



December 2017

The Indiana Soccer Foundation wishes you an ideal Christmas as a reflection of your values, beliefs, desires and affections. We wish all of you a very happy and joyous holiday season!

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President's Message



Happy Holidays!
As you relish the goodies, decorate every nook and corner of your home, and enjoy the get-togethers, may the joy and festivities continue to radiate in your heart and your lives, long after Christmas is gone.

May this Christmas end the present year on a cheerful note and make way for a fresh and bright New Year.

On behalf of your Indiana Soccer Foundation, my best wishes to all of you for a Merry Christmas and a Happy New Year!

Dean Vinten, President

'Tis the Season to Do Good Deeds Teaching Kids to Give Back During the Holidays

-The Indiana Fatherhood Coalition



The holidays can be a magical time, especially for children. With so much focus on food and presents and holiday-themed entertainment, who's to blame them for getting carried away in the more commercial aspects of the season? We're all about that childlike wonder—the eyes that get big while taking in all the twinkly lights, the encounters with Santa at the mall, the snowmen and snowball fights and hot cocoa.

This time of year also presents a good opportunity to teach your kids about those who may not have cozy homes and happy families to go to during the holidays—that giving back to your community can create a sort of holiday magic all its own.

Remember: Incorporate some aspect of values into your everyday life.

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An Open Letter from Dynamo FC

Ric Huffman, Executive Director, Dynamo FC

November 27, 2017
Indiana Soccer Foundation

Mary,

We wanted to take a moment to recognize the Indiana Soccer Foundation for the generosity in support of our club mission. Dynamo FC has a rich heritage in the community of providing opportunity to individuals who wish to experience the duty and delight of athletic competition



Nutrition Corner

from "The 4 Keys to Fueling on Game Day" by Allison Kreimeier, MS, RD, CSSD

through youth soccer. It is with much gratitude that we were fortunate enough to partner with the Indiana Soccer Foundation to make this vision a reality for several players this year. Your support for our organization provided unique opportunities for players that would not otherwise have the chance to be a part of Dynamo FC and subsequently the Indiana soccer community.

The Indiana Soccer Foundation is partnering with Dynamo FC in a very important initiative for our organization and the community of Indianapolis. With your help, we have been able to engage with both the Hispanic and Burmese communities that have localized and densely populated housing adjacent to our park. Specifically, we were able to support our very first Burmese-born female player with your help. We were also able to provide scholarships for 30 players this year with your assistance!

Your support is greatly appreciated in our efforts to work together to provide opportunities for underserved populations to experience soccer - more importantly, to experience soccer and a community that equips them to build and foster strong relationships with other members of the community, to experience life lessons through sport. It has been our pleasure to work with you to be a catalyst for renewal in the community and we look forward to a long-lasting relationship.

Sincerely yours,
Ric Huffman, Executive Director, Dynamo FC

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That Final Tax Deduction?

Dean Vinten, President, Indiana Soccer Foundation

We all like to find big surprises under the tree at Christmas. Especially those things you have been wishing for. The Indiana Soccer Foundation wishes for those things also.

I know it is important to you that sport reinforce values of honesty, fair play, respect for others, doing your best, teamwork, and fun. The Indiana Soccer Foundation appreciates all you do to show you care about our children – whether as a coach, referee, team manager, or parent.



I am confident that you will take a moment to make a special contribution to your Indiana Soccer Foundation for 2017 to help us provide continuing soccer opportunities to the youth of Indiana.

Make your tax deductible gift **before December 31st**. Your contribution can be made on our website – www.indianasoccerfoundation.com – or by mailing your check, made payable to The Indiana Soccer Foundation, to:



London Witte Group
C/O Ted Sommer, Indiana Soccer Foundation
One Independence Center
1776 North Meridian Street, Suite 500
Indianapolis, Indiana 46202

Thank you in advance for your thoughtfulness and support. Have a happy and joyous holiday season.

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The Role of Adults in Teaching

HALFTIME INTAKE. This is a good time to recharge the body for the second half of the game. Sports drinks offer fluid and carbohydrate replacement as well as electrolytes. Pretzels, bananas, fruit cups, Rice Krispies treats, or granola bars are great choices to provide carbohydrates that quickly digest and are low in fiber and fat to avoid potential gastro-intestinal discomfort.

