



SIDELINES



WVSC Rangers Find Success in Metro Soccer League

The first Metro Soccer League season is over half way completed. There was a lot of concern last spring when clubs were informed that this league was going to be created, and the North Shore club presidents decided that they would push for each of their clubs to house their own teams. This was a somewhat risky move on WVSC's part because of the size of our club and the fact that other clubs throughout the lower mainland were combining populations to build their teams. Although our club is not the size of a North Vancouver Football Club or Coquitlam Metro Ford, which is one of the largest clubs in BC, our club is competing very well in most age groups.

Jammer Afshar, WVSC head coach, and Bill Sparling, WVSC President, believed that our club had the talent to compete, despite its smaller membership size.

"When we were holding our joint tryouts with North Van, one of our main concerns was that other clubs would be putting together like-minded teams," Jammer said. "We were worried that other clubs might be holding back HPL level players." As the season has unfolded, the league standings indicate that most clubs put forth the kinds of teams that belong in MSL, Tier 2. According to Jammer, there is the odd MSL team that is probably holding HPL level players that are boosting a team's performance, but in general it is fairly balanced.

"There has been some talk that NVFC might want to go back to a district based Metro program, but I don't think our club is interested," Said Jammer. "We've done a good job of using our resources and assigning coaches." MSL players pay \$650 for the season and have two one and a half hour practices per week on our artificial turf fields. Half an hour of each session is used for warming up or chalk talk. (*Story continued on page 2*)



Mitchell Cameron, U15 Ranger, heads the ball in a recent game against CCB Pegasus. (Photo courtesy of Glenn Goh)

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Winter Registration Open for Training Sessions

Caulfeild after-school Futsal Program (U8/U9)
Winter Goalkeeping and Ball Striking Academy 2012
Winter Goalkeeping Camps 2012 - U10 to U12
Winter Goalkeeping Camps 2012 - U13 to U18
Winter 2012 - Friday Academy
Winter 2012 MSL Centre of Excellence
Winter PLUS session 2012 U11 Boys
Winter PLUS session 2012 - U11 Girls
Winter PLUS session 2012 - U12 boys
Winter PLUS session 2012 - U12 Girls
Winter PLUS session 2012 - U9/U10 Boys
Winter PLUS session 2012 -U9/U10 Girls

Raffle Ticket Fundraiser Raises Much Needed Funds for Club

WVSC completed its first annual raffle ticket fundraiser when the winners' names were drawn on November 6 at Ambleside Park. The cash prizes for this event were \$10,000, \$5,000, and \$2,500. Sandra Strang oversaw this important fundraiser for the club and had help from a number of volunteers. Nevertheless, the responsibility of keeping track of all sold and unsold tickets and the money turned in to the club was a huge undertaking for Strang. In total, \$68,330 was deposited into WVSC's gaming account, but that did not include the \$17,000 for the cash prizes and the cost of running the fundraiser. The club was able to sell 69 percent of the number of tickets it had anticipated selling. The winners of this year's raffle ticket fundraiser are: Gloria Yaniw (\$10,000), Jim Wetmore (\$5,000), and Alyson Ford (\$2,500).



(Continued from WVSC Rangers – Page 1)

One of Jammer's concerns about having this league return to district based, meaning that the teams belong to the North Shore District as opposed to any club, is that players will not be given the same quality of training and playing time. For Jammer, player development is a key. It isn't all about winning to Jammer and to know that the club and he can monitor the coaching of West Van players is important.

"We want players to keep wanting to play. We want players to be happy, and when they come out to practices in even the worst weather, you know that they are happy with what's happening," Jammer said enthusiastically.

This season WVSC has seven MSL teams, and as our soccer programs continue to grow and strengthen, there is hope that we will eventually have a team in every age group. Jammer believes that it is important to look after every level of the club, from Bronze on up. It is the development that happens at each level that creates a strong club.

WVSC Ranger Results up to December 2

	Place	GP	Wins	Losses	Ties
GU16	1	12	8	1	3
GU15	2	12	6	4	2
GU13	4	12	5	7	0
BU18	3	11	4	5	3
BU15	7	11	5	6	1
BU14	9	12	3	7	2
BU13	3	12	6	3	3

Soccer Coach, Adam Cotterill, Keeps His Street Soccer Players Interested

“This ball’s in! Go! Play on!” Adam Cotterill, grade 11 Sentinel Secondary Student, commands as he kicks a ball onto the field. He is the field master when he’s working with his Street Soccer players, and the young coach knows the key to keeping four and five year olds interested on the field is keeping the game moving. Adam constantly interacts with players throughout the session and brings an upbeat energy to the field. As two players, dripping from the cold November rain, stand frozen in the center of the field, Adam asks them for a high five. They look up at him as if to ask why. “High five, Guys. You were a part of that play. Good job!” The boys raise their mitten covered hands to high five with their coach. They probably were not a part of the goal that their team just scored, but instantly they become engaged with the game again.

