

B O U L D E R C O U N T Y
F O R C E
S O C C E R C L U B

Volume 10, Issue 9, December 2004

A MESSAGE FROM THE HEAD COACH

Congratulations to our Fall Champions!

Girls 16 Red, coached by Barb and Gary Beals, as well as staff coach Hardy Kalisher, went undefeated in league play in the Premier 1 division and reached the quarter finals of the State Cup.

Girls 15 Tar Heels, coached by Megan McDonald, finished in first place in the Challenge 1 division.

Girls 13 Red, coached by Heather Solar and staff coach Rob Johnson, had their best season ever and finished in first place in the Classic division.

Girls 18 Red, coached by Philip Greenberg finished as co-champions in the Premier 1 division.

Teams worth mentioning:

Girls 16 Tar Heels, coached by Dannon Shiff, will move up to Premier 1.

Girls 15 Red, coached by staff coach John Wood, will move up to Premier 1.

Boys 14 Man U, coached by Sebastian dela Chica, will move up to Challenge 1.

Boys 13 Barca, coached by Andy Hackbarth, will move up to Classic.

Finally, I'm excited about the upcoming indoor season. Starting Friday December 3rd, we will be able to run training sessions and practice games at the 'Off-the-Boards' facility in Gunbarrel. This will be a terrific

opportunity for our players to continue playing throughout the winter months. Check out our website at www.bcforce.com for more information.

