



Off The Bench with Lewis O



What a start to the indoor season!

Now that we are a couple of games in for most of our younger teams, and with the older teams starting up this week, it's been amazing to watch the way our Lakewood teams are playing! There's been some wins and of course some losses in the early stages. We are trying to establish, especially at the younger age groups, is that it is never about the wins and losses. It must be about development and Fun!

When players are having Fun, success always follows. I've seen this so much throughout my career involved in coaching soccer. Toxic players, toxic parents and negative coaches will unfortunately never see teams reach their potential on a field, or realize success.

The role of the coach at all levels should be about how much they care first for all of the players. Players feel this, see the coaches commitment, and will then respect and respond to their coaches. A coach obviously must also be able to develop players and be able to advance the skill levels as an individual player, but also as member of a team. Soccer is a team sport and depends on the success of all the players on a team – not just the most skilled individual players.

This is not really an easy concept to understand or execute when the pressures on the players and coaches is to win games, or to only play the best players. In our younger age groups, it is our goal to develop players not only technically but tactically, socially, and mentally as well. For example, teaching individual skills is fun and will help that player dominate a ball, but unless that player understands the simple concepts such as passing and moving, when to dribble and when to pass,

receiving a pass correctly, combination passing, defending principles, effort, and positivity – well that individual skill will serve less for those player as they progress.

Thank you to all of our coaches for believing in this way that we want Lakewood to play, for respecting and encouraging all players, for the positive coaching styles, for helping our players to become better not only at soccer but more importantly as a super teammate! (and for not arguing with the refs!)

Thank you to the players as well, for their enthusiasm, for their commitment and for their respectful behavior towards their teammates, their coaches, the referees, and of course their opponents!

Reminder of where we are at each of the stages:

- Mini Program (U7D/U9D) – Fun and Development, Love the game of soccer! Individual development and skills.
- U11 – Continued Love of the game, more Fun and Development, still individual development but with increased team understanding, the tactical side of the game.
- U13 – Always more Fun, but now introduce more advanced tactical ideas with always continual improvement on the technical side. Incorporating and understanding competitiveness.
- U15/U17 – Depending on level of play, whether competitive or recreational, still incorporating the enjoyment of the game, and increased understanding of the game within a team environment. And at the higher levels of performance, increasing the desire to compete!

Thanks all!

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

Details at www.lakewoodsoccer.com coming soon



Lakewood Coaches Spotlight: Chris Todd



Chris was a multi-sport athlete as a child and played both soccer and hockey. He felt he needed to leave soccer at the age of 14 when the demands of hockey became too much. As he got older, he wished he could get back into the game. He got a second chance as a U5 community coach in Lakeridge when his eldest child took up the game. That

was several years ago and Chris has enjoyed being able to work with his girls and their teammates to instill a sense of confidence. He hopes that his influence helps players with being able to take risks to learn and grow. This is something that he sees as being one of the core lessons of soccer that translates to life off the pitch.

Chris's main goal as a coach is for players to enjoy their soccer experience enough to keep coming back for more. A point of pride for Chris is that almost every player on a Lakewood team he coached 6 years ago is still playing today. He describes soccer as a sport that can be a lifelong activity and it is inspiring for him to see some of the girls he has coached now becoming coaches themselves. His experience as a young athlete also motivates him to help current players stay involved in multiple sports.

You will find Chris on the sidelines this season as a head coach for a U13 team and an assistant with a U15 team. He really appreciates everything he is learning from the U15 head coach Tim Mangan and how that is helping him with his own team. When he isn't coaching his daughters, Chris is the Head of the Biology department at the University of Saskatchewan.

President's Update: Leonard Lewko

President's Message

Welcome to this edition of the Heartbeat of Lakewood newsletter as we move into the indoor season. Training sessions are in full swing and games are just starting for our U15 and U17 teams.



Lakewood Technical Staff and Coaches

We have been profiling our Lakewood technical staff over the last few Heartbeats. In this issue we start profiling our Lakewood coaches with Chris Todd and Stephanie Cory. We plan to continue profiling our coaches over the next few Heartbeats starting with all the coaches that have taken the FSC Coach Education exploring

the 5C's of player development. This education embraces "Confidence" (mental, psychological), "Character" (mental, leadership), "Connection" (social, emotional) and "Culture" (team, organization) as well as the traditional "Competence" (physical, technical, tactical).

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](#)

Lakewood Coaches Spotlight: Stephanie Cory



Stephanie is an extremely busy mom who has the challenging task of balancing her family life with running two businesses: Clip 'n Climb and the

Brighton Veterinary Clinic. When she was asked to coach, she jumped at the chance to spend more time with her children. She has a very active family and spending time together in a fun, athletic environment was a natural fit.

Stephanie began her involvement with soccer as a 10-year-old player in Gatineau, QC. Her love of the sport is rooted in how it brings players together even if they are from different communities and different backgrounds. Stephanie enjoys watching young players getting involved with a team sport because it teaches players to work together for a common goal. This is Stephanie's third year as a coach and will be coaching a U13 girls' team and a U11 boys' team this season.

