



DE SPITS

THE NEWSLETTER FOR THE YOUTH OF A.V.V. SWIFT EDITION - #3 SPRING 2024



THE KICK OFF

We are entering the sunny months of competition. Spring is approaching and we can once again stand on the sidelines without an umbrella to cheer on our fantastic youth. Hopefully there'll be some exciting matches to end the season and you will be playing lots of tournaments this 2nd half of the league. Has your team already signed up for a tournament? Here is another jam-packed edition of De Spits. Enjoy reading and I look forward to seeing you on or alongside the pitch.

Barbara Quispel, voorzitter Jeugdcommissie.



TEAM PHOTO

Every newsletter we spotlight a Swift youth team. This time the JO18-Sunday

This time the spotlight is on our fantastic JO18-Zo football team. A very diverse team with newcomers but also with guys who have been playing football at Swift for over 10(!) years. JO18-Zo is an incredibly international team with 20 football players with as many as 14 nationalities and backgrounds.

Over the last three years, under the guidance of coach Casper Brouwer, the boys have undergone a tremendous development and are now a close-knit team. Coach Casper deserves special mention for his dedication to the team, especially given his busy schedule as a pilot. His commitment to combining his passion for football with his professional responsibilities is admirable. Despite his irregular work hours, he attends practices and games as much as possible. On the days when Casper is not in the Netherlands, the team has been lucky every year and parents, uncles or even players have been able to help with training or coaching during the game. Their involvement and dedication are also of great value to the progress and success of the team!

Do you and your team want to shine in the next edition of De Spits? Email your application to nieuwsbrief@avvswift.nl with the subject 'The Team Photo'.

PARENT EVENING

WITH GUEST SPEAKER PATRICK VERBRUGGEN

On February 12 a parent evening took place at Swift. It was a fun and inspiring evening that started with a story by Patrick van Bruggen, author of the 'Handbook for young athletes, top athletes and top sports parents'. Patrick discussed, among other things, the role of the parent, having a growth mindset and how sports should above all be about fun. In the second - interactive - part the parents got to work with post-its and flip charts and answered questions like: what's going well, what could be better and what does Swift stand for for you? Everything from girls' football to a positive atmosphere on and around the field was discussed. From better and transparent communication to too many sweets in the canteen. The input will be taken into account in upcoming board meetings. For our next parents' evening, we hope for just as much enthusiasm and preferably (even) more parents. See you then!

GIRLS' DAY

ALL SISTERS, NIECES AND NEIGHBOR GIRLS GATHER!

On Saturday, March 30th, Swift will again host its annual Girls' Day. Sisters, nieces, neighbor girls, girlfriends of our members are more than welcome! And of course we also have fun activities for our own Swift girls. Please register via this [link](#).

CALENDAR

Each newsletter we highlight a few important dates. Have you put them in your calendar? You can find the updated youth schedule [here](#).

March 30/31, April 1 - Easter weekend, no competition and no practice on Mondays. We do have Girls' Day!

April 27/28 - May vacation, 1st weekend no activities

April 29 - May 7 - camps, keep an eye on the [website](#) for information

May 25 - Last league weekend (note: this may vary by age group)

May/June/July - Time for tournaments

No later than June 1 - Announcement of Teams 2024/2025 - Onderbouw

No later than June 15 - Announcement of 2024/2025 - Bovenbouw

GET - 2 - KNOW

THE TECHNICAL COORDINATORS OF U8-U9, U10-U11 AND U11-U12

For this edition of De Spits we had an extensive interview with Karin, Patrick and Freek. All three of them fulfill the role of technical coordinator for Swift's youngest youth.

R: How did you end up at Swift?

P: On our way to play football in the hall (Voetjebal, red.) at the Amsterdam Montessori school, we always cycled past Swift's fields. That location, those white shirts... It would make me want to play football again myself! So when my son Stijn outgrew Voetjebal, joining the Swift Junior League was a no-brainer! For the past two years I have been technical coordinator, now for U11 and U12.

