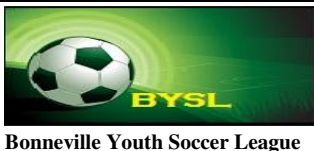


The Far Post

Bonneville Youth Soccer League ▪ www.byslsoccer.org ▪ September 2014

President's Message



BYSL Director's of Coaching Message

Greetings:

You may have noticed that soccer is growing in popularity in the United States. More people watched the World Cup than ever before; more people go to MLS games than ever before; more people understand and love soccer culture; and more kids are playing.

This isn't something that is just happening in other parts of the USA. BYSL and the Idaho Falls soccer community is growing as well. What does this mean? It means we need more coaches and more volunteers. We're going to need more fields and space for kids to play. It means we need to have coaches mentoring parents (and players) who can become coaches. It means we need better training. It means we need to be more effective in disseminating and gathering information.

In the past few months we've appointed a new Director of Coaching, a new U12 Director, a new Equipment Director, formed a Rules Committee (to clarify and update all of our Rules). We are actively working to improve all of our programs and ensure that BYSL continues to provide the best possible soccer experience for the area's soccer playing kids.

With lots of new kids, lots of new volunteers, and lots of new coaches, there are sure to be some growing pains. Hopefully you'll be patient with us as we figure out our new roles and do our best to keep BYSL operating as one of the biggest and best soccer programs in Idaho.

If you'd like to contribute your time, talents, etc. to BYSL to help us grow the program, please do not hesitate to contact me.

Dan Beck, BYSL President
Beck_dan@hotmail.com- 206-5588

Greetings to the coaches, players, parents, volunteers & families of BYSL:

I'll begin by saying "thank you" to the BYSL Board for providing me the opportunity to share the wonderful game of soccer as the organization's new Director of Coaching. I am looking forward to working with the passionate, enthusiastic soccer community in Bonneville County!

Coaches dedicate a tremendous amount of time and effort to instruct our youth in how to improve "soccer skills" on the field. Lessons learned playing soccer carry over to "life skills" that shape everyone involved. Coaching-related seminars, courses, materials and related teaching experiences educate the coaching community within BYSL. Investigate the IYSA, US Youth Soccer, and BYSL websites for upcoming events.

Congratulations to the BYSL coaches who completed NSCAA coaching courses. I was very impressed with the participants' focus, willingness to learn, and better yet – willingness to ask questions, try new methods, and change their approaches to coaching. Applying new methods is harder than agreeing that they are, in fact, new.

Congratulations are also in order for BYSL's Nick Josten. Nick was recognized by IYSA as the state's June coach of the month. Well done!

The YDP, U12, Junior High, High School and College seasons are all underway. Take the time to watch teams play and coaches coach. Watching will enhance your ability to recognize coaching moments and improve your knowledge of the game. Effective coaching is evident across all age-groups, skill levels and coaching styles. Visit Sunnyside Fields to watch 5-yr-olds kicking a ball for the first time; visit Pocatello, Boise or Provo to watch regional college women compete; watch television or attend games to keep up on the professional and international soccer scenes.

Our coaches and players should *all* be learning *and* having fun with soccer. We are never too old or too smart to learn!

Heather Silverman, BYSL Director of Coaching
silvermanhg@gmail.com – 521-9252

"Right now, your competition is training" - Unknown

BYSL INFO PAGE

BYSL Looking for a few good Men & Women:

WE WANT YOU!! -- So come help us; help you & your child and be a member of the BYSL board now. We are seeking new members to help support the great kids in the BYSL soccer programs in our area. If you're interested in joining a great group of volunteers; please contact the BYSL Vice-President, Jason Lance, ASAP. Elections will be held in November at the BYSL AGM (near the airport) **on:**

Thursday, November 6, 2014 @ 7:00 PM – 1575 N. Skyline

*BYSL board members serve a 3-year term (and a max of 6-yrs).

