



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 12, Issue 8, September 2006

www.bcforce.com

A MESSAGE FROM THE HEAD COACH

I want to thank all our coaches, team managers, administrators and volunteers for all their great efforts to get this fall season under way. I trust all of you are enjoying the efforts of the kids and their development this season. Remember, for sure we want to win every time we step on the field, however, the more important thing to focus on when watching the games is the effort the kids put in and whether the kids are playing with a smile on their face.

In this issue you will find updated results of all our teams.

The fall is a terrific time to watch the next level of soccer competition. The local high school boys' teams seem to be competitive and the University of Colorado's women's team, with freshman sensation Nikki Marshall, is a nationally ranked top 25 team. So bring the youngsters out to watch that next level of play.

The BC Force Tryouts for the High School age boys will take place on:

Sunday October 27
10:00 AM – 2:00 PM
Pleasant View 3 + 4

Boys U18's: Marcello Balboa
Boys U17's: Steve Lepper
Boys 16's: Hardy Kalisher
Boys 15's: Steve Lepper

For info on the try-outs, contact the the office at 303-443-8877, xt 5 or contact the coaches directly.

Throughout this fall, I'll give you an update on the 29 BC Force Alumni currently playing at the collegiate level.

Although we are in the middle of the fall season, I would like to give you information in regards to indoor soccer opportunities.

Boulder Indoor Soccer (303-440-0809, or www.boulderindoorsoccer.com) will start their indoor leagues in November.

The Westminster Indoor facility (303-428-4465, or www.coloradosoccer.com) is another opportunity for indoor leagues.

The BC Force Winter Training Program will begin November 20th and will run through February 16th. Session I runs from November 20 through January 5. Session II runs from January 8 through February 16th. Cost is \$90 per session.

The schedule will be as follows:

Mondays

4:00 PM – 5:00 PM: Girls U11's
5:00 PM – 6:00 PM: Boys U11's

Tuesdays

4:00 PM – 5:00 PM: Girls U12's

Wednesdays

4:00 PM – 5:00 PM: Boys U12's
5:00 PM – 6:00 PM: High School Boys

Thursdays

4:00 PM – 5:00 PM: Girls U13's and U14's
5:00 PM – 6:00 PM: Boys U13's and U14's

Fridays

4:00 PM – 5:00 PM: U10's

Rob's Ramblings

Every soccer coach I have ever met always has a whacko, funny but mostly wacko parent story. I have heard it from U9 all the way up to the collegiate level. Why is this? My father-in-law is the head prep writer for the Rocky Mountain News and he is constantly hammered by psycho parents. The only positive is that soccer is not the only sport that this happens in. Go watch some little league baseball games if you want to see a whole new level of craziness. I will talk about some of the problems and hopefully give you some solutions to make this process of coaching easier and more rewarding.

Education

The first issue is that a lot of these parents have never played the game of soccer. The second is that some of these parents have played the game, but were coached by coaches with a very American football or dictatorship coaching style. Put these two groups together and you have a goofy group of parents. The only solution for this is to be approachable to the parents. Set specific times you are available and make it clear what you will and will not discuss. Teach the new parents and show the experienced parents that you know what you are doing and that you appreciate their enthusiasm, however, they need to let you coach.

10-80-10 Principle

10% of the people will love you no matter what you do, 80% is just along for the ride and the last 10% will be dissatisfied no matter what you do. This has to be the hardest lesson to learn. Here you are trying your best and there's still a group of people who think you are an idiot. Hang in there!

Their child

Whenever I approach a parent about anything I have to remind myself that their child is everything to them and sometimes being rational is not easy. Now that I have two of my own I can relate. Try to be as

objective as possible. You want to be honest, but sometimes it is the delivery that matters to the parents. If you tell a parent that their child is the worst player ever you will probably not like the response from the parent. If you start out with a positive comment, the parent will be more open to further comments. Just remember that sometimes it does not matter what you do, the parent is going to think you are wrong.

Practice and game day

How many of these kids are going to be professional soccer players? Sports are all about teaching life skills and not all of the teaching is from the coaches. I see so many parents bring their child to practice and instead of letting them warm-up and play with their teammates, they take them aside and work on soccer drills. I am not saying that some kids do not want this, but talk to your child. Let them socialize with their friends. The main reason kids play soccer is to have fun and hang out with their friends.

