



# ARSENAL NEWSLETTER



OUTDOOR- APRIL/ 2024

## NEW SPONSORS

THANK YOU TO OUR TEAM SPONSORS

BIRD CONSTRUCTION

KAL TIRE

WINNERSWAY-U5 T SHIRTS

LAMONT BOARDING KENNELS

DICKIES BBQ SPOT

FORT ORTHODONTICS

BUSTERS PIZZA



## ACADEMY TRAINING

7- NINETY MIN SESSIONS

LONESTAR TRAINING SHIRT

HOSTED BY LONESTAR

TAURUS FIELD

DATES ON WEBSITE

EVERYONE IS WELCOME TO SIGN UP

\$135.00 - COMMUNITY PLAYERS

CLUB PLAYERS ( INCLUDED FEES)

## U7 PROGRAM

TWICE A WEEK PRACTICES

2 STATIONS -

1ST STATION SOCCER TECHNIQUE

2ND STATION GENERAL

MOVEMENT/COORDINATION

SMALL SIDED GAMES WILL BE PLAYED

LONESTAR PROVIDES DRILLS FOR EACH STATION

LONESTAR WILL COME OUT EVERY THREE WEEKS

TO IMPLEMENT DRILLS

LONESTAR PROVIDED COACH GUIDENCE

ADOPTING THE LEARN, REPEAT APPLY METHOD

## NEW EQUIPMENT

5 SETS OF COMMUNITY

JERSEYS,

2 SETS OF CLUB JERSEYS

5 - 24 FOOT NETS

NET PEGS

VELCRO STRPS

U9-U15 SOCKS/ SHORTS

U7 JUNIOR ARSENAL

SHIRTS

## SPRING TRAINING CAMP

36 COMMUNITY PLAYERS ENROLLED

30 CLUB PLAYERS ENROLLED

HOSTED BY LONESTAR

11AM- 1PM

ALL SATURDAYS IN APRIL

TAURUS FIERLD

SPOTS STILL OPEN

PRICE PRORATED TO REFLECT PAST

CAMPS



We have partnered with LoneStar Institute to bring you some new programs such as our Club program, academy sessions and camps. They will be offering coaches training, and leadership consultation to our executive committee.

Briony, Osmo and their very qualified Lonestar coaches come to us with a multitude of playing, coaching and educational backgrounds. To check out their website go to

<https://www.lonestarinstitute.ca/>

## REGISTRATIONS

WE HAVE HAD 474 PLAYERS

REGISTER

54 -U5 PLAYERS REGISTER

116- U7'S REGISTER

7- U9 TEAMS

8- U11 TEAMS

4- U13 TEAMS

2- U15 TEAMS

## SUMMER CAMP

JULY 2- JULY 5

9AM-12PM

TAURUS FIELD

HOSTED BY LONESTAR

LONESTAR TRAINING SHIRT

PROVIDED

\$235.00

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**Soccer is a team sport!  
Everyone wins as a team  
and loses as a team!**

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To ensure the success of our young players! Let's put the very best versions of ourselves forward and show how great the Arsenal community is!

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## **EMSA HOUSEKEEPING RULES**

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If a referee see or hears abuse from a spectator he will address the situation by going to the Referee Liaison. If the abuse continues the referee may eject a parent from the game. This will Cause FSS a \$100.00 a fine per spectator ejected. If the parents refuse to leave the field. It will be automatically a \$200.00 fine per player.

Note: if FSS receives an EMSA fine this will be passed onto the family that was ejected.



## **CHAIN OF COMMAND**

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WAIT FOR THE 24 HOURS COOL DOWN PERIOD AFTER THE INCIDENT  
EMAIL THE U10-U19 PROGRAM DIRECTOR WITH DETAILS OF COMPLAINT OR INCIDENT  
PROGRAM DIRECTOR WILL ADDRESS AND LOOP VICE PRESIDENT IN  
VICE PRESIDENT WILL ADDRESS EMAIL DETAILS OF INCIDENT OR COMPLAINT  
IF UNSOLVED VICE PRESIDENT WILL EMAIL DETAILS OF COMPLAINT TO EMSA NORTH  
EMSA NORTH WILL ADDRESS DETAIL OF COMPLAINT IF UNSOLVED EMSA NORTH WILL SEND EMSA AN EMAIL.

