



# REP Coaches Meeting Notes

Tuesday October 20 2009

RIM Park, Room 104

7:00 PM – 9:00 PM

## PARTICIPANTS

Bruce Scanlan	Chairperson
Steve Gadbois	
Marc LaCoste	
Jocelyn Mennill	
Willie Smith	Coach Mentor
Eric Stewart	Coach Mentor

U10 Boys Gold	Tim Bergelt
U10 Boys	Patrick Carty
U10 Girls Gold	Paul Wallace
U11 Boys A	Marc LaCoste
U11 Boys B	Scott Shepherd
U11 Girls A	Shawn Morrison, Shawn Morrison
U12 Boys A	Mary Anne Hardy
U12 Girls A	Mike Yuhasz
U12 Girls A	Enda Dunne, Mike Yuhacz
U12 Girls B	Tony Maruna
U13 Boys A	Gianni Salvador
U13 Boys B	Sean Strickland, Donald Miller
U13 Boys B	Jim Papadopoulos
U13 Girls A	Peter Mackie, Rose Buettel
U13 Girls B	Marc Tunstall, Laura Tunstall
U14 Boys A	Leonardo Injoza
U14 Boys B	Nelson McCrossan
U14 Girls B	Kevin Hood
U15 Boys A	Steven Bacso, Gabriel Almada
U15 Boys B	Gabriel Almada
U15 Girls A	Roy Paiva
U15 Girls B	Tim Jewell
U16 Boys A	Colin Foy
U16 Girls A	Kevin Scully
U17 Boys A	Roman Teska
U18 Girls	Lois Gilmour

### Absence with Regret

U12 Boys B	Randy Ryan
U15 Boys B	Steve Dick
U16 Boys B	Robert Anagnostopolous
U17 Girls A	John Rowe

	<b>Activity</b>	<b>Action</b>
1	<b>Welcome and Attendance</b>	<p>REP Coaches are welcomed and requested to sign attendance sheet upon entrance at all REP Coaches Meetings.</p> <p>Communication            If you are not on the 2010 REP Head Coaches email list, for inclusion please contact <a href="mailto:jocelynmennill@rogers.com">jocelynmennill@rogers.com</a>. As your Assistant Coaches and Managers are selected, please have them send their contact information as well so they can be added to the 2010 REP Manager's Handbook and group email lists.</p>
2	<b>Indoor Training</b>	<p><b>RIM - Sunday</b></p> <p>12:00-1:30 U14 Boys A Leo Injoza            U14 Boys B Nelson McCrossan            U15 Boys A Roy Paiva</p> <p>1:30-3:00 U15 Boys A Steve Bacso            U15 Boys B Steve Dick            U16 Girls A John Rowe</p> <p>3:00-4:30 U13 Girls A Peter Mackie            U13 Girls B Laura Tunstall            U16 boys A Colin Foy</p> <p>4:30-6:00 U14 Girls A Mark Garnett            U14 Girls B Kevin Hood            U16 Girls A John O'Brien</p> <p><b>Bechtel - Sunday</b></p> <p>12:00-1:30 U11 Boys A Steve Dosen            U11 Boys B Scott Shepherd            U11 Boys C</p> <p>1:30-3:00 U12 Girls A Enda Dunne            U12 Girls B Tony Maruna            U11 Girls A Shawn Soloman</p> <p>3:00-4:30 U12 Boys B Randy Ryan            U12 Boys A John O'Brien            U11 Girls B</p> <p>4:30-6:00 U13 Boys A Paul Salazar            U13 Boys B Sean Strickland            U13 Boys C</p> <p>HL has released some Bechtel time to REP so there may be some changes.</p> <p>To book school gyms: contact <a href="mailto:registrar@waterloominorsoccer.com">registrar@waterloominorsoccer.com</a> as soon as possible as the booking process may require several weeks.</p>

