



SOCCER CLUB COACHES NEWSLETTER

Volume 11, Issue 3, March 2005

www.bcforce.com

A MESSAGE FROM THE HEAD COACH

Since it's 'March Madness', I thought it would be appropriate to take a look at John Wooden's Pyramid of Success. Wooden is arguably one of the great coaches ever and his coaching philosophy warrants a closer look.

SUCCESS

**COMPETITIVE
GREATNESS**

"When the going gets tough,
the tough get going. Be at your
best when your best is needed.
Real love of a hard battle.

POISE

Just being yourself. Being at
Ease in any situation. Never
fighting yourself.

CONFIDENCE

Respect without fear. Confident,
not cocky. May come from faith
In knowing that you are prepared.

CONDITION

Mental-Moral-Physical
Rest, exercise and diet must be
considered. Moderation must
be practiced. Dissipation must
be eliminated.

SKILL

A knowledge of and the
ability to properly execute the
fundamentals. Be prepared.
Cover every detail.

TEAM SPIRIT

An eagerness to sacrifice
personal interests or glory
for the welfare of all.
"The team comes first."

SELF-CONTROL

Emotions under control
Delicate adjustment between
Mind and body. Keep
judgement and common sense.

ALERTNESS

Be observing. Be quick
to spot a weakness
and correct it or use it
as the case may warrant

INITIATIVE

Cultivate the ability
to make decisions and
think alone. Desire to
excel.

INTENTNESS

Ability to resist temptation
and stay with your course.
Concentrate on your
objective

INDUSTRIOUS

There is no substitute
for work. Worthwhile

FRIENDSHIP

Comes from mutual
esteem, respect and

LOYALTY

To yourself and to
all those dependent

COOPERATION

With all levels of your
co-workers. Help

LOYALTY

Your heart must
be in your work.

things come from hard
work and careful
planning.

devotion. A sincere
liking for all.

upon you. Keep your
self-respect.

others and see the
other side.

Stimulate others.

Success is peace of mind which is a direct result of self-satisfaction in knowing you did the best to become the best that you are capable of becoming.

BC FORCE Game Results

Boys 18 Red (P1) 0-2-0 vs Explosion 0-2; vs Aurora 1-3
Boys 18 Barca (P2) 1-0-0 vs Xtreme 4-1
Boys 17 Red (P1) 2-0-0 vs CSA 1-0; vs Ft Collins 4-0
Boys 17 Barca (Cl) 0-2-1 vs CSA 0-1; vs Xtreme 1-1; vs Edge 0-1
Boys 16 Red (Elite 3) 2-0-0 vs Pueblo 2-0; vs Littleton 3-0
Boys 15 Red (P2) 3-0-0 vs Broomfield 3-0; vs Storm 2-1; vs Riverside 6-1
Boys 14 Red (P1) 0-2-1 vs Xtreme 1-1; vs Real 0-1; vs Chivas 1-2
Boys 14 Barca (Cl) 1-0-0 vs Real 2-0
Boys 14 Man U (Ch1) 0-3-0 vs Fort Collins 1-2; vs Westminster 0-2; vs Club Utd 0-4
Boys 13 Red (P2) 0-0-1 vs Club Denver 3-3
Boys 13 Barca (Cl) 0-1-0 vs TMSA 0-4
Boys 12 Red (P1) 1-2-0 vs Real 1-7; vs Corinthians 0-1; vs Real 4-0
Boys 11 Red (P1) 0-2-0 vs Storm 0-3; vs St Vrain 0-2
Boys 11 Barca (Cl) 0-1-1 vs Greeley 0-0; vs Rush 1-5
Boys 11 Juve (Cl) 0-2-0 vs Rush 0-2; vs Xtreme 0-3
Boys 11 Man U (Ch1) 1-2-0 vs Edge 2-4; vs St Vrain 0-5; vs Rush 3-2

Girls 14 Red (Cl) 0-0-1 vs Xtreme 3-3
Girls 13 Red (P2) 0-1-0 vs Aurora 0-1
Girls 13 Tar Heels (Ch1) 0-2-0 vs SW Denver 2-4; vs Storm 0-1
Girls 13 Pilots (Ch2) 1-0-1 vs Explosion 0-0; vs Trebol 2-1
Girls 12 Red (Ch1) 0-1-0 vs Storm 0-2
Girls 12 Tar Heels (Ch2) 0-2-0 vs Club Denver 1-6; vs TMSA 0-1
Girls 11 Red (P2) 0-0-1 vs Fort Collins 1-1
Girls 11 Tar Heels 1-2-0 vs Rush 0-2; vs Storm 3-1; vs Storm 0-4

A little bit of a slow start for many of our teams. Although the weather has cooperated on game days, there have been cancellations and rescheduling due to teams missing players which seems to be a common practice for some of our teams during the spring season. Let's hope that after the spring break everyone really can get into their season.

