



President's Update: Leonard Lewko



Welcome to this edition of the Heartbeat of Lakewood newsletter as we get ready for the upcoming indoor season. In this issue, I will discuss getting ready for the indoor season.

We will have information available in the next Heartbeat about sports nutrition. Stay tuned!

Lakewood Registration Numbers for Indoor 2023-24

We are still finalizing team numbers for U17 and U19 teams and individual player registrations continue to trickle in. As of September 12, we are at 46 Lakewood teams and 478 Lakewood players compared to 33 teams and 408 players for indoor 2022-23. These 46 teams are 30 boys teams and 16 girls teams. We will get final numbers over the next two weeks, but it looks like registrations have increased in all 5 SYSI soccer zones. This is great news for the local soccer community!

The U17 and U19 players have the option to try out for positions with the Alliance Academy training group. These groups train together and play games as a group and do not play in the Alliance league. They register directly with SYSI and do not register with the zones so these registration numbers are not included in zone registration numbers. These Alliance Academy U17 and U19 groups will be finalized over the next few days and this could impact Lakewood registration numbers for those 2 age groups.

Lakewood Indoor Season Preparation

Many of you would have been involved with player evaluations over the last 2 weeks. We conduct evaluations for U11, U13 and U15 players so that we can place them on teams

and in the divisions where they will be playing with and against players of similar ability. This process will be fine-tuned over the next 1-2 weeks during pre-season training as we release team rosters. We will have pre-season training from September 11 until October 13 at Sid Buckwold Park (weather dependent) and we will move to indoor training on October 14 to get ready for the start of games on October 22. This pre-season training also helps us to form teams with the U7 and the U9 age groups. Our main priority with U7 and U9 teams is to have players grouped with friends because these are non-competitive teams.

We will bring back our GK Academy for the indoor season led by coaches Victor and Bruno. This will start at Sid Buckwold on September 30 and move indoors starting October 14 for a total of 14 GK training sessions. Information is here: <http://lakewoodsoccer.com/content/keeper-academy>

Lakewood Technical Staff

Cedric Michelet has part of our Lakewood technical staff for several years and we are profiling him in this issue. We are also profiling Jade Unterschute..

We will be profiling Keisuke Johnston in the next issue.

Our plan is to profile the remaining technical staff over the next few months. Several of them are listed here but the group is constantly changing as they head off to schools away from Saskatoon and as we get more young players joining our coaching ranks. Thomas Diegel, Charlie Denis, Namvinh Nguyen, Kobe Chilagan, Tai Johnston, Hope Kwan, Bella Healey, Nolan Fredrickson, Jacob Houmphah, Erica Hindmarsh and Presley Fredlund are some of our current technical staff. Many of our technical staff are current or ex-Lakewood players. Most are still playing youth or adult soccer.

Spotlight on Technical Staff: Cedric Michelet



Cedric's connection with Lakewood Soccer runs deep. Lakewood was where Cedric first learned to play the game, a joy he now shares with the players he coaches.

Cedric began coaching with Lakewood Soccer in 2018. In the five years that have followed, Cedric's involvement with the club has been exten-

sive. Recently, much of Cedric's time with Lakewood has been focused on a promising group of U13 Boys players, most of whom will be entering U15 this fall.

As the Boys Technical Lead Cedric's goal is for Lakewood players to develop the three major skills of passing and receiving, dribbling, and shooting in an environment that promotes teamwork and fun. To develop these fundamental soccer abilities Cedric believes that there is no substitute for consistent practice. The secret, he says, is to find ways to modify drills and overall sessions to keep players engaged and appropriately challenged. Among other coaching credentials, Cedric is C-license certified.

As a player, Cedric's time with Lakewood concluded with a 6th place finish at U14 Club Nationals in 2015 with the Lakewood Atletico team. Cedric was a Whitecaps Saskatchewan Academy player from 2014 to 2019. In 2019, Cedric was recruited to play for the University of Saskatchewan Men's Soccer team. He was with the program for three seasons.

Cedric is now entering his fourth year of undergraduate studies at the University of Saskatchewan where he is majoring in finance.

