



JUNIORS PROGRAM

U9-U10 Boys & Girls
2013, 2012 & 2011 Birth Years

fcboulder.com/juniors

JUNIORS PROGRAM OVERVIEW

The Juniors Program begins the player pathway to competitive soccer for U9 and U10 boys and girls. It is an inclusive environment built upon a professional, engaging platform for players and their families who are looking for more commitment and development than recreational soccer. This player-centered environment allows them to grow their technical and tactical skills during this pivotal age in their soccer careers.

The FC Boulder Juniors Program provides each player with two team sessions and an optional director led session each week with games on the weekend during the fall and spring seasons. This program is aimed for players and families who are seeking more commitment on an 8-10 month soccer calendar. Each team will compete in the 8-10 game CSA Front Range League as well as local tournaments. Winter is completely optional for parents and players with included and additional programming opportunities for those families seeking more soccer during the winter months.

Each team will have a licensed coach that will be with the team for the duration of the season and will follow the curriculum set forth by the Program Director and club. Teams will play 7v7 with goalkeepers.

Fall: August 3 - November 15, 2020

Winter: November 30, 2020 - March 7, 2021

Spring: March 8 - May, 23, 2021

Above anything else, we want players and their families to be a part of the process and program. The program is meant to educate not only the players, but their families and prepare them for their child's soccer career. With a strong family and community culture, players will stay involved and be motivated to continue their soccer development and pathway!

**PROVIDE AN ENGAGING,
PLAYER-CENTERED
AND PROFESSIONAL
ENVIRONMENT THAT
CREATES A PASSIONATE
CULTURE, FOCUSED
ON DEVELOPING THE
INDIVIDUAL PLAYER
WITHIN THE GAME.
WE PREPARE PLAYERS
TO MOVE ALONG OUR
PATHWAY INTO OUR
U11-U14 PROGRAMS.**

JUNIORS PROGRAM

PLAYER PLACEMENT PROCESS

PLACEMENT PROCESS

We have completed our first round of Placement Events in the West and the East. We are planning to host another event in late July. Details to follow soon.

If you are interested in playing in the Juniors Program this upcoming season, please contact sean.baumann@fcboulder.com.

COMPLETE YOUR GOTSOCCER ACCOUNT

Before we can get you officially registered for the 2020/2021 Juniors Season, you **MUST** complete your GotSoccer account. Follow the step-by-step instructions to create your account!

REGISTER FOR THE JUNIORS PROGRAM

Once you have completed your GotSoccer account and have accepted your spot on the team, it is time to officially register for the Juniors Program! Click on the program that applies to your child and get started!

CREATE YOUR GOTSOCCER ACCOUNT
step-by-step instructions

ACCEPT YOUR TEAM OFFER

** receive an offer from the Juniors Director*

JUNIOR GIRLS REGISTRATION LINK

** must complete your GotSoccer account & accept your team offer first*

JUNIOR GIRLS REGISTRATION LINK

** must complete your GotSoccer account & accept your team offer first*

JUNIORS PROGRAM

JUNIORS PROGRAM

2020/2021 CLUB DUES

\$1070 + \$75 REFUNDABLE VOLUNTEER FEE

INCLUDES

- TEAM TRAINING SESSIONS
- DIRECTOR SESSIONS
- COACHING FEES
- FRIDAY NIGHT FUTSAL
- LEAGUE GAMES
- 1 TOURNAMENT - BOULDER CUP
- IN-HOUSE EVENTS
- ALL FCB ADMINISTRATIVE COSTS

Club Dues are a fixed amount for this program that include the costs shown in the table below and are payable online. The Team Fees on the right are a variable expenses unique to each team that include the expected and optional fees shown. Funds are payable directly to the team manager/ treasurer.

TEAM FEES

- EXPECTED**
Winter Warrior Tournament: ~\$40/player
- OPTIONAL**
Fall Tournament - CSA Denver Cup: ~45/player
Winter Director Sessions: ~\$75/session

\$150 SIGNING FEE TO LOCK-IN SPOT

This non-refundable deposit secures your place on the team and will be applied towards your 2020/2021 program fee.

ADDITIONAL VOLUNTEER FEE

The Volunteer Fee for 2020/2021 is an additional \$75.00 per player. The funding received from this fee will be used to help provide Financial Assistance to families within our community whose children may not otherwise be able to play soccer. We are aware that many families have been affected by COVID-19 and therefore we will provide all members the opportunity to have this Volunteer Fee refunded after having completed 2 hours of volunteering for the club sometime throughout the 2020-21 year. Below are some of the events and activities where you can currently volunteer to receive your refund.