FRIDAY SKILLS CLINICS

When: Starting Friday April 8

Where: East Boulder Rec Fields.

Times: High School boys from 4:00-5:00

Girls U11 through U13 from 5:00-6:00

Boys U11 through U14 from 6:00-7:00

Goalkeeper training at corresponding times.

Players need to bring their own soccer ball.

Players need to be on time.

Players need to come with the right attitude.

Rob Johnson will be working with the goalkeepers. John Welsch, Heather Solar and a guest coach will be working with the players on dribbling, passing, receiving and finishing skills.

Clinics start Friday April 8th and will be held through Friday May 20th.

For more information, contact the office at 303-443-8877

THE HIGH SCHOOL PAGE

ALEXANDER DAWSON

Record: 0-1-0

3/10 vs Silver Creek 0-9
3/31 4:00 PM vs Colorado Academy
4/2 11:00 AM at Weld Central
4/4 4:00 PM at Holy Family
4/5 4:00 PM vs Academy of Charter
4/7 4:00 PM vs Resurrection Christ
4/11 3:45 PM at Denver Christian
4/12 4:00 PM vs Heritage Christian
4/14 4:00 PM at Jefferson Academy
4/16 11:00 AM vs Kent Denver
4/19 4:00 PM at Nederland
4/21 4:00 PM vs Heritage Christian
4/26 4:00 PM at Maranatha Christian
4/30 11:00 AM at Longmont Christian
5/2 4:00 PM vs Faith Christian

BOULDER

Record: 4-0-0

3/10 vs Horizon 2-0
3/12 vs Centaurus 3-0
3/15 vs Monarch 4-1
3/17 vs Littleton 3-2
4/2 7:00 PM vs Fort Collins
4/7 7:00 PM vs Grandview
4/12 4:00 PM at Mullen

4/14 4:15 PM at Cherry Creek
4/16 12:00 PM vs Silver Creek
4/19 4:15 PM at Fairview
4/21 6:30 PM vs Eaglecrest
4/26 4:15 PM at Overland
4/28 7:00 PM vs Smoky Hill
4/30 10:00 AM vs Evergreen
5/3 4:00 PM at Niwot

CENTAURUS

Record: 1-3-0

3/10 vs Northridge 1-2
3/11 vs Elizabeth 10-0
3/12 at Boulder 0-3
3/14 4:00 PM at Montbello
3/15 6:00 PM vs Holy Family
3/17 at Monarch 0-6
4/5 4:00 PM at Adams City
4/7 4:00 PM at Skyview
4/9 12:00 PM vs Denver North
4/12 6:00 PM vs Aurora Central
4/14 4:00 PM at Hinkley
4/16 12:00 PM at Brighton
4/21 6:00 PM vs Westminster
4/26 6:00 PM vs Ranum
4/28 6:00 PM vs Cherokee Trail

FAIRVIEW**Record: 4-0-0**

3/10	vs Columbine	2-1
3/12	vs Thomas Jefferson	3-0
3/15	vs Horizon	4-0
3/18	at Denver East	3-1
4/2	4:00 PM vs Grand Junction	
4/5	7:00 PM at Palmer	
4/7	6:30 PM at Eaglecrest	
4/12	4:15 PM at Overland	
4/14	5:30 PM at Smoky Hill	
4/19	4:15 PM vs Boulder	
4/21	4:15 PM vs Mullen	
4/26	4:15 PM at Cherry Creek	
4/28	4:30 PM vs Grandview	
5/3	7:00 PM at Fort Collins	

MONARCH**Record: 3-2-0**

3/11	at Gateway	8-0
3/12	vs Grandview	1-4
3/13	vs Air Academy	1-0
3/15	at Boulder	1-4
3/17	vs Centaurus	6-0
4/1	7:00 PM at Horizon	
4/5	3:30 PM vs Legacy	
4/7	4:00 PM vs Poudre	
4/12	7:00 PM at Thornton	
4/14	7:30 PM at Rocky Mountain	
4/16	12:00 PM vs Bear Creek	
4/19	4:00 PM at Loveland	
4/21	5:30 PM vs Fort Collins	
4/26	5:30 PM vs Northglenn	
4/28	7:00 PM vs Golden	

There are many ways a young player can learn about the game. One way in becoming a better player is to watch good players in action. This summer there will be plenty of opportunities to watch high level soccer in the immediate area.

