



# TUCSON SOCCER ACADEMY

Southern Arizona's Premier Soccer Program

EXCELLENCE  
COMMUNITY  
DEVELOPMENT



News you can use. . .

Holiday Edition 2016

Jeannie Benavente, Editor



TSA is designated as the *only* Nike Premier club in Southern Arizona! TSA founded TSAFC - Women's Premier Soccer League team, and boasts the **Ann Kathryn Schmidt Kickin' It Clubhouse** at Brandi Fenton Park.

**Sharpen your skills, keep your edge & have some fun at the TSA soccer camps this winter!**

## Coming soon to a field near you

- **December 27-29 Winter Camp @ Brandi Fenton (\$75)**
- **January 3-5 Winter Camp @ Brandi Fenton (\$75)**
- January 6-8, Copa Barcelona Cup, Barcelona, AZ
- January 13-15, Ft. Lowell Shootout, Ft. Lowell SC
- January 13-15, CCV Stars Champions Cup
- February 10-12, SC del Sol Desert Classic
- February 10-12, TMSC 35<sup>th</sup> Annual Jacobs Class
- February 17-20 SC del Sol President's Day Tournament
- February 24-26, Scottsdale Soccer Blackhawks Invitational
- **February 23-24 Rodeo Break**

**TSA WINTER SOCCER CAMP**  
**DEC 27-29 & JAN 3-5**



**10am - 1pm**  
 Brandi Fenton Memorial Park  
 Field E

**Skills Camp**  
 Ages 6-14  
 Run by TSA Staff



**\$75 per 3 day session**  
 Questions: Contact Dave Cosgrove  
 dacthc@gmail.com  
 (520) 370-3717

Registration Link







# Letter from Ted

## Team & Club Transfers: No Poaching Allowed!

Dear TSA Families,

As we move from the first part of the season to the second, questions often arise regarding transfers. AYSA, PCJSL and TSA all fully support the movement of players from one Club to another. Every player should find the best fit for themselves. That said, there is a simple rule which must be followed should a player wish to explore transferring.



“Sally’s best friend at school plays for the Old Pueblo Soccer Club but she really likes her High School Coach who also coaches Sally at TSA. Her mom asked me how to look into transferring from OP to TSA. What should I tell her?”

**Here is the rule pure and simple:**

**Between April 1 and July 1 all players are free to talk to all Clubs and tryout with any Club they wish and need no permission to do this.**

**From July 2 to March 31 no player or parent on an AYSA Club may contact anyone with a different Club concerning a possible transfer without first obtaining written permission from their current Club.** The written permission should come from the Club coach the player is currently playing for, the Club DOC or Club President. These individuals are obligated to provide the written permission when it is asked for. Getting permission doesn’t obligate the player to actually transfer nor does it obligate the new Club to accept her.

If a parent or player contacts the new Club without the written permission, the new Club is free to talk to them about transferring without penalty. However, an actual transfer cannot take place without the written permission and if a player or parent violates the rule and makes the contact before obtaining the written permission, the player could be subject to suspension from play for as long as 6 months. Violation of this rule is called “poaching.”

The best thing to tell Sally’s Mom is go tell your current coach you want to explore transferring and get written permission. Alternatively, wait until the open tryout window of April 1 to July 1 when everyone is free to talk to try out for any Club they choose without permission.

**I wish you a Happy Holiday Season free of any “poaching”—soccer style.**

Expect the best,

Ted



Down for the Count is a mobile app that rewards drivers and passengers NOT to use their phones while driving. **Former Salpointe and TSA player, David Hazan, developed and launched DFTC** in August 2015. In the past year, Tucson drivers have driven more than 300,000 cell-phone-free miles with the app! Sponsors, typically

parents, can purchase gift cards to Starbucks, Sauce, Chipotle, Eegees and other favorites as reward for 5+ hours of cellphone-free driving. **Down for the Count is free to download and available on the Apple App Store by searching Down for the Count.** For additional information, visit their website at [www.DownForTheCountApp.com](http://www.DownForTheCountApp.com) or email [David@PutItDownApp.com](mailto:David@PutItDownApp.com).

