



# THE NRASL NEWS



January 2015

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**NRASL BOARD POSITIONS**

- PRESIDENT  
Jeff Grau
- VICE PRESIDENT  
George Panagiotou
- TREASURER  
Adam Hill
- SECRETARY  
Judy Vanover
- REGISTRAR  
John Friday
- FUNDRAISING  
Holly Schnell
- FIELD MANAGER  
Jamie Chalkley
- Public Relations  
Derrick Cope
- COMMISSIONER  
Wayne Fox
- DIRECTOR OF COACHING  
Everett Palache
- BOYS TECHNICAL DIRECTOR  
Chris Moore
- GIRLS TECHNICAL DIRECTOR  
Tara Bowen
- TRAVEL DIRECTOR  
Jim Lally
- IN HOUSE COACHING DIRECTOR  
Shayne Clegg
- TOT SOCCER  
Keith Krueger
- WEB MASTER  
Jeff Hassler
- AASL BOYS REP  
Debi Schuster
- AASL GIRLS REP  
Paula Fox

Welcome to 2015 North Ridgeville soccer. Winter is upon us and that means its Registration time for Soccer. We will have registration again at the North Ridgeville Public Library. The dates are Saturday January 24th from 10:00am to 3:00pm and also on February 28th again from 10:00am to 3:00pm. As always we have registration online at NRASL.COM.

**A few dates to remember:**

- Registration ends on 3/15/2015
- Referee meeting 3/14/15 North Ridgeville library 12-3 pm
- Picture day 4/25/15
- In-House games will begin 4/11/2015
- Picnic (last games) (weather permitting) 5/16/2015
- Boys Travel Try Outs 5/12/15
- Girls Travel Try Outs 5/19/15
- Chipotle Fundraiser 5/19/15

Let's all have a fun and educational season. GOOD LUCK TO ALL!!!

***CONGRADULATIONS ARE IN ORDER!!!***

The NRASL has recognized these individuals for their long and outstanding service, and will attend the OYSAN luncheon later on this year.

- Holly Schnell**- Administrator of the Year
- Paula fox**- Volunteer of the Year
- B.J. Breen**- Young Referee of the Year
- Randy Wood**- In-House Coach of the Year
- George Panagiotou**-Girls Travel Coach of the Year
- Dave Casselberry**- Boys Travel Coach of the Year

If you or someone you know may be interested in sponsoring the North Ridgeville Amateur Soccer League, please contact our Public Relations Director, Derrick Cope at, [djcope23@windstream.net](mailto:djcope23@windstream.net).



## **NRASL AND CORNFEST KICKOFF SPONSORS**

Force Sports  
North Coast Jaw and Implant  
Center  
The Goddard School  
The Hassler Group  
Carolyn Jedlicka CPA  
Forever Green Lawn Care  
MVP Trophy  
North Ridgeville Corn Festival  
Mecho Custom Printing  
Maximum Graphics  
Picture Day Photography

Convenient Food Mart  
N. Ridgeville Public Library  
Mayor David Gillock  
Copper Valley Construction  
Soccer Post  
LCCC  
North Ridgeville Family  
Dentistry  
Sportsville  
Sherwin Williams Paint

## **THE PRESIDENT'S PAGE**

Happy New Year to all! I hope everyone had a safe and happy holiday season. I'm very excited for another year of growth for our city's youth soccer program. For many, the soccer season does not really end. Many of our competitive players have just finished indoor session I and are now participating in indoor session II. In addition to game-play, there are a number of indoor training opportunities. The competitive players train Thursday nights while our recreational players were given a new training opportunity after the fall season. NRASL partnered with the Force training staff to offer our recreational players a local training option utilizing the gym



at Lake Ridge Academy. We hope to grow this opportunity to offer more training for our more committed recreational players.

Speaking of recreational soccer! Now is the time to visit us to sign up for Spring in-house development soccer. We'll continue to offer pro-coaching influenced programs from U5 thru U8. The academy programs utilize hired coaches to ensure our youngest players are getting age-appropriate instruction while keeping the atmosphere a fun and safe learning environment. Keep in mind our recreational players have the opportunity to try-out for our Competitive (travel) and N. Ridgeville Select programs after the spring season. I'm excited to say, we were able to add a girl's Select team this fall. Stay tuned for details about the tryout dates.

