

ADIRONDACK LYNX

FEMALE SOCCER ACADEMY



KICKING IT IN PINK !

SHOWING OUR LOVE FOR THE GAME OF GIRLS SOCCER



On Valentines Day All of our girls showed up at Chase Sports Complex for 2 reasons. 1) to play the game we LOVE and 2) to honor our senior players.

Rachel Vanderminden (GF)-The cornerstone of GF Nation for the past 3 years has worked hard every off season. This year she was tabbed

honorable mention by the league coaches and the Post Star.

Colleen Rice (Q)- A huge reason Queensbury earned a share of the Foothills Championship this year! With a late focus on soccer, she already has looks from some excellent colleges. Her tenacity on defense and her ability to make runs out of the back sets her apart from other defenders. Fearless and focused, Colleen is the complete defensive package. A 2nd team All-star this fall.

Alex Parry (Saratoga) - Spends every off-season making herself better and better. She has played a lot of soccer and stayed the course in order to get herself noticed. This fall Alex has been invited to play for NCAA Division 1 Coastal Carolina.

Collectively the following South Glens Falls players have combined for 297 Varsity matches played, 16 Foothills Championships and 6 Section II Class A Final appearances.

Sammy Blizzard - 4 year Varsity starter, 4 time Foothills 1st team, All-Section 2 Class A Team (twice), NYS 3rd and 4th Team, 2012 Foothills Co-Player of the Year, Post-Star 1st Team 137 career goals (school record).

Taylor Pechtel - 4 years on Varsity, 3 year starter, Foothills Council 2nd Team, Post-Star 2nd Team.

Paige Howk - 3 years on Varsity, 3 year starter, Foothills Council 1st Team, All-Section 2 Class A Team, Post-Star 1st Team.

Sami Hubinsky - 3 years on Varsity, 2 year starter, Foothills Council 2nd Team, Post-Star Hon. Mention.

Kayla Lingel - 2 years on Varsity, 2 year starter, Foothills Council 2nd Team.

These girls are the gauge of our Lynx program. They have set the bar high for the other players coming up through the academy.



LYNX HIT THE CENTURY MARK!

Since September, over 100 girls have signed up to train with the Adirondack Lynx Female Soccer Academy Teams are full for the spring...

It is an exciting time for Girl's Soccer in the north country. With the support of the Adirondack Soccer Club and the South Glens Falls Soccer Club along with the coaches from Bolton, Queensbury, and South Glens Falls, the Adirondack Lynx will have 6 teams this spring competing in CDYSL.

Most teams will play Division 2 and some of our U12 ladies will give it a shot at the top Division.

This spring our U12, 14 and 16 teams will play state cup. This is an

awesome opportunity for our girls to play other teams from eastern NY, which covers from Plattsburgh to Long Island. The U12 and 14 teams have drawn home matches that will be played at Golden Goal in April.

Along with League play and State cup, the Lady Lynx will enter teams in various local tournaments such as the Mountain Mayhem, Golden Goal Park, May Day Classic, Niskayuna, Guilderland, and Clifton Park to name a few.

Bring a Friend to...



As part of our partnership with CORE Fitness LLC of Glens Falls, the girls were asked to "bring a friend" that does not play soccer to workout with them. The idea was to promote relationships and the social bond that females form. The girls had a fantastic experience through the power of music, fitness and friends.

U10 Team takes 1st

Over the President's Day break the Adirondack Lynx competed in the Sportsplex tournament. The team took top honors. It was an opportunity for our 11's to show leadership and work with our U10 team. The U10 team won the championship match 2-0 over Clifton Park.



Sammy Blizzard has been a Lady Lynx since the age of 12. She will play for Saint Rose this fall. They have made it to the NCAA final four the last 5 years.

SPRING PLAYERS UPLOAD YOUR PHOTO



In order to complete your Spring Registration with the Adirondack Lynx, all players must upload a photo by 2/23/2013. Log back into your Sportssignup account and follow the steps. These are needed for player passes.

WHO ARE THE TRAINERS?

U10/U12 - PJ Motsiff/Larry Young
U14 - Travis Birkholz/ Pat Morency
U16 - Steve Philo/Austin Cowper
U18 - Jason Tenner/Scott Pechtel/PJ Motsiff
Keepers - Trent Sano

QUESTIONS?

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