



boulder county **FORCE**

SOCCER CLUB COACHES NEWSLETTER

Volume 13, Issue 4, April 2007

www.bcforce.com

A MESSAGE FROM THE HEAD COACH

Congratulations to the following BC Force players on their selection to the final ODP Pool. **Travis Brandl** and **David Meza** ('90 Boys). **Anne Stuller** ('91 Girls) and **CC Rinehart** ('92 Girls).

Our BC Force Boys 18 Red team, coached by **Marcelo Balboa** and Boys 17 Red team, coached by **Steve Lepper** recently traveled to San Diego to play in the Nomads Coaches Showcase. You can find a report on their experience in this issue.

Several of our teams used the Colorado Storm Spring Cup as a tune-up for the upcoming season. The Boys 16 Red team, coached by **Hardy Kalisher** and **Eliu Hernandez**, the Girls 14 Red team, coached by **Rob Johnson** and **Kory Beaber** and the Boys 11 Red team, coached by **Jeff Frykholm** won their respective age groups.

The Colorado Rapids will start a new era when they begin play at their soccer specific stadium Dick's Soccer Park in Commerce City. I believe that watching the game in a relative intimate setting will create a much better atmosphere and hopefully the quality on the field will help create some excitement among soccer fans.

With tryouts approaching soon (less than 8 weeks away), it is important that we familiarize ourselves with the players in our age group. Scrimmages, combined practice sessions and inviting players to participate in your practices, are all good opportunities to get a feel for different players and how they could fit into your team. This way, you can

focus on any new players during the two days of tryouts.

It's also important that we educate the players and their parents that tryouts take place throughout the year, not just during the two days of advertised tryouts.

This spring season, we have begun a new concept in our U10 program. All BC Force U10 home games will be played Friday evenings at Pleasant View. Game times are 5:30 PM and 6:30 PM. We feel that this is a positive change for players and parents in the U10 program. Friday evening games will allow for better supervision by BC Force staff coaches. Players and parents will have their weekends open and we will try to create a good club environment at Pleasant View. So come check out our youngest BC Force players in action on Friday evenings at Pleasant View.

I want to wish all our teams participating in the State Cup competition best of luck. Preliminary games will begin April 15 and all games will be played at Dick's Sporting Goods Park, home of the Colorado Rapids, just off I-70 and Quebec in Commerce City. The respective schedules can be found in this issue.

Finally, don't forget the BC Force AGM which will take place on Wednesday April 11th from 6:30 PM – 9:00 PM at Platt middle school.

Rob's Ramblings:

This season I have taken over a U-11 team. I have not coached this age for a few years and have forgotten about the differences between U-17 parents and U-11 parents. The parents of the U-11's are not a bad group, but a group of 1st time soccer parents. I have been going through some of my soccer files and have found a few articles that I am going to give to my parents. Feel free to pass these along to your parents.

“The Six Things Parents Should Say To Their Players”

A lot of soccer parents with good intentions give a 30 minute lecture, covering all the players supposed deficiencies and giving playing advice, in the car on the way to each match. The kids arrive far off their optimal mental state, and dreading the critique they are likely to hear, whether they want it or not, on the way home. Kids who are massaged in this way tend not to play badly, they just tend to not play, possibly to avoid making mistakes.

The easiest way to detect this problem is just to ask the player if it is a problem. Kids are more than willing to share this grief. The easiest way to correct this problem is to speak to the parents, as a group, about your expectations, and to cover this as a routine problem. Many of the parents will recognize themselves if you can present this problem with humor and illustrate the importance of the kids having fun and arriving in a good state of mind.

For best results, parents should memorize and use the following.

Before the Match

1. I love you
2. Good Luck
3. Have fun

After the Match

1. I love you
2. It was great to see you play
3. What would you like to eat?

“Parental Support - The key to Peak Performance”

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

- **Let the coaches coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.
- **Support the program:** Get involved, volunteer, help out with fundraisers, car-pool; anything to support the program.
- **Be you child's best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
- **Support and root for all players on the team:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.

- **Do not bribe or offer incentives:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
- **Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.
- **Understand and display appropriate game behavior:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If he starts focusing on what he can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.
- **Monitor your child's stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.
- **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
- **Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.
- **Reality test:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from "striving to win". Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.
- **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.
- **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in an environment which is fun, yet challenging. We look forward to this process. We hope you do too.

