



NorthStar News



July
26 & 27
2008

March, 2007
Volume 5, Issue 5

Thank you for another great year.

Coaches and Staff:

Head Coach,
Darrell Rogers

Ron Budros
Jim Furstenberg
Mike O'Brien
Gavin Richmond
Reggie Rix
Steve Taylor

Linda Rea—Admin.
Marilyn Vlach— Treasury
Veronica Moyer—GLCS

Try out dates:
90- 6-19 & 21 4-5:30 pm
91- 6-18 & 20 5:30-7 pm
92- 6-19 & 21 5:30-7 pm
94- 6-25 & 27 5:30-7 pm
95- 6-26 & 28 5:30-7 pm

All NorthStar Picnic
August 15

GLCS
July 26 & 27 -2007

July 2009
Great Lakes
International Cup

What is NorthStar Author: Darrell Rogers

Head Coach NorthStar Soccer Club

NorthStar Soccer, Inc.

NorthStar was founded in 1995 with the mission of using soccer as a way to develop people. We are much more than a collection of teams wearing the same uniforms. Our goal was and is to attract those players, families and coaches who see the value in working hard to attain excellence. In NorthStar we all learn to pursue excellence for something more than just personal gain or athletic glory. Our growth as an organization is built upon a shared vision to become better people, to make personal sacrifices for a greater good, and to persevere in the face of adversity. This is the ethic we hope to instill in the young people entrusted to us.

Staff Almost all the management of NorthStar and NorthStar events is done by NorthStar volunteers. This strong base of volunteers is centered on the valuable work of our parents among whom we enjoy almost 100% participation in volunteer activities. The 2006-2007 coaching staff is made up exclusively of nationally certified coaches who will each give over 500 hours of their time to develop people, players, teams and club.

Community Service Each NorthStar team participates in team-based community service projects. Teams have helped raise money for many causes, staffed countless volunteer events, participated in Adopt-a-Family, Toys for Tots, and many, many other valuable causes. This service is an essential part of the NorthStar mission of the pursuit of excellence. We believe and promote the concept of "To whom much is given, much is asked."

This year we are about to announce a partnership with **Northern Michigan Special Olympics** to bring the joy of the game to special need athletes. We held our first event at JFK January 30 and it was a great success. NorthStar coaches and more importantly NorthStar players staffed the event and were touched and amazed by our experience. We plan to create a summer event that brings Special Olympics athletes from the region to have the same fun time and provide a deep and powerful experience for all the young women in our charge.

NorthStar Academy Winter Camp was created in 1995 to do two things. Provide a fun venue for younger, non-NorthStar players to interact with positive role models in the form of the older NorthStar players who act as coaches and mentors for the six week event. These younger players also get technical training within the short-sided game model of player development. Many young ladies have been both campers as 8-12 year olds and NorthStar player staff as 16-18 year olds! During these sessions a NorthStar coach meets briefly with the parents in attendance and explains the evening's topic.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

Great Lakes College Showcase. As women's soccer expands so rapidly in the US and Canada and becomes so much more competitive it is sometimes difficult for NorthStar teams to get accepted into the premier college showcases around the country. As a "micro-club" it is difficult to establish the type of national presence – although we work very hard to do so – that is enjoyed by the Michigan Hawks and Vardar. Our success at the MSYSA State Cup has helped – three different NorthStar teams have advanced to quarter finals and two to semi-finals – but the clubs and leagues who primarily run these events often look for club-wide accomplishments.

The Great Lakes College Showcase was begun in 2005 with the approval of the TBAYS board. Its mission is to bring together the top older female soccer players who desire to play college soccer with coaches and recruiters for colleges and universities in the Great Lakes region. The showcase grew by 30% its second year and we plan a similar growth in 2007.

Preparation for College Since its inception NorthStar has provided mentoring and assistance for players desiring to play at the college and university level. The NorthStar coaches have worked hard to build a large network of college coaches throughout the country who look to NorthStar players to help build their collegiate programs. We create our team plans to travel to tournaments, camps and special showcase events to help NorthStar players show their talents.

As a result, since our first graduating class in 2000 we have helped more than 60 players achieve their soccer dreams of playing in college. From big NCAA Division I programs, like Purdue and Michigan State to small NAIA and Division III schools, NorthStar has sent players who have not only succeeded in school and soccer but in many cases won school, league and even national honors athletically and academically. NorthStar players have succeeded in soccer programs all across the country from Whitman College in Washington State to Keene State University in New Hampshire; from University of Minnesota and North Dakota State to University of Tennessee (Martin), University of South Dakota, Indiana University/Purdue University (Indianapolis), Ohio Wesleyan, Indiana Concordia and Concordia of St. Paul, and the College of the South among many others. In state colleges, Ferris, Central, Northern Michigan, Grand Valley, Aquinas and Kalamazoo college.



NorthStar 92

Can people be at peace with themselves or totally happy without such a commitment? How do they justify their lives? How they go day after day, without making an honest effort to be the best at what they do? The choice, and yes, it is a choice, one that is up to you. If you really want something bad enough, do not let anything stand in your way. Don't settle for less than the best, that's how you become the best.

