

“BIGGEST LOSER” CONTEST AT THE SIDE

Coaches Billy Wallace and Ryan Bush may not have realized quite the response they would get when they put out a plea for coaches to join their “weight loss/get in shape” New Year’s Resolution. But oh what a response! It’s become a movement as nearly the entire staff of 30 coaches have entered.

As coaches got on board with the effort, the movement grew to even some local media outlets. Some coaches have entered even without as many “lbs” to drop. “Can I gain weight?” asked Coach Branstetter.

Now we all know the coaching staff represents hundreds of years of professional and collegiate athletic experience. “But we may not always appear that way,” says an anonymous source. “It took Rocky six weeks” reports another. The contest runs from Jan 1st thru the Spring season. Final weigh-in will be done prior to this year’s end of season awards banquet. So the coaches have more time than Rocky and as much motivation.

“I have to start working out again if Ryan is”, claims Mark Foster. “I can’t let that slacker get more fit than me.”

If any coach has not entered and wants to get in on the action you can see Billy or Ryan to get signed up. If any parent wants to wager on a certain coach for “pennies for pounds” see Coach Billy. “We will accept donations towards the pounds we lose,” reports Wallace. “In a conversation with Justin at the Coach’s Christmas Party he



talked about losing 50 lbs -- unhealthy and just ridiculous, but that’s Justin.”

Weigh in took place the first two weeks of January. So if you see your coach looking slimmer and leaner this season, a bit more pep in his step, then you’ll know why. And if your coach would be a “good candidate” then send your recommendation to Coach Billy.

Check the website this Spring for an update on the Biggest Loser contest. Coach Billy will post a “midseason” report. And coaches we alarm all against drinking Justin Phillip’s weight loss juice -- not a good idea!

2009 League Trophies Breakdown for WSA

WSA teams continued to claim more league championships in 2009. Since 2008 WSA has claimed more GCSA league titles than any club in Tulsa. The following is a list of all the Champions and Runners-Up (3rd place teams will also receive trophies at the Awards Banquet this Spring).



Pictured here WSA 98 Girls show who they think is number one!

CHAMPIONS!

WSA claims to championship hardware lately have been record setting. No club in Tulsa has won more since 2008!



Unbeatables: WSA 97 Boys were 2009 Fall GCSA A League Champions by going undefeated, and nearly marking the first perfect record in club history (a late season draw erased the chance for perfection).

With many new faces, additions to the coaching staff, and a new look training top (unfortunately of the Man United variety) the 97 boys Red team knew that it would take some time to “bring it all together”. But the lads did just that. After a defeat in the semifinal stage of the Labor Day tourney the team went on a tear through GCSA league play in a 9 win, 1 draw season, to easily capture the championship, and earned promotion to the OPL! Congratulations 97 boys Red on a great season!

2009 SPRING LEAGUE CHAMPIONS

WSA 98 Boys u11 A Division CHAMPIONS

WSA 95 Boys u14 A Division CHAMPIONS

WSA 93 Boys u17 A Division CHAMPIONS

2009 FALL LEAGUE CHAMPIONS

WSA 97 Boys Red u13 A Division CHAMPIONS

WSA 99 Boys White u11 B Division CHAMPIONS

WSA 93 Boys Red OPL CHAMPIONS

WSA 92 Boys OPL CHAMPIONS

Runners-Up

Notably the 98 girls became the “near miss” queens.

2009 SPRING LEAGUE RUNNERS-UP

WSA 98 Girls u11 A Division Runners-Up

2009 FALL LEAGUE RUNNERS-UP

WSA 98 Girls u11 A Division Runners-Up

Non Hardware Successes!

It’s not always the teams that claim that hardware with the most impressive results. This season the 97 boys blue squad made a major push to become a contender in the GCSA league. The team finished middle of the pack. The 96 girls, under Coach



98 Girls Blue got a win in their first season!

King’s guidance threatened the trophy ranks of the A division early in the season, before late season draws would cost the needed points. The 98 girls blue side found their first victory as a team in their first season under Coach Jordan Tatum at the tail end of the Fall. The 96 boys blue proved they can compete, and Coach Brad hopes to “get them over the hump” this Spring. Our 99 programs all proved the future is bright for WSA, in fact 99 boys White went on and claimed a championship in their first season, promoted now to the A division they have sights set on a possible birth to the OPL this season!