*Should have the “volunteer” spirit and be motivated to do more than just attend the BYSL meetings.

*This is a GREAT opportunity to get involved in your child’s soccer career and the youth in the soccer community.

Jason Lance	520-5115	revolutionif@cablone.net	Vice-President
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Board Members & Directors: (Elections: November 2015)

President:	Dan Beck	206-5588	Member at Large	Scott Staker	520-8334
Vice President:	Jason Lance	520-5115	Asst. Registrar:	Kenda Jones	589-8034
Secretary:	Julie Nawrocki	206-3096	Director of Coaching:	Heather Silverman	521-9252
Treasurer:	Judy Brower	529-2139	Jr. High Director:	Mark Oliver	520-6879
Registrar:	Cheri Cook	523-6776	U12 Director:	Trina Kauer,	604-1873
Webmaster:	Dan Beck	206-5588	YDP Director:	Dan Beck	206-5588
FP Editor & Facebook:	Bobbi Tracy	524-4352	BYSL Ref Assignor	Shel Williams	552-2494
Member at Large	Dee Tigue	589-0971	DCMS Tourney Director:	Jason & Kristy Child	535-0527

Q: Where can I find BYSL Information?

(i.e., Tryouts; Clubs, Jr. High, YDP, U12, Directors, etc.?)

A: There are several options for you to locate information regarding BYSL activities.

A1: BYSL website: byslsoccer.org

A2: Facebook: “Bonneville Youth Soccer League” – **press “Like”**

A3: Post Register: Many of the activities are posted in the local newspaper before the activity is scheduled.

A4: Ask a BYSL board member; their contact info is listed under Directors on the BYSL website.

A5: Far Post: mailed (& e-mailed) to over 650 households every January, June, and September.

[ALL Far Post issues (past and present) are posted on the BYSL website]; [current copies are available at Kicks N Sticks on 1st St. (while supplies last)].

www.Byslsoccer.org

*There is only one way to avoid criticism:
do nothing, say nothing, and be nothing. -Aristotle*

BYSL Coaches' Corner

www.byslsoccer.org



BYSL Coaching Requirements

All Coaches (U11 & Above) MUST have a minimum of an NSCAA Level 4 diploma (or equivalent) in order to coach for BYSL. This course is 12 hr. New coaches have a one-year grace period to get their license. It is strongly encouraged to follow up with a NSCAA Level 6 course ASAP. These courses will help improve your training sessions.

IYSA District II offered two NSCAA coaching courses this year. BYSL had seven (7) coaches at the March session and thirteen (13) coaches at the August session. The next NSCAA Level 4 training is planned for March 2015. If you're interested/available in attending in March; contact Bobbi Tracy (bltsoccer@cablone.net). Details forthcoming.

NSCAA Diplomas Received in 2014: Congrats Coaches

LEVEL 4 - MARCH

Archibald, Greg
Beck, Daniel
Crandall, Chris
Martin, James
Steele, Cory
Tangan, David

Woodhouse, Robert

<u>LEVEL 6 - AUGUST</u>
Alvarez, Casey
Atamanczyk, Preston
Beck, Dan

Burtenshaw, Bryce
Carnazzo, Dominic
Cortez, Erika
Fogg, Jeff
Lance, Jason
Moreno, Jose M.

Morgan, Rachael
Nawrocki, Peter
Peterson, Kara
Tracy, Bobbi

IYSA Coach of the Month--June; Nick Josten (BYSL)

Nick Josten, who coached the Ballistic U-17 Boys soccer team in Spring 2014, was recognized by the Idaho Youth Soccer Association as "Coach of the Month" in June. Under Josten's leadership, the team (consisting of some of the best talent from six (6) different high schools in the region) won its 3rd Boise Performance Cup Championship in a row. The team also placed 2nd in the Seattle Showcase of Champions, and with its strong State Cup showing, qualified for Presidents Cup in Morgan Hill, CA where it reached the semi-final competing with teams from 11 different states in the region. They narrowly missed the final being defeated in a heart-breaking loss that came down to penalty kicks.

