

December 2005,
Winter Training Program

Dear LISC players/parents,

I am writing this letter to reiterate what we are trying to accomplish with the winter program for LISC and as a club collectively. As a competitive club we are constantly looking for ways to improve and better develop our athletes. With the sports performance program provided by Sports Speed, Etc. along with the commitment from our own coaching staff to better develop our players, we are in a position to do just that. During the winter months, we now have an avenue to train at both the Urbana Armory and Savoy Recreation Center as well as have an age-specific curriculum to apply to the kids. That means that the kids are training 2-3 days a week during the winter months and are able to stay fit in the off season and develop "soccer specific" skills.

As a club however, we have to decide where we want to be: 1) We are a two season club who do not participate in training during the winter 2) We take advantage of what we have offered and are able to participate in the winter program. I understand that this comes at a cost and that many of the kids are playing different sports during the winter but if you are truly committed to developing your child in soccer then you must decide how you can make it work. If you can't make all the training sessions then that is ok. If you can make most of them then you are still going to benefit greatly. Just make sure to communicate with your coach(s) if you aren't able to make some training sessions. If you look at other big clubs in the state then you will find that they are taking advantage of the winter season and are that much more prepared for the upcoming season(s). I don't feel that it is a coincidence that those teams typically fare better in tournaments, state cup, or showcases because they are maximizing their options to better develop their kids as soccer players.

As a club, we just want to offer something for our kids that will keep them in shape, reduce injuries, and get them maximal touches on the ball during the "off season". In my opinion, the off-season is what makes champions. If we are committed as a club from the top on down then it will make for a much more enjoyable time and your kids will be benefiting the most out of this. In no way does LISC want our kids to burn out and get turned off from soccer but we do want our kids to improve and develop to the best of their ability.

We want to offer a fun experience for the kids during the winter as well as a structured environment, which is the main reason why the LISC coaching staff will be assessing and evaluating our players during the winter. Not many clubs have their own sports performance-training program and have the opportunity to train during the winter so please seriously think about what is offered and if you feel that you can commit to something like that. It is my intention to grow the club the best that I can with the support of the coaches/parents/players. Thank you for your time and I'm excited for the future of LISC. All the best!

Sincerely,

Michael Kobylinski
Director of Coaching
Little Illini Soccer Club

