

# The Goal Post

October 1, 2009

## Fall 2009 Kickoff

The Fall 2009 season started with a celebration as we welcomed the use of our brand-new facility at Duck Pond Park (DPP). Located on Meadow Road, this large piece of former farmland has presented West Windsor with a tantalizing opportunity to create another “community”-type park where residents can enjoy all types of recreational activities, from tennis to basketball to jogging / walking trails and, of course, soccer.

With Mayor Shing-Fu Hsueh and West Windsor Town Council members George Borek, Linda Geever and Diane Ciccone in attendance, WWPSA representatives Justin Stein, Robin Dean, John Slater, Glenn Gargan and Howard Rabin officially opened DPP with a ceremony commemorating the efforts of countless volunteers in our association and West Windsor township, as well as the kickoff to celebrate WWPSA’s 30<sup>th</sup> anniversary that officially welcomed the Fall Rec season with Opening Day.

With three maximum-dimension full-sided fields lit by top-of-the-line stadium lighting, DPP offers WWPSA something it has lacked until now: a fully-lit practice facility that can be reconfigured to support up to 12 teams simultaneously any night of the week. While we will likely schedule fewer teams so that we provide the additional space that older teams require, DPP offers us an opportunity to eliminate our dependence on portable light towers for lit nighttime practices, which provided poor quality lighting for most teams, particularly the older teams where the ball moves at a much quicker pace, in addition to being noisy, expensive to maintain and poisonous to our fragile environment. The light towers we chose take advantage of modern lighting techniques such as hoods that direct the light downwards to maximize our on-field light quality, as well as reducing light pollution that would affect nearby residents.

We intend to leverage DPP to allow us to continue repairs to Zaitz Park and rest other fields to ensure we maintain quality facilities for the long term. Kudos to Robin Dean and Howard Rabin for their dedication to this facility and their extraordinary efforts to bringing this facility online in time for the Fall 2009 season.

We still have much work to be done at DPP, as we maintain that the facility is a long-term project, so please do your small part when you see e-mails calling for volunteers to help, whether picking up rocks, spreading topsoil or other tasks that, when completed by enough people, make the job of maintaining top-quality facilities so much easier and enjoyable for all of us.

## Community Events

As part of our community in WW and Plainsboro, we occasionally bring you news of other goings-on in our area that may be of interest to you:

- GroWW Environmental Fair: On Saturday, October 3, 2009, GroWW, Greening of West Windsor, will hold an Environmental Fair from 10AM - 2 PM at the WW Farmer's Market on Vaughn Drive. In addition, Athletes for Action will be collecting gently used sports equipment to donate to local charitable organizations for distribution to underprivileged kids. [Click here](#) for more info.
- WWP Wildcats Little Scholars Golf Outing: On October 5, 2009, WWP Wildcats are playing at the Concordia G.C., including lunch and dinner. [Click here](#) for details.

## Photo Day: October 3

Photo Day is scheduled for Saturday, October 3, again at the Millstone River School in Plainsboro. [Click here](#) for the schedule in case you don't have it from your team's contact. We will have brand-new merchandise available, as well as bagels and coffee from our friends at World Bagel. See you there!

# Goal Fest 3v3 Rec Soccer Tournament Registration Open

We are pleased to announce the opening of registration for Goal Fest 2009! Now in our 3<sup>rd</sup> year, Goal Fest is a 3v3 tournament open only to our Fall Rec participants. Here are some brief details to help you register:

- Tournament Date is Sunday, October 18. Each team plays 3 games that are scheduled throughout the day, so we will do our best to accommodate scheduling requests as long as you include them in your application.  
**Registration Deadline is 8 PM on October 4.**
- **YOU FORM YOUR OWN TEAMS!** Fall Rec coaches are only responsible for their Fall Rec teams; players form their own teams from teammates, friends, or anyone who is registered for the same Fall Rec league. Each team fields 3 players at a time (NO Goalkeepers!) and can have up to 6 players on the roster to allow for substitutes. With the 3v3 format, there's a LOT of action and running, so it's advisable to have at least 4 players per team.
- Registration is only \$30 per team to cover tournament expenses, including referees and medals to the top 3 teams in each flight. A flight is made up of teams from the same age division (similar to Rec League); if there are 8 or more teams in the same age division, they will be broken into separate flights to ensure competition and give teams a chance to win medals.
- Goal Fest is held to give our Rec players a chance to feel the excitement of participating in tournament play using a fun, high-scoring format that ensures a high-energy day for all.
- Teams don't have coaches, although a parent must submit their contact information with the application so we can provide teams with updates as the tournament approaches. We encourage parents of younger children to act as a "team manager" to handle substitutions, but mostly we want the kids to have fun and just play!



