



THE HEARTBEAT OF Lakewood

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www.lakewoodsoccer.com

President's Update: Leonard Lewko



Welcome to this edition of the Heartbeat of Lakewood newsletter as we make our final preparations for the indoor season.

We are scheduling sports nutrition sessions and we will have information available in the next Heartbeat about these sessions. Stay tuned! We are looking for other opportunities to help our players and teams. Please send us your requests on information sessions that Lakewood can organize or assist teams with organizing. Send these requests to heartbeat@lakewoodsoccer.com

Lakewood Indoor Season Preparation

We started our indoor season training on October 10th and continue this week. All teams should have had training on October 15th. We handed out uniform kits to most U7 to U13 players on October 15th. For those that weren't able to pick up you uniforms, we will make alternate arrangements. And U15-U19 uniforms will be available before league games start on November 1st. Most of you should have your schedules in TeamLinkt now.

October 22 is the start for SYSL league games for U7 to U13 players.

Send an email to info@lakewoodsoccer.com if you have any questions or concerns.

Lakewood Technical Staff

We are profiling Charlie Denis in this 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

Lakewood Tournament

Our indoor tournament runs February 2-4, 2024. Registration closes December 22, 2023. This is our biggest event of the indoor season. Come out and support Lakewood at this fun event.

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](https://www.facebook.com/LakewoodSoccerYXE)

How are we doing?

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

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

Details at www.lakewoodsoccer.com coming soon





Lakewood in the Community

Lakewood Boys support the U of S Huskies Men's Soccer Team

On October 7th, the Lakewood Celtic and Lakewood Dynamo U13 Boys teams attended the University of Saskatchewan Mens Soccer game against the Calgary Dinos. The Huskies lost 2-1, but the boys had a blast!

The day started out in the Huskies locker room for a talk about Huskies program and the various backgrounds of the team which has players from Saskatoon, all over Canada and around the world.

The Lakewood boys then went out to the field and

did a Q&A with the Huskie players. Soon after the boys lined up around Jake, the big dog, and high five the Huskies starting lineup as they took the field.

Lakewood gave back to the Huskies by being ball fetchers during the game, which was a lot of fun! At half time, there was scrimmage on the field with the Huskies Reserves playing Lakewood. A big thrill for the kids!

The boys had a great time!! They loved the experience of being in the locker room, seeing the trophies, and also getting to play on the field with the Huskie players.



Lakewood Team Sponsors

Lakewood Blue Thunder U13 Girls:

- Rivercity Technology Services
- Siemens Transport
- zu

Lakewood Revolution U15 Boys:

- Korre Mechanical
- Oxbow Architecture
- Professional Computer Services
- The Cave
- Morrison Realty '87
- Wallace Construction Specialties

Lakewood Soccer would like to thank the Lakewood Team Sponsors for their contributions. The funds help offset the cost of tournament fees, travel, clothing and team building activities. Thank You!!
Coaches, managers: if we missed any sponsors, email heartbeat@lakewoodsoccer.com and we will list in next issue.



Lakewood Volunteer Bonds

Lakewood Soccer Association (LSA) operates as a non-profit organization and is primarily run by dedicated volunteers. It is essential for each player's family to actively participate in order to ensure a successful and enjoyable soccer season.

The LSA includes a \$100 Volunteer Bond as part of the player registration process at the start of each season. This bond serves as an incentive for active involvement. Each player is expected to contribute a minimum of 2 hours of volunteer service throughout the season. Failure to fulfill these hours will result in the retention of the Volunteer Bond. If you successfully complete your volunteer requirements, the \$100 bond will be refunded using the original payment method.

Throughout the season, there will be numerous opportunities to meet the minimum volunteer hour requirement, including but not limited to:

- Serving as a coach, assistant coach, manager, or gender representative (limited to two gender reps per team, applicable only if a same-gendered coach is not available).
- Participation as a board or committee member.
- Assisting in various events such as evaluations and community days.
- Volunteering for a shift during the Lakewood Just Kick It Cup, scheduled for February 2-4 (details and schedule will be provided in January).

We extend our heartfelt appreciation to all our volunteers for their dedication and support. Your contributions make our soccer community vibrant and successful. Thank you for your valuable commitment



Need To Know...

| | | | |
|-----------|------------------------------------|----------|-------------------------|
| Oct 22 | 1st day for SYSL games for U7-U13 | Evening | Saskatoon Soccer Centre |
| Oct 28 | Deadline for Lakewood merch order | Round 2 | |
| Oct 29 | 1st day for SYSL games for U15-U19 | Evening | Saskatoon Soccer Centre |
| Nov 10-12 | Melba Jenkins Memorial Cup | All Days | Prince Albert |
| Nov 24-26 | Aurora Open Cup | All Day | Saskatoon Soccer Centre |
| Dec 05 | Lakewood AGM | 7:30pm | TBA |

Lakewood Proud

Lakewood Soccer merch is now on sale! A huge selection of bunny hugs, beanies, hats, bags, sweats, toques and more! All through our fave store, The Soccer Locker. Order on-line by October 28 to get your goods in November. Lakewood clothing is perfect for the pitch and in the stands (hint, hint, parents!!). Oh, and parents, show your colours by wearing Lakewood merch up top!!

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

LAKEWOOD MERCH



Sale Closes Oct 28
<https://soccerlocker.ca/collections/lakewood-team>



Lakewood 2023-24 Teams

This year Lakewood Soccer has our largest roster ever of teams! With 491 kids now registered, there are 29 boys teams and 16 girls teams for a total of 45!

