

# SIDELINES



“West Van Soccer Club will always have a place near and dear to my heart,” Jesse Symons, Vancouver Women’s Whitecaps Head Coach said. A product of the North Shore, Jesse played soccer as a youth in North Vancouver, but he began his coaching career with WVSC when, as a 17-year-old, Jammer Afshar gave him a chance to coach with the club. Before long, Symons was coaching West Van’s top level players in Metro Soccer League. Within a span of about 12 years, Symons has gone from training the elite of WVSC to the elite women of professional soccer in the United Soccer League’s-W League. He was the girls’ head coach at Mountain United FC, the North Shore-Burnaby



**Jesse Symons gives directions to one of his Whitecaps players during a recent practice at SFU.**

## ***Inside This Issue of Sidelines:***

**A Gentleman to the End: Page 2**

**Where Registration Money Goes: Page 3**

**Eating for Peak Performance: Page 4**

**BU17 Spuraways Provincial Bound: Page 6**

**GU16 Rangers Capture A Cup: Page 7**

**D and E to be Resurfaced: Page 8**

**Olympians to Coach in WV: Page 9**

**Club Camp Offerings: Page 10 and 11**

based BCSPL club, when the Whitecaps recruited him for their top women’s coaching position.

“It’s been a lot of fun working with the women,” he said. “We’re competing in the top women’s conference in North America.” The World Professional Soccer League suspended all operations this year, which meant that several top players lost jobs in the United States. Players like Christine Sinclair, Marta, and Abby Wambach found themselves without teams, and a number of WPS players found their way onto the Whitecaps. (Continued on Page 5)



# Mark Steven Will be Remembered for his Dedication to WVSC

There was a special relationship between WVSC and Mark Steven, a Life Member of the club. Despite the fact that both of his sons, Derek and Colin, had graduated from WVSC, Mark continued to volunteer and represent our club in very important capacities. “Mark was such a special guy, and he gave so much to the soccer community,” said Bill Sparling, WVSC President. Mark continued to work on the club’s Board, and he was instrumental as a member of the Sports Forum, a community organization that worked to improve the sports and fields infrastructure in West Vancouver. Even though Mark was a busy attorney, his volunteerism with the soccer community was never put on his back burner. For a number of years he worked on the Discipline Committee for the 4 District Boys League.

“I had the good fortune of working with Mark a couple of years ago when he was one of the 4D Discipline reps, and I was the President of LG Soccer Association. Despite the significant demands on his time, Mark did not hesitate to say “yes” when we asked him to be the moderator of our Town Hall meeting when we were in the process of merging the 3 boys clubs,” said Diane Wadham of North Vancouver FC.

To the many people who were fortunate to know Mark, they will miss his quick wit and sense of humor—his willingness to poke fun at himself so as to draw a laugh from friends. He was the kind of person who greeted everyone with a smile and a genuine sense that he was happy to see them. Mark’s calm and reasonable demeanor made his presence in any situation welcome. Mark attended St. Georges’s



**Mark Steven was awarded the Life Member Honour in 2009. Mark spent countless hours working to improve soccer for WVSC and for North Shore youth.**

School, UBC, and Cambridge University.

From 2008-2010, Mark assistant coached the BU18 Sonics, a team that his son Colin played on. Lorne McLean was the head coach, and Cindy, his wife, was the manager. Their recollection of Mark echoes much of what others have said. “Mark was well liked and respected by the players, and he treated all players equally and with courtesy. Mark was always a gentleman, who respected the unique personalities and talents of each of our players,” Cindy said. “Mark’s absence will be felt by many...his (Continued on Page 8)

# How Registration Fees are Spent for Divisonal Players

**Assistant Head Coaches: \$18**

**Equipment and Uniforms: \$46**

**Head Coach: \$46**

**NSYSA Fees: \$55**

**Staff Coaches: \$69**

**Turf Rentals: \$78**

**Moneris Fees: \$9**

**Website: \$8**

**Photo Day: \$4**

**Awards Night (Trophies): \$7**

**Misc: \$5**

**Total Spent: \$345**



Club personnel account for the largest bite out of the registration fees, and turf rental fees come in second at \$78. As the field user fees continue to climb, it is challenging for WVSC to keep its registration price down, but the club has done a good job of maintaining its registration fees at a level number over the last few years.

WVSC has some of the most qualified professional staff working under its club umbrella. Jammer Afshar, the club's Head Coach, Mark Pennington, and Ros Hicks each hold National B Licenses, and Pennington is a National A License candidate. Other club coaches like Sam Saundh have professional experience and Provincial or National

licenses. Most coaches have university playing experience.

As the club has shown large program growth over the last few years, the administrative component of the club has become more important. Whereas volunteers historically ran the club, there has been a need to incorporate paid administrative positions in order to keep the club running smoothly. Volunteers will always be an important and integral part of the club, and without dedicated and keen people volunteering to work with players and joining the Board of Directors, the club would cease to be one of the best run clubs in the Lower Mainland.





