



Lakewood Coach Tim Wong wins SYSI Award

Tim Wong has been coaching female Lakewood Soccer teams for so long nobody actually knows how many years it's been! He was recently awarded the SYSI Friend of Soccer Award! Congrats, Tim!!

Tim's amazing personality and character shows through so extremely positive on his coaching philosophy. It's always been about having fun and that philosophy has made Tim one of the favourite coaches among the many Lakewood players he has been able to impact. He loved organizing the end of season Edmonton trips for his players. As well, his secret skills of motivating players made him one of Tim Hortons favorite customers!!

Congrats Tim, we all hope there are a few more years left in you to make sure many more players continue to enjoy the game of soccer.



President's Update

Welcome to the third edition of the Heartbeat of Lakewood newsletter. In this issue, we will discuss the Lakewood Value of "Team" or teamwork.

Teamwork doesn't just apply to soccer; it is applicable to all aspects of life. But what does this really mean? It means that we value the opinion of others and that we really listen to feedback from others. We avoid interrupting others when they are talking. We might not always agree, but we should still listen and try to understand different points of view.

How do we support our teammates in sport and in life? This could be other soccer players, coaches, managers or parents. We should encourage others in ways that build mutual trust. We should be able to see incidents from both our own and from other's point of view and to understand that we might not always be right.

Finally, how often do we use the

word "I" or "me" when we could replace it with "we" or "us"? Do we use the expression "we before me"? This will go a long way to building trust with our teammates.



On a related topic, how do we build a Lakewood soccer team?

We start with knowing how many players we have in each age group of players (for example U11 girls). We then look at the minimum and maximum players allowed on a team (this differs by age group). For the younger age groups (U7 and U9), the requests to play with friends are very important for team selection. For the older players (U11 and older), the evaluation results are important for determining how many Alliance A versus B teams we will have. Also, how many players have registered to play in the City League versus the Alliance League. We then determine how many teams we will enter in the SYSI (Saskatoon Youth

Soccer) leagues for each age group. There is always some guesswork as we are still getting late registrations plus players dropping out after we submit the number of teams to SYSI. We try to leave room for late registrations on some teams while also making sure teams are not short on players, especially if we get players dropping out.

After the teams have been submitted to SYSI, we get together with the coaches to select the players for each team. If we have multiple teams in the same age group and division (for example U11 boys Alliance B division), we need to determine how to separate the teams. Are we building senior and junior teams? Are we trying to balance teams? While considering requests from players that want to play together.

Player registrations after teams have been submitted to SYSI cause real problems both with determining the number of teams and with team formation.

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 (out of the total 15 coaches) attended this workshop: Jason Crone, Chris Knievel, Ryan Lejbak, Leonard Lewko and Victor Urrutia. On April 25 and 27, Lakewood organized shortened virtual sessions with Matt Young. At these 2 sessions an additional 9 Lakewood coaches were educated: Chris Todd, Marty Hoehn, Jason Gutka, Bruno Nunez Perez, Tim Mangan, Joel Deck, Stephanie Cory, Gavin Doran and Mason Loy. Overall, we have had 14 Lakewood coaches attend these education sessions.

The objective of this education is to move into training the 5C’s of player development. In the past, the focus has been only on “**Competence**” (physical, technical, tactical). The new training will also embrace “**Confidence**” (mental, psychological), “**Character**” (mental, leadership), “**Connection**” (social, emotional) and “**Culture**” (team, organization).

We will use this newsletter to expand on the “**Connection**” as this really goes together with the Lakewood value of teamwork. For the younger ages, connection might mean behaving in a way that is consistent with good values and understanding what these good values are. As the players get older, this might mean understanding the rules of the sport and the need for these rules as well as understanding the long-term effects of the short-term decisions, both desirable and undesirable. And for the oldest youth players, this might mean developing empathy (seeing things from both their own and from other perspectives) and developing awareness and strategies to increase acceptance of diversity.

Are we thinking about others when we make decisions?

Throwback Thursday: November 2017

The U15 Girls Lakewood Leeds hoisted the indoor “Just Kick-it Cup” in February of 2023. But it all started back in November 2017 when the girls got their first ever medals as a U9 Girls team! They’ve mostly stayed together over the years and have become friends as well as team mates!



The Near Post: Player Spotlight

Noah

Lakewood Rovers U9 Boys

Fav food- pizza
Fav band- Imagine Dragons
Fav color- green
Fav player- Messi

Fav Soccer moment:
Scoring his first goal!

Noah’s Quote:

“I play soccer because I like it. It is fun. I have friends there.!”



Support Lakewood with SARCAN Donations!!

For those of you with recycling (cans and bottles), Lakewood has set up an account with Sarcán. This can be at any location in Saskatchewan.

Sarcán will issue payment to Lakewood Soccer and we will use this to help sponsor players that need help with registration fees.

Leave your cans and bottles at the Sarcán Drop and Go and write “LW Soccer” on the tag(s) attached to the recycle. Sarcán looks after everything else. And you feel good about helping out!





Lakewood On The Pitch

Lakewood FC U13 Boys PSL team traveled to Edmonton and competed 11v11

The Lakewood FC U13 Boys PSL team is made up from Lakewood Celtic and Lakewood Arsenal. They traveled to Edmonton for their first tournament of the outdoor season April 22-23. They did very well and considering it was their first time to ever play 11v11 the scorelines were very respectable against some high quality teams. The team only had two training sessions before leaving and one of them was in the snow! The boys really stepped up and gave their all and never stopped until the final whistle. Their fitness level for this tournament was excellent. This experience will really benefit them in their development and growth as soccer players. Lakewood lost to Saint Albert Impact 3-1, Edmonton BTB 1-0 and SWU Premiers 3-1. There was lots of team bonding through the tournament including a team supper on the Saturday night at the hotel. Great work, boys!!



U17B Saskatoon Alliance Blue team open outdoor season at the BTB Spring Cup



The U17B Saskatoon Alliance Blue team has a large number of Lakewood players, and they traveled to Edmonton for their first games of the season on April 22-23. Before traveling to Edmonton, the boys had a friendly against the Whitecaps Academy which they lost 2-0. The team lost a close match by a 2-1 count to Calgary Foothills FC. This was followed by a 3-2 loss to the host Edmonton BTB Academy. The boys were victorious against the U17B Saskatoon Alliance White team 3-0. They had a good tournament, and learned a lot which will help them get better this spring.

U13G Blue Thunder Off To Hot Start!

The Lakewood Blue Thunder, U13 Girls B, started their outdoor season with four indoor games. The team is playing 9v9 for the first time. Most of the girls played 7v7 for the past few years. The season started with a 3-1 win over Eastside Real with centre midfielder Summer Chow netting a hat rick. Blue Thunder then lost 3-0 to Hollandia Blue. The girls switched to their Puma Pink tops for two games and defeated Aurora Horizon 4-2 and SUSC Everton 3-2. The girls have been learning how to use the bigger field and are getting better at pressuring the opposition. Great start, girls!



The Heartbeat of Lakewood scores every other Thursday. Want your team featured? Drop us a line!
Coaches and Managers: please email team updates and photos to: heartbeat@lakewoodsoccer.com