

ZYSA TIMES

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



Volume 3, Issue 5
February 2009

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**Late registration for Spring 2009
rec and rec+ is still open.**

**We are accepting
applications through February 23rd,
2009.**

**Please see our website:
www.zysa.org for more information
on both programs.**

From Carlos

Happy New Year!

It is our pleasure to introduce to you our newest ZYSA Summer Camp structure for children 5–13 years of age. Our brand new state-of-the-art ZYSA Clarian Health Indoor Field facility, along with our superb outdoor complex, will enable us to provide your children with one of the top summer programs in the state. This facility is approximately 20,000 square feet and it offers a large top-of-the-line turf area to play a large variety of games and activities. Our indoor facility and clubhouse are conducive to all weather conditions and contributes to a safe, comfortable, and fun environment.



Our fun filled camp – combined with a highly experienced camp staff – is truly a unique experience for children of all ages and skill levels. It provides campers with the opportunity to participate in small, group, age specific activities as well as individual and team games.

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**ZYSA has won an
Indiana Youth Soccer
President's Award**



ZYSA Staff

Carlos Zavala - *Director of Coaching & Player Development*
McKinley Jones - *Assistant Director of Coaching & Player Development*
Garett Johnson - *Club Administrator*

2008–2009 Board of Directors

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Friends of the Board
David Simpson - *Soctoberfest Chair*
Tim Sheehan - *Board Member*

cont'd - From Carlos

Registration: You can download our Summer Camp registration form at www.zysa.org or pick one up at the ZYSA offices (available in the upcoming weeks). Make checks payable to ZYSA and mail to: ZYSA, PO Box 5041, Zionsville, IN 46077 or drop off your registration form and payment at our ZYSA offices. A \$100.00 deposit with registration form must be received by May 29, 2009 to secure a spot. The balance of \$50.00 is due the first day of camp at check-in. There is a \$100.00 cancellation fee after the start of the camp.

Camp Times and Fees: Each camp will run from 9:00am-4:00pm at the ZYSA fields (700 East, ½ mile north of CR 334). Working parents can drop off campers as early as 7:00 am and pick up as late as 4:30 pm for no additional fee. The camp fee is \$150.00 per week. Each player will receive a ZYSA T-shirt. Half-day camps (9:00 am - 2:00 pm) are available upon request. Please note that campers must wear shin guards, proper soccer attire, and bring a soccer ball.

Recreational Camp Dates:

Week #1 – June 22-26, 2009
 Week #2 – July 13-17, 2009
 Week #3 – July 20-24, 2009
 Week #4 – July 27-31, 2009



Travel/Academy Camp Dates:

June 22-26, 2009 – Optional week for all age group
 July 13-17, 2009 – U9 & U11 B&G
 July 20-24, 2009 – U10 & U13 B&G
 July 27-31, 2009 – U12 & U14 B&G

Snacks and Lunch: Parents are responsible for packing lunch, snacks, and plenty of water for campers. All campers will take two 30-minute snack breaks and one one-hour lunch break.

Concession Stand: Our concession stand will be open every day during snack and lunch breaks. Prices range from \$0.25-\$1.50.

Velocity Sports Performance: VSP coaches will introduce your children to the proper way of physical movement. This will include stretching, warm ups, and other fun games and activities. There will not be an extra fee for this high profile training program.

Camp Records: Each camper will get a chance to break our current Passing, Speed Dribbling, and Juggling records. At the end of the summer we will post the new records on our website and newsletter.

Nutrition Education: "You are what you eat!" Our staff recognizes that nutritional health and well being of its soccer players is very important, and has made nutrition education a part of the summer camp program. Our campers are always very involved in the discussions and very enthusiastic to participate throughout the week. Coach Jesseka will be addressing all age groups daily for approximately 20 minutes during lunchtime.

Slip 'N' Slide: When the weather allows, we will let the campers refresh in our highly demanded slip n slide. Please make sure to pack a towel and sandals, especially during those hot summer days.

Camp Safety: Our ZYSA experienced staff has done a very good job over the years in evaluating weather conditions and personal status of all campers. Our staff will continue to monitor and make sure that all campers stay hydrated during the hot summer days and are taken indoors during unpredictable weather conditions. The safety of our campers is our highest priority.

