



ADIRONDACK LYNX

FEMALE SOCCER ACADEMY



CHAMPIONS

Our U16 Team ascended to the top of Division 2 in only their first year playing together

November 2012 to June 2013...8 months of consistent (2-3 nights per week) training has brought home the Adirondack Lynx their first league championship at the U16 level. Trainers Austin Cowper, Jason Tenner (Queensbury) Scott Pechtel and Steve Philo (SGF) proved why they have two of the best high school girls soccer programs in the capital region. This year they were able to take committed players from the area and deliver a consistent program that was results oriented. Throughout the winter months the girls focused on individual technical work. Then as Spring came the focus turned to tactical organization for the players and learning to play 11 players as 1 on the field. According to Coach Cowper, "The teams success came from the commitment that the girls had to one another because they really pushed hard to get better in training." Way to go Lady Lynx!

HAPPY BIRTHDAY TO US!

The Adirondack Lynx recently celebrated their "1st" birthday in the North Country with the creation of 6 teams for the Summer Soccer School at Queensbury HS.

It was only 1 year ago with many meetings and putting our ego's behind us that has led to a soccer revolution in our area.

Shenentaha Soccer Club and Adirondack Lynx merged and have been working very closely with the newly merged Northern United SC (South Glens Falls SC and Adirondack SC). This relationship then fostered the growth of Empire City Boys Soccer Academy.

Empire City is headed up by Damien Jepson, the SUNY Adirondack Men's coach. Empire City registered three teams (U16, U17 and U19) this spring with CDYSL Division 1 through Adirondack SC. The Adirondack Lynx will be working closely with Empire City to create U8, U10 and U12 teams this fall as well as adding a U14 team in November.



U9/10 AUGUST TRAINING

*For 1 Week in August (12-16) **EMPIRE CITY** and **ADIRONDACK LYNX** are sponsoring a Player Development Academy from 9-11am at Chase Sports. This program is for players ages 7-10 that have realized early in their life they love the challenge of using their feet to move a ball rather than other sports that require the use of hands! This Academy is designed for the most committed soccer players that want to get better and better. Registration for this program is online at...*

<https://alsa12804016.sportssignup.com/>

YEAR TWO...WHAT'S NEW?

We have lots of "NEW'S" to share with YOU

The Basic Philosophy about our girls soccer academy will not change. Our program is focused on individual success. We will play matches, friendlies and tournaments to help each individual acquire the level they desire to achieve! How do we go about this? It is a clear process of being committed to getting as many touches on the ball as possible from ages 8-18 years. 10,000 hours of training is what makes someone a professional. There is no shortcut! Unless you have been given the gift of soccer it is purely a development process that our trainers will take female players through.

NEW TURF...

In order to create more training opportunities we purchased 5,500 sq. Feet of real

Turf with rubber infill, 180 feet of wall pads, and netting to keep people and a building safe from errant balls. We feel this

investment will allow us to do a better job controlling our training opportunities as well as creating a place we can decorate, be proud of and call home! We are still looking to finalize plans for a facility to put it in. Stay tuned...



NEW FALL & SPRING LEAGUE...

It is important to have trusting relationships with other clubs. The current model with CDYSL does not foster this so we have created the



Elite as well as 2-3 other clubs that have expressed an interest and will be named at a later date. The NCDCA allows us to be 100% club centric, as all of our teams will go to one location on the same day to play 2 matches in a festival type atmosphere. In our inaugural year we will play a 6 game season so we will be committing early to a number of tournaments to complete our spring schedule. The new association will also allow for us to work in cooperation with other clubs to do additional training and the potential for guest playing for those players that want more.

NEW BOYS SIDE...

We will continue to maintain our autonomy as a girls only academy but we will be sharing resources and some staff with the Empire City Boys Soccer Academy. Damien Jepson, Men's coach at SUNY Adirondack has recruited many english players and we would like to include them into our program to assist with training and refereeing. As he and his staff are very busy during the fall months, we will be helping him coordinate the younger, U8, U10 and U12 teams that will be forming. So if you have any sons out there....we are looking for them!



Northern Clubs Development Association to build those. Already committed to the NCDCA are

Guilderland, Saratoga, Plattsburgh, VT Elite, NY

NEW REC AFFILIATION...

We will be working closely with the Moreau Recreation Soccer Program and Northern United SC to deliver the best recreation program in the north country. Moreau Rec has the largest community of Rec soccer players north of Clifton Park and we are looking to provide resources and support for parent volunteers in order for all of these players to have a positive and rewarding experience with the game of soccer.



NEW AGE GROUPINGS...

After many hours of discussions with the trainers of the Lynx we will be moving girls into odd year age groupings (U11, U13, U15, U17). This allows for our current players to continue training with the players they have been working with over the past year. This also allows those coaches another year of working with those players in order to really assist with the growth that has occurred over the past year. When we can we will be trying to merge some players to occasionally play at their age appropriately at U12, U14 and U16 in order to offer more game opportunities for all players.

NEW adirondacklynx.com...

We are working closely with Blue Sombrero to Launch our new website. The website will allow us to continue to do online registration. We expect by mid-August to be completely up and functional. Check on us often and keep an eye on the information that we continue to add as we build it out!

WHO ARE THE TRAINERS?

U10/U11/U13 - PJ Motsiff/Pat Morency

U14/U15 - Travis Birkholz/ Larry Young

U16/U17/U18 - Jason Tenner/Steve Philo/

Austin Cowper/Scott Pechtel

Keepers - Trent Sano

MORE QUESTIONS?

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