



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

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www.bcforce.com

A MESSAGE FROM THE HEAD COACH

Let me begin by thanking Regis Head Coach **JB Belzer** and Metro State Head Coach **Danny Sanchez** for their contributions to the BC Force College Night. **Rob Johnson** did a great job in organizing this informational evening at Fairview High School which was attended by many players and parents.

Now that we are at the mid-way point of the fall season, it is a good time to acknowledge some of our coaches and their teams for a terrific first half of the season.

Girls 16 Red coached by **Heather Solar** and **Jill Sebastian** are off to a 4-0-1 start. Girls 15 Red II coached by **Jen Jurkowski** are undefeated at 4-0-1. Girls 15 Titans coached by **Alfie Hurley** and **Kevin Orin** are 4-1-0. Girls 14 Red coached by **Rob Johnson** and **Kory Beaber** are undefeated at 4-0-1. Girls 13 Red coached by **Heather Solar** and **Kate Hayes** are 4-1-0. Girls 12 Tar Heels coached by **Carlos Real** are 5-0-1. Girls 12 Pilots coached by **Azita Zeyghami** are 4-1-0. Girls 11 Red coached by **Ryan Henkel** are 4-1-0. Boys 14 Barca coached by **Sebastian Dela Chica** are 5-1-0. Boys 13 Man U coached by **Justin Taylor** are 4-1-0. Boys 12 Red coached by **Adam** and **Greg Hayes** are 4-1-0. Boys 12 Barca coached by **David Napior** are 6-0-0. Well done to all of you.

This past weekend we had several of our teams participate in tournaments in Vail and Grand Junction. **Jenny Jurkowski's** Girls 15 Red II team finished in second place at the Grand Junction tournament. **Sebastian**

Dela Chica's Boys 14 Barca finished in second place in Vail. **Dave Napior's** Boys 12 Barca won the Grand Junction tournament. **Azita Zeyghami's** Girls 12 Pilots finished in second place in Vail. **Denis Tramarin's** Boys 11 Barca finished in third place in Vail. **Ryan Henkel's** Girls U10 Norway finished in second place in Vail.

Congratulations to BC Force Girls 18 Red player **Amanda Raley**. Amanda has made a verbal commitment to play for the University of Colorado next year. Amanda's U18 Red team is competing well in Elite 1 and next spring she will conclude her high school career at Monarch High School. Well done Amanda and we want to wish you all the best! By the way, Amanda will be the sixth BC Force player to wear the black and gold after **Jessi Burgener**, **Ashley Honig**, **Kate Douglas**, **Orly Ripmaster** and **Kyrna Wheeler**.

Coaches, please mark your calendar for March 3 and 4. The Rapids Reserves and BC Force will offer a Coaching Symposium at the Boulder Indoor Soccer Center. Stay tuned for more information.

The start of the Spring season will be March 23, 2007. The first two weekends of the season, games will be played on Saturdays and Sundays. Please inform your families in regards to spring break travel plans.

Finally, just a reminder that the BC Force Winter Training Program at Boulder Indoor Soccer will begin on November 20th. There are still some openings in select sessions. Contact the office at 303-443-8877, xt 5 for more information.

Rob's Ramblings

I cannot believe that the season is winding down. Overall things are going pretty well for the girl's side. Our younger teams are playing well while our older teams are finishing up their season strong. I do not have much of an article for this month, more of a collection of things for the coaches to think about.

College Night

We had our college night which is open to all players and parents. This year we had about 60 people in attendance. We brought in JB Belzer, Regis University's Women's Head Coach and Danny Sanchez, Metro State Director of Soccer. They did a great job and brought a wealth of knowledge to our event. If you have any questions, please contact me. This coming year we are going to change and do some different things with our college prep program. So keep checking our website for new information.

State Cup

Every fall we have the high school girls' State Cup competition. It starts Labor Day weekend and continues throughout the fall season. We start our fall season on August 1st. We have players on vacation until the second week of August. Needless to say that with other clubs starting their fall season in July, we struggle a little bit with State Cup. In one weekend of this tournament it is decided if you will go on to the quarter finals or be done. I feel that we are behind and by mid-September our older girls' are playing very good soccer, but State Cup is over for them. I would like to start the high school girls two weeks earlier. I feel that this will better prepare them for State Cup. The hard part will be changing the way parents and players think. We need to change the culture so that when the current U11's are in high school, they know that pre-season will start in mid-July.

