

THE BOOT ROOM

COOK INLET SOCCER CLUB — ANCHORAGE, ALASKA



FEBRUARY 1, 2018

Participating in youth sports is an integral part of a young child's experiences and growth - physically, socio-psychologically and the finer nuances of the particular sport they take part in. Soccer provides an opportunity for a healthy lifestyle choice and optimal skill development if the right conditions are provided. We as a club are providing those through our [CISC Developmental Philosophy](#) which ties in well with the [US Soccer Player Development Initiatives \(PDI's\)](#) promoting the well being of our athletes through soccer has been proven they become better prepared as they enter adulthood, with plenty of [life skills and life lessons](#) under their belts.

Cook Inlet Soccer Club provides a positive outlet where players feel they can give back to the community, through events such as 'The Heart Run', 'Kid's Day', 'Big Sister/Big Brother' roles in volunteer coaching for Grassroots, which can also be a great facilitator for community engagement and interaction, helping build stronger bonds within neighborhoods.

We as a club are reaching out in many areas to help facilitate community outreach and integrate into the fabric of the local, statewide, regional and national picture. We have had coaches recently deliver In-Service Training through soccer for ASD PE Teachers; attend and promote the game at local jamborees in schools such as Trailside Elementary, Bowman Elementary and Rilke Schule German School of Arts & Sciences; and are looking forward to help promote futsal with some of the Native Corporations throughout the State.

Cook Inlets Soccer Clubs continued outreach into the great Alaska communities is allowing us to provide a roadmap to help cultivate and **forge our pathway to excellence** in all we do. A big part of this is possible thanks to our support from local community businesses in the form of local sponsors *Tieszen Chiropractic & Massage*; *Superman Moving*; *BP and Rebound Physical Therapy* respectively.



Your son and daughters growth on and off the pitch, alongside their health and welfare, is of paramount importance to us at CISC and we look forward to providing the best opportunity for that to continue in this great community.

See you on the pitch!

Pete Showler
Executive Director

Thank you to our Sponsors

"I chose to Sponsor Cook Inlet Soccer Club because I love the club and what it provides within the local community. I wanted to give back and help support CISC as it has helped my daughter and because I believe in the vision that they have and the direction that the club is headed." Neil Tieszen

"As a company, Rebound Physical Therapy values promoting, encouraging, and supporting the continuation of a healthy, active lifestyle in Anchorage and we consider team sport opportunities for youth and teens to be an important component of that community vision." Laura Tucker



CISC Alumni Return From College

CISC is proud to recognize those who have taken the next step in their student and athletic careers. Below you will find interviews with returning CISC alumni from about their college programs. Interested in checking out all the CISC Alumni? Click Here:

www.CookInletSC.com/Alumni

James Curro — Pacific University

Where do you attend college and what year are you? Pacific University, Freshman



How did your season go as a team ? Not as good as expected but not bad, 5th in the conference.

How did season go individually? Good for my first year but could've done better. Only freshman on the team to score.

How did competitive club soccer help to prepare you ? It taught me everything : tactical, technical and physical.

What advice would you give to younger players wanting to play in College? Know your role on your team and don't try and do too much. Speed of play is everything.

What advice would you give younger players to prepare physically in terms of strength and conditioning and then Speed/Quickness? Start working out right now. Being in shape is one of the most important things when you get to college. Everyone is in shape.

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Kelsey Eagle — Seattle University

Where do you attend college and what year are you? Seattle University, Freshman

How did your season go as a team? 9-8-4, 4th Western Athletic Conference, Conference Tournament Runner-up

How did season go individually? 2 goals, 1 assist, 8 shots, 3 shots on goal, led team in points per minutes played

How did competitive club soccer help to prepare you? Helped me become mentally tough

What advice would you give to younger players wanting to play in College? Never give up or let yourself down

What advice would you give younger players to prepare physically in terms of strength and conditioning and then Speed/Quickness? Challenging practices with boys teams and teams with older, bigger, and stronger players; extra individual training and fitness on your own time.



Brady Graff — Oregon State University

Where do you attend college and what year are you? I attend Oregon State University, and am in my second year.

