



She Shoots She Scores!

June 11, 2008

Western Region Women's Soccer

Volume 1, Issue 1

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She Shoots She Scores Launch

There are always new, grander challenges to confront, and a true winner will embrace each one." Mia Hamm

I've been playing soccer for 16 years and I am presently a member of the UNB Varsity Reds. Being from Annapolis Valley, Nova Scotia I have seen a huge growth in soccer in the past 10 years. In Nova Scotia there are actually more female soccer players than males and I would love to see the women's game continue to grow here in New Brunswick. Soccer has been a major part of my life, so when I was given the opportunity to do my internship with the Western Region Women's Soccer group I felt very privileged. This is a great opportunity for me to give back to the women's side of soccer. I hope to make a small difference in the sport of soccer by developing a women's soccer newsletter. The objective of "She Shoots She Scores"

is to create a greater awareness of women's soccer in the region. The newsletter is a way to bring together the existing women's soccer group to form a sense of community for women's soccer. It will share local achievements in women's soccer within the western region, provide tips for player development and other relevant female soccer stories. In order for "She Shoots She Scores" to be a success we rely on you the reader to provide feedback on the newsletter and provide story suggestions that you feel are relevant. If you would like to contribute a story for "She Shoots She Scores", please contact me by the information provided on the last page. *Enjoy!* Cleo Tetrault
Western Region Women's Soccer Intern 2008

Greeting from Soccer New Brunswick

Hello Soccer Fans

As Executive Director of Soccer NB I would personally like to thank the team of Women that have put together this great news letter. We here at Soccer NB are committed to improving Women's soccer in the province including having more women and girls playing, coaching and refereeing. I see this newsletter as a great step in the right direction. It is the people like you, those that are reading this newsletter that will help Soccer NB achieve this goal and for that I thank you in advance

Best of luck this season and thanks again to all those working hard to bring awareness to Women's soccer not only in the west region but all across this great province.

Sincerely
John-Ryan Morrison
Executive Director of Soccer NB



PIC OF THE WEEK
Peter Tryphopoulos
May 17, 2008
Spring Tournament
Women hope to have teams for 2009.

Additional Links

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

<http://www.nmsoccer.ca/>

<http://www.oromoctosoccer.org/index.php>



Soccer Skill of the Week

Dribbling

Objective: Moving with the ball under control with all parts of the body, including the hands.

Key Factors

1. Maintain close control of the ball – (ball is within 3 meters)

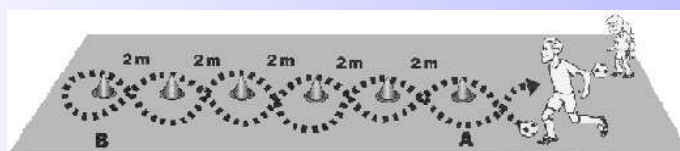
2. Be aware of what is going on around you – look up!

3. Change direction.
4. Change speed.
5. Develop individual stunts and tricks, i.e. – screening the ball.

Practice Drill for Dribbling

Below is a drill that can be used to practice dribbling and ball

control. Make sure the cones are about 2m apart. This drill can also be used for relay races to improve your speed and control.



Women's Health Info of the week
Between 56 and 64% of boys are physically active, compared to only 39 to 56% of girls are physically active.

<http://www.caaws.ca/e/health/article.cfm?ID=1827>

Sr. Women's Soccer League Schedule

Date	Team	Vs. Team	Field	Time
June 11, 2008	Wanderers	U18 Reds	LHHS	7:00pm
June 11, 2008	Or. U14 Div 1	FDSA U14 Div 1	Oromocto	7:00pm
June 12, 2008	Oromocto Women	Villains	Base	7:00pm
June 13, 2008	FDSA U14 Div 1	Rams	Naasis Upper	7:00pm
June 13, 2008	Gunners	Spurs	Naasis Middle	7:00pm
June 15, 2008	Gunners	Grand Falls U18 Div 1	Grand Falls	4:00pm
June 15, 2008	Villains	Rams	FHS Rugby	4:00pm
June 16, 2008	Oromocto Women	FDSA U14 Div 1	Oromocto	7:00pm
June 16, 2008	Wanderers	Villains	LHHS	7:00
June 17, 2008	Or. U14 Div 1	Oromocto Women	Base	7:00pm

Field Locations

For field locations in Fredericton and surrounding area see the link below.

<http://www.fdsa.org/fields.asp>

Weather Conditions

For up to date weather see the link provided below.

<http://www.theweathernetwork.com/weather/canb0040/>

“Some people think football is a matter of life or death. I'm very disappointed about that attitude. I assure you that it is much much more than that.”
- Bill Shankly
English Soccer Manager

Barry Morrison New Technical Programs Coordinator for Soccer NB

Barry was born and raised in Fredericton and has been involved with many local teams including FDSA U16 boys program, provincial teams for Soccer NB (2001-2008), FDSA U18 Boys in 2006 and is now coaching the Reds Soccer Academy U18 girls team and U16 girls for Soccer NB. Barry has also been the assistant coach for the UNB Varsity Reds women's team for 2 seasons (2005 and 2007) and hopes to be back for the 2008 season. Barry started his coaching training in Fredericton. Then was selected to be a member of the very first class of New Brunswick coaches to be taken through the provincial B license coaching course. He graduated from UNB with a bachelor of Kinesiology. Then was accepted to the National Coaching Institute which is a high performance coaching program in Victoria BC.

