

Emerald Coast United

Volume 1, Issue 1

January 2010

From the Director of Coaching



Hi everyone

ECU is now entering into a new decade. The club has come a long way in a short time. We are growing and developing and are on track to accomplish our mission of becoming the Premier club of Region D. As we grow and develop, hard work, dedication, commitment and team effort shapes us and helps us achieve our goals. ECU has become a very well respected club because we work hard and try to do the right things. ECU has an excellent staff of professional coaches who are dedicated to developing players. Our coaches have set the highest possible professional standards and this is what sets us apart from the rest. Finally we have hard working players keen to learn the game and supportive parents. We have hard working, committed volunteer Board members who give up a lot of their time solving the

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ECU U16 Boys Win CASL Raleigh College Shootout

Emerald Coast United U16 Boys won their division in the CASL Boys College Showcase, in Raleigh, NC on December 12 -13. The event is one of the most prestigious college showcases in the nation and this year hosted over 7000 athletes from 42 different states and Canada along with 500 college coaches.

To gain the championship ECU defeated Carolina Lightning 2-1 and Virginia Rush 5-0 on Saturday in the preliminary rounds. Sunday they defeated Central Florida United in the Semi- Finals 2-0 and advanced to play Freedom SC United from Maryland Championship game. The score was tied 1-1 at the end of regulation play during the final match causing the teams to go to a penalty kick shootout where Emerald Coast United defeated Freedom SC and claimed the championship 2-1.



Pictured above (L-R)

Back row: Dylan Barbee, Josh Piovesan, Ronnie Couch, Marcos Melecio-Zambrano, Ricky Hoegg, Frank Soto-Martinez, Kyle Pfeiffer, Eathan Small, Manny Paravalos, Coach Greg DeVito

Front row: Eddie Bird, Alex Parker, Mikey Lightbourne, David Williams, Anthony Provost

Members Absent: Mitch Garland and Andrew Morrell

problems that youth sports present. All these ingredients are necessary to a soccer club striving to be the best it can be. This has provided the platform from which the foundation for longevity for ECU has been built.

Looking forward as we enter a new spring season, my goal for our teams is to continue the development and success we have enjoyed over the last 3 years. Our teams are well known as being competitive. They are being recognized far outside the local soccer map. ECU has had teams successfully compete in ranked tournaments in Florida, Georgia, Alabama and even N. Carolina. Our younger players and teams are developing at a good pace and are the future of this club.

I would like to wish the best of luck to all of our players and teams for spring 2010. I look forward to seeing you on the fields, training and playing the ECU way.

As Director of Coaching I would like to take this opportunity to thank everyone for the effort, commitment, time and support you have given to ECU over the last 3 years.

Coach Phil

Quote of the Month

"I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game."

ECU Logo Contest Winner for the Emerald Coast Cup

Kelsie Walker
U12 girls

Congratulations Kelsie

Spring Dues

3rd installment of fees (1/4 of total) due by Feb 15, 2010
4th installment of fees (1/4 of total) due by Apr 15, 2010

Board members will not accept dues payments on the field due to the risk of lost payments and multiple practice locations. The address for payment is:

Emerald Coast United
PO Box 832
Niceville, FL 32588

All checks should be mailed in time to receive payment by due date. When paying by check, please add the name of your child and their age group in the memo section of your check. i.e. John Doe U15 Boys.

ECU also accepts VISA, MASTERCARD, DISCOVER and cash. Credit card payments can be made using the link online (appears if logged in) or by contacting our Treasurer. For questions about payments, contact Milly Low at treasurer@emeraldcoastunited.org.

Spring Tryouts

Spring supplemental tryouts were held at Twin Oaks on January 23rd. We had over 70 new players show up to tryout for ECU.

Thank you to all of the current ECU players that came out to start off the season!!

Emerald Coast United Board Position

The ECU board would like to thank Misti Parker for serving on the board in the position of secretary for the past year and a half. Misti has been an asset to the board and will be missed.