Coaching Clinics

For the spring season, I would like to offer six coaching clinics specifically for the

girls' team coaches. Each coach needs to attend a minimum of two. I would also like to offer our own coaching courses if there is enough interest. Here are some examples of possible coaching courses: NSCAA State Goalkeeping Diploma, NSCAA State Diploma, USSF Level I and II. Contact me if you have any questions about any of these courses or if you would like to do one of them.

The Club

With any organization if there is a problem, it is looked at and fixed. This means that if you are doing a good job we pretty much leave you alone. I'm trying to send out more e-mails and check in more with the teams that are not having any problems. If there is something that you need or any questions, feel free to contact me. If you have anything about your team that you would like to see on our website, be sure to send it to us right away. If we do not hear about it then we cannot do anything about it.

Thank you

I just want to take the time to thank all of the coaches and managers in our club. You are having an impact on these kids and I just want to say 'thank you' and keep up the good work.

Building Team Players

By Michael Langlois. Finesoccer.com

If you really want to have a “successful” team of young players, you will need to find true ‘team’ players.

So what are you looking for? What is a true ‘team’ player in youth sports? True team players may not always be the most talented or naturally gifted players, but they make your team better by their sheer presence. The poor team player has an attitude that can spread like a disease, and over time can kill the harmony and chemistry that is often critically important in helping you attain the positive goals you have set out for your team.

Here then are some qualities you will – and won’t – want to have on your team.

1. Positive attitude.

It’s an easy term to throw out there, but more than ever, is critically important in choosing an athlete for a high-level team.

What are tell-tale signs of a good – or bad – attitude in a young athlete?

- Does the player listen?
- Does the player have a strong work ethic?
- Does the player have the ability to self-reflect?
- Does the player work out on his own?
- Does the player accept constructive criticism?

2. Work ethic.

The willingness to work very hard to improve is vital. The vast majority of young athletes who work hard do so because they love the sport and want to be the best they can be, and by extension are great influences on their teammates.

3. Picking up and supporting a teammate.

The player you are looking for can identify

when a teammate is struggling, needs a pat on the back, and a shot of confidence.

4. Showing genuine happiness when others succeed.

This is hard for most of us as adults, so it is quite an expectation for us to have of a young athlete. It can be particularly challenging to find joy in the success of your teammates, but if you can, it is a wonderful gift to share.

5. Negative body language.

Visit any soccer pitch and you will see young players demonstrate negative body language. Here are some specific examples of this behavior: Players shoot the evil eye at teammates when that other player is thought to have made a mistake; they throw their hands up in the air whenever a call goes against them; they won’t look their coach in the eye, or simply tune their coach out. All these can be small but important signs that this particular player will let the team down at crunch time.

6. The selfish player.

Selfish play shows itself in a variety of ways. The player who incessantly harps at officials, the player who constantly throws his hands up in the air when a mistake is made, are all examples of selfish behavior.

7. The blame game.

Perhaps it is a reflection of the way some professional athletes act out, or maybe it is that too many of us as parents have gone overboard in ‘supporting’ our own kids. Whatever, too many young athletes simply look to blame others when things go wrong. Rather than look at their own performance, they pick at teammates, blame others for goals that are scored, and generally fail to recognize their own errors while focusing on the ‘mistakes’ of others. This attitude can spread like wildfire and is highly toxic.

8. “I’m better than you”.

Everyone is entitled to their own opinion. Stand on any soccer sideline at youth games and you’ll hear plenty of them.

Opinions become an issue when parents start thinking their kid is better than everyone else’s. And when the young players themselves act as

though they are better than their teammates – either in the actual things they say, the tone they adopt when interacting with fellow players, coaches, or the way they exclude certain teammates on or off the field, it is a major problem.

Young players who think they're great and better than everyone else and that others are the problem create an environment for failure, on many levels.

9. I'll play anywhere, coach".

Most every coach loves the player who is versatile, can play different positions and accepts tough roles. Often, part of being a good team player is being the kind of player a coach can count on to embrace sometimes low-profile but difficult assignments.

10. Humility.

Genuine humility is difficult to find, at any age. We are all taught a kind of superficial modesty at a young age, and that is socially encouraged, to a certain extent. But developing a truly humble attitude is a wonderful trait in a young athlete. Reminding your players that few if any athletes accomplish things totally on their own is a good thing for young athletes. You usually need helpful and supportive parents, excellent coaches, teammates who also strive to be better, as part of one's support system.