Here are the home schedules of the Colorado Rapids (MLS), Rapids Reserve (PDL) and Fort Collins Force (W-League) soccer teams.

So if you have a chance this summer, check out one of these three teams.

COLORADO RAPIDS
Home Schedule

Apr 9	vs FC Dallas	7:00 PM
Apr 23	vs Columbus	7:00 PM
Apr 30	vs New York	7:00 PM
May 14	vs Chivas USA	7:00 PM
May 25	vs San Jose	7:30 PM
June 15	vs Los Angeles	7:30 PM
June 25	vs FC Dallas	7:00 PM
July 4	vs Kansas City	7:30 PM
July 20	vs San Jose	7:30 PM
July 23	vs Chicago	7:00 PM
Aug 6	vs Los Angeles	7:00 PM

Aug 20	vs New England	7:00 PM
Aug 26	vs Salt Lake City	7:00 PM
Sept 3	vs DC United	7:00 PM
Oct 1	vs Salt Lake City	7:00 PM
Oct 5	vs Chivas USA	7:00 PM

All games will be played at the Invesco Field at Mile High.

The Colorado Rapids are looking to get back to the upper echelon of the MLS under new head coach Fernando Clavijo

BOULDER RAPIDS RESERVE

The Boulder Rapids Reserve, entering its 5th year of existence, competes in the Premier Development League (PDL) of the United Soccer Leagues (USL). The PDL was established as an opportunity for college players to compete in a professional atmosphere without forfeiting their collegiate eligibility or amateur status. The team is a member of the highly competitive Heartland Division. The Boulder Reserve were the 2002 Central Conference Champions and National Finalists.

Home Schedule
(Games played at Pleasant View)

June 5	vs El Paso Patriots	2:00 PM
<i>This game will be our annual BC Force fundraiser.</i>		
June 12	vs Colorado Springs	2:00 PM
June 17	vs BYU Cougars	6:00 PM
June 18	vs Springfield Storm	6:00 PM
June 25	vs Colorado Springs	6:00 PM
July 10	vs Kansas City	2:00 PM

FORT COLLINS FORCE

The Force is a premier women's soccer team heading into its 9th season. The Force competes in the 37 team W-League of the United Soccer Leagues. The USL consists of over 200 soccer franchises in the United States and Canada. The W-League serves as the highest

level of competitive women's soccer in North America and is home to collegiate, post-collegiate, National Team and former professional players.

Home Schedule

May 23	vs Denver Cougars	6:00 PM
May 27	vs San Diego Gauchos	6:00 PM
June 5	vs Seattle Sounders	6:00 PM
June 12	vs Mile High Mustangs	6:00 PM
June 26	vs Vancouver Whitecaps	6:00 PM
June 30	vs Arizona Heatwave	6:00 PM
July 22	vs Denver Cougars	6:00 PM

Field directions: I-25 North to Harmony Rd (exit 265). West on Harmony to Timberline. North on Timberline to Lowe. West on Lowe to Automation. Right on Automation to field.

BC Force Boys U17 Red Showcase in San Diego

By Hardy Kalisher

The U17 Boys Red headed West during spring break to San Diego for the prestigious Nomads College Showcase. Many of the top teams from the West Region participate in this event which is held on the campus of the University of California-San Diego.

The first game was against the well-known Ballistic United from the San Francisco Bay area. The Ballistic team played a high pressure game which gave our players very little time and space. Goalkeeper **Bruce Pelz** made several outstanding saves to keep us in the game and preserve the shutout (his third of the season). The final score was 0-0.