While Nick did not play soccer growing up, he developed a deep love for the sport when his children started playing. Josten started out as an assistant coach over 20 years ago and then after a few years, he took on his own team and has been coaching and developing players ever since.

Nick's knowledge of the game is evident to anyone that has been coached by him, or coached alongside him. "Nick has a very deep knowledge and passion for the game," said

U17 boys Ballistic assist coach Rob Crose. "He is able to watch game situations, diagnose the dynamic of the game, and make the necessary adjustments quickly. My personal understanding of the game has grown exponentially coaching under Nick."

Even more than leading teams to success, however, Nick is known by players, parents, and fellow coaches alike, for his kind demeanor which permeates his overall approach to coaching. For him it is not necessarily about success and trophies, although he is as competitive as any other coach. For Nick it is about building into the lives of the players, helping them grow as people as well as players, and helping them to love and excel at playing a game he has come to love so much. "I love coaching because sports give kids a safe environment to take risks and grow from them," said Josten.

Nick's manner of dealing with players, parents, and other coaches has endeared him to a great number of soccer people in the area--and you could now say, the State has also taken notice.

BYSL Approved Coaches

Spring 2015 - (U13 & Above)

XSC	XTREME SOCCER CLUB: (Colors: Black, White, & Red)	OSC	ODYSSEY SOCCER CLUB: (Colors: Yellow, White, & Black)
☺	<i>President: Abe Romo; aberomo2011@gmail.com</i>	☺	<i>President: Bobbi Tracy – 524-4352; BLTsoccer@cableone.net</i>
U14G	Lauren Winterhollar, Mark Oliver, Pete Nawrocki	U13G	Bobbi Tracy
U16G	Jeremy Christensen, Brandon Fuller	U14G	Daryn Brasher, Frank Tomasetti
U16G	Mark Oliver, Trina Bates Clegg	U15G	Wes Stumbo, Chris Crandall
U17G	Mark Oliver, Paul Wood, Trina Bates Clegg		<i>ODYSSEY BOYS</i>
U18G	Alisha Yeats, Mark Oliver	U14B	Preston Atamanczyk
	<i>XTREME BOYS</i>	U15B	Mike Elison, Greg Archibald, Bryce Burtenshaw
U14B	Trina Bates Clegg	U15B	Rachel Morgan, Robert Woodhouse
U16B	Heath Hancock	U17B	Ryan Cook
U16B	Mike Fish		
BSC	BALLISTIC SOCCER CLUB: (Colors: Green, Black, & White)	FSC	FUSION SOCCER CLUB (Colors: Orange, White)
☺	<i>President: Chuck Stuart stuart@srv.net</i>		<i>President: Ryan Reilly - 535.2268 H, 520.5268 C; rreilly@idfbins.com</i>
U13G-W	Chuck Stuart, Heather Silverman, Shayne Morgan, Nicole Arehart,	U13G	Kara Petersen
U13G-G	Chuck Stuart, Heather Silverman, Shayne Morgan, Nicole Arehart,	U15G	Jeremy Johnson, John Douglass, Jenny Skeen
U14G	Michael Wedman, Dan Beck		<i>FUSION BOYS</i>
	<i>BALLISTIC BOYS</i>	U13B	Eric Sayer, Ben Soto
U17B	Dave Hentzen	U14B	Fred Pulson, Ivan Hernandez
U18B	Nick Josten	U15B	Jason Child, Pedro Corona, Ryan Reilly
		U16B	Rick Ure, Scott Staker
IND	http://www.byslsoccer.org INDEPENDENT TEAMS		<p>“No citizen has a right to be an amateur in the matter of physical training... what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.” – Socrates</p>
☺	<i>POC: BYSL-DOC: Heather Silverman, 521-9252.silvermanhg@gmail.com</i>	☺	
U13B	Rick Ure, Vince Bateman; <i>(BFC Stallions)</i>		
U15G	Jason Lance, Brent Kennedy; <i>(Revolution)</i>		
U18G	Vince Bateman; <i>(Bandits)</i>		

