



PRESEASON ■ FALL ■ 2009



CAPITAL AREA SOCCER LEAGUE Gazette

What's Inside

A Note from CASL President
Page 2

News & Notes
Page 2

Risk Management Update
Page 3

GLASRA
Page 3

Coaches' Corner
Page 3

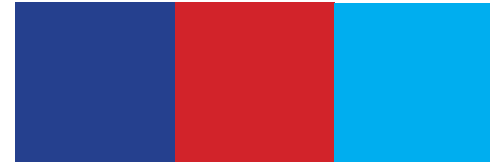
Board of Directors
Page 4

EXCITEMENT BUILDS FOR FALL SEASON

Welcome to the inaugural edition of the Capital Area Soccer League Gazette! This newsletter will be published six times per year - before each season, in the middle of each season and at the end of each season. The printed version of the Gazette will provide snippets of information concerning CASL and the soccer community as a whole. More details concerning each story and additional information can be found by visiting the CASL website at www.caslsoccer.org.

The CASL Gazette will host a section for News & Notes, a Safety Section that will feature various ways to keep the players safe, a section for the Greater Lansing Area Soccer Referees Association (GLASRA), a Coaches' Corner that will provide coaching guidance and a favorite activity from a featured coach and other information.

The CASL Gazette is here to provide the CASL membership with information that will benefit the kids - which is why we're here in the first place! Please feel free to submit story ideas, pictures or other information that you feel the CASL community could benefit from.



www.caslsoccer.org

“CASL’S GOAL IS TO
CREATE A POSIVE, FUN,
SAFE, LEARNING EN-
VIRONMENT FOR ALL
KIDS!”

~OSCAR CASTANEDA

Dear CASL Players, Coaches and Families-

It is with great pleasure that we launch the CASL Gazette. This newsletter will provide the most up to date information concerning CASL and soccer opportunities in the Greater Lansing area.

CASL has grown tremendously over the last four years and we hope to have continued growth in 2009 and beyond. CASL will continue to provide positive, fun learning environments for all of the players. We have placed an emphasis on our Risk Management program to ensure the safety of the players. We plan to provide coaching and player clinics to continue the soccer development of the players. And, this year we will place a greater emphasis on sportsmanship in an effort to provide the most positive environment possible.

CASL and the Board of Directors want to provide the greatest soccer environment for kids!! After all, that’s what we’re all here for.

Please do not hesitate to contact us with any questions, concerns or suggestions.

Yours in Soccer,

Oscar

Oscar Castaneda
CASL President
president@caslsoccer.org



NEWS & NOTES

- The CASL Fall Season will officially begin September 12.
- The Capital Area Classic is scheduled for September 19-20.
- The 2008 Capital Area Classic hosted 305 teams!!
- MSYSA sanctioned tournaments are listed at www.msysa.net
- The final weekend of play for the Fall Season will be Oct. 31-Nov. 1
- Board of Director meetings are posted at the CASL website.



GLASRA INFORMATION

REFEREE INFORMATION FOR THE LANSING AREA



The Greater Lansing Area Soccer Referee Association (GLASRA) was established in 1997 and today is one of the largest soccer referee associations in Michigan. GLASRA, which is responsible for the assignment of referees to all CASL matches in the Greater Lansing Area, is affiliated with the Michigan Soccer Association (MSA) and US Soccer Federation (USFF). The GLASRA membership includes youth and adult referees.

GLASRA's primary functions include:

1. Training of referees of the *Laws of the Game* and certifying them through US Soccer.
2. Assigning certified referees to various local youth and adult leagues, including CASL games.
3. Monitoring and assessing member referees in order to ensure excellent referee performance.

For more information on GLASRA, including contact info and how to become a referee, please visit their website or the CASL website.

Information for this article submitted by Mark Freeman, GLASRA League Liaison. Mark can be reached at mafglasra@comcast.net



www.glasra.org

Coach's Corner



After a ten-year stint at Okemos High School that included the 2006 State Championship, Rob Antcliff has decided to step down as Head Coach of the Girls' Varsity team. Coach Antcliff has provided one of his favorite practice activities below. He states, "I get asked a lot for activities that will improve players' competitiveness. One of my favorite activities to do with my team is also a simple and excellent way to fuel their competitive fires."

Rob Antcliff
Former Coach Okemos High School
2006 State Champs

KING OF THE PITCH

To download the full practice plan, please visit www.caslsoccer.org

Field:

2 goals (cones, flags, goals) on a small sided field that is marked to the size appropriate for the number of players playing.

Players:

Use all available players and divide them up into 3 (or 4) teams. Each team should have their own penalties to keep the game moving.

Organization:

2 teams will be playing each other while the other team(s) will be waiting to play. Games will be 2 minutes or "first goal wins", whichever comes first. Quickly rotate on the new opponents at the end of each game.





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