BC Force Boys 17 Red at the Nomads College Showcase

By Steve Lepper

March 23-25, the BC Force Boys 17 Red traveled to San Diego, CA to participate in the Nomads College Showcase.

The Showcase has some of the best teams from Region IV participating in a very competitive event watched by a good number of college coaches.

Game 1: BCF vs Rancho Santa Fe Attack (Cal South) 0-1

The game was played at 9:30 AM. The fields were still wet with dew from the night before, and the grass was cut very short. We gave up a goal about 20 minutes into the game after a breakdown in the center of midfield, and that ended up being the game-winner. We generated a number of chances, but none of them were finished. All in all the boys played well against a team that, by all accounts, was one of the most talented we have ever seen. You could tell there was still a little rust from the winter, but the effort was there. Outstanding players were **Peter Freeman** up front, **Ben Thomson** in goal, and all the defenders (**Alex Falloon**, **Tyler Beckman**, **Luke Habermehl**, **Sean Batson**, **Nick Allman** and **Dustin Cordova**). Overall this was a good result against one of the top teams in Southern California, and it was a moral victory showing that we can play against some of the best in the country.

Game 2: BCF vs WSM Gunners (Oregon) 1-1

This game was against the reigning State Champs from the state of Oregon. The Force came out flying, generating a couple of chances, and were finally rewarded in the 5th minute with a goal. **Brennan McMillan** took the ball to the endline and passed it back to an unmarked **David Meza** who calmly slotted the ball into the far side netting. The first half action was back and forth, with both teams barely missing goals. **Sean Rice** missed one just over the bar, and

David Meza hit one over which would have been his second of the game.

About 10 minutes before halftime a defensive breakdown led to the Gunners goal. A through ball split our defenders and their forward was one-on-one with **Ben Thomson**, and he finished. The second half we found ourselves more on our heels, but still generated some scoring opportunities. **Suvan Yang** barely missed a header off of an **Alex Post** cross, and there were numerous other opportunities.

The game ended 1-1, a great result against a team that is the champions of their state. **Ben Thomson** made three world class saves in the second half to preserve the tie, and the team in general played much better than the morning game.

Game 3: BCF vs Bakersfield Brigade (Cal South) 0-1

Our Sunday game against another strong Cal South team in which the boys gave a terrific effort yet came a bit short in the end. Another strong performance by our goalkeeper **Ben Thomson** and forward **David Meza**.

Overall, I was very pleased with the team's effort. It is somewhat unfortunate that this event takes place in March which is early for us. These were our first competitive games of the season. If we could play these teams in May I feel that the results might be in our favor.

In the end, this was a terrific experience for our players and they had the opportunity to play against top competition in front of numerous college coaches.

Boys 18 Red

BCF vs E. Drillers (Cal North)	0-2
BCF vs Bakersfield Brigade (Cal South)	3-2
BCF vs Galatasaray (OR)	1-2

Coaching Education

1. National 'C' Course

CSYSA will be hosting a National C course over two weekends, July 26-29 and August 2-5. The course will be held at Dick's Sporting Goods Soccer Complex in Commerce City.

The course will be limited to 36 candidates, so please register early.

All applicants must have passed and held their National D License for at least one year to be eligible for the course.

Waiver information for the C course can be found on our website and can only be granted by the US Soccer Coaching Department.

More information and the course application can be found on the CSYSA website at www.csysa.org.

2. NSCAA National and Advanced National Diploma.

The NSCAA will be hosting a National and Advanced National Diploma from June 11-17 at Regis University in Denver, CO.

The NSCAA Coaching Academy is a highly intensive, physically demanding week of instruction dedicated to fulfilling the important mission of education. Candidates should be in shape and plan to participate in an enjoyable week of enhancing your soccer knowledge. You will find the academy staff very dedicated and ready to help you. We hope your participation is beneficial to your coaching career.

More information and the course application can be found on the NSCAA website at www.nscaa.org.

3. Advanced National Goalkeeping Diploma

More information on this course can be found on the NSCAA website at www.nscaa.org.

4. National Youth License

CSYSA will be hosting a National Youth License from June 3-8 at Regis University in Denver.

This course is designed to educate and identify potential instructors to teach Youth Modules at the State Level. In accordance with our goal of having an instructor in each club who would be able to teach the module and certify developmental coaches within each club, we would encourage you to identify and send potential candidates to the course.

The course will be limited to 28 candidates, so please register early.

More information and the course application can be found on the CSYSA website at www.csysa.org.