“The fight is won or lost far away from witnesses, behind the lines, in the gym, and

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out there on the road, long before I dance under those lights." - Muhammad Ali

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U13 & U14 SPRING 2015 Tryouts

<p><u>U13 & U14 Girls TRYOUTS</u></p> <p>Saturday, October 18, 2014</p> <p>Old Butte Fields 1, 2, & 3</p> <p><u>Registration: 9:30 am – 10:00 am</u></p> <p>Session 1: 10:00 am – 12:00 pm</p> <p>Session 2: 2:30 pm to 4:30 pm</p> <p><u>Meet & Greet 12:15 pm to 1:00 pm</u></p>	<p><u>U13 & U14 Boys TRYOUTS</u></p> <p>Saturday, October 18, 2014</p> <p>Old Butte Fields 4, 5, & 6</p> <p><u>Registration: 9:30 am – 10:00 am</u></p> <p>Session 1: 10:00 am – 12:00 pm</p> <p>Session 2: 2:30 pm to 4:30 pm</p> <p><u>Meet & Greet 12:15 pm to 1:00 pm</u></p>
<p>NOTE: Tryouts for spring 2015, U13 & U14 competitive teams are fast approaching. BYSL urges you to <i>mail in your registration form on or before, Oct 11.</i> This will help avoid some of the delays on tryout day.</p> <p>REMEMBER to <u>list coach preferences</u> on your registration form.</p>	<p><u>All players are encouraged to register early,</u> mail in your registration form to: by <u>OCT 11.</u></p> <p>BYSL Soccer, 410 Memorial Dr. Ste. 201, Idaho Falls, ID 83402.</p> <p><u>NO MONEY</u> required at this time.</p>

Age Group Breakdown - 2014-2015 Season

You are in this group	If your birthday is:		You are in This group	If your birthday is:	
	On or after	On or before		On or after	On or before
--			--		
U11	August 1, 2003	July 31, 2004	U15	August 1, 1999	July 31, 2000
U12	August 1, 2002	July 31, 2003	U16	August 1, 1998	July 31, 1999
U13	August 1, 2001	July 31, 2002	U17	August 1, 1997	July 31, 1998
U14	August 1, 2000	July 31, 2001	U18	August 1, 1996	July 31, 1997

2014 Fall Schedules

<p><u>U12 & Jr. High Schedules</u> are posted at:</p> <p>https://sites.google.com/site/marksschedules/</p>	<p><u>Here are the District II ODP Dates</u> Sept 21; Oct. 19; Nov. 8; Mar. 8; Apr. 19</p> <p>For more information on times and locations, please contact Skyler Bell at: sbell@idahoyouthsoccer.org; or Heather Silverman, DOC, at: silvermanhg@gmail.com</p>
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When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. - Henry Ford

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Bonneville Youth Soccer League IYSA/BYSL Registration Form www.byslsoccer.org



Bonneville Youth Soccer League (BYSL)

Circle Age/Level: **COACH PREFERENCE:** 1st _____ 2nd _____
(FYI--age group breakdowns are located at byslsoccer.org--New seasonal year begins **August 1**-July 31.)