**NEW LOOK WEBSITE
NEW FEATURES NEW
PARTNER DEMOSPHERE
WSASOCCER.ORG**

The WSA Soccer Club has a new look to their website in 2010. The new site is powered by "Demosphere", while DOC Roger Bush assumed the club's webmaster position. The new site features include admin access to team pages allowing teams to keep their own team pages, college profiles that allow the athlete to maintain their own profile, videos, training resources, picture galleries, registration forms, and online payment platforms. "The new site is more functional for our growing membership and is becoming an excellent tool for club communication" reports Roger Bush, webmaster and DOC.



Other features that membership may find helpful include club calendar and "upcoming events". The upcoming events is updated to include all events on the horizon in the next 30 days for WSA and is found on the front page. Some departments, such as academy, have their own unique calendars within their section. There is also a "field status" notice on the front page to help keep membership updated on recent field closings or openings.

Players can check out the training resources page which includes several training videos, and resources. There is a fully developed managers section for team managers, an alumni section for club alumni, and even link to the 2010 World Cup. On the very near horizon includes plans for an online store for logowear and certain equipment purchasing.

CHECK IT ALL OUT AT WSASOCCER.ORG



WSA 01 Girls Captured a Tourney Trophy this Fall

**2010 WSA GOLF
TOURNAMENT
JUNE 5th, SATURDAY**

The 2010 WSA Golf Tournament is set for Saturday, June 5th, at Clary Fields Golf



Course. Cost is \$80 per player or \$300 per foursome. Local celebrities have been invited (and no we don't mean

Ryan and Billy). The entry fee will include hamburger dinner, cookout style. Entertainment will be Ryan and Roger playing Golf. See the WSA Website for online registration and more details.

**TOMMY PIT: A
Training Innovation**

At the first ever "Coach-Amigos" panel discussions this past Fall there were several signs of progress in an onward effort to upgrade facilities at West Side Alliance. However, one stumbling block was how to take on the challenge presented by coach Tommy Apitz that on occasion facilities get closed due to weather, when he wants to train.

The response was the creation of the "Tommy Pit". "The Tommy Pit is an area where you can train on bad weather days. Tear it up. It's open all year, all day," claims Amigo ringleader Chris Foster. The only reason you may not be allowed on the Tommy Pit is in the event of lightning or tornado warnings.

So the fields may all be closed -- but the Tommy Pit will still be an option for the "Tommy's" of our coaching staff. This year's Tommy Pitt is hosted at Hollier Park's "upper tier" field, the newest WSA training site located on W Okmulgee Ave in Sapulpa (see website for directions).



24-7, 365 days a year = "Tommy Pit"

**2010 WSA CUP
TOURNAMENT SET
FOR APRIL 16-18
10 YEAR ANNIVERSARY**

The 2010 WSA Cup will celebrate it's 10 year anniversary this Spring. The tourney is slated for April 16-18th and as always the club will be looking for volunteers to assist with the event.



This year's event is expected to draw teams from a multi-state area. Teams from premiere club programs nationwide, such as Chicago Fire, San Antonio Lions, Colorado Pride, Little Rock Futbol Club, have already expressed interest.

New for this year's event will be a u8 division, and hosting some games at Blake Bingman in Sapulpa. Excitement is already building for what is anticipated to be the largest turn-out in the history of the event. Stay tuned for details on how you can help us host our largest fundraiser event of the year, and one of the areas top soccer tournaments.

**WSA FUTSAL LEAGUE
Play Indoors, Save Money**

WSA is sponsoring it's first ever Futsal League at the Case Community Center located on site at Rivercity Parks. The league was initiated by the efforts of WSA coach Mark Foster. This seasons league includes teams from WSA 98, WSA 97, and WSA 96. The cost per team \$250, which includes referee fees was considerably more affordable and practical than the typical entry fees for indoor soccer. If your team is interested in participating in the next session make sure you stay tuned in. You can track current league standings at wsasoccer.org under Futsal League (lower righthand corner of the homepage).