K: My three kids started playing football at the Swift Junior League (SJL) and had so much fun playing football there. I got to help train at the SJL and then little by little I started doing more at Swift. And since this season I have been technical coordinator for U8 and U9.

F: My son Kees also played football at the SJL and later at Swift and that's how we got involved in the club. I first did the U8 and U9, and have now moved up along with them to U10 and U11.

R: What does the position of technical coordinator involve for you?

F: As technical coordinator I keep in touch with the trainers, coaches and parents to see if things are running smoothly within the teams. This can be about training, classifications, motivation and whether the facilities are good. This allows players to play football in an optimal environment, where we guard the Swift vision on football. If things are going well, my task is actually limited to keeping my finger on the pulse and being a listening ear.

P: As technical coordinator, I think it is important that the parents and children know where they stand when it comes to the division of teams and interim changes. Sometimes swapping is part of the equal opportunity policy, but I personally don't like it very much. First, substitutions always create a lot of noise within the teams (especially with the parents), second, it (often) does not benefit the team feeling. Although we want Saturday 1 to consist largely of our own youth, we must not lose sight of the team feeling. For me, that team feeling is the reason that I still play in an indoor football team and every time I feel like playing football! Furthermore, I try to organize fun practice matches on the weekends off, I am on the lookout for fun and great tournaments and I keep in touch with the coaches and trainers, so that together we speak the same language to the players as much as possible.

R: What do you think is important to convey to parents?

K: That they have a very important role within Swift youth! People sometimes don't realize that Swift is an association that runs primarily on volunteers. Whether it's bar shifts, helping out on the field as a coach/assistant coach, game supervisor or team manager, or helping out on an activities committee. Without all this help, club life is not possible. So the more parents come to help, the more fun and better it becomes!

P: The most important thing for me is that children especially like football! The other day at the parents' evening we were given great tips on how to deal with this properly as parents. Two that stuck with me the most: leave the coaching during the game and training to the coach and trainer and ask your child afterwards not "Did it go well?", but "Was it fun?". Well ahead, a third: emphasize above all the growth your child is experiencing rather than the talent he or she has (or has not).



v. l. t. r.: Patrick, Freek and Karin

R: What do you often say to your own children after a game? Or what don't you say anymore?

K: I am the coach of my two youngest and when I am on the field after the game I always ask the team if they had fun. Actually the answer is always 'yes, a lot' and they often tell me what went well or not so well today.

F: I mainly ask questions to see how they experienced the game themselves, see if they can name what went well and what didn't to maybe reflect on that, but anyway always from a positive and growth perspective!

P: I am also the coach of my son's team, so usually I have already said enough 😊

R: For you, what makes a good Swift coach?

F: For a good Swift coach, good preparation is crucial (line-up, substitution schedule, a little bit of tactics and 1 or 2 focal points from training sessions). Furthermore, he or she can motivate the children and gives only the most necessary instructions during the game. A Swift coach always ensures a positive and safe football atmosphere and sets an example in behavior, sportsmanship and controlling emotions.

P: A coach who can ensure that players feel confident within the team and dare to make mistakes. If players help, comfort, encourage and have fun with each other both on and off the field, then the coach can pat himself on the back. Furthermore, it is very important for a coach to provide structure with a solid warm-up, a clear lineup and limit giving directions to during the timeout. The latter is damn difficult (I know from personal experience)... Another thing about that warm-up: if opponents see us engaged in a tight, well-organized warm-up, you are already ahead 1-0 😊

K: To me, a good coach is someone who gives confidence and energy and puts fun first, over winning. I try not to give too many pointers myself during the game, but mostly give positive encouragement. Let the kids play and I am there for them when they need me. They always try really hard on their own!

R: Anything else anyone would like to say in closing?

K: I am very happy and grateful that I get to do so much with the kids at Swift! We do the most fun football together.

F: I think at Swift we work really hard with a whole group of people to create a sporting environment where fun and performance go hand in hand. We do that by increasingly facilitating our trainers and coaches and bringing them into the Swift vision of attractive attacking football. The training vision of Swift is taking on clearer and clearer forms and creates a beautiful thread in which we give everyone as many opportunities as possible and hopefully let them come to the club having fun!

