



THE HEARTBEAT OF Lakewood

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President's Update



Welcome to the second edition of the Heartbeat of Lakewood newsletter. In this issue, I will discuss Lakewood's tagline "Always play with HEART!" and the Lakewood Value of "Respect".

The term "Always play with HEART!" implies that all players have an obligation to follow the Lakewood values; Humble, Effort, Attitude, Respect and Team to make sure the experience is positive not just for themselves but for all other participants. This includes the opposition, the referees and the fans. Yes, we try to win games, but not without respecting our teammates, the opposition, the referees and the fans.

Lakewood Soccer is committed to providing an enjoyable experience for all our participants while helping players develop into champions in sport and life. What is best for any one player might not be best for the next player. Although we don't provide individual player training, we ensure our group training is appropriate for all players. If players struggle, we strive to find a solution, so they have a better experience. We are always trying to respect the needs of all our players when making program choices. It is important to consider long-term development and not just results for one game or even one season. Longer term we hope participants look at soccer as a life-long experience.

The Heartbeat of Lakewood kicks every other Thursday.

Coaches and Managers: please email team updates and photos to: heartbeat@lakewoodsoccer.com

Off The Bench with Lewis O



Lakewood Soccer is the Heart of soccer in Saskatoon. I joined Lakewood in early 2016 and have enjoyed every minute since. There were just

over 200 players registered then. Recently we have seen numbers around the 500-mark for the past several seasons! One of my goals when I started was to know each and every player -not just their names, but things about them like what their favorite soccer team is, what other sports do they enjoy, favorite player, favorite color, strongest subject in school, etc. I'm still trying, but it is definitely getting a little harder - must be getting old!

Some other goals? A place where kids could play soccer, enjoy soccer, love soccer, and hopefully play soccer for life. All the time, prioritizing Fun! So I came up with Fun creates Success, not the other way around.

I have had the opportunity to have worked with many volunteer coaches and technical coaches over the last seven years. While there have been some that have come and gone, many

have stayed on with Lakewood and continue to embrace the philosophy of Fun First. Creating champions has also been on my mind since I started at Lakewood. While this can mean many things, for me it has always been about developing first, then competing at whichever level it is that you want to compete at. Of course, the bonus is when a team also experiences success on the pitch. Lakewood teams have had the fortune of being able to represent the city and the province many times over the past few years.

Finally, the players themselves. I really enjoy going to a Huskies game and seeing so many players that have passed through Lakewood on their way to becoming an athlete at the highest level. The dedication and commitment is pretty impressive! And they are getting an education too! So too are many of the past Lakewood players that continue to play soccer in other University and College environments, and as well in our local men's and women's leagues. Soccer for Life!

This past Indoor season was another amazing season, but I really can't wait until spring finally arrives!!

Lakewood Coach Education with FSQ Sport - the 5C's

On March 25, 2023, Saskatchewan Soccer and Lakewood Soccer hosted a coach education workshop delivered by Matt Young from FSQ Sport. 5 Lakewood coaches attended this workshop: Jason Crone, Chris Knievel, Ryan Lejbak, Leonard Lewko and Victor Urrutia. The objective of this education is to move into training the 5C's of player development. In the past, the focus has been on "Competence" (physical, technical, tactical). The new training will also embrace "Confidence" (mental, psychological), "Character" (mental, leadership), "Connection" (social, emotional) and "Culture" (team, organization).

There will be two opportunities for Lakewood coaches to attend an abbreviated version of this workshop. On **Tuesday April 25** and on **Thursday April 27** from 7:00 to 9:00 PM in the Saskatoon Sports Centre Board Room (150 Nelson Road) Matt Young will deliver a virtual session. These sessions are open to all Lakewood coaches. Please select the session that best suits your schedule and mark your availability for these 2 events in TeamLinkt.

Our plan is to introduce this concept with some players during the outdoor 2023 season and to have it full implemented with all Lakewood teams by the outdoor 2024 season.



Coaches Corner: Victor Urrutia



Lakewood Soccer has two Keeper coaches who have been working with the kids all season. Here is your chance to get to know them more.

Where did you grow up?

I grew up in a community of Santiago, Chile called Maipú. It is a beautiful neighborhood South West of the nation's capital. Chile is a long, diverse country flanked by the Andes mountains and the Pacific Ocean. I lived there for the majority of my youth.

Why did you play soccer?

For as long as I can remember soccer has been a part of my life. My grandfather led a very prolific soccer club in the community where I grew up. Because of his involvement in this club, and his important role in my life, my childhood continuously revolved around the sport. He took me to watch matches of his favourite teams. Together we would watch and review professional matches, dissecting their strategies, their successes and their failures.

This was not unusual in my neighbourhood. Almost everyone in my family and in my community grew up playing soccer. It was our collective passion. After school, friends would gather and we would scrimmage in the field across the street.

What is your fav soccer memory?

