



Dear coaches,

I have been receiving many questions about indoor soccer from parents over the last couple of weeks. Therefore, I have decided to give you my thoughts regarding this issue.

Your daughter plays soccer 10 months a year and with all sports and ages, time away from the sport and a break from the norm is a welcome change and a much-needed rest.

This rest in my opinion lies between the months of November, December and part of January. This is a time when your daughter has been on the field for the last 4 months, playing soccer 3-4 days a week and is well in need of a break or change in routine. Soccer should be the last thing on a families mind, as the fun traditions and holiday spirit should be moving forward into full swing.

January soon comes around, and the whole process starts again. You hear stories of burn out and kids quitting soccer at a very early age. This I believe is due to a number of factors and one of the major concerns is over playing and over training. Without balance, which basically means time away from the game, or time to enjoy another sport, the end result becomes very clear. And the once passionate, die hard soccer player no longer wants to play!

I know many teams will play indoor soccer during this time. Indoor tends to be fun, and for the players and parents wanting to play it I cannot stop you. I would ask that your players try not to use the walls and concentrate on the skills that make them better players. However, it is fun, and the girls should not be coached, rather left to their own devices, learning the game from their own mistakes!

Obviously I understand the benefits of indoor soccer and the "keeping the team together" mentality of our coaches and parents. And for the individuals that want to play all year round, great. However, as January approaches, please be sure to place the Cardinal Winter Training program in front of all other soccer commitments.

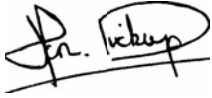
From a club stand point, the Cardinals do not mandate your participation in indoor soccer and never will. This is basically a team by team event if there is enough interest. However, please do not feel obligated to play if you and your daughter are in the minority. In no way shape or form will this impact your daughter's progress within the Cardinal Soccer Club regarding the spring season, try-outs or any other Cardinal function.

Soccer is a long process, a 10 year education through the Cardinals starting at U8. My desire and hope is that the enthusiasm that I see from our fresh young faces continues through U18.

Finally, thank you all for your efforts over the last several months. As I know getting your daughters to games and practices is never easy. I hope this all makes sense and please call me if they have any further concerns.

Have a great holiday and time away from the Cardinals. I will see you all in the New Year.

Sincerely,

A handwritten signature in black ink that reads "Jon Pickup". The signature is written in a cursive style with a horizontal line underneath the name.

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