

McLean Youth Athletics

Fall Newsletter, 2015

Welcome to the MYA Fall News Letter 2015.

MYA serves the needs of 9 fast growing sports programs: Soccer, Basketball, Field Hockey, Lacrosse, Rugby, Track & Cross Country, Volleyball, Flag Football and Wrestling. These programs provide the opportunity for over 5000 boys and girls to play sports supported by over 500 parent volunteers.

Registration is available for all children age kindergarten through high school. MYA believes that every child should be able to enjoy and benefit from playing sports. All kids who register for any of the MYA sports are placed on a team and will play. Young athletes of all skill and experience levels are welcome.

While some MYA sports are able to find a spot for all kids who are interested, others are limited in the number of players they can accommodate. To make sure your child is able to participate, we encourage you to sign up early. As we approach the end of summer, field hockey, lacrosse, soccer, flag football, and boys volleyball are taking registrations.

All of our sports depend completely on adult volunteers. MYA encourages parents, grandparents, guardians and big sisters and brothers to volunteer in support of their child's sport.

But, did you know that, for older athletes, many MYA sports have programs that allow youth participation? If your teenager is looking for a volunteer opportunity that provides leadership experience and a lot of fun, he or she may want to volunteer to be a coach, assistant coach, or referee. Look for information on the individual sport's website.

Established in 1974, MYA operates through a 22 member volunteer Board of Directors. Each of our sports is represented on the Board together with 12 other at-large members from the community. MYA is a volunteer cooperative effort of the McLean community, dependent on volunteers to serve as Board members, coaches, referees & coordinators. Parent volunteers continue to be the foundation of this important McLean community organization, now in its 67th year focused on the healthy development of our children through athletic activities.

Please visit us on the web and get involved: <http://www.myathletics.org>

Basketball

McLean Youth Basketball is a volunteer, community-based sports organization established to promote youth basketball within the greater McLean community. From October through March, we provide basketball programs that focus on age appropriate skill development and organized play for children in grades 1 through 12 in three separate leagues.

Our developmental league is designed for boys and girls in 1st, 2nd, and 3rd grades. The main focus for this league is skill development so there are no official referees or scorebooks. Players practice and scrimmage at local McLean elementary schools in age-based divisions for a 90 minute session each weekend. By 3rd grade, more emphasis is placed on 5 on 5 team building activities to prepare players for House League in 4th grade.



The House League is MYB's largest program with nearly 200 teams last year. It is designed for boys and girls of all skill levels from 4th grade through 12th grade who enjoy playing basketball as recreation. House League teams are grouped by grade level and gender. They have one weeknight (Monday - Friday) practice session and one weekend game (Saturdays & Sundays) throughout the basketball season. Players are evaluated and teams are drafted to ensure that all teams have equal talent levels and everyone has an opportunity to participate. In addition, trained officials are provided for every game to ensure a fair and safe competition.

The Select League is a highly competitive basketball program for boys and girls (Grades 5 - 8). Generally, players with advanced basketball skills opt to compete for placement on a Select team. Currently, there are four age groups for both boys and girls (10 and Under, 11 and Under, 12 and Under, and 13 and Under) with two teams in each age group. A player must attend all scheduled tryouts (usually multiple times and dates) to be considered for a Select team. Tryouts are competitive; no one is guaranteed placement on a Select team.

Information for the 2015-16 basketball season (including opportunities to coach and officiate) will be posted to mcleanbasketball.com by August 15th, and registration will begin the day after Labor Day.

Field Hockey

McLean Youth Nation!

Registration is now open for Fall Field Hockey ages U6-U14. Dust off those sticks, grab your shin guards, mouth guard and goggles and come join us for a fun filled fall!

The first games are set for Saturday September 12 and will run every Saturday through October 24.

New this year we will be offering a U6 and U8 division, a weekly Academy Skills Night, and weekly Goalkeeper Training to those interested.

You can find more information and registration on our website [McLeanField Hockey.org](http://McLeanFieldHockey.org).

We look forward to seeing you all this fall for a great field hockey season! If you have any questions please feel free to email me at McLeanFieldHockey@Gmail.com.