Camp Director: CARLOS ZAVALA

Camp Assistants: MCKINLEY JONES III and GARETT JOHNSON

As always, do not hesitate to contact our staff if you have any questions about our programs. You can reach Carlos Zavala at czavala@indy.rr.com or (317) 457-0234 or Garrett Johnson at zionsvilleyouthsoccer@gmail.com or (317) 407-2112

Thank you very much! ZYSA Staff

ZYSA Nutrition Education Is A Blast!!! *By Coach Jesseka*

"You are what you eat!" is a phrase that Z.Y.S.A. players hear each year at summer camp. The ZYSA staff recognized that the nutritional health and well being of its soccer players is very important, and made nutrition education a part of the summer camp program in 2007. Each day after lunch, the campers meet in the clubhouse to discuss basic nutrition topics. Campers learn



about how making good food choices can directly influence their play on the soccer field. The topics discussed are based on how basic nutrition and hydration, or lack thereof, relate to soccer. Questions raised by the players and issues that we see in the media are also discussed. The most common things players want to know about relate to "pre" and "post" game meals, what to drink during halftime and whether or not energy drinks are good for us. The ZYSA players are always very



involved in the discussions and very enthusiastic to participate. On the last day of camp each week, we have a "ladies vs. gentlemen" type of nutrition competition where a panel of players, selected by each group, battle for bragging rights on who knows more about nutrition and soccer. We all have a blast together learning about how good nutrition can help us to be stronger soccer players and outlast our competitors during game time!

See you this summer! *Coach Jesseka*

Letter From Rick Higgs - ZYSA Board President

A lot has happened at ZYSA since our October 2008 newsletter! In November I succeeded Joe Tanner as president of the ZYSA Board. On behalf of the entire Board I'd like to extend our sincere gratitude to Joe for four years of dedicated service to ZYSA as Board president. Under Joe's leadership ZYSA has experienced strong growth, significantly improved our operations, constructed a state-of-the-art indoor facility, and made great strides in improving the overall soccer experience for our players. Thankfully, Joe is still an active member of the board and has eased my transition into this position. For those of you I haven't met yet, my wife Melissa, our three children, and I moved to Zionsville in 2001. I'm employed at Eli Lilly and Company in Indianapolis as a research advisor. We have been involved with ZYSA since 2001 as parents, coaches, travel manager, and board member. In January, Linda May transitioned out of the club administrator role. We're all grateful to Linda for the time and effort she has provided ZYSA as the chair of Socctoberfest and more recently as our club administrator. We certainly wouldn't be where we are today without volunteers like **Linda May** and **Joe Tanner**. Linda will still be helping out around the club and will continue with the seamless transition to our newly hired club administrator, **Garett Johnson**.



Garett comes to us via Hewlett-Packard and Purdue University, and he's certainly hit the ground sprinting. Many of you know Garett as a summer camp coach, academy coach, or Lil' Kickers coach. Garett Johnson played at Avon High School (2003). After high school, Garett attended Purdue University, West Lafayette, and graduated with a B.S. in Computer Science with Pre-Med. While at Purdue, Garett started his coaching career with the West Lafayette HS Girls' Varsity team and advancing to the semi-state championship (2006). He was also the undergraduate student assistant for the Purdue Women's Soccer team and coached travel teams for TippCo and GLRSA. Since college, Garett has continued to coach at ZYSA and currently coaches the Girls '99 Select and '98 Green teams. Please consider Garett your first point of contact for administrative/operational questions. You can contact Garett at zionsvilleyouthsoccer@gmail.com. Welcome aboard Garett!



In November we began training recreational, academy, and travel players on Clarian Health Field. The reviews of the new facility have been outstanding from both ZYSA members and visiting teams alike. Many, many thanks to **Steve Lains**, **Tim Sheehan**, **Stephen Bignal** and all of the board members who worked so hard last year to make this building a reality. None of this would be possible without Clarian Health Partners and its affiliates (Clarian Human Motion, Velocity Sports Performance and Methodist Sports Medicine - Orthopedic Specialists). We would also like to thank our 'Goal Keepers', members, and friends who have made donations to help finance the facility. In December we held our first 24-hour soccer marathon as a fundraising event for the indoor facility. The marathon was a great success and everyone seemed to have a fantastic time. Many thanks to **Tony Ridolfo**, **Mark Inman**, **Linda May**, **Carlos Zavala**, and all the volunteers who made the marathon possible. ZYSA continues to seek individual and corporate sponsors for our facility. In particular, individuals can join the 'Goal Keepers Society' which is a group of the chief stewards who will allow ZYSA to meet its financial goals for the building. In addition, corporate



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Cont'd - Rick Higgs

sponsorships are available. If you are interested in obtaining more information about becoming an individual donor or corporate sponsor, please contact me at rehiggs@gmail.com. The improved winter training made possible with this facility is a key component in the evolution and future progress of ZYSA.

