

RAGE Soccer Important Dates:

RAGE National Letter of Intent Signing Night

Held February 3, 2010

RAGE On-Line Registration

Begins March 1, 2010

RAGE Tournaments (See Article)

July 23-25, 2010 College Showcase

July 31-August 1, 2010 College Showcase Juniors

August 28-29, 2010 Soccer City Warm-Up

RAGE Placements

Began in February (See Article)

Board Meeting

March 10, 2010

7 p.m. to 9 p.m.

Location: Body Max

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President's Perspective...

Happy New Year to all RAGE families, coaches, trainers and staff! 2009 was a challenging year for a lot of reasons, especially economic conditions. The RAGE Board remains sensitive to these pressures and continues to review ways that we can control the costs associated with our organization.

Registration for the 2010/2011 season will begin in March and the Board and staff continue to enhance our entire program so that all girls, ages 5 through 18 years, have a positive and rewarding experience as well as a comfortable place to play soccer. We hope that you will continue to see the value in your daughter's soccer experience and realize the many benefits that our players gain from a participating in team sport - such as friendships, leadership and teamwork.

The voting in of the 2010 RAGE Board was completed in November with the Officers confirmed in January. John Grozier will serve as Competitive Vice President, Lara Schreiber as Recreational Vice President, Ross Stonesifer as Treasurer, and Hana Hughes as Secretary. This experienced group, along with the rest of the Board, commits to providing solid leadership for the club.

I would also like to thank 3 board members who retired from the Board for their dedication and time: Kim Bertrand, Dan Swinkels, and Pamela Victor.

On February 3rd we held our 5th National Letter of Intent Signing Night. 11 girls celebrated their many years of hard work and accomplishments on this special night and now look forward to continuing their soccer as they move on to college.

Lindsey Smith: *Westmont College*; **Brooke Mayo:** *Saint Mary's*; **Alana D'Onofrio:** *Northern Arizona*; **Lauren Floro:** *UC Riverside*; **Pippa Whitehand:** *Cal Poly*; **Sara Brathwaite:** *TBD*; **Jalissa Freeman:** *UCLA*; **Jessica Mickelson:** *Boston College*; **Braelyn Fetsch:** *Cal Poly*; **Bianca Sierra:** *Auburn*; **Paige Robertson:** *TBD*. This graduating class brings the total number of RAGE players that have signed letters to 144 since 2001.

Thank you again to all the families, players, coaches, staff and Board members for their continued support to make RAGE great soccer club that it is. I look forward to seeing you all out on the pitch this year.

Joni Little, RAGE President

Competitive Program Update...

As we begin 2010, this is an excellent time for us to look back on the 2009 season as well as look forward to the State Cup season for the older players (U14-U19), and talk about our plans for the upcoming season.

For the regular season, RAGE fielded 36 competitive teams comprised of 540 girls. For some of our daughters this was her first experience playing competitive soccer, and for others her tenth. We had a number of teams do extremely well this season. To highlight just a few – these teams each finished on top of their divisions in league play – U9 Grey, U12 Orange, U14 D3 White, U15 D3 White, U16AC, U17AC—repeat winners, and U19D3—three-peat winners!. Congratulations to all of you who competed so well in the 2009 campaign. One thing that is particularly gratifying is the tremendous strength and success of our AC and Division 3 teams. We will continue to invest in and drive these programs forward.

State & Association Cup season is complete for the U9-U13 groups, and U13-U14 D3 teams. A number of RAGE teams advanced to the quarter finals, semi finals, and finals with our U9 Orange team champions of their NorCal State Cup. Going forward we are looking to the Cups for the U14-U17 teams when our older girls come off of the high school season hiatus. These age groups will begin Cup play in March and April.

The beginning of the year is also an opportunity for us to look forward to the next season with placements for U10 - U14 starting in February. You can find the schedules, locations, and times on the website at www.pleasantonrage.org.

Placements are an opportunity for our staff and coaches to see new faces, and re-affirm what they know about our daughters from the past season. Placements for our older players (U15-U19) have not yet been scheduled but will be held in March or April. Please continue to check our website for these dates.

Placements can be a time of both excitement and uncertainty. It is not unusual for a number of players from other clubs and cities to attend our placements. These players may be looking for a better environment for player development. We are

required to abide by the Open Boundaries policy of California Youth Soccer Association (CYSA) which states that girls are free to try out for any club they wish.

