



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 11, Issue 8, September/October 2005

www.bcforce.com

A MESSAGE FROM THE HEAD COACH

By John Welsch

It looks as if all our teams are getting into the rhythm of the fall season. Practices and games seem to be running well. Training sessions at Foothills are under control and **Milo** and **Gustavo** are making the rounds at East Boulder and Manhattan. **Hardy Kalisher**, **Dave Napior** and **Dan Schewe** are busy with the U10 Academy which has a promising group of third and fourth graders.

A quick thank you to **Lauren Hager** for assigning the officials at our home games and arranging the rescheduled games.

In this issue **Rob Johnson** will give us an update on the status of our girls' teams.

Our eight boys' teams are off to a terrific start to the fall season. **Andy Hackbarth's** Boys 14 Barca and **John Hathaway's** Boys 12 Barca are both 4-0-0 to begin their season. On the boys' side we only have one team with a sub .500 record.

I hope you'll take the time to read an interesting article on soccer fitness. After reading this article you'll realize that the traditional laps around the field just don't cut it to get your players truly fit to play.

Also, in this issue, Part Two in our series on Systems of Play. In the last issue, we spent time examining the 4-3-3 formation. We now analyzed the 4-4-2 organization. In the next issues we will look at the 3-4-3 and 3-5-2 line-ups. I hope that this will give you added tactical knowledge.

Hardy Kalisher wrote an article about the flat back four defense, or as he has coined it, the 'Swoosh Defense'.

The boys' high school season is well under way. The various local schools are gearing up for their conference games.

Finally, an update on our 29 alumni who are currently playing at the collegiate level.

Enjoy the remainder of this season!

Coaches, players, parents, please mark your calendars for the following:

BCF Tryouts

High School Age Boys (U15, 16, 17 & 18)

When: Sunday October 30th

10:00-Noon: U15's and 16's

Noon-2:00: U17's and 18's

Where: Pleasant View Soccer Complex

Coaching Staff (Tentative)

Boys U18 Red: Welsch
Boys U18 Barca: Ashkan Angha
Boys U17 Red: Marcello Balboa
Boys U16 Red: Steve Lepper
Boys U15 Red: Hardy Kalisher
Boys U15 Barca: Balen Arenas
Boys U15 Man U: Justin Taylor

Rob's Ramblings

Here we are about a quarter of the way through the fall season and I wanted to update you a little bit about where we are on the girls' side of the club.

Pre-Season Tournaments:

Fort Collins Cup:
Champions - BC Force Girls 17 Red

Broomfield Blast Shoot-Out:
Champions - BC Force Girls 14 Red

Mile High Soccer Fest:
Semis: BC Force Girls 15 Red, Girls 16 Red and Girls 16 Pilots.

I think that we are doing a good job of representing the club at these pre-season tournaments. I still feel these events are just a way to get some games under our belt before league, but it is always good to do well.

State Cup and Colorado Open

This year the State Cup competition was only for the high school teams in the fall. All of our younger teams had to either be in Premier I or come in first or second at the Colorado Open. Our four older teams (U15 through U18) struggled this year and none made the quarter finals.

As for the Colorado Open we did well. The Girls U12 Red team is playing in Premier I, so they have an automatic bid into State Cup. The Girls U14 Red team took second place and will be joining the U12's in State Cup next spring. Remember that State Cup is only for the U12 through U18 ages and it will determine who will represent Colorado at the Regional tournament.
League

We have 19 girls' teams playing at the competitive level. Let me break down where they are playing:

Elite II: 1
Premier: 7
Classic: 3
Challenge: 8

Our overall record right now is 31-29-7. Right now we have one Red team in Elite, six in Premier and one in Classic. I believe we are going in the right direction with the girls' program. Overall, I would like to see more of our second and third level teams playing at the Classic level. I feel that we have the best coaching staff we have ever had and with the help of our advanced trainers I am seeing excellent progress.

U10's:

We have just started the season and the few games that I have seen have made me pretty happy about our future. We have four girls' teams. I cannot wait to watch more of these games. Last year's U10 produced three U11 girls' teams and as far as I know we have never produced that many.

Final note:

On an individual note we had three girls finish in the top four of the MLS Dribble, Pass and Score Competition. They are all now in the finals to see who will represent the Rapids at the national competition. They were Jessica Jortberg from Girls 14 Red II taking fourth place in the 12/13 age division. Hollis Crowder from the Girls 12 Red taking first place in the 12/13 age division. With the final player being Nicole Barbour from U10 Denmark taking first place in the 8/9 age division. The finals will be held before the Rapids game on October 1st at Invesco Field.

