



She Shoots She Scores!

Aug13, 2008

Western Region Women's Soccer

Volume 1, Issue 10

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UNB Women's Soccer: Upcoming Season Looks Promising Andy Cameron, Coach – UNB Women's Soccer

First let me congratulate the organizers of the women's soccer on the great job they have done in organizing and maintaining a well run league. I would also like to congratulate Cleo Tetrault on her efforts to put together the "She Shoots She Scores" newsletter. I have enjoyed reading the articles about the local women's soccer scene as well as the many tips and quotes that are in each issue.

The UNB training camp is just around the corner with players coming into town on August 23rd. With only two weeks to select and prepare the team for our first games against Memorial University in NF, the camp will be a busy one. This year's squad has 14 returning players and approximately 15 players expected to tryout for the squad. The training camp will have players from Alberta, Ontario, the four Atlantic Provinces and Finland.

A few of the returning and new players to look for this season include:

Jackie Ryan – All Conference Goalkeeper, previously won a National Championship with Dalhousie.

Isabelle Miles – All Conference Mid-fielder, just returned to Fredericton after spending the summer playing in the Women's Premier Soccer League in New England States.

Tiina Kettunen – A 24 year old exchange student from Finland who has been described as a NCAA division II caliber player in her position as a mid-fielder.

Heather Ambery – First year player from Ottawa, Ontario, Heather has played with several of the better clubs in the Ottawa area as a central defender/mid-fielder. She has been recovering from an operation on her shoulder this summer but she is expected to be ready for action in August.

Overall this year's team seems to have a good mix of youth and experience. The players seem excited about getting the season underway.

Getting to the next level.

Although the team/program continues to improve, the reality of the day is that we need the support of the women's soccer community to get the program to compete on a national level. I encourage people to get involved in any or all of the following ways:

1) Join the Patrons of UNB Varsity Reds Soccer in support of women's soccer

For more information see

<http://>

www.patronsvredssoccer.com/

2) Become a Friend of Women's Soccer by making a contribution to the program

A matching contribution by the

university of any contribution of \$250 or more is expected to be announced Sept 1.

You will receive a tax receipt for your contribution and funds can be designated as you wish.

For further information contact Marcie Nixon, Development Officer for the Varsity Reds (453-4986, nixon@unb.ca)

3) Support us in the stands by coming to our home games and cheer on the Varsity Reds

<http://>

www.atlanticuniversitiesport.com/womens/soccer/schedule/

Once again, congratulations on a great summer of soccer.

Hope to see you in the fall.



Soccer Skill of the Week

Passing and Shooting

Key Factors in Control:

Watch for head movement.

As the ball comes towards the player, he/she watches the ball.

The player controls the ball with first touch just out in front of him/her. The player looks up to find a target,

then looks down and strikes the ball.

Key Factors in Passing:

The ball must be out in front at a comfortable distance (one step).

Player takes a step and places the non-kicking foot a comfortable distance (30 cm to 40 cm) to the side of the ball. Player

looks at the ball and, in one motion, kicks the ball with the

“laces” to the target player. The follow-through of the kicking foot must be directly towards the target.



Fredericton Women’s Recreational League Schedule

| | | | | | | |
|---------------|------------|---------------|--------|--------------------------------------|----|-----------|
| Playoffs - P1 | Fri Aug 15 | Naasis Upper | 6:30pm | 6th place | vs | 3rd place |
| Playoffs - P2 | Fri Aug 15 | Naasis Middle | 6:30pm | 4th place | vs | 5th place |
| Playoffs - P3 | Sun Aug 17 | FHS Rugby | 4pm | 1st place vs. lowest seed remaining | | |
| Playoffs - P4 | Sun Aug 17 | FHS Rugby | 6pm | 2nd place vs. highest seed remaining | | |
| Final | Wed Aug 20 | LHHS | 6:30pm | Winner of P3 and P4 | | |

