

Eastview Extra

January 2008

Volume 3, Issue 1

Basketball Shot Club Winners Recognized

The EVAA Traveling Basketball Shot Club program was introduced for the first time this spring as an off-season shooting option. 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. 39 players from a program of 250 boys and girls basketball players participated, with 15 reaching the Shot Club goal. Winners were recognized at halftime of EVHS Varsity Basketball games and received t-shirts and certificates. The top winners also

received a Dick's Sporting Goods certificate, an EVHS winter sports pass, and signed basketball from the EVHS Varsity team.

5000 Shot Club winners include Megan Boehm, Thomas Burgess, Maddie Harrah, Grace Lovelace, Martin Mitchell, Nicholas Oelke, Erika Otto, Shrice Powell, Derek

Schiebel, Joe Schlosser, and Christie Seaberg.

10000 Shot Club winners include Claire Elliot, Ryan Haggstrom, Kristi Opatz, and Lauren Stepka.



Fall Softball 14U State Champions



The 14U EVAA Girls Fast pitch Softball team won the 2007 Minnesota Metro Fast Pitch Fall League. Congratulations Lightning!

Team members include Sophie Albright, Sam Kane, Alyssa Besch, Gabby Liveness, Alex Black, Grace Lovelace, Meredith Cocker, Carissa Miller, Gaby Fortuna, Bissy Powers, Hannah Habeck, Sophie Runing, Joanne Johnson, and Christie Seaberg. The team is coached by Joel Albright, Kelly Runing, Adrian Miller, and Lisa Walters.

REMINDERS

- EVAA Twins Night is Friday, June 27, 2008 where the Twins will battle the Milwaukee Brewers. Mark your calendars and look for more information for opportunities to sing *Take Me Out to the Ballgame* and throw out the first pitch.
- The Traveling Softball Team collects aluminum cans. Look for drop off dates and locations on the website.
- Donations to EVAA are tax deductible.
- NEW—Coming soon...EVAA Spring In-House Volleyball for girls in grades 3-6.

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.

2008 Online Registrations dates:

- In-House Baseball – Jan 1 – Mar 16
- Traveling Baseball – Jan 1– Mar 14
- Lacrosse—Jan 1—Feb 15
- In-House Soccer – Jan 1 – Mar 21
- In-House and Traveling Softball—Jan 1— Mar 14
- In-House and Traveling Tennis – Jan 1 – May 25
- In-House Track and Field – Jan 1—Mar 23

Next Walk-in Registrations:
Monday, January 28 and Thursday, March 13
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 American League team jerseys. Players in PreK – 2nd grades will be wearing Minor League team jerseys. Cost is \$75 with online registration January 1 to March 16. Late registration cost is \$85 and goes from March 17 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. In an effort to avoid confusion and to align the program with the VAA In-House Baseball program, the EVAA In-House Baseball Board would like parents to 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



EVAA Tennis teaches youth the sport of a lifetime! In-House Tennis is for youth in grades K-8 with a cost of \$65 for one session (Mon/Wed/Sat or Tues/Thur/Sat) or \$105 for both sessions (Mon/Tues/Wed/Thur/Sat) with a season from mid-June through July. A free clinic is offered in May.



Traveling Tennis is for ages 10-18 (as of 8/31/08) with a cost of \$160. Season runs from mid-June through July with practices typically Monday through Thursday evenings and matches typically on Tuesday or Thursday afternoons. A free clinic is offered in May.
















EVAA Tennis is looking for parent volunteer help! We are especially looking for a new Program Director to lead the program as well as other Board positions. Please contact Bill Sommers at sommersb@frontiernet.net if you are interested in helping to keep EVAA Tennis the quality program it has been for many of our youth!



 The Timber Rattlers and Brewers celebrate victories. 

 In-House Baseball provides fun for both boys and girls. 

Traveling Baseball



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EVAA Traveling Baseball is for youth ages 9-15 as of April 30, 2008. Cost is \$100 which includes a non-refundable tryout fee. Deadline for registration is March 14 with tryouts Friday, March 28 for 13-15 year olds and Saturday, March 29 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 transferred to the EVAA In-House Baseball program.

