

VSA Monthly Newsletter

January 2018

Good afternoon Valencia Families,

I hope everyone's New Year is off to a wonderful start! I've thoroughly enjoyed catching up with so many familiar faces after our winter break. Players are reenergized, futsal is back, and the year is starting with an abundance of positive energy.

Going forward, I will be sending out a monthly newsletter to the club. I will be discussing psychosocial aspects of development, club news/current events, and player/team achievements.

If anyone has any videos or action shots that they would like me to share on our social media page, please do so weekly. I would really like to share content from all of our teams in the club. Text would be a great way to send them: 732-754-1870. Please keep videos under 60 seconds long. Thank you in advance!

VSA News and Current Events

- Our first ever State Cup Champions, *Valencia 04*, will be representing VSA at the NJYS Awards Dinner in February. Awesome job guys!
- Extra Winter Training has begun. Wednesday Technical Class from 7-8 PM is FULL!
- Wednesday pick-up games are taking place each week at Sportsplex. **They run from 8:00-9:00 PM and cost \$15 per session.** You may reserve a spot weekly by emailing info@vstnj.com
- CALLING ALL PLAYERS! THURSDAY SESSIONS HAVE BEGUN! If you missed Week 1, we are currently prorating the remaining sessions at \$120 per player. We have seven weeks remaining. Sessions run from 6:00-7:30 with Coach John Velasco and I.
- **We are actively recruiting 2005 and 2006 girls!** If you know any families who would be interested, please refer them via email at info@vstnj.com. Thank you!
- **We are also actively recruiting 2008 boys for our second team!** Once again, if you know anyone who would be interested, please refer them via email at info@vstnj.com

Find Your Why

On Monday, I sent a follow up email to Valencia 04 regarding our post-practice talk. We spoke about team goals versus individual goals...and how they directly correlate. If we as players do not have specific goals, then how can we accurately judge our progress? How are we, as individuals, helping the team as a whole? If we as a team do not have specific goals, what are we working towards together? Ultimately, my message to the 04s and for our entire club is the following: *find your why*.

When you wake up every morning, what drives you? When you go to school, what drives you? When you take the pitch at practice each day, what drives you? This applies to players AND coaches, as we must all continue to reinvent ourselves and set new goals daily. When you tap into your “why”, your goals will present themselves with clarity like never before. This is a sincere and efficient path to becoming the best version of yourself.

I want all of us to ask ourselves, “what goals can I set for myself to be a better soccer player, teammate, and overall human being?” In regards to Valencia 04, we as a team set a goal for us to better communicate with one another. We believe more open and positive communication will help develop us to the next level. Furthermore, what are some individual goals we can set for ourselves? These goals will dramatically vary based on your age, athleticism, and skill level. Here are some examples:

- Technical Goals
 - Can I juggle? How many times? Can I beat that record? Can I juggle with my weak foot? If today is 100 juggles, can I do 200 by February? March?
 - Can I accurately pass a ball 100 times in a row? Can I do so with both feet?
 - Can I consistently serve/shoot a ball w/ both feet?
 - Can I teach myself a new trick/skill move?
- Physical Goals - Can I make myself faster? Stronger? Can I increase endurance?
- Psychosocial/Tactical goals
 - Can I watch more soccer on TV to understand the game better?
 - Pick a favorite team and follow them every week!
 - Can I be a better teammate?
 - Compliment a different player at practice each week
 - Pick a teammate up when he/she is feeling down

Get creative with this! Enjoy the process!

I would like each player in the club to share their winter goals with their coaches. Perform this exercise in a group setting. You, as players, can and will inspire one another! Perhaps one player will present a goal that will spark an ambition for another player. The positive possibilities are endless. Choose at least one technical, one physical, and one tactical goal. As a group, we will follow up in March to discuss our successes, failures, and how we learned from them.

**This is an excellent exercise to perform with your families as well!*

I would like to conclude with an excellent quote that I recently heard. “When you reach the top of the mountain...find a bigger mountain.” If we all want to be the best version of ourselves, we must continue to search for the next mountain. The next mountain is what will consistently inspire us to be greater.

I hope each of you have a fantastic rest of the week. I’m looking forward to hearing about everyone’s goals at training this week.

Sincerely,

Coach Jason