- Players Cup (August)
- Colorado Shootout (October)
- Colorado Gives Day (December)
- Boulder Cup (May 2021)
- Gala Fundraising Event (TBD)
- Golf Fundraising Event (May 2021)

In addition, any person who is an FCB Coach, Team Manager or Team Treasurer, will have their Volunteer Fee refunded.

We at FC Boulder believe that volunteering is a fantastic way to build community spirit and camaraderie, within the club. Funds not refunded will go towards our Financial Assistance Program.

To further support the funding of our Financial Assistant Program you can also donate your 2020 spring season credit and receive a tax write off for 2020.

PAYMENT PLANS

A payment plan is available to help defer registration costs over a period of a maximum of 6 months. The cost for this program is \$50.00 and will be added to your monthly payment.

Paper checks must be mailed to the FC Boulder address. Checks should be made out to FC Boulder. 2450 Central Avenue, Unit D-1, Boulder, CO 80301

Credit Card Processing fees will be charged at 3.25%

UNIFORM PROCESS

1. Families will receive an email from soccer.com detailing their uniform package after they are registered and placed on a team roster. Families **MUST** follow the link received from soccer.com for an easier process.

2. Soccer.com will outline all of the required items for you. The package this year will include two game jerseys, two game shorts, two game socks and two practice jerseys. Families will be unable to check out unless they have each of the required items in their cart.

3. Families are free to purchase any additional optional items like extra shorts, socks, and training jerseys. Families will also have the option to add cold weather warmup jackets and pants to their cart or purchase an FCB backpack.

4. Player's numbers will already be in the system when families use the link from soccer.com to order.

5. Place your order when your cart is complete on soccer.com! Your order should arrive at your door in 3-6 weeks.

WARNING: Clubs across the US will be ordering their gear for the upcoming club season. We **STRONGLY** suggest that families place their soccer.com orders **AS SOON AS POSSIBLE**. The summer timeline for ordering is a few weeks shorter this year due to COVID and the volume of demand might delay the process for soccer.com. **PLEASE** place yours once you have received your soccer.com link!

FC BOULDER UNIFORM

FALL 2020 - SPRING 2022

FC Boulder is excited for the next two years in our Adidas uniform package, with help from our uniform providers at Soccer.com. We have been able to put together not only a great looking uniform kit, but achieved our aim of keeping the price below \$200. This kit will last us for the next two years, 2020/21 and 2021/22, and we feel provides the same quality FCB desires, while bringing in some new style to keep our players looking sharp on the field! We hope that you enjoy this kit, for all these reasons, as much as we do!



JUNIORS PROGRAM

COVID-19 REFUND POLICY

2020/2021 COVID-19 REFUND POLICY & COSTS

Upon official FCB registration on June 22nd, an administration fee of \$150.00 is payable. The remainder of the registration fees are payable over a maximum of six months. In the event that the season is cancelled due to COVID-19 on or before August 2nd 2020, all fees paid to that date will be refundable in full. In the event that the season is cancelled due to COVID-19 at any time after August 2nd 2020, a proportion of the registration fees will be refunded based on the amount of the season cancelled.

SPRING 2020 COVID-19 REFUNDS OPTIONS

CREDIT CARD

If you pay in full with a credit card, you will see a refund for the Spring 2020 season credit amount on your credit card statement. Please allow 30 days.

If you pay with a payment plan, you will get a credit on your Got Soccer account and at the next payment date you will be charged the difference of the credit amount and the next payment amount.

CHECK

If you pay in full, FCB will refund your Spring 2020 season credit amount with a check within 30 days.

Note: Unfortunately, the new GotSoccer website doesn't have an E-check option for the Fall, therefore we will need physical checks to be mailed into the office at 2450 Central Avenue Suite D-1, Boulder, CO, 80301

Please be patient with receiving your credit as we are processing many people during this time.

JUNIORS PROGRAM DIRECTOR



SEAN BAUMANN
Juniors Director
618-521-1995
sean.baumann@fcboulder.com

Born in small town Southern Illinois, Sean arrived in Boulder in June 2018 after playing two years of professional soccer abroad in Sweden.

Sean graduated from Southern Illinois University of Edwardsville (SIUE) in 2015 with a Bachelor of Science in Economics & Finance. During his time at SIUE, Sean played four years of top Division I soccer, leading his team to the second round of the NCAA tournament in 2014.

