



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

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www.bcforce.com

A MESSAGE FROM THE HEAD COACH

Let me begin by extending a sincere 'thank you' to **Peter Ambrose** and **Rodrigo Garcia** from Boulder Indoor Soccer for a terrific job in organizing the first annual Boulder Soccer Symposium this past weekend.

It was a weekend filled with great training sessions by outstanding coaches. Indiana Men's coach **Mike Freitag**, Colorado Women's coach **Bill Hemen**, Colorado Rush president **Tim Schulz**, CSYSA Director of Coaching **Mike Haas**, Colorado Rapids coaches **John Murphy** and **Fernando Clavijo** and US Soccer Hall of Famer **Marcelo Balboa**.

I also need to recognize all the BC Force players who participated in the training sessions as demonstrators. I received many compliments about the level of play of our young players. Thank you and well done to all of you.

A final 'thank you' to the sponsors of the event; **The St Julian Hotel**, **Caffe Sole**, **Salvaggio's** and **Boulder Indoor Soccer**.

I hope the Soccer Symposium inspired you and gave all of you new knowledge, ideas and tools to use with your players and teams this upcoming season. I want to wish you a terrific spring season.

It's been an exciting start to the spring season. We had teams traveling to Phoenix, Albuquerque and Pueblo for tournaments and for our U10 parents, we had TC North come in to do a workshop on Parenting Confident High-Performing kids.

Several of our BC Force teams experienced success at the various events they participated in:

Albuquerque

Hardy Kalisher's Boys 16 Red team went undefeated (4-0-0) and won the championship.

Steve Lepper's Boys 15 Red team went undefeated (2-0-1), yet did not reach the final on goal differential.

Pueblo

Ashkan Angha's Boys 16 Barca team finished in second place.

Jed Marquis' Girls 14 Tar Heels team finished in second place.

Charles Bloomfield's Girls 13 Tar Heels team finished in third place.

Rob Johnson's Girls 11 Red II team finished in second place.

Phoenix

The Girls 13 Red team and the Boys 12 Red team traveled to Phoenix to participate in the President's Day Invitational. No trophies were won, but it was a great learning experience for both teams.

Congratulations to all teams and thanks for representing the club so well.

BC Force Tryouts Schedule

Tuesday May 29

4:30 PM Girls U11's
4:30 PM Boys U11's
4:30 PM Girls U17's

6:15 PM Girls U14's
6:15 PM Girls U15's
6:15 PM Boys U12's

Wednesday May 30

Same schedule as Tuesday

Thursday May 31

4:30 PM Girls U12's
4:30 PM Girls U16's
4:30 PM Boys U13's

6:15 PM Girls U13's
6:15 PM Girls U18's
6:15 PM Boys U14's

Friday June 1

Same schedule as Thursday

BC Force Goalkeeper Training

This spring season, **Flo Klinger** will be in charge of the goalkeeper training. His schedule will be as follows:

Wednesdays:

4:30 PM – 5:30 PM Boys U11-14 Red
5:30 PM – 6:30 PM Boys U15-18

Thursdays:

4:30 PM – 5:30 PM Girls U11-14 Red
5:30 PM – 6:30 PM Boys and Girls
U11-14 Advanced Teams' keepers

All goalkeeper training will take place at Foothills Park. Players should bring a soccer ball.

BC Force Soccer Camps - Summer 2007

- All sessions will be held at Pleasant View
- \$90 per session
- Register on-line at www.bcforce.com

Session 1:

June 11-14 from 9:00 AM – Noon
Boys and Girls U10's (3rd and 4th graders)

Session 2:

June 18-22 from 9:00 AM – Noon
Girls U11-14

Session 3:

June 25-29 from 9:00 AM – Noon
Boys U11-14

Session 4:

July 23-27 from 5:00 PM – 8:00 PM
Girls U15-18 Team Camp

Session 5:

July 30-August 3 from 9:00 AM – Noon
Boys and Girls U11-14 Red Team Camp

Session 6:

August 6-10 from 9:00 AM – Noon
Boys and Girls U11-14 Advanced Team Camp

College Bound Training

Tuesdays and Thursdays from 5:30 PM – 7:00 PM
Starts June 5

1st Annual Marcelo Balboa Camp in Superior

Camp 1:

June 11-15 from 9:00 AM – 1:00 PM

Camp 2:

June 18-22 from 9:00 AM – 1:00 PM

Cost: \$120 for Superior residents, \$130 for non-residents.