BC Force Calendar of Events

April 6 – BC Force U10 League games.

April 7 – BC Force League games.

April 11 – BC Force AGM at Platt Middle School from 6:30 until 9:00 PM.

April 13 – BC Force U10 League games

April 14 – BC Force League games.

April 15 – Start of State Cup games.

April 21 – BC Force League games.

April 22 – State Cup games.

April 28 – BC Force League games

April 29 – State Cup games

May 7 – 3rd Annual BC Force Awards and Fundraiser Night at Monarch High School.

BC Force Coaches Profile

Name: Amy Gross

Team you coach: BCF Girls 11 Tar Heels

Favorite MLS team: Columbus Crew

Favorite International team: Israel's National Team

Favorite soccer player: Otto Orf

Favorite sport other than soccer: Tennis

What is your playing experience: Played soccer since I was five. Played in college and captained my team. Playing in college is probably one of the best experiences of my life.

What was your introduction to soccer: Youth soccer where you could score in either goal.

What is your coaching experience: I coached at an overnight camp, but BCF is my first legit experience.

How did you get involved with coaching: I missed being so active with soccer post-college and found coaching a good way to stay in touch.

What do you like about coaching: My players.

Describe your favorite soccer practice: When I was a player and running power drills. It was never ending, but at the end you feel very accomplished.

What was your most memorable game as a coach: When my team won in the last 30 seconds of the game. It was one of our last games of the season and really summed up our season for us.

What was your most memorable game as a spectator: The Cleveland Crunch winning the Indoor finals.

What has been your favorite soccer trip: Playing in California as a college player.

What is your 'real' job: I help people finance business equipment.

Who is your favorite actor: Tom Hanks.

Favorite actress: Catherine Keener.

Last movie seen: Little Miss Sunshine.

Last CD bought: The Decemberists.

Last book read: Marley & Me.

Hobbies: I like to cook, run, play softball, snowboard and do anything outdoors.

Favorite TV show: Entourage.

Favorite meal: Sushi.

Best event you've attended as a spectator: Any game I've seen LeBron James playing.

Name: Adam Hayes

Team you coach: BCF Boys 12 Red.

Favorite MLS team: New England Revolution.

Favorite International team: Liverpool.

Favorite soccer player: Steven Gerrard.

Favorite sport other than soccer: Baseball.

What is your playing experience: 9 years club (2 state championships), 4 years high school.

What was your introduction to soccer: Age 5 – Rutland, MA town league.

What is your coaching experience: 1 year assistant coach boys U11 Red and 1 year head coach boys U12 Red.

How did you get involved with coaching: Hardy Kalisher invited me.

What do you like about coaching: Seeing the kids accomplish goals they were unsure if they would be able to attain.

Describe your favorite soccer practice: warm-up, soccer head, 4 vs 4 tourney, finishing, 8 vs 8 game.

What was your most memorable game as a coach: November, '06 a 2-1 victory over Colorado Storm.

What was your most memorable game as a spectator: Argentina vs Nigeria in the 1994 World Cup in Foxboro, MA.

What has been your favorite soccer trip: Region I tourney, 1992 and 1994.

What is your 'real' job: Instructor of Human Anatomy and Physiology at CU-Boulder.

Favorite actor: Jason Priestly.

Favorite actress: Kelly Monaco.

Last movie seen: The Illusionist.

Last CD bought: Foo Fighters – Skin and Bones.

Last book read: Breaking Vegas by Ben Mezrich.

Hobbies: golf.

Favorite TV show: Beverly Hills, 90210.

Favorite meal: Pork tenderloin marinated in coke and Italian salad dressing, over roasted potatoes and green beans.

Best event you've attended as a spectator: my 1st Aerosmith concert, 1st of 18.

Training the Core

By Taylor Tollison

www.elitesoccerconditioning.com

At the very heart of becoming a great athlete is not only having a strong and powerful core, but one that will reduce injury. Most every strength and conditioning program should have at least two goals: 1) improve performance 2) reduce injury.

Comprehensive is the key word when designing a solid program. No longer is it sufficient to just do crunches or sit ups. Current core training programs focus on training the hip, lumbar and pelvis region.

Why is training the core important?

