

Russ Ronda
(423)653-2407

Current Team you are coaching: ERSA U-9 Select Bratt Attack, Assistant coach

Training, Licenses: Military Physical Education Program

Playing Experience: Started at age 7. Huntington Boys' Club Cobras, Saint Elizabeth/ South Huntington Rebels, Northport /Cow Harbor Sailfish, Harborfields High School(4 years). All teams were in Long Island, New York. Army unit soccer team (5 years).ERSA Adult League (3 seasons). Positions played: goalie, halfback, forward, stopper, sweeper.

Team Name: ERSA Bratt Attack U-9 girls select (Asst. Coach)

Team Record: Got Milk Tournament, Nashville, TN... 2nd place,

Got Milk Tournament, Dayton, OH (qualified for national championship to be held in January 2005.)

Training or Practice Days: Tuesdays 6:00-8:00, Saturdays 12:00-2:00

Coaching Beliefs and Philosophy: I believe that soccer builds character and confidence in all ages. Female athletes deserve just as much attention as males and it is my personal goal to help the girls on my team to develop the skills it takes to become champions. I want them to learn all positions and to be competent and complete players at them. I hope to develop their confidence on the field that will help them throughout their lives. I believe in setting up a strong defense and a fast, well-skilled offense. I believe the most important element of soccer is to have fun playing. If a child is not having a good time playing, they will not want to learn the necessary skills. I also believe that it is important to win some games and to lose some games. Of course, it is more fun to win but there is also a lesson in losing. I want them to learn to be proud of themselves, no matter the outcome of the game knowing they have tried their best and utilized teamwork and sportsmanship. My personal motto is: Play Like a Champion Today.