

## 2023-24 Indoor Arsenal newsletter

As the fall season hits, the Indoor soccer season hits soon! We are excited for a few changes this season.

### **Junior Arsenal (U5/U7) Program**

The Junior Arsenal program has changed slightly for the U7 program. We will be running the program with our two stations per week. General movement, soccer technique, coordination will be rotated weekly. Then a 20-minute scrimmage. Two groups will start with the scrimmage and two groups will start with the stations switching midway through the session.

The U5 program will remain the same with the groups rotating around the four stations general movement, soccer technique, coordination, and small sided games. There will be two-minute water breaks between two stations.

### **Lonestar Institute**

We are excited to announce that Osmo Bimba, the Founder/Owner of Lonestar Institute, is our new Premier Club Consultant for Fort Saskatchewan Arsenal. Osmo and Briony Bimba have been actively involved in running camps, technical training, and soccer programs in Fort Saskatchewan. Osmo Bimba brings a wealth of experience and qualifications to this role, Please go to our website for more information on Osmo and Lonestar: [www.fortsasksoccer.ca/content/Lonestar-Institute](http://www.fortsasksoccer.ca/content/Lonestar-Institute)

### **Girls in Sport Program**

We will also be launching our girls in sport program in the next few months. Our goal is to establish a safe environment where girls are given the tools to take ownership of their development. We will provide a supportive staff that focuses on developing positive characteristics and providing opportunities for the girls to see themselves as role models and contributing members of their communities. We will do this in variety of ways organizing events throughout the season that promote healthy relationships, holding special events with guest speakers, hosting coaching clinics for female coaches, strengthening, and supporting our female athletes to take on coaching and leadership roles to the younger athletes, providing technical training and conditioning designed for females such as knee fit, proper weight use, etc. We have a couple of get togethers for our female soccer players planned.

#### **U9- U11:**

December 5 - 6pm- 8pm- MSA board room

Cookie decorating, pj and movie night!

Movie: Santa Buddies

Popcorn and Hot Chocolate served.

#### **U13-U15:**

December 16 - 6:30-8:30pm- MSA board room

Cookie decorating, pj and movie night

Movie: Elf

Popcorn and Hot Chocolate

#### **U9-15:**

Feb 10, 2024 - 1-3pm at the hill behind the Coop

Sledding party - dress up, bring your favorite sled, and come sledding with us. We will be having hotdogs and hot chocolate.

### **Division 1 Women's Team**

We are super excited to announce that Fort Saskatchewan Arsenal will be having a division 1 women's team in EDSA this season. The women's team also plays for Kings University women's soccer team. Welcome ladies into the program and we will be hosting a friendly game at the Dow Centennial center at the end of the month beginning of November. We welcome these women into the Arsenal family. We will be looking for a business to sponsor the women. For \$3000 a business can sponsor the women. The business name will be displayed on their jerseys along with a lot of other advertising opportunities. If you know of a business, please reach out to Robert Hall at [sponsor@fortsasksoccer.ca](mailto:sponsor@fortsasksoccer.ca)

### **Former Arsenal Player Captain of Griffins Soccer Team**

We are also excited to announce that our very own Fort Saskatchewan Arsenal is graduating from Macewan University and is the captain of the women's Griffins soccer team. Hannah Supina played in Fort Saskatchewan until U11. She then made her ranks including the REX program, and Team Alberta before being recruited to play for Griffins. Hannah was awarded rookie of the year in 2018. She was also named to the Usport All Rookie team. We wish Hannah all the best!

### **Fort Saskatchewan Minor Sports Scholarship**

We also would like to congratulate Austin Thiessan, who was awarded a \$1000 scholarship from Fort Saskatchewan Minor Sports Association. Strike Energy hosts a Golf tournament on behalf of Fort Saskatchewan Minor Sports that provides the funds for the Fort Saskatchewan Minor Sports scholarship fund.

Austin played soccer in Fort Saskatchewan until U18. He also has referred many years with Fort Sask Soccer and still continues to do so! Congratulations Austin!

### **EMSA Housekeeping Items**

For those teams U9 and up who play in the EMSA league, we have a few items to share:

1. Emsa is cracking down on abuse in the stands from parents and spectators. If there is any abuse towards other fans, players, or referees. The referee will approach the referee liaison to diffuse the situation. If the referee has asked the referee liaison again, the parent will be ejected from the game with a \$100 fine for each parent involved. If a parent decides to delay a game, there is a fine of \$200 fine for each parent. If a parent/spectator is asked to leave they will be brought up to EMSA discipline and ultimately ASA for review. If a game is abandoned, a \$300 fine will be issued to the team. If there are threats against a referee, then a \$300 fine will be issued to that person. Spectators are asked not to go onto the field for any reason. If this occurs a \$500 fine will be issued to a team or club. The second offense is a \$750.00 fine along with a discipline hearing. The third offense is a \$1000 fine and removal of spectators from the season for the length of that season.
2. We want to advise players, coaches, and parents to use the 24 hours cool off period. Once 24 hours are up a parent may submit in writing a complaint to their coach or team official. Coach or team official may submit a complaint to the appropriate age level director and cc Vice President. The age level director may escalate it to the North Soccer Zone. If needed the North Zone may escalate it to EMSA main. Then to the Alberta soccer Association, depending on the incident. This chain of command needs to be followed. If it is not followed, then a fine of \$500 can be incurred for the community. If a fine is incurred by Fort Saskatchewan soccer, we will be charging the individual parent that did not follow the chain of command the amount of the fine.
3. EMSA has decided in the last week to go with a 5-game seeding round and then teams will be placed in their prospective tiers in the next round of 5 games. This is something Fort Saskatchewan Soccer

was made aware of once the teams were declared. EMSA has also decided that tier 3 will be a tier on its own and will not be playing with tier 4 teams.

