

Eastview Extra

February 2009

Volume 4, Issue 1

Basketball Shot Club Winners Recognized

In its second year of operation, the EVAA Traveling Basketball Shot Club program awarded its winners at halftime of the Eastview High School Varsity Basketball games in January. There were two total made shot levels, 5000 and 10000, based on the player's current grade level last spring. Each level outlined a shot style and/or distance and a required minimum number of

shots made in each category to reach the made shots target.

Out of hundreds of possible participants, 17 reached the Shot Club goal. Winners received t-shirts, certificates, and Dick's Sporting Goods gift cards. The top winners also received an EVHS winter sports pass and a signed basketball from the EVHS Varsity team.

5000 Shot Club winners include Sarah Gill, Maddie Harrah, Martin Mitchell, Kari Opatz, Erika Schlosser, Matt Smith, and Elise Stepka.

10000 Shot Club winners include Thomas Burgess, Hannah Habeck, Tyra Johnson, Grace Lovelace, Sharice Powell, Hannah Ruszczyk, Amy Sailer, Joe Schlosser, Christie Seaberg, and Lauren Stepka.



THANK YOU

Thank you to our departing Board of Directors Eric Johnson and Jeff Rayl. There is currently one opening for a new board member for 2009. Please use the 'Contact Us' link on the web site if you are interested.



Soccer Logo Design Contest

EVAA In-House Soccer program is announcing the next Soccer Shirt Design Competition. Design ideas will be collected from participating EVAA soccer families. The winning design from the Andemar family for the Fall of 2008 is



shown here.

If you have some artistic talent in your family, the soccer program would love to see your ideas. It doesn't matter who does the artwork in your family, as long as it is your family that does it. The winning family will receive free registration for the next soccer season in which they participate. For families that have multiple players, they will all get free registration.

The designs should include the "Eastview" name and something (graphics or words)

that identifies it as soccer. Remember, the designs are silk-screened, therefore bold lines and simple images will work better than multi-colored or gray-scaled images. The deadline for entries is **March 8th**. The winner's registration will be refunded when the design is selected. You can send electronic designs to inhousesoccer@evaasports.org or send artwork to EVAA In-House Soccer at 6836 129th St. W., Apple Valley, MN 55124.

Good Luck and have fun!



Spring and Summer Sports Registration

Spring and Summer Sports

While the cold weather and snow makes it hard to think of summer, the time of the year for Spring and Summer sports registration has begun. Please read on for highlights and visit the EVAA website for additional information.

2009 Online Registrations dates:

- In-House Baseball – Jan 1 – Mar 15
- Traveling Baseball (early discount) – Jan 1– Mar 18
- Traveling Baseball—Jan 1—Mar 24
- Lacrosse—Jan 1—Feb 15
- In-House Soccer – Jan 1 – Mar 27
- In-House Softball—Jan 1—Mar 27
- Traveling Softball—Jan 1— Feb 13
- In-House and Traveling Tennis – Jan 1 – May 25
- In-House Track and Field – Jan 1—Mar 23

Next Walk-in Registrations:
Thursday, February 5 and Monday, March 16
 6pm-8pm, Falcon Ridge Middle School

In-House Baseball

EVAA In-House Baseball is for youth ages 5-15. This year EVAA teams in 3rd - 6th grade will be wearing National League team jerseys. Players in PreK – 2nd grades will be wearing Minor League team jerseys. Cost is \$85 with online registration January 1 to March 16. Late registration cost is \$95 and goes from March 16 to March 31. Registrations received after March 31 will be put on a waiting list with no guarantee of being placed on a team.

The EVAA In-House Baseball Board is looking for enthusiastic parents to help keep the In-House Baseball program successful. Many volunteers are needed with such a large and popular program! Please contact Program Director, Lars Erickson, at lserickson@frontiernet.net if interested in joining the In-House Baseball Board or offering your time in other areas.

EVAA In-House Baseball uses grades, not ages, to determine teams. Parents should register their child according to the grade they are currently in. Please read the online registration directions carefully.