The EVAA Traveling Baseball program will be offering player clinics conducted by Eastview High School Baseball Coach, Tom Strey, and his staff, for players and traveling baseball coaches beginning in February and running through March at Eastview High School. Information will be posted on the website.

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.

Track and Field



EVAA Track & Field is for youth in grades K-6th. The season runs April through mid-May. See the EVAA website at www.evaasports.org for 2008 practice, clinic, and meet information.

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.

Summer Softball Online Registration is January 1 – March 14. The season for K-1st, 2nd-3rd and 4th-5th begins in mid-May and ends before the 4th of July. Cost is \$70. The 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.

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 21 and a late registration period from March 22 to April 18 for \$60. A player's clinic will be held before the season begins (TBD). EVAA In-House Soccer is a large and popular program with many needs for parent volunteers. Please click on "volunteer" when registering to 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. "Playing up" (playing at a grade level higher than your current grade) is not allowed for safety reasons. The program fee pays for jerseys, trophies, medals (where applicable), 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, water bottle (for all games & practices), and a soccer ball (while not required, we encourage each player to bring a ball for each practice): size 3 for K-2, size 4 for 3-6 and size 5 for 7-8.

Lacrosse



NEW TO EVAA! Lacrosse! With the inaugural season of sanctioned lacrosse at the high school level, our very own 9th – 12th graders are in full action. Our initial focus is to create our own youth program within our boundaries. In the past, our young players have gone out of our area to play in an organized league. EVAA Lacrosse is a fun yet developmental and competitive program. Many volunteers are needed. Our goal is to have a dedicated group of parents to help in many areas, including coaching. With support from the Eastview High School coaching staff and the growing popularity of lacrosse, EVAA Lacrosse will grow to be 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.

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

Summer Leagues run approximately early June through late July with online registration from January 1 – April 11. Please see the website for more details and information.

5th/6th Grade Boys In-House Football



The Eastview Patriots won the Majors Division of the Lightning Bowl by defeating the Steelers 20-18. The championship game was rescheduled twice due to poor field conditions at Eastview Stadium, but the thrilling finale was certainly worth the wait! The Steelers jumped out to an early 12-0 lead before the Patriots got on the board to make it 12-7 at half-time. After a long drive to start the second half, the Steelers scored again to make it 18-7. But the Patriots didn't quit. They held the Steelers scoreless for the rest of the game and scored two more times, with the go-ahead touchdown coming with 5 seconds left in the game.

Congratulations Lightning!

Team members include Tom Delich, Luke Dodd, Jon Epperson, Jon Falkenberg, Aaron Foreman, Sam Goetz, Erik Kersten, Kyle Liggett, Matthew McDonald, Will Rains, Nick Salmon, Micah Schmitt, Carter Schultz, Adam Stockwell, and Tristan Womack. The team is coached by Randy Goetz and Bill Dodd.

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Small-sided games have been part of soccer history in the United States for generations. Small-sided games are games played on smaller fields and with fewer players than the adult game of 11 versus 11. Games of 3 versus 3 and 4 versus 3 are examples of small-sided game numbers. In the past it was not uncommon for small-sided games to be played in streets and in vacant lots with uneven numbers and mixed ages. Soccer clubs and youth organization now recreate the small-sided environment.

REASONS FOR SMALL SIDED PLAY

Philosophical

1. More **individual teaching time** with the coach with fewer players on the field.
2. Distance players from the external undo pressures of the adult game.
3. **Allow players to enjoy the game for its own sake.**

Educational

1. Players touch the soccer ball more often and become **more skillful** with it.
2. Players make **more quality decisions** during the game.
3. Players become more physically **efficient** in the field space in which they are playing with reduced field size.
4. Players have **more involved playing time** in the game to solve problems that only the game

presents.

5. Players have **more opportunities to play on both sides of the ball**, attacking and defending.
6. Players have **more opportunities to score goals and make saves.**

The “Small-Sided” environment is a **developmentally appropriate environment** for our young soccer players. It’s a **FUN** environment that **focuses on the player.**

STAGES OF PLAYER DEVELOPMENT

All ages can play “Small Sided Games,” but it has a definite developmental impact on our younger soccer players. This has to do with the stages of development that all children go through.