The thing that I do with my parents is tell them they are more than willing to watch practice, but they now have an hour and a half of time that they can do what they want. Nine times out of ten they look at me and say: "Wow, I never thought of it that way, I will see you at the end of practice." They then run to their car and are promptly back at the end of practice thanking me for my wisdom.

The last piece is game day. I try to ignore the parents and for the most part I cannot hear what they are saying. I talk to the players about listening to their teammates and the coach and not the parents. Talk to the parents as a whole about what your game day expectations are. If you have a problem with one or two parents, try to talk to them individually. If that doesn't work, contact me and I'll try to help you out.

I hope this has helped. If you have any questions, feel free to contact me. Remember that we are here for the kids and not the parents although they do bring them to practice and games.

The BC Force Street Soccer Philosophy

By Hardy Kalisher

Here is the coaching philosophy behind the Force Developmental Academy Monday 'Scrimmage Day'.

Every Fall I receive the same questions and concerns from a few parents who are new to the Force Developmental Academy. The first couple of sessions are a bit of a learning process for the 'new players and coaches'. They are learning how the system works. Within a couple of weeks the system runs like a well-oiled machine.

Monday's scrimmage day set up follows a progressive trend used by many of the world's top soccer clubs. In fact, the Force Developmental Program is mirror image of the Manchester United youth development system. On Mondays we try and recreate the 'street soccer atmosphere' which has developed the best soccer players in the world.

Recently, leaders in youth soccer development began to ask each other, "Why is it when young kids simply play the game a couple of days a week they actually develop more ball skills and confidence than the kids who are 'taught' the game two days a week?" The conclusion is that at this 'golden age' the kids learn more by playing the game than by listening to lots of instruction. Creativity and imagination are inspired when the kids play the game. Kids learn soccer best through imagination, imitation and creativity. We embrace the motto of the US Soccer federation's national Coaching Schools, "The game is the best teacher."

Soccer is known as a 'player's game' where the players must solve the problems and situations themselves rather than by running coach-led plays. This fundamental aspect of soccer is what makes it so unique to basketball and football. For the American soccer parent, this can be a new experience since we are used to the American 'coach's

sports'.

The leading coaching philosophy in youth development is that the game is in fact the best teacher and at the U9 and U10 ages the kids should spend more time playing the game rather than being instructed in the game. When it comes to Monday Scrimmage Day, less is more.

Over the years, we actually ask the volunteer coaches to coach less and less on Mondays and to let the kids play the game. At 11 and 12 years old, when the kids have a greater capacity to understand and retain abstract spacing and tactical concepts, we put little more emphasis on positioning and spacing. Even then, it should be kept very simple until they reach high school.

On Wednesdays, the format of the Developmental academy is 'skills stations'. These skills stations are a valuable part of the Developmental Academy, however, we feel the strength of the program is actually the Monday 'scrimmage days.' This opinion has also been reinforced by players, parents and coaches who have been through an entire season with the Developmental Academy.

BC Force HS Girls Teams U10 Participation:

On Wednesdays, during the U10 Skills Circuit Training, different high school teams will be working with our U10 teams as demonstrators and role models. Here's the schedule for this fall.

8/30 – Girls 18 Tar Heels (**Abramowitz**)

9/6 – Girls 17 Tar Heels (**Lepper**)

9/13 – Girls 15 Red II (**Jurkowski**)

9/20 – Girls 15 Tar Heels (**Serralheiro**)

9/27 – Girls 18 Red (**Welsch**)

10/4 – Girls 17 Red (**Johnson**)

10/11 – Girls 16 Red (**Solar**)

10/18 – Girls 15 Red (**Kalisher**)

10/25 – Girls 17 Tar Heels (**Lepper**)

Thanks for your participation!

The 'Big Three' To Improve Confidence

By Dan Freigang, Ph.D.

When the US National Men's Team traveled to play Mexico in a World Cup qualifier, we knew ahead of time what would happen. We played at 9000 feet in Azteca stadium. It was 95 degrees, thick pollution, the crowd was loud and the players had difficulty hearing each other. The fans were active. Can you be confident in this difficult situation? By allowing players to experience successful training experiences months ahead of games, we set the foundation for confident play in tough situations like Azteca. In this article we will identify the critical issues of building confidence and provide practical suggestions that you can utilize in your daily coaching.

