

# Brentwood Soccer Club



Newsletter

Director of Coaching:  
*Hans Hobson*

Assistant Director of Coaching:  
*Sandy Pollock*

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Member Newsletter



## A Note from the DOC

by Hans Hobson

The Spring Season has started and the weather is again a huge issue. Please remember that the Crockett Hotline will be updated daily by 4:00 pm. The Crockett Hotline number is 373-7752. If I am able to get an answer from the City prior to 4:00 pm then I will update the website and your team managers.

Several items have been left at the field and often are picked up by the Crockett Park Field Maintenance Crew. The Lost and Found number is 371-2208. Please call this number for information on lost items.

Please remember the upcoming USA vs. Paraguay game that will be taking place here in Nashville. The game is March 29th at LP Field with a start time of 7:00 pm. The club will be hosting a tailgate meet and greet with Tennessee State Soccer Association and other member clubs prior to the game. Please stop by and hang out with us.

We will be conducting the annual banquet on April 11th from 5:00 pm- 8:30 pm. We will be sending out information regarding the details in the next several weeks. The club will be passing out individual team awards and hosting a BWSC Coaches Game for all to watch.

Please remember if you have any questions or concerns to approach your team manager. They should be able to point you in the right direction with the help of the coach. If they are unable to help you with your question or concern please have them contact me and I will be more than happy to help you.



## A Note from the Assistant DOC

by Sandy Pollock

On Sunday February 27<sup>th</sup>, BWSC conducted its first coaching education session of the 2011 season. We had as our guest clinician Howard Gray from the Center of Excellence for Sport Science and Coach Education at Eastern TN State

University. Howard conducted a lecture at the Hilton Garden Inn, followed by a field session attended by all of our coaches. The topics covered included, proper dynamic warm ups, principles of speed and agility training, planning your season for long and short term development, etc. These coaching education sessions are vital to the development and success of our coaches and therefore to the players in our club. Hans and I appreciate the support we get from the membership in order to put these sessions on.

We continue to attract the most highly qualified coaches in the area to our club and we will continue to educate ourselves and keep up with the latest research by conducting ongoing education for all of our coaches.



## Q&A With Wil Linder who has committed to The University of Memphis Member of the U18 Boys Premier Team Coached by Kenny Heckman

questions compiled by the DOC and the ADOC

Q: What made you decide that you wanted to play soccer in college, and how old were you at the time?

A: I have always wanted to play college soccer as far back as I can remember. I wanted to be like my dad and compete in college level athletics.

Q: After you decided that you wanted to play soccer in college, what plans did you put in place in order to make this dream become a reality?

A: I promised myself that I would remain dedicated to achieving my goal of collegiate athletics. I always did what I could to play at the highest level I could in order to better myself as a player. For example, training with older players where the game is faster, putting in hours of time on my own with the ball, and even more time was spent on fitness.

Q: What overall advice would you give to a young player at BWSC that aspires to play soccer in college?

A: My advice would be to do everything you can to keep yourself motivated and excited about playing soccer. The motivation comes from within the player and nobody else.

Q: What are some of the highlights of your playing career at BWSC?

A: D1 Tennessee State Champions 2010, Finalists 2011. Region III Premier League Champions 2010, 2011

Q: How much time if any, did you spend working on your own improving your soccer skills?

A: I spend countless hours of time working on my own to improve my soccer skills. My friend and goalie, Alex Blanton and I still go to the fields to train whenever we have spare time. Every single day in the summer Alex and I would be out at Crockett Park training. I also spend ample amounts of time on fitness. Fitness is an aspect of soccer that you control completely. Young players should focus on their fitness and make it a strength about their game at a young age.

Q: How old were you when you started playing soccer?

A: I was five years old when I played my first organized game of soccer.

Q: How much time do you spend watching soccer on TV? What games or Leagues do you watch?

A: Soccer is pretty much the only thing that I watch on TV. Every weekend I watch all the games I can. My favorite league to watch is the English Premier League. I also like to watch the Spanish Primera and the German Bundesliga.



### Important Dates

**March 11** - BWSC/YMCA Academy Starts for ages U5-U8

([http://www.brentwoodsoccerclub.com/bwscacademy/index\\_E.html](http://www.brentwoodsoccerclub.com/bwscacademy/index_E.html))

**March 13** -Daylight Saving Time

**March 20-25** -Williamson County Spring Break (Fields remain open for teams that have players in town to train)

**March 29** -USA Men's National Team vs. Paraguay (LP Field at 7:00 pm) Tailgate with the club prior to game

**April 11** – BWS Banquet (Crockett Park 5:00-8:30)

**April 14-21** – TCAP Testing

**April 24** -Easter

**May 6-8** -AWI Tournament

**May 21-22** -U12/U13 Boys D3 State Tournament & U12-U16 Girls D3 State Tournament

(Chattanooga, TN)

**May 27-29** -U12/U13 Boys & Girls D2 State Tournament & U14-U19 Girls D1 State Tournament

(Hendersonville, TN)