After graduating, Sean went abroad to Sweden to play two professional seasons with Nybro IF and then later with Skellefteå FF. Sean returned to the States in November 2017 where took a soccer director position for Elite FT creating and executing U6-U14 club curriculum and managing the coaching staff.

Sean joined FC Boulder's staff in June 2018 after deciding to move out of the midwest. Aside from Sean's coaching responsibilities, he was the Director of Branding & Design before taking over as the Juniors Director. Sean plays for FC Boulder Harpos and has helped develop and move players on to the professional level.

Currently working through his USSF "B" license. Sean lives in Thornton with his wife, Chelsea, and their border collie lab mix, Snickers! You can find Sean mountain biking, hiking and enjoying the outdoors when he steps away from the field.

Dave Carver
Technical Director
dave.carver@fcboulder.com

Fields Brown
Operations & Development Director
fields.brown@fcboulder.com

Courtney Crandell
Club Registrar
courtney.crandell@fcboulder.com

JUNIORS PROGRAM

JUNIORS 2020/2021 SCHEDULE

FALL: AUGUST 3 - NOVEMBER 15, 2020

Team Training Sessions: Monday
 Location: EBCC or Dawson
 2011 & 2012 Boys - 4:15-5:30PM
 2011 & 2012 Girls - 5:45-7:00PM

Optional Director Session: Tuesday
 Location: Sports Performance Center
 2011 & 2012 Girls - 4:15-5:30PM
 2011 & 2012 Boys - 5:45-7:00PM

Team Training Sessions: Thursday
 Location: EBCC or Dawson
 2011 & 2012 Girls - 4:15-5:30PM
 2011 & 2012 Boys - 5:45-7:00PM

Games: Saturday and/or Sunday

WINTER: NOVEMBER 30, 2020 - MARCH 7, 2021

Juniors Futsal & SAQ Program: Tuesday
 Location: Sports Performance Center
 Times: TBA
** Optional (Not included in Juniors Club Dues)*

Friday Night Futsal: Friday
 Location: Sports Performance Center
 Times: TBA
** Optional (Included in Juniors Club Dues)*

* All times, dates & locations are subject to change.



SPRING: MARCH 8 - MAY 23, 2021

Team Training Sessions: Monday
 Location: EBCC or Dawson
 2011 & 2012 Boys - 4:15-5:30PM
 2011 & 2012 Girls - 5:45-7:00PM

Optional Director Session: Tuesday
 Location: Sports Performance Center
 2011 & 2012 Girls - 4:15-5:30PM
 2011 & 2012 Boys - 5:45-7:00PM

Team Training Sessions: Thursday
 Location: EBCC or Dawson
 2011 & 2012 Girls - 4:15-5:30PM
 2011 & 2012 Boys - 5:45-7:00PM

Games: Saturday and/or Sunday

TOURNAMENTS

CSA Cup: October 2-5, 2020

Winter Warrior: Feb. 20-21, 2020

Boulder Cup: May 22-23, 2020

IN-HOUSE EVENTS

Fall Kickoff: August 29, 2020

Fall 3v3 Fest: November 14, 2020

Spring Splash: TBA

SOCCER BREAKS

November 16-29, 2020

Dec. 21, 2020 - Jan. 10-, 2021

March 22-26, 2021

Off-season: Jun. 5 - Aug. 2, 2021

2021/22 PLAYER PLACEMENTS

May 2021

Exact date to be released by
Spring 2021

2021 SUMMER CAMPS

**More information will be re-
leased by Spring 2021**

LEAGUES & TOURNAMENTS

CSA FRONT RANGE LEAGUE

The top division for the U9 and U10 is Premier, followed by Intermediate Gold/Silver/Bronze and Recreational Gold/Silver/Bronze. Premier and Intermediate Gold are citywide divisions; Intermediate Silver and down are separated into North and South based upon club request.

For schedules and standings, visit:
www.coloradosoccer.org/front-range-league

FC Boulder Juniors teams will be placed in to divisions that maximize the players' development based on a level that will provide success and challenge.

Home Game Locations

East: Whitetail Park
West: Pleasant View Soccer Complex

Away Game Locations

Greater Denver area

TOURNAMENTS

We believe it is important to introduce and get families involved in tournaments throughout the year. These events are fun and competitive for our players and increase the number of games they are exposed to throughout their season.

CSA Cup - Target Cup: October 2-5, 2020

Location: Denver Area

Optional Tournament for U9 & U10 teams.

*Not included in Juniors Club dues.

Winter Warrior: February 20-21, 2021

Location: Sports Performance Center

Expected tournament for all U9 & U10 teams.

*Not included in Juniors club dues.

