

BREAKING THE BARRIER



MONTHLY NEWS FROM AROUND THE CLUB

TABLE OF CONTENTS

- "The View from Here" - Monthly Message from the Management
- "Why MACH 1?" - Monthly Article by the Editor
- "The Coaches Box" - Coaches Viewpoint or Information
- "Kicking it Around" - Monthly musings by Sydney Gaucher
- "MACH 1 Mama Speaks" - Article by a Mom for the Moms
- Special Article - Monthly Article by Guest Writer
- "The Final Whistle" - Commentary and information from Referees
- Our Family Businesses - Highlighting Businesses from around our Club
- Monthly Quiz or Puzzle
- Club Calendar (Games, Tournaments, Camps, and Clinics)
- Photo Album or Photo of the Month Contest

"VIEW FROM HERE"

- Rob Bonnell

It is hard for me to fathom that we have entered the 7th year of the club! We have continued to experience tremendous growth despite the COVID interruptions. However, I am less impressed by the club's growth as much as the quality of our players we have developed over this time.

I attribute the successes of these players squarely on our quality parents! I often quip we "try out" parents more than we "try out" players! Though it may sound backwards in developing great players, my 36 years of parenting, 24 years of coaching, and 12 years of running soccer clubs has taught

"WHY MACH 1?"

- Jodie McMahon (Editor & B2014)

My palms began to sweat as I anticipated meeting with the MACH 1 team and parents for the first time. I wasn't new to soccer, so why the nerves? I had been driving my son to what seemed like a million soccer practices and games for years, so I knew the deal.

It's just another soccer season, right? Wrong. With MACH 1, it's not just soccer; it's FUTBOL.

It all started when I signed my son up for the MACH 1 Summer Camp because I wanted him to become a more confident player, and I needed to

me creating a nurturing performance environment starts at home!

Before games and practices, your players hit the field with a tone that is set from home. prepared and to plan ahead. The need to ensure they have household chores completed, schoolwork done, their "tools of the trade" (uniform, water bottle, cleats, etc.) ready, timely to games and practices, and needing to come to games and practices mentally prepared. These are all traits of very successful adults and as we build these into our players early, we are giving them a huge head start on their future lives!

Thank you, parents, from the bottom of my heart!

The 2023-2024 Season is upon us, and our coaches and staff are all looking forward to our most successful season yet!!!

get him out of the house so he didn't drive me crazy. What I witnessed over those couple of weeks of camp was transformative on the field and at home. I saw a newly ignited flame and spark for the game in my son's eyes. He was excited about playing Futbol with MACH 1. He and I had finally found our way back to the game we loved. This same genuine love of Futbol was what I felt and saw amongst the parents and players in that meeting room. My nerves faded away when I learned that many of them were returning, again and again, to continue with MACH 1.

I can confidently say that the MACH 1 team embodies teamwork, integrity, family values, and respect. Why? Because I have experienced it firsthand.

"THE COACHES BOX"

- anonymous

I've encountered many different "type of coach" in the last 10 years, some differing in character, others in attitudes, and others in approach.

I'm not here to say which is right and wrong, as each youth coach will have their own reasoning behind their application come coaching time.

Having coached at youth level throughout my career my philosophy has been quite simple; let's develop and educate the player in an attempt to make them the best they can be. I am well aware as to the 'win at all costs' mentality that sweeps youth level, but that's never something I've bought into.

Don't get me wrong, everyone likes to win, and I'm no different. But I'd much rather a team of mine turn in a top-notch performance and lose 5-0 than lose 1-0 and play poorly.

We could quite easily put a fast striker up front and punt the ball 60 yards to them every given opportunity and win the knockdowns to try and win a game. But we've got other players on the team, and we want each one of them to develop as best they can.

Personally, I find it disappointing that the 'win at all costs' mentality exists with such ferocity at the youth level. Despite that, there are good coaches out there who apply themselves in the right way and I am buoyed each time I witness it.

At the end of a player's time with us, however long or short that may be, I'd like to think I've done all I can to develop that player into a more educated one than when they first arrived.

"KICKING IT AROUND"

- Sydney Gaucher (G2011)

In my soccer journey, I have come to realize that you will not be perfect in every game or practice.

The truth is that it is okay! In the past, I would always (and still sometimes do) get in my head about making mistakes and not doing well enough. As a result, it would cause me to be hard on myself. I would put myself down and I would not feel confident being on the field.

