



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

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A MESSAGE FROM THE HEAD COACH

Those of you who are new to the area and unfamiliar with spring soccer in Colorado, welcome. From a coaching perspective it definitely is frustrating. It is virtually impossible to establish any sense of rhythm or consistency due to the weather. In this issue Rob Johnson wrote an article on possible things to do when the weather is inclement. Anyway, count on playing lots of games in May. And having said that, let's be real patient with Conrad Thomaier as this is his first season in charge of rescheduling missed games.

I'd like to thank **Dr TC North** for his presentation on Parenting High Performing Kids. It was a well-attended, helpful and extremely informative evening and I'd like to thank all of you in attendance. It's somewhat ironic that the parents who need an informative evening like that the least, do show up, and the parents who really do need this information are somehow unable to attend.

We had our first in a series of Friday coaching clinics at the East Boulder Recreation field. I do believe that everyone can benefit from these sessions. As a coach, you are like a puzzle. You add a little piece here and a little piece there and next thing you

know you are a coach. So view these sessions as opportunities to add to your coaching repertoire and next thing you know, you are a coach. Our next coaching clinic is scheduled for Friday March 17th. I hope to see you out there.

Coaches, please take time to communicate with your parents the following information:

The 303-651-6036 weather line has only information regarding the Pleasant View soccer complex. I can't tell you how often parents will leave a message on that number wondering if a game in Littleton, or Aurora will take place. So please, inform your parents on the proper channels of communication.

Friday April 7th will be the start of our skills clinics.

- The high school age boys train from 4:00 PM – 5:00 PM
- The Girls U11 through U14 advanced team players train from 5:00 PM - 6:00 PM
- The Boys U11 through U14 advanced team players train from 6:00 PM – 7:00 PM. Players need to be on time and they need to bring their own soccer ball.

I'd like to wish the Boys 15 Red team all the best in Las Vegas. Under the

direction of Hardy Kalisher, the team is leaving this week to participate in the Las Vegas Showcase, an event with **Rob's Ramblings**

So the month of March has rolled around and everybody knows what that means. March Madness! I am very excited by March Madness, but what I meant was March weather. Every year we run into the same problems in the early spring. Missed practices due to the weather. As a coaching staff, we've talked about this a lot and we never can quite agree what is the best thing to do. Of course, if it is 5 degrees and snowing, the decision is really easy. One thing that I do not think all of our parents, players and coaches understand is that if there is any snow on the fields, then we are not allowed on the fields. This is a rule enforced by the Boulder Valley school district and the City of Boulder.

Here are a few things that you could do when it is nice enough to have practice, but the fields are covered. Think of this as a way to bring out your creative coaching.

1. Can you go Indoors?

This sounds like a great idea, but for the most part it is not feasible. With so few options and so many teams it is hard to go indoors. Most of the schools have their own activities, so that is not an option. You can try the Indoor centers, but they fill up quickly. You can also try to rent some churches which have gyms.

2. Outside, but not on the fields.

The question is where do you usually practice. If you are at South Boulder then you can always use Viele Lake. Not for swimming, but for the path that leads

some outstanding teams and competition. So all the best to the team.

around it. There are two loops and there are some exercise areas around the path. There is also a parking lot where you can do fitness or plyometrics. If you really want to work your team then there is the Heidelberg run.

If you practice at East Boulder, then there are tennis courts, basketball courts and handball courts you can use. It really depends on how creative you want to be.

3. Other activities?

If you feel that you need to meet with your team, you could always do a fun activity. Take the team swimming. This is a little tricky and don't expect the team to get a work out. This strictly is a fun thing. Another idea is to find a parent who could have the team over to watch a soccer video. You could order some pizza or snacks and watch a soccer video. You could also take your team sledding. They'll have a good time and you'll see a different side of your players.

4. Cancel?

Sometimes the best thing to do is cancel. Give the kids (and parents) the day off and hope they will use it wisely on homework.

In conclusion, make sure to communicate with your team. There are times when the weather changes at 3:45 PM and there is nothing you can do. Many times, you will know in advance if you'll be able to train. Make sure the players know what they should have in their soccer bag. Nothing is more

aggravating when players don't bring the proper gear.

Good luck!

BC Force Summer Programs

This summer BC Force will offer three different programs for our players to play soccer during the months of June and July.

1. 2006 Soccer Academy

Presented by Alexander Dawson and BC Force.