### **PLEASE NOTE:**

**EMSA RESERVES THE RIGHT TO IMPLEMENT A \$500 FINE TO ANYONE NOT FOLLOWING CHAIN OF COMMAND! IF FSS INCURES A FINE, THE FINE WILL BE IMPOSED TO THE FAMILY WHO DID NOT FOLLOW CHAIN OF COMMAND!**



# ARSENAL JAMBOREE

JUNE 22, 2023

9AM- 5PM

TURNER FIELD

Concession

Bouncy Castles (\$5.00 bounce)

Face painting ( Free)

soccer kickers ( free)

Wally McBally will be there

Lonestar Institute will be there to hang out with the players



*Did you know???*

## OMAR MARTINEZ

STARTED PLAYING WITH FORT SASKATCHEWAN ARSENAL AT THE BEGINNING OF U10. IN U13 AFTER HIS TEAM WON BRONZE IN PROVINCIALS FOR TIER 3 LEFT TO GO TO SHERWOOD PARK PHOENIX FOR THE PDP PROGRAM AND TRAINED WITH THE JD BRACCO SOCCER INSTITUTE. AFTER JD BRACCO, HE TRAINED WITH LONESTAR INSTITUTE AND PLAYED FOR EIYSA FC. IN 2023 OMAR SIGNED WITH THE VICTORIA HIGHLANDERS SEMI PROFESSIONAL ACADEMY IN BC. OMARS CAREER HAS COME FULL CIRCLE AND WHENEVER HE IS ON BREAK HE ENSURES HE COMES BACK HOME AND WORKS WITH LONESTAR TO RUN CAMPS AND PROGRAMS IN THE FORT SASK COMMUNITY!



OMAR MARTINEZ/ U14 BOYS TEAM

## HANNAH SUPINA

HANNAH STARTED OUT HER SOCCER CAREER WITH FORT SASKATCHEWAN SOCCER BEFORE SWITCHING OVER TO INTERNAZIONALE. SHE WENT ON TO PLAY DEFENDER FOR THE GRIFFINS WOMENS SOCCER TEAM. SHE WAS THE FIRST PLAYER IN PROGRAM HISTORY TO BE NAMED USPORTS ALL ROOKIE TEAM AND SHE WAS ALSO NAMED MAC EWANS FEMALE ATHLETE OF THE YEAR AS WELL AS BEING A THREE TIME U SPORTS ACADEMIC ALL-CANADIAN AND USPORT NATIONAL CHAMPION!



HANNAH SUPINA

## PIERCE ROR

PIERCE ROR STARTED HER PLAYING CAREER WITH FORT SASKATCHEWAN. IN HER U15 YEAR SHE MOVED TO THE PDP PROGRAM IN SHERWOOD PARK AND THEN TOOK A TIER 2 SPOT AT INTERNAZIONALE. THIS PAST INDOOR SEASON HER TEAM TOOK A GOLD MEDAL AT PROVINCIALS



PIERCE ROR/ U15 GIRLS ARSENAL TEAM/





# INDOOR ACHIEVEMENT



## U11B SHAND

U11 BOYS SHAND HAD A BEAUTIFUL SEASON PUSHING THEIR WAY TO THE TOP OF TIER 4. THEY EARNED THEMSELVES A SPOT IN CITY FINALS AND REPRESENTED FORT SASK ARSENAL WITH GREAT INTEGRITY! THE BOYS ENDED EARNING THEMSELVES A TIER 4 BRONZE MEDAL ! CONGRATULATIONS BOYS AND WE ARE EXCITED TO SEE YOU ON THE FIELD FOR OUTDOOR!



