



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

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www.bcforce.com

A MESSAGE FROM THE HEAD COACH

I'd like to start out by thanking **Ingrid DiPaula** and **Melinda Gillespie** for their time and efforts in organizing this year's BC Force Auction and Awards Night. It was a wonderful evening in which the club raised almost \$10,000 for the **Rachel Small** Scholarship fund. It was also a great opportunity to recognize players, coaches and volunteers for their contributions to the club.

Congratulations to **Tim Barbour** (Developmental Girls Coach of the Year), **John Hathaway** (Competitive Boys Coach of the Year), **Ryan Henkel** (Coach of the Year), **Lisa Munsch** (Volunteer of the Year), **Brad Pellman** (Developmental Boys Coach of the Year), **Heather Solar** (Competitive Girls Coach of the Year), **Paul Smith** (Manager of the Year), **Brad Pellman** (Developmental Boys Coach of the Year).

Thank you to all our coaches, team managers and volunteers for all your time and effort in making the BC Force Soccer club such a terrific organization.

Congratulations to **Marcello Balboa's** Boys 17 Red team and **Steve Lepper's** Boys 16 Red team for reaching the State Cup quarter finals. At this writing, the Boys 16 Red team lost a tough match to Pueblo 1-3, and the Boys 17 Red team won their game 4-1 against Pride. They will now meet Real National in the semis.

Congratulations to all the players who received individual awards. I know many of

our coaches struggled with the dilemma of recognizing individuals as part of a team sport. So I'd like to recognize all our players and commend everyone for a terrific season.

Preparations for the Rocky Mountain Cup are well under way. As of this writing we have more than 130 teams registered, many of them out-of-state teams. Games will not only take place at Pleasant View, however, we will also use sites at Fairview High, Boulder High and the Alexander Dawson school.

Don't forget the following:

Coaches Meeting (Tryouts)
Tuesday May 16, 7:30 PM
East Boulder Rec Center
(Senior wing)

Registration for the BC Force Summer Programs are well under way. BC Force and the Alexander Dawson School have combined efforts for three weeks of camp this summer: June 19-23, June 26-30 and July 10-14. BC Force will also run its College Bound Program throughout the summer and then the team camps to start of the fall season.

Coaches, don't forget the players' evaluations. Click on the following:
<http://www.bcforce.com/Coaches/playerevaluationform.html>

Let's get these done before the tryouts start. Thanks for your help on this.

BC FORCE HALL OF FAME
2005 INDUCTEE

Saturday July 15th, 1995 was the official opening of arguably the best soccer complex in Colorado, our own Pleasant View.

This year's Hall of Fame Inductee, David Norcross was absolutely pivotal in the development of the Pleasant View Soccer Complex.

When I arrived in Boulder in 1989, we played our league games at Roper fields just off Jay road, a site which now is known as the Four Mile Creek subdivision.

In essence, those fields resembled nothing more than a glorified horse pasture. What I remember from those fields was that you would be able to sit in front of one goal and then you would be unable to see the goal on the other side of the field. The 'crown' in the middle of the field was that severe.

Anyway, in the early 90's, Dave Norcross accompanied his son Josh's FC Boulder Boys 16 Red team to Holland. That particular summer was your typical miserable Dutch weather with lots of rain. However, the fields at the Vitesse '22 Soccer Complex we had been using for training we're in terrific shape. Dave Norcross, always the researcher, spoke with the groundskeeper and found out that the fields were sand-based.

I'm not sure if Dave actually yelled "Eureka", however, from that point forward, Dave was on a mission to get that same type of facility in Boulder. Dave attended hours and hours of City of Boulder Planning meetings, Park and Recreation meetings and architectural meetings. His perseverance was unmatched and I believe he actually was nicknamed "The Pitbull."

So when you are out at Pleasant View Soccer Complex for the home games and enjoy the world class fields and unbelievable view, I want you to think about the time,

efforts and commitments David Norcross gave many years ago.

It is my privilege to introduce you to this year's BC Force Hall of Fame Inductee, current Director of the Physics Laboratories at Harvard, David Norcross.

BC FORCE PLAYERS' HALL OF FAME

Jenny Dickinson

Was one of the club's first female players to excel at the state level. In those days FC Boulder did not have girls' teams, therefore Jenny played on the boys' teams from U11 through U13. It was because of Jenny Dickinson that FC Boulder formed its first girls' teams in 1985.