11. A focus on fitness.

There is more to being a good soccer player than technical skills. There is no question that if a young person wants to be an elite athlete, they need to get into outstanding physical condition. Is your player willing to do additional training on their own beyond games and practices?

Some may think that just being a soccer player – with all the running that entails – will keep you in top shape. In fact, to get to an elite level, to become the kind of player that won't shut down late in a tough game, you need to be in better physical condition than the player opposite you.

12. Welcoming 'new' players to the team.

There is often an awkward transition period for any athlete when a player changes teams or joins a new team. The young player may not know many of his teammates and there may be a

period of discomfort. The team player will welcome newcomers to the team, answer their questions, share experiences and generally, offer a genuine and warm welcome, both on and off the field.

13. A player who shows respect for the coach, teammates and themselves.

No player will always agree with their coach. Whether the issue is playing time, method of instruction or discipline, there will always be the possibility of disagreement.

But the team player will recognize that the coach may see the 'big' picture and will follow the coach's plan for the team. The team player will do his best to respect the coach's philosophy.

Assuming good will on everyone's part, the player with the team uppermost in mind will respect not only his coach, but also his teammates.

14. The follower.

Not every person is a leader, so it is certainly not reasonable to expect that every young player will be a leader. Of course, one thing to be aware of as a youth coach is the young player who is not only a follower, but who follows the wrong kind of example.

The follower is the one who easily falls in with negative peer influences, displays immature judgments or inappropriate outbursts with coaches and teammates. Only influential players with a negative attitude can carry other players who fall into the 'follower' category with them, and that can seriously impede team harmony.

Final thoughts:

Beyond these points, there are, of course, other attributes as a coach that you will have taken note of over the years in building a youth team. But these things give a coach some points to seriously consider, as they go about building a real 'team' in youth sports.

Too many teams are kept together from year to year with no room for 'new blood'. This can be troubling for a couple of reasons. By almost automatically keeping the same players year after year, players and their parents develop a sense of entitlement that they, without question, deserve to be on a particular team. Also a youth coach, in adopting this restrictive approach, may miss some players who are hidden gems.

“Ziggy Strikes Again!”

By Dan Freigang

Young Ziggy Zortmundorffer is my favorite player. In his last game he had fifteen shots and three goals. Seeing him play you might be tempted to say that he is a motivated goal scorer. Ziggy’s motivation seems obvious, however, motivation goes deeper than just what you see on the surface. You see, Ziggy plays skillfully one game and then poorly for three. Could this be a motivational problem? Perhaps yes, so this month we will examine everything that goes into Ziggy’s motivation.

Why is Motivation Important?

Motivation encompasses a huge range of thoughts and actions. People are always motivated. Their motivation might be to eat, drink, sleep, or watch TV. In short, motivation is our personal thoughts, needs, attitudes, and how we move toward them. It is important to understand this because young Ziggy is more than a goal scoring machine. Ziggy’s motivation to play is similar to other players. He wants to be skillful, improve, feel needed and be in control. When we can understand the powerful motivations that drive Ziggy, we can then tailor our coaching to help him perform skillfully and enjoy the game.

Why do Players Play?

Players play soccer because they want to feel in control, have fun and learn new skills. They also want to be a part of the group, feel needed and socialize with the coach and teammates. Players are also best motivated when they feel good about the game itself and have a balance of both enough challenges and successes so the experience becomes internally rewarding. When players needs are not met, they first get bored or frustrated and their motivation drops off. If we as coaches continue to mis-read the needs of players, they will begin to move away from the game. This will be a gradual change. If we coach with constant criticism, restrict playing time or communicate poorly we address even less of the players’ needs, making the problem worse.

How the Coach Can Impact Upon Motivation?

When the needs of the players are being met, motivation is high and we see happy, high achieving players. Identifying needs is the same for a professional player as it is for six year old Ziggy. So the question becomes; “Do you as a

coach know what the needs of your players are”? All we need to do is communicate with skill and ask the players what they want and how to best help them achieve it. Successful teams have clear goals and maps to show the way to achieve their goals.

What Players Want Today, a survey from ODP.

