Sherwood Park District Soccer Association



Soccer in the Park

Volume 4, Issue 1

February 2017

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Important Dates

| Early Bird Registration Deadline - Phoenix | Feb 24 |
|---|----------------------|
| Community Equipment Return | Feb 28 / Mar 1 |
| Early Bird Registration Deadline - Community | Mar 1 |
| Phoenix Tryouts | Mar 6 - 23 |

Outdoor Season - Registration Open

The days are getting longer and while the focus for most teams is still on indoor, the SPDSA is hard at work preparing for the upcoming outdoor season.

The office has opened up registration for our 2017 Outdoor season, with discounted early bird rates up until March 1st for our community programs.

All SPDSA registrations are completed online through the SPDSA's secure online registration system.

The SPDSA offers programs for community, competitive and adult soccer.

Use the links on the right for our Community program outlines.

Please see page 2 for information on our Phoenix and Adult programs.

SPDSA Welcomes Darren Poole to Staff

The SPDSA has welcomed Darren Poole to our staff. Darren will be transitioning into the role of our Phoenix Registrar.

Darren was involved with the SPDSA during the 2016 outdoor season as our U14-U18 Community Technical Lead and brings a strong technical background to the association.

As Darren becomes immersed with the SPDSA he will be taking care of Phoenix administration as it pertains to registration, CRC's, league questions, etc.

Youth Playing History:

- Starting playing locally in North Edmonton (Steele Heights) at age 10.
- Member of several provincial youth teams including Canada Games and Western Canada Games.

Played for Victoria Soccer Club at age 15 winning a U16 Canadian Championship in 1978.

Program Outlines:

| <u>Under 4 (Co-Ed</u> | L) | Born 2013 |
|-----------------------|----------------------|--------------|
| <u>Under 5 Boys</u> | <u>Under 5 Girls</u> | Born 2012 |
| <u>Under 6 Boys</u> | <u>Under 6 Girls</u> | Born 2011 |
| <u>Under 7 Boys</u> | <u>Under 7 Girls</u> | Born 2010 |
| <u>Under 8 Boys</u> | <u>Under 8 Girls</u> | Born 2009 |
| Under 10 Boys | Under 10 Girls | Born 2007-08 |
| Under 12 Boys | Under 12 Girls | Born 2005-06 |
| <u>Under 14 Boys</u> | Under 14 Girls | Born 2003-04 |
| <u>Under 16 Boys</u> | Under 16 Girls | Born 2001-02 |
| <u>Under 18 Boys</u> | Under 18 Girls | Born 1999-00 |

Access online registration here.

Senior Playing History

- Drafted by NASL Vancouver Whitecaps 1980
- Played for Canada's Youth Team (U18)
- Member is Canada's Senior World Cup qualifying Team in 1981.
- Member of Canadian Olympic Soccer Team.
- Played professionally for Edmonton Drillers, Edmonton Eagles and Edmonton Brickmen.
- Played Senior Men's (AMSL) for Edmonton Ital, Edmonton Croatia, North West United, Edmonton Victoria, KC.

Coaching / Other

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- Coached University Concordia College (men's), AMSL Men's, Senior Women's and also at the youth level for both female and male.
- Member of the EDSA Soccer Wall of Fame.

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Sherwood Park Phoenix Information



Sherwood Park Phoenix is the competitive program offered by the SPDSA.

Ideal for players showing advanced ability and a passion for the game The Sherwood Park Phoenix program is built for players looking to play at an elite level.

The program begins at U9 with the Junior Phoenix and ends at the Youth level with U18. Beyond youth the program currently has two Women's teams, with a desire to create a Men's team in the near future.

<u>U10 Junior Phoenix / U12</u> <u>Phoenix</u>

The U10 and U12 programs are designed to help develop players and coaches under the strong guidance of the SPDSA Technical Leads. Teams will train twice a week with certified and appointed technical staff with age and skill appropriate activities. Coaches of these teams are expected to attend and assist in these sessions, while also learning and developing. Once a week a team training session will be led by the Coaches, where they will be able to utilize what they have taken from the technical led sessions.

U14 + Phoenix Programs

Starting in U14, assigned coaches will take more control and responsibility in the guidance of their squad, with a recommended 3-4:1 Practice to Game ratio. Technical Leads and Staff will also be available for assistance in the U14 and older age groups.

