



THE HEARTBEAT OF Lakewood

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President's Update

Welcome to the fourth edition of the Heartbeat of Lakewood newsletter. We hope you are enjoying our updates on what is happening in the Lakewood world every 2 weeks. This issue will have a lot of information about the recently completed Lakewood "Just Kick It" tournament.



In this issue, we will discuss the Lakewood Value of "Humble" or humility. The dictionary definition of humble as an adjective is "having or showing a modest or low estimate of one's own importance". We would like to focus on the "showing" part of this definition. Meaning that you can have a high estimate of your importance (self-confidence), just don't always show this importance (brag) to others. Be confident in yourself and your abilities. Demonstrate your abilities with your actions and you won't have to use words. Having a positive attitude

Off The Bench with Lewis O



The spring outdoor season is finally underway!

The outdoor season comes on the heels of the indoor season, which makes it a bit of a rushed start to the season. We work hard and spend a lot of time to make sure we are committed to our goal of finding a place for every player to play.

And then as soon as the season begins we have our Lakewood Jut Kick it Cup tournament followed by the Victoria Day long weekend. All of this makes for possibilities of glitches when planning for the outdoor season. A very busy time.

We formed 37 teams this season. While we do as best as we can in the interest of every player, we do have to go through an evaluation process for all of our U11 and older players when we form our Lakewood teams.

The next part of the process is to make sure every team has some volunteer parents willing to help out for the season in some capacity, whether as a coach, assistant coach or manager. Since the time period between the

evaluations, team formation and start of season (with Easter break in between) is extremely short, we sometimes find ourselves still trying to find volunteers into the start of the season.

Volunteers can make such a big difference when it comes to having an enjoyable season and helping to keep things going smoothly! I am thankful to all of the volunteers who spend hours and hours supporting Lakewood.

While the tournament this past weekend was a great success, unfortunately not all of our Lakewood teams were able to take part. This is because we are not able to offer divisions for all of our age groups in the tournament. Something we continue to try and improve each and every tournament.

The heat has arrived! Make sure your player stays hydrated and always has their water bottle at training and games (sometimes two water bottles).

My guess is that the mosquitos are next...

See everyone on the pitch.

A Month as Technical Director: Embracing the Thrills of Lakewood



It's been an exhilarating month or so since I joined Lakewood Soccer as the Technical Director in Saskatoon. From the very beginning, my focus has been on supporting the coaches and ensuring the club's success. Whether it's at practice fields or during games, I'm always there to lend a helping hand and provide

guidance when needed. Additionally, whenever a coach is unable to attend a session, I can step in to run a training session, ensuring that our players receive consistent and quality coaching.

One of my primary responsibilities as Technical Director is to develop comprehensive training plans and session ideas. Over the past month, I've dedicated time to refining these plans and adjusting the Lakewood game model. By staying up-to-date with the latest developments in the world of soccer, I strive to provide our coaches with the most effective strategies and techniques to enhance player development and performance.

Getting to know the coaches and players on a personal level has been an incredibly rewarding experience. Building strong

relationships is the cornerstone of effective teamwork and success. Through conversations and observations, I've gained valuable insights into many of the coach's unique coaching philosophy and style. This understanding allows me to tailor my support and guidance to meet their specific needs and aspirations. Interacting with the players has also been a highlight of my first month, as I aim to inspire and motivate them to reach new heights in their soccer journey.

As we bask in the joy of being outside for training sessions, I can't help but feel a sense of accomplishment and satisfaction. Seeing the enthusiasm and dedication of the Lakewood team reinforces my belief that we are on the right track. It's a pleasure to witness the players' growth and progress as they embrace the challenges and opportunities that lie ahead.

As I reflect on this first few weeks, I am filled with gratitude for the warm welcome I received from the Lakewood community. Their support and trust have fueled my determination to make a lasting impact. Together, we are building a united and formidable soccer program. So, here's to many more exciting months ahead—Go Lakewood!



