



# *boulder county* **FORCE**

## **SOCCER CLUB COACHES NEWSLETTER**

Volume 12, Issue 10, November 2006

[www.bcforce.com](http://www.bcforce.com)

### **A MESSAGE FROM THE HEAD COACH**

I'd like to congratulate all our coaches, team managers and players with a terrific fall season.

This fall's champions are: **Heather Solar's** Girls 16 Red, **Alfie Hurley's** Girls 15 Titans, **Ken Ebersole's** Boys 13 Red and **David Napior's** Boys 12 Barca. Well done!

Congratulations to the following coaches and teams who earned promotion: **Jenny Jurkowski's** Girls 15 Red II, **Ryan Henkel's** Girls 11 Red and 12 Red, **Carlos Real's** Girls 12 Tar Heels, **Azita Zeyghami's** Girls 12 Pilots, **Sebastian dela Chica's** Boys 14 Barca, **Justin Taylor's** Boys 13 Man U, **Jeff Frykholm's** Boys 11 Red and **Denis Tramarin's** Boys 11 Barca.

In this issue you can see the final results of all our teams.

One indication of the quality of our program is the number of BC Force players playing at the collegiate level. This fall we had 28 players playing in college with several of these players garnering post-season honors.

**Patrick Huffer** a senior at Williams was selected to the All-NESCAC first team as well as being named the NESCAC player of the year. He was also named an ESPN Academic All-American.

**Dan Jozwiak** a junior at Tufts was named second team All-NESCAC.

**Duane Pelz** a junior at Bates was also named second team All-NESCAC. Congratulations to these three young men and all our alumni playing in college.

Session #1 for the BC Force Winter Training is filled. There are still a couple of openings left for session #2. Check with the office for availabilities in the various age groups.

In the next few weeks we will be having end-of-season coaches' meetings with the different age group coaches. We'd like to know what we are doing well, and areas where we need to improve as a coaching staff and a club. Rob Johnson will be running the meetings for the girls' teams and Welsch will be organizing the boys' teams.

Just a heads up for everyone; The start of next spring's league season will be the weekend of March 24<sup>th</sup> and 25<sup>th</sup>, which coincides with spring break for the Boulder Valley schools. It might be prudent to have your team manager inform your parent group so that there will not be any surprises. For your information; you can ask the opposing coach for a reschedule, however, the coach does not have to cooperate since spring break runs at different times for the various Colorado school districts.

Finally, I'd like to thank everyone for their time and efforts this past season. I truly believe that we all make a difference in the lives of many young people.

I also would like to wish everyone a happy holiday season. Enjoy your time away from the soccer fields, we'll be back before you know it.

## **Rob's Ramblings**

If there is something that many of you do not know about me is that I read more than the average person. I read a book about every three days. I try to break it up into four categories: soccer, history, other sports and brain candy. Earlier this season I read the new book by Mike Kryzewski, Head Coach of Duke Men's Basketball. The book is titled "Beyond Basketball: Coach K's key words for success. In this book he explains how words to him have very deep meaning. The book consists of about 20 words and how they relate to basketball and to life. I enjoyed and highly recommend this book. Here are a few excerpts of the book that I take to heart with soccer and with life..

### **Rob's Words and Concepts**

1. Balance
2. Work ethic
3. Next play
4. Like to win vs. Wanting to win
5. Culture

#### **Balance:**

Should you play soccer 24/7, 365 days a year? This is one of the main concerns of US soccer. We play more games at the youth level than the pros do. Should kids play other sports? I feel that from U10 through U14 kids should play other sports. When they reach high school then they should start focusing on one sport. Try to let your players have some balance. Should they be at all practices and games? Absolutely, but if a player has to miss because of a family function, then be considerate of that. We are developing soccer players but we are really giving them life skills. How many of these players are going to be professional soccer players? Help your players and parents create balance.

