



THE HEARTBEAT OF Lakewood

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President's Update



Welcome to the seventh edition of the Heartbeat of Lakewood newsletter and our last issue before we break for the summer. Indoor 2023-24 season registration is open and many of you are aware of the SYSI boundary changes that are now in effect for Lakewood Soccer. College Park and East College Park are moving to Aurora while Eastview, Holliston, Nutana Suburban Centre, and Nutana Park are moving from Eastside to Lakewood Soccer.

There is more information on these changes here: <http://www.lakewoodsoccer.com/content/lakewood-soccer-reach>

If you have specific questions, send us an email at info@lakewoodsoccer.com

We will continue to use Sid Buckwold Park for Lakewood Summer Camps and for evaluations in August-September. Since Sid Buckwold is part of East College Park, we are considering options for a different outdoor training field for outdoor 2024. We hope to have an announcement on our new field by late August.

Indoor registration now open!

Lakewood Soccer announces the opening of registration for the highly anticipated 2023-24 indoor season. From October to March, young soccer stars aged U7 to U19 will have the opportunity to showcase their skills and passion for the beautiful game. What's more, kids of all skill levels and abilities are warmly welcomed to join the Lakewood Soccer family!!

To add an extra touch of excitement, Lakewood Soccer is offering super early bird registration savings until July 14!! This limited-time offer allows eager participants to secure their spot

in the upcoming season while enjoying incredible savings. It's the perfect opportunity to plan ahead, save some cash, and ensure a thrilling indoor soccer experience for young athletes.

Be sure not to miss out on this fantastic chance to be part of Lakewood Soccer's indoor season. Head over to the website to secure your spot.

With the super early bird savings, you won't want to wait! Get ready to kick off the 2023-24 indoor season with a bang and make lifelong memories on the field!!

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	\$725	\$775	\$825
U15	\$775	\$825	\$875
U17/U19	\$775	\$825	\$875
City	\$500	\$550	\$600

Our Lakewood Community Day took place on Saturday June 24, 2023 is also the 30th anniversary for Lakewood Soccer. It was a beautiful day and we had close to 300 Lakewood players ranging from U7 up to U17 participate in the skills sessions and mini games! We haven't done this before, but based on the fantastic response we plan to make this an annual event. A big thank you goes out to the Lakewood staff for organizing the event and running the sessions. To the coaches that helped with the sessions, but more importantly to all our coaches and managers that organized and developed your teams over the soccer season. And to the parents that support their children in the sport of soccer. You are all part of our great Lakewood Soccer community. - Leonard Lewko

Lakewood August Soccer Camps

Lakewood Soccer Summer Soccer Camps are designed for kids of all abilities who want to enhance their soccer skills, have fun, and make lasting memories. Join us at Sid Buckwold Field for an exciting August filled with soccer drills, games, and technical sessions.

Benefits of Lakewood Summer Soccer Camps

Participating in Lakewood summer soccer camps offers numerous advantages for kids, including:

Skill Development: Our camps provide a structured environment where players can focus on improving their technical abilities, such as passing, shooting, dribbling, and ball control. Our experienced coaches will guide participants through various drills and exercises tailored to their skill level, helping them develop and refine their soccer skills.

Game Understanding: Summer soccer camps offer opportunities for players to learn about game strategies, positioning, and teamwork. Through engaging game sessions, kids will develop a deeper understanding of the sport and enhance their decision-making abilities on the field.

Fitness and Conditioning: Regular physical activity is a crucial component of a healthy lifestyle. Our camps incorporate fitness exercises and conditioning drills to improve participants' endurance, agility, and overall fitness levels. Through soccer-specific drills, kids will develop their strength, speed, and stamina, which are vital for excelling in the game.

Friendships and Social Skills: Lakewood soccer camps bring together kids with a shared passion for the sport, creating an environment for forming new friendships and building social skills. Working together as a team, communicating on the field, and developing camaraderie fosters valuable social interactions and enhances interpersonal skills.