The second game of the day was against Palmdale Thunder of Southern California. Palmdale won its first game over the defending State Champions of Alaska, 2-0. Palmdale featured a team of very skilled ball handlers. BC Force opened the scoring with an excellent one-touch pass from striker **Jasper Lipton** to left midfielder **Eduardo Leal**. Palmdale equalized immediately. A 55 yard kick-off blast sailed over Bruce Pelz's head and landed just under the crossbar. BC Force scored one minute later when **Wynn Sullivan** drove a 40 yard free kick into the box and was flicked by **Jasper Lipton** and headed into the net by **Nathan Quilling**. BC Force controlled the rest of the half but was unfortunate when a Palmdale free kick was deflected in from the goal line. At the final whistle, the BC Force was unable to finish a cross into the six yard box and the game ended in a 2-2 tie. The boys were disappointed that they'd let one slip away.

We needed a win going into the final game of group play against the Alaska Gold Diggers to have a chance of moving into the quarter finals. Alaska played a very athletic, fast-paced and direct style of play. Their strong and fast defenders overpowered the BC Force strikers preventing us from any real threats in the first half. With just ten minutes remaining in the game, BC Force was called for a questionable hand ball in the box and

Alaska scored the ensuing penalty kick, 1-0. For the foul, the BC Force defender was handed his second yellow card and we had to play a man down for the remainder of the game. Alaska bunkered in and successfully kept the shutout win.

While the BC Force was unable to advance out of the group (Palmdale won the group), the boys did play attractive soccer and did not give up a single goal during the run of play. The players enjoyed the experience of playing against three distinctively different styles of play. Interestingly enough, no Colorado U17 team was able to advance out of group play.

On Sunday, the BC Force played a 'friendly' against the defending U17 State Champions from Hawaii who had been eliminated as well. The Hawaii team played with a lot of confidence featuring three very talented players. Three mental breakdowns in the BC Force defense led to a 0-3 deficit at the half. After some halftime adjustments, BC Force stormed back and equalized on goals by **Mickey Citarella**, **Jasper Lipton** and **Corey Van de Boogaard**. Several of the BC Force boys played their best soccer of the weekend in that half.

Another highlight of the weekend was a visit to the University of San Diego where the BC Force team toured the campus and had a Q & A meeting with Men's Soccer Assistant Coach Tom Tate. Coach Tate then attended one of our games.

All in all a wonderful weekend for the BC Force Boys U17 Red team.

The BC Force Boys U16 Red team traveled to San Diego as well to participate in the Showcase tournament.

Here are their results:

BC Force U16 Red vs West Coast FC (CA)	1-1
BC Force U16 Red vs Sereno (AZ)	5-0
BC Force U16 Red vs San Juan (CA)	0-3

Rob's Ramblings

Now that the season is in full swing let's talk about it, shall we? I feel that we have gotten off to a good start, however, I am never fond of the spring soccer season. I might be whining, but oh well.

Here are a few reasons why the spring is not my favorite season:

Daylight:

We play about half of the season before daylight savings is upon us. This means we have to share fields and we usually can only get one practice in. I like the fall season because starting the first day I can go with back to back practices. Now I have to slowly get into it and I do not like it.

Spring Break:

Now I was born and raised in Boulder so I am allowed to say this. Boulder people do not like to be told what to do. We always have games the first and second weekend of Spring Break. I really do not mind people going away for Spring Break, it just means that I have to reschedule these games for a later date. Now we will have to make these games up and we could still have a few weekends of snow. So now we could be playing seven or eight of our games in about a 4-5 week period. I also do not like the parents that want me to be happy that they planned their vacation around the games. "We won't be at practice all week, but we will be at the games". (Just kidding)

Pre-Season Tournaments:

Unlike the fall season, when you have many opportunities to participate in pre-season tournaments, the spring season does not offer this. Unless you are willing to travel to Pueblo, or to an out-of-state tournament, it's tough to get your teams game ready.

Tryouts:

As the season is winding down everybody starts to freak out about the upcoming tryouts. I understand this, but let's first finish the season then worry about tryouts. I know it's difficult to participate in tryouts and then be expected to play tournaments on a team that you might no longer be a part of. Tryouts are a necessary evil. Just remember that I have been watching you all season, not just those four hours.

No Thanksgiving:

My favorite part of fall soccer is that at the end of the season there is this little holiday called Thanksgiving. If you've seen me lately you know it is my favorite holiday of the year.

On the other hand, at the end of the spring season it's my wife's birthday, my birthday and my wedding anniversary. I usually forget one or all of these and that does not go over very well.