My advice to players, don't get down on yourself. Mistakes are part of the game. If you make a mistake during a game tell yourself "okay I made a mistake, it happens to everyone and I have teammates that got my back. Keep on playing hard."

If you want to prevent making a lot of mistakes, do these things: practice hard, listen to your coaches, be a good teammate, and try to show up to every practice.

**Don't be afraid to mess up,
you will just become better in
the end!**

"MACH 1 MAMA SPEAKS"

- Pam Johnson (G2011)

COACHING WITH THE BIG "C"

- anonymous (MACH 1 Coaching Staff)

It was six 6 years ago my daughter started her journey with MACH 1. Little did we know at the time that this would become a second family.

She initially started her club soccer career with a different club. We went there because we had heard the name and knew of others that had played there. She learned some skills but unfortunately it never felt like a good fit. The coach didn't know I was her mother, I didn't know any other parents or kids for that matter. It was a very sterile environment. She liked it enough because she loved soccer, but we were both disappointed.

A friend of ours from town soccer said "Hey, come try MACH 1! We love it and they're looking for more girls in her age group." So that's what we did; we tried it and never left!

My daughter and I immediately felt welcomed into the growing MACH 1 family. I was so impressed that Rob and the other coaches knew every kid and parent by name! There was such a different vibe and feeling walking into a place where everyone welcomed each other with handshakes and high fives! She loved it! And that's all we really want for our athletes...to love the game and who they are playing with!

I'll be honest, Emily's team is unlike most! They are truly family! Her teammates have become more than friends and likewise for me and the other parents! We enjoy each other's company both on and off the field! We tournament tailgate together, travel together, cookout together and celebrate their accomplishments together!! We certainly aren't your average group of parents and kids!! Maybe it happens in other clubs but somehow, I doubt it. We are truly lucky to have a group of girls that not only play extremely well together on the field but off equally as well! We are lucky to have parents that jive well together on the sidelines and support ALL the girls both on and off the field!

All we ever want as a mother is for our athletes to love the game, to want it, to play hard, to love their coach and team! They need the right fit and the right environment to grow as a player and a human! Our family have been truly blessed to find that with MACH 1.

"THE FINAL WHISTLE"

- from our Referees

Have you ever wanted to yell at a referee during your young athlete's big game? Maybe you thought the ref made a bad call or has been favoring the other team for the whole game. But as a parent and coach, how you interact with the referee can make a big impact on your athlete.

Remember, if there is a mishap, it is not the end of the world. Personally, anytime I hear a coach or athlete say that they would have won a game if the ref hadn't made a certain call, I like to respond with "a game should never come down to a single mistake made by a human, because humans will

"Cancer". One word. Life changing. Ever present. I can still remember when the doctor gave me the news. Instantly, I wondered if my life was over, both literally and figuratively. I felt ALL the things. Would I beat it? How would I tell my family? What would treatment be like? How sick would I get? Fast forward a beat and reality begins to set in. Will I need to take a leave from my job? Surely, I can't still coach? Can I?

Living with and coaching with cancer has been a blessing and a curse. Initially, as treatment started and my immune system was struggling, I wondered if surrounding myself with children was the smartest thing to do. However, I very quickly realized not only was it the SMARTEST thing I could do, but it was the ONLY thing I could do.

Cancer isn't only a physical illness; so much of the battle is mental. Coaching my girls, mentoring, being a role model, laughing with and building up these girls became a lifeline for me. Giving back, kept my focus off all the things I couldn't currently do, all the things my illness prevented. Instead, my focus shifted to showing our athletes all the things we can only hope to teach - how do we persevere through adversity? How do we cope when we aren't at our best when our team needs us?

My girls don't know the extent of my illness, nor should they. But they know I'm battling. They SEE me battling. And if there is one lesson I can teach these girls this year - it's a lesson they will hopefully take well beyond the pitch and one of my favorite quotes:

"Your body can stand almost anything. It's your mind that you have to convince!"

OUR FAMILY BUSINESSES



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make mistakes. So, let's execute and try to be successful in a way that won't come down to one or two mistakes."

Young athletes model their behavior after the way that adults act, not the things that they say, so showing that referees deserve respect and appreciation is critical.

If you notice something happening many times and it seems like the referee doesn't understand the rules or is favoring the other team, bring it up calmly with the coach a day or so later if you must. But don't complain about a bad call to your athlete or tell them that the referee 'caused them to lose.'

Remember, our job as adults is to role-model good behavior, and showing your young athlete that they can blame others for things going wrong isn't going to help them later in life.