Fun and Positive Experience: Our camps prioritize creating a fun and positive atmosphere where kids can enjoy themselves while engaging in soccer activities. We aim to cultivate a love for the game and create lasting memories for all participants, ensuring that they have an enjoyable and rewarding summer camp experience.

Lakewood Summer Soccer Camp Schedule

Fun Camp (focusing on games): August 15, 16, 17

U7 and U9 Players: Time: 5:00 PM - 6:30 PM each day Cost: \$75 per player

U11 and Older Players: Time: 5:00 PM - 7:00 PM each day Cost: \$100 per player

Development Camp (focusing on technical skills and games): August 21, 22, 23, 24

U7 and U9 Players: 5:00 PM - 6:30 PM each day Cost: \$125 per player

U11 and Older Players: Time: 5:00 PM - 7:00 PM each day Cost: \$150 per player

COMPLETE DETAILS AVAILABLE AT: <http://lakewoodsoccer.com/article/85895>



Throwback Thursday: 2018 and 2020

The Lakewood Impact soared to victory in the provincial championships of indoor soccer back in 2020. Their triumphant journey was not without obstacles, as the team was impacted by the COVID-19 pandemic.

Despite their undeniable prowess, the cancellation of the PSL league in 2020 prevented the Impact from further showcasing their superiority on the field.

Today it is heartening to see that some of the players who once donned the Impact jersey have now transitioned into new roles as technical staff for Lakewood. Among them are Andrew, Hao, Jacob, and Nolan.



Lakewood Summer Soccer!

If you're looking for a fun and active way to spend your summer evenings in July, join us for some soccer fun. Our Lakewood soccer coaches and technical staff will be present to guide kids through drills and games, ensuring a great experience for all participants. It's an excellent opportunity for kids to meet up with their friends, stay fit, and have a blast. Plus, there might even be treats involved! You can come to one session, or all of them... It's totally up to you!

Schedule:

Monday and Wednesday: U11 and older players, boys and girls

Tuesday: U7 and U9 players, girls and boys

Dates:

Week 1: July 3, 4, 5

Week 2: July 10, 11, 12

Week 3: July 17, 18, 19

Week 4: July 24, 25, 26



Details:

Time: 6:00 PM to 7:00 PM each evening.

Location: Sid Buckwold Field.

Registration: This is a drop-in event, meaning it is optional, and there is no registration fee or sign-up required. Just come by the field.

What to Expect:

During the drop-in soccer sessions, our dedicated Lakewood soccer coaches and technical staff will organize a variety of drills and games for the kids to participate in. The emphasis is on enjoyment, skill development, and building friendships. We encourage players of all skill levels to join us—whether you're a seasoned soccer player or new to the sport, you're more than welcome!

Benefits of Drop-in Soccer:

Participating in drop-in soccer has numerous advantages for kids during the summer vacation:

Socializing: It's a fantastic opportunity for kids to see their friends during the break and make new friends who share a passion for soccer.

Fun and Fitness: By engaging in drills and games, children will have a great time while staying active and maintaining their fitness levels.

Skill Development: Our experienced coaches and technical staff will provide guidance and help improve soccer skills, including passing, shooting, dribbling, and teamwork.

We look forward to welcoming you to Sid Buckwold Field for an exciting month of drop-in soccer! Remember, no registration or sign-up is required—just come by the field on the designated days and join the fun. Don't miss this chance to spend quality time with friends, enhance your soccer skills, and have a fantastic summer vacation!



Indoor Evaluations

All players in U11, U13 and U15 will be evaluated before the indoor season begins. At Lakewood Soccer, we prioritize inclusivity and equal opportunities for all players, regardless of their gender, race, national origin, or religious affiliation. Our aim is to create teams that maximize both enjoyment and development by bringing together athletes with similar aspirations and objectively assessed abilities.

Each player will be invited to attend a minimum of two evaluation sessions, alongside other players in the same age group and gender. During the first session, players of varying skill levels will participate without any prior sorting. After this initial evaluation, a preliminary sorting will be conducted to group players with similar abilities for the second evaluation session.