We also have a group of Girls U17 Red players (Zoe Schlag, Kate Schlag, Emily Schewe, Tanya Thielen, Leann Tatelman and Amanda Raley) who won the Got Milk 3vs3 Regionals and will be going to the Nationals in Florida this winter.

SOCCER FITNESS

If we want to train our players to become complete soccer players, then we have to know the pillars of soccer: technique, tactics, fitness and psychological strength.

I'd like to give you some suggestions in order to get your players and team to play at their highest level of soccer fitness.

First of all, it's important to establish an aerobic base from which you can start working on specific soccer fitness. It can take 3-4 weeks to develop a solid base.

Here are some training suggestions which will help players develop an aerobic training base.

- 120's (the length of a soccer field) between 17 and 20 seconds. 60 seconds to jog back and start the next one. (10x).

- 6 Minute Run. (½ of Cooper Test).

See how much distance you can cover in 6 minutes. You can use a track, which will give you a more accurate measure, however, runs around a soccer field can work.

- 12 Minute Run. (Cooper Test)

See how much distance you can cover in 12 minutes.

- 2000 Meter Timed Run.

- 'Beep' Test. For info on this test, contact Welsch.

Here are some training suggestions which will specifically improve the aerobic and anaerobic fitness levels.

- 6-12-18-55 Yard Shuttle Run.

Run under 36 seconds.

- 5-10-15-20-25 Yard Shuttle Run.

Run under 33 seconds.

- 50 Yard Shuttle Run (5x10 yards).

Run under 11 seconds.

- 10-20-30-40-50 Yard Shuttle Run.

<57 seconds = very good.

57-60 seconds = average.

60-63 = below average.

>63 seconds = poor.

In my opinion, for a soccer player, the most important aspect of soccer fitness is speed. There are five components for speed training.

1. Acceleration

- Fast Feet Drills
 - Speed ladder
 - Plyometrics
 - Hill Sprints
2. Maximum Speed
 - Strength and Leg speed
 - High knees, high heels
 - Skipping for height
 - Skipping for distance
 - Bounding and hopping
 3. Reaction Speed
 - Quick sprint after a visual or voice command.
 4. Change of Direction
 - Forward/backward sprints
 - Side to side sprints
 - Diagonal sprints
 - Zig-zag sprints
 5. Sustained Speed
 - Interval training.
 - Periods of work followed by periods of rest. Start out 1:2, then progress to 1:1.

Let's keep in mind that this kind of fitness training would start with the U14 and older age group. For the U11 through U13 age groups, fitness training should be introduced in fun, relay-type competitions and through game situations. Let's keep in mind that a good coach can make fitness training fun.

Good Luck!

Understanding the 4-4-2 FORMATION

(Option 1)

		Goalkeeper	
Right Defender	Central Defender	Central Defender	Left Defender
Right Midfielder	Central Midfielder	Central Midfielder	Left Midfielder
	Forward	Forward	

(Option 2)

		Goalkeeper	
		Sweeper	
Right Defender		Stopper	Left Defender
		Holding Midfielder	
Right Midfielder		Attacking Midfielder	Left Midfielder
	Forward	Forward	

Players' Responsibilities on Offense

(Option 1)

Goalkeeper: If possible, start the build-up with intelligent distribution. Become part of the team's possession play. Pass back to the keeper should be an option. Coach and direct play out of the back.

Outside Defenders: Create width and look to attack the outside channels

Central Defenders: Create options behind the ball so that we can switch the ball from side to side. Be aware of the opponents two forwards in case of loss of possession.

Outside Midfielders: Create width and depth. Outside midfielders need to get forward in attack and provide the crosses.

Central Midfielders: Play off each other. If one goes, the other stays. Look to fill the space behind the forwards.

Forwards: Play off each other. If one checks, the other stays. Become the target players for the team. Look to make penetrating runs.

(Option 2)

Outside Defenders: Need to be a bit more selective going forward. They need to be aware of numbers in the back.

Sweeper/Stopper: The sweeper becomes the option in the back. The stopper slides into the midfield and becomes somewhat of a holding midfielder.

Holding Midfielder/Attacking Midfielder: The holding midfielder sits in the midfield and from there becomes the distributor and playmaker. The attacking midfielder looks to get close to the two forwards for possible combination play as well as looking to make penetrating runs in the spaces next to the forwards.