- The core is where all movement begins.
- A weak core is a fundamental problem inherent to inefficient movement that leads to predictable patterns of injury.
- If our arms and legs are strong but our core is weak there will not be enough force created to produce efficient movements.
- If you have good core strength and you take a step the energy will pass evenly through your foot, calf and hip – right up the core.
- If you have bad core strength, specifically hip instability, the energy will leak out at the hip, then the body must compensate, thus leading to injury.
- By strengthening the core one becomes more able to better utilize the muscles of the extremities like the legs and arms.

What is the core?

The core is where the body's center of gravity is. Many people think of the core consisting solely of the muscles of the stomach. In actuality the core consists of the parts in the lumbar region, pelvic region and hip region.

How should we train the core?

Traditional methods of core training have included isolated absolute strength training in isolated muscles, utilizing single planes of motion. However, all functional activities occur in multiple planes of motion and require deceleration, dynamic stabilization and acceleration. Therefore it is important to have your athletes do more than just stomach crunches or back extensions. The athlete and coach need to understand that to effectively train the core you need to train force reduction, stabilization and force production.

Stabilization – Strength – Power

Stabilization exercises:

- Push-up freeze position on elbows (plank).
- Side iso-obliques.
- Bridging.
- Floor superman.
- Floor cobra.
- Quadruped opposite arms opposite legs.
- Tube walking.

Strength exercises:

- Ball crunch
- Side sit-ups
- Russian twist
- Reverse crunch
- Reverse crunch with rotation
- Knee up
- Knee ups with rotation

Power exercises:

- Medicine ball throw and catch
- Med ball chest pass
- Med ball rotation chest pass
- Med ball oblique throw
- Pullover throw and back extension throw

Here is an example of how to arrange your sets, reps and number of days training per week.

Stabilization training phase: 2-4 exercises done 1-3 sets for 12-20 reps, 3-5 days a week.

Strength training: 2-4 exercises done 2-3 sets for 6-15 reps, 2-4 days a week.

Power training: 1-2 exercises done 3-4 sets for 5-10 reps, 2-3 days a week.

BC FORCE Game Results

BCF Boys 18 Red in San Diego: vs E. Drillers (Cal S) 0-2;
vs Bakersfield Brigade (Cal S)3-2 ; vs Galatasaray (OR) 1-2

BCF Boys 17 Red in San Diego: vs Rancho Santa Fe Attack (Cal S) 0-1;
vs WSM Gunners (OR) 1-1; vs Bakersfield Brigade (Cal S) 0-1
vs PP Swoosh 0-1

BCF Boys 17 Barca dnp

BCF Boys 16 Red vs PP Nike 0-2

BCF Boys 16 Barca vs Pueblo 2-1; vs PP Nike 2-0; vs Real CO Red 0-1

BCF Boys 16 Man U vs IM Eagles 3-0; vs Bear Creek 0-4

BCF Boys 15 Red dnp

BCF Boys 15 Barca vs Grand Mesa 0-5; vs Pride 0-1

BCF Boys 14 Red vs Club Utd 8-0; vs Pueblo 3-2

BCF Boys 14 Barca vs Skyline elite 1-2; vs PP Swoosh 0-1

BCF Boys 13 Red dnp

BCF Boys 13 Barca vs Corinthians 6-1

BCF Boys 13 Man U dnp

BCF Boys 12 Red vs Arsenal 0-3; vs Storm 0-1; vs Rush Swoosh 4-1; vs Fusion Mundial 2-1

BCF Boys 12 Barca vs Evergreen 1-2; vs PP swoosh 0-3; vs CO Edge 0-4

BCF Boys 12 Man U dnp

BCF Boys 11 Red vs Storm Royal 1-6; vs Arsenal Gold 1-2

BCF Boys 11 Barca vs Rush Swoosh 2-3

BCF Boys 11 Man U dnp

BCF Girls 14 Red dnp

BCF Girls 14 Tar Heels vs Pride 3-2; vs CO Edge 2-2

BCF Girls 13 Red dnp

BCF Girls 13 Tar Heels dnp

BCF Girls 12 Red vs Arsenal 0-3; vs CO Edge 1-0

BCF Girls 12 Tar Heels dnp

BCF Girls 12 Pilots dnp

BCF Girls 12 Huskies dnp

BCF Girls 11 Red vs Storm Royal 1-3; vs Pride 2-0

BCF Girls 11 Red II vs Club Utd 3-0; vs Littleton 8-0; vs Trebol 4-1

BCF Girls 11 Tar Heels dnp

Coaches, if you need to reschedule a league game at Pleasant View, you need to do the following:

1. Contact the opposing coach and come to an agreement as to time and date.
2. Contact Welsch with time and date to see if PV is available.
3. Get confirmation
4. Show up and play.