Each evaluation session will be led by the Lakewood Technical Team, with a minimum number of evaluators present. Each evaluator will independently complete an evaluation form for every player. Before the session concludes, the group of evaluators will reach a consensus on the ratings for each player.

Once the session is completed, the Technical Director will compile the results for the next evaluation session or final team selection.

Lakewood Soccer strives to create teams and place players in the most suitable environment, primarily for the benefit of each individual player. This approach ensures that players have the best opportunity to succeed at their current stage of development and feel comfortable, enabling them to fully enjoy the game.

For more information, please visit the Lakewood Soccer Website at:

www.lakewoodsoccer.com

Tentative schedule on Page 7.



Lakewood On The Pitch

Lakewood U13G Blue Thunder made lasting memories in Regina and Weyburn



The Lakewood Blue Thunder U13G participated in they Weyburn Club Soccer days on June 17 and 18th. The team played hard against three new opponents. Despite not winning a game they were all close and the girls learned how to play a more physical game which worked well for their last SYSI match. The night before the games, the team watched the Saskatchewan Roughriders play their home opener. The girls got to visit Glen Sutor (who is an honorary Lakewood announcer now) and Rod Smith from TSN in the broadcast booth. They had field access before kick-off and got photos and autographs. The kids even got to bring out the Canadian flag for the anthem!

A weekend they will never forget!



Lakewood U11B Sevilla finish season strong with a win!



U11B Lakewood Sevilla had a great season with an awesome 3-2 win in their last game of the season against Hollandia. The boys sported a 4-4-2 record for the season and 3-1-0 record in the Lakewood tournament. Many tight games, hard work and loads of individual and team improvement. We could see the players confidence rising with every game. We are incredibly proud of these boys. Final note: The boys beat the parents in a last goal wins game on Saturday afternoon and celebrated with pizza and pop!!



The Heartbeat of Lakewood stays onside 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 Community Day



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 reiterate the “Culture” trait and the “Respect” value which go hand in hand. The Lakewood tagline “Always play with HEART!” means that all players have an obligation to follow the Lakewood values; Humble, Effort, Attitude, Respect and Team. We feel that the most important aspect of the sport of soccer is to learn while having fun and while respecting all other participants, including the opposition, the referees and the fans. This makes sure the experience is positive not just for themselves but for everyone. This culture of respect should be ingrained in all our participants. This doesn’t mean that we can’t win games, but this winning must come with respect.

Lakewood Soccer updates social media almost every day.
Follow us on Facebook, Instagram and YouTube at LakewoodSoccerYXE



Present the 16th Annual



2023 DROP-IN SOCCER PROGRAM

WHAT: Drop-in Soccer program FREE for any age and gender.
WHERE:

- Brevoort Park (Brevoort Park, 3 Webb Cres)
 - Mon 2:45 PM - 3:45 PM (Jul 10, 17, 24, 31 & Aug 14)
- Briarwood (Briarwood Park, 602 Briarwood Rd)
 - Tues 1:00 PM - 2:00 PM (Jul 4, 11, 18, 25 & Aug 1, 8, 15)
- Eastview (James Anderson Park, 1100 East Centre)
 - Thurs 4:00 PM - 5:00 PM (Jul 6, 13, 20, 27 & Aug 3, 10)
- Greystone (Greystone Heights Park, 2711 Main St)
 - Mon 1:00 PM - 2:00 PM (Jul 10, 17, 24, 31 & Aug 14)
- Lakeridge (Crocus Park, 305 Waterbury Rd)
 - Tues 4:00 PM - 5:00 PM (Jul 4, 11, 18, 25 & Aug 1, 8, 15)
- Lakeview (Lakeview Park, 203 Whiteshore Cres)
 - Tues 10:30 AM - 11:30 AM (Jul 4, 11, 18, 25 & Aug 1, 8, 15)
 - Wed 4:00 PM - 5:00 PM (Jul 12, 26 & Aug 9)
- Rosewood (Colette Bourgonje School, 169 Olson Lane West)
 - Tues 2:45 PM - 3:45 PM (Jul 4, 11, 18, 25 & Aug 1, 8, 15)
- South Nutana (Harold Tatler South Park, 2520 Jarvis Dr)
 - Thurs 2:45 PM - 3:45 PM (Jul 6, 13, 20, 27 & Aug 3, 10)
- Wildwood (Wildwood Park, 203 Rosedale Rd)
 - Tues 11:45 AM - 12:45 PM (Jul 4, 11, 18, 25 & Aug 1, 8, 15)

Program travels to 44 different locations for a full schedule visit our website!



