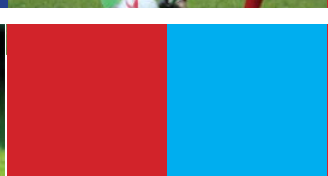


POSTSEASON ■ FALL ■ 2009



CAPITAL AREA SOCCER LEAGUE Gazette



FALL 2009 CHAMPIONS!

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GIRLS CHAMPIONS

- U9 - Charlotte Scorpions
- U10 Blue - Haslett United
- U10 Red - DeWitt Divas
- U11 Blue - Bath Blue Crush
- U11 Red - St. Johns Red Stingers
- U12 Blue - Haslett Hurricanes
- U12 Red - DeWitt Blue Angels
- U13 Blue - PM Poison
- U13 Red - Haslett Golden Stars
- U13 White - Eaton Rapids United
- U14 Blue - Williamston Frogs
- U14 Red - Eaton Rapids United
- U16 - Eaton Rapids United
- U19 - Mason Blast

BOYS CHAMPIONS

- U9 Blue - St. Johns Redwings
- U9 White - Holt
- U10 Blue - OSC '00 White
- U10 Red - DeWitt Thunder
- U11 Blue - OSC Blitz
- U11 Red - Charlotte Scorpions
- U12 - East Lansing Dynamo
- U13 Blue - NW Lightning
- U13 Red - Mason Blitz
- U14 - Grand Ledge



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



Oscar Castaneda
CASL President
president@caslsoccer.org



Hello Fellow Members of the CASL Community-

A late Happy Holidays cheer from CASL! Hopefully everyone had an enjoyable season, full of family, food and festivities.

With the beginning of 2010 we also welcome the beginning of another Spring Soccer Season. It's also a time to shed those holiday pounds and return to the field - some of us as players, other as coaches, officials, team managers, or just proud parents.

As the snow begins to melt, hopefully soon, and the grass begins to grow again, we prepare the fields for soccer all over the Greater Lansing Area. With just a few months left before the first kickoff of the season, teams are playing at indoor facilities in preparation for outdoor competition and we, at CASL, are preparing for the continuing growth of soccer.

This year we are pursuing new ideas, programs, and incentives to improve our program and the enjoyment of the game we love. Throughout this issue you can learn about some of these innovations and more.

Kids don't forget to dust off your cleats, brush of your shin guards, and get ready for soccer season to begin. Coaches and managers, get ready. There are many resources for you to better your skills as the adults who stay the most in touch with the kids. At CASL we want to help you to do it.

As always, I want to remind you that we need to hear from you. The best source of input for us comes from your phone calls, emails, letters, etc. Let us know what you need to improve your team, your club and we will do whatever we can to help you.

Oscar

NEWS & NOTES

- MSYSA has amended the Tryout Start Date to be the 2nd Saturday of June. The 2010 Tryout Period will begin June 12.
- The 2010 Capital Area Classic will be September 11-12.
- The Spring 2010 Season will begin April 17 and conclude June 5.
- Registration deadline for players and teams for the Spring 2010 Season is February 15.

CLASSIC WILL THE 27TH ANNUAL!

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.

Why do the rules seem to be different between leagues?

Have you ever noticed that the rules of soccer seem to be different depending upon what game you are watching? That is because; leagues are allowed to modify some of the rules of soccer to accommodate local expectations. The rules can be further modified for tournaments.

To help ensure that the rule is properly applied, GLASRA has prepared a matrix of the differences in the rules for each of the leagues it officiates. This matrix is currently being updated and will be available for the spring 2010 season. A copy of the matrix is available at www.GLASRA.org.

If you have any questions regarding the rules of soccer, please send me an e-mail at MAFGLASRA@Comcast.net. They may be the topic of a future article.

Parents and Coaches:

We wish to thank-you for the feedback and comments. Your feedback, both positive and negative, is very useful to us and the referee's in their personal development. Please feel free to e-mail your comments to me at MAFGLASRA@Comcast.net.

Ever Considered Becoming a Referee?

Information on the steps you need to take to become a referee is available at the Michigan State Youth Soccer Association/Michigan Soccer Association Referee web site. www.msysareferee.net

The entry level classes for the Lansing area is scheduled for:

Saturday 2/27/10 and 3/6/10 - East Lansing

9 am – 1 pm

Michigan High School Athletic Association

1661 Ramblewood Drive, East Lansing, 48823

Local Contact: Matthew Graham (517-214-2159 or glasra@comcast.net)

Participants must attend BOTH classes.

Instructions for registration can be found at: <http://www.msysareferee.net/EntryLevel.htm>

www.glasra.org



Coach's Corner

Aaron Smith recently led Holt High School Boys to the state championship game - the furthest any Holt team had advanced in the state playoffs. He was named the Division I Public Schools Coach of the Year and Lansing State Journal Coach of the Year.

Previously Aaron held the position of Director of Coaching for the Michigan State Youth Soccer Association, Director of Coaching for the Michigan Wolves/Hawks and Head Coach Albion College Mens Soccer. As a player Aaron won the state championship with Okemos High School in 1984 and went onto a successful playing career at Philadelphia Textile. Aaron also played professional indoor and outdoor.

