



THE HEARTBEAT OF Lakewood

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President's Update: Leonard Lewko



President's Message

Welcome to the final 2023 edition of the Heartbeat of Lakewood newsletter as we are winding down soccer and heading into the winter break. 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 coaches over the last few Heartbeats. We plan to continue these profiles 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). 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.

The Power of Culture – Gene Smith

I recently participated in a webinar about the Power of Culture with Gene Smith which was facilitated by Matt Young from FSQ Sport. Gene Smith is The Ohio State University's senior vice president and Wolfe Foundation Endowed Athletics Director. He has worked for 38 years as an athletics director and with The Ohio State University for the last 18 years.

Gene Smith is most proud of the exemplary culture within his units, recognized by Forbes as "one of the best ten organizations to work for in sports" and the only college program on its list. Smith leads with a philosophy of developing the "total student-athlete," supporting academic achievement with athletic success. In addition to on-field accolades, Smith is renowned for preparing students for life after competition. He founded the Eugene D. Smith Leadership Institute at Ohio State to provide leadership, character and career development for all Ohio State student-athletes to prepare them for life after graduation. As a measure of the institute's impact, in 2022-23 a record 95% of the department's graduating seniors had job offers, were accepted into graduate school or were pursuing professional sports.

Following are some of the key points that I gathered from this webinar:

These Core Values are non-negotiable: Integrity, Respect and Excellence. Excellence is not just about winning; it is about creating the best environment for players to learn and improve.

You are entrusting us with your most cherished assets!

How do we facilitate a transition into the Culture of Care? By being humanistic and sensitive; by listening and caring about others. Team building activities are extremely important for building both culture and connection.

What does this mean for the Lakewood team? How do we improve the "Culture" for your precious assets? A big part of this is open communication between management, coaches, players and parents. We need to maintain integrity and be respectful throughout all our conversations. Are we treating all players equally and with care? Positive reinforcement, empathy and celebrating individual and team successes help to develop connection and the Culture of Care. You send your children to Lakewood Soccer for 2-4 hours per week. Are they safe? Are they developing soccer skills at the optimum rate? Are they enjoying the experience?

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– Leonard Lewko



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 for January Dates!!

Sign up now so you don't miss out on this opportunity!
RSVP using the link from your team's TeamLinkt email

January 10th

U15/U17 Boys 6:30-7:30
U11/U13 Boys 7:45-8:45

January 11th

U11/U13 Boys 6:30-7:30
U11/U13 Girls 7:45-8:45

January 12th

U11/U13 Girls 6:30-7:30
U15/U17 Girls 7:45-8:45

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 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.

Nutrition Sessions added for January!!

The Lakewood Nutrition Sessions were really well received! Several of the sessions were full. We heard feedback from some families that they wanted to attend but had too many holiday activities. So, we have added new sessions in January!! The soccer stars and parents all heard some invaluable information; there has been great feedback from players and parents alike. The sessions are presented in a way that each age group will understand. They are informative and entertaining. If you went to a session, help spread the word so that every Lakewood family knows to attend!!

We can't wait for you to sign up for the January sessions!!





Lakewood Team Updates

Lakewood Chelsea - U13 Girls B

While the Lakewood U13G Chelsea were participating in the FCR Cup in Regina, they found themselves without a game scheduled for the Saturday of the tournament. The Weyburn Soccer Association generously invited Chelsea to make the short trip from Regina to play two 80 minute, very competitive games against their U13 team.

Weyburn has a brand new full-sized turf facility, complete with wraparound beautiful natural light. With use of this facility and great coaching, Weyburn is building a strong soccer program. They have boys and girls teams from U9-U15. They are always willing to host teams for club days on weekends.

If any coaches are interested in taking a team or teams to Weyburn for a weekend, contact Tyler Hillstead, technical director of Weyburn Soccer Association, at wsatechdirector@sasktel.net.



Lakewood Flash U13 Girls B

Lakewood Flash got together the other day for some team building and cookie decorating, Lakewood style! The girls had fun getting into the holiday spirit!



Lakewood Coaches Spotlight: Jason Gutka



Jason first fell in love with soccer at the age of five. His love of playing continued for decades as he progressed from community sport to his high

school team and finally, to playing on an adult soccer team with his friends. Unfortunately, Jason's playing career ended with an injury but fortunately for Lakewood families, he has continued on with the sport as a coach. Jason was immediately hooked on coaching when he took charge of a U7 team. That was several years ago and now he can be found on the sidelines with the U11 boys A-league Earthquakes and the U13 boys A-league Celtics.

Coaching is a lot more to Jason than just helping young people develop individual athletic skill. Jason wants his players to understand what it means to be good teammates and good people. Jason will tell you that soccer is one of the best sports for a family to get involved in. He appreciates how soccer brings people together as a community and how being a coach helps him to contribute to that. Jason points out that soccer is highly accessible for families and that lifelong friendships form around the sport. He also enjoys how soccer keeps kids active.