### REFEREE: The “game Worden” speaks out

**Q:** You have been a player, a parent on the sideline, a coach and a referee. Having experienced all angles, how do you deal with angry parents or coaches?



**A:** We have a policy of “Ask, then tell, and then remove” with both coaches and parents. As far as coaches, we can use cards. There are some things that constitute immediate removal, i.e., profanity or violent/threatening behavior. It is easier to ignore belligerent parents on full sized fields, whereas on small fields you can hear everything. Overall, we have seen a huge improvement with parents this year! ~ **Michael Worden**

*(The “game Worden” with daughter and former TSA player, Hannah Worden)*

- March 3-5, Sereno Soccer Showcase
- March 3-5, Pima Cup
- March 10-12, Legacy Ostrich Festival
- March 24-26, Arizona Soccer Club Desert Cup
- March 30-April 2, Yavapai Girls Cup
- **March 31 - TSA CASINO NIGHT fundraiser \$**
- April 7-9, CDO Challenge
- April 8-10, Yavapai Boys Cup
- April 21-23, Arizona State Cup Part 1
- April 28-30, Arizona State Cup, Part 2
- May 5-17, Arizona State Cup Finals 2017 (U12-U18)
- May 19-21, Flagstaff United Northern Arizona Girls Invitational
- May 24-29, Arizona State Cup 2017 (U19)
- May 26-28, Flagstaff United Northern Arizona Boys Invitational
- **Summer 2017 Camps (TBA)**

**Kinerk, Schmidt & Sethi, PLLC**  
ATTORNEYS

 **WE CARE.**

## Important Announcements from Dave Cosgrove:

➡ Starting Monday January 9, 2017, TSA will have a dress code for players: **Players MUST wear Pima Pain Center Training shirt** (already in place). **These rules apply to all age groups, both boys and girls.**

➡ **Monday and Tuesday Practices:** Players must wear red Pima Pain Center T shirt, **red** Nike TSA Shorts and **red** Nike TSA Socks

➡ **Wednesday and Thursday Practices:** Players wear red Pima Pain Center T shirt, **white** Nike TSA Shorts, **white** Nike TSA Socks.

➡ During winter, players must have **navy blue** or **black** sweat pants, **navy blue** OR **red** jackets (TSA Gear preferred).

➡ Please note that for all TSA teams U11 and above (especially the competitive and travel teams) *TSA is strongly recommending that all families and players take their Spring vacations over the Rodeo Weekend. TSA, as a club, will have no practices or games Rodeo weekend.* The flip side to that is that our coaches are asking our players to stay in town during all the Spring Breaks. This is because the majority of high level tournaments and preparation for State Cup take place during these Spring Break weeks. It is extremely difficult to prepare properly with half your team missing for 3 straight weeks before State Cup.

**Thank you,  
Dave Cosgrove**

**Dave Cosgrove, Director of Coaching**

**Lisa Fraser, Assistant Director of Coaching**

**Todd Garelick, Director of Coaching, Girls; Oro Valley Director of Coaching**

**Becky Freeman, Youth Academy Director**

**Charlie MacCabe, Scholarship Director**

**Kim Kenworthy, Club Administrator**

# Nutrition Corner

Eleni Delfakis, MS, RDN



Young athletes need a healthy diet with all the macronutrients to support good health and energy levels for optimal performance: Protein, carbohydrates, and fats.

**Protein is essential and must be supplied by the diet to help maintain healthy cells throughout life.** Protein is needed to repair and grow muscles and tendons, and promotes healthy skin, eyes, and hair. It is an essential component of all living cells, enzymes, hormones and antibodies needed for metabolism. Non-athletes ages 14-18 who are moderately active need about 0.85 grams of protein per kilogram of body weight, which is just a little over the amount of protein need to support a non-active adult.

**For young endurance athletes who play competitive soccer, protein needs are 1.2- 1.5 grams of protein per kilogram of body weight,** which is approximately 12% -15% of the recommended daily calorie total derived from protein (animal and/or plant sources), but may be a little higher during the teen years based on individual needs to support rapid growth and development. Healthy protein sources include lean meat, chicken, fish, eggs, dairy, legumes, vegetables, nuts and seeds. Remember that all plant foods contain protein.