Every new season brings some change to our teams, leagues, coaches, and players. Each of our playing leagues (NorCal Premier, Golden State Soccer League, and Al Caffodio) has proposed some changes to their structures. Not all are final, but we believe these changes will make for a better player development environment for all of our players. Our U15-U17 Premier teams are continuing forward with the inaugural season of the Elite Clubs National League (ECNL) with positive reports from the teams who attended their first event in December at the Final Four in College Station, Texas.

This past year we have placed tremendous focus on our communication to you via both the Staff and the Board, and we hope this has been beneficial. We have provided an unmatched level of transparency into the costs of our program, and have always valued your input on ways we can improve RAGE. We are continually striving to offer better programs to improve your daughter's experience while balancing that with the overall cost of playing soccer.

I would like to personally thank you for your support in 2009, and look forward to 2010.

If you have any questions, please feel free to reach out to me or anyone on the board.

John Grozier
RAGE Competitive VP



Recreational Soccer...

Tell your daughters to get their cleats on – it's soccer time! There are a few events taking place between now and the start of the 2010 Soccer Season. Please consider enrolling your player in our Spring Recreational Soccer Program. This unique program provides an unparalleled learning environment for recreational players. They develop fundamental soccer skills while learning to love "the beautiful game".

New for this year...NO WALK-THRU REGISTRATION. Registration will be on-line starting March 1 and will conclude on the first day of the 2010 season. Keep in mind that there are dates posted on the website and after late fees will apply.

Recreational teams are formed in June, and coaches will receive their team rosters at the Recreational Coaches Meeting scheduled for July 14, 2010. Practices are allowed no sooner than August 1, 2010, and the 2010 Season officially begins on Saturday, September 11.

As in the past, Opening Day will be a busy one starting with the Annual Soccer Parade down Main Street on Saturday morning. The Parade usually starts at 7:15 a.m. at the corner of Main and St. Mary's Streets, and continues down the main road and around the block. Players dress in costumes according to their team name, with awards presented at the evening's Pasta Feed. After your daughter's game we hope you will join us at the annual RAGE Pasta Feed. The Pasta Feed takes place in the evening so all players are able to attend – last season's Pasta Feed was a GREAT success and we are looking forward to another great event in 2010.

I would like to thank ALL of the great coaches who volunteered their time to the 2009 season. The RAGE staff and Board know that we could not offer such a successful soccer program in Pleasanton without all of our volunteers and especially the parents who take the time out of their busy lives to coach our players. THANK YOU!!

If you have any questions regarding your daughter or RAGE and our philosophies you are both welcome and encouraged to contact a Board member via email. I look forward to seeing you on the soccer fields, and remember..."Girls play just as well as boys, they just look better doing it!!!

Lara Schreiber
RAGE VP D4

From our Recreational Youth Director...

2009 was an exciting year for Recreational Soccer as we introduced many new programs and ways for our recreational players to develop their skills, their game, and their love of soccer. New for 2009 was the ability for our recreational players to play the sport that they love on a year-round basis. For 2010 we will continue to build on these programs, creating and fostering a fun learning environment for our girls at all age levels.

We've concluded the inaugural season of the Recreational Youth Academy, which was a tremendous success. With a sold-out enrollment consisting of 120 participants within the U7 through U10 age group, we were able to offer a unique learning environment where our young recreational players were able to develop their fundamental soccer skills during the winter months.

Next up is Spring Soccer for recreational players U8-U14. Registration is currently open and ongoing with program dates from March 15 – May 8, 2010 (Note that there is no training from April 2 through April 11, 2010). You can find complete details about this program including specific dates by age group as well as registration information at the following link:

http://pleasantonrage.org/pgsa_spring_soccer.htm

Also new for 2010 are Recreational Summer Camps for ages U7-U14 as well as a Fall Recreational Academy for ages U7-U8. The RAGE website will be updated with all details and information as these dates are confirmed.

Recreational soccer thanks the volunteers for the 2009 season as we couldn't have been so successful without each and every one of you. There are many wonderful ways for you to get involved for 2010 – we are looking for Age Group Coordinators, Coaches for both Spring and Fall programs, Referee Volunteers, Field Clean-Up Assistance, and Special Event Assistance at the Opening Day Parade and Pasta Feed. You can sign up to help in many areas when you register your daughter to play, and if you have any questions about what the various time commitments might be or what the responsibilities might entail, please don't hesitate to send me an email.