Players Responsibilities on Defense

(Option 1)

Goalkeeper: Coach and direct the players in front of you. Have the ability to come off the line and take care of balls played over the top.

Outside Defenders: Ball-side and goal-side. Provide cover and balance. Intelligent defending between a zone and man

Central Defenders: Match up with the opponents' two forwards. Ball-side and goal-side. Intelligent interchange between zone and man-to-man defense. Strong in the 1-vs-1 duel. Provide cover for other defenders.

Outside Midfielders: Ball-side and goal-side. Understand when to play tight and when to drop in and take away space. Communication with outside defender on your side.

Central Midfielders: Play as a tandem. If one pressures, the other covers. Intelligent positioning, we don't need both central midfielders on one side.

Forwards: Make play predictable for the rest of the team. If possible, pressure opponents in their build-up.

(Option 2)

Sweeper: In this formation, he sits behind the defense. Be vocal, organize, direct and assign responsibilities. Take care of through balls and balls played over the top.

Stopper: In this formation, she becomes more of a man-marker with a sweeper covering behind her.

The clear advantage of this organization is that you have a deep lying defender who functions as a safety for the other defenders.

The clear disadvantage is that when the opponent plays with two forwards who play centrally, you then need to re-organize your central defense.

Swoosh Defense. Just Do It!

By Hardy Kalisher

I was recently asked, “Coach Hardy, why are you coaching a U11 team to play a flat back four defense?” The perception being that a sweeper/stopper system is a ‘safer’ defense for younger teams. First of all, any defense will have its strengths and weaknesses. A knowledgeable coach will know those weaknesses and will encourage their team to break it down. All disclaimers aside, the flat back four is the preferred system of most modern teams. A youth coach should emphasize the development of players within the context of modern soccer.

When properly executed, a flat back four will provide excellent defensive pressure, cover and balance. BC Force players are developed to play at their highest potential level and nearly all higher level teams play a flat four or three system. Coaching a flat back four defense gives players a foundation for future success in soccer. A U11 team may give up ‘break-away’ goals in the short term, while they learn the system, but in the long run they will have the ability to confidently step into a modern defensive system.

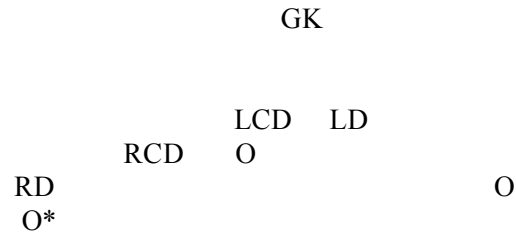
Even a U11 team can successfully play a flat back four after just a few training sessions and half dozen games. I use the pre-season tournaments and scrimmages as a time for a team to learn the player roles and team shape of a flat back four defense.

To help young players visually understand the team shape of the defense we call it the ‘Swoosh’ defense because as the back four shift left and right across the field, the shape of the defense looks like the Nike Swoosh logo. Here are four basic ideas to be aware of when coaching the Swoosh defense.

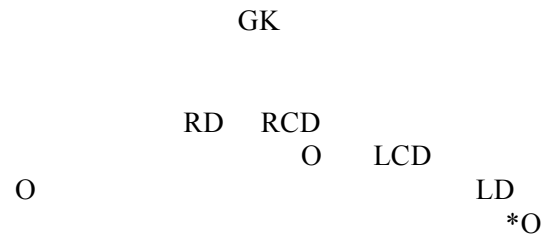
1. Swoosh Defense

The back four defensive shape will prevent the other team from having ‘break away chances’ by making sure the far-side outside defender and the far-side central defender shift and cover diagonally behind the pressuring near-side defenders. It sounds complicated but it’s

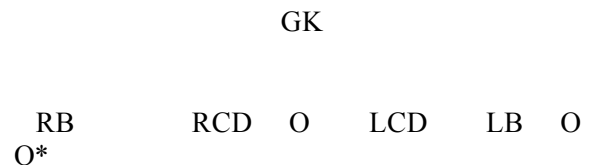
actually pretty simple. The defenders shift diagonally to the position of the ball. The correct positioning looks as follows:



With this correct positioning the ‘Swoosh’ defense is denying ball penetration, the dangerous attacking players are marked and the covering defenders will ‘sweep’ any ball that gets played through. If the ball is switched to the far side of the field, the defending four players will shift the ‘Swoosh’ accordingly. I have found that young players can easily remember to ‘Swoosh!’ more than ‘Pressure, Cover, Balance’.