My favorite soccer memory was when I was 6 years old. It was Christmas, and my parents gave me a complete goalkeeper kit, just like the one used by Patricio Toledo. Toledo was not just my soccer idol but the goalkeeper of the Chilean national team at that time. I had no idea that years later, when I

became a coach, I would have the joy and honour of working with Patricio Toledo in a professional club training goalkeepers. I was even able to play friendly matches with him, where my one time idol was now coaching me! That football memory has stayed with me over the years, it reminds me of the dreams I had as a child, and reminds me of what is possible. I'm very grateful for those opportunities and memories with Patricio Toledo.

Why did you become a keeper?

I became a goalkeeper thanks to the encouragement I received from my friends at school and in the community. Whenever I played in goal and stopped a shot, or played assertively they all applauded me, they encouraged me, they cheered for me. Their continued support helped me build confidence and motivated me to keep playing goalkeeper.

Their support helped me realize I had talent, and I wanted to develop those skills.

I loved playing in net. I wanted to fly in the air and make big saves like the professional goalkeepers did. I admired their athleticism and flexibility. I loved imitating their acrobatics!



What is something that a young goalkeeper can practice?

I think there are three things a young goalkeeper can practice to become a well rounded player.

Personal: young goalkeepers should develop and practice self-confidence.

Being a soccer goalkeeper is something very special, and unique. Not everyone dares to play this position because of the responsibility that it assumes, so a goalkeeper must believe

in themselves, and build self assurance in this role.

Technical:

Aspiring keepers should also look for reference points. Identify a goalkeeper that inspires and motivates them. Find a mentor, or a professional keeper they can imitate. Then study from their technical style and try to repeat them while incorporating their own style and flair.

Practical:

It is always advisable to practice with the ball. Time with the ball, on your own, is invaluable. Spend time with the ball, develop your touch, throw



it against a wall to make self-passing rebounds and improve ball grabs and foot shots.

Why is training important?

I like to train because I believe soccer (and sport in general) is a tool that helps us to grow as human beings. Soccer helps us to be healthy and strong, both mentally and physically. Training helps us set goals and objectives, and to work hard to achieve them. In particular I like to train goalkeepers because it is a unique position on the pitch, one that requires discipline.

The most gratifying part of training and coaching is when I see keepers making progress, however small. I can see their confidence grow, I can see them getting braver and I can see them falling in love with this sport and this position the way that I have.

It truly is "the beautiful game", and goalkeeping adds challenge and dimension to this wonderful sport.



Coaches Corner: Bruno Núñez



Lakewood Soccer has two Keeper coaches who have been working with the kids all season. Here is your chance to get to know them more.

Where did you grow up?

Even though I was born in Chile, I spent all my childhood and teenage years in Lima, the capital city of Perú! I grew up in the district of Ate, just 5 minutes away from the surroundings of the "Estadio Monumental U" so I got a pretty strong exposure to the soccer culture since I was super young.



Why did you play soccer?

Soccer back at home its a pretty big thing. Our national team its our biggest pride and when they play it's a whole festivity! You see people wearing jerseys, playing music on the streets and everyone is happy! Its some sort of, everyone forgets about the bad things when Perú plays. It was that sort of energy that got me into playing the sport besides that my friends in the neighborhood and school will play it all the time!

What is your fav soccer memory?

It is gotta be the last end of the day game of highschool. After classes, all the guys from our class will stay to play a game in between us. On good days you will have 20 v 20 on a pitch of 7 v 7. That afternoon was just special. One last time rocking the school uniform, one last time kicking the ball with the friends that will soon go to different ways for college.

Why did you become a keeper?

It all started while collecting a sticker book from the UCL where I got Petr Cech on a pack, I got curious and one day I decided to watch a Chelsea game. They were up 1-0 and the Black Burn Rovers had the ball when they suddenly shot from far away and Cech pulled a top corner save that made the whole stadium roar, the noise was so loud that at some point I thought something else happened. Nothing, just that. The camera man then pointed to the disappointed face of the Rovers striker that thought he just scored the best goal ever. After that I knew I wanted to be that guy. I wanted to make stadiums hold their breath with one of my saves, I wanted strikers to make funny faces and grab their heads because they wouldn't believe how

that shot didn't go in.

What is something a young keeper can practice?

The attitude! No matter how bad the game is going or how many goals you have conceded, goalies have to always keep their head up. Being a goalkeeper is special, but it's the most lonely job you can ever have. We can switch from a hero to a villain in just one play and young goalies need to practice how to handle those situations by just playing the game.



Why do you like coaching?

It is pretty much all thanks to Lewis Oterello! He taught me how to have fun while teaching what I love, and even if I can help one single person to get better, that for me is the best feeling ever.

The Near Post: Player Spotlight

Joe Hurd

Lakewood Impact U17 B

Joey took on the mantel of being the goalkeeper when no one else wanted to. He has taken the role seriously and has attended the keeper clinics to improve his game. As such he has earned the respect of not only his coach but also his team mates.

Fav Soccer moment:
Winning U17 City's over Eastside in 2021-22.

Joe's Quote:
"I play soccer because it's fun, competitive and you get to meet new people!"