Boulder Cup: May 22-21, 2021

Location: Pleasant View Soccer Complex

All U-9 & U-10 Teams

*Included in Juniors club dues.

JUNIORS PROGRAM

WINTER PROGRAMMING

We understand that our community often times fills its winters with other activities outside of soccer. We want to make sure thought that those families seeking more soccer opportunities during the winter, have the necessary options to do so.

JUNIORS PROGRAM

FRIDAY NIGHT FUTSAL

(Included in Juniors Club Dues)

Players will be provided the opportunity for small-sided games within their age groups. This gives an additional playing opportunity to our membership to enjoy the game in a less structured environment. We believe players should be able to experience free play within a larger community of players outside of their respective teams.

Location: Sports Performance Center

2011 & 2012 Girls: 4:15-5:15PM

2012 & 2011 Boys: 5:15-6:15PM

JUNIORS SAQ & FUTSAL PROGRAM

(Not included in Juniors Club Dues)

The program curriculum will be designed and led by the Juniors Director. Families can sign up for a single session, or both, to fit their scheduling needs. The program will not repeat itself, so Session #1 will be different from Session #2. Players will be challenged technically as well as improving their speed, agility and quickness by working directly with our Athletic Performance Program and staff.

Session #1: 12/3, 12/10, 12/17, 1/14 & 1/21

Session #2: 1/28, 2/4, 2/11, 2/18 & 2/25

Location: Sports Performance Center

Time: Tuesdays

2011 & 2012 Girls: 4:15-5:15PM

2012 & 2011 Boys: 5:15-6:15PM

Cost: \$75/Session (2x5 week sessions)

FACILITIES & LOCATIONS

WEST

Training Location:

East Boulder Community Center
5660 Sioux Dr
Boulder, CO 80303

Home Game Location:

Pleasant View Soccer Complex
3805 47th St
Boulder, CO 80301

EAST

Training Location:

Lower Dawson
10455 Dawson Dr
Lafayette, CO 80026

Home Game Location:

Whitetail Park
2550 Autumn Ridge Blvd.
Lafayette, CO 80026

GEOGRAPHICALLY BASED LOCATIONS

The Juniors Program is designed to meet the needs of the families and players in our community by offering two geographically sensible locations. Families pick which location best fits their needs and then will be assigned to a team in the selected location. It is important that this program is as accessible as possible to families across the Boulder, Broomfield, Weld, Adams and Jefferson counties.