As children progress through these stages, their intellect grows, they mature physically, and they get emotionally stronger.

For example, **four and five year olds** (U6 players) are very, very little people. They are very egocentric. The ball represents a toy that belongs to them...they don’t share well. They love to run and jump and roll around. They have wonderful imaginations! It’s about **PLAY!** It’s about **FUN!**

Six and seven year olds (U8 players) are still little people but are maturing and have better balance and agility. They begin to experience success technically and will share the ball a bit with a teammate or team-

mates. Numbers on the field must be small so that they can have the ball a lot. This allows them to practice their newly learned skills in an uncluttered environment. They begin to enjoy playing soccer!

Eight and nine year olds (U10 players) can play the game and enjoy the game. They need time and the appropriate environment to continue their technical development and begin simple tactical development (simple combinations with their teammates). Fewer players on the field provide ample opportunity to make quality decisions more often, reinforcing the tactical basics. They enjoy being part of a team because it’s a FUN environment!

Ten and eleven year olds (U12 players) participate in and enjoy the game because their intellect and technical ability allows for more mature play. Midfield play is introduced at this age due to their increased intellect and improved vision of the field. Training becomes economical in nature, merging the technical, tactical, physical, and psychological components of the game.

Excerpt taken from:

Small Sided Games Manual: COACHING EDUCATION DEPARTMENT. US Youth Soccer. Revised May 27, 2005. <http://www.usyouthsoccer.org/assets/Small_Sided_Games_Manual.pdf>.

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952-953-4480



3rd/4th Grade Girls In-House Soccer

The "Green Giants" finished the season with a near perfect record and a championship trophy. Team members include Janna Abdulkadir, Hannah Brockman, Emily Futhy, Erika Schlosser, Rachel Schmidt, Talia Sherry, Tyler Swanberg, Katherine Xu, and Stephanie Xu. The team is coached by Jay and Lisa Schlosser.



3rd/4th Grade Girls In-House Volleyball

The "Flames" were winners of the championship game of the season ending the EVAA Volleyball Tournament held at Falcon Ridge Middle School on October 27, 2007, completing an undefeated season at 12-0. Team members include Christina Barry, Sydney Dose, Sarah Gill, Courtney Holmvik, Emma Hovde, Katie Moynihan, Stephanie Olson, and Ellie Peterson. The team is coached by Kelly Barry, Dale Dose, and Johnny Gill.



5th Grade Girls Traveling Basketball

The "Lightning" earned a hard fought second place finish in the Eden Prairie Girls Tournament championship game on November 4, losing by 1 point in overtime.

Team members include Emma Brechlin, Kaitrin Clark, Ilea Decker, Sarah Gill, Annie Martel, Rebecca Peterson, Jena Plagens, Kendall Qualey, Erika Schlosser, and Emma Sinn. The team is coached by Ruth and Phil Sinn and Jay Schlosser





By Dale Kersten, Outgoing EVAA President

By Chuck Lloyd, Incoming EVAA President

This month's article marks the end of my 6+ years of involvement with the EVAA Board of Directors, the last 2 years as President. I have enjoyed being part of a group of people that are really concerned about the EVAA and have a passion to make it one of the premier youth athletic organizations in the Twin Cities.

We accomplished a lot in the past year...celebrated 10 years of the EVAA, help pass a bond referendum that will improve our long term ability to support our growing participant base with new fields, added lacrosse as an EVAA sport, and most of all, we provided an opportunity for over 4000 youth to participate in sports.

Over the past couple of years, many people have thanked me for taking on such a "hard" role and committing the time and energy to EVAA. My answer has always been (and still is), this job is easy. The real work falls to the Program Directors, Program Boards, and all of the coaches. That is where the magic is. The people taking on those challenges are what make EVAA what it is, so I want to take this opportunity to say...

THANK YOU!

I also want to thank all who have served on the Board of Directors with me over the past years. Again, you are the ones that make things happen. The EVAA is in good hands. Chuck Lloyd will take over as President and Scott Selby will be taking on the roles of Vice President as well as Field Coordinator.

