



Santa Rosa United Newsletter

On Goal!



Congratulations!

The following SRU players are signing their letter of intent this month:

Carrie Fryer
SRU Thunder
Dominican University

Megs Herring
SRU Tsunami
Dominican University

SRU Registration & Information Night

March 11th at 6pm at Sonoma Academy 2500 Farmers Lane, Santa Rosa.

Please join us for an informal SRU information evening. Come meet the coaches, Directors, other players and parents. This multi-purpose evening allows for team registration, orientation for new families to SRU, educational sessions and presentations, opportunities to meet the coaches and Directors of the Club. Hosted at the Sonoma Academy starting at 6pm.

Julianna McFarlin
SRU Thunder
Sonoma State University

Austin Meyer
SRU Boca Juniors
Stanford University

Haley Palmer
SRU Thunder
San Diego State University

What is new for 2010 for SRU?

We can give you a sneak preview of some of the changes in 2010. SRU is a thriving, financially stable soccer club – with 270+ children participating in our Winter Development Academy, we are listening to our players and parents - making changes & planning for the future. With our amazing turf fields at Trione Field our players enjoy all year round soccer with our professional coaches guiding their development. Some of the changes for 2010 include:

- **Lower fees for most age groups.** With the hard work and support of the parents/Board of SRU we have been able to lower the fees for the second year in row. We know these are hard times and SRU wants to help by making soccer more affordable for all families.
- **New “We Pay and You Play” program** offering affordable soccer for U15-18
- **New U8 program** – exciting changes. *Lower fees and shorter sessions* allowing our U8’s to play other sports, recreational soccer or just take a break to enjoy life other than soccer (we are told it does exist)
- **Concession Stand** open at Trione Fields (proceeds go towards the maintenance of Trione Fields). Our volunteers contribute their time and the profits go to reduce the costs for our players.

Find out more about our **NEW** exciting “We Pay and You Play” program that is designed to reduce the costs of U15 – U18 soccer. More information will be provided at our registration night.

Congratulations to the U17 SRU Thunder.

The Thunder had an amazing run at the Disney World Tournament in December, facing 4 of the top 25 teams in the country, losing only to Albertson FC from Long Island, NY, on a late free kick. Thunder ended up placing 3rd with a 3-0 win against FC Premier from New Jersey. The girls conceded only 2 goals in the tournament, both were free kicks.



Every single day I wake up and commit to myself to becoming a better player.

Mia Hamm



We are at a good level. Our secret is that we play the same way against each opponent.

Lionel Messi

Upcoming Tryouts

Santa Rosa United will be holding Tryouts for the 2010 Soccer Season at Trione Field in February and March. For specific times or who to contact go to www.srunited.com.

U9-U14

Boys: February 27 & March 6

Girls: February 28 & March 7th

U15-U18 Boys and Girls

March 27 & 28

No tryouts for U8


Advertising opportunities exist for our business community. SRU offers businesses billboard advertising at very reasonable cost. Contracts are for a 2 year period for \$700 per year plus the cost of the sign. For more information contact Chris Hordyk at 707-286-1449.


Summer league


Santa Rosa United announces playing opportunities at the U20 and U23 ages for both men and women. These teams will register for the summer NorCal league. Please email administration@srunited.com for more details. More information will be posted on our website when the league finalizes details: see www.srunited.com


U8 Program – NEW – for 2010

Building on the success of our Winter Development Academy – we are excited to launch our new U8 program. Some of the new U8 Academy features include:


 **Four six week sessions** – conveniently arranged throughout the year – allowing players to take time off from soccer for family vacations, other sports, school and the recreational leagues to apply their newly learned skills.

 **Professional coaching.** SRU is assigning a professional coach to be responsible for the U8 teams

 **Low Fees** – We have made the U8 sessions very affordable for only \$75 per session. **That's less than \$6 a training!!**

 **Flexibility** – Attend any or all of the sessions.

 **Skill Focus; Fun and Friendly environment**

 **Player evaluations** – coaches will continually evaluate the players with ideas for improvement

Calendar of events – go to www.srunited.com for more information and updates

April 11. NorCal Playdate- a tournament for the younger players

May 29-31. Wine Country Classic Tournament

June 28th SRU Golf tournament, at SRG Country Club

Did you know?....

THE PYGMALION EFFECT

A team does as well as you and the team think they can.

This idea is known as “the self-fulfilling prophecy”. When you believe the team will perform well, in some strange, magical way they do. And similarly, when you believe they won’t perform well, they don’t.

There is enough experimental data to suggest that the self-fulfilling prophecy is true. One unusual experiment in 1911 concerned a very clever horse called Hans. This horse had the reputation for being able to add, multiply, subtract, and divide by tapping out the answer with its hooves. The extraordinary thing was that it could do this without its trainer being present. It only needed someone to put the questions.

On investigation, it was found that when the questioner knew the answer, he or she transmitted various very subtle body language clues to Hans such as the raising of an eyebrow or the dilation of the nostrils. Hans simply picked up on these clues and continued tapping until he arrived at the required answer. The questioner expected a response and Hans obliged.

In similar vein, an experiment was carried out at a British school into the performance of a new intake of pupils. At the start of the year, the pupils were each given a rating, ranging from “excellent prospect” to “unlikely to do well”. These were totally arbitrary ratings and did not reflect how well the pupils had previously performed. Nevertheless, these ratings were given to the teachers. At the end of the year, the experimenters compared the pupils’ performance with the ratings. Despite their real abilities, there was an astonishingly high correlation between performance and ratings. It seems that people perform as well as we expect them to.

The self-fulfilling prophecy is also known as the Pygmalion Effect. This comes from a story by Ovid about Pygmalion, a sculptor and prince of Cyprus, who created an ivory statue of his ideal woman. The result which he called Galatea was so beautiful that he immediately fell in love with it. He begged the goddess Aphrodite to breathe life into the statue and make her his own. Aphrodite granted Pygmalion his wish, the statue came to life and the couple married and lived happily ever after.

The story was also the basis of George Bernard Shaw’s play “Pygmalion”, later turned into the musical “My Fair Lady”. In Shaw’s play, Professor Henry Higgins claims he can take a Cockney flower girl, Eliza Doolittle, and turn her into a duchess. But, as Eliza herself points out to Higgins’ friend Pickering, it isn’t what she learns or does that determines whether she will become a duchess, but how she’s treated.

“You see, really and truly, apart from the things anyone can pick up (the dressing and the proper way of speaking and so on), the difference between a lady and a flower girl is not how she behaves but how she’s treated. I shall always be a flower girl to Professor Higgins, because he always treats me as a flower girl, and always will, but I know I can be a lady to you because you always treat me as a lady, and always will.”

The implication of the Pygmalion effect for leaders and managers is massive. It means that the performance of your team depends less on them than it does on you. The performance you get from people is no more or less than what you expect: which means you must always expect the best. As Goethe said, “Treat a man as he is and he will remain as he is. Treat a man as he can and should be and he will become as he can and should be.”

Article presented by Emiria Salzmann, Girls Director of Coaching