Jenny was an attacking midfielder player. Her play was graceful and her understanding of the game was at a level far above most female players of her time.

Jenny played on the Colorado ODP teams from U15 through U18. She played at Fairview High School for coach Stan Jozwiak. She was an All-Centennial League player for three years and an All-State player in 1989. She earned a music scholarship to Call-Berkley where she played soccer for four years, three of which as a starter. She has two daughters, the oldest named Mia. Jenny still plays in the Boulder adult leagues.

Brad Walsh

Moved to Boulder from Southern California. He played for FC Boulder from U12 through U18. Brad was a Colorado ODP player from U15 through U18. He was a three-year starter at Fairview High School. He was a two-time All-Centennial League and two-time All-State player. He led Fairview to two Centennial League Championships and three State Tournament qualifying teams. He led Fairview to the 1984 State Finals. Brad was a competitive, tough, disciplined and athletic player. He was tremendous in the air. Brad played soccer for San Diego State University where he was a three year starting center back. He played his collegiate soccer with current BC Force coach Marcello Balboa. Brad received his degree in finance and is currently living in Southern California.

Rob's Ramblings

The spring season is winding down and summer is almost here. I wanted to discuss a few things before the season wraps up.

Make sure that you get your evaluations done before tryouts. Please take the time to fill these out and if you can, add as many comments as you can.

Make sure to get all your league games played. Talk to Welsch if you have any home make-up games remaining.

Start thinking about next year. We would like to have all of next year's coaches in place by tryouts.

This month I wanted to talk about the awards that we hand out. We hand out three individual awards each: Most Improved, Hardest Working, and Most Outstanding. Since we only give three awards out we frown upon one person getting multiple awards. When I do my awards I make three columns and start listing every player that fits into those columns. I then start crossing out players. I usually take about three to five days to do this. The hardest part is when one player fits into all categories. For a coach, this is probably one of the least favorite things to do, besides tryouts. I have broken each award down and shown you how I decide mine.

Most Improved:

For many coaches this is either the most difficult award or easiest award to give. I look at it as follows. I feel as a team we have grown, so I could give this award to the team. I also see great individual improvement in certain players. I use this award for a player who has been getting better, but maybe they do not think they are. For other coaches they say that this is the easiest one. Maybe they have that one player that easily fits this award, I always seem to have four of five. The main criteria should be which player has improved the most from the beginning of the season.

Hardest Working:

If you run practice the right way and have high expectations then this should be a difficult choice. I look at this award in a few different ways. When we do any fitness, which player is always working hardest? When we are doing technical work, who is always working to be perfect? Who adds a positive element to the team? To be quite honest for me this is the easiest award. I never have more than two players in mind and usually they both are in the hunt for multiple awards.

Most Outstanding:

I feel that this award is a no-win situation. On your team you have six or seven players who could win this. Is this award for the MVP? Is this award for the best player? These are difficult questions. I look at this award a little bit differently. To win this award for you have to be in contention for the hardest working award. Sometimes the best player is not the one who works the hardest. Now on game day could we survive without that player? The answer is no, but I need them leading by example. I also view the most outstanding player as someone who makes their teammates better. Does your best player do that? There are a lot of coaches who view this as the best player award, which is fine, but think about what outstanding means.

I hope you have enjoyed my break down of the awards. As coaches keep up the good work. This is always a difficult time of the year. I know that you do not always get the recognition you should receive, but from me to you, Thank You!

If you could excuse me but I have to talk to this parent who's wondering why her daughter did not win an award. Does that happen to you too?

Planning a Soccer Conditioning Program Part I

Finesoccer.com

To run better conditioning programs for soccer, you must first understand the demands of the sport, and how different types of conditioning will affect the three energy systems, and therefore, the individual player's conditioning level. Here is an easy way to understand these energy systems: If you ran as hard as you could for 120 seconds you would start off fast using your Short Term Energy System (STES) for about 6-10 seconds, after about 6 seconds you would start to slow down (fatigue of the STES) and your body would make a slow transition to the Intermediate Energy System (IES), and finally at about 60-70 seconds (fatigue of the IES) your body would slow down considerably and start to utilize the Long Term Energy System (LTES).