How did your season go as a team? We grew a lot as a team and set ourselves up to enjoy great success this coming season.

How did season go individually? Season individually went ok. Managed an assist my first game did not see a lot of action after that.

How did competitive club soccer help to prepare you? Competitive club soccer was great for me. I owe it all to Cook Inlet and my teammates. At the same time college is a whole new level.



What advice would you give to younger players wanting to play in College? Stay with your teammates! You need them to help push you throughout you through the years. Also don't miss trainings. Every hour put in will only prepare you more.

Congratulations to our Cook Inlet S.C. Futsal State Champions!



CISC 08 Girls

CISC 06 Girls

CISC 04 Boys

CISC 04 Girls



Talon Stanley — Colorado School of Mines

How did your season go as a team? We took first in the RMAC Conference. We also won the RMAC Championship Tournament. We went on to the NCAA Div. II Tournament and made it to the Sweet 16.

How did competitive club soccer help to prepare you? Club soccer prepared me for college soccer by helping to develop my technical and tactical skills, playing in out of state tournaments 4 or 5 times a year, and playing Men's A in the fall and summer.

What advice would you give to younger players wanting to play in College? My advice is to train harder than everyone else on the field, try to play with and against players that are better than you, learn to move the ball quickly, train by yourself just as much, if not more, than you train with your team, and keep your academic GPA above a 3.5.



What advice would you give younger players to prepare physically in terms of strength and conditioning and then Speed/Quickness? Strength and conditioning and speed and quickness are just as important as work with the ball. Emphasis has to be placed on building muscle mass.

Ariela & Aaliyah Lewis Eyeing Pro Contracts



Ariela and Aaliyah Lewis have made big, positive impacts wherever it is they have played the beautiful game. Whether it was club, high school or college, the girls have left a lasting impact for years to come. Both attended Alabama State University and played four years of NCAA Division I soccer. Both girls had an opportunity to be picked up in the WPSL draft, Ariela this past January and Aaliyah in 2017. Most recently, both have been attending team tryouts for WPSL teams. The girls made their most recent impact with the Chicago Red Stars. Good Luck, Girls!

CISC Coaches Partipate in ASD In-Service Days

Cook Inlet S.C. coaches, Barat Killian and Greg Bacchetti, demonstrated soccer activities and ideas to all the P.E. teachers who work in the Anchorage School District. As part of our outreach to the community, ASD P.E. teaches have the opportunity to use training plans provided by the CISC professional coaching staff. Our coaches are also prepared to enter schools to provide direct training to students and teachers alike!



Grassroots Soccer Returns to the Alaska Dome

Almost a year to the day Cook Inlet S.C. Grassroots is back in The Dome. Our Winter 2018 program kicked off on January 20 with 251 players registered from the U4/Kiddies to the U15 ages. Along with the players we have had a huge response to filling our volunteer coach needs. With ongoing education and the quality of the volunteer coaches the increased skills and enjoyment of all the players has been wonderful to see. A big thanks to all of our coaches.



Greg Bacchetti, CISC Grassroots Director, had this to say:

“Grassroots soccer is a great introduction to the game. For the younger kids, its all about having fun and teaching them the ‘Mad, wicked skills.’ This is a great outlet for our older kids as well, preparing for high school seasons and enjoying their time in this beautiful facility.”

The Spring Season begins in early April with the first half in The Dome and the second half outdoors at Anchorage Gardens. Registration opening soon!

CISC Players to Sign National Letter of Intent



Competitive soccer players at Cook Inlet S.C. will be signing their national letters of intent on Wednesday, February 7th in the Alaska Dome. The signing is set to take place at 6:30PM in the upstairs meeting room. Everyone in the community is invited to celebrate this great achievement of these young players, who have spent years perfecting their craft in hopes of playing soccer at the next level. We look forward to announcing these players and many more to come after signing

Cook Inlet S.C. College Advisory Program

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Interested in meeting?

Explore programs of all levels of the game - D1, D2, D3, NAIA and Junior College on the Men and Women's sides, and wade through the maze of information.

www.CookInletSC.com/College_Advisory_Program