#### **Work ethic:**

I was watching a coach talk to his players. It was during a practice and the girls were not into it. He asked them "What was

fun about playing soccer?" They had different answers but when it came to him he told the players that fun to him was working hard in practice and then going out and playing your best on game day. Sounds simple enough but do the kids really understand that concept? Part of our job is to teach the kids how to train and compete. Set high standards in your practice.

#### **Next Play:**

One of the things that bother me is to see a player playing tentative or afraid to make mistakes. I could care less if you make a mistake. It is what you do after you've made the mistake that really matters. Are you making the same mistake repeatedly? If so, then maybe you are not listening to the coach.

#### **Like to win vs Wanting to win:**

Everyone likes to win but do you want to win? I posed this question to the U17 girls and initially they did not see the difference. Everyone likes to win but are you willing to do what is necessary to want to win. It is an attitude and it starts with practice. Can you sacrifice for 90 minutes giving everything you have physically and emotionally to try to win the game? Are you willing to go hard at your teammates in practice, because that is what will happen in a game. So do you like to win or do you want to win?

#### **Culture:**

What is culture? I believe that it is creating a standard that fits into your ultimate goal. This is a difficult thing to create as a coach or program. I feel that the club has gone through some big changes and we have to redefine our culture. We are a club that wants to develop players but we also need to have success which is not just measured by wins and losses.

**CSYSA Announces the Winter 2007 Coaching Schedule**

The following courses will be offered prior to the spring season:

**D Course**

This course is a 36 hour, two weekend course designed for coaches working with players at the U13 level or above.

There will be two D courses offered this off-season. The first one will run November 10-12 and 17-19 in the Denver Metro Area.

The second one will run February 2-4 and 9-11 also in the Denver Metro Area.

The cost is \$125. BC Force will reimburse your registration fee after completion of the course.

**E Course**

This course is 18 hours in duration and is held over one weekend. The course is designed for coaches working with players in the age groups of 9-12.

There will be two E courses offered in the Denver Metro Area. The first one will take place the weekend of November 17-19. The second one will take place the weekend of February 9-11.

The cost is \$85. BC Force will reimburse your registration fee after completion of the course.

**Referee Clinics**

**Recreational Referee – Grade 9**

Saturday December 9, 2006  
9:00 AM – 5:00 PM

Cost: \$45

Bob Burger Recreational Center  
111 W. Baseline Rd  
Lafayette, CO

Note: Grade 9 officials can referee

recreational games up to age U14 or be an assistant referee for competitive games up to age U14

A Grade 8 Referee Entry Level Clinic is being set up for January, 2007. Grade 8 officials can referee at all youth levels. Minimum age for Grade 8 referees is 14.

**Rapids Reserves Coaching Symposium**

BC Force and the Rapids Reserves will host the First Annual Coaching Symposium on Saturday March 3 and Sunday March 4, 2007 at the Boulder Indoor Soccer Center.

We have tentative commitments from the following coaches:

- Marcello Balboa** – Colorado Rapids
- Fernando Clavijo** – Colorado Rapids
- Mike Freitag** – Indiana University (Men)
- Mike Haas** – Director of Coaching CSYSA
- Bill Hempen** – University of Colorado (Women)
- Tim Schulz** – US Women’s U20 National Team and President Colorado Rush.

The tentative schedule will be as follows:

**Saturday March 3**

Noon – 1:00 PM	Clinic
1:00 PM – 2:00 PM	Clinic
2:00 PM – 3:00 PM	Clinic
3:00 PM – 4:00 PM	Clinic
4:00 PM – 5:00 PM	Clinic
5:00 PM – 8:00 PM	Coaches’ Tournament

**Sunday March 4**

10:00 AM – 11:00 AM	Clinic
11:00 AM – Noon	Clinic
Noon – 1:00 PM	Clinic
1:00 PM – 2:00 PM	Clinic
2:00 PM – 3:00 PM	Clinic

I will keep you updated as more information becomes available.

## Do You Have The Mindset of a Winner?

By Jim Brown

Here's a checklist for the 'intangibles', developed by Mark Verstegen and the training staff of Athletes' Performance, that can help you achieve your potential.

