



A Sixth Reason to Love AYSO!

Sixth Core Philosophy Added: Player Development

Everyone in town can name the five core philosophies that are the foundation of our organization, right?

AYSO National has voted to add a sixth, **Player Development**, the first new philosophy of the organization in nearly 25 years. The goal of Player Development is to embrace the objective of improving the soccer skills and knowledge of every AYSO player, from VIP, children whose physical or mental disabilities make it difficult to successfully participate on mainstream teams, to U-19.

The new philosophy will be incorporated into AYSO's by-laws and have as its description: We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

You knew this already but the just in case you forgot, the other five philosophies are:

Everyone Plays

Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least half of every game.

Balanced Teams

Each year we form new teams as evenly balanced as possible because it is fair and more fun when teams are of equal ability play.

Open Registration

Our program is open to all children between 4 and 19 years of age who want

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to register and play soccer. Interest and enthusiasm are the only criteria for playing.

Positive Coaching

Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

Good Sportsmanship

We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

These six philosophies essentially boil down to:

- FUN for all
- EDUCATION for all
- ETHICS for all
- ACCESSIBILITY for all

Referee Courses

Each year, our Referees Director John Barnes, offers a free comprehensive course detailing the essentials of becoming a referee. Upon completion of this two-night course, participants become Certified AYSO Regional Referees. The course usually attracts 15–20 participants from Chappaqua and neighboring towns and is open to anyone 12 and older. About ten participants each season are teens. If you would like to volunteer and become active in AYSO but coaching is not your expertise, please consider becoming a ref. We're always in need of refs and too often, coaches end up both reffing and coaching

during a game. We also encourage coaches to attend the course. "Knowledge of the rules can be a big help when you are coaching set plays," Barnes advises.

As your children progress through the program to Extra and older divisions, it's important that we provide a ref for inter-town play. Having an embedded ref will ensure your child's team plays a safe, fair game. Each participant receives a nifty patch, cool shirt, sideline flags and of course, their own whistle. For more information, please contact John Barnes at john.barnes@rbcdain.com.

Coaching Tips and Strategies: Avoiding Runaway Games

By John Re

It is late in the fourth quarter of the match, your team has a lead of five or six goals, and your best player is now at the striker position ready to extend that lead. Things could not be better for your team, right? Maybe not.

In the heat of the battle on Sunday afternoon, coaches sometimes forget that “winning” is not the primary reason we are out there. While teaching the game does include the fact that your team is supposed to score more goals than the other team (i.e. a win), we coaches need to remember that running up the score is never acceptable.

We have all heard (and maybe used) the excuses: “But I couldn’t tell the kids just to stop playing;” “It was my best player’s turn to play up front and it wouldn’t be fair to hold him/her back;” and “I really didn’t realize what the score was.” Putting aside the last one (a coach always has an idea of how far ahead they are), the problems and pitfalls of runaway games can be minimized with some simple strategies. Here are some to consider.

Move stronger offensive players to defense. By keeping your goal scoring machines away from the goal, there is less of a chance of the excessive goal being scored.

Tell your defensive players that they cannot cross mid-field. Too often, especially in U7, U8 and even U10, coaches allow defensive players to dribble the length of the field and add numbers to the offense. Keeping the defense back will reduce the mismatch in the offensive zone.

Institute a 3 pass rule – i.e. the team must connect 3 consecutive passes before it can shoot on goal. If 3 passes is not enough, make it a 5 pass rule. Not only will the scoring slow down, the teamwork aspect of the game will be emphasized.

Require your players to shoot (and if necessary, pass) with their non-dominant foot. Again, while reducing the scoring, this strategy keeps the kids in the game and helps them work on often neglected skills.

Put one less player on the field. Although this is not a popular solution, it may be the advantage the other team needs to make the game more competitive.

If all else fails, direct your players not to shoot at all.

Finally, pay attention to the relative strengths of the teams early in the game. Consider implementing some of these strategies



before the fourth quarter. For example, if you find your team has a three goal lead before half time, try to keep the game in check before you find yourself having to explain how you let the game get out of hand. And in implementing these strategies, please be discrete. Players on the other team do not need to hear you bellow across the field, “OK team, hold back now.”

Remember, everyone is out there to have fun. But it is not fun to lose by too big a margin. How many goals is “too many?” AYSO rules and guidelines do not provide an answer. Some travel leagues prohibit (and fine coaches and/or clubs for) winning by more than 6 goals. But, if you are ever in doubt, a good rule of thumb should be to ask yourself, how would your kids feel if they were on the losing end of the score you are wondering about.

Gift Ideas

If you’re looking for soccer related gifts, check out aysostore.com. You’ll find clothes, equipment, videos and a bunch of other stuff you never knew you needed.



trivia ?

Do you know who Paul Caligiuri is?



It’s been said that a youngster from Chappaqua has a better shot at owning a professional sports team than playing on one but you never know. We have some terrific players in our program and it’s too soon to tell how far they’ll go.

