

Academy Corner



SACRAMENTO UNITED SOCCER CLUB

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www.sacunited.com

March 2010

Welcome to our Spring 2010 Session

Hi Academy Families,

This is David Rubio, Academy Director, hoping that you and your children are enjoying the Sacramento United Academy thus far. This is the first of three sessions for 2010. Sac United is proud to offer a non-competitive, fun environment for your children to learn exciting soccer skills.

I have to tell you that these sessions are truly the highlight of my coaching week. The kids are so fun to watch as they discover their new soccer skills and abilities.

One of the concepts we continuously teach our older players in Sac United is to be brave, to be creative and have a personality on the soccer field. As we progress through the sessions, I really want to see the kids in our Academy develop that kind of bravery, the bravery to try something new and different, that feeds their excitement of the game. We get to see their soccer personalities develop right in front of our eyes and we remember why any of us are out on the field, for the sheer joy and happiness that playing soccer can bring. For that I want to thank all of you parents for making this commitment for your children.

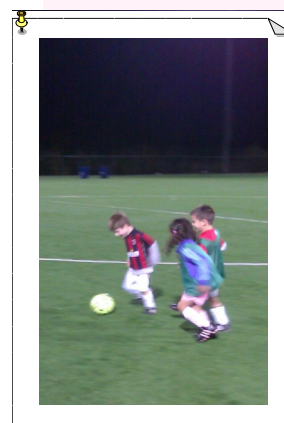
In this first issue you will find scheduling information,

coaches profiles, and a request for an Academy volunteer.

In closing, I want to thank you again. If you ever have any concerns or suggestions, please feel free to catch me after a session, or through my contact information

Yours in Soccer,

David Rubio
(916) 996-090
david.rubio@comcast.net
www.sacunited.com



Spring Session Schedule (Feb—Apr)

Please mark your calendars as this is the remaining Spring Schedule for the Academy. All sessions will be from 5:30-6:30.

March

All March sessions will be held at Granite Park.

1, 3, 8, 10, 15, 17 (games), 22, 24 (games)

29 & 31 Spring Break - No Academy

April

The April sessions may move to Mangan Park. Stay tuned

5, 7 (games), 12, 14 (games), 19 and 21 (games)

This session had 22 event dates, as do the others.

The **Spring** session concludes with the April 21st session.

The **Summer** session begins Monday, May 3, 2010. Check the website for more details.

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Academy Corner



Sacramento United Training Gear

“THIS WOULD BE A REALLY BIG HELP IN MAKING THE ACADEMY SESSION RUN SMOOTHLY”

Uniform Orders

One of the joys of playing is putting on that uniform on game day. This is an experience we want the children to have as they participate in the Academy.

Sac United Academy players will be using a reversible jersey on game days. Players may also wear these uniform during training days.

Academy players are to purchase their uniforms at Kombat Soccer. **Please go to the store for a fitting and**

place your order. Be sure to ask for Roger. The uniforms cost \$25 and Kombat also sells optional black training shorts for \$10. Kombat Soccer has a range of other Sac United apparel for kids and adults.

There is no additional requirement above the uniform, however, Kombat does offer inexpensive training shirts for purchase. Sac United prides itself on being a true club, not just collection of individual teams. As part of this culture,

all of our teams wear training gear during all of our practices. This is not required for the Academy, but it is desirable.

Store Information

Kombat Soccer
5958 South Land Park Drive, Sacramento, CA 95822
(916) 391-3788
www.kombatsoccer.com

Academy Uniform \$25 (reversible jersey)

Optional black shorts \$10
Optional training jersey \$10

Volunteers Needed for Academy

The Academy is looking for a parent volunteer to take on the role of Academy Manager. The Manager will help the Academy Director with player registration and communications.

Duties include ensuring that all kids in the Academy have been properly registered. The manager also assists families with registration

questions. The Manager will help the Academy Director disseminate important information to the families and acts as a resource for these families to convey any questions or issues to the club.

The club will offer training and provide all the information needed to perform these duties. This would be a really big help in making the Acad-

emy session run smoothly.

The job really is fairly straight forward. In addition to training, the club has a pool of current team managers that are always willing to help a “newbie” with any issues that arise.

Please take a moment to consider volunteering for this important position.

Registration Process

Registration for the Academy can be done on-line through the Sac United web site. Be sure to click on the “Registration” link and follow the step-by-step guide.

It is important to register your little soccer player as this process includes insurance forms that are required for

any child to participate.

For additional help go to the Academy page on the web site and you can download a registration process “cheat sheet.” To get to the Academy web page, go to the Sac United home page and look for the Academy button on the top of the page.

If you have any problems with this registration process please contact David Rubio via email at david.rubio@comcast.net.



Coaches Profile: Mandy Trojan

Mandy is currently a senior at Sacramento State University and a goalkeeper for the university soccer team.

She is originally from Los Alamitos, CA. Mandy started 19 matches in goal for the Hornets, posting a record of 11-3-5 in her junior year.