Visit our [Goal Fest](#) home page for more details and registration info, including [Frequently Asked Questions](#).

See you there!

## Useful Sites

[Youth Sports Parents](#) – health and safety, nutrition, and other useful resources

[Nat'l. Univ. of Health Sciences](#) – Preventing Youth Sports Injuries, including heat-related illnesses

[About.com: Sports Medicine](#) - Youth Sports and Overuse Injuries

[First Touch Online](#) – a soccer fanatic's paradise

## PlaySportsTV

We have again partnered with [PlaySportsTV](#), a wonderful site to help with youth sports coaching and training, with videos and training plans to help even the most novice of coaches. All Rec coaches received a link to access their wealth of information, including videos presented by Nick Harrison, the leader of ProActive Sport, WWPSA's Rec soccer training partner.

## WWPSA Online Forum

Our players and parents now have a vehicle to post questions, comments or other materials that may be useful to many in the Club.

[Click here](#) to access a variety of topics, including Rec, Travel, Adult, Training, etc.

# WWPSA Seeking Executive Director

WWPSA is seeking to fill its Executive Director position effective immediately as our current Executive Director, Robin Dean, is stepping down after two years of outstanding service in the role. If you are interested, please mail or e-mail a cover letter and your resume listing your qualifications for the position. Applications will be reviewed beginning October 31, so that is the deadline to submit yours for the position.

The Executive Director is a paid employee of WWPSA and performs the following duties:

- Manage the day-to-day operations of the Association
- Report to the WWPSA Board of Directors
- Attend meetings of the Board and Program Executive Committees
- Coordinate youth and adult programs with their respective Directors and Committees
- Manage registrations
- Manage the website
- Recruit and provide support to volunteers
- Coordinate fields and facilities
- Manage uniform and equipment needs
- Spearhead training and educational programs
- Coordinate referee requirements with the Assigner
- Represent WWPSA in the local community and participate in local events

[Click here](#) for more information, including detailed roles and responsibilities. Submit your cover page and resume (please include soccer experience, as well) to [soccer@wwpsa.org](mailto:soccer@wwpsa.org). Good luck!

# Annual General Meeting to Elect 2010 Board of Directors

WWPSA's AGM will be held on Tuesday, December 1, 2009, at the WW Municipal Building, Room A, from 7:30 - 9:00 pm. We will present the Annual Report and then elect the 2010 WWPSA Board of Directors. Please join us to share your thoughts with us as to how things are being run and vote for the candidates you want to represent you on the 2010 Board. [Click here](#) for more info or to submit your name for consideration.

## WWPSA's 30<sup>th</sup> Anniversary!

Did you know? WWPSA was founded in 1979, making 2009 our 30<sup>th</sup> anniversary year! We are discussing a variety of options for celebrating this tremendous achievement, and will reach out to our parents over the summer for volunteers to help plan and run these events. We're excited to share the details with you!

Stay tuned!

## What's Next for Facilities?

We're working hard to ensure that our players have the best facilities available to meet the needs of each program. Here's the latest update:

- As highlighted earlier, the three full-sized fields at our new Duck Pond Park complex are in-use and making an immediate impact on the quality of our practice facilities; while numerous rocks remain even after hundreds of volunteers hand-removed thousands from the fields, we ask for your patience as we continue to improve the long-term quality of this exciting facility.
- West Windsor Township has installed permanent fences at WWCP and Duck Pond Park to protect our top fields
- Repaired Zaitz Park fields, including installing a drainage system to improve our use of the facility; we've already seen very strong results based on the work done
- Installed a drainage system at WWCP enabling FS#2 to dry more rapidly following rainfall.
- In cooperation with Plainsboro Township, completed the installation of an irrigation system at PCP for SS # 2 and SS # 3 FS # 1 and SS # 1
- West Windsor Township is currently installing irrigation at Conover FS # 3 and FS # 4.

You can reach Howard Rabin, our Director of Facilities, via [facilities@wwpsa.org](mailto:facilities@wwpsa.org) to discuss any facilities needs.