EVAA In-House Baseball offers a great opportunity for our children to learn and love the game of baseball and for our families to enjoy sharing in the experience.



Tennis



Tennis is a sport for all ages and lasts a lifetime! EVAA offers both In-House educational tennis and for those with a more competitive nature, the Traveling Tennis program will fit your needs. Last year our program continued to grow with almost 200 participants. The tennis season runs from mid-June through the end of July, providing instructors and traveling team coaches for non-stop action.

The **EVAA In-House Tennis** program costs \$70 and is for those who have completed K—8th grade. The popular Ralleyball team format is used at the K-3 grades. Ralleyball is a simplified form of tennis that allows the younger players with little or no tennis experience to suc-

cessfully play team tennis within a game format. Our goal is to teach the basic skills of tennis while keeping everyone MOVING!!!

The **EVAA Traveling Tennis** program costs \$180 and is for ages 9 – 18 (as of July 1, 2009). The co-ed traveling teams compete in a USTA Junior Team Tennis league format, receive automatic 1 year membership in the USTA and are able to compete for a spot for the season ending USTA sectional tournament. Teams are formed based on age and ability and accommodate a variety of skill levels. The season starts off with a free instructional clinic on May 16th at Eastview High School tennis courts.

Visit the EVAA tennis web

site for 2009 registration details.

Volunteers are always needed to administrate and guide the tennis programs. This will be the first year for co-program directors Betsy and Walter Ritschel. Bill Sommers has chosen to become a tennis advisor, supporting the new directors. It took two more than two people to replace Bill, who has guided the tennis program in EVAA to great success over many years.

Thanks, Bill!!!

Please send an e-mail to tennis@evaasports.org if you would like more information about how you can help or if you have a specific question about the program.

Track and Field



EVAA Track and Field has appointed a Program Director Bill Schwartz, Treasurer Trish Bjerke, and Web Master Greg Hoffman. Each brings a wealth of experience in Track and Field as well as scheduling, managing and organization. Congratulations Bill, Trish, and Greg and thank you for your work to provide a fun and competitive run-

ning experience for our youth.

EVAA Track and Field is still looking to immediately fill 5 additional positions for the 2009 season. If you are interested, please contact Bill Schwartz at bill@kiwibeach.com or Trish Bjerke at dishbjerke@charter.net.

Traveling Baseball

EVAA Traveling Baseball is for youth ages 9-15 as of April 30, 2009. Cost is a \$100 registration fee and a \$25 non-refundable tryout fee. **EARLY REGISTRATION DISCOUNT** - if you register before March 18, the registration fee is reduced to \$75. Deadline for registration is March 24. Tryouts are Friday, March 27 for 13-15 year olds and Saturday, March 28 for 9-12 year olds at St. Olaf College in Northfield. If selected for a team, each participant will be required to purchase a uniform at a cost of approximately \$160 per player. In addition, each participant will be required to share in tournament costs which will be approximately \$25 per player per tournament. Most teams play in 3-4 tournaments, plus at least 1 state tournament. Any tryout participant who is not selected for a team will be automatically registered to the EVAA In-House Baseball program.

The EVAA Traveling Baseball program provides an excellent opportunity to participate in a competitive atmosphere while developing proper baseball techniques and skills to build on in the future. Through the program, players develop life-long friendships with players on their team as well as players from neighboring communities.

Lacrosse

EVAA Lacrosse has established itself as youth program that is fun yet developmental and competitive. Volunteers are always needed in many areas including coaching. With support from the Eastview High School coaching staff and the growing popularity of lacrosse, EVAA Lacrosse continues to grow into a successful program.

Spring League Indoor is for 2nd - 6th grades and runs approximately mid-March through late May with online registration from January 1 – February 15. This will be a combined South of the River league, known as Dakota Lacrosse, with participants from Eagan, Apple Valley, Rosemount and Burnsville.

Spring League Outdoor is for 7th – 8th grades and runs approximately mid-April through early late May with online registration from January 1 – February 15.

Summer Leagues run approximately late May through late July with online registration from March 1 – April 20. Please see the website for more details and information.

