

# FreeKick

Serving the Beautiful Game



## Last Laugh

Whitecaps 2009

Meeting  
Terry Fox

Mom...  
I'm Quitting!

World Cup  
2010

# Celebrate with us!

## Schwan's™ USA CUP

presented by

**PUMA**  
pumafootball.com

Weekend Tournament • July 10-12, 2010  
USA CUP Soccer Challenge • July 12 & 13, 2010  
Week Tournament • July 13-17, 2010

**WWW.USACUP.ORG**

AMERICA'S GREATEST INTERNATIONAL

YOUTH SOCCER TOURNAMENT



**SoccerAmerica**



800-535-4730  
National Sports Center  
Blaine, Minnesota, USA

**Full-Time:  
Vancouver's Soccer Show**  
with Tyler Green and Mike Martignago



2 HOURS OF SOCCER TALK  
EVERY SUNDAY NIGHT FROM 9PM-11PM

**TEAM 1040**  
**SPORTS RADIO**

[www.team1040.ca](http://www.team1040.ca)

# Contents

- 4 Contributors
- 5 Publisher's Note
- 6 Meeting Terry Fox
- 8 World Cup 2010
- 10 Apps Family Affair
- 12 Last Laugh
- 15 Mom, I'm Quitting!
- 16 Stillness Scores
- 17 Going to Rio
- 21 Kid Zone | Recipe
- 22 SoccerScopes


Cover Photo: Gil Gatchalian

Thank you Vancouver for voting us

# THE BEST YOGA STUDIO

in the city

Gloria Latham  
YOGA TEACHER TRAINED  
SEMPERVIVA FOUNDER  
VANCOUVER

 **semperviva yoga**

- Vancouver's most experienced and knowledgeable teachers
- Over 115 all-level classes in all styles of yoga every week
- Internationally recognized Yoga Teacher Training programs
- Awe-inspiring yoga retreats

Register today at [semperviva.com](http://semperviva.com)

**straight  
BEST  
OF VANCOUVER 09  
WINNER**

# Free Kick Team



**Lindsay Marsh, Editorial Assistant**  
Equipped with a BA in English Lit and a Sustainable Community Development Post-Bacc Diploma, Lindsay spent 3 years teaching and volunteering in Japan and SW. Asia. Her passion for sports led her to many muddy games of soccer with boys and girls at a children's home in Thailand. [www.go-mad.org](http://www.go-mad.org).



**Shivan Skipper, Photography/Production**  
Shivan is a multi-dimensional photographer, writer and designer whose all-time soccer highlight was attending his first European match in Liverpool (vs. Westham United) last winter from the media section. (see June '09 Free Kick). [www.radicalclarity.com](http://www.radicalclarity.com)



**Piper Bradley**  
Anna is a 17 year old Vancouver artist who is crazy for cartooning and just a bit crazy in general. She migrates around the city in her cardboard starving artist box doing art for food and stealing your single socks from laundry machines.



**Neil Humphrey, Webmaster**  
Neil is a passionate local coach and suit in the football community. His multi-talented skills in competitive sailing and the beautiful game gave him a compass to travel extensively around the world. Here at home, he consults in marketing, PR, Internet sectors and all the latest soccer junkie info. Beware Voyageurs!



**Michael Oldham**  
Mike is a soccer journalist from Edinburgh. Along with Scottish haggis, he eats up anything to do with the beautiful game. He is the producer of football phone-in radio show and is presently writing a book on the MLS. [www.insidesoccerusa.blogspot.com](http://www.insidesoccerusa.blogspot.com)



**Armindo Fontana**  
Much to his wife's despair, Armindo spends most of his time playing, reading, watching, talking, coaching, thinking and writing about soccer. What can you expect from a guy born and raised in Brazil?! He also believes Corinthians is the best club on earth.



**Heather McLean**  
Heather's specialty is healthy and alternative vegan creations. She lives in East Vancouver.



**Gil Gatchalian**  
Gil's passion for sports, music and news events led him to photography during the Expo '86 era. His sporting and editorial images have appeared in numerous local and international publications. To Gil, making images that move people is priceless.



**Ingrid Schneller**  
Ingrid describes herself as a soccer mom, goal tender and a geek. When she isn't kicking around soccer balls or defending the net, Ingrid can be found writing about technology, lifestyle, travel and resorts.

**the wolf & hound**  
kisslamano's neighborhood public house

Showing all your favorite games on **Setanta Sports**

Mon - Thurs	2pm - 12am
Fri	2pm - 1am
Sat	12pm - 1am
Sun	11am - 11pm

visit our website for details on team sponsorships & discounts

3617 West Broadway (Between Dunbar & Alma) 604.738.8909

[WWW.THEWOLFANDHOUND.COM](http://WWW.THEWOLFANDHOUND.COM)

# FreeKick

Serving the Beautiful Game

Editor Carrie Serwetnyk  
carrie@freekickmag.com

Photography Gil Gatchalian  
Shivan Skipper

Mailing Address: Suite 128  
1917 West 4th, Avenue  
Vancouver, BC, V6J 1M7

Advertising Inquiries 604.551.7006  
sales@freekickmag.com

Printed by Teldon Print Media

Free Kick is a free publication. It is published monthly and distributed to retail soccer stores, stadiums, sporting retailers, community centers, and many pick up locations throughout the greater Vancouver area. For more information please contact info@freekickmag.com or visit our website at www.freekickmag.com.

Free Kick recommends FIFA Affiliated travel and ticket services for the 2010 World Cup

## ***Publisher's Note:***

*Why "Serving the Beautiful Game"?*

*As a magazine we have the ability to give a much needed acknowledgement to individuals who contribute their energy to soccer. Our mission is to serve the players, fans, parents and coaches who want information and support for their passion.*

*Brazilian star Pele's most renowned quote was when he called football the "beautiful game". The quote speaks for itself to all those who have played soccer or admired it in the stands. It hits the mark between how it looks on the outside and how it feels on the inside playing it.*

*We feel the combination to "Serve the Beautiful Game" matches our ambitions as a magazine.*

Copyright © 2007. No portion of this publication may be reproduced in whole or in part, without the written permission of the publisher. All rights reserved.



Free Kick Magazine is an environmentally friendly publication. Printed on recycled paper.



## PUBLISHER'S NOTE

**CARRIE SERWETNYK,**  
FIRST WOMAN CANADIAN SOCCER  
HALL OF FAME

**W**elcome back to Free Kick. We hope you can hunker down to read some great stories on the beautiful game. We are very proud to share the tale of two sisters who have represented Canada individually on the women's national hockey and soccer team. As granddaughters of the legendary Syl Apps, Gillian and Amy reflect on the two most dominant women's sports in our country. With the Winter Olympics on the horizon, our hopes will go beyond our soccer worlds and into the dreams of our Canadian athletes. Hockey is certainly the sport that will gain the most attention.

