



SOUTH JERSEY SOCCER LEAGUE NEWSLETTER

June 2020
Volume 8, Issue 1

www.sjsl.org

Brief Summary



We know that everyone is anxious and ready to get out there and play again, but we are not there yet for games.

A lot of information continues to come out regarding Covid-19 safety protocols and youth sports as we swim in uncharted waters. The guiding principle continues to be – player safety first. As of this writing, the Governor of New Jersey has begun to phase in organized youth sports. He announced that outside sports activities were now allowed, effective June 22, 2020. Gatherings are capped at 25 people and no contact drills may be run. The state guidelines continue to apply.

US Soccer, with its initiative PLAY ON, has published some guidelines and recommendations for when play resumes. See page 2. US Soccer's recommendation guide is posted on the league website.

The CDC has also published guidelines, entitled Considerations for Youth Sports. Portions of those guidelines are reproduced here on pages 3–5. The full guidelines can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>.

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Fall Registration Dates



Just a quick recap from our May GM meeting:

- Fall registration opens on June 1, 2020
- Closes on July 15, 2020
- \$80 per team
- Registration fees due on August 1, 2020
- All clubs will be receiving a credit of \$80 for each of their teams that registered in the spring that can be used for the fall. The club decides how it is used.
- Season starts on Sunday, September 13, 2020