YDP: U5/6 U7/8 U9/10 **U12:** U11 U12 **JR. HIGH:** JH Boys (M) _____ / Girls (F) _____

CLUB: u13 u14 U15 U16 U17 U18 U19 **Play-up Age Group:** YES: _____

(FOR **YDP PLAYERS ONLY:** **JERSEY SIZE:** YS:8 ___ YM:10 ___ YL:12 ___ YXL:14 ___ AS ___ AM ___ AL ___)

Last Name _____ **First Name** _____ **Middle Initial** _____

Birth Date _____ **Age** _____ **Hm Phone** _____

School you attend: _____ **Last Season Played?** _____

Parents/Guardians _____ **Parents Wk # (M/D?)** _____

Mom Cell# _____ **Dad Cell#** _____

Address _____ **City** _____ **Zip** _____

Parent E-Mail _____ / **Player E-Mail** _____

List any medical problems, allergies or prohibitions _____

Person to notify in case of an emergency _____ **Phone** _____

Doctor _____ **Phone** _____

Primary Insurance _____ **Group/Policy Number** _____

I, the parent/guardian of the registrant, a minor, agree that the registrant and I will abide by the rules of the Bonneville Youth Soccer League; its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with soccer and in consideration for the BYSL accepting the registrant for its soccer programs and activities (the "Programs"), I hereby release, discharge and/or otherwise indemnify the BYSL, its affiliated organizations and sponsors, their employees and associated personnel, including the owners of fields and facilities utilized for the Programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the Programs and/or being transported to or from the same, which transportation I hereby authorize.

As the parent or legal guardian of the above-named player, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well being of my dependent.

Revised F'2014

Signature of Parent/Guardian _____ **Date** _____

BYSL Club Q&A (Spring)

WHAT TO EXPECT

Clubs and Independent teams are represented at tryouts. Players select, at a minimum, two teams to try out for. Players indicate their preferences or “picks” as 1 (first choice), 2 (second choice), 3 (third choice, if applicable), etc. Coaches use the tryouts to develop their list of Player Preferences. At the end of tryouts, the Team/Coach Preference forms from the players and the Player Preferences from the coaches are evaluated to match teams and players.

A committee meets the following week and the new season rosters are compiled and returned to the coaches. Once these rosters are returned to the individual coaches, then they may contact the players listed on their new team roster, **but only those players**. Contact from the coaches can be expected within 10 days after Tryouts.

Once a player has gone through the Tryout process (& has indicated their team preferences on the team/coach preference sheets, (reminder, players can change their picks prior to the beginning of the second session and/or prior to leaving the field after the 2nd session), those players are now considered “Committed” and contact to/from representatives (Parents, Players, Coaches, Managers, etc.) from another team is considered Illegal Recruiting & IS NOT tolerated.

CHOOSING A CLUB: Choosing a club can be challenging especially if you’re new to the tryout process; however, a checklist of FAQs that a parent should consider when choosing a club is provided below.

BYSL TRYOUTS: When players first arrive, they must have submitted (or submit) a completed BYSL registration form at the sign-in table. (The registration form can be downloaded off the BYSL website.) Players will be required to submit a “completed” Team/Coach Preference form at the sign-in table. The Team/Coach Preference form lists the teams (and their coaches) that are available for that age group. The player identifies which team he/she wants to play for in order of preference. (Be sure to pick at least

your first and second choices, not everyone gets their first choice.). If desired, players will be allowed to change their pick **prior to the beginning of the second session and/or prior to leaving the field after the 2nd session**),

On each ballot, the age group, the clubs, and the coaches will be listed. You will be asked to pick your first and your second choices, in order of preference. You **MAY NOT** get your first choice, so you are required to pick a second to make sure you are put on a team at the end of the day. Sample Ballot (Mark all that apply):

Age Group: U13 Girls (SAMPLE)

Clubs & Coaches:

1. Manchester United: Wayne Rooney 2
2. Real Madrid: Ronaldo / Marta 1

After you have marked your “picks,” then turn your sheet into the registration table. ****MARK ALL SLOTS**** in order of preference; Good Luck!