I designed a questionnaire to provide some insight into what the needs and motives were of the modern American players. We had 652 responses from ODP boys ages 14 to 18 and these are the results:

When asked about the best experiences in soccer they responded with the following:

1. Improving skills
2. Playing well
3. Traveling and friends
4. Feeling fit and strong
5. Winning

When asked about what they disliked about the soccer experience, the top five responses were:

1. Feeling nervous
2. Meaningless running
3. Poor play
4. Poor fitness
5. Injuries

The next question asked what qualities their coach could improve. Players’ top five responses were:

1. Communicate better
2. Stop yelling
3. Be more organized
4. Be more positive
5. Tougher training

I asked about their coaches’ greatest strength and the top five responses were:

1. Knowledge and experience
2. Sense of humor
3. Leadership
4. Works us hard
5. Good communicator

Remember that players’ choices and needs are not the same as yours. The more you can tailor your practices to their needs, the better the end result will be.

BC FORCE LEAGUE RESULTS

Girls 18 Red	(1-5-1)	- PP Nike 0-4, Real National (18) 0-5, Real Atletico 2-2, Edge Select 2-0, Arsenal Gold 0-1, Rush Nike (17) 1-2, Real National (17) 1-3
Girls 18 Tar Heels	(0-5-1)	- Co Storm 0-4, Co Elite 0-2, Arsenal 1-3, Co Storm 2-3, Broomfield 0-6, Real Colorado Red 1-1
Girls 17 Red	(1-4-0)	- Wheatridge 0-3, Real Atletico 2-3, Edge Select 1-4, Rush Swoosh 1-3, Storm White 4-0
Girls 17 Tar Heels	(0-5-2)	- Pride 1-5, Co Storm 2-3, Arsenal 2-3, Corinthians 0-5, Co Fusion 1-6, Pueblo 2-2, Skyline 5-5
Girls 16 Red	(5-0-1)	- Co Storm 4-1, Co Elite 2-0, Arsenal 1-1, Co Storm 3-1, Westminster 7-0, Broomfield 3-1
Girls 15 Red	(3-3-0)	- Co Storm 0-5, Storm Copa 0-2, Arsenal 0-2, Pride 2-0, Real National 2-1, Rush Swoosh 2-1
Girls 15 Red II	(4-1-1)	- Pueblo 4-2, Real Gold 4-2, Skyline 2-0, Pride 1-1, Nova 10-0, Littleton 1-2
Girls 15 Tar Heels	(2-3-2)	- Real White 2-2, Arsenal 0-3, Westminster 2-1, Club Utd 0-4, Laramie 1-6, Corinthians 1-0, Colorado Fusion 1-1
Girls 15 Titans	(5-1-0)	- Westminster 1-0, Co Ice 2-3, Wheatridge 12-0, Real Colorado 3-1, St Vrain 11-1, Colorado Rush 11-0
Girls 14 Red	(4-1-1)	- Co Explosion 3-0, Rush 3-1, Greeley 4-0, Co Storm 5-0, Co Fusion 1-1, Pride 0-4
Girls 14 Tar Heels	(1-3-1)	- Co Edge 0-7, Bear Creek 1-1, Co Elite 3-1, Pride 0-2, Steamboat 0-1
Girls 13 Red	(4-2-0)	- Co Storm 1-0, Corinthians 1-0, Littleton 2-0, Arsenal 0-2, Westminster 2-0, Real National 0-1
Girls 13 Tar Heels	(1-3-3)	- Corinthians 1-6, Club Utd 1-4, LUSA 2-0, Broomfield 1-2, Co Elite 0-0, Colorado Edge 0-0
Girls 12 Red	(3-0-2)	- Littleton 2-0, Arsenal 0-0, Co Storm 1-0, Riverside 1-1, Storm White 1-0
Girls 12 Tar Heels	(5-1-1)	- Pikes Peak 1-0, Cheyenne 3-3, Arsenal 3-0, Co Rush 3-0, LUSA 2-1, Steamboat 2-0, Wheatridge 1-3
Girls 12 Pilots	(5-1-0)	- Littleton 3-1, Littleton 5-0, Co Ice 8-0, LUSA 5-0, Co Elite 0-3, Pikes Peak 3-0
Girls 12 Huskies	(0-5-0)	- Littleton 0-7, LUSA 0-1, Co Fusion 0-3, Littleton 0-5, Laramie 0-3,
Girls 11 Red	(4-2-0)	- Co Storm 4-0, Littleton 4-1, Arsenal 5-0, Co Storm 3-0, Edge Select 1-2, Pride Predators 0-2
Girls 11 Red II	(0-4-3)	- Pikes Peak 0-1, Wheatridge 1-1, Broomfield 1-4, Cheyenne 1-1, Arsenal 0-0, Co Storm 0-1, Colorado Elite 0-4
Girls 11 Tar Heels	(1-3-3)	- Co Edge 1-3, Club Utd 0-5, Co Storm 1-3, Pride 0-0, Real Colorado 6-1, Steamboat 1-1, Evergreen 1-1
Boys 14 Red	(3-4-0)	- Pikes Peak Swoosh 4-1, Pikes Peak Nike 2-3, Real Olympico 0-5, Laramie 2-4, Xtreme 0-3, Real Colorado 9-2, Littleton 1-0
Boys 14 Barca	(5-1-1)	- Wheatridge 1-0, Co Ice 3-1, Pride 5-2, Littleton 2-0, Arsenal 8-0, Corinthians 0-5, Colorado Fusion 1-1
Boys 13 Red	(4-1-2)	- Pikes Peak 5-0, Wheatridge 6-2, Grand Mesa 3-3, Evergreen 6-0, LUSA 1-4, Pride Fusion 2-2, Colorado Fusion 8-0
Boys 13 Barca	(3-2-1)	- Steamboat 1-2, Broomfield 6-0, Colorado Ice 2-2, Pride 3-1, Real Colorado 3-1, Cheyenne 8-4, Colorado Fusion 7-0
Boys 13 Man U	(4-1-1)	- St Vrain 5-4, Real Colorado 4-2, Canon City 2-3, Platte Valley 3-2, Co Rush 2-1, Laramie 1-1
Boys 12 Red	(5-1-0)	- Arsenal 2-1, Pikes Peak Nike 7-3, Co Storm 3-0, Real National 1-2, PP Swoosh 5-0, Pride 5-0
Boys 12 Barca	(6-1-0)	- Trebol 3-0, Real Colorado 5-1, Colorado Edge 2-3, Nova 1-0, El Paso Pride 4-1, Pikes Peak 3-1, Colorado Storm 0-2
Boys 12 Man U	(3-4-0)	- Chivas 4-0, Grand Mesa 2-4, Corinthians 8-1, Arsenal 1-9, Colorado Storm 0-3, Colorado Rush 2-3, Colorado Rush 1-0
Boys 11 Red	(3-2-1)	- Arsenal gold 2-1, Colorado Storm 3-2, Broomfield 3-1, Real National 2-6, Pikes Peak Nike 0-2, Colorado Storm 1-1
Boys 11 Barca	(4-1-2)	- Arsenal 4-0, Colorado Storm 2-0, Colorado Storm 2-3, Littleton 1-1, Colorado Fusion 2-0, Real Colorado 3-0
Boys 11 Man U	(1-5-0)	- Pueblo 2-0, Skyline 0-1, Trebol 2-6, Steamboat 2-5, Co Edge 0-4, Colorado Elite 0-5

