

# The Grand Junction Soccer Club



Volume 3, Issue 1

GJ Soccer Office  
Independence Plaza  
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Grand Junction, CO 81505  
970-242-4550

## OFF THE PITCH.... INTO THE FIRE

The Grand Junction Soccer Club is a parent driven organization dedicated to providing year-round soccer opportunities that are fun, positive, safe, and challenging for individuals of all ages, abilities and economic backgrounds.

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

### IMPORTANT DATES

Winter Office Hours  
Tuesday— Friday 9:00am– 5:00pm  
Closed SATURDAY, SUNDAY AND MONDAY

# January 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Winter Skills training WSSL/CYS	5 U9-U14 Rec players and GK training	6 Futsal	7 Futsal
8	9 Soccer Stars	10 Soccer Stars	11 Winter Skills training WSSL/CYS Soccer Stars	12 U9-U14 Rec players and GK training Soccer Stars	13 Futsal	14 Futsal
15	16 Soccer Stars	17 Soccer Stars	18 Winter Skills training WSSL/CYS Soccer Stars	19 U9-U14 Rec players and GK training Soccer Stars	20 Futsal	21 Futsal
22	23 Soccer Stars	24 Soccer Stars	25 Winter Skills training WSSL/CYS	26 U9-U14 Rec players and GK training	27 Futsal	28 NO Futsal
29	30 Soccer Stars	31 Soccer Stars	1 Winter Skills training WSSL/CYS Soccer Stars	2 U9-U14 Rec players and GK training Soccer Stars	3 Futsal	4 Futsal

### **Recreational Spring Soccer—**

- Register Now
- Season begins March 24, 2012 ( no games on April 28, 2012)
- Season ends May 12, 2012
- Teams have 8 games in 7 weeks

### **WSSL/CYS**

- CYS Spring games will begin March 10, 2012
- WSSL spring games will begin April 7, 2012
- Final registration payment was due by April 20, 2012
- Games to be completed by June 3, 2012
- CYS coaching fee of \$3,000.00 **per team/per season** , WSSL coaching fee of \$1,500.00 **per team per season**. Final payment is due March 1, 2012. Please pay directly to your team manager. The team manager will be responsible to pay GJSC one check in each respective season for the total amount.

## **GJSC Club Calendar 2011-2012**

### **Soccer Activities**

#### **January Sign Up for Winter Training**

We have heard from many that December was a crazy month full of activities and therefore were unable to sign up for winter training. For those interested and available in January, you can now sign up for winter training at a prorated amount of \$70. You simply go to [www.gjsoccer.org](http://www.gjsoccer.org) and scroll down to winter training and you will see a link to click on. This training will take place at Bookcliff Activity Center on Wednesday nights beginning January 4 and ending February 29. If it works for your schedule, we would love to have your child join us.

**U9, U10 and U11-14 Recreational players and Goal Keeping** winter training sessions will consist of nine sessions over the course of winter season.

- Offered for: U9, U10 and U11-14 Recreational players and Keeping
- Place: Bookcliff Activity Center (540 1/2 29 1/4 Rd., Grand Jct., CO 81504)
- Cost: \$65 per player
- Go to [www.gjsoccer.org](http://www.gjsoccer.org) and click on "Indoor training" for times and length of sessions
- Training dates: Jan. 5,12,19,26, Feb. 2,9,16,23 and March 1

These are optional training programs for players during the winter season. It is strongly recommended, as players will have a chance to develop their individual technical abilities in the off-season months - which is when players can focus more on improving their individual abilities apart from others.

Sessions will be instructed by GJSC Staff coaches including, but not limited to: Shaun Howe, Steve Hofer, Steve Latta, Sherilyn Stoffel, John Kearns, Quinn Cooper, Larry Johnson and Nick Gumpert

Winter Skills Training Schedule	Wednesday	Thursday
Keeper Training 11-18	4:30pm-5:30pm Gym 1	U9-10 4:30pm-5:30pm Gym 1
U11 Girls Premier/ United	5:30pm-6:30pm Gym 1	
U12 Girls Premier/ United	5:30pm-6:30pm Gym 2	
U12 Boys Premier/ United	6:30pm-7:30pm Gym 1	
U13 Boys Premier/ United	6:30pm-7:30pm Gym 2	
U13/14 Girls Premier	7:30-8:30pm Gym 1	
U13/14 United/ Inferno	7:30-8:30pm Gym 2	
High School Boys	8:30-9:30pm Gym 1	
High Schools Girls	8:30-9:30pm Gym 2	
U9 Boys		5:30pm-6:30pm Gym 1
U9 Girls		5:30pm-6:30pm Gym 2
U10 Boys		6:30pm-7:30pm Gym 1
U10 Girls		6:30pm-7:30pm Gym 2
U11-14 Boys and girls Recreation		7:30pm-8:30pm Gym 2
Soccer fitness 11-14 (30 kids)		7:30pm-8:30pm Gym 2