Special thanks go out to all of our volunteers. This year we welcome Adam Hill to the board as our new Treasurer. Jeff Jedlicka dutifully served as treasurer for the last few years and did an outstanding job. Prior to that, Jeff helped with other roles including coaching, fundraising / concession stand and a number of tournament positions. Jeff will truly be missed! John Friday just finished administering his first season as our new registrar – great job John. John is taking over for Cindy Jackson who had been a valuable member of our team for a number of years. Thanks for all your hard work Cindy!

Sincerely,  
Jeff Grau  
President, NRASL

## **THE DOC CORNER**

Hello NRASL Members,

### ***Why are you training? What are you training for?***

Often we ask players why are you training? or What are you training for? The answer is usually followed by a blank stare or a programmed response of "to get better". Don't get me wrong the goal is to improve every day, week, month and year, without question. In fact, We at Athletes of Excellence (AOE) believes you need to improve every month at a minimum. Of course this is an utopian perspective and not realistic in respect to youth development.

Ask yourself, "why are you training". Then ask yourself, "what you are training for". AOE, your parents, or your coach cannot answer these questions for you but you can help design your own path to help you reach your destination.

You should train with purpose, a driving force, and "direction". The story usually told is that if you want to go to California you would have a plan. You would earn money, (work at home to earn an allowance to help support your annual training cost). You would buy a ticket to travel via plane to your destination in California, (contact your coach or trainer to get direction that will help you reach your destination), You will pack, walk/run, and do what is needed to earn money, get to the plane, and enjoy your destination, (all the training, eating/fueling, and sleeping).

Define your destination to help determine the questions above.....

**Everett Palache**

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# TRAVEL SOCCER INFORMATION

Hello NRASL Soccer families,

I would like to take a moment to congratulate all coaches and players on the outstanding fall outdoor season. I would also like to congratulate Coach Dave Casselberry and Coach George Panagiotou for being nominated as Coach of the Year.

The indoor season is in full swing. Many teams played the first session and congratulations to the U10 Girls Select for going undefeated this session, and to the U11 Boys Select and the U13 Girls for finishing in 2nd place this session. Great job to all the teams that participated, and good luck to all in the second session!

A reminder to all travel coaches, the last two coaching clinics will take place on February 19th and March 19th. Please try to attend these sessions, it is a great time to interact with your Director of Coaching. It is also a great time to ask those questions that you may have.

The outdoor season will begin on Sunday April 12th. Keep an eye out for any correspondence from your coaches regarding practice times and locations. Let's all hope for a nice warm, dry spring!

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**James Lally**

NRASL Travel Director

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# LET'S WATCH SOME SOCCER

## *Woman's National Team*

February 8, 2015	12 PM ET	<a href="#">WNT vs France</a>	Stade du Moustoir; Lorient, France	ESPN2
February 13, 2015	TBD	<a href="#">WNT vs England</a>	stadiummk; Milton Keynes, England	FOX Sports 1
June 8, 2015	7:30 PM ET	<a href="#">WNT vs Australia</a>	Winnipeg Stadium; Winnipeg, Canada	FOX
June 12, 2015	8 PM ET	<a href="#">WNT vs Sweden</a>	Winnipeg Stadium; Winnipeg, Canada	FOX
June 16, 2015	8 PM ET	<a href="#">WNT vs Nigeria</a>	BC Place; Vancouver, Canada	FOX

## *Men's National Team*

January 28,	5 PM	<a href="#">MNT vs Chile</a>	Estadio El Teniente; Rancagua,	FOX Sports 1, UniMas,
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2015	ET		Chile	UDN
February 8, 2015	1 PM PT	<a href="#">MNT vs Panama</a>	StubHub Center; Carson, Calif.	<a href="#">Ticket Info</a> ESPN, UniMas, UDN
March 25, 2015	3 PM ET	<a href="#">MNT vs Denmark</a>		ESPN2, UniMas, UDN
March 31, 2015	12 PM ET	<a href="#">MNT vs Switzerland</a>	Stadion Letzigrund; Zurich, Switzerland	FOX Sports 1, UniMas, UDN
April 15, 2015	TBD	<a href="#">MNT vs Mexico Presented by AT&amp;T</a>		FOX Sports 1, UniMas, UDN