It is important for players to remember that the diagonal cover shape is why the team doesn’t need a sweeper. The most common defensive mistake is for the team to stand ‘flat’. This is especially common at the half-field line when the team with the ball has been maintaining possession in the opponent’s half of the field. Which explains why teams that are learning the Swoosh defense will usually give up their goals from half-field breakaways. A ‘flat’ defense will look like this:



You can see that any ball played behind the defense will result in a breakaway race towards the goal without anyone to stop a goal but the

goalkeeper.

2. Marking A Man In Your Zone

In addition to the Swoosh shape, the four defenders need to become aware of the attacking player in their area of responsibility. Young players often focus all of their attention on the ball. This bad habit is called 'ball watching'. Young players will often ball watch until the ball comes near them and only then will they try and get it. But getting the ball is only part of the job of defending. The Swoosh defense requires that players be in a good defensive position while marking the opponent 'goal-side and ball-side'.

When defenders 'ball-watch', opponents will move into unmarked positions. The basic rule for defenders is to mark the most dangerous player in your zone and stay ball-side and goal-side of them.

The break-aways against the Swoosh defense usually happen when a defender is caught flat and doesn't react to the open opponent in their zone until it's too late. Marking after the pass is played can result in a foot race to the goal. 90% of good defense is positioning away from the ball. Ball watching is pretty normal behavior for young soccer players, however, a defender is a very important position and that player must be alert and mature enough to not ball watch. Learning to mark correctly is a skill that will come with commitment to learning.

3. Line Of Restraint And Compactness During Transition

The basic principle of good defending is to create 'compactness'. I encourage the defense to create compactness when we transition to offense or when the opponent passes the ball backwards. We do this because (a) compacting the space that the other team has to work with creates pressure and (b) we can catch them off-sides. I do not encourage a sophisticated off-sides trap at U11, but moving up the field to create compactness will catch unaware forwards off-sides.

If we are slow in our own transition to offense (for example, after we just cleared the

ball from the defensive third) and our defenders just stay deep in our own half then we are giving the other team lots of room to move the ball back towards our goal. The general rule I coach is if the ball goes up the field 5 yards then we move the defense up 5 yards - 20 yards up the field means we move 20 yards up the field. This is true until we cross half field. At half field, the back four step a few yards into the opponents half of the field.

If our defense stays back in our own half of the field then there is less pressure and with less pressure the other team will spend the game in our half. I believe it is a better idea to try and defend the half line than your goal.

The key to successfully compacting the space is that all of the defenders must move up together. If just one defender stays back then the other team will exploit that. The line of defenders moving up the field is called our 'Line of Restraint'. Our goal is to have our 'Line of Restraint' no more than 35 yards from our forwards until our defenders reach the half line.

Again, a secondary bonus of compacting the space during transition is that the other team is often off-sides because their forwards are caught standing around after the ball has been cleared.

4. Off-Sides And Referees

A common concern when playing the Swoosh defense is that referees can make mistakes with the off-sides call and the other team will have easy break-aways. As far as the referees missing off-sides calls, well, that's the nature of the game. The key is to control the controllables. As coaches, we can't control the referee's decisions but we can control the team's ability to have good positioning and marking. Furthermore, if a team plays good defense and scores goals then they will not be in a position that will allow the referee to determine the outcome of the game.

In summary, if we coach to have defenders compact in transition, get in our proper 'swoosh' shape, and mark their opponent goal-side and ball-side, then I am confident that the flat back four defense can be successful even with young teams. Now that mu U11 team is comfortable with the Swoosh defense, we have moved onto the role of the attacking outside defender and their ability to move forward to join the attack.