Remember that PV is available Sundays through Thursdays after 5:00 PM.

STATE CUP GAMES
Spring 2007

Sunday April 15

9:00 AM	Dick's #17	BCF Boys 18 Red	vs	Storm Impact
10:30 AM	Dick's #9	BCF Girls 12 Red	vs	Storm White
12:00 PM	Dick's #10	BCF Boys 12 Red	vs	Storm Royal
1:00 PM	Dick's #2	BCF Boys 15 Red	vs	Broomfield Blast
1:00 PM	Dick's #13	BCF Boys 17 Red	vs	Littleton Utd
1:30 PM	Dick's #11	BCF Boys 13 Red	vs	CO Fusion Mundial
3:00 PM	Dick's #6	BCF Boys 16 Red	vs	Pride Velocity
4:30 PM	Dick's #21	BCF Girls 13 Red	vs	Real National
4:30 PM	Dick's #23	BCF Boys 14 Red	vs	Pride Predators

Sunday April 22

9:00 AM	Dick's #6	BCF Boys 16 Red	vs	Vail Crush
9:00 AM	Dick's #9	BCF Girls 12 Red	vs	Rush Nike
9:00 AM	Dick's #16	BCF Boys 18 Red	vs	Arsenal Gold
10:30 AM	Dick's #12	BCF Girls 13 Red	vs	Storm Royal
10:30 AM	Dick's #22	BCF Boys 14 Red	vs	Storm Royal
1:00 PM	Dick's #4	BCF Boys 15 Red	vs	Real Olympico
1:30 PM	Dick's #9	BCF Girls 12 Red	vs	CO Fusion Mundial
1:30 PM	Dick's #11	BCF Boys 12 Red	vs	CO Rush Adv 1
3:00 PM	Dick's #6	BCF Boys 16 Red	vs	Real Olympico
3:00 PM	Dick's #16	BCF Boys 17 Red	vs	Grand Mesa Fire
3:00 PM	Dick's #17	BCF Boys 18 Red	vs	Littleton Utd
3:00 PM	Dick's #21	BCF Boys 14 Red	vs	CO Fusion Mundial
4:30 PM	Dick's #24	BCF Boys 13 Red	vs	Real National

Sunday April 29

10:30 AM	Dick's #7	BCF Girls 12 Red	vs	Storm Impact
10:30 AM	Dick's #24	BCF Boys 14 Red	vs	CO Rush Swoosh
11:00 AM	Dick's #3	BCF Boys 15 Red	vs	Storm White
1:00 PM	Dick's #17	BCF Boys 16 Red	vs	Arsenal Gold
1:30 PM	Dick's #9	BCF Boys 12 Red	vs	Arsenal Royal
3:00 PM	Dick's #4	BCF Boys 17 Red	vs	Real National
3:00 PM	Dick's #18	BCF Boys 18 Red	vs	Storm White
4:30 PM	Dick's #11	BCF Girls 13 Red	vs	Rush Swoosh
4:30 PM	Dick's #22	BCF Boys 13 Red	vs	Pride Predators

THE HIGH SCHOOL PAGE

BOULDER

Record: 1-2-1

Legacy	3-3
Niwot	0-3
Monarch	0-1
Poudre	3-1
Rocky Mountain	postponed
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

Record: 2-2-3

Niwot	0-2
Greeley Central	0-0
Greeley West	0-0
Silver Creek	0-2
Berthoud	9-0
Skyline	3-1
Smoky Hill	0-0
Northridge	
Fort Morgan	
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

Record: 1-2-1

Englewood	4-2
Peak to Peak	2-2
Brighton	3-1
Pomona	1-2
Northglenn	postponed
Adams City	
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

Record: 2-4-1

ThunderRidge	0-3
Arapahoe	1-6
Horizon	0-0
Rangeview	3-2
Denver East	0-2
Denver East	1-2
Poudre	3-2
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

Record: 4-0-1

Palmer	0-0
Coronado	2-0
Lakewood	3-0
Boulder	1-0
Kennedy	7-0
Northglenn	
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

Record: 6-0-0

Broomfield	2-0
Fort Morgan	5-0
Boulder	3-0
Mountain View	4-2
Longmont	2-1
Greeley Central	postponed
Sterling	10-0
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

