

# ADIRONDACK LYNX

## FEMALE SOCCER ACADEMY

### Want Proof?

What happens when you  
take the best players from the  
north country and train them  
together?  
- A Championship!



**WE'RE CHANGING THE SOCCER CULTURE IN THE NORTH COUNTRY  
- ONE GIRL AT A TIME!**

**Does your daughter play with PACE? Personality - Attitude - Creativity - Excellence**

November will go down in history as marking the much needed revolution to success for girls soccer in the North Country. A number of varsity high school coaches have bonded together to create a clear path for player development through the Adirondack Lynx.

The high school coaches have a complete understanding of the deficiencies girls are coming to them with in grades 7-12. Knowing this has allowed the Adirondack Lynx Female Soccer Academy to build out a successful development program that will start with our youngest u8 players and continue to our oldest U18 players. Using US Soccer's guidelines of a higher training to game ratio will allow our girls to become more technical players. Ultimately leading to a higher level of play which will lead to individual and team success as players progress through the curriculum.

Girls are unique in what drives them to want to succeed. The

Adirondack Lynx has created an environment that will challenge them to step up and push one another to the next level. We plan to take full advantage of the vast resources in our area to do this. The teams will train at Queensbury HS and play matches at Golden Goal, a multi-million dollar soccer park in Fort Ann. The girls will be geared up in PUMA attire. Opportunities to connect and bond socially will be created. A basic understanding that U8-u18 we are "one team". Girls will be made to feel comfortable playing with older and younger players alike. All Teams will play at Division 1 or 2 in CDYSL this spring. To create success for all, girls will play age appropriate for the spring of 2013. However, they may be invited to play up as a "guest" on the age group above them. Parent get togethers will create more of a connection on the sideline in order to better support our athletes.

### More Proof?



**ADK LYNX SIGNING DAY**  
FEB 4, 2013 - 6:15pm  
*Alex Parry - Coastal Carolina*  
*Sam Blizzard - St. Rose*

Lynx Teams will be formed by  
Age Group (NOT school year)

Player	Birth Date
U18	8/1/94 to 7/31/96
U16	8/1/96 to 7/31/98
U14	8/1/98 to 7/31/00
U12	8/1/00 to 7/31/02
U10	8/1/02 to 7/31/04
U08	8/1/04 to 7/31/05

# QUESTIONS YOU MIGHT HAVE?

**Our winter program has readied over 70 girls! We are now forming U8/U10/U12/U14/U16/U18 Teams**  
**ARE YOU IN?**

As with any new organization there will be lots of questions in the start-up phase and possible rumors may get spread as to what is going on. The Adirondack Lynx aims to clearly spell out our path to success and try to eliminate any "grey" areas. Do not hesitate to contact any of the trainers if you have questions or concerns regarding our female soccer program.

## What is the yearly plan?

### Fall Season (September-October)

While our older players are representing their local high schools, the U8 to U12 girls will train with their teams 1-2x week. These teams will play friendly matches and do at least 1 tournament. At the discretion of the parents/coaches they may play the fall CDYSL Season and play on 4-6 Weekends.

### Winter Season (November-March)

All Players at the U10-U18 level will have an opportunity to train 2-4x week. These sessions will be split between a local indoor facility and one of the local school gymnasiums. Players will play 10-12 matches in the Adirondack Girls Futsal League 1x week. Some players may decide to form teams and travel to Clifton Park/Albany to play in a competitive indoor league (additional cost for players). Some age groups may play in 1-4 indoor tournaments.

### Spring Season (April-June)

All Players at the U10-U18 level will have an opportunity to train 2-3x week with their team. The U10, U12 and U14 girls will play Division 1 or 2 CDYSL as well as 2-3 tournaments.

The U16 and U18 Teams may choose to play CDYSL but will be doing 4-6 tournaments/showcases.

### Summer Season (July-August)

The Summer Soccer School is a cost effective way to get touches on the ball over the summer months. Players train at least 2-3x/week for 4 weeks. This is ideal because players will get consistent training and feedback through-out the summer. Girls will have an opportunity to do a culminating tournament or spend an overnight at Golden Goal, "our home facility". This program requires an additional expense.

## What is the cost for Spring Travel?

From March-June fees will cover registration costs, goal keeper training, facility rental, friendly matches, coaching equipment, club fees, league fees, referee/trainer costs, and administrative expenses.

### Junior Select U10/12


- practice/games 2-3x/week
- CDYSL Division 1 or 2
- uniform not covered (\$80)
- tournaments are not covered

**U10 Cost \$195      U12 Cost \$225**

### Senior Select U14/U16

- practice/games 3-4x/week
- CDYSL Division 1 or 2
- 2 tournaments. - Mtn. Mayhem/May Day Classic or Mad Dog Showcase
- Uniform included

**U14 and U16 Cost \$475**



**Travis Birkholz, u14 Trainer was named Saratogian and Post Star Coach of the Year!**

### College Prep Program U18

- practice/games 2-3x/week
- CDYSL League Play

- Showcases (additional expenses)
- uniform not covered (\$80)

**U18 Cost \$300**

**\*For 2012-13 ONLY, Uniforms will be included for those players that participate in the winter AND spring.**

## Can my daughter register with another CDYSL club for the spring?

Once your daughter commits to play for the Adirondack Lynx they will NOT be able to play with any other team for CDYSL games. They may guest with other teams to play in tournaments. Your daughter may however be invited to play games 1 age group "up" within the Adirondack Lynx Program as a guest player.

## When and Where do I register?

**<http://academy.adirondacklynx.com/soccer/>**

Go to the above link before January 25th in order to secure your spot on the appropriate team. There are a limited number of roster spots in each age group.

## WHO ARE THE TRAINERS?

U10/U12 - PJ Motsiff/Larry Young/

Anne Gravely

U14 - Travis Birkholz/ Pat Morency

U16/U18 - Jason Tenner/Steve Philo/

Austin Cowper/Scott Pechtel

Keepers - Trent Sano

## MORE QUESTIONS?

PJ Motsiff  
518-466-0534

**[gm@adirondacklynx.com](mailto:gm@adirondacklynx.com)**

**<http://academy.adirondacklynx.com/>**