



## President's Update: Leonard Lewko



### President's Message

Welcome to this edition of the Heartbeat of Lakewood newsletter! We are already into December and thinking about the holiday school and soccer breaks. We are also making a final push for our indoor tournament which runs February 2-4, 2024. Registration will close on December 22, 2023. This is our biggest event of the indoor season. Come out and support Lakewood at this fun event.

### 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. So how do we improve "Connection"? A big part of this is open communication between coaches, players and parents. Team building (i.e. non-soccer) activities are great for developing connection. Positive reinforcement, empathy and celebrating individual and team successes also help to develop connection. The team is more than the sum of individual players, it's about how they connect and mesh with each other. In future issues 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!!

Find us on Facebook, Instagram and YouTube at: LakewoodSoccerYXE



**Support Lakewood with SARCAN Donations!!**

For those of you with recycling (cans and bottles), Lakewood has set up an account with Sarcana. This can be at any location in Saskatchewan. Sarcana 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 Sarcana Drop and Go and write "LW Soccer" on the tag(s) attached to the recycle. Sarcana looks after everything else. And you feel good about helping out!





# Lakewood Nutrition Sessions

How many times have you and your soccer players had meals in the car while rushing from one activity to another? You are not alone! We are excited to announce that Lakewood Soccer will be holding nutrition sessions for our players and their families!

Sports are a lifestyle that demand dedication, discipline, and a healthy body. For young athletes in Lakewood, nutrition is a crucial component of their success on and off the pitch.

## The Importance of Nutrition for Young Soccer Players

Nutrition plays a pivotal role in the development and performance of young athletes. Here are ideas families need to know to prioritize nutrition:

### Energy and Endurance:

Soccer is an intense sport that requires a lot of energy. Proper nutrition ensures that young players have the fuel they need to run, dribble, and score goals. A balanced diet rich in carbohydrates, protein, and healthy fats can provide sustained energy and endurance throughout a match.

### Muscle Growth and Repair:

Soccer involves a lot of running, jumping, and physical contact, which can lead to muscle wear and tear. A diet with adequate protein helps in muscle growth and repair, reducing the risk of injuries and promoting overall strength and agility.

### Mental Focus:

Soccer is not just physically demanding; it requires mental sharpness and quick decision-making. Proper nutrition can enhance cognitive function, helping young players stay focused, make better decisions on the field, and react more quickly to changing game situations.

### Recovery:

After a challenging practice or game, the body needs time to recover. Proper nutrition aids in post-exercise recovery by replenishing lost nutrients, reducing muscle soreness, and promoting faster healing.

### Growth and Development:

For kids and teenagers, nutrition is crucial for healthy growth and development. Nutrient-rich foods provide the vitamins and minerals necessary for bone growth, maintaining a healthy weight, and ensuring overall well-being.

### Why Parents Should Get Involved

Parents play a vital role in ensuring their young soccer players receive the nutrition they need. Here's how parents can get involved:

### Education:

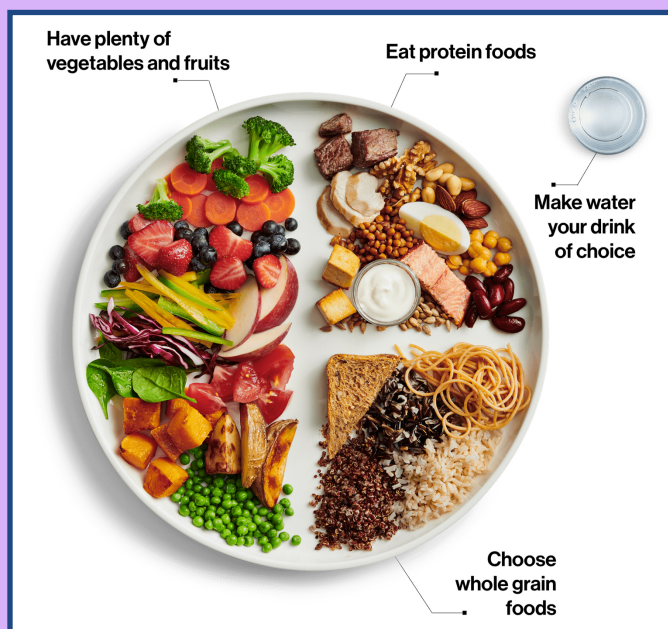
Parents should educate themselves about the nutritional needs of young athletes. Understanding what foods provide essential nutrients can help in making healthier meal choices for their kids.

