaches can vary significantly. An E license coach is typically \$1500
<b>WINTER TRAINING</b>	INCLUDED	INCLUDED FOR NOVEMBER ONLY	INCLUDED	EXTRA (\$75-\$150)	INCLUDED	10-12 sessions per team
<b>PRE-SEASON TURF OR GYM</b>	INCLUDED	NONE	POSSIBLE	NONE	INFO NOT AVAILABLE	Assume 3 extra practices
<b>GK TRAINING</b>	INCLUDED (30+ SESSIONS)	SOME INCLUDED	INCLUDED	NONE	INCLUDED	1 HOURS SESSIONS Summer (2x Week) Fall (1x Week) Winter (1x Week)
<b>SUMMER CAMPS</b>	\$85	EXTRA- (\$175+)	EXTRA	NONE	EXTRA (\$145+)	
<b>TOURNAMENTS</b>	U9-U10-MYSA JAMBOREE U11-U19 DISTRICTS, REGIONALS, STATE, STATE CUP	EXTRA	EXTRA	EXTRA	EXTRA	NLSC COVERS THE COSTS OF ALL POST-SEASON PLAY FOR ALL OUR TEAMS.
<b>COACH REQUIREMENTS AND DEVELOPMENT</b>	YES	NONE	YES	NONE	NONE	NLSC HAS SET COACH REQUIREMENTS (COACHING LICENSE, EXPERIENCES)

# 2012 NLSC Winter Training Programs

## Winter Futsal League

Northern Lights S.C. will once again be holding its Friday Night Futsal League. Improve your individual ability with the ball, quicken your decision making, and have a lot fun.

**WHEN:** Fridays 6:00-9:00pm (starting January 6<sup>th</sup>)

**WHERE:** Lincoln Elementary School Gym A

**WHO:** U9-U12 players

**WHAT TO EXPECT:** Playing in an environment that encourages creativity, decision making, and ball familiarity. It is a no-coaching league, so players are encouraged to work on keeping the ball, trying new moves, and fail and succeed on their own.

**COST:** \$15 per player with a max of 6 on a team roster.

**QUESTIONS:** Please e-mail Michael O'Reilly, at [doc@northernlightsoccer.org](mailto:doc@northernlightsoccer.org)

Registration opens in November.

### 2011 NLSC Friday Night Futsal Rules of the Game



- Format will be 4v4 with no Goalkeepers
- Games are 32 minutes long (two 16 minutes halves with a 3 minute half-time). Games must start on time, so players must leave the court as soon as their game is over.
- Players must wear gym shoes or indoor soccer shoes. **No soccer cleats are allowed.**
- Players must wear shin guards.
- No Jewelry allowed
- Substitute on the fly
- The game is played using the basketball court as boundaries.
- If a ball goes out of play, it must be passed back in (no throw-ins) from where it went out.
- Players are asked to place the ball on the line before passing it back in.
- Players must give three yards of space for all kick in, goal kicks, corner kicks, and free kicks
- All kicks are direct
- If a team gets up by more than 5 goals, they must take a player off until the margin is less than 5. If a team gets up by more than 10 goals, they must swap 2 players with the other team for the remainder of the game, regardless of what the score becomes.
- **NO Goalkeepers.** Players are not allowed to sit in front of the goal. An area will be marked out in front of goal where players must stay out of.

Please remember this is a 'No Coaching' league. This means no tactical or technical coaching points while the game is going on. You may briefly talk to them at half time, but I encourage you to allow the players to solve their own problems. Guide them by one asking them one or two questions and then just sit back and listen. Try to refrain from giving them the answers. It gives you a great opportunity to find out the level of their awareness and knowledge of the game. Your goal should be, by the last game, to not have to worry about substitutions.

We also want to encourage players to keep the ball rather than just getting rid of it. Encourage your players to find a way to dribble out of pressure or hold the ball up until they can pass to a teammate. "Booting" the ball is prohibited.

We encourage parents to cheer when the players do something well and show support when they fail. Please refrain from any coaching points and enjoy the moments when players succeed. Any parent who insists upon any negative behavior will be asked to leave.

# 2012 NLSC Winter Training Programs

## 2012 Kings Dome NLSC Winter Training Schedule

January: 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>  
 February: 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup> (No Session February 19<sup>th</sup>)  
 March: 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> (No Session March 11<sup>th</sup>)  
 April: 1<sup>st</sup>, 8<sup>th</sup>

Time	12:00-1:00pm	1:00-2:00pm	2:00-3:00pm	3:00-4:00pm	4:00-5:00pm	5:00-6:00pm
Group	U9 Boys U9 Girls	U10 Girls U10 Boys U11 Boys U12 Boys	U11 Girls U12 Girls	U13 Girls U13 Boys	U14G U15G U14B U15B	U16 Girls U16 Boys U17 Boys



and

### Winter Skills Camps at Lincoln Elementary School, Anoka.

[www.pegasussoccer.com](http://www.pegasussoccer.com) 612.205.1091

**Ages u8-u10, u11-u12 and u13-u14**

Pegasus Soccer is a professionally run soccer training program that provides high quality technical and tactical skill development to soccer players that are playing **competitive traveling soccer** in Northern lights Soccer Club.