Well, there you have it. Have a great spring and I'll see you at the fields.

Calendar of Events

- April 8 - Start of Friday clinics at East Boulder Rec.
- April 10 - Start of State Cup for boys.
Check CSYSA for schedule.
- May 3 - BC Force Awards Night and Silent Auction at Monarch High School.
- May 22 - BC Force Open House
- May 31-June 3- BC Force Tryouts
- June 5 - Rapids Reserve Force Day at Pleasant View.
- June 6 - Start of BC Force Summer Soccer Programs.
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The following articles come from Larry Fine's Finesoccer.com.

Today's first subject deals with having only one good player on a team.

Too often, I have noticed that when speaking with parents from some of the teams I work with, I hear about how the team has only one good player, or the team has only one player who tries hard, or the team has only one player with a good attitude. The reason this is interesting to me is it seems I could speak with five different parents from the same team and in each case there is one 'special' player and not too surprisingly, that player is their son or daughter.

While every parent should think their son or daughter is special (and you could argue that everyone is special in their own way), the discussion never seems to end with hearing how good their child is. Next, the people seem to want to explain everyone else's limitations. I hear that Johnny is lazy and Jimmy has a bad attitude. So now, it's not good enough to say how wonderful their son or daughter is, but they then have to criticize the other players.

At some point, people are going to have to realize that to be truly successful, players have to participate on a team in which the whole is greater than the sum of its

parts. To be a top soccer player, a player must make all of the other players around them better. This can be done any number of different ways. It might be a case of the player setting a good example by working so hard that the other players on the team feel they have to improve their work rate to be competitive. It might be a case of the top player stopping and showing the less experienced player how to do something better. It might be the top player making the correct pass at the correct time enabling a teammate to score the goal.

There are numerous ways for players to help their teammates become better soccer players but one of the first things that needs to be done is a better job of educating the parents, coaches and other adults involved in youth soccer of the importance of encouraging the youth players that they will look better trying to make their teammates look good than if they try to make their teammates look bad.

The other part of this is that players, parents and coaches really should concentrate on the positives of all rather than the negatives of some. While it's very rare for me to ever have a conversation with someone about their playing time, if a player asks what they can do to get more playing time, then that is a perfectly acceptable question. However, as soon as it turns to "Why is Jenny getting more playing time than me?" It becomes an unacceptable question. When a coach and a

player or parent speak, it should be about that player and how they can improve and NOT about any other players.

The second subject is how to introduce players to zonal defending

I get many questions regarding zonal defending and the biggest confusion seems to be in how to teach zonal defending.

The first thing to teach when working with zonal defending is that while the players in the zone primarily stay in a certain area, the zones do shift. When the ball is on the right side, the whole back line shifts to the right. When the ball is on the left side, the whole back line shifts to the left. Also, just because a team is defending zonally doesn't mean the players don't mark a player. The difference is they are responsible for the players who come into their zone as opposed to a set player they have to follow all over the field. This means that while playing in a zone, the backs still mark

players, the only difference is that the players they are marking are frequently changing.

A simple activity to use when initially teaching zonal defending is to play a 2 vs 2 game in a 20 x 15 yard grid. Instead of having goals, a team can score one of two ways. They can stop the ball on the end line they are attacking or any time the attacking team can get the defending team to cross behind each other the attacking team gets a point. This works on the defending team providing proper support and communicating properly. The key here is, if done properly, the defenders will mark a player while providing support for their teammates and communicate properly in order to switch players with their teammate in order to maintain their proper shape in the zonal defense. When the defending team wins the ball they attack and the other team has to react accordingly.

From 2 vs 2, progress to 3 vs 3 and then 4 vs 4. Gradually it will make a lot more sense to the players.

COACHING EDUCATION

Summer is a great time to participate in a US Soccer or NSCAA sponsored coaching course. These courses are great opportunities for you to further your coaching education. Please contact Welsch at the office if you'd like more information about the various coaching schools that are available.

CSYSA hosted 'C' Course

CSYSA will be hosting a 'C' Coaching Course on July 28, 29, 30 and 31 & August 4, 5, 6 and 7 at Metro State College in Denver.

The cost is \$700 which includes all course materials. 'C' candidates must be at least 18 years of age and must have held a 'D' license for a minimum of twelve months.