Location: Williams Field, 1350 Coalton Rd, Superior.

Mail registration to: Superior recreation, 127 Coal Creek Dr, Superior, CO 80027

BC Force Coaches Profile

Name: Ashkan Angha

Team you coach: Boys 16 Barca

Favorite MLS team: Colorado Rapids

Favorite international team: Manchester United

Favorite soccer player: David Beckham

Favorite sport other than soccer: Shooting

What is your playing experience: College and Semi-pro.

What was your introduction to soccer:

Playing soccer in the streets of Tehran.

What is your coaching experience: I have been coaching club soccer since I was 21 years old.

How did you get involved with coaching: I approached John Welsch.

What do you like about coaching: Teaching and developing the next generation of soccer players.

Describe your favorite soccer practice:

There have been many but the one I remember the most is playing a scrimmage against the Colorado Rapids during practice.

What was your most memorable game as a coach: During the Steamboat Springs tournament we came back from two goals down to win the game to beat a team that was two years older than us.

What was your most memorable game as a spectator: The 2003 4th of July Colorado Rapids game.

What was your favorite soccer trip: With the CU Club team playing in the NCAA club soccer tournament in Austin, TX.

What is your 'real' job: Business owner.

Who is your favorite actor: Harrison Ford

Who is your favorite actress: Angelina Jolie

Last movie seen: Blood Diamond

Last CD bought: none

Last book read: Tactics of the Crescent Moon

Hobbies: Shooting

Favorite TV show: History Channel

Favorite meal: Steak with gorgonzola cheese

Best event you've attended: Denver Broncos playoff game

Name: Charles Bloomfield

Team you coach: Girls 13 Tar Heels

Favorite MLS team: Colorado Rapids

Favorite international team: Chelsea

Favorite soccer player: none

Favorite sport other than soccer: Telemark skiing

What is your playing experience:

What was your introduction to soccer:

Probably around age 5 in Switzerland.

What is your coaching experience: Boys

U6/7, Girls U8/9, assistant coach for a Cherry Creek Lightning Girls U12 team and now my current team.

How did you get involved with coaching: I started out helping a Cherry Creek Lightning coach.

What do you like about coaching: The opportunity to give back to a sport that was my passport into foreign communities as a child.

Describe your favorite soccer practice:

When all the girls show up ready to practice, never interrupt, call me Sir, and pay attention for 90 minutes... Hey, we can all dream!

What was your most memorable game as a coach: Winning the Pueblo tournament in 2006 with a great individual goal and a beautiful team goal.

What was your most memorable game as a spectator: 1994 World Cup final.

What was your favorite soccer trip: Going to France for the 1998 World Cup.

What is your 'real' job: Entrepreneur, investor.

Who is your favorite actor: I don't have one

Who is your favorite actress: Don't have one

Last movie seen: I can't remember.

Last CD bought: Bela Fleck – The Hidden Land

Last book read: Viktor Frankl, "Man's Search for Meaning"

Hobbies: Too many. Reading, writing, wine, travel, guitar, cooking.

Favorite TV show: Fox Sports World EPL Soccer

Favorite meal: Grilled lamb chops or salmon with a great pinot noir.

Best event you've attended: World Cup Soccer

Boulder Soccer Symposium

The first annual Boulder Soccer Symposium was held this past Saturday and Sunday March 3 and 4 at the Boulder Indoor Center.

We were fortunate to be able to bring several outstanding coaches.

Personally, I really enjoyed watching the guest coaches work with our players. And often, it is not so much the activity or drill that makes it so interesting, however, it is the things they say, and when they say it.