Also in November, through a collaboration with Off the Wall Sports, we began offering Lil' Kickers training for our youngest soccer stars at Clarian Health Field. Lil' Kickers is a nationally recognized, non-competitive child development program for boys and girls ages 18 months to 4 years. The program introduces children to the concept of soccer while developing movement and interaction skills. We will also be offering Lil' Kickers outdoors this year for both the spring and fall seasons. With the addition of this new program, children from 18 months to 18 years of age can play at ZYSA. Details about the winter and spring Lil' Kickers programs may be found at our website, www.zysa.org.

Lastly, don't forget to check out our summer soccer camp information. We're offering extended hours this year to better serve families with parents working outside the home. Our goal continues to be to provide the best resources for kids to have fun playing soccer at whatever level they choose to play. The Board believes that from our youngest toddlers to our most skilled high school players, we are continuing to make progress toward that goal. Finally, a big thanks to all of you - our parents, volunteer coaches, travel managers, staff, and friends who make this possible. Thanks for all that you do!

Rick Higgs - Board President, Zionsville Youth Soccer Association

Secrets To Practicing Like The Pros *by Joey Bilotta*

You're not satisfied with average. You push harder than everyone else in practice. When the pressure's on, you're the one pulling a few miracles on the field. But it's a big world out there, with thousands of players just like you or better competing in soccer camps and tournaments every day and growing stronger. So how can you take your game to the next level? Take your training home

At age 18 or 19, your average pro has been exposed to roughly 10,000 hours of contact with the ball. To achieve that, you're looking at a minimum of three to four hours of practice every day. So realistically, you'll be doing a lot on your own. Being involved in practice is not enough--it's important to practice by yourself to really hone your skills.

Training for control - As much as possible, be in contact with a ball. This may sound basic, but it should always be the focus. We teach our soccer camps' players to dominate from the first touch, deaden a ball that seems beyond your control, and make every pass hit the right person.

When you're at home in the backyard, get the ball and juggle. You can start on a hard surface at first, or juggling next to a wall. Start simple: juggle twice, then let the ball bounce. Juggle three to four times and let it bounce again. Pay attention to how it feels to properly lift the ball. Build up your touch and start moving to the grass.

At our soccer camps, we notice some players catch on faster with ball control than others. Don't skip this if you find it difficult. If you keep practicing, you will improve this skill. We've got some great videos of players showing off their juggling skills at edukick.com if you need inspiration. Practice your passing technique by doing long and short passing exercises with friends outside of school or at recess during school.

Our soccer camps' players train for hours every day on ball handling. When you do this, you start to get a feel for the ball and gain muscle memory. That way, when the ball is flying in your direction you don't even think about how to handle it. It's instinct. This gives you an edge on the field.

Boosting your mental game - It takes more than just physical ability to win games. Pro teams focus on mental strength and attitude as well. In our soccer camps, we teach players to concentrate only on the game, and not let other thoughts clutter their mind. Focused players are not distracted by the crowd, their parents, or any other non-related issues.

Maintaining a positive attitude during the game keeps you from missing perfectly good shots under stress. Instead of second-guessing yourself, use imagery techniques to perfect your skills in your mind's eye. Visualize yourself performing the moves flawlessly. This can also help you learn new skills faster.

This mental strength and preparation makes a difference towards the end of the game when your body starts to get tired. That's when you need to maintain that focus and confidence so you don't make mistakes.

With dedication, you can start pushing forward to realizing your potential as a soccer player. You'll gain confidence as you become a better player, becoming a crucial asset to your team. And of course, you'll start seeing improvement when it really counts – on the pitch during season play. If you're truly ready to move your soccer game to the next level, you should seek out professional training. For more information you can call **McKinley Jones III, ZYSA Asst. Director of Coaching & Player Development, mj3soccer@hotmail.com, (317) 372-1406**



The ZYSA Times is a quarterly newsletter e-mailed to ZYSA families and friends. Questions or concerns regarding the newsletter? Please contact Kirsten Wujek at norskewujek@tds.net.