Find us on the web at: www.sjsl.org

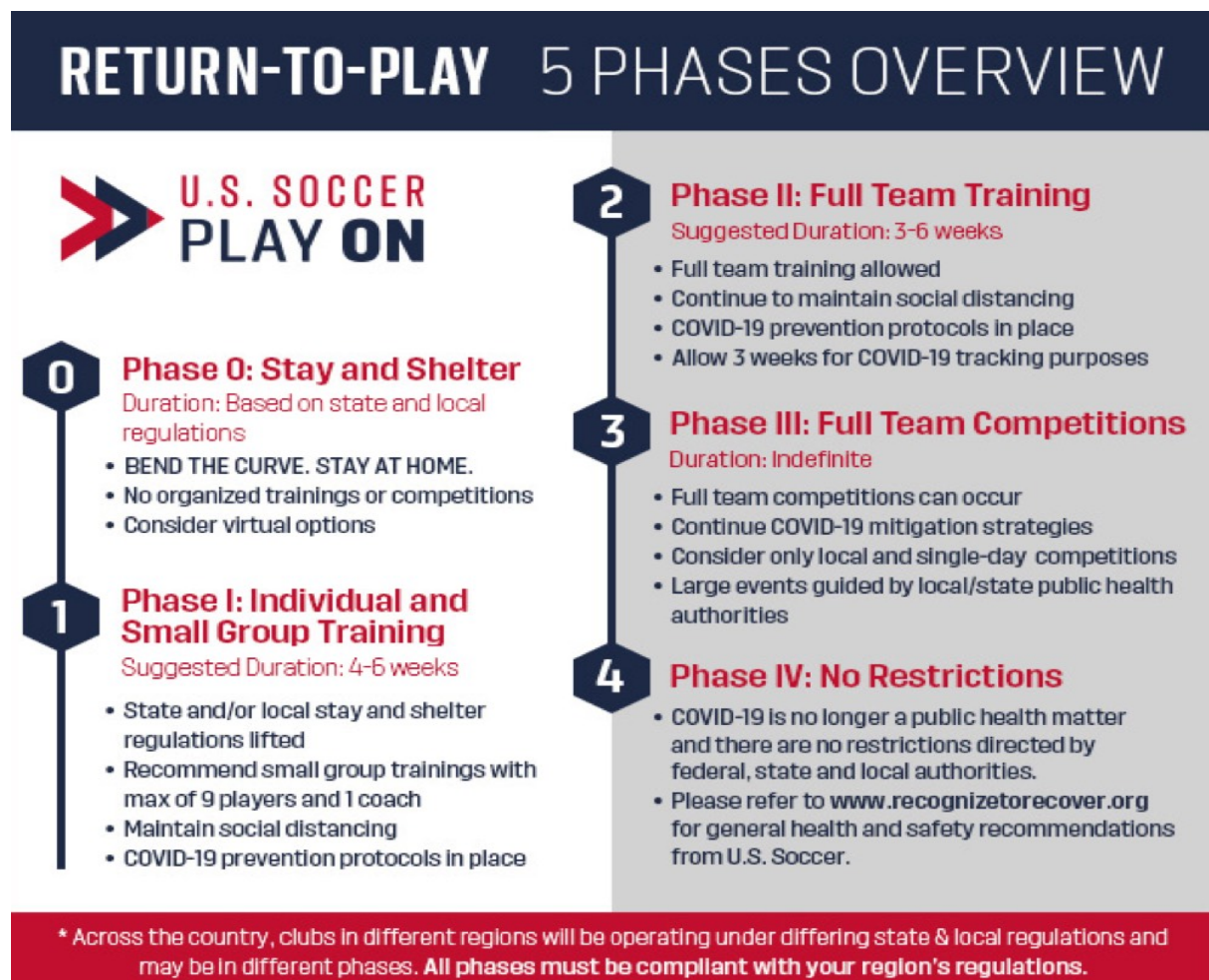
US Soccer Play On



US Soccer has begun to share a host of resources in line with federal, state and national sporting organization guidelines under a new initiative called U.S. Soccer PLAY ON. These guidelines and best practices are intended for use WHEN AND IF our local authorities have deemed it safe to return to the practice field. U.S. Soccer is in no way endorsing holding practices or games in violation of any federal, state or local mandates. In consideration of how COVID-19 is transmitted, it is vitally important that EVERYONE involved in the process of return-to-place does so with extreme diligence and attention to the widely-agreed-upon standards and guidelines.

While U.S. Soccer is providing this information as recommendations, these guidelines are intended for consideration by national and state soccer associations, clubs, players, coaches, referees and parents as a consistent and risk mitigation pathway to return to play. The first guide is posted on the league website. At all times, please defer to your local and state public health authorities for specific modifications and/or alterations.

US Soccer's approach to return to play is divided into five phases, representing the different stages of progress required to achieve the ultimate goal of playing with no restrictions or recommendations related to COVID-19.



CDC Considerations for Youth Sports



As some communities in the United States begin to start youth sports activities again, the Centers for Disease Control and Prevention (CDC) offers the following considerations for ways in which youth sports organizations can protect players, families, and communities and slow the spread of the Coronavirus Disease 2019 (COVID-19). Administrators of youth sports organizations can consult with state and local health officials to determine if and how to put into place these considerations. Each community may need to make adjustments to meet its unique needs and circumstances. Implementation should be guided by what is practical, acceptable, and tailored to the needs of each community. These considerations are meant to supplement – not replace – any state, local, territorial, or tribal health and safety laws, rules, and regulations with which youth sports organizations must comply.

Guiding Principles to Keep in Mind

There are a number of actions youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

If organizations are not able to keep in place safety measures during competition (for example, maintaining social distancing by keeping children six feet apart at all times), they may consider dropping down a level and limiting participation to within-team competition only (for example, scrimmages between members of the same team) or team-based practices only. Similarly, if organizations are unable to put in place safety measures during team-based activities, they may choose individual or at-home activities, especially if any members of the team are at high-risk for severe illness.

Assessing Risk

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.

CDC cont'd:



For example, players and coaches can:

- focus on individual skill building versus competition;
- limit the time players spend close to others by playing full contact only in game-time situations;
- decrease the number of competitions during a season.

Coaches can also modify practices so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles). It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.

Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout). During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

Age of the player. Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).

Players at higher risk of developing serious disease. Parents and coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.

Size of the team. Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.

Nonessential visitors, spectators, volunteers. Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

Travel outside of the local community. Traveling outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

CDC cont'd:



Promoting Behaviors that Reduce Spread

Youth sports organizations may consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

Staying Home when Appropriate

Educate staff and player families about when they should stay home and when they can return to activity

- Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees aware of these policies.
- Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
- Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.
- CDC's criteria can help inform return to work/school policies:
 - If they have been sick with COVID-19
 - If they have recently had a close contact with a person with COVID-19

Hand Hygiene and Respiratory Etiquette

Teach and reinforce handwashing with soap and water for at least 20 seconds

If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).

Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.

If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

Cloth Face Coverings

Teach and reinforce the use of cloth face coverings. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.

Wearing cloth face coverings is most important when physical distancing is difficult.

People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently. Information should be provided to all participants on the proper use, removal, and washing of cloth face coverings.

Note: Cloth face coverings should not be placed on:

- Babies and children younger than 2 years old;
- Anyone who has trouble breathing or is unconscious;
- Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.