Adam works the morning sessions with the U5 through U7 boys. Appropriately, Adam’s own start to organized soccer began when he was four, which is when he was a part of WVSC’s Street Soccer program. Since Adam’s Street Soccer Days, he has done more with his game than most young players dream. He was a part of the White Caps soccer program, and when he was 12 his team traveled to eastern Canada and then to France where he participated in the Dannon Cup. His team also traveled to Holland and won two major tournaments. Of the 21 games his team played, they won 20 and tied one. “Bart Chouffour was my coach, and he had a huge influence on me. He was such a good coach,” said Adam. Adam has played at the highest levels of youth soccer in British Columbia, so it is surprising that his love of the sport diminished a short while ago. “About a year and a half ago I had a coach I didn’t get along with, and that was the turning point,” Adam explained. He was recently selected to play for Mountain United Football Club of the British Columbia Soccer Premier League, but he made the tough



Adam Cotterill began soccer when his father would play with him. Street soccer followed at the age of four.

decision to leave his team and has turned to rugby as his number one sport. He plays for his high school team and for the Capilano Rugby Club. Last year, he suffered a broken neck while playing rugby, but he hasn’t lost his passion for the sport. Even though Adam spends most of his time playing rugby now, he has not given up on soccer: he plays on Sentinel’s soccer team, and he continues working with WVSC’s young players as a coach.

“Working with the kids has really helped me with my patience. It also keeps me busy and out of trouble,” he said with a smile. Although WVSC may not see Adam again as a player for one of its youth teams, at least the club is fortunate enough to have him on the Hugo Ray field every Saturday morning where he will continue to make soccer fun for his Street Soccer players.



Street Soccer Coach Adam Cotterill keeps his young players interested in playing by bringing an extra energy to the field.





Technical Staff Works Hard to Create Thorough Assessments for All U10-U17 Players with the Help of Team Coaches

Prior to 2008, WVSC used the standard tryout system for determining which players would make the highest level teams. It was a stressful two or three days for players trying out for Gold teams, and the outcomes didn't always reflect the quality of the players as they performed throughout a season. Extra nerves, the need for some luck, and the ability to be teamed with players who could help a player shine on the tryout field each

a player's work ethic are considered. Team coaches do formal assessments on each player at two points during the season: midway through and at the end. Larger clubs are envious of WVSC's ability to assess players in this fashion. There is an extra cost in hiring professionals to take the time to scout, as it does take a significant amount of hours to see each player an average of three or four times per season; however, the club finds that doing



had the potential to tip the scale for better or for worse.

As WVSC has transitioned into assessing its U10 – U17 players, this gives each player a better opportunity to be seen fairly and more accurately. Not only do our professional coaches see players during practices and at games, but team coaches continue to supply valuable input.

Many factors are incorporated into an assessment. Players are looked at for not only their ball skills and play on the field, but attitude, the desire to develop, and

assessments has given it an edge in seeing its players as a whole. The club's focus is on development, and assessments can be instrumental in allowing players the ability to see how they can improve as they play from September through the end of the season.

Evaluating

Scouting

Assessing

Coaches Game and Food and Toy Drive Come to Ambleside



After Jammer's caution to, "Take it easy on each other," the WVSC coaches broke from the huddle on the field and took to their own sides. There were coaches whose children had already graduated from the club, and there were coaches whose children are just getting their start in the youth program. WV coaches come with a large range of experience: several played university level, and some have professional experience. WVSC is proud that 90 percent of its coaches have at minimum their Community Coach Child certification, and our number of Provincial B coaches is building.