Looking further down the road, the big event across the globe is really the 2010 World Cup which takes place in South Africa next summer. We are keeping you up-to date on issues and qualifying teams to fire up your spirit for the unprecedented challenges and glory that awaits us.

As the excited pulse of the World Cup quickens globally, so too will the soccer interest in Canada and more so in Vancouver as the Whitecaps prepare for Major League Soccer. Unbeknownst to most cappuccino-sniffing, sushi-slurping Vancouverites, soccer propaganda will take up the vacant Olympic paraphernalia by next summer and soccer fever will likely be the talk of the town. We took a brief look at the dramas the Whitecaps endured this past season and why they truly have every reason to smile.

On top of the obvious stories gaining attention in the athletic world, I was happy to share a childhood memory when my soccer pals and I met Terry Fox on his Journey of Hope. Of course we couldn't have known how legendary of a figure he would later become, but at that moment in time as we followed and cheered on his steps, he seemed legendary to us.

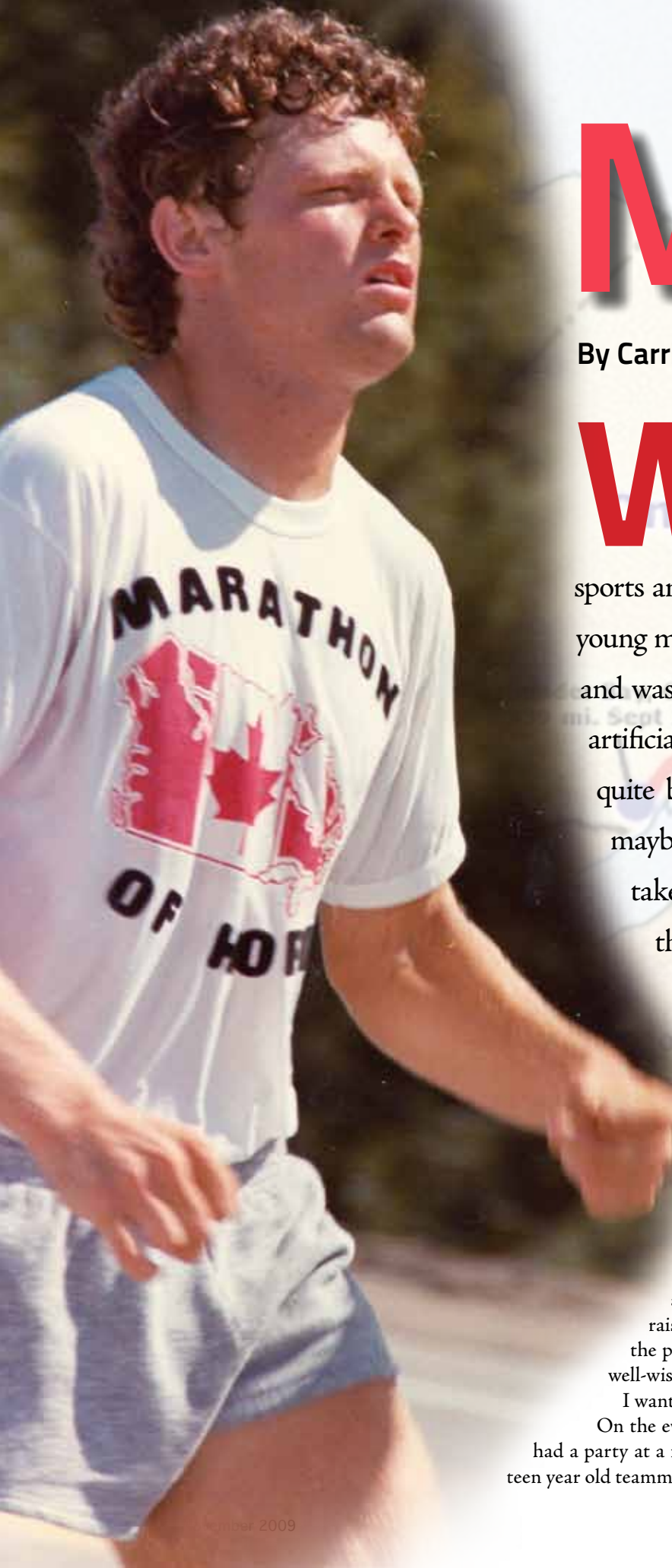
We are also intrigued by and wish to include ideas from the recent Dalai Lama Peace Summit in Vancouver. The mind, body and spiritual stillness that Eckard Tolle described during the conference hit the mark in his dissection of concentration and the power we can draw within to maximize our abilities as athletes and so much more.

As usual, we bring you our best effort to entertain you with our Soccerscopes, Kidz Section, Red Card Yellow Card, Recipe and the soccer mom's point of view. Pull up your socks, stay warm and we hope you enjoy our 14<sup>th</sup> edition of Free Kick.

Best wishes,

A handwritten signature in cursive that reads "Carrie".

**The Province**



# Meetin

By Carrie Serwetnyk Photos by Ed Linkewich

**W**hen I was young, I was always an avid newspaper reader. I would devour most sections, especially news, sports and entertainment. I recall reading about a young man from BC who lost his leg from cancer and was planning to run across Canada using an artificial limb. The stories at the beginning were quite brief at the time in the Toronto Star – maybe the size of a postcard. No one seemed to take too much interest in him as he hopped through the Maritimes and across Quebec.

Day by day, I followed his travels. It was rare to hear about someone crossing our country by foot, let alone with only one.

In my own athletic world, I was a young teenager on a youth soccer team in Clarkson, Mississauga. In those days, most of us stayed on a number of sport squads throughout the years, so we were all pals for better or for worse on and off the field. For the most part, we walked to our own practices, hung out until random hours, and lived a freedom few kids could understand nowadays in their extensively programmed lives.

As Terry Fox entered into Ontario, the word had spread about this remarkable man running a marathon a day to raise money and awareness for cancer research. The stories in the papers became longer and more prominent, while crowds of well-wishers lined the streets to cheer him on.

I wanted to be with him too.

On the evening prior to Terry arriving in Toronto, my soccer team had a party at a neighbour's house that was being "looked after" by a thirteen year old teammate. I don't want to mention what beverages may have been

# ing Terry Fox

involved in the festivities, I just remember that we stayed up most of the night and we were certainly fatigued by sunrise. Looking back at how I talked half a dozen of them into getting on their rickety bikes, riding 10 km to Lakeshore Boulevard to meet some guy they had never heard about by 9:00am on a Sunday morning is kind of remarkable. But I believe in our under-scheduled lives, we had nothing else to do. Without any breakfast and sporting last night's attire, we sat alone on a curbside in Port Credit and waited.

It turns out this guy had become pretty popular by the time he made it to Toronto. As we hung out for hours, we heard there was a rally in Toronto where government officials there welcomed him as a hero. Money started pouring in with the hopes to bring in one dollar from every Canadian. With time on our hands, we created supportive signs on pizza boxes and Bristol board.