Physical skills are observable and measurable. Emotional skills are observable but hard to measure.

Intangibles, something coaches like to talk about, are hard to observe and to measure, but they are as much a part of sports performance as running, jumping, catching, hitting or throwing. They are the qualities that cannot be taught, but athletes, coaches, and parents of athletes can discuss them and be aware of them.

At the highest levels of competition, everyone is talented. As a result, intangibles can mean the difference between winning and losing. Intangibles offer a window of opportunity for athletic success to athletes who might not make it on physical talent alone.

Below are ten athletic intangibles. Athletes who possess them are rare and gifted. Their opponents get discouraged when they realize that they need something more than superior talent to win. A dedicated athlete can do something about each of the ten attributes in the Intangible Skills Checklist.

- Drive
- Passion
- Stability
- Mental Toughness
- Positive Attitude
- Realism
- Focus
- Effort
- Persistence
- Competitiveness

Complete the checklist (or have an athlete

with whom you work complete it) by circling, underlining, or highlighting the number that best matches each mental or emotional attribute (1 is low; 5 is high). Depending on who completes the form, the results can be printed out and discussed with a coach, player, friend, or parent. Write or discuss at least one action plan for each intangible skill that you think needs improvement.

1. Gets the most out of their ability.

1 2 3 4 5

Plan to improve:

2. Has a positive psychological influence on teammates.

1 2 3 4 5

Plan to improve:

3. Has a nose for the ball.

1 2 3 4 5

Plan to improve:

4. Makes big plays.

1 2 3 4 5

Plan to improve:

5. Makes teammates better in game situations

1 2 3 4 5

Plan to improve:

6. Anticipates.

1 2 3 4 5

Plan to improve:

7. Is coachable.

1 2 3 4 5

Plan to improve:

8. Adjusts to game situations.

1 2 3 4 5

Plan to improve:

9. Rises to the occasion.

1 2 3 4 5

Plan to improve:

10. Has a killer instinct.

1 2 3 4 5

Plan to improve:

## White-Grey-Black

Taken from Finesoccer.com

As a coach or player, there are many decisions that have to be made during a game (and during life) about right and wrong. Many people feel there are clear cut white issues (doing the right thing), clear cut black issues (doing the wrong thing) and many issues that are in the grey area (somewhere between right and wrong).

Just the other day I heard a business person give a speech and one of his comments was that life is easy if you realize that white issues are easy, black issues are easy and the reality is that grey is always on the way to black and the reality is if it's not the right thing (white) then it's wrong whether you call it black or grey.

While this might seem very simplistic, and many would say there are grey areas that one must consider, the truth is as coaches we must teach our players to stay within the white.

For example, is it appropriate to teach a player to grab an opponent's jersey to prevent them from getting past the defender? While many would say no, some would say it is part of the game and if others are doing it, our players could do this as well. While I don't think anyone would say this is a white area, the argument would be whether it's a black or grey area.

Is it ok to try to draw a foul by diving during a game? Some would say that is unsporting behavior and others would say it is part of the game and since others are doing it, so should we.

Is it ok for a coach to scream at a ref to try to influence their decisions? Some would say 'no' while others would argue that since other coaches are doing this, we have to do it so our team doesn't get affected.

Is it ok to elbow a player when the ref isn't looking? Many would say 'no' while

others might say that if the ref doesn't call it, it's not a foul.

Is it ok to let your star player get away with things that you wouldn't allow others to get away with? Some would argue the star has 'earned that right' while others would say everyone should have the same rules.

If we as coaches encourage our players to push the laws of the game to see what they can get away with, what expectation should we have that they will do the same in school or in life.

While there are many factors that have to be taken into consideration when making all decisions, remember that doing the right thing (white) as opposed to the wrong thing (black) is usually an easy decision. However, just remember that things in the middle (grey) area almost always are going away from white and toward black.

Coaches have an obligation to be teachers and it's not just teaching how to play the game. Coaches also have to teach right from wrong and one of the best ways to do this is to set the example themselves.