The demands of soccer are as follows: 75% is 'recovery based' or standing, walking or jogging. During this time you are not 'challenging' your LTES (aerobic System), and therefore it should not be considered an essential training component. This would be similar to telling golfers that most of the match is spent walking so they should spend more time training their aerobic system.

Roughly 25% of the game is spent running (run, strong run and sprint) which is where the fatigue sets in, thus should be considered an essential training component for soccer conditioning.

Based on this information, we can therefore draw the conclusion that soccer, although perceived to be more of an 'endurance' sport, is actually more of a 'speed endurance' sport which we will define as repeated bouts of maximal and sub maximal sprints with inconsistent periods of rest. When we start to compare the play of midfielders, forwards and defenders to various training strategies utilized by coaches we can get a good idea of how to condition soccer players more efficiently.

Research shows that full sprints with a walk back to the start closely mimics the game of soccer. But before we can make an absolute comparison and negate the effectiveness of some interval based training we need to look at the intangibles of the game. Soccer, as stated before is made up of 'repeated' bouts of maximal and sub maximal sprints with inconsistent periods of rest, thus indicating that there is somewhat of a need for developing the IES and LTES for the more intense parts of the game as well as for more efficient recovery between sprints.

So to plan a more efficient conditioning program for soccer, we as coaches must coordinate days of maximal sprints with periods of partial and full recover with days of Fartlek (Interval) training. Coaches might also add some longer distance 1-3k runs for midfielders 1x per week to further enhance the oxygen uptake for recovery between periods of strong runs and jogging.

The most effective strategy would be to train one energy system per day. For instance, focus on the LTES (Aerobic) on the first training day after a game (recovery based), then focus on the STES (Sprint Work) on day 2, and then train the IES (Interval) on day 3 assuming a three training day per week split. This should allow for adequate Energy System recovery, as well as train the areas of emphasis.

One idea not to be lost in this discussion is that soccer is a power and speed based sport and the conditioning approach should mimic that. Too much endurance (LTES) work will only slow the players down making them less efficient on the field.

We will expand on this topic in weeks to come with specific conditioning programs for soccer.

BC Force Summer Programs

- 1. 2006 Soccer Academy**
Presented by BC Force and the Alexander Dawson School.

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

- 2. College Bound Training**

When:

Tuesdays and Thursdays from 5:30 PM until 7:00 PM starting June 20th through July 27th

Where: Pleasant View Soccer Complex

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

- 3. Pre-Season Team Camps**

When:

July 31 – August 4
9:00 AM-11:00 AM – Girls 11-14 Red
11:30 AM-1:30 PM – Boys 11-14 Red
4:00 PM-6:00 PM – Girls 15-18

August 7 – 11
9:00 AM – 11:00 AM – Girls 11-14
Advanced players
11:30 AM – 1:30 PM – Boys 11-14
Advanced players

Cost: \$90

BC FORCE SENIORS

Congratulations to our seniors and their college choices

Tom Astley	- Clark
Julio Cid	- Fort Lewis
Mickey Citarella	- Colorado
Emery Cowan	- tbd
David Daly	- Colorado
Warner Dean	- Colorado State
Janey Deoreo	- tbd
Elliott Dimond	- UNC Greeley
Tim Doherty	- Montana State
Leslie Fischer	- Wyoming
Rachael Fischer	- Missouri
Lucian Foehr	- RM School of Arts
Kolya Glick	- UC Santa Cruz
Doug Harano	- Colorado
Sarah Haried	- tbd
Justin Hazelwood	- St Louis
Jennifer Heitman	- tbd
Andy Jozwiak	- Stonehill
Andrea Kennard	- tbd
Jasper Lipton	- Whitman
Teagan Papke	- UNC Greeley
Lisa Rasmussen	- tbd
Allison Reid	- tbd
Logan Roos	- Savannah School of Design
Wynn Sullivan	- Pomona
Leanne Tatelman	- Colorado
Lillian Tolve	- Colorado State
Corey vande Boogaard	- Regis
Jack Vere-Nicoll	- Denver
Tanika Vigil	- Amherst
Jessica Watkins	- Stanford
Emily Wiggington	- Willamette