CONTACT US:

saskatoonyouthsoccer.ca

306-975-3413

FUN FOR ALL AGES! STAY ACTIVE!

CERTIFIED COACHES • FREE DROP-IN!



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
Insta:: LakewoodSoccerYXE
YouTube: LakewoodSoccerYXE

Support Lakewood with SARCAN Donations!!

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



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

Indoor Soccer Starts in October: Registration is Mid-June to August
Visit our website at saskatoonyouthsoccer.ca or phone (306)975-3413



Lakewood Evaluation Schedule

Monday August 28, 2023

5:00-6:00 U11B-Group 1 (A-H) U11G-Group 1 (A-L)
6:00-7:00 U11B-Group 2 (I-P) U11G-Group 2 (M-Z)

Tuesday August 29, 2023

5:00-6:00 U11B-Group 3 (Q-Z)
6:00-7:00 U13B-Group 1 (A-H)

Wednesday August 30, 2023

5:00-6:00 U13B-Group 2 (I-P)
6:00-7:00 U13B-Group 3 (Q-Z)

Thursday August 31, 2023

5:00-6:00 U13G-Group 1 (A-L)
6:00-7:00 U13G-Group 2 (M-Z)

Tuesday September 05, 2023

5:00-6:00 U11B-Group 1 (A-H) U11G-Group 1 (A-L)
6:00-7:00 U11B-Group 2 (I-P) U11G-Group 2 (M-Z)

Wednesday September 06, 2023

5:00-6:00 U11B-Group 3 (Q-Z) U15G-All Players
6:00-7:00 U13G-Group 1

Thursday September 07, 2023

5:00-6:00 U13G-Group 2 U15B (A-L)
6:00-7:00 U13B-Group 1 U15B- (M-Z)

Friday September 08, 2023

5:00-6:00 U13B-Group 2 (TBD)
6:00-7:00 U13B-Group 3 (TBD)

Saturday September 09, 2023

10:00-11:00 U11B-Group1 Drop in for mini players
11:00-12:00 U11B-Group2 All U7 players
12:00-1:00 U11B-Group3 All U9 girls
Break
1:30-2:30 U11G-Group1 All U9 boys
2:20-3:30 U11G-Group2

Sunday September 10, 2023

10:00-11:00 U13B-Group1 Drop in for mini players
11:00-12:00 U13B-Group2 All U7 players
12:00-1:00 U13B-Group3 All U9 girls
Break
1:30-2:30 U13G-Group1 All U9 boys
2:30-3:30 U13G-Group2

The Near Post: Player Spotlight (twins edition)

Carsten Quan

Fav soccer moment:
When we played in a tournament final in Regina against Aurora. It came down to penalties and I scored the game winner in the shoot out!

What do you do outside of soccer?
I like to golf, read, play basketball, do art, or hangout with friends and play badminton.

What is your pregame routine?
Eating a good protein snack, getting to the field early, and passing with teammates, dribbling and shooting practice to get the cobwebs out.

Fav player: Messi.
Fav food: Cheese Pizza.
Fav music: Hip Hop.
Fav artists: Boywithuke & Imagine Dragons.

Jonas Quan

Fav soccer moment:
When we were playing an inter squad game and I slide tackled my teammates Landin and Senin!

What do you do outside of soccer?
My hobbies besides soccer are football, golf, reading, wrestling, and playing video games.

What is your pregame routine?
I start mentally preparing myself by thinking of what I am going to do well in the game and how to practice shooting.

Fav artist: Imagine Dragons.
Fav player: Ronaldo.
Fav food: Coconut buns.
Fav movie: Pixels.



**U13 Boys
Lakewood Celtic**