Lakewood On The Pitch

Lakewood players capture silver as Team Ukraine at Regina World Cup

A group of Lakewood U15 players played themselves into the finals at the recent Regina World Cup but could not quite capture the title. Team Ukraine was made up of nine members of the U15 Girls Lakewood Leeds, joined by five players from Eastside and Aurora that Lakewood had battled against all season. The team came together quickly over their first two games, beating Team England by a score of 2-1, followed by a 5-4 victory over Canada. Going into their third game Ukraine knew they needed a win or a tie to have a chance at the finals. With a 3-3 draw against Germany on Saturday night, they found themselves atop the standings tied with Germany and headed into the final on Sunday for a rematch. Despite a hard-fought game Ukraine was not able to come out on top, coming second. This was the second World Cup for the coaching staff and a number of the players. By all accounts it was a fantastic experience, with players, parents, and coaches, talking about a return trip again next year.



Lakewood Schedule

Town Hall for Families Tonight (Apr 20)

Saskatoon Sports Centre Board Room

6:30pm for U7 and U9 families

7:15pm for U11 families

8:00pm for U13 families

8:30pm for U15/U17/U19 families

Uniform pick-up for players who ordered new PUMA kits

Lakewood "Just Kick It" Cup, May 12-14

Coaches and Managers: Registration Deadline is Friday

The Lakewood "Just Kick It" outdoor tournament will run May 12-14. Team registration will close on April 21 so please register your team now. Volunteer Sign-Up to be released May 1. For more information, visit www.lakewoodsoccer.com.

U11 and over games begin this weekend! U7 & U9 game start the first week in May!

Beginning Saturday: the Saskatoon Soccer Centre entrance will be on the south side, near the outdoor fields.

Throwback Thursday: January 2013

During the Indoor SISCO Premier Girl's tournament on January 20, 2013 there was a friendly showcase with players from the Eastside U18 club national champions, select players from the U18 girls teams entered in the tournament and Canadian National team members Christine Sinclair and Kaylyn Kyle. The 2012 U18 club national champion U18 girls were coached by longtime Lakewood coach Blair Hindmarsh.

Before the showcase event, there was an opportunity for all teams entered in the tournament to have a team photo with Christine and Kaylyn. This picture is the Lakewood Blue Ice U12 premier girls' team.

Front row: Zoey Schneider, Aleah Schneider, (Coach) Allyson Schneider, Taylor Gnass

Middle row: Jenaya Johns, Victoria Buckley, Shakir Bluebell, Hannah Barker, Anna Oliver

Back row: Len Lewko, Katharina Laverty, Victoria Spurr, Christine Sinclair, Kaylyn Kyle, Kelsey Wist, Julia Howell-Bourner, Naomi Klassen, Ron Spurr





Sponsorship Opportunities

Title Sponsors (starting indoor 2023-24)

The opportunity: get your business name/logo on every Lakewood player's jersey (400 jerseys for indoor plus 200 for outdoor = 600 jerseys).

Small logo on sleeves - \$5,000 max 2 sponsors allowed

Large logo on front of jersey - \$15,000 only one sponsor
Lakewood is willing to discuss multi-year options with any sponsor and to negotiate the cost of the sponsorship.

The sponsorship business name and logo will be posted on Lakewood social media (Facebook and Instagram) once per week during the indoor and outdoor seasons (early September to the end of

June). There is an opportunity for the sponsor to add their message to the posting.

Plus the opportunity to add your business logo on one Lakewood roll up banner to be displayed on the field at the indoor training session days at the Saskatoon Sports Centre and at Sid Buckwold field for outdoor training weekends.

Plus the opportunity to hand out your business material to Lakewood players. The jerseys will be used for one full indoor plus one full outdoor season.

Contact Leonard Lewko at president@lakewoodsoccer.com if you have questions or want to become a sponsor.

Did you know?



Lakewood Soccer has 39 teams this spring?

U7DB Lakewood Timbers
U7DB Lakewood Wanderers
U7DB Lakewood Wolves

U7DB Lakewood Blast
U9DB Lakewood Forge
U9DB Lakewood Rapids
U9DB Lakewood Sounders
U9DB Lakewood Union
U11BA Lakewood Dynamo
U11BB Lakewood Sevilla
U11BB Lakewood Betis
U11BB Lakewood Sporting
U11BB Lakewood Earthquakes
U11BC Lakewood Royals
U11BC Lakewood Rebels

U13BPSL Lakewood FC
U13BA Lakewood Arsenal
U13BA Lakewood Celtic
U13BB Lakewood Rangers
U13BB Lakewood Valencia
U15B Lakewood Revolution
U17B Lakewood Galaxy
U17B Lakewood Impact

U7DG Lakewood Stars
U7DG Lakewood Angels
U7DG Lakewood Roses

U9DG Lakewood Courage
U9DG Lakewood Reign
U9DG Lakewood Spirit
U9DG Lakewood Hearts
U11GA Lakewood Pride
U11GB Lakewood Fire
U11GB Lakewood United
U11GC Lakewood Fusion
U13GPSL Lakewood FC
U13GA Lakewood Thorns
U13GB Lakewood Blue Thunder
U15G/U17G Lakewood Marvel



Lakewood Keeper Clinic