Paul Caligiuri, who started his soccer career with AYSO, is a member of the AYSO Hall of Fame. He holds a special place in U.S. soccer history for the goal that was “heard around world,” resulting in the U.S. National Team advancing to play in the 1990 World Cup in Italy, its first World Cup berth since 1950. There Caligiuri notched the first World Cup goal for the U.S. national team in 40 years, scoring in a 5–1 defeat against Czechoslovakia.

In addition to a long international career, Caligiuri played for two MLS teams, Columbus Crew and Los Angeles Galaxy. He has returned to the AYSO family as a coach and is the head coach of the men’s and women’s soccer teams at Cal Poly Pomona.

Tom Pile Earns Chappaqua AYSO's Highest Honor



Tom Pile, our Extra Program Director, has overwhelmingly earned the 2009 Grishman Award. This prestigious award recognizes a volunteer who has, over the course of time, demonstrated

dedication to and passion for youth soccer in Chappaqua.

The award is named for Peter Grishman, a tireless volunteer and active member in Chappaqua's AYSO program. He was one of those coaches and volunteers who seemed to make time to help out with any task at any time. As a member of the Chappaqua AYSO Board of Directors, Peter served as a vigilant supporter and protector of AYSO's five core principles known as EBOPS (Everyone plays, Balanced teams, Open registration, Positive coaching and Sportsmanship), ensuring that all kids in Chappaqua had the opportunity to learn, play and enjoy soccer at a high level. Aside from his unending efforts as a coach and Board member, Peter single handedly took over and revamped the referee program, serving as Chappaqua AYSO's chief referee (refing two or three games each Sunday), staffing all of the weekend's games and training new referees. It was Peter who first reached out to the youth of the community, successfully encouraging them to volunteer as referees. After his untimely death, the Chappaqua AYSO Board created an award in Peter's honor. Though not necessarily given every year, the intent of the award is to recognize

a volunteer who has, over the course of time, demonstrated the dedication to and passion for youth soccer in Chappaqua that Peter Grishman espoused. Fittingly, Peter's family received the first award for his great contributions to the AYSO program.

For all of Tom's effort, he should be receiving a lifetime contribution award.

Even after his son outgrew the program he continued to serve as Regional Extra Program Coordinator. He has operated our Extra Travel teams and has been instrumental in handling relations with other town's coaches and administrators. In addition, Tom has served as one of our higher level referees for years. He is a Certified Regional Management Instructor who trains AYSO board members.

Past recipients include:

1991 – The Grishman Family
 1992 – Jairo H. Orjuela
 1993 – no recipient
 1994 – Rick Shambroom
 1995 – no recipient
 1996 – Paul Gavejian
 1997 – no recipient
 1998 – Martin Hewitt
 1999 – John Barnes
 2000 – Sam Goldfarb
 2001 – Steve Adnopolz
 2002 – no recipient
 2003 – Jay Shapiro
 2004 – Jane Sheinfeld
 2005 – no recipient
 2006 – Stuart Berg
 2007 – John Re
 2008 – Dru Welburn
 2009 – Tom Pile

Go Tom!



Ethan Citrin Wins Scholarship Award

Each year Chappaqua AYSO awards a \$500 scholarship to a Greeley student who has invested extraordinary time and energy supporting our AYSO youth and community, as a player, volunteer and/or referee. The recipient embodies the principles of AYSO, demonstrates good sportsmanship and positive attitude.

This year's recipient is Ethan Citrin. Ethan is a lifelong player, now U16, has always demonstrated exceptional sportsmanship and has lined our fields for years often on short notice. We congratulate him and wish him well in the future!

Louise Harris Receives AYSO Appreciation Award

Chappaqua AYSO is happy to present Louise Harris with the 2009 AYSO Appreciation Award. Her enthusiasm for soccer and her organization skills are unparalleled in our community.

Louise held several board positions for the past few years. She dived in head first as U6 coordinator, the most difficult division because it has the highest number of players and there are no evaluations from prior years to create balanced teams. In addition, many U6 coaches are new to the program and Louise provided guidance and fielded all the questions. Louise also managed photo day, which is a logistical nightmare and she also took on the role of procuring the trophies for over 1,100 players.

Louise is stepping down from the board and she will be missed, big time!

Jonathan A. Taub Gets Recognition (Finally)

At the annual coaches dinner held June 13th at Grappolo, Jonathan A. Taub was finally recognized for his tireless (tiresome?) endeavor to safeguard every shin in Chappaqua. We all love Jonathan more than we care to admit and we're happy that Commissioner Grob stepped forward and did the right thing. To save AYSO funds for something truly worthwhile, a custom statue was created with a shin guard spray painted gold, stuffed over an existing trophy. It looked similar to a bowling trophy I had seen once in Larry's garage.



We're all thankful for Jonathan's efforts and we feel gratified that his efforts have been acknowledged.



Coaching in Chappaqua: It Takes More than a Travel Mug of Coffee

Did you know it takes more to be an AYSO coach in Chappaqua than showing up with a bag of balls, cones and a cup of coffee?

Throughout the season, we all recognize and appreciate our coach's commitment to the kids and the program. But before the season begins, and they step on the field, they must complete AYSO specific training, attend a National Youth Sports Coaching Alliance Certification class as well as submit to a Background Check.

