



FC BOULDER Monthly

Athletic Performance Program – September 2019

Director: Billy Beaman

Preferred Partnerships:

Build You: Sport Performance Lab and Physical Therapy

This program has begun and players are getting screened.

Movement Screens with FC Boulder players U11-U19 boys and girls. With the effort to:

- Identify players with movement patterning that could put them at a higher risk for non-contact injuries.
- Gather data that will help us better address our FC Boulder players and their athletic needs.
- Act as another feedback mechanism for our membership, players and parents, and coaching staff, from which we can make more informed decisions.

The initial movement screen provided on site will be assessed using a simple “pass” or “high risk” determination, for the sake of identification efficiency. For those players that are deemed “high risk” based on the movement screen data collected and analyzed, further consultation with Build You will be recommended and encouraged, from which an individual development plan can be created.

Well Spine Family Chiropractic

Dr. Michelle Withington, of Well Spine, will be on site acting as a medical professional to provide her services to our FC Boulder players. Players and Coaches will be able to utilize her for:

1. Soft tissue work
2. Preventive care; wrapping and taping
3. Acute injury management and assessment
4. Recommendation on return to play
5. Consultation on injury management, rehabilitation or additional care

When you see her tent at our home fields, please stop in, no need for appointment, even just for a friendly “hello”!

Dr. Michelle Withington, received her Doctorate in Chiropractic from Logan University, and is currently continuing her education through International Chiropractic Pediatric Association, specializing in chiropractic services for children. She also bringing to the table, multiple years of experience working with collegiate athletes in the Saint Louis area providing similar services to their players as she will our FC Boulder players. Needless to say, we are excited for the opportunity to welcome her into our community.

Current and Upcoming Programming:

Summer 2019 Open Gym Sessions: Academy Boys and Girls U15-U19

Summer 2019 Off-season Open Gym sessions for High School Academy players kicked off for the first-time starting July 15th. Sessions are offered on Monday and Wednesday evenings, and are overseen by the FC Boulder Athletic Performance Program professionally licensed Strength and Conditioning staff.

Performance and Skills Program Fall 2019: Competitive Boys and Girls U11-U19

Program began this week with over 40 participants. There is still room and registration is still open, and prorated costs can be given for those interested in joining the remainder of the sessions.

FC Boulder's Athletic Performance Program is excited to announce the Performance and Skills Program, with the goal to address the physical needs of players through the Fall and Spring regular seasons, as well as through the Winter and Summer, when out of season. (See below)

Players and Parents,

An exciting announcement about a new programming offer!

FC Boulder's "Athletic Performance Program" presents-

Fall 2019 Performance and Skills Program

Exclusively for Competitive player's U11-U19 boys and girls!

FC Boulder's Fall 2019 Performance and Skills Program aims to expose players to age and experience appropriate performance training modalities, while never forgetting our love for the ball. Our FCB Athletic Performance staff are all experienced youth trainers and licensed Strength and Conditioning Specialists. Combined with our professional coaching staff, this program is inherently of value to any player looking to improve their physical and technical attributes! It will be fun, you will work hard, and the reward will come, in the end results!

Cost is ONLY **\$199.00** for 18 hours of fun, high intensity training!

Tuesday or Wednesday options! (click [here](#) to register)

"First we LEARN, then we PERFECT, then we PROGRESS!"

“PROGRESS = PERSISTENCE + PERSEVERANCE”

See further program details below:

When:

Tuesday Option

August- 27

September- 3, 10, 17, 24

October- 1, 8, 15, 22, 29

November- 5

Group 1- 4:15-5:45pm- 2009-2006 Boys and Girls Competitive Players

Group 2- 5:45-7:15pm- 2005-2001 Boys and Girls Competitive Players

Wednesday Option

August- 28

September- 4, 11, 18, 25

October- 2, 9, 16, 23, 30

November- 6

Group 1- 6:45-8:15pm- 2009-2001 Boys and Girls Competitive Players

Where:

Sports Performance Center, 555 Aspen Ridge Drive Suite F, Lafayette, CO 80026

For Who:

U11-U19 Boys and Girls Competitive Players

What:

1.5 hour sessions -- 12 week program

Soccer Specific Performance training with FCB's professional Athletic Performance Staff

- Exposure to proper warm-up and cool-down protocols (first 5 minutes and last 5 minutes of every session)
- Functional Movement, mobility and stability training
- Running Gait mechanics training
- Speed, Agility and Quickness training
- Exposure to resistance strength training modalities
- Exposure to injury prevention centered exercises and routines
- Access to recovery routines and consultation with APP staff
- 1000 touches on the ball incorporated into every session

Cost :

\$199.00 per player

Camp T-shirt

18 hours of fun and intense training

Hope to see you there! DON'T MISS OUT!

REGISTER HERE

Further questions? Contact: billy.beaman@fcboulder.com

\$5 Futsal Fridays Fall 2019

FC Boulder Sports Performance Center
\$5 Futsal Fridays

Join your peers for an hour of "drop-in" style Futsal competition. Show up, join a team, and play!

COST:

ALL 12 sessions for \$50.00!!! \$10.00 discount (click here to register)

Or

\$5.00 at the door each night (cash, check, or Credit/Debit card excepted)

WHEN:

September- 6, 13, 20, 27

October- 4, 11, 18, 15

November- 1, 8, 15, 22

WHO:

2005-2001 Boys and Girls -- 4:15-5:15pm

2009-2008 Boys and Girls -- 5:15-6:15pm

2007-2006 Boys and Girls -- 6:15-7:15pm

ADULT LEAGUE -- 7:15-8:15pm & 8:15-9:15pm

WHERE:

Sports Performance Center, 555 Aspen Ridge Drive, Lafayette, CO 80026

WHAT:

Dutch drop-in style or pick up Futsal. Teams will be formed on site, and then competitive games played over the one-hour session following FIFA Futsal Laws of the Game. Games will be overseen by FC Boulder Staff, to manage adherence to laws and rules of the games played, to manage the overall session flow, and to manage to team formation and playing time equity.

REGISTRATION LINK