Some of the coaches who participated, although not in order: Adam Aziz, Niki Ahern, Matt Walker, Leo Nash, Jammer Afshar, Mark Pennington, Katie Tarrant, Bryan Clarke, Jean Soehn, Carla Palmer, Ed Langford, Ed White, Jerome Curlier, Eduardo Chapur, Emily Noble, Steve Noble, Dave Ellis, Keith Kirkwood, Randy Johnstone, Sandy Tregus, Tom D'Orazio, David Curry, Paul Mackenzie, Kevin Colbow (**Photos by Andrew Klaver**)



Friendships and Soccer Mix Well for Women's Allstar Team

(Some players have been together since PeeWee)



The WVSC Allstars are a team that has moved on from PeeWee through divisional and then to the Metro Women's Soccer League. Several of the players on this team were together during their earliest soccer beginnings, and now they are continuing their soccer playing with the same women and coaches they have known for over a decade. The Allstars, previously known as the Allstar Screammers, is comprised of players ranging in age from 18-31, and the core of the team is made up of 23 to 25 year-olds.

The team was formed in 2005 when Rob Lennox and Richard Mellen combined their graduating youth teams, the Allstars and the Screammers. Those teams were comprised of WV players who played up through the West Van youth system from PeeWee. Two fathers capitalized on the opportunity to continue coaching their daughters after their youth careers ended, and the team has remained intact ever since. The challenges this team has faced comes from players going away to university, traveling for work, starting a family, and whatever else comes with becoming or being an adult. Even as the players have left to start their adult lives, many have returned to the soccer team they grew up with and have known throughout their lives. There have been a number of new players added to the team over time, but a good number of the original group remains.

"There are some good friendships amongst the players on the team, and many new friendships have been created," said Lennox. "We've been a good, solid team and usually on the top half of the table," he added.



Karmen DeCamillis has been with the original core of players since 2000 and is a home grown West Van player. When asked why she has continued with the team for as long as she has, she said, "I love soccer, and this is such a close nit group. They're like a second family to me, and Rob is amazing. He's like a second father. Even when I think about taking a break from soccer, I can't get myself to do it because I'd miss this team, too, much," said DeCamillis, and she also added that as new players have joined the team, they quickly become a part of the family.

While the players have grown older and have become more susceptible to injuries, the Allstars have created a strong medical team within itself. The goalie and her husband are paramedics. Additionally, Andrea Lennox, the coach's daughter, is a physical therapist, and her husband is also a paramedic. Could this be a coincidence, or are the players planning for a very long future together?

The Allstars compete in Division 3 of the MWSL. The season is 14 games long with Cup games beginning in February. Three Cup games are guaranteed, but teams can advance to the next rounds. The Allstars made it to the consolation final last year and lost to Richmond in a 1-0 battle. A few years ago Lennox brought in another dad to run the team's practices. He felt the change would benefit the players, and Carlo Nigro now heads the practices on Wednesday night's while Lennox and Mellen continue to run the team on game days. When asked why he has remained with the team for as long as he has, Lennox replied, "They won't let me go! They're good kids. It's been nice watching them grow up, get their educations, and build their families," and with a little sigh, he adds, "I guess the players aren't kids anymore."

The Allstars will complete their regular season in February or March, depending on their success in Cup play, and they will continue to play in the spring with a short eight game season that will run in May and June.

Above: Rob Lennox gives words of advice to his All Stars. Photo left: Emma Lawson puts a move on her opponent. (Photos by Andrew Klaver)

Powerchair Soccer Builds Momentum, Slowly but Surely

Powerchair soccer Canada, otherwise known as Powerchair Football Canada (PFC), gives athletes with the most debilitating of conditions, like Muscular Dystrophy and Cystic Fibrosis, the chance to compete in a way they could only dream of in most instances. To be a part of a team that scores goals and to be able to maneuver on a playing court in control of a ball is seen as a privilege by Powerchair Soccer players, and they don't take any of it for granted.

“They are so humble and inspirational,” Adam Aziz, WVSC coach said of his Powerchair Soccer players. It was by coincidence that Adam came to learn about this sport that would help to change the way he sees his life today. Adam discovered Powerchair Soccer through a friend of his, Luke Galvani. Luke's brother Kenny had been playing for Adam on a WVSC team, and over time, Luke and Adam became friends. Luke was a member of the Powerchair Soccer team on the North Shore, and he invited Adam to check out the sport with him. As it turned out, Adam was highly impressed by what he saw, and he discovered that the Canadian National Powerchair Football Team was looking for an assistant head coach. Adam applied for the position and got the job—a volunteer job.