When:

June 19-23 from 9:00 AM until 3:30 PM

June 26-30 from 9:00 AM until 3:30 PM

July 10-14 from 9:00 AM until 3:30 PM

Where:

Alexander Dawson School

Cost: \$195

Staff:

Rob Johnson, Hardy Kalisher, Doug London, Heather Solar and John Welsch

The Soccer Academy is based on a simple coaching principle: young people learn and develop skills most quickly when they are having fun. Our main objective is to teach each player how to fully reach his/her potential as a soccer player. We have designed our learning exercises and functional training games to teach individual techniques and tactics through creative and motivating sessions, in an environment of positive reinforcement and communication. All work at the camp will be conducted in relation to the ball. The counselors for this camp will include staff coaches from BC Force, Dawson as well as college players.

The Soccer Academy is an official Colorado Rapids Camp. The Soccer

Academy will have a Rapids player visit once each session to do a demonstration and to have a question and answer session with the campers. We will also present all campers with a ticket voucher for a Colorado Rapids home game

2. College Bound Training

When:

Starting June 20th through July 27, every Tuesday and Thursday from 5:30 PM – 7:00 PM.

Where: Pleasant View Soccer Complex

Cost: \$125 for current BC Force players. No cost for returning college players.

One of the best ways for a soccer player to improve their game and prepare for the 'next level' is to play with and against older and more experienced players. The BC Force is excited to continue its College Bound Training Program for the summer of 2006. This is an opportunity for the motivated high school soccer player to play with collegiate players and BC Force staff coaches during the summer months.

3. Pre-Season Team Camps

When:

July 31 - August 4

9:00 AM - 11:00 AM: Girls 11 through 14 Red

11:30 AM – 1:30 PM: Boys 11 through 14 Red

4:00 PM – 6:00 PM: Girls 15 through 18

August 7 – 11

9:00 AM – 11:00 AM: Girls 11 through 14
Advanced teams.

11:30 AM – 1:30 PM: Boys 11 through 14
Advanced teams.

Cost: \$90

As preparation for the Fall 2006 season all U11 through U18 players will be expected to participate in five days of pre-season camp as scheduled. This will be a

terrific opportunity to get a good jump to the new season.

Parenting High Performing Kids With TC North

BC Force proudly presented TC North's workshop on 'Parenting High Performing Kids'.

Here are some brief thoughts on his presentation.

- Youth sports play a big role in a child's development.
- Success patterns are developed at an early age.
- How kids play sports is how they will play the game of life.

Why do kids play sports? (Parent/ coach perspective)

- competition
- fun
- team work
- discipline
- commitment
- accomplishment
- exciting
- dealing with adversity
- sportsmanship
- friends-relationships
- fitness

Why do kids play sports? (Kids perspective)

- Fun
- Socialize
- Makes me feel good

What do the kids need?

1. Have fun
 - Unconditional love
 - Stay positive

- Have fun with the kids
- Parents and coaches need to have fun

2. Socialization

- Be friendly with all kids
- Encourage friendships
- Help the coaches
- Bring the snacks

3. Build self-esteem and character

- Unconditional love – win or lose
- Show interest in your kid learning and growing
- Support independence
- Build character through wins and losses

The parent as a positive role model.

What should you do?

- Encourage
- Be supportive
- Be present
- Be a good listener
- Be a volunteer
- Respect the coaches' time

What shouldn't you do?

- Don't be late
- Don't be critical
- Don't pressure your child
- Don't coach or analyze
- Don't blame the refs
- Don't blame other kids
- Teach the kids to be empowered individuals instead of a victim.
- There are only two things you control: your thoughts and your actions.

Parents Are of Paramount Importance, Win or Lose

By Positive Coaching Alliance

Positive Coaching Alliance (PCA) sees four main constituencies in any youth sports operation: athletes, administrators, coaches and parents. Parents are the ultimate arbiters who determine what flies and what dies. If they don't like the way your operation serves them and their kids, they vote with their feet and their wallet. Therefore, it is extremely important to the health of club soccer that parents, coaches and administrators agree on what youth sports culture will best serve the kids in their care. When all four groups are on the same page, youth sports can be an enriching, character-building experience that any child (and parent) can have.

In this context, PCA particularly appreciates "Win or Lose: A Guide To Sports Parenting." This brief book by Dan Saferstein, Ph.D., is a great boon to anyone concerned with the role of a sports parent.

In the introduction, Saferstein posits, "We sometimes make mistakes in the stands or in the car ride home, just as our kids make mistakes on the field. These mistakes are part of the learning process for everyone. Young athletes run into problems when they think they can get by with a half-hearted effort, and so do parents.

"What does a whole-hearted effort mean as a sports parent? I don't think it necessarily means spending more money on private instruction or cheering louder from the sidelines, but it could mean paying more attention to how your behavior is affecting your child's athletic experience and less attention to the wins and losses."