More Information

Use the links below for more information on the Phoenix Programs

Phoenix Tryout Schedules

| U10 Jr Phoenix | <u>Boys</u> | <u>Girls</u> |
|----------------|-------------|--------------|
| U12 Phoenix | <u>Boys</u> | <u>Girls</u> |
| U14 Phoenix | <u>Boys</u> | <u>Girls</u> |
| U16 Phoenix | <u>Boys</u> | <u>Girls</u> |
| U18 Phoenix | <u>Boys</u> | <u>Girls</u> |

SPDSA Adult Program - Keep Playing and Have Fun

During the 2016/17 indoor season, the SPDSA is running 3 leagues, consisting of 19 teams. The SPDSA will be offering the following programs for the 2017 Outdoor Season.

Outdoor programs for all Adult leagues will run from the end of April to the end of June. Click the division links below to be taken to the full program outline.

Classics

"Soccer doesn't end after youth. The SPDSA has an Adult program for everyone"

leagues has beenteam is lorunning for a numberseason. Thof years. The division isthe EDSA.recreational and allowregister inplayers to register inRegistratiEDSA or other AdultAdult leagleagues as well. Gamesby April 95

are played on Sunday's

(Thursday alternate)

Our over 35 Classics

Co-Ed

The SPDSA Co-Ed league began in the 2015 outdoor season and continues to be a strong program in Sherwood Park. The Outdoor program runs from the end of April to the end of June and follows a 7v7 format played on a U12 field. Games are played Sunday's (Wednesday alternate)

*NEW 7v7 Leagues - Mens and Womens

After the success of the Co-Ed 7v7 program, the SPDSA is introducing a 7v7 Men's and Women's league for the outdoor season. The league will be played on a U12 field. Games are played Monday's (Wednesday alternate)

Women's Phoenix

The SPDSA's competitive Women's Phoenix team is looking for players for the outdoor season. The team is competing in Division 1 of the EDSA.

Registration Deadlines

Adult leagues will require 4 committed teams by April 9th, however, if on February 17th, a division has less than 4 teams, the league will give registered teams the option of entering EDSA without penalty as their team application is due February 21st.

For further information on any Adult Program contact Debbie (d.ballam@spdsa.net) and Graeme (g.dickson@spdsa.net)



Adult Team Awards

Average Joe's Sports Bar has joined the SPDSA Adult Program with the Adult Team Awards. Each team will receive a \$100 Gift Card to Average Joes Sports Bar

The following teams have been randomly selected for the 2016-17 Indoor Season

<u>Co-Ed</u>

Park United

Hardly Athletico

Classics

Blue Chaos

Women's

Sherwood Park Devlin Strikers

TBD



The SPDSA Annual Volunteer Appreciation Friday March 10th

FI

Volunteer Soccer Games at Millennium Place

- Arrive at 5:00pm, Games run from 5:30pm 7:45pm
- . Those who play will receive a t-shirt to use for the games

Fun Casino Evening at the Log Cabin (50 Spruce Avenue)

Wellcome

steady win

You

Invited

- Doors Open at 7:30pm, Appetizer/Finger Food served & Cash Bar
- Door Prizes draws throughout the night
- Use your fun money to purchase some great items!

Open to all of our volunteers and 1 Guest.

Please RSVP by February 22nd, 2017 by clicking here Food served & Cash Bar

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Derek Douglas - Inducted as ASA Life Member

"Referees! You either love them or you hate them; there's not a lot of middle ground when it comes to the men or women in black (or red, yellow, or green for that matter) in the middle of the soccer pitch.

There is one undeniable fact about referees in Alberta, each and every one of them has, in some way benefited from programs that Derek Douglas has embedded in our Alberta referee development programs.

Alberta has a rich history of providing outstanding individuals to the referee program in Canada, and our Alberta FIFA officials continue the proud tradition of excellence, good judgement, and Fair Play that are hallmarks of the programs Derek put in place over the more than 40 years he has been involved in referee development.

I can personally attest to this, as it was Derek who inspired me to consider instructing and assessing referees in addition to my own referee activities. To this day, I can often hear Derek's words of wisdom in my head, when I am either in front of a class or observing a game.

But it's not only the senior officials who benefit from Derek's wisdom and commitment – speak to any youth official in Sherwood Park District and they will tell you about the man who has the uncanny ability to engage youngsters to be better, be fitter and be more knowledgeable about the game and the traits of great referees.

It is not surprising that the retention rate of young officials from year to year in Sherwood Park is consistently one of the highest rates in the province.