BCF League Results

Girls 18 Red (P2)	3-0-1	- vs Edge 1-1; vs Evergreen 3-1; vs Pride 2-0; vs Club Denver
	6-2	
Girls 17 Red (E2)	2-0-1	- vs Pikes Peak 1-1; vs St Vrain 1-0; vs Edge 4-1
Girls 17 Tar Heels (P2)	1-1-1	- vs Fort Collins 0-4; vs Colorado Ice 5-1; vs Edge 5-5
Girls 16 Red (P1)	3-1-0	- vs Real 2-1; vs Club Denver 1-0; vs Nova 0-3; vs Pride 3-1
Girls 16 Tar Heels ()	2-0-0	- vs Club Utd 4-0; vs Club Denver 1-0
Girls 16 Pilots ()	2-1-0	- vs Club Denver 6-0; vs Bear Creek 0-2; vs Xtreme 3-0
Girls 15 Red (P2)	2-2-0	- vs Westminster 2-0; vs Greeley 3-0; vs Broomfield 0-2; vs
	Storm 0-1	
Girls 14 Red (P2)	4-0-0	- vs Greeley 3-1; vs Riverside 1-0; vs St Vrain 3-0; vs Edge 1-
	0	
Girls 14 Red II (Ch1)	2-0-0	- vs BCF Tar Heels 2-1; vs Storm 5-1
Girls 14 Tar Heels (Ch1)	1-3-0	- vs BCF Red II 1-2; vs Littleton 3-1; vs Pride 0-1; vs Real 0-1
Girls 14 Pilots (Ch2)	0-3-1	- vs Corinthians 1-5; vs Littleton 0-2; vs Club Denver 0-4; vs
	Lusa 0-0	
Girls 14 Amazons (Ch2)	3-0-0	- vs Storm 5-0; vs Grand Mesa 2-1; vs Rush 3-1
Girls 13 Red (Cl)	0-2-1	- vs Real 0-3; vs Edge 1-1; vs Club Utd 0-1
Girls 13 Tar Heels (Ch2)	0-4-0	- vs Nova 1-2; vs Pride 2-5; vs Edge 1-2; vs Ft Collins 0-6
Girls 12 Red (P1)	1-1-1	- vs Broomfield 2-2; vs Edge 0-2; vs Pueblo 3-1
Girls 12 Tar Heels (Ch1)	1-3-1	- vs Rush 1-3; vs CSA 1-3; vs Glenwood 0-5; vs Pride 0-0; vs
	Skyline 2-1	
Girls 11 Red (P)	1-2-0	- vs Fort Collins 0-8; vs Storm 1-0; vs Club Denver 1-2
Girls 11 Tar Heels (Cl)	1-4-0	- vs Pride 0-3; vs Xtreme 1-3; vs Storm 0-4; vs Pikes Peak 2-
	0; vs Ft Collins 1-4	
Girls 11 Pilots (Ch)	2-2-0	- vs Lusa 1-6; vs Riverside 3-1; vs Ft Collins 3-0
Boys 14 Red (P2)	1-1-0	- vs Grand Mesa 9-1; vs St Vrain 1-2
Boys 14 Barca (Ch1)	4-0-0	- vs Chaffee County 6-0; vs Club Denver 3-1; vs Edge 4-1; vs
	Greeley 4-3	
Boys 13 Red (P2)	1-1-0	- vs Broomfield 2-5; vs Greeley 5-1
Boys 13 Barca (Ch2)	2-2-0	- vs Club Utd 2-7; vs Canon City 12-0; vs Vail 2-5; vs Pride 3-
	2	
Boys 12 Red (P2)	1-1-1	- vs Corinthians 0-1; vs Pikes Peak 2-2; vs Ft Collins 2-1
Boys 12 Barca (Ch1)	4-0-0	- vs Club Utd 5-2; vs Club Denver 4-2; vs Rush 4-0; vs Pride
	9-0	
Boys 12 Man U (Ch2)	1-3-0	- vs Trebol 3-2; vs Summit 1-3; vs Edge 1-4; vs Xtreme 1-3
Boys 11 Red (P)	2-1-0	- vs Storm 2-1; vs Corinthians 14-0; vs Ft Collins 0-3
Boys 11 Barca (Cl)	3-0-1	- vs Edge 1-1; vs Explosion
	4-1; vs Littleton 1-0; vs Rush 8-0	

BCF State Cup Results

Girls 18 Red	vs St Vrain	2-4	Girls 17 Red	vs Colorado Sting	0-0
	vs Rush Nike	1-6		vs Edge Select	1-4
	vs Real	0-1		vs Real	0-3
				vs Club United	2-2
Girls 16 Red	vs Ft Collins	0-4	Girls 15 Red	vs Edge	1-0
	vs Storm	0-3		vs Pride	1-5
	vs Corinthians	2-3		vs CSA	0-0