Around seven hours later, the glorious icon we now see in the historic photos and footage came hopping into sight. He was jogging with that familiar skip, that smile with determination and pain so entwined. He wore his white t-shirt bearing the Canadian flag and grey shorts. There was a police escort and a van that followed, and there we were, my team and I on our one speed bikes riding at his

side, cheering him on with our handmade signs. We were so proud of this guy - he seemed so sweet and so innocent and it was so incredible that he was running a marathon a day on one leg right across

you, a passage of endearment for our enthusiasm and silliness, but I remember his burnt nose and cute freckles and his smile so close to mine. It filled me with gratitude.

Back on the road he went, and back in the papers as his story grew to be legendary.

We stayed with him until we knew it was time to go, to return to our respective homes and find dinner for our hungry bellies.

Looking back at playing youth soccer, I can definitely remember some games we won and lost. I can see our candy stripe uniforms and there are lots of trophies somewhere in a box tucked away. What I remember most is the people I grew up with and the adventures and journey that shaped our young lives off the field. On that day, I recall it was the day we all wanted to be a part of something special, to see someone extraordinary. We had no idea this brave man, this vision to cross a country so large, would be an igniting spirit, carrying an ideal so beyond our imaginations that surely we

were touched in ways we cannot fathom. For me, this was the day I received a kiss from Terry Fox. More than that, he was the eternal reminder that so much is conceivable if we have a dream and the guts to pursue it, no matter the magnitude of impossibility. 🍀



Canada. We could only ride beside him and admire his pursuit.

Then he stopped to take a break at the van, to get a drink of water and maybe some advice from his support. I believe he changed his shirt. And then he came over to me and kissed me. It was just a thank



# World Cup 2010

Ever since it was announced that South Africa would host the first ever World Cup finals to be held in Africa, the level of global anticipation for the event has been met with an equal degree of caution. Doubts have been raised, concerns have been aired and sceptics have been peeking around every corner, waiting for something to go wrong.

But as we approach the start of a year that could witness one of the most significant sporting tournaments in modern times, it appears that optimism is taking over. *Finally*, soccer can become the major talking point.

Doubters have argued since day one that the country, indeed the whole continent, isn't ready for such a global showpiece. Critics implied that a 'Plan B' might be necessary should South Africa fail to prepare in time. The United States was mooted as one potential back-up venue.

But where some saw only negatives, others sensed optimism for a country with the opportunity for the greatest moment in their history since the end of apartheid in 1994. Just over fifteen years ago, the concept of hosting a World Cup in South Africa was unthinkable.

The issues and concerns that have been raised about the event are not without foundation. But the South African government seem as aware of these issues as anyone, and are desperate to overcome them. When the curtain is raised on June 11<sup>th</sup>, 2010, they want to be ready.

The biggest concern is *crime*, especially violent crime. The murder rate in

South Africa (50 per day) is worse than in the United States, whose population is around six times larger. This is a startling statistic, especially when you consider the amount of fans that will be travelling to South Africa next summer. And it seems these worries also relate to the players - it is believed the German national team have been advised to wear bulletproof vests if they decide to venture out during their stay in the country.

But for every problem, there is a solution, and the murder rate has actually dropped in 2009 for the seventh time in eight years. The government target of crime reduction of 7% - 10% annually will be helped with the addition of 30,000 police officers in time for the World Cup. This will take the number of police in the country up to 190,000. There are also measures being taken to prevent bad behaviour from the visiting fans themselves, and plans are in place to set up criminal courts at training sites, fan parks, public viewing venues and at borders during the tournament.

Another major issue surrounding the tournament, especially with the influx of a large number of foreigners to the country, has been *transport*, with public services and the much-criticised train system being

singled out for particular criticism.

However, in November 2008, the SA government announced that around \$16 billion would be invested in transport for the estimated 450,000 visitors during the tournament. Transport Minister Jeff Radebe was confident that this would not only be sufficient for the World Cup, but would "ensure a lasting legacy for our



people." Only time will tell whether that is the case.

The third major concern about South Africa 2010 was simply whether the *stadiums* would be ready in time. Some required slight renovations while others were being built from scratch. The Confederations Cup in June, a dress rehearsal for the main event and an ideal gauge of how things were moving, was seen as a great success. A South African newspaper, *The Soweta*, said



## By Michael Oldham

afterwards: "Detractors said we'll mess it up. How wrong (they were). Beside South Africa's hospitality, we hosted a Confederations Cup second to none."

Following the Confederations Cup, only two of the stadiums remain unfinished, and an inspection of all the new stadiums (which included members of the Local Organising Committee and over 50 operational experts from FIFA) in October was met with positive feedback.

The overall cost of hosting the tournament is difficult to estimate, with upgrades in the country's infrastructure expecting to top \$55 billion. But the tournament will create around 160,000 new jobs in total, and is expected to contribute approximately 21 billion rand (\$2.9 billion) to the country's GDP and bring in 7.2 billion rand (\$984 million) in taxes, according to a study by consulting firm, Grant Thornton.

The World Cup is difficult to put a price on, and for those who win it, it is priceless. As the final qualifying teams are determined, there is still time to wonder and to hope for all those involved.

Of course, no one yet knows what is going to happen; whether the tournament will be a great success or almighty failure. But as the qualifying process draws to a close, and fans prepare to head to the globe's biggest party, there is every reason to be excited about what will almost certainly be the most watched sporting event of all time.

Argentina versus Uruguay on October 14<sup>th</sup> gave those watching a stark reminder of exactly what is at stake in World Cup qualifying. With Argentina a breath away from disaster, their manager and best ever player, Diego Maradona, led the *Albicelestes* to a 1-0 victory and a place in their 15<sup>th</sup> World Cup. The outspoken coach sparked

controversy in typical Maradona fashion with a rant to his enemies: "I'd like to thank my family and the people of Argentina and nobody else," he said to the huddled mass of media on the pitch after the match. "We've reached the World Cup in style, taking on and beating a great Uruguay side and doing it like real men. This goes out to the people who believed, not to the disbelievers, who treated me like rubbish."

Brazilian icon Pele, an iconic World Cup figure, welcomed the Argentine victory, insisting: "I always say that I prefer to beat Argentina in the World Cup. It's more tasty. We who love football know that Argentina should not miss the World Cup."

The South Americans were not the only country who enjoyed a bit of drama in qualifying, as the United States clinched their place at the finals with a hard-fought

*Continued page 14*



# **SOCCER EXPRESS**

**Balls • Boots • Team Sales • Equipment**

### **NORTH SHORE:**

#2 - 1480 Marine Drive, North Vancouver, B.C.

**Ph: 604.986.9909**

### **COQUITLAM:**

#105 - 2733 Barnet Hwy., Coquitlam, B.C.

**Ph: 604.942.6600**

### **KELOWNA:**

#5 - 1470 Harvey Avenue, Kelowna, B.C.

