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March, 2019
Newsletter Volume 5

The Vikings Explorer



SFVSC.org

Important SFVSC Dates:

April 9th: Tryout field locations announced.

April 11th: AGM for Vikings members. 7PM at the San Francisco [County Fair Building](#) in Golden Gate Park.

April 27th/28th: Fall Tryouts for birth years 2006 and younger. (Location and time TBD)

May 2nd/3rd: Fall Tryouts for birth years 2005 and older begin. (Location and time TBD)

May 14th: Deadline to commit to a Fall 2019 team roster.

July 8th - August



Vikings is proud to announce we are now recognised by US Club Soccer as one of just 59 "Players First" clubs across the country! Thank you to all our amazing, dedicated coaches and families for making this possible.

Event Highlight: 2019 Fall Tryouts

Tryouts for Fall 2019 teams begin April 27th for players born in 2006 or younger, and May 2nd for players born in 2005 or older. Stay tuned for tryout locations, they will be announced on April 9th!

[Click here to register for Fall 2019 Tryouts!](#)



Inspired by the Game

Coach Barbara shares her soccer journey so far.

There are few things more rewarding to a coach than seeing her players improve, whether incrementally or in big leaps. On the practice field, or during a game. Whether my team wins, loses or ties, I look for the ways they improved over the last game. How an individual took more shots or tackled more balls

or ran faster to the ball than we have seen her run before. How the team held their positions, covered for each other, and worked with the GK to defend our goal. Sometimes it is better communication on the field that improves the game, sometimes it is keeping your



16th: Summer Camp.
[\(Click here for details!\)](#)

2019 Vikings Summer Camp

It's back!



Vikings is proud to announce our annual summer camp will be returning to the beautiful field of Beach Chalet this year! Starting the week of July 8th-12th, the camp will run until the end of the week of August 12th-16th.

Younger campers can look forward to a variety of activities designed to keep them engaged with one another and enjoying the sport of soccer. Older players can expect a more focused approach on developing soccer skills and athletic abilities.



Campers can sign up for any or all weeks of camp. Extended care is also available before and after camp for a low fee.

Early registrants receive a 10% discount, and so do siblings!

[Click here for more](#)

head up after a mistake. It is natural to feel great after a win, but we rely on skill, athleticism AND luck. So we should always be looking at improvement as a barometer for success.

I came late to soccer and to coaching. When my son started playing with the Y at 5, his first session was coached by an amazing 90-year-old Italian man. He was small and spry of figure with sparkling blue eyes, he was a soccer sprite. I was entranced by the beauty and simplicity of the game and when my son's class formed a team the next year I became their coach after getting my coaching license from long-term Viking Toby Rappolt. The talent on my team was such that many went on to play college ball. I learned so much from those boys. My daughter also started at 5 with the Y, with me coaching, but I soon moved her over to Microsoccer. She eventually joined the SFVSC at 10, first with Fernando Picazo and then with Carlos Escobar. I assisted the teams and these coaches were my mentors.

[Click here to read more from Coach Barbara!](#)

Reaching Out to Vikings Members and Beyond

A message from Vikings' new Community Service and Outreach Committee.

The mission of the Vikings Community Service & Outreach Committee is to "Promote opportunities, equity, and access to soccer education and development, while maintaining a focus on financial aid awareness." A lofty sounding goal, and happily brief as mission statements go, but what does it mean in practice?



We are a group of Vikings members – including parent volunteers, Board members and our Executive Director and Director of Coaching – who meet monthly to organize events and initiatives in support of our mission. These include:

- Fundraisers for the Vikings club and other worthy organizations in our communities.
- Social events to attract new members and to create a family atmosphere for the benefit of current members.
- Creating partnerships with local media outlets, schools, corporate sponsors and charitable service providers.

In our brief time working together, we have organized a soccer kit drive, which you can read more about below, for our members to donate new and gently used cleats, shin guards, jerseys and other soccer gear to local child-centered charities. We have also helped establish contacts between the club and two kid-centric community service providers – YMCA of San Francisco and the

[information and registration!](#)

"Vikings Go Dutch"

See "The Vikings Way" in action in this home-movie style video from our annual Dutch 4v4 Day of Play. Filmed by our very own Director of Coaching, Tommy Alioto!

[Click here to watch now!](#)

PHOTO CONTEST!

WIN FREE VIKINGS GEAR BY TAKING A PHOTO OF YOURSELF IN VIKINGS ATTIRE IN A RANDOM LOCATION AND SUBMITTING IT TO:

office.sfvsc@gmail.com

The most impressive photo wins!