### **Technical Sessions**

For any Players wanting more practices or technical training, Lonestar institute will be hosting technical training. There are three sessions- The cost is \$75.00 for the three sessions. The sessions are Mondays- Oct 23, Nov 13, and Dec 11. If these are successful, then we will post another three starting after the Christmas break. Participants must register in RAMP. [To register and for more information](#)

For September, we will be combining the U9 and U11 groups and we are offering a free keeper session for all teams U9- U15 (please let your coach know if this is something your Keeper is interested in participating in).

### **Fundraising**

#### **1) Online 50/50 Raffle box raffle-**

We will be launching the online 50/50 Raffle box again on October 15. Tickets are on sale until noon Dec 15. The winning ticket will be drawn after noon on Dec 15. Please share the link on social media and with family and friends. There will be a "In Support Of" drop-down menu at the time of purchase where family and friends can give a player credit for the ticket purchase. If a player collects \$400 worth of tickets under their name, and you have not completed your volunteer deposit by the end of the season. We will reimburse your volunteer deposit to you. With families with more than one child in soccer, please pick one child to accumulate your sales under.

#### **2) Raffle Fundraiser-**

We will be raffling off four prizes this season. The ticket price was included in your registration as the mandatory fundraising fee. Tickets will be \$5.00 each and each player will be given 10 tickets to sell. When you sell your tickets, you keep the money as you have already prepaid for them. All proceeds will be going towards coaches training and equipment purchases. These tickets will go out before Christmas and the draw will be at the end of January.

- 1st prize is a propane BLACKSTONE griddle station and a gift card to Freson Bros valued at \$1500.00.
- 2nd prize is a Kananaskis getaway/ spa package and a prepaid visa. valued at \$1000.00.
- Get Your soccer on Package- new soccer ball/ rebounder and Arsenal swag. Valued at \$250.00
- The Fort Saskatchewan Experience- different gift cards from around Fort Saskatchewan. Valued at \$250.00

#### **3) Power Pink Raffle-**

We will be holding our very first Girls in Soccer Program raffle. Proceeds of this will go into our girls in soccer program. Tickets will be \$5.00 a ticket. This is NOT a mandatory fundraiser. If you are interested in supporting the program, you may buy books of 10 tickets to sell. The tickets will be available to sell in February and it will be drawn at the Testimonial game mid March. There will be one prize drawn, valued at \$1,000.

- Power Pink - 24 can Yeti cooler
- Power pink- water bottle
- Navy blue - water bottle
- 2- Yeti backpacks

#### 4) Bottle Drive

Our annual September Bottle Drive raised \$7517.85. We want to thank the Fort Saskatchewan residents in supporting Fort Saskatchewan Soccer. The money of this fundraiser purchased shorts and socks for U9- U19 and practice T- shirts for U5-U7. We are also happy to announce we bought size 3 balls and size 5 balls this season.

#### 5) Casino

We have our upcoming Casino in Camrose on October 30 and 31. This is a huge fundraiser for our organization. We are still looking for 3 volunteers for October 31. Because we are aware that many people are busy on October 31 with Halloween, anyone who signs up to volunteer the day of October 31, we are offering to give back 50% of their registration costs for one child back as well as their volunteer deposit. For you are interested please go to [www.fortsasksoccer.ca](http://www.fortsasksoccer.ca) click on Parents Corner and then volunteer slots.

#### 6) Raise the Dough

We have partnered with our local COBS Bread to participate in their Raise the Dough program. When you enjoy some of the many delicious treats from COBS, they will donate 5% of your purchase back to Fort Sask Soccer. All you have to do is tell them you are with Fort Sask Soccer when you pay for your purchase. COBS is located at 111-9310 Southfort Dr, Fort Saskatchewan. Please pass this on to your friends and families so they can participate and help us out with the fundraising campaign as well.

#### **Executive and Support Committee**

I would like to introduce your Fort Saskatchewan soccer Executive committee:

President - Kelly Yanch

Vice President - Oscar Correias

Treasurer - Kevynn Ma

Registrar - Amanda Shand

Junior Arsenal (U5- U7) Program Director - Lisette Brule

Arsenal (U9- U19) Program Director - Matt Grosseth

Communications Director - Shannon Rodgers

Equipment Director - Spencer Hall

Fundraising Director - Vacant

Sponsorship Director - Robert Hall

Team Manager Director - April Ror

Fort Saskatchewan Support Committee-

Referee Coordinator- Vacant

Sport Coordinator- Carol Stanczak

Premier Club Consultant- Osmo Bimba

We are looking for U5 and U7 age level coordinators for the 2023- 2024 Indoor season as well as an assistant program director for U9- U19. If this is something that you are interested in pursuing please email, Lisette [JuniorDirector@fortsasksoccer.ca](mailto:JuniorDirector@fortsasksoccer.ca) or Matt [U11-U19ProgramDirector@fortsasksoccer.ca](mailto:U11-U19ProgramDirector@fortsasksoccer.ca).

We wish everyone a fun, successful Indoor soccer season!