After completing this program Barry moved to Saskatoon Saskatchewan to get his national level B license. Now Barry is working for Soccer New Brunswick as the technical programs coordinator which allows him to work with soccer NB's technical committee in order to design and deliver player development programs across the Province. This involves coordinating all aspects of the provincial team programs for all 8 provincial teams.

Barry said that he has seen drastic changes in his time as technical programs coordinator. "For example, there are actually programs in place now that give players the opportunity to play soccer and train more than once a week, all year long, which is absolutely massive",

explained Barry. Barry said that his vision for the program is to expand the existing programs so that we can offer all players on provincial teams, more training within their region, to reduce the travel and get the most out of the players in their own area, which will lead to players training much more often and seriously. "The Future of soccer NB is the young players, and current players," this means that we need to find a way to get the current players involved more through refereeing, coaching and volunteering. Barry's advice for players is "speed agility and quickness, those are the tools that the top players have and that's what sets them apart from others. As well as spend time on the basic techniques involved in the game.



Barry Morrison

FREE KICK MAGAZINE

Is a Canadian online soccer magazine. It features soccer stories from around the world, tips for players and coaches and much much more. Check it out <http://www.freekickmag.com/>

FDSA U16 Girls Premiership Update

By Dayle Colpitts

The FDSA 16U Premiership girl's season is now well underway. With a squad of eighteen and coach, Howie Myatt, they have two NBSL matches under their belts'. The first was an away game victory against Fundy, 3-2. Leandra Upton scored twice and Eden Vanderlan added the third goal. The second league game was played at Chapman Field against North West; this is their first season participating in the NBSL Premiership League. The FDSA Caps finished with a 2-0 victory. Maggie MacTavish and Kayla Painter posted the goals

with Yashna Hathi in goal recording the shutout.

The U16's also played two exhibition games early in the season against the UNB Varsity Reds and the New Maryland 18U teams. The UNB match was 2-3 in favor of the Reds. Sarah Myatt and Emilie Pelletier scored the goals. The 18U's defeated the Caps 0-2. Both of these matches were great early season warm-up games for the team.

Coach Howie Myatt says he's, "Looking forward to a successful season of fun and good soccer".

Some of the team's upcoming matches include: June 13th at Arthur Miller Field in Saint John vs. Fundy 16U and June 14th at Chapman Field vs. Chaleur 16U. For the complete season league game schedule refer to www.soccernb.org.



Dayle Colpitts
Keeper for FDSA
U16 Premiership

Keeper Tips by Dayle Colpitts

When catching a ball in any situation, be sure to have hands in a “W” formation. Thumbs should be close together (or touching) and behind the ball.



This ensures that the ball doesn't slip through on a hard shot. This is a common outcome if hands are on either side of the ball when catching it.

Oromocto joins the Sr. Women's Soccer League By Chris Hodd—Coach of Oromocto SWSL Team

Well hello from Oromocto's Senior Women's Soccer Team (we don't have a name yet), this is our first season in the league and will definitely be a challenge. Our goal this season is to get lots of interest in soccer and have some fun, and it seems to be working. When it was announced that there would be a women's team in Oromocto we weren't sure what the response would be, within hours the roster was filled with 20 names, we actually have 23 players at this time with others asking if they can play so hopefully we can maintain the interest and who knows maybe two teams next season.

The team consist of large age difference ranging from 15 to 33, so the first thing was to get the girls to gel and get to know each other, what better way then to start the season without a practise and right into the season, I think it was a little bit of an eye opener, considering there were players that have never played soccer, some haven't played in a few

years, and others that were ready to go anytime. We had Ellen playing and she wasn't even at the field, what better way to get to know your players.

We are now 4 games into the season and as each game goes by we as team grow together stronger and stronger. Our first game was in the cold and extremely windy for the most part we controlled the game but couldn't finish and ended up losing 5-0 to the Gunners; all were smiling and little cold. Then few a days' later game two against Grand Falls again failing to score and losing 5-0, not bad considering we started with 9 players, another learning curve. Still without a practise under our belts we moved into game 3 of the season, a wet game that we thought might be rained out no such luck and we took one on the chin 9-1 from the Wanders, BUT we scored our first goal of the season Toni Del Vasto (maybe we found our goal scorer).

Finally we get to have a practise and all our players can now introduce themselves

to each other, then it was back on the pitch the next day. Our best outing of the season so far played to a scoreless first half, and then early in the second half Alysha Neily put us ahead, later the game was tied on a beautiful goal from deep in the corner, the Rams then lit it up with 3 more goals all scored on corner kicks, downing us 4-1, although 0-4 strong goaltending by Alyssa Hodd has kept the spirits high and the team looking forward to hitting the pitch again.

In closing Oromocto is here in the Senior Women's League, and their here to stay, with every game that passes the word is being spread and the interest is growing thanks to all the ladies on the Oromocto Team, see you all soon in the next session.

PLAYER PROFILE



Name: Kelly Farish

Team: Team Rams

Hometown: Kingston Ontario

Number: 17

Position: Striker

Career: Community Relations Officer/ Aboriginal Affairs

Number of years played: 10

Future Plans: University of Victoria, Bachelor of Law/ Masters of Public Administration program



Oromocto's Website

<http://www.oromoctosoccer.org/index.php>

Western Region Women's Soccer

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She Shoots She Scores is currently looking for local support by providing information, stories and statistics for women's soccer in the Western Region. If you would like to contribute to She Shoots She Scores, you may contact Cleo Tetrault by email or phone.

Website Coming Soon!