Saturday morning, **Bill Hempen** got the symposium started with a session on 'Creating the proper defensive mindset'.

Some of Bill's coaching points were "When to double-team", "Get the player's head down", and "Can you win the ball after a poor first touch". I like what Bill said about how players need to figure out in the first 5-10 minutes what their immediate opponent's strengths and weaknesses are. Is he left or right-footed, skillful or a poor first-touch, fast or slow?

On Sunday, Bill's session focused on player movement. Bill showed us a different wrinkle to an exercise we have all done with our players, in which player movement after an action was emphasized.

Mike Freitag was our next presenter. I enjoyed Mike's demeanor with the players. He is very animated and he was in a full sweat after the completion of his sessions. Mike stressed several coaching points; "Don't lose sight of the ball", "Fill the passing lanes", and I liked his little saying of "Piddle the middle".

On Sunday, Mike's topic dealt with transition. Mike emphasized that players need to have focus at all times. There are many times you can take advantage of an opponent's lack of concentration. Many times, throw-ins and dead ball situations are ideal moments to take advantage of the other player 'napping'. Mike also stressed that we need to teach players to work smarter, not necessarily harder.

Tim Schulz stressed that players learn the game by playing. It was interesting to see that in both his sessions, he had the players begin by playing a game and from there he made coaching points and added several exercises. I enjoyed watching Tim work with the players and you could tell that his coaching was having an effect because I saw players get better during both sessions.

Colorado Rapids assistant coach **John Murphy** did a session on goalkeeper distribution. To me it was interesting to hear John talk to the players as if they actually were professionals.

Colorado Rapids head coach **Fernando Clavijo** spoke to the coaches about player development in the US and the lack of impact players we have. I was hoping he would be able to show us activities and different exercises which would help our players to develop into impact players, however, there were none.

Marcelo Balboa showed us different activities to help our players develop their defensive abilities. Celso emphasized that players need to move their feet and get into a position where they can keep the ball in front of them.

On Sunday, Celso brought in the Colorado Rapids conditioning coach who showed us several activities we can use in a warm-up as well as some conditioning work.

All in all, this was a wonderful soccer weekend. I hope you were able to gain valuable information and new ideas to add to your coaching repertoire. I hope this weekend gave you a spark to go back to your players and to get the most out of your team this upcoming season.

I want to wish you the best of luck and thanks for a terrific weekend.

Rob's Ramblings:

As a full time soccer coach I get a lot of questions from family and friends about how a coach is suppose to act. In my family I have a father-in-law that has written about prep sports for 30 years. My sister-in-law is a high school coach, and in my own household I am know as the second best coach after my wife. My personal response is that I am using soccer to teach life lessons to players. I recently found an article that I thought was good. I thought I would share it with you.

Coach, Are You Nurturing?

Verbal abuse, lack of concern harm relationships with players

By Michael Giuliano

If you were walking on a dusty road in small town America in the 1800s, it would not be uncommon for you to notice a small gathering of people around a brightly covered wagon. As you drew closer, you would hear a man, dressed in a borrowed Indian buckskin, proclaiming that his magical wonder elixir could cure anything that ailed you. One sip of his elixir and you would enjoy a state of health never thought possible before.

As I consider the ways in which we talk about the value of sports participation, it occurs to me that we tend to suggest that sports are the wonder elixir of our age. We proclaim that membership on a sports team teaches you the value of teamwork, how to work hard to accomplish your goals and a host of other indispensable life lessons. We cry out for more funding of community youth sports programs to help solve the problems of gangs and teen moral decline. Indeed, at times it seems that we suggest that mere involvement in athletics, mere "drinking up" of the sports team experience, magically transforms young athletes into physically, mentally, socially and emotionally healthy and productive citizens.

What we do not communicate as often is that athletic involvement can actually have damaging effects. Even worse than the empty claims of the medicine man, this elixir can actually harm us. Involvement on a sports team is more like involvement in a family unit. Family life can transform us, but throw in a careless, or even abusive parent, and family life can actually hurt us more than help us.