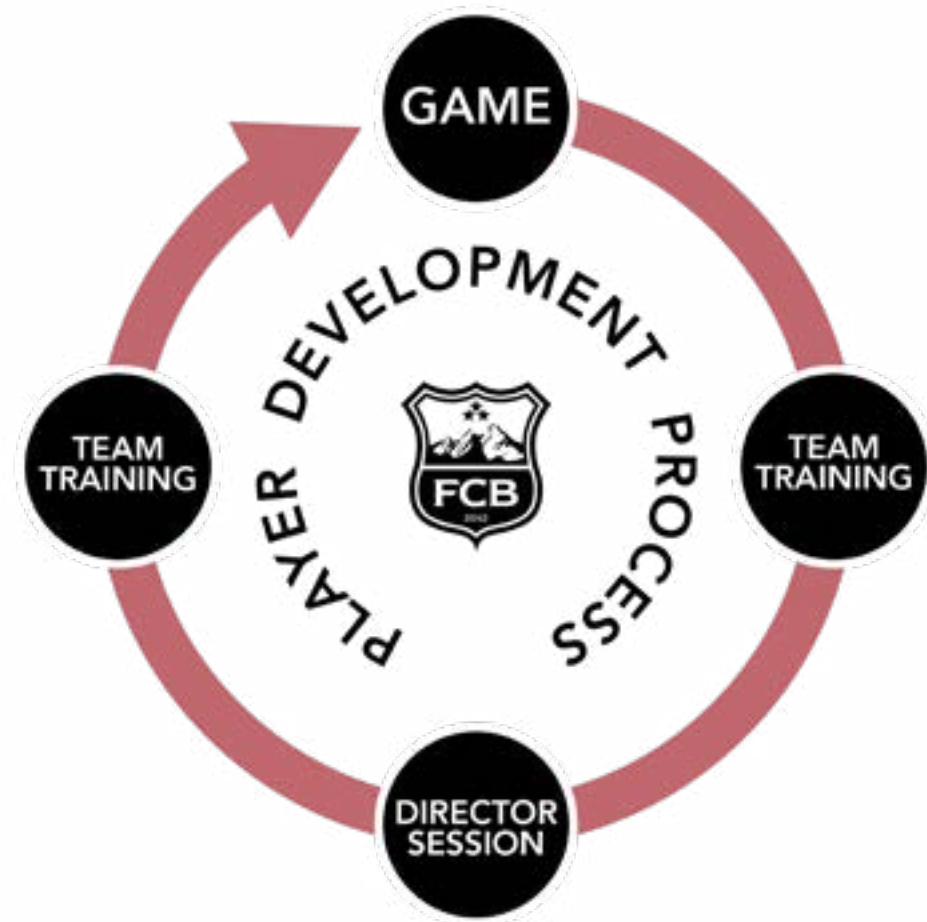
SPORTS PERFORMANCE CENTER

555 Aspen Ridge Dr F
Lafayette, CO 80026

FC Boulder's first class indoor facility with three turf soccer fields and an athletic performance area that is perfect for any team training session.

- 15,000ft² of artificial turf for soccer training
- Surface allows for players to wear cleats
- 5,000ft² square feet of athletic performance space includes: free weights, bands, medicine balls, ropes, racks, and all other necessary equipment.
- Free WiFi for parents working during training.

DEVELOPMENT PHILOSOPHY



Creating self-motivated, creative and competitive players will not be measured by wins or losses. Developing each player's technical and tactical skills will be a long term process that will involve the club, coach and parents. Creating quality players will be a product of the periodisation plan executed and the engagement from the players as a result of the culture created.

- Create a player-centered environment, putting players into game-like situations to learn from experiences.
- Engage and excite players in the game with quality coaches and personalities to instill joy, passion and competition within each player.
- Build a community that players and families immerse themselves in and a culture that yields self-motivated players.
- Develop the individual player's skills within a team setting.
- Teach individual player actions and key team principles, within our desired FCB Style of Play.
- Position players in a training and game environment where they will experience a balance of challenge and success.
- Provide players the opportunity to move up and down a level or age within our club, to give them the appropriate challenge or success, to aid in their individual development when needed.
- Deliver weekly themes, in line with the club's tactical periodization plan set forth by the program director.
- Set game day objectives, based off the weekly theme, for players and teams to focus on.
- **Playing Time:** All players will earn at least 50% playing time in a game based on mentality and attendance.
- **Player Positions:** Players will be placed in a variety of positions throughout a game and season to develop their understanding of the game at this vital age.

SELF-MOTIVATED

CREATIVE

COMPETITIVE

PLAYER-CENTERED

JOY

PASSION

ENGAGE & EXCITE

QUALITY COACHING

REALITY BASED TRAINING

DIRECTOR LED CURRICULUM

GAME DAY OBJECTIVES

CULTURE THROUGH COMMUNITY

JUNIORS PROGRAM

TRAINING PHILOSOPHY

First and foremost, we want players to be excited about training and enjoy their teammates and coach. Sessions are designed to keep players engaged and active throughout the entire 75-minutes with a player-centered approach. At the U9-U10 age, we put more time in to **Ball Mastery** and individual skill than older FC Boulder age groups as we want players to build a strong technical base from which they can grow their game. We will spend some time creating activities that help improve players' **Ease of Movement** which entails coordination, agility, balance, quickness and speed. It is important that as players grow physically, we play our part in maintaining their efficiency to move. **Key Team Principals**, highlighted in our developmet philosophy, will be executed through our weekly themes and presented to players through our programmatic periodization plan. The majority of each session will be Small-Sided Games where players are asked to collaborate and compete to overcome different challenges and to find solutions. Training sessions will be reality-based, experiential and wholestic to maximize player advancement. We want players to play and grow their passion for the game through guided discovery.

MONDAY TEAM SESSION

- 8-to-1 Player-to-Ball Max Ratio
- Introduction weekly theme with individual and small group focus.
- Ease of Movement activities
- Small-Sided Games