**June 2-12** -Tryouts (Exact dates and times still to be determined)

**June 17-21** – USYS Region III Tournament (Murfreesboro, TN)



## BWSC Players Make ODP State Teams

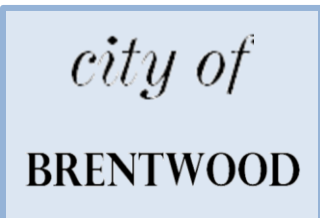
Brentwood Soccer Club had 71 players who made the Olympic Development Program State team in their respective age groups. This impressive number of players is the most of any club in the state of Tennessee. Congratulations players! Please visit [http://www.brentwoodsoccerclub.com/odp/index\\_E.html](http://www.brentwoodsoccerclub.com/odp/index_E.html) to view the full list of players.



## Update from the Executive Board

At the special election Board of Directors meeting on February 16th, Michael Sams was elected to serve as VP of Boys and David Hood was elected to serve as VP of Girls. The Executive Board is scheduled to meet March 11th, 2011. At this meeting we will be reviewing updates from committee chair people; discussing

next year's budget; the AWI; Executive Director roll; the spirit wear agreement with Soccer USA; and additional topics which will later be mentioned in the upcoming newsletter.



## Opportunity to serve on the Brentwood Park Board

City Accepting Park Board Applications

Posted Date: 3/1/2011 6:00 AM

The Board of Commissioners of the City of Brentwood will appoint three (3) members to the Park Board at the April 11, 2011 Commission meeting. No specific technical expertise is required for this board

position. Applicants must be residents of the City of Brentwood. The appointees will serve terms expiring on April 30, 2014. Applications must be submitted by March 25, 2011 to Linda Lynch at the Brentwood Municipal Center, 5211 Maryland Way or by mail to P.O. Box 788, Brentwood, TN 37024-0788. For additional information, call 371-0060.

<http://brentwood-tn.org/index.aspx?page=25&recordid=286&returnURL=/index.aspx>



## Q&A With Kat Nigro who has committed to The University of North Carolina Member of the U18 Girls Premier Team Coached by Andy Stoots

questions compiled by the DOC and the ADOC

Q: What made you decide that you wanted to play soccer in college, and how old were you at the time?

A: My love for the game and my personal ambition has led me to obtain a harder and more competitive soccer environment. Playing soccer in college is not only a stepping stone to my future but also a financial contribution to my education.

When I was in the fifth grade I started to discuss it with my parents. When I was in the eighth grade I went on my first unofficial college visit and met with the head soccer coach.

Q: After you decided that you wanted to play soccer in college, what plans did you put in place in order to make this dream become a reality?

A: I continued to work on my individual skills but I also asked coaches that I trusted (Manny Sanchez, Dave Rubinson and Hans Hobson), what was the weakest part of my game? I focused on the development of those weaknesses. I joined a club that I knew would get me to the level I needed to be. I wanted to travel to the big college showcases and be seen by the top coaches. In order to do so I had to be part of a team that was capable of getting into those showcases.

Q: What overall advice would you give to a young player at BWSC that aspires to play soccer in college?

A: Trust me; there is a soccer program for everyone that wants to play in college. Search out several college programs that match your love for the game and pursue them. Don't be afraid to look at D1, D2, and D3, NAIA or even junior college programs.

Train hard, and then train harder. Don't forget what you put in your training now, you are investing in your future later. Don't be afraid to ask your coaches for their evaluations. Here is the tough part, LISTEN to what they say and work hard to improve your individual skills.

Q: What are some of the highlights of your playing career at BWSC?

A: I have had several scoring highlights since joining BWSC 2 years ago. Scoring 3 goals in the last 10 minutes to win the game at Disney Showcase. Scoring the winning goal in overtime to win States. But, I would have to say my biggest highlights would have to be moments shared with my teammates and coaches. Every time we share a victory, or a defeat or when one of my teammates announces her commitment to a college. Those are all my favorite highlights.

Q: How much time if any, did you spend working on your own improving your soccer skills?

A: Well, I have been going to my soccer skills trainer (AR Richardson) for at least one day a week on average for the past 7 years. Soccer training has been a five day a week program for over four years. I work on my individual skills at least two days a week, two days of club training and one day of fitness including strength and conditioning.

Q: How old were you when you started playing soccer?

A: I was five when my mom signed me up for a co-ed recreational soccer league. I played recreational soccer for four years. I joined my first travel club team (an all-boys travel team) at ten years old.

Q: How much time do you spend watching soccer on TV? What games or Leagues do you watch?

A: Thank goodness for TIVO. I always have great soccer to watch. World Cup, EPL, Champions League you name it. It's on at my house every day. I watch every college game that is broadcasted, and if I am not at a tournament or practice I watch the college games that are webcasted. I love to watch the US women and men play. I don't care if it's the U-17's, U-20's or full National Team. I also follow Manchester United of the English Premier League but was heartbroken when the sold my favorite player, Cristiano Ronaldo.