



She Shoots She Scores!

June 27, 2008

Western Region Women's Soccer

Volume 1, Issue 3

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NB Canada Games Travel to Connecticut By Andy Cameron

The Women's New Brunswick Canada Games Training Pool recently returned from a tournament in Glastonbury, Connecticut where they played in a U 17 tournament. In their first game, the New Brunswick team took on the host Glastonbury Team. Both teams were a little tentative to start the game but the play got better as the game went on. Final result 1-1.

The team's second game was against a team from New York State. The NB team tried to improve on their previous performance and although they competed well, they were unable to score on the New York team. However, the team defended well enough to keep New York off the score board also. Final result 0-0.

In the third game, the NB Canada Games Pool played a team from Massachusetts that they matched up with pretty well. Unfortunately, the Mass team had a couple of players up front that got in alone a couple of times that cost the team two goals. The NB team was able to come back with one goal but not able to get the second one. Final result 2-1

Overall, the players and staff enjoyed the trip and it was a good learning experience for everyone. The team is hoping to make a similar trip next spring as they prepare for the Canada Games Competition in PEI in August of 2009.

Pic of The Week— NB Canada Games team in Connecticut



Senior Soccer NCCP Certification Course

When: July 19th and 20th

Cost: \$90/Person

For more information contact Rochelle Baldwin

Rochelle.Baldwin@gnb.ca

Soccer Skill of the Week

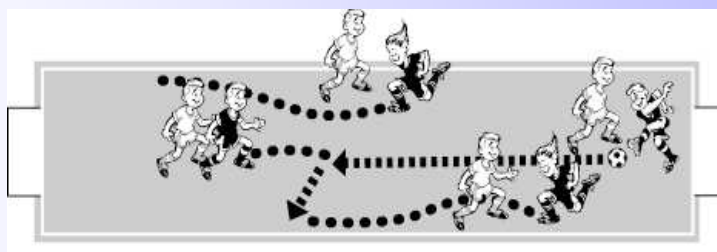
Ball Control

Objective: To receive a moving ball from any direction and bring it under personal control.

Key Factors:

1. Get in line with the ball.
2. Select the controlling surface.

(Decide the part of the body you are going to control the ball with – inside of foot, outside of foot, thigh, chest, head)
 3. Wedge or cushion to control the ball.
Drill
 4 versus 4, no keepers



The rules of soccer are very simple, basically it is this: if it moves, kick it. If it doesn't move, kick it until it does.

Phil Woosnam
Welsh soccer player and manager.

Fredericton Women's Soccer League Schedule

Wed June 25 LHHS 7pm FDSA U16 vs. U18 Reds

Thurs June 26 FHS Game 5:30-7pm FDSA U14 Pre-miership vs. Spurs

Long Weekend - Fri June 28-Tues July 1 - No Soccer

Women's Health Info of the week

Today's soccer performers need to be "complete athletes". They have to be quick off the mark and over 10-20 yards. They have to have the upper body strength to resist challenges...full story click below

<http://www.sport-fitness-advisor.com/soccer-strength-training.html>



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/dmdocuments/fkm_june_2008.pdf

Donna Churnoff Former UNB player Playing in PCSL

Donna Churnoff was a member of the UNB Varsity Reds for 4 years. Donna is from Fredericton and lived here for 22 years before moving to BC to do her PhD in atmospheric Chemistry. Donna is currently playing in the Pacific Coast Soccer League on Richmond women's reserve team. The Pacific Coast Soccer League is an inter-city, cross-border league with a season that runs typically from May to August. Member clubs are drawn from

across the Pacific Northwest in cities from the British Columbia interior to as far as Washington and Oregon.

Donna explained some challenges that she has faced as a female soccer player in New Brunswick. "Being cut from the Canada Games team 3 times and sitting on the bench the year I went to Wisconsin (2002-2003)" She explained that the year she was in Wisconsin gave her a better appreciation for players

who show up and train every day and never see the field. You need to have confidence in yourself and turn your disappointment into determination if you want a spot on the field don't sulk about it. Work hard and take it.



Donna Churnoff

FDSA U16 Girls Premiership Update

This week the FDSA 16U Caps had only one league game. They traveled to play Chaleur 16U for the second match up this season. The Caps were shutout in a 3-0 victory for Chaleur. The score at halftime was 1-0. Coach Myatt says the first half could have been the teams best all year. The team moved the ball nicely and Chaleur's goal was not a result of the Caps being outplayed. The second half however was not one of the Caps' best, seeing them give up two goals.

The Caps' next game is an exhibition match against the New Maryland 18U team on Wednesday, June 25 at 7:00 pm, Leo Hayes High School.

This year we have several players involved with SNB provincial team programs. The provincial teams will be competing in the Aliant Cup Atlantic Championships this coming weekend. We would like to wish all our participating teammates good luck for the weekend! It will be a challenging and



Dayle Colpitts
Keeper for FDSA
U16 Premiership



Additional Links

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

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

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

<http://www.soccernb.org>

<http://www.fdsa.org>

Keeper Tips by Dayle Colpitts

No matter where the ball is on the field, the keeper must always be in the proper position, prepared for action. In other words, the keeper must be in the right position in relation to the ball at all times. Some examples of correct positioning are:

- When the ball is deep in the attacking third the keeper should be at the top of her own eighteen yard box.

- When the ball is at mid-field the keeper should be about 6-12 yards out from her goal line.

- When the ball is at the top of the keeper's eighteen yard box, she should be about 2 yards out from the goal line.

These are guidelines and will vary depending on the field, weather conditions, and the strength of your opponent.



Fredericton Sr. Women's Soccer League Results

Friday June 20th Rams Beat Oromocto u14 5-0.

Sunday June 22 Rams beat FDSA u14 7-2 Goals were scored by: Kelly Farish(4), Rianna Holder, Carolyn Peppin and Rebecka Tremblay

Monday June 23 Rams beat Gunners 4-0. Goals were scored by Kelly Farish, Rebecka Tremblay(2) and Rianna Holder.

The Rams record is 8-1-0.

If you would like your teams stats to be posted please contact Cleo Tetrault.

Nutrition for soccer players: How soccer players can overcome the second-half slump.

Although soccer is the most popular sport in the world, with over 120 million amateur players worldwide, scientific research concerning the nutritional needs of soccer players has been scant. Fortunately, new investigations are being conducted, and the up-to-date research suggests that soccer players should eat and drink like marathon runners!

The link between soccer players and long-distance endurance athletes seems odd at first glance, since soccer is a game involving sudden sprints and bursts of energy rather than continuous moderate-intensity running, but the connection doesn't seem so extraordinary when one considers what happens during an actual soccer match. In a typical contest, soccer players run for a total of 10-11 kilometers at fairly modest speed, sprint for about 800-1200 meters, accelerate 40-60 different times, and change direction every five seconds or so. For the full story <http://www.pponline.co.uk/encyc/0343.htm>

Player Profile



Name: Kelsey Perrin

Team: FDSA u16
Premiership

Position: Full Back

Former Teams: LHHS
Varsity Soccer

Favorite Soccer Team:
Manchester United



**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!