Gabby Olivares
Recreational Youth Director
gabby@pleasantonrage.org

Treasurer's Report

The Board of Directors must report that your club operated at a modest deficit in 2009, in large part because of the very difficult economic times that we have all experienced. A year ago, RAGE made the decision that registration fees would be held flat in spite of some rapidly rising costs, so careful control of other expenses and some modest success in fundraising efforts were essential.

The Recreational Program benefitted from the efforts of a full time staff person, Gabriella Oliveras, who through aggressive marketing efforts was able to hold enrollment nearly flat in an economic environment where we expected a notable decline.

Our Competitive Program also showed good results as a result of a small increase in team dues and a good increase in the surplus generated by our three summer tournaments.

The outlook for 2010 is still clouded by a poor economy in Northern California. Our goal is to increase participation in the Recreational Division by at least 150 players. We also hope to offer a new "games" season for those who cannot get enough soccer in the fall league. The Competitive Program will benefit from the number of teams attending our three major summer tournaments.

Team dues will increase reflecting a 22% increase in health care premiums (we offer health care to our seven full time staff) and the need for rental of all-weather, lit fields in nearby communities. The City of Pleasanton and the Pleasanton Unified School District lack the necessary funds to proceed with any such development in our City in the foreseeable future. The club plans to work with the City to explore private funding of field development at Upper Bernal and Bernal, but there is little reason for optimism at this point and even if the project were to move ahead we could not expect that any field enhancements would be completed in 2010.

Ross Stonesifer
RAGE Treasurer

Registration Information

New for 2010 is the elimination of walk-through Registration. All registration will be handled on-line and beginning March 1, 2010.

Registration Fee Information:

U5-U7 - \$245 first child/\$195 thereafter

U8-U19 - \$265 first child/\$215 thereafter

Flight \$125 additional fee

Out of Town fee \$50

NOTE: Returned Check Fee \$25.00

Information Regarding Fee Increases

Please see the Registration Fee Schedule below for 2010. Despite increased costs, RAGE has not made any change to Registration Fees for the past 3 years. Faced with additional increased costs this year, the RAGE Board has voted to increase fees for our 2010 Registrants. The factors contributing to this decision include:

1. RAGE Technical Staff will continue to offer training opportunities for our U8-U10 Recreational players and Coaching Clinics for all of our Recreational Coaches to enhance our players' experience in this program and at no additional cost to the players. Staff costs have been increasing, which leads us to have to charge for this training.
2. To eliminate last year's issues involving uniforms for our Division 4 Recreational players, Division 4 will also wear the RAGE Orange and Grey/White uniforms worn by our Competitive players. This will increase the Club's uniform cost by approximately \$7-\$10 per player.
3. Due to their own budget cuts, The City of Pleasanton and the Pleasanton Unified School district may be charging our league a field usage fee if we need to use school fields.

The RAGE Board recognizes that fee increases are difficult, but they are necessary and we thank you in advance for your understanding. RAGE is a non-profit club. Our budget forecast suggests we need this fee increase to break even for the year. We will make efforts to keep the fee flat as long as we can, while continuing to improve the quality of our programs.

Calling All Volunteers

We need your help! The RAGE club depends on hundreds of volunteers to conduct our business of bringing soccer to nearly 2000 young ladies. Over the years, we have hired staff to greatly enhance the quality of our soccer program, but we still depend on the hundreds of coaches who make our Recreational Program very successful and we thank you for the many hours you volunteer. We also want to thank those who spend hours planning and working at our Pasta Night and at the Parade. We have volunteers who coordinate the sale of RAGE merchandise, work at Picture Day, referee, sweep the fields after weekend games, and manage distribution of uniforms. Another key volunteer job is held by Age Group Coordinators, who spend many hours putting together teams. This year we will ask our Recreational parents to help with our summer Competitive tournaments (Competitive parents are expected to work these events as part of their commitment to this program, without remuneration). As with other jobs, we will increase our payment to \$50 for a four-hour shift this year.

We realize that EVERYONE is busy with their daily lives, but volunteers are essential in the operation of YOUR club. Please visit http://www.pleasantonrage.org/pgsa_help_wanted to see where we have urgent needs.

