



## President's Update: Leonard Lewko



Welcome to the ninth edition of the Heartbeat of Lakewood newsletter – the end of summer break version. In this issue, I will discuss boundary changes and uniforms. On the next pages you can learn more about our Lakewood technical staff.

### **SYSI Boundary Changes take effect for Indoor 2023-24**

Many of you have heard about or have been directly impacted by the SYSI (Saskatoon Youth Soccer) boundary changes. The rationale for the changes is to balance the registration numbers between the 5 SYSI zones. There were a total of 19 community associations that changed soccer zones with this latest shuffle. The boundaries only apply for U11, U13 and U15 players as U5, U7, U9, U17 and U19 players are not restricted by boundaries.

The boundary changes became very stressful for the players impacted by the changes. There is an opportunity for players to fill out a permission to play out of zone (PTPOZ) form and request a change. The deadline for the zones to approve or deny these requests was August 25, but we were hopeful the requests would be processed as they came in. In the end Eastside, Aurora and Lakewood have approved all PTPOZ requests. All 3 zones have honored the player's freedom of movement and their individual right to choose. Hollandia and SUSC have denied many requests. As of August 25, the total number of requests was 21 to leave SUSC, 38 to leave Hollandia, 28 to leave Aurora, 22 to leave Lakewood and 7 to leave Eastside.

We are hopeful all 5 zones will honour PTPOZ requests in the future.

### **Lakewood Uniforms**

At the start of every indoor season, Lakewood supplies a new uniform set as part of the registration fees. This includes 2 jerseys, 1 pair of shorts and 1 pair of soccer socks. We have been doing this for several years, although with the canceled 2020 outdoor season, we kept the same uniforms for 3 seasons (indoor 2019-20, indoor 2020-21 and outdoor 2021). Part of the reason for the new uniforms every year (2 seasons) is because of supplier changes. Puma changes jersey styles every few years and it often becomes impossible to keep the same jersey style. And part of this decision is players grow and no longer fit the uniforms. And the uniforms gradually suffer wear and tear and deteriorate.

We recognize that the cost of a new uniform set can be difficult for many families, especially if they have multiple players and/or if they only play 1 season (indoor or outdoor). It is too late to make changes for this year (indoor 2023-24 and outdoor 2024), but we are considering other options for the next uniform uptake (indoor 2024-25). This decision must be made by January 2024 as the lead time to obtain uniforms in the quantity and sizes we require is 9 months.



We will have 2 new jersey colours when we roll out the new uniforms in early October!!

# Lakewood Soccer: Spotlight on Technical Staff

In our ongoing effort to introduce you to the dedicated individuals behind Lakewood Soccer, we're thrilled to present the latest additions and familiar faces within our esteemed technical staff. These remarkable individuals play a pivotal role in shaping the skills and aspirations of our young athletes.

## Welcoming Becky Kirkham to the Team

We are excited to announce the newest member of our technical staff, Becky Kirkham. With her wealth of experience and passion for the sport, Becky brings a fresh perspective to Lakewood. Learn more about her journey and insights in this edition of the Heartbeat of Lakewood.

## Championing Excellence: Victor Urrutia and Bruno Nunez Perez

During the outdoor season, we had the privilege of profiling our Keeper instructors, Victor Urrutia and Bruno Nunez Perez. Their dedication to nurturing goalkeeping talents has left an indelible mark on Lakewood Soccer. If you missed their profiles, be sure to catch up in the previous issue of our newsletter.

## A New Season for Tim Mangan

We're pleased to announce Tim Mangan is back at his role as Technical Director. Tim's extensive experience and leadership qualities make him a natural fit for this crucial position. Delve into Tim's

background and vision for Lakewood in the pages of this Heartbeat of Lakewood issue.

## A Steadfast Presence: Cedric Michelet

Cedric Michelet has been an integral part of our Lakewood technical staff for several years, contributing significantly to our athletes' growth and development. Stay tuned for an upcoming profile that sheds light on Cedric's journey and his commitment to our soccer community.