**BC FORCE COACHING STAFF
SPRING 2005**

Boys 18 Red - Welsch/Doug London

Boys 18 Barca - Phillip Greenberg

Boys 17 Red - Kalisher/Hernandez

Boys 17 Barca - Anselmo Serralherro

Boys 16 Red - Marcelo Balboa

Boys 15 Red - Johnson/Lepper

Boys 14 Red - Welsch/Doug London

Boys 14 Barca - Nick Smith

Boys 14 Man U - Sebastian dela Chica

Boys 13 Red - Kalisher/Biedknapp

Boys 13 Barca - Andy Hackbarth

Boys 12 Red - Jeff Frykholm

Boys 11 Red - Joe Uyokpeyi

Boys 11 Barca - John Hathaway

Boys 11 Man U - Daniel Boniface

Boys 11 Juve - Marcie Ginley

Girls 14 Red - Welsch/Chad Eisentrager

Girls 13 Red - Heather Solar

Girls 13 Tar Heels - Bryan Grigsby

Girls 13 Pilots - Beth Kelly

Girls 12 Red - Johnson/Adam Fels

Girls 12 Tar Heels - Megan Patterson

Girls 11 Red - Solar/Bruce Gamble

Girls 11 Tar Heels - Henry Lokay

BC FORCE Results

- Girls 18 Red 8-1-1 vs Englewood 11-1; vs Storm 5-1; vs Pikes Peak 1-0; vs CGSA 4-4; vs TMSA 6-1; vs Steamboat 2-1; vs Nova 3-1; vs Greeley 6-1; vs Nova 3-1; vs CGSA 0-7
- Girls 18 Red II 5-5-0 vs Storm 3-1; vs Littleton 2-1; vs Grand Mesa 1-3; vs Real 1-3; vs Rush 1-2; vs Nova 0-4; vs Englewood 2-3; vs Greeley 6-5; vs Storm 5-0; vs Pikes Peak 4-0
- Girls 17 Red 1-8-1 vs Corinthians 0-4; vs Real 1-3; vs Edge 5-5; vs Xtreme 2-4; vs Rush 3-1; vs CGSA 2-5; vs Littleton 1-2; vs Grand Mesa 1-4; vs St Vrain 0-6; vs Club Denver 2-3
- Girls 16 Red 9-0-1 vs Littleton 4-1; vs Rush 1-1; vs Storm 3-2; vs Ft Collins 6-1; vs Edge 4-1; vs Grand Mesa 9-0; vs Pikes Peak 1-0; vs Xtreme 3-0; vs Colorado Elite 6-2; vs Littleton 6-0
- Girls 16 Tar Heels 4-3-3 vs Pride 0-0; vs Aurora 0-5; vs Cheyenne 0-1; vs Real 0-0; vs Edge 3-2; vs Evergreen 1-1; vs Pikes Peak 1-0; vs TMSA 1-0; vs Xtreme 2-0; vs Club Utd 1-
- Girls 15 Red 6-3-1 vs St Vrain 1-2; vs Corinthians 1-2; vs Real 2-0; vs Edge 2-0; vs Real 5-1; vs Pueblo 3-2; vs Ft Collins 1-1; vs Storm 4-0; vs Littleton 3-1
- Girls 15 Tar Heels 9-1-0 vs Vail 4-1; vs Pikes Peak 0-1; vs Steamboat 5-1; vs Elite 4-2; vs Rush 8-1; vs Bear Creek 3-0; vs Explosion 4-1; vs Pilots 5-0; vs Denver Kickers 3-2; vs Nova 3-0
- Girls 15 Pilots 4-5-1 vs Xplosion 4-0; vs Steamboat 1-0; vs Vail 4-2; vs Club Denver 1-3; vs Nova 0-1; vs Pikes Peak 1-1; vs Rush 4-0; vs Tar Heels 0-5; vs Bear Creek 1-2; vs Club Denver 0-2
- Girls 14 Red 1-8-1 vs Ft Collins 0-4; vs Storm 0-2; vs Storm 2-5; vs Pikes Peak 0-0; vs Edge 0-2; vs Broomfield 0-1; vs Rush 0-5; vs Club Denver 0-4; vs Pikes Peak 1-2; vs LUSA 1-0
- Girls 13 Red 8-1-1 vs Aurora 4-2; vs Pride 2-0; vs Wheatridge 4-0; vs Corinthians 4-0; vs Xtreme 6-0; vs Storm 2-0; vs Edge 2-1; vs Cheyenne 1-2; vs Ft Collins 1-1; vs Riverside 1-0
- Girls 13 Tar Heels 5-1-4 vs Club Utd 1-3; vs Trebol 2-0; vs Real 2-1; vs Rush 3-0; vs Steamboat 2-1; vs Pride 3-0; vs Littleton 3-3; vs Nova 0-0; vs Real 0-0; vs Pride 1-1
- Girls 13 Pilots 5-4-1 vs LUSA 3-1; vs Westminster 2-0; vs Broomfield 0-3; vs Skyline 4-3; vs Riverside 4-0; vs Real 0-1; vs Club Denver 1-1; vs Storm 0-1; vs Elite 2-1; vs TMSA 0-3
- Girls 12 Red 4-3-3 vs Ft Collins 1-1; vs Elite 1-1; vs Pride 2-0; vs Storm 0-2; vs Real 3-1; vs St Vrain 1-0; vs Club Utd 0-2; vs Real 2-2; vs Pride 0-1; vs Corinthians 6-0
- Girls 12 Tar Heels 4-6-0 vs Pride 1-2; vs Trebol 1-7; vs Storm 1-2; vs Xtreme 2-1; vs Pikes Peak 0-5; vs Club Utd 3-1; vs Laramie 1-2; vs Steamboat 0-1; vs Vail 2-1; vs TMSA 1-0
- Girls 11 Red 3-5-2 vs Real 4-0; vs Rush 1-1; vs Littleton 0-1; vs Pride 0-2; vs Xtreme 0-0; vs Aurora 6-1; vs Rush 0-4; vs Storm 1-3; vs Edge 0-1; vs Ft Collins 3-1
- Girls 11 Tar Heels 0-8-2 vs Nova 0-1; vs Edge 1-3; vs Broomfield 1-1; vs Grand Mesa 0-3; vs Trebol 0-4; vs TMSA 1-4; vs Westminster 1-3; vs Club Utd 0-3; vs Cheyenne 2-2; vs Ft Collins 0-8
- Boys 14 Red 3-5-2 vs Storm 0-4; vs Real 0-5; vs Pride 2-2; vs Ft Collins 0-3; vs Ft Collins 1-0; vs Nova 1-4; vs Rush 0-4; vs Aurora 3-1; vs Club Denver 1-1; vs Littleton 4-0
- Boys 14 Barca 0-10-0 vs Wheatridge 0-4; vs Real 1-7; vs Storm 3-6; vs Pride 0-2; vs Edge 1-4; vs Guadalajara 2-7; vs Vail 1-8; vs Broomfield 0-7; vs Xtreme 0-6; vs Laramie 2-4
- Boys 14 Man U 6-3-1 vs Steamboat 1-2; vs Pride 3-1; vs Pikes Peak 5-0; vs Carbondale 1-7; vs Xtreme 6-2; vs Explosion 0-2; vs Wheatridge 3-0; vs Evergreen 6-1; vs Summit 4-4; vs Elite 3-0
- Boys 13 Red 1-8-1 vs Littleton 1-3; vs Aurora 3-2; vs Rush 0-5; vs Real 1-3; vs Guadalajara 1-4; vs Xtreme 2-8; vs Pride 2-2; vs Littleton 0-3; vs Storm 0-2; vs Broomfield 1-2
- Boys 13 Barca 6-4-0 vs Storm 5-1; vs Elite 2-3; vs St Vrain 3-1; vs Westminster 6-3; vs Steamboat 0-3; vs Trebol 3-1; vs Explosion 1-3; vs Rush 4-2; vs Laramie 0-4; vs Bear Creek 4-1
- Boys 12 Red 3-3-4 vs Club Denver 1-1; vs Edge 3-2; vs Ft Collins 0-2; vs Rush 0-0; vs Real 0-2; vs Nova 3-0; vs Xtreme 2-0; vs St Vrain 0-0; vs Corinthians 0-0; vs Storm 0-6
- Boys 11 Red 6-4-0 vs Ft Collins 0-5; vs Edge 5-0; vs Club Denver 5-0; vs Real 0-1; vs St Vrain 0-5; vs Pride 5-2; vs Rush 1-0; vs Ft Collins 0-6; vs Storm 1-0; vs Pikes Peak 4-1