NEW! College Handbook

We would like to inform all of the RAGE members that we have written a College Handbook, principally for those girls in our Competitive program who wish to play soccer in college. However, we also recognize that there are some Recreational players who would like to know more about college soccer opportunities. Those opportunities might include playing for a Division 1 NCAA school, but certainly could include playing for Division 2 or 3 NCAA and NAIA colleges. In addition, many colleges offer intramural and inter-collegiate programs. All Competitive players, U14 and older, should review this document:

http://www.pleasantonrage.org/docs/_2010/COLLEGEHANDBOOK.pdf

Should you have questions or suggestions of aspects of the college research effort, please feel free to contact Ross Stonesifer, at stone6096@aol.com.

Elite Clubs National League for U15-U17 Premier

In a very exciting development for the Competitive Program, RAGE became one of 40 charter members to participate in the Elite Clubs National League (ECNL). The ECNL member clubs compete with most of the nation's best U15, U16 and U17 teams in several major tournaments. During the 2009-2010 season, our teams have played or will play in Final Four (December 2009 in College Station, TX), Las Vegas College Showcase (March 2010), PDA (New Jersey May 2010) and the National Championships (Seattle July 2010). The girls on our teams, for the most part, would like to play college soccer. The ECNL events will be attended by hundreds of college coaches who see these events as opportunities to scout for talent. RAGE has been very successful in that nearly all of our premier team graduates go on to play soccer for their colleges. You will find much more information about the ECNL at www.eliteclubsnationalleague.com.



2010 Placements

This year RAGE will once again offer D1-Premier, D1-AC, D3 Orange and D3 White (U11-U16 Only). Please check the website frequently for locations as well as other pertinent information.

Placements are currently under way for our U10-U14 Age Groups with several age groups complete for 2010. Please refer to the schedule below.

*If you did not play for the RAGE Competitive Program last year, please email Tamie Shadle (tamie@pleasantonrage.org) with the following details: Player Name, Player Birth Date, Contact Information (parent's name(s)/phone number/email), and Form club and team.

Age Group	Date	Time	Location	Rain Out
U10	Feb 28 & March 7	3:30 – 5 p.m.	Valley Christian 7500 Inspiration Dr	
U11	Feb 24 & Feb 25	4:00 – 5:30 p.m.	Val Vista 2 & 3	Feb 28 1:30 – 3:00 p.m. Valley Christian 7500 Inspiration Dr
U12	Feb 3 & Feb 4	4:00 – 5:30 p.m.	Val Vista 2 & 3	Feb 7 1:30 – 3:00 p.m. Valley Christian 7500 Inspiration Dr
U13	Feb 10 & Feb 11	4:00 – 5:30 p.m.	Val Vista 2 & 3	Feb 14 1:30-3:00 Valley Christian 7500 Inspiration Dr
U14	Feb 17 & Feb 18	4:00 – 5:30 p.m.	Val Vista 2 & 3	Feb 21 1:30-3:00 Valley Christian 7500 Inspiration Dr
U15 D1* (P & AC)	TBA	TBA	TBA	TBA
U16 D1* (P & AC)	TBA	TBA	TBA	TBA
U17 D1* (P & AC)	TBA	TBA	TBA	TBA
U18 D1* (P & AC)	TBA	TBA	TBA	TBA
U15 D3	TBA	TBA	TBA	TBA
U16 D3	TBA	TBA	TBA	TBA
U19 D3 (includes U17 & U18)	TBA	TBA	TBA	TBA
U9	TBA	TBA	TBA	TBA

2010 Tournaments

RAGE will again host three tournaments for 2010.

First up will be the 2010 RAGE College Showcase, sponsored by Adidas. An estimated 176 Division 1 teams ages U15-U19 will participate in this event, which will be held July 23 through July 25, 2010.

Next up will be the 2010 RAGE College Showcase Juniors. 80 Division 1 teams ages U11-U14 will participate in this event, which will be held July 31 through August 1, 2010.

RAGE's annual tournament for Division 3 players will be our final summer event. The Soccer City Warm Up will take place on August 28 and August 29, 2010 for teams U11-U19.

Information and application information for our Showcase tournaments is currently available, and information is forthcoming for the Soccer City Warm Up. Please see: <http://pleasantonrage.org/tournament.htm>

A Few Words from our Technical Director...