AWARDS BANQUET FRI AUG 22 LTD

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/>

**I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion.
Mia Hamm
American female soccer player.**

Under the Direction of Litsa Tryphonopoulos By Shannon Myers

Under the direction of Litsa Tryphonopoulos, the Team Rams finished the summer 2008 season with a 12-2-1 record. Litsa is currently the only female coach in the newly created Fredericton Senior Women's Soccer League. Litsa brings with her over 10 years of coaching experience at various levels. As well, she has been very instrumental in helping women's soccer grow in the city of Fredericton. With her experience as a player, coach, soccer mom and fan, she understands what it takes to be successful at the game. Her main goal for us this season was to have fun and has encouraged us every step of the way. She has not only been the team's coach, but our mother and our friend. Her main concern is always our safety and well-being. Making sure we eat properly leading up to a match and rewarding us not only with her encourag-

ing words, but her delicious baklava. She has challenged us and brought up our skill level, while creating a great environment to bond as a team. I think everyone on Team Rams would agree that this has been the best summer for women's soccer in this city, in large part due to Litsa.

Litsa is a great role model for any female wanting to stay involved in soccer, and contributing to the betterment of the game in her community. She hopes this league grows into having more players, and feels strongly about having more female coaches.



Litsa Tryphonopoulos

Pic of the Week

Returning UNB Varsity Reds player Sacha Demers challenges for the ball in a friendly game against the U18 Div 1 girls



Keeper Tip By Dayle Colpitt

As mentioned in last week's keeper tip, the overhand throw is best suited for throwing long distances. Proper technique will improve your accuracy and distance. When using the overhand throw, your non-throwing hand should be pointing to the target and the ball should be cushioned in your palm against your forearm of your throwing arm. Step towards your target and swing your throwing arm like a windmill, keeping your elbow locked. Follow through with your whole body. The ball will have a back spin if the throw is done with proper technique.



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

[Free Kick Soccer Magazine](#)



Dayle Colpitts keeper for FDSA U16 Girls Premiership

Thank you

I just want to say thank you to everyone who has contributed to "She Shoots She Scores". It has truly been an honor to work with all of you towards developing women's soccer in the West Region. I hope that as a community we can continue the efforts to better the game of soccer. Although this is the last Summer issue of "She Shoots She Scores" I will continue to collect women's soccer information for the website www.westregionsoccernb.org/womenssoccer

Please keep sending me information about your teams as I will distribute a few issues in the Fall if there is interest.

I hope that you have enjoyed "She Shoots She Scores" this summer and will continue your support for years to come. Together we can make a difference for women's soccer in the West Region. Special thanks to Dayle Colpitts and Chris Hodd for their weekly updates!!

Don't forget to come out and cheer on your local women's teams.

UNB Varsity Reds Fall Schedule can be found at

<http://www.atlanticuniversitysport.com/womens/soccer/schedule/>

St. Thomas's Fall Schedule can be found at

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

Thank you all again for your hard work!

Women's Health Info of the week

Playing football (soccer) on a regular basis could reduce your risk of coronary heart disease. Several studies show that those who did not exercise were at a significantly higher risk...

FULL STORY

The Importance of Recovery

For you to play your best and be at your best for matches, it is important that you train and work hard. But it is important to remember that training hard every day without adequate rest is not good preparation and can lead to over training and injury.

This article provided by soccer-traininginfo.com explains what you should do to ensure you don't over train and cause injuries. To check out the whole article please click the link provided

http://www.soccer-training-info.com/soccer_training_recovery.asp

Player Profile



Name: Jackie Ryan

Team: UNB Varsity Reds

Number: 1

Position: Keeper

Career: Education Student

Hometown: Stellarton, NS

Additional Links

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

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

<http://www.oromctosoccer.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.

[http://www.westregionsoccernb.org/
womenssoccer.html](http://www.westregionsoccernb.org/womenssoccer.html)