Metaphorically then, coaches are more like parents and less like medicine men. They do have a powerful elixir (sports), but depending upon how they administer that medicine, it can build up or tear down.

I have found that some of the wisest advice I have been given as a parent has equal merit for me as a coach. Here are four things to remember:

DON'T SAY ANYTHING THAT YOU WOULD NOT SAY IF YOU WAITED FOR ONE MINUTE TO SAY IT.

Words wound us in family life, and they can wound us in team life as well. What parent has not regretted speaking out of anger instead of waiting for a more calm, rational moment to explain their concerns? What child cannot remember the pain of being the recipient of something said in a moment of rage, sometimes years earlier?

Sadly, coaching is one of the few professions where verbal abuse is still considered acceptable. Recently, a player from another college confided to me that it was very common for players to be brought to tears in practice by her coaches' verbal attacks.

“But he knows the game and he knows how to win, so I guess it is worth it,” she concluded. A few days later, a father of a teammate of hers echoed those same sentiments: “I know he’s brutal. But he’ll teach my daughter how to be a winner.”

I am afraid that what he is teaching those young ladies is that verbal assaults on the dignity and esteem of others is acceptable as long as the external goal (i.e., winning games) is accomplished. I don’t think that is a lesson we would want our children or players to live their lives by.

Our goal must be to nurture the discipline of developing a time gap between the thinking of something to say and actual saying it. If we did, much of the wounds we inflict through words would never occur.

Try this experiment: Have someone videotape your sideline behavior (with sound) for a few matches. Is there anything that you would not have said, or at least not have said in the same way, if you would have waited for a minute?

LOOK FOR “MOMENTS OF TRUTH.”

Good parents are constantly on the hunt for situations that offer an opportunity to demonstrate to their children the values that they hope the children will embrace. As coaches, we should be on the same quest. We claim that the value of athletics is that it teaches us how to live, but how often do we seize the potent teaching moments that sports offer?

A phrase I use to describe this to my students and players is “moments of truth.” Moments of truth are those opportunities that give us a chance to publicly proclaim what we privately value. For example, *Soccer Journal* published **some time ago the story** of a high school player from Illinois who persuaded match officials that his game-tying goal should be disallowed because he knew that it was scored after time had expired. Through his actions, he demonstrated to his teammates (and through the Journal article to a national **audience**) that the value of telling the truth outweighs the value of a mark in the win column.

One way to monitor this is to keep a communication inventory. At the end of practice or a match, recall how many times, if any, you pointed out how the events of that day taught a more important lesson. If weeks go by and you still cannot recall such a conversation, chances are you need to look and listen more carefully for such opportunities.

INVEST MORE IN PEOPLE THAN YOU DO IN TASKS.

We all have heard stories of parents who placed career above their families, and in the end, lost their families. This can easily occur to coaches, even when their players are their career. The machinery of coaching can easily overshadow the relationships of coaching.

I have vivid and somewhat painful reminders of this in my own experience. Publicly, the 1994 season was the most successful of my coaching career. My squad ended the season in the final four of the NAIA National Tournament, and I was awarded conference and regional Coach of the Year honors. But back at the college, a different story was emerging. For the first time in my career, the postseason player evaluation of the coaches revealed that I had a number of strained relationships with certain players. The reason soon became clear; I had become so caught up in the task of reaching the national tournament that I had communicated a lack of interest in and concern for the individual players involved in that task.

How often do we talk with individual players about their interests and other activities, as opposed to their shooting technique? When was the last time a player confided in you concerning a struggle he or she was having that did not include a soccer ball? Considering the **likelihood** that,

outside of their parents, we are among the most involved adults in their lives, would not a healthy relationship suggest this should be happening?

KEEP TALENT OUT OF THE RELATIONSHIP EQUATION.

Another family story line: The parent who obviously delights in the child who is the super athlete or the accomplished musician while ignoring the quiet and somewhat ordinary sibling. I am convinced that as coaches we often commit the same mistake with our front line versus supporting players. As a college player, I vividly remember the transformation of my relationship with my coach as I went from the second team to the first team.