In-House Soccer

EVAA In-House Soccer is for youth currently in grades K-8th. Cost is \$50 with online registration January 1 to March 27 and a late registration period from March 28 to April 10 for \$60.

EVAA In-House Soccer is a large and popular program with many needs for parent volunteers. Please consider volunteering when registering so we can ensure a fun and successful season for all participants.

If you have a special request such as car pooling with another family, please note that we can only accept one request per family and we cannot guarantee all requests. Please put any special request in the comment line during online registration.

The EVAA In-House Soccer program is a developmental program where boys and girls can learn and enhance their soccer skills in a fun yet competitive environment. The program fee pays for jerseys, trophies (where applicable), medals, referees (for grades 3-8), fields, equipment, and clinics.

Participants need to supply shin guards, socks (long enough to cover shin guards), soccer cleats or athletic shoes, and water bottle (for all games & practices). While a soccer ball is not required, we encourage each player to bring a ball for each practice: size 3 for grades K-2, size 4 for grade 3-6, and size 5 for grades 7-8.

Fast Pitch Softball

EVAA Softball has combined the In-House and Traveling programs so girls of all ages and abilities can get a chance to enjoy softball. The program continues to improve and has opportunities for year round competition. Summer Softball, Fall Softball, Fall Clinics, and Winter Clinics are all offered to provide challenges and skill development.

In 2009, as many 10U **League Only** teams as interest will support will be sponsored. These teams will compete in the Tri-County League at the 10U-C level but will not attend any weekend tournaments throughout the season. Competing in the Tri-County League will provide greater opportunities for the players to learn and develop with less time commitment and reduced cost for families.

Registration for K-1st, 2nd-3rd, 4th-5th and 10U League Only is from January 1 - March 27 with their season starting in early May and ending in late June. Cost is for K-5th is \$70, 10U League Only is \$145. Registration for 10U-16U summer traveling softball is from January 1 - February

13th. The summer season for 10U, 12U, 14U and 16U runs from mid-April through mid-July. Cost for 10U is \$265. Cost for 12U, 14U and 16U is \$320. In addition to these costs, participation in fundraising is expected.

Fall Softball is a short season beginning late-August and ending with a State Tournament at the end of September. Primary emphasis is on development. All girls are welcome to participate. Games are typically played on Sundays.



Lacrosse 7th and 8th Grade State Tournament Team finished tied for 5th place in their inaugural season.

3rd Grade Girls In-House Basketball



The Eastview Girls 3rd Grade In-House Basketball Thunder Bolts finished off a successful season. Team members include Sydney Carlson, Kasey Coutermash, Anja Dauk, Nneka Ibeneme, Taylor Kopfer, Grace Lee, Josephine Rogers, and Kim Soltis.

Congratulations Thunder Bolts!

8B Boys Traveling Basketball 2nd Place

The 8B Boys Traveling Basketball team took second place in the Eastview Tournament in December, beating Woodbury and Moundsview and losing a hard fought game to Chanhassen in the finals.

Team members include Cody Bestul, Rhett Hebig, Grant Martinson, Nick Oelke, Teagan Overbey, Danny Radermacher, T.J. Sinn, Dan Spika, Marquel Thelen, and Matt Wangler. The team is coached by Stuart Bestul, Erik Corbett, and Tim Spika.

Congratulations Lightning!



8A Boys Traveling Basketball Tartan Champions

The 8A Boys Traveling Basketball team were the 2009 Tartan Tournament Champions. Team members include John Donlan, Ryan Gavrilesco, Ryan Lockard, Michael Marsh, Brandon Morgan, Ben Oberfeld, Jake Opheim, Joe Schlosser, Carson Shanks, and AJ Stockwell. The team is coached by Nate Grover and Scott Herber.

The 8A team has had a successful season in other tournaments placing 3rd in Eastview, 2nd in Waconia, 1st in Burnsville, and 1st in South of the River .

Congratulations to the Eastview Lightning 8A Boys Basketball Team on their championship!