I know I will get responses to this article from some saying 'my job as a coach is to win and if I don't do that, I won't have a job' and things like that. However, in most coaches' jobs, their responsibility is to be successful and that includes a whole lot more than simply trying to win games.

## BC FORCE LEAGUE RESULTS

Girls 18 Red	Elite 1	Record: 3-5-2	
Girls 18 Tar Heels	Premier 1	Record: 0-8-2	
Girls 17 Red	Premier 1	Record: 4-5-1	
Girls 17 Tar Heels	Premier 2	Record: 1-6-3	
<b>Girls 16 Red</b>	<b>Premier 2</b>	<b>Record: 9-0-1</b>	<b>Champion and promotion to Premier 1</b>
Girls 15 Red	Elite 3	Record: 3-6-1	
<b>Girls 15 Red II</b>	Classic	Record: 7-2-1	2 <sup>nd</sup> place and <b>promotion</b> to Premier 2
Girls 15 Tar Heels	Classic	Record: 3-5-2	
<b>Girls 15 Titans</b>	<b>Challenge 2</b>	<b>Record: 7-1-2</b>	<b>Champion and promotion to Challenge 1</b>
Girls 14 Red	Classic	Record: 5-4-1	
Girls 14 Tar Heels	Challenge 2	Record: 2-7-1	
Girls 13 Red	Premier 1	Record: 5-4-1	
Girls 13 Tar Heels	Challenge 1	Record: 2-4-4	
<b>Girls 12 Red</b>	Premier 2	Record: 6-1-3	2 <sup>nd</sup> place and <b>promotion</b> to Premier 1
<b>Girls 12 Tar Heels</b>	Challenge 1	Record: 7-1-2	2 <sup>nd</sup> place and <b>promotion</b> to Classic
<b>Girls 12 Pilots</b>	Challenge 2	Record: 8-2-0	2 <sup>nd</sup> place and <b>promotion</b> to Challenge 1
Girls 12 Huskies	Challenge 2	Record: 1-7-1	
<b>Girls 11 Red</b>	Premier	Record: 6-3-1	<b>promotion</b> to Premier 1
Girls 11 Red II	Classic	Record: 0-6-4	
Girls 11 Tar Heels	Challenge	Record: 4-3-3	
Boys 14 Red	Premier 2	Record: 6-4-0	
<b>Boys 14 Barca</b>	Challenge 1	Record: 7-2-1	<b>promotion</b> to Classic
<b>Boys 13 Red</b>	<b>Premier 2</b>	<b>Record: 7-1-2</b>	<b>Champion and promotion to Premier 1</b>
Boys 13 Barca	Classic	Record: 4-4-2	
<b>Boys 13 Man U</b>	Challenge 2	Record: 6-2-2	<b>promotion</b> to Challenge 1
Boys 12 Red	Premier 1	Record: 7-3-0	
<b>Boys 12 Barca</b>	<b>Classic</b>	<b>Record: 9-1-0</b>	<b>Champion and promotion to Premier 2</b>
Boys 12 Man U	Challenge 2	Record: 3-6-1	
<b>Boys 11 Red</b>	Premier	Record: 5-4-1	<b>promotion</b> to Premier 1
<b>Boys 11 Barca</b>	Classic	Record: 7-1-2	2 <sup>nd</sup> place and <b>promotion</b> to Premier 2
Boys 11 Man U	Challenge	Record: 2-7-0	

### A Closer Look:

- 10 Girls' Red Teams, 6 above and 4 below .500
- 10 Girls' Advanced Teams, 4 above and 6 below .500
- 4 Boys' Red Teams, 4 above .500
- 7 Boys' Advanced Teams, 5 above and 2 below .500
- Girls U11-14, 11 teams, 7 above and 4 below .500
- Girls U15-18, 9 teams, 3 above and 6 below .500
- Boys U11-14, 11 teams, 9 above and 2 below .500

