

ZYSA TIMES

A Place for Kids to Play...And Have FUN!



Letter from Carlos Zavala

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Parents,

On behalf of IYS, I would like to take this opportunity to provide you with the most recent information about IYS' "**CLUB PASS**". Don't hesitate to contact me if you have any questions.

Club Pass Definition

The club pass concept is when a club uses a player from within their own club to play for another team for a league match. It is not the same as secondary rostering. Players are put on a roster, but the club is allowed to use other players from within their own club for a league match.

Purpose of the Club Pass

- Allow coaches more freedom to move players within their own club.
- Eliminate administrative paperwork for member clubs who wish to move players internally.
- To give all clubs the ability to move players from within their own club so that they can reinforce squads by moving players from a younger age group or a second team.
- To create a "club" mentality over a "team". Players will now take more pride in playing for a club, which will hopefully reduce the temptation to "jump" to another team in another club.
- To provide development opportunities for players by being allowed to experience "playing up".

Logistics

- Clubs will still roster teams with Indiana Youth Soccer. Age Minimum roster sizes
U9/10 = 7 U11/12 = 9 U13 and up = 12
- Age Maximum roster sizes:
U9/10 = 12 U11/12 = 14 U13-16 = 18 U17-19 = 22

Logistics

- All players rostered within the same club are "club pass" eligible.
- There will be no secondary rostering.
- When a team needs player(s) for a match, they use a player(s) within their own club
- A team having a league match may elect up to 4 players from within their own club to play for their team.
- The number of players on the sideline, however, may not exceed the maximum roster size.

Game Day Procedure for Club Pass

- Each coach will provide a roster to the opposing coach if using a club pass player from within their club.
- The team official (coach/manager) must communicate their use of club pass players with the opposing team officials before the game.
- Player passes should be on-site to review.
- If a player pass is not on-site that is when a photocopy of the club pass player should be available. Clubs should make photocopies of all player passes. Clubs should make photocopies of all player passes.
- Referees do not need to see the player pass card as each coach will provide a roster to the opposing coach.
- Coaches/managers print out a roster.
- A system is being developed for coaches/managers to print out game day line-up cards.
- Having a player drop from a "first" team to a "second" team for the purposes of winning will not be allowed.
- A player using the club pass may only play **two games in a day**.

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McKinley Jones III - Assist. Director of Coaching & Player Development
Linda May - Club Administrator

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ZYSA Board President, Joe Tanner

The fall 2008 playing season is just around the corner. Our club administrator, Linda May, has done an outstanding job coordinating and running the registration process for over 1,000 of our Rec., Rec +, and travel players for next year. Many thanks go to Linda for her exceptional service to the club. In addition, **Silke Barrett** (silke.barrett@hotmail.com) has volunteered to be our travel uniform coordinator this year. Silke has hit the ground running since Aaron's departure, and is working hard to insure that the uniform ordering and delivery processes run as smoothly as possible. The results have been extremely positive so far. Many thanks Silke!

On June 16th, **McKinley Jones** began serving as ZYSA's Assistant Director of Coaching and Player Development. McKinley was selected from a pool of approximately 40 individuals who sent resumes and/or interviewed for the position. He has been a ZYSA coach since the spring of 2006 and an assistant coach of the high school boys team. McKinley is ready, willing and able to respond to your needs or questions about the program. He can be reached at mj3soccer@hotmail.com. Welcome aboard McKinley!



Finally, I received an e-mail this week from **Aaron Cline**. Aaron is now the assistant women's coach at the University of Louisiana-Monroe, and is getting off to a successful start there. If you would like to read more about Aaron in his current position you can find more information at www.ulmathletics.com and click on the "W Soccer" tab. Aaron sends his best wishes to his ZYSA family.

Again, many thanks for all you do for our ZYSA kids. Our club could not prosper without the countless hours of dedication by our parents and friends. Best wishes for a successful fall season.