So how old is my child (in soccer years😊)?:

--	On or after	On or before
U12	August 1, 2002	July 31, 2003
U13	August 1, 2001	July 31, 2002
U14	August 1, 2000	July 31, 2001

FOR PLAY UPS - APPROVAL IS REQUIRED

First, is your son or daughter in the right age group for which they are trying out for? Check the dates (above) to confirm. **NOTE:** if your son or daughter is playing up to the next older age group, this must be noted on the registration form and a request from the coach to the BYSL Director of Coaching (or designee) **MUST** be made in advance for his/her evaluation and recommendation. (*Play-ups are allowed on a limited basis only.*) Please confirm the “playing” age of your child for the 2015 seasonal year: **August 1 - July 31** (Age group chart – above.).

*In order to succeed, your desire for success
should be greater than your fear of failure. -Bill Cosby*

BYSL Q/A – Cont'd

When Choosing A Club

Choosing a club to try out for can be a confusing process. What you can expect at tryouts is to arrive and almost immediately be asked to list your club preference. It is wise to ask a lot of questions prior to arriving at Tryouts and needing to make that choice. Consider your son/daughter's own goals, ambitions, and skill level. Below are some additional considerations. It is highly recommended that you (parents and players) attend the BYSL U13/U14 "Meet and Greet" from **12:15 to 1:00 pm** (following the morning session for the U13/U14 players on **October 18th**). Club representatives and U13/U14 coaches for the Spring 2015 season will be on hand to answer questions. Players trying out for a U13/U14 team are encouraged to ask questions and adjust your preferences and club/coach visited for the afternoon session (if needed).

- 1) You want to find a team that your child has (or can make) lasting friendships. It helps to have friends on the team both in terms of enjoyment and in your ability to car pool, etc.
- 2) You want to find a team that is at the right level of competitive soccer. Some teams are very competitive which will affect the amount of play time for each of the players, the amount of time commitment (how many games and practices per week), and the overall expense of the spring season (team fees and travel costs). **Be aware that spring soccer is more expensive than fall soccer** mostly due to tournament fees and traveling costs (some clubs offer partial scholarships to offset these costs).
- 3) Don't stress too much during tryouts, remember, they are supposed to be fun.
- 4) The first time you attend tryouts, it will seem hectic and slightly overwhelming. It is recommended that you arrive at least 15-20 minutes early to complete your paperwork and to relax before taking the field.
- 5) **Bring ball, shin guards, water, and a signed registration form to tryouts.** The registration form can be downloaded off the BYSL website (byslsoccer.org, under forms) or you bring the one located in this newsletter.

Questions to consider (FAQs)

Here are some questions you may want to ask the different coaches in your age-group to help you decide which team (& coach) is your first, second, and third (etc.) choice:

(Remember to pick multiple choices.)

- What are your goals for the spring season?
- What is your coaching philosophy?
- How many times do you plan to meet/practice per week
- When will your spring practices begin?

- What are your coaching credentials? And coaching Experience?
- Where will you practice? How long are the sessions?
- What tournaments are you planning on entering, and how many?

- How much travel will be involved (day trips vs overnights)?
- Who are your assistant coaches?
- Are there any additional activities for the team?
- What is your plan for the Indoor season? Is it mandatory?

- What is your plan for winter conditioning?
- What is your player substitution policy? Playtime?
- How do you manage conflicts between music/sports/church activities?

- Does your team play Sundays?
- How does the club support the team?
- What are your expectations from the parents?
- What is the expected total season cost?

The person who says it cannot be done should not interrupt the person who is doing it. –Chinese Proverb

Dean Cook Memorial Shootout

BYSL is pleased to announce that the tournament known for 34 years as the Idaho Falls Shootout (IFSO) has officially been renamed the **Dean Cook Memorial Shootout** (DCMS) in memory of Dean Cook, pioneer in soccer in East Idaho! Along with the name change participants will see some other changes. Kristy and Jason Child have been approved by the BYSL Board to Direct the DCMS. The date for the tournament, typically held in mid-May, has been changed to the 3rd weekend in June. One of the reasons for the change is to allow more teams from the surrounding states a chance to travel to our great city and join us for a more diverse selection of competition. Another reason is to accommodate a growing request from teams in and around Idaho Falls as well as from surrounding states to be able to win the tournament without having to play a Sunday Championship. As the tournament is being planned, Kristy and Jason would like to extend an invitation for those who have ideas for improvements to the DCMS or would like to be on the DCMS planning committee to please contact them.