Misti's departure leaves a board position open. Anyone that would like to be on the board should contact Mike Rarick at president@emeraldcoastunited.org. Please keep in mind that this is a volunteer position, we meet once per month and have various duties assigned to each position. Thank you for your interest!

CALENDAR OF EVENTS

Board Meeting

02/10/2010

If you have any agenda item you wish to cover at an ECU board meeting you must contact the board president, Mike Rarick, at a minimum of 24 hours prior to the scheduled board meeting. Mike can be contacted at president@emeraldcoastunited.org

Soccer with Mia Hamm

02/19/2010

Wind Garden Park

2010 Region D Cup

03/21/2010-03/22/2010

Hosted by Navarre

Entry Deadline is set for February 20, 2010

2010 Florida State Cup

03/27/2010-03/28/2010

Preliminary Round #1

04/17/2010-04/18/2010

Preliminary Round #1

05/08/2010-05/09/2010

Challenge Round of 16

05/22/2010-05/23/2010

Florida State Cup Championship (U13-U18)

04/10/2010

Region D ODP Event

Mike Strickler from FYSA will be holding an "informational meeting" for all ECU members wishing to learn more about the Olympic Development Program (ODP). Time and location are TBD

05/01/2010 - 05/02/2010

EMERALD COAST CUP

Hosted by Emerald Coast United

Application deadline is set for April 1, 2010

Emerald Coast Cup

May 1 – 2, 2010

ECU hosts two major tournaments per year, the Destin Soccer Rodeo in the Fall and the Emerald Coast Cup in the Spring.

The 2010 Emerald Coast Cup is just around the corner and it's not too soon to start planning. This is ECU's biggest fund raiser and is necessary to keep fees low and the quality of coaching high. Last year we had over 170 teams and expect no less this year.

This translates to a lot of volunteers.

We needed over 240 field marshals and over 40 site coordinators. We had a lot of people pulling double duty last year and would like to keep that to a minimum this year.

We can work with every volunteer to make sure you don't miss your son's/daughter's games so don't worry. The call for volunteers will start mid-February and continue until we are covered in all areas. Volunteer early and often!

Kidding aside, the early volunteers get the best options.

Please don't hesitate to call/email me if you have any questions/comments or want to get on the list early.

We are also recruiting tournament committee leaders. If you are interested in leading a committee, please contact me.

Thank you in advance for your support of this tournament and of ECU!!

Steve Humphrey

850-217-4256

tournaments@emeraldcoastunited.org

2010 off to a great start:

Congratulations to the U15 boys for winning the championship at Nike Classic and U12 girls who took 2nd place.

Each month ECU is asking one of its coaches to give input related to the game of soccer. This month JD Dolinsky has contributed to the Coach's Corner. JD is the coach of the U11 boys and the U16 girls.

Individual Training

During the US Soccer Academy Showcase this past December, one of its focuses for the players was individual training. Why is individual training so important? Most players train only two to three times per week with their club team. Anyone in the know, knows that is not enough training if you plan to play well at any kind of higher level. So what can you do to improve your skills and soccer playing ability without the aid of a coach? Get out in the backyard or go to the park and start training. "Boring" some may say. Not really and if you know what you're doing and really love to play, you can make individual training very interesting and fun. Individual training doesn't always mean you're doing it alone. Often times it can be done with a friend or a number of friends. Take charge, round em up and get playing.

Soccer, as anything else, is an educational process. As you grow, so grows your knowledge of the game and requirements to play it at whatever level. The more time you spend at it, the better you become. Just like Play Station games. You've got to spend a lot of time on them to get good, it doesn't just happen. Everyday soccer isn't for everyone, especially if you like playing the piano or like doing something else more than just playing soccer and want to devote more of your time with that activity. That's fine, just so you know that most of the time you get out of something equal to the time you put into it. One can't expect to play D-1 ball and train like a recreational player. Over the years I've collected many individual training ideas, far too many to list here. I know they work because I used them throughout my career and passed them down to my children and it's working for them as well. The key is to always use the correct technique and to always remember to find a way to make them challenging. For example, if your dribbling through a series of ten cones, two steps apart, you can aimlessly dribble through them without paying attention to the number of cones you run into or how long it takes you to get through them. Challenge yourself by timing how long it takes to get through them and give a one second penalty for each time you run into one. You'll need a friend, sibling or parent to time you, but I'm sure that won't be a problem.