It's difficult to imagine where we would be without the years of effort that this most recognizable man in black has put in to developing the referee programs we have today."

The above was Derek Douglas's ASA Life Member induction speech, presented by David O'Neil, Referee Development Officer with Alberta Soccer.

Community Coaches Needed for Outdoor

The SPDSA is seeking your help for the upcoming Outdoor Season.

Coaches are required for all community age groups (U4 - U18) and are the backbone to our community program.

All Coaches are supported in full by appointed Technical Leads at the Active Start, FUNdamentals, Learn to Train and Soccer for Life levels:

Technical leads can be used as resources for any questions or concerns you may have about training sessions and games. Our Technical Leads will also offer "Coaching Workshops"

throughout the season for Coaches for further development and learning as a coach.

The SPDSA will also be offering the following ASA Coaching Courses before the season:

- \Rightarrow Active Start (U4-U6) April 22
- \Rightarrow FUNdamentals (U7-U8) April 29
- \Rightarrow Learn to Train (U10-U12) April 22 & 29
- \Rightarrow Soccer for Life (U14+) April 23 & 30

If you are interested in coaching in the community program this year please complete the <u>online coaching application</u>.

If you have any questions with regards to coaching please contact Natasha (<u>n.carter@spdsa.net</u>)

Coaching a youth soccer team is a very rewarding experience and you will help shape a player's outlook on the game and create provide a positive experience for a number of kids in Sherwood Park. Sign up today!

Indoor Equipment Return Dates

With the Indoor Season coming to a close the SPDSA reminds Coaches to return their equipment. <u>RETURN DATES</u>

> **Tuesday February 28** U10 - U12 5:00pm - 8:00pm

Wednesday March 1 U8 and U14+ 5:00pm - 8:00pm

The SPDSA encourages teams to try and return equipment on the specific dates if possible.

Items to be returned: Bag, Balls, Cones, First Aid Kit, Goalie Gloves, Unused Jerseys, Pinnies



Sheraton Breaton Units and the second

SPDSA Team of the Week



With the second second

Nominated by: Bre Crispens and Paige Smith

Please explain why you feel this team should be awarded the Team of the Week: This group of girls have had a rough go at the season with only one win so far. Every game and practice these girls show nothing but pride for their team mates and how well they gave it their all. We have a team where some girls have never played and some who have played for years. The more experienced girls are stepping up and leading some practices to help out their friends and team mates. The constant encouragement, excitement and will to keep pushing and be the best

team they can be is by far way more rewarding than an actual win. This group of girls has come a LONG way since their first game. It would be super awesome to see them get THIS recognition.

This week our girls WON their first game of the season! You can tell how far the girls have already come this season, our team is made up of some first year players along with some more experienced girls. Together they make a great team. They don't give up on each other and they truly support each other. They don't give up on any game or practice and continue to grown as a team and into great players. I think this U10 team is team of the week just for their spirit and their great teamwork!!! Congrats Girls!!

U10 Boys Junior Phoenix (Dellezay)

Nominated by: Malinda Chanyi

Please explain why you feel this team should be awarded the Team of the Week: I've watched the boys grow as a team over the season. They are very positive towards one another on the bench, they respect each other, their coaches, parents, referees and other teams. If a player is hurt, they all immediately take a knee out of respect and clap when the player gets up. They recently played a 4 on 4 tournament in Red Deer and they sportsmanship and effort was excellent - they didn't 'win' a game, but they ran their hearts out and never stopped. The company that we own was able to provide toques for each player and the coaching staff, and each boy came and personally thanked us for toque. Sometimes we see unsportsmanlike conduct from other teams, but I'm proud to say that the Phoenix boys never react in kind.

U12 Boys Phoenix (Cadieux and Fernandes)

Nominated by: Christiane Colman

Please explain why you feel this team should be awarded the Team of the Week: Although this award would typically be presented to only one team, we watched a group of boys this past weekend who came together as one team and who are all very deserving of "Team of the Week". Phoenix - Cadieux and Phoenix - Fernandez traveled together to participate in the SISCO Boys Premier tournament in Saskatoon. Not only did all of these boys play their hearts out during every game of this tournament, but more importantly, they came together to support each other. All of these players cheered each other on, win or lose, even if it meant spending a few extra hours at the soccer centre instead of at the hotel pool! They gave each other supportive words when maybe the game didn't go quite as they would have liked and congratulated each other whole heartedly when it was time for celebration. These boys were a great representation of Sherwood Park Phoenix and showed character beyond their years both off and on the pitch. I know I can confidently say on behalf of all of their families and coaches, that boys, you were a joy to watch, you warmed our hearts and we are very proud of each and every one of you!