"EVAA parents are the benchmark that all other associations should compare themselves to."

To all of the families who have participated in EVAA sports over the past years, thanks for your great support and modeling the behaviors and attitudes that we will be proud to pass on to our children. While we've had some small issues over the years, I can honestly say that EVAA parents are the benchmark that all other associations should compare themselves to.

Last, but not least I want to thank Rae Lynn Klinger. Rae Lynn is the EVAA Administrator and is responsible for making sure a lot of logistical things happen

(walk in registration, monthly meetings, refunds, Twins night etc). It's pretty much a thankless job, but Rae Lynn has approached the challenges with a smile and a desire to do what's best for our participant families. I appreciate all that she has done.

It's been a pleasure ...see you on the fields!

It is a genuine honor for me to become EVAA's president. From its origins over a decade ago, EVAA has been able to provide quality athletic programs for kids in our area and, I hope, will continue to do so for many decades to come. EVAA has been blessed by dedicated volunteers who work countless, and oftentimes thankless, hours in an effort to make sure that our kids have the best possible experience. Whether it's coaching, team manager, program board member, program director, or serving on the EVAA "big board" overseeing the entire operation, there are literally hundreds of people who make this program work, without whom there would be no EVAA.

The coming two years will be an exciting time for our community. Thanks to the leadership of our City Council and Parks and Recreation Staff and the will of the voters in Apple Valley, new athletic fields will come online near 160th and Pilot Knob. Quarry Point will be designed with input from both EVAA and our friends from Valley Athletic Association and will be an enormous asset for our community. The need for more outdoor fields has never been greater given the growing numbers of participants in spring and summer sports. With the addition of an EVAA youth lacrosse program this coming spring, the new fields will certainly be necessary and welcome.

We also will be looking for new and better ways to partner with the business community in Apple Valley. Several times each year, hundreds of families come to Apple Valley to participate in tournaments sponsored by EVAA traveling programs. For example, EVAA hosts one of the largest girls' basketball tournaments in the metro area drawing teams from throughout the region. Those who attend our tournaments are somewhat of a captive audience and represent an opportunity for our retail merchants in Apple Valley to benefit from increased traffic and sales. Capitalizing on that opportunity represents a classic win-win situation for both our businesses and EVAA.

We have a solid financial foundation and have been well governed by a Board of Directors that brings to the table many diverse talents and backgrounds. My goal for the next two years is more of the same. I want to be able to provide program coordinators and coaches the means to give our kids an experience that teaches the all of the lessons that sports can provide – teamwork, exercise, sportsmanship, fun, and so on – and not merely wins versus losses.

Finally, I want to say thank you to my friend Dale Kersten who is leaving the EVAA board after many years. Dale is the kind of person we all want to have involved with our kids: he's patient, fair, honest, and encouraging. He also has been a leader by example running a marathon in San Francisco as part of the Leukemia Foundation's Team in Training program. Dale's been a great president, a great coach and a great guy. We'll miss him at our board meetings but expect to see him at his son's games. Thanks, Dale for giving of your time and your talents.

Thank you to our departing Board of Directors Dale Kersten, Beth Parsons, Tom Brennan, and Johnny Gill. Welcome to the new Board members Brad Carlson, Michael Schmidt, and Rosie Lisenby-Munz.

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 2008 Program Directors

Cross Country	Mike Manders
In-House Baseball	Lars Ericksen
Traveling Baseball	Jay Schlosser
In-House Basketball	Jeff Rayl
Traveling Basketball	Deb Mehr
Football	Chris Anderson
Lacrosse	Terry Johnson
In-House Soccer	Ken Blomquist
Dakota REV	Brian Fahey-Bleick
Softball	Brad McCumber
Tennis	Bill Sommers
In-House Track & Field	Lou Ann Eaton
Volleyball	Ed Bauer
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 January, April, and August in 2008 (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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- In-House Soccer – Jan 1 – Mar 21

EVAA 2008 Board of Directors

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Walk-in Registrations*:

Monday, January 28 and Thursday, March 13

6pm-8pm, Falcon Ridge Middle School

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