<b>Calculate Protein by Converting Pounds to Kilograms</b>	<b>Daily Calorie Intake</b>	3500-4000
(154 lbs ÷ 2.2 lbs Per Kilogram = 70 Kilograms)	<b>Protein</b>	15%
<b>Protein Per Kilogram of Body Weight</b>	<b>Calories from Protein</b>	525-600
70 kg X 1.5 gram of protein Per Kilogram = 105 grams of Protein	<b>Grams of Protein</b>	131-150

Take a moment to calculate your protein needs, eat healthy & enjoy the game you love!

**Eleni Delfakis, MS, RDN**

*Professor of Nutrition, University of Phoenix*

*Registered Dietitian Nutritionist*

<http://www.dietandhealth.org/index.html>

*Sports, Cardiovascular and Wellness Nutrition, Member*

<http://www.scandpg.org/>



**Coach's Corner:** Bob Coate comments on his coaching style, how he motivates players, fosters team spirit and his thoughts about the club.

I started coaching youth soccer in 1980 and have always been an advocate for soccer education programs with the United States Soccer Federation.

My coaching style has evolved over the years but one thing that has been the most consistent in coaching youth soccer is "letting the game be the teacher." Getting players to understand what the game is, dictating to them at any given moment and then being able to respond appropriately to the particular demand that presents itself.

In motivating players, I try to get them to believe in themselves and that all things are possible through hard work and a great attitude. I try to make every training session as competitive as possible.

In fostering team spirit, I like to incorporate activities that will build team unity. A few of the things I've done over the years is taking teams to Rocks & Ropes, bowling, hiking, sleepovers, and swimming parties.

I love the family atmosphere at TSA. What makes TSA unique from other clubs is the level of professionalism that is expected, starting from the board of directors, the DOC's, and on down to the entire coaching staff. We are always looking for ways to improve and staying in the forefront of making youth soccer the very best it can be.



~ *Coach Robert Coate*



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**Sponsors rock  
TSA's world**

Our sponsors care about us and we care back! Please join us to show appreciation of our sponsors by using their services or patronizing their businesses. Their contributions help make this soccer club what it is today.

If you are interested in becoming a sponsor, please contact Dave Cosgrove at [daclhc@gmail.com](mailto:daclhc@gmail.com). There are multiple levels of sponsorship, various programs and ways to donate.



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## Bumps & Bruises

John M. Woolf, MS, PT, ATC, COMT of [ProActive Physical Therapy](http://www.proactivept.com) wants you to know!

Read about proper conditioning and injury prevention. You will also find links to a **soccer stretching guide** and information on selecting soccer equipment at:

<http://www.proactivept.com/Sports-Activities/Soccer/Introduction-to-Soccer/a~2084/article.html>

## TSA Player Receives Rotary Youth Leadership Award

Congratulations to **Lauren Bollinger**, who was awarded the **Rotary Youth Leadership Award** this month! Lauren is a junior at Salpointe Catholic High School. She plays for the TSA 00 Girls Red team and on the Salpointe varsity soccer team. Lauren will travel to Prescott in January for a leadership conference. The Salpointe news article reported that, "Lauren was nominated by the Catalina Rotary Club and was selected for the award based on her service to the community, service to school, extra-curricular activities, future plans and recommendations from the community."

Way to set the example, Lauren!



## House party alert!

The **2009, 2010 and 2011 TSA teams** participated in a **6v6 tournament** with some of the older TSA players. Players brought cans for the food bank to help our community families who could use a helping hand. After the tournament, everyone partied at TSA's **Ann Kathryn Schmidt Kickin' It Clubhouse** with hot chocolate and cookies. The younger players had a great time learning new soccer moves from the older & totally cool kids!

♪ “Cause the player’s gonna play, play, play. . . ” ♪

How does **Tyler Sullivan** of the ‘02 boys blue “shake it off” on the field? He stands his ground.

**What do you like most about the club or appreciate about TSA?** The best thing about TSA is the high quality of coaching and how personable the coaches are.

**What position to you play? Do you think that position is the best fit for you and why?** Currently I play center back. I feel the most comfortable in this position, but I think that central defensive mid is a better fit for me because I like to control, switch and move the ball and I’m very defensive minded. I hope to get more experience as a central defensive mid in the future.