### Meal Planning:

Plan nutritious meals and snacks that meet the energy and nutrient requirements of young soccer players. Involve your child in meal planning to make it a fun and educational experience.

### Hydration:

Proper hydration is as crucial as nutrition. Ensure your child drinks enough water before, during, and after soccer activities to prevent dehydration.



Nutrition is the foundation of a successful soccer journey for young athletes in Lakewood. It not only improves their performance on the field but also promotes overall health and well-being. Parents play a crucial role in providing the necessary support and knowledge to help their children make smart nutrition choices. By prioritizing nutrition, parents and their young soccer players can fuel their dreams of success on the pitch and beyond.



# Lakewood Nutrition Sessions

## Register now!! Spots are limited!

Sign up now so you don't miss out on this opportunity!

RSVP using the link from your team's TeamLinkt email

### Monday Dec 11

5:30-6:30 U11 and U13 Boys

6:45-7:45 U15 and U17 Boys

### Wednesday Dec 13

5:30-6:30 U11 and U13 Boys

6:45-7:45 U11 and U13 Boys

8:00-9:00 U15 and U17 Boys

### Thursday Dec 14

6:00-7:00 U11 and U13 Boys

7:15-8:15 U11 and U13 Girls

### Tuesday Dec 19

6-7 U11 and U13 Girls

7:15-8:15 U15 and U17 Girls

### Location:

Board Room of the Saskatoon Soccer Centre, 150 Nelson Road

### To Secure Your Spot:

Choose the session that best fits your schedule. Parents are encouraged to attend, no reservation required.

RSVP using the the link you received in your TeamLinkt email.

Please book one spot for each soccer player. Parents are encouraged to attend, but do not need to book a spot.

### Cost:

\$2, payable at the door (parents are free!)

With the support of the Lakewood Soccer Association, cost per player has been reduced. Kindly have \$2 ready for payment upon entry. We will be accepting both cash and Square payments to ensure a convenient process for everyone. We are committed to making this valuable knowledge accessible to all our members. The nominal fee is aimed at covering essential expenses and ensuring that we can continue to provide high-quality educational opportunities for the soccer community.

We appreciate your enthusiasm and look forward to sharing this enriching experience with you.

Let's fuel our passion for soccer!

### Prizes:

There will be door prizes at each session supplied by Lakewood Soccer and Clip 'n Climb.

## Nutritionist Spotlight: Theo Phillips



Nutritionist Theodosia "Theo" Phillips is a registered dietitian who has specialized in sport nutrition over the past 20 years.

She has a masters degree in nutrition from the University of Saskatchewan and this term is teaching the sport nutrition course in the college of Kinesiology. Theo values practical solutions for athletes to help create predictable performance.

When not working, Theo enjoys running and watching team sports. You can reach Theo through the consultant network at the Sport Medicine and Science Council of Saskatchewan.



# Lakewood Coaches Spotlight: Joel Deck



Joel started playing soccer at the age of 5 and continues to play today. He says he was never the most talented player on the pitch but he was always the hardest worker! Throughout this ex-

tensive soccer career he was won several provincial championships. In the past few years he has played in the World Cup tournament hosted here in Saskatoon in both the men's and masters divisions. The highlights of his soccer career would be all the relationships he's developed, the people he has met and played with/against, and playing at Mosaic Stadium in a provincial final.

Joel has been coaching with Lakewood for five years starting when his daughter was in U7 playing for the Lakewood Rovers. He is currently coaching with the U9G Courage and the U11GA Pride teams. His coaching focus is training soccer fundamentals to our young players. Joel's goal is to create lifelong soccer players.

Joel has completed:

- CSA Learn to Train Certified (2023)
- FSQ Sport Coach Development (2023)

When Joel isn't on the soccer pitch coaching or playing, he is a Journeyman electrician and operates All Star Electric Ltd. with his father and brother.

## The Near Post: Player Spotlight Van Mollberg

Left Wing  
Lakewood Celtic

### Hobbies:

Hanging with friends, snowboarding, reading & video games.

Fav school subject: Math

Favourite Music: Rap

Favourite Player: Messi

### Fav soccer moment:

In a recent game versus Eastside, I scored a left foot goal in the top corner to tie up a tough game. Also, last season in a Regina tournament, our team went on to beat Aurora in a penalty shoot out, winning a gold medal.