Those sentiments are very much in keeping with PCA philosophy. In the Sport Parent Workshops PCA conducts throughout the country, we encourage attendees to become "Second-Goal Parents."

The term draws from the notion of a Double-Goal Coach, whose first goal is to win, and whose second, more important goal is to teach life lessons through sports. A Second-Goal Parent focuses on the second goal, teaching life lessons, not on winning, which is the player's focus.

Some ways in which Second-Goal Parent behavior manifests:

- Wait until well after a game to discuss the game with your child.
- Instead of telling kids what they did wrong, ask open-ended questions about their experience and perceptions of the game.
- Guide kids toward discussion of what life lessons they learned about perseverance, teamwork and sportsmanship.

Saferstein, in his own way, and in his own words, agrees with these philosophies and provides specific, constructive advice on handling a variety of challenges inherent to being a sports parent. Much of the advice is summed up in the deceptively simple headings for each of the book's single-page chapters. Among the most poignant: "Be the Sports Parent You Wish You Had" and "Forget About Scholarships For Awhile" and "Know When To Call Time-Out."

The closing chapter, "Win or Lose," knits this book together: "When you become a sports parent, you take an oath to always be there for your child. Win or lose, you will love them; win or lose, you will respect them; win or lose, you will accept them with all their strengths and limitations. The oath of sports parenthood can be even more binding than marriage, because a child can't go out and look for a more supportive parent, and a parent can't go out and look for a seemingly more talented child."

Motivation

We all have our reasons why we pursue our interests. These reasons are our motivation to do well and excel. What therefore are an athlete's motivations for playing their sport?

Some of the reasons can be the following:

- Desire to keep fit and active.
- Passion for competition.
- Ambition to be number one.
- Aspirations for recognition.

As you may notice, these motivations are centered on the athlete. This is his/her intrinsic or personal self-motivation. However, in the course of time, wins and losses, these motivations may waver and be lost entirely. As a coach or a parent, what are you to do? Motivate them of course!

For coaches:

There is no one way to motivate the team. Players' moods and dispositions vary depending on the current situation.

Here are some ways to keep your players motivated:

- Training must be properly organized. Badly planned and disorganized training can lose a player's focus on the training. Plan it in such a way that each player's needs are addressed so nobody gets bored during training.
- Set viable goals that each member can look forward to achieving.

- Show your enthusiasm. Players perform better when praised for their efforts.
- Encourage them to have fun in the field. Training and games should always be a positive experience.
- Encourage your players to always strive to get better.
- Let your players know that you are always willing to listen. This builds a strong rapport and mutual respect between you and the team.
- Give credit where it's due and accept responsibility for losses.
- Don't play favorites. Look for the good in each player and recognize it duly.

For parents:

It's good if you wholly support your child's interest in sports. However, you must remember that your child's motivation for excelling in sports should come from within. It's not a good idea to push them which may result in them losing interest in the sport.

What you can do is show genuine interest in what they are doing. Celebrate with them in their victories. Listen when they gripe about their losses, take time off to watch them play.

Remember, they have their own reasons and goals for participating in this sport.

BC Force Game Results

Boys 18 Red (Elite 1) - did not play
Boys 17 Red (Elite 2) - vs St Vrain 0-2
Boys 16 Red (P1) - vs Real Olympico 1-3
Boys 16 Barca (Cl) - vs Pride 0-0
Boys 16 Man U (Cl) - vs Xtreme 0-2; vs Ft Collins 1-5
Boys 15 Red (P1) - vs Edge 1-2
Boys 15 Barca (P2) - did not play
Boys 14 Red (P2) - vs Littleton 2-0
Boys 14 Barca (Cl) - vs Club Denver 0-9
Boys 13 Red (P1) - did not play
Boys 13 Barca (Ch1) - did not play
Boys 12 Red (P1) - vs Corinthians 1-2
Boys 12 Barca (Cl) - vs Colorado Elite 1-1; vs Colorado Sting 3-0
Boys 12 ManU (Ch2) - vs Storm 0-0
Boys 11 Red (P1) - did not play
Boys 11 Barca (P2) - vs Real Olympico 0-2
Boys 11 Man U (Ch2) - did not play

