



HERNDON CONNECTION

2021-2022 Club Newsletter

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HERNDON TRAVEL MEMBER SURVEY

We Need Your Feedback! We are committed to being the best soccer club in Northern Virginia. Your feedback is important to understand how we can improve and better serve our travel community. Please complete this anonymous survey that should take about 5 minutes.

[CLICK HERE FOR HERNDON TRAVEL SURVEY](#)

A Note from Executive Director Greg Andrulis

Happy New Year! I hope everyone had a great holiday season. After an unexpectedly long break due to the lingering snow, I know we all were eager to get back to the soccer field to enjoy the camaraderie, teamwork and competition.

Our club experienced a very positive fall season on both the travel side and the recreation side. This past fall was the first season our travel teams were united in a club-centric structure, experiencing greater unity through our Club Training Nights and various club get-together events. In our fall recreation program, we reached more community members to see a 35% increase of players enrolled compared to last spring. Thank you to our Board of Directors, Technical Director Nick Arzani, Club Administrator Michelle Alioto, our coaches, assistant coaches, team managers, volunteers and referees for all that you do to make Herndon Youth Soccer a great club! We are fortunate to have such a committed team that gives so much to our players, families and community.



One member of our team doing great work behind the scenes is our referee assignor, Sharon Deplitch. [A note of gratitude to Sharon for her incredible dedication to the club and our referee program.](#) Her work for Herndon is seldom seen, but the results of her long hours and diligence is visible through the amount and quality of game officials that serve our club. In this month's issue, we celebrate and recognize three

incredible referees we all see on a regular basis on the fields: Dave Little, Jon Halterman Mitchell and Erika Ose. Thank you to them for their years of commitment and professional approach to the game. They are role models for the next generation and have a legacy that is honorable and appreciated by their fellow referees and all of Herndon Youth Soccer members!

The club continues to grow and move forward in a positive direction. Part of that growth has been through the addition of key people who have made an incredible difference on and off the field, such as Jane Dawber, who has made an indelible impact since joining us last spring. [We are thrilled for Jane to expand her contribution to Herndon by taking on the role of Director of Recreation.](#) While Jane will continue to coach her travel teams and oversee the Pre-Travel program, she will carry over her passion, knowledge and expertise to lead our recreational side.

Our two annual fall tournaments (the DNST for travel teams and All-Star Cup for recreational teams) provide much-needed scholarship money to the club and were successful in a large part due to the directors, committees, field coordinators, referees and volunteers. Mark Roe, Joe Farrington, Susan Steis, Jonathan Halterman Mitchell, Sharon Deplitch and Michelle Alioto worked incredibly hard for the tournaments' positive results. The All-Star tournament was created many years ago by Jody Rametta, our previous long serving Club Administrator. It is a unique and incredibly popular tournament with nuances only available at the Herndon All-Star Cup. The committee stayed true to that vision and purpose as much as possible. There is so much joy when you walk onto a soccer field comprised of 12 mini-fields and hundreds of soccer players and parents having so much fun! It's the very essence of youth soccer.

I would also like to give a special thanks to Andrew Long, Steven Huang, Trisha Aquintey, Edyta Weisner, Lisa Roach and Kathy Fontana for serving on our Partnership and Sponsorship Committee. They are dedicated and truly vested in helping us reach our goal, which is to help as many players and families as possible. We are also working on "FUN-raisers" that will provide the club with special events that will fundraise, create sponsorship opportunities and be fun for our members to be part of. Look for announcements on some of these new events in the near future.

Thank you to everyone who supported and helped with our TOPSoccer program, that serves players with disabilities—our Buddies, volunteers, parents and players all make this program possible and make a difference! And a very special thank you to the program's title sponsor, Mr. Patterson of Toyota of Bowie, for his very generous donation.

We are looking forward to great 2022! Thanks to all of you for making Herndon Youth Soccer a very special club! #HYS Proud #HYS OneGoalUnited

TECHNICAL DIRECTOR'S CORNER Nick Arzani



As we begin a new year, this becomes an important time to reflect on our goals and gains of the previous year, as well as set, and/or recalibrate, our short-, medium-, and long-term goals for the upcoming year and beyond. Therefore, I wanted to share a message with you about the vital importance of effective goal setting for young student-athletes.