U7 Development Boys

Lakewood Blast, Lakewood Timbers,
Lakewood Wanderers, Lakewood Wolves

U7 Development Girls

Lakewood Roses, Lakewood Stars

U9 Development Boys

Lakewood Forge, Lakewood Rapids,
Lakewood Rovers, Lakewood Sounders,
Lakewood Union, Lakewood United

U9 Development Girls

Lakewood Courage, Lakewood Hearts,
Lakewood Reign, Lakewood Spirit

U11 Boys A

Lakewood Betis, Lakewood Earthquakes

U11 Boys B1

Lakewood Sevilla

U11 Boys B2

Lakewood Sporting, Lakewood Valencia

U11 Boys City

Lakewood Real, Lakewood Rebels,
Lakewood Royals

U11 Girls A

Lakewood Fire, Lakewood Pride

U11 Girls B

Lakewood Dash

U11 Girls City

Lakewood Fusion

U13 Boys A

Lakewood Celtic

U13 Boys B1

Lakewood Atletico, Lakewood Dynamo

U13 Boys B2

Lakewood Arsenal, Lakewood Valour

U13 Boys City

Lakewood Crew

U13 Girls A

Lakewood Blue Thunder

U13 Girls B1

Lakewood Chelsea

U13 Girls B2

Lakewood Flash

U15 Boys A

Lakewood Galaxy

U15 Boys B1

Lakewood Revolution

U15 Boys B2

Lakewood Bilbao

U15 Boys City

Lakewood Cavalry

U15 Girls A

Lakewood Leeds

U15 Girls B

Lakewood Thorns

U17 Boys

Lakewood Impact

U17 Girls

Lakewood Marvel

The Heartbeat of Lakewood bicycle 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

Spotlight on Technical Staff: Charlie Denis



This is Charlie's second year coaching with Lakewood Soccer. She was recruited last year with a few of her friends to get involved and share their

knowledge of the sport with younger players. She describes coaching last year as a lot of fun and her experience readied her for the challenge of coaching three teams of her own this year. She credits her success to having younger siblings that also play the sport and knowing how to make it fun. She looks forward to helping her teams to "not sweat the little things". She wants them to know that mistakes will be made but that those mistakes don't define you as a player or a person.

For Charlie, the best part about soccer is having the chance to make connections to teammates. She has played with Lakewood Soccer since she was 8 years old and over the years has made many close friendships with the players on her teams. She is currently playing for the U19 Girls Alliance Academy, the Junior Huskies, and the Holy Cross High School soccer team.

Charlie is considering a career as a lawyer and is curious to see where soccer takes her in the future.

The Near Post: Player Spotlight

Annie Davis

Left Winger
Lakewood Marvel

Hobbies:
Bike Riding and horse back riding

Fav soccer moment:
When I went to BC for a tournament with my old team (Mosquito First Nation, a reserve team north of North Battleford). I scored a goal and it's a memory that still makes me smile!

Fav school subject:
English

Favourite Movie: Black Panther

Fav music: Hip Hop

Lakewood Sibling (retired):
Sunita Moosimin U17/U19

Pregame routine:
Protein shake, watch highlights, play music, get pumped for game time!

Favourite Players:
David Beckham

Fav food: Anything with pasta!!





Lakewood Sponsor Opportunities

Title Sponsors (starting outdoor 2024)

The opportunity: get your business name/logo on every Lakewood player's jersey (400 jerseys for indoor plus 200 for outdoor = 600 jerseys).

Small logo on sleeves - \$5,000
max 2 sponsors

Large logo on front of jersey - \$15,000

Lakewood is willing to discuss multi-year options with any sponsor and to negotiate the cost of the sponsorship.

The sponsorship business name and logo will be posted on Lakewood social media (Facebook and Instagram) once per week during the indoor and outdoor

seasons (early September to the end of June). There is an opportunity for the sponsor to add their message to the posting.

Plus the opportunity to add your business logo on one Lakewood roll up banner to be displayed on the field at the indoor training session days at the Saskatoon Sports Centre and at Sid Buckwold field for outdoor training weekends.

Plus the opportunity to hand out your business material to Lakewood players. The jerseys will be used for one full indoor plus one full outdoor season.

Contact Leonard Lewko at president@lakewoodsoccer.com if you have questions or want to become a sponsor.

Support Lakewood with SARCAN Donations!!

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

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



Throwback Thursday

This issue, we feature an original news article from 2000!! Many of these players have kids playing Lakewood now, and some are even coaching. This was just before the team went to nationals.

GIRLS UNDER 17

SASKATOON LAKEWOOD SHARKS

The 2000 edition of the Saskatoon Lakewood Sharks finally advanced out of Saskatchewan after losing the provincial final two out of the last three years. This year's team is made up of a few younger players who represented Saskatchewan last year at the under 15 club nationals in Edmonton, combined with a number of veteran players that have been playing together for years. This mix of players proved successful this season and the team is ready to give a good performance in Newfoundland.



Back Row (L-R) Luba Wojcichowsky, Andrea Sametz, Ian Colborne (Coach), Sandra Naconechny, Andrea King, Jennifer Ouellet, Bob McAllister (Coach), Sarah McAllister, Nicole Federko, Linda McAllister (Manager), Holly Lorman, Cristal Borden, Crista Zuk
Front Row (L-R) Chelsea Ratzlaff, Renai Robidoux, Chelsey Krewishen, Katherine Keys, Raina Boldt, Hilary Colborne, Krista Yonkman