Spirit Wear!



Vikings has club gear available for order to help show off your spirit! We have practice T-shirts, sweatshirts, and customizable training jackets!

[Click Here To Browse Options!](#)

Feedback is the Breakfast of Champions!

SMART program – with the goal of establishing partnerships that provide valuable services to their members, like free soccer coaching expertise, while also winning new members for our club and establishing deeper ties in currently underserved parts of the City.

Our future plans include organizing club social events, fundraisers and group charitable volunteer activities for our players and parents. We're counting on your support as participants in these events, and we also welcome your energy, creativity and talents in helping us to plan and organize them. Our members are David Dir, Tommy Alioto, Yvonne Bui, Abeer Choudhoury, Dan Chung, Jose Flores, Robert Freedman, Jennifer Gette, Robert Innes, Phillip Kilbridge, Jon Pon, Amarjit Sahota, Simi Sahota, Ed Sidawi and Jon Stern. Please let one of us know if you'd like to help – with your time or with a great idea for us to pursue. We look forward to putting on some great events and meeting lots of old and new Vikings members in the process.



Calling All Vikings!



Athletic Gear Drive

Please bring your new or gently used athletic gear to a Vikings practice or the main SF Vikings office

Dates TBA

Athletic gear needed: jerseys, uniforms, shirts, shorts, pants, futsal/turf shoes, cleats, deflated balls, shin guards & socks

All athletic gear donations will benefit boys and girls in the San Francisco Bay Area community



We Inspire a Life-Long Passion for the Beautiful Game of Soccer

1434 Taraval St. Suite A, San Francisco, CA 94116, 415.753.3111, office.sfvso@gmail.com

Meet Our Coaching Staff:

Name: Forrest Cadam

Age: 35

Years with Vikings: 6th season of coaching, 30th season of playing.

Team(s) you coach:

What do you think of the Explorer? Send your feedback to office.sfvsc@gmail.com

B07 Red, B08 White

Favorite professional team:

Liverpool FC

Where did you grow up?

San Francisco

Tell us a little about your family?

I live in Richmond, California with my wife Kathy and 2 kids, Hunter 5, and Kessa 8 months. Kathy and I went to Lincoln High School together here in SF, but didn't start dating until 2006, during the World Cup. I was working at Sunset Soccer at the time and she came into the shop looking to buy an Italy jersey for the World Cup - the rest is history! We now have 2 wonderful children and my son just turned 5 a few weeks ago and will be playing with the Vikings Kindergarten team this Spring, he is very excited!



What do you love about or what got you interested in soccer?

I love the universal connection soccer brings our world. Soccer knows no boundaries and is embraced by all. Anybody can play soccer. By growing up in San Francisco AND playing soccer, I truly had a rich upbringing, making friends from all walks of life.

Why or How did you start coaching?

My first coaching experience was at the Viking Summer Camp as a 14 year old. It was the summer of '97, Toby was the Camp Director and I helped as a Jr. Assistant Coach. Since then I have coached on and off over the years, more recently coaching the past 6 seasons with the Viking Club.

Who has influenced you in your development as player/coach?

The number one influence on me is my father, Pat Cadam. From the first day I kicked a soccer ball as a 5 year old at West Sunset he has always been there for me and my brother. He became a league commissioner for the old Viking League in the 90's and eventually became President of the Viking Club. He has been such a positive role model in my life and I wouldn't be the player or coach I am today without him.

Favorite part of being a coach so far?

The best part of being a coach is the wonderful feeling of a team coming together. Winning is lovely, but it's all about the journey of the team. Seeing individual and team growth is extremely satisfying as a Coach. As is the way a team overcomes the adversities presented throughout a season and working together with a common goal while enjoying the game we all love.

What do you think makes Vikings special?

Our history and our members. I've been a Viking since I was 5 years old and the players, coaches and families I have met over the years are what make us such a wonderful Club. Many of us involved with the Club have been together for so long we are now family - Toby, Libby, Joey, Bucky, Fernando, Barbara, Pat. Even on the Viking Men's team we have a core group of players who played with the Club as youth players and now play with the Men's team. We wouldn't be the Club we are now without our community

Congratulations Vikings Futsal Champions!



Congratulations SFVSC G08 Red and coach Jim Broshar!



Congratulations SFVSC G08 White and coach Joe Luppino!



And last but not least, congratulations SFVSC 8th Grade Samba and coach Fernando Picazo!

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) for more pictures of Vikings in action!

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