Mandy earned honorable mention all-Big Sky honors, while also being named to the Big Sky all-Tournament team. She posted a single-

season school record nine shutouts, while being named Big Sky Defensive Player of the Week on two occasions.

Mandy is the only Hornet goalkeeper ever to have a career goals against average of under one goal per game.

Mandy will be graduating in May 2010 with a degree in business administration, and a concentration in accountancy. After graduation, Mandy

plans to return to Southern California and work in a privately owned CPA firm, while studying for her CPA exam.

Mandy has been a trainer with the Academy since its inception in 2008. Sac United is proud to have Mandy on its staff and know she will succeed in whatever she decides to do. Mandy now has a home club here in Northern California and will be welcomed back anytime.



Mandy Trojan

Coaches Profile: Katelin Hopping

AS A JUNIOR (2008)

Appeared in all 19 matches, making five starts...scored her third career goal on Oct. 5 against UC Santa Cruz...the goal also served as her third career game-winner.

AS A SOPHOMORE (2007)

Saw action in all 21 matches, while making 12 starts for the Hornets in the midfield...scored the first two goals of her career, both of which were game-winners, against San Jose State

on Sept. 7 and Cal State Bakersfield on Sept. 28...also recorded first career assist against Mount Saint Mary's in the season opener on Sept. 2.

AS A FRESHMAN (2006)

Appeared in 13 matches with one start...mainly used as an option in the central midfield.

HIGH SCHOOL

A 2006 graduate of Livermore HS...was a four-year member of

the varsity team, earning first team all-East Bay Athletic League honors as a senior...she was also a North Coast Section Scholar Athlete and named to the NCS Distinguished Scholastic Team...played club soccer for the Mustang Tri-Valley Roadrunners, winning the 2006 CYSA North State Cup championship.



"KATELIN IS A VALUABLE MEMBER OF THE SAC STATE WOMEN'S SOCCER TEAM AND WE WELCOME HER TO OUR STAFF."

Fall League

During the Fall, on 8 Saturdays, **Sac United will operate a U6-U8 recreational league, the Sacramento United Soccer League.**

Player talent will be divided equally into **5-player teams** coached by selected Academy parents in 4x4 matches, a structure designed to maxi-

mize engagement for all participants.

The league will be open **free of charge** to all players who have participated in at least one Academy segment, camp, or other programming, during the year. Reversible game day jerseys may be purchased at Kombat Soccer.

Since space will be limited, all interested players are encouraged to register as soon as possible.



“One Club, One Love”

SACRAMENTO UNITED SOCCER CLUB



Sac United is a nonprofit membership based club that is devoted to the development and education of soccer players and supporters of all ages. Since 1977, Sac United jerseys have been proudly worn by players striving to get better at the game they love, and supported by talented professional coaches and a well-organized parent volunteers corps. The club’s youth soccer operations include Academy (U6-U8), Program (U9-U11), and Teams (U12-U19) that train year round and participate in league and tournament play.

The goals of our training and coaching programs are to build character and instill positive values in our players through hard work, responsibility, mutual respect, and teamwork. We also seek to instill in our players a lifelong love and understanding of the beautiful game of soccer. To achieve these goals, Sacramento United provides a club-wide training and coaching program whereby all players and teams learn from all the coaches in common training sessions and training camps. The coaches work in close coordination with each other to deliver a shared philosophy of the game and the systems to play it.

We are on the web! www.sacunited.com



Sac United to hold tryouts for its older age groups

Sac United has signed 5 re-turning head coaches, including Sacramento State women’s team head coaches [Randy Dedini](#) (current) and [Karen Hanks](#) (former), to lead 8 older teams planned for the upcoming season.

[Randy Dedini](#)
U15G Extreme
U18G Extreme

[Karen Hanks](#)
U16G Extreme
U18G Extreme

[David Rubio](#)
U17G Extreme
U19B Reds

[Levi Henson](#)
U17B Arsenal

[Shawn Blakeman](#)
U15B Reds
U16B America

Dedini and Hanks will join Technical Director [Shawn Blakeman](#) and Sac United alumni, [David Rubio](#) and [Levi Henson](#), in bringing big time professional and collegiate playing and coaching experience to the club’s coordinated youth soccer player development and coaching staff education efforts.

More information on the tryouts can be found at www.sacunited.com

Under 15—Under 19 Tryout Schedule:

All Tryouts will be held at Granite Regional Park.

Girls:

3/21 Sun., (11 am-1 pm)
3/27 Sat., (2pm-4pm)
3/28 Sun., (2pm-4pm)

MAKE-UP DATE:

3/31 Wed., (7pm-9pm)

Boys:

4/14 Wed., (7pm-9pm)
4/17 Sat., (3pm-5pm)
4/18 Sun., (3pm-5pm)

MAKE-UP DATE:

4/21 Wed., (7pm-9pm)