THE HIGH SCHOOL PAGE**ALEXANDER DAWSON (8-5-0)**

Holy Family	2-3
Fairview	0-4
Monarch	0-6
Weld Central	3-1
Peak to Peak	1-2
Faith Christian	0-2
Sheridan	3-1
Denver Academy	5-0
Frontier Academy	6-0
Colorado Academy	1-0
Lutheran	5-2
Kent Denver	1-0
Nederland	4-0
Heritage Christian	
Battle Mountain	

BOULDER (7-5-0)

Alameda	12-0
Peak to Peak	3-1
Monarch	2-0
Fairview	1-3
Legacy	2-0
Horizon	2-1
Denver East	1-2
Eaglecrest	2-3
Fairview	2-1
Overland	2-1
Poudre	2-4
Cherry Creek	0-9
Smoky Hill	
Mullen	
Grandview	

BROOMFIELD (12-0-1)

Niwot	3-0
Greeley West	7-0
Berthoud	9-0
Skyline	7-1
Liberty	2-2
Windsor	8-0
Northridge	4-3
Silver Creek	8-1
Fort Morgan	9-0
Fossil Ridge	3-1
Greeley Central	1-0
Mountain View	8-1
Sterling	9-0
Longmont	
Thompson Valley	

CENTAURUS (6-8-0)

South High	2-3
Ridgeview	10-2
Prairieview	6-1
Hinkley	2-3
Cherokee Trail	1-2
Brighton	0-1
Adams City	4-6
Summit High	3-1