		<p>January 2010 - the spots will be allocated to teams, trying to ensure all teams have practice time on turf, equitable times, then likelier to go to older teams.</p> <p>Indoor Fields: 2009 10 05 to 2010 01 03. Then indoor RIM schedule changes will be announced. Every Team will have minimum 1.5 hour on turf field, then more time will be allocated after that.</p> <p>Consider fitness, spinning, Waterloo Memorial Recreation Centre Track, school gym options for your Team. The Separate School Board may be faster at processing requests this year.</p> <p>St David's should be available 2010 April. Thursday nights are not available to date.</p> <p>RIM new field: 2010 June 15 – estimated booking date 2010 March 1- Nov 30: will receive 102 hours (51 per field) Field Committee is to meet to select new turf. Lights should be on 4 fields at the back and this will be stressed to ensure timeliness and to avoid a field closure during outdoor season.</p> <p>Visit the City website to view field availability, then send Shannon your choice who will then book at club rate. Bechtel is very booked already so what is left may be at odd hours.</p> <p>HL and REP lost 420 hours - significant, impacted us in 2009 01. There is a need to explore to alleviate for next year. It is requested that Coaches be kept informed. One Coach will explore re field coordinator.</p> <p>In summary, plan your practices well to maximize your field time. Consider booking a gym for after Christmas. Field costs will be discussed at a future meeting.</p> <p>For 2010 REP Tryouts: revisit dates and possibility of fee to tryout to help offset costs of fields and to address field availability issues.</p> <p>Siblings are reminded to stay off of the fields for their safety and to ensure that coaches can focus on their teams.</p>
--	--	---

<p>3</p>	<p><b>Waterloo ThinkFirst Concussion Workshop</b></p>	 <p>The flyer is for a 'Waterloo ThinkFirst Concussion Workshop'. It features a grey header with the title and a 'thinkfirst' logo. Below the title is the subtitle 'A Sports Community Education Event'. The main text describes the event as a chance to hear from experts on concussion recognition, prevention, and return to sport strategies. It lists the date as Saturday, October 31st, 2009, at RIM Park, 2001 University Ave East, Waterloo, in the Forbes Room from 9 AM to 1 PM. The cost is \$20 per person, and registration is online at www.concussionworkshop.ca. There are three small images: a group of children playing soccer, a close-up of a person's face, and a group of people holding hands. The 'Guest Speakers' section lists: Dr. Charles Tator (Neurosurgeon, Toronto Western Hospital), Dr. Taufik Valiante (Neurosurgeon, Toronto Western Hospital), Dr. Edward Kachur (Neurosurgeon, Hamilton General Hospital), Mr. Bob McKenzie (Sports Journalist and Sports Newscaster, TSN), Dr. Paul Echlin (Sports Medicine Specialist, Hockey Coach, London), Mr. Mark Moore (Former Professional Hockey Player and Author of 'Saving the Game'), and an Athletes Panel. The website www.concussionworkshop.ca is listed at the bottom.</p>
<p>4</p>	<p><b>OSA Book Photos</b></p>	<p>OSA has new software that has gone to the districts. The system is posing challenges. As a result, districts are backed up. (SWRSA request 10 days for processing a Player Book. EMSA has declared a moratorium until 2009 11 01.) It is strongly recommended that Teams have their pictures and subsequent book processing completed early, in mid-winter where possible.</p> <p><u>How to Proceed (as per email sent to all REP Coaches 2009 10 20)</u></p> <p>Player Books are required for each person who will be sitting on the bench during a match. This includes Players, Coaches, Assistant Coaches and Managers. Books must be validated (Indoor and Outdoor) for each season every year. Failure to present OSA Registrant Book shall render a Player ineligible to play in that game. (They are also referred to</p>

		<p>as Player cards or simply book or card.) All completed books must be submitted to the Office by the Team and be completely ready for processing and validation by SWRSA.</p> <p>As of last season, Players were deemed to be responsible for their own Player Books. Have your Players should submit their Player Books to you. The District charges the Club \$50.00 for the cost of a new book in the event that a Player has lost or misplaced their book. Please have the Parent come into the Office to purchase a new book if this is the case. However, there is no charge for a book for a brand new Player.</p> <p>Before submitting the Team's Player books to the Club Office, please ensure each book contains an accurate photograph of the Player. Photos must be passport quality and size, on photographic paper, either black &amp; white or colour, and must be replaced every 4th year. For example, if the most recent photo in a book is from 2006, it must be replaced prior to the 2009 outdoor season. Photos must be glued in each book. They may not be stapled, taped, or affixed in any other manner as they would not be authorized by SWRSA.</p> <p>Ensure that the OSA Registration Number is recorded where required. The OSA registration number should also be recorded on the back cover of the book under the MEMBER # notation. Carding fees are covered by the REP Fees.</p> <p>Please allow a minimum of 10 <b>business days</b> for carding.</p>
5	<b>Leagues</b>	<p>Please do not contact the leagues directly as a fine may be imposed. Instead, contact the league liaison or other member of the RC with your questions.</p> <p><b>League Liaisons</b>  SWRSA – Bruce Scanlan to attend AGM 2009 11 14  SWRSL - TBA  LDYSL – AGM 2009 11 14  WOYSL – John Rowe – AGM 2009 12 05  OYSL – TBA – Mandatory meeting 2009 09 26  OWSL</p>
6	<b>GK Training</b>	<p>Goalkeeper training will be on 2009 11 16 REP Coaches Meeting Agenda.</p>
7	<b>Coach Mentors</b>	<p>Coach Mentor Eric Stewart <a href="mailto:estewart@its.jnj.com">estewart@its.jnj.com</a> Cell 519.766.2771  Coach Mentor Willie Smith <a href="mailto:fitba.willie@rogers.com">fitba.willie@rogers.com</a></p> <p>if you need help planning your Parent Meeting, call Coach Mentor Eric Stewart. You may also invite a Coach Mentor to attend in which case provide him with Team details, date, time and location.</p> <p><b>Skills Development Sessions</b>  Friday 6-7:30 or 7:30-9 PM</p>