*Provided to WVSC from the Vancouver Coastal Health Research Institute*

## Eating for Peak Performance

### Drink and Slow Down

**Most athletes do not drink enough fluids to keep their bodies working at their best. Thirst is not a good sign of the amount of fluid that your body needs during intense activity.**

You will need more fluids with activity, on hot days and/or if you sweat a lot. Drink before, during and after your event or practice.

- ✓ At least 4 hours before exercise, drink about 1.5 to 2 glasses of water.
- ✓ Take water breaks every 15-20 minutes during your event or practice.
- ✓ Keep drinking fluids after you've finished exercising.

### Sport Drinks

- ✓ For activities that last for 90 minutes or less, water is usually the best choice.
- ✓ You may need a drink that has 6-8% carbohydrate (6-9 grams/100 ml) if you have not eaten much before exercising OR if it is hot out OR if your activity is intense OR if your activity last longer than 90 minutes.
- ✓ Make your own sports drink by mixing: 500 ml 100% juice, 250 ml water and a pinch (1.5 ml) salt.

### Pre-event Meals and Snacks

Athletes will vary in the amounts of food and timing of meals that can be digested easily before events. It is important to eat foods that are easy to digest (usually lower in fibre and fat), high in carbohydrate and moderate in protein. Practice your meal plans so that when you have an important event, you know what works for you. Here is a guide for the timing of meals before an event:

- Large meal – 3 or more hours
- Smaller meal--2 to 3 hours
- Small snack or blender/liquid meal – 1 to 2 hours



(Continued from Page 4 )



### **Refuelling After Activity**

It takes 24-48 hours to refuel your muscles completely after intense activity. You need to refuel and repair your muscles by choosing foods with carbohydrates and protein. Try to eat these foods within the first 15-30 minutes or at least within 2 hours after your event when your muscles are ready to soak up the carbohydrate and protein. Aim for 1-1.5 grams of carbohydrate per kilogram of body weight. Read the Nutrition Facts table on food packages to find good sources of carbohydrate and protein.

Examples of carbohydrate and protein foods for between or right after events:

- Yogurt, granola bars, juice, fruit, flavored milk

These types of foods are often not available at fields, rinks or gyms, so remember to bring food with you as part of your equipment.

## **Symons takes over as Whitecaps HC** (Continued from Page 1)

As Symons has gained experience as a coach, one of the things he has noticed is that as a young coach he was all about passion and excitement. As time has progressed, he knows he has grown as a teacher, and he now brings “best practices” to the players he coaches, and he continues to bring his passion of the game to the field with him, as well. The three things he states as being important are that players learn, have fun, and be challenged.

In the last 10-15 years, Symons has detected a dramatic change in youth soccer. There was a time when coaches were all volunteer based, but now there are many more top level players returning to where they started to train young players.

“The one thing that sets West Van Soccer Club aside from many of the other clubs is that it has a very passionate Tech staff. Jammer, Ros, and Mark are each very passionate about what they do, and they each bring something unique to the club. The Board members are passionate as well, and

there is great cohesion between the Board and the Tech staff,” Symons said. He has also noticed how WVSC integrates their older players and uses them to coach their young. Street soccer coaches are primarily older or graduated players who have come up through the WVSC system. “It’s nice the way the older kids have a chance to be role models for the younger players,” commented Symons.

As a young player, Symons credits his parents for allowing him to explore the sport of soccer without being pushed. He was a gifted player from the beginning, and being surrounded by passionate soccer enthusiasts helped him to find his love of soccer. “I had a coach named Gavin Joyce when I was like seven to eleven years old. He played a huge part in my falling in love with soccer. But as I got older, Roman Tulis and Bob Barrata were huge influences on me. They were the ones who taught me the technical components of the game.”



# BU17 Spuraways Earn Coastal B Cup Title and Head to Provincial Tournament in Aldergrove



WVSC defeated CCB Tigers 4-1 at Minoru Park in the B Cup Final.



**Back Row:** Richard Durrans (Asst. Coach), Quinn McCawley, Jonathan Caron, Nataniel Williams, Graham Donen, Arman Amini, Tobin Sydneysmith, Alexander Amor, Johnny Franklin, Tommy Lee, Ryley Dewar, Steve Dewar (Coach)

**Front Row:** Alexander Samietz, Tanner Rybchinsky, Jeronimo Chapur, Wes Brooks, Bogdan Volodin, James Turner, Nicholas Durrans, Malcolm McEachern (Goalie)



# GU16 MSL Rangers Vie for Provincial Cup After Winning Coastal A Cup 1-0 Against Port Moody Storm



**Left to Right (Back Row):** Jeff Hodgson (Asst. Coach), Sharon Nagle (Manager), Alison Thirkell, Doug Martin (Asst. Coach), Tora Pellerud, Ciara Brownlee, Hayley Martin, Jill Avis, Tess Lecky, Rebecca Braun, Hedvig Pellerud, Madeline Fawley, Garry Fawley (Head Coach)

**Left to Right (Front Row):** Myia Antone, Emma Nagle, Hannah McGrath, Nicola Bonnell, Linnea Langford, Nicole Darc, Madeline Baker

# Mark Steven (continued from page 2)

life cut too short, but he lived with enthusiasm and dedication.”