If you want to see dramatic improvement in your players soccer ability both technically and tactically, improve all around ball control and first touch, be more creative and develop more awareness to your game, then please consider the Pegasus Soccer Schools training programs.

**Program 1: Nov 3, 10, 17 Dec 8, 15, 22 (No training thanksgiving week)**  
**Program 2: Jan 12, 19, 26 Feb 2, 9, 16**  
**Program 3: Feb 23 March 1, 8, 22, 29, April 5 (No training Spring break week)**

**Cost: \$80. All NLSC players receive 15% discount . NLSC players pay only \$68 per program**  
**We'll be cross referencing all info details. Want to signup online? [www.pegasussoccer.com](http://www.pegasussoccer.com)**

-----please cut along line-----

**Checks payable/Send to Brad Fewell: 10951 Goodhue St NE, Minneapolis, MN 55449**

Player name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Current Club \_\_\_\_\_ Position \_\_\_\_\_  
 Playing level for summer 2010 U \_\_\_\_\_ Premier \_\_\_\_\_ C1 \_\_\_\_\_ C2 \_\_\_\_\_ C3 \_\_\_\_\_ Maroon \_\_\_\_\_ Gold \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Parent name \_\_\_\_\_ Address \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Email Address \_\_\_\_\_ Medical Conditions? \_\_\_\_\_ Emergency Contact Number \_\_\_\_\_

**Please select programs:** You can select all three or one at a time. If its one at a time be sure to send in with plenty of time before start of that program.

**Program 1:** u8-u10 6-7pm \_\_\_\_\_ u11-u12 7-8pm \_\_\_\_\_ u13-u14 8-9pm \_\_\_\_\_ Cost \$68  
**Program 2:** u8-u10 6-7pm \_\_\_\_\_ u11-u12 7-8pm \_\_\_\_\_ u13-u14 8-9pm \_\_\_\_\_ Cost \$68  
**Program 3:** u8-u10 6-7pm \_\_\_\_\_ u11-u12 7-8pm \_\_\_\_\_ u13-u14 8-9pm \_\_\_\_\_ Cost \$68

**Waiver of Liability**

I understand and accept that whilst all reasonable care will be taken, neither \*Pegasus Soccer Coaching,\* or any personnel authorized, nor the venue at which the course is being held, will be held responsible for any loss or injury suffered by or to the applicant however caused.

Signature Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_





**Business Name**

Anoka Ramsey Athletic Association (or  
 ARAA)  
 Attn: Soccer  
 PO Box 265  
 Anoka, MN 55303  
 ARAA Sports Hotline (763) 422-9555 Press 6

[www.northernlightsoccer.org](http://www.northernlightsoccer.org)

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.

**Committee Members**

<b>Committee Position</b>	<b>Name</b>	<b>Email Address</b>
President	Bret Fields	<a href="mailto:president@northernlightsoccer.org">president@northernlightsoccer.org</a>
Director of Operations	Tammy Hayft	<a href="mailto:directorofops@northernlightsoccer.org">directorofops@northernlightsoccer.org</a>
Treasurer	Tammy Hayft	<a href="mailto:directorofops@northernlightsoccer.org">directorofops@northernlightsoccer.org</a>
Secretary	Kristen Villarreal	<a href="mailto:secretary@northernlightsoccer.org">secretary@northernlightsoccer.org</a>
Recreational Soccer Director	Joe Helback	<a href="mailto:recdirector@northernlightsoccer.org">recdirector@northernlightsoccer.org</a>
Traveling Soccer Director	Kotchi Prosper	<a href="mailto:boysdirector@northernlightsoccer.org">boysdirector@northernlightsoccer.org</a>
Communications	Kent Boldt	<a href="mailto:communications@northernlightsoccer.org">communications@northernlightsoccer.org</a>
Apparel & Uniform Director	Jason George	<a href="mailto:uniforms@northernlightsoccer.org">uniforms@northernlightsoccer.org</a>
Registrar	Sarah Boyum	<a href="mailto:registrar@northernlightsoccer.org">registrar@northernlightsoccer.org</a>
Coaching & Player Development Director	Michael O'Reilly	<a href="mailto:doc@northernlightsoccer.org">doc@northernlightsoccer.org</a>
Referee Assignor (In-house)	Ref Assignors, LLC	<a href="mailto:assignors@refassignors.com">assignors@refassignors.com</a>
Player Development Assistant	Jim Verkuilen	<a href="mailto:training@northernlightsoccer.org">training@northernlightsoccer.org</a>
Referee Assignor (Traveling)	Ref Assignors, LLC	<a href="mailto:assignors@refassignors.com">assignors@refassignors.com</a>
Field Coordinators	Dennis Lehman	<a href="mailto:fielddirector@northernlightsoccer.org">fielddirector@northernlightsoccer.org</a>
Fundraising Coordinator	Marleen Cross	<a href="mailto:fundraising@northernlightsoccer.org">fundraising@northernlightsoccer.org</a>
Equipment Coordinator	Chip Davids	<a href="mailto:equipment@northernlightsoccer.org">equipment@northernlightsoccer.org</a>
Awards Coordinator	Open	
Tournament/Event Director	Open	
Volunteer Coordinator	Open	
Webmaster	Josh Christoff	<a href="mailto:webmaster@northernlightsoccer.org">webmaster@northernlightsoccer.org</a>