



The Striker

TKO Premier Soccer Club

Southwest Michigan's finest youth soccer experience since 1983.



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President's Message

Dean Decker

As we ramp up into the Fall season I would like to welcome all new players and parents and, welcome back those returning. I am continually amazed at our growth over the last few years. Approximately 250% increase over the last five years and we show no signs of slowing down. Our challenge will be to effectively handle this growth while remaining focused on quality over quantity.

At this time of the year things are a little calmer than in the spring and I try to step back and ask "are we moving in the right direction?" I recently spent some time with Rich Labadie, our Technical Director, and we discussed what programs we offer now compared to just a few years ago. Keeper training, summer

training, improved winter training, etc. Our program has continually grown with more and more focus on core skills training.

I believe we also are becoming more focused as a Board and have set goals that should guide us for the next 1-5 years. As a reminder, our club goals are:

1. Become the #1 Club in West Michigan
2. Rank in the Top 5 Clubs Statewide
3. Win State Championships
4. Increase our Community Involvement.

One of our first actions was the parent and coaches surveys sent out to help us focus on short term improvements we could make. Thank you to the parents who took the time to give us honest and open feedback. We take

your comments to heart and are making improvements to the most common areas you provided input on. They were:

1. Improve communication
2. More informative/user friendly website
3. Increase the level and amount of training

This newsletter is obviously one of our actions but you can look for an updated website in the coming months as well as additional programs and events we will be rolling out.

Again thank you for choosing our club for your child to participate in. Please feel free to send me comments, questions, and concerns. Our goal is to make the TKO experience a life-skills building experience in sports, fitness, and teamwork.

Club Reminders:

- ◆ Club Fees were due as of August 15, 2011. Please make sure your club fees are paid in full if you are playing Fall Soccer no later than 9/30/2011 in order to avoid having your child's player card pulled. If you have any questions or concerns, please email: treasurer@tkosoccer.org
- ◆ Winter training will start in January 2011. We will post the exact dates and times in the next newsletter .

Technical Training and Development—Rich Labadie

Welcome to the fall season with TKO Premier. All teams have gotten off to a start with their fall training and games. The coaches will be implementing a structured curriculum over the next several weeks. Every age will have a different focus with each outcome building on each other. For an example, a player will learn dribbling moves at a young age and than progress into executing those moves when moving quickly with the ball without any defensive pressure.

Finally, they will then execute those moves while under defensive pressure and in smaller space as the player gets older. All coaches will use the curriculum to guide their training sessions during the season and during the winter training. Outcomes for each age group will be published in the coming weeks. It is important to understand these are general outcomes and some players will progress more quickly than others, so they will not all be at the same place at all times. In an

effort to enhance the development of each player and not slow anyone, TKO Premier coaches will be incorporating cross training between teams with some players. The U14 coach may have a few of their players train/play with the U15 team on occasion. This will be a great way to challenge all players no matter where they are developmentally and it will be done in a safe controlled environment. Thanks for your support to the development of the TKO Premier players and program.

Coach's Corner — Meet Coach Tetreault

Where are you from?

“Jackson, MI”

How old were you when you started playing soccer?

“Five”

What is your favorite position?

Mid-field

What makes a good soccer player?

“Skill, enthusiasm and enjoy working with a team.”

What makes a good team?

“Hard work and togetherness”

What do you love most about soccer?

“I love a game you can play for your whole life.”

Who is your favorite player?

“Paul Scholes”



Pat Tetreault

U11G Academy White

U12G Academy Blue

Club Announcements

One of TKO Premier's goals is to prepare players for college and put them in front of college coaches. There is no guarantee that any player will end up playing college, but if they put a lot of commitment and hard work into their play it can happen. Look at the following women TKO Premier players who have moved onto the college ranks recently:

Grace Labrecque – Central Michigan University

Lindsey Arnett – Saginaw Valley State University

Jenna Ruimvelds - Ferris State University

Kasey Ruimveld - Ferris State University

Sam Kay - Ferris State University

Anna Stinson - Illinois State

Anna Hoard – Ohio Northern

Lauren Brown - Ohio Northern

Allison Schau - Missouri St. Louis.

Megan Putnam – Western Michigan University

Shelby Humphries – Grand Valley State University

Taylor Callen – Grand Valley State University

Chelsea Peterson – Michigan State University

Abbey Hoard – Mars Hill College

Hannah Labadie – Cornell University

Jordan Meeth - Kalamazoo College

Carley Reising – Alma University

Hailey Smith – Adrian College

Annika Johnson – Adrian College

Miranda Graham – Western Illinois

Claire Phillips – Adrian College

Ellery Karsten – Adrian College

Rachel Burns – Okalahoma

Erin Jipping – Hope College

Maria DeShaw – Hope College

GOOD LUCK GIRLS!!!



**Bronson Orthopedics
& Sports Medicine**

HealthCare Midwest +
K Valley Orthopedics

Proper hydration preparation:

- ◆ 17-20 oz. 2-3 hours before activity
- ◆ 7-10 oz. 20 minutes before activity
- ◆ 7-10 oz. every 10-20 minutes during activity
- ◆ After exercise, an athlete should consume 24 oz. of fluid for every pound of weight lost during that bout of physical activity. This will ensure proper re-hydration, minimizing the dangers of heat related emergencies.
- ◆ To best prepare the body for activity a general warm-up, such as light jogging, should be followed by dynamic stretching. These are active stretches that move through a controlled range of motion, replicating the movement patterns required of the individual sport and promoting flexibility.

Check us out!

