

Issue: 27

The

Gladiator Soccer Academy

News



Segev Rabinoviz
Segev.rabinoviz@gmail.com
(647) 981 – 7169

50% REFERRAL OFFER!!!!!! Receive 50% Two Months by referring a new player into the academy by the end of December. To receive this offer, the new player must sign up by the end of December. 50% will be taken off January and February.

GSA Newsletter

Welcome to Gladiator Soccer Academy's Newsletter. Parents' number one source for youth soccer information. Featuring the best youth articles from around the world.

Featuring the best youth

Updates and new programs:

2009 and under
Academy Team
Wednesday 6-7 and
Friday 6- 7



Steve Nash's dad on kids in sport

By: Jim Grove

Hard to believe, but superstar athletes have parents too. Even two-time NBA most valuable player Steve Nash. Steve's parents John and Jean Nash also raised exceptional athletes in son Martin and daughter Joann. Martin played professional soccer for 15 years and represented Canada, and Joann captained the University of Victoria women's soccer team. What were John and Jean's secrets in raising three kids for success in sport? Did they feed them raw slabs of meat from an early age to stimulate an aggressive edge? Did they yell at them and whip them with birch branches to provide "motivation"?

John Nash's insights might surprise you.

Q. What did you and Jean do to get Steve, Martin and Joann active in sport?

Number one, we always led by example. We've always been active ourselves. I have played soccer from the time I was 10 years old, and Jean used to play netball. So we always had balls around when the kids were small. We would kick balls, throw balls, and just generally have fun playing together.

Q. What were the first sports or activities that your kids did? Steve started playing soccer about age 5 and so did Martin. Joann started a bit later but she eventually took up sports and also did very well. They all played a variety of sports as they were growing up.

Q. How did you support them in their activities? We basically just gave them lots of encouragement. I always say praise is the breakfast of champions. Kids will do whatever their parents praise them at. If you pick up a spoon and start drumming with it, and your parents praise it, you might become a musician. But if your parents are always being critical and hurtful, then your kids are not going to pursue those things.

Q. What do you think are some of the benefits of kids playing sports? Sport is not just about sports. It's about getting along with people. Learning to win together, learning to lose together, and dealing with disappointment together. These are important life lessons. Sometime later, if you are writing a computer program with ten other computer programmers, you need to know how to work together as a team. Sports help to teach those lessons. To me that's the crux of it. You may not do well at a sport, but you might make an important friend there, and you'll learn a lot about getting along with people.

Q. Did your children ever have any negative experiences in sports? With coaches? With parents? I remember one lacrosse game Steven was playing when he was about 10 or 12 years old. He went out and scored four goals, and the parents on his team started getting on his case. They were shouting, "Come on, Steven, don't hog it! Pass it! Pass it!" So he started passing every time he got the ball, and then the other team caught up and tied the game. So what do you think the parents said? "Come on, Steven, get a goal! Don't pass it! Shoot!" We were driving home afterwards, and there were tears streaming down his face. "I score goals and they say don't hog it, then I don't score goals and they say hog it!" I told him you have to take it in context. Winning is more important to them. I told him you have to ignore those people and just play. It was typical of the sports he played as a kid. The expectations from parents were unbelievably high. With most parents, the desire to win is a very negative thing.

Q. How can parents help their kids to deal with negativity, or disappointment in general? I think you have to be very careful that you guide your children's perspective so they develop a positive attitude. For example, Steven played hockey when he was small, and one weekend his club announced it was giving out prizes to players. One of the prizes was a new neck guard, and Steven had recently lost his neck guard. We played a game where Steven scored four goals, but he didn't win the neck guard because the coach said, "Steven always wins everything." The coach gave it to a kid who was not as strong a player as Steven, but he'd had a good game. The coach took the opportunity to recognize someone who might not get the chance again. I appreciated what he was doing, so my job was to talk with Steven and guide his perspective. I do the same now with my grandson, Caleb. We were kicking a soccer ball around recently, and he'd score and I'd say "Good goal!" But when I scored a goal against him, he suddenly got angry. So I said to him, "Hold on, Caleb – I'm not going to play with you if you are going to behave like that. What does granddad say when you score a goal?" "Good goal granddad." "Right." So you have to manage their perspective a bit.

Q. Do you have any other suggestions for parents raising their kids in sports? Remember that praise is the breakfast of champions. If you make something painful, your kids will go away from it. If you make it pleasurable, they will stay with it. Because praise is positive. Praise is pleasure, not pain. You respond with praise, or you redirect. But don't dump criticism on your kids. The other thing is to just expose them to as many options as possible. You've got to expose them to artwork, to history, to music. And try to expose them to all different sports. Soccer, baseball, tennis, golf and all the rest. It's terrible to waste a brain, and it's also terrible to waste an athlete.

What To Do At Home

Calling all Gladiators!!!!!! How far can you get in our Gladiator Challenge?? To move on to another level, Gladiators must do 50 of each move before they can move on to the next level. Can you beat all five levels in one day???

If so You are ready for the next Challenge. Can you follow Ari and Cat?

Gladiators never give up and never stop learning! Gladiators always look for more challenges, and if you beat all 5 levels and followed Ari and Cat, you are ready for our advanced soccer moves. How far can you get????

Gladiator Weekly Challenge

<https://www.gladiatorsocceracademy.com/homework>

Checklist	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1							
Level 2							
Level 3							
Level 4							
Level 5							
Ari and Cat							
Advanced soccer moves							

Push Yourself To The Point When You Are Tired, Drained, And All You Want To Do IS Quit.

But Realize, That ONLY When You Get To That Point, Is When You Really Begin To Get Better.

Gladiators! Are You Hungry For that Ball Yet?

Become a Gladiator

Registration is now open for New Programs. To register sign up online and bring a completed registration form found on the website

<https://www.gladiatorsocceracademy.com/register>



Gladiator Soccer Academy Ages 9-12

Learn Soccer the Gladiator Way!

Gladiator Soccer Academy's revolutionary new training method is the first of its kind in the world. At GSA we want no player to get left behind! To achieve this every player in the academy gets 1 hour a week of semi-private lessons. This is a weekly session which a maximum of 4 players attend the session each week. In doing this we can maximize the attention each player gets from the coach. Each week players get three sessions. Two sessions are with their team. The last sessions is the semi-private session. Throughout the week coaches have a chance to see what part of the exercise a player is struggling with. The Semi-private sessions allows coaches to work with players in smaller environments on what they struggled on during the weeks training session.

Jr. Gladiator Soccer Academy ages 5-8

Learn Soccer the Gladiator Way!

At GSA we understand that Kids are involved in other activities. As a result we have created our beginners Academy program. This program is for families who are still looking to receive GSA unique semi-private lessons but have other commitments as well. During the week players will receive one team practice session along with one semi-private lesson with a max of 5 players. This program is for players who will NOT be playing against other academies

Contact Us

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GSA 2009 +2010 Academy Team NEW Starting JAN 1st

GSA's 2009 and Under academy team will now also practice on Fridays and Wednesdays from 6-7PM. This is an exclusive offer for those players that want to be part of Gladiator's Academy team and play against other Academy teams. To be in this program, Parents must have at least 6 months commitment into the program. Players will practice 2 times a week; Wednesday 6-7, Friday 6-7. Upon Registration players will Receive the Following:

- 1.Soccer Jersey
- 2.Custom Gladiator Pennie
- 3.Training Soccer Ball
- 4.Shorts
- 5.Socks