Click on www.csysa.org for further information.

National Youth License Coaching Course

CSYSA will be hosting a National Youth License Coaching Course on August 12, 13 and 14 & 19, 20 and 21. The course will be limited to 30 candidates and will be filled primarily on a first come first served basis. Potential candidates are encouraged to complete the application process as soon as possible.

The cost is \$550 which includes course materials and instruction.

Click on www.csysa.org for further information.

NSCAA National Diploma

The NSCAA will conduct a National Diploma at Regis University from June 13 through 19. Contact Allison Pronske at 913-362-1747 or e-mail her at apronske@nscaa.com, or go to their website at www.nscaa.com.

Advanced National Diploma

The NSCAA will conduct the Advanced National Diploma at Regis University from June 13-19. Contact Allison Pronske at 913-362-1747 or e-mail her at

apronske@nscaa.com or go to their website at
www.nscaa.com.

US Soccer

Please check out US Soccer's website at
www.ussoccer.com for information on their residential
coaching courses.

NSCAA

Please check out the NSCAA's website at
www.nscaa.com for information on their residential
coaching courses.

Triple Crown Sports **3 vs 3 Soccer Series**

Triple Crown Sports is organizing a 3 vs 3 league in Longmont at the Sandstone sports complex from June 7 through July 14. They are offering the following age groups: Boys and Girls U7 through High School. You can have six players on a roster with up to four alternates. The cost is \$260 per team. You can register online at www.triplecrownsports.com. For more information, you can call 970-484-4653.

Boulder soccer player/coach **Ryan Holmes** is currently in Africa representing GrassRoot Soccer.

GRASSROOT SOCCER

Grassroot Soccer is an international AIDS awareness and education organization. Founded in 2002 by current and former professional soccer players, our mission is to use the power of sport to combat the AIDS epidemic in Africa. We train professional African soccer players and other role models to educate youth about critical life-skills and HIV/AIDS prevention strategies.

The Need for AIDS Prevention in South Africa.

The AIDS pandemic has reached crisis proportions and represents the worst public health problem in human history. 76% of the world's AIDS cases are in Sub-Saharan Africa. Of the 29.4 million people living with HIV/AIDS in southern Africa, 10 million of those people are aged 15-24 and 3 million are younger than age 15. In South Africa 5.3 million people are infected - the highest of any country. Comprehensive prevention campaigns have been found to be the most effective method for stopping the spread of this virus. Uganda has used a variety of prevention strategies with good success. The potential for large scale prevention of HIV

with education programs utilizing the power of sports is untapped.

The Grassroot Soccer History

Grassroot Soccer (GRS) focuses its prevention efforts on the most at-risk population in the world - young people ages 10-17 in Africa. Our programs include:

- GRS was founded in 2002 as 501c3 nonprofit organization.
- Curriculum was developed using top consultants from Cornell University working in Bulawayo with local players, teachers and children.
- Zimbabwe Pilot Project conducted from 2002-2003. 15 top professional players are now trained and working with 4000 school children each year in Bulawayo.
- Evaluation of the Bulawayo pilot project was completed by a Stanford University affiliate showing that the program is effective in teaching children how to prevent HIV infection.
- Consulting work has begun as others have recognized the quality of the GRS concept and our work on the ground:
 - Partnerships with Johns Hopkins University in Ethiopia will reach 1 million children over the next 3 years.

- Training of Trainer Programs conducted in Kenya, Uganda and Tanzania for groups including World Vision, AMICAALL and others.
- Bill and Melinda Gates Foundation awarded \$500,000 in November 2004 to GRS recognizing the unique contribution and potential of sport to combat the devastation caused by HIV on individuals' lives in southern Africa.

The Future for GRS

- 3 new sites in Zambia, Botswana and South Africa in the next three years.
- We will use partnerships with large organizations to implement programs on a large scale.

- We will create the GRS Network - a large group of individuals and small organizations using the GRS methods.

Why Sport?

"Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can. It speaks to people in a language they understand. Sport can create hope where there was once despair. It is an instrument for peace, even more powerful than governments. It breaks down racial barriers. It laughs in the face of all kinds of discrimination. The heroes sport creates are examples of this power. They are valiant, not only on the playing field but also in the community, spreading hope and inspiration to the world."