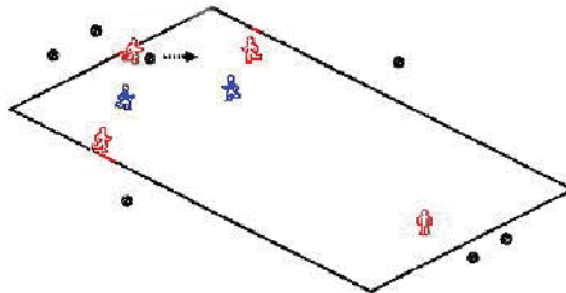
He currently holds his USSF A National License and US Youth Soccer National Youth License.

U12 PASSING PRACTICE

Equipment Needed: Cones and Pinnies for two teams.

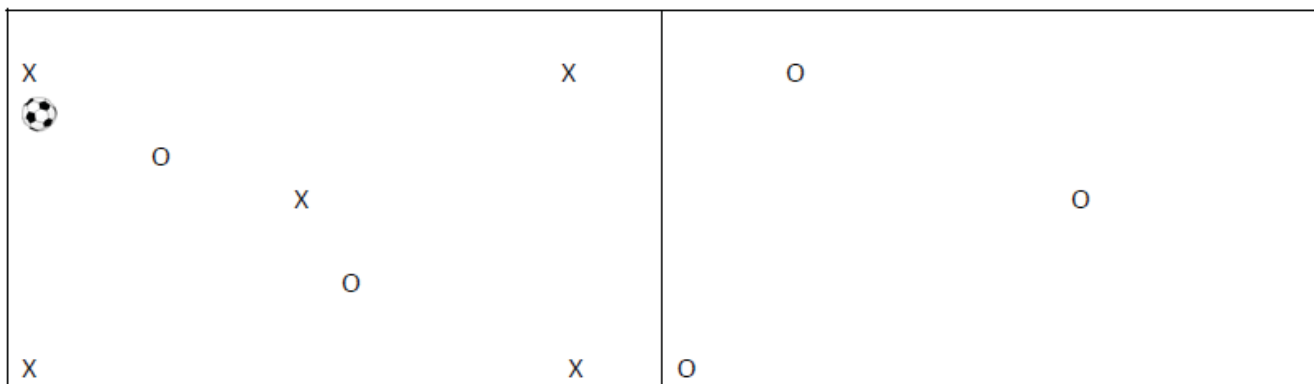
WARM UP (15-20 minutes):

Set up a grid 30x30 yards, as players arrive, have them step into a game of keep away. Throughout the warmup have players stretch.



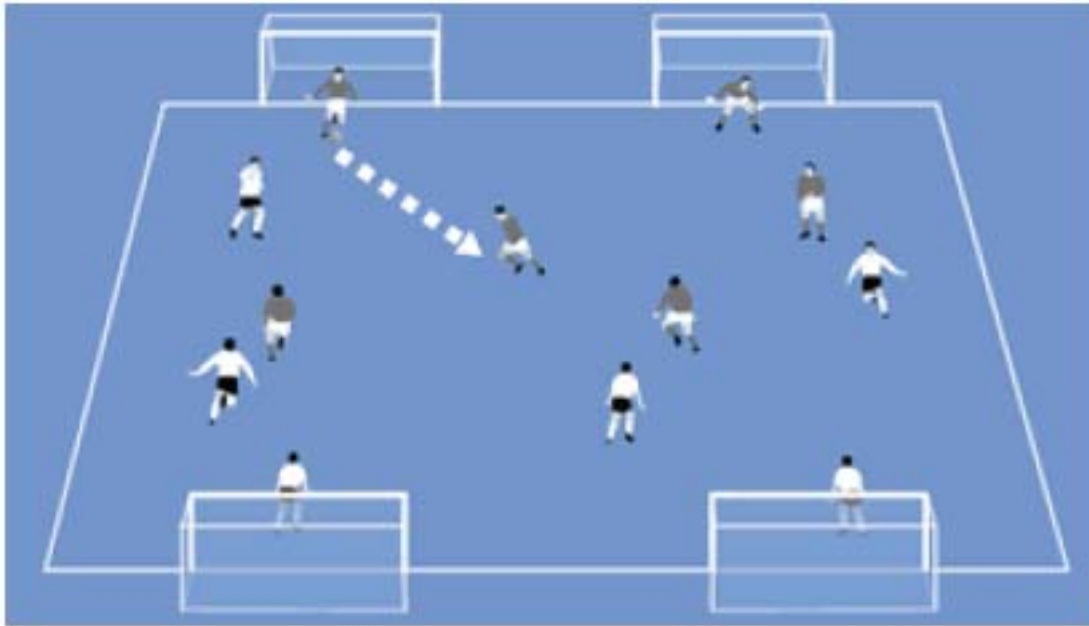
ACTIVITY #1 (15-20 minutes):

Set up two 15x15 grids next to each other. Play 5v2 in one grid, when the two defenders win the ball, have them pass to the other grid and follow pass into grid creating 5 attackers. The team that lost the ball sends 2 players over to the other grid as defenders. This is a continuous game.