Soccer Training



There are a ton of individual drills out there that you can practice by yourself. Just a quick Google search will give you more than one could hope for. Here are a couple of basic touch, turning and conditioning activities that you can be working on, on your own time and waiting for soccer practices to resume. (I'll stay away from the obvious wall drills for mom and dad's sake.)

Toe touches – everybody does them. Set yourself a goal number of touches (100 is usually a good start). The idea is to touch the top of the ball with the toe of one foot and then to quickly switch to the other foot. The ball should not be moving. As you advance, try different variations such as working around the ball clockwise or counter clockwise. Or reaching out and touching the sides of the ball with the inside or outside of your foot.

V-turns – push the ball out in front of you and then catch it with the bottom of the same foot, pull it back, turn 90 degrees, and repeat (pushing it out, catching it, pulling back, turning etc.) Using your right foot, you would be turning in a clockwise direction. Using your left, counterclockwise. As a variation, you can switch feet each time, turning back and forth.

Roll outs – Place your foot on the ball, and roll the ball toward the outside of your foot.

Slide your foot quickly to the outside of the ball, and push it back across towards your other foot. Work for 100 touches. As you get better, increase speed.

Figure 8s – set 2 cones on the ground and practice dribbling around them following a figure 8 path. Work on staying close to the cones. Variations include using on one foot, the outside, inside or the bottom of the foot. Or have the ball go back and forth between your feet as you move around the cones.

Trapping the ball – throw the ball up in the air and controlling bringing it down to the ground. To start, you can play it off of the bounce until you get more comfortable. Variations include using different body parts to assist in controlling bringing the ball down.

Cruyff turns or step overs – dribble towards one cone and make your move, dribble away and then come back from a different angle. For Cruyff turns, use the inside of your foot and cut the ball back away from the cone. For step overs, take the outside of your foot right across from the inside of the ball as if you're going one way, and then take it in the opposite direction using the outside of the other foot.

Juggling – always a good activity. Works on comfort with the ball. Add different body parts as you improve. Work on maximizing touches. If you are really good, try doing it with a tennis ball.

Speed ladder – a personal favorite. So many conditioning and skill activities can be performed with one. A cheap individual alternative? Sidewalk chalk. Make one at home!

Coaching Classes?



Coaching classes are on hold until we have permission to return to play. Right now we have set up some tentative dates in August so that coaches can plan ahead. Remember you have to sign up for both and attend a classroom session before a field session. If your club is able to host any of these dates, please let us know.

Level 1 Sessions:

Classroom – Wed Aug 5th, Fri Aug 14th, Th Aug 20th, Fri Aug 28th

Field – Sat Aug 8th, Sun Aug 16th, Sat Aug 22nd, Sun Aug 30th

If you are looking to host, we would need classroom space that would have seating for 40–50 people. We need a blank wall, screen or video ability to show a power point presentation. We will bring the laptop, a screen and projector. For the field session, we need a minimum of a 7v7 field with 2 goals with nets. We prefer, but do not require that there is a backup indoor space because of weather conditions

Contact Bob at vp@sjsl.org if you can host.



Elections



The following positions will be up for election at our June meeting, along with the names of those who (as of this date) are seeking those offices. Contact Mickey Foltiny – mfoltiny@comcast.net.

Vice President – Bob Cooper

Registrar – Chuck Snyder

General Secretary – Jim Miller

Information Officer – Mark Roxberry

Spring Games Commissioner – Helmut Lackermayer

Second Trustee – Heather Talarico

We are also looking to create additional trustee slots (pending Constitution approval). Potential responsibilities include: sponsorship, recording secretary, scholarship, assistant registrar, social media, newsletters and others. If you are interested in any of the new positions that are anticipated to be created, please contact Bob Cooper at vp@sjsl.org.

South Jersey Strong!



Almost 400 teams took us up on our offer for free “South Jersey Strong” t-shirts. They should be delivered to your clubs in the next week or so. We look forward to seeing them on the practice pitch!

2020 Scholarship Winners!



Each year, SJSL awards a scholarship to one or more applicants based on academic achievement, school activities, participation in the South Jersey Soccer League, and participation in sports and community service. For more information, visit our website at:

<http://www.sjsl.org/clubsite/?p=19979>.

