

Crossing North Carolina

NCYSA Recreation Roadshows

*Jane Matejcek is "Crossing North Carolina"
Showing Players How to Have Fun, Playing the Game!*



**Recreation Roadshow Travels to
Wake FC, Garner and Holly Springs!**



**CROSSING
NORTH CAROLINA**

*NC Youth Soccer's
Official e-Newsletter*

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Mark Moore

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Rachel Jones

**Technical Director of Coaching
Education and Player
Development**
Bill Furjanic

Assistant Technical Director
TBD

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Recreation**
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Lyn Halstead
Cindy Lineback

**New Membership, Insurance, Risk
Management**
Stephanie Campbell

**Assistant Director Challenge,
Select, NCYSA Youth Academy**
Debbie Morton

**Assistant Director Classic, Select,
State Cup Administrator**
Colby Morton

**State Select Administration,
Notification to Travel**
Val O'Keeffe

**PO Box 18229
Greensboro, NC 27419
136 Manley Avenue
Greensboro, NC 27407**

336.856.7529 (o)
336.856.0204 (f)

*CROSSING NORTH CAROLINA
is published monthly during the first
week of the month. NCYSA welcomes
articles from the membership. Please
email articles to Mark Moore by the 1st
of each month for consideration.*

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**NCYSA on
Social Media**



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NCAA National Champions!



Wingate University Men's Soccer – NCAA Division II National Champions!

Photo by Jack Dempsey

NCYSA Fall State Cup Champions

The Fall Classic League finished up with several weekends of Cup play, culminating in the Final Four held at Gillette Soccer Park in Wilson. Congratulations to our Cup winners and all teams that participated. *Photos by Mike Forster.*



NCYSA Fall State Cup Champions



Teams winning State Championships advance to Regional Competition - 15U-17U for Kepner Presidents Cup, and 15U-18U for USYS NCYSA State Cup.

Region III Presidents Cup Regionals will be held in Tulsa, Oklahoma - June 13-18, 2017.

Region III Southern Regionals will be held in Greensboro - June 22-29, 2017.

Please [click here](#) for more information on both Regionals.

Congratulations to the Winners of the 19U Fall Culmination Event!



Quick Restarts From the State Office



Keep Us Updated on Your Officers and Contact Information

Has your association held an AGM since you renewed your membership last spring? Have any positions with your association changed since then?

If so, please remember to keep NCYSA informed and updated of these changes within your organization. Updated contacts allows NCYSA to provide the correct individual with information regarding the program they administer. Please contact [Rachel Jones](#) with all updates and changes.



State Cup Dates

Dates and sites for the [State Cup Series](#):

Kepner Presidents Cup - Prelim #1 - April 29-30; Prelim #2 - May 6-7; Prelim/Quarter-Finals - May 13-14.

USYS State Cup - Prelim #1 - May 6-7; Prelim #2 - May 13-14

Roster Freeze Dates: TBD

Final Four Weekend - May 20-21



NCYSA State Office Closed

The NCYSA State Office will be closed beginning December 22, reopening the morning of January 3, 2017.

Upcoming Classic and Select Dates

Playdate ranges for 2017 Spring Classic and Select are set and listed below. You can find updates and other documents at: www.ncysaclassic.com or www.ncysaselect.com.

- Season will open on January 28, 2017
- All U13-14 G/B and U15-18 G/B games must be played by April 16th for cup seeding for KP Cup
- All U13-14 G/B and U15-18 G/B games must be played by April 23th for cup seeding for USYS Cup
- All remaining league games for U13-14G, U13-19B must be played by May 14th.
- All U11-12 games must be played by May 14th



2017 Symposium in Greensboro

The 21st Annual NCYSA Soccer Symposium will be held January 27-29, 2017 at the Greensboro Sheraton Hotel. Meetings for Presidents, Risk Management, D&A, Referees, Registrars, and much more, including the Recreation Coaching Symposium. [Details here!](#)

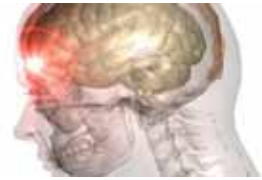


Recognize to Recover - Concussions

US SOCCER'S COMPREHENSIVE PLAYER HEALTH AND SAFETY PROGRAM

Resources Available on our Website!