Skyview	1-3
Ranum	3-1
Mountain Range	2-5
Fort Lupton	3-0
Steamboat Springs	3-2
Aurora Central	0-3
Westminster	

FAIRVIEW (5-7-1)

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	1-1
Smoky Hill	0-2
Boulder	1-2
Grandview	1-3
Eaglecrest	1-2
Mullen	2-4
Overland	
Cherry Creek	

MONARCH (6-6-1)

Thomas Jefferson	3-1
Peak to Peak	1-3
Boulder	0-2
Alexander Dawson	6-0
Wheatridge	4-5
Horizon	8-2
Legacy	1-2
Poudre	1-2
Thornton	5-1
Rocky Mountain	2-3
Palmer	2-2
Loveland	3-1
Fort Collins	1-0
Northglenn	
Lakewood	

NIWOT (10-2-1)

Broomfield	0-3
Fossil Ridge	2-1
Longmont	3-1
Mountain View	2-0
Cheyenne Mountain	1-4
Sterling	5-0
Thompson Valley	1-0
Silver Creek	1-0
Ft Morgan	8-0
Skyline	4-0
Greeley Central	2-0
Greeley West	2-0
Northridge	4-4
Berthoud	
Windsor	

BC FORCE Alumni Update

Tom Ashley, a freshman at Clark, has played in one game so far. **Mele Cabral**, a freshman goalkeeper at Valparaiso, has played in three games. **Zach Chandler**, a junior at Ithaca College, has played in seven games. **Marianne Clausen**, a freshman at Regis, has played in thirteen games, scoring one goal. **Lea Day**, a sophomore at Loyola-Maryland has played in nine games. **Forrest Donoho**, a sophomore at Willamette, has played in eight games, assisting on two goals. **Kalina Ehrenreich-Piot**, a junior at Brandeis, has played in nine games. **Leslie Fischer**, a freshman at Wyoming, has not seen any playing time yet. **Lleanne Grimditch**, a senior at Denver, has played in eleven games, scoring five goals and assisting on four. **Michael Henzel**, a sophomore at Renselaer Polytech Institute, has played in five games, scoring two goals and assisting on two. **Patrick Huffer**, a senior at Williams, is the leading scorer (11 goals, 1 assist) for the 10-0-0 Ephs. **Adam Johnson**, a junior at Claremont McKenna. **Dan Jozwiak**, a junior at Tufts, has played in eight games, scoring four goals and one assist. **Amanda Kafer**, a freshman at UNC-Greeley, has played in thirteen games, assisting on one goal. **Kenny Lish**, a junior goalkeeper at St Bonaventure, has played in six games. **Ginny Maddox**, a junior at Ft Lewis, has played in thirteen games. **Kacey Miller**, a junior at School of Mines, has played in four games. **Jordan Miller**, a sophomore at Guilford, has played in eleven games, scoring two goals and assisting on one. **Jasper Lipton**, a freshman at Whitman, has played in six games, scoring one goal. **Kevin Owens**, a junior at Babson, has played in ten games, scoring one goal. **Steve Owens**, a senior at Gonzaga, has played in four games. **Duane Pelz**, a junior at Bates, has played in nine games, scoring one goal and four assists. **Katie Plunkett**, a freshman at Denver, has played in two games. **Carla Scaniello**, a senior at Arizona State, has played in ten games. **Hillary Smallwood**, a junior at Fort Lewis, has played in five games. **Wynn Sullivan**, a freshman at Pomona. **Kyrna Wheeler**, a freshman at Colorado, has played in one game. **Kami York**, a freshman at East Carolina, has played in ten games, scoring one goal and assisting on two.

NSCAA National Rankings

Division 1

Women

1. Notre Dame
2. North Carolina
3. Santa Clara
4. UCLA
5. Portland
6. Florida State
7. West Virginia
8. Texas A&M
9. Wake Forest
10. Boston University
11. Penn State
12. Oklahoma State
13. Utah
14. Texas
15. Virginia
16. Indiana
17. BYU
18. William & Mary
19. Boston College
20. Louisville

Men

1. SMU
2. Maryland
3. Clemson
4. Virginia
5. Wake Forest
6. West Virginia
7. UCLA
8. Notre Dame
9. Duke
10. Indiana
11. South Carolina
12. St Louis
13. San Francisco
14. Brown
15. Fairfield
16. North Carolina
17. Illinois-Chicago
18. Kentucky
19. California
20. Old Dominion