Lakewood On The Pitch

U11 Boys Sevilla Took Three of Four at Just Kick It Cup

The U11 Boys B Sevilla won three out of their four matches last weekend Friday with a 2-1 win over Eastside Dortmund and were rewarded with Slurpees, always a good team event. They went on to defeat Lakewood Earthquakes 3-0 and Hollandia Masha Blue 3-0 before losing a hard fought game to PA Celtics 1-3. The boys played so hard and are really starting to gel as a team. Tough loss in the end but they did amazing. Great work boys!!!



U9D Girls Reign Competed in Their First Outdoor Tournament This Weekend

The Lakewood Reign, U9D Girls, competed in their first tournament of the outdoor season this past weekend. The girls worked hard, never giving up and getting in there against some much bigger opponents. They had so much fun and were smiling all weekend. They all really loved the mister at the gate!! Way to go Reign!!!



U13G Blue Thunder used Just Kick It Cup for Team Bonding

The Lakewood Blue Thunder, U13 Girls B, went 1-3 in the Just Kick It Cup tournament this past weekend. The team defeated SUSC Derby 3-1, lost two games by a goal and then could not come back against a strong PA Team. Off the pitch, the team had a pizza birthday party (thanks to the Janzen's for hosting) where they did kids things outside for four hours. The friendships forming, the leadership skills developing and the support for one another is awesome.





Lakewood On The Pitch

U11A Girls Lakewood Pride won trophy competing in U13

When the U11GA Pride started their first game for the Lakewood Just Kick It Cup they felt like they were stepping onto the big stage ... literally. Having moved up to the U13 Division 2 pool, this was the first time any of the players had played 9 v 9 soccer on the larger field. Starting with a roster of only 10, the team scrambled to add three U11 players from Eastside. Introductions to each other and to the offside rule took place before warmups on Friday afternoon. Excitement was high and the first game offered up some familiar faces with a great game against a Lakewood U13GB Blue Thunder team. The game also had sibling rivalry built in with two sets of sisters facing off on opposite sides of the pitch. A hard-fought back-and-forth contest that could have gone either way ended in a 5-4 win for the Pride. A 2-1 win over the U11 PA Celtics on Friday night was then followed by a 2-0 victory against U11 SUSC Derby on Saturday and excitement was building. The girls' confidence showed Sunday morning with a 3-0 win over the Kick It Strikers, a U13 team visiting from Flin Flon, cementing a trip to the girls' first ever tournament playoff game. A single goal in the last two minutes of the finals against Prince Albert, and a strong defensive effort to hang on, is what made the difference as the Pride captured gold medals and the Just Kick It Cup. It also capped off a weekend that players and parents are not likely to soon forget with great competition and even better memories.



Did You know?



The **deadline** to order Lakewood Soccer clothing and merchandise is Friday May 19 (that's tomorrow!!) to receive your items by June 09!

Join your teammates that are already wearing Lakewood clothing items. Designed for players and parents!!!



<https://soccerlocker.ca/collections/lakewood-team>

Lakewood Coach Jade Unterschute Attended U of R Cougars Soccer ID Camp

Lakewood Coach and former player Jade Unterschute had a busy weekend at the end of April when she attended the University of Regina Cougars soccer ID Camp. Jade started playing soccer at the age of 3. She grew up playing Lakewood Premier and then PSL from U8-U15. She now plays with the Saskatchewan REX. Her hobbies are anything sports and traveling. Jade has been coaching Lakewood for the last three years both indoor and outdoor. Her favourite thing about coaching is being around all the kids and watching them grow as soccer players and people. She is looking to take Education and Kinesiology in University. When Jade attended the UofR soccer ID camp she reconnected with Lakewood Coach Ally Schneider. It's so good to see Lakewood staff and coaches across Saskatchewan!!



Lakewood Coach Education with FSQ Sport – the 5C’s

The objective of our recent coach education with FSQ Sport is to move Lakewood into training the 5C’s of player development. And moving away from the focus on “Competence” (physical, technical, tactical). The new exercises that will move into “Confidence” (mental, psychological), “Character” (mental, leadership), “Connection” (social, emotional) and “Culture” (team, organization) aspects of training.

