



# ADIRONDACK LYNX

FEMALE SOCCER ACADEMY



## HALF WAY THROUGH THE SPRING SEASON...

*THE ADK LYNX FOCUS ON INDIVIDUAL SKILL*

=

*TEAM SUCCESS*

Training started in November for most of our dedicated girls. Many did not even know the names of girls that were training next to them. Girls came to the Lynx from all along the Northway from Minerva to Saratoga because they wanted more! Throughout the winter each athlete in the Lynx Academy has focused on making themselves better by enduring weekly futsal matches, core fitness, training 2x-3x week, as well as participating in scheduled friendly matches, tournaments and indoor league play.



**Coach Morency - Bolton Girl's Varsity**

Demonstrating 1-on-1 Coerver moves that he has learned while spending time in Lake Placid at the Coerver Training Coaching Academies.

With our spring season half over, how have the girls from all over the north country done when faced with the challenges of putting their collective skills together? As trainers we have seen so much personal growth in each individual technically and mentally. However, does the past 7 months training to do individual things correctly equate to team success? Let the statistics speak for themselves. The trainers have challenged our local talent pool to play at a higher league level than ever and our girls have responded! The U10 team is 3-2-1. one U12 team is 4-2 and our Division 1 u12 team is 2-2-2. This team just hit their stride by scoring 15 goals in their last 3 matches. The U14 players have shown us all just what it means to be a team. Without a true experienced goalie, many field players have stepped in and "done their turn". They are undefeated at 3-0-2. The U16 team is 3-0-1. The u19 girls are still trying to find themselves due to injuries, as well as many of these players doubling up with spring high school sports have left themselves short handed at times. It also doesn't help that many of these teams have been together for 5-7 years. Keep up the great work Lady Lynx!



## FATHER'S DAY



Gentleman - Mark your Calendars! Friday, June 14th, the Adirondack Lynx will be hosting a golf scramble at Bay Meadows Golf Club in Queensbury at 5pm on Father's Day Weekend. Cost is \$11 walking/\$20 w/cart for 9 holes. We will be requesting you throw in another \$10 for munchies afterwards at Bogie's Pub. Feel free to organize your own foursome of golfing buddies (they do not have to have any affiliation with the Adirondack Lynx) or sign up to play and we will attach you to a foursome made up of Lynx Dad's and Trainers. RSVP by June 7th to PJ @ [gm@adirondacklynx.com](mailto:gm@adirondacklynx.com)



# Queensbury H.S.

6:30-8:00pm



ADIRONDACK LYNX FEMALE SOCCER ACADEMY

and

EMPIRE CITY BOYS SOCCER ACADEMY

PRESENTS

## SUMMER SOCCER SCHOOL 2013

Training Fee Includes:

### 2 Training Tops

(To be worn at all Sessions)

### 15 hours of Coaching

July 2,3,9,10,11,16,17,18

(No Weekends)

### 1 Soccer Tournament

(Hudson Invitational - Poughkeepsie, NY)

July 20/21



5:00-6:30pm

U10  
U12  
U14  
U16

# \$175

## Registration closes June 20th!

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

### IN THE BOX WITH U12 PLAYER ALY FISH...

Hard work and dedication to improving her game have truly paid off for Aly. Through tough times and constantly challenging herself, Aly has been motivated to prove to everyone that she is willing to do whatever it takes to be the best! Her hard work and dedication have paid off for her as she recently made the U12 NY East Olympic Development Program State Team. Aly is a great example of a committed player, one who works diligently and continually on training at SGF, ODP, and ADK Lynx. We are very proud of you Aly!



### 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

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