

2017 ESS ANNUAL GENERAL MEETING

SPONSORED BY: ESSENTIA HEALTH



Essentia Health

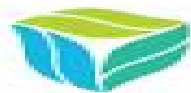
STEVE POLKOWSKI-DIRECTOR OF COACHING

- **Director of Coaching- East Select Soccer- 7 Years**
- **Head Girls Soccer Coach- Duluth East High School- 7 Years**
- **Former UWS Assistant- 2 Years**

- **Degree from UMD in Secondary Education with a Coaching Minor**
- **NSCAA Director of Coaching Certificate**
- **NSCAA High School Coaching Diploma**
- **NSCAA National Diploma**
- **USSF National D & E License**
- **MYSA Youth Program Certificate**

- **D₁ College Soccer- Northern Illinois University**
- **All State- Eagan High School**
- **Premier Club Soccer- St Paul Blackhawks & Dakota REV**

- **Teacher at Cloquet High School**



Essentia Health

SPONSORSHIP- ESSENTIA HEALTH

Essentia Health's involvement in youth athletics:

- **Lake Superior Open Healthy Living Tent**
- **Essentia Health Girls Senior All-Star Game**
- **Flirting With Winter Fall Tournament**
- **Provide Trainers for Duluth East & Denfeld**
- **Partners with East Select Soccer**



Essentia Health

ADDITIONAL THANKS!

- **Deb Frederickson- Former Secretary**
- **Gym Space**
 - **Peggy Fredrickson- St Johns**
 - **Chris Francis- YMCA Duluth**
 - **Angelo Simone- Valley Youth Center**
 - **Homecroft**
 - **Congdon**
 - **Lakewood**
- **Turf Time-**
 - **Shawn Roed- Duluth East High School**
 - **Julie Grandt- Ordean Middle School**



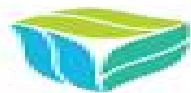
Essentia Health

ESS BOARD MEMBERS

- **Heidi Guenther- President**
- **Past President- Natalie Hoff**
- **Josh Friday- Vice President**
- **Julien Bratek- Registrar (non voting)**
- **Kevin Boerboom- Treasurer**
- **Toni Christensen- Tournament Director**
- **Cindy Rourke- Manager of Mangers**
- **Alina Heydt- At Large**
- **Jeremy Downs- At Large**
- **Emily Nothaker- At Large**
- **Trish Johnson- At Large**
- **Jodi Nelson- At Large**

Interested Members for 2017-18

- **At Large- Tracy Ricketts**
- **At Large- Eric Beyer**
- **Any additional members?**



Essentia Health

TREASURERS REPORT/CONTACTS

- **ESS Mass Email- eastselectsoccer@gmail.com**
 - **Used by Steve, Julien, Toni & Heidi Guenther**
- **Steve Polkowski- coachstevepolkowski@gmail.com OR houndssoccercoach@gmail.com**
- **Julien Bratek- essquestions@gmail.com**
- **Heidi Guenther- timesaver1@aol.com**

- **Payments- February 3rd & March 7th (First Fridays of each month).**

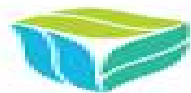
- **DO NOT RESPOND TO MASS EMAILS**



Essentia Health

WHAT ESS PAYS FOR

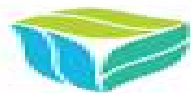
- **Coaching-**
 - **Professional, Local and Winter Training**
 - **Coaching Retention- ESS Pays Tournament Expenses**
- **MYSA Fees-**
 - **Insurance**
 - **Refs**
 - **Fields**
 - **Administration**
- **Practice Field**
 - **We pay to use all of our fields/gyms**
- **Impact Sports Training**
 - **Prior to IST: 2-4 knees blown out per year**
- **Coaching Licensures**
- **Equipment**
- **Tournaments**



Essentia Health

MISCONCEPTIONS OF ESS

- **Your kid will get a full-ride scholarship if they play ESS**
 - **Full rides almost never happen**
 - **Freeman-Hyduke-Stingle play D₁**
 - **Spooner, Lyle, Fredrickson, Rauzi, Rudolph play D₂**
 - **A ton of players play D₃**
 - **On average 1-2 players per year will receive some money to play college soccer**
- **Your kid will play varsity soccer for Duluth East if they play ESS**
 - **There are no guarantees that anyone will make it to that level**
 - **The largest graduating class in the past 7 years has been 11, the lowest 6**