Coach JD Dolinsky

- **If you are interested in individual training through ECU please contact the Director of Coaching, Phil Rose to schedule with the appropriate coach. Phil can be reached at doc@emeraldcoastunited.org or (850) 687-0755.**

Emerald Coast United would like to thank our corporate sponsors



BY CHOICE HOTELS



If you would like to become a sponsor or know someone that would, please contact J Hughes @ yp@emeraldcoastunited.org or (850) 830-9856.



Annika v. Mia Mini-Match!

Emerald Coast United v. Soccer Academie INTER98

United States and World Soccer Hero and Icon MIA HAMM (who has scored more international goals than any other player, male or female, in the history of soccer) will be participating in the "ANNIKA Experience at WaterSound" (in Walton County) on Friday, February 19th. MIA will be playing in a golf match with the legendary ANNIKA SORENSTAM and twenty local junior golfers. The ANNIKA Experience will benefit local charities and health organizations, and The ANNIKA Foundation, which teaches children the importance of living a healthy, active lifestyle through fitness and nutrition. The ANNIKA versus MIA Mini-Match will benefit The MIA HAMM Foundation, which raises funds and awareness for families needing marrow or cord blood transplants, and focuses on the continued growth in opportunities for young women in sports. (The golf match will kick off at 9:30 am on Friday, February 19th. This event is open to the public and spaces may still be available. If you are interested in attending the luncheon following the golf event to hear ANNIKA and MIA speak, tickets can be purchased on the website www.annikafoundation.org.)

MIA and ANNIKA, along with Emerald Coast United and Soccer Academie INTER98, would like to offer a special opportunity to Our Local Emerald Coast Soccer Players! MIA and ANNIKA will be playing two 8 v 8 Soccer Matches at the picturesque US98 Soccer Fields East – Wind Garden Park at WaterSound. One Match will be **U-18 (open to ECU Players, ages 13 through 18)** the other Match will be **U-12 (open to ECU players ages 9 through 12)**. The opportunity to participate in this once-in-a-lifetime opportunity is as follows:

U-18 Team

- 4 Spots will be awarded to the highest bidders.**
- 3 Spots will be drawn via an ECU Soccer Raffle.**

U-12 Team

- 3 Spots will be awarded to the highest bidders.**
- 4 Spots will be drawn via an ECU Soccer Raffle.**

If you are an active ECU Soccer member (boy or girl), your Registration is complete and paid current, you are eligible to participate in two ways:

- 1. Send bids to fundraising@emeraldcoastunited.org by Thursday, February 11th. Be sure to submit your child's name, age, ECU team and contact information.**
- 2. ECU Raffle Tickets are \$5.00 each and will be sold at Twin Oaks during ECU practices Feb 1 - 11 or email your requests to fundraising@emeraldcoastunited.org by Thursday, February 11th. Drawing will be held on Saturday, February 13th at 11:30AM.**

Schedule for Player-Participants

12:45 – 1:00	Warm-Up with MIA, ANNIKA and Paul Hunter
1:00 – 1:15	MIA and ANNIKA Skills Competition
1:15 – 2:00	8 v 8 Mini-Matches

Also, an "Annika v. Mia", "ECU v. INTER98" commemorative t-shirt of this landmark, inaugural event is included. A collector's item most definitely!

EVEN IF YOU ARE NOT CHOSEN TO PLAY, PLEASE COME PARTICIPATE AND MEET MIA HAMM AND ANNIKA SORENSTAM!! (Bring your camera, and you may even get an autograph!)

*This is NOT an ECU fundraiser. All proceeds will benefit The MIA HAMM Foundation. Also, please remember this is a school day, so any participants will need to be excused from at least part of the school day.