Suddenly, Coach was talking to me more, he called me by my first name more often, he even looked me in the eye more often.

Let's be honest, those players who see the most playing time occupy more of our thinking time. By necessity, we spend more thought on how the major contributors on our team will contribute to the next win. But just as we do not want to communicate to our own children that their worth is determined by their talents, neither do we want to communicate that our players' worth is determined by their athletic talent. There may be no more valuable lesson they can learn from us than how to look beyond the external packaging of an individual to see the potential and good in all people.

Do you treat your first team players differently than you do your second team players? If you are not sure, ask them. An evaluation given in anonymity may reveal some arresting, and perhaps uncomfortable, perceptions.

Imagine the shock of an unsuspecting buyer of the medicine man's elixir when the buyer discovered that not only did he not feel any better, but he actually felt worse. Our players will be changed by their involvement on a team and by their relationship with us. With coaching as with parenting, we can build them to be stronger, more responsible persons or we can tear down the good qualities they already possess. Sports are not a guaranteed elixir, but in the hands of a careful and caring "parent," they are a powerful character-building tool.

Editor's note: Michael Giuliano is professor of communication studies and women's soccer coach at Westmont College in Santa Barbara, Calif. He received a Ph.D. in communication studies from Northwestern University. He has guided Westmont to the national title three of the last four years and has won NSCAA/adidas National Coach of the Year honors each of those years, joining an elite group of coaches with three National COY honors and doing it faster than any other.

Hope this helps you a little bit on your journey as a coach. If you have any questions please feel free to contact Rob at 303-651-6918 or at bobbyj35@comcast.net

**BC FORCE Home Games
Spring '07**

March 24

9:00 AM	PV2	BCF Girls 11 Red II	vs	Club United Black
9:00 AM	PV3	BCF Boys 13 Man U	vs	Colorado Explosion Black
9:00 AM	PV4	BCF Boys 14 Red	vs	Club United Black
9:00 AM	PV5	BCF Boys 18 Red	vs	Colorado Storm Royal
10:30 AM	PV2	BCF Boys 12 Man U	vs	Rocky Mountain Cougars
10:30 AM	PV3	BCF Boys 12 Barca	vs	Stingers Red
10:30 AM	PV4	BCF Boys 14 Barca	vs	Stingers Red
11:00 AM	PV5	BCF Boys 17 Barca	vs	Pikes Peak
12:00 PM	PV2	BCF Girls 12 Red	vs	Ft Collins Arsenal Gold
12:00 PM	PV3	BCF Boys 13 Red	vs	Corinthians Gold
12:00 PM	PV4	BCF Boys 15 Barca	vs	Grand Mesa Fire Blue
1:00 PM	PV5	BCF Boys 16 Barca	vs	Pueblo Rangers
1:30 PM	PV2	BCF Girls 12 Huskies	vs	Ft Collins Arsenal Red
2:00 PM	PV4	BCF Boys 16 Man U	vs	Inter-Mountain Eagles
3:00 PM	PV2	BCF Girls 12 Tar Heels	vs	Skyline Elite
3:00 PM	PV5	BCF Boys 15 Red	vs	Ft Collins Arsenal Gold

