



THE HEARTBEAT OF Lakewood

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President's Update: Leonard Lewko



Welcome to this edition of the Heartbeat of Lakewood newsletter as we get ready for the upcoming indoor season. In this issue, I will discuss some of our final preparations for the indoor season.

We will have information available in the next Heartbeat about sports nutrition. Stay tuned!

Lakewood Registration Numbers for Indoor 2023-24

As of October 02, we are at 45 Lakewood teams and 497 Lakewood players compared to 33 teams and 408 players for indoor 2022-23. These 45 teams are 29 boys teams and 16 girls teams. Registrations have increased in all 5 SYSI soccer zones. This is great news for the local soccer community!

Lakewood Indoor Season Preparation

We are wrapping up our outdoor pre-season training this week and will be moving indoors starting October 10th. Where we will stay for the next 6 months. All teams have been formed and rosters entered into TeamLinkt. Let us know if you have not been placed on a team. We use

TeamLinkt for all of our scheduling and a lot of our team communications.

October 14 and 15 is our first full weekend of indoor training. We will also be handing out uniform packages that weekend. We will soon be sending out the schedule for when each age group will be able to pick up uniforms.

October 22 is the start for SYSI league games. Send an email to info@lakewoodsoccer.com if you have any questions or concerns.

Lakewood Technical Staff

We are profiling Keisuke Johnston in this issue. We will be profiling Charlie Denis in the next issue.

Our plan is to profile the remaining technical staff and our coaches over the next few months. Send us your requests for which tech staff or coach you would like us to profile to heartbeat@lakewoodsoccer.com

Social Media

One way to support Lakewood Soccer and to stay informed is to follow us on social media. We update social media almost daily during the season. A few likes and shares go a long way!!

Find us on Facebook, Instagram and YouTube at: [LakewoodSoccerYXE](#)

Lakewood Just Kick-it Cup Feb-2-4, 2024 Registration now open!!



Details at www.lakewoodsoccer.com coming soon



How are we doing?

If you have ideas, suggestions or comments about The Heartbeat of Lakewood, let us know at: heartbeat@lakewoodsoccer.com

Spotlight on Technical Staff: Keisuke Johnston



ing players fall in love with the sport. Especially gratifying is seeing young players develop over time and grow into players who thrive in a competitive environment.

Keisuke began playing soccer at the age of 5 in Japan. He continued with the sport when he moved to Canada at the age of 7. His soccer experiences have included some time with the Whitecaps FC Academy. He continues to enjoy playing soccer and believes that one of the best parts of being involved in the soccer community is its international culture. He currently plays soccer in the Mens' 1 division of Saskatoon Adult Soccer and with Astra's U23 team.

His favourite player is Messi and his favourite team is Atlético de Madrid. If asked, he also admits to being a fan of players that play with some edge. Keisuke is a computer science major at the University of Saskatchewan.

Keisuke began volunteering coaching for Lakewood Soccer when he was in grade 9. Now in his sixth year of coaching, Keisuke has enjoyed help-

Throwback Thursday: 1999

Lakewood Lions U15 Boys Division 1

Featured in the StarPhoenix, this team won both City and Provincial Outdoor Championships, and earned the right to represent Saskatchewan at Nationals in Edmonton, October 1999.

There are a few players from this team that now have families playing (kids, nieces, nephews etc), continuing the tradition of wearing Lakewood Blue! If you recognize any of these faces, be sure to tag them!