Lakewood Proud

Lakewood Soccer merch is now on sale! A huge selection of bunny hugs, beanies, hats, bags, sweats, toques and more! All through our fav store, The Soccer Locker. Order online by Sept 18 to get your goods in early October. We will have another sale in October for those who need more! Lakewood clothing is perfect for the pitch and in the stands (hint, hint, parents!!).

<https://soccerlocker.ca/collections/lakewood-team>

**LAKEWOOD
MERCH**

First Sale Closes Sept 18
<https://soccerlocker.ca/collections/lakewood-team>

The advertisement features a dark blue background with the text 'LAKEWOOD MERCH' in large white letters. Below the text, there are three images of merchandise: a blue hoodie, a blue jacket, and a blue and brown backpack. The backpack has the Lakewood Soccer logo and a 'NAME' tag. The website URL 'https://soccerlocker.ca/collections/lakewood-team' is at the bottom, and 'First Sale Closes Sept 18' is written above it.



Lakewood in the Community

Lakewood Girls supporting the U of S Huskies Women's Soccer Team

Last Saturday, about 25 Lakewood girls (U11, U13 & U15 all represented) and their families went to the Huskie Women's Soccer team Home Opener as they hosted the Manitoba Bisons. The Huskies won 1-0 with a late goal by former Lakewood player Hailey Weber, which the kids all thought was amazing!!! It was a beautiful day to watch the game and the kids had a blast. Some were selected for the halftime musical chairs. And how do you complete a perfect Saturday afternoon? Fuddruckers and Ruckers for vampire teeth, of course!!



The Near Post: Player Spotlight

Milly Redekopp

Winger
Lakewood Pride

Hobbies:
Playing guitar, spending time with friends and family, swimming

Fav soccer moment:
Winning the U13 tournament with my U11 team!

Fav school subject:
Phys Ed

Fav music: Pop/Rock

Favourite Book:
Harry Potter

Pregame routine:
Eating a snack and doing warmups

Favourite Players:
Erling Haaland

Fav food: Pizza and Tacos



Throwback Thursday: 2015

Lakewood Atletico-It was a nerve-wracking PSL final that led the team to Nationals. Lakewood was down at the half but stormed back in dramatic fashion with a late equalizer followed minutes later by a decisive penalty kick by Kuhle Bekwayo. The team celebrated with a well-deserved feast at Boston Pizza.

Lakewood Atletico were the Youth Team of the Year in 2015.

Back row left to right: Graham Fast (coach) Quincy Fast, Ajani Fountaine, Albert Kang, Jordan Hangs, Logan Lux, Theodore Buckley, Ayoub Hassan, Thomas, Richard Buckley (coach) and Eddie Mupondwa (coach)

Front row left to right: Cedric Michelet, Conall Wagner, Wilson Li, Connor Painchaud, Shane Murphy, Sai Das, Eric Li, Mitchel

Not in the photo-Kuhle Bekwayo (player)



Lakewood On The Pitch

Lakewood Soccer's Mini Program kicked off this past weekend

In 2014, Saskatoon Youth Soccer introduced the Developmental League (D League). This prompted Lakewood to introduce mini-programming, a distinctive offering that places participating teams within the Developmental League as opposed to the Community Association League. Our mini-program places a strong emphasis on the cultivation of fundamental technical skills, recognized as a pivotal foundation for future success in the sport of soccer. On Saturday and Sunday about 200 U7s and U9s came for their first training sessions of the fall!



Spotlight on Technical Staff: Jade Unterschute



Jade started coaching with Lakewood Soccer three years ago. She is passionate about working with young players to share her skills and knowledge of the game but more importantly, to share the wonderful environment that exists within the

Lakewood soccer community. The joy of soccer is readily visible in her smile when she is working with players on the pitch and it is evident that she enjoys their energy.

She has been actively involved with the sport of soccer since the age of three. Jade's parents encouraged her to participate in multiple sports from an early age and despite being an accomplished hockey player, soccer has become her "whole life." Jade's competitive nature has fed her commitment to developing as a player which, in turn, has led to opportunities with Whitecaps FC Saskatchewan Academy, Saskatchewan's Regional Excel Center, and Nike Canada's U17 program.

