



THE HEARTBEAT OF Lakewood

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JUST KICK-IT CUP STARTS NEXT WEEK!!

The excitement is building as we're just one week away from the highly anticipated Just Kick-it Cup tournament! Hosted right here in Saskatoon, Saskatchewan, this indoor soccer showdown brings together the best young talent from all over Canada, ranging from U9 to U17 in both boys and girls divisions, spanning from Premiere to Div 3.

When: February 2nd to February 4th

Where: Saskatoon Soccer Centre

With a whopping 96 teams participating, this tournament is one of the most prestigious in the region, and we're proud to be a part of it. Over 800 talented young players will showcase their skills and compete for glory.

What makes this event truly special is the incredible support from our Lakewood com-

munity. Many of our dedicated parents volunteer their time to make this tournament a huge success. Plus, we're running 50/50 sales to raise funds for Lakewood programs, so your participation goes a long way in supporting our youth soccer initiatives.

But the best part of it all? Witnessing the smiles on our young players' faces as they have a blast on the field. It's all about fun, teamwork, and the love of the game.

Stay tuned for updates and exciting highlights during the tournament week. Let's come together as a community to make this year's Just Kick-it Cup an unforgettable experience for our young athletes!

See you on the sidelines cheering on our Lakewood stars!





Lakewood Team Updates

Lakewood Dynamo - U13 Boys B

Christmas break is fantastic but 2 weeks without soccer is a long time! Lakewood Team Dynamo U13B needed a soccer fix during the holidays so the team attended a family and friends soccer skills challenge on Sherwood field. There was a dribbling relay, blindfold penalty shots, precision penalty shot challenge, "30 seconds to mag Coach Nam", Most juggles in a row (22!). Prizes were awarded and everyone enjoyed a bite to eat at good ol' DQ. Team Dynamo is back in the swing of things with practices and is looking forward to FCR Winterfest in January, as well as Lakewood Just Kick it Cup and SUCS Tournament in February! Go Dynamo!



Lakewood Nutrition Sessions

Over 130 players and parents attended the Lakewood Nutrition Sessions in December and January. The kids learned a lot about what to eat when, and why certain foods are better to eat depending on when they are consumed. Some good info on hydration as well. Parents also learned more about how kids nutrition can help them be successful in school and activities. Such an amazing few nights!!!



Lakewood Coaches Spotlight: Marty Hoehn



I have been coaching soccer since 2014, and coaching for Lakewood since 2016. I started coaching soccer to try to make my own kids more comfortable as they started a new sport. I ended up enjoying it so much that I haven't stopped! My coaching credentials include Fundamentals

and Learn to Train. I am currently coaching the Lakewood U9BD Sounders and U13GB1 Chelsea teams.

As a youth I played soccer for the Mount Royal community association from Grades 3-7. Although I didn't play for long or at a high level, I've always thought of soccer as by far the best sport for kids, especially for its low cost and high engagement.

I have four children, all of whom either have played or are currently playing for Lakewood. I am a teacher in the unique role as a hospital school teacher at JPCH.

I enjoy coaching at the development level (U7-U13). I believe there is a great soccer athlete inside every young person, and that our role as coaches is to keep our players engaged and interested until that potential emerges. That might happen at age 6 for some, age 16 for others!

My greatest source of pride is seeing the players that I coach come back year after year. Although I'm not coaching the current U15GA, it gives me great joy to know that I have worked with over half of them at a younger age.

The Near Post: Player Spotlight Julia Pelletier

Keeper, Defender
Lakewood Thorns U15G

Fav school subject: **Math.**

Favourite Player:
Too many to name!

Fav soccer moment:
**Winning the Slush Cup for
Division 2 in Edmonton last year.**

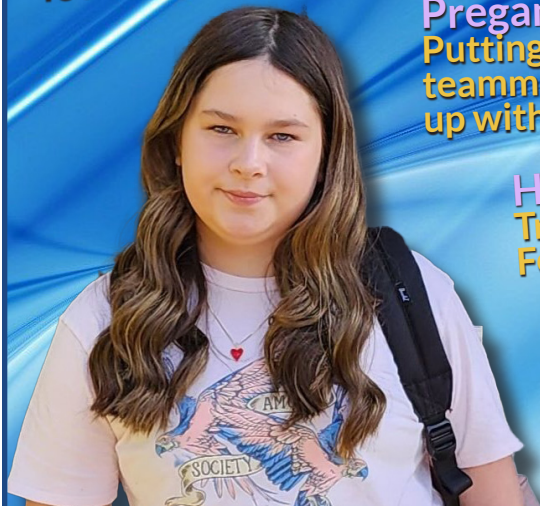
Pregame routine:
**Putting tape on socks and having a
teammate braid my hair, then warming
up with the team.**

Hobbies:
**Trampolining, Volleyball,
Football and Track.**

Fav food:
French Fries.

Fav Music:
Pop!!

Favourite Movie: **Parent Trap.**





Just Kick It Cup Volunteering

The 2024 Indoor Just Kick It Cup is less than a week away!!'

This is the **BEST TIME TO GET YOUR VOLUNTEER HOURS DONE** for the season. Along with helping to foster a wonderful sense of community within the Lakewood family it's a chance to participate in hosting one of the most successful tournaments in the province!

See your TeamLinkt email for a list of job descriptions and duties.

The tournament volunteer SignUp link went live on Tuesday.

Each player that is registered with Lakewood submitted a Volunteer Bond. If you would like to review the Volunteer Requirements please see our website. A minimum number of hours must be completed in order to get your \$100 Volunteer Bond returned. Even if your team is not playing in the tournament, it is still the best time to fulfill your Volunteer Requirements for the season. If you are planning on volunteering during the tournament, **ONE SHIFT** per player will cover your Volunteer Requirements.

The online SignUp will be **LOCKED** at noon on Tuesday January 30th to allow us to find people to fill remaining shifts. This means you will no longer have access to choose your volunteer shift. Please sign up before this deadline!

All shifts that have not been claimed by noon on Tuesday will be offered as paid

shifts at \$50/shift. If you have outstanding fees owing, any paid shifts will be put towards your balance.

If you are coaching/assistant coaching/managing a team you **MUST** be registered in RAMP and have met the minimum requirements. Your volunteer hours are considered done if you are helping out with a



team in this way. Please reach out if you are coaching/assistant coaching/managing and are not yet registered. You can contact info@lakewoodsoccer.com

If you are unsure whether you are exempt from volunteering please reach out asap.

Thank you for your anticipated support, and best of luck to everyone participating in the tournament!

Lakewood Just Kick-it Cup Feb-2-4, 2024
Schedule online!!

www.lakewoodsoccer.com





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!

How are we doing?

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



Revolution Fundraiser

The Lakewood Revolution U15 boys team will be holding a fundraiser at the Lakewood “Just Kick It” Cup on February 2-4.

Please watch for the bright yellow jerseys selling squares for the NFL Superbowl on February 11, 2024.

There will be a table with the squares board at the tournament!

Join the Revolution!!



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