-- Nelson Mandela

BC FORCE HOME SCHEDULE

April 2

9:00 AM	PV#1	BC Force Boys 18 Barca	vs	Skyline Elite
9:00 AM	PV#3	BC Force Boys 11 Barca	vs	Colorado Edge
9:00 AM	PV#4	BC Force Boys 14 Barca	vs	Lusa
10:30 AM	PV#3	BC Force Boys 11 Red	vs	Real Colorado
10:30 AM	PV#4	BC Force Girls 14 Red	vs	Trebol
11:00 AM	PV#1	BC Force Boys 15 Red	vs	Real Colorado
12:00 PM	PV#3	BC Force G12 Tar Heels	vs	Colorado Storm
12:00 PM	PV#4	BC Force Boys 14 Red	vs	Ft Collins
1:00 PM	PV#1	BC Force Boys 17 Red	vs	Corinthians
1:30 PM	PV#3	BC Force Girls 11 Red	vs	Pueblo Rangers
1:30 PM	PV#4	BC Force Girls 13 Red	vs	Pueblo Rangers
3:00 PM	PV#1	BC Force Boys 17 Barca	vs	Littleton Utd
3:00 PM	PV#4	BC Force G13 Tar Heels	vs	Ft Collins

April 9

9:00 AM	PV#3	BC Force Girls 12 Red	vs	Skyline Elite
10:00 AM	PV#4	BC Force G13 Tar Heels	vs	Riverside
10:30 AM	PV#3	BC Force Boys 12 Red	vs	Aurora Sting
11:30 AM	PV#4	BC Force Boys 13 Red	vs	Aurora Sting
12:00 PM	PV#3	BC Force Boys 11 Man U	vs	Pikes Peak
1:00 PM	PV#1	BC Force Boys 16 Red	vs	Xtreme
1:00 PM	PV#4	BC Force Boys 14 Man U	vs	Pikes Peak
1:30 PM	PV#3	BC Force Boys 11 Juve	vs	Laramie Blizzard
2:30 PM	PV#4	BC Force Boys 13 Barca	vs	Cheyenne Sting

3:00 PM	PV#1	BC Force Boys 17 Barca	vs	Trebol
3:00 PM	PV#3	BC Force G11 Tar Heels	vs	Colorado Elite

April 16

9:00 AM	PV#1	BC Force Boys 17 Red	vs	Lusa
9:00 AM	PV#4	BC Force Boys 14 Barca	vs	Colorado Storm
10:30 AM	PV#4	BC Force G13 Pilots	vs	Wheatridge
11:00 AM	PV#1	BC Force Boys 18 Barca	vs	Englewood
11:30 AM	PV#3	BC Force G12 Tar Heels	vs	Colorado Storm
12:00 PM	PV#4	BC Force Girls 14 Red	vs	Ft Collins
1:00 PM	PV#1	BC Force Boys 15 Red	vs	Colorado Explosion
1:00 PM	PV#3	BC Force Boys 11 Red	vs	Ft Collins
1:30 PM	PV#4	BC Force Girls 13 Red	vs	Grand Mesa
2:30 PM	PV#3	BC Force Girls 11 Red	vs	El Paso Pride
3:00 PM	PV#4	BC Force Boys 14 Red	vs	Ft Collins

April 23

9:00 AM	PV#1	BC Force Boys 18 Red	vs	Southwest Cobras
9:00 AM	PV#3	BC Force Girls 12 Red	vs	Trebol
10:30 AM	PV#3	BC Force Boys 11 Man U	vs	Colorado Elite
11:00 AM	PV#1	BC Force Boys 17 Barca	vs	CSA
11:30 AM	PV#4	BC Force Boys 14 Man U	vs	Colorado Explosion
12:00 PM	PV#3	BC Force Boys 11 Juve	vs	Pikes Peak
12:00 PM	PV#7	BC Force Boys 14 Red	vs	Nova
12:00 PM	PV#8	BC Force G13 Tar Heels	vs	Nova
1:00 PM	PV#1	BC Force Boys 16 Red	vs	Ft Collins
1:00 PM	PV#4	BC Force Boys 13 Red	vs	El Paso Pride
1:30 PM	PV#3	BC Force G11 Tar Heels	vs	Corinthians
2:30 PM	PV#4	BC Force Boys 13 Barca	vs	St Vrain Express
3:00 PM	PV#3	BC Force Boys 12 Red	vs	Colorado Storm