For the Fall 2008 Season, EVAA In-House Soccer sponsored a Youth Licensure (Y-Licensure) coaching course. Every season, many parents volunteer their time to act as coaches for our children in the EVAA In-House soccer program. They give hours of their time every week preparing, organizing, and training our children so that they have a fun and rewarding experience in soccer.

This Fall 21 more volunteers gave an additional four hours of their time on a Saturday to attend the coaching course. This four hour course is put on by the Minnesota Youth Soccer Association (MYSA) and is paid for by the EVAA In-House Soccer program. MYSA provides a professionally licensed coach to instruct our coaches on the nature of children and the adjustments adults must make to coach them.



The Fall course curriculum covered the ages of 5-8 years old. The course combined both classroom (theory) and field (practical) sessions. It was an ideal opportunity for anyone hop-

ing to become a better and more effective coach. Each of the coaches attending received a Y-Licensure certificate from the MYSA. Be sure to congratulate your coach and thank them for their dedication the next time you see them.

Attending the Fall course and earning their Y-Licensure were Jerry Woehler, Ingrid Matte, Mark Hayft, Justin Heglund, Scott Glas, DuWayne Mahlen, Jayesh Naithani, Paul Galchutt, Dexter Ellingson, Dan Klein, Patrick Dillon, Ted Setterlund, John Hartig, Kenneth Huetten, Tom Downs, Larry Poppler, Ashley Recksiedler, Brian Brekke, Brett Peterson, DuWayne Mahlen, and Jason Schlundt.

Almost 40% of 126 EVAA In-House Soccer coaches and assistant coaches hold a Y-, E-, or D-License.

Good Fences

By Scott Selby, EVAA Vice-President

Spectator – one who looks on or watches (Merriam-Webster)

As the old proverb goes: “Good fences make good neighbors.” Even the medieval Latin “Bonum est erigere dumos cum vicinis” promotes the erecting of hedges between neighbors. It’s probably better to use a more environmentally conscious fence these days. Almost every culture has some variant of this saying, pointing out that boundaries are something the even the closest of relationships find necessary.

As the spring approaches, you can almost hear the sideline tirade of someone who needs a fence. Not an actual fence . . . not anything physical, but a set of boundaries. Almost everyone has their sport’s version of the out-of-control parent. It’s typically someone who’s got their kid’s best interests at heart, but they’ve lost their way amongst a jumble of good intentions. So where’s the relationship? Spectators, Players, Coaches, Officials, Administrators . . . all supposedly working toward the betterment of our children through a variety of competitive situations. So we’re all in this together, and I’m amazed at the number of parent volunteers performing more than one of those tasks. They’re coaching, reffing, managing teams, watching their own kids play. I’m not much different than many of you in that respect.

Here’s where the problems arise for some – they can’t seem to remember when to take off the coaching or reffing hat when their role is just spectating. Some even have trouble defining their single role of spectator. I’m going to pick on my own sport of soccer for a few examples.

A parent ‘advises’ his daughter from the sideline about what she needs to do differently to benefit her team. She is playing in a distracted manner now . . . after all, this is someone who is almost twice her height, three times her weight, and who she desperately wants to please. I know what I’d do if someone 10+ feet tall and almost 600 lbs was yelling at me to do something . . . I’d listen! Now whether he has the knowledge to accurately improve his daughter’s game at that time is irrelevant. He’s crossed the boundary of spectator.

In a game I officiated last summer, I was interested to hear one parent make up an entirely new rule during the course of the game. At the top of his lungs, he informed me of the error of my ways. Nothing needed to be said as all of the players broke out in raucous laughter, clearly

understanding the nonsense coming from the sideline. All of the players, that is, except one – his daughter, who looked as if she really needed someplace to hide.

I’m certain that there are examples in every sport of bad sideline behavior.

In Minnesota, each year several thousand new soccer referees enter the system. To be sure, some leave due to college, job conflicts, etc. But the number one reason that first year referees quit is the difficulty of dealing with the verbal abuse. Every year we lose almost as many referees as we train.