## U15G LAMARCHE

U15 GIRLS LAMARCHE HAD A FANTASTIC INDOOR SEASON !THIS LEAD THE TEAM TO BE ONE OF THE TOP TEAMS IN TIER 4! EARNING A SPOT IN PROVINCIALS. IN MID MARCH CROWDS OF ARSENAL FANS CAME TO CHEER THE GIRLS ON. THEY PLAYED AND WON THEIR FIRST TWO GAMES AGAINST FMYSA FURY AND WHITECOURT WARRIORS. WHICH EARNED THEM A SPOT TO PLAY IN THE GAME THAT DETERMINED WHICH TEAM PLAYED FOR A GOLD MEDAL. THE GIRLS TOOK ON TRSA AND FOUGHT HARD ONLY LOSING THE GAME BY 1 POINT. ON SUNDAY THEY TOOK ON SASA IMPACT FOR A BRONZE MEDAL IN A NAIL BITER OF A GAME!THE TWO TEAMS WERE VERY WELL MATCHED AND THE GIRLS FAUGHT HARD TYING UP THE GAME WHICH LEAD THEM TO A SHOOTOUT THAT WENT 11 ROUNDS AND ENDED UP WITH SASA SCORING THE WINNING GOAL.

U15 GIRLS LAMARCHE ENDED UP 4TH PLACE IN THE PROVINCE AND WE ARE SUPER PROUD OF THEM.



CONGRATULATIONS TO ALL TEAMS WHO HAD SUCCESS AT THE TOURNAMENTS THEY ATTENDED!





## LEARN | REPEAT | APPLY THE COMPLEXITY LIES IN SIMPLICITY.

WE BELIEVE FOOTBALL SERVES AS A METAPHOR FOR LIFE. HOW YOU PLAY CAN MIRROR HOW YOU VIEW LIFE; YOUR PLAYING TENDENCIES REVEAL YOUR CHARACTER, AND YOUR ABILITY TO COLLABORATE ON THE FIELD OFTEN REFLECTS YOUR RELATIONSHIPS OFF IT. THUS, BY LEARNING DRILLS THAT INTRODUCE NEW IDEAS (LEARN), WE CAN REFLECT ON OUR STRENGTHS INTERNALLY (REPEAT), AND THEN APPLY THESE INSIGHTS EXTERNALLY TO CONNECT WITH OTHERS. RESEARCH INDICATES OUR BRAINS ARE HARDWIRED FOR SAFETY AND CONNECTION. TO FACILITATE LEARNING, WE NEED TO ESTABLISH A SUPPORTIVE STRUCTURE AROUND PLAYERS. WE BELIEVE THIS RESPONSIBILITY FALLS ON PARENTS, COACHES, AND OUR ORGANIZATION. BY CRAFTING A VISION STATEMENT AND VALUES FOR EVERYONE TO FOLLOW, WE ESTABLISH A FRAMEWORK THAT HOLDS INDIVIDUALS ACCOUNTABLE FOR TEACHING AND LEARNING. THROUGH REPETITIVE DRILLS, WE FOSTER A SENSE OF SAFETY, ENCOURAGE BRAVERY, AND PROMOTE PATIENCE. SUCCESS ISN'T IMMEDIATE. THE 90-MINUTE GAME YOU SEE ON MATCH DAY DOESN'T CAPTURE THE COUNTLESS HOURS SPENT ON THE TRAINING GROUND. REPETITION ALLOWS US TO REFLECT ON OUR PROCESS, ENHANCING OUR READINESS TO COMPETE FOR OUR COMMUNITY. ULTIMATELY, OUR COMMUNITY EMPOWERS US TO BE COURAGEOUS. OUR PRESENCE ISN'T JUST FOR PERSONAL GAIN; IT'S FOR THE COMMUNITY THAT GIVES US PURPOSE AS INDIVIDUALS. IN SAFE AND CONNECTED ENVIRONMENTS, PLAYERS RECOGNIZE THEIR VALUE TO THE GROUP, UNDERSTANDING THEY'RE WORTHY OF MORE THAN JUST FOOTBALL.

WE'RE HONOURED AND DEEPLY GRATEFUL TO SHARE OUR EXPERIENCE AND VISION FOR FOOTBALL'S IMPACT BEYOND THE GAME WITH THE FORT SASKATCHEWAN COMMUNITY.

THANK YOU FOR YOUR SUPPORT AS WE EMBARK ON YEAR TWO OF OUR PARTNERSHIP. LET'S CONTINUE STRIVING TO CREATE AN INCLUSIVE COMMUNITY WHERE EVERYONE BELONGS, GUIDED BY RESPECT, GROWTH, AND COMMUNITY SPIRIT. LONESTAR INSTITUTE