Back Row (L-R): Laura Friesen (manager), Kevin Doyle, Jerad Moncur, Mitch Ward, Tim Oleniuk, Jeff Post, Michael Schlosser, Chris Hardcastle, Andrew Rochon, Klaas Post (head coach)

Front Row (L-R): Simon Woods, Ty Sivertson, Karmal Prime, Greg Mickelson, Mark Korthius, Allan Swendski, Jeff Friesen

Missing: Ryan Dean, Ryan McAllister (assistant coach), Amilcar Prime (assistant coach)



The Heartbeat of Lakewood drop kicks every other Thursday 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



Lakewood Keeper Training

Lakewood Soccer Keeper Academy Open House

Last weekend, approximately 25 athletes took part in the Lakewood Soccer Keeper open house. The young soccer stars immersed themselves in an exciting journey of discovery, learning the essential fundamentals of goalkeeping. They engaged in a series of super-fun drills, guided by world-class coaches who imparted their wisdom and passion for the game. It was a day where dreams took shape, where the future stars of the soccer world found their next steps toward excellence. The next Keeper sessions are on the weekend of October 14, and we can't wait!!



The Near Post: Player Spotlight Dylan Minnock

Left Winger
Lakewood Betis

Hobbies:

Cross-country running,
biking, video games

Fav soccer moment:

January 2023 going to my first away
soccer tournament in Regina with my
team Lakewood Sporting

Fav school subject:
Math

Fav music: Country

Favourite Movie / Book:
The Goonies

Lakewood Sibling:
Andy, U9 Lakewood Forge

Pregame routine:

Snack, get there early, and have a kickabout with my
teammates - helps me to shake off pregame nerves.

Favourite Players:

Alexis MacAllister - midfielder with
Liverpool - my favorite team

Fav food: Pizza





On The Pitch



by Becky Kirkham
Girls Technical Lead

Wow, what a strong start to the indoor season. It has been wonderful to see and meet all the athletes this fall. We had the opportunity to connect with so many new faces and were excited to see all the returning players. We want to congratulate all the athletes on their work ethic and perseverance through-

out tryouts. Your dedication to this sport showed in your hard work, determination and sportsmanship. Every athlete came out with their best efforts and truly 'played with heart'.



We had beautiful weather for much of September and have been able to even get out with our teams for some pre-season training. We want to thank all the coaches who have stepped up to coach the teams and all the technical staff for making this first month of pre-season possible. We are one of the only clubs who have been out on the fields with our teams already this season. This opportunity to train with teams early allows our athletes to make strong connections with each other and that will show on the field this season. We are looking forward to a great 2023/2024 indoor season, let's go Lakewood!



Need To Know...

Oct 5	Lakewood Managers Meeting	6:00pm	Saskatoon Soccer Centre
Oct 5	SYSI Zone Coaches Meeting	6:30pm	Centennial Collegiate Theatre
Oct 5	Lakewood Coaches Meeting	7:30pm	Saskatoon Soccer Centre
Oct 14-15	First Lakewood indoor training days	All day	Saskatoon Soccer Centre
Oct 14-15	Lakewood uniform handout days!!!	Time TBA	Saskatoon Soccer Centre
Oct 22	1st day for SYSI games for U7-U13	Evening	Saskatoon Soccer Centre
Oct 28	Deadline for Lakewood merch order	Round 2	
Oct 29	1st day for SYSI games for U15-U19	Evening	Saskatoon Soccer Centre
Nov 24-26	Aurora Open Cup	All Day	Saskatoon Soccer Centre
Dec 05	Lakewood AGM	7:30pm	TBA
Feb 2-4	Lakewood Just Kick-it Cup	All Day	Saskatoon Soccer Centre

Lakewood Soccer updates social media almost every day.
Follow us on Facebook, Instagram and YouTube at [LakewoodSoccerYXE](#)
Subscribe, like and follow for the latest Lakewood Soccer News.



Lakewood Keeper Academy

The Lakewood Keeper Academy is Saskatoon's premier training program designed to hone the skills and abilities of aspiring soccer goalkeepers. The academy offers a unique and immersive experience for goalkeepers of all ages and skill levels. With a dedicated team of experienced coaches, state-of-the-art facilities, and a strong emphasis on individualized instruction, the Lakewood Keeper Academy provides the



perfect environment for goalkeepers to elevate their game.