Joe Tanner, Board President, Zionsville Youth Soccer Association

Assistant Director Named, McKinley Jones III

Effective June 16th, McKinley Jones III became ZYSA's Assistant Director of Coaching and Player Development. Born in Indianapolis, Indiana, McKinley is the son of Renee and McKinley Jones Jr. He has lived in Indianapolis all of his life and attended The Orchard School for elementary and middle school. After attending Orchard, McKinley attended Brebeuf Jesuit Preparatory School and Cardinal Ritter High School. McKinley attended St. Joseph's College in Rensselaer, Indiana, where he graduated in 4 years with a Bachelor's degree in Elementary Education. He also had the pleasure to attend college with fellow U13 girls select team coach Mike Beckner, U10 academy coach Justin Fox, and former Assistant Director of Coaching Aaron Cline. He also attended school with ZYSA Goalkeeping coach Katie Averkamp and U13 girls green team coach Jenna Mullins.

McKinley has been playing soccer since the young age of four. He has played for many teams over the years with his most notable teams being Indy Inferno, Carmel United Inferno, and Dynamo FC '84. He has won many state championships at the club level and has been to the regional championships on several occasions.

McKinley played high school soccer at Brebeuf Jesuit Preparatory School (98-00), where he recorded 18 goals and 8 assists as mostly a defender in three years of soccer. He then transferred to Cardinal Ritter High School and played soccer for the Raiders for his senior year. At Cardinal Ritter, McKinley accumulated 42 goals and 12 assists as a forward and was a team captain and MVP for his senior year. He was ranked second in the state for most points and goals for a single player his senior year as well (96 points, 42 goals). He currently holds the Cardinal Ritter school record for most goals in a single season. Lastly, during his high school career, he was also named and nominated for All-City, All-County, and District teams.



After high school, McKinley attended St. Joseph's College, where he played four years of soccer on an athletic and academic scholarship. In four years of soccer, McKinley was able to score 23 goals and add 5 assists for his college career. He was also once named team MVP (2003), Findlay Oilers all-tournament team (2003), Great Lakes Valley Conference Academic All-Conference (2004 and 2005), and is currently the 5th leading goal scorer and points leader in a career in school history.

After college was over, McKinley decided to take soccer to another level and began coaching at ZYSA as a U11 girls coach. He is now currently coaching the U14 girls select team. Before becoming the ZYSA Assistant Director of Coaching, McKinley was a first grade teacher at the Challenge Foundation Academy in Indianapolis. He taught at this school for the last two years, but found that his true passion was with soccer and the education of players, coaches, and parents.

ZYSA Summer Camps - Register Today!

ZYSA camps are superb for youth soccer players from Recreational to Premier. Beginners will be introduced to the fun of soccer, foot skills, and age appropriate games. Intermediate and Advanced players will learn technical and tactical themes throughout the week. All themes will be age and skill appropriate. Plus, your child will get a chance to compete for camp records. *Parents vs. Campers scrimmage each Friday from 1:00-2:00 p.m.*

Choose Your Camp Date

Week 3 – July 14th – 18th Week 4 – July 21st-25th

All ZYSA camp dates are for boys and girls U6 – U12 from 9:00 a.m. – 2:00 p.m. M-F, at the ZYSA fields (700 East, ½ mile north of CR 334).

Working parents may drop-off campers at 8:00 a.m. and pick up at 2:30 p.m. for no extra charge.

Campers must bring a snack, lunch, water, shin guards, and a soccer ball.

Camp fee is \$125.00 per Week

Option 1 – \$60.00 deposit with registration form due two weeks prior to camp start date and the balance of \$65.00 is due the first day of camp at check-in.

Option 2 – \$125.00 and registration form paid in full two weeks prior to camp start date.

Payment & registration form must be received two weeks prior to start date & will secure a spot for the specified week. **Make checks payable to ZYSA and mail to: ZYSA Soccer Camps, P.O. Box 78, Zionsville, IN 46077**

Register Today!