BCF Colorado Open Results

Girls 14 Red	vs Rush	5-2	Girls 14 Red II	vs Corinthiana	2-0		
	vs Storm	2-0		vs Pikes Peak	2-2		
	vs Arsenal	0-2		vs st Vrain		0-3	
	vs Wheatridge	6-0		Girls 13 Red	vs Club Denver		1-5
	Semi:vs St Vrain	1-0		vs CSA		0-3	
final: vs Rush	0-2	vs Rush		0-7			
			vs Real		0-6		
Boys 14 Red	vs Pride	3-3	Boys 13 Red	vs Greeley	1-1		
	vs Ft Collins	1-2		vs Edge	4-1		
	vs Sting	3-0		vs Pikes Peak	2-2		
	vs Pikes Peak	0-1		vs St Vrain	1-2		
Boys 12 Red	vs Evergreen	2-1	vs Storm	6-0			
	vs Ft Collins	1-1	vs Ft Collins	1-1			
	vs Storm	0-0					
	vs Edge	3-2					
	vs Real	1-0					

BCF Home League Game Schedule

Saturday October 1

9:00 AM	PV#6	BCF G16 Pilots	vs	Trebol
9:00 AM	PV#8	BCF B14 Barca	vs	St Vrain
9:00 AM	PV#9	BCF G14 Pilots	vs	Lusa
10:30 AM	PV#8	BCF B12 Barca	vs	Colorado Elite
10:30 AM	PV#9	BCF G12 Red	vs	Real
11:00 AM	PV#6	BCF G17 TH	vs	Real Colorado
12:00 PM	PV#7	BCF G11 TH	vs	Rush
12:00 PM	PV#8	BCF B13 Barca	vs	Littleton
12:00 PM	PV#9	BCF G13 TH	vs	Colorado Elite
1:00 PM	PV#6	BCF G16 Red	vs	Xtreme
1:30 PM	PV#9	BCF G12 TH	vs	Skyline
3:00 PM	PV#6	BCF G18 Red	vs	Lusa

Saturday October 8

9:00 AM	PV#6	BCF G16 TH	vs	Colorado Elite
9:00 AM	PV#7	BCF B11 Red	vs	Real
9:00 AM	PV#9	BCF G14 Red II	vs	Colorado Ice
10:30 AM	PV#7	BCF G11 Pilots	vs	Littleton
10:30 AM	PV#9	BCF G14 TH	vs	Rush
11:00 AM	PV#6	BCF G17 Red	vs	Rush Nike
12:00 PM	PV#8	BCF B14 Red	vs	Littleton
12:00 PM	PV#9	BCF G14 Red	vs	Storm
1:00 PM	PV#6	BCF G17 TH	vs	Pride
1:30 PM	PV#8	BCF B13 Red	vs	Rush
1:30 PM	PV#9	BCF G13 Red	vs	Storm
3:00 PM	PV#8	BCF B12 Man U	vs	Club United

Saturday October 15

9:00 AM	PV#6	BCF G15 Red	vs	CSA
9:00 AM	PV#7	BCF G11 Red	vs	CSA
9:00 AM	PV#8	BCF B13 Red	vs	Xtreme
10:30 AM	PV#7	BCF G11 TH	vs	Edge
10:30 AM	PV#8	BCF B12 Red	vs	Club Denver
10:30 AM	PV#9	BCF G14 Red II	vs	Club Denver
11:00 AM	PV#6	BCF G17 Red	vs	Pride
12:00 PM	PV#7	BCF B11 Barca	vs	Pride
12:00 PM	PV#8	BCF B12 Man U	vs	Westminster
12:00 PM	PV#9	BCF G14 Red	vs	Rush
1:00 PM	PV#6	BCF G17 TH	vs	Pride
1:30 PM	PV#9	BCF G14 Amazons	vs	Pride

Saturday October 22

9:00 AM	PV#6	BCF G16 Red	vs	Skyline
9:00 AM	PV#7	BCF B11 Red	vs	Rush
10:30 AM	PV#7	BCF G11 Red	vs	Rush
10:30 AM	PV#8	BCF B13 Red	vs	Storm
11:00 AM	PV#6	BCF G17 Red	vs	Storm
12:00 PM	PV#8	BCF B12 Barca	vs	Explosion
12:00 PM	PV#9	BCF G14 Red II	vs	Edge
1:00 PM	PV#6	BCF G16 Pilots	vs	Colorado Sting
1:30 PM	PV#8	BCF B13 Barca	vs	Steamboat
1:30 PM	PV#9	BCF G14 Amazons	vs	Corinthians
3:00 PM	PV#9	BCF G14 Pilots	vs	Riverside