## Sponsorship Opportunities



With the opening of Duck Pond Park, we plan to offer our sponsors permanent signage at this facility in the form of banners flying on the light towers, signs hung along fencing surrounding the fields, and more. We envision that this facility will support significant programs going forward and that it will receive strong traffic each week. As a result, we want to extend to all our current and future sponsors an invitation to consider

our offer to improve the value they receive for their sponsorship dollars by investing with our Club. [Click here](#) to contact us and begin discussions as to how we can mutually benefit from a sponsorship relationship with WWPSA.



## Website Tips

**New Planned Feature:** We are in the process of working with Demosphere International, Inc., our website and online registration system provider, to revamp our website to make it easier for you to find the resources you need and leverage the systems we support. Stay tuned!

**Updated Feature:** We now show an updated view of the current local weather at the bottom of our Home Page.

**New Feature:** The WWPSA Forum allows our constituents to raise their online voices to discuss issues and raise questions that matter to them, and probably to many others. Follow the link on the right side of the Home Page to access the WWPSA Forum.

**New Feature:** You can now use a new plug-in to see where people are accessing our website from around the world. Cool stuff!

## Useful Resources

[Online Registration](#)  
[Field Maps](#)  
[Educational Seminars](#)  
[Parents' Resources](#)

# WWPSA Volunteers Needed!

One of our largest ongoing challenges is relying too much on too few of our volunteers for too much of the work, when we could accomplish more in less time if we could just find a few more helping hands. Our Club depends on volunteers to achieve the success we've all enjoyed over the past few years, and we need your help or risk losing our momentum. Please e-mail [volunteer@wwpsa.org](mailto:volunteer@wwpsa.org) with the position that interests you. [Click here](#) for more detailed descriptions of all volunteer positions, the expected time required and more. We need help with the following:

- **Goal Post Coordinator**
- **Goal Fest 3v3 Tournament Director**
- **Community Events Coordinator**

### Calling All Women Volunteers

We'd like to reach out to the countless women in our Club who are underrepresented in numerous volunteer positions to step forward and help out. We on the Board are concerned that our daughters are lacking examples of women leaders in our Club, so won't you please consider stepping forward?



## Don't Move the Goals!

Falling goals that weren't properly anchored are the # 1 cause of preventable injuries in soccer. If you want to move a goal for casual use, ***please don't!!!*** You may not realize that large goals are ***extremely heavy and can cause serious injury or death*** if the goal isn't properly anchored and falls on a player. Before you think that you can simply replace anchors by hand, please be aware that our Facilities personnel use sledgehammers to anchor the goals firmly in the ground.

**The next time you see children playing on a goal or hanging from the net, please be proactive and make sure to get them down for their own safety.**

[Click here](#) to read more about soccer goal safety.

## Thanks to Fall Rec Team Sponsors!

We want to thank all of our Fall Rec Team Sponsors for their continued support of WWPSA's largest program. Please support our sponsors whenever you can and let them know that you saw their listing with WWPSA!

- [Sarnoff Corporation](#)
- [Dick's Sporting Goods](#)
- [WWPEA](#)
- World Bagel
- [PlaySports TV](#)
- Lightning Lacrosse
- Title Village

## Useful Links

[WWPSA Home Page](#)  
[Recreational soccer](#)  
[Travel soccer](#)  
[TDA soccer](#)  
[Adult soccer](#)  
[Referees](#)  
[Parents' Resources](#)  
[WWPSA Trainers](#)  
[Sponsors](#)

[Sunburst Tournament](#)  
[Goal Fest 3v3 Tournament](#)  
[Training / Education home](#)  
[Directions and Facilities](#)  
[Club Policies](#)  
[Fall Programs](#)  
[Winter Programs](#)  
[Spring Programs](#)  
[Summer Programs](#)

## Upcoming Events

*October 3:* Photo Day, Millstone River School  
*October 17:* TDA Festival, Sarnoff Corporation  
*October 18,* Goal Fest 3v3 Tournament, Sarnoff Corporation  
*October 19:* WWPSA Board Meeting, 8 pm, WW Library

## Contact Information

Use the links below for the fastest response:

Rec: [rec@wwpsa.org](mailto:rec@wwpsa.org)

Travel: [travel@wwpsa.org](mailto:travel@wwpsa.org)

Adult: [adultsoccer@wwpsa.org](mailto:adultsoccer@wwpsa.org)

Pre-K: [prek@wwpsa.org](mailto:prek@wwpsa.org)

Training: [training@wwpsa.org](mailto:training@wwpsa.org)