**Word on the field has it that you are known for good sportsmanship. How do you think you earned that reputation?** I don't think it's hard to be a good sportsman. You just need to be a good person, help a player up, and do what you would want others to do for you.

**Do you plan on playing soccer in high school, college or beyond?** Yes. I currently play at Catalina Foothills High School for the Junior Varsity team. I hope to play all through high school and possibly in college.

**If you aren't going to play professional soccer, what benefits do you see from playing now and for this particular club?** Playing soccer develops teamwork skills and other real-world compatible tools. I also just really love the game.

**Tell us about your best soccer moment.** Two years ago I remember scoring in a game on a corner kick. The ball popped out of the box and I put it into the top left corner!

**Who is your favorite professional soccer players?** Willian, who plays wing for Chelsea Football Club. I have always been a big Chelsea fan and Willian is talented, works hard and is an all around good guy.

**What defensive techniques put the edge in your game?** As a defender it's important to stand your ground. Being sturdy and bodying people off is probably the most useful defensive technique.



## ☆ Star TSA Alumni: Luis Ironman Robles ☆



**Former TSA player, New York Red Bulls starting goalkeeper!  
2015 MLS Goalkeeper of the Year, US Men's National Team goalkeeper**

**Attn: TSA Goalkeepers:** If you haven't already registered, this is your last chance to participate in the Goalkeeper Training Session with the one & only, Luis Robles, AYSA Goalkeeper Clinic, tomorrow, December 22, 2016 at the Ann Kathryn Schmidt Kickin' It Clubhouse ("AKS Clubhouse").

**Click link below to register:**

[http://www.azyouthsoccer.org/aysa\\_gk\\_clinics\\_featuring\\_2015\\_mls\\_gk\\_of\\_the\\_year\\_luis\\_robles/](http://www.azyouthsoccer.org/aysa_gk_clinics_featuring_2015_mls_gk_of_the_year_luis_robles/)

Full name:	Luis Robles	1998-2002	Tucson Soccer Academy
Born:	May 11, 1984 (age 32)	2002-2006	Portland Pilots
Birthplace:	Fort Huachuca, Arizona	2003-2004	Boulder Rapids Reserve
Height:	5 ft 11 in (1.80 m)	2007-2008	1. FC Kaiserslautern II
Position:	Goalkeeper	2008-2010	1. FC Kaiserslautern
Team:	New York Red Bulls	2010-2012	Karlsruher SC
Number	31	2012-	New York Red Bulls

**Check out this awwwwsome video about Luis Robles:**

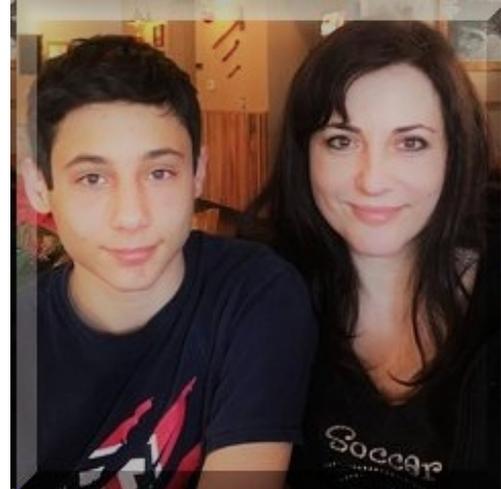
<https://www.youtube.com/watch?v=UPiPCmyqGho&feature=youtu.be&app=desktop>

## Note from the Editor:

Do you have a concern or question you would like to be addressed anonymously in the newsletter? Please email your question to [jeannie.benavente@live.com](mailto:jeannie.benavente@live.com) and your question will be routed to one of the TSA directors for a response.

Thanks for reading!

~ Jeannie Benavente



*"What I do is play soccer,  
which is what I like to do."*

- Lionel Messi

**Happy Holidays TSA Families**  
Cheers to good health and happiness on & off the field!

**What runs around a soccer field but never moves? A fence.**

**What do soccer referees send during the holidays? Yellow cards.**

**Ho, ho ho!**