WHAT IS PLAYER DEVELOPMENT?

THE PHILOSOPHY OF THE RAGE SOCCER CLUB

(endorsed by USSF)

Our younger ages represent the most influential period in forming a sound fundamental base and a love of the game. Continue to make training fun while at the same time keeping it consistently challenging and competitive.

Playing to win games becomes increasingly important but should never be at the expense of playing well.

Avoid the temptation to have your players BOOT the ball long and far in the hopes that one of your fast forwards can win a foot race to create a breakaway. A ball that is aimlessly kicked forward into a sea of opponents with the idea of gaining a territorial advantage is, at best, hopeful soccer. The style of playing incessant "direct" soccer, when a team always plays the ball forward regardless of whether or not it is appropriate to do so in that situation, does not develop players. Moreover, that approach has consistently been proven ineffective at the higher level of the game.

The "direct" approach should also be discouraged because it replaces skillful and creative play with an environment in which aggression and size becomes disproportionately important. While we want to encourage players to be "direct" by going to goal when the opportunity presents itself, there is a huge difference between being constructively direct as opposed to whacking the ball forward all the time.

Playing well means playing intelligent, patient, controlled game in which skill, mobility, and precision are emphasized and applied at speed. A precise pass to a well-timed purposeful run that culminates in a shot on goal is one of the most exciting actions in any sport.

Only if we teach and give our young players the freedom to make choices during the run of play will they be able to fulfill their potential.

Hard though it may be, refrain from bellowing at your players to "shoot it" or "pass it." A "wrong" decision by a player is better than a "right" decision by a coach. The proper time to discuss why a player made a specific choice in a specific situation is after the game. During the game it must be left to the players to think for themselves.

Philippe Blin
RAGE Technical Director

10 Questions for Sophie Metz...



1. What types of things do you do to prevent or avoid injuries on the soccer field?

The main thing I do to prevent injuries is making sure my dynamic warm up is good so I am ready to go for practice and this helps me not pull muscles. Another thing I do is make sure I stretch after practice. This helps me become less sore, and my muscles aren't tight for the next practice.

2. What is your most special soccer memory or event?

The special memory I have is when my team won Regional's this last year against the So-Cal Blues, 4-0 on Father's Day.

3. What is your most disappointing soccer memory or event?

My most disappointing soccer memory would probably have to be leaving my RAGE team to go to college. I have known and played with most of the girls on the team since I was little so it was hard for me to go start somewhere new without them.

4. What types of things did you or do you do to improve your game on your own time?

Some of the things I do on my own time are go running or work on my skills with a friend.

5. Were you physically ready when you got to your first UCLA practice and did you find RAGE training prepared you properly for UCLA's expectations of their players?

Yes, I was physically ready for my first UCLA practice. I had played soccer for RAGE my whole life and it prepared me for the next level. I definitely couldn't have done it without Philippe or the rest of the coaching staff at RAGE.

6. Did you find a huge change in the speed of the game at the college level and if yes, how did you adjust?

College speed of the game is different than at the club level and adjusting to it just took time. The more games I play in the more comfortable I feel.

7. How did you balance all of the demands on your time in high school and has that helped you at UCLA or did you have to make adjustments?

Soccer has always taken up a lot of my time so I didn't really have to adjust to the demands of it in college. In high school I had soccer every day during the week and got the weekends off. In college we have games on the weekends, but that was easy to get used to because games are my favorite part!

8. How did the recruitment process evolve for you when you were in high school and what made you choose UCLA over other soccer programs?

I was one of the last of my friends to commit to a school and I couldn't have been happier with the place I picked. UCLA stood out the most for me over other programs for a couple of reasons. I wanted to stay in California but experience something different than northern California. I love the girls on my team, my coaching staff, the surrounding area, and by coming here I knew I would be getting a good education.

9. Do you spend most of your free time with your soccer teammates or do you find there is time to develop other friendships?

I spend the majority of the time with my teammates because we are with each other practicing and traveling on the weekends during season. I have however developed other friendships from class and being in the dorms.

10. What has been your biggest surprise so far with college soccer...has anything happened that you didn't expect?

My biggest surprise so far is how close I became a part of the team. My club team had a one-of-a-kind bond, and I didn't think it would be like that here but my teammates made me feel a part of the family as soon as I got here.