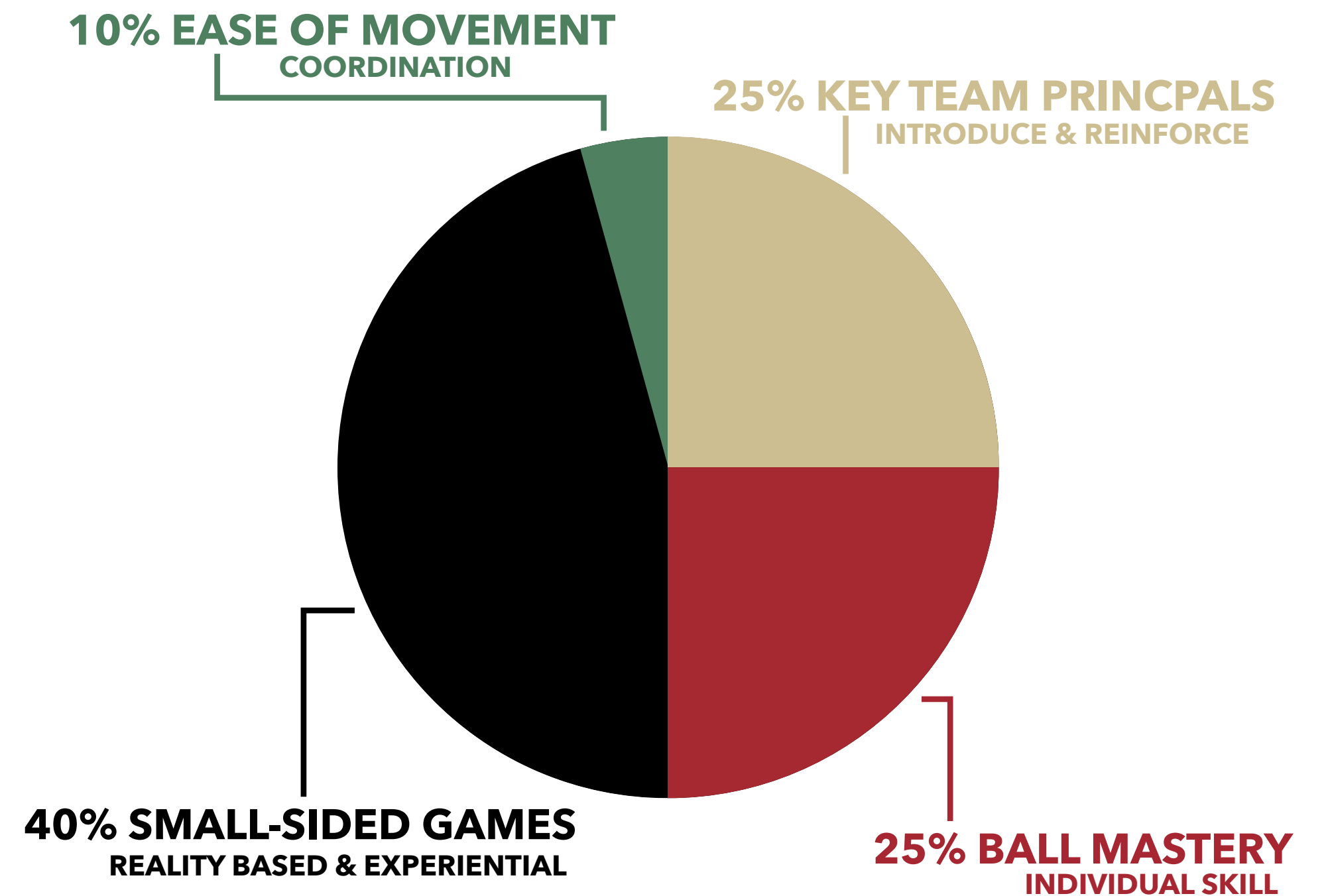
TUESDAY DIRECTOR SESSION

- 6-to-1 Player-to-Ball Max Ratio
- Individual Ball Mastery
- Small-Sided Games

THURSDAY TEAM SESSION

- 14-to-1 Player-to-Ball Max Ratio
- Play-Practice-Play Model
- Add complexity to weekly theme within a larger team setting.
- Small-Sided Games

SESSION FOCUS BREAKDOWN



KEY CHARACTERISTICS OF A JUNIORS COACH

- Leads a safe and professional environment.
 - Possesses a club first mentality.
 - Builds loyalty and trust with players and parents.
 - Engages and excites players with their passion and knowledge for the game.
 - Shares their personality with the players each session.
 - Executes weekly training and game objectives.
 - Communicates once a week with the team.
 - Collaborates with staff to achieve goals.
 - Willing to learn and develop as a coach.
 - Accountable for their actions.
 - Punctual and presentable at training and in the community.
- All coaches are SafeSport approved and must pass a background check before coaching for FC Boulder.

PLAYING STYLE

Our players are encouraged to attack with creativity and show their individual skill and intelligence when playing forward and creating scoring opportunities. When we lose the ball, we want players to be brave and immediately apply pressure to win the ball back and secure possession. Our teams want to build competitive players that enjoy challenges and begin to solve them individually and collectively.