- The first AYSO requirement is the Safe Haven course, completed in person at one of the coaching jamborees held every summer or completed online. It's a two-three hour course which teaches the basics of working with children under the guidelines of the Child and Volunteer Protection Act. Volunteers must complete Safe Haven to be covered by AYSO's supplemental insurance. Safe Haven also covers AYSO principles and there is pass/fail exam at the end of the evening. Safe Haven is a one-time requirement.

- The second AYSO requirement is Age Appropriate Certification. This is a hands (feet) on workshop held every year and taught by local volunteers who are very active and dedicated to the AYSO regional program. These classes teach coaching basics, including lots of fun practice drills to play with your team. AYSO requires that an age appropriate coaching class be completed every 2 years, as your child ages through the program. There is a field component of the course to achieve certification.
- The Town of New Castle also requires a mandatory Background Check on all youth sports coaches and assistant coaches. The background check consent form is available on-line and if you already filled out the form for another sport then you do not have to do it again for soccer. Background checks must be repeated every four years.

Chappaqua AYSO is always looking for parents and qualified teens to volunteer and coach. Being an active participant is very rewarding and more fun than sitting on the sidelines on a folding chair. When you sign up your child for next year, please consider filling out the Chappaqua AYSO Coaching Request Form and eAYSO Volunteer Form. It's a great organization, because of all the enthusiastic people who participate!

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Healthy Snacks

A – Z

Reprinted from parents.com, the online home of American Baby, Parents and Family Circle

They beg for candy, cookies, chips – and more candy. What's a health-conscious mom to do? Meet them halfway with these healthy, and tasty, snacks.

- A** Almonds are nutritional powerhouses
- B** Breakfast Bars
- C** Cheese
- D** Dried Cranberries, a.k.a. Craisins
- E** Eggs are more fun when they're painted in rainbow shades
- F** Fruit Rolls are all-time favorites
- G** Gogurt is yogurt in a tube
- H** Hummus and veggies are a match made in heaven
- I** Ices are an ideal choice – if they're homemade
- J** Jelly spread on rice cakes
- K** Kosher Pickle Spears
- L** Low-fat Chocolate Milk isn't news – but chocolate slushies are!
- M** Multigrain Toaster Waffles are lightly sweet
- N** Nibblers are frozen half ears of corn
- O** Oatmeal Cookies are an excellent treat for your little cookie monsters
- P** Pizza Rolls are just the ticket when the kids are craving a slice between meals
- Q** Quick Soups in cups are comforting on cold days
- R** Rice-and-Marshmallow treats
- S** Sweet-Potato Chips are a more nutritious alternative to standard chips
- T** Tortillas are a Mexican snack food
- U** Upside-Down Cake is a homey treat and can be made in less than ten minutes
- V** Vegetable Egg Rolls may be unusual, but your kids will love them
- W** Whole-Wheat English Muffins are a smart switch from the traditional kind
- X** X-change a 300-calorie candy bar for a Bananarama
- Y** Yummy pudding (chocolate, vanilla, or butterscotch)
- Z** Zucchini bread, a step up from pound cake nutritionwise

Thanks Again to the 2008/2009 Chappaqua AYSO Board Members

Commissioner: Larry Grob
Assistant Commissioner: Scott Krase
Assistant Commissioner: Jonathan Taub
Shin Guards: Jonathan Taub

Division	Coordinator
U16B	Marc Citrin
U16G	Marc Citrin
U14B	Steve Cohen
U14G	Charlie Steinhorn
U12B	Rodrigo Ocejo
U12G	Forrest Sussman
U10B	Rick Oseroff
U10G	Donna Levitz
U8B	Jonathan Taub (and Shin Guards!)
U8G	Scott Krase
U7B	Jilian Pohly
U7G	Louise Harris
U6B (K)	Peter Burack
U6G (K)	Eric Kratz

Auditor: Peter Gadaleta
Child VPA: David Perlmutter
Coaches – Director: Scott Krase
Communications – Director, Editor:
 Paul Leibowitz
Extra Program - Director: Tom Pile
Field Coordinator: Scott Krase
Goal Safety & Maintenance: Mark Ellis
Health, Fitness and Nutrition: Eric Small
Lower Leg Protection: Jonathan Taub
Newsletter Editor-in-Chief: Paul Leibowitz
Referees - Director: John Barnes
Scheduler / Referee Assignor:
 Francis Fitzpatrick
Registrar: Dru Welburn
Secretary: Michael Fontaine
Training - Director: Charlie Steinhorn
Treasurer: Joel Wolf
Webmaster: Dru Welburn
Fashion Advisor: Jonathan Taub
Advisor: Steve Adnopoz
Advisor: Sandy Bologna
Advisor: Betsy Feinstein
Advisor: Lauren Stern
Advisor/N.C. Parks & Rec.: Bob Snyder
**Advisor/Horace Greeley Athletic
 Director:** Steve Young
Commissioner Emeritus: David Perlmutter
Commissioner Emeritus: John Re
Commissioner Emeritus: Jay Shapiro

Photo Gallery



