### By Age Group:

<b>Girls:</b>	U18's: 3-13-4	U17's: 5-11-4	U16's: 9-0-1	U15's: 20-14-6
	U14's: 7-11-2	U13's: 7-8-5	U12's: 22-13-6	U11's: 10-12-8
<b>Boys:</b>	U14's: 13-6-1	U13's: 17-7-6	U12's: 19-10-1	U11's: 14-12-3

## HIGH SCHOOL WRAP-UP

### **Alexander Dawson**

Record: 9-6-0

First round of State 3A – Classical Academy 1-2

### **Boulder**

Record: 8-8-0

First round of State 5A – Pine Creek 0-1

### **Broomfield**

Record: 18-1-1

Final State 4A – Liberty 0-4

### **Centaurus**

Record: 7-8-0

### **Fairview**

Record: 6-8-1

### **Monarch**

Record: 6-7-1

### **Niwot**

Record: 13-3-2

Quarters State 4A – Liberty 0-2

### **Longmont**

Record: 12-4-1

2<sup>nd</sup> round State 4A – Niwot 1-2

### **Peak to Peak**

Record: 13-3-0

2ns round State 3A – Denver Christian 0-1

### **5A Final:**

Smoky Hill vs Fort Collins 2-0

### **4A Final:**

Liberty vs Broomfield 4-0

### **3A Final:**

Faith Christian vs Denver Christian 1-0

## COLLEGE WRAP-UP

### **Women**

#### Division I

Semi: North Carolina vs UCLA

Semi: Florida State vs Notre Dame

Final:

#### Division II

Semi: Grand Valley State vs Tampa 2-0

Semi: Metro State vs West Chester 2-1

Final: Metro State vs Grand Valley State 1-0

#### Division III

Semi: Wheaton (IL) vs VA Wesleyan 2-0

Semi: TCNJ vs Messiah 1-0

Final: Wheaton vs TCNJ 2-0

### **Men**

#### Division I

Semi: UCLA vs Virginia

Semi: UC Santa Barbara vs Wake Forest

Final:

#### Division II

Semi: Ft Lewis vs Lincoln Memorial 4-2

Semi: Dowling vs W. Florida 3-3 (5-4 SO)

Final: Dowling vs Ft Lewis 1-0

#### Division III

Semi: Wheaton (IL) vs Ohio Wesleyan 1-0

Semi: Messiah vs NYU 3-0

Final: Messiah vs Wheaton 3-0

## **BC FORCE Alumni Update**

**Tom Ashley**, a freshman at Clark, played in one game. **Mele Cabral**, a freshman goalkeeper at Valparaiso, played in four games. **Zach Chandler**, a junior at Ithaca College, played in twelve games. **Marianne Clausen**, a freshman at Regis, played in 21 games, scoring one goal. **Lea Day**, a sophomore at Loyola-Maryland played in 19 games, scoring three goals and assisting on four. **Forrest Donoho**, a sophomore at Willamette, played in eleven games, assisting on two goals before undergoing season ending knee surgery. **Kalina Ehrenreich-Piot**, a junior at Brandeis, played in 18 games. **Leslie Fischer**, a freshman at Wyoming, did not see any playing time this fall. **Lianne Grimditch**, a senior at Denver, played in 21 games, scoring ten goals and assisting on seven. **Michael Henzel**, a sophomore at Rensselaer Polytech Institute, played in 17 games, scoring three goals and assisting on two. **Patrick Huffer**, a senior at Williams, is the team's leading scorer with 14 goals and two assists. **Adam Johnson**, a junior at Claremont-Mckenna. **Dan Jozwiak**, a junior at Tufts, played in 14 games, scoring seven goals and assisting on one. **Amanda Kafer**, a freshman at UNC-Greeley, played in 18 games, assisting on one goal. **Kenny Lish**, a junior goalkeeper at St Bonaventure, played in eleven games. **Ginny Maddox**, a junior at Fort Lewis, played in 21 games, scoring one goal. **Kacey Miller**, a junior at School of Mines, played in four games. **Jordan Miller**, a sophomore at Guilford, played in eleven games, scoring two goals and assisting on one. **Jasper Lipton**, a freshman at Whitman, played in seven games, scoring one goal. **Kevin Owens**, a junior at Babson, played in 15 games, assisting on one goal. **Steve Owens**, a senior at Gonzaga, played in four games. **Duane Pelz**, a junior at Bates, played in 16 games, scoring three goals and assisting on six. **Katie Plunkett**, a freshman at Denver, played in five games. **Carla Scaniello**, a senior at Arizona State, played in eleven games. **Hillary Smallwood**, a junior at Fort Lewis, played in five games. **Wynn Sullivan**, a freshman at Pomona. **Kyrna Wheeler**, a freshman at Colorado played in one game. **Kami York**, a freshman at East Carolina, played in 17 games, scoring one goal and assisting on three.