One thing I want to make absolutely clear beyond a reasonable doubt is this. If you're involved in a sport, project or activity and find yourself saying, "I'll give this a good try and see if that works, that will be good enough and if it doesn't work, I really have not lost anything because I didn't invest that much into it." This is a sure way to lose.

The real reason most of us are afraid to make a total commitment to excellence is, fear of failure and the cost /sacrifice that has to be paid, is too high. We say, "I don't want to try too hard to reach my goal because if I do and if I don't reach my goal, it will just hurt too much. It's easier to reject than to be rejected mentality. This is sad. If you start anything in life with this type of attitude, it will simply not happen. Period.

When you get involved in something, it's up to you to go after it. Go for it! Take a risk,! Live on the edge! Don't hold back! No half tries! Go for it with all your heart and soul. Why Not? "If you're going to be here, then BE HERE".

Once you get going, don't stop working, maintain your steady schedule, your disciplines and it will bring you more rewards than you could possibly imagine. You have limitless possibilities and opportunities. Then if and when you win, the harder you've worked, the sweeter the victory. This is your life, leave your mark.



NorthStar 90

Commitment to Excellence By: Jim Furstenberg
How good do you want to be?

If your answer is, "Good enough to get by," then a commitment to excellence is not necessary. But if your honest answer is, "the best " then you must make a total commitment to excellence.

You don't have to tell anyone about your commitment. They will know by your actions. People will see your commitment by your investment of time and energy during practice and the intensity of your practice.

Never be ashamed to admit that you want to be the best. And never feel that you have to explain your reasons. If you're committed to excellence, your answer will always be, "Why not be the best?" Don't be satisfied until you get what you want.

During my years of coaching, I've seen a couple dozen young athletes make a sincere commitment to excellence. They've had a burning desire to be great, not just "good". They craved coaching. They want to learn new moves every day. They worked harder than the other players during the season and never stopped working during off-season. They want tougher competitions, not easy matches, to improve their performance. They were/are very stubborn; they refuse to settle for anything less than the best.

As a result of this kind of determination, each one is a big winner. There will always be people that will try to ruin it for them by looking for others to join them in their efforts to ruin it or at the very least, taint the effort with their distorted perceptions/opinions. In a distorted sense it makes themselves or their situation seem better because that level of commitment is not who they are. Yet, those are the individuals who want the perks that commitment brings. This is just sad.

No, there is/was no luck or chance or politics or "entitlement" or favoritism "agendas". One simply makes a choice to be the best player one can be. They chose not to be socialites, not to be fair weather players, and certainly not to be "gamers" (the ones who slide by during practice, yet put forth more effort during a real "match") not to be the players their parents think they should be. In fact, these players consistently work hard, focus forward and are visionary. They see a vision of themselves that no one else can see. They work hard giving them an edge during their matches knowing they can win and they do.

Perfection is very elusive. Athletes know there are always ways to improve their performance. Many strive for perfection, but most fall short. You can only achieve perfection if you have a strong commitment to excellence. Ask any champion.

"Most striking of the characteristics that mark a successful youth organization is the nature of its expectations for youth. They hold high expectations for young people's behavior...The organizations also hold high expectations for their youth member's abilities, giving them demanding tasks to perform. They give their young members real responsibility without doubting that they can shoulder them." William Damon "Greater expectations"

NorthStar 89



NorthStar 89 Players:

Shasta Gibbs Courtney Burmeister Ashley Ackley Lauren Brown Lindsey Baic
 Katherine Ward Kelsey Rosinski Marissa Sternburgh-Wood Katie Clayton
 Emma Budros Karina Chounard Samantha Fahl Courtney Gullon Jackie Jessop
 Grace Guba Kari Buckel Tina Adair Coach: Gavin (Geordie) Richmond

"Even if our children were being raised to become the best informed, most artistic, and healthiest children that the world has ever seen, it would all come to nothing unless they found some things beyond themselves, and indeed some people other than themselves, to devote at least part of their efforts to."

William Damon
 "Greater Expectations"

NorthStar 91



The Girl in the Glass

When you get what you want in your struggle for self and the world makes you queen for day,

Then go to the mirror and look at yourself and see what the girl has to say.

For it isn't your mother, father or friends whose judgment you must pass,

The person whose verdict counts the most in your life is the one staring back in the glass.

You can go down the pathway of years receiving pats on the back as you pass,

But your final reward will be the heart-aches and tears if you cheated the girl in the glass.

Adapted From the book-

"Season of Life"

Author: Jeffery Marx

NorthStar 95



Girls just want to have fun



2007 NorthStar Academy Winter Camp



Mike O'Brien Head Coach NorthStar 94

Past Director of Coaches (TBAYS) Head Coach NorthStorm 86 Past TC Central high School Development Coach for Varsity and JV girls. TC Central JV boys head coach. Mike has also coached youth football and youth baseball.

Married with two children, daughter Brittany (NS 90) and son Blake who sings with the Young Americans. And his wife Kathy who works in the medical profession. Mike is very passionate about soccer and enjoys working with the youth in our community.

Favorite Quote: "Joy to the raindrop, is entering the river."



NorthStar 94



Congratulations to the parents of the newest member of the soccer community and the NorthStar Family, Wendy and Gavin Richmond with their new son Jack . Geordie you're a father now!