

**Roanoke
Star Soccer
Club**

In the Stars!



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Temperature Heats Up!

The weather in Roanoke over the past couple of months can only be described in one word—hot! The same can be said for the atmosphere at some of the games recently. Roanoke Star is well known for having a great group of players, coaches and parents. We thrive on this reputation and we want to make sure it is something that carries with us wherever we go. Recently however, we have had a couple of instances where the temperature of the day has been matched not only on the field (where we want it), but off the field as well. It is time to take a step back and evaluate our behaviour. That evaluation will start with the coaches and will be the focus point of our coaches meeting this week. As a staff we are very aware that our behaviour sets the tone for everyone involved and we will be looking at ways to ensure that some recent displays of poor conduct will not be repeated.

We would also like our parents and supporters to accept that they have at times got a little “hot and bothered”. We tell our players to “control the controllable” and not worry about things that they can not influence. Referees certainly fall

into this category. Believe it or not, refereeing is a very hard job. It is made even harder when met with a barrage of abuse or questioning concerning calls. There are a few things we do know about refereeing though. Firstly, they will make mistakes, we all do. These are honest mistakes and we should accept it. Secondly, they do not change their minds! Thirdly, by and large, the referees do the job because of a love for the game. Without the referee there would be no game. Finally, we do need more top level officials. If you really believe you can do a better job than the guy in the middle please follow this link and go and buy a whistle!

www.vysa.com/referees/index_E.html

Finally I would like to commend the vast majority of our parents and supporters. I do believe that you do a great job in supporting our club. Please do not approach games with a reserved attitude. Be loud in your support! Cheer when we score and encourage a well placed shot or pass. Let the players know how proud of them you are. Just remember, don't coach and “control the controllable”.

"If God had meant us to play football in the sky, he'd have put grass up there." Brian Clough, 1991, Manager Of Nottingham Forest, bemoaning the method of Soccer known as the 'long Ball Game'.

Roanoke Star Info

- 16B, 17B and 18B all advance in State Cup
- 18G suffer tough loss in Northern Virginia
- 3 Players on Region I Pool from Roanoke Star—best in Virginia!
- Skills Trainer Ben Freakley leads college team VMI to best start in over 7 years



Our teams have certainly raised the standards this year with some great performances in the VCCL. Week after week the teams are competing against the best that Virginia has to offer and every week we see improvement and different areas of development. For some teams it is in the way they defend as a team compared to the start of the season. For others it is how they pass

the ball with purpose and control. Some teams have reminded us just what the word “team” means, when they come out with only 11 or 12 fit players and fight and compete from beginning to end. VCCL days really are special for Roanoke Star teams. To walk around and see the emotions and intensity is a wonderful thing and to watch our players being tested at the highest level and grow as a result is the best



...possible environment for development of players. This past two weekends have saw the teams play against Beach FC and Richmond Strikers. Both weekends were full of quality soccer and intense games. Against Beach FC the club achieved some noticeable success and was undefeated from U14 to U18 boys. This was a great effort by all the teams against the club ranked #1 in the VCCL last year. The female side of the club found the going a little harder but the 17/18 Girls did manage to produce two good performances with a win and a tie. The following weekend we played the Strikers and again the Boys led the way. This time the 13B, 15B and 16B all recorded fine victories including a whopping 4-0 victory for the 16B against the team that won Virginia State Cup last year. The 17B also recorded a tie but played well and are adjusting very well to a change in formation. The girls teams again found the going hard and we were only able to record a victory in the 17G game. I would like to give a special mention to the 12G who have competed admirably in every game they have played this year and have adjusted exceptionally well to the added demands of the VCCL in their inaugural season. Also I think extreme praise goes to the 14G who have been hit hard with injuries and lower numbers this year. This team is full of dedicated soccer girls who have never complained and keep working hard to improve. They have a great spirit and if anyone knows of some girls that are looking to play soccer at a high level, this is a team that would welcome players with open arms.



Some of the Roanoke Star U14 Girls Elite team pose for a picture. What a great group of girls!



In BRCL play the club continues to improve. Our Premier level teams are certainly beginning to show the signs that the quality training is paying off. Our teams are playing with a purpose and quality that makes us all proud. A great example is the 11B Premier team who have recently upped the tempo and are now beginning to achieve a level of consistency that they should be proud off. The 12/13B Premier have also shown big signs of improvement over the recent weeks and will have been very pleased with their performances in games this weekend. The younger girls team (13G Premier) started off the BRCL on fire and are continuing to improve. Despite a loss and tie this weekend the girls are in great spirits and looking forward to the games ahead.