BC Force Awards Night - Individual Players' Awards

Team	Hardest Worker	Most Improved	Most Outstanding
Girls 18 Red	Jenny Heitman	Jessica Watkins	Teagan Papke/Emily Wiggington
Girls 17 Red	Kate Schlag	Zoe Schlag	Amanda Raley
Girls 17 Tar Heels	Rachel Hillmer	Elle Metzger	The Team
Girls 16 Red	Kara Peters	Hannah Keller	Lindsay Pawlas
Girls 16 Tar Heels	Erin Dixon	Amanda March	Megan Van Dore
Girls 16 Pilots	Lori Abramowitz	Emily Allen	Emma Zimmerman
Girls 15 Red	Chrissy Kirk	Sarah Van Dore	Devin Muldoon
Girls 14 Red	Carys Murphy	Parry Allen	Anne Stuller
Girls 14 Red II	Katie Strevey	Tarah Neam	Jessica Jortberg/Leia Schulz
Girls 14 Tar Heels	Lauren Robb	Lucy Jacobson	Sarah Lokay
Girls 14 Pilots	Margaret Whiteside	Celia Turner	Jasmine Torres
Girls 14 Amazons	Chelsea Boynton	Mariah Furtney	Katie Valdez
	Monica Weinhoeft	Rebecca Orin	
Girls 13 Red	Jenny Dixon	Camille Wasinger	Carlee Lough
Girls 13 Tar Heels	Hallie Wakely	Emily Bryant	Brittany Martinez
		Katie Hebein	
Girls 12 Red	Lillie Ogden	Haley Weaver	Julia D'Amico
Girls 12 Tar Heels	Ali Hinton	Nicole Rosato	Sabrina Vere-Nicoll
			Tara Singh
Girls 11 Red	Camryn Schulz	Meghan Tenge	Katlyn Lokay
Girls 11 Tar Heels	Maura Gillespie	Ashley Lankford	Abby Dolan
Girls 11 Pilots	Meghan Shannon	Eliot Meade	Aimee Bonnain
Boys 18 Red	Julio Cid	Tim Doherty	Jack Vere-Nicoll
Boys 17 Red	Michael Lehrer	The Team	Nathan Kafer
	AJ Aguer		
Boys 16 Red	Dustin Cordova	Nick Allman	Tim Smith
Boys 16 Barca	Luke Habermehl	Joe Muchmore	Ben Thomson
	Pat Higgins		
Boys 16 Man U	Keegan Dougherty	Geo Tam	Brett West
Boys 15 Red	Devin Kuh	Kevin Pocalyko	Martin Orona
Boys 15 Barca	Marcus Kyte	Michael Willette	George Haydock
Boys 14 Red	Michele Corbet	Logan Manaker	Spencer Sarson
Boys 14 Barca	Luke Ogden	Sam Beres	Ryder Tam
Boys 13 Red	Cody Vann	Chris Cartwright	Soren Frykholm
Boys 13 Barca	Willy van Dehy	Seth Falkinburg	Jordan Dawson
Boys 12 Red	Eric Kronenberg	Ben Kates	Jack Huettel
Boys 12 Barca	Matt Ginley	Zac Tanner	Michael Ozeroff
Boys 12 Man U	Brian Leeburg	Spencer Conner	Jack Marshall
Boys 11 Red	Cory Center	Ben Brown	Jason Pillard
Boys 11 Barca	Brian Englehardt	Harrison Lang	Brian Hardy
Boys 11 Man U	Graham Buhse	CJ Johnson	Alexander Toderica