Facilities: [facilities@wwpsa.org](mailto:facilities@wwpsa.org)

Volunteers: [volunteer@wwpsa.org](mailto:volunteer@wwpsa.org)

Registration:

[registrar@wwpsa.org](mailto:registrar@wwpsa.org)

Technology: [webmaster@wwpsa.org](mailto:webmaster@wwpsa.org)

Forum: [forum@wwpsa.org](mailto:forum@wwpsa.org)

Sunburst: [sunburst@wwpsa.org](mailto:sunburst@wwpsa.org)

Goal Fest: [GoalFest@wwpsa.org](mailto:GoalFest@wwpsa.org)

KidSafe: [kidsafe@wwpsa.org](mailto:kidsafe@wwpsa.org)

Photos: [photos@wwpsa.org](mailto:photos@wwpsa.org)

Refs: [refs@wwpsa.org](mailto:refs@wwpsa.org)

Equipment: [equipment@wwpsa.org](mailto:equipment@wwpsa.org)

Fundraising: [fundraising@wwpsa.org](mailto:fundraising@wwpsa.org)

Merchandise:

[merchandise@wwpsa.org](mailto:merchandise@wwpsa.org)

Executive Director: [execdirector@wwpsa.org](mailto:execdirector@wwpsa.org)

General: [soccer@wwpsa.org](mailto:soccer@wwpsa.org)

Phone: (888) 267-8988

Mail: P.O. Box 757

Princeton Junction,  
 NJ 08550

## WWPSA Board

Chairman – Justin Stein  
 Secretary – Mary Painter  
 Finance – Patti Stanley  
 Facilities – Howard Rabin  
 Rec – John Slater  
 Travel – Glenn Gargan  
 Adult – Michael Donnelly  
 Community – **Vacant**  
 Development – Paul St. Amour  
 Fundraising – **Vacant**  
 Technology – Brent Nielsen  
 At-large – Scotty Borsack,  
 Gabriel Ramirez  
 and Jerry McSpirtt

## Coordinators

Sunburst – Jacqueline Stein /  
 Diane Kooker  
 Photo Day – Mary Painter  
 Volunteers – Subhash Khatri  
 Merchandise – Carolyn  
 Demouth  
 KidSafe – Mia Tai  
 Insurance – Hemant Sarma  
 Sponsors – Joydeep Paul

You can clearly see the vacant positions that need a reliable volunteer to help fill our numerous needs. Interested in helping? Please [e-mail us](mailto:info@wwpssa.org) and we'll give you more information about what's expected and how you can help. There are hundreds of little ways you can participate, so please don't be intimidated from coming forward and joining us. Thanks for stepping up!

# Chairman's Corner

Yet another summer has come and gone and we find ourselves back with friends for another season of terrific WWPSA soccer. While change is inevitable, this fall has presented us some significant deviations from what we have recently enjoyed as the status quo.

From the opening of Duck Pond Park to the prospect of finding an Executive Director to take over for Robin Dean – who has performed incredible feats to help our Club grow and thrive over the past two years – I find myself groping with the question as to when an organization can stand pat and simply become satisfied with how things are.

Doing nothing new is easy – we create routines that are easy to document and follow, and people become familiar with their part within the larger picture. Sticking with the existing system is clean, with no new details to sweat over or conflicts to untangle.

Change, however, is messy, and hard. There is the basic fear of the unknown from which many of us suffer; there are routines to modify and rework; there are volunteers to identify and train; there are responsibilities that need to be modified and reassigned. Let's face it – few of us want to change. We're comfortable with how things are, and that creates a barrier that many will refuse to move aside when new opportunities come our way.

However, that is exactly why change is good: new ideas are exciting, and taking them from vision to fruition is satisfying, particularly since many of these ideas lead directly to smiles and laughter in our business. ;) We need to continue to push the envelope and expand the boundaries of what is acceptable and what should be; we need to strive for greatness even at the expense of a more comfortable and relaxed lifestyle. Change can lead us to places we really want to go, if only we had the motivation to get there.

I hope that the coming year, which, I believe, has started with extremely positive events, will continue to change our Club for the better and that I continue to have the privilege of working with such outstanding volunteers whose common vision – albeit one that is designed from differing origins and communicated using different points of view – lead us all to where we want this Club to be. Please step forward and help us get there, because every little job leads to big successes for many.

Regards,

Justin D. Stein  
 Chairman, WWPSA Board of Directors