In becoming the National Powerchair Football Assistant Head Coach, Adam has traveled with his team to two major competitions. Last spring he accompanied the best players from British Columbia to Montreal, Quebec for the Defi Sportif competition, which was an event with over 4,000 disabled athletes from around the world. There were a number of different competitions, but the focus of Adam and National Powerchair Football Team's Head Coach, Gordon Marks, was to find the very best Powerchair Soccer players so



Adam Aziz, Assistant Head Coach of the Canadian National Powerchair Football Team, works with team member Daniel Cunningham.

that they could form the national team which would travel to Paris, France for the World Cup Powerchair Football Championships.

After the Defi Sportif competition, eight players were selected to represent the national team. All were British Columbians. However, to help strengthen the sport in Quebec, two of their players were added to the team as ambassadors. The purpose of adding the ambassadors was that they would learn all they could from their World Cup experience and take it back to Quebec to help build their programs. At the end of October, the Canadian National Team embarked on their journey to Paris and the World Cup.

“One of the reasons I went to Paris was for the experience of getting to know the players—to be able to hang out with them,” Adam said. “All of these people give me reasons to be happy, enjoy life, and not stress over the little things,” he added. (Continued on page 8)

Powerchair soccer (continued from page 7)

The Canadian team finished in sixth place out of ten in the competition, and Galvani was the team's MVP. The Canadians competed very well but were at a distinct disadvantage in not having game chairs for their players. According to Adam, every team that finished above them had their own customized game chairs. "The difference is, it's like a soccer player getting onto the soccer field and trying to compete without boots," he explained. Game chairs can range in price from \$10,000-\$20,000. The cost of competing in this sport is high. Each of the BC players traveled with a delegate, someone like a parent or friend who would assist them each day. The players are wheelchair bound and require help in doing the everyday things that most people take for granted. The team earned \$60,000 in private donations and fund raising, which helped to offset their costs, but the Canadian government did not give any financial support because Powerchair Soccer is not a recognized sport—yet. The hope is that this sport will become a part of the Paralympics. If and when that happens, it is expected that the government will help with future funding.

Galvani has been playing Powerchair Soccer for about nine years. He discovered the sport through networking with other disabled people who were similar to himself. "At first it was just for fun, but over time I have wanted to take this to the highest level. I got to represent our country, and that is something I never thought I would

Remembrance Day Tournament Results

GU10

- 1st: PM Snowflakes
- 2nd: CAU Vipers
- 3rd: Dixie Chicks

GU11

- 1st: WVSC Spuraways
- 2nd: CMFSC The Warriors
- 3rd: ICSF White Caps

GU12

- 1st: NVFC COE2
- 2nd: NVFC COE1
- 3rd: WVSC Dragons

BU10

- 1st: WVSC Orange Crush
- 2nd: WVSC Red Dragons
- 3rd: NVFC Galaxy

BU11

- 1st: PMSC 01 AC Selects
- 2nd: WVSC Magic
- 3rd: WVSC Strikers

BU12

- 1st: WVSC Spuraways
- 2nd: NVFC COE



have the chance to do," Galvani said. Adam also found being able to represent Canada in Paris a very moving experience.

"To be standing in the arena with 3,000 fans, and to hear "O Canada" playing, that was the top moment I have ever had as a coach," Adam said. Undoubtedly, that was a highlight for each member on the team. Adam's goal is to spread information about Powerchair Soccer. He will be traveling with some of the players to incite excitement about the sport that has given so much to those who have normally only been able to watch sports from the sidelines. Word of Powerchair Soccer is taking a little time to spread, but with publicity and coverage that was given to the national team: a feature on the Rick Mercer Report, a segment on CTV News, and coverage on Shaw TV Live, the sport is gaining exposure, and that is good news to all involved. (Footage of Mercer's Report can be found on YouTube. Those interested can Google Powerchair Soccer or Football to learn more.)



The Canadian National Team at the World Cup in Paris. (Front to back on left) Jordan Marks, Diane Lu, Luke Galvani, Dale McLeod, Gordon Marks (Front to back on right) Keith Knight, Stratton Whitaker, Daniel Cunningham, Ana Lu, Adam Aziz (Ambassadors) Shayne De Wildt, Emilie St-Denis Larouche, Jean Philippe Bureau

Sidelines is a periodic newsletter published by and for the members of West Vancouver Soccer Club. Opinions expressed in *Sidelines* are typically those of contributors or the editor. They do not necessarily reflect club policy or the views of WVSC's Board of Directors. Article ideas are welcome and can be submitted to Betty Dodson, editor of *Sidelines* and Director of Communications for WVSC. (Communications@westvancouver.com)