U12 Girls - Team 4 Bayne

Nominated by: Baljinder Parmar

Please explain why you feel this team should be awarded the Team of the Week: I would like to nominate Team 4, BAYNE for team of the week because although they have only been playing together since the season began in October, they have really come together as a unit and they really encourage and support each other. Their skills seem to compliment each other and you can see that they are a committed group of young ladies that share accountability for the success of their team. They work diligently at practices and even harder during games. Each girl has excellent sportsmanship as well as a great attitude towards other players,

coaching staff and each other. These girls are clearly what a team is all about!

SPDSA Coach of the Week

Rob McCullough Coach

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Nominated by: Lorraine Williams Team: U17 Boys Phoenix (00-01)

Please explain why you feel this coach should be awarded the Coach of the Week: Rob McCullough is respectful of the players, encouraging, and a calm voice during games. My son tried out for the team this past August, having played community soccer for 11 years. Yet, Coach Rob saw something in him, and gave him the chance. Mark is thriving under his mentoring. I see this quality with all the players. I am the newbie mom, and I can see how he treats each individual player in order to give them confidence to try their best. His focus is the team growing in skills, bonding as players, and of course, to win! During games, he is there, his voice is heard, but never in a condescending way towards players. Always encouraging, always positive.



Bill Bouchard

Nominated by: Lisa Ross Team: U8 Girls - Team 2 (Bouchard)

Please explain why you feel this coach should be awarded the Coach of the Week: Coach Bill has taken our daughter who is new to soccer and in a short couple months has made her into a soccer player! She started out skipping everywhere the first game with minimal soccer skills (I'm

sure he sighed and knew he had his work cut out for him!!). Coach Bill has done an incredible job being patient to teach her skills & some strategies for games while also setting the bar of what he expects of her to achieve for herself..... at the same time he's raising the bar higher for the rest of the team who are light years ahead of her in skills! She is applauded every time she touches the ball in game play but is also reminded what she can be doing to improve. He has such an incredible balance of Patience, encouragement and expectations set. She has been very Blessed to land on this team with an awesome coach and Teammates! The Girls are encouraged to have FUN and to also work hard and do their personal best.

Coach **Chris Mitchell**

Nominated by: Charity

Team: U4 - Team 2 (Mitchell)

Please explain why you feel this coach should be awarded the Coach of the Week: Chris Mitchell has done a great job of creating a team feeling among they kids. He adds skills and challenges to each weeks recommended program. He sees kids who are uncomfortable and includes them, often providing 1:1 encouragement, role-modelling g and demonstrations. He has learned everyone's names and helps team mates recall other team mates names. He is energetic and enthusiastic!



Coach **Travis Nicks**

Nominated by: Eileen Purschke Team: U14 Girls Phoenix Tier III Please explain why you feel this coach should be awarded the Coach of the Week: Coach Travis Nicks provides a positive learning environment for his players to improve. Encourages a positive

team attitude & good sportsmanship. Stresses the value of teamwork to be successful. Teaches his players that with hard work & determination, anything is possible. He does not give up on any player & works with each member of his team to make them better & build their confidence. Encourages his players to enjoy time off the field with one another.

Coach **Barry Achtymichuk**

Nominated by: Andreas Wielens

Team: U14 Boys - Team 4 (Achtymichuk)

Please explain why you feel this coach should be awarded the Coach of the Week: Barry is very encouraging to the boys and makes sure their skills set improves regardless of how the games go score wise . He is always positive and focuses on making the boys better individually and you see it with kids really enjoying going to games and practices regardless of whether they won or lost the prior game -

Coach **Glenn Surgenor**



Team: U8 Girls - Team 5 (Surgenor) Please explain why you feel this coach should be awarded the Coach of the Week: Glenn is a patient and kind coach with the girls. He is compassionate and has taught the girls on the team so much. The improvement that I have seen not only in my daughter but in all of the girls on

the team has been amazing. He makes their practises fun while teaching them important parts of the game that will help them keep improving when they do play games. He then implements those into the game and does a great job of explaining to the girls how what they learned in practice can be put to use in the game. His patience and determination with the girls is very impressive. Girls can be hard to rein in and he is always able to get their attention without raising his voice. He is always trying to teach them something new and have them work together as a team. The little things he does also make him a great coach. This includes bringing snacks to share with the girls in between periods of a game. He never asks other parents to bring anything, he just does it himself. Also he makes sure everyone is aware of games and practices by using Team Pages. This I know has helped me to make sure we make games and practises. My daughter had him as a coach for outdoor soccer and was excited to have him as her coach for indoor. This speaks to the person and coach that he obviously is.

