

LUCK O' THE LYNX

FEMALE SOCCER ACADEMY

Shamrock Shoot-Out U12/14 Championship Team

Aly, Justice, Hannah,
Sophia, Lucy, Caroline
and Cate (missing)



Unofficial
Sponsor of the
2013 "Shamrock
Shoot-out"

SPRING SEASON "KICKED OFF" WITH OUR VERY OWN IN-HOUSE ST. PATRICK'S TOURNAMENT

Travel Soccer vs Select Soccer... What did I signed my daughter up for?

Our Spring Season is underway! We are all excited to get out and start playing games. This will be our first spring season playing as teams within the academy and it is important to understand the player development model and how it relates to our program and ultimately your daughter.

Previously the clubs that supported the North Country were South Glens Falls and Adirondack. Those clubs are currently in the process of merging and by this fall will become the Northern United Soccer Club. Northern United will be our local Travel club to make sure ALL soccer players have a place to practice and play. Travel clubs typically run by session/season.

The Adirondack Lynx is currently operating as a select program with the goal of moving towards the premier level over the next 3 years. We currently run as a full year commitment or at a minimum, a 1/2 year commitment. We do this because we want to ensure that each player has adequate time to develop. Our winter months are set aside to work on individual technical skill. The spring is reserved for Tactical Training. In 2013 the Lynx will be playing at the Division 2 level in all age brackets except

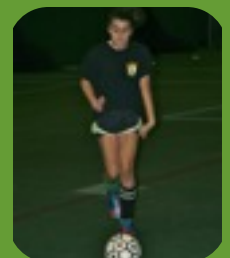


for U10 which will play geographic. This means trainers will focus on fielding COMPETITIVE teams. The **game** will dictate substitutions. If your child is struggling to keep up with the level of the game they will not see much playing time on that day. The hope is this will motivate girls to work harder in training. If you have any questions about playing time feel free to have your child contact their trainer (just not right before or right after a match).



Cate Hogan

U14 MVL (*Most Valuable Leprechaun*) for striking the game winner for **TEAM GREEN** in the Shamrock Shoot-out.



Amaya was our U12 MVL for dominating every game.



Ashley was our U10 MVL for her creative and skillful ball handling.

HAVE YOU GOTTEN A **RED** CARD LATELY?

Fri, April 12

FENIMORES
in the
Queensbury
Hotel

6-8pm

Although we are not encouraging anyone on our teams (coaches, players, or parents) to receive a red card EVER...we would like you to join the training staff on Friday, April 12 at Fenimores from 6-8pm. Our Red Card event is for adults only and is an opportunity to connect with the people that are standing next to us on the sidelines. Our last Red Card was attended by over 50 parents lets see if we can double that! There will be a cash bar and the Lynx will provide some munchies for the evening.



ADIRONDACK LYNX FEMALE SOCCER ACADEMY

and

EMPIRE CITY BOYS SOCCER ACADEMY

will be the official trainers for a **NEW** spring program

NORTHERN UNITED U8/U10 JR. TRAINING ACADEMY

Training Fee Includes:

Training T-shirt

(To be worn at all Sessions)

11 Training Sessions

(Make any and all sessions in SGF/GF/QBRY)

1 Soccer Tournament

(Mtn. Mayhem on 5/11 @ Jenkinville Park, Qbry)

Equipment Needed

Each participant must wear sneakers, soccer shoes, athletic pants/shorts, long/short sleeve shirt, shin guards, water bottle and a ball (size 4).

These Programs Emphasize

Individual skills, ball control, passing, dribbling, and shooting. The curriculum will be adjusted for each age level. Sessions are designed for the beginner, as

Boys and Girls
Only
\$50

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South Glens Falls

MOREAU RECREATION

5:00-6:00pm

DATES

4/22, 4/29, 5/6, 5/13, 5/20, 5/27

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Glens Falls/ Queensbury

CRANDALL PARK

9:00-10:00am

DATES

4/27, 5/4*, 5/18, 5/15, 5/22

* Alternate location for training TBA

Register online Today!

<http://www.sportssignup.com/adirondack-lynx-soccer-academy-online-registration.start>

WHO ARE THE TRAINERS?

U10/U12 - PJ Motsiff/Larry Young/

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

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