**Ph: 250.712.6222**

*Congratulations Whitecaps!*



**WWW.SOCCERX.CA**

# Representing Canada: it's an Apps Family Affair

**A**s Vancouver begins to brace for the Winter Olympics in February, soccer will go on the backburner from the collective Canadian psyche as the spotlight sizzles on hockey, ski acrobatics and sleds flying down mountains. With the Games in our own backyard, I couldn't help but wonder about the parallels of our sport to our beloved nemesis, hockey – that true Canadian game that seems to get all the attention in our country despite the crammed fields of soccer kids, our mad-about-football immigrants, and the success of the MLS in Toronto.

Amy Apps is a former member of the national soccer squad while her younger sibling, Gillian, plays for Team Canada. The maple leaf is so tattooed in the family crest that hearing the name "Apps" takes us back to their grandfather, the great Syl Apps, an Olympian pole vaulter and three time Stanley Cup champion who captained the Toronto Maple Leafs for a decade, starting in the mid 1930's. Their father Syl Apps Jr, also enjoyed 727 games in the NHL during the 70's.

Both Amy and Gillian started their athletic careers out of Unionville, Ontario, mixing soccer and hockey in their lives. Amy, five years older than her sister, excelled in soccer as Gillian began donning shoulder pads and a crash helmet before even graduating from elementary school.

**Free Kick interviewed Amy and Gillian to find out the similarities and differences between the national soccer and hockey programs.**

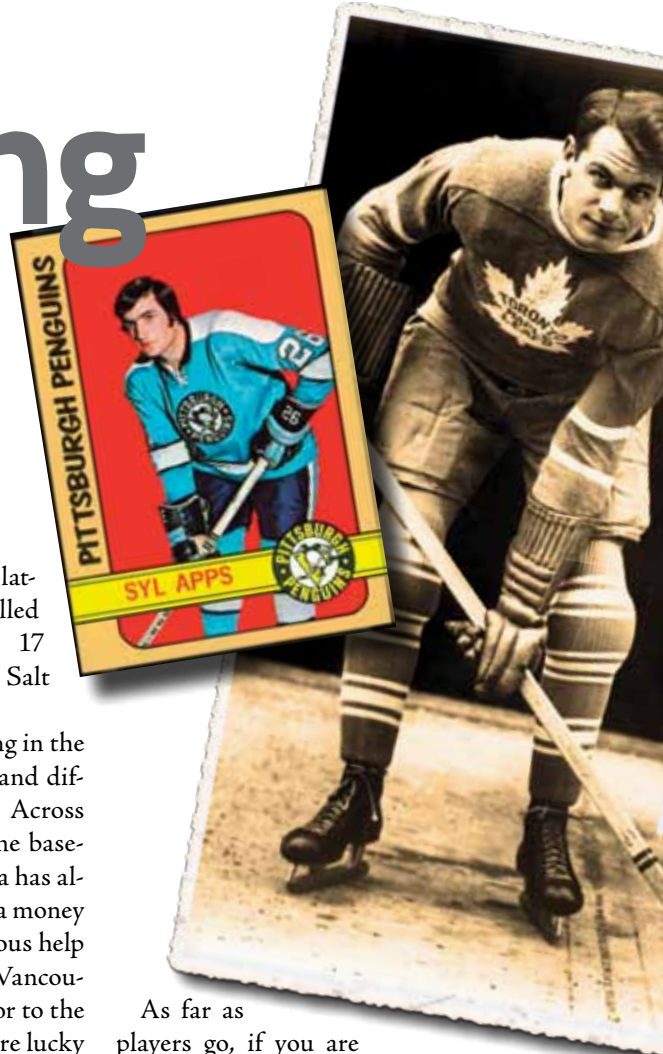
"Soccer was my passion," explained Amy. "I went on to play at University

and made the national team later on at age 27. Gillian was called up for the U22 Team at age 17 during the pre-Olympic year for Salt Lake."

"It's been interesting for me being in the program and seeing the parallels and differences. Funding is a big thing. Across the board, all sports have the same baseline funding. But in soccer, Canada has always struggled. There was no extra money floating around. We had tremendous help from Greg Kerfoot (owner of the Vancouver Whitecaps) in '07 and '08, prior to the World Cup and Olympics. We were lucky to be paid as full-time players and live in residency. One hundred percent came out of Kerfoot, otherwise we would have had 3 or 4 camps.

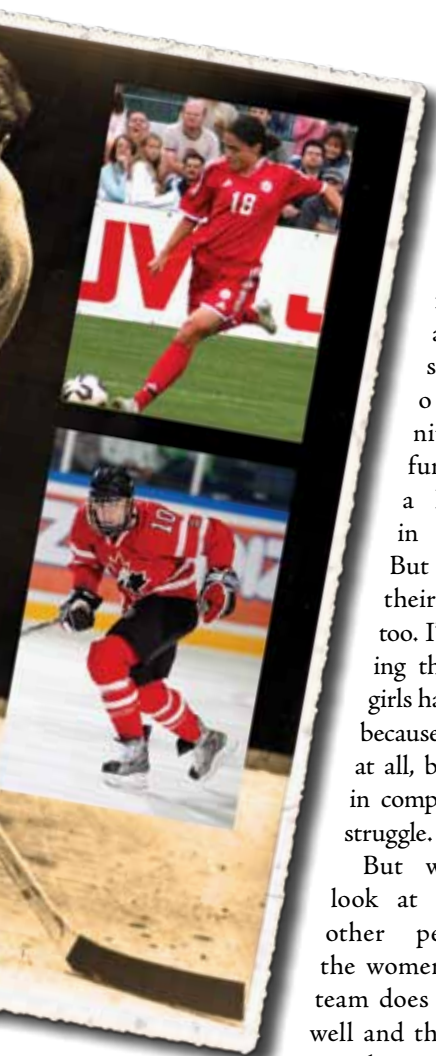
With hockey, it is an Olympic sport that Canada expects to play in. Every four years they go into residency for 6 months. It's always August 1st and they stay there through the games. It's a shorter prep time, whereas we were trying to mimic the European club system. That's why we had everyone come to Vancouver to train. We thought it would be better to qualify and perform well.

Hockey is a lot more structured. They know exactly the format of tournaments and training times. They go into residency and it's flat out. When it's not an Olympic year, there is an August Camp, November Camp, January is usually fitness, and April they prep for the World Championships. All the camps are funded by Hockey Canada. Whereas with soccer, we have no idea. We might have a loose idea that we might have a camp in January or there might be a tournament, but we always have to wait and see.



As far as players go, if you are not playing in college, you are in Europe. Many might play in the W League during the summer. In hockey, all the players are in the NCAA or the women's NWHL, mostly based out of Ontario, Calgary, two Quebec teams and Minnesota. There are two leagues – in the west and the east. A majority of the US players have moved out to Minnesota. In Canada, Oval Extreme has a ton of players mostly from Brampton, Mississauga, Calgary and Montreal who play year round.