INDIVIDUAL SKILL

SMALL GROUP COMBINATIONS

CREATIVITY

CREATE SCORING OPPORTUNITIES

BRAVERY

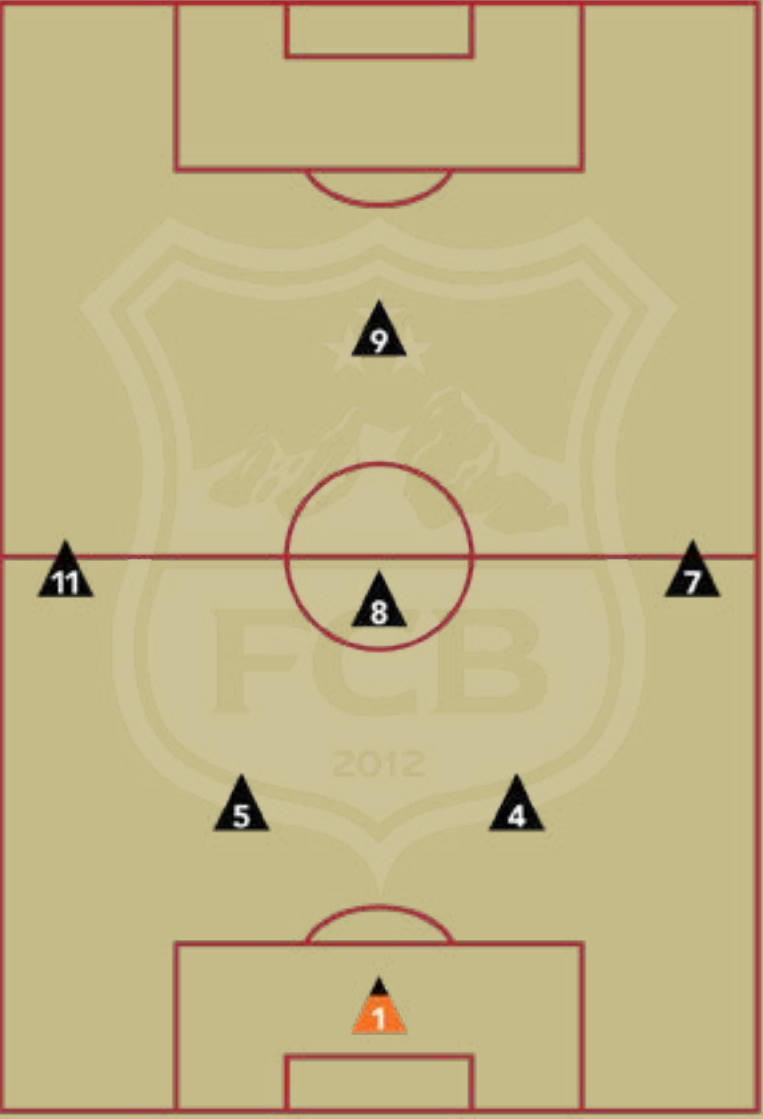
IMMEDIATE PRESSURE

SECURE POSSESSION

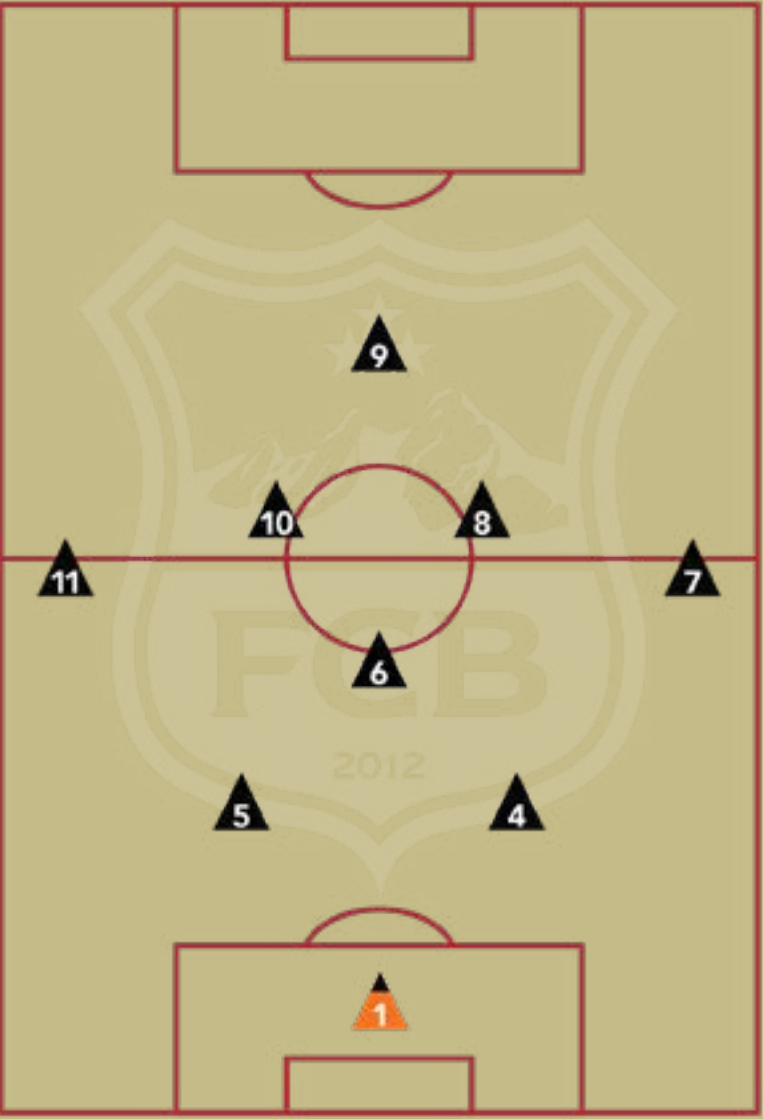
PROBLEM SOLVE

RESILIENCY

THE WAY WE PLAY IS DEVELOPED USING THE FOLLOWING SYSTEMS AND PROGRESSIONS TO IDENTIFY PLAYER ROLES AND RESPONSIBILITIES WITHIN OUR CLUB STYLE OF PLAY.



7v7: 1-2-3-1



9v9: 1-2-5-1

KEY TEAM PRINCIPALS U9 & U10

ORGANIZED ATTACK

- Create width and length in our team shape.
- Eliminate opponents with a pass or a dribble.
- Movement off the ball to create forward options.
- Be creative individual and in small groups to score goals.
- Keep possession to create space to attack in to.

DEFENDING TO ATTACKING

- Transition quickly.
- Play forward if possible, if not, keep possession.

ATTACKING TO DEFENDING

- Transition quickly.
- Apply immediate pressure on the ball and attempt to regain possession.

ORGANIZED DEFENDING

- Apply collective pressure on the ball.
- Get compact. Stay compact.
- Deny the opposition from passing or dribbling forward.
- Pressure the opponent on the ball and provide cover.

KEY CHARACTERISTICS & STANDARDS OF AN FCB PLAYER

SELF-MOTIVATED

- Driven
- Passionate
- Engaged
- Takes ownership of their development

CREATIVE

- Problem solver
- Formulates their own ideas
- Plays with disguise
- Unpredictable
- Performs calculated risks

PHYSICALLY CAPABLE

- Speed
- Strength
- Agility
- Quickness
- Power
- Balance
- Endurance



ACCOUNTABLE

- Personal actions
- Competitiveness
- Playing mentality
- Deals with adversity