Saturday October 29

9:00 AM	PV#6	BCF G15 Red	vs	Littleton
9:00 AM	PV#7	BCF G11 Pilots	vs	Real
9:00 AM	PV#8	BCF B12 Man U	vs	Trebol
9:00 AM	PV#9	BCF G14 Pilots	vs	Rush
10:30 AM	PV#7	BCF G11 Red	vs	Rush
10:30 AM	PV#8	BCF B12 Red	vs	Rush
10:30 AM	PV#9	BCF G13 TH	vs	Littleton
11:00 AM	PV#6	BCF G16 Pilots	vs	Explosion
12:00 PM	PV#7	BCF B11 Barca	vs	Cheyenne
12:00 PM	PV#8	BCF B14 Barca	vs	Real
12:00 PM	PV#9	BCF G13 Red	vs	Corinthians
1:00 PM	PV#6	BCF G18 Red	vs	Broomfield Blast
1:30 PM	PV#9	BCF G14 TH	vs	Storm
3:00 PM	PV#9	BCF G12 TH	vs	Colorado Elite

Saturday November 12

9:00 AM	PV#7	BCF G11 Pilots	vs	Rush
10:30 AM	PV#7	BCF B11 Barca	vs	Westminster
10:30 AM	PV#8	BCF B12 Barca	vs	Colorado Ice
10:30 AM	PV#9	BCF G13 Red	vs	Riverside
11:00 AM	PV#6	BCF G18 Red	vs	Englewood
12:00 PM	PV#8	BCF B12 Red	vs	Storm

12:00 PM	PV#9	BCF G14 Pilots	vs	Pride
1:00 PM	PV#6	BCF G15 Red	vs	Ft Collins
1:30 PM	PV#8	BCF B13 Red	vs	Ft Collins
1:30 PM	PV#9	BCF G14 Amazons	vs	Club Denver

THE HIGH SCHOOL PAGE

Alexander Dawson (3A) 3-1-0

Alameda	3-0
Kent Denver	0-2
Ralston Valley	4-2
Boulder	2-1
Denver Academy	
Heritage Christian	
Holy Family	
Frontier Academy	
Denver Christian	
10/1 11:00 AM	vs Battle Mountain
10/6 4:00 PM	at Comm Christian
10/8 2:00 PM	vs Nederland
10/11 7:00 PM	at Weld Central
10/15 11:00 AM	vs Lutheran Rockies

Boulder (5A) 3-3-1

Littleton	0-0
Broomfield	1-3
Dakota Ridge	3-2
Thomas Jefferson	0-1
Alexander Dawson	1-2
Arvada West	3-2
Longmont	6-1
Fort Collins	
Smoky Hill	
Overland	
10/1 7:00 PM	at Grandview
10/6 7:00 PM	vs Eaglecrest
10/11 4:30 PM	at Fairview
10/14 7:00 PM	vs Cherry Creek
10/18 7:00 PM	at Mullen

Centaurus (4A) 0-3-0

Sand Creek	1-2
Liberty	0-10
Cheyenne Mountain	2-4
Pueblo Centennial	2-5
Aurora Central	1-6
Steamboat Springs	
Westminster	
Ridgeview Academy	
Hinkley	
Brighton	
10/1 12:00 PM	at Broomfield
10/4 5:30 PM	at Adams City
10/6 4:00 PM	at Skyview
10/11 4:00 PM	at Ranum
10/13 6:00 PM	vs Cherokee Trail

Fairview (5A) 3-1-1

George Washington	5-1
Bear Creek	2-2
Monarch	1-2
Thornton	6-2
Horizon	6-0
Poudre	1-0
at Rampart	
at Rocky Mountain	
at Mullen	
vs Grandview	
10/1 10:00 AM	vs Smoky Hill
10/6 4:30 PM	at Cherry Creek
10/11 4:30 PM	vs Boulder
10/14 4:30 PM	at Overland
10/18 5:30 PM	vs Eaglecrest

Monarch (5A)

Wheatridge	1-2-0
Fairview	0-2
Grandview	2-1
Smoky Hill	0-1
at Kennedy	0-3
at Horizon	
vs Legacy	
vs Poudre	
at Thornton	
10/4 7:00 PM	at Rocky Mountain
10/6 4:00 PM	at Loveland
10/8 10:00 AM	vs Poudre
10/10 4:00 PM	vs Fort Collins
10/13 7:00 PM	at Windsor
10/15 10:00 AM	vs Northglenn

Niwot (4A)

Fort Morgan	3-0
Greeley Central	0-1
Sand Creek	7-0
Northridge	2-0
Skyline	2-1
Pine Creek	0-1
vs Fossil Ridge	
vs Silver Creek	
vs Longmont	
vs Mountain View	
10/1 vs Sterling	
10/4 vs Broomfield	
10/7 vs Thompson Valley	