**Patrick Huffer** – Williams College senior midfielder Patrick Huffer was named the 2006 NESCAC Player of the Year. Huffer was also named to the ALL-NESCAC First Team. Huffer leads the conference, and the Ephs, with 14 goals. He also registered two assists for a season total to date of 30 points. Huffer was also a 2005 First Team All-NESCAC choice. Huffer was also named to the ESPN Academic All-American team.

**Dan Jozwiak** – Tufts junior forward Dan Jozwiak was named to the ALL-NESCAC Second Team. Jozwiak first emerged as an offensive force in NESCAC last fall, and he continued that progress this year to earn his first All-Conference nod. The 6'4", 210-pound striker scored seven goals and an assist for 15 points, second on the team. Of his goals, three were in conference games and two were game-winners. Jozwiak missed two games with a hip flexor strain.

**Duane Pelz** – Bates College junior midfielder Duane Pelz was named to the ALL\_NESCAC Second Team. It is the first such honor for this player. Pelz directed the Bates attack from the center midfield position, scoring three goals to go with a team-high six assists. He tied for third in the NESCAC in assists. His two game-winning goals tied for eighth in the NESCAC, and he tied for 14<sup>th</sup> in the conference in points (12). Two of his goals came at crucial times: one helped Bates tie Wesleyan 3-3 during the regular season, and another was the lone goal in a 1-0 win at Middlebury.

## **Where do our teams play?**

(Tentative Assignments)

### **Girls Red Teams**

Girls 18 Red Elite 1  
Girls 17 Red Premier 1  
Girls 16 Red Premier 1  
Girls 15 Red Elite 3  
Girls 15 Red II Premier 2  
Girls 14 Red Classic  
Girls 13 Red Premier 1  
Girls 12 Red Premier 1  
Girls 11 Red Premier 1  
Girls 11 Red II Challenge 1

### **Girls Tar Heels Teams**

Girls 18 Tar Heels Premier 1  
Girls 17 Tar Heels Premier 2  
  
Girls 15 Tar Heels Classic  
Girls 14 Tar Heels Challenge 2  
Girls 13 Tar Heels Challenge 1  
Girls 12 Tar Heels Classic  
Girls 11 Tar Heels Challenge 1

### **Girls Pilots/Huskies Teams**

Girls 15 Titans Challenge 1  
Girls 12 Pilots Challenge 1  
Girls 12 Huskies Challenge 2

### **Boys Red Teams**

Boys 18 Red Elite 1  
Boys 17 Red Elite 2  
Boys 16 Red Elite 3  
Boys 15 Red Premier 1  
  
Boys 14 Red Premier 2  
Boys 13 Red Premier 1  
Boys 12 Red Premier 1  
Boys 11 Red Premier 1

### **Boys Barca Teams**

Boys 18 Barca tba  
Boys 17 Barca Premier 2  
Boys 16 Barca Premier 2  
Boys 15 Barca Classic  
Boys 14 Barca Classic  
Boys 13 Barca Classic  
Boys 12 Barca Premier 2  
Boys 11 Barca Premier 2

### **Boys Man U Teams**

Boys 16 Man U Classic  
Boys 15 Man U Classic  
Boys 13 Man U Challenge 1  
Boys 12 Man U Challenge 1  
Boys 11 Man U Challenge 2