Boys 11 Barca 4-5-1 vs Explosion 2-5; vs Wheatridge 4-1; vs Broomfield 1-2; vs TMSA 1-1; vs St Vrain 1-0; vs Xtreme 3-2; vs Ft Collins 0-1; vs Aurora 2-1; vs Greeley 2-3; vs Cheyenne 1-6
Boys 11 Juve 1-8-1 vs Pikes Peak 2-0; vs Corinthians 0-2; vs Club Denver 0-1; vs Evergreen 0-1; vs Pride 0-2; vs Real 0-0; vs Grand Mesa 0-4; vs Storm 0-6; vs Rush 1-3; vs Littleton 0-8
Boys 11 Man U 4-4-2 vs Storm 1-4; vs Club Utd 1-1; vs Westminster 6-4; vs Rush 2-0; vs Rush 3-0; vs Laramie 1-8; vs Pride 1-1; vs Explosion 3-2

End Of Season Wrap-Up

Girls 18 Red: 8-1-1

A solid season in Premier 1 earned the team a co-championship.

Girls 18 Red II: 5-5-0

This team came over from St Vrain. It had a slow start but finished strong.

Girls 17 Red: 1-8-1

The team chose not to participate in the campus training with the staff coaches.

Girls 16 Red: 9-0-1

A terrific fall season for this team. A league championship and promotion to the Elite level.

Girls 16 Tar Heels: 4-3-3

A slow start, but the team re-grouped terrific and ended up with a solid season in Premier 2.

Girls 15 Red: 6-3-1

This was the team's first season in Premier 2 and it stormed directly to Premier 1. Great job.

Girls 15 Tar Heels: 9-1-0

The only blemish on their schedule was a scheduling misunderstanding.

Girls 15 Pilots: 4-5-1

The team came out very strong but could not maintain their momentum.

Girls 14 Red: 1-8-1

After moving up from Classic, the team could not adjust to the level of play at the Premier level. Stepping back to Classic will be good for this group.

Girls 13 Red: 8-1-1

The team earned the league championship and promotion to Premier 2. Great job.

Girls 13 Tar Heels: 5-1-4

The team is so close to moving up to Classic. Keep working hard.

Girls 13 Pilots: 5-4-1

A solid performance in Challenge 2. The team is progressing well.

Girls 12 Red: 4-3-3

The team's goal of moving up to Classic was not reached.

Girls 12 Tar Heels: 4-6-0

A solid season for this team.

Girls 11 Red: 3-5-2

Competing very well at the highest level.