Week: #1 #2 #3 #4

Camper's Name _____ Age _____

Home & Emergency Phone Numbers _____

Emergency Contact(s) & Phone Numbers _____

Primary Email (Required) _____

Allergies and or Medical Conditions _____

Insurance Co. & Policy Number _____

Please Review & Sign:

I (parent) _____ do hereby, waive and release any and all claims to damage or personal injury against Carlos Zavala, ZYSA, Zavala Soccer, LLC, and all other persons and organizations associated with Carlos Zavala and his summer camps in name, incurred by, while participating in and to and from the camp location.

Signature of Parent or Guardian _____

Date _____

Why Choose ZYSA Camps?

- state of the art facilities
- superior coaching skills
- programs for all ages and levels
- excellent coach to student ratios
- SAFE and FUN environment

THE PLACE for kids to play and have fun!



Sunday Night - "Street Soccer" on the fields

Join the fun for Summer Sunday Nights at the ZYSA fields
"Street Soccer" - No Coaches, No Coaching, We're Just Gonna Play!!!
Every Sunday, 6:00-8:00pm through July 27, 2008 (All Ages Welcome)
Contact Carlos Zavala (czavala@indy.rr.com) with any questions.



Velocity Sports Performance - free SPARQ Rating

On **July 26th**, Velocity Sports Performance will be hosting a free event for soccer athletes to receive a FREE SPARQ Rating!
For more information go to www.velocitysp.com/carmel/articles?news_id=847

Nutrition Matters

Providing the proper nourishment for your child can mean the difference between a stellar win or a sluggish loss. It is important not only to feed your child the proper types of food, but also to appropriately time when your child eats.

Before event:

Provide your child a high carbohydrate meal about 3 to 4 hours prior to practice or a game. Choose foods such as pasta, rice, bread, potatoes, or fruits. Eating a few hours prior to an event allows time for the food to be digested, so that your child is not playing on a full stomach, but also is properly fueled for the upcoming physical demands. About one hour prior to practice or a game, feed your child a small snack that is high in carbohydrates, such as a granola bar, fruit, or crackers.

After event:

Following practice or a game, be sure to refuel with a meal or snack high in carbohydrate and moderate in protein within at least 2 hours, but ideally within 30 minutes following the event. It is during this time that the body can more efficiently replace carbohydrate stores lost during exercise and repair muscle damage that occurs during activity. If your child will not be consuming a meal following an event, chocolate milk is a preferred recovery beverage. Providing adequate fuel following activity will greatly affect whether or not your child is able to maintain his/her energy level for the duration of the season.

Fluids:

Also, make sure your child is drinking plenty of fluids (with the majority coming from water) throughout the day, and properly replacing fluids lost through sweat during activity. For every pound of weight lost as sweat, drink 2 ½ to 3 cups of fluid. Remember if your child is feeling thirsty, he/she is already slightly dehydrated.

Written by Mandi Bossingham, MS, CSCS, RD Sports Performance Coach at Velocity Sports Performance in association with Clarian Human Motion.

Carlos letter cont'd

"Playing Up"

- Indiana Youth Soccer allows players to play up no more than two age groups in the U9-U13 age group.
Example: 10 player can play up on a U12 team, but not a U13 team.
- A U14 and above player is allowed to play up more than two age groups.

Consequences for Abuse

- This club pass allowance has to be accompanied by some stipulation to curb unethical practice and potential abuse.
- A coach and club guilty of abusing the Club Pass will be disciplined by Indiana Youth Soccer and member leagues.

Recommendations

Clubs using the club pass system should:

1. Use it as a reward for player(s) who have shown improvement throughout the season.
2. Have a player participate for one team only per day. This is only a recommendation.
3. Communicate clearly to all of your parents and players the purpose of this system.
4. Don't abuse it!