		<p>Field: RIM  Participants: REP, All-Star, Players in Waterloo  Coach Mentor U11-U12 Shawn Soloman  Coach Mentor U13-U14 Peter Mackie  U15-U18 field and time TBA  Cost: fee pay up front TBA  Content: skill and Team dev, tactics, goalkeeping TBA, to respond to Player needs, age-appropriate  Coaches: opportunity to observe, take notes, coach development</p> <p>Practice Plans 1 and 2 Handout - lay them out and keep them for future reference.</p>
8	City of Waterloo	<p><b>Waterloo Memorial Recreation Center Track Use</b></p> <p><u>Availability</u>  Weeknights before 5 PM - No cost.  Weeknights from 8-10 - No cost.  Weekends from 8-8 PM. Cost: you must purchase a 10-pass pack for \$22.50. Example: If you buy 2 10-pass packs, the number of passes you do not use can be used another time.  The Track <u>is not available</u> MON-THURS between 5-8 PM as it is reserved solely for track clubs.</p> <hr/> <p>From the WMRC website: <a href="http://www.thecomplex.ca">www.thecomplex.ca</a> ---&gt; Facilities ---&gt; Track:  The Waterloo Memorial Recreation Complex's Indoor Track is designed for both running and walking, for all users: the professional runner, the trainer, and the social walker. The track is a 3 lane track with a Tuflex flooring surface that runs for a distance of 220 meters. Lane Distances:  4-1/4 laps around the inside lane = 1 km, or 6-7/8 laps = 1 mile  4-1/7 laps around the middle lane = 1 km, or 6-2/3 laps = 1 mile  4 laps around the outside lane = 1 km, or 6-1/2 laps = 1 mile  Maintain your walking program all year long while walking on the track at the Waterloo Memorial Recreation Complex. The track is surrounded by windows that let in natural light, and allow you to enjoy the surrounding scenery of Waterloo Park and Luther Village.  Feel free to enjoy a coffee and a snack at the food court upon completion of your workout with some of the regular walkers and runners.  <b>Book the track</b> for your event! (<i>REP Coaches = this is the booking link on</i>)</p> <p>For further details, you may wish to speak directly with a track coordinator at 519.886.1177 X247.</p> <hr/> <p><b>Entrance</b> Please enter through the Skater's Lobby, on the main floor adjacent to the food court.</p> <p><b>Change Rooms</b> For your convenience, change rooms are located on the track level. Showers and coin-return lockers are provided in change rooms.</p>

### **Personal Belongings**

**We strongly recommend that you leave any valuables at home**, and store all personal belongings in lockers. Lockers require a 25-cent coin (which is returned when the key is put back into the locker).

### **Cancelled Dates/Times and Changes**

The City of Waterloo will close the track when special events are held in the Waterloo Memorial Recreation Complex. **Please respect the closed times.**

Advance announcements will be posted opposite the Administration office under the Cancellation Notices sign. **Cancellations are also posted online.** For an automated listing of cancellations, call 519-886-1177 ext 302.

### **Program Use**

Please check and adhere to the Track Activity White Board and Track Marshall's instructions for program use.

### **Track Direction**

Monday, Wednesday, Friday, Saturday COUNTERCLOCKWISE  
Tuesday, Thursday, Sunday CLOCKWISE

### **Music**

Due to differences in taste, music is the sole responsibility of the track user. Public skating and private rentals have a music option.

### **Etiquette, Health & Safety**

Please be considerate of other patrons using the building, and run under control at all times. The WMRC offers many shared uses, and safety must be considered at all times.

Walkers, joggers and runners must share the track. Please be considerate, and adhere to the guidelines for everyone's enjoyment and safety. All participants are to travel in the same direction. Utilize the lane designated for your activity.

