



FC BOULDER Monthly

Girls Competitive Program – 2019 January **Director: Bonnie Young**

Happy New Year! I hope everyone had a great holiday season and our coaches, players, and families found some time for rest and recovery over the break!

FC Boulder supports athletes playing multiple sports! There are often many physical and mental benefits to playing other sports, and our coaches work with players throughout the year to help support our athletes' pursuit of any activity. Through the winter season, the FC Boulder competitive program asks for one team training commitment per week. While this is a season with fewer soccer commitments, it is a time for continued individual and team development, not an "off season." Please consider working with your other commitments to allow for one team night of soccer per week through the winter.

Reminder that our supplemental outdoor age group trainings begin again the week of Jan 7 at East Boulder Rec. These sessions will be 20 mins of technical work, 20 mins of finishing, 20 mins of play. Weather Permitting.

2006, 2007 and 2008s - Mondays – 4:00-5:00PM

2000, 2001, 2002, 2003, 2004 and 2005s - Tuesdays – 4:00-5:00PM

FC Boulder's College Pathway Program is a sequence of meetings providing an overview of the college soccer recruiting process. We have had 3 great meetings so far, and more to come in 2019. Through attending these meetings, players will come away with the following:

- Knowledge of NCAA rules and the recruiting process
- Ideas for beginning the college process
- What to do as a high school freshman, sophomore, junior, and senior
- How to communicate with college coaches
- Q&As with college coach and college soccer players from all levels of college soccer
- Individualized advice and guidance through the college recruiting process
- Listings of college soccer ID camps

Upcoming dates to remember:

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| January 7 | 20/20/20 trainings resume |
| January 8/9 | Regular team winter training resumes |
| January 17 | Meeting #4 of the College Pathway Program |
| March 25-28 | Competitive Girls Spring Break Camp |
| April 7 | 1st High School Girls Kick Around |
| April 14 | FC Boulder College Coach Clinic and Showcase |