Bruce MacNeil Coach

Nominated by: Hilary Dool Team: U16 Girls Phoenix Tier III Please explain why you feel this coach should be awarded the Coach of the Week: This coach goes way beyond the call of duty, he has shown up for all the girls team bonding events, fundraising,



Steve Cicchini

fitness. He shows the girls what a team truly should look like. Thank you coach Bruce MacNeil



and respect for the game and players. Works hard to increase the girls skill level and to move them forward. Glad that our daughter got him for a coach this year.

All selected coaches receive a \$25.00 Gift Card to Average Joes Sports Bar in Sherwood Park. Congratulations Coaches!!





Tips for Parents

Follow these tips to help your child get the most out of their sport experience.

Girls and Boys all ages and stages

- Talk to your child about their interests. Find out what physical activities or sports appeal to them.
- Recognize and respect your child's reasons for playing a sport or practicing a physical activity. They might want to compete for medals and titles, or they might simply want to have fun and socialize through activity.
- Be positive when supporting your child, regardless of results. (Research has shown that children retreat from activity when their parents become demanding about results!)
- Support your child's activities as a parent, not as a 24-hour coach. Your role is to assist with transportation, good nutrition, rest and balanced lifestyle.
- Support your child's coaches and instructors. If you have questions or concerns other than physical safety, approach them when they are not busy coaching or instructing.
- Your child might pursue extra interests outside sport and physical activity, and things can get busy in a hurry. Help them to balance their time according to their best interests.
- Educate yourself on good nutrition and healthy lifestyle habits for your child.
- Talk with your child about key values in sport and activity: fun, fairness, respect.
- Avoid putting pressure on your child to perform and compete to avoid dropout due to pressure and stress!

Preferred Training Model - What is that?

The Preferred Training Model has been constructed by the Canadian Soccer Association under the CSA-Pathway.

The SPDSA has began instituting this preferred training model, most notably in our Active Start (U4-U6) program with a station based approach.

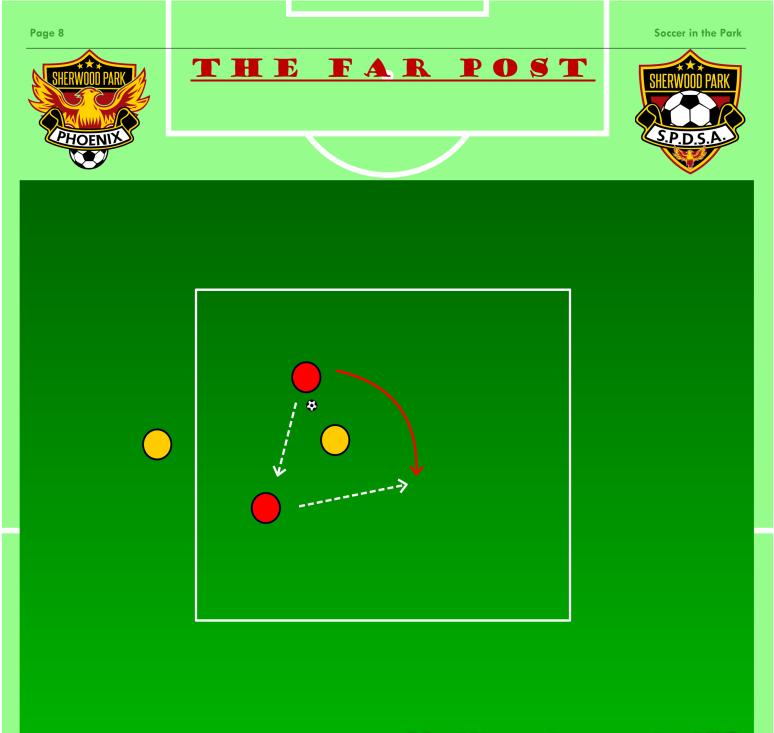
Use the links below to further educate yourself on the preferred training model and the CSA Pathway

CSA-Pathway -

Learn about the pathway, including specific guides to Active Start (U4-U6), FUNdamentals (U7-U8) and Learn to Train (U10-U12)

<u>ASA - This is Grassroots Video -</u>

ASA produced video on the station based approach to training



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2v1 Keep Ball

Set Up: 6x6 - 10x10 yard square. 2 players with a ball between starting in the corners diagonally across from each other. 1 defender in the middle + 1 defender outside resting (active rest).