Hockey is Canada's major sport, so it just seems like people are more willing to support the game and the girls. They used to have Molson as a sponsor and they would provide a ridiculous amount of money for the girls. After Salt Lake City, each player got a significant amount – it could have been \$20,000 for winning the gold. They have things set up, for example, they have a golf tournament in Muskoka every year for the girls where the proceeds get split to the players. They have a lot of community and national backing that is outside the norm. Why that can't happen for soccer, I'm not sure. It's a lot more dys-



functional. It just seems that opportunities for funding are a lot easier in hockey. But they have their struggles too. I'm not saying that hockey girls have it made because they don't at all, but I know in comparison, we struggle.

But when you look at it in another perspective, the women's hockey team does extremely well and they are expected to win gold.

You can't make an argument when you have 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> ranked team in the world versus first or second. When you are not producing results, people are going to be less likely to financially support you, which is too bad, but that is the nature of it.

#### **What about the pressure on the players?**

I don't know what it feels like for the hockey girls, I can only imagine. There are pressures from the outside. They always say a silver is a loss, whereas a silver for the soccer team would be a huge accomplishment. I know the girls put a lot of pressure on themselves, especially if they are playing the US. They want to beat them every time.

As soccer players, we don't know that pressure. In 2003, when they picked off China to make it to the semi-finals of the World Cup, no one expected that. Sometimes when you are an underdog, you can creep up and steal it.

*You come from the same fabric as your sister, so we can't say which one of you has the higher fortitude to want to win more, but I imagine it would be more fun playing for a team expecting to win a gold medal.*

In terms of opportunities, if your team is always going to qualify for the Olympics and have a shot for a medal, that's pretty darn exciting, more so than I hope we qualify and just go.

I think it's different though - the soccer girls do *not* have low expectations. They are very high and they are very hard workers - and the coaches. The "organization" has so-called high expectations, but there is a missing gap there. You can only do so much in terms of being a player to succeed. When the girls are training, they want to win the World Cup and the Olympics too.

Maybe when a program only has expectations to win and it's highly funded and there are high expectations from the outside, there is an edge to winning.

#### **Gillian, what do you think differentiates the expectations between soccer and hockey?**

Hockey is Canada's sport. I think because of that we put the pressure on ourselves and in the locker room, and we feel the pressure from our country. Gold is what we want and it is what we have given. I think more so with hockey than soccer, there is a lot more discrepancy with top teams. We are in a race with the Americans and always have been. The other teams, Sweden and Finland, they are getting better, we feel them on our heels. In soccer there are 6, 7, 8 teams that all play in a smaller discrepancy between skill levels.

#### **What is like to play with a team that has such high goals?**

It's my life right now. It's an amazing thing to go out on the ice every day among 25 other girls. We are not only fighting to make the Olympic team, we are fighting to

make each other better so that we get to the point that we have the very best team in the world. We know that is possible to achieve and it's really unique to be a part of it. Not only are we defending the gold medal, we are doing it in our home country. With hockey being Canada's sport, that just raises the excitement even more.

#### **It must be very intense amongst teammates?**

That's the thing that makes us so good is that we are so competitive with each other, and that's how we want it to be. We are all fighting for a spot on this team. We make each other better. If I don't make the people on the ice better, I'm not doing my job. I think there is a pretty good understanding about that in our locker room that allows us to go through it every day - it's a very tight group. Especially in a year like this, these girls are family. Some people are going to get along better than others, that's the way it is. Not everyone is going to be best friends but at the end of the day, we all get along pretty well.

#### **What was it like having an older sister who was competing at such a high level?**

I am five years younger than my sister. I always wanted to play with her but she didn't really want to play with me. Absolutely, growing up I think my sister was my hero and she still is. She was the person I wanted to be and I watched her growing up. She had a pretty tough life and she went through things with soccer, injury after injury. And she would fight back and never give up. I think that was so amazing for me to watch. And she was there for me when I got cut from the national team and was there when I played my first game and she has been there all along the way. It has been really cool to see her excel in a sport that is different than our hockey family. She paved her own way in the soccer world and I am really proud of what she has done. 🏆



# Vancouver Whitecaps...

It wasn't the best of seasons. We can point the finger at the roster and make note that three veteran starters were asked to step aside to make way for youngsters from the residency program. They also let go of their stellar Cuban goal scorer, Eduardo Sebrango to the Montreal Impact. There were injuries, ejections and lest we forget the brawl/temper tantrum between defenders Wesley Charles and Charles Gbeke in front of a sold-out crowd at Swanguard Stadium. Both players were later fined, suspended and forced to do an embarrassing kumbaya solidarity lap around the field holding a flag as fans politely snickered.

At the end of the day, the play on the field was unexceptionable, landing them in a 7<sup>th</sup> place finish. How they managed to find themselves in the USL Final for the second year in a row appeared to be a minor miracle. Certainly stellar keeper Jay Nolly kept their season alive with Luongo-like theatrics.

But the real story this year is what happened on June 18th in a game the Whitecaps didn't even play. The fact is, up until this day, there were enormous hopes for Vancouver to represent Canada in the CONCACAF Club Champions League after leading Toronto and Montreal in the Nutrilite Canadian Championships. All that needed to happen was for Montreal not to lose by four goals to Toronto – near impossible odds in a sport where cobwebs tend to gather between the mesh. Instead, as the Whitecaps sat in the stands anticipating their medals, the Montreal Impact, former winners and heroes from the CONCACAF

League a year prior decided to throw the game and start their second string team. The end result was Toronto 6 – Impact 1. Toronto won the national championships.

Why Nutrilite would ever want to sponsor such a sham is one thing. How the game fell such disrepute is another. We think of moments like this happening in far-away countries in Africa or Central America, but not in Canada. But it did, and it should leave a bitter taste in soccer fans' mouths no matter which team you support. It only got worse for the Whitecaps.

Two days later, they lost to Montreal in league play. Then, when the USL Finals evolved late in the Fall, both clubs found themselves again tête-à-tête for the title game, striving for redemption. Once again, Montreal got the better of the Whitecaps. Down a goal on home soil

in Burnaby, captain Martin Nash found himself seeing red after a hard tackle into Montreal midfielder Roberto Brown, who should have left the field in a body bag the way he lay motionless as he was carried off on a stretcher.

With Nash out, Brown bounced back onto the field and gazzelled into scoring chances moments later. Rookie of the Year, Marcus Haber, almost saved the day for Vancouver after tying the game with the best individual effort of the season as he fought off defenders to bury the ball into the back of the net, sending Whitecaps fans into a frenzy. From the outside, it seemed justice had prevailed, until former Whitecaps hero Eduardo Sebrango silenced the crowd with a goal between the bars with less than a minute left to play. Montreal Impact 3 – Vancouver 2.

On the return leg at Saputo Stadium, where Whitecaps defender Shaun Pejics was rejected at the 29<sup>th</sup> minute, the deflated blue and white never recovered. Montreal won the USL championship.