See you all soon!
Brooke Edwards

Flag Football

McLean Youth Athletics,
We are McLean Flag Football.

We're passionate. We're fun. [We're registering for Fall 2015](#). K-9th Grade. Boys and girls. This has been a big year for us. Last fall, we held our inaugural season. This spring, we doubled in size. This time last year, we didn't exist.

Our league has grown for a number of reasons. As a Sunday-only league (practicing and playing on the same day), we fit with folks' schedules. With parent or professionally coached teams, we give our families options.

And because we're a sports *community* – from the players to the coaches to the parents and refs – we've created a safe, positive environment for our kids to compete. Ask our parents and they'll tell you the same. We'd love to have you this fall. Everyone is welcome. If you register today (and before you disappear for the summer...), you're guaranteed a roster spot September. [You can complete that registration here](#).

Let me know if you have any questions (or would like to put together your own team). I'm available on my cell ([202.468.1516](tel:202.468.1516)) or via e-mail (carl@mcleanflagfootball.org). Happy to help however possible.
Rock and Roll!
Carl

Lacrosse

McLean Youth Lacrosse (MYL) in the Spring of 2015 had another great season, our girls 7/8 grade UB Red Team (coached by Kerry Liedquist and Greg Raymond) won the NVYLL Championship! Our Boys U11UB1 Team (coached by Will Gould) also won an NVYLL Championship! Our Girls 3/4AAA Team and Boys U9AAA were Finalists in their divisions. Congrats to all these coaches and players and everyone that participated this Spring!!

Girls 7/8UB Red (Liedquist/Raymond) - Champions

Boys U11UB1 (Will Gould) - Champions

Girls 3/4AAA (Bucky Morris) - Finalists

Boys U9AAA (Marc Cadin) - Finalists

This summer, our outdoor BOX Lacrosse League has over 450+ boys & girls playing from June to July, ages 7-20+.

This Fall we will have our Instructional Clinics on Saturdays for over 200 boys and girls ages 4-14, and 100 boys and girls participating in our Monday Specialty Clinics.

We will also have our McLean Fall Outdoor BOX League, ages 7-14, on 25+ MYL teams, playing this Fall. Our Fall Outdoor BOX League has over 1,200 total boys and girls playing on Saturdays and Sundays this Fall on 80+ total teams. Teams from Great Falls, Herndon, Falls Church,

Arlington, Annandale, Chantilly, and BRYC are also playing in the Fall League.

MYL would like to thank all our coaches, commissioners, age-group coordinators, parents, and volunteers for their commitment to our program and making a difference in our boys and girls!



MYL Fall registration will open August 1st, so please plan to register early at www.MYLAX.NET.

Thanks to all of our young players that participated this past Spring and Summer!!

Bucky Morris
MYL Director

Volleyball

Bump, Set, It's A Hit! McLean Youth Volleyball for Girls and

Boys Continues to Grow

Participation in McLean Youth Volleyball (MYV) continues to expand. The Spring 2015 season dedicated to girls volleyball witnessed the largest number of participants since MYV started just four years ago. There were 7 different leagues (including HS Travel), 32 referees, 49 teams, 122 coaches, 192 matches, 535 players and 900 different opinions on whether the ball landed in or not. ☺ The incredible growth has made MYV the largest youth volleyball program in Fairfax County by about 200 participants.

MYV partnered with Falls Church City (FCC) this season to start its own youth volleyball league. FCC teams practiced at FCC facilities and played weekly matches against MYV teams. MYA also partnered with the VA Elite Volleyball club to hold its first outdoor tournament. Over 60 girls and boys played outdoor volleyball on the grass on a beautiful day in June at the Madeira School. MYV plans to continue working with local volleyball programs to help promote and grow the sport.