This newsletter will expand on the “Confidence” trait. And how this ties into the Lakewood Value of “Humble”. What does this mean and what does it look like for youth at different ages? For our youngest players (5-8 years old) this might be positive self-talk, where they try to identify negative self-talk (with guidance from a coach) and replace it with positive self-talk. Another aspect is replacing a negative attitude with a positive attitude. As the players get older (9-12 years old), this might move into having the confidence to make decisions without panicking. And having awareness of how to play the game while putting yourself and your teammates in the best position to succeed. In the next age group (13-15 years old), it could move into error correction; understanding the root cause of the errors and what might be done differently to correct them. Viewing mistakes as opportunities to improve and not as a failure.

And how this can be done in conjunction with teammates. Finally at the older ages, this could move into performance under pressure, how to embrace challenges in big moments. Can we control our emotions or at least how these emotions appear to others (calm on the outside)?

These are just a few of the possible areas of focus. And there will be lots of overlap between the difference age groups. And all of this will require guidance from a coach or parent. Over the next few weeks, we will begin to work with some of these aspects of training with some of our training groups. Let us know if you have ideas for helping us move this forward.

Throwback Thursday: June, 2019

The U9 Girls Lakewood Tigers were one of the strongest teams in their division back in 2019. For them, it was a time when the kids all wanted to be keeper! There were sometimes tears shed when they couldn’t play in goal :)

All but one of the girls in this photo still play soccer, with eight of them still in the Lakewood zone. The kids are all now U13 and play on the Thorns and Blue Thunder.

Back left to right: Alex, Piper, Josie, Ava, Brynn, Serena.
Front left to right: Jorja, Kenley, Ayana, Ella, Paloma.

If you have Throwback Thursday photos, please email:
heartbeat@lakewoodsoccer.com



The Near Post: Player Spotlight

Alex Scott Lakewood Thorns U13 G

What do you like most about soccer?
I like that I can be free to be myself and hangout with my team; soccer is my way to find peace.

What do you like to do outside of soccer?
I like to draw or paint.

What is your pregame routine?
I do a lot of foot stretches and just get in the right head space.

Fav soccer moment:
This year when my team went to Edmonton for the Slush Cup and we won gold! We deserved it because we worked really hard.

You were the emergency Keeper in the Just Kick It Cup semi-final which went to PKs. You also scored a PK. What was going through your mind?

Well my coaches say don’t worry it’s meant for you to miss a few. But it does feel good to score them so I guess “don’t miss and try your best!”





Lakewood On The Pitch

Just Kick it Cup Championship Games

U13 Boys P **Lakewood Celtic** v Aurora Borealis. 3-1 for Celtic; goals by Michael Soyemi *2* and Jonas Quan *1*

U13 Boys Div 2 Aurora Orion v SUSC Rangers. 3-0 for Orion

U13 Boys Div 3 **Lakewood Valencia** v Humboldt U13 Hurricanes. 2-1 for Valencia.
Goals by Demi Olawale-Dada and Yazen Waddeea

U13 Girls P **Lakewood Thorns** v Aurora Ice. 5-1 for Ice with Lakewood goal scored by Kenley Soroski

U13 Girls Div 2 **Lakewood Pride** v PA Celtics. 1-0 for Pride. Goal scored by Zara Haimanot

**Playing up an age division from U11P! Great job girls!

U15 Boys **Lakewood Revolution** v Aurora Mirage. Score 1-0 for Revolution with goal scored by Clark Poth

Follow Lakewood Soccer on Facebook and Instagram for more Lakewood info and updates: [LakewoodSoccerYXE](#)



The under 11B Lakewood Fire Girls recently participated in the Just Kick It Cup. It was a beautiful weekend for soccer and everyone had blast. The girls ended the weekend with 1 win, 2 ties, 1 loss. Always a great way to kick start the outdoor season.



The U11BD Lakewood Sounders at the Just Kick It cup.



The U11D G Lakewood Hearts at the Just Kick It cup.



U11GB United had a fun lunch at Montana's between games on Saturday!



The U9D G Lakewood Spirit at the Just Kick It cup.

The Heartbeat of Lakewood marks-up every other Thursday. Want your team featured? Drop us a line!
Coaches, managers and/or parents: please email team updates and photos to: heartbeat@lakewoodsoccer.com