The word 'confidence' comes from Latin and means 'with force.' Coaching would be easy if players came to training and competed confidently every day. Having confidence allows players to approach difficult situations with an expectation that they will succeed. Confidence is a prime component for success both on and off the field.

What is confidence composed of? The most important factors that contribute to confidence are:

1. Competence
2. Control
3. Optimism

Competence is the ability to successfully complete the immediate task. The task may be simple or difficult and is an internal-based perception within the player.

Control is the perception that personal effort and soccer expectations are within the player. Control is a form of coping skill and a choice that players can make to influence their performance. Control is an internal perception influenced by rituals, re-framing skills and other coping skills that players can access and utilize on demand.

Optimism is a player's internal expectation that they can successfully influence and change specific aspects of a task.

How do coaches build confidence in players?

The most influential source of confidence comes from the player's experiences. History is the best predictor of a player's future play. Memories, self-image and expectations are based in specific thoughts that players rely upon to predict their future performance. By using the 'Big Three': Competence, Control and Optimism, coaches can help to influence the players' experiences and therefore perceptions of themselves. Can a coach give you confidence? Very practically the answer is no. Coaches do have a very small influence on a player's confidence when demonstrating, or communicating however these contributions are smaller than the sources of confidence within the player. External sources of information don't impact confidence as much as you would think. Perhaps 10% of the player's confidence comes from watching a teammate, or hearing encouragement from a coach. Now, that means that 90% of a player's confidence is based on two internal sources; the internal history of the player and the internal state of the player's body. This is where the coach should focus most of their effort if they want to improve a player's confidence. A coach who can design a training session that can progressively provide both stress and success will increase the player's self-confidence.

Fatigue makes cowards of us all

The great football coach Vince Lombardi understood the principle of recovery very well. When players are really deep in stress, confidence can be lowered. Players evaluate physiological information within themselves and make judgment about their readiness. These perceptions encompass how a player scans their bodies and makes evaluations of strength, speed, touch, fitness and numerous other physical markers of play. This is interesting because the effects of training can have a profound effect on a player's

confidence. During warm-up, if a player feels quickness and agility they will internalize these feelings as confidence. The coach can unknowingly hurt confidence by overtraining players. If Thursday's two hour practice consists of very dense functional training followed by large volumes of conditioning, players often fall deep into adaptation. The probability of the player being fully adapted, confident and ready to go by Friday is very low. If you are playing a game Friday and during the warm up the player senses soreness and pain, then confidence is diminished. The coach can try to talk to the player and boost confidence by saying they are strong, fast and skilled, but this is a weaker source of external information and not really effective. Where should you spend your coaching time to improve confidence?

Building confidence over time?

We should be getting the idea of how confidence is built with the 'Big Three'. Training is the best time to affect these three factors. Building confidence takes repeated successful experiences and is created over time. Let's talk about Landon Donovan getting ready to play in our next World Cup qualifier. Landon knows he will face difficult demands playing the tough defenders in our group. How does Landon utilize the 'Big Three' to improve his confidence?

- Design training that provides progressively difficult demands that Landon can internalize successfully.
- Communicate openly with the coach about the personal cues and team goals for daily training
- Using video can help players see themselves performing successfully.
- Players need to learn and be accountable for training in order to internalize confidence
- Utilize the visualization process daily. Your mind records clear visualization as reality and can

be a great training tool if visualization is taught correctly.

What does a confident player look like?

You can recognize confident athletes from their speech, behavior, and how they approach difficult training. Players with high self-confidence look at training with an optimistic expectation regardless of the situation. Playing in the rain for confident players becomes a challenge to see who can get the most dirt on their jersey. Tired legs to confident players are interpreted as an opportunity to duplicate a tough game-like situation. Mistakes made by confident players are overcome immediately and lightning quick improvements are developed without any loss to self-esteem. Confidence also allows players to be healthier and enjoy the soccer experience with joy and enthusiasm.

The following article was taken from

Finesoccer.com

Short-short-long?