Boys volleyball returns in Fall 2015. Registration for the McLean-Vienna (MV)Power Boys Volleyball league opens in late July with the season starting in mid-September and running through early November. Last year, MVPower had 105 ES and MS boys and 25 volunteer coaches. Over 90% rated the experience good or excellent with about the same number planning to return. The current program is geared towards those with beginner and intermediate skills with the idea of enjoying the sport while playing with friends and classmates. However, if enough boys register this season, MVPower will form a separate MS Select league where participants will play a faster and more competitive version of the game. Either way, the MVPower volleyball is open to all interested boys in grades 5th-8th including multi-sport athletes. The commitment is one 90 minute practice during the week (you choose the day) and one 60 minute match on Saturdays.

For more information about MYV and MVPower, visit the www.mcleanvolleyball.org website.

Chuck
Soccer

Dear Members and Friends of MYS,

As the 2014-15 club year ends and the 2015-16 club year begins, we would like to extend our sincere thanks to all the players, parents, coaches, managers, referees, administrators, trainers, and other friends of MYS that have helped make this year a very special one.

MYS' mission is to provide a place and opportunity for every player - a developmentally appropriate experience that promotes and develops the skills, self-confidence, sense of achievement, and friendships of each young athlete through the game of soccer. In particular, we would like to recognize our dedicated professional and

volunteer coaches who share their time and enthusiasm for teaching soccer and who make this mission a reality.

At the MYS annual general meeting earlier this month, we reviewed some of the accomplishments of the club over the past year. A few "on the field" highlights are notable:

- Our SFL (Suburban Friendship League) teams were a force to be reckoned with as MYS registered 26 boys teams and 18 girls teams for the Fall 2014 season. In the end of season tournament there were 10 MYS champions - 4 girls and 6 boys teams, and 7 finalists - 3 girls and 4 boys teams. The champions and finalists came from U12-U19 girls and U12-U14 boys. The U9, U10 and 16 boys as well as U13 and U15 girls teams captured tournament championship titles at the annual Herndon All Star tournament, while the MYS U11G Dragonflies captured the championship title at the Arlington Recreation Tournament last November.

- MYS travel teams performed well in many prestigious tournaments winning the championships of the Bethesda Tournament, the Potomac Tournament, the Prince William Soccer Tournament, the Discovery Cup, the EDP Cup and the Virginia Beach Tournament.

- Several of our travel teams reached very high levels of success - our U18 girls team (coached by Nadir Moumen) and our U17 girls team (coached by Cindi Harkes) were crowned State Champions and are now playing in the regional championship against the winners of the other mid-Atlantic and Northeastern states. Joining them at the regional tournament is our boys U14 team (coached by Jamil Walker), which won the Region I Champions League tournament earlier in the year. If those teams advance to win the Region I Tournament, they would then compete for the national championship held in Tulsa, Oklahoma. In addition, our boys U12 team (coached by Yuri Bogdanov) was a State Cup Finalist, losing in a match that went to penalty kicks. The U18 Girls ECNL team is currently ranked #2 in the country, while the U12 Boys and U14 Boys are ranked #1 and #4 respectively by GotSoccer.

- A sign of the strength of our MYS teams and the success of our student-athletes is reflected in the 29 MYS players who signed letters of intent to play for DI, DII or DIII colleges.

- Individual achievement was also reflected in MYS player Kristina Diana who was named the Virginia Gatorade player of the year, and former MYS player Lina Granados who represented Colombia (and MYS) at this year's World Cup.

The club has also been hard at work "off the field," initiating new programs (u4 training, recreational skills clinics, and online training resources), promoting the well being of our players through concussion awareness training and player testing, announcing new alliances with local and international clubs to ensure our

competitiveness, and continuing to add to our field resources with the pending construction of a new lighted turf field adjacent to the Langley School and municipal building on Balls Hill Road.

RECREATIONAL "COACH OF THE YEAR" AWARD

This year MYS instituted a new award to recognize the outstanding contributions of our recreational coaches. The club received over 170 nominations, highlighting the positive impact of our many outstanding volunteer coaches. As recreational director Rich Irons noted in announcing the awards, it was an extremely difficult choice to settle on only four winners. This year's awards went to:

- James Cartwright, U6 - U12 boys outstanding coach
- Laura Mattis, U6 - U11 girls outstanding coach
- Bob Arnold, U12 - U18 boys outstanding coach,
- Paul Cashin, U12 - U18 girls outstanding coach

Thanks to James, Laura, Bob and Paul for their commitment to MYS and the development of their players.