This year's winners are;



The Brad Wilby Memorial award recipient for 2020:

Sean Smallets: Tufts University,
Mathematics



The Charles "Charlie" Kellogg award recipient for 2020:

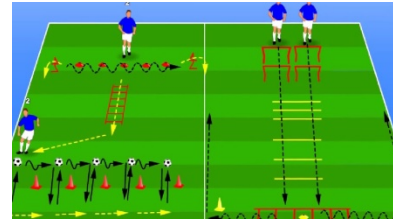
Pietro Del Re: The College of New Jersey,
Electrical Engineering



The Paul F Gilligan III Memorial award recipient for 2020:

Stephan Boyle: Albright College,
Undecided Major

Soccer Websites



We are all always looking for ways to get good quality drills (without paying a ridiculous price). Here are a couple of websites that will send you free drills every month. There is a lot of good information here;

www.worldclasscoaching.com

www.coachingtoolbox.net

www.thecoachingmanual.com

www.nscaa.com



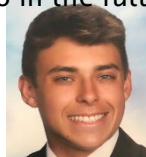
Player Spotlights!



Nick Sirianni is graduating from Cherokee High School and attending Rowan University as an Engineering major. His academic accomplishments include membership in The National Honor Society, The National Technology and Business Honor Society, and The Italian Honor Society. In addition to playing soccer for Voorhees Union, he helped Cherokee HS Football win the Central Jersey Group V Sectional Championship as their starting Varsity kicker and punter and received the Football Club of Burlington County Academic Excellence Award.



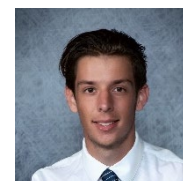
Zayne Olsen will be a 2020 Graduate from Salem County Vocational Tech school. He has been in the Law Enforcement program for 4 years and also in the Electrical program for 1 year. He has enjoyed playing soccer for the Woodstown soccer club for many years. I know whatever he decides to do in the future he will succeed.



CJ Paolone is a senior at Eastern Regional High School. He has played in South Jersey Soccer league for 10 years. He played a total of 20 seasons for the same team "Voorhees Union." They were flight champions several times. He was instrumental in putting their senior season together.



Pierce Prater attended the CADD Academy – Salem County Technical & Career High School. He is a NJ Stars recipient and will be attending Salem County College as a member of Phi Theta Kappa. He played for both Woodstown High School and the Woodstown SC. He was part of a competitive robotics league throughout h.s. His team recently received an award for helping a nonprofit design and manufacture a scuba fin that aids physically challenged people to swim. He also created a scouting program in Excel that was so successful other teams asked if they could use it and several tried to duplicate.



Ross Ennis is graduating from Buena Regional High school and he plans to attend Marywood University, majoring in Exercise Science and playing Varsity Soccer. He played youth soccer with Vineland SA. Ross was the 2019 New Jersey Youth Soccer Comeback Player Of The Year and 1st Team 2019 Cape Atlantic League . He received Academic Achievement Honors for 2016–2020.



SJSL Executive BoardPresident: [Larry Young](#)Vice President: [Bob Cooper](#)General Secretary: [Jim Miller](#)Treasurer: [Tom DiValerio](#)Registrar: [Chuck Snyder](#)Fall Games Commissioner: [Mike Trojak](#)Spring Games Commissioner: [Helmut Lackermayer](#)Rules Compliance Officer: [Ed Eichen](#)First Trustee: [Scott Hartman](#)Second Trustee: [Vacant](#)Third Trustee: [Gary Rambo](#)Recording Secretary: [Heather Talarico](#)Information Officer: [Vacant](#)Associate Member: [Mark Roxberry](#)

June GM Meeting



The power point from our May GM meeting is posted on the league website. Our next General Membership /Annual Meeting will be held on Thursday, June 18, 2020 at 7:30pm. As with the May meeting, the June meeting will be a virtual meeting using the Zoom platform. The main topics for the June meeting will be the 2nd Constitution readings, elections, and fall season updates. More information will be posted on the league website and emailed to the club presidents and club reps.

Soccer Video Clips



Check out video clips of players and free drills:

www.gotsoccer.com (hosted by beIN Sports)

<https://www.newyorkredbulls.com/youth/train-home>
(Train at Home clips)

<https://homesoccertraining.com/> (free resource with lots of video clips)

https://video.search.yahoo.com/search/video;_ylt=A2KLfSuUEdBe11YAUVxXNyoA;_ylu=X3oDMTExb2dIZTF1BGNvbG8DYmYxBHBvcwMxBHZ0aWQDREZENI8xBHNIYwNzYw--?p=players+first+first+touch+series&fr=opensearch#id=1&vid=7bf66c1fb3006dea3ac344541637d398&action=view (Players First, Beast Mode, First Touch Series)