The Near Post: Player Spotlight Twin Time Neancai & Mollie Coyle

Hobbies:

N: Playing football and reading
M: Playing football and drawing

Fav school subject:
N&M: Phys. Ed.

Favourite Player:
N: Ronaldinho
M: Maradona

Favourite Music:

N: Bruno Mars
M: The Highkings

Pregame routine:

N&M: Snack, arrive early and warm-up

Fav food:

N: Salmon
M: Chicken Noodle Soup

Favourite Movie:

N: Pelè the birth of a legend
M: The Mighty Ducks

Neancai: Left Wing
Mollie: Right Wing
Lakewood Pride





Lakewood Team Updates

Lakewood Celtic U13 Boys

December 14-17, the Lakewood Celtic U13 Boys competed in the FCR Cup, playing one game each day. They finished off round robin play with a 3-0 record and no goals against them. The weekend finished with a Sunday evening final against Aurora, where our boys played with so much heart, but came up a little short, dropping a 1-0 game and capturing the silver medal.

More important than the wins and loss, the boys had lots of time to swim and waterslide, wander the hotel halls, watch the Liverpool and Manchester United game together, cheer on the U15 boys' teams in a few games and enjoy a team lunch. Lots of memories were made by all.

Save the Date, Jan 13: BINGO!

Save the Date for Lakewood Celtic U13 Boys' Bingo January 13. Come out and play for a variety of gift cards and Tupperware, Huskie or Rider packages. Watch for more details after Christmas.



Lakewood Blue Thunder U13 Girls A

Lakewood Blue Thunder U13 Girls debuted their Jingle Jersey's in a game last week against Aurora Rangers. The power of the season helped close the gap between the two rivals.

The girls had supper and saw *Trolls Band Together* last weekend after training. On Tuesday the team had their Christmas social which was an escape room followed by supper and some games. Good times!



Lakewood Coaches Spotlight: Mason Loy



I started as an assistant coach in 2016 with the Lakeview Community Association and made the move to Lakewood in the spring of 2019. I have coached every spring and fall/winter season since 2016.

My dad has always been a proponent of volunteering and helping when and however you can. I was fortunate that he coached me through many sports as and I look back fondly on those years. Coaching also lets me expand my relationship with my children as I not only get to hang out with them but see them from a different perspective and learn from their growth.

I have completed up to my Learn to Train and have com-

pleted the online portion of Soccer for Life, plus all the required NCCP courses.

I'm coaching my daughter Sorin in U9 Girls development on Team Spirit and have a fantastic group of parents and kids; we just had our Secret Santa after our game this past Sunday and the girls were all smiles. For the first time since 2016, I stepped back and I'm not a part of the coaching group for my U15 son, but grateful to be still involved as the team treasurer.

I played soccer many years as a child and have a fond memory of winning the city championship one year. Last time I played was in 2019 on a men's boarded team and have hung up my game cleats since then, besides some epic kids versus parents matches. I had a blast as part of the coaching group of last year's U13 Boys group alongside Jason Crone, Cedric Michelet and Gavin Doran. We were successful at winning the FCR Regina Cup, Lakewood's Just Kick It Tournament and finished with taking the City title.

We currently have all 3 kids playing in the Lakewood zone, Senan in U15 (Revolution), Idyn in U13 (Crew), and Sorin in U9 (Spirit). I'm fortunate to have a very understanding workplace at Oxbow Architecture that allows me to be able to make the time and effort commitments of coaching work.

Looking back over the coaching years some of my kids' best friends as well as my wife and mine have been made on the soccer pitch, many from our very first team that have carried through since. I also can't wait to see what the Lakewood future will bring with some fantastic U9 and U11 female players coming up with some solid skills, tons of desire and a fantastic work effort.



Lakewood Team Updates

Lakewood Revolution U15 Boys

The Lakewood Revolution U15 Boys team were in Regina last weekend to play in the FCR Cup, contesting Division 2. They started the tournament with a 1-1 draw against Prince Albert Celtic. The lads then drew again against Aurora Mirage 2-2. Their third game was a convincing 5-1 win over FCR Juventus. The five points saw the Revolution top the B pool!

The team spent a lot of time together between Thursday and Sunday - they had three team meals together, breakfasts together, watches a number of matches at the soccer dome (cheering on the other Lakewood teams!), and had a PS5 FIFA tournament.





Lakewood Sponsors!!

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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 coming soon





Lakewood in photos



Coach Becky with Carmen Gorlick and Brett Levis who now plays for Detroit City in the USL! Coach Becky used to teach these two! Thanks for stopping by Carmen and Brett!



Lakewood Dash U11 Girls B



Lakewood Blue Thunder U13 Girls A



Lakewood Fusion U11 Girls C



Lakewood Team Sponsors

Lakewood Blue Thunder U13 Girls:

- Rivercity Technology Services
- zu

Lakewood Celtic U13 Boys:

- NuTech Industries

Lakewood Galaxy U15 Boys:

- Butler Buyers
- Final Draft Co. Ltd.
- Plan2Build Homes Inc.
- Top of Mind Gifts
- Wellington-Altus Private Wealth

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 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