Kristy or Jason at dcmsshootout@gmail.com,

They would also like to invite any of you talented artists to submit design ideas that can be used for the 2015 DCMS! They are looking for something that would look great on t-shirts, medals and other advertisements. The winning entry will win a pizza party for his or her team! All entries must be submitted by November 15, 2014. Please contact Kristy or Jason with questions or suggestions.



Referees' Corner

IYSA District II Referee's
website: www.srsoa.org



*"The pain of discipline is nothing
like the pain of disappointment" -
Justin Langer*

Grade 8 Referee Entry Level Clinic;

Peter Stilling will hold an entry level USSF Grade 8 referee clinic. Where: BYU-Idaho, Hart Building, Room 170, 239 S. 1st W. Rexburg. **Date:** September 20, 2014; **Time:** (8:00 AM - 5:00 PM): Details: USSF Entry Level Clinic (Grade 8) Clinic Make Checks payable to ISRC \$40.00 for instruction + \$25.00 for registration for a total of \$65.00 There is an on line element to this course that must be completed prior to the classroom portion. You **must contact me via email** to get the details of the on line portion. stillingp@gmail.com

Referees' needed!

Calling all USSF certified referees – are you interested in picking up some additional games? Please contact Shel ASAP! We need U10, U12, and Jr. High level referees. The final week of the fall season is October 14th – so there is still time. We'll put you to work, just make the call—Shel would love to hear from you! ☺

BYSL Referee Assignor: Shel Williams:
Phone: 552-2494; E-mail: shel@cuzs-soccer.net

If you can dream it, you can achieve it. - Zig Ziglar

Take Concussions Seriously; When In Doubt Sit Them Out

What Is A Concussion?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

What Are The systems?

What are the symptoms of a concussion?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision

Here is a list of concussion courses that can be taken:

- ✚ This one is the High School / NFHS Course: <https://nfhslearn.com/courses/38000>
- ✚ This one is a really good one: <http://www.asep.com/news/ShowArticle.cfm?ID=172>
- ✚ This one is endorsed by USSF and AYSO: http://www.cdc.gov/concussion/headsup/online_training.html

YMCA Indoor Soccer Session II

LEAGUES: U6*, U8*, U10 1st Div, U10 2nd Div*, U12 1st Div, U12 2nd Div*, U14 1st Div, U14 2nd Div, U16 1st Div, U16 2nd Div, U18 1st Div, U18 2nd Div, 18+ Adult Coed, 25+ Adult Coed, Mens 1st Div, Mens 2nd Div, Over 35*

REGISTRATION: Aug 15th–Sept15th;
Late registration until Sept 22nd - (\$5 late fee)

SEASON: Oct 27th–Jan 17th; **COST:** YMCA
Member \$27.50; Y-Non Member \$55.00

<http://www.ifymca.org/youth-soccer.html>

COACHES: Parents must register with the understanding that they may be asked to coach. All coaches are VOLUNTEER parents. Training provided with practice set up, etc. Go online to print a coaches. packet and turn in BEFORE the registration deadline.

Coaches Meeting:

Oct 6th @ 7:30pm at Indoor Sports Complex.
(3500 S Ammon Rd)



40 Days to Play Soccer for a Change
Celebrate Youth Soccer Month this September

Check YouthSoccerMonth.org daily in September for a chance to win the Ball-A-Day Giveaway and make sure to check Facebook.com/USYouthSoccer for other daily giveaways!

http://www.usyouthsoccer.org/40_days

Each week during Youth Soccer Month will focus on a different message celebrating soccer. The four messages of Youth Soccer month are:

✚ **Fun: (Week of Sept. 1)**

Whether recreational or competitive in nature, involvement in soccer is easy, affordable and rewarding.