Girls 11 Tar Heels: 0-8-2

Dropping down to a lower level will be good for this team.

Boys 14 Red: 3-5-2

Reached their goal of staying in Premier 1.

Boys 14 Barca: 0-10-0

A tough season for this team. Dropping back to Classic will be just what the doctor ordered.

Boys 14 Man U: 6-3-1

The team earned promotion to Challenge 1. Terrific job.

Boys 13 Red: 1-8-1

The team played hard in Premier 1 but will have to work their way back to compete with the elite.

Boys 13 Barca: 6-4-0

A solid season and promotion to Classic.

Boys 12 Red: 3-3-4

A terrific performance at the Premier 1 level.

Boys 11 Red: 6-4-0

A third place finish in Premier for a first season together is a terrific result.

Boys 11 Barca: 4-5-1

Will be playing in Classic this spring which will be a good starting point for this team.

Boys 11 Juve: 1-8-1

Moving down to the Challenge 1 level will be good for this team.

Boys 11 Man U: 4-4-2

Not a bad first season for this brand-new team.

HIGH SCHOOL WRAP-UP

Final 5A: Smoky Hill - Grandview 2-0

Final 4A: Liberty - Mullen 1-0

Final 3A: Salida - Faith Christian 1-0

Alexander Dawson beat Manitou Springs 7-1, then lost to Denver Christian 2-3 in the quarter finals of the 3A playoffs.

Centaurus lost to Greeley Central 1-3 in the 4A playoffs.

COLLEGE WRAP-UP

University of Colorado

Record: 15-5-2

Georgia	0-0
Air Force	1-0
San Diego	1-2
Eastern Michigan	4-0
Wake Forest	2-1
Utah	1-0
LSU	4-1
Denver	3-0
Iowa State	1-0
Kansas	1-2
Northern Colorado	3-0
Missouri	0-1
Texas A&M	1-2
Texas	1-1
Baylor	2-1
Texas Tech	7-0
Oklahoma	4-0
Oklahoma State	1-0
Nebraska	2-0

Big 12 Tournament:

Missouri	2-1
Texas A&M	1-3

NCAA Tournament:

Utah	3-0
Portland	0-3

NCAA Top 20

Women

Men

1. North Carolina	1. Santa Barbara
2. Notre Dame	2. UNC-Greensboro
3. Virginia	3. SMU
4. Santa Clara	4. Indiana
5. Penn State	5. Maryland
6. Portland	6. New Mexico
7. Texas A&M	7. Notre Dame
8. Ohio State	8. Virginia
9. Florida	9. Wake Forest
10. Tennessee	10. Boston College
11. UCLA	11. Memphis
12. Princeton	12. Penn State
13. Kansas	13. UCLA
14. Washington	14. Hartwick
15. Connecticut	15. Virginia Common
16. Auburn	16. St John's
17. Arizona	17. Creighton
18. Duke	18. Seton Hall
19. Illinois	19. James Madison
20. Texas	20. Charleston

ALUMNI UPDATE

Six of our alumni have participated in the NCAA Division III Championships.

Dan Biggers' Drew University lost to Elizabethtown 0-2 in the first round of the playoffs.

Matt Clausen's Hamilton lost in the first round of the playoffs to **Patrick Huffer's** Williams 1-5. Williams went on to beat St Lawrence 1-0 and eventually lost in the quarter finals to Geneseo State 0-1.

Jason & Phillip Koshi's St Lawrence beat Roger Williams 3-0, then lost to Williams 0-1 in the round of 16.

Finally, **Kevin Owens'** Babson beat Castleton State 3-1, then lost to Wheaton (MA) 2-3.

Congratulations to all our alumni.