### **Please refrain from wearing any perfumes or colognes.**

Please adhere to the direction of the day. Slower traffic should stay in the lane closest to the seats. Faster traffic should stay in the outside lane, closest to the windows. **ALWAYS pass to the outside.**

Do not walk or jog more than two abreast, as this impedes the safe and smooth movement of participants. **Persons pushing strollers MUST remain in single file.**

In the interest of safety, no pets are permitted.

Spitting or spouting of water is NOT permitted.

**Inline skating is NOT permitted on the track or anywhere inside the building.**

### **Track Clubs**

There is no dedicated coach-assisted training from April 1 - October 31. Please be considerate of all participants during mixed use.

### **Spike Use**

		Spike use is permitted. 5-mm needle spikes are recommended for this track surface.
9	<b>WMSC Office</b>	<p>The following outlines the individual and their specific responsibilities available to each Rep Team, Coach and/or Manager at any time.</p> <p>Time allowances for SWRSA responsibilities are provided to us by SWRSA. SWRSA has requested 10 business days to provide verification for any OSA books, Travel Permits /Exhibition approvals etc.</p> <p>The 2010 Rep Managers Manual will provide excellent information, and in considerable detail, to complete most team requirements</p> <p>Office Contacts  Barb Frankland  <a href="mailto:registrar@aterloominorsoccer.com">registrar@aterloominorsoccer.com</a>  519-578-9680 X 225  Police Check information//applications forms / verification of date received  Registration for all players, coaches, managers (into OSA registration system)  OSA player books verification and approvals from SWRSA  OSA coaches/managers books verification and approvals from SWRSA  Referee requests for Exhibition games (if required)  School gym requests (School-boards work on priority sequence)</p> <p>Rosemary McAllister  <a href="mailto:reception@waterloosoccerminorsoccer.com">reception@waterloosoccerminorsoccer.com</a>  519-578-9680 X 221  All Travel Permit Requests, Exhibition Games requests, General Club Information  <b>Signing out materials: please contact Rosemary if you have kept but not signed out materials from 2009. This will ensure accurate records.</b></p> <p>Shannon Klassen  <a href="mailto:Shannon@waterloominorsoccer.com">Shannon@waterloominorsoccer.com</a>  519-578-9680 X 222  League information of LYDSL, SWRSL, WOYSL, OYSL</p> <p>Rose Bouramond  <a href="mailto:rose@waterloominorsoccer.com">rose@waterloominorsoccer.com</a>  X 204  All financial questions for teams, honorariums, fees, invoices, bank authorization letters, Police Check receipts.</p> <p>Barry Nye  <a href="mailto:barry@waterloominorsoccer.com">barry@waterloominorsoccer.com</a>  519-578- 9680 X 223</p> <p>St. David's Fields allocations/rates beginning April 2010  New RIM Park Fields game schedules March-Sept. 2010  New RIM Park training field rates beginning June 2010 – to be confirmed</p>

		<p>Regular Team Schedules will begin 2010 March–Sept.  Financial Assistance for Players, OYSL field allocations/schedule 2010,  Rep Uniform questions/issues/concerns, Letters for sponsors as tax  deductions, Insurance questions, General Information at any time</p> <p>Graham Dempster will work 2 days a week.</p> <p><b>Police Record Check Form</b> - BOD is adamant that anyone on bench  must have a police check. This includes Coach, Assistant Coach,  Manager.  Visit WMSC website – REP for application and procedure. Valid for 2  seasons. \$10.00 fee to be reimbursed.  According to WMSC records, Coaches to reapply include: Steve Dosen,  Randy Ryan, Paul Salazar, Steve Bacso, Steve Dick, Robert  Anagnostopoulos, Shawn Solomon</p> <p>More First Aid kits are being prepared.</p> <p>Sean Henderson has completed his role with WMSC and has returned to  Ireland.</p> <p>The WMSC Office will be open M-T evenings and there will be a  convener.</p> <p>AGM: nominations for 5 Board positions close on 2009 11 05. Visit club  website for updates.</p> <p>On back is contact sheet - please have Players sign in so they are in the  system to be insured</p> <p>how to make a claim and insurance brochure - copy from other year</p>
10	Upcoming Meetings	<p>2009 Nov 16      RIM Room 209  2009 Dec 15      RIM Room 104  2010 Jan 11  2010 Feb 09  2010 Mar 08  2010 Apr 06  2010 May 03</p> <p>Meetings are mandatory. You will be notified in the event of a change.</p>
11	Adjournment	

# Practice Plan

Team name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: Warm up

Coaching Points/Progression

Equipment Needed _____	
------------------------	--

Activity/Drill #1

Coaching Points/Progression

Equipment Needed _____	
------------------------	--

Activity/Drill #2

Coaching Points/Progression

Equipment Needed _____	
------------------------	--