- Embraces challenge

DECISION MAKER

- High level game intelligence
- Accurate vision to read game situations
- Decisive under pressure
- Tactically smart player

TECHNICAL EXECUTION

- Capable of completing skills based on decisions.
- Decisions are not limited by skills.

TRAINING STANDARDS

- Wear the red FC Boulder training top to every session. If possible, also wear black shorts and socks.
- Wear shin guards to each training session.
- Bring a soccer ball (size 4) to each outdoor session. Players do not need to bring a ball to indoor sessions.
- Arrive at least 5 minutes before every session.
- Bring your own water.

GAME DAY STANDARDS

- Arrive 30 minutes before the game to begin pregame routine.
- Arrive in the game kit.
- Teams are responsible for team benches.
- **Always** bring home and away kits to each game.
- Bring your own water.
- Before leaving your house, check that your cleats, shin guards, jerseys, shorts, socks and water are in your bag!

TEAMS NAP

- Mark weekly availability as soon as possible to allow coaches to plan accordingly for trainings and games.

CHAIN OF COMMUNICATION

PARENT

.....

TEAM COACH

.....

PROGRAM DIRECTOR

.....

TECHNICAL DIRECTOR

MOST OF THE INFORMATION PARENTS WILL NEED CAN BE PROVIDED BY THEIR TEAM COACH OR MANAGER. IN THE EVENT MORE INFORMATION IS NEEDED, CONTACT THE PROGRAM DIRECTOR.

Please use this chain of communication to keep the flow of information efficient. With many families and players in the program, it is important we try to use this system to keep everyone moving in the same direction!

JUNIORS PROGRAM