US Youth Soccer's FUEL Soccer, September 2017
http://www.fuel-soccer-digital.com/fuel-soccer/2017_fuel_soccer_september?pg=NaN#pgNaN

Values to Youth through the Sport of Soccer

By Don Rawson - President, Indiana Soccer Hall of Fame



Editor's Note: In a six-part series, members of the Indiana Soccer Hall of Fame will share their perspective on the role of soccer in the development of values in youth and adults.

Participation in team sports such as soccer provides opportunities to learn from experiences in team practice and games that can be applied at other times in life. Adult caretakers in youth soccer are challenged to ensure that we are positive role models as we offer growth and development opportunities for youth. There have been several studies and ongoing research that clearly demonstrate how adults have a role in creating an environment where important and lasting beliefs and ideas, or values, are shared and learned about what is good, bad, and desirable.

I expect you are involved in soccer as a player, coach, referee, family member, fan, volunteer, or administrator. What are best practices that can create a culture in soccer that inspires all of us to pursue sustainable values in life? What is the culture created by the sport of soccer in Indiana? What is the culture at the school, club and facilities at which you are most familiar?

FIFA has several initiatives that are part of an overall Sustainability Strategy- that is, a comprehensive campaign to improve lives through the sport of soccer (aka football). Some of the FIFA initiatives are well established and well known, while others are recently established and relatively unknown to most peoples in the United States.

The Sustainability Initiatives are Fair Play, Football for Hope, Football for the Planet, Football for Health (which includes the Respect Initiative), Diversity and Non-discrimination, FIFA Forward Football Development Program, and the FIFA World Cup. In each of these initiatives, FIFA has created several programs, projects, campaigns and best practices designed to offer sustainable solutions that will "create a culture that brings people together, transforms lives and inspires entire communities" and "creates powerful communities to break down barriers to social development, education and health development".

The links below offer several more links to pages that describe the FIFA programs and initiatives in much greater detail. I encourage you to spend a few minutes reading what FIFA is doing to see how soccer's world governing body is creating a culture that recognizes that soccer as a sport impacts the values of youth (and adults) throughout the world.

<http://www.fifa.com/sustainability/index.html>

<https://www.fifa.com/development/fifa-forward-programme/index.html>

US Soccer also has a special initiative that is called "Recognize to Recover." Recognize to Recover, <http://www.recognizetorecover.org/>, is aimed at promoting safe play and reducing injuries in soccer players of all ages. The first of its kind, the program was developed with the help of medical experts to provide coaches, players, parents and referees with information, guidance and additional educational materials to improve the prevention and management of injuries.

Naturally, this program was inspired and created as a response to the growing concerns related to concussions- but the program is more comprehensive and has a significant focus on [Injury Prevention](#), [Injury Recovery](#), [Head & Brain Conditions](#), [Emergency Action Plans](#), [Cardiac Conditions](#), [Environmental Conditions](#) and [Nutrition & Hydration](#).

When I read about what these governing bodies are doing, I wrote down personal values I thought the programs were most likely to foster. My list included generosity, safety, teamwork, social responsibility, leadership, commitment, honesty, respect for others and the environment, healthy habits (not using drugs, alcohol and tobacco), fair play (playing by the rules), and fairness. I am sure you came up with many more.

I imagine you will compare these initiatives to what is being done at the levels of soccer that you are more familiar with. What is the "soccer culture" that you are participating in and is

that culture fostering desirable habits? Is the soccer culture providing appropriate support for the development of life skills and sustainable values?

Depending on the age and level of soccer, we are all learning on the field of play- and that learning will in some way translate into developing skills for dealing with life outside of sports. In other parts of this series, we will explore the importance of many guiding principles, behaviors and/or beliefs that can be learned by participating in soccer.

Authors Note: As much as FIFA has developed several exemplary programs which can foster good values and beliefs, the unethical behavior of many of FIFAs leaders has shown a significant lack of a values-based leadership!

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