## 5V5 Futsal Developmental League

- Registration deadline is CLOSED
- It is a 5V5 Format with Staff Coaches coaching and reffing games. The staff coaches will be coaching aspects that fit the club curriculum and identity.
- Standings, winning and keeping score will not take any precedence. This league will focus on the individual development of players' technical abilities.
- Teams can submit multiple registrations at one time if they would like or you can register individually and you will be placed on a team.
- GJSC Staff will group the players in 2-year increments and may create co-ed teams depending on numbers registered.
- League began December 9, 2011 and ends March 3, 2012
- No league games will take place Dec 23rd, 24th, 30th, 31st and Jan 28th
- Game days will be Friday's for eleven weeks
- Times will be between 5pm and 9pm– **please see schedules online**
- Place of games is Bookcliff Activity Center (540 1/2 29 1/4 Rd., Grand Jct., CO 81504)
- The playing format will be 5V5 with goalies
- Games will be 40 minutes long (Two 20 minute halves)

GJSC Staff Coaches will ref each 40 minute game with instruction that fits into club curriculum and identity. ***The primary focus will be on individual player development.*** We will play 5V5 in a gym to small goals. This will be an opportunity for players to enjoy the game and try new things (to be creative, take chances, and try moves without having to worry about the idea of if they mess up, that it will affect the outcome of a game). Standings, winning and keeping score ***WILL NOT*** take any precedence during the playing and development process.

## Soccer Fitness Program

GJSC will be offering a winter program on Thursdays that focuses on soccer specific fitness. The focus will be on injury prevention warm-ups, agility, explosiveness, running technique and endurance.

- This program will take place on Thursday nights from 7:30-8:30PM at Bookcliff Activity Center
- Cost: \$65 per player
- Dates: January 5, 12, 19, 26, February 2, 9, 16, 23 and March 1
- Go to [www.gjsoccer.org](http://www.gjsoccer.org) and click on "Indoor training" for times and length of sessions

You can register by going to [www.gjsoccer.org](http://www.gjsoccer.org) and clicking on "indoor" on the left hand side of the homepage.

## Summer — International Travel

### JUNE

- June 2012: High School International Trip to Brazil for selected girls with Gump's LLC!

## Focus on Winning vs. Each Players Best Effort

In italics is a quote from John Wooden. As you may know, Coach Wooden is a legendary basketball coach who won 10 NCAA Championships at UCLA in 12 years. His record of winning at this level is unparalleled, yet winning games was never his primary focus. Below is a quote from Coach Wooden.

*A positive coach helps players redefine what it means to be a winner through mastery, rather than a scoreboard orientation. He sees victory as a by-product of the pursuit of excellence. He focuses on effort rather than outcome and on learning rather than comparison to others. He recognizes that mistakes are an important and inevitable part of learning and fosters an environment in which players don't fear making mistakes. While not ignoring the teaching opportunities that mistakes present, he teaches players that a key to success is how one responds to mistakes. He sets standards of continuous improvement for self and players. He encourages his players, whatever their level of ability, to strive to become the best players, and people, they can be. He teaches players that a winner is someone who makes maximum effort, continues to learn and improve, and doesn't let mistakes (or fear of mistakes) stop them.*

I was prompted to write this article after seeing an online video that I found thought provoking. Basically, a youth soccer team is followed for a season. This particular team is having a tough season when it comes to wins and losses. The interesting aspect is that this team is still having fun and still enjoying the game. It got me to thinking about their mentality as opposed to one I sometimes see in our recreational league.

First, our league is huge with over 1,000 kids playing soccer in our recreation program. This means there is the full range of philosophies when it comes to the game and the best way to help kids improve as players, athletes, competitors, and people. In the end, our philosophies may be different, but what I appreciate is that all have the best interest of the kids in mind and all are trying to do what is best for their particular team based on their opinions and experience.

This video made me think about the difference between teaching kids to win vs. teaching them to consistently give their best effort and I wanted to share my thoughts with you to consider. There is a part in the video when a little boy basically says they never win and going into the next game there is no doubt they will lose the upcoming game, it is just a matter of how badly they will lose the game. He said it good naturedly, but honestly it bothered me a bit and I wondered if this boy was giving in and “learning to lose.” I have heard this from many parents over the years, as many feel that losing consistently creates the mentality of a “loser.” Many have told me that it is very important to teach kids to win at young ages, so that they get in the habit of winning. They get used to winning, expect to win, and know what it takes to win.