We are now scratching the surface on the causes and complications of concussions. US Soccer has created its Recognize to Recover Program (linked on our website under HOME>MEDICAL and the Concussion/TBI tab). If you are a coach, please keep the following information handy, in case of a suspected concussion.



REMOVE FROM PLAY

Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.

INFORM PARENTS

Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

EVALUATION FROM A HCP

Ensure that the athlete is evaluated right away by an appropriate health care professional with experience in evaluating concussions. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head
- Any loss of consciousness (passed out/ knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

NO RETURN DAY OF

Keep the athlete out of play the day of the injury. Do not return the athlete to play or practice until a health care professional, experienced in evaluating/managing concussion, has cleared them to do so in writing. A repeat concussion that occurs before the brain recovers from the first may slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

EARLY SIGNS & SYMPTOMS OF CONCUSSION

Cognitive features: Unaware of game specifics (opposition colors, score of game, last play); confusion; amnesia (does not recall events prior to the hit or after the hit); alteration in consciousness; not oriented to time, place, or date; Slowed information processing speed; decreased attention and concentration.

Physical symptoms: Headache, dizziness, nausea, unsteadiness/loss of balance, feeling "dinged" or stunned or "dazed," seeing stars or flashing lights, ringing in the ears, and double vision.

Psychological symptoms: Depression, anxiety, anger, irritability, and difficulty controlling emotions.

Sleep Disturbance: Too much sleep, difficulty falling asleep or staying asleep.

21st Annual NCYSA Soccer Symposium

Offering Our Member Associations Workshops, Classes, and a Chance to Share Ideas

Each year, NC Youth Soccer provides an opportunity for the membership to meet, plan and learn at the Annual Soccer Symposium.

This year, the Symposium will be held at the Greensboro Sheraton Hotel - January 27-29, 2017. Below are a list of classes and workshops available. **NOTE:** All classes are invitation or pre-register only, with the exception of the Recreation Coaches Symposium, and the TOPSoccer Workshop, which are open to the public for pre-registration.

Friday, January 27

Directors of Coaching Meeting - 6:30-7:30 p.m. - Pebble Beach

Recreation Council Meeting - 7:30-8:15 p.m. - Pebble Beach

Saturday, January 28

Referee Assignor Course - 9:00-5:00 - Augusta

Recreation Coaches Symposium (Open to the Public) - 9:00-1:45 - Auditorium I and Imperial Ballroom

President's Meeting - 9:00-10:45 - Victoria A

ARA Meeting - 9:00-6:00 p.m. - Tanglewood

Referee Instructional Session - 9:00-3:00 - Pebble Beach

NCASA Meeting - 11:00-5:00 - Tidewater

Risk Management Workshop - 11:00-12:15 - Grandover West

Head Registrar Workshop - 12:00-4:00 - Auditorium III

TOPSoccer Workshop - 2:30-4:30 - Auditorium I

Discipline and Appeals Workshop - 1:45-2:45 - Grandover West

Club Pass Certification - 2:45-3:45 - Grandover West

NC Soccer Hall of Fame Reception - 6:15-7:00 - Victoria Pre-Function Area

NC Soccer Hall of Fame Induction Dinner - 7:15 p.m. - Victoria Ballroom

Sunday, January 29

NCASA AGM - 8:00-12:00 - August B

High School Coaches Meeting - 9:45-12:00 - Tidewater

NC Youth Soccer AGM - 9:30-12:00 - Grandover

Referee Assignor Recertification - 10:00-2:30 - Pebble Beach

NC Youth Soccer Awards Luncheon - 12:00-3:00 - Victoria Ballroom

High School Coaches All-State Awards - 1:30-4:30 - Blue Ashe

State Referee Committee Meeting - 3:00 - Sandpiper

Partner Vendors

Please be sure to visit our partner vendors in the Victoria Pre-Function area on Saturday - from 8:30 a.m. until around 2:00 p.m. Most will be giving a gift to the attendees!

More information will follow in January. In the meantime, [please check the website](#) for the most up-to-date information.