It is very natural for young players to set lofty, long-term goals for themselves such as wanting to play professionally or collegiately. These types of goals are very rewarding for coaches to hear, because it tells us that our players are enjoying their play and want to continue to do so for as long as possible. The reality is that to achieve these goals requires a lot of hard work, passion, and dedication. Our job as adults is to make sure they are aware of all that is involved in the process of achieving these goals. This is one of the principal reasons why we have instituted



Need Volunteer Service Hours or Want to Coach?

Older travel players can earn service hours for school by volunteering to coach in our recreational league. Also, parents wanting to coach or give back to

the player interview process as part of our club curriculum. Understanding the players' level of motivation, as well as their short and long-term goals, is extremely helpful for the coaches to know.

Effective goal setting is one of the most important skills for aspiring elite athletes to learn in order to help them build confidence, increase motivation, and ultimately improve their level of performance. There are many benefits to setting goals. It helps provide direction, a road map for players to strive towards. This direction in turn gives players increased focus, helping them to see the value of sacrifices and dedication. In addition to motivation, and a sense of purpose, goal setting gives players agency and control of their own future, showing them that they are able to achieve what they set their minds to if they work hard and create a plan. Effective goal setting places heavy emphasis on the things the athlete can control, such as performance. Setting a goal like playing for the US National Team does not provide a road map. If the player can focus on improving themselves and their performance, then the achievement aspect will take care of itself.

The article below from a sports psychologist outlines well the principles of effective goal setting, which is well worth the read for both athletes and parents alike.

Principles of Effective Goal Setting

Some of the main takeaways:

Make goals specific, observable, and in measurable terms.

The player evaluations provided by your child's coach is a great starting point to identify weak areas that can be improved. Players can measure their speed of execution and/or accuracy to establish a baseline, and then keep testing on a monthly or bi-monthly basis to track improvement. Players and parents should talk to their coach if advice is needed on how to improve on the areas that are identified as "needs improvement", as well as potential areas to move from "good" to "excellent."

Clearly identify the time constraints.

Creating realistic timelines in which the player will try to hit their goals is crucial to this process. The time constraints should be broken down into a weekly, bi-weekly, monthly, bi-monthly, seasonal, and then yearly plan. Each time constraint fits into a bigger, long-term picture that now becomes the road map.

Use moderately difficult goals.

Finding the middle ground where the goal is challenging, but at the same time realistic, is critical. If the goal is too challenging, it will be daunting and de-motivating for the player. On the other hand, if the goal is too easy, it is not as satisfying for the player once achieved.

Write goals down and regularly monitor progress.

Recording and tracking goals is important for both looking back, as well as looking forward. The list of things to achieve, and how to do so will help give players focus. Being able to look back at how many goals have already been achieved helps keep players motivated by seeing how far they have progressed.

Identify a goal-achievement strategy.

The player needs to think about what actions they are taking on a daily/weekly/monthly basis that will help them to achieve their performance-based goals. In conjunction, they should also be thinking about how they are incorporating working on these areas on their own

the community are needed!

Coaching young players is a fun way to serve and inspire a new generation of soccer players. The commitment includes 1-2 practices per week over 10 weeks and 8 Saturday game dates.

For information on the SPRING recreational league, [CLICK HERE](#). If interested or if you have any questions, please contact [Club Administrator Michelle Alioto](#) as soon as possible.

Get Involved in Our Club and Support Our Rec League as an Age Group Commissioner!

As an Age Group Commissioner, you earn \$140 per season credited to your travel player's club account and register any siblings in Rec for free. Working as an Age Group Commissioner is also a great way to become more involved in the club.

The work is computer-based, overseeing one age group in the recreational league as an admin--placing players on teams during registration, sending rosters as an administrator of your age group, communicating with coaches and club staff as needed, and answering parent emails.

If you are interested or would like more information about the time commitment, please contact [Club Administrator Michelle Alioto](#). Please don't wait--we need help immediately in several age groups.

into their schedules. If it is not programmed into their lives on a regular, consistent basis then they will not be able to see the positive effects.

