



CAPE FEAR SOCCER ASSOCIATION
Join the Wave of Excellence!

CFSA newsletter

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the "offside" news!

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Recreation Practices will
begin August 17th
Recreation Season runs from...
September 12th to November 8th 2009

**CHILI'S® IS PROUD TO SPONSOR
Cape Fear Soccer
Association**

Chili's proudly supports Cape Fear Soccer Association!

With each flyer presented on Cape Fear Soccer Association Night, Chili's will donate at least 10% of the sales you bring in to your organization. Let us do the cooking and support Cape Fear Soccer Association at the same time!



Molten Chocolate Cake

Cape Fear Soccer Association Night is:
Sunday August 30th, 2009
from 11 am to 11 pm

Only at: Chili's Wilmington
Chili's Wilmington
819 S. College Rd
Wilmington, NC
910-313-1477

We look forward to seeing you here.
Pepper in a GOAL for Some Fun!

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Handshakes Make A Lot of Sense To Us

Respecting Opponents Honors The Game - By: [Liberty Mutual Responsible Sports](#)

In the past weeks, we've heard a great deal about sportsmanship in the face of victory...and defeat. We witnessed LeBron James, arguably one of the best basketball players of his time, exit the court without congratulating his opponents after the Orlando Magic beat James' Cleveland Cavaliers in Game 6 of a hard-fought, close playoff series. When asked about his quick departure, James responded, "If somebody beats you up, you're not going to congratulate them. That doesn't make sense to me."

At the end of this year's NHL Stanley Cup Playoffs, members of the Detroit Red Wings waited to shake the hand of the Pittsburgh Penguins captain, Sidney Crosby, who found himself trapped between celebrating with his teammates, hoisting the Cup, answering television interview questions and honoring his opponents in the NHL tradition of handshake lineups. Red Wings player Kris Draper was quoted as saying, "Nick [Lidstrom] was waiting and waiting, and Crosby didn't come over to shake his hand. That's ridiculous, especially as their captain."

The idea of [honoring the game](#) by honoring your opponent is a central principle in [Responsible Sports](#). And it's a principle that, despite the recent examples, is celebrated and honored by athletes around the world at all levels of sports. So this month we ask: **Does your youth sports team honor opponents? Do you celebrate competition with time-honored traditions or newly created special moments?**

Many professional athletes participate in time honored traditions of good sportsmanship. Tennis players meet at mid-court to shake not only their opponent's hand but also that of the umpire. Golfers congratulate the other golfers in their pairing at the conclusion of the round. International soccer players exchange their jerseys, disrobing and trading the sweaty jerseys right on the field as a sign of ultimate respect for the players they have just competed against. NHL players meet to congratulate the opposing team in a lineup of handshakes and congratulations. (In fact, former US Olympic athlete and Positive Coaching Alliance National Advisory Board member, Tony Granato, told Responsible Sports that he felt the tradition was one of the best within the NHL. [Watch the video now](#)>>.) NFL head coaches meet in the middle of the field to exchange a handshake and sometimes a heartfelt congratulation while players from both sides mill around the field greeting and congratulating opposing players.

Sadly we've yet to see the exceptional athletes of Major League Baseball find a tradition to honor their opponents, but the athletes competing in the College World Series have honored the journey of their opponents with full team line ups and high fives. And while coaching legends like Phil Jackson congratulate opposing coaches as he did with Stan Van Gundy after the decisive Game 6 of the NBA playoffs, sadly NBA players have not yet found a way to congratulate their opponents.

The experts at Positive Coaching Alliance help remind us: how an athlete handles a loss is just as important as how he or she handles a victory. Sports psychologist Jim Fannin has been quoted as saying, "You can still be looked at as tenacious, unwavering, a closer and a winner, but when you lose you need to be gracious. How you handle a loss dictates how you are going to go forward."

Introducing your athletes to the tradition of good sportsmanship is an important element of practicing [Responsible Sports](#). And it does take practice!

- Seek moments during practice when you can encourage your players to congratulate their opponents. Sometimes it's easier to learn about honoring opponents during a practice because your "opponents" are your teammates.
- Consider staying after your game is over to watch another two teams compete and congratulate the winning team's fans who appreciated their skills.
- Parents can walk across the aisle in the stands to congratulate the opposing team's parents and set a powerful example for youth athletes. Or how about parents actually hitting the field after a game to say congratulations to the opposing soccer forward who scored the winning goal? Talk about a powerful example!
- At home, look for examples of good sportsmanship and talk about them with your kids. And at the same time, bring up examples of poor sportsmanship and get your kids' perspective. You might be surprised to hear that kids, sometimes even more than adults, value good sportsmanship and see the issue as very black-and-white, right-and-wrong.

Outside of wins and losses, athletes can also [honor their opponents](#) by how they behave during the game: helping a running back up off the field after a tough tackle, kicking the ball out of play when an opposing player goes down with an injury, checking to see if the catcher is okay after a fastball hits his helmet. Or consider Milwaukee Brewers first baseman, Prince Fielder, who nearly hit a grand slam home run but instead found himself tipping his batting helmet to Cubs outfielder Reed Johnson who made an amazing catch. Whether it's a handshake, a hug, or a high five, respect for opponents is an important element of Responsible Sports and one we hope you're celebrating in your community. For more on Responsible Sports, Honoring the Game and to sign up to receive our monthly eNewsletter, Fundamentals, [sign up today!](#)





This is a 1v1, Team Competition, going to goal, scoring goals, practice, training session.

Setup:

On a full size training goal, place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.

Instructions:

On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.

The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

Variations: N/A

Coaching Points:

- Sprint at top speed around the cone
- Battle and win the 50/50 ball
- Quickly attack the goal once possession is won.
- Continue to fight for the ball when defending.
- Have fun.

The Best Eleven



09/10: CONCACAF players in the Premier League

This is a list of CONCACAF players on 09/10 English Premier League squads (as of 8/17/09)

Barbados

Emmerson Boyce (Wigan)

Canada

David Hoilett (Blackburn Rovers)

David Edgar (Burnley)

Asmir Begović (Portsmouth)

Grenada

Jason Roberts (Blackburn Rovers)

Honduras

Wilson Palacios (Tottenham)

Hendry Thomas (Wigan)

Maynor Figueroa (Wigan)

Jamaica

Ricardo Gardner (Bolton Wanderers)

Tyrone Mears (Burnley)

Ricardo Fuller (Stoke City)

Nyron Nosworthy (Sunderland)

Zavon Hines (West Ham)

Marlon King (Wigan)

Mexico

Carlos Vela (Arsenal)

Giovani dos Santos (Tottenham)

Trinidad and Tobago

*Jlloyd Samuel (Bolton)

*Bobby Zamora (Fulham)

Tony Warner (Hull City)

Carlos Edwards (Sunderland)

Kenwyne Jones (Sunderland)

Jason Scotland (Wigan)

USA

Brad Friedel (Aston Villa)

Brad Guzan (Aston Villa)

Eric Lichaj (Aston Villa)

Tim Howard (Everton)

Anton Peterlin (Everton)

Cody Arnoux (Everton)

Eddie Johnson (Fulham)

Clint Dempsey (Fulham)

Jozy Altidore (Hull City)

Jonathan Spector (West Ham)

Marcus Hahnemann (Wolverhampton)