As a parent, she appreciates how accessible soccer is. She describes it as something that is easy to get into and players find success quickly as they develop their skills. Soccer can be played by everyone, everywhere including in the basement with your friends if your parents are brave enough to let that happen.

The Near Post: Player Spotlight Artem Fedun

Right Defender
Lakewood Earthquakes

Hobbies:
Karate and fishing
with my dad.

Fav soccer moment:
When I scored two goals in my
very first game in U9.

Fav school subject:
Phys. Ed. And soccer
at recess.

Lakewood Sibling:
My four month old brother is
not playing soccer. Yet.

Favourite Movie:
Deadpool.

Pregame routine:
Eat a bit of sugar to give me power, no
heavy foods, try to calm my nerves.

Fav food: Lasagna because I was born in Italy

Favourite Player:
Ronaldo. Because he wears cool
socks, he plays good, scores lots of
penalties, and the scissor kick goals!





Lakewood Team Updates

Lakewood Fire - U11G

What do you do during the parents meeting you ask? Why not watch a game and model the old and new Lakewood kits!

You can see them all! Last year's Lakewood Blue and Arctic White Shirts. And this year's new Jet Black and Lakewave (the formal name for the light blue) Shirts. Looking great, girls!!! And siblings :)

Later in the week, the team took these photos after their first game of the 2023 season against their peers at Lakewood Pride.



Lakewood Blue Thunder - U13G

The U13 Lakewood Blue Thunder started their season with a 1-1 draw against Eastside Barca, a team they defeated in a friendly two weeks earlier.

After the game, the squad met up at Dairy Queen for what has become their traditional after-first-game-social.

On Sunday, Blue Thunder lost to strong Hollandia team 3-0. It was 50 days to the day from the first evaluation session. The team had 14 training sessions, three social events, two matches and one parent's meeting leading up to this match!



Blue Thunder Raffle

Support Lakewood Blue Thunder by purchasing a raffle ticket!! First prize is a \$400 basket of alcohol. Second prize is a \$100 basket of alcohol! Tickets already half sold! Available online here:

<https://www.rafflebox.ca/raffle/lakewood-bts>



Lakewood Team Updates

Lakewood Flash - U13G

U13GB Flash had a great first game of the season last Monday and won 1-0 against Hollandia Martin.



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.

Do some holiday shopping with Lakewood Celtic and BKN Jewellers

BKN Jewellers creates beautiful jewellery that is:

- Waterproof
- Hypoallergenic
- More affordable than similar products

To order:

1. Go to bknjewellers.com
2. Select Fundraiser Orders
3. Enter Team ID: 1234
4. Select the player you are supporting and add to cart
5. Start shopping!

Have your order shipped to you, or select "pick up" to have it go to your selected player.

Orders close November 20, 2023.





Lakewood's New Sponsor!!



Book now at: <https://cncyxe.ca> or 306-38-CLIMB

Clip 'n Climb is climbing reinvented! Our locally-owned, family-friendly gym is perfect for climbers of all ages. New and seasoned climbers can find their fit on our 26 colourful and funky climbing walls. All our walls are equipped with autobelay technology, making it easy and safe for everyone to join in the fun. No climbing experience necessary! Come for drop-in climbing, or

book your birthday party, team wind-up or work event with us!

Clip 'n Climb Saskatoon is proud to support numerous not-for-profit organizations in our city, especially those helping kids and promoting youth sport. We wish all Lakewood Soccer players, their families, and all Lakewood staff and volunteers a fantastic indoor season!



Need To Know...

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
Feb 2-4	Lakewood Just Kick-it Cup	All Day	Saskatoon Soccer Centre



Throwback Thursday

In this issue, we go back 10 years to the 2013 Lakewood Mutiny Premier Boys. They were winners of the FC Regina Cup and Lakewood Just Kick-It Cup Outdoor Tournament and SYSI Outdoor City Champs!

Backrow (left to right): Wyatt Staus-Haug, Manny Istifo, Chase Belous, Hao Tran, Matthew Yong, Tavin Lorenz, Logan Kok, Sam Grosso, Elias Flory

Front Row (Left to Right): Torin Doepker, Dominic Toma, Noah Howell Bourner, Jacob Kunz

Front and Centre: Denzyl Uku (aka Pink Floyd)



Lakewood Team Sponsors

Lakewood Blue Thunder U13 Girls:

- Rivercity Technology Services
- Siemens Transport
- zu

Lakewood Celtic:

- NuTech Industries

Lakewood Revolution U15 Boys:

- Blue Collar Construction
- Korre Mechanical
- Morrison Realty '87
- Oxbow Architecture
- Professional Computer Services
- The Cave
- Titan Marketing Solutions
- 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.

The Heartbeat of Lakewood bicycle tictocs 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