This also is the case with players. Dr. Nicole LaVoi of the University of Minnesota has studied the effects of sideline behavior on participation in youth sports. Like the little mimics that kids are, there are correlations between bad parent or coach behavior and bad player behavior. If kids see it as acceptable to rant and rave from the spectating area over perceived slights by officials, then it must be ok on the field as well. Continued participation in team sports is also adversely affected by poor behavior from the sideline. The number one reason that Dr. LaVoi has found for ending participation is yelling – yelling by parents, yelling by coaches, yelling by teammates.

Aside from the yelling, it’s the DDDCRH (Darned Dirty Dastardly Car Ride Home) that most intimidates kids. “Can I PLEASE have a 5th snack so I can delay the lecture on the way home or, at least, slip into a sugar-induced daze?” Make a resolution to avoid trying to ‘fix’ what was just witnessed. I’m fairly certain most kids know when they erred. No child shows up thinking about what they can do wrong that’s new and different today. If it happens at all, let the child be the initiator and guide as to discussion about the game.

So what’s the solution? The frequent response among coaches is to only coach teams of orphans. I truly enjoy most of the parents I have come in contact with through coaching. There is a better way. Good old-fashioned peer pressure tends to work. Good sideline behavior is contagious. Lead by example. Let the players participate, the officials regulate, the coaches teach, and spectators watch and encourage.

“Good sideline behavior is contagious. Lead by example “

10UA Girls Softball Wins Nationals

The 10UA Girls Fastpitch Softball team wrapped up an amazing season by winning Nationals in Buffalo, MN in July. The team finished the season 39-8-1.

Team members include Melissa Barry, Anna DeBoom, Jessi Ford, Madi Guebert, Meghan Graves, Laken Holte, Kerrigan Hoshaw, Julia Luciano, Erika Schlosser, and Kara Sjostrom. Bat girl is Macy Guebert. The team was coached by Dan Guebert, Peter Graves, Dave Hoshaw, and Steve Sjostrom.

Congratulations Lightning...**National Champions!**
Must have been the socks!



EVAA Tennis

The EVAA Tennis program can help you develop a sport for a lifetime!



5A Girls Traveling Basketball Champions

The 5A Eastview Lightning were tournament champions in the Eden Prairie Tournament in December.

Team members include Christina Barry, Emma Brechlin, Paige Carlson, Sarah Gill, Jordan Kopfer, Natalie Manders, Colleen Muraca, Jena Plagens, Erika Schlosser, and Emma Sinn. The team is coached by Phil Sinn and Jay Schlosser.

The team has had many successful tournament finishes this season including Consolation Champions at Maple Grove, 2nd at Minnetonka, 3rd at Champlin Park Holiday, 2nd at Champlin Park, 3rd at Lakeville South, and 1st at Woodbury. Their record is currently 16-6.

Congratulations Lightning!



2008 Fall Soccer



White took home the first place medals for the Boy's 3-4 grades. The White team was coached by Steve Lunde and Lynn Askew. Well done boys and coaches!



For the first time, EVAA scheduled the Boy's 5th-7th grade teams to play against the Girl's 5th-7th grade teams. This created some great and wonderful competition to watch. In the end, White took home the first place medals for the combined 5th-7th grades. The White team was coached by Ken Blomquist and Katie Coulson. Congratulations girls and coaches!

The EVAA In-House Soccer program is proud to announce its Board of Directors for the 2009 season. There are still some open positions and all are welcome to apply.

- Ken Blomquist – Program Director/Board Officer
- Cory Whalen – Secretary/Director of Recognition/Board Officer
- Open – Treasurer/Board Officer
- John Hartig – Director of Player and Coach Development/Board Member
- Corie Tarara – Director of Procurement/Board Member
- Dan Klein – Director of Communications/Board Member
- Tatum Mahlen – Director of Age Group Coordination/Board Member
- Open – Director of Equipment/Board Member
- Open – Director of Fundraising/Board Member

Playing Soccer = Healthy Kids

We all want our kids to be healthier. Soccer is one of the best sports to make that a reality. Studies have identified many benefits from playing any kind of sports, but none seem to provide the overall benefits that soccer can.