ACTIVITY #2 (15-20 minutes):

Set up two 40x60 grids next to each other. Play 6v6 in one grid with 4 goals - need to pass into goals.



ACTIVITY #4 (15-20 minutes):

Final Activity - split teams up evenly and play a regular game.

Rules:

1 point for a goal

1 point for 5 consecutive passes

CASL's Favorite Coaching Websites:



MSYSA - <http://www.michiganyouthsoccer.org/coaching/coachingtips.htm>



Success in Soccer - <http://www.successinsoccer.com>



USYSA - http://www.usyouthsoccer.org/coaches/CoachConnect_LessonPlans.asp



SPARTANS HOST WINTER CLINICS

Michigan State Soccer Clinics are designed to provide youth players with an outstanding soccer learning experience during the winter months. Individuals can enroll in a single session or both sessions at a discounted rate. The sessions feature training in all aspects of soccer, from individual through small and large group techniques and tactics. The clinics are designed so the player can benefit from attending both sessions.

Goalkeeper program: Michigan State also offers a specialized goalkeeper program at both sessions that features technical and tactical instruction in all aspects of goalkeeping.

CLINIC #1: Sunday, January 24, 10am-1pm, ages 8-18

CLINIC #2: Sunday, March 7, 10am-1pm, ages 8-18

COST: \$55 for any single session or \$100 for both.

LOCATION: All sessions held at the Duffy Daugherty Indoor Football Facility on the Michigan State campus. The facility features Pro-turf, a grass-like surface covering a full size field with four full size goals. The Duffy Daugherty facility is located on Shaw Lane south of Spartan Stadium. Parking is available in the south stadium lot.

For more information please call the soccer office at 517-432-0409 or 517-432-1887.

The registration form can be downloaded at www.msuspartans.com

Board Member Steve Bachelder named MSYSA Female Coach of the Year

Steve Bachelder, long time CASL Board Member and community coach in Mason, has been named the Michigan State Youth Soccer Association (MSYSA) Female Recreational Coach of the Year. Each year, one MSYSA female recreational coach is chosen to receive this award based on nominations from parents, players and fellow coaches.

Steve was one of several people nominated for the the award, but his overwhelming commitment to recreational soccer was evident by the support stated in his nomination. His ability to simultaneously inspire his players, teach them new soccer skills, serve as a role model and keep them laughing is something that should be applauded. His achievement will be recognized in the upcoming edition of the Michigan Soccer Publication and will be posted on the MSYSA website.



With this **BUY ONE GET ONE FREE** coupon for Sunbelt Granola Bars, you and your friends can help earn cash for The Capital Area Soccer League!

Enter box-top codes at SunbeltFreeKicks.com. Each code earns cash!

Go to <http://johngroupinteractive.com/coupon/sunbeltcoupon.pdf> to download the coupon.

CASL Winner of \$1,000 Prize from Sunbelt Free Kicks Program!

CASL was named the October winner of the Sunbelt Free Kicks Program. CASL will use the funds to provide financial assistance to CASL players who demonstrate a financial need.

Sunbelt Snacks and Cereals is the official granola snack of US Youth Soccer.

Free Kicks is an easy way to earn funds for your club:

1. Consumers purchase specially marked cartons of Sunbelt Chewy Granola and Fruit & Grain bars.
2. They visit www.sunbeltfreekicks.com and enter the code from the package.
3. Every code entered results in a \$0.10 donation to the club and an entry into a monthly \$1,000 giveaway as well as a \$2,500 bi-annual giveaway.
4. Every code entered also provides the consumer with a chance to win an instant prize from www.soccer.com.

Sunbelt Snacks are a great post match nutrition source for the players: offering carbohydrates to refuel and key nutrients from whole grains, real fruit and nuts.



CAPITAL AREA SOCCER LEAGUE

SPRING 2010 FIELD GRANTS PROGRAM

The CASL Board of Directors is excited to announce the Spring 2010 Field Grants Program. This is an opportunity for CASL communities to apply for grant money that will be used directly for improving fields that are used by CASL teams.

CASL President, Oscar Castaneda, states, “CASL is always striving to improve the game of soccer for the players. Granting communities funds to improve their fields will help to make a big impact on the soccer community.”

CASL believes that an investment in the playing surfaces (fields) of the communities will have a major impact on the quality of soccer played in the Capital Area. As a result, CASL has created a Fields Grants Program for Spring 2010. Up to \$1,500 will be made available to each community in the form of a one-time grant payable beginning in March 2010.

The Field Grants Program will provide funds for projects that are designed specifically to improve or develop soccer fields that are used by CASL teams for games and/or practices. Nearly all types of improvements will be considered. Funds must be used by December 31, 2010 or the club will be required to return the funds to CASL. If there are questions concerning the eligibility a specific part of the grant request, clubs should contact the CASL office.

Applications are due by February 15th. Late applications will not be considered.

Applications can be downloaded from the CASL website.





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