COLLEGE SOCCER CHAMPIONSHIPS

Women's Division I

Quarterfinals:

Santa Clara vs Illinois	2-0
Notre Dame vs Portland	3-1
UCLA vs Ohio State	1-0
Princeton vs Washington	3-1

Semifinals:

Notre Dame vs Santa Clara	1-0
UCLA vs Princeton	2-0

Final

Notre Dame vs UCLA (pks)	2-1
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Women's Division II

Quarterfinals:

Carson-Newman vs Lincoln Memorial	3-1
Adelphi vs Franklin Pierce	3-2
Neb-Omaha vs Ashland	4-0
Metro State vs Seattle	1-0

Semifinals:

Adelphi vs Carson-Newman	2-1
Metro State vs Nebraska-Omaha	2-0

Final

Metro State vs Adelphi	3-2
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Women's Division III

Quarterfinals:

Wheaton (MA) vs Oneonta	3-0
Wheaton (IL) vs Chris. Newport	4-0
Messiah vs Mary Wash.	3-0
Puget Sound vs Wash-St Louis	3-0

Semifinals:

Wheaton (IL) vs Wheaton (MA)	3-1
Puget Sound vs Messiah	3-0

Final

Wheaton vs Puget Sound	2-1 (pks)
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Men's Division I

Quarterfinals:

Santa Barbara vs VA Commonwealth	4-1
Duke vs Virginia	3-0
Maryland vs St John's	1-0
Indiana vs Tulsa	4-0

Semifinals:

Indiana vs Maryland	
Santa Barbara vs Duke	

Final: tba

Men's Division II

Quarterfinals:

SIU Edwardsville vs Tusculum	3-2
UNC Pembroke vs C. Arkansas	1-0
Seattle vs Incarnate Word	1-0
Dowling vs Franklin Pierce	1-0

Semifinals:

SIU Edwardsville vs UNC Pembroke	4-1
Seattle vs Dowling	2-1

Final

Seattle vs SIU Edwardsville	2-1
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Men's Division III

Quarterfinals:

Santa Cruz vs Gust. Adolphus	1-0
Geneseo St vs Williams	1-0
Messiah vs Wartburg	2-0
Salisbury vs R. Stockton	4-2

Semifinals:

Santa Cruz vs Geneseo St	3-1
Messiah vs Salisbury	1-0

Final

Messiah vs Santa Cruz	4-0
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Positive Coaching

The following was taken from the Positive Coaching Alliance website.

Positive Charting

Positive Charting is simple - but not necessarily easy. It requires effort, the effort to observe. As Yogi Berra is reported to have said, "It's amazing what you can see if you look."

Positive Charting in the Real World:

"I coached a group of 13- and 14-year-old soccer players. At the beginning of the season, the only team these girls could beat was themselves. So after one mediocre game, I sat the girls down on the bench and instead of reading them the riot act, I took to heart the positive charting idea. I emphasized all the positive aspects of the game they played just to show these girls that they were capable of doing some positive things. I did this after each game from then on, win or lose. Wouldn't you know it, this same rag-tag team of girls lost the last game of the season, the championship game. Thanks to positive charting, and the other ideas in Positive Coaching, I turned this team around."

Positive Charting Directions:

As coaches we tend to think that we add value by finding things that are done incorrectly and improving them. But it is equally important to find things that are being done correctly and to reinforce them. Positive Charting is a method for increasing the number of "right things" that your players do. It also creates a wonderful positive atmosphere in which players are more receptive to being corrected because they feel appreciated. Effective Positive Charting helps you reach the Magic 5:1 ratio, which best keeps players' Emotional Tanks full.

Here's how Positive Charting works:

1. Write the name of each player in a box on the Positive Charting Form. If there is a specific action you want to look for with that player (for example, hustling back on defense, winning loose balls), write it in the space marked "Look-For."
2. Look for the positive things players do. Whenever you see one, jot a note under the player's name. (Over time you'll develop your own shorthand. The key is to write enough so you'll remember it when you get to step #5 below). Remember to look for the team-building things that players do to encourage each other as well as their physical actions.
3. Make sure you have about the same number of comments (3-5 is good) for each player. You may have to look hard with some players. And you may have to limit the number of comments for the better players. Be disciplined: at the end of the game you should have 3-5 items for each player.
4. Be honest. Don't be tempted to make something up or write something that isn't true about any player. This is the hard part - you have to find something positive about each player. It may be a small thing, but you can find it if you look hard enough.
5. At your next practice, begin with a quick team meeting in which you review your positive charting with your team. Take each player in turn and share with the group the positives. This should take no more than 30 seconds or so per player. Enjoy the positive energy of your players during practice.