Thank you all for being a part of our club. Our goal is to continue to find more and more ways to help connect our coaches, players, and parents into one cohesive partnership that helps enable our players to aspire and meet their goals on and off the field.

HYS Adult Free Play Starting Jan. 21 — Friday Night Lights

Beginning Friday (January 21st) we are hosting Friday Night Lights —our adult version of free play— for Herndon parents and coaches to play soccer . This is a great opportunity for Herndon parents of all abilities to dust off their soccer shoes and get some exercise, show their skills, have fun and build our club camaraderie.

FRIDAYS @ BREADY PARK
7-8pm (or until players leave)
BEGINS JANUARY 21

This is informal pick-up soccer; teams are made at the field and whoever is there can organize amongst themselves and decide what size field to use.

We hope to see you there!

Spotlight on Referee Excellence Q&A with Herndon Referees

We interviewed three special referees that share a passion for the game and are familiar to Herndon coaches, parents and players. **DAVE LITTLE** has been a fixture on Herndon fields for many years, often mentoring players to the rules of the game as well as young referees.

JONATHAN HALTERMAN MITCHELL has also been a presence on fields for many years and volunteers for the club in significant roles for our recreational league. **ERIKA OSE** returned to referee assignment and quickly became recognized for her leadership among our travel and rec teams.



Q: How long have you been a referee?

DAVE: 25 years

JON: 7 years

ERIKA: I re-certified to referee in 2021 after several years. In total, I have refereed for four years; but there have been large gaps between each refereeing certification period.

Q: How many games have you officiated in?

DAVE: Over 12,000 matches

JON: Over 1,400 games

ERIKA: I've refereed approximately 120 games over my life.

Q: Do you have a referee that is your favorite?

DAVE: Pierluigi Collina

JON: I do not have a favorite referee . I like to watch many games, including Premier League officials to see their

positioning and calls, etc.

ERIKA: My favorite referee is Anthony Taylor, in the English Premier League. Taylor is a FIFA certified referee who uses critical thinking and de-escalation tactics on the field, while still remaining in control of the game. Furthermore, during the Euros this past summer, Taylor's quick action saved Christian Eriksen's life after his heart attack and collapse on the pitch.

Q: What advice would you give to a young referee?

DAVE: Most importantly, HAVE FUN. Try to be consistent from the first whistle till the last, and use common sense in your decision making. Be a student of the Laws of the Game and make it a goal to know them thoroughly. Always dress to look your best.

JON: I think my advice to young referees would be to continue to seek feedback and work with different referees. As a referee you are part of a team so it is important to talk with each other. Also, be confident in your decisions.

ERIKA: Don't let the haters get you down. There will always be those who think you made the wrong call, or who think that they could have refereed the game better. But YOU are the one who was chosen to make the call. Don't let their anger cause you to doubt yourself, and trust what you saw – mistakes are made when you second guess what you saw.

Q: What is your most memorable experience as a referee?

DAVE: My most memorable experience is the friends and relationships I've developed over the years. I have worked with hundreds of referees and made and enjoyed life long friendships.

JON: My most memorable experiences have been receiving feedback from experienced former national referees. I have always enjoy speaking with them and working to improve.

ERIKA: My most memorable experience is refereeing the U10 teams this fall. I really love walking the kids through why something is or isn't a foul, and why the rules are the way they are. When I can help a young player understand the game better, I feel like I am doing my part to teach the next generation of soccer players and help them to love the game the same way I do.

Support the U12B FC Red Fundraiser!



Herndon FC Red

U12 Boys Travel Team

SUPER BOWL SQUARES Fundraiser

\$25 PER SQUARE

Square Assignments done at random using automated tool

Chance to **WIN \$** And Help Support Our Team

\$200 End of 1st Quarter

\$300 Half Time

\$200 End of 3rd Quarter

\$550 Final Score

Remainder of the \$ goes to the team

Contact Lisa Roach at TMHerndonFCRed@gmail.com
to purchase squares prior to the Super Bowl



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