Looking back, it can only appear as bitter, bitter, bitter for Vancouver until one puts the year back into perspective. On March 18th, 2009, MLS Commissioner Don Garber announced the Vancouver Whitecaps were chosen to be one of three cities to enter the League in 2011. The Montreal Impact, a club that originally joined the bid was long gone.

As Vancouver prepares to enter the major leagues with visions of a sold-out BC Stadium and big time players coming to town, surely they must be enjoying the last laugh. 🏈



Photo: Gil Gatchalian

# The Last Laugh

By Sean MacDonald  
Photo: Shivan Skipper





# World Cup 2010



Continued from page 9

victory over Honduras just days earlier. Their less-fancied opponents, subject of a military coup in June, also found reason to celebrate, with the US denying Costa Rica a ticket with less than five minutes to play in the final round of CONCACAF. The US dedicated the win to teammate Charlie Davies, who was seriously injured in a serious car accident the night before the match.

In Europe, Slovakia can start to prepare their travel plans for South Africa, and as first-timers in a World Cup, they will be eager to show the world what we've been missing. Current world champions Italy have stumbled through the qualifiers, and will need to move up a few gears if they want to once again prove a cut above the rest. A more realistic bet might be Euro-

pean champions (and one of the favourites) Spain, who will look to build on their 100% record in qualifying. Germany have not missed a World Cup since 1950, and they'll be as difficult to beat as ever.

Ivory Coast and Ghana will hope to carry the strongest threat from the host continent, with the final CAF qualification games taking place on November 14<sup>th</sup> to see who joins them. Hosts South Africa are currently the lowest ranked team to have qualified, but South Korea showed in 2002 that you can never write off the host nation – just ask the England team of 1966.

The *Bafana Bafana* - the nickname for the South African national team meaning 'the Boys the Boys' - will be hoping

to spring a surprise or two, though they'll be doing it with a new coach after Joel Santana left the manager's post in October after losses in eight of his last nine games in charge.

But while the national soccer team's results may have deteriorated, the country's upturn in fortunes in other areas have whetted the appetite. With the stage set and the curtain ready to rise, 2010 marks the biggest moment for South Africa since the end of apartheid in 1994. Let's hope that it can be the success that billions of people around the world want it to be. ⚽



When you are searching for an event to showcase your talents, we can help!

**Texas Premier Soccer Showcase**

February 20-22, 2010

One of the few Tournaments that Canadian Teams can compete in!

This invitation-only event will provide college-bound players the chance to showcase their talents and skills for top collegiate coaches.

[www.Texaspremiersoccershowcase.com](http://www.Texaspremiersoccershowcase.com)



**Panda Cup International Tournament**

Bridging Cultures and Building Friendships Through Soccer

[www.pandacup.com](http://www.pandacup.com)

March 27 - Apr 1, 2010

International Soccer Tournament

**Panda Cup Tours**



**Panda Cup Tours**

Come Play Soccer With Us and We'll Show You the World!

[www.pandacuptours.com](http://www.pandacuptours.com)

UK, Europe, Australia & China or the destination of your choice!



Come Play Soccer with us and we will show you the world!®

[www.zensportsgroup.com](http://www.zensportsgroup.com)

Follow us on **twitter**

[www.twitter.com/zensportsgroup](http://www.twitter.com/zensportsgroup)

Sponsored by: 

# Mom, I'm Quitting Soccer... I can't stand the coach!

By Ingrid Schneller

**W**ords to chill the cockles of a soccer parent's heart. It's too late in the season to transfer out of the team or relocate to a different league. And it can mean months of troubleshooting delicate dysfunctional dynamics between your soccer progeny and the coach. This is a zone where even the most angelic of parents fear to tread: the emotional mine-field of coach and player family relationships.

The fall-out that comes from confronting coaches can run the gamut from chilly fieldside responses by the other parents to a chop in the communications pipeline about game and field locations.

In the past, my reputation as a pit-bull parent has preceded me. Joining a new team or league in the fall meant nods of recognition when my name was mentioned. Oh, *her...* first parent out of the starting gate to confront a coach, opposing coach, opposing team player or opposing team player's parent. Blame it on my security guard license. I've had the dubious distinction of seeing my son forced from an entire league, disbarred because I had confronted bad attitudes by the coach and the assistant coach's son.

If you're not a pit-bull parent, it's easy to hover in non-combat mode, easy to feel daunted by a coach's authority when you don't have the same level of experience or understanding of the game.

On the home front, the downward spiral of negative dynamics can be seen but unspoken: your keener suddenly misplaces cleats before every game. Team photos disappear from walls or table tops. Illnesses and homework assignments you've never heard of suddenly manifest on practice day. Instead of lingering after a game or practice, your keener is now the first one off the field.

As parents, we often assume the problem is rooted in a coach's expectations or pushing too hard. As a mini-soccer coach

myself, I've been prone to run up and down the field like and yell like a yappy ankle-biter.

Whatever form toxic coaching takes, the clues aren't hard to miss. Yelling, personal put-downs, singling out players for cruel critiques within earshot of the team, or even the very opposite: unwanted flattery and personal attention.

"You don't need to go for Tim Bits after the game."

"Were you trying to lose the game for us?"

"You're definitely going to need to do extra laps."

"You are really filling out that jersey."

Ultimately, toxic coaching leads to reduced attendance and drop-outs. While we can't always stop what comes out of a coach's mouth, parents can provide a presence at practices and games to discourage inappropriate comments or report on them. Inappropriate comments can be as lethal to a player's self-image and confidence as smoke creeping under a bedroom door at night.

As a parent, I've been guilty of taking the "stop-drop-



and-roll" approach: never bothering to get out of the car to attend mid-week practices. Or, assuming the attitude "this too shall pass" when my soccer star grumbles about his coach.

But when interest in the game grinds to a halt, we, as parents, have to ask ourselves this: what is interfering with the beautiful game?

While we may not be able to unravel the mystery of coaching or pin-point the cure for coaching ailments, we can provide the opposite - being on a field to take practice shots. We can step into that gulf between a discouraging coach and our child the player. The bottom line? Keep on kicking. ⚽

**WOLFE'S LANGLEY MAZDA #1**

**SAVE 3 WAYS**

**FINANCE FROM 0%**

**REBATES UP TO \$5,500**

**LEASE FROM 4.9% (UP TO 48 MONTHS)**

	<b>2010 MAZDA 3 Sedan</b> From <b>\$17,390</b>
	<b>2009 MAZDA 6</b> From <b>\$22,988</b>
	<b>2009 MAZDA Tribute</b> From <b>\$21,330</b>
	<b>2009 MAZDA CX-7 Sport</b> From <b>\$26,988</b>
	<b>2009 MAZDA B2300</b> From <b>\$13,730</b>

**Wolfe's Langley Mazda**  
19265 LANGLEY BY-PASS, SURREY/LANGLEY  
**604-534-0181**

# Stillness Scores

Recently at the Vancouver Peace Summit, the Dalai Lama and a number of Nobel Laureates gathered to discuss global peace initiatives. One of the discussions involved the topic of creativity and wellness. World renowned writer, Eckhart Tolle, whose book *The Power of Now* has topped the international best seller charts, used a soccer analogy to illustrate his thoughts on the source of creativity.