Synopsis of Workshops



Risk Management Workshop at the Symposium

NCYSA Risk Management Liaisons mark your calendar to attend the 'required' workshop on January 28, 2017. The workshop is tentatively scheduled for 11am-12:15pm., in Grandover West. Look for email reminders between now and January 2017. Questions, contact [Rachel Jones](#).



Discipline and Appeals Workshop at the Symposium

NCYSA Discipline and Appeals Liaisons will meet at the Symposium at 1:45-2:45 in Grandover West. Tentative topic: Handling a D&A Incident internally and the Due Process. Email reminders will be sent after the first of the year.

Questions, contact [Mark Moore](#).



Recreation Coaches Symposium

NC Youth Soccer's Coaching Education presents their annual Recreation Coaches Symposium, held on January 28th, 2017 from 9:00 am to 1:30 pm in Auditorium I and the Imperial Ballroom.

The Recreation Coaches Symposium features instruction for coaches to better understand the game of soccer and it's Principles of Play. A key goal for coaching young players is to help them better grasp how soccer works. Coaches need to have the understanding before they teach their players.

The Principles of Play form the basic tactical foundation of the game, and players' understanding can be accelerated by competing in small-sided games at training; and by encouraging constructive play during matches. The course is \$45.00, which also includes a DVD, t-shirt and lunch.

[You may register online by clicking here.](#)



TOPSoccer Workshop

Please join us in Greensboro, NC at the Sheraton Greensboro at Four Season on January 28th, 2017 at 2:30 – 4:30 pm for North Carolina Youth Soccer's first annual TOPSoccer Workshop. TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, this program is organized by NCYSA's associations across the state. The workshop is held in conjunction with the North Carolina Youth Soccer's Symposium.

The workshop will feature a variety of presentations and speakers, as well as an opportunity to share ideas with other TOPSoccer associations across the state. Directors, coaches, and interested associations are all invited to the workshop. Feel free to pass this invitation along to your colleagues and local TOPSoccer programs.

Please email [Jane Matejcek](#) if you are interested in attending.

NC Players Participate in ODP Events

North Carolina had several players attending ODP events this fall, with others attending later this winter. We'd like to congratulate them on their accomplishment!

US Youth Soccer ODP Girls Thanksgiving Interregional - November 18-25 - Boca Raton, Florida

2000 - Alexis Strickland, Raleigh.

2001 - Isabella Brown, Cary.

2002 - Katharine Groff - Raleigh, Zora Jackson, Tori Paul - Charlotte, Elaine Rouse - Cary, Paige Tolentino - Pinehurst.

2003 - Jessica Dunn - Huntersville, Sydney Minarik - Huntersville.

US Youth Soccer ODP Boys Thanksgiving Interregional - November 24-28 - Casa Grande, Arizona

2002 - Edward Smith - Wilmington.

2003 - Jonathan Mennell - Asheville.

US Youth Soccer ODP Boys Florida Interregional - November 30-December 4 - Bradenton, Florida

2000 - Anthony Harrison - Winston-Salem.

US Youth Soccer Girls ODP National Training Event - January 26-31, 2017 - Phoenix, Arizona

2003 - Jessica Dunn - Huntersville, Noel King - Wilmington, Sydney Minarik - Huntersville. (Alternate: Lauren Montgomery - Kitty Hawk)

2002 - Peyton Goldthwaite - Raleigh, Katharine Groff - Raleigh, Tori Paul - Charlotte, Elaine Rouse - Cary, Paige Tolentino - Pinehurst. (Alternate: Tina El-Amoor - Garner)

US Youth Soccer ODP Region III Costa Rica Event - February 13-20, 2017

Isabella Brown, Marzia Josephson. (Alternate: Maggie Pierce)

Associations That Have Players Involved in the ODP Program



Around the State

We love receiving photos about your local association and what's going on Around the State! If you have something to share, email a photo and/or story to [Mark Moore](#) and we'll share with the rest of the State!



The CVYSA Youth Academy had a great Saturday morning of 3v3 & 4v4 games. All the players were busy showing off their skill vs their friends during our in house games. Congrats players, for a good season. A few of the coaches are just as silly as the players = a good time had by all!

College Cup 2016

North Carolina Well Represented in the Final Four!