✚ **Family: (Week of Sept. 8)**

Playing soccer ties families together as schedules, vacations and family time are coordinated.

✚ **Friendship: (Week of Sept. 15)**

The relationships generated through playing soccer extend beyond the field.

✚ **Fitness: (Week of Sept. 22)**

The health and fitness (physical, psychological and social) benefits of playing soccer.

The Far Post – Sept 2014

8th Annual Knights of Columbus Soccer Challenge

Sponsored By Kicks-N-Sticks



Who: Boys and Girls ages 9 – 14
What: **FREE** Soccer Challenge
Where: Community Park Soccer Fields
When: Saturday, September 20th at 4:00 p.m.

* Prizes, Awards, & Free BBQ *

All boys and girls age 9-14 are invited to participate in the 8th Annual Knights of Columbus (KofC) Soccer Challenge. The local competition will be held **Saturday, September 20th at 4:00 p.m. in Community Park.**

The KofC Soccer Challenge is a free competition designed for players to demonstrate their soccer skills through the penalty kick. Each player will be allowed 15 shots at the goal from the penalty line. The goal is divided into different scoring zones and the player with the highest score wins.

All boys and girls 9 to 14 years old are eligible to participate and will compete in their respective age divisions. All contestants will be recognized for their participation in the event. The first 20 entrants to pre-register will receive a mini soccer ball. Also, the soccer team that brings the most participants will receive a **gift certificate** from *Leo's Place/Mangini's*. Lots of prizes donated by *Kicks-N-Sticks* will be given away as well. Each age division winner will also receive a medal. A donation only BBQ with hot dogs, chips and drinks will be available after the competition. Proceeds will go to the Bonneville Youth Soccer League and the KofC Soccer Challenge.

Parental/guardian consent is required on entry forms. For entry forms to pre-register or for additional information contact: **Jacob Murray at 520-2353 or kofcsoccerchallenge@yahoo.com.**



**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.



Leo's Place - 155 S. Holmes / Mangini's - 531 Lomax St

KICKS-N-STICKS
341 1st Street Idaho Falls
(208)528-7878

- Professional Club Jerseys (Real Madrid; Manchester Utd., etc.)
- Soccer Shoes (indoor and outdoor)
- Soccer Equipment

Bring in this Coupon and get
10% Off

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. -Michael Jordan



The Far Post

Bonneville Youth Soccer League
P.O. Box 51665
Idaho Falls, ID 83402

★ ★ ★ Important Information Included – Fall 2014 ★ ★ ★

AGM: Thursday, November 6, 2014 @ 7:00 PM – 1575 N. Skyline

We are seeking volunteers: ELECTIONS will be held on 11/06/2014.

Jason Lance	520-5115	revolutionif@cablone.net	Vice-President
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If you are interested in helping support soccer & the youth in our area, please contact Jason!

Spring Tryouts: U13 & U14: BYSL urges you to *mail in your registration forms by 10/11/14*. This will help avoid some of the delays on tryout day. LIST coach preferences on your form. **NOTE: “FINAL” COACH REQUESTS CAN BE MADE/CHANGED AT THE FIELD THE DAY OF TRYOUTS. T/O details in FP.**

BYSL Soccer, 410 Memorial Dr. Ste. 201, Idaho Falls, ID 83402. NO \$\$ at this time..

FAR POST PUBLISHING DATES: JANUARY, JUNE, AND SEPTEMBER:

To view past Far Post issues, click on the BYSL website, under “league documents,” then “BYSL the Far Post Issues”

*Challenges are what make life interesting and overcoming them
is what makes life meaningful. –Joshua J. Marine*