“A news item on the BBC news about soccer said that researchers had looked at a phenomenon during the penalty shootout. There is enormous pressure at that moment on this player, everything depends on it. There are whole nations that depend on him to score. It is of tremendous importance. Not on a cosmic scale, but a relative scale. Researchers examined what happens when the referee whistles and signals for the player to shoot.

Those players who do not pause, who immediately shoot after they hear the whistle are much more likely to not score than those players, when the whistle goes, they don't immediately shoot for 3 – 5 seconds, maybe more. And they become completely still and then it happens, and the likelihood of scoring is infinitely greater than those who do not stop.

When you ask people for some kind of explanation, people will give some kind of mental or verbal explanation that they concentrate for a moment. What happens in that moment of going within? The attention which is usually on the desired outcome and the pressure and attention on the self “me, I have to perform” - the attention is taken away from all that and there is a redirecting of attention into the depths. At that moment I believe, it is the basis of the creative process.

In football, it is the rudimentary expression of the creative process redirecting of the attention within when you touch a deeper level of your being and that is where all power resides. And when you touch the power of that moment, all conceptual things including the concept of me, my conceptual self - goes.

There is simply a deeply alive stillness. And out of that stillness comes the power. And that power is not my power or your power, it is universal power. And that power can either become a masterful kick of the ball or it can flow into other channels and it can be born into form. It could be a cessation of thinking. At that moment of stillness, it is not just the absence of thinking, there is a power in the stillness, there is non-conceptual intelligence of thinking. When we measure IQ, all we measure is conceptual intelligence but there is a much vaster intelligence in every human being that is non-conceptual. Not words and concepts, you can't analyze it, but everyone has that within potentially and I believe that is the source of creativity. I don't mean that when I am asked to go and kick this ball and score, that I go deeply within and it's going to happen and it doesn't happen and I ask why didn't this happen - I've gone deeply within I've contacted the source of power... it's not working. Or if they ask me to come up with a great theory of physics, ok, I'm going to become still and perhaps the theory of relativity or something or the unified field theory or the answer to everything is going to come to me. It's not because I don't know anything about physics. So it can only come when there is a vehicle that is ready for the power to flow into It could be the human mind, there could be



something that is already prepared for it in the world in form. So this is why some researchers have found, (I read this in a book called *Outliers: The Story of Success* by Malcolm Gladwell) to be masterful at something, one prerequisite is 10,000 hours of practice, then the possibility arises that the vehicle is ready to be receptive to the power of creativity.”



SHANTI COUNSELLING CENTRE

[www.shanti-centre.com](http://www.shanti-centre.com)



Danielle Duplassie,  
Founder & Director

Our team of therapists  
can help you with:

- Relational Issues
- Sexual Issues/Orientation
- Depression
- Problem Gambling/Addiction
- Abuse/Trauma
- Anxiety

604.773.3100

CALL TO BOOK YOUR FREE 1/2 HOUR CONSULTATION



# We're Going to Brazil... Twice!

## Reactions to (More) Big News for the Soccer Nation

By Armindo Fontana

A few years ago my wife and I managed to convince a small group of friends here in Vancouver to come with us to Brazil for the 2014 Soccer World Cup. It was not that hard since we promised them free food and accommodation in our country of origin thanks to our vast network of relatives and friends down there, who don't know yet that they will have to pay for all this (so, let's keep this to ourselves, please).

On Friday, October 2<sup>nd</sup>, we found out that we will have to save way more money now that Rio, the paradisiacal city that serves as Brazil's postcard, was granted the right to host the 2016 Summer Olympic Games. Can you believe it?!

Hosting the two major sports events in the world in a matter of two years?!

I couldn't. It took me a while to calm down when I read the big news at work. "Awesome! This is huge for Brazil! We have to be there...again!"

When Jacques Rogue, the president of the International Olympic Committee, announced that Rio had been chosen over Madrid, Tokyo and Chicago, Brazil exploded with joy. Inside the Bella Center, in Copenhagen, members of the Brazilian delegation started their own Carnaval, with Pele leading the celebration as he hugged President Lula, Governor Sergio Cabral, Mayor Eduardo Paes and other athletes. All crying!

In Copacabana beach, one hundred thousand people screamed, cried, hugged and...started to party, of course. Well, not really. They had started at 9am with the first of a series of concerts scheduled for that important day. Because, you know, in Brazil, when we are not partying, we are rehearsing for the party. So the real one began around 1:50pm when

the crowd heard the huge news on a gigantic screen set at the beach. And it hasn't stopped yet!

They should celebrate in style! After all, it's not every day that a developing country realizes that it has been granted such an honor. President Lula illustrat-

ed what the games mean to Brazil when, according to the Glogo Esporte website, he cried shamelessly as he was being interviewed. "If I die now it would have been all worthy. Congratulations to the soul and passion of the Brazilian people. Many say that Brazil is a Third World country. We need to improve areas such as education and health...yes, we have a lot of hard work before us but we are a huge country and hosting the Olympics will only help us. Respect is a good thing and today we received respect."

Lula is not alone. Polls show that 85% of "cariocas" (those fun loving, samba dancing, beach going people from Rio) and 65% of Brazilians supported Rio's

Olympic dream, trusting that the games would mark the beginning of a new era. "I left work and came here to celebrate. I hope that Brazil takes a leap in quality and it (hosting the games) also helps in my life," said the operator of telemarketing Kátia Mendonca.

So, now it is official, Brazil will host the Soccer World Cup in 2014 and Rio the Summer Olympic Games in 2016, giving you two excellent reasons to visit the country. If you do so, I promise you some of the most fun days of your life and many unforgettable memories...just not free food and accommodation. Well, people in Brazil are extremely warm and hospitable and party like nobody else. Who knows?! Maybe someone else will offer you free food and accommodation!!!! 🏆



### SPINAL DECOMPRESSION THERAPY

Offering non-surgical, non-invasive DTS Spinal Decompression Therapy for low back pain, neck pain, disc herniation and many other spine and joint related conditions.

Call us today for a complimentary consultation.

**WESTSIDE CHIROPRACTIC & ASSOCIATES**

1430 W 7th Avenue, Vancouver, BC

604-738-2503

[www.westside-chiropractic.com](http://www.westside-chiropractic.com)



## Sarah... on Soccer

Free Kick caught up with Vancouver's own singing sensation Sarah McLachlan during her Foundation concert

at Ambleside in West Vancouver to ask about her thoughts on the beautiful game.

"I played soccer once or twice in organized games when I was young, maybe twelve. I just went for everyone's ankles. When I saw the ball, I just decided I was going to get it. Then I would feel bad because I didn't want to hurt anyone. It didn't work out, but I think soccer is such a team sport and there is such great energy."