### Lakewood Sibling:

Amos (Lakewood Sevilla U11 Boys)

### Pregame routine:

Protein shake, stretch and rest.

Fav food: Chicken Fettuccine Alfredo

Favourite Movie: Dumb and Dumber

Quote: I love my team and I look forward to playing more with them. I'm really enjoying my season!







# Lakewood Team Updates

## Lakewood Leads - U15 Girls A

The U15GA Lakewood Leeds team had an early season road trip to attend the Caledonia Cup in the Edmonton soccer dome over the Remembrance Day weekend. The girls opened bracket play with a 1-0 win over Sherwood Park Phoenix in a late Friday night game. Saturday afternoon had them facing a tough Lethbridge club where Leeds had a ton of chances, but were unable to capitalize, taking a loss. Going into Saturday night against Edmonton's Millwoods Selects, both teams had positioned themselves where a win could put them through to the gold medal match and it showed. When the final whistle blew the score was still knotted at 0-0. Their 1-1-1 record put Lakewood into a consolation game against Ponoka and the team finished the tournament with a convincing 6-0 win that pushed both Londyn Haimanot and Jovie Gelowitz into the top 10 scorers for their division. Despite the lack of hardware, the team did themselves proud over the course of the weekend, giving up only two goals in four games, with three clean sheets for goalkeeper Marlee Hoehn. Coach Chris Todd had nothing but good things to say about the quality of the teams entered and the organization by Edmonton Scottish United, encouraging other Lakewood teams to consider attending in the future.



## Lakewood Arsenal - U13 Boys B

Several Lakewood teams competed in the Hollandia Off the Wall Tournament last weekend.

It was a tough tournament for Lakewood Arsenal U13 Boys B as they were playing against some B1 team. Arsenal never gave up and played better with each game! They finished the tournament with 1 win and 2 losses and a delicious breakfast at Smitty's. Smitty's! Love it!





# Lakewood Coaches Spotlight: Gavin Doran



Gavin has extensive playing experience while in Ireland. He played for Bohemian FC Academy, St. Kevin's FC Academy, in the Athletic Union League from 2000-2009 and in the Leinster Senior League from 2004-2012.

Gavin started his coach certification training in

Ireland, obtaining the UEFA Foundation Badge in 1996 and the UEFA Beginner Badge in 1999. After starting to coach with Lakewood, Gavin obtained the CSA Learn to Train certification in 2021, Soccer for Life in 2022 and became C-License Trained in 2023. He has also taken the FSQ Sport Coach Development training in 2023. Gavin is an Emergency First Aid Responder and is certified with Mental Health First Aid.

Gavin began coaching with Lakewood in 2020 as a Lakewood Soccer Staff Coach. He has coached Lakewood U13 and U15 boy's teams. Gavin is currently coaching the Lakewood U13BA Celtic and the U15BA Galaxy teams and the SYSI Alliance Academy U17 boy's training group as well as being a technical advisor for Lakewood Soccer.

Gavin moved to Canada and Saskatoon with his family in 2012. Gavin and his wife have 4 children. Luke is currently coaching with Lakewood and Zack is playing with the Lakewood Celtic U13BA team. He is passionate and energetic about inspiring youth players to seize their true athletic potential. Gavin is a journeyman pipefitter working for Nutrien at Patience Lake.



## Lakewood Team Updates

### Lakewood Pride - U11 Girls A

The Lakewood Pride U11 Girls A team competed in the Hollandia Off the Wall Tournament last weekend. The girls learned a new style of game and had loads of fun. While they didn't win on the pitch, they won at the bowling alley, where they all had a glowbowl blast!!







## Lakewood Sponsors!!



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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 Board of Directors Announced

At the Lakewood AGM on December 05, 2023, members voted for the 2023-24 Board of Directors. These 9 directors have one year remaining on their terms: Leonard Lewko, Amanda Taylor, Mike Poth, Leon Bourner, Justin White, Christina Johnson-Quan, Stephanie Cory, Edgar Delk and Charlene Pelletier. The following three people were elected to a two year term on the Lakewood Board: Danielle Deck, Ryan Lejbak and Ryan Brimacombe

Leonard Lewko remains the president, Amanda Taylor the vice-president and Mike Poth the treasurer for the next year.



# Lakewood in 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 subs in 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)