Coaching Education

CSYSA 2004-2005 Winter Coaching Courses

December 3,4,5 & 10, 11 and 12
'D' Course
at Open Spaces

February 4, 5 and 6
'E' Course
at Alexander Dawson School

February 4, 5, 6 & 11, 12 and 13
'D' Course
at Alexander Dawson School

To register for these courses, please check www.csysa.org. Click on coaching/licenses and down-load the application form. BC Force will reimburse the application fee after you've completed the course.

NSCAA Coaching Courses

January 28, 29 & 30
Advanced Regional Diploma
Denver

To register for this course, please contact Marc Francis at 303-858-0361

June 13-19
National Diploma
at Regis College

June 13-19
Advanced National Diploma
at Regis College

To register for these courses, please contact Allison Pronske at 913-362-1747 or e-mail her at apronske@nscaa.com.

Indoor Soccer

The indoor training sessions have started and so far the response has been terrific especially at the younger ages. Anywhere between 20 and 30 players have attended the practices at Off-the-Boards. The facility is first class. We use the large field for scrimmages and the smaller field for exercises and drills. Players rotate between the smaller field and the large field and they get a good workout. Players can show up and pay \$10 at the door. Check out our website for practice times and days for the respective age groups.

BC Force Indoor Classic

Final preparations for the BC Force Indoor Classic are well under way. This year's edition will take place January 8, 9, 15 & 16. If you coach a U10 through U14 boys' or girls' team and haven't submitted your application yet, time's running out. Call Gretchen at the office at 303-443-8877, or fax in your application to 720-406-1566.

End-of-Season Coaches Meetings

We will wait until after the Holidays and the Indoor Classic to meet with the coaches to discuss this past fall season and the upcoming spring season. I will try to schedule these meetings during the third and fourth weeks in January at the soccer office.

Finally, a big thank you to all who made this fall season a big success. The kids wouldn't play without all your efforts. Thank you and have a great holidays.

U18 Girls Travel To Dallas

By Rob Johnson

The U18 Girls Red II team traveled to the Storm Jr/Sr Showcase in Dallas, Texas. This is a college showcase with a three game format organized by the Storm Soccer Club from Plano, TX. Traditionally, this event has been a strong recruiting ground for college coaches. This year, there were more than 300 Division I, II and III college coaches in attendance. This was an excellent opportunity for our players to be seen by coaches at the collegiate level. The team won two games and lost one. They played two games on Saturday and one weather-shortened game on Sunday.

Here's a brief recap of the three games the team played.

Game 1: BC Force vs AU Capitals (Austin, TX) Saturday 7:30 AM. A 3-0 win for the Force.

The girls came out really strong and scored two goals in the first eight minutes. The first goal was off a corner kick in which **Kami York-Fern** slotted the ball in the corner after a bad clearance by the other team. The second goal was scored on a header by **Jovi Valdez** off a ball crossed in by **Carissa Pilling**. After this flurry of goals, the team let down a bit, but I was happy that we were able to keep possession and we did not force the ball forward. The girls looked composed on the ball and made few mistakes. **Hillary Smallwood** scored the team's third goal 15 minutes into the second half. She was about 25 yards out, looked up, saw that the keeper was off her line, and chipped her. A very nice goal.

Game 2: BC Force vs Storm SC (Dallas, TX) Saturday 12:45 PM. A 1-0 win for the Force.

This was a game that we should have put away earlier. The first half ended 0-0. Storm pressed well, however, we had four clear chances which we did not put away. With about twenty minutes left in the second half, **Kami York-Fern** took the ball to the endline and crossed a beautiful ball to **Kelly Creighton** who waited at the penalty spot and finished with a one-time shot. A text book goal which gave us the win.

Game 3: BC Force vs Texas Spurs (Houston, TX) Sunday 11:00 AM. A 1-2 loss.

This was a weather shortened game in which we played two 20 minute halves. This is the game that I wished we could've played the full 80 minutes. Despite the two small breakdowns, the team played well and the players were composed. We scored first after nine minutes into the game. After a corner kick, **Kelly McGowan** was at the back post to score. After that we missed at least seven goal scoring opportunities. The Spurs scored the final two goals to win the game.

This event was a good ending to the fall season. Thanks to our team manager for her assistance with this trip and also thanks to co-coach **Heather Solar**.