In a recent study of the health benefits of soccer, a Danish doctor concluded that while "The benefits of training on the cardiovascular system and metabolic processes have long

been recognized, the results indicated reduced blood pressure, lower body and blood fats, and a simultaneous increase in muscle mass for the [soccer] group" Additionally the study "highlighted the positive effects of the game's characteristic combination of slower and faster periods of movement with frequent sprints, benefiting not only the cardiovascular system, but also boosting muscle development and fat reduction." [Soccer] actually proved more effective than running in certain aspects (see the full article here <http://www.fifa.com/aboutfifa/developing/medical/news/newsid=589317.html>).

The real beauty of recreational soccer (or in-house soccer as we call it) is that children can improve their health while they have fun. EVAA In-House Soccer does have a competitive side to it, especially in the upper grade levels, but throughout the program, the emphasis is on having fun while playing. It is our goal to encourage kids to sustain a healthy lifestyle while enjoying themselves in a game they can play at any age.

Because they grow so fast!

Ever wonder how to keep up with an ever growing toddler without breaking the bank? "From Yours To Mine," LLC., Children's Consignment Sale Events can help with that.

Our next used children's clothes, toys, and equipment sale event is scheduled for:

Saturday, April 4th
9:00am - 5:00pm
\$1.00 admission

Hasse Hockey Arena
8525 - 215th Street West,
Lakeville, MN 55044

Sunday, April 5th
9:00am - 12:00n
most items 1/2 off day

Have some things to sell?

Great! Consignors receive 70% of their total sales, minus a sign-up fee, and get early shopping privileges.

Check www.FromYoursToMine.com or call 952-564-7566 for details



To feature your team in the newsletter, please go to the website at www.evaasports.org and use the 'Contact Us' link.



www.evaasports.org

EVAA 2009 Program Directors

Cross Country	Mike and Mary Manders
In-House Baseball	Lars Ericksen
Traveling Baseball	Jay Schlosser
In-House Basketball	Steve Crenshaw
Traveling Basketball	Jeff Rayl
Football	Chris Anderson
Lacrosse	Terry Johnson
In-House Soccer	Ken Blomquist
Dakota REV	Brian Fahey-Bleick
Softball	Len Jewell
Tennis	Betsy and Walter Ritschel
In-House Track & Field	Bill Schwartz
Volleyball	Stephanie Uittenborggaard
In-House Wrestling	Travis Lee

To contact any program, please visit the website at www.evaasports.org and go to "Contact Us."

Advertisement Rates

Eastview Extra welcomes new sponsors. For a minimal fee, information about your business will hit over 7000 families in the Apple Valley and Eagan area. It's a great opportunity to support the continued growth of EVAA and our Apple Valley and Eagan businesses. Please go to the website at www.evaasports.org and use the Contact Us link and click on "EVAA Board."

Publications dates are approximately January, April, and August in 2009 (ask about delivery dates and advertising deadlines). All advertisements are black and white. Current Rates:

	Single Issue	3 Issues
Full Page (8 1/2 x 11)	\$150	\$125/issue
1/2 Page (vertical or horizontal)	\$100	\$90/issue
1/4 Page	\$70	\$60/issue
1/8 Page	\$50	\$50/issue
Flyer Insert	Ask for Details	

EVAA Board Meetings

EVAA board meetings are held on the third Monday of each month, 7pm, at the Apple Valley Community Center. Anyone interested in addressing the EVAA board may do so during Open Forum which begins each meeting promptly at 7pm. No meetings are held in the months of June, July, and August.



Don't Forget to Register for Spring and Summer Sports

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Walk-in Registrations*:

Thursday, February 5 and Monday, March 16

6pm-8pm, Falcon Ridge Middle School

*Cash or checks only at walk-ins; Credit card only for online registration

EVAA 2009 Board of Directors

Jon Arndt
Blair Brumley
Brad Carlson
Brad Ericksen
Chuck Lloyd
Marty Mclsaac
Rosie Lisenby-Munz
Lisa Schlosser
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