ONE-TWO

Every newsletter we put a SWIFT V.I.P. to the test in an exclusive in-depth interview with the editors of *De Spits*. This time two for the price of one: a 1-2 with the Mosch brothers, Evani and Djimaro. Everyone is familiar with this dynamic duo (or rather trio with father René). Day in and day out, in all weather, the Mosch brothers can be found on Swift's fields. But what exactly do they do? And which football club do they actually support?

R: Gentlemen, what do you do at Swift?

E: We have been active at Swift for about 7 years, together with our father. Here we are, among other things, active with the SJL, the junior football camps and giving technical training on Fridays. Quite a job, but we enjoy it every day. We love football as much as the kids do.

R: What is the best game you guys have seen live?

D: Funnily enough, we both have a fondness for promotion/relegation games. Often they are crazy matches, with lots of goals and battles.

E: I agree, you notice that those games are really about something. I have fond memories of the play-off between Go Ahead Eagles and RKC in 2020. Exciting until the last minute. [Here](#) are the highlights.

D: And what about Ado - Excelsior just last year. Red cards, penalties. Indeed, crazy, see for yourself [here](#).

R: Do you have a lot of football shirts at home? What is your favorite shirt?

E: Our parents are glad we moved out, because we both have a whole closet full of football shirts. Djimaro and I really have dozens of them, especially lots from Ajax of course.

D: And to our girlfriends we say we need them for work 😊

E: In terms of favorite, we are unanimous: the Bob Marley version of the Ajax shirt. A very special one.

R: Is there room in your football heart to support another club besides AVV Swift?

D: We support Ajax faithfully. Every home game we go there! And the away games? At home or in the pub of course. We don't miss anything.

R: And are things going to work out for Ajax this year, Evani?

E: Not this season, it's a bit of a stretch. Whether next season will be more successful depends on several things, for example the flow of talented youth and new purchases. But anyway, we continue to support Ajax through thick and thin, we remain positive. Football sometimes involves losing.



THE FINAL WHISTLE

We are very curious what you thought of this third edition of *The Spits*. Will you let us know if you see us at the club or via nieuwsbrief@avvswift.nl? Also, you can always contact us if you have any ideas for new articles or sections. We are Swift together!

FANCY A ROUND OF FIFA?

On Friday, February 9th, Swift organized an EA Sports FC 24 tournament for the older youth teams. Thanks to the great organization of WePlay Esports, a group of about 20 boys had a really fun evening competing against each other on big screens. Complete with UEFA music and all the trimmings, it was a fun sporting evening. Extra thanks to Karla and Barbara for providing drinks and tasty snacks in the club house.



DON'T FORGET

A tournament is a fun opportunity to play against multiple teams in one day and of course it is also a super fun team activity. And who knows, you might take home the cup at the end of the day. As a team, don't forget to sign up for tournaments in the coming months, if you haven't already done so. The team manager, in consultation with the coach, chooses a tournament and is responsible for registering the team in a timely manner. The team manager may ask the technical coordinator for advice, including determining the appropriate level. More information on the objectives of playing youth tournaments and the registration process can be found [here](#). Don't forget to also let your technical coordinator know which tournament you signed up for, and of course let him know afterwards how it was. Please note that the list of registered tournaments you'll find on the link above is not up to date.



EXTRA TIME

Facts, trivia and other sense and nonsense about football

Did you know?

- ...you can read the previous newsletters [here](#)?
- ...the agenda for the coming months has been updated on the Swift website. Check the agenda [here](#)
- ...on [KNVB.nl](https://www.knvb.nl) you can find a nice overview of behavioral characteristics per age category?
- ...the J011-1 and J09-1 (see picture above) were invited for a practice match against Ajax at De Toekomst last week?
- ...our [Instagram account](#) is getting more and more followers and more content is being posted?
- ...don't forget to tag Swift on Instagram and Facebook with [@a.v.v.swift](#), that way we can repost it too.
- ...there will be internship weeks at Swift again soon? More information [here](#)