Organisation: Attackers play keep ball by dribbling, combining, & protecting the ball. If defender wins the ball, the resting defender joins in while 1 of the attackers drops out.

Key Factors: See the ball, See the Players, Movement off the ball, Distance/angle, Use body to protect the ball,

Progressions: Play 3v2 with 1 resting defender.



Women's Soccer PROSPECTS CAMP 2017

This is a competitive camp for players that are interested in attending NAIT and playing for the Ooks Women's Soccer team. The camp is open to all athletes currently in high school (grades 10-12), students transferring from other post-secondary programs, as well as students new to NAIT. We are very proud of our soccer program and we are currently recruiting for the 2017-2019 seasons. It is highly recommended that players planning to attend NAIT during the 2017-18 academic school year attend this camp.

The camp will include a variety of skill/technique sessions, small-sided games and scrimmages in order for our coaching staff to assess the players attending. Sessions will be led by NAIT Soccer coaches. Goal keeper training will also be provided.

TO REGISTER:

1.Online http://www.bookking.ca/bknaitpub/courses/index.asp

2.By Phone (CREDIT CARD REQUIRED) 780-471-7713

3 .In person

NAIT Main Campus, 11762-106 Street, Edmonton, AB, T5G 2R1, Room O117 (OPEN 8AM-4:30PM MON-FRI)



This camp is sanctioned by the Alberta Soccer Association.

CAMP DETAILS

APRIL 22-23, 2017

Location:

Commonwealth Community Recreation Centre Fieldhouse 11000 Stadium Rd NW, Edmonton AB T5H 4E2

Cost: \$60 + GST (INCLUDES A CAMP T-SHIRT)

Session Times:

Saturday April 22, 2017 12-2PM

Sunday April 23, 2017 12-2PM

- Turf/outdoor soccer footwear and shin guards are required in order to participate
- A certified Athletic Therapist will be on site for each session

For more camp information, Please contact Carole Holt (HEAD COACH, NAIT WOMEN'S SOCCER) at cholt@nait.ca or 780-904-2780



Welcome to the RDC Queens Soccer ID Camp

This camp is focused on players born in or after 1999 and who are eligible to play in the ACAC.

Players who have received an invitation from Coach Elkaz to participate in the camp **MUST register here prior to 4:00pm on February 24th**. CLICK HERE TO REGISTER.

Please ensure you have been "invited" to register for the camp as there will be **no refunds.** If you are interested in this event, but have not received an invitation, please contact Coach Elkaz at esad.elkaz@rdc.ab.ca.

Event Schedule

Check-In

Check-In will start at 12:30pm at the Westerner Field House. Participants will receive a t-shirt.

Please remember to bring your confirmation of payment (email you received when you registered on line) and the complete consent waiver which you can download by clicking here.

Training Sessions:

1:00pm - 2:00pm Off Field Work

2:00pm - 4:00pm On Field

4:00pm - 5:00pm Post Field Work Debrief which will include a presentation from an RDC Recruiter/Advisor.



| Administration Offic Mon-Wed-Fri Tues-Thurs Weekends/Holidays #102 - 241 Kaska Road | e/Equipment Room 9:00am - 5:00pm 12:00pm - 5:00pm Closed | | Technical Office Mon-Wed-Fri Tues-Thurs-Weekends/Hol. 131.2 Millennium Place 2000 Premier Way | 9:00am - 1:00pm Closed |
|---|---|---|--|--|
| | Phone | : 780-449-1343 Fax: 78 | 0-464-5821 | |
| | | Staff Contacts | | |
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| Dean Mastrangelo d.mas Equipment, Schedules, Facility Bo | trangelo@spdsa.net okings | ext. 103 | Sue Herring Grassroots and Commu | s.herring@spdsa.net nity Program |
| Community Registrar | | | Technical Coordinator | |
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| Phoenix Registrar | | | Technical Coach | |
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| Phoenix Registrations and Inform | ation | | Technical Coaching | |
| Administrative Support/Commu | nication Coordinator | | Referee Coordinator | |
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| Communication, Newsletter, Adu | lt League, Assists Tourna | ment Coordination | Referee Development, R | eferee Assigning |

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