## More Profiles on the Horizon

As we strive to introduce you to the entire Lakewood technical staff, we're excited to share that our upcoming issues will feature more insightful profiles. These dedicated individuals, including Keisuke Johnston, Thomas Diegel, Jade Unterschute, Charlie Denis, Namvinh Nguyen, Kobe Chilagan, Tai Johnston, Bella Healey, Nolan Fredrickson, Jacob Houmphah, Presley Fredlund and Hope Kwan, continue to inspire and guide our players towards success. Many of them are former or current Lakewood players, deeply invested in the sport's future.

In our dynamic environment, our technical staff is always evolving as they pursue higher education and welcome new, talented coaches to our ranks. Keep an eye out for the upcoming profiles and stay connected with the heartbeat of Lakewood Soccer.

## Indoor registration still open!

Lakewood Soccer announces 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 early bird registration savings until Sept 4!! 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 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 Sept 4 for Early Bird Fees	Register after Sept 5 for Regular Fees
U7	\$400	\$450
U9	\$500	\$550
U11	\$775	\$825
U13	\$775	\$825
U15	\$825	\$875
U17/U19	\$825	\$875
City	\$550	\$600



# Contest Winner



Earlier this summer, Lakewood Soccer ran a contest asking people to “like or share” our registration post on Facebook and Instagram. And our soccer community came through! We had over 7,000 views of that post because so many of you liked and shared it!! Thank you!

The winner of the contest, who was randomly drawn from people who liked/shared the post, is: Carly Neilson! Her daughter Naomi is now in U13 and most recently played with Lakewood United in the 2023 outdoor season.

Carly and Naomi have won their registration fees for the indoor season! Congratulations!!!

## Spotlight on Technical Staff: Tim Mangan



### Personal Background and Coaching Experience

Tim grew up in England in a town called Leeds. Leeds is a soccer community. Tim is a soccer fanatic. Growing up in Leeds it was either play soccer or play soccer... Tim started playing at a very young age and has made soccer his life wherever he went. As a competitive youth player Tim experienced the high intensity soccer academy life as well for a few seasons before moving to Canada with his family. He wasn't in Saskatoon long before he was well entrenched in the soccer community and began his coaching career first at Walter Murray Collegiate and then joining Lakewood Soccer.

Tim has shown dedication and commitment by the number of hours he is found on the field, always

available to step in to help and work with any of our coaching staff or teams. Tim's initial role as the Technical Lead – Youth Girls has transitioned into Technical Director. This is a position he is filled with great enthusiasm. Tim has done an amazing job of making sure the players and teams he is worked with have enjoyed every minute they spend on a soccer field, whether training or in a game. Tim was 1 goal away from an appearance at the National championships as the head coach of the Lakewood U17G PSL team. And also with the Saskatoon Alliance U15B PSL team. His time will come.

Tim's coaching career is something that has become a new obsession for him. In the past few years Tim has completed his C-License, B-License part 1 and 2 and his National Youth License.

### Coaching Education:

- Canada Soccer C-License
- Canada Soccer National B-License Parts 1 and 2
- Canada Soccer National Youth License

### Coaching Philosophy:

Creating a Fun and positive environment for players of all ages and skill levels on and off the field. Helping players to learn and grow and develop their technical skills, but also personal and social skills. Soccer should be always played at the best of your ability while on the pitch. A mixture of short and long passing using combinations to move the ball and high pressure to regain possession is the standard expectation when coaching. And always, pushing the boundaries and raising the bar.

## Throwback Thursday: 2006

Champions of the Field: The 2006 U13 Boys Provincial Team proudly displaying their bronze medals at the Rocky Mountain Cup in Edmonton. Led by captain Mitch Bauche and standout player Brett Levi, this talented squad united players from various clubs, including Lakewood soccer and even some from Regina. A moment of triumph for a team forged in diversity and shared passion for the game.



## Lakewood On The Pitch

50 kids attended the Lakewood Soccer Development camps last week

Lakewood Soccer held its annual Summer Development Camp last week. The athletes practiced dribbling, shooting, passing and played games. Here are some photos!