Essentia Health

COACHING STYLE

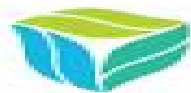
- **Promote mistakes**
 - **If your kids are willing to be coached they will make mistakes as they learn.**
 - **We will NOT yell and scream at a kid for making mistakes.**
 - **We have had this model for 7 years**
 - **US Club Soccer adopted it this past year**
- **Soccer should be fun**
 - **We will have good relationships with your kids because they will have fun**
 - **FACT- At U₁₃ soccer enrollment drops 60% nationally**
 - **The number 1 reason: Kids no longer enjoy the game**
 - **FACT- The number of players playing U₁₃₋₁₅ at ESS has increased nearly 40% in 8 years**



Essentia Health

COACHING EXPECTATIONS

- **Practices-**
 - **Coaches will attend all of Professional Sessions**
 - **Direct Professional Coaches to focus on areas of improvement**
 - **Be at the field 10 minutes prior to teams expected arrival time**
- **Games-**
 - **Each kid is entitled to 50% play time during the season**
 - **Not necessarily each game based on situations**
 - **Be positive examples when dealing with officials**
 - **Players take the personality of the coaches in this area**
- **Push your kids to be better players**
 - **Impact Sports Training**
 - **Team Practices**
 - **Position Specific Practices**
 - **Games**



Essentia Health

COACHES THIS YEAR

- **Girls**

- **U_{9/10}- Roni Rudolph, Julia Bachand, Sarah Willmot**
- **U₁₁- Roni Rudolph**
- **U₁₂C₃- Brooke Lehna & Emily Ball**
- **U₁₂C₁- Steve Polkowski & Emily Ball**
- **U₁₄C₃- Tim Beddow & Gabi Biro**
- **U₁₄C₁- Alex Lemon**
- **U₁₆C₂- Steve Voltz & Krysten Van Cleve**
- **U₁₈C₁- Alex Lemon & Nick Bremer**

- **Boys**

- **U_{9/10}- Shawn Roed, Jeff Madill, Chris Francis, Nick Braun**
- **U₁₁- Nick Braun & Gus Da Rocha**
- **U₁₂- Nick Bremer & Gus Da Rocha**
- **U₁₄- Nate Hanson**
- **U₁₅- Corey Bachand & Rick Haney**
- **U₁₈- Josh Friday**



Essentia Health

PROFESSIONAL COACHING

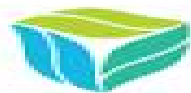
- **Steve Voltz**
 - **7 Years at ESS**
 - **Former professional player in Germany**
 - **Head Men's Coach at Milsaps College**
- **Paul Devlin**
 - **Former ESS Professional Coach**
 - **A-Licensed**
 - **Former English Professional Player/Coach**
- **Nico Roth**
 - **Former German Academy Player**
 - **NCAA 2nd Team All-American**



Essentia Health

COACHING PROGRAM

- **Develop successful coaches who want to continue in the game**
 - **Kevin Krzenski- Director of Coaching- Big Lake Soccer**
 - **Kate Benias- Assistant Coach- Big Lake High School**
 - **Ali Brown- Assistant Coach- Rogers High & Champlin Park**
 - **Jen Krokum- Former Assistant Coach- CSS**
 - **Nick Bremer- Boys Varsity Coach**
 - **Alex Lemon- Boys Assistant Coach**
- **Coaching Retention:**
 - **Julien Babel- 7 Years**
 - **Nate Hanson- 6 Years**
 - **Alex Lemon- 6 Years**
 - **Brooke Lehna- 6 Years**
 - **Emily Ball- 5 Years**
- **The only reason they come back is because they are treated well by parents.**



Essentia Health

PARENTS CAN HELP BY

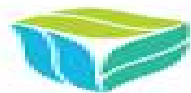
- **Be a supportive parent**
 - **Please don't criticize your kid, they may be trying something new and it might take a few mistakes to get it right**
 - **Promote mistakes when they try something new**
- **Don't coach your kid during the game**
 - **We work on different things at different times**
 - **Hearing 2 different messages slows development**
- **Coaches are not perfect**
 - **We will make mistakes, if you bash us, it will make it hard for us to make your kid better**
- **Don't yell at refs**
 - **Some of them are ESS kids**
 - **Most of them have feelings**
 - **No refs means no games**
 - **Coaches have relationships with refs, we know what we can say**
- **Support the Team**



Essentia Health

PLEASE FOLLOW...