The Men's teams' from UNC-Chapel and Wake Forest University advanced to the 2016 College Cup in Houston, Texas. UNC dropped a tight match to Stanford in Kicks-from-the-mark, 10-9.

Wake Forest advanced to the Championship match and battled to a 0-0 draw, before Stanford won in Kicks, 5-4. Congratulations to both teams on a fine season!

Photo credits: UNC - www.goheels.com; WFU - Troy Taormina - USA TODAY Sports



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Coaching Education Calendar

NC Youth Soccer offers a number of coaching courses for all levels throughout the year. Please [click here](#) for the full details and to register! **Our State courses** (Youth I, Youth II, TOPSoccer and Goalkeeper Courses and the **US Soccer Courses** (F, E, D, C Courses) are detailed using the tabs on the top of the page.

To view the Federation Courses, click on the **DIGITAL COACHING CENTER** link, go to the top of the page and click **COURSES**. On that page, the left hand menu has the links for the C, D, E courses for North Carolina (make sure "**North Carolina**" is showing in the drop down menu).

Email [Bill Furjanic](#) with questions on Coaching Education.

D License - \$210 Total Cost - [Link to US Soccer "D" Course Schedule](#)

(Two Weekends. 1st Weekend - instructional phase; 2nd weekend practice and performance review. Second weekend is held at least 8 weeks after the first.) After attending the 1st weekend, candidates may attend ANY scheduled 2nd weekend (provided the 2nd weekend is at least 8 weeks after the 1st and the course isn't full).

1st Weekend

Begins 01/20/2017 - Wilmington

Begins 02/10/2017 - Raleigh - WRAL Soccer Complex

Begins 02/17/2017 - Charlotte (Wait List)

2nd Weekend

Begins 01/20/2017 - Wilmington

Begins 02/10/2017 - Raleigh - WRAL Soccer Complex

Begins 02/17/2017 - Charlotte

National Youth Course - \$625

Begins 06/02/2017 - Asheville - Carolina Day School, Sgro Athletic Complex

E License - \$110 - [Link to US Soccer "E" Course Schedule](#)

Begins 01/20/2017 - Wilmington

Begins 02/10/2017 - Raleigh - WRAL Soccer Complex

Begins 02/17/2017 - Fayetteville

Begins 02/17/2017 - Charlotte

[All other Coaching Course Schedules are linked here.](#)

Recreation Coaches Symposium - \$45

01/28/2017 - Basics of Constructive Soccer - Greensboro Sheraton Hotel

Goalkeeper Certificate - \$35

02/04/2017 - Raleigh - WRAL Soccer Complex (\$55)

07/22/2017 - Winston-Salem (\$35)

Youth I - \$25

02/04/2017 - Clayton - GCAA Complex

02/15/2017 - Fayetteville - Jordan Soccer Complex

03/04/2017 - Wilmington - Cape Fear Regional Soccer Park

03/11/2017 - Huntersville - Richard Barry Park

Youth II License - \$25

02/05/2017 - Clayton - GCAA Complex

02/16/2017 - Fayetteville - Jordan Soccer Complex

03/04/2017 - Wilmington - Cape Fear Regional Soccer Park

03/11/2017 - Huntersville - Richard Barry Park

Training: *Technical and Awareness*

By Bill Furjanic, Technical Director Coaching and Player Education and Development

SESSION I

Playing Area: 60 x 40 yards

Players Involved: 4 v 4 players in each square

Equipment:

- Balls
- 2 sets of bibs
- Cones

Practice and Objectives:

- White team (4,7, 8 & 9) in possession
- Black team (2, 3, 4 & 6) defending
- To gain a point passes have to go through players in the inside square who play a set and pass between themselves then pass to player outside square to maintain possession.
- If defending team gain possession – roles switch

Variation:

Reduce the number of players defending

Allow players to come out of the middle defending box – 2 defending players must remain in the middle area at all times

Coaching Points

Working on white team drawing black team out to close ball down, looking to play angled balls into the players in the square, switching play to go in another direction. Keep changing players in inside grid. Players movement when not in possession, can they open up spaces for passes into players in the inside grid

Key Factors

- Passing ranges/short/long/angled passes
- Body shape/Receiving passes

SESSION II

Playing Area: 60 x 40 yards

Players Involved: 4 v 4 players in each square

Equipment:

