



THE HEARTBEAT OF Lakewood

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President's Update



Welcome to the sixth edition of the Heartbeat of Lakewood newsletter.

In this issue, we will discuss the Lakewood Value of "Effort". The definition of effort is "conscious exertion of power, a serious attempt, something produced by exertion or trying or the total work done to achieve a particular end". The definition might seem straight-forward, but are we always trying our best or are we just doing enough to get by. Really think about this next time you are playing a game, coaching a practice, writing an exam or completing a task at work.

Have a Lakewood H.E.A.R.T story?

Let us know at:

heartbeat@lakewoodsoccer.com

Setting Up a Skill Centre

As part of the development and maturity of club licensing under Canada Soccer, Lakewood will be setting up a Skill Centre with the goal of improving delivery of training to Lakewood players.

In many ways this will be similar to what we currently do with the weekend training sessions. However, there will be more consistency in how sessions are delivered to all of the training groups and there will be more focus on station based training.

We look forward to implementing changes to improve training for the upcoming indoor season.

Indoor registration now open!

Super Early Bird registration opens today! Go to our website for the registration link and details at: www.lakewoodsoccer.com

These Super Early Bird rates will apply until July 15. From July 16 until September 05 Early Bird fees will be in effect. After September 06, we will be charging regular fees. Send an email

to info@lakewoodsoccer.com if you have questions about the registration process.

We will be rolling out new uniforms for everyone for the indoor season. The Lakewood Goalkeeper Academy will also return for the indoor season after a hiatus of several years. Look for more details about this in August.

Check out our first (of many) Lakewood Soccer promo video at: <https://www.youtube.com/watch?v=uxiKnFmlgFU>

Age	Register by July 14 for Super Early Bird Fees	Register by Sept 4 for Early Bird Fees	Register after Sept 5 for Regular Fees
U7	\$350	\$400	\$450
U9	\$450	\$500	\$550
U11	\$725	\$775	\$825
U13 Alliance B	\$725	\$775	\$825
U13 Alliance A	\$775	\$825	\$875
U15	\$775	\$825	\$875
U17/U19	\$775	\$825	\$875
City	\$500	\$550	\$600

June 24: Lakewood Community Day!

As the outdoor season winds down, we will have a Lakewood Community Day on Saturday June 24. This will be a combination of celebrating 30 years for Lakewood Soccer and possibly saying goodbye to Sid Buckwold as our main outdoor training field. We are considering other options for outdoor training with the boundary changes taking effect for the indoor 2023-24 season.

We will have details about this community day soon. And the next newsletter will have a follow-up to the boundary changes discussed in the June 01 newsletter.

Schedule:

- 10:00-10:40am - U7D SkillsFest
- 10:40-11:30am - U7D 3v3 Tourney
- 11:30-12:10pm - U9D SkillsFest
- 12:10-1:00pm - U9D 3v3 Tourney
- 1:00-1:40pm - U11 SkillsFest
- 1:40-2:30pm - U11 3v3 Tourney
- 2:30-3:10pm - U13 SkillsFest
- 3:10-4:00pm - U13 3v3 Tourney



Lakewood On The Pitch

Lakewood U9 Boys Rocked The Brandt Mini FOS this past weekend



The Lakewood U9BD Sounders attended the Brandt Mini Festival of Soccer this past weekend and had a great time! There were over 270 teams, 2700 players, 460 games and 10,000 spectators.

The boys shared snacks as a team after the last game and got some good bonding time together. Sounds like a blast, boys!

Lakewood U11 Girls B United went undefeated in Regina!

The Lakewood United U11 Girls B United attend the QC Challenge Cup in Regina last weekend and won all 3 of their games, 8-0, 4-3, and 6-0. Two clean sheets over the weekend meant a team trip to DQ for some treats and social time! Way to go, girls!! We are all proud of you!



Did you know?



Lakewood Soccer updates its social media channels almost every day? Following them is a good way to keep up-to-date on all things Lakewood!

Facebook: [LakewoodSoccerYXE](#)

Instagram: [LakewoodSoccerYXE](#)

NEW: YouTube: [LakewoodSoccerYXE](#)



Lakewood On The Pitch

Lakewood Reign U9 Girls Participated in the Brandt Mini FOS

The Lakewood Reign U9 girls had a fantastic Brandt Mini FOS tournament this past weekend. They played some great competitive soccer over three matches in the heat and had a ton of fun. Good work, girls!!



The Heartbeat of Lakewood corner kicks 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

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

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).

We will use this newsletter to expand on the “Competence” trait. What does this mean and what does it look like for youth at different ages? There are many elements to the competence trait. The more common elements are physical, technical and tactical competence. Typical soccer training focuses on the technical and tactical elements, but as we move deeper into the 5C’s, we need to pay more attention to physical elements. At the younger ages, this includes learning how to run properly (forward, backwards and sideways), flexibility, balance and agility and at older ages includes speed, power, endurance and strength training. We will see more on this topic as we get further into 5C development.

Follow Lakewood Soccer on Facebook, Instagram and now YouTube for Lakewood info & updates: [LakewoodSoccerYXE](#)

The Outdoor Season Comes to a Close: A Reflection on Growth and Development



As the outdoor season draws to a close, it's hard to believe how quickly time has flown for both myself and the Lakewood players. It has been an immensely rewarding experience witnessing the growth and development of our young soccer enthusiasts. Throughout the spring, I had the privilege of attending numerous training sessions and games, collaborating with coaches to devise training plans and soccer drills that addressed specific areas of improvement for their respective teams. Looking ahead, I anticipate continuing this journey over the next few weeks as we transition into the indoor season this fall.

On Friday, June 2nd, I had the opportunity to participate in a Saskatchewan Soccer Association workshop led by Wayne Cleverly, a representative from Can-

ada Soccer. Joined by other Technical Directors and coaches from across Saskatoon, we engaged in both classroom sessions and on-field activities. The primary objective of this workshop was to aid the Technical Directors and Coaches in establishing Skill Centers for different zones, particularly targeting U11 and below. We hope that this initiative will contribute to the development of more skilled players across the province of Saskatchewan.

For more detailed information regarding the Skill Centers, I encourage you to refer to Page 1 of this edition of The Heartbeat of Lakewood. Stay tuned for updates as we embark on an exciting new chapter in our soccer journey, nurturing talent and fostering a love for the beautiful game within our community.

Thank you for your continued support and dedication to Lakewood soccer!

Throwback Thursday: 2019 Lakewood LFC

The 2019 Lakewood LFC U17 Girls won the SISCO Cup Gold Medal!

Four years later, two of these ladies, Hope Kwan and Lauren McNeil, are currently on the Lakewood Technical staff. Sarah Mandeville, Emma Friesen and Sid Korte are former members of the Lakewood Technical staff.

A few of the ladies are currently playing college soccer and eight of them are still playing on a women's Div 1 Adult soccer team.

Lakewood for life! Thanks for giving back, ladies!!



The Near Post: Player Spotlight

Victoria Nguyen

What do you like most about soccer?
I like playing against another team and being a defender and a striker.

What do you do outside of soccer?
I like to draw puppies, kittens, foxes & dolphins. I also like writing comic books using my imagination.

What is your pregame routine?
My pregame routine is to drink a glass

Fav soccer moment:
My fav soccer moment is when we won the indoor tournament and we didn't let the other team score even one goal.

Fav colour: Cyan

Fav food: Donuts and birthday cake Oreo cookies.

Fav books: Babysitter Club & Narwhal and Jelly.

U9G
Lakewood Spirit