Recently, I have watched a number of games in which teams do a lot of very short passing. In one game in particular, one team strung together pass after pass after pass and in doing so allowed the opponent to become very compact which essentially took away the space for the attacking team to be effective. And in another game a team did a nice job of possessing the ball with short passes drawing the opponent to them and then playing a long ball to penetrate the defense.

The difference between these two teams was one had an understanding of what they were trying to accomplish with the short passes, and the other looked like they were passing simply for the sake of passing.

If you get an opportunity, watch Barcelona, to see a great example of a team that controls the pace and spacing of their opponents with short passes in order to set up a long pass. While it is easy to get mesmerized by their short passing game, watch how often they use their short passing game and dribbling as a means to set up the penetrating pass.

The key is when they start working in their triangles or diamonds, the other players off the ball are looking for space to run into. Even while playing quick one-touch passes they are actually slowing the game down, drawing the opponent to them, and creating space for the players off the ball.

Too often, when there is a series of short passes being made, the players off the ball stand and watch. The great players use that situation to create opportunities for themselves.

Remember, slow the game down with quick short passes in order to speed the game up with the penetrating pass.

The following article was taken from the Positive Coaching Alliance website.

Youth Sports and Self-Control

You've probably seen the video of a youth football assistant coach leveling a 13-year-old player in a game over Labor Day weekend. Watching the video, you probably think, "That could never happen to me." But emotion can get the better of anyone, especially if you feel your own children are being treated unfairly. The video shows a coach who apparently reacted to the late hit on his son, shown just before the coach rushes onto the field. What the coach could have done and should have done is exercise a "Self-Control Routine" as we teach in our workshop, "Double-Goal Coach: Winning and Life Lessons."

A Self-Control Routine ensures you do not dishonor the game in the heat of competition. You might:

- take a deep breath
- remind yourself of the discipline required NOT to react
- engage in self-talk ("I need to be a role model")
- turn away from the action
- count to 10, 20 or 30
- quickly refocus on the next play

The key is to develop your own Self-Control Routine ahead of time, so when you are tested (with a bad official's call, an opposing coach or player misbehaving, etc.), you can use it to remain calm and honor the game.

Then, you can use it as a teachable moment with your athletes: "I was pretty upset with what happened, but I controlled myself so I wouldn't do anything that would dishonor the game. And that's an important lesson I want you to learn from sports – how to develop your own self-control so you will always honor the game no matter what."

BC FORCE LEAGUE RESULTS

Girls 18 Red (1-2-1)- Pikes Peak Nike 0-4; Real Co National 0-5, Real Co Atletico 2-2; Co Edge Select 2-0

Girls 18 Tar Heels (0-3-1) - Colorado Storm 0-4; Colorado Elite 2-2; Arsenal Royal 1-3; Storm White 2-3

Girls 17 Red (0-3-0) - Wheatridge 0-3; Real Co Atletico 2-3; Co Edge Select 1-4

Girls 17 Tar Heels (0-4-0) - Pride 1-5; Colorado Storm 2-3; Arsenal Royal 2-3; Corinthians 0-5

Girls 16 Red (3-0-1) - Storm Copa 4-1; Colorado Elite 2-0; Arsenal Royal 1-1; Storm Black 3-1

Girls 15 Red (0-3-0) - Colorado Storm 0-5, Storm Copa 0-2; Arsenal Gold 0-2

Girls 15 Red II (3-0-1) - Pueblo 4-2; Real Co Gold 4-2; Skyline 2-0; Pride 1-1

Girls 15 Tar Heels (1-2-1) - Real Co White 2-2; Arsenal 0-3; Westminster 2-1; Club Utd 0-4

Girls 15 Titans (2-1-0) - Westminster 1-0; Colorado Ice 2-3; Wheatridge 12-0

Girls 14 Red (3-0-0) - Colorado Explosion 3-0; Colorado Rush 3-1; Greeley 4-0

Girls 14 Tar Heels (0-1-1) - Colorado Edge 0-7; Bear Creek 1-1; Vail (snowed out)

Girls 13 Red (3-1-0) - Colorado Storm 1-0; Corinthians 1-0; Littleton 2-0; Arsenal Gold 0-2