- Balls
- 3 sets of bibs
- (1, 2, 3 – Red)
- (4, 5, 6 – Yellow)
- (7, 8, 9 – Blue)
- Numbered boxes – 1 cone = group 1

Practice and Objectives:

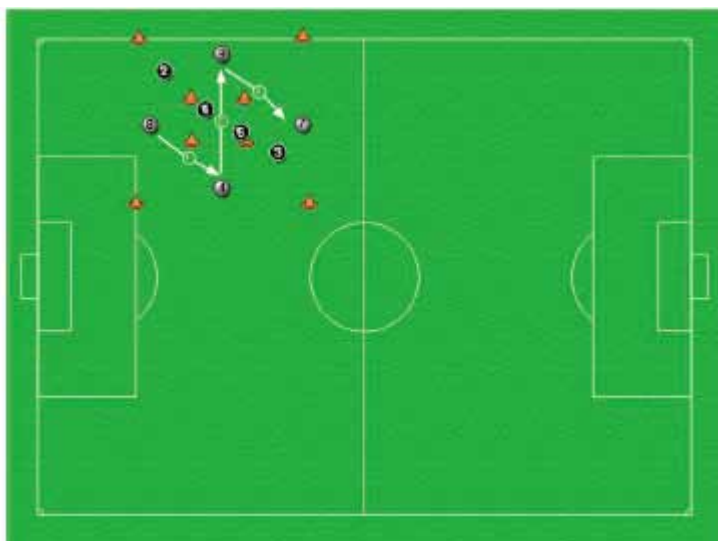
- Player's pass the ball in sequence moving around the grid and using one touch, i.e. red to yellow, yellow to blue.
- As start 1, now groups 1 and 4 work together, as do 2 & 5 and 3 & 6 with one ball between 2 groups moving from grid to grid.
- As 1 and 2, again now groups 1, 2 & 4 work together as do groups 3, 5 & 6
- One ball between 3 groups, 1, 2 & 4 working in an 'L' shape, as do 3, 5 & 6.

Coaching Points

Players must show good movement, type and weight of pass, communication is vital.

Key Factors

- Angles and distances
- Type/Range of pass
- Communication/Information
- Tempo/Attitude
- Progression
- If players grasp session, introduce a defender in each group!



Important Dates

December

- 12 - Classic Schedules Due - 13U-14U Girls and Boys.
- 15 - Classic Schedules Due - 11u-12U Girls and Boys.
- 22 - January 2 - State Office Closed.

January

- 3 - State Office Re-opens.
- 3 - New Spring Team Officials Register with Risk Management.
- 4 - Recreation Player Registration Fee is \$8 per player.
- 8 - Registration Deadline for New Teams for Spring Pre-Season Play.
- 10 - Make Sure Everyone is Approved through Risk Management Before the Season Begins.
- 11-15 - NSCAA/USYS Workshop - Los Angeles, CA.
- 17 - Registration Deadline for All New Teams for Spring League Play.
- 27-29 - NCYSA Soccer Symposium.
- 28 - NC Soccer Hall of Fame Dinner - 7:15 @ Greensboro Sheraton Hotel.
- 28 - Classic and Select Play Date Range Begins.
- 29 - NCYSA Annual General Meeting - 9:30-12:00 @ Greensboro Sheraton Hotel.
- 29 - NCYSA, NCASA, NCSRA Awards Luncheon - 12:15 - Greensboro Sheraton Hotel.
- 31 - Recreation Coaches/Volunteers Register with Risk Management Before Practice Begins.

February

- 1 - Make Sure All New Spring Participants are Approved with Risk Management.

March

- 2-5 - US Soccer AGM - Wailea, Hawaii.
- 12 - Daylight Savings Time (2:00 a.m.)

April

- 4 - Association Renewals Begin. The 2017-18 Database Opens for Association Officers-Renewals on May 1.
- 14 - State Office Closed, Good Friday.

May

- 29 - State Office Closed, Memorial Day.

June

- 10 - NCYSA Board of Directors Mid-Year Meeting

July

- 4 - State Office Closed, Independence Day.
- 15-18 - US Youth Soccer Presidents Cup Nationals
- 24-30 - US Youth Soccer National Championships



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