



FC BOULDER Monthly

Girls Competitive Program – September 2019

U11-U13 Director: Lawrence Jackson

U14-U19 Director: Kelly Brown

U11-U13 Girls Competitive Program

I trust you are all enjoying the start to the fall season and had a safe Labor Day Weekend. I look forward to getting out to see as many of the girl's competitive games and training sessions as I can this season!

There are a few items that I would like to address to help clear anything up for all parents and players prior to getting too far into the season including the goalkeeper training schedule, Tech Night trainings and proper practice attire and wear.

Tech Night Trainings

These trainings will begin for all 2009, 2008 and 2007 competitive girls on Wednesday, September 11 at Williams Field in Superior:

2009 – 5:30-6:30pm

2008 – 6:30-7:30pm

2007 – 7:30-8:30pm

Tech Night Trainings are optional; however, all competitive girls are encouraged to attend. Players should wear a white training shirt to all Tech Night Training sessions.

Training Attire:

Having matching training jerseys makes practice sessions look more professional and helps coaches when dividing players into teams. All competitive girls are asked to wear the following jersey colors:

1st team training of the week: Red shirt

Tech Night (Wednesday's training): White shirt

2nd team training of the week: Black shirt

Goalkeeper Schedule:

Please see below for the finalized goalkeeper training schedule for the U11-U13 Competitive Girls:

Wednesday: (East Boulder Community Center, East Grass/Turf)

2007 – 5:15 - 6:15pm

2008 – 6:15 - 7:15pm

2009 – 6:15 - 7:15pm

Thursday: (Training will be at Dawson School, Lower Grass Field)

2007 – 5:15 - 6:15pm

2008 – 6:15 - 7:15pm

2009 – 6:15 - 7:15pm

We have built a Goalkeeper TeamSnap page, please let us know ASAP if you have not been added yet by contacting our Director of Goalkeeping, Joey Vella at:

Joey.Vella@fcboulder.com.

I wish you all the best in your upcoming matches and good luck to all FC Boulder teams!

U14-U19 Girls Competitive Program

It has been a great start to the season as we are all up and running. Most of the teams have gotten their first games under their belts, and I enjoyed watching a few of the teams play this past weekend. Don't be fooled with a weekend off, we have several programs starting up next week that will be sure to keep the players busy!

Optional Technical Tuesdays:

Our +1 trainings will start next week, September 3, at the Sports Performance Center (SPC): 555 Aspen Ridge Drive, Lafayette, CO 80026. I will personally run these training sessions on Tuesdays from 7:15-8:15PM. These sessions will be designed for those players that are serious about increasing their skillset and ready to put in the extra work for their technical development.

High Performing Players: HPP Information

Coaches will nominate 2-4 players every two weeks to attend these sessions. A High Performing Player can be defined by their ability on the field, or as a player who really raises the level in training with hard work and determination to get better. We are looking for players who will drive, work, and compete to raise the level in training each day. The first session will begin after Labor Day - September 4, 4:15-5:30pm @ EBRC West Grass.

College Pathway Program: The College Pathway Program is set to start **on Tuesday, September 3, at 7:30pm** at the FC Boulder office – for players 2005s and older. **Next week, the topics will cover** what to do and how to start your college search pathway as a high school freshman, sophomore, junior, and senior.