Longmont (4A)

Ft Morgan	5-1
Poudre	0-3
Greeley Central	4-3
vs Sterling	11-0
vs Mtn View	0-2
vs Thompson Valley	
vs	1-6
vs Fossil Ridge	
vs Niwot	
vs Silver Creek	
10/1 vs Northridge	
10/4 vs Skyline	
10/6 vs Broomfield	

THE COLLEGE PAGE

NCAA Division I

<u>Men</u>	<u>Women</u>
1. Indiana	1. North Carolina
2. North Carolina	2. Penn State
3. New Mexico	3. Portland
4. Virginia	4. Santa Clara
5. Connecticut	5. Notre Dame
6. California	6. UCLA
7. Fairleigh Dickinson	7. Duke
8. Maryland	8. California
9. Akron	9. Boston College
10. St John's	10. Wake Forest
11. Missouri State	11. Pepperdine
12. Clemson	12. Virginia
13. Santa Clara	13. Florida
14. Wake Forest	14. Texas A&M
Creighton	15. Wisconsin
16. Notre Dame	16. Florida State
17. UCLA	17. Cal Poly
18. Seton Hall	18. Connecticut
19. Vermont	19. Nebraska
20. Binghamton	20. West Virginia

University of Colorado

Colorado College	
Vanderbilt	2-1
North Carolina	0-3
Denver	2-2
Wyoming	1-1
UCLA	0-2
USC	0-1
Detroit-Mercy	3-0
vs Pitt	1-0
9/23	vs Nebraska
9/25	vs Iowa State
9/30	vs Oklahoma State
10/2	at Oklahoma
10/7	at Texas
10/9	at Northern Colorado
10/14	vs Missouri
10/16	vs Kansas
10/21	at Texas A&M
10/23	at Baylor
10/28	at Texas Tech
11/2	Big XII Tournament

Alumni Update

Noelle Arnaud (Ft Lewis) A freshman, has not seen playing time yet. **Dan Biggers** (Drew) A senior, has started 6 games in goal and has 28 saves and a 0.24 goals against average. **Matt Clausen** (Hamilton) Has played in 4 games. **Lea Day** (Loyola-Maryland) Has played in 7 games, assisting on 1 goal. **Forrest Donoho** (Willamette) A freshman, has played in 4 games and assisted on 1 goal. **Kalina Ehrenreich** (Brandeis) A junior, has started 4 games. **Thomas Flynn** (Denver) A senior, has started all 5 games, scoring 3 goals. **Ileanne Grimditch** (Denver) A senior has played in 3 games, scoring 4 goals. **Brenna Hindman** (Willamette) A senior, has played in 5 games, scoring 1 goal and assisting on 3. **Patrick Huffer** (Williams) A junior, has started 4 games, scoring 3 goals and assisting on another. **Adam Johnson** (Claremont-McKenna) A sophomore. **Corey Johnson** (UCCS) A senior, has played in 5 games. **Dan Jozwiak** (Tufts) A sophomore. **Jason Koshi** (St Lawrence) A senior has started 2 games. **Matt Lay** (UCCS) A senior, has started all 7 games, assisting on 1. **Kenny Lish** (St Bonaventure) A sophomore has played in 2 games. **Ashley Maciulitis** (Wooster) a senior, has played in 6 games. **Ginny Maddox** (Ft Lewis) Has played in 9 games and assisted on 3 goals. **Jordan Miller** (Guilford) A freshman, has played in 6 games and assisted on 2 goals. **Kacey Miller** (School of Mines) A freshman, has played in 5 games, scoring 2 goals. **Kristin Moyer** (Kentucky) A senior, has started all 8 games, scoring 3 goals and assisting on 3 goals. **Becca Nagel** (St Olaf) A senior, has started all 5 games. **Kevin Owens** (Babson) A sophomore, has started all 6 games, assisting on 1 goal. **Duane Pelz** (Bates) A sophomore, has started all 3 games, Scoring 1 goal and 2 assists. **Hillary Smallwood** (Ft Lewis) a freshman, has played in 7 games. **Emily Sterling** (Wooster) a senior, has played in 6 games. **Chelsea Tronick** (CSU-Pueblo) A senior, has started all 8 games, scoring 3 goals. **Linda VandeHey** (Mesa State) A senior, has played in 9 games, scoring 1 goal. **Alyssa Woodbury** (Utah Valley State) A senior, has started 5 games, assisting on 1 goal.