On the older side of the BRCL our teams are leading the way. The 16B White and 16B Blue both are well placed in their divisions and will be confident of future success. Both are hard working teams with plenty of quality in their ranks and will be tough opponents for whoever they face this year. The 17B Premier are currently on a great run with two impressive performances this weekend despite some extreme provocation both before and after the game from a less than welcoming Piedmont team. Luckily the boys were able to withstand the un-sportsmanlike behavior and concentrate on the game.

Roanoke Star recently sent three teams (14B Premier, 15B Premier and 16B Premier white) to the Carolina Elite Soccer Academy Fall Challenge tournament. This is in line with ensuring that all teams at the club are given a competitive schedule where players are tested and asked to improve their level of play. This tournament certainly asked that of the players and more! All three teams were placed in very competitive brackets and were given a real taste of soccer at a higher level. Discussions with the coaches after the tournament informed us that the teams had a great time and learned a lot as a result of the weekend. The players certainly recognize new areas where they have to improve and are looking forward to emulating the play of some of the teams they faced this weekend.

In State Cup play this weekend, Roanoke Star was very successful. Perhaps the one event on the calendar where winning is the primary objective, the teams responded well to the challenge. The 16B Elite faced Williamsburg Legacy and totally overwhelmed them, winning 7-0. The 17B Elite went to overtime to achieve their victory over a stubborn Arlington Titans team. The 18B were clinical in their performance, winning 4-1 over the Braddock Road Condors. Unfortunately, not all our teams were successful in State Cup play with three teams losing out by just a single goal in their games. Commiserations to the 15B Elite, 16B Premier blue and 18G Elite who all failed to advance.





ODP Selections

Three players from our club were recently selected for the Region I ODP pools. This is a great accomplishment for the 3 players and is a great boost to the club and confirmation that our policy of player development over winning is reaping the rewards for the players.

Michael Mecham-1994 boys (also National pool)-Roanoke Star U14 Elite

Will Hare-1993 boys-Roanoke Star U15 Elite

Parker Walsh-1991 boys (also National pool)-Roanoke Star U16 Elite

No other club in Virginia can boast 3 boys players from their club in the Region I pool. Only 18 players from the whole state are selected for the pools and 3 came from the Roanoke Star. Great accomplishment boys and keep up the good work!

Meet the Coaches



Coach Lars Agren is the Head Coach of the 11 Girls Elite team. Coach Lars also doubles up as the Strength and Conditioning coach for the club. A UEFA "B" License holder, Coach Lars brings a vast amount of knowledge to the club and is a great exponent of quality, attacking soccer.



Coach Brook Holley has been involved in soccer for many years. He started out playing goalkeeper for Division I NC State. He has been involved in coaching youth soccer for the past 11 years and holds his USSF "D" License. Brook also has 3 children who currently play in the club.



Coach Marijan Grigic has his NSCAA Advanced National Diploma is the Head coach of the U11 Boys Premier team. He hails from Croatia and has been involved in soccer at various levels most of his life. Marijan also has a son who plays on the U12 Boys Elite team.

Meet the Teams



The U12 Girls Elite team has performed admirably in the VCCL this year. This group is a very committed bunch of young girls who have shown no fear as they face up against teams with more experience. If you get the chance to watch these girls play I can highly recommend it as they typify the spirit of the girls teams at Roanoke Star.



The U13 Girls Premier team has grown in confidence from day 1 of the new season. Every practice these girls have fun and work hard on their skills. They will be disappointed that my photography skills do not match their enthusiasm. Don't worry girls I will take another picture soon!


**Roanoke Star Soccer
Club**

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**ROANOKE STAR
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Visit the website
www.roanokestar.com

Roanoke Star Technical and Goalkeeper Training

Please remember that we are still having Roanoke Star technical training again this Fall. The dates of the training will be:

Thursday 27th September – 7-8pm (Carly)
Thursday 4th October – 6.30-7.30pm (Ben and Henry)
Wednesday 10th October – 6.30-7.30pm (Ben and Henry)
Tuesday 16th October – 6.30-7.30pm (Carly)
Thursday 18th October – 6.30-7.30pm (Ben and Henry)
Thursday 25th October – 6.30-7.30pm (Ben and Henry)
Wednesday 31st October – 6.30-7.30pm (Ben and Henry)



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