RECOGNITION OF MYS STAFF

MYS staff were also recognized outside of the club by regional and national organizations. Technical Director Clyde Watson was inducted into the Virginia / DC "Hall of Fame" for his contributions to soccer. Clyde has coached for thirty years, previously working at the women's professional level for the Washington Freedom, and playing at the highest levels as an All-ACC player at Clemson, a member of the Guyana men's national team, and as a professional player after college. In addition, Jamil Walker was awarded the 2014 NSCAA National Youth Coach of the Year. Jamil was also a former professional player for the San Jose Earthquakes and DC United, and a standout college player for Santa Clara University, who grew up playing in the D.C. Metro area. Finally, Louise Waxler was honored by the NSCAA for her outstanding contributions to soccer through her leadership in professional women's soccer with the Washington Freedom and Philadelphia Independence and role in youth soccer as the former president of the NSCAA.

WELCOME TO NEW MYS STAFF

MYS also welcomed several new members to its team this year and we are very optimistic about their impact on future years. Diane Drake, formerly the head women's coach at George Mason and earlier Georgetown University, will be the new age group director for the U8 - U12 girls. We are delighted that Diane decided to take her considerable talents and experience and direct them to building a younger group of players with MYS. John Harkes, one of the most decorated players in U.S. soccer history, former captain of the U.S. men's national team and World Cup veteran, a standout player at UVA and the first American to ever play in England's premier league, joined the club as technical advisor and has shown a tremendous hands-on commitment to working with our players and programs. John is also the father of MYS players Lily and Loren Harkes, and the husband of coach Cindi

Harkes. Finally, we are pleased that Julie Caramanica, former administrator for the state's soccer association - VYSA, has joined MYS as an administrator and will bring her considerable know-how and network to the club.

FINANCIAL REVIEW

As the club year and fiscal year closes, we are pleased to report that the club's finances are very strong. Thanks to the past leadership of long time treasurer Eric Reed, the club began the year with a solid financial foundation, and this year we continued to make progress, in particular in leveraging technology to streamline club operations. Thanks to the able financial management of Kelly Key, Director of Finance, and Kirk von Seelen, Treasurer, and operational management of Melissa Riemer, MYS will generate a small operating surplus this year and continues to operate with no debt on its books. As a result, we were able to hold dues constant from year-year. The club's financial statements are available to all members online.

ELECTION OF THE BOARD OF TRUSTEES

Finally, as a result of the election at the AGM we are pleased to welcome a new member to the MYS board - Kirk Robertson, an accomplished executive and public servant, with a strong background in board work. Kirk and his wife Lisa have two children playing for MYS. Kirk joins board members Mariano Diaz Bonilla, Rich Irons, Sharon King Donohue, Marc Noe, John Poncy, Matt Richardson, Kirk von Seelen, Beth Singer, James Socas, and Jamie Walton. We also recognize the outstanding contribution of retiring board member Juan Aguilar, who served for five years and exemplified service to the club through his personal example and hard work. A warm welcome to Kirk and sincere thanks to Juan for his commitment to MYS.

Over the summer the club will be preparing for the coming fall season, as well as hosting an exciting lineup of camps. We look forward to seeing you and your children on the fields, and we appreciate your support of MYS.

Sincerely,
Louise Waxler
Executive Director

Track and Field

McLean Youth Track and Field is an all-volunteer organization that provides opportunities for Northern Virginia kids ages 5 through 8th grade (13/14) to develop skills competing in track, field, and cross-country running. Our aim is to help our kids develop a love for running, the respect of sportsmanship, and an appreciation for the sport. We focus on "house" events and encourage all of our athletes to strive for personal improvement. We offer two seasons, Spring (track & field) and Fall (cross-country in addition to track & field).

MYTF not only provides a foundation for participation in the sport of track and field, but it also offers excellent conditioning and cross training to help athletes improve their performance and minimize the risk of injury in other sports.

Please visit www.mcleantrack.org to register or for additional information. Registration for Fall is now open!

Prepared by Maggie Fischer and Steve