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WELCOME TO THE FAMILY

The quality of the club stems directly from the individual families that make up the MACH 1 Family. Please welcome the following new families added last month, and we look forward to getting to know everyone!

MACH 1 FC Boys 2012

Goyer, Marshall, Meijia, Messier, Paille, Aguilar, Baker, Conroy, Joyce, and Laberge

MACH 1 FC Boys 2013

Coupe, Ixcuna, and Toscano

MACH 1 FC Boys 2014

Joseph, Coirier, and Hernandez

MACH 1 FC Boys 2015

Delaney and Marnane

MACH 1 FC Boys 2016

Goncalves and Jarbeau

MACH 1 FC Boys 2017

Cardoso, Recore and Budd

MACH 1 FC Girls 2005//2006

Laverty, Fotopolous, and Steele

MACH 1 FC Girls 2010

Dereglia, DiManna, Pollard, Laverty, Lyons, Medeiros, Morkunas, and Scott

MACH 1 FC Girls 2011 HyperSonic

Albanese, Deschene, Nguyen, Brisson, Gervais, and Nickson

MACH 1 FC Girls 2012 HyperSonic

Sellers, Covino, Tripp, Sellers and Chinappi

MACH 1 FC Girls 2013 HyperSonic

Alicia, Howard, Leveille, and Morkunas

MACH 1 FC Girls 2014 HyperSonic

Kraft and Palladino

MACH 1 FC Girls 2015 HyperSonic

Cardoso, Desilets, and Lataille

MACH 1 FC Girls 2016 HyperSonic

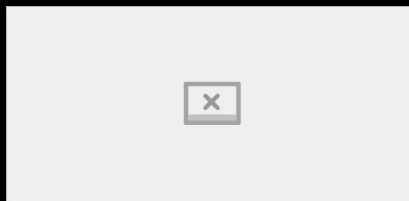


HIGHLIGHTS OF THE MONTH

The first goal of the 2023-2024 Season by Kennedy Sellers of the MACH 1 Girls 2012 HyperSonic team during a "friendly" versus the Bayside FC Pre-ECRL Girls 2012's!



We had the best Summer Camp Season ever,...sssooo much fun!



"SCREWING AROUND!"
LOL



AUGUST QUIZ & WORD SEARCH

(answers will be in the September 2023 Newsletter)

What does the acronym FIFA stand for?

Who was the youngest player ever to be named to the US Women's National Soccer Team?

What is the award for the best player at the end of the World Cup?

What does the hand signal signify when the referee raises his/her arm vertically in the air signaling a free kick for a minor offense?

S	T	R	I	K	E	R	N	R	S	W	M	A	H
W	D	U	E	I	R	B	Y	G	H	C	C	F	G
K	M	X	H	F	I	L	I	H	O	O	N	O	X
B	S	I	M	D	E	V	S	I	R	A	A	O	P
F	O	P	D	L	A	R	S	N	O	L	L	T	X
E	D	I	S	F	F	O	E	T	K	P	A	B	L
O	L	E	M	L	I	R	M	E	W	S	S	A	P
N	A	K	C	I	K	E	E	R	F	H	T	L	E
I	N	G	H	I	B	P	L	D	F	O	U	L	N
W	O	Y	C	Y	E	V	J	D	N	K	F	O	A
O	R	K	T	R	A	C	T	J	E	E	I	Y	L
R	T	P	I	B	C	A	P	R	B	R	F	D	T
H	X	S	P	W	H	A	M	M	D	T	A	E	Y
T	X	P	U	C	D	L	R	O	W	R	P	B	D

BALL
BEACH
CORNER KICK
DEFENDER
FIFA
FOOTBALL

FOUL
FREE KICK
FUTSAL
GOAL
GOALKEEPER
HAMM

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"Soccer is played
with the head.
Your feet are just
the tools."



FRIDAY NIGHT SESSIONS

U10 (2014) - U11 (2013): 5:30-6:30PM

U12 (2012) - U13 (2011): 6:30-7:30PM

REGISTER EARLY:

SoccerIQ.wwois.com

- Week #1 (9/8): "1st Touch of Class"
- Week #2 (9/15): "Delay, Deny and Destroy"
- Week #3 (9/22): "Fight to Finish"
- Week #4 (9/29): "Killer through Balls"
- Week #5 (10/13): "Dominate with the Non-Dominant Foot"
- Week #6 (10/20): "Tackle or not to Tackle"
- Week #7 (10/27): "Crossing into the Danger Zone"

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7-WEEK SESSION

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