March 31

9:00 AM	PV2	BCF Girls 11 Tar Heels	vs	Trebol White
9:00 AM	PV3	BCF Boys 12 Red	vs	Colorado Rush Swoosh
9:00 AM	PV4	BCF Girls 13 Tar Heels	vs	Trebol Strikers
9:00 AM	PV5	BCF Boys 18 Red	vs	Littleton United White
10:30 AM	PV2	BCF Girls 11 Red II	vs	Littleton United Red
10:30 AM	PV3	BCF Boys 13 Barca	vs	Colorado Storm Blue I
10:30 AM	PV4	BCF Girls 13 Red	vs	Littleton United White
11:00 AM	PV5	BCF Boys 16 Man U	vs	Colorado Storm Blue I
12:00 PM	PV2	BCF Boys 11 Red	vs	Colorado Storm Royal
12:00 PM	PV3	BCF Boys 12 Man U	vs	Colorado Edge Black
12:00 PM	PV4	BCF Girls 14 Red	vs	Colorado Elite
1:00 PM	PV5	BCF Boys 15 Red	vs	Colorado Rush Swoosh
1:30 PM	PV2	BCF Girls 11 Red	vs	Colorado Storm Royal
1:30 PM	PV3	BCF Boys 12 Barca	vs	Pikes Peak Swoosh
1:30 PM	PV4	BCF Girls 12 Red	vs	Colorado Storm White
3:00 PM	PV2	BCF Boys 11 Man U	vs	Colorado Storm Blue III
3:00 PM	PV3	BCF Boys 14 Barca	vs	Skyline Elite
3:00 PM	PV4	BCF Girls 12 Huskies	vs	Riverside Renegades
3:00 PM	PV5	BCF Boys 13 Red	vs	Ft Collins Arsenal Gold

April 7

9:00 AM	PV2	BCF Boys 11 Barca	vs	Greeley Bootleggers Blue
9:00 AM	PV3	BCF Boys 12 Barca	vs	Colorado Ice White
9:00 AM	PV4	BCF Girls 14 Tar Heels	vs	Colorado Ice Blue
9:00 AM	PV5	BCF Boys 16 Red	vs	Broomfield Blast
10:30 AM	PV2	BCF Girls 11 Tar Heels	vs	Littleton United Red
10:30 AM	PV3	BCF Boys 12 Red	vs	Littleton United White
10:30 AM	PV4	BCF Girls 13 Red	vs	Fort Collins Arsenal Gold
11:00 AM	PV5	BCF Boys 16 Barca	vs	Littleton United Blue
12:00 PM	PV3	BCF Boys 12 Man U	vs	Pride Fusion
12:00 PM	PV4	BCF Girls 14 Red	vs	Ft Collins Arsenal Royal
1:00 PM	PV5	BCF Boys 17 Red	vs	Pikes Peak Nike
1:30 PM	PV3	BCF Boys 15 Barca	vs	Pride Force
1:30 PM	PV4	BCF Girls 12 Pilots	vs	Pride Panthers
3:00 PM	PV5	BCF Boys 16 Man U	vs	Platte Valley
3:30 PM	PV3	BCF Boys 15 Red	vs	St Vrain

April 14

9:00 AM	PV2	BCF Girls 11 Tar Heels	vs	BCF Girls 11 Red II
9:00 AM	PV3	BCF Boys 13 Barca	vs	Colorado Ice
9:00 AM	PV4	BCF Girls 14 Tar Heels	vs	LUSA Stealth
10:30 AM	PV2	BCF Boys 11 Barca	vs	Real Colorado Olympico
10:30 AM	PV3	BCF Boys 13 Man U	vs	Colorado Fusion
10:30 AM	PV4	BCF Girls 14 Red	vs	Broomfield Blast
11:00 AM	PV5	BCF Boys 16 Red	vs	Real Colorado National
12:00 PM	PV2	BCF Girls 11 Red	vs	Colorado Edge Select
12:00 PM	PV3	BCF Boys 12 Man U	vs	Colorado Fusion
12:00 PM	PV4	BCF Girls 13 Red	vs	Pikes Peak Nike
1:00 PM	PV5	BCF Boys 17 Red	vs	Real Colorado National
1:30 PM	PV2	BCF Boys 11 Red	vs	Colorado Edge Select
1:30 PM	PV3	BCF Boys 12 Barca	vs	Pride Hotspurs
1:30 PM	PV4	BCF Girls 12 Tar Heels	vs	Pride Pulsion
3:00 PM	PV2	BCF Boys 11 Man U	vs	Colorado Explosion Gold
3:00 PM	PV4	BCF Girls 12 Pilots	vs	Stingers Red
3:00 PM	PV5	BCF Boys 18 Red	vs	Real Colorado Atletico