Julie Walker, WVSC registrar, recalls that Mark would always greet her on the phone imitating Cary Grant. “Julie, Julie, Julie,” he would say to her. Like Cary Grant’s characters, always the gentleman, Mark Steven will be remembered as being someone who went out of his way to show courtesy toward others, and he had a way of making those around him feel appreciated.

WVSC will be establishing a scholarship in Mark’s name, and his family requests that in lieu of flowers, donations be sent to the scholarship fund at West Vancouver Soccer Club, PO Box 91172, West Vancouver, V7V 3N8. Donars should make a cheque out to West Vancouver Community Foundation and note “Mark Steven Memorial Scholarship Fund” reference # 5922. More information on this can be found at: [www.westvanfoundation.com](http://www.westvanfoundation.com) in days to come.

On July 5, there will be a celebration of Mark’s life held at the Law Courts Inn, 800 Smithe Street, 4th floor. The presentation will begin at 5:00 PM and be followed by a reception.

## **Ambleside Fields D and E to be Resurfaced for New Season**

WVSC members should be able to enjoy two newly surfaced fields when they return to play in September. The fields should be closed down at the beginning of July and reopened by the middle of August. This will be a welcome update to the West Vancouver fields, as both these fields have been overly worn down from soccer and field hockey.

## **WVSC Mark Steven Memorial Scholarship Fund**



Cheques should be made out to:  
*“West Vancouver Community Foundation.”*

Please attach a note stating that this donation should go into the Mark Steven Memorial Scholarship Fund.

Include Reference # 5922

The Foundation will provide a tax receipt.

**Mail donations to: WVSC, PO Box 91172, West Vancouver, V7V 3N8**

## **WVSC Adds New Board Members**

Taking over for Patti Daum as Treasurer is Andrew Brule:  
[treasurer@westvansoccer.com](mailto:treasurer@westvansoccer.com)

Taking over for Mairi Lennox is Sandra Sander: [secretary@westvansoccer.com](mailto:secretary@westvansoccer.com)

Coming in as Sponsorship Director is Terri Green:  
[sponsorship@westvansoccer.com](mailto:sponsorship@westvansoccer.com)

Taking over for Erica Waddell as the Mini Field Assignor is Maureen Duteau:  
[pwfields@westvansoccer.com](mailto:pwfields@westvansoccer.com)

Taking over for Sue Barrie as Divisional Boys U11-14 Coordinator is Madhu Suri:  
[bu11-u14coord@westvansoccer.com](mailto:bu11-u14coord@westvansoccer.com)

Taking over as Mini Boys Coordinator for Lana Lindsay is Whitney Greenwood:  
[pwcoordboys@westvansoccer.com](mailto:pwcoordboys@westvansoccer.com)



**Be Coached by Canada's  
Olympic Team Members  
This Fall  
(Opportunities Will Be Limited)**



**Sian Bagshawe**, National Team coaching staff, **Brittany Timko**, **Erin McLeod**, and **Melissa Tancredi**, members of the 2012 Olympic team, will guest coach for WVSC in the fall. Don't miss a special opportunity to be coached by some of Canada's most elite soccer talent.

**Centre of Excellence Training Program:** Open to ALL MSL Level Players attending WVSC and from Out of Club.

**Team Guest Coaching Sessions:** Open to All WVSC teams on a first come-first served basis. (Email [Bdodson@shaw.ca](mailto:Bdodson@shaw.ca) to reserve a time. The cost will be \$140 per session)

**\*\* Go to [Westvancouverssoccer.com](http://Westvancouverssoccer.com) for more information \*\***



# West Vancouver Soccer Club Summer Camp Sessions



## Fun in the Sun Camps

Monday to Friday, 9:30 to Noon for players 4 years and up and new players

## High Performance Camps

Monday to Friday, 9:30 to Noon for experienced 9 to 14 year old players

## Cost

\$135.00 for the week or drop in for the day

Family Rate or Full Summer Rate on application to:

[registrar@westvansoccer.com](mailto:registrar@westvansoccer.com)

## Team Camps

August 20th to 24th available 10:00 am to Noon

August 27th to 31st 10:00 am to Noon **\*FULL**

August 27th to 31st: 1:00-3:00 and 3:00-5:00 pm slots available

\*please apply to registrar if you wish to be placed on the wait list

## New to Soccer Camps

For players 4 to 9 years of age who are starting soccer for the first time in September

August 20th to 24th, 1:00-3:00 pm: \$100 for the week

## **NEW this Summer—Full Day Camp (9:30-3:30 pm) July 9th-13th**

Soccer 9:30-Noon @ Ambleside

Lunch @ John Lawson Park (bring bagged lunch)

Swimming 1:30-3:30 pm @ WV Aquatic Centre

(Parents to pick up at WV Aquatic Centre @ 3:30 pm)

Cost: \$250 for the week

To register for the above camps go to [www.westvancouver.com](http://www.westvancouver.com)

Click on Registration and then “Academy/Camp” registration