BC FORCE Game Results

Boys 18 Red (Elite 1)	1-8-0	Corinthians 0-3; Littleton 0-3; Real National 0-7 ; Rush Nike 0-10; Real Atletico 0-2; Real Atletico 4-0; Real 0-1; Rush 1-2; Storm 0-6
Boys 17 Red (Elite 2)	3-2-0	St Vrain 0-2; Pride 6-1; Pride 2-1; Rush Nike 1-2; Xtreme 2-1
Boys 16 Red (P1)	4-2-1	Real 1-3; Pride 3-1; Littleton 2-0; Ice 1-1; Edge 3-1; Storm 4-1; Pikes Peak 0-2
Boys 16 Barca (Cl)	4-2-2	Pride 0-0; Littleton 0-1; Basalt 3-0; BCF Man U 5-0; Greeley 0-1; Club Utd 9-0; vs Littleton 0-0; Pride 7-0
Boys 16 Man U (Cl)	2-6-0	Xtreme 0-2; Ft Collins 1-5; Edge 6-0; Pride 1-6; BCF Barca 0-5; Pride 6-0; Guadalajara 0-3; Littleton 0-1
Boys 15 Red (P1)	4-2-0	Edge 1-2; Real 1-0; Pride 2-0; Pride 1-3; Rush 4-3; Sting 1-0
Boys 15 Barca (P2)	1-7-1	Edge 0-2; Pueblo 3-1; Grand Mesa 1-7; Vail 1-4; Pride 1-3; Storm 0-1; Rush 0-1; Real 0-0; Littleton 1-3
Boys 14 Red (P2)	4-1-2	Littleton 2-0; Pueblo 3-2; Greeley 1-4; Pride 2-2; Real 4-0; Sting 0-0; Club Utd 4-2
Boys 14 Barca (Cl)	0-5-0	Club Denver 0-9; Pride 1-2; St Vrain 1-2; Xtreme 0-3; Corinthians 0-5;
Boys 13 Red (P1)	1-4-0	Pride 0-5; Ft Collins 1-0; Ft Collins 0-7; Storm 2-4; Real 0-6
Boys 13 Barca (Ch 1)	4-2-2	Pride 4-2; Pride 2-2; Club Utd 0-5; Xtreme 1-3; Riverside 5-0; Elite 5-0; Trebol 0-0; Littleton 6-0
Boys 12 Red (P1)	0-6-0	Corinthians 1-2; Broomfield 0-4; Edge 1-3; Lusa 1-4; Littleton 1-2; Pride 0-9
Boys 12 Barca (Cl)	4-1-2	Elite 1-1; Sting 3-0; Storm 3-0; Greeley 1-3; Pride 2-1; Evergreen 1-1; Explosion 4-2
Boys 12 Man U (Ch 1)	0-4-4	Storm 0-0; Storm 1-3; Explosion 0-4; Trebol 3-4; Edge 0-1; Club Utd 1-1; Pride 1-1; Lusa 0-0; RM Cougars
Boys 11 Red (P1)	2-4-1	Pikes Peak 1-1; Club Denver 1-2; Edge 0-2; Pride 1-0; Ft Collins 1-2; Littleton 2-1; Real 0-4
Boys 11 Barca (P2)	1-5-1	Real 0-2; Ice 1-1; Pikes Peak 0-3; Vail 3-1; Sting 1-2; Westminster 0-2; Rush 2-5
Boys 11 Man U (Ch 1)	3-3-1	Sting 1-3; Edge 2-0; Pride 0-2; Westminster 3-0; Ice 4-3; Rush 3-3; Guadalajara 1-5
Girls 14 Red (P1)	3-2-3	Pride 0-2; Littleton 3-1; Rush 5-0; Ft Collins 1-1; Storm 1-1; Westminster 4-0; Real 2-2; Rush 0-1; CSA
Girls 14 Red II (Cl)	2-4-3	Ice 1-2; Real 1-0; Cheyenne 2-1; Riverside 0-0; Greeley 0-3; Littleton 0-3; Pride 1-1; Pueblo 1-3; Corinthians 1-1
Girls 14 Tar Heels (Cl)	1-7-0	Lusa 2-1; Laramie 1-2; Club Utd 0-2; Xtreme 0-5; Pride 0-2; Storm 0-1; Pikes Peak 0-4; Rush 0-2
Girls 14 Amazons (Ch 1)	0-8-1	Broomfield 1-3; Explosion 1-1; Real 0-1; Storm 0-6; Real 1-2; Wheatridge 0-1; Riverside 1-3; Club Denver 0-1; Riverside 1-3
Girls 14 Pilots (Ch 2)	1-6-1	Littleton 2-4; Cheyenne 1-4; Ice 0-5; Ft Collins 1-1; Storm 1-2; Real 1-5; Trebol 4-3; Rush 0-2
Girls 13 Red (Ch 1)	8-0-1	Greeley 1-0; Riverside 6-1; Edge 4-0; Pride 3-0; Club Denver 3-0; Storm 1-0; Rush 1-1; Elite 4-1; Laramie 2-0
Girls 13 Tar Heels (Ch 2)	2-5-2	Bear Creek 1-2; Littleton 3-2; Littleton 2-0; Storm 1-1; Rush 2-4; Lusa 0-1; Evergreen 0-5; St Vrain 2-2; Grand Mesa 0-2
Girls 12 Red (P2)	5-0-1	Edge 2-1; Club Utd 3-0; Pride 4-3; Grand Mesa 2-2; Broomfield 1-0; Corinthians 2-0
Girls 12 Tar Heels (Ch 2)	5-2-2	Pride 6-0; Westminster 3-0; RMSA 2-2; Rush 1-2; Club Utd 2-0; Skyline 1-3; Rush 1-0; Corinthians 1-1; Storm 1-0
Girls 11 Red (P2)	3-1-4	St Vrain 3-0; Pride 1-1; Real 4-0; CSA 1-1; Pride 1-0; Storm 1-1; Club Denver 0-1; Sting 0-0
Girls 11 Tar Heels (Ch 1)	3-4-2	Pride 0-7; Real 1-1; Club Denver 0-0; Evergreen 0-5; Pikes Peak 1-0; Westminster 1-4; Edge 2-0; Pride 3-0; Explosion 0-3
Girls 11 Pilots (Ch 2)	3-4-1	Westminster 1-0; Wheatridge 0-2; Real 0-0; Littleton 1-3; Ft Collins 1-4; Pikes Peak 2-1; Ice 3-0; Storm 1-4