Jade is currently a grade 12 student at Evan Hardy Collegiate and an influential leader of her school's soccer team. She gets in some extra kicks on the evenings and weekends with the TD futsal and soccer programs. Her future plans include playing soccer for the Lethbridge Pronghorns in the CIS while earning her education degree. She looks forward to becoming an elementary school teacher so that she can continue to work with young children.

Need To Know...

Sept 18	Deadline for Lakewood merch order	Round 1	
Oct 04	SYSI coach meeting	6:30pm	Centennial Collegiate
Oct 04	Lakewood manager meeting	6:30pm	Saskatoon Soccer Centre Boardroom
Oct 04	Lakewood coaches meeting	7:30pm	Saskatoon Soccer Centre Boardroom
Oct 14-15	First Lakewood indoor training days	All day	Saskatoon Soccer Centre
Oct 14-15	Lakewood uniform handout	All day	Saskatoon Soccer Centre
Oct 22	First day for SYSI games	Evening	Saskatoon Soccer Centre
Oct 28	Deadline for Lakewood merch order	Round 2	
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

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.



Lakewood Keeper Academy

The Lakewood Keeper Academy is Saskatoon's premier training program designed to hone the skills and abilities of aspiring soccer goalkeepers. The academy offers a unique and immersive experience for goalkeepers of all ages and skill levels. With a dedicated team of experienced coaches, state-of-the-art facilities, and a strong emphasis on individualized instruction, the Lakewood Keeper Academy provides the

perfect environment for goalkeepers to elevate their game.

At the Lakewood Keeper Academy, participants can expect

a comprehensive curriculum that covers all aspects of goalkeeping. From mastering the fundamentals of shot-stopping and positioning to developing advanced techniques like distribution and commanding the penalty area, this camp ensures that goalkeepers leave with a well-rounded skill set. The coaching staff employs innovative training methods and provides constructive feedback to help goalkeepers

reach their full potential.

One of the standout features of the Lakewood Keeper Academy is its commitment to fostering a supportive and motivating atmosphere. Campers not only improve their technical abilities but also develop mental toughness, leadership skills, and teamwork. Whether you're a novice goalkeeper looking to build a solid foundation or an experienced player aiming to refine your craft, the Lakewood Soccer Keeper Camp promises an enriching experience that will undoubtedly elevate your performance on the field.

The Lakewood Keeper Academy is open to all youth soccer Keepers in the province! The program is open to Keepers from all divisional levels and age groups including U11 to U15. Each academy grouping will be designed with age specific skill development that is both challenging and fun. All the registrants must be registered with Saskatoon Youth Soccer (SYSI) or Saskatchewan Soccer (SSA).



The Best Coaches



Victor Urrutia grew up in a community of Santiago, Chile called Maipú. He became a Keeper thanks to the encouragement he received from his friends at school and in the community. Victor believes that being a soccer Goalkeeper is something special and unique. Not everyone wants to play this position because of the responsibility that it assumes, so a Keeper must believe in themselves, and build self assurance in this role.



Bruno Perez was born in Chile but spent his childhood and teenage years in Lima, Perú! When he was young, he wanted to make stadiums hold their breath with one of his saves. Bruno believes that goalies have to always keep their head up, no matter how the game is going. Being a Keeper is special. Keepers can switch from hero to villain in just one play and young goalies need to practice how to handle those situations by just playing the game.

Keepers: All players, male and female, U11 to U19

Groups: two groups based on experience, skill and size

Location: Saskatoon Sports Centre (150 Nelson Road)

Turf: Artificial Turf (except pre-season)
Sherwood Chevrolet Field

Dates and Times:

Pre Season: Sept 30, Oct 1
3:15 to 5:15 - outdoor

In Season: Oct 14, 15, 29, Nov 5, 12, 19, Dec 3, 10, 13 3:15 and 4:15

Three more session in Jan and Feb

Cost: \$210 for 14 training times

More info: <http://lakewoodsoccer.com/content/keeper-academy>