While I see the thinking behind “teaching the kids to win,” I would argue that teaching kids to win in team sports has some negative consequences. For one, soccer, like all other team sports, does not always reward the “better” team with wins. Sometimes, the effort can be there and the ball simply does not bounce well for you or you don’t get the calls you need to win the game. Teams and players focused on wins, would feel “defeated” or “unsuccessful” in games where they played well, but did not get the desired result.

For this reason, and others I will not go into, I think it makes a lot more sense to teach kids to compete and give their best effort at all times. This allows them to measure their success based on what they can control. They can simply ask themselves, “Did I give my best effort and try as hard as I could in the game.” If the answer is yes, then they should be praised and they should feel proud of themselves.

This approach to evaluating personal performance gives the kids far more control than wins and losses and I would argue that it helps the kids to enjoy the game more. It also helps create a player and person who takes responsibility when things go well or poorly in a game. Players who evaluate their performance take accountability and don’t typically point to other players for the team’s failure to win a game. They get in the habit of asking themselves what they can do better to help the team achieve positive results.

This “win” vs. “personal best” argument is a big shift in thinking that accomplishes the same end result. If you have an entire team of kids who give their best effort consistently, you will have a very competitive group of players who tend to win a lot of games (As John Wooden did at UCLA). More importantly, this learned behavior can also become evident in their daily lives. For example, you might begin to see kids who do their very best on every homework assignment and instead of comparing themselves against their classmates, begin to expect their own personal best. The student who consistently listens attentively in class, does their best work on every homework assignment, and prepares for his/her tests, tends to do very well on tests and in turn earns very good grades. Therefore, good grades (like wins), become the by-product of the student consistently giving their best effort in class, on homework, and in preparation for tests.

Take a look at this short video if you would like. It does a good job of showing a team culture that does an amazing job of helping them prioritize the game. They obviously don’t play for wins only. They seem to love playing soccer, being with their friends and they see progress and feel their hard work will pay off in the end. My guess is that with this focus most of these kids will be life-long soccer players. I found myself wondering how many of the boys and girls in this video would have played soccer next season if the coach put all the focus on wins and losses?

l'equip petit (the little team) <http://vimeo.com/25397042> A small video that shows what the game is all about - fun.

# CIEE Soccer Exchange Students

A new opportunity has come to our attention. Below is an e-mail letter we received and thought we would pass it along to everyone, in case anyone is interested.

"My name is Elizabeth Ortega and I work for CIEE, a non-profit high school exchange organization. I am also a soccer mom and volunteer for the youth soccer program in Canon City, CO. My husband is a coach as well, and our family loves soccer! I have a couple students coming to Colorado this January that love soccer too, and I need assistance in finding them good homes and families that share their interests. These students are also active and interested in learning about American culture.

In working with the youth soccer program in Grand Junction, I thought you may be someone or know of someone that would be willing to host one of these students...perhaps a family member or a friend that may be interested in opening their home? We accept all kinds of families - kids, no kids, empty nesters, single parents, and so on. The main requirements are kindness and a willingness to learn about a foreign culture. Your family will not only gain a new member, you will also learn about the world, its many values, traditions, languages, food, and more.

Our students have the appropriate visa, medical insurance and pay for all of their own expenses, with the exception of food and utilities. If you are not in the position right now to host a student, I would greatly appreciate your help in forwarding this along to your network of friends and family. As a non-profit we depend on networking to help spread the word about our great program. CIEE does have a referral program and if someone you refer becomes a host family, we will send you, or a charity of your choice, \$50 as a thank you! These two students are arriving the beginning of January. One is on a 5 month program and the other is a full year student. Alternatively, you may act as a welcome family and bring the student into your community for a portion of their experience as well. I invite you to enjoy our webpage full of great videos, stories, and pictures from past year's students at [www.ciee.org/highschool/host](http://www.ciee.org/highschool/host)."

I've included Vitor's and Joao's short profiles below - please take a look!

If you have any questions, please feel free to contact me at 866-444-0336 or [eortega@ciee.org](mailto:eortega@ciee.org)

For more information on CIEE feel free to visit our website as well: [www.ciee.org/highschool](http://www.ciee.org/highschool) .

Many thanks and Happy Holidays!