Girls 13 Tar Heels (1-2-0) - Corinthians 1-6; Club Utd 1-4; Lusa 2-0

Girls 12 Red (2-0-1) - Littleton 2-0; Arsenal Royal 0-0; Storm Black 1-0

Girls 12 Tar Heels (3-0-1) - Pikes Peak 1-0; Cheyenne 3-3; Arsenal Red 3-0; Co Rush 3-0

Girls 12 Pilots (3-0-0) - Littleton 3-1; Littleton 5-0; Colorado Ice 8-0

Girls 12 Huskies (0-4-0) - Littleton 0-7; Lusa 0-1; Co Fusion 0-3; Littleton 0-5

Girls 11 Red (4-0-0) - Colorado Storm 4-0; Littleton 4-1; Arsenal Royal 5-0; Storm White 3-0

Girls 11 Red II (1-1-2) - Pikes Peak 1-0; Wheatridge 1-1; Broomfield 1-4; Cheyenne 1-1

Girls 11 Tar Heels (0-3-1) - Colorado Edge 1-3; Club United 0-5; Storm Blue 1-3; Pride 0-0

Boys 14 Red (1-3-0) - Pikes Peak Swoosh 4-1; Pikes Peak Nike 2-3; Real Co Olympico 0-5; Laramie 2-4

Boys 14 Barca (4-0-0) - Wheatridge 1-0; Colorado Ice 3-1; Pride Pumas 5-2; Littleton 2-0

Boys 13 Red (3-0-1) - Pikes Peak 5-0; Wheatridge 6-2; Grand Mesa 3-3; Evergreen 6-0

Boys 13 Barca (1-1-1) - Steamboat 1-2; Broomfield 6-0; Cheyenne; Co Ice 2-2

Boys 13 Man U (2-1-0) - St Vrain 5-4; Real Co White 4-2; Canon City 2-3

Boys 12 Red (3-0-0) - Arsenal 2-1; Pikes Peak Nike 7-3; Storm White 3-0

Boys 12 Barca (2-1-0) - Trebol 3-0; Real Co White 5-1; Co Edge Black 2-3

Boys 12 Man U (2-2-0) - Chivas 4-0; Grand Mesa 2-4; Corinthians 8-1; Arsenal 1-9

Boys 11 Red (3-0-0) - Arsenal Gold 2-1; Colorado Storm 3-2; Broomfield Blast 3-1

Boys 11 Barca (2-1-0) - Arsenal White 4-0; Storm Copa 2-0; Storm Black 2-3

Boys 11 Man U (0-1-0) - Pueblo 2-0; Skyline - forfeit; Trebol 2-6

BC FORCE State Cup Results

Girls 18 Red vs Pride Sharks 7-0; vs Pikes Peak Nike 0-5; vs Real Co National 0-6

Girls 17 Red vs Pride Predators 0-1; Co Storm Royal 1-5; vs Co Edge Select 1-4; vs Littleton Utd 0-7

Girls 16 Red vs Real Co Athletic 0-4; vs Littleton Utd 0-2; vs Co Storm Royal 1-4

Girls 15 Red vs Storm Copa 0-2; vs Co Edge Select 1-1; vs Corinthians 1-0; vs Real Co Olympico 1-1

Girls 18 Red Analysis:

BCF vs Pride (premier 1) 7-0. Good overall performance. Good ball movement and some very nice goals against an inferior opponent. The players had time and space to make the correct decisions on the field.

BCF vs Pikes Peak Nike (elite 1) 0-5. Terrific first half in which we completely controlled the play, however, we failed to score on four very good opportunities. We gave up a soft goal on a mis-hit cross. We started the second half very flat. We gave up two 'easy' goals which took the fight out of the players.

BCF vs Real National (elite 1) 0-6. In this game, our deficiencies really showed: Lack of speed and athleticism, lack of one-on-one ability up front, technical struggles when put under pressure, lack of 'personality' players who can take control of the flow of a game, lack of movement off the ball, etc.

Conclusion: When our players have time and space, they look pretty good. When we play against an opponent who is athletically superior, we are unable to deal with the pressure.

Girls 17 Red Analysis:

BCF vs Pride Predators (elite 1) 0-1. Best game we have played all year. They scored in the 88th minute. This team has never scored a goal or won a state cup game. We had chances but they were the better team. If we could have gotten a tie I feel the whole weekend could have gone different.

