

THE KICKBACK



Newsletter of the Cheyenne Soccer Club



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16th Annual CSC Fall Classic Soccer Tournament

The 16th Annual CSC Tournament will be held October 2-4 at North Park. All CSC teams in the U8 and older age groups are eligible to play. The deadline to enter this year's tournament is Saturday, September 12th. Registration information was given to coaches and is also available at our website at www.cheyennesoccer.com.

Players and Parents: If your team is not going to participate in the tournament, but you would like to play, please call 635-4625 or email cheyennesoccer@bresnan.net. We will compile a list of players and coaches interested in participating and see if we can put a team together for the tournament.

This year's tournament is sponsored by:



Pancake Breakfast Fundraiser

The club is holding a pancake breakfast fundraiser on September 19th at North Park. The proceeds go towards purchase of much needed equipment (nets and goals). Capitol Roofing and the Kiwanis Club are sponsoring the event. Tickets are \$5 apiece or five tickets for \$20 and can be purchased at the North Park shed during the next few weeks of games. If you would like to purchase tickets or help sell, please contact Wally Erickson at 630-7830, or werickson@west-inc.com.

A CSC "THANK YOU" TO ALL OUR COACHES, TEAM PARENTS & VOLUNTEERS



CSC greatly appreciates our volunteers for their time to benefit our kids and the organization. Let them know they are valued. Without our volunteers & parents our organization could not be successful.



July brought the British Challenger Soccer Camp to Cheyenne.

Silent Saturday is September 12

The CSC Board of Directors asks all coaches, players, parents and spectators to support the True Spirit of Youth Soccer on Silent Saturday! Please follow these guidelines for U8 and older games. Silent Saturday events have been successfully implemented in several different leagues in a variety of sports across the country. The feedback is almost universally positive—especially from the players! CSC exists for its youth players and we are excited to give them a chance to play on their own! The objectives of Silent Saturday include:

- To give players a chance to trust their skills and instincts, without sideline input and concern that their mistakes will be corrected from the sidelines in a game environment.
- To remind coaches, parents, and players that practice is the time for instruction and games are the showcases for learning.
- To remind everyone that youth soccer is primarily for the purpose of KIDS PLAYING, LEARNING AND HAVING FUN!

Referees will not enforce Silent Saturday requirements—this is the coaches' responsibility and we hope that coaches will want to participate

and support the Silent Saturday goals. All players, coaches, and parents are encouraged to enjoy soccer played in a different environment for one day!

Guidelines for Sept 12 games (U8 and older):

- Parents and spectators may provide support for the team, preferably by clapping only
- Parents and spectators may not direct ANY comments regarding the game to the players on the field or the sidelines
- ONE coach per team may provide

MINIMAL instruction/correction to field players, correcting only the most obvious errors / misunderstandings

- Coaches may quietly provide instruction to players on the sidelines
- Players on the sidelines are encouraged to cheer wildly in support of the players on the field
- Players on the sidelines may not direct ANY instructive comments to players on the field
- Players on field are encouraged to provide direction, support, and instruction to one another.

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Sponsorships are a major part of our income.

Please thank your team or club sponsors every time you get the chance!

Keep your kids safe!

Don't let them climb or play on the goals. Injuries occur every year from climbing and hanging on the goals.

Lost & Found

Please check the lost and found areas at both Cahill (tent or near Snack Shack) and North Park (Maintenance shed).



CSC Board of Directors

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Game Day Quick & Easy Meal

Quick-to-make tacos are hard to beat for a game night dinner. This easy and flavorful Mexican recipe for chicken tacos offers a wholesome alternative to the packaged taco seasoning found at the store. This recipe is from FamilyFun Magazine and can be found at FamilyFun.com.

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1/2 cup minced onion
- 2 garlic cloves, minced
- 1 Serrano chili, minced
- 1/2 cup tomato sauce
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 3 1/2 cups shredded, cooked chicken
- 12 flour tortillas

1. Heat the oil in a large skillet over medium heat. Add the onion, garlic, and chili and sauté until the onion has softened, about 6 minutes.
2. Add the tomato sauce, cumin, and salt and continue to cook for one more minute. Add the chicken and cook until heated through, about 2 minutes.
3. Taste, and adjust the seasoning if necessary. Serve in tortillas with toppings of your choice. Makes about 3 1/2 cups.

Cheyenne Soccer Club Mission:

The Cheyenne Soccer Club is a volunteer organization designed to promote youth soccer in Cheyenne and the nearby areas. In doing so, the Cheyenne Soccer Club attempts to help develop the youth of Cheyenne into valuable citizens by promoting teamwork, discipline and a positive attitude. The Cheyenne Soccer Club also attempts to educate adults and parents about the aspects of soccer through coaching, refereeing and learning the sport.

QUESTIONS, COMMENTS OR CONCERNS?

If you have any questions or comments, please feel free to contact a Board Member.



Coaching Resources

There is a great deal of coaching information available online. Check the CSC web site (cheyennesoccer.com) for many useful links. One example is that Anne Moore, the technical director for Wyoming Youth Soccer, posts a technical topic twice a month. Many of those are targeted at more advanced players. There is also a link to the Coaching Symposium held here in February. There in information there relevant to U6 and U8 coaches. So, there is something for every coach that wants to spend a little time online to improve their practices and help the children on their team learn and grow as players.

CSC JUGGLING CLUB

The CSC Juggling Club is designed to promote, encourage and challenge our players to spend more of their free time juggling. We will award prizes and certificates for youngsters who make it to our different levels (15 Juggles for U8 and below, 25 or more for U10 and above). Encourage your kids to spend time juggling. More information on our web site: www.cheyennesoccer.com

Cahill Parking

Parking at Cahill Park can be very congested. **Do not** park along the entrance to the parking lot from Dell Range (Friendship Circle). We suggest that the parents of the **U6 coed and U8 boys divisions** consider parking on the south side of the fields. Access to these lots is on Windmill Road. Take the unmarked road across from the Powers Field.

Kid's Corner

This space is reserved for creative soccer players. If your child would like to submit a drawing, riddle, cartoon, song, poem or any soccer related artwork that can be scanned and emailed to mckenzieworld@gmail.com his or her work may be displayed in this area. Artwork must be original. Emailing artwork is permission to print it in this newsletter.

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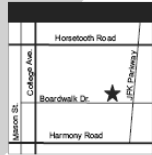
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Practice Field Reminders...

Practices are allowed at North Park on Monday, Thursday, and Friday except for S.E. pod (U10 fields). Sting teams have priority on pod 5 (N.E. pod) at North Park and Field 5 at Cahill Park (western most field at Cahill).

KEEP THE FIELDS CLEAN!

Please do your part to clean up any trash left behind after your game.

Tom Segrave Insurance Agency, Inc



Tom Segrave, CPCU, CLU, Agent
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