Elizabeth

## Elizabeth Ortega

**Regional Director- Colorado**

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# ~ Player Pictures~

## Congratulations to the picture of the month!



Picture of the Month  
WINNER



### Picture of the Month Contest

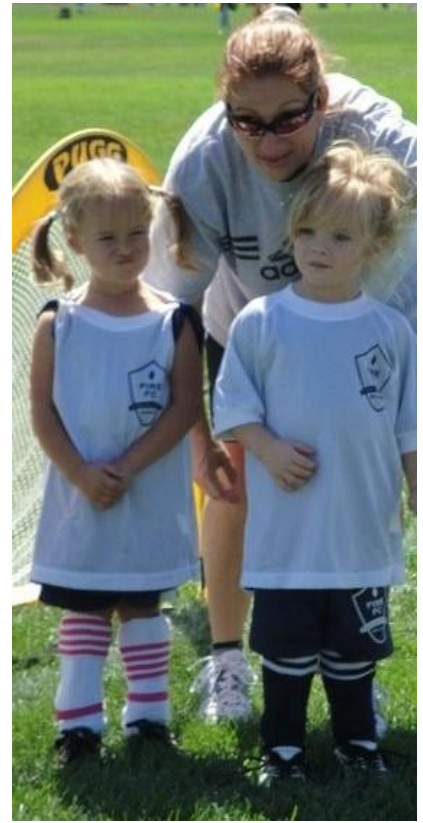
**PARENTS/COACHES** Thank you for sending in your pictures. Please continue to do so, as we are always in need of new pictures. Please send in your favorite pictures every month to

**Leyraee@gjsoccer.org** and watch to see if your picture is chosen!

If your picture is chosen, you will win a free grey Fire FC T-shirt. This is going to be a fun and exciting page for our players! Start taking



Pictures sent to GJSC will become the property of GJSC. Pictures will not be returned and can be used for potential materials. Winner of the "Picture Of The Month" contest has 30 days from posting to pick up their t-shirt.



# INTERNATIONAL TRIPS TO BRAZIL

For high school  
age players and  
by invite only.

## SUMMER 2012 & 2013

### Hotel Location



The location of the hotel is on the outskirts of São Paulo, Brazil – one of the 10 largest cities in the world with over 17 million people. The same hotel is not necessarily used year to year, but the hotel will remain outside São Paulo, in a surrounding suburb.

### Games



Games dominate the schedule when going to Brazil. There is usually one game per day with just a couple of days-off throughout the trip. Games consist of everything from full 11V11 to 6V6 and Futsal. Training sessions with coaches from Brazil are also integrated to allow players to get a taste of how Brazilians train.

### Activities & Destinations



A chance for us to give back to those who are less fortunate is always an opportunity created for each trip. Nick feels it is important for players to recognize how fortunate we are and nothing seems to get our attention like experiencing something first-hand. These are things that will stick with us for the rest of our lives.

**For a full version of the Brazil flier, see our website under our coaching education link in our coaching tab.**



## Creating opportunities through soccer & traveling

*Nick Gumpert coordinates the international trips for Grand Junction Soccer Club, through Gump's LLC. He coordinates trips to Brazil and to various countries in Europe.*

*"I want to be able to create unique opportunities for young adults, to expose them to the world. When I talk about unique, I'm talking about creating an opportunity for those involved to be able to walk away after it's done and feel like they've never experienced anything like that before, that they can take something away from it and can apply it to the rest of their life."*

**"You don't know what all you have, until you don't have it."**

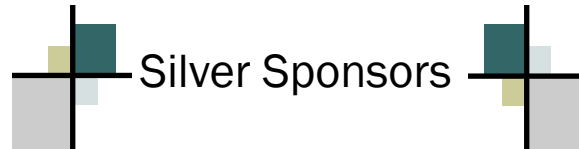
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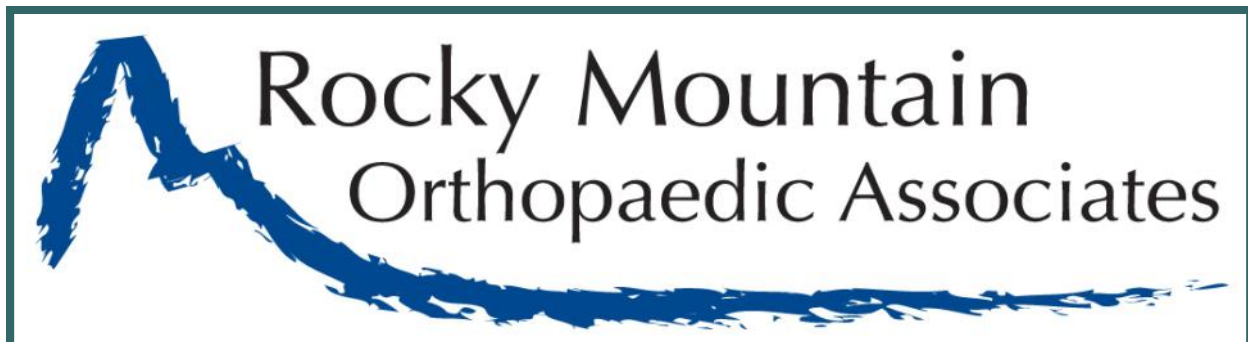
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# Community Hospital

The Official Hospital of Grand Junction Soccer Club. <http://www.yourcommunityhospital.com>



Silver Sponsors



# MJ THOMAS

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