BCF vs Co Storm Royal (elite 2) 1-5. This was our second game of the day and our legs were gone. I feel that we gave everything in the morning and we just did not have anything left for this team. They were the best team we played with a lot of speed. At half-time the score was 0-1 and I felt that if we could get a goal we could get back into the game. A goal and a questionable pk put us down 0-3. We got one back but it was too late.

BCF vs Co Edge Select (premier 1) 1-4. At this point we were out and Edge still had a shot of going on. This game is the one that angered me because I felt that we were the better team, yet we fell apart. We scored first and then proceeded to miss about ten good opportunities. They played very direct and scored on their breakaways.

BCF vs Littleton United (elite 2) 0-7. This was a good opponent which plays at the elite 2 level. They played much quicker than we were used to.

Girls 16 Red Analysis:

BCF vs Real Colorado Atletico (elite 2) 0-4. The first game we played was against the state cup runner-up. Due to a series of injuries, during this particular game we played with only 11 players and for 15 minutes we played with only 10 players. The kids played their hearts out. Half-time score was 0-1. Great effort.

BCF vs Littleton Utd (premier 1) 0-2. We had numerous opportunities, hit the crossbar several times.

BCF vs Colorado Storm Royal (premier 1) 1-4. We played with only 10 players. Half-time score was 1-1. All in all, the girls should be commended for giving their all and never giving up.

Girls 15 Red Analysis:

BCF vs Storm Copa (elite 2) 0-2. Storm was technically better and a more assertive team. They put our defense under pressure most of the game and exploited our technically weaker players. Our outside defenders struggle with 1 vs 1 defending. The defense in general struggles with clearing the ball high and wide when under pressure. We played a 4-3-3 with two holding midfielders. I believe this helped to keep the score close. We did not have our leading goal scorer and we struggled to get behind the defense. We try to build out of the back using the outside defenders, however, there were many technical break downs. Athletically they are strong, however, they lack confidence and composure with the ball at their feet. Work rate and ability to maintain possession in the midfield was poor.

BCF vs Co Edge Select 1-1. A game we should have won but played uninspired. We had several scoring opportunities. We struggled to connect more than two passes before having a technical break down. To Edge's credit, they out-hustled our midfield.

BCF vs Corinthians 1-0. A game we should have blown out the opponent. Again, poor passing and receiving from the outside defenders and lack of quality up front kept the game tight. This was a game I would have liked to see our 'better' players really make a statement but in general we played down to the opponent. We had several 'sitters' in the second half where we either missed the target or didn't crash the goal. The midfielders were unable to get into the box when we played crosses in.

BCF vs Real Colorado Olympico 1-1. We played good soccer in the back and through the midfield, however, the forwards struggled to maintain possession. The Real defenders won most of the balls played forward. Our two center backs played well and the midfield played with intensity. We scored a nice goal in the second half but we were unable to build on that lead. Real scored the equalizer in the final 8 minutes after we failed to clear a ball at the top of the box. We had several good opportunities after that but failed to connect.

Alexander Dawson School

Holy Family	2-3
Fairview	0-4
Monarch	0-6
Weld Central	3-1
Peak to Peak	
Faith Christian	
Sheridan	
Denver Academy	
Frontier Academy	
Colorado Academy	
Lutheran	
Kent Denver	
Nederland	
Heritage Christian	
Battle Mountain	

Boulder

Alameda	12-0
Peak to Peak	3-1
Monarch	2-0
Fairview	1-3
Legacy	2-0
Horizon	2-1
Denver East	
Eagle Crest	
Fairview	
Overland	
Poudre	
Cherry Creek	
Smoky Hill	
Mullen	
Grandview	

Broomfield

Niwot	3-0
Greeley West	7-0
Berthoud	9-0
Skyline	7-1
Liberty	2-2
Windsor	
Northridge	
Silver Creek	
Fort Morgan	
Fossil Ridge	
Mountain View	
Sterling	
Longmont	
Thompson Valley	

Centaurus

South High	2-3
Ridge View	10-2
Prairie View	6-1
Hinkley	2-3
Cherokee Trail	1-2
Brighton	
Adams City	

