



## President's Update: Leonard Lewko



### President's Message

Welcome to this edition of the Heartbeat of Lakewood newsletter as we move deeper into the indoor season. The indoor season is in full swing, although we are still sorting out some of the mid-week training sessions for some teams. There are a lot of Sunday games which have caused problems scheduling a second weekly practice for some teams. We should have this sorted out within the next week.

### 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. We know that many teams weren't accepted into the Aurora tournament but will make the Lakewood tournament a positive event for all our Lakewood players.

### Lakewood Technical Staff and Coaches

We have been profiling our Lakewood technical staff over the last few Heartbeats. 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" (leadership, motivation), "Connection" (social, emotional) and "Culture" (team, organization) as well as the traditional "Competence" (physical, technical, tactical).

What do the 5C's mean for

Lakewood players? This means that although competence is still important, we also need to consider other factors when assessing players and when forming teams. Do the players work and play well together (i.e., always encouraging their teammates)? Are the players becoming leaders (i.e., helping other players, helping the coaches)? Do the players react positively to challenges (i.e., getting an early goal scored on them)? How do the players behave and react before and after games and training sessions? How do they react with teammates in other environments (i.e., at school)? In summary, it's not just about having the technically superior players on the team. These players must be able to work with each other and with their coaches to have a truly superior team. This is about the team and how the players react in a team environment. It's more than just the sum of individual players. In the next issue I will discuss how the 5C's will be measured.

### 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!!



# Lakewood vs PA Celtics

On Sunday, there will be several Lakewood teams traveling to Prince Albert to take on the Celtics in a series of inter-club friendlies. Check out the schedule! One, Two, Go Blue!

9:30am U13B **Dynamo** vs U13B PA Celtics

10:30am U11B **Earthquakes** vs U11B PA Celtics Team 1

10:30am U11B **Betis** vs U11B PA Celtics Team 2

11:30am U13B **Atletico** vs U13B PA Celtics

12:30pm U11B **Earthquakes** vs U11B PA Celtics Team 2

12:30pm U11B **Betis** vs U11B PA Celtics Team 1

1:30pm U13B **Dynamo** vs U13B **Atletico**

2:30pm U13G **Blue Thunder** vs U13G PA Celtics

4:00pm U17G **Marvel** vs U17G PA Celtics

## The Near Post: Player Spotlight

### Alex Huntley

**Defender**  
**Lakewood Chelsea**

**Hobbies:**  
Baking and cuddling  
with Cooper the dog.

**Fav soccer moment:**  
Beating my older sister, Abygail, in the Lakewood  
tournament last spring. The winner had to buy  
the loser a brown sugar bubble tea.

**Fav school subject:**  
Math

**Favourite Music:**  
AC/DC

**Lakewood Sibling:**  
Abygail (Lakewood Thorns)

**Pregame routine:**  
Fill my water bottle, get dressed, put up  
my hair, pet my dog, and head to soccer.

**Fav food:** Poutine

**Favourite Player:**  
Christine Sinclair

**Favourite Movie:**  
Garfield





# Lakewood Team Updates

## Lakewood Sounders - U11B

Lakewood U11 Boy s Sounders had a blast at the PA Tournament a few weekends ago! The boys played hard and faced some new teams which is always a lot of fun! Good work Lakewood!!



## Lakewood Fire - U11G

It was a perfect mix of games, food and fun for the Lakewood Fire U11 Girls team at the Melba Jenkins Memorial Tournament held over the Remembrance Day Weekend. Some soccer, some strategy, some hotel fun. And the fancy restaurants! Did all teams get to Boston Pizza? :)





# Lakewood Team Updates

## Lakewood Blue Thunder - U13G

The Lakewood Blue Thunder U13 Girls team took home the silver medal at the Melba Jenkins Memorial Tournament in PA on November 10-12. The team finished with a 2-2 record and improved as the tournament went on.

In addition to some good times on the pitch, a few team meals and some hotel fun allowed the girls to get to know their teammates better.

They wore their new Midnights Eclipse Shirts for the first time in a tournament. They also brought out last year's Night Shadow kit and went old skool with the Arctic White Shirts and Socks to open up the weekend. Shoutout to Lakewood Chelsea for loaning some players!



Congratulations to Paula B and Stacey F who won the Blue Thunder Raffle!! Thanks to everyone who bought tickets! The team raised \$2500 from the raffle!!!



# Lakewood's New Sponsor!!

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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!

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

**Details at [www.lakewoodsoccer.com](http://www.lakewoodsoccer.com) coming soon**





# Melba Jenkins Photos



## 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
- Walkers Drug Store
- 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](mailto:heartbeat@lakewoodsoccer.com) and we will list in next issue.

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](mailto:heartbeat@lakewoodsoccer.com)