- **24 Hour Rule-**
 - **Please don't address any issues with a coach until after 24 hours have past since the incident.**
 - **This takes the emotion out of the situation**
 - **We are competitive too**
- **Limit Texting-**
 - **Texting that is OK**
 - **Before 10pm**
 - **Informing of an absence**
 - **Texting that is NOT OK**
 - **After 10pm**
 - **Question coaching moves**
 - **That is why they are coaches**
 - **Kids asking "what can I do to get better"**
 - **We can have this CONVERSATION if you want**
- **Talk to your kid before you contact us**
- **Please let me know of coaching issues**
 - **I can explain or address the issue**



Essentia Health

WHAT DID YOU SIGN?- CODE OF CONDUCT

- **That player card signs you and your kid into MYSA/USYS rules**
 - **Players-**
 - **Once our season starts you are subject to the player code of conduct.**
 - **This includes actions that happen both on and off the field**
 - **These actions are subject to both MYSA and/or ESS discipline**
 - **Parents-**
 - **While at MYSA/USYS sanctioned events you are on the clock**
 - **Refs are instructed to remove parents through the coach**
 - **May be removed from tournaments/fields**
 - **Coaches-**
 - **Can be removed from games by the ref**
 - **May be disciplined after the event through game reports**



Essentia Health

RESULTS

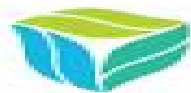
- Last year we had another successful season.
- **MYSA League Club Record- 79-46-13**
- **Winning percentage of 62%**
- **U11 & U12 Girls- State Runners Up**
- **Multiple Tournament Championships**



Essentia Health

ESS PROGRAMS

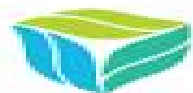
- **Youth Development Program**
 - **Monday (beginner) & Wednesday (advanced)**
 - **2:30-3:30**
 - **June 12-July 12th (No sessions 4th of July Week)**
 - **Designed for 5-10 year olds**
- **East Side Strikers**
 - **Sunday nights: May 21st- June 18th (No session Memorial Day weekend)**
 - **Designed for kids 4-8**
 - **Two sessions being offered: 6-7:00 & 7:15-8:15**



Essentia Health

LAKE SUPERIOR OPEN

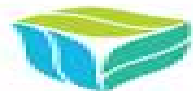
- **June 23-25**
- **The Lake Superior Open soccer tournament is the largest fundraiser of the East Select Soccer Program.**
- **Each East Select Soccer family is required to volunteer 5 hours per child.**
- **There are many volunteer opportunities during the LSO including but not limited to field marshal, medical, concessions, field prep, etc.**



Essentia Health

LAKE SUPERIOR OPEN

- **The tournament format will be different than in years past. We MAY follow a 'tournament tree' format.**
- **Our goal is to have the volunteer schedule posted by the first week of June.**
 - **Signups must be done mid June or volunteer checks will be cashed**
 - **If you plan on not volunteering please let us know asap so we can cash your check**
- **Anyone interested in participating on the Lake Superior Open committee contact Toni Christensen (218-349-8384).**
- **Our first LSO committee meeting January 29th @6pm at Toni's house- 614 Valley Drive**



Essentia Health

CAN YOU OR YOUR KIDS REF?

- **Duluth is in MAJOR need of officials**
- **Benefits to the kids**
 - **First job- \$\$\$\$**
 - **Leadership opportunity**
 - **Learn the game**
- **Benefits to coaches**
 - **Refs make smarter players**
 - **Less time explaining rules**
 - **Advocates on the field**
 - **We can use your kid to measure arguments**
- **First session January 28th at CSS**
- **Info at arrowheadsoccer.com**



Essentia Health

ESS APPAREL

- **On The Limit**
 - **Website**
 - **Sizing will be outside when we meet as teams**
 - **Info to be sent out shortly**

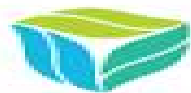


Essentia Health

IMPORTANT DATES

- **May 1st- First official date league games can be played**
- **May 15th- First official date Duluth games can be played**
- **June 23-25- Lake Superior Open**
- **July -15-19- District Tournaments**
- **July 22-25- MYSA State Tournament**
- **August 14th- High School Tryouts Begin**
- **MEA Break falls during the High School Sections Tournament**

Age Group	Girls	Boys
U11 C3	Tues/Thurs	
U11C2		Tues/Thurs
U12C3	Mon/Wed	
U12C2		Mon/Wed
U12C1	Mon/Wed	
U14C3	Mon/Wed	
U14C2		Mon/Wed
U14C1	Mon/Wed	
U15C1		Mon/Wed
U16C2	Tues/Thurs	
U18C1	Mon/Wed	Tues/Thurs



Essentia Health

TOURNAMENT DATES

- **Hudson Tournament- May 19-21st**
- **Lake Superior Open- June 23-25**

BREAKOUT AGENDA

- **To Do:**
 - **U9/10 stay here and move up**
 - **Outside-**
 - **Meet with team manager**
 - **Paperwork fun**
 - **Check rosters**



Essentia Health