Summit High	
Skyview	
Ranum	
Mountain Range	
Fort Lupton	
Steamboat Springs	
Aurora Central	
Westminster	

Fairview

Bear Creek	1-2
Holy Family	5-2
Alexander Dawson	4-0
Boulder	3-1
Dakota Ridge	2-0
Rocky Mountain	1-3
Poudre	4-1
Legacy	
Smoky Hill	
Boulder	
Grandview	
Eaglecrest	
Mullen	
Overland	
Cherry Creek	

Monarch

Thomas Jefferson	3-1
Peak to Peak	1-3
Boulder	0-2
Dawson	6-0
Wheatridge	4-5
Kennedy	
Horizon	
Legacy	
Poudre	
Thornton	
Rocky Mountain	
Loveland	
Fort Collins	
Northglenn	
Lakewood	

Niwot

Broomfield	0-3
Fossil Ridge	2-1
Longmont	3-1
Mountain View	
Cheyenne Mountain	
Sterling	
Thompson Valley	
Silver Creek	
Greeley Central	
Skyline	
Greeley West	
Northridge	
Berthoud	
Windsor	

BC FORCE Alumni Update

Tom Ashley, a freshman at Clark, has not seen any minutes yet. **Mele Cabral**, a freshman goalkeeper at Valparaiso, has played in one game. **Zach Chandler**, a junior at Ithaca College, has played in four games. **Marianne Clausen**, a freshman at Regis, has played in six games, scoring one goal. **Lea Day**, a sophomore at Loyola-Maryland, has played in five games. **Forrest Donoho**, a sophomore at Willamette, has played in four games, assisting on two goals. **Kalina Ehrenreich-Piot**, a junior at Brandeis, has played in three games. **Leslie Fischer**, a freshman at Wyoming, has not seen any playing time yet. **Lianne Grinditch**, a senior at Denver, has played in six games, scoring two goals and assisting on two. **Michael Henzel**, a sophomore at Rensselaer Polytech Institute, has played in five games, scoring two goals and assisting on two. **Patrick Huffer**, a senior at Williams. **Adam Johnson**, a junior at Claremont-Mckenna. **Dan Jozwiak**, a junior at Tufts, has played in two games, scoring two goals. **Amanda Kafer**, a freshman at UNC-Greeley, has played in six games, getting one assist. **Kenny Lish**, a junior goalkeeper at St Bonaventure, has played in two games. **Ginny Maddox**, a junior at Fort Lewis has played in six games. **Kacey Miller**, a junior at School of Mines, has played in one game. **Jordan Miller**, a sophomore at Guilford, has played in four games, scoring two goals and assisting on one. **Jasper Lipton**, a freshman at Whitman, has played in two games. **Kevin Owens**, a junior at Babson, has played in four games. **Steve Owens**, a senior at Gonzaga, has played in one game. **Duane Pelz**, a junior at Bates, has played in one game. **Katie Plunkett**, a freshman at Denver, has not seen playing time yet. **Carla Scaniello**, a senior at Arizona State, has played in five games. **Hillary Smallwood**, a junior at Fort Lewis, has played in one game. **Wynn Sullivan**, a freshman at Pomona. **Kevin Westerwick**, a sophomore at Regis. **Kyrna Wheeler**, a freshman at Colorado. **Kami York**, a freshman at East Carolina, has played in five games, scoring one goal and assisting on another.

NSCAA National Rankings

Women

1. Notre Dame
2. Florida State
3. UCLA
4. North Carolina
5. Santa Clara
6. West Virginia
7. Portland
8. Tennessee
9. Penn State
10. Wake Forest
11. Colorado
12. Boston University
13. Texas A&M
14. Cal State Fullerton
15. Connecticut
16. Texas
17. Auburn
18. William & Mary
19. Illinois
20. California

Men

1. Clemson
2. Virginia
3. SMU
4. Washington
5. Duke
6. Maryland
7. Wake Forest
8. West Virginia
9. Illinois-Chicago
10. UCLA
11. South Carolina
12. Fordham
13. Old Dominion
14. Northwestern
15. Memphis
16. South Florida
17. San Francisco
18. North Carolina
19. Fairleigh Dickinson
20. St Louis