Girls 14 Red (P1) - vs Pride 0-2
Girls 14 Red II (Cl) - vs Colorado Ice 1-2
Girls 14 Tar Heels (Cl) - vs LUSA 2-1
Girls 14 Amazons (Ch1) - did not play
Girls 14 Pilots (Ch2) - vs Littleton 2-4
Girls 13 Red (Ch1) - vs Greeley 1-0; vs Riverside 6-1
Girls 13 Tar Heels (Ch2) - vs Bear Creek 1-2
Girls 12 Red (P2) - vs Edge 2-1
Girls 12 Tar Heels (Ch2) - vs Pride 6-0
Girls 11 Red (P2) - vs St Vrain 3-0
Girls 11 Tar Heels (Ch1) - vs Pride 0-7
Girls 11 Pilots (Ch2) - did not play

THE HIGH SCHOOL PAGE

Alexander Dawson

	vs Sheridan	dnp
3/14	4:00 PM	vs Holy Family
3/16	4:00 PM	vs Weld Central
4/4	4:00 PM	at Nederland
4/6	4:00 PM	vs Resurrection
4/8	11:00 AM	vs Jefferson
4/11	4:00 PM	at RM Lutheran
4/13	4:00 PM	at Longmont Christian
4/14	4:00 PM	at Kent Denver
4/18	4:00 PM	vs Maranatha
4/20	4:00 PM	vs Front Range
4/22	11:00 AM	vs Denver Christian
4/25	4:00 PM	at Heritage Christian
4/28	4:00 PM	vs Academy of Charter
5/1	4:00 PM	vs Faith Christian

Boulder

	vs Horizon	2-0
3/14	7:00 PM	vs Centaurus
3/21	7:00 PM	vs Montbello
3/23	4:00 PM	at Monarch
4/1	1:00 PM	vs Silver Creek
4/8	12:00 PM	at Fort Collins
4/11	4:30 PM	at Grandview
4/13	7:00 PM	vs Mullen
4/18	7:00 PM	vs Cherry Creek
4/20	4:00 PM	at Fairview
4/25	5:30 PM	at Eaglecrest
4/27	7:00 PM	vs Overland
4/29	10:00 AM	at Evergreen
5/2	5:30 PM	at Smoky Hill
5/4	7:00 PM	at Regis

Centaurus

	at Peak to Peak	2-3
	at Elizabeth	10-1
3/11	12:00 PM	at Northridge
3/14	7:00 PM	at Boulder
3/21	4:00 PM	vs Monarch
4/4	6:00 PM	vs Adams City
4/6	6:00 PM	vs Skyview
4/8	2:00 PM	vs Golden
4/11	6:00 PM	at Aurora Central
4/13	6:00 PM	vs Hinkley
4/15	11:00 AM	vs Brighton
4/20	6:00 PM	at Westminster

4/25	6:00 PM	at Ranum
4/28	7:00 PM	at Cherokee Trail
4/29	12:00 PM	at Holy Family

Fairview

	at Columbine	1-3
3/14	7:30 PM	at Horizon
3/16	4:00 PM	vs Monarch
3/20	4:00 PM	Thomas Jefferson
3/24	4:00 PM	vs Palmer
4/8	12:00 PM	at Grand Junction
4/11	4:30 PM	vs Eaglecrest
4/13	4:30 PM	vs Overland
4/18	4:30 PM	vs Smoky Hill
4/20	4:30 PM	at Boulder
4/25	4:30 PM	at Mullen
4/27	4:30 PM	vs Cherry Creek
4/29	11:00 AM	vs Fort Collins
5/2	7:00 PM	at Grandview
5/4	4:15 PM	vs Denver East

Monarch

	at Air Academy	1-0
	vs Grandview	2-1
	at Air Academy	0-3
3/15	7:00 PM	at Boulder
3/17	4:00 PM	vs Centaurus
4/1	7:30 PM	at Horizon
4/5	6:00 PM	vs Legacy
4/7	6:00 PM	vs Poudre
4/12	7:30 PM	at Thornton
4/14	7:30 PM	at Rocky Mountain
4/16	2:00 PM	vs Bear Creek
4/19	4:00 PM	at Mountain View
4/21	4:00 PM	vs Fort Collins
4/26	4:00 PM	vs Northglenn
4/28	5:00 PM	vs Golden

Niwot

3/13	4:00 PM	vs Cherry Creek
3/16	3:30 PM	at Sterling
3/21	3:30 PM	vs Fort Morgan
3/23	10:00 AM	vs Greeley Central
3/25	12:30 PM	vs Silver Creek
3/28	7:00 PM	at Northridge
3/30	5:30 PM	vs Skyline
4/1	10:30 AM	at Fossil Ridge
4/11	4:00 PM	vs Longmont
4/13	3:30 PM	at Mountain View

4/18	5:30 PM	vs Broomfield
4/20	4:00 PM	at Thompson Valley