## Stretch Your Performance!



Discover where top players and professional stretch their performance. We specialize in Fascial Stretch Therapy a proven method to increase flexibility and performance.

Speed, endurance, strength and movement are limited by tight muscles. Unlock your body and your potential.

Give us just 1 hour and we will increase your flexibility or your money back. Results guaranteed!



Three Peaks Kinesiology

www.3pk.ca #301- 20165 91A Ave Langley  
778-298-3757

Get your first  
Fascial Stretch  
Therapy session  
free with this ad!



We interviewed people about their 'night-mare' dating moments. Just for fun., you get to be the referee in this scenario. Does this person get a red card, yellow card or would they be a perfect match for your team?

He showed up wearing a French football jersey to my Italian parents' 30th Anniversary party!

*Maria, Toronto*

He refers to his anatomical parts as 'hackey sacks' to his friends.

*Diane, Surrey*

Every time I try to spend time with this girl I like, half her team joins us for dates. I think she even likes one of her teammates more than me.

*Cody, Vancouver*

I thought this chick was hot until I saw her one time and she had lost some teeth during a soccer game.

*Dave, Campbell River*

This guy I dated was so useless with his left foot that he could barely even hold my hand with his left hand.

*Charlene, Mississauga*

I went to a soccer match with this girl who asked, how many periods are there, she also thought the "MLS" was the "Multiple Listing Service," and insisted that the referees were wearing Lululemon uniforms.

*Lee, Vancouver*



# VANCOUVER WHITECAPS FC

## 2010 SEASON TICKETS ON SALE NOW!



*12 of 17 matches sold out in 2009. Don't be left on the sidelines!*

### SEASON TICKETS INCLUDE:

- ▶ 15 men's regular season matches and all home playoff matches
- ▶ Nutrilite Canadian Championship matches vs. Montreal Impact and Toronto FC
- ▶ Major League Soccer Priority  
Front of the line access for MLS in 2011 ensures you get the seats you want.

### PLUS

Purchase before December 1st and you could win one of two winter getaway packages to Whistler or Victoria

*Season tickets start at just \$272 – a 20% savings over the single match price*

# 604.669.WAVE (9283)





# World Cup Word Find



# KIDZ CORNER

Find some of the countries that have qualified for the 2010 World Cup in South Africa

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

South Africa  
 Ghana  
 Ivory Coast  
 USA  
 Mexico  
 Honduras  
 Italy  
 Germany

England  
 Denmark  
 Switzerland  
 Slovakia  
 Spain  
 Serbia  
 Netherlands  
 Brazil

Argentina  
 Chile  
 Paraguay  
 Australia  
 North Korea  
 South Korea  
 Japan

**Scrimmageville**  
 SOCCER SCHOOL

Coach: Carrie Serwetnyk [www.scrimmageville.com](http://www.scrimmageville.com)

## Vegan Ginger Cookies

By Heather McLean

Preheat oven to 350 degrees. In a bowl, sift together the dry ingredients:

- 2 cups flour
- 1 teaspoon baking soda
- 2 ½ teaspoons ground ginger
- ¼ teaspoon ground cinnamon
- Pinch of ground black pepper

In a separate bowl, mix well together the wet ingredients:

- ½ cup canola oil
- ½ cup \*unsweetened applesauce
- ¼ cup good quality molasses plus 1 tablespoon
- 3 tablespoon almond milk or other milk alternative
- ¾ cup sugar

Add wet ingredients to dry ingredients together. Mix well. Set aside.

In another small bowl, add ¼ cup demerara sugar (regular also works, but won't be as crunchy or sparkly). Using a spoon, take a generous scoop of the dough, form a bowl and roll in sugar. Place on baking sheet 2 inches apart from each other.

Bake for 6-8 minutes. They will appear wet in the centre. Do not overcook. Tops should be crinkly and bottoms should be brown. Cool completely to allow the apple sauce to disappear into the cookie.

Enjoy!

## What's Your Favourite Soccer Beverage?



## SOCCERSCOPES

**Aries:** Staring at soccer player's bums will increase progesterone levels.

**Taurus:** Cheering for foreign football clubs may lead to new mafia connections.

**Gemini:** Getting a soccer ball tattoo may inspire unwanted body kicks from strangers.

**Cancer:** Allowing too many defensive nutmegs may lead to cruel jokes from teammates about easy passage through your legs.

**Leo:** Telling refs, teammates, coaches, parents, fans and administrators to #!@\*!#&\*!! may shorten your soccer career.

**Virgo:** Picking out soccer words from your Alphagetti and Alphabet cereal will prep you up for future Scrabble games.

**Libra:** Smoking grass will not give you higher powers from the soccer gods.

**Scorpio:** Wedgieing your teammates prior to games may lead to less passes in your favour. Best to leave their underwear alone.

**Sagittarius:** Going offside too many times will lead to unwanted affection from the linesman.

**Capricorn:** Bringing your date to your favourite soccer pitch to relive past glories may help maintain your single status.

**Aquarius:** Shooting soccer balls at the Olympic Mascots may reduce Pre-Olympic heebie-jeebies.

**Pisces:** Giving the opposition the peace sign rather than shaking hands may help you to avoid the Swine Flu.

Aches  
and pains  
keeping you  
out of the  
game?

**ACUPUNCTURE**  
is an effective and  
proven treatment.

**Qi** Integrated Health

Center for Modern Healing

2618 West Broadway, Vancouver

T: 604 742 8383

[www.qiintegratedhealth.com](http://www.qiintegratedhealth.com)

Mention this ad and receive  
**10% OFF** your first visit.



# TAKE ON THE WORLD.

**JULY 12-17, 2010** As the best soccer teams in the world converge in South Africa next summer, you too have the chance to take on the world! The Disney Cup International Youth Soccer Tournament has attracted teams from more than 20 countries for 11 years and continues to grow.

In 2010, your team's Disney Soccer experience will reach new heights when you take the field at the newly-branded *ESPN Wide World of Sports Complex* at WALT DISNEY WORLD® Resort.

## THE DISNEY DIFFERENCE

- All games played at *ESPN Wide World of Sports Complex*
- Professional tournament organization and service
- More than 150 teams expected in 2009
- Competition categories for ages 9-18 (boys and girls)
- Minimum 4-game guarantee with no more than one (1) game per day, allowing plenty of time to visit the WALT DISNEY WORLD® Theme Parks with family and friends
- Specially-priced packages for athletes, coaches and spectators include hotel accommodations, theme park tickets, and admission to all tournament games



**START PLANNING TODAY!** Call the Disney Soccer team at **(407) 938-3805** or email [wdw.sports.soccer@disneysports.com](mailto:wdw.sports.soccer@disneysports.com)

FOR ADDITIONAL INFORMATION, VISIT [DISNEYCUPSOCCKER.COM](http://DISNEYCUPSOCCKER.COM)

PLAY AT THE NEXT LEVEL





# **NEW** BACON DELUXE

*Topped with four seriously thick, crisp strips of Applewood Smoked Bacon!*