THE HIGH SCHOOL PAGE

ALEXANDER DAWSON (11-3-0)

Holy Family	5-2
Weld Central	7-0
Nederland	7-0
Resurrection	3-0
Jefferson	9-0
RM Lutheran	7-0
Longmont Christian	4-0
Kent Denver	0-8
Maranatha	7-0
Front Range	5-0
Denver Christian	1-5
Heritage Christian	5-0
Academy of Charter	8-0
Faith Christian	0-8
Aspen	

BOULDER (8-5-2)

Horizon	2-0
Centaurus	6-0
Monarch	1-0
Silver Creek	1-1
Fort Collins	2-6
Grandview	0-4
Mullen	1-2
Cherry Creek	0-2
Fairview	5-2
Eaglecrest	0-0
Overland	4-1
Evergreen	3-0
Smoky Hill	2-3
Regis	3-0
Montbello	1-0

CENTAURUS (8-7-1)

Peak to Peak	2-3
Elizabeth	10-1
Boulder	0-6
Monarch	0-1
Northridge	0-4
Skyview	10-0
Golden	0-3
Aurora Central	2-1
Hinkley	8-0
Brighton	4-4
Westminster	4-0
Cherokee Trail	0-1
Ranum	6-2
Adams City	7-1

Holy Family	3-1
Greeley West	0-1

FAIRVIEW (4-10-0)

Columbine	1-3
Horizon	1-0
Monarch	1-3
Palmer	1-5
Grand Junction	0-1
Eaglecrest	1-0
Overland	3-0
Smoky Hill	1-3
Boulder	2-5
Mullen	2-4
Cherry Creek	0-1
Fort Collins	2-7
Grandview	1-2
Denver East	1-0

MONARCH (10-5-1)

Air Academy	1-0
Grandview	2-1
Air Academy	0-3
Fairview	3-1
Centaurus	1-0
Boulder	0-1
Horizon	1-0
Legacy	3-1
Poudre	1-1
Thornton	7-0
Rocky Mountain	1-2
Bear Creek	4-1
Loveland	2-0
Fort Collins	1-4
Northglenn	2-3
Lewis-Palmer	2-0
Mullen	

NIWOT (11-2-1)

Sterling	12-0
Greeley Central	8-0
Fort Morgan	6-0
Silver Creek	0-1
Northridge	5-0
Skyline	4-1
Fossil Ridge	1-1
Longmont	4-1
Mountain View	3-2
Broomfield	5-1
Thompson Valley	3-0
Cherry Creek	1-2
Northridge	4-1
Broomfield	2-0
Ft Carson	9-0
Northridge	