# Spotlight on Technical Staff: Becky Kirkham



Becky started coaching when she was in University and since then, has coached every age group from Kinder soccer through to High School soccer. In the spring of 2023 she coached four teams; Aurora U17 girls, Astra U9 development, Adelaide Park U9 Boys and Adelaide Park U9 Girls community teams.

Becky has been heavily involved in soccer in the grassroots programs with both girls teams and boys teams in Adelaide Park and South Nutana Park for the last five years. Her core group of girls are all aging out of community and heading into zone for U11 this fall. She has had the opportunity to coach along-side Tony Pham, a former Huskie soccer player.

Becky has completed all certifications up to and including the C-License training course, with expected C-License completion in the fall of 2023.

Becky began playing soccer at the age of 13. She was immediately picked up to play with SUFC (now SUSC) under the guidance of Huw Morris for

years in her youth as a Keeper. She also played for Tom LaPointe and played alongside some of the greats as they attended a staggering five consecutive National Championships. Becky played on the Provincial Team spanning through the age groups of U15-U19. She attended and medaled as the starting Keeper for Team Sask at the 2001 Canada Games under the guidance of Colin Melnyk.

Becky attended University of Saskatchewan and played on scholarship with the Huskies as the starting Keeper for the full five seasons from the fall of 2001 to the fall of 2005. She trained for a short time with the National team in 2002 and made the CIS All Star team twice in her five years with the University.

After graduating with a Bachelor of Education and Bachelor of Science in Kinesiology, Becky became a Physical Education teacher with Saskatoon Public Schools. During this time, she was able to assist in teaching and running the Soccer Academy for nine years from 2006-2015 alongside Bryce Chapman. She has played soccer (as well as basketball and baseball) on and off for her own enjoyment throughout her adult years.

Becky considers her coaching philosophy to be similar to her teaching philosophy which is to “help create kind, caring, compassionate, contributing members of our community”. As a coach Becky would hope “to help each athlete reach their full potential as I help shape kind, caring, passionate, competitive soccer players and instill a lifelong love of the game.”

Outside of soccer, Becky is a teacher at Walter Murray. Becky and her husband have a busy family with four heavily involved children, where the parents try to be involved when they can to ensure they have a positive experience and to give back to the sports that brought them so much joy in their youth.

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

The Heartbeat of Lakewood goes to PKs every other Thurs during the season. Want your team featured? Drop us a line!  
Coaches, managers and/or parents: please email team updates and photos to: [heartbeat@lakewoodsoccer.com](mailto:heartbeat@lakewoodsoccer.com)



# Lakewood Evaluation Schedule

## Tuesday September 05, 2023

5pm - U11B Group 1 and Group 2  
6pm - U13B Group 1 and Group 2

## Wednesday September 06, 2023

5pm - U11G Group 1 and Group 2  
6pm - U13G Group 1 and Group 2

## Thursday September 07, 2023

5pm - U11B Group 3  
5pm - U13B Group 3  
6pm - U15B Group 1 and Group 2

## Friday September 08, 2023

5pm - U11G Group 2  
5pm - U13G Group 2  
6pm - U15G Group 1 and Group 2

## TENTATIVE:

### 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

## Did You know?



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



The **deadline** to order Lakewood Soccer clothing and merchandise is Monday September 11 to receive your items early October!

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

## The Near Post: Player Spotlight

# William Hernandez

Keeper & Defender  
Lakewood Dynamo

### Hobbies:

Golfing, cooking, playing video games, hanging out with my friends

Fav soccer moment:  
Going to SoFi stadium LA to watch the Gold Cup Final in July with my Dad and Grandpa

Fav school subject:  
Science

Fav artist: Imagine Dragons - Believer

Favourite Movie:  
Marvel - End Game

What is your pregame routine?  
Relax and get focused

Favourite Players?  
Thibaut Courtois

Fav food: McDonald's French Fries