At the Lakewood Keeper Academy, participants can expect

a comprehensive curriculum that covers all aspects of goalkeeping. From mastering the fundamentals of shot-stopping and positioning to developing advanced techniques like distribution and commanding the penalty area, this academy ensures that goalkeepers leave with a well-rounded skill set. The coaching staff employs innovative training methods and provides constructive feedback to help goalkeepers

reach their full potential.

One of the standout features of the Lakewood Keeper Academy is its commitment to fostering a supportive and motivating atmosphere. Athletes not only improve their technical abilities but also develop mental toughness, leadership skills, and teamwork. Whether you're a novice goalkeeper looking to build a solid foundation or an experienced player aiming to refine your craft, the Lakewood Soccer Keeper Academy promises an enriching experience that will undoubtedly elevate your performance on the field.



The Lakewood Keeper Academy is open to all youth soccer Keepers in the province! The program is open to Keepers from all divisional levels and age groups including U11 to U15. Each academy grouping will be designed with age specific skill development that is both challenging and fun. All the registrants must be registered with Saskatoon Youth Soccer (SYSI) or Saskatchewan Soccer (SSA).

The Best Coaches



Victor Urrutia grew up in a community of Santiago, Chile called Maipú. He became a Keeper thanks to the encouragement he received from his friends at school and in the community. Victor believes that being a soccer Goalkeeper is something special and unique. Not everyone wants to play this position because of the responsibility that it assumes, so a Keeper must believe in themselves, and build self assurance in this role.



Bruno Perez was born in Chile but spent his childhood and teenage years in Lima, Perú! When he was young, he wanted to make stadiums hold their breath with one of his saves. Bruno believes that goalies have to always keep their head up, no matter how the game is going. Being a Keeper is special. Keepers can switch from hero to villain in just one play and young goalies need to practice how to handle those situations by just playing the game.

Keepers: All players, male and female, U11 to U19

Groups: two groups based on experience, skill and size

Location: Saskatoon Sports Centre (150 Nelson Road)

Turf: Artificial Turf (except pre-season)
Sherwood Chevrolet Field

Dates and Times:

In Season: Oct 14, 15, 29, Nov 5, 12, 19, Dec 3, 10, 13 3:15 and 4:15

Three more session in Jan and Feb

Cost: \$210 for 14 training times

More info: <http://lakewoodsoccer.com/content/keeper-academy>



Support the Huskies!!



**Get your team together
For a soccer bonding experience!**



The Huskies Soccer Men's team play Saturday, October 7th at 2pm and next Saturday, October 14th at 7pm. The Huskies Women Soccer team have a home game Saturday October 7th against Lakewood Coach Ally and the Regina Cougars!!

Lakewood Soccer will receive half the amount of tickets sold using the link and codes below. So, let's support our Huskies while supporting Lakewood!!

Lakewood members can use the code **LAKEWOOD23** to have their purchase count towards the tally and at the end of the year a cheque will be issued back to Lakewood Soccer.

Click on the links to the games. You can also use the code at the ticket window if you choose to walk up.



Men: Sat, Oct 7th, 2pm: <https://usask.universitytickets.com/w/event.aspx?id=2928>

Women: Sat, Oct 7th, 7pm: <https://usask.universitytickets.com/w/event.aspx?id=2936>

Men: Sat, Oct 14th, 7pm: <https://usask.universitytickets.com/w/event.aspx?id=2944>

Ticket prices are as follows:

Adults \$11 plus \$1 service charge (Lakewood receives \$5.50/ticket)

Youth \$6 plus \$1 service charge (Lakewood receives \$3.00/ticket)

A great way to enjoy some soccer, and benefit our club as a whole!

**ATTN Coaches, Managers and Team Personnel!!
If you are looking for custom team clothing, soccerlocker.ca has got you covered.
Contact Soccer Locker today to get your order started.
Telephone: +1 306 244 8933 E-mail: soccerlockerstore@gmail.com**