April 21

9:00 AM	PV3	BCF Boys 14 Barca	vs	Colorado Edge Select
9:00 AM	PV4	BCF Girls 12 Tar Heels	vs	Real Colorado Gold
9:00 AM	PV5	BCF Boys 15 Barca	vs	Littleton United
10:30 AM	PV3	BCF Boys 12 Barca	vs	Real Colorado Olympico
10:30 AM	PV4	BCF Girls 13 Tar Heels	vs	Colorado Storm Blue
11:00 AM	PV2	BCF Boys 17 Barca	vs	Pride Cosmos
11:00 AM	PV5	BCF Boys 15 Red	vs	Colorado Fusion
12:00 PM	PV3	BCF Boys 13 Red	vs	Colorado Edge Select
12:00 PM	PV4	BCF Girls 12 Red	vs	Real Colorado National
1:00 PM	PV2	BCF Boys 17 Red	vs	Pueblo Rangers Gold
1:00 PM	PV5	BCF Boys 16 Barca	vs	Corinthians
1:30 PM	PV3	BCF Boys 12 Red	vs	Ft Collins Arsenal Gold
1:30 PM	PV4	BCF Girls 14 Tar Heels	vs	Skyline Elite
3:00 PM	PV3	BCF Boys 11 Barca	vs	Colorado Storm White
3:00 PM	PV4	BCF Girls 11 Red	vs	Broomfield Blast Red
3:00 PM	PV5	BCF Boys 16 Man U	vs	Corinthians Red

THE HIGH SCHOOL PAGE

BOULDER

3/8 vs Legacy
3/14 vs Niwot
3/17 vs Monarch
3/21 vs Poudre
3/23 at Rocky Mountain
4/5 at Dakota Ridge
4/10 at Eaglecrest
4/12 vs Fairview
4/17 vs Overland
4/19 at Cherry Creek
4/24 at Smoky Hill
4/26 vs Mullen
5/1 vs Grandview
5/3 vs Silver Creek

BROOMFIELD

3/8 at Niwot
3/12 vs Greeley Central
3/14 at Greeley West
3/17 at Silver Creek
3/19 vs Berthoud
3/21 at Skyline
3/22 at Smoky Hill
3/28 vs Northridge
4/4 vs Fort Morgan
4/7 at Windsor
4/10 at Fossil Ridge
4/17 vs Mountain View
4/19 at Sterling
4/24 vs Longmont
4/26 vs Thompson Valley

CENTAURUS

3/9 vs Englewood
3/15 vs Peak to Peak
3/19 vs Brighton
3/21 at Pomona
3/23 vs Northglenn
4/3 at Adams City
4/5 at Hinkley
4/10 vs Mountain Range
4/12 vs Westminster
4/17 at Aurora Central
4/19 at Cherokee Trail
4/24 vs Fort Lupton
4/26 at Prairie View
5/1 vs Ranum
5/3 at Skyview

FAIRVIEW

3/8 at ThunderRidge

3/15 at Horizon
3/20 at Denver East
3/22 at Monarch
3/24 at Poudre
4/7 vs Fort Collins
4/10 at Smoky Hill
4/12 at Boulder
4/17 at Grandview
4/19 at Eaglecrest
4/24 vs Mullen
4/26 vs Overland
5/1 vs Cherry Creek

MONARCH

3/9 at Palmer
3/10 at Coronado
3/15 vs Lakewood
3/17 at Boulder
3/20 at Kennedy
3/22 vs Fairview
4/3 vs Northglenn
4/6 at Conifer
4/9 at Horizon
4/12 vs Legacy
4/17 vs Poudre
4/19 at Thornton
4/24 at Rocky Mountain
4/26 at Loveland
5/1 vs Fort Collins

NIWOT

3/8 vs Broomfield
3/12 at Fort Morgan
3/14 at Boulder
3/19 vs Mountain View
3/21 vs Longmont
3/22 at Greeley Central
3/26 at Sterling
3/30 at Fossil Ridge
4/12 at Skyline
4/17 vs Greeley West
4/19 vs Northridge